

CURRICULUM VITA

RICHARD B. KREIDER, PHD, FACSM, FISSN, FACN
PROFESSOR AND DEPARTMENT HEAD
THOMAS A. AND JOAN READ ENDOWED CHAIR OF DISADVANTAGED YOUTH
DIRECTOR, EXERCISE & SPORT NUTRITION LAB
DEPARTMENT OF HEALTH & KINESIOLOGY
COLLEGE OF EDUCATION & HUMAN DEVELOPMENT
TEXAS A&M UNIVERSITY

EDUCATION

Bachelor of Science

Physical Education and Health
Teacher Certified (K-12)
Liberty University (5/7/84)

Master of Science

Applied Exercise Physiology
University of Southern Mississippi (8/8/85)

Doctor of Philosophy

Applied Exercise Physiology
University of Southern Mississippi (5/9/87)

ACADEMIC AND CLINICAL EXPERIENCE

Director, Clinical Assessments (5/86 - 7/87)

Institute for Wellness & Sports Medicine
Methodist Hospital, Hattiesburg, MS

Assistant Professor (8/87 - 12/93)

Founder & Director, Laboratory of Kinesiological & Biomechanical Studies (1988-1993)
Director, Wellness Institute & Research Center (Co-Director 1987-90; Director 1990-93)
Department of Health, Physical Education & Recreation
Darden College of Education
Old Dominion University

Assistant Professor (8/90 - 12/93)

Biomedical Science Doctoral Program
Eastern Virginia Medical School

Adjunct Assistant Professor (1/88 - 5/88)

Department of Kinesiology
The College of William and Mary

Associate Professor and Assistant Department Chair (1/94 - 8/00)

Founder and Director, Exercise & Sport Nutrition Lab (1/97 - 6/02)
Department of Human Movement Sciences & Education
College of Education
The University of Memphis (Tenured 8/1/96)

Professor and Assistant Department Chair (8/00 - 6/02)

Department of Human Movement Sciences & Education
College of Education
The University of Memphis

Adjunct Professor (10/97 – 6/02)
College of Nursing
University of Tennessee – Memphis

Professor and Department Chair (6/02 – 7/08)
Director, Exercise & Sport Nutrition Lab
Founder & Director, Center for Exercise Nutrition & Preventive Health
Department of Health, Human Performance & Recreation
School of Education
Baylor University (Tenured upon Arrival)

Professor and Department Head (7/08 – Present)
Thomas A. and Joan Read Endowed Chair for Disadvantaged Youth
Director, Exercise & Sport Nutrition Lab
Department of Health & Kinesiology
College of Education & Human Development
Texas A&M University (Tenured upon Arrival)
Graduate Faculty, Department of Nutrition and Food Science (11/13 to present)

ACADEMIC LEADERSHIP EFFORTS & HIGHLIGHTS

OLD DOMINION UNIVERSITY

- Assisted in overhaul of sports medicine undergraduate and graduate exercise science curriculum to be consistent with professional certification programs and national standards that led to marked growth in the program.
- Founded and developed the Laboratory of Kinesiological & Biomechanical Studies to teach undergraduate and graduate students cadaver-based anatomical kinesiology and biomechanics.
- Served as Coordinator of the Sports Medicine and Exercise Science Programs (1987-1990)
- Co-directed (1987-1990) and directed (1990-93) the Wellness Institute & Research Center that conducted research, provided fitness assessments and supervised rehabilitation programs, and hosted ACSM health & fitness workshops and certifications for students and the community.
- Named Darden College of Education Scholar each year (1987-93) and awarded the School of Education Tonnelson Outstanding Faculty Award (1990-91).

UNIVERSITY OF MEMPHIS

- Served as Assistant Department Chair (1994-2002). Assisted the Department Chair with academic affairs; curriculum development; budget expenditure approval; faculty and student affairs; facility and lab development; faculty searches; development, and, represented the Department Chair as needed.
- Assisted in overhaul of undergraduate and graduate exercise and sport science programs to be consistent with professional certification programs and national standards that led to marked growth in programs.
- Served as Coordinator of the Cardiovascular Research Station (1994-2002) and founded the Exercise & Sport Nutrition Laboratory (1997)
- Assisted in development and/or renovation of several new labs and teaching facilities including the Exercise & Sport Science Lab, Bureau of Sport & Leisure Commerce, Exercise Psychology Laboratory, Motor Behavior Laboratory, Biochemistry and Molecular Biology Lab, and a Faculty & Staff Fitness Center.
- Assisted in developing and implementing the Urban Youth Wellness Initiative that provided health and fitness screening, exercise and health programming, and conflict resolution activities to inner-city youth in Memphis.
- Developed and led the Elite Athlete Performance Enhancement team and assisted in exercise assessment, nutritional counseling, and strength & conditioning programs with Memphis Tiger athletics and area youth club sports programs.
- Helped the department achieve significant growth in terms of student enrollment, diversity of students and faculty, research productivity, grant funding, and community engagement.

BAYLOR UNIVERSITY

- Served as Professor and Department Chair of the Department of Health, Human Performance, and Recreation that helped lead the university toward realization of the Vision 2012 initiative to transition from a primarily teaching to research intensive university (2002-2008).
- Restructured faculty governance processes to promote transparency and faculty input and worked with faculty to develop faculty roles, responsibilities, and expectations for each division consistent with Vision 2012.
- Oversaw curriculum revision, accreditation, and/or academic endorsement of undergraduate and/or graduate exercise physiology; community health; physical education; sport pedagogy; sport management; and health sciences programs. Oversaw accreditation process of undergraduate athletic training program. Provided leadership in development of graduate programs in athletic training; strength & conditioning; and Exercise, Nutrition, and Preventive Health.
- Oversaw development and/or renovation of the Center for Exercise, Nutrition, and Preventive Health; Exercise & Sport Nutrition Lab (relocated from the University of Memphis); Athletic Training & Sports Medicine Lab; Exercise Biochemistry and Nutrition Lab; Exercise Physiology Teach Lab; Health Education Wellness Lab; Indoor Recreation Ropes Course; Physical Education Lab/Gymnasium; and, Indoor Golf facility.
- Developed and directed the Exercise, Nutrition, and Preventive Health doctoral program that quickly rose to a #9 national ranking by Academic Analytics which was the highest rated doctoral program at Baylor University.
- Observed an increase in enrollment from approximately 243 to 650 students; record student credit hour generation; a significant increase in department budget and resources; a marked increase in faculty productivity in terms of grant funding, peer-reviewed publications, national presentations; and, number of doctoral students produced. This effort positioned the department as one of the most productive and respected units on campus.

TEXAS A&M UNIVERSITY

- Serve as Professor and Department Head of the Department of Health & Kinesiology (2008 to present) which is the largest department in terms of student enrollment and credit hour generation at Texas A&M University.
- Restructured faculty governance processes to promote transparency and faculty input; worked with faculty to develop faculty roles, responsibilities, and expectations for each division; worked with faculty to revise A1 annual evaluations consistent with division specific roles, responsibilities, and expectations; restructured T&P Committee to include all tenured faculty where appropriate; and, worked to develop a positive climate where everyone is valued, respected, and rewarded.
- Led successful Academic Program Review which has served as the impetus of addressing a number of pressing issues within the department related to faculty governance, faculty salaries, program initiatives, student engagement, and facilities.
- Worked with the Dean to obtain approval and resources for renovation of Blocker, Heldenfels, and the Research Park to house department faculty, teaching labs, and research labs; approval to build a \$24 million dollar Physical Education Activity Building; and received \$9 million dollars in funding commitments from the President, Provost, and VPR to develop a Human Clinical Research Center that will provide a university core facility for human clinical trials. Working with the Department of Athletics to build a new Netum Steed Laboratory that will house strength & conditioning, exercise physiology, and sports medicine facilities. Worked with an architectural firm to develop conceptual drawings for a new academic and research building that will reunite all department faculty members near the new PEAP Building, if approved.
- Worked to improve communication and climate among faculty, students, and the university community through newsletters, websites, magazines, social media, and sponsoring department lecture series and programs. This has helped attract high quality students and world class faculty to our department and college.
- Over the last five years, the Department has observed significant undergraduate (about 2,000 to 2,950) and graduate student (about 150 to 280) growth; record student credit hour generation; record levels of productivity in terms of the number and quality of publications, national presentations, and grants; an increase in study abroad programs; greater student engagement; and, a marked improvement in the climate as the department works toward its vision of not only being the largest program in the nation but the best.
- Served in a number of college and university-wide leadership roles including the Dean's Council; Chair of EAHR Department Head Search Committee; Athletic Task Force Finance Committee; Conflict of Interest Working Group; Entrepreneur Mentorship Network Committee; DH Steering Committee; TAMU/TAMHSC Administrative Change Committee; One Health Building Committee; One Health University Council; and ADVANCE Center Stride Program Committee.

ACADEMIC AND PROFESSIONAL HONORS AND AWARDS

- **Who's Who in American Universities and Colleges**, Liberty University (1984)
- **President's Honor, University of Southern Mississippi** (1984-87)
- **Outstanding Graduate Student**, Department of HPER, University of Southern Mississippi (1987)
- **Selected Member of PHI KAPPA PHI Honor Society**, University of Southern Mississippi (1987)
- **Scholar of the Darden College of Education**, Old Dominion University (1987-93)
- **Merit Award**, American Heart Association - Tidewater Affiliate, VA (1990)
- **Fellow of the American College of Sports Medicine** (1990)
- **Tonnelson Outstanding Faculty Award**, Darden College of Education, Old Dominion University (1990-91)
- **Prestigious Alumni Award**, College of Education, Liberty University (1993)
- **Outstanding Academic Book Award**, Overtraining in Sport (R.B. Kreider, A.C. Fry, & M.L. O'Toole, Eds.) selected as one of Choice's 35th Annual Outstanding Academic Books for 1998 (Association of College and Research Libraries, a Division of the American Library Association).
- **Who's Who of Teachers in American Universities and Colleges** (2000)
- **Who's Who in America** (2001)
- **Northland Chapter of ACSM Scholar Lecturer** (2001)
- **President, American Society of Exercise Physiologists** (2001 - 2003)
- **Fellow of the International Society of Sports Nutrition** (2004)
- Nominated, **Cornealia Marschall Smith Professor of the Year Award**, Baylor University (2006)
- **NSCA Nutrition Achievement Award** (2010)
- **International Society of Sports Nutrition Ironman Award** (2013)
- **Fellow of the American College of Nutrition** (2013)
- Nominated, **Association of Former Students University Level Award - Administration** (2014)

GRANTS AND CONTRACTS

EXTERNAL SUPPORT RECEIVED (SELECTED)

1. *The Effect of Inosine upon Aerobic Endurance Capacity and Performance*. **SENTARA Leigh Hospital**, (Co-PI), \$3,500, 1989.
2. *Physiological Demands of Repeated Ultraendurance Cycling Performance*. **SENTARA Leigh Hospital**, (PI), \$3,000, 1989.
3. *Effects of Protein Supplementation on Ultraendurance Triathlon Performance*. **Advance Sports Nutrition**, (PI), \$12,000, 1991-92.
4. *Effects of Amino Acid Supplementation on Hormonal, Hematological, and Immune Status Throughout a Collegiate Swim Season*. **Advance Sports Nutrition & ODU Research Foundation**, (PI), \$65,000, 1991-94.
5. *Elite Athletic Assessment and Performance Enhancement Program*. **Promus Companies & UM Office of Sponsored Research**, (PI), \$98,000, 1994-97.
6. *Effects of Creatine Supplementation on Body Composition*. **Experimental & Applied Sciences**, (PI), \$9,960, 1994-95.
7. *Memphis City Schools Nutrition Education Training Grant*. **Tennessee Department of Education**, (PI), \$8,800, 1994-95.
8. *NIH Bridge Program*. **National Institutes of Health** (D. Franceschetti, Coordinator/PI, served as faculty research mentor), 1994-98.
9. *Effects of Creatine Supplementation on Body Composition & Strength Performance*. **Experimental & Applied Sciences**, (PI), \$21,143, 1995-96.
10. *Effects of Creatine and Calcium Beta-Hydroxy-Beta-Methyl-Butyrate Supplementation on Body Composition, Anaerobic Power & Strength*. **Experimental & Applied Sciences**, (PI), \$69,735, 1996-97.
11. *Effects of Conjugated Linoleic Acids Supplementation on Body Composition & Isotonic Strength*. **Experimental & Applied Sciences**, (PI), \$25,299, 1996-97.
12. *Research Assistant*. **Experimental & Applied Sciences**, (PI), \$10,500, 1996-97.
13. *UM High Performance Nutrition Enhancement*. **Memphis Area Nutrition Council**, (PI), \$1,200, 1997.
14. *Urban Youth Wellness Project (Subcontract from Department of Health and Human Services Grant)*. **Memphis Youth Fair Chance**, (Co-PI), \$72,000, 1997-98.
15. *Research Assistant*. **Experimental & Applied Sciences**, (PI), \$4,000, 1997-98.
16. *DEXA Body Composition Analyzer*. **Metabolic Response Sciences**, (PI), \$22,500, Placed \$144,000 DEXA in Lab, Provided \$20,000 of Furniture, 1997-03.

17. *Long-Term Safety and Efficacy of Creatine Supplementation among Athletes.* **Experimental & Applied Sciences, MetaResponse Sciences, SKW/Metabolic Response Modifiers**, (PI), \$45,000 + Supplements (6 mo.), \$60,000 + \$75,000 DEXA Scans, Donate Supplements 1.5 years, 1998-00.
18. *Effects of Honey Ingestion on Hormonal Profiles and Exercise Performance.* **National Honey Board/USDA**, (PI), \$99,960, 1999-01.
19. *Effects of Creatine and Pyruvate Supplementation on Body Composition, Body Image, Hormonal Profiles, and Indices of Menstrual Cycle Status in Women.* **MRS/SKW Trostberg**, (PI), \$34,131 of \$85,000, 2000-02.
20. *Effects of Colostrum and Myovive Supplementation on body composition and exercise capacity.* **MRS/GNC-Numico**, (PI), \$103,000 of \$125,000, 2000-01.
21. *Effects of Inzitol on Creatine Retention (in collaboration with Arkansas State University).* **MRS/Humanetics Corp.**, (Co-PI), \$4,400 of \$10,000, 2000-01.
22. *Dysautonomia, Exercise, and Quality of Life in Kidney and Kidney and Pancreas Transplant Recipients.* **National Institutes of Health**, (PI - D. Hathaway, UT-Memphis, College of Nursing. Served as exercise physiology consultant to grant.), \$2,238,140, 2000-05.
23. *Effects of Protein and Amino Acid Supplementation on Training Adaptations.* **MRS/GNC-Numico Research**, (PI), \$42,000 of \$60,000, 2001-02.
24. *Safety and Efficacy of Coleus Forskohlii Supplementation in Moderately Overweight Females.* **MRS/Sabinsa Corp.**, (PI), \$25,800 of \$41,000, 2001-02.
25. *Effects of Zinc, Magnesium-Aspartate (ZMA) Supplementation on Training Adaptations and Markers of Anabolism and Catabolism.* **MRS/Cytodyne Technology**, (PI), \$56,000 of \$77,000, 2002-03.
26. *Effects of Ribose Supplementation Prior to and Following Exercise on Sprint Performance.* **Royal Numico**, (PI), \$5,500. 2002-03.
27. *Effects of Methoxyisoflavones, Ecdysterones, and Sulfo-Polysaccharide on training adaptations.* **MuscleTech Research & Development**, (PI), \$56,000, 2002-03.
28. *Effects of a Non-Ephedra Thermogenic Supplement on Body Composition and Markers of Health.* **MuscleTech Research & Development**, (PI), \$56,000, 2002-03.
29. *Effects of the Curves for Women® Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females.* **Curves International**, (PI), \$385,000. 2002-03.
30. *Effects of Arginine - Alpha Ketoglutarate Supplementation on Plasma Arginine Levels and Training Adaptations.* **Medical Research Institute**, (PI), \$94,000.
31. *Effects of the Curves for Women® Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females – 1 Year-Follow-Up.* **Curves International**, (PI), \$385,000, 2003-04.
32. *Curves Women's Health & Fitness Initiative.* **Curves International**, (PI), \$5,000,000, 2004-09.
33. *The Effects of Joint Advantage on Osteoarthritis & Function Mobility in a Randomized Placebo Controlled – Double Blind Clinical Trial.* **Phillips Health, LLC**, (Co-I, M & L Greenwood Co-PI's), \$30,000, 2004-05.
34. *Effects of Eight Weeks of 6-OXO™ Supplementation on Serum Hormone Profiles and Serum and Urinary Clinical Safety Markers in Resistance-Trained Males.* **Proviand Laboratories**, (Co-I, D. Willoughby PI), \$42,000, 2005.
35. *Effects of Eight Weeks of Novedex™ Supplementation on Serum Hormone Profiles and Serum and Urinary Clinical Safety Markers in Resistance-Trained Males.* **Gaspari Nutrition**, (Co-I, D. Willoughby PI), \$38,000, 2005.
36. *Effects of Prophylactic Doses of a Melatonin Supplement on Serum Growth Hormone Levels and the Hypothalamus-Pituitary-Adrenal Axis in Young and Old Males and Females.* **Iovate Health Sciences Research, Inc.**, (Co-I, D. Willoughby PI), \$131,000, 2005.
37. *Effects of Arachidonic Acid Supplementation on Training adaptations.* **Molecular Nutrition**, (PI), \$60,331, 2005-06.
38. *Impact of Acute and Chronic Coenzyme Q10 Supplementation on Exercise Performance.* **Pharma Base N.A.**, (PI), \$76,188, 2006-07.
39. *Effects of AX-4 Supplementation on Weight Loss in Overweight Men and Women.* **Ambryx Biotechnology, Inc.**, (PI), \$107,458, 2006-07.
40. *Comparison of two diet approaches on weight loss and health outcomes in women.* **General Mills Bell Institute for Human Nutrition**, (PI), \$389,885, 2007-08. \$93,650 transferred to TAMU.
41. *Curves: Women's Health & Fitness Initiative Extension.* **Curves International**, (PI), \$1,000,000, 2008-11.
42. *The Program for Rural and Minority Health Disparities Research (P20).* **DHHS-NIH-National Center for Minority Health and Health Disparities**, (K. McLeroy, PI). Served as consultant for administrative core, 9/07 – 5/12.
43. *Effects of Russian Tarragon Extract Supplementation Prior to Creatine Supplementation on Whole Body Creatine Retention: A Proof of Concept Study.* **Phytolab GmbH/Martin Bauer, Inc.**, (PI), \$20,145, 12/10 to 8/12.
44. *Comparison of Different Forms of Creatine on Creatine Availability, Retention, and Training Adaptations.* **AlzChem Trostberg, GmHB**, (PI), \$56,317, 12/10 – 12/12.
45. *Curves: Women's Health & Fitness Initiative Extension.* **Curves International**. (PI), \$350,000 supplement, 2011.

46. *Altering Work to Rest Ratio in a Hypertrophic Training Program*. **NSCA Student Grant**, (J. Oliver PI, faculty supervisor), \$10,000, 8/10 – 8/11.
47. *Simplified Human Clinical Trial*. **Department of Nutritional Sciences, TAMU**, (Talcott PI, Kreider Co-PI), \$44,000, 10/10 – 12/13.
48. *Curves: Women's Health & Fitness Initiative Extension*. **Curves International**, (PI), \$708,903, 9/11 – 8/13.
49. *Curves: Women's Health & Fitness Initiative Extension*. **Curves International**, (PI) \$700,224. 9/13 – 12/14.
50. *Effects of Tart-Cherry Supplementation on Markers of Exercise-Induced Muscle Damage*. **Anderson Global Group**, (PI), \$93,728, 9/13 – 8/14.
51. *A Multi-Continental Approach to Advance Exercise Methods and Technologies to Promote General Health and Sports Performance*. **Qatar National Research Fund**. (J Villanueva, V. Di Salvo, P. Tesch, R. Fernandez, G. Rodas, R Canal, R. Kreider Co-PI's, R. Linnehan Research Associate), \$1,048,788, 2013-16.
52. *Woodbolt International Research & Development Program*. **Woodbolt International**, (PI), \$1,200,000, 2013-16.

SELECTED GRANTS SUBMITTED (NOT FUNDED)

1. *Established Investigator Award Grant*. **Cancer Prevention Research Institute of Texas**. Prepared grant submitted by D. Palmer (Dean), \$4,261,529. Status - Not Funded.
2. *Effects of Chewing Gum on Success of Weight Maintenance after Weight Loss*. **Wrigley Science Institute**. (PI), \$140,300, Status - Not funded.
3. *Inactivity pathology research building: a translational bridge and integrative biomedical research facility to combat chronic diseases*. **National Institutes of Health Extramural Research Facilities Improvement Program (C06)**. (J Lawler, PI, Co-I), \$9,941,868. Status – Project recommended for full funding but not funded.
4. *Texas A&M Women's Health Research Training Grant – Building Interdisciplinary Research Careers in Women's Health (K12)*. **National Institutes of Health**. (R. Kreider (PI/PD), Co-I's D. Ballard, S. Crouse, D. Huston, K. McLeroy, M. Ory, M. Shaw-Ridley), \$2,204,401. Status – Not Funded.
5. *Texas A&M CER Mentored Career Development Program*. **DHHS-National Institutes of Health**. (Ohsfeldt, Houston, Kreider, Co-PI's). ~\$2,500,000. Status - Not funded.
6. *Institute for Rural and Minority Health Disparities Research*. **National Institutes of Health – National Institute on Minority Health and Health Disparities - Comprehensive Centers of Excellence (P60)**. (R Kreider PI of submitting institution, K. McLeroy & F. Nave Co-PI's), \$6,946,138. Status – Not Funded.

INTERNAL SUPPORT RECEIVED (SELECTED)

1. *Physiological demands of repeated ultraendurance cycling performance*. **Wellness Institute and Research Center, Old Dominion University**, (PI), \$8,000, 1990.
2. *Effects of Phosphate Loading on Swim Performance*. **Wellness Institute and Research Center, Old Dominion University**, (PI), \$1,500, 1991.
3. *Relationship of Serum Amino Acids to Central Fatigue & Immune Status during Ultraendurance Exercise and Intense Training*. **University of Memphis Faculty Research Grant**, (PI), \$4,000, 1995.
4. *Light Microscope Photodocumentation Technique for Histochemical Assessment of Human Skeletal Muscle*. **Baylor University Faculty Research Investment Program Grant**, (PI), \$23,500.00
5. Post-Doctoral Fellow – Exercise, Nutrition, and Preventive Health. **Office of the Vice Provost for Research. Baylor University**. (~\$160,000 for two years' salary and benefits).

RESEARCH AND SCHOLARSHIP

PUBLICATIONS (As of 12/30/13 - Google Scholar – 5,140 citations; h-index = 38; i10-index = 83)

Books

1. Kreider, R.B., A.C. Fry, and M.L. O'Toole (Eds.) **Overtraining in Sport**. Human Kinetics Publishers, Champaign, IL, 1998, 403 p.
2. Williams, M.H., R.B. Kreider, and D. Branch. **Creatine: The Power Supplement**. Human Kinetics Publishers, Champaign, IL, 1999, 250 p.
3. Kreider RB, Leutholtz B, Katch F, & Katch V (Eds.). **Exercise & Sport Nutrition: Principles, Promises, Research & Recommendations**. Fitness Technologies Press, Santa Barbara, CA . 2009, 560 p.

Book Chapters

1. Kreider, R.B, G.W. Miller, M. Mitchell, C.W. Cortes, V. Miriel, C.T. Somma, S.R. Sechrist, and D. Hill. *Effects of amino acid supplementation on ultraendurance triathlon performance*. In **Proceedings of the I World Congress on Sports Nutrition**. Barcelona, Spain: Enero, 1992, pp. 488-536, 1992.
2. Kreider, R.B., G.W. Miller, D. Schenck, C.W. Cortes, V. Miriel, C.T. Somma, P. Rowland, C. Turner, and D. Hill. *Effects of phosphate loading on maximal and endurance exercise performance*. In **Proceedings of the I World Congress on Sports Nutrition**. Barcelona, Spain: Enero, 1992, pp. 654-694.
3. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, C.T. Somma, S.R. Sechrist, C. Lester, M. Woodhouse, and L.M. Shall. *Bioenergetic and nutritional demands of multistage ultraendurance cycling*. In **Proceedings of the I World Congress on Sports Nutrition**. Barcelona, Spain: Enero, 1992, pp. 733-778.
4. Kreider, R.B., A.C. Fry, and M.L. O'Toole. *Overtraining in sport: Terms, definitions, and prevalence*. In **Overtraining in Sport**. Kreider, R.B., A.C. Fry, and M. L. O'Toole (Eds.). Human Kinetics Publishers, Champaign, IL, pp. vii - ix, 1998.
5. Kreider, R.B. *Central fatigue hypothesis*. In **Overtraining in Sport**. Kreider, R.B., A.C. Fry, and M. L. O'Toole (Eds.). Human Kinetics Publishers, Champaign, IL, pp. 309-331, 1998.
6. Kreider, R.B. *Suplementos alimenticios y la promocion del desarrollo muscular con ejercicio de fuerza-resistencia*. **Proceedings of the VI International Symposium in Sports Applied Sciences**. Biosystems Educational Services. Rosario, Argentina. 6:18-28, 1998. (Spanish)
7. Kreider, R.B. *Suplemencion con creatina: analisis del valor ergogenico, seguridad en el aspecto medico, y cuestionamientos*. **Proceedings of the VI International Symposium in Sports Applied Sciences**. Biosystems Educational Services. Rosario, Argentina. 6:29-47, 1998. (Spanish)
8. Kreider, R.B. *Hipotesis de la fatiga central y el sobreentrenamiento*. **Proceedings of the VI International Symposium in Sports Applied Sciences**. Biosystems Educational Services. Rosario, Argentina. 6:128-144, 1998. (Spanish)
9. Kreider, R.B. *Creatine supplementation in exercise and sport*. In **Energy-Yielding Macronutrients and Energy Metabolism in Sports Nutrition**. J. Driskell and I. Wolinsky (Eds.) CRC Press LLC, Boca Raton, FL. 1999. pp. 213-42.
10. Kreider, R.B. *Phosphorus supplementation in exercise and sport*. In **Macroelements, Water, and Electrolytes in Sports Nutrition**. J. Driskell and I. Wolinsky (Eds.) CRC Press LLC, Boca Raton, FL. 1999. pp. 29-46.
11. Kreider, R.B. and K. Cahill. *Professional Certification*. In **Introduction to Exercise Science**. S.P. Brown (Ed.) Lippincott, Williams and Wilkins, Baltimore, MD. 2000. pp. 67-81.
12. Leutholtz, B. and R.B. Kreider. *Exercise and sport nutrition*. In **Nutritional Health**. T. Wilson and N. Temple (Eds.). Humana Press, Inc., Totowa, NJ. 2001. pp. 207 - 239.
13. Kreider, R.B. *Creatine supplementation in athletes*. In **Sport Supplements: A Complete Guide to Physique and Athletic Enhancement**. J.R. Stout and J. Antonio (Eds.). Lippincott, Williams and Wilkins, Baltimore, MD. 2001. p. 51.
14. Kreider, R.B. *Nutritional considerations of overtraining*. In **Sport Supplements: A Complete Guide to Physique and Athletic Enhancement**. J.R. Stout and J. Antonio (Eds.). Lippincott, Williams and Wilkins, Baltimore, MD. 2001. pp.199-208.
15. Kreider, R.B. *Forward*. In Fillon, M. **Ephedra Fact and Fiction**. Woodland Publishing, Orem, UT. 2004
16. Kreider, R.B., Leutholtz, B.C., Greenwood M. *Creatine*. In **Nutritional Ergogenic Aids**. I. Wolinsky and J. Driskell (Eds.) CRC Press LLC, Boca Raton, FL. 2004. pp. 81-104.
17. Kreider, R.B., Leutholtz, B.C. *Optimizing Nutrition for Exercise and Sports*. In **Nutritional Health**. T. Wilson, N. Temple, D.R. Jacobs (Eds.). 2nd Ed. Humana Press, Inc., Totowa, NJ. 2006. pp 313-346.
18. Kreider, R.B. *Creatine*. In **Sport Nutrition: Fats and Proteins**. J. Driskell (Ed.). Taylor & Francis, Oxford, UK. 2007, pp 165-186.
19. Kreider, R.B. *Sports Applications of Creatine*. In Antonio J, Kalman D, Stout J, Greenwood M, Willoughby D, Haff GG. **Essentials of Sport Nutrition & Supplements**. Humana Press Inc., Totowa, NJ. 2008. pp. 417-440
20. Kreider, R.B. & CD Wilborn. *Weight management*. In: **Nutritional Concerns in Recreation, Exercise, and Sport**. J. Driskell and I Wolinsky (Eds.). Taylor & Francis, Oxford, UK. 2009. Pp 167-200.
21. Kreider, R.B., Oliver J, Bragg A. *Lipid Assessment of Athletes*. In **Nutritional Assessment of Athletes**, 2nd Ed. J. Driskell and I Wolinsky (Eds.). CRC Press. Taylor & Francis, Oxford, UK. 2010. Pp. 235-253.
22. Kreider, R.B. *Protein*. In: **NSCA Professional Application Series: Nutrition**. Human Kinetics, Champaign, IL. 2011. pp. 33-48.
23. Kreider, R.B., NA Schwartz, BC Leutholtz. *Optimizing Nutrition for Exercise and Sport*. In **Nutritional Health**. T. Wilson and N. Temple (Eds.). 3rd Ed. Humana Press, Inc., Totowa, NJ. 2012. pp. 391-434.

24. Kreider RB, YP Jung. *Athletes Diet*. In **Encyclopedia of Exercise in Health and Medicine**. Springer. Heidelberg, Germany. 2012, pp 102-104.

Refereed Journal Articles

1. Kreider, R.B. and W.R. Thompson. *Ketone bodies and ketosis in exercise*. **Annals of Sports Medicine**. 2:170-174, 1986.
2. Cundiff, D.E. and R.B. Kreider. *I tre volti di uno sport*. **Sports and Medicina**. 5:9-13, 1986. (Italian)
3. Boone, T. and R.B. Kreider. *Bicycle exercise before running: effect on performance*. **Annals of Sports Medicine**. 3:25-29, 1986.
4. Kreider, R.B., D.E. Cundiff, J.B. Hammett, C.W. Cortes, and K.W. Williams. *Effects of cycling on running performance in triathletes*. **Annals of Sports Medicine**. 3:220-225, 1988.
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 60. *Long L, Nassar E, Bowden R, Lanning B, Zimmerman A, Beckham J, Campbell B, Harvey T, Kerksick C, La Bounty P, Marcello B, Roberts M, Wilborn C, Magrans T, Thomas A, Wismann J, Galbreath M, Rasmussen C, Fogt D, Moulton C, Greenwood M, Wilson R, Kreider R. Effects of the Curves fitness and weight loss program: Quality of life and body image. **Texas ACSM Annual Proceedings.** 20, 2005.
 61. *Beavers K.M., Serra M.C., Beavers D.P., & Kreider R.B. Analysis of the ability to comply to high carbohydrate and high protein diet prescription. **2007 Sports, Cardiovascular, and Wellness Nutritionists Conference** abstract.
 62. *Serra M.C., Beavers K.M., Beavers D.P., & Kreider R.B. Effects of varying macronutrient and total calorie concentrations on dietary compliance among sedentary, obese women. **2007 Sports, Cardiovascular, and Wellness Nutritionists Conference** abstract.
 63. *Beavers KM, MC Serra, B Marcello, CM Kerksick, CJ Rasmussen, DP Beavers, RB Kreider. Body composition data on Division I athletes using dual energy x-ray absorptiometry: body fat percentage. **2008 Sports, Cardiovascular, and Wellness Nutritionists Conference** abstract.
 64. *Serra MC, Beavers KM, B Marcello, CM Kerksick, CJ Rasmussen, DP Beavers, RB Kreider. Body Composition Data on Division I Athletes Using Dual Energy X-ray Absorptiometry: Bone Mineral Density & T-Scores. **2008 Sports, Cardiovascular, and Wellness Nutritionists Conference** abstract.
 65. Kreider R. *Nutritional Strategies to Optimize Performance.* **2011 Korean International Sport Science Congress Conference Abstracts: Exercise Nutrition.** p. 507.
 66. *Jung YP, JM Oliver, C Rasmussen, RB Kreider. *Effects of a High Protein Energy-restricted Diet on Body Composition and Markers of Health in Obese Women.* **2011 Korean International Sport Science Congress Conference Abstracts: Exercise Nutrition.** p. 507.

PROFESSIONAL PRESENTATIONS

INVITED PRESENTATIONS

Conferences (Lectures/Tutorial/Symposia)

1. Kreider, R.B., J. Hammett, and D.E. Cundiff. *Acute and Chronic Biochemical and Physiological Responses to Triathlon Performance.* **13th Annual Southeast American College of Sports Medicine Meeting.** Athens, Georgia. January 23, 1986.

2. Kreider, R.B. and D.E. Cundiff. *Physiological Aspects of Triathlon Performance*. **14th Annual Southeast American College of Sports Medicine Meeting**. Charleston, South Carolina. January 27, 1987.
3. Kreider, R.B. *Therapeutic Intervention of Exercise for Diabetic Populations*. **Mississippi Conference on Diabetes**. Hattiesburg, Mississippi. June 20, 1987.
4. Kreider, R.B. *Steroids and Strength Conditioning*. **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting**. Norfolk, Virginia. December 6, 1987.
5. Kreider, R.B. *The Spine: Anatomy and Kinesiology as it Relates to Therapy*. **American Academy of Orthopedic Surgeons**. Virginia Beach, Virginia. April 21, 1988.
6. Kreider, R.B. *Strength Training*. **Cardiopulmonary Exercise Testing/Sports Medicine Annual Conference**. Virginia Beach, Virginia. August 18, 1988.
7. Kreider, R.B. and G.W. Miller. *Ergogenic Aid Update: Effects of Sodium Phosphate Supplementation on Human Performance*. **16th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, Georgia. January 20, 1989.
8. Kreider, R.B. *Principles of Exercise Prescription*. **Mid-Atlantic Annual Nurse Practitioner Conference**. Williamsburg, Virginia. April 13, 1989.
9. Kreider, R.B. *Principles of Exercise Testing and Assessment*. **1989 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 8, 1989.
10. Kreider, R.B. *Principles of Exercise Prescription and Programming*. **1989 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 10, 1989.
11. Kreider, R.B. *Nutrition for Optimal Performance*. **Virginia High School League Coaches Association Clinic**. Lynchburg, Virginia. July 9, 1989.
12. Kreider, R.B. *Nutritional Concerns for Track, Cross Country, Wrestling, and Football Athletes*. **Virginia High School League Coaches Association Clinic**. Lynchburg, Virginia. July 10, 1989.
13. Kreider, R.B. *Nutrition for Optimal Performance*. **Sentara Leigh Hospital 1989 Annual Sports Medicine Conference**. Norfolk, Virginia. November 4, 1989.
14. Kreider, R.B. *Standards in Cardiovascular Rehabilitation*. **American Heart Association Cardiac Rehabilitation Professionals Group**. Norfolk, Virginia. December 7, 1989.
15. Kreider, R.B., M.H. Williams, C.W. Cortes, T. Drews, and B. Drinkard. *Physiology of Ultraendurance Cycling: The "Tour De Norfolk" Ultraendurance Cycling Study*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 2, 1990.
16. Kreider, R.B. *Principles of Exercise Testing and Assessment*. **1990 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 7, 1990.
17. Kreider, R.B. *Metabolic Calculations I and II*. **1990 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 8 and 10, 1990.
18. Kreider, R.B. *Principles of Exercise Prescription and Programming*. **1990 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 11, 1990.
19. Kreider, R.B. *Phosphate loading and exercise performance*. **1990 Quaker Oats Sports Medicine Conference: Ergogenics: The Enhancement of Sport Performance**. Maui, Hawaii. June 18, 1990.
20. Kreider, R.B., G.W. Miller, and M. Mitchell. *Role of protein oxidation during exercise*. **18th Annual Southeast American College of Sports Medicine Meeting**. Louisville, Kentucky. February 1, 1991.
21. Kreider, R.B. *Physiological considerations of ultraendurance exercise*. **Exceed of Sports Nutrition Conference**. Orlando, Florida, March 8, 1991.
22. Kreider, R.B. *Principles of Exercise Testing and Assessment*. **1991 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 13, 1991.
23. Kreider, R.B. *Metabolic Calculations I and II*. **1991 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 14 and 16, 1991.
24. Kreider, R.B. *Principles of Exercise Prescription and Programming*. **1991 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 15, 1991.
25. Kreider, R.B. *Risk Factor Identification*. **1992 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 11, 1992.
26. Kreider, R.B. *Principles of Exercise Testing and Assessment*. **1992 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 11, 1992.
27. Kreider, R.B. *Metabolic Calculations I and II*. **1992 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 12 and 14, 1992.
28. Kreider, R.B. *Low Back Care*. **1992 American College of Sports Medicine Health Fitness Instructor Workshop**. Norfolk, Virginia. May 13, 1992.
29. Kreider, R.B. *Principles of Exercise Prescription and Programming*. **1992 American College of Sports Medicine Health**

- Fitness Instructor Workshop.** Norfolk, Virginia. May 14, 1992.
30. Kreider, R.B. *Nutrition, fatigue and the overtraining syndrome: The role of nutrition on physiological, immunological, and psychological responses to exercise.* **20th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, Virginia. January 28, 1993.
 31. Kreider, R.B. *Functional Anatomy and Kinesiology.* **1993 American College of Sports Medicine Health Fitness Instructor Workshop.** Norfolk, Virginia. May 10, 1993.
 32. Kreider, R.B. *Principles of Exercise Testing and Assessment.* **1993 American College of Sports Medicine Health Fitness Instructor Workshop.** Norfolk, Virginia. May 10, 1993.
 33. Kreider, R.B. *Metabolic Calculations I and II.* **1993 American College of Sports Medicine Health Fitness Instructor Workshop.** Norfolk, Virginia. May 11 and 13, 1993.
 34. Kreider, R.B. *Principles of Exercise Prescription and Programming.* **1993 American College of Sports Medicine Health Fitness Instructor Workshop.** Norfolk, Virginia. May 13, 1993.
 35. Kreider, R.B. *Update on Ergogenic Aids in Athletics.* **11th Annual Sport and Cardiovascular Nutritionists (SCAN) Symposium.** Atlanta, Georgia. April 23, 1994.
 36. Kreider, R.B. and A.C. Fry. *Central Fatigue And The Overtraining Syndrome: Current Theories And Research Directions.* **Current Research into Sport Sciences International Conference.** St. Petersburg, RUSSIA. July 30, 1994.
 37. Kreider, R.B. *Current Research In Sport Nutrition.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 3, 1995.
 38. Kreider, R.B., A.C. Fry, and M. Stone. *Current Physiological Concepts Of Overtraining: Implications For Resistance Exercise.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 3, 1995.
 39. Kreider, R. and M. Ferreira. *Nutritional Strategies to Enhance Lead Tissue Accretion.* **National Strength and Conditioning Association Annual Meeting.** Atlanta, GA. June 22, 1996.
 40. Kreider, R. *Central fatigue Hypothesis and Overtraining.* **International Conference on Overtraining in Sport.** Memphis, TN. July 17, 1996.
 41. Kreider, R. and M. Ferreira. *Nutritional Strategies to Enhance Lead Tissue Accretion During Resistance-Training.* **25th Annual Southeast American College of Sports Medicine Meeting.** Atlanta, GA. January 24, 1997.
 42. Ferreira, M. and R. Kreider. *Developing a Sport Nutrition Performance Enhancement Program.* **25th Annual Southeast American College of Sports Medicine Meeting.** Atlanta, GA. January 24, 1997.
 43. Kreider, R. and M. Ferreira. *Nutritional Strategies to Enhance Lead Tissue Accretion During Resistance-Training.* **Tiger Strength Clinic.** Memphis, TN. February 15, 1997.
 44. Kreider, R. *Effects of Creatine Supplementation on Strength and Body Composition.* **Dallas Sports Medicine Roundtable.** Dallas, TX. May 5, 1997.
 45. Kreider, R. *Creatine Supplementation - The Case For it.* **41st Annual American Osteopathic Association Research Conference.** San Antonio, TX. October 21, 1997.
 46. Kreider, R. *Creatine Supplementation.* **26th Annual Southeast American College of Sports Medicine Meeting.** San Destin, FL., January 31, 1998.
 47. Kreider, R., M. O'Toole, A. Fry, B. Kibler, D. Nieman, and J. Whelan. *Current Issue: Overtraining in Sport.* **45th Annual American College of Sports Medicine Meeting.** Orlando, FL. June 5, 1998.
 48. Kreider, R., P. Lemon, E. Larson, J. Volek, and M. Stone. *Creatine: Scientific Information and Practical Guidelines.* **NSCA Pre-Conference Symposia.** Nashville, TN. June 24, 1998.
 49. Kreider, R. *Nutritional Strategies to Promote Muscle Growth.* **IV International Symposium on Actualization on Sport Sciences.** Rosario, Argentina. October 4 and 5, 1998.
 50. Kreider, R. *Creatine Supplementation: Ergogenic Value and Medical Safety.* **IV International Symposium on Actualization on Sport Sciences.** Rosario, Argentina. October 4, 1998.
 51. Kreider, R. *Nutritional Considerations to Prevent Overtraining.* **IV International Symposium on Actualization on Sport Sciences.** Rosario, Argentina. October 5, 1998.
 52. Kreider, R. *Creatine: New Data on Special Uses in American Football.* **National Strength and Conditioning Association's Sport Specific Training Conference.** Nashville, TN. January 9, 1999.
 53. Kreider, R. *Creatine: Contemporary Issues in Baseball.* **National Strength and Conditioning Association's Sport Specific Training Conference.** Nashville, TN. January 9, 1999.
 54. Kreider, R.B., M.H. Williams, M. Stone, A.L. Almada. *To Supplement or Not? Ethical and Legal Considerations of Nutritional Supplementation in Sport.* **27th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. February 5, 1999.
 55. Pace, D. A. Cashion, K. Engelhardt, P. Cowan, J. Milstead, M. Wicks, R. Winsett, D. Hathaway, and R. Kreider. *Defining health status in women through analysis of cardiac autonomic function.* **Southern Regional Nursing Research Conference.** Charleston, SC. February 1999.
 56. Kreider, R.B. *Nutritional Guidelines for Health and Performance.* **Culver Academy.** Culver, IN. March 17, 1999.

57. Kreider, R.B. *Creatine Supplementation*. **Jimmy Stewart L.A. Relay Marathon Sports Medicine Conference**. Santa Monica, CA. April 10, 1999.
58. Kreider, R.B. *Creatine: Why And How To Use It*. **American College Swimming Coaches Association Annual Meeting**. Cancun, Mexico. May 20, 1999.
59. Kreider, R.B. *Overtraining and Nutrition in Swimming*. **American College Swimming Coaches Association Annual Meeting**. Cancun, Mexico. May 22, 1999.
60. Kreider, R.B. *Creatine supplementation: Update on the ergogenic value and medical safety*. **American College Health Association Annual Meeting**. Philadelphia, PA. June 2, 1999.
61. Almada, A.L., R. Kreider, C. Earnest, J. Evans, B. Nickoloff. *The True Role of Real Science in the Future of the Natural Products Industry*. **National Nutrition and Foods Association Annual Meeting**. Las Vegas, NV. July 8 and 11, 1999.
62. Kreider, R.B. *Creatine Supplementation: What Exercise Physiologists Need to Know*. **2nd Annual American Society of Exercise Physiology Annual Meeting**. Albuquerque, New Mexico. October 15, 1999.
63. Almada, A.L., R. Kreider, C. Earnest. *Creatine Supplementation: How Does it Work?* **Southwest American College of Sports Medicine Annual Meeting**. November 12, 1999.
64. Kreider, R.B. *Dietary Supplementation For Growth And Strength*. **The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation**. Pesaro, Italy. April 15, 2000.
65. Kreider, R.B. *Nutrition In To Prevent Overtraining*. **The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation**. Pesaro, Italy. April 16, 2000.
66. Kreider, R.B. *Nutrition And Ergogenic Aids*. **ACSM Exercise Leader Workshop**. Tupelo, MS. October 27, 2000.
67. Kreider, R.B. *Performance Enhancement Nutrition: Analysis of Effective and Ineffective Nutritional Ergogenic Aid*. **NACSM Scholar Lecture Series**. Omaha, NE. February 27, 2001.
68. Kreider, R.B. *Performance Enhancement Nutrition: Analysis of Effective and Ineffective Nutritional Ergogenic Aid*. **NACSM Scholar Lecture Series**. Souix Falls, SD. February 27, 2001.
69. Kreider, R.B. *Proteins In Athlete's Diet: Quantitative And Qualitative Angles*. **Italian Fitness Federation**. Parma, Italy. March 3, 2001.
70. Kreider, R.B. *Is Common Nourishment Suitable For Athletes Requirements?* **Italian Fitness Federation**. Parma, Italy. March 3, 2001.
71. Kreider, R.B. *Obesity: Natural bioactives on the horizon. Promises vs. Research*. **Nutricon Annual Meeting**. San Diego, CA. June 9, 2001.
72. Kreider, R.B. *Creatine supplementation: What athletic trainers need to know*. **National Athletic Trainers Association Annual Meeting**. Los Angeles, CA. June 22, 2001.
73. Kreider, R.B. *Effects Of Creatine Supplementation On Performance And Training Adaptations*. **6th International Meeting on Guanidino Compounds in Biology and Medicine**. Cincinnati, OH. September 1, 2001.
74. Kreider, R.B. *Considerations In Developing A Productive Research Program*. **4th Annual American Society of Exercise Physiologists Meeting**. Memphis, TN. September 28, 2001.
75. Kreider, R.B. and T. Ziegenfuss. *Roundtable Discussion: Insights On Establishing Research Collaborations With Industry*. **4th Annual American Society of Exercise Physiologists Meeting**. Memphis, TN. September 28, 2001.
76. Kreider, R.B. *ASEP Presidential Address: Directions for the Future*. **4th Annual American Society of Exercise Physiologists Meeting**. Memphis, TN. September 28, 2001.
77. Coulston, A.M., Kreider, R.B., Applegate, E.A. *The Role of Sweeteners In A Healthful Diet And Exercise Plan*. **American Dietetic Association Annual Meeting**. St. Louis, MO. October 21, 2001.
78. Kreider RB. *Performance enhancement nutrition*. **XXV International Congress of the Polish Society of Sport Medicine**. Warsaw, Poland. September 12, 2002.
79. Kreider RB. *Effective and ineffective nutritional strategies to promote weight gain and weight loss*. **XXV International Congress of the Polish Society of Sport Medicine**. Warsaw, Poland. September 13, 2002.
80. Kreider RB. *Recent developments in creatine research*. **XXV International Congress of the Polish Society of Sport Medicine**. Warsaw, Poland. September 13, 2002.
81. Kreider RB. *Performance enhancement nutrition*. **Kotowice Academy of Physical Education**. Kotowice, Poland. September 16, 2002.
82. Kreider RB *Effective and ineffective weight gain and weight loss strategies*. **Big 12 and Friends Annual Recreation Conference**. Waco, TX. October 17, 2002.
83. Kreider RB *Exercise programming for health and fitness*. **Fifth Annual Federation of Italian Fitness Convention**. Sportalia FC, Italy. November 2, 2002.
84. Kreider RB *Advanced methods of strength and conditioning*. **Fifth Annual Federation of Italian Fitness Convention**. Sportalia FC, Italy. November 2, 2002.
85. Kreider RB *Effective and ineffective weight gain and weight loss strategies*. **Fifth Annual Federation of Italian Fitness**

- Convention.** Sportalia FC, Italy. November 2, 2002.
86. Kreider RB *Exercise programming for special populations.* **Fifth Annual Federation of Italian Fitness Convention.** Sportalia FC, Italy. November 3, 2002.
 87. Kreider RB *Performance enhancement nutrition.* **Fifth Annual Federation of Italian Fitness Convention.** Sportalia FC, Italy. November 3, 2002.
 88. Kreider RB *Effective and ineffective nutritional strategies to promote weight gain and weight loss.* **Society of Italian Fitness and Motor Science.** Rimini, Italy. December 7, 2002.
 89. Kreider RB *Performance enhancement nutrition: nutritional strategies to optimize performance and prevent overtraining.* **Society of Italian Fitness and Motor Science.** Rimini, Italy. December 8, 2002.
 90. Kreider RB. *Bridging exercise science and sports nutrition: research to support athletic protocols.* **SCAN Symposium 2003: Advancing the Practice of Sports Nutrition.** Chicago, IL. March 14, 2003.
 91. Kleiner S, Kreider RB. *Build muscle, gain energy, lose fat.* **SCAN Symposium 2003: Advancing the Practice of Sports Nutrition.** Chicago, IL. March 15, 2003.
 92. Kreider RB. *Weight gain and loss supplements.* **2003 State NSCA Clinic.** Denton, TX. April 26, 2003.
 93. Kreider RB. *Performance enhancement nutrition.* **2003 Big 12 Team Physician Conference.** San Antonio, TX, June 7, 2003.
 94. Kreider RB. *Sports nutrition supplements: On the ball or out of bounds?* **Council for Responsible Nutrition Annual Meeting.** Tucson, AZ. September 15, 2003.
 95. Kreider RB. *The Curves fitness and diet program promotes weight loss and improves markers of fitness and health.* **Curves Annual National Convention.** Las Vegas, NV. November 7, 2003.
 96. Kreider RB. *Nutrition for strength & power.* 2004 Illinois Dietetic Association Annual Meeting. April 2, 2004.
 97. Kreider RB. *An overview of collegiate sports nutrition.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV, June 18, 2004.
 98. Kreider RB. *The Science Behind Curves – We Got the Data!* **Curves Annual National Convention.** Las Vegas, NV. November 5, 2004.
 99. Kreider, R.B. *Creatine Supplementation: Hype or Help.* Wheaton University's Center for Applied Christian Ethics Dialogue Workshop. **Wheaton University.** Chicago, IL. March 16, 2005.
 100. Kreider, R.B. *Performance Enhancement Nutrition.* Wheaton University's Athletic Department. **Wheaton University.** Chicago, IL. March 16, 2005.
 101. Kreider, R.B. *Ethics of Ergogenic Aids in Human Performance.* Wheaton University's Center for Applied Christian Ethics Dialogue Workshop. **Wheaton University.** Chicago, IL. March 16, 2005.
 102. Kreider RB. *Curves Research Update.* **Curves Annual National Convention.** Las Vegas, NV. November 11, 2005.
 103. Kreider, R.B. *Obesity & Weight Management.* **Texas Nurse Practitioner's Annual Conference.** Waco, TX February 25, 2006.
 104. Kreider R.B. *Overtraining in Endurance Sports.* **Central America and Caribbean Congress of Medicine and Sports Sciences.** Cartagena, Columbia, South America. March 8, 2006.
 105. Kreider R.B. *Nutrition for Endurance Sports.* **Central America and Caribbean Congress of Medicine and Sports Sciences.** Cartagena, Columbia, South America. March 8, 2006.
 106. Kreider, R.B. *Protein and Amino Acids.* **ISSN Sport Nutrition Conference.** Virginia Beach, VA. March 30, 2006.
 107. Kreider, R.B. *JISSN Update.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 16, 2006.
 108. Kreider RB. *Curves Research Update.* **Curves Annual National Convention.** Las Vegas, NV. November 4, 2006.
 109. Kreider, RB. *Academic and Professional Preparation for Careers in Sport Nutrition.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 12, 2007.
 110. Kreider RB. *Optimizing health, fitness, and wellness in women.* **Nutrition & Food Update: Women's health issues across the life cycle.** Lincoln, NE. September 6, 2007.
 111. Kreider RB. *Strength training: Practical applications to fit any lifestyle.* **Nutrition & Food Update: Women's health issues across the life cycle.** Lincoln, NE. September 6, 2007.
 112. Kreider RB. *Curves Research Update.* Lincoln, NE. September 6, 2007.
 113. Kreider RB. *Curves Research Update.* **Curves Annual National Convention.** Orlando, FL. November 9, 2007.
 114. Kreider RB. *Nutritional strategies to optimize muscle hypertrophy.* **2008 Arnold Classic Strength Summit.** Cincinnati, OH, March 1, 2008.
 115. Kreider, RB, Jitomir J, Thomas PR. *The Golfer: Training, Diet & Psychological Performance Considerations.* **World Congress on Golf V.** Phoenix, AZ. March 24, 2008.
 116. Kreider, RB. *Sport Nutrition.* **Pharmacy Development Series: Vitamins, Minerals, & Dietary Supplements.** New York, NY. May 16, 2008.
 117. Kreider, RB. *Nutritional strategies to optimize performance and reduce overtraining.* **International Society of Sport**

- Nutrition Annual Meeting.** Las Vegas, NV. June 9, 2008.
118. Kreider RB. *Curves Research Update*. **Curves Annual National Convention.** Orlando, FL. October 11, 2008.
 119. Kreider R. *Preventing Overtraining*. **Strength Pro Strength Summit.** Columbus, OH. March 6, 2009.
 120. Kreider RB. *Curves Research Update*. **Curves Annual National Convention.** Nashville, TN. November 6, 2009.
 121. Kreider RB. *Curves Health & Fitness Initiative*. **Austin Curves.** Austin, TX. January 21, 2010.
 122. Chodzko-Zajko, W and R.B. Kreider. *The Department Chair as a bearer of bad news*. **American Kinesiology Association Workshop.** Dallas, TX. February 1, 2010.
 123. C. Canon, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider, FACSM. Effects of a 30-Day Fitness Challenge on Body Composition and Markers of Health in Women. Texas ACSM. Houston, TX. February 5, 2010.
 124. Kreider RB. *Nutrition, Fitness, & Weight Management: Gender Differences and Similarities*. **NIH Women's Health Lecture Series. National Institutes of Health.** Bethesda, MD, March 26, 2010.
 125. Kreider RB, Jäger R, Purpura M, Shao A, Inoue T. *Analysis of the efficacy, safety, and regulatory status of novel forms of creatine*. **Cambridge Creatine Conference.** July 9, 2010, Cambridge UK.
 126. Poortmans, J., Kreider R, Rawson E. *Creatine in Health and Medicine*. **Cambridge Creatine Conference.** July 10, 2010, Cambridge UK.
 127. Kreider RB. *Curves Research Update*. **Curves Annual National Convention.** Videotaped September 28, 2010. Presented at Curves Conventions in Atlantic City, Atlanta, Chicago, and Las Vegas during October - November, 2010.
 128. Kreider R. *Energy drinks: Analysis of the ergogenic value and guidelines for appropriate use*. **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 24, 2011
 129. Kreider R, R Harris, D Willoughby. *Creatine and protein/amino acid roundtable*. **International Society of Sport Nutrition.** Las Vegas, NV. June 24, 2011.
 130. Kreider R. *Nutritional Strategies to Optimize Performance*. **23rd International Sport Science Congress: Korean Society of Exercise Nutrition.** Keimyung University. Daegu, South Korea. August 26, 2011.
 131. Kreider RB. *Curves Research Update*. **Curves Annual National Conventions.** Videotaped October 21, 2011. Presented at Curves Conventions in Atlantic City, Atlanta, Chicago, and Las Vegas during November, 2011.
 132. Ziegenfuss T, R Kreider, H Lopez, R Wildam, R Jäger. *Roundtable discussion: Supplements that promote fat loss, muscle gain, and performance enhancement*. **International Society of Sports Nutrition Annual Meeting.** Clearwater, FL. June 22, 2012.
 133. Kreider RB. *The power of combining a modest exercise program and nutrition manipulations to impact health, body composition and fitness in an overweight and obese population*. **National Strength & Conditioning Annual Meeting.** Providence, RI. July 13, 2012.
 134. Kreider RB. *Role of nutrition in mitigating overtraining and exercise-induced immunosuppression*. **National Strength & Conditioning Annual Meeting.** Providence, RI. July 14, 2012.
 135. Kreider RB. *Curves Research Update*. **Curves Annual National Conventions.** Videotaped October 10, 2012. Presented at Curves National Convention Las Vegas during October, 2012.
 136. Kreider RB. *Creatine supplementation in exercise, sport, and medicine*. *Advances in Nutrition and Training in Soccer.* **Italian Society of Sport Nutrition and Wellness.** Florence, Italy, October 27, 2012.
 137. Kreider RB. *Role of fruits and vegetables in sports medicine and athletic performance*. **5th International Symposium on Human Health Effects of Fruits and Vegetables.** Dharwad, Karnataka, India, January 8, 2013.
 138. Kreider RB (moderator), SA Snipes, RJ Paxton, LR Reitzel, LL Strong. *Training the next generation of health disparities and Kellogg's scholars*. **Disparities in America: Working Towards Social Justice.** Houston, TX. June 20, 2013.
 139. Kreider RB. *Safety and efficacy of energy drinks: implications on health and performance*. **American College of Nutrition.** San Diego, CA. November 16, 2013.
 140. Kreider RB. *Energy density – an effective strategy for weight loss*. **American Heart Association.** Dallas, TX. November 19, 2013.

Invited Presentations for Universities/Industry

1. Kreider, R.B. *Role of Amino Acids and Phosphate On Exercise*. **Pepsico All Sport Medical Advisory Board Meeting.** San Diego, CA. July 8, 1992.
2. Kreider, R.B. *Strategies for Developing Health Promotion Programs*. **United States Air Force Process Action Team.** Hampton, VA. March 30, 1993.
3. Kreider, R.B. *Health Promotion Programs at the Worksites*. **City of Norfolk, City College.** Norfolk, VA. April 8, 1993.
4. Kreider, R.B. *Employee Risk Factor Identification*. **American Heart Association - Tidewater Affiliate, Heart at Work Committee.** Virginia Beach, VA. April 21, 1993.

5. Kreider, R.B. *The Role of Amino Acids in Fatigue, the Overtraining Syndrome, and Immunosuppression*. **West Virginia University Medical School**. Morgantown, WV. May 17, 1993.
6. Kreider, R.B. *The Role of Amino Acids in Fatigue, the Overtraining Syndrome, and Immunosuppression*. **Florida Atlantic University**. Boca Raton, FL. July 8, 1993.
7. Kreider, R.B. *The Role of Amino Acids in Fatigue, the Overtraining Syndrome, and Immunosuppression*. **Memphis State University**. Memphis, TN. October 13, 1993.
8. Kreider, R.B. *Nutritional Guidelines for Athletes*. **Arkansas State University**. Jonesboro, AR. March 8, 1999.
9. Kreider, R.B. *The Future of Exercise Science*. **The University of Delaware**. Newark, DE. April 6, 1999.
10. Kreider, R.B. *Analysis Of Effective And Ineffective Nutritional Ergogenic Aids*. **GNC Sport Summit**. Park City, Utah. June 6, 2000.
11. Kreider, R.B. *Considerations In Developing A Productive Research Program*. **University of Mississippi**. Oxford, MS. October 27, 2000.
12. Kreider, R.B. *Effects Of Intact Colostrum And Turbo ATP Supplementation During Training On Body Composition, Strength, And Anaerobic Power*. **GNC Sport Summit**. Boca Raton, FL. January 26, 2001.
13. Kreider, R.B. *Effects Of Intact Colostrum And Turbo ATP Supplementation During Training On Body Composition, Strength, And Anaerobic Power*. **Royal Numico Research Department**. Wageningen, Netherlands. March 5, 2001.
14. Kreider, R.B. *Nutrition & Performance Enhancement*. **Proctor & Gamble Future Work Conference**. Cincinnati, OH. April 28, 2003.
15. Kreider, R.B. *Curves Women's Health Initiative*. Department of Kinesiology, **University of Texas**. Austin, TX. November 16, 2004.
16. Kreider R.B. *Promoting weight loss and maintenance in women: The Curves Women's Health & Fitness Initiative*. **Southwestern Medical Center Obesity Conference**. Fort Worth, TX. November 19, 2008.
17. Kreider R. Bridging the translational research gap through exercise and nutrition research. **Intercollegiate Faculty of Nutrition Seminar**. Texas A&M University. February 14, 2011.
18. Kreider R. *Exercise and Sport Nutrition Lab: Research Overview*. **3rd Annual VPX Science Summit**. Fort Lauderdale, FL. September 17, 2011.
19. Kreider R. *Bridging the translational research gap through exercise and nutrition research*. **TAMHSC Grand Rounds**. College Station, TX. January 17, 2012.
20. Kreider R. *Potential use of fruits and vegetables in sports nutrition*. **Science for Foods for Health Seminar**. Department of Nutrition Sciences, Texas A&M University. College Station, TX. March 6, 2012.
21. Kreider R. *Bridging the translational research gap through exercise and nutrition research*. **TAMHSC Summer Research Program Seminar Series**. College Station, TX. June 5, 2012.
22. Kreider R. *Grant writing: corporate and private agencies*. **CEHD Council of Principal Investigators**. College Station, TX. November 6, 2013.

Refereed Conference Research Presentations (* represents mentored student)

1. Kreider, R.B. and T. Boone. *Effects of two bicycle ergometer intensities on the cardiovascular system prior to two treadmill running intensities*. **13th Annual Southeast American College of Sports Medicine Meeting**. Athens, GA. January 24, 1986.
2. Kreider, R.B., D.E. Cundiff, J. Hammett, C.W. Cortes, and K.W. Williams. *Cardiovascular, hemodynamic, and blood lactate responses during the bike-run transition in male triathletes*. **13th Annual Southeast American College of Sports Medicine Meeting**. Athens, GA. January 24, 1986.
3. Kreider, R.B., W.R. Thompson, T. Boone, and J. Bailey. *Effects of pedaling rate on actual and predicted VO₂ responses in cycling*. **14th Annual Southeast American College of Sports Medicine Meeting**. Charleston, SC. January 28, 1987.
4. Cortes, C.W., R.B. Kreider, and T. Boone. *Reliability of exercise responses during submaximal exercise*. **14th Annual Southeast American College of Sports Medicine Meeting**. Charleston, SC. January 28, 1987.
5. Kreider, R.B., T. Boone, W.R. Thompson, S. Burkes, and C.W. Cortes. **1987 Olympic Festival Congress on Sports Medicine and Science**. Chapel Hill, NC. July 11, 1987.
6. Cortes, C.W., R.B. Kreider, S. Al-Mandalawi, J. Lamberth, K.D. Johnson, W.R. Johnson, and H. Anderson. *Lactate clearance during active and passive recovery*. **1987 Olympic Festival Congress on Sports Medicine and Science**. Chapel Hill, NC. July 11, 1987.
7. Boone, T., R. Cooper, C.W. Cortes, and R.B. Kreider. *Effects of deep muscular massage on performance*. **1987 Olympic Festival Congress on Sports Medicine and Science**. Chapel Hill, NC. July 11, 1987.
8. Kreider, R.B. and M.H. Williams. *Physiological and nutritional considerations in ultraendurance performance*. **15th Annual Southeast American College of Sports Medicine Meeting**. Winston-Salem, NC. January 29, 1988.
9. Kreider, R.B. *Ventilatory threshold in swimming, cycling, and running in triathletes*. **15th Annual Southeast American**

- College of Sports Medicine Meeting.** Winston-Salem, NC. January 30, 1988.
10. Cortes, C.W., R.B. Kreider, S. Al-Mandalawi, K.D. Johnson, J. Lamberth, and W.R. Thompson. *Ventilatory equivalent in trained and untrained cyclists.* **15th Annual Southeast American College of Sports Medicine Meeting.** Winston-Salem, NC. January 29, 1988.
 11. Johnson, K.D., W.R. Thompson, J. Lamberth, S. Al-Mandalawi, R.B. Kreider, and C.W. Cortes. *Plasma lactate and ventilation thresholds in untrained and trained non-cyclists.* **15th Annual Southeast American College of Sports Medicine Meeting.** Winston-Salem, NC. January 30, 1988.
 12. *Miller, G.W. and R.B. Kreider. *Effects of Sodium Phosphate Supplementation on Human Performance.* **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting.** Roanoke, VA. December 2, 1988.
 13. *Miller, G.W., R.B. Kreider, M.H. Williams, C.T. Somma, and T. Nasser. *Analysis of ventilatory thresholds as a limiting factor in five-mile performance.* **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting.** Roanoke, VA. December 2, 1988.
 14. *Barrett-Friend, M. and R.B. Kreider. *Effects of an eight-week low impact aerobic dance class on adult women.* **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting.** Roanoke, VA. December 4, 1988.
 15. Kreider, R.B., G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of three or six day sodium phosphate regimens on serum phosphate, 2,3-DPG, hemoglobin, and hematocrit.* **16th Annual Southeast American College of Sports Medicine Meeting.** Atlanta, GA. January 20, 1989.
 16. *Miller, G.W., R.B. Kreider, M.H. Williams, C.T. Somma, and T. Nasser. *Analysis of ventilatory thresholds as a limiting factor in five-mile performance.* **16th Annual Southeast American College of Sports Medicine Meeting.** Atlanta, GA. January 20, 1989.
 17. *Barrett-Friend, M. and R.B. Kreider. *Effects of an eight-week low impact aerobic dance class on adult women.* **16th Annual Southeast American College of Sports Medicine Meeting.** Atlanta, GA. January 21, 1989.
 18. Kreider, R.B., G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of sodium phosphate supplementation on serum phosphate, 2,3-DPG, hemoglobin, and hematocrit following maximal and five-mile run performance.* **37th Annual American College of Sports Medicine Meeting.** Baltimore, MD. June 1, 1989.
 19. *Miller, G.W., R.B. Kreider, G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of sodium phosphate supplementation on maximal and five-mile run performance.* **37th Annual American College of Sports Medicine Meeting.** Baltimore, MD. June 1, 1989.
 20. Williams, M.H., R.B. Kreider, D. Hunter, C.T. Somma, L.M. Shall, M.L. Woodhouse, and L. Rokitski. *Effect of oral inosine supplementation on performance in a 3-mile treadmill run and VO₂ peak.* **First International Olympic Committee World Congress on Sports Sciences.** Colorado Springs, CO. October 29, 1989.
 21. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, L. Shall, and M. Woodhouse. *Effects of repeated ultraendurance cycling on pulmonary function.* **17th Annual Southeast American College of Sports Medicine Meeting.** Columbia, SC. February 2, 1990.
 22. *Drinkard, B., R.B. Kreider, T. Drews, C.W. Cortes, L. Shall, and M.L. Woodhouse. *Chronotropic and Inotropic adaptations to repeated ultraendurance cycling.* **17th Annual Southeast American College of Sports Medicine Meeting.** Columbia, SC. February 2, 1990.
 23. *Drews, T., R.B. Kreider, B. Drinkard, C.W. Cortes, C. Lester, C.T. Somma, L.M. Shall, and M.L. Woodhouse. *Effects of post-event massage therapy on repeated ultraendurance cycling.* **17th Annual Southeast American College of Sports Medicine Meeting.** Columbia, SC. February 2, 1990.
 24. Cortes, C.W., T. Boone, D. Redondo, and R.B. Kreider. *Effects of prior hydrotherapy on cardiovascular responses to exercise.* **17th Annual Southeast American College of Sports Medicine Meeting.** Columbia, SC. February 3, 1990.
 25. Kreider, R., C. Cortes, T. Drews, B. Drinkard, S. Sechrist, T. Somma, C. Lester, M. Woodhouse, and L. Shall (Sponsor: J.O. Holloszy). *Protein gluconeogenesis in repeated ultraendurance cycling.* **74th Annual Federation of American Societies of Experimental Biology Meeting.** Washington, D.C. April 3, 1990.
 26. Cortes, C., R. Kreider, B. Drinkard, T. Drews, L. Shall, and M. Woodhouse (Sponsor: J.O. Holloszy). *Ventilatory compliance to repeated ultraendurance cycling.* **74th Annual Federation of American Societies of Experimental Biology Meeting.** Washington, D.C. April 4, 1990.
 27. Cortes, C.W., R.B. Kreider, B. Drinkard, T. Drews, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Electrolyte levels during repeated ultraendurance cycling.* **38th Annual American College of Sports Medicine Meeting.** Salt Lake City, UT. May 22, 1990.
 28. *Drews, T., R.B. Kreider, B. Drinkard, C.W. Cortes, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Effects of post-event massage therapy on muscle recovery and performance in repeated ultraendurance cycling.* **38th Annual American College of Sports Medicine Meeting.** Salt Lake City, UT. May 24, 1990.
 29. *Drinkard, B., R.B. Kreider, T. Drews, C.W. Cortes, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Effects of repeated ultraendurance cycling on muscle injury.* **38th Annual American College of Sports Medicine Meeting.** Salt Lake City, UT. May 25, 1990.
 30. Kreider, R.B., B. Drinkard, T. Drews, C.W. Cortes, S.R. Sechrist, C.T. Somma, M.L. Woodhouse, and L.M. Shall.

- Evidence of hemolysis, altered hormonal and vitamin status, fecal blood loss, and anemia in response to multi-stage ultraendurance cycling. 18th Annual Southeast American College of Sports Medicine Meeting.* Louisville, KY. Jan 31, 1991.
31. *Drinkard, B., R.B. Kreider, T. Drews, and C.W. Cortes. *Fluid homeostasis and thermoregulation during a multi-stage ultraendurance cycling event. 18th Annual Southeast American College of Sports Medicine Meeting.* Louisville, KY. January 31, 1991.
 32. *Schenck, D., R.B. Kreider, G.W. Miller, C.W. Cortes, C. Turner, and P. Rowland. *Evaluation of metabolic, cardiovascular, and myocardial adaptations to competitive endurance cycling. 18th Annual Southeast American College of Sports Medicine Meeting.* Louisville, KY. January 31, 1991.
 33. *Drews, T., R.B. Kreider, B. Drinkard, and C.W. Jackson. *Effects of multi-stage ultraendurance cycling on psychological profiles of exertion, feeling, and mood. 18th Annual Southeast American College of Sports Medicine Meeting.* Louisville, KY. February 1, 1991.
 34. *Miller, G.W., R.B. Kreider, D. Schenck, C.W. Cortes, C. Turner, and P. Rowland. *Effects of muscular anaerobiosis of substrate availability and myocardial compliance to exercise. 18th Annual Southeast American College of Sports Medicine Meeting.* Louisville, KY. February 2, 1991.
 35. Kreider, R.B., G.W. Miller, D. Schenck, C. Cortes, V. Miriel, P. Rowland, C. Turner, and J.O. Holloszy. *Effects of phosphate loading on myocardial adaptations to endurance exercise. 75th Annual Federation of American Societies of Experimental Biology Meeting.* Atlanta, GA. April 25, 1991.
 36. *Miller, G.W., R.B. Kreider, D. Schenck, C. Cortes, V. Miriel, P. Rowland, C. Turner, and J.O. Holloszy. *Effects of phosphate loading on myocardial adaptations to endurance exercise. 75th Annual Federation of American Societies of Experimental Biology Meeting.* Atlanta, GA. April 25, 1991.
 37. Kreider, R.B., M. Mitchell, G.W. Miller, C.W. Cortes, and V. Miriel. *Effects of protein supplementation on substrate usage during ultraendurance triathlon performance. 39th Annual American College of Sports Medicine Meeting.* Orlando, FL. May 29, 1991.
 38. *Mitchell, M., R.B. Kreider, G.W. Miller, C.W. Cortes, and V. Miriel. *Effects of protein supplementation on ultraendurance triathlon performance. 39th Annual American College of Sports Medicine Meeting.* Orlando, FL. May 29, 1991.
 39. Cortes, C.W., R.B. Kreider, D. Schenck, G.W. Miller, V. Miriel, and D. Crosson. *Effects of phosphate loading on maximal cycling performance. 39th Annual American College of Sports Medicine Meeting.* Orlando, FL. May 30, 1991.
 40. *Miller, G.W., R.B. Kreider, D. Schenck, C.W. Cortes, V. Miriel, and D. Crosson. *Effects of phosphate loading on anaerobic threshold. 39th Annual American College of Sports Medicine Meeting.* Orlando, FL. May 30, 1991.
 41. *Schenck, D., R.B. Kreider, G.W. Miller, G.W. Cortes, V. Miriel and D. Crosson. *Effects of phosphate loading on 40 KM cycling performance. 39th Annual American College of Sports Medicine Meeting.* Orlando, FL. May 30, 1991.
 42. *Drews, T., R.B. Kreider, B. Drinkard, and C.J. Jackson. *Effects of post-event massage therapy on psychological profiles of exertion, feeling, and mood. 39th Annual American College of Sports Medicine Meeting.* Orlando, FL. May 31, 1991.
 43. Kreider, R.B., G.W. Miller, M. Mitchell, C.W. Cortes, V. Miriel, C.T. Somma, S.R. Sechrist, and D. Hill. *Effects of amino acid supplementation on ultraendurance triathlon performance. I World Congress on Sports Nutrition.* Barcelona, Spain. June 17, 1991.
 44. Kreider, R.B., G.W. Miller, D. Schenck, C.W. Cortes, V. Miriel, C.T. Somma, P. Rowland, C. Turner, and D. Hill. *Effects of phosphate loading on maximal and endurance exercise performance. I World Congress on Sports Nutrition.* Barcelona, Spain. June 17, 1991.
 45. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, C.T. Somma, S.R. Sechrist, C. Lester, M. Woodhouse, and L.M. Shall. *Bioenergetic and nutritional demands of multistage ultraendurance cycling. I World Congress on Sports Nutrition.* Barcelona, Spain. June 17, 1991.
 46. *Miriel, V., R.B. Kreider, M. Mitchell, G.W. Miller, C.W. Cortes, D. Hill, T. Somma, and S. Sechrist. *Analysis of electrolyte intake and serum electrolyte levels during an ultraendurance triathlon. 19th Annual Southeast American College of Sports Medicine Meeting.* Auburn, AL. January 30, 1992.
 47. *Bertun, E., R.B. Kreider, M. Mitchell, G.W. Miller, V. Miriel, C.W. Cortes, D. Hill, T. Somma, and S. Sechrist. *Effects of ultraendurance triathlon performance on serum enzyme levels. 19th Annual Southeast American College of Sports Medicine Meeting.* Auburn, AL. January 30, 1992.
 48. Dowling, E., R. Kreider, M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, S. Sechrist and T. Somma. *Effects of ultraendurance triathlon performance on psychological profiles of exertion, feeling, and mood. 19th Annual Southeast American College of Sports Medicine Meeting.* Auburn, AL. January 30, 1992.
 49. Kreider, R.B., M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, T. Somma, and S. Sechrist. *Bioenergetic and nutritional analysis of an ultraendurance triathlon. 19th Annual Southeast American College of Sports Medicine Meeting.* Auburn, AL. February 1, 1992.
 50. Redondo, D. R.B. Kreider, M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, S. Sechrist, and T. Somma. *Analysis of temperature regulation and fluid homeostasis during an ultraendurance triathlon. 19th Annual Southeast American*

- College of Sports Medicine Meeting.** Auburn, AL. February 1, 1992.
51. *Bertun, E., R.B. Kreider, R. Ratzlaff, J. Edwards, D. Redondo, E. Dowling, V. Miriel, M. Williams, T. Somma, S. Sechrist, F. Coleman, and J. Gentry. *Effects of amino acid and carnitine supplementation during swim training on immune status I: Lymphocyte subpopulations.* **40th Annual American College of Sports Medicine Meeting.** Dallas, TX. May 28, 1992.
 52. Kreider, R.B., R. Ratzlaff, E. Bertun, J. Edwards, D. Redondo, E. Dowling, V. Miriel, M. Williams, T. Somma, S. Sechrist, F. Coleman, and J. Gentry. *Effects of amino acid and carnitine supplementation during swim training on immune status II: Response to mitogen stimulation.* **40th Annual American College of Sports Medicine Meeting.** Dallas, TX. May 28, 1992.
 53. *Lloyd, G., E. Dowling, D. Redondo, R. Kreider, G. Miller, M. Williams, and J. Gentry. *Effects of a commercial supplement containing sodium phosphate and bicarbonate on hematological responses to swim performance.* **40th Annual American College of Sports Medicine Meeting.** Dallas, TX. May 29, 1992.
 54. Kreider, R., V. Miriel, E. Bertun, T. Somma, and S. Sechrist. *Effects of amino acid and carnitine supplementation on markers of protein catabolism and body composition during 25 weeks of swim training.* **20th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. January 29, 1993.
 55. *Bertun, E., R.B. Kreider, R.E. Ratzlaff and J. Edwards. *Effects of 25 weeks of competitive swim training on immune function.* **20th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. January 30, 1993.
 56. Kreider, R., R. Ratzlaff, E. Bertun, J. Edwards, V. Miriel, G. Lloyd, and J. Gentry. *Effects of amino acid and carnitine supplementation on immune status during and intercollegiate swim season.* **40th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 5, 1993.
 57. *Hensley, S., B. Leutholtz, R.B. Kreider, E. Hooker, and H. Jewett. *The reliability of bioelectrical impedance for assessing body composition during the menstrual cycle.* **21st Annual Southeast American College of Sports Medicine Meeting.** Greensboro, NC. January 21, 1994.
 58. Kreider, R.B., D. Hill, G. Horton, M. Downes, S. Smith and B. Anders. *Effects of carbohydrate supplementation during intense field hockey training on dietary patterns, psychological status, and performance.* **21st Annual Southeast American College of Sports Medicine Meeting.** Greensboro, NC. January 22, 1994.
 59. Leutholtz, B., R.B. Kreider, and S. Newsome. *Effects of menstrual cycle on body composition measurements determined by bioelectrical impedance.* **41st Annual American College of Sports Medicine Meeting.** Indianapolis, IN. June 1, 1994.
 60. Kreider, R.B. and C.W. Jackson. *Effects of amino acid supplementation on psychological status during and intercollegiate swim season.* **41st Annual American College of Sports Medicine Meeting.** Indianapolis, IN. June 3, 1994.
 61. Kreider, R.B., R. Ratzlaff, E. Bertun, and J. Edwards. *Effects of gender on immunological responses to 25 weeks of intercollegiate swim training.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 4, 1995.
 62. *Grindstaff, P., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, L. Ramsey, M. Walling, and Y. Li. *Relationship of psychological profiles of mood, exertion, and feeling on isokinetic strength performance.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 4, 1995.
 63. *Wood, L. R. Kreider, L. Weiss, A. Fry, P. Grindstaff, D. Bullen, M. Miyaji and L. Ramsey. *Comparison of fatigue curves between upper and lower extremity muscle groups performing isokinetic strength testing.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 3, 1995.
 64. *Bullen, D., K. Harmon, L. Ramsey, P. Grindstaff, M. Miyaji, R. Klesges, R. Kreider, A. Fry, and L. Weiss. *Comparison of bioelectrical impedance analysis (BIA) to dual energy x-ray absorptiometry (DEXA) measurements in weight trained males.* **23rd Annual Southeast American College of Sports Medicine Meeting.** Lexington, KY. February 4, 1995.
 65. Kreider, R., K. Harmon, B. Klesges, L. Weiss, A. Fry, A. Almada, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, and Y. Li (SPON: S. Brown). *Effects of ingesting supplements designed to promote lean tissue accretion on whole and regional body composition alterations during resistance-training.* **79th Annual Federations of American Societies of Experimental Biology Meeting.** Atlanta, GA. April 13, 1995.
 66. Almada, A., R. Kreider, K. Harmon, B. Klesges, L. Weiss, A. Fry, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, and Y. Li (SPON: S. Brown). *Effects of ingesting a nutritional supplement containing chromium picolinate and boron on body composition during resistance-training.* **79th Annual Federations of American Societies of Experimental Biology Meeting.** Atlanta, GA. April 13, 1995.
 67. Kreider, R., K. Harmon, B. Klesges, L. Weiss, A. Fry, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, Y. Li and A. Almada. *Effects of ingesting nutritional supplements designed to promote lean tissue accretion on body composition.* **42nd Annual American College of Sports Medicine Meeting.** Minneapolis, MN. June 2, 1995.
 68. *Grindstaff, P., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, L. Ramsey, Y. Li and A. Almada. *Effects of ingesting a supplement containing creatine monohydrate for 7 days on isokinetic performance.* **42nd Annual American College of Sports Medicine Meeting.** Minneapolis, MN. June 1, 1995.
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 71. *Wood, L., R. Kreider, D. Bullen, P. Grindstaff and A. Almada. *Effects of ingesting a supplement containing chromium and boron on isokinetic performance.* **NSCA Annual Meeting.** Phoenix, AZ. June 23, 1995.
 72. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of ingesting nutritional supplements designed to promote lean tissue accretion on body composition during off-season intercollegiate football training.* **International Sport Nutrition Conference.** Minneapolis, MN, September 23, 1995.
 73. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, L. Wood, P. Grindstaff, and A. Almada. *Effects of ingesting nutritional supplements on isotonic strength performance during resistance-training.* **Canadian Society for Exercise Physiology.** Quebec City, Canada. October 22, 1995.
 74. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of MET-Rx™ supplementation during off-season college football training on body composition and strength.* **24th Annual Southeast American College of Sports Medicine Meeting.** Chattanooga, TN. February 2, 1996.
 75. Kreider, R. *Effects of creatine supplementation on anaerobic power and body composition.* **Southeast American College of Sports Medicine Meeting.** Chattanooga, TN. February 2, 1996.
 76. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of MET-Rx™ supplementation during off-season college football training on body composition and strength.* **24th Annual Southeast American College of Sports Medicine Meeting.** Chattanooga, TN. February 3, 1996.
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 84. Okwumabua, J., R. Kreider, and C. Cobel. *Health promotion for African American senior citizens.* **Sport in the City Conference.** Memphis, TN. October 13, 1996.
 85. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of creatine monohydrate supplementation on hematological responses to resistance training.* **25th Annual Southeast American College of Sports Medicine Meeting.** Atlanta, GA. January 24, 1997.
 86. Ferreira, M., R. Kreider, M. Wilson, R. Ratzlaff, E. Bertun, J. Bozarth, V. Miriel, D. Tulis, L. Ramsey, H. Yamashita, and T. Taylor. *Effects of a 3-week taper period following 22-weeks of swim training on immunological responses to exercise.* **25th Annual Southeast American College of Sports Medicine Meeting.** Atlanta, GA. January 24, 1997.
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 92. Ferreira, M., R. Kreider, M. Wilson, and A. Almada. *Effects of conjugated linoleic acid supplementation during resistance training on body composition and strength.* **1997 NSCA Annual Meeting.** Las Vegas, NV. June 27, 1997.
 93. Kreider, R. *Effects of conjugated linoleic acid supplementation on body composition and strength.* **1997 CLA Forum.** Madison, WI. August 14, 1997.
 94. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of creatine supplementation with and without glucose on repetitive sprint performance in trained and untrained men and women.* **International Sport Nutrition Conference.** Williamsburg, VA. September 26, 1997.
 95. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of calcium α -HMB supplementation during training on body composition and strength.* **4th International Olympic Committee World Congress on Sport Sciences.** Monte Carlo, Principality of Monaco. October 23, 1997.
 96. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of conjugated linoleic acid (CLA) supplementation during resistance-training on bone mineral content, bone mineral density, and markers of immune stress.* **82nd Annual Experimental Biology Meeting.** San Francisco, CA. April 19, 1998.
 97. Kreider, R., P. Koh, M. Ferreira, P. Cowan, and A. Almada. *Effects of pyruvate supplementation during training on body composition and metabolic responses to exercise.* **45th Annual American College of Sports Medicine Meeting.** Orlando, FL. June 3, 1998.
 98. *Koh, P., R. Kreider, M. Ferreira, P. Cowan, and A. Almada. *Effects of pyruvate supplementation during training on hematologic and metabolic profiles.* **45th Annual American College of Sports Medicine Meeting.** Orlando, FL. June 3, 1998.
 99. Kreider, R.B., C. Rasmussen, J. Ransom, and A.L. Almada. *Effects of creatine supplementation during training on incidence of muscle cramping, injuries, and GI distress.* **NSCA Annual Meeting.** Nashville, TN. June 24, 1998.
 100. *Wood, L.E., L.W. Weiss, A.C. Fry, R.B. Kreider, D. Bullen, P. Grindstaff, and G. Relyea. *The effect of pre-performance training abstinence on maximal bench press strength and power.* **NSCA Annual Meeting.** Nashville, TN. June 24, 1998.
 101. *Cowan, P.A., D.K. Hathaway, and R. Kreider. *The effect of moderate exercise intervention on heart rate variability and exercise capacity in women.* **International Autonomic Society Annual Meeting.** Fort Myers, FL, October 1998.
 102. *Cowan, P., R. Kreider, and D. Hathaway. *Heart rate variability and exercise capacity in women.* **Nonlinear Dynamics in Nursing Conference.** November 1998.
 103. Kreider, R.B., C. Rasmussen, J. Ransom, C. Melton, J. Hunt, A.L. Almada, R. Tutko, and P. Milnor. *Relationship between creatine supplementation history and markers of clinical status in college football players.* **27th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. February 5, 1999.
 104. Almada, A.L., R.B. Kreider, J. Ransom, C. Rasmussen, R. Tutko, and P. Milnor. *Day-to-day reliability of spine, hip, and whole body DEXA scans in men and women.* **27th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. February 5, 1999.
 105. Kreider, R., J. Ransom, C. Rasmussen, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect markers of renal function.* **83rd Annual Experimental Biology Meeting.** Washington, D.C. April 19, 1999.
 106. *Melton, C., R. Kreider, C. Rasmussen, J. Ransom, J. Hunt, T. Stroud, E. Cantler and P. Milnor. *Effects of ingesting creatine containing supplements during training on blood lipid profiles.* **83rd Annual Experimental Biology Meeting.** Washington, D.C. April 19, 1999.
 107. Kreider, R., C. Melton, J. Hunt, C. Rasmussen, J. Ransom, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training I.* **46th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 5, 1999.
 108. *Hunt, J., R. Kreider, C. Melton, J. Ransom, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training II.* **46th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 5, 1999.
 109. *Rasmussen, C., R. Kreider, J. Ransom, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect fluid or electrolyte status.* **46th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 3, 1999.
 110. *Ransom, J., R. Kreider FACSM, J. Hunt, C. Melton, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Effects of creatine supplementation during training on markers of catabolism and muscle and liver enzymes.* **46th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 4, 1999.

111. *Cowan, P., D.K. Hathaway, R. Kreider, FACSM, J. Soberman, P. Jordan, M.N. Wicks, K. Englehardt, A.K. Cashion, J. Milstead and A.O. Gaber. *Exercise capacity and cardiac autonomic function in recent kidney and kidney-pancreas transplant recipients.* **46th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 4, 1999.
112. Kreider, R., C. Melton, J. Ransom, C. Rasmussen, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Creatine Supplementation does not increase incidence of cramping or injury during college football training I.* **22nd Annual National Strength and Conditioning Association Meeting.** Kansas City, MO. June 25, 1999.
113. Greenwood, M., R. Kreider, J. Ransom, C. Rasmussen, C. Melton, T. Stroud, E. Cantler, and P. Milnor. *Creatine Supplementation does not increase incidence of cramping or injury during college football training II.* **22nd Annual National Strength and Conditioning Association Meeting.** Kansas City, MO. June 25, 1999.
114. *Ransom, J., R. Kreider, C. Rasmussen, C. Melton, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Effects of long-term creatine supplementation during training on markers of catabolism and enzyme efflux.* **22nd Annual National Strength and Conditioning Association Meeting.** Kansas City, MO. June 25, 1999.
115. *Rasmussen, C., R. Kreider, C. Melton, J. Ransom, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Long-term creatine supplementation during football training does not affect markers of renal stress.* **22nd Annual National Strength and Conditioning Association Meeting.** Kansas City, MO. June 24, 1999.
116. *Melton, C., R. Kreider, C. Rasmussen, J. Ransom, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Effects of creatine supplementation during in-season college football training on markers of clinical status.* **22nd Annual National Strength and Conditioning Association Meeting.** Kansas City, MO. June 25, 1999.
117. *Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, A.K. Cashion, and A.O. Gaber. *Exercise capacity, cardiac autonomic function (CAF), and quality of life (QOL) in kidney transplant recipients.* **8th Annual International Transplant Nurses Society Symposium and General Assembly.** Toronto, Canada. September 9-11, 1999.
118. *Cowan, P.A., D.K. Hathaway, J. Soberman, P. Jordan, M.N. Wicks, R. Kreider, and A.O. Gaber. *Cardiac autonomic function and exercise in diabetic kidney pancreas recipients.* **7th World Congress of the International Pancreas and Islet Transplant Association.** Sydney, Australia. August 22-25, 1999.
119. Almada, A.L., R.B. Kreider, J. Ransom, C. Rasmussen, R. Tutko, P. Milnor. *Comparison to the reliability of repeated whole body DEXA scans to repeated hip and spine scans.* **21st Annual Meeting of the American Society of Bone Mineral Research.** St. Louis, MO. October 2, 1999.
120. Kreider, R., C. Rasmussen, J. Ransom, C. Melton, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, A. Almada, and P. Greenhaff. *Long-term creatine supplementation does not affect markers of renal stress in athletes.* **Southwest American College of Sports Annual Meeting.** San Jose, CA. November 12, 1999.
121. Almada, A., Kreider, R., J. Ransom, C. Melton, C. Rasmussen, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and C. Earnest. *Long-term creatine supplementation does not affect muscle or liver enzyme efflux in athletes.* **Southwest American College of Sports Annual Meeting.** San Jose, CA. November 12, 1999.
122. *Cowan, P.A., D.K. Hathaway, M.N. Wicks, R.B. Kreider, A.K. Cashion, and A.O. Gaber. *Exercise capacity, cardiac autonomic function (CAF) and quality of life (QOL) in kidney transplant recipients.* **Proceedings of the Tennessee Nurses Association Convention,** Memphis, TN. November 19-21, 1999.
123. *Cowan, P.A., D.K. Hathaway, and R. Kreider. *The effect of moderate exercise on heart rate variability and exercise capacity in healthy women.* **Proceedings of the Tennessee Nurses Association Convention,** Memphis, TN. November 19-21, 1999.
124. *Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, K. Engelhardt, and A.O. Gaber. *Relationships between functional capacity, quality of life, and cardiac autonomic function in kidney transplant recipients.* **Proceedings of the Sigma Theta Tau Beta Theta Chapter Research Day Conference.** Memphis, TN. March 31, 2000.
125. *Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, K. Engelhardt, and A.O. Gaber. *Effect of exercise training on functional capacity, quality of life, and cardiac autonomic function in kidney transplant recipients.* **Proceedings of the Sigma Theta Tau Beta Theta Chapter Research Day Conference.** Memphis, TN. March 31, 2000.
126. *Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, and A.O. Gaber. *Exercise rehabilitation for kidney and kidney-pancreas transplant recipients.* **31st Annual American Nephrology Nurses Association Symposium.** Nashville, TN. April 10, 2000.
127. *Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, and A.O. Gaber. *Functional capacity correlates with heart rate variability and quality of life in kidney and kidney-pancreas transplant recipients.* **31st Annual American Nephrology Nurses Association Symposium.** Nashville, TN. April 11, 2000.
128. R. Kreider, C. Rasmussen, J. Lundberg, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Effects of ingesting carbohydrate gels on glucose, insulin and perception of hypoglycemia.* **84th Annual Experimental Biology Meeting.** San Diego, CA. April 17, 2000.
129. *Rasmussen, C., R. Kreider, J. Lundberg, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Analysis of the glycemic index and insulin response index of various carbohydrate gels.* **84th Annual Experimental Biology Meeting.** San Diego, CA. April 17, 2000.
130. *Cowan, P.A., D.K. Hathaway, R. Kreider, M.N. Wicks, J. Soberman, P. Jordan, R. Stratta, and A.O. Gaber. *Exercise*

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Chicago, IL. May 14-17, 2000.

131. Kreider, R. C. Rasmussen C. Melton, M. Greenwood, T. Stroud, J., Ransom, E. Cantler, P. Milnor, and A. Almada. *Long-term creatine supplementation does not adversely affect markers of clinical status.* **American College of Sports Medicine Annual Meeting.** Indianapolis, IN. June 2-5, 2000.
132. *Cowan, P., D.K Hathaway, R. Kreider, M.N. Wicks, A.O. Gaber, J. Soberman, and P. Jordan. *Effect of exercise training on functional capacity and quality of life of kidney transplant recipients.* **American College of Sports Medicine Annual Meeting.** Indianapolis, IN. June 2-5, 2000.
133. Greenwood, M., R. Kreider, L. Greenwood, and J. Farris. *Effects of creatine supplementation on injury rates during 3-a-day football training..* **American College of Sports Medicine Annual Meeting.** Indianapolis, IN. June 2-5, 2000.
134. Greenwood, L., M. Greenwood, R. Kreider, and J. Farris. *Effects of creatine supplementation on injury rates during 5-weeks of fall college baseball training..* **American College of Sports Medicine Annual Meeting.** Indianapolis, IN. June 2-5, 2000.
135. Greenwood, M., R. Kreider, C. Melton, C. Rasmussen, J. Lundberg, T. Stroud, E. Cantler, P. Milnor, and A. Almada. *Short and long-term creatine supplementation does not affect hematological markers of health.* **22nd Annual National Strength and Conditioning Association Meeting.** Orlando, FL. June 22-24, 2000.
136. Almada, A., R. Kreider, C. Melton, C. Rasmussen, J. Lundberg, J. Ransom, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and J. Fox. *Long-term creatine supplementation does not affect markers of renal stress in athletes.* **22nd Annual National Strength and Conditioning Association Meeting.** Orlando, FL. June 22-24, 2000.
137. Kreider, R., J. Lundberg, C. Rasmussen, P. Cowan, M. Greenwood, C. Earnest and A. Almada. *Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of catabolism.* **22nd Annual National Strength and Conditioning Association Meeting.** Orlando, FL. June 22-24, 2000.
138. Earnest, C., R. Kreider, J. Lundberg, C. Rasmussen, P. Cowan, M. Greenwood, and A. Almada. *Effects of pre-exercise carbohydrate feedings on glucose and insulin responses during and following resistance exercise.* **22nd Annual National Strength and Conditioning Association Meeting.** Orlando, FL. June 22-24, 2000.
139. Greenwood, L., M. Greenwood, R. Kreider, and R. Carroll. *Effects of creatine supplementation on the incidence of cramping/injury during a college football season.* **National Athletic Trainers Association Annual Meeting.** Nashville, TN. June 29-July 2, 2000.
140. Greenwood, M., R. Kreider, and L. Greenwood. *Creatine supplementation patterns and perceived effects among division I athletes.* **National Athletic Trainers Association Annual Meeting.** Nashville, TN. June 29-July 2, 2000.
141. Hathaway, D.K., P.A. Cowan, R.B. Kreider, M.N. Wicks, and A.O. Gaber. *Effect of exercise on heart rate variability and functional capacity in kidney and kidney-pancreas transplant recipients.* **World Congress of Transplantation.** Rome, Italy. August 2000.
142. *Cowan, P.A., D.K. Hathaway, M.N. Wicks, R. Kreider, and A.O. Gaber. *Effect of exercise training on functional capacity, quality of life, and cardiac autonomic function in kidney transplant recipients.* **Proceedings of the International Transplant Nurses Society.** Las Vegas, NV. September 2000.
143. Kreider, R.B. *Performance enhancement nutrition: analysis of effective and ineffective nutritional ergogenic aid.* **NACSM Scholar Lecture Series.** Omaha, NE. February 27, 2001.
144. Kreider, R.B. *Performance enhancement nutrition: analysis of effective and ineffective nutritional ergogenic aid.* **NACSM Scholar Lecture Series.** Souix Falls, SD. February 27, 2001.
145. *Melton C., R. Kreider, C. Rasmussen, J. Lundberg, M. Greenwood, A. Almada, and C.P. Earnest. *Effects of oral D-ribose supplementation on anaerobic capacity and markers of metabolism.* **85th Annual Experimental Biology Annual Meeting.** Orlando, FL. April 3, 2001.
146. *Lancaster, S., R. Kreider, C. Rasmussen, C. Kerksick. M. Greenwood, A. Almada, and C.P. Earnest. *Effects of honey supplementation on glucose, insulin, and endurance cycling performance.* **85th Annual Experimental Biology Annual Meeting.** Orlando, FL. April 4, 2001.
147. Kreider, R., C. Rasmussen, C. Kerksick, S. Lancaster, M. Starks, M. Greenwood, P. Milnor, A. Almada and C. Earnest. *Effects of bovine colostrum supplementation on training adaptations I: body composition.* **85th Annual Experimental Biology Annual Meeting.** Orlando, FL. April 4, 2001.
148. Kreider, R., C. Rasmussen, C. Kerksick, S. Lancaster, M. Starks, M. Greenwood, P. Milnor, A. Almada and C. Earnest. *Effects of bovine colostrum supplementation on training adaptations II: performance.* **85th Annual Experimental Biology Annual Meeting.** Orlando, FL. April 4, 2001.
149. Kreider, R.B. *Dietary supplementation for growth and strength.* **The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation.** Rome, Italy. April 14, 2001.
150. Kreider, R.B. *Nutrition in to prevent overtraining.* **The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation.** Rome, Italy. April 15, 2001.

151. Kreider, R. C. Melton, C. Rasmussen, M. Greenwood, E. Cantler, P. Milnor, and A. Almada. *Effects of long-term creatine supplementation on renal function and muscle and liver enzyme efflux.* **American College of Sports Medicine Annual Meeting.** Baltimore, MD. June 1, 2001.
152. Rasmussen, C., M. Greenwood, R. Kreider, C. Earnest, and A. Almada. *Influence of D-Pinitol on whole body creatine retention.* **American College of Sports Medicine Annual Meeting.** Baltimore, MD. June 1, 2001.
153. Almada, A., M. Greenwood, R. Kreider, C. Rasmussen, and C. Earnest. *Analysis of various nutritional formulation strategies on whole body creatine retention.* **American College of Sports Medicine Annual Meeting.** Baltimore, MD. June 1, 2001.
154. Cowan, P.A., A.K. Cashion, R.B. Kreider, D.K. Hathaway and A.O. Gaber. *Exercise results in sustained improvement in cardiac autonomic function in kidney and kidney-pancreas transplant recipients.* **American College of Sports Medicine Annual Meeting.** Baltimore, MD. May 31, 2001.
155. Greenwood, M., J. Farris, R. Kreider, L. Greenwood, and A. Byars. *Perceived health status and side effects associated with creatine supplementation during the collegiate baseball season of division I athletes.* **American College of Sports Medicine Annual Meeting.** Baltimore, MD. June 1, 2001.
156. Greenwood, L., M. Greenwood, J. Farris, R. Kreider, and A. Byars. *Perceived health status and side effects associated with creatine supplementation of division IA football players during the competitive season.* **American College of Sports Medicine Annual Meeting.** Baltimore, MD. June 1, 2001.
157. Greenwood M, R. Kreider, and L. Greenwood. *Effects Of creatine supplementation on the incidence of cramping/injury during the collegiate baseball season.* **National Athletic Trainers Association Annual Meeting.** Los Angeles, CA. June 19, 2001.
158. Kreider R., M. Greenwood, A. Byars, and L. Greenwood. *Perceived fatigue associated with creatine supplementation during the fall collegiate baseball season of division I players.* **National Athletic Trainers Association Annual Meeting.** Los Angeles, CA. June 19, 2001.
159. Greenwood L, M. Greenwood, R. Kreider, and A. Byars. *Perceived fatigue associated with creatine supplementation of division IA football players during 3-a-day training.* **National Athletic Trainers Association Annual Meeting.** Los Angeles, CA. June 19, 2001.
160. Kreider, R., M. Greenwood, C. Rasmussen, C. Earnest and A. Almada. *Effects of creatine loading on hydration, whole body creatine retention, and urinary creatinine excretion.* **23rd Annual National Strength and Conditioning Association Meeting.** Spokane, WA. July 12, 2001.
161. Greenwood, M., R. Kreider, L. Greenwood, A. Byars, L.E. Brown, and K. Stahura. *Perceived fatigue associated with creatine supplementation of division IA football players.* **23rd Annual National Strength and Conditioning Association Meeting.** Spokane, WA. July 12, 2001.
162. Greenwood, L., M. Greenwood, R. Kreider, L., A. Byars, L.E. Brown, and K. Stahura. *Perceived fatigue associated with creatine supplementation during the collegiate baseball season of division IA players.* **23rd Annual National Strength and Conditioning Association Meeting.** Spokane, WA. July 12, 2001.
163. Kreider, R.B., C. Melton, C.J. Rasmussen, M. Greenwood, S. Lancaster, E.C. Cantler, P. Milnor, and A.L. Almada. *Long-term creatine supplementation does not significantly affect clinical markers of health in athletes.* **6th International Meeting on Guanidino Compounds in Biology and Medicine.** Cincinnati, OH. September 1, 2001.
164. Greenwood, M., R.B. Kreider, C. Melton, C. Rasmussen, S. Lancaster, E. Cantler, P. Milnor and A. Almada. *Creatine supplementation during college football training does not increase the incidence of cramping or injury.* **6th International Meeting on Guanidino Compounds in Biology and Medicine.** Cincinnati, OH. September 2, 2001.
165. Greenwood, M., R. Kreider, C. Melton, L. Greenwood, C. Rasmussen, and A. Almada. *Creatine supplementation does not increase the incidence of cramping or injury for two division IA football teams training/competing in similar climates.* **4th Annual American Society of Exercise Physiologists Meeting.** Memphis, TN. September 29, 2001.
166. Kreider R, Greenwood M, Melton C, Rasmussen C, Cantler E, Milner P, Almada A. *Long-term creatine supplementation during training/competition does not increase perceptions of fatigue or adversely affect health status.* **American College of Sports Medicine Annual Meeting.** St Louis, MO. May 30, 2002.
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 326. *Jagim A, Jonathan M. Oliver, Julie Y. Kresta, Claire N. Canon, Mike Byrd, Michelle Mardock, Sunday Simbo, Peter Jung, Chris Rasmussen, Richard B. Kreider, FACSM. *Effects of a High Protein Diet on Weight Loss and Leptin Levels in Sedentary Women with Normal and Elevated Leptin. ACSM Integrated Physiology of Exercise Meeting. Miami, FL. September 23, 2010.*
 327. Kreider RB, FACSM, Jonathan M. Oliver, Julie Y. Kresta, Mike Byrd, Claire N. Canon, Michelle Mardock, Sunday Simbo, Brittanie Lockard, Chris Rasmussen. *Effects of Exercise, Weight Loss and Diet Type on Leptin in Sedentary Women. ACSM Integrated Physiology of Exercise Meeting. Miami, FL. September 23, 2010.*
 328. *Kresta KY, Jonathan M. Oliver, Mike Byrd, Claire N. Canon, Andrew Jagim, Brittanie Lockard, Michelle Mardock, Sunday Simbo, Chris Rasmussen, Richard B. Kreider, FACSM. *Relationship between Fasting Serum Leptin Levels and Markers of Bone, Fat and Health in Sedentary Women. ACSM Integrated Physiology of Exercise Meeting. Miami, FL. September 23, 2010.*
 329. *Simbo S, J. Oliver, JY Kresta, CN Cannon, M Byrd, M Mardock, P Jung, B Lockard, C Rasmussen, RB Kreider. *Effects of a high protein diet on weight loss and body composition in women with normal and elevated blood glucose levels. ACSM Integrated Physiology of Exercise Meeting. Miami, FL. September 23, 2010.*
 330. *Mardock M, B Lockard, M Byrd, S Simbo, A Jagim, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure. Federation of American Societies of Experimental Biology Annual Meeting. Washington, DC. April 13, 2011.*
 331. *Lockard B, M Mardock, M Byrd, S Simbo, A Jagim, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women II: metabolic markers. Federation of American Societies of Experimental Biology Annual Meeting. Washington, DC. April 13, 2011.*
 332. *Byrd M, M Mardock, B Lockard, S Simbo, A Jagim, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women III: fitness markers. Federation of American Societies of Experimental Biology Annual Meeting. Washington, DC. April 13, 2011.*
 333. *Jagim A, M Mardock, B Lockard, S Simbo, M Byrd, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women IV: quality of life. Federation of American Societies of Experimental Biology Annual Meeting. Washington, DC. April 13, 2011.*
 334. *Simbo S, M Mardock, B Lockard, M Byrd, A Jagim, JY Kresta, C Baetge, Y Jung, M Koozehchian, D Khanna, H Kyul, JM Oliver, M. Greenwood, L. Greenwood, C Rasmussen, R Kreider. *Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program may influence weight loss success. Federation of American Societies of Experimental Biology Annual Meeting. Washington, DC. April 13, 2011.*
 335. Kreider R, J Oliver, K Kresta, M Byrd, C Baetge, M Mardock, S Simbo, B Lockard, P Jung, M Koozehchian, D Khanna, Kyul, A Jagim, C. Kerksick, C Rasmussen. *Effects of diet type during an exercise and weight loss program on markers of*

- metabolic syndrome in women with elevated uric acid levels.* **Federation of American Societies of Experimental Biology Annual Meeting.** Washington, DC. April 13, 2011.
336. Kerksick CM, M Grimstvedt, JL Mayhew, M Greenwood, R Kreider. *Effect of Strength and Body Composition on Upper- and Lower-body Work Capacity in Adult Men.* **American College of Sports Medicine Annual Meeting.** Denver, CO. June 1, 2011.
337. *Kresta J, M Byrd, J Oliver, C Baetge, M Mardock, S Simbo, Y Jung, M Koozehchian, D Khanna, B Lockard, R Dalton, H Kim, C Rasmussen, R Kreider. *Effects of Intermittent Dieting During Resistance Training in Women II: Health Markers.* **American College of Sports Medicine Annual Meeting.** Denver, CO. June 2, 2011.
338. *Byrd M, J. Kresta, J. Oliver, C. Baetge, M. Mardock, S. Simbo, Y. Jung, M. Koozehchian, D. Khanna, B. Lockard, R. Dalton, H. Kim, C. Rasmussen, R. B. Kreider. *Effects of Intermittent Dieting During Resistance Training In Women III: Fitness.* **American College of Sports Medicine Annual Meeting.** Denver, CO. June 2, 2011.
339. *Baetge C, J Kresta, M Byrd, J Oliver, M Mardock, S Simbo, Y Jung, M Koozehchian, D Khanna, B Lockard, R Dalton, H Kim, C Rasmussen, R Kreider. *Effects of Intermittent Dieting During Resistance Training in Women IV: Quality of Life.* **American College of Sports Medicine Annual Meeting.** Denver, CO. June 2, 2011.
340. Campbell BI, B Myers, A Forsyth, B Parker1, B Gomez, A Elkins, B Marcello, C Wilborn, P La Bounty, R Kreider. *The Effects of Fat-Free vs. Fat-Containing Chocolate Milk Ingestion on Performance Characteristics in Collegiate Softball Players.* **American College of Sports Medicine Annual Meeting.** Denver, CO. June 2, 2011.
341. *Mardock M, B Lockard, J Oliver, M Byrd, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 24, 2011.
342. *Byrd M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women II: metabolic markers.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 24, 2011.
343. *Oliver J, M Mardock, B Lockard, M Byrd, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women III: health and fitness markers.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 24, 2011.
344. *Jagim A, M Mardock, B Lockard, J Oliver, M Byrd, S Simbo, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, M Greenwood, C Rasmussen, R Kreider. *Comparative effectiveness of two popular weight loss programs in women IV: quality of life and diet satisfaction.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 24, 2011.
345. Greenwood M, M Mardock, B Lockard, J Oliver, S Simbo, A Jagim, J Kresta, C Baetge, P Jung, M Koozehchian, D Khanna, C Rasmussen, R Kreider. *Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program enhances success.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 24, 2011.
346. *Oliver J, M Mardock, AJagim, ASanchez, J Kresta, S Crouse, R Kreider. *Effectiveness of a dietary intervention on macronutrient intake, lean mass and strength gains in males participating in a supervised resistance training program.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV. June 24, 2011.
347. *Lockard B, C Baetge, J Oliver, M Mardock, M Byrd, S Simbo, Y Jung, D Khanna, M Koozehchian, R Dalton, H Kim, J Kresta, T Leopold, K Horrell, V Fan, C Rasmussen, M Greenwood, R.B. Kreider. *Exercise intensity and energy expenditure assessment of performing the Curves with Zumba workout.* **National Strength & Conditioning Annual Conference.** Las Vegas, NV. July 7, 2011.
348. *Oliver JM, A. R. Jagim, A. C. Sanchez, J. Y. Kresta, M. A. Mardock, S. F. Crouse, R. B. Kreider. *Comparative analysis of body composition, strength and power of U.S. soldiers participating in an enlisted to commissioning program and experience matched controls.* **National Strength & Conditioning Annual Conference.** Las Vegas, NV. July 7, 2011.
349. *Jung YP, JM Oliver, C Rasmussen, RB Kreider. *Effects of a High Protein Energy-restricted Diet on Body Composition and Markers of Health in Obese Women.* **23rd International Sport Science Congress: Korean Society of Exercise Nutrition.** Keimyung University. Daegu, South Korea. August 26, 2011.
317. *Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women I: body composition and resting energy expenditure.* **Federation of American Societies of Experimental Biology Annual Meeting.** San Diego, CA. April 25, 2012.
318. *Galvan E, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women IV: bone, protein & liver status.* **Federation of American Societies of Experimental Biology Annual Meeting.** San Diego, CA. April 25, 2012.
319. *Jung Y, Baetge C, Lockard B, Mardock M, Simbo S, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women II: health & fitness markers.* **Federation of American Societies of Experimental Biology Annual Meeting.** San Diego, CA. April 25, 2012.

320. *Khanna D, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Byrd M, Koozehchian M, Galvan E, Levers K, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women VI: quality of life*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
321. *Koozehchian M, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women III: fasting blood lipids and glucose*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
350. *Levers K, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Byrd M, Koozehchian M, Galvan E, Khanna D, et al: *Comparison of the efficacy of popular weight loss programs in sedentary overweight women V: perception of quality of diets*. **Federation of American Societies of Experimental Biology Annual Meeting**. San Diego, CA. April 25, 2012.
351. Campell BI, Raposo KA, Bullion A, Petchonka A, Pannoni N, Cloer B, Deignan S, Vyas T, Kreider RB. *Pre-exercise carbohydrate supplementation does not suppress rate of fatigue during resistance exercise in trained females*. **American College of Sports Medicine Annual Meeting**. San Francisco, CA. May 31, 2012.
322. *Oliver JM, AR Jagim, AC Sanchez, K. Kelley, E. Galvan, J. Fluckey, S. Riechman, M. Greenwood, R. Jäger, M. Purpura, I. Pischel, RB Kreider. *Effects of Short-Term Ingestion of Russian Tarragon Prior to Creatine Monohydrate Supplementation on Whole Body and Muscle Creatine Retention: A Preliminary Investigation*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 23, 2012.
323. *Kresta KY, J Oliver, A Jagim, R Kreider, J Fluckey, S Reichman, S Talcott. *Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, body composition and exercise performance in recreationally active females*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 23, 2012.
352. *Jagim AR, JM Oliver, A Sanchez, E Galvan, J Fluckey, S Riechman, S Talcott, K Kelly, C Meininger, C Rasmussen, RB Kreider. *Kre-Alkalyn® supplementation does not promote greater changes in muscle creatine content, body composition, or training adaptations in comparison to creatine monohydrate*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 23, 2012.
353. *Galvan E, Jagim AR, JM Oliver, A Sanchez, J Fluckey, S Riechman, S Talcott, K Kelly, C Meininger, C Rasmussen, RB Kreider. *Kre-Alkalyn® supplementation does not exhibit a safer clinical profile or have less side effects in comparison to creatine monohydrate*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 23, 2012.
354. *Oliver JM, AR Jagim, AC Sanchez, JYKresta, MA Mardock, SF Crouse, RB Kreider. *Greater strength and power output after 12 week training program designed to elicit hypertrophy using intra-set rest intervals*. **National Strength & Conditioning Association Annual Meeting**. Providence, RI. July 13, 2012.
355. *Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in body composition when compared to other popular weight loss programs*. **Experimental Biology**. Boston, MA. April 9, 2013.
356. *Galvan E, B. Lockard, C. Baetge, K. Levers, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in blood lipids when compared to other popular weight loss programs*. **Experimental Biology**. Boston, MA. April 9, 2013.
357. *Simbo S, B. Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Effects of participation in popular weight loss and fitness programs on markers of health and fitness in women*. **Experimental Biology**. Boston, MA. April 9, 2013.
358. *Dalton R, B. Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, D. Khanna, R. Dalton, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Effects of participation in popular weight loss and fitness programs on insulin and leptin in women*. **Experimental Biology**. Boston, MA. April 9, 2013.
359. *Levers K, B. Lockard, C. Baetge, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adding access to online meal plans and monitoring to a structured weight loss program with resistance-exercise promotes more positive changes in triglycerides*. **Experimental Biology**. Boston, MA. April 9, 2013.
360. *Baetge, B. Lockard, K. Levers, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adding access to online meal plans and monitoring improves success to a structured weight loss program with resistance-exercise in women*. **Experimental Biology**. Boston, MA. April 9, 2013.

361. *Jung Y, M. Byrd, C. Baetge, B. Lockard, K. Levers, E.Galvan, A. Jagim, S. Simbo, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes fat loss with no loss in fat free mass in postmenopausal women. **Experimental Biology**. Boston, MA. April 9, 2013.
362. *Jagim, M. Byrd, B. Lockard, C. Baetge, K. Levers, E.Galvan, S. Simbo, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes positive changes in blood glucose and lipids in post-menopausal women. **Experimental Biology**. Boston, MA. April 9, 2013.
363. *Byrd M, Y. Jung, B. Lockard, C. Baetge, K. Levers, E.Galvan, A. Jagim, S. Simbo, J. Oliver, M. Koozechian, D. Khanna, R. Dalton, B. Sanchez, K. Horrell, T. Leopold, M. Cho, J. Fluckey, S. Riechman, M. Greenwood, J. Hart, K. Shimkus, W. Gapinski, M. Pere. Effects of nutrient timing following resistance-exercise on changes in body composition in post-menopausal women participating in weight loss program. **Experimental Biology**. Boston, MA. April 9, 2013.
364. *Koozehchian M, Nazem F, Kreider RB. Impact of Exercise Training on Cardiovascular Risk and Anti-Risk Factors in Adolescent Boys. **Experimental Biology**. Boston, MA. April 9, 2013.
365. alton R, C Baetge, B Lockard, K Levers, E Galvan, A Jagim, S Simbo, M Byrd, Y Jung, JM Oliver, M. Koozehchian, D Khanna, B. Sanchez, JY Kresta, K. Horrell, T. Leopold, M. Cho, S Springer, A Rivera, C Cerda, C Rasmussen, R Kreider. *Analysis of efficacy and cost effectiveness of popular weight loss and fitness programs*. **International Society of Sports Nutrition National Conference**. Boulder, CO. June, 15, 2013.
366. *Byrd M, S Simbo, YP Jung, B Sanchez, M Cho, CW Lee, B Lockard, C Baetge, K Levers, E Galvan, A Jagim, JM Oliver, R Dalton, B Bessire, K Horrell, T Leopold, M Koozehchian, D Khanna, K Shimkus, W Gapinsky, M Perez, J Hart, S Riechman, J Fluckey, M Greenwood, C Rasmussen, R Kreider. *Effects of immediate and delayed nutrient timing following resistance exercise on changes in mixed muscle fractional synthesis rate (FSR) in post-menopausal women participating in a weight loss program*. **International Society of Sports Nutrition National Conference**. Boulder, CO. June, 15, 2013.
367. *Levers K, S Simbo, E Galvan, YP Jung, C Baetge, B Lockard, A Jagim, M Byrd, C Rasmussen, R Kreider. *Effects of exercise and diet-induced weight loss on markers of inflammation I: impact on body composition and markers of health and fitness*. **International Society of Sports Nutrition National Conference**. Boulder, CO. June, 15, 2013.
368. *Simbo S, A Roque-Andrade, S Mertens-Talcott, C Rasmussen, R Kreider. *Effects of exercise and diet-induced weight loss on markers of inflammation II: impact on microRNA 21 and microRNA 146a expression and their regulatory role*. **International Society of Sports Nutrition National Conference**. Boulder, CO. June, 15, 2013.

TEACHING & MENTORING

GRADUATE COURSES TAUGHT

- Kinesiological Analysis of Movement
- Physiological Effects of Muscular Activity
- Clinical Exercise Testing and Prescription
- Electrophysiology/EKG Interpretation
- Cardiac Rehabilitation
- Exercise Physiology: Metabolic & Cardiovascular Aspects
- Exercise Biochemistry
- Research Methods: Nutrition and Weight Management (PhD)
- Research Methods: Exercise Rehabilitation (PhD)
- Obesity & Weight Management (PhD)
- Research Seminar: Research, Manuscript, & Grant Writing (PhD)

- Bioethics in ENH Research (PhD)
- Graduate Theses and Dissertations (Approximately 60)

UNDERGRADUATE COURSES TAUGHT

- Applied Anatomy and Kinesiology
- Advanced Kinesiology and Biomechanics
- Concepts and Application of Conditioning
- Physical Fitness for PHED Majors
- Principles of Health/Fitness Instruction
- Exercise Physiology
- Clinical Exercise Physiology
- Cardiac Rehabilitation
- Exercise Programming for Special Populations
- Advanced Applied Human Physiology

STUDENTS MENTORED AND/OR SUPPORTED (SELECTED)

Old Dominion University

- Jen Bozarth, PhD
- Eric Burton, MS
- Bart Drinkard, MS, PT
- Tracey Drews, MS
- Gary Miller, PhD
- Victor Miriel, PhD
- Mary Mitchell-Beaton, MS
- Sherri Parker, PhD
- Debbie Schenck, MS
- David Tulis, PhD

University of Memphis

- Darren Bullen, MS
- Patty Cowan, PhD
- Maria Ferreira, MS, RD
- Pamela Grindstaff, MS
- Shonteh Henderson, MS, DPT
- Chad Kerksick, MS
- Pauline Koh-Banerjee, MS, DSci
- Stacy Lancaster, MS, PhD
- Jen Lundberg, MS
- Charlie Melton, MS
- Leigh Ramsey, MS
- John Ransom, BS
- Chris Rasmussen, MS
- Mike Starks, MS, PhD
- Mike Wilson, MS
- Larry Wood, MS

Baylor University

- Kristen Beavers, PhD
- Jackie Beckham-Dove, PhD
- Thomas Buford, PhD
- Jen Wismann-Bunn, PhD
- Brian Brabham, PhD
- Bill Campbell, PhD
- Rehka Chandran, MD
- Matt Cooke, PhD (Post-Doc)
- Julie Culbertson, MS
- Terry Magrans-Courtney, PhD
- Erika Dieke, PhD
- Maria Ferreira, PhD

- David Fogt, PhD (Post-Doc)
- Melyn Galbreath, NP, PhD
- Jean Jitomir-Gutierrez, PhD
- Travis Harvey, PhD
- Gregory Hudson, PhD
- Mike Iosia, PhD (Post-Doc)
- Chad Kerksick, PhD
- Paul La Bounty, PhD
- Rui Li, PhD
- Brandon Marcello, PhD
- Jen Moreillon, PhD
- Chris Mulligan, MS
- Erika Nassar, PhD
- Adam Parker, PhD
- Dan Rhol, MS
- Monica Serra, PhD
- Kathye Sharp, MS
- Brian Shelmadine, PhD
- Lem Taylor, PhD
- Anthony Vacanti, MS
- Colin Wilborn, PhD

Texas A&M University

- Mike Byrd, MEd, MBA
- Claire Baetge, MS
- Major Nick Barringer, RD
- Jeremy Carter, MS
- Adriana Coletta, MS, RD
- Ryan Dalton, MS
- Elfego Galvin, MS, RD
- Merrick Gearing (Nutrition)
- Andrew Jagim, PhD
- Peter Jung, MS
- Deepesh Khanna, MS, MPH
- Majid Koozehchian, MS
- Julie Culbetson-Kresta, PhD
- Kyle Levers, MS
- Brittanie Lockard, MS (PhD, 5/14)
- Maj. Michelle Mardock, PhD
- Jonathan Oliver, PhD
- Abigail O'Conner, MS (Nutrition)
- Amiee Reyes, MS (Nutrition)
- Brittany Sanchez, MS
- Sunday Simbo, MDiv, PhD

SERVICE

PROFESSIONAL

Affiliations

- *Virginia Alliance of Health, Physical Education, Recreation and Dance (1987-1991)*

- *Virginia Society of Cardiovascular Rehabilitation* (1989-1993)
- *Southeast Region of the National Wellness Association* (1987-89)
- *American Alliance of Health, Physical Education, Recreation, and Dance National Wellness Association* (1985-1991)
- *American Association of Cardiovascular and Pulmonary Rehabilitation* (1992-93)
- *Southeast Chapter of the American College of Sports Medicine* (1985-2002)
- *American College of Sports Medicine* (1986 to present)
- *National Strength and Conditioning Association* (1995 to present)
- *American Society of Exercise Physiology* (1997 to 2003)
- *International Society of Sports Nutrition* (2003 to present) – Founding Member

Committees

- *American Heart Association – Tidewater, Heart at Work Committee* (1987-90)
- *American College of Sports Medicine, Health Fitness Instructor Certification Committee* (1992-95)
- *National Wellness Association, Southeast Regional Advisory Board* (1987-89)
- *Commonwealth of Virginia Council of Higher Education, Advisory Committee of Education for Health Professions and Occupations. Doctoral Program Reviewer* (1990).
- *American Heart Association – Virginia, Research Peer Review Subcommittee* (1993)
- *United States Air Force, Fitness Process Action Team* (1993)
- *National Institutes of Health, Member of pool of experts for ad-hoc committees. Office of Dietary Supplements* (1998)
- *American Society of Exercise Physiology, Member of the Certification, Accreditation, Research, and Annual Meeting Committees* (1998-2003)
- *American Society of Exercise Physiology, President* (2001-2003)
- *International Society of Sport Nutrition, Member of Board of Directors* (2003 to present)

Journals

- *Journal of Applied Nutrition, Member of the Editorial Board* (1991-92)
- *International Journal of Sport Nutrition and Exercise Metabolism. Research Digest Editor/Member of the Editorial Board* (1990-2006)
- *Journal of Optimal Nutrition, Member of the Editorial Board* (1992-97)
- *Journal of Exercise Physiology, Associate Editor* (1997-2003)
- *Journal of Strength & Conditioning Research, Member of Editorial Board* (1999-2003)
- *Sports Nutrition Review Journal, Editor-In-Chief* (2003-04)
- *Medycyna Sportowa (Polish Journal of Sports Medicine), Member of International Editorial Board* (2000 to present)
- *Journal of Sports Medicine and Physical Fitness, Member of Editorial Board* (2004)
- *The Journal of Exercise and Sport Sciences, Member of Advisory Panel* (2004-05)
- *Journal of the International Society of Sport Nutrition. Editor-in-Chief* (2004-08)
- *Journal of the International Society of Sport Nutrition. Co-Editor-in-Chief* (2009 to present)
- *Bioenergetics. Editorial Board* (2012 to present)

Advisory Boards/Panels

- *Experimental & Applied Sciences, Member of Scientific Advisory Panel* (1997-98)
- *ImagiNutrition, Member of Think Tank/Advisory Board* (1998-2003)
- *Muscular Development, Contributing Member of Advisory Board* (1999-2003)
- *Body International Magazine, Contributing Member of Advisory Board* (1999-2000)

UNIVERSITY

Department

- *Founder and Director of the Laboratory of Kinesiological and Biomechanical Studies* (1987-91)
- *Co-director of the Wellness Institute and Research Center* (1987-90)
- *Director of the Wellness Institute and Research Center* (1990-93)
- *Coordinator, Sports Medicine and Exercise Science Programs* (1987-90)

- *Director, Sports Medicine Internships (1987-90)*
- *Faculty Search Committees (1988, 1990, 1992)*
- *Sports Medicine Student Advisor for HPE Club (1988-90)*
- *Assistant Department Chair, Department of Human Movement Sciences and Education (1994-2002)*
- *Founder and Director, Exercise and Sport Nutrition Laboratory (1997 to present)*
- *Coordinator of Cardiovascular Research Station (1994-02)*
- *Graduate Curriculum and Research Council (1994-1995, 1998-1999)*
- *Academic Council (1994-02)*
- *Human Resource Committee (1994-98)*
- *Exercise Science and Health Promotion Academic Committee (1994-2002)*
- *Ad-Hoc Committee on Student Recruitment (1995-98)*
- *Ad hoc Committee on Urban Youth Wellness Initiative (1996-2002)*
- *Faculty Search Committees (1994, 1998, 2000, 2001, 2002)*
- *Chair, Department of Health, Human Performance & Recreation (2002-08)*
- *Founder & Director, Center for Exercise, Nutrition, and Preventive Health (2002-08)*
- *HHPR Academic Council (2002-08)*
- *PhD Program Planning Committee (Chair, 2002-03)*
- *Coordinator, Exercise Physiology Program (2002-03)*
- *Program Director, ENPH Doctoral Program (2005-08)*
- *Head, Department of Health & Kinesiology (2008 to present)*
- *Chair, HLKN Executive Committee (2008 to present)*
- *Chair, HLKN Division Chair Committee (2008 to present)*
- *Chair, HLKN Building Planning and Moving Committees (2011 to present)*

College/ School

- *Darden College of Education Research and Publication Committee (1988-1990)*
- *Value Statement Committee (1994)*
- *COE Brochure Committee (1996)*
- *Deans Cabinet (2002-08)*
- *Dean's Search Committee (2005-07)*
- *Dean's Leadership Council (2004-08)*
- *Department Head Committee (2008 - present)*
- *Dean's Leadership Council (2008 - present)*
- *Cyberlearning Conference Planning Committee (2011)*

University

- *CommonHealth Wellness Advisory Committee (1988-1993)*
- *Human Subject Protection Committee (1988-1990)*
- *ROTC Advisory Committee (1987-1990)*
- *Baylor Sports Nutrition Education Program (2002-08)*
- *VP for Finance Search Committee (2005)*
- *President's Research Organization Ad-hoc Committee (2005)*
- *Athletic Task Force – Finance Committee (2009)*
- *Conflict of Interest Working Group (2011)*
- *Entrepreneur Mentorship Network Ad-Hoc Committee (2011)*
- *Department Head's Steering Committee (2011)*
- *Faculty Committee on Administrative Change between TAMU and TAMHSC (2012)*
- *One Health Building Planning Committee (2012)*
- *One Health University Council (2013)*

COMMUNITY

- *Wellness Institute and Research Center Assessments, Old Dominion University (1987-1993)*
- *Memphis City Schools Nutrition/Fitness Testing Program, University of Memphis (1994)*

- *Elite Athlete Assessment Program, University of Memphis (1994-97)*
- *Chair, International Conference on Overtraining in Sport Committee, University of Memphis(1994-96)*
- *University of Memphis Nutrition Performance Enhancement Team (1995-2002)*
- *Memphis Tiger Swim Club Board of Directors (1996-98)*
- *Urban Youth Wellness Initiative, University of Memphis (1996-2002)*
- *Proctor American College of Sports Medicine Health/Fitness Instructor Examinations (1989-2002)*
- *Serve as community media resource on exercise, nutrition, and human performance (1987 to present)*
- *Coach Lady Magic AAU Basketball Program and Assistant Coach Tri-City Cowboy's Pop Warner Football (2004-08).*

CONSULTING

- **Maryview Hospital**, Portsmouth, Virginia (1988)
- **Management Health and Human Performance**. Mundelein, Illinois (1992)
- **Pepsico Scientific Affairs**, New York (1992)
- **Portsmouth Naval Hospital**. Portsmouth, Virginia (1993)
- **Peak Performance Management**, Memphis, Tennessee (1995, 2001)
- **Legal Consultant** (1996 to present)
- **Numico Research/GNC** (2000).
- **MuscleTech**, Canada (2000)
- **Proctor & Gamble**, Cincinnati, Ohio (2003)
- **Reebok** (2004)
- **Supreme Protein** (2009)
- **Woodbolt International** (2012 to present)