JOHN C. QUINDRY, PhD, FACSM, FCVS-APS

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EDUCATION/TRAINING

Feb 2002 - July2005 **Postdoctoral Fellow (National Institute of Health funded)**
Exercise Biochemistry
Applied Physiology and Kinesiology, University of Florida
Gainesville, FL

May 2002 **Doctor of Philosophy** in Biomedical Science, Physiology
Quillen College of Medicine, East Tennessee State University (ETSU),
Johnson City, TN Emphasis: Physiology

May 1996 **Master of Science** in Health, Physical Education, Recreation
Illinois State University (ISU), Normal, IL
Emphasis: Exercise Physiology

August 1994 **Bachelor of Science** in Health, Physical Education, Recreation
Illinois State University (ISU), Normal, IL
Sequence: Exercise Science

PROFESSIONAL EXPERIENCE

2019-Present University of Montana, School of Integrative Physiology & Athletic Training, Missoula, MT
Professor
Endowed Cardiovascular Research Fellow – International Heart Institute, St. Patrick's Hospital

2017-Present University of Montana, School of Integrative Physiology & Athletic Training, Missoula, MT
Chair

2017-2019 University of Montana, School of Health and Human Performance, Missoula, MT
Associate Professor
Instruct graduate and undergraduate courses in the Exercise Science, oversee the Cardioprotection Laboratory, and maintain independent externally funded research line.

2011-2016 Auburn University, School of Kinesiology, Auburn, AL
Full Professor conferred effective August 2016
Associate Professor of Exercise Science, Graduate Faculty
Adjunct faculty Harrison School of Pharmacy (2015-2016)
Adjunct faculty School of Nursing (2009-2013)
Graduate Program Officer Exercise Science (2014-2016)

Faculty Senate (2014-2016)
Instruct graduate and undergraduate courses in the Exercise Science, oversee the Cardioprotection Laboratory, and maintain independent externally funded research line.
http://www.education.auburn.edu/initiatives/cardioprotection-lab/

2009-2011 Auburn University, Department of Kinesiology, Auburn, AL
Assistant Professor of Exercise Science, Graduate Faculty, adjunct School of Nursing
Instruct graduate and undergraduate courses in the Exercise Science, oversee the Cardioprotection Laboratory, and maintained independent externally funded research line.

2005-2008 Appalachian State University, Department of Health, Leisure, and Exercise Science, Boone, NC
Assistant Professor of Exercise Science, Biology
Graduate Faculty
Instructed undergraduate courses in the Exercise Science and Biology programs, obtained extramural funding and maintained an independent externally funded research agenda, supervised and trained senior-level undergraduate and graduate student research, served as an industry professional in peer-review and promotion of the Cardiovascular Physiology and Exercise Physiology sub-disciplines.

2002-2005 University of Florida, Department of Exercise and Sport Sciences, Gainesville, FL
Post Doctoral Fellow
Coordinated multiple basic science research projects for an NIH funded laboratory investigating mechanisms of cardioprotection conferred by endurance exercise using *in vivo/in vitro* and aged rat models, wrote peer-reviewed manuscripts, obtained extramural funding from NIH (NRSA) & American Heart Association, mentored doctoral students, undergraduate interns, guest lectured advanced graduate & undergraduate courses, peer-reviewed scientific manuscripts.

Fall 2001 East Tennessee State University, Physical Education, Exercise & Sport Sciences, Johnson City, TN
Instructor – Undergraduate Exercise Physiology
Taught principles of exercise physiology related to acute/chronic responses to exercise, muscle bioenergetics/metabolism, the cardio-pulmonary system, training techniques, and hot/cold weather exercise.

1997-2002 ETSU Human Performance Lab/Physical Education, Exercise & Sport Sciences, Johnson City, TN
Graduate Research/Teaching Assistant
Coordinated multiple human-based research projects, conducted metabolic and diagnostic stress testing, cardiovascular, pulmonary, body composition testing, biochemical assays for blood hormones, antioxidants, oxidative stress markers, assisted with echocardiograms, assisted with

graduate and undergraduate instruction; Developed standardized lectures, final exams, computer grading/assessment programs for Basic Instruction Program, mentored graduate teaching assistants, instructed Basic Instruction Program classes

1999-2002 **Human Performance Lab Coordinator**
Supervised laboratory research, graduate students, and maintained a human exercise testing and blood biochemistry laboratories.

Summer 1997 ETSU Upward Bound Program, Johnson City, TN
Science Instructor
Instructed classroom/laboratory exercise science courses

5/96-6/97 St. John's Hospital, Cardiac Rehabilitation, Springfield, IL
Exercise Physiologist
Supervised Phase 2 and 3 cardiac rehabilitation classes, conducted entrance interviews/orientation, prescribed individual exercise programs, assisted in stress and metabolic testing, led group exercise, lectured College of Nursing students/patients on health/fitness topics

1/97-6/97 Pana Community Hospital, Pana, IL
Exercise Physiologist/Consultant
Consulted with Medical Directors on operation of cardiac rehabilitation program, trained nursing staff, supervised Phase 2 cardiac rehabilitation classes, provided in house lecture series

8/95-5/96 ISU Physiological Assessment Lab, Normal, IL
Graduate Research Assistant
Coordinated lab research; conducted metabolic, cardiovascular, pulmonary, and body composition testing; maintained a human exercise testing laboratory; assisted with classroom and laboratory graduate and undergraduate instruction

12/95-5/96 New Direction medically supervised weight loss clinic, Normal, IL
Exercise Physiologist
Lectured on various health & exercise-related topics, administered exercise consultations for obese populations

10/94-6/96 **Personal Trainer (ACE certified 1993-1998)**
Provided cardiovascular and strength training programs for 3-4 long-term clients and 30 short-term clients

8/94-8/95 ISU Faculty/Staff Wellness Program, Normal, IL
Graduate Assistant – Assistant Administrator of Employee Fitness
Wrote/edited monthly health and fitness newsletter; developed and coordinated exercise incentive programs; preventative screenings; supervised walk/jog program; supervised graduate interns; performed administrative duties; organized health/fitness activities

GRANT FUNDING

Extramural funding

Principal and Co-Investigator – Pending/funded

Pulmonary and cardiovascular health effects in communities exposed to wildfire smoke. Role: Co-PI, Submitting PI – Chris Migliaccio, Grant R01 National Institutes of Health, NIEHS, $1.336,099 over 5 years - Status: Pending review.

Investigation of cardiovascular health impacts to wildland firefighters following wood smoke exposures. Role: Co-I, Submitting PI – Tony Ward, Grant R21 National Institutes of Health, NIOSH, $450,000 over 2 years - Status: Revised, in review, pending funding decision.

Cardiovascular, Respiratory, and oxidative stress responses to exercise during wood smoke inhalation. Role: PI, Grant United State Forest Service, $29,750 + 2 modifications of $84,946, total = $114,696 over 3 years - Status: Funded, July 2018.

Evaluation of the physiological challenges in extreme environments: implications for enhanced training, operational performance and sex-specific response. Role: Co-PI, Submitting PI- Brent Ruby Grant U.S. Department of Defense, $400,000 JQ, $1,800,000 total funds requested - Status: Funded Fall 2015, in no cost extension.

Principal and Co-Investigator - Completed

Time on task and fitness adaptations: A pilot study of Orange Theory Fitness. Role: PI, Grant Ultimate Fitness Group, LLC d/b/a Orangetheory® Fitness, $28,000 over 1 year - Status: Funded, June 2018, completed.

Quercetin based cocktails as therapeutic approaches for DMD. Role: Co-PI, Submitting Co-PI – Joshua T. Selsby, Grant Ryan's Quest, $153,000 over 2 years - Status: Funded November 2016., completed

Optimizing oral quercetin delivery for the treatment of DMD. Role: Co-PI, Submitting Co-PI – Joshua T. Selsby, Grant Parent Project Muscular Dystrophy, $200,000 over 2 years - Status: Funded, September 2016, completed.

Determining the mechanisms whereby a quercetin enriched diet interrupts disease processes in DMD. Role: Co-PI, Submitting Co-PI – Joshua T. Selsby, Grant Duchenne Alliance, $160,000 over 2 years - Status: Completed.

Exercise and heart attack injury protection afforded by the gp130 receptor (Auburn University/University of South Carolina collaboration with James Carson). Role: PI, Grant 2014/15 Southeastern Conference Travel Grant, $2,500 - Status: Completed.

Measurement of in vivo respiratory and cardiac function during dietary quercetin enrichment in animal models of DMD. Role: Co-PI, Submitting Co-PI – Joshua T. Selsby, Grant Duchenne Alliance, $160,000 over 2 years - Status: Funded, Completed.

Evaluation of the human/extreme environmental interaction: Implications for enhancing operational performance and recovery. Role: Subaward contract from Brent Ruby (W81XWH-10-2-0120) Department of Defense, $27,000 over 3 years – Status: Funded, Completed.

Exercise, K_{ATP} channels, and cardioprotection against IR Injury. Role: PI, Academic Research Education Award (AREA R-15) with the National Institutes of Health, NHLBI,

$175,000 over 3 years – Status: Funded spring 2007-May 2010, completed.

Exercise, COX-2, and I-R injury. Ruth L. Kirschstein National Research Service Award (F32 NRSA Postdoctoral Fellowship) with the National Heart, Lung, and Blood Institute, National Institutes of Health, $89,000 over 2 years – Status: scored 32%, funded, completed.

Exercise, COX-2, and I-R injury. Postdoctoral fellowship submitted to the Florida/Puerto Rico Affiliate, American Heart Association, $74,000 over 2 years – Status: scored 2%, funded - award declined in favor of NIH F32 funding.

Quercetin, upper respiratory tract infection, inflammation, mental vigilance, blood lipids, and pharmacokinetics: A community clinical trial, with Quercegen Pharma, Principal Investigator – David Nieman, $1,654,000, funded, completed.

Quercetin's Influence on Exercise Performance and Mitochondrial Biogenesis In Untrained College Students, with Quercegen Pharma, Principal Investigator – David Nieman, $229,770, funded, completed.

Effects of β-glucan on immune function and upper respiratory tract infections in endurance athletes, with Gatorade Sport Science Institute, Principal Investigator – David Nieman, $90,000, funded, completed

Immune Guard/CHIA as a countermeasure to immunosuppression and infection risk induced by prolonged intense physical stress, with Immune Guard, LLC, Principal Investigator – David Nieman, $141,000, funded - completed.

Effects of N-3 polyunsaturated fatty acid and vitamin/mineral supplements on immune function, oxidative stress, inflammation, and upper respiratory tract infection in endurance athletes, with Cooper Clinic, Principal Investigator – David Nieman, $132,000, funded - completed.

Curcumin's influence on exercise-induced inflammation, oxidative stress, and immune function, with Gatorade Sports Science Institute, Principal Investigator – David Nieman, $85,000, funded-completed.

Effects of Penta Water, bottled water and Gatorade on markers of hydration status after acute dehydration in collegiate wrestlers, with Penta Water, Principal Investigator – Alan Utter, $37,000, funded-completed.

Effects of Rooibos Red Tea and Gatorade on markers of hydration status after acute dehydration in collegiate wrestlers, with Rooibos Red Tea, Principal Investigator – Alan Utter, $30,000, funded-completed.

Exercise, antioxidants, and I-R injury, Research Grant, R-01 with the National Institute of Health - National Heart, Lung, and Blood Institute, Principal Investigator – Scott K. Powers, $1,000,000 over 4 years, co-investigator role declined with move to Appalachian State University.

Intramural Funding:

Principal Investigator – Pending/funded

Auburn University (John Quindry) – University of South Carolina (Dr. James Carson), Southeastern Conference Visiting Faculty Travel Grant Program, Auburn University Interdisciplinary Grant Program, $2,500, Status: funded, completed.

Exercise and heart attack injury prevention: the influence of in utero exposure to airborne

environmental pollutants, College of Education Seed Grant, Auburn University Interdisciplinary Grant Program, $5,000, Status: funded, completed.

Exercise, IL-6, and heart attack protection, Auburn University Interdisciplinary Grant Program, $75,000, Status: funded, completed.

Principal Investigator - Completed

Exercise, spinal cord injury, and heart attack protection, Auburn University College of Education Seed Grant, $2500, Status, funded, completed

Special Lecture Committee Funds, Auburn University, $798, onetime expense to fund travel expenses for Dr Russell Moore Guest Lecture, September, 2009.

Transforming Campuses Initiative Grant, University of North Carolina System/Appalachian State University Office of Research and Sponsored Programs, $3036 over 1 year, Status: funded, completed

Discovering how the exercised heart is protected against a heart attack, Appalachian State University, University Research Counsel, $5000 over 1 year, Status: funded, completed

Appalachian State University External Scholars Grant, Appalachian State University, Hubbard Center, Institute of Health and Human Services/Be Active NC, $1500, funded – completed.

Travel grant to complete ACSM/HFI certification, Appalachian State University, Hubbard Center Faculty Development Grant, $99, funded – completed.

Co-Principal Investigator

Role of plasma uric acid concentration in oxidative stress and antioxidant capacity, Appalachian State University, University Research Counsel, Principal Investigator – Steve McAnulty, $5,000 over 1 year, Status: funded, completed.

SCHOLARLY PRODUCTION (119 total published works)

NCBI link to John Quindry citations on PubMed:
http://www.ncbi.nlm.nih.gov/sites/myncbi/1latzjRir-hkf/bibliography/48180639/public/?sort=date&direction=ascending

Peer Reviewed Original Science Manuscripts (80 manuscripts)

Quindry, J., McNamara, M., Oser, C., & Fogle, C. **Cardiac rehabilitation and resting blood pressure: Montana Outcome Project cardiac rehabilitation registry findings** *Journal of Cardiovascular Rehabilitation and Prevention* (in press).

Gurney, S., Christison, K., Williamson-Reisdorph, C., Sol, J., Quindry, T., Quindry, J., & Dumke, C. (2021) **Metabolic and cardiovascular marker alterations during critical training in wildland firefighters.** *Journal of Occupational and Environmental Medicine* 63(7), 594-599.

Christison, K., Gurney, S., Sol, J., Williamson-Reisdorph, C., Quindry, T., Quindry, J., & Dumke, C. (2021) **Muscle soreness and damage during wildland firefighter critical training.** *Journal of Occupational and Environmental Medicine* 63(4), 350-356.

Reisdorph, Quindry, T., Tiemessen, K., Zak, R., Schute R., Hailes, W., Slivka, & Ruby, B., & Quindry, J., (2021) **The effects of hypobaric hypoxia on exercise induced blood oxidative stress.** *Journal of Sport Sciences* 39(12)1356-1365.

Swathy, K., Spaulding, H., Quindry, T., Hudson, M., Quindry, J., & Selsby, J. (2021) **Dysfunctional autophagy evaluated in lysosomal enriched fractions and whole muscle extract of aged D2-mdx muscles.** *Frontiers in Physiology* July, 1-12.

Steele, S., Williamson, C., Dybdal, L., & Quindry, J. (2021) **Four-weeks of trauma informed yoga intervatnion and autonomic tone in female veteran and non-veteran college students.** *Journal of Human Sport and Exercise* 1-12.

Spaulding, H., Selsby, J. Ballmann, C. & Quindry, J., (2020) **Autophagy in the heart is enhanced independent of disease progression in musculus dystrophinopathy models**. *JRSM Cardiovascular Diseases* December-January, 1-9.

Quindry, J., Reisdorph, C. & J. French, (2020) **Health and fitness benefits using a heart rate intensity-based commercial fitness exercise regimen.** *Journal of Human Sport and Exercise*, 1:1-13.

Spaulding, H., Quindry, T., Quindry, J., & Selsby, J., (2019) **Nutraceutical and pharmaceutical cocktails did not improve muscle function or reduce inflammatory signaling in D2-mdx mice.** *Journal of Applied Physiology* 127(4): 1058-1066.

Peters, B., Ballmann, C., Quindry, T., McCroskey, J., Gambrell, E., Dumke, C., & Quindry, J., (2018) **Experimental wood smoke exposure during exercise and blood oxidative stress.** *Journal of Occupational and Environmental Medicine* 60(12): 1073-1081.

Tucker, M., Berry, B., Seigler, N., Davison, G., Quindry, J., Eidson, D., McKie, K., & Harris, R., (2018) **Impaired blood flow regulation during exercise in patients with cystic fibrosis: role of oxidative stress**, *Journal of Cystic Fibrosis* 17:256-263.

Games, K., Sefton, J., Weimar, W., Lakin, J., & Quindry, J.C. (2015) **Local pressure application effects on effects on neurological and circulatory function.** *Aerospace Medicine and Human Performance*. 89(8): 693-699.

Spaulding, H., Kelly, E., Sheffield, J., Quindry, J., Hudson, M., & Selsby, J., (2018) **Autophagic dysfunction results in autophagosome escape in the mdx musulus model of Duchenne dystrophy**, *Acta Physiologica Scandanavica* 2:1-11.

Kephart, W., Mumford, P., Mao, X., Romero, M., Hyatt, H., Zhang, Y., Mobley, C., Quindry, J., Young, K., Beck, D., Martin, J., McCullough, D., D'Agustino, D., Lowery, R., Wilson, J., Kavazis, A., & Roberts, M., (2017) **The 1-week and 8-month effects of a ketogenic diet or ketone salt supplementation on multi-organ markers of oxidative stress and mitochondrial function in rats**, *Nutrients.* 15(9): 1-9.

Ballmann, C., Denney, T., Beyers, R., Selsby, J., & Quindry, J.C. (2017) **Long term quercetin enrichment and cardiac MRI in MDX mice.** *Experimental Physiology.* 102(6): 635-649.

Spaulding H., J., Ballmann, C., Quindry, J.C. & Selsby, J.T. (2017) **Long term quercetin enrichment and in vivo and in vitro skeletal muscle in MDX and MDX/UTR mice.** *PLoS One*. 11(12): 1-18.

Ballmann, C., Denney, T., Beyers, Quindry, T., Romero, M., Amin, R., Selsby, J., & Quindry, J.C. (2017) **Lifelong quercetin enrichment and cardioprotection in Mdx/Utrn+/- mice.** *American Journal of Physiology – Heart and Circulatory Physiology.* 312(1): H128-H140.

Selsby, J., Ballmann, C., Spaulding, H., Ross, J., & Quindry, J.C. (2016) **Oral quercetin administration transiently protects respiratory function in dystrophin deficient mice.** *Journal of Physiology*. 594(20): 6037-6053.

Hyatt, H., Toedobusch, R., Ruegsegger, G., Mobley, B., Fox, C., McGinnis, Quindry, J., G., Booth, F., Roberts, M., & Kavazis, A. (2016) **Comparative adaptations in oxidative and glycolytic muscle fibers in a low voluntary wheel running rat model preforming three levels of physical activity.** *Physiological Reports*. 3(11): 1-11.

Klizczewicz, B., Esco, M., Quindry, J.C., Blessing, D., Oliver, G., Price, B., & Taylor, K. (2016) **Autonomic responses to an acute bout of high-intensity body weight resistance exercise vs. treadmill running.** *Journal of Strength and Conditioning Research*. 30(4): 1050-1058.

Quindry, J.C., Ballmann, C., Epstein, E., & Selsby, J. (2016) **Plethysmography measurements of respiratory function in conscious unrestrained mice.** *Journal of Physiological Sciences*. 66(2): 157-164.

Ferguson, M., Semmens, E., Dumke, C., Quindry, J.C., & Ward, T. (2016) **Measured pulmonary and systemic markers of inflammation and oxidative stress following wildland firefighter simulations.** *Journal of Occupational and Environmental Medicine*. 58(4): 407-413.

Peters, B., Ballmann, C., McGinnis, G. R., Epstein, E., Hyatt, H., Slivka, D., Cuddy, J., Hailes, W., Dumke, C., Ruby, B., & Quindry, J.C. (2016) **Graded hypoxia and blood oxidative stress during exercise recovery.** *Journal of Sport Sciences*. 14:1-11.

Games, K., Sefton, J., Weimar, W., Lakin, J., & Quindry, J.C. (2015) **Local pressure application effects on discomfort, temperature, and limb oxygenation.** *Aerospace Medicine and Human Performance*. 87(8): 697-703.

Klizczewicz, B., Quindry, J.C., Blessing, D., Oliver, G., Esco, M., & Taylor, K. (2015) **Acute exercise and oxidative stress: CrossFit versus Treadmill bout.** *Journal of Human Kinetics*. 47: 81-90.

Mouli, S., Nanayakkara, G., Alalasmari, A., Eldoumani, H., Fu, X., Berlin, A., Lohani, M., Nie, B., Arnold, R., Kavazis, A., Smith, F., Beyers, R., Denney, T., Dhanasekaran, M., Zhong, J., Quindry, J.C. & Amin, R. (2015) **The role of frataxin in doxorubicin mediated cardiac hypertrophy.** *American Journal of Physiology – Heart and Circulatory Physiology*. 309(5):H844-H859.

Nanayakkara, G., Alalasmari, A., Mouli, S., Eldoumani, H., Quindry, J.C., McGinnis, G., Fu, X., Berlin, A., Peters, B., Zhong, J., & Amin, R. (2015) **Cardioprotective HIF-α-frataxin signaling against ischemia-reperfusion injury.** *American Journal of Physiology – Heart and Circulatory Physiology*. 309(5):H867-H879.

* Manuscript included a featured editorial

* Manuscript received the APSselect designation

McGinnis, G., Ballmann, C., Peters, B., Nannayakarra, G., Roberts, M., Amin, R., & Quindry, J., (2015) **Exercise induced production of interleukin-6 mediates myocardial preconditioning**

against ischemia reperfusion injury. *American Journal of Physiology – Heart and Circulatory Physiology* 308(11): 1423-1433.

Miller, L., McGinnis, G., Peters, B., Ballmann, C., Nanayakkara, G., Amin, R., & Quindry, J.C. (2015) **Involvement of the delta opioid receptor in exercise induced cardiac preconditioning.** *Experimental Physiology.* 100(4): 410-421.

Ballmann, C., Hollinger, K., Selsby, J., Amin, R., & Quindry, J.C. (2015) **Quercetin enrichment and histological and biochemical outcomes in MDX mice.** *Experimental Physiology*. 100(1):12-22.

Games, K., Lakin, J., Quindry, J., Weimar, We., & Sefton, J. (2015) **Effects of prolonged restricted sitting in UH-60 helicopters.** *Aviation, Space and Environmental Medicine* 86(1):34-40.

Earnest, C., Broeder, C., Percival, R., Quindry, J., & Panton, L. (2015) **Effects of New Zealand deer antler velvet on aerobic, anaerobic, and strength performance.** *Central European Journal of Sport Sciences and Medicine* 9(1):17-26.

Hollinger, K., Shanely, R.A., Quindry, J.C., & Selsby, J.T. (2015) **Long-term quercetin dietary enrichment decreases muscle injury.** *Clinical Nutrition*. 34(3):515-522.

McGinnis, G. R., Kliszczewicz, B., Barberio, M., Ballmann, C., Peters, B., Cuddy, J. Slivka, D., Dumke, C., Ruby, B., & Quindry, J.C. (2014) **Effect of acute hypoxia on exercise-induced blood oxidative stress.** *International Journal of Sport Nutrition and Exercise Metabolism*. 24(6):684-693.

Ballmann, C., McGinnis, G. R., Peters, B., Slivka, D., Cuddy, J., Hales, W., Dumke, C., Ruby, B., & Quindry, J.C. (2014) H**ypoxic recovery post-exercise and blood oxidative stress markers.** *European Journal of Applied Physiology*. 114(4), 725-733.

Yarar-Fisher, C., Pascoe, D., Gladden, B., Quindry, J, Hudson, J., & Sefton, J., (2014) **Acute physiological effects of whole body vibration (WBV) on central hemodynamics, muscle oxygenation and oxygen consumption in individuals with spinal cord injury.** *Disability and Rehabilitation*. 36(2), 136-145.

McAnulty, S., McAnulty, L, Miller, L., Hosick, P, Collier, S, & Quindry, J., (2013) **Effect of resveratrol and catechin supplementation on plasma F2-isoprostanes and inflammation after a 1-h bout of intense running.** *International Journal of Sport Nutrition and Exercise Metabolism* **38**(7), 760-765.

Nanayakkara, G., Viswaprakash, N., Zhong, J., Quindry, J., Amin, R. (2013) **PPAR-gamma Activation protects against the Molecular and Functional Remodeling of Ito by Angiotensin II.** *Current Pharmaceutical Design* 19(27), 4839-4847.

Quindry, J., Miller, L., McGinnis, G., Kliszcewicz, Slivka, D, Dumke, C., Cuddy, J., Ruby, B., (2013) **Environmental temperature and exercise induced blood oxidative stress.** *International Journal of Sport Nutrition and Exercise Metabolism* 23(2), 128-136.

Miller, L., McGinnis, G., Kliszczewicz, B., Slivka, Hailes, W., Cuddy, J., D, Dumke, C., Ruby, B., & Quindry, J., (2013) **Blood oxidative stress during a short term trek on Mount Rainier.** *International Journal of Sport Nutrition and Exercise Metabolism* 23(1), 65-72.

Quindry, J., Miller, L., McGinnis, G., Kliszczewicz, B., Irwin, M., Urbiztondo, Z., Landram, M., Nanayakkara, G., Amin, R. (2012) **Ischemia reperfusion injury, K_{ATP} channels, and exercise induced cardioprotection against apoptosis.** *Journal of Applied Physiology* 113:498-506.

Miller, L., Hosick, P., Wrieden, J., Hoyt, E., Quindry, J., (2012) **Evaluation of arrhythmia scoring systems and exercise induced cardioprotection following ischemic reperfusion injury.** *Medicine and Science in Sports and Exercise,* 44(3), 435-441.*

*manuscript featured in ACSM Sports Medicine Bulletin: Active Voice, 4/10/2012

Quindry, J., Miller, L., McGinnis, G., Irwin, M., Dumke, C., Magal, M., Triplett, N., McBride, J., Urbiztondo, Z., (2011) **Muscle fiber type and blood oxidative stress following eccentric exercise.** *International Journal of Sport Nutrition and Exercise Metabolism,* 21, 462-470.

Fisher, G., Schwartz, D. D., Quindry, J.C., Barberio, M.D., Foster, E.B., Jones, K.W. & Pascoe, D.D. (2011) **Lymphocyte enzymatic antioxidant responses to oxidative stress following high-intensity interval exercise.** *Journal of Applied Physiology,* 110(3), 730-737.

Quindry, J.C. Yount, D., O'Bryant, H. & Rudisill, M. (2011) **Exercise engagement is differentially motivated by age-dependent factors** *American Journal of Health Behavior,* 35(3), 334-345.

Quindry, J.C. Schreiber, L., Hosick, P., Wrieden, J., Hoyt, M. & Irwin, J. (2010) **Mitochondrial K_{ATP} channel inhibition blunts arrhythmia protection in ischemic exercised hearts.** *American Journal of Physiology – Heart and Circulatory Physiology* 299(1): H175-H183.

Quindry, J.C. French, J., Hamilton, K, Lee, Y. Selsby, J. & Powers, S. (2010) **Cyclooxygenase - 2 is unaltered by exercise in the young and old heart.** *Journal of Physiological Sciences* 60(3): 181-186.

Magal, M., Dumke, C., Urbiztondo, Z., Cavill, M., Tripplett, N., Quindry, J., McBride, J., & Epstein, Y. (2010) **Exercise-induced muscle soreness and creatine kinase association to muscle fiber-type composition.** *Journal of Sport Sciences* 28(3):257-266.

Borst, S., Quindry, J., Yarrow, J., Conover, C., and Powers, S. (2010) **Testosterone Administration Induces Protection Against Myocardial Stunning** *Hormone Metabolism Research* 42:122-129.

Utter AC, Quindry JC, Emerenziani, GP., Valiente, JS. (2010) **Effects of Rooibos Tea, Bottled Water, and a Carbohydrate Beverage on Blood and Urinary Measures of Hydration After Acute Dehydration.** *Research and Sports Medicine* 18(2) 85-95.

Utter AC, Nieman DC, Kang J, Dumke CL, Quindry JC, McAnulty SR, McAnulty LS. (2009) **Quercetin does not affect rating of perceived exertion in athletes competing in the Western States Endurance Run.** *Research and Sports Medicine* 17(2) 71-83.

Valiente, S., Utter, A., Quindry JC, & Nieman D. (2009) **Effects of Penta® water, bottled water, and a carbohydrate-electrolyte beverage on markers of hydration status in dehydrated wrestlers.** *Journal of Strength and Conditioning Research* 23(8) 2210-2216.

Bloomer, R, Ferebee, D, Fisher-Wellman, K, Quindry, J, Schilling, B, (2009) **Postprandial oxidative stress: Influence of gender and exercise training status**. *Medicine and Science in Sports and Exercise* 41(12) 2111-2119.

Dumke CL, Nieman DC, Davis JM, Murphy EA, Carmichael MD, Rigby M, Quindry JC, Triplett NT, Utter AC, Gross SJ, Henson DA, McAnulty SR, McAnulty LS. (2009) **Quercetin**

effect on mitochondrial capacity and cycling efficiency. *European Journal of Applied Physiology* 107(4), 419-427.

McCaulley, G., McBride, J., Cormie, P., Hudson, M., Nuzzo, J., Quindry, J., and Triplett, T. (2009) **Acute neuroendocrine response to hypertrophy, strength and power type resistance exercise.** *European Journal of Applied Physiology* 105(5): 695-704.

McAnulty SR, McAnulty LS, Nieman DC, Quindry JC, Hosick PA, Hudson MH, Still L, Henson DA, Milne GL, Morrow JD, Dumke CL, Utter AC, Triplett NT, Dibarnardi A. (2008) **Chronic quercetin ingestion and exercise-induced oxidative damage and inflammation**. *Applied Physiology, Nutrition, and Metabolism* 33(2):254-262.

Quindry, J.C., McAnulty, S.R., Hudson, M.B., Hosick, P., Dumke, C., McAnulty, L.S., Henson, D., Morrow, J.D., & Nieman, D. (2008) **Oral quercetin supplementation and blood oxidative capacity in response to ultramarathon competition.** *International Journal of Sport Nutrition and Exercise Metabolism* 18(6), 601-616.

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Quindry, J, S. McAnulty, M Hudson, P. Hosick, C. Dumke, L. McAnulty, D. Henson, D. Nieman. (2007) **Oral quercetin supplementation and blood oxidative stress during ultra-marathon competition.** *FASEB* 365.8.

Quindry, J.C., D. Yount, & O'Bryant, H., (2007) **A cross sectional investigation of age and exercise motivation.** *Medicine and Science in Sports and Exercise*. 39(5), S340.

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Quindry, J., Stone, W., King, J., & Broeder, C. (2001) **Analysis of PMN superoxide production before and after maximal treadmill exercise**. *Medicine and Science in Sports and Exercise*, 33(5), S80.

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Earnest, C., Olson, M., Quindry, J., Brittingham, K., Panton, L., Breuel, K., Byrd, R., Thomson, J., Mitchell, C., Roy, T., Yarlagadda, C., Broeder, C. (2001) **The Andro Project: Effect of androgen supplementation on self-reported mood state**. *FASEB*, 15(4), A71.

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Atchley, B, Brittingham, K., Ash, R., Quindry, J.C., & Broeder, C.E.. (1998) **Does the Tanita bioelectrical impedance device (TBF-105) accurately determine body composition for inactive and active individuals?** *Medicine and Science in Sports and Exercise*, 30(5). S147.

Quindry, J.C., Brown, D.D., Thomas, D.Q., & McCaw, S.T. (1997) **Implications of residual lung volume responses of exercise on the estimation of body composition.** *Medicine and Science in Sports and Exercise*, 29(5). S57.

Quindry, J.C., Brown, D.D., Huffman, M.S., Huffman, M.T.,, & Thomas, D.Q. (1996) **Exercise recovery responses using the Breathe Right nasal dilator**. *Medicine and Science in Sports and Exercise*, 28(5). S70.

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Unpublished Works

Quindry, J.C., Acuff, R., Broeder, C., Ecay, T., Joyner, W., Rowe, B., Stone, W. (2002) **The Effects of Acute Exercise on Neutrophils and Oxidative Stress.** Copyright number TX 5-552-888 2002. Doctoral Dissertation.

Quindry, J.C., Brown, D.D., Thomas, D.Q., McCaw, S.T., & Liverman, R. (1996). **The implications of residual volume changes with exercise on body composition estimation**. Masters Thesis.

Media coverage

Confluence (graduate student mentoring podcast), Episode: Dr. John Quindry – Professor & Chair of the School of Integrative Physiology and Athletic Training, December, 2020

Test Gym, The perfect warm-up, according to science, Christie Aschwanden, December 8, 2020 – Featuring Quindry quotes as a topical expert.

Super Human Radio Podcast, Episode SHR# 2001 Dietary supplement could improve heart health March 9, 2017

SHAPE Magazine, **Keep your cool**, June 2013 – Featuring Quindry lab research

Oral Presentations at Professional Meetings and Invited Lectures (81 total presentations)

Author-Submitted (24 oral presentations)

Tutorial – **Cardiac Preconditioning and Exercise-Induced (Mal)adaptations to Exercise: Clinical Implications** *American College of Sports Medicine*. (scheduled 2021).

Tutorial – **Friends and Enemies of Physiological Resilience under Extreme Conditions** *American College of Sports Medicine*. ~~San Francisco, CA. May/June, 2020~~ (scheduled for 2021).

Tutorial – **Managing Myths, Misunderstandings and the Media in Communicating the Science of Exercise to the Public: a Conversation with Gretchen Reynolds of the New York Times** *American College of Sports Medicine*. ~~San Francisco, CA. May/June, 2020~~ (scheduled for 2021).

Tutorial – **Cardioprotective exercise-pharma interactions: an effective one-two punch** *American College of Sports Medicine*. Orlando, FL. June, 2019.

Tutorial – **Bench to bedside to sidelines: Animal models in exercise science** *Northwest American College of Sports Medicine*. Bend, OR. March, 2019.

Symposium – **Creating a Climate of Organizational Diversity: A Basic Science Model; presented in: Mentoring Matters: ACSM and National Efforts to Mentor Trainees from Diverse and Underrepresented Backgrounds Effectively** *American College of Sports Medicine*. Denver, CO. May/June, 2017.

Symposium – **To Post-doc or not to Post-doc: That is the question & how do I find a Post-doctoral position?** *American College of Sports Medicine Graduate and Early Career Day Preconference*. San Diego, CA. May/June, 2015.

Symposium – **New discoveries in exercise induced cardioprotection: From bench to bedside** *American College of Sports Medicine*. San Diego, CA. May/June, 2015.

Tutorial – **Wisdom of the exercised cell: lessons from exercise induced cardioprotection** *Southeast American College of Sports Medicine*. Jacksonville, FL. February, 2015.

Symposium – **New discoveries in exercise induced cardioprotection** *Southeast American College of Sports Medicine*. Greenville, SC. February, 2014.

Symposium - **Exercise-induced cardioprotection: cellular adaptations to clinical implications** *American College of Sports Medicine*. San Frisco, CA. June, 2012.

Symposium – **Engaging exercise science students in the classroom** *Southeast American College of Sports Medicine*. Jacksonville, FL. February 9-11, 2012.

Symposium – **Mitochondrial, oxidative stress and cell survival from the perspective of the exercise heart** *Southeast American College of Sports Medicine*. Greenville, SC. February 3-5, 2011.

Slide presentation - **Muscle fiber type and blood oxidative stress following muscle damaging strength exercise.** *American College of Sports Medicine*. Baltimore, MD. June, 2010.

Symposium – **Heart attack schmartattack: Exercise for heart invincibility** *American College of Sports Medicine Health and Fitness Summit and Exposition*. Atlanta, GA. March, 2009.

Symposium - **Exercise-induced cardioprotection: a unique form of preconditioning** *American College of Sports Medicine*. Indianapolis, IA. June, 2008.

Slide presentation – **Mitochondrial KATP channel inhibition blunts arrhythmia protection in exercised hearts** *Southeast American College of Sports Medicine*. Birmingham, AL. February 14-16, 2008.

Slide presentation - **Oral quercetin supplementation and blood oxidative stress during ultra-marathon competition.** Federation of American Societies of Experimental Biology. Washington D.C., April 28 – May 2, 2007.

Slide presentation **– HSP-72 is not essential for exercise-induced cardioprotection.** *Free Radical Underground – advances in skeletal muscle biology in health and disease*. Gainesville, FL. Jan 25-26 2007.

Symposium - **Exercise-induced cardioprotection: a history, recent advances, and future directions** *Southeast American College of Sports Medicine*. Charlotte, NC. January 28-30, 2005.

Tutorial **- The exercise paradox revealed: how exercise-induced oxidative stress relates to the cardioprotective effects of endurance training.** *Southeast American College of Sports Medicine National Meeting*. Columbia, SC. January 25-27, 2001.

Slide presentation **- Androstenediol or Androstenedione use on sex-hormone profiles on men.** *American College of Sports Medicine National Meeting*. Indianapolis, IN. May 30-June 3, 2000.

Symposium - **Androstenedione: Did it help McGwire hit 70 homeruns? - The history and biochemistry of androstenedione use.** *Southeast American College of Sports Medicine*. Charlotte, NC. January 27-29, 2000

Slide presentation - **Exercise Consumerism –Let the Buyer Beware!.** *Illinois Alliance of Health, Physical Education, Recreation, and Dance*. Peoria, IL. January 1996.

Invited Lectures (57 invited oral presentations)

Innovations in exercise science and the treatment and prevention of cardiovascular disease European Society of Medicine, virtual/in-person meeting (scheduled, Vienna Austria, November 19th 2021).

What can basic science teach us about exercise prescriptions and the treatment of cardiovascular disease? Basic Science Lecture, Southeast American College of Sports Medicine, virtual meeting (scheduled, February 19th 2021).

Symposium on Vascular Aging – **Cardioprotective exercise: preempting regeneration** *World Congress on Exercise and Regenerative Medicine at the American College of Sports Medicine*. ~~San Francisco, CA. May/June, 2020~~ (scheduled for 2021).

Exercise in cancer patients: Moving through cancer. Sliver Linings, Missoula, MT. April, 13, 2020 (scheduled, COVID postponed).

Exercise induced cardioprotection: implications for the Ex Rx *In service lecture*. Alpine Physical Therapy, Missoula, MT. February, 25, 2020.

Exercise and cancer patients. Sliver Linings, Missoula, MT. November, 11, 2019.

The heart of the matter: Pragmatic research approaches to treat and prevent heart disease *Graduate seminar.* Washington State University Health Science Center, Spokane WA November 6, 2019.

Cardioprotective exercise & pharmacologic interventions as complementary antidotes to cardiovascular disease *1st International Symposium on Cardiac and Oncology Rehabilitation.* Heredia, Costa Rica April 27, 2019.

The benefits of HIIT in patients with CAD *1st International Symposium on Cardiac and Oncology Rehabilitation.* Heredia, Costa Rica April 23, 2019.

Exercise physiology in 45 minutes *Graduate School in Exercise Physiology.* Heredia, Costa Rica April 23, 2019.

Exercise preconditioning and heart ischemia *5th Conditioning Medicine.* Beijing, China November 7, 2019.

Grant writing success with the American College of Sports Medicine *Meet the Experts Series – Integrative Physiology of Exercise.* San Diego, CA September 8, 2019.

Exercise and the cardiac fountain of youth *Community Lecture Series – Health for the new Millennium.* University of Montana, Missoula, MT March 14, 2017.

Novel strategies of cardioprotection in the dystrophic heart *Visiting scholar lecture series.* Rutgers University, NJ, March 6, 2017.

Exercise and heart attack injury prevention *Faculty Professional Enhancement Program Visiting Scholar.* University of Montana, MT, December 5, 2015.

Woodsmoke exposure and oxidative stress following simulated firefighting *Faculty Professional Enhancement Program Visiting Scholar.* University of Montana, MT, December 4, 2015.

Exercise and free radicals: The influence of the environment *Faculty Professional Enhancement Program Visiting Scholar.* University of Montana, MT, December 4, 2015.

Exercise influences on ischemia/reperfusion tolerance *Fourth Annual Symposium of the UAB Comprehensive Cardiovascular Center – Inflammation and Cardiovascular Disease.* Ross Bridge Resort, Birmingham, AL, October 23, 2015.

Exercise influences on ischemia/reperfusion tolerance *University of Missouri Biomedical Sciences Seminar Series*, Columbia, MO, September 24, 2015.

Exercise and cardioprotection against ischemia/reperfusion injury *East Tennessee University – Quillen College of Medicine Biomedical Sciences Seminar Series*, Johnson City, TN, September 14, 2015.

The hows and whys of exercise induced cardioprotection against heart attack injury *Washington State University – Spokane Health Science Center Seminar Series.* Spokane, WA, June 22, 2015.

The science of cardio demystified *Fort Benning Cadre Education series.* Auburn, AL, June 15, 2015.

Cardioprotection and the integrative biology of exercise *DuPont invited lecture series.* St Louis, MO, January 30, 2015.

Exercise and cardioprotection: thinking outside the heart shaped box *Occupational Safety and Ergonomics Seminar Series.* Auburn, AL, November 3, 2014.

Cardio health for the soldier athlete *Fort Benning Cadre Education series.* Auburn, AL, August 18, 2014.

Are antioxidant supplements necessary in those who exercise? *Auburn Opelika Running and Track Association (AORTA) Lecture series.* Auburn, AL, May 12, 2014.

Exercise and heart attack protection from the inside out. *Distinguished Lecture Series*. University of Alabama Birmingham – Center for Exercise Medicine, Birmingham, AL, April 2, 2014.

Clinical implications of exercise induced cardioprotection. *International Invited Seminar Speaker*. Universidad National, Heredia, Costa Rica, November 2012.

Exercise biochemistry and exercise metabolism. *International Invited Lecturer for 9 contact lecture hours*. Ph.D. program in Exercise Science at Universidad National, Heredia, Costa Rica, November 2012.

Mending a broken heart: new discoveries of exercise induced cardioprotection. *4th International Congress of Physical Activity and Health*. Universidad National, Heredia, Costa Rica, September 2012.

Exercise physiology A-Z in 45 minutes. *4th International Congress of Physical Activity and Health*. Universidad National, Heredia, Costa Rica, September 2012.

Symposium – **Cardiovascular benefits of exercise: Insight from animal studies – Cardiac K_{ATP} channels and exercise cardioprotection** *Integrative Biology of Exercise*. Westminster, CO. October, 2012.

Exercise preconditioning: Mechanisms of heart attack protection. Seminar Speaker *University of Delaware*. Newark, DE. June 6, 2012.

Exercise and the magic bullet of heart attack protection. Seminar Speaker *Brown University, Miriam Hospital*. Providence, RI. March, 2011.

Exercise and oxidative stress: considerations for antioxidant supplementation and exercise prescription. *3rd International Congress of Physical Activity and Health*. Universidad National, Heredia, Costa Rica, May 2011.

The quest for exercise in a pill. *3rd International Congress of Physical Activity and Health*. Universidad National, Heredia, Costa Rica, May 2011.

Exercise prescription and heart health considerations. *University of South Carolina Seminar Series*. Universidad National, Heredia, Costa Rica, Scheduled May 2011.

Exercise & Cardiac Preconditioning: The role of the cardiac K_{ATP} channels against ischemic injury. Seminar Speaker. *University of South Carolina*. Columbia, SC. January, 2011.

Economic considerations of exercise and cardioprotection International Symposium in Physical Activity, Health and Quality of Life. Universidad National, Heredia, Costa Rica, April 2010.

Economic considerations of exercise and cardioprotection International Symposium in Physical Activity, Health and Quality of Life. Universidad National, Guanacaste, Costa Rica, April 2010.

Aging and exercise-mediated cardioprotection International Symposium in Physical Activity, Health and Quality of Life. Universidad National, Heredia, Costa Rica, April 2010.

Slide presentation – **Mechanisms of exercise preconditioning in the ischemic heart** *3rd Annual Boshell Diabetes and Metabolic Diseases Research Day*. Auburn, AL. March, 2010.

Exercise and heart attack protection. Luncheon speaker. Auburn Rotary, Auburn AL, September 2009.

Exercise and heart health. Keynote address for the International Symposium in Physical Activity, Health and Quality of Life. Universidad National, Heredia, Costa Rica, April 2009.

Mechanisms of exercise induced cardioprotection. Symposium for the International Symposium in Physical Activity, Health and Quality of Life. Universidad National, Heredia, Costa Rica, April 2009.

Exercise and heart attack protection. Auburn University Physical Therapy/Occupational Therapy Club, January, 2009.

Exercise and heart attack protection. Grandfather Mountain Marathon Banquet speaker, July, 2008.

Exercise and cardioprotection: a damn sexy model to study heart attack protection. Presented to Sigma Xi-Appalachian State University, Boone, NC, 2007

The ACSM Submax cycle test. Presented to the Appalachian State University/American College of Sports Medicine Health Fitness Instructor workshop, Boone, NC, 2006 & 2007

Topics in Exercise physiology. Presented to the Appalachian State University/American College of Sports Medicine Health Fitness Instructor workshop, Boone, NC, 2006 & 2007

Exercise Induced Cardioprotection. Presented to the Appalachian State University Exercise Science Club, Boone, NC, 2005

Exercise and protection against ischemia-reperfusion induced myocardial apoptosis. Presented to the University of Florida Center for Exercise Science Seminar Series, Gainesville, FL 2004.

The Effects of Acute Exercise on Neutrophil-Induced Oxidative Stress Within Blood. Presented to the University of Florida Center for Exercise Science, Gainesville, FL 2001.

The exercise paradox – mechanisms of exercise induced cardioprotection. Presented to the East Tennessee State University Graduate School, Johnson City, TN 2001.

Dehydration and fluid replacement during exercise. Presented as part of the Pana Community Hospital public education seminar series, Pana, IL 1997.

Exercise and physical activity for the prevention of lifestyle related illnesses. Presented as part of the community lecture series Litchfield Community Hospital, Litchfield, IL 1997.

Exercise prescription for cardiac rehabilitation. Presented to the cardiac rehabilitation staffs of Pana Community Hospital and Taylorville community Hospital, Taylorville, IL 1997.

Exercise and risk factor modification for the prevention of cardiovascular disease. Presented to the St. John's College of Nursing, Springfield, IL 1996

Exercise consumerism and fitness quackery. Presented to the Springfield Racket and Fitness Center, Springfield, IL 1996

CLASSROOM INSTRUCTION

Courses taught the University of Montana:	Laboratory Procedures in Exercise Science (KIN 531) Advanced Exercise Physiology (KIN 530) Educational Research (KIN 520) Capstone Senior Project and Research (KIN 499) Exercise, Disease, and Aging (KIN 483) ECG interpretation (KIN 460)
Courses taught Auburn:	Exercise Induced Cardioprotection Against Ischemia Reperfusion Injury (KINE 8900) Stress Physiology (KINE 8900) Grant Writing II (KINE 8900) Athletic Training Research (KINE 7900)

	Advanced Physiology of Exercise II (KINE 7700) Advanced Physiology of Exercise I (KINE 7680) Research in Exercise Science (KINE 4780) Physiology of Exercise (KINE 3680) Introduction to Research in Exercise Science (KINE 4760)
Courses taught ASU:	Research Project (ES 5560) Human Anatomy and Physiology (BIO 3531, BIO 3532) Physiological Assessment and Program Management (ES 3005) Exercise Physiology (ES 2010) Concepts in Fitness and Performance Evaluation (ES 2005) Human Anatomy and Physiology (ES 2000)
Courses taught ETSU:	Exercise Physiology Strength and Conditioning Fitness for Life Training for Distance Running

SUPERVISION OF GRADUATE/UNDERGRADUATE STUDENTS

University of Montana:

Graduate Students

Colton Crismore (2020-Present) – Professional paper chair
Frances Steelquist (2020-Present) – Professional paper chair
Katie Christison (2020-Present) – Doctoral dissertation committee member
Joe Sol (2019-Present) – Doctoral program (Interdisciplinary program) committee chair
Cassie Williamson (2018-Present) – Doctoral program (Interdisciplinary program) committee chair
Katie Christison (2019-2020) – Masters thesis committee member
Shae Gurney (2019-2020) – Masters thesis committee member
Alejandro Rosales (2019-2020) – Masters thesis committee member
Dylan Richmond (2018-2020) – Professional paper chair
Shannon Flynn (2018-2019) – Masters thesis committee member
Katheryn Tiemessen (2017-2019) – Professional paper chair
Brandon Gruver (2018) – Professional paper committee member
Matthew Chapman (2016-2018) – Research mentor, professional paper chair
Brendan Hogg (2016-2018) – Professional paper chair
Paige Schober (2016-2018) – Professional paper chair

Undergraduate Students

Kesley Wood (2018-2019) – Research mentor
Toria Woodin (2018-2019) – Research mentor
Selene Tobin (2018-2019) – Research mentor
Emily Hurst (2017-2018) – Honors thesis mentor
Victoria Lucier (2017-2018) – Research mentor
Christopher Johnson (2017-2018) – Research mentor
Wendy Schnieder (2017-2018) – Research mentor

Aaron Held (2016-2017) – Research mentor, Honors thesis mentor
Shannon Ryffel (2016-2017) – Research mentor, Honors thesis mentor
Co-1st place University of Montana Council of Undergraduate Research - medical research division
Katheryn Tiemessen (2016-2017) – Research mentor, Honors thesis mentor
1st place University of Montana Council of Undergraduate Research - medical research division
Madison Mock (2016-2017) – Research mentor, Honors thesis mentor
Ron Gallegos (2016-2017) – Research mentor
Dace Moerkerke (2016-2017) – Research mentor

Auburn University:
Graduate Students

Christopher "Wes" Kephart (2014-2017) – Dissertation committee member

Christopher "Brooks" Mobely (2014 –2017) – Dissertation committee member

Matthew Romero (2015-2016) – Doctoral program major advisor

Pattinin Yooket (2015-2016) – Masters thesis committee member

Abdullah Alalasmari (2014-2016) – Dissertation committee member

Erin Epstein (2012-2014) – Masters (completed August 2012)/Doctorate program graduate advisor – Concluded graduate school in favor of medical school

Hayden Hyatt (2012 -2014) - Masters (anticipated completion August 2014)

Bridget Peters (2011-2015) – Masters (completed August 2012)/Doctorate program graduate advisor

- 1 first author paper, multiple co-author papers
- Southeast American College of Sports Medicine Student Representative to the Executive Board
- American Kinesiology Association Masters Scholar in Kinesiology
- ACSM LDTP Awardee, 2013, 2014
- SEACSM LDTP Awardee, 2013, 2014

Christopher Ballmann (2011-2015) – Masters (completed August 2012)/Doctorate program graduate advisor

- Auburn School of Kinesiology Outstanding Graduate Student 2014/2015
- Auburn University Research Week – Research 2nd place Masters degree division
- 2 first author papers, multiple co-author papers

Richard Laird (2012-2013) – Dissertation committee member

David Elmer (2012-2013) – Dissertation committee member

Kyle Taylor (2011-2013) – Dissertation committee member

Kent Games (2011-2013) – Dissertation committee member

Gayani Nanayakkara (2011-2015) – Dissertation committee member

Sun Yi (2011-2012) – Dissertation committee member

Brian Kliszczewicz (2010-2013) – Graduate advisor (2010-2012), dissertation committee member

James McDonald (2010-2012) – Dissertation committee member

Matthew Barberio (2010-2013) – Dissertation committee member

Graham McGinnis (2009-2014) – Masters (completed December 2010)/Doctorate (completed August 2014)

- American Kinesiology Association Doctoral Scholar in Kinesiology
- 1st place award - Southeast ACSM Doctoral Level Student Research Award
- University of Alabama Birmingham – Center for Exercise Science Symposium on Exercise Biology and Medicine in Rehabilitation research poster competition winner
- 2013 Auburn University Merriwether Recepient
- Finalist – Auburn University Graduate Student Research competition April 2011
- 1st place award - Southeast ACSM Master's Level Student Research Award
- 2 published manuscripts
- 3 papers in process/review

Lindsey Schreiber-Miller (2009-2012) – Doctoral program graduate advisor

- 2012 Graduate Student Dissertation Research Award
- G. Denise Wilson Award winner, 2011
- College of Education Outstanding Graduate Student 2011
- Southeast ACSM Student Representative 2011-2013
- Finalist in 2011 Southeast ACSM Doctoral Level Student Research Award
- 3rd place award - Southeast ACSM Master's Level Student Research Award College of Sports Medicine, February, 2009

6 peer-reviewed publications, 4 papers in process/review

Ceren Yarar (2009-2011) – Dissertation committee member

Morgan Wampler (2012-2014) – Masters advisor

Thomas Mills (2012-2014) – Masters advisor

Miles Taylor (2012-2014) – Masters advisor

Sean Tilley (2012-2014) – Masters advisor

Brittany Knipp (2012-2014) – Masters advisor

Adam Jagodinsky (2012-2013) – Masters advisor

Shannon Jackson (2012-2013) – Masters advisor

Alexa Girard (2012-2013) – Masters advisor

Katherine Bledsole (2012-2013) – Masters advisor

Matt Betz (2010-2011) – Masters advisor

William Martin (2010-2011) – Masters advisor

Matt Sacco (2009-2011) – Dissertation committee member

- The Psychophysiology of Burnout in Special Education Teachers

Gordon Fisher (2009-2010) – Dissertation committee member

- High Intensity Interval Training, Oxidative Stress, and Lymphocyte Function

Undergraduate Students

Emily Gambrel (2014-2015) – Laboratory research volunteer

Justin McCroskey (2013-2014) – Laboratory research volunteer

Lola Fisher (2013-2014) – Laboratory research volunteer, SEACSM LDTP award recipient

Hayden Hyatt (2012) - Laboratory research volunteer

Marie Anderson (2012) – Undergraduate Bridge Program Research Volunteer

Seung Lee (2012) - Laboratory research volunteer, Dental student at University of Alabama Birmingham 2014-2018

Benjamin Drake (2012) - Laboratory research volunteer

Bridget Peters (2011) – Undergraduate Bridge Program Research Volunteer

Mary Ann Reynolds (2011-2012) - Laboratory research volunteer

Gideon Louw (2011) - Laboratory research volunteer

Matthew Reagan (2011) - Laboratory research volunteer

Benjamin McPherson (2011) - Laboratory research volunteer

Charles Gentry (2011) - Laboratory research volunteer

Christopher Ballmann (2011) - Laboratory research volunteer

Joshua Carson (2010-2011) - Laboratory research volunteer

Charles Gentry (2010-2011) - Laboratory research volunteer

Morgan Cunningham (2010) - Laboratory research volunteer

Hannah Whately (2009) - Laboratory research volunteer

Lacey Allums (2009) - Laboratory research volunteer

International Visiting Students

Gemma Vidal (2014) – International Summer Student, Pompeu Fabra University, Barcelona, Spain

Alba Bellot Saez (2012) – International Summer Student, Pompeu Fabra University, Barcelona, Spain

Diversity Mentoring

National Institutes of Health Science Education Partnership Aware (SEPA) – Clean Air and Healthy Homes Program External Advisory Committee Member – Alaskan Native/American Indian centered work (2019-2020)

Brandon Baker - Southeastern American College of Sports Medicine Leadership Diversity Training Program mentee, February 2015

Lauren Smith (2014-present) –SEACSM LDTP award nominee

Lola Fisher (2013-14) – Research volunteer (research experience for individuals from underserved populations) mentee, supported for SEASM Leadership, Diversity, Training Program 2014

Marie Anderson (2012) – Summer Bridge Program (research experience for individuals from underserved populations) mentee

Bridget Peters (2011-2015) – Summer Bridge Program (research experience for individuals from underserved populations) mentee, SEACSM and ACSM LDTP recipient.

Appalachian State University:

Thesis option:

Thomas Peterson – Graduate advisor

- 3rd place award - masters student research division as Southeast American College of Sports Medicine, February, 2008
- Recipient of an Appalachian State University student research grant

Shaun Lynch (2008) – Thesis committee member

- 1 peer-reviewed publications

Zea Urbitztondo (2008) – Thesis committee member

- 4 peer-reviewed publications

Matt Hudson (2007) – Blood protein oxidative stress following acute resistance exercise, Thesis committee chair

- Currently a post doc at Emory Medical School
- PhD Exercise Physiology, Exercise Biochemistry at the University of Florida
- 2nd place award – masters student research division as Southeast American College of Sports Medicine, February, 2007
- Recipient of 3 Appalachian State University grants
- 2 professional presentations
- 4 peer-reviewed publications,

Grant McAuley (2007) – Acute neuroendocrine response to hypertrophy, strength and power type resistance exercise, Thesis committee member

- 2 peer-reviewed publications
- Recipient of 2 Appalachian State University grants

Non-thesis option:

Jenna Wrieden (2005-2007) – laboratory research assistant

- 1 peer-reviewed publication

Peter Hosick (2005-2007) – laboratory research assistant

- 1 peer-reviewed publication

David Yount (2006) – A Cross Sectional Investigation of Age and Exercise Motivation, Research project chair

- 1 peer-reviewed publication

Undergraduates:

J. Megan Irwin (2007-2008) – laboratory research assistant

- 2 peer-reviewed publications

Emily Hoyt (2007) – laboratory research assistant

- 1 peer-reviewed publication

HONORS

2021	Basic Science Lecture – Southeast American College of Sports Medicine, February 2021
2021	Most prolific reviewer – *Sports Medicine and Health Sciences*
2019	University of Montana – Professor Day recognition for the Softball team (3-30-2019)
2018	Top reviewer – *Journal of Physiology*
2018	Fellow of the Cardiovascular Section of the American Physiological Society
2017	St. Patrick's Hospital-University of Montana International Heart Institute Cardiovascular Research Fellow – Endowment funded
2017	Most valuable player - as Associate Editor for *Medicine and Science in Sports and Exercise,* conferred at the American College of Sports Medicine annual meeting in Denver, CO
2015	Finalist for the Auburn University Presidents Administrative Fellowship Program
2011	Illinois State University – College of Applied Science and Technology Academy of Achievement Inductee
2010	Auburn University College of Education Outstanding Faculty for Research Award
2008	Fellow of the American College of Sports Medicine (FACSM)
2007	National Institute of Health – Academic Research Enhancement Award (R15)
2007	University of North Carolina Transforming Campuses grant
2007	Delta Zeta Appalachian State University Faculty Appreciation Award
2003	National Institute of Health NRSA Post Doctoral Fellowship (F32)
2003	American Heart Association, Florida/Puerto Rico Affiliate Post Doctoral Fellowship
2001	Paper featured in *Annual Bibliography of Significant Research*, National Institute of Health – Office of Dietary Supplements and the Consumer Healthcare Products Association. Featured paper: C. E. Broeder, Quindry, J. et al., (2000). The physiological and hormonal influences of androstenedione supplementation in men 35 to 65 years old participating in a high intensity resistance training program. ***Arch Intern Med*****,** 160, 3093-3104.
2000	East Tennessee State University, James H. Quillen College of Medicine - Annual Student Research Forum Student Choice Award
1996	IAHPERD Student-Mentor Award
1993-1994	High Potential Student Scholarship

1992	Awarded ISU Honors Program Mentorship
1991-1994	Illinois State University Dean's List
1991-1994	Illinois State University Honors Program

PROFESSIONAL SERVICE

Grant review

2017	American Heart Association - Obesity - Strategically Focused Research Network (SFRN) Center Review Committee
2016	Huffines Institute grant review – ad hoc review
2016-2019	American College of Sports Medicine – Research grant review committee
2016	National Institutes of Health (U01) – Molecular Transducers of Physical Activity Clinical Centers
2015-2016	National Institutes of Health – Delaware INBRE
2012-2017	National Institutes of Health Special Emphasis Panel (R15) – AREA Cardiovascular and Respiratory Sciences
2011-2017	American Heart Association – Basic Clinical Translational (BCT1-2) study section
2011-Feb	PILOT – section Co-chair for the Veterans Administration Office of Rehabilitation Research and Development (RR&D)
2010-Dec	Center of Excellence project reviewer for the Veterans Administration Office of Rehabilitation Research and Development (RR&D)
2010-2013	Research MERIT/PILOT project reviewer for the Veterans Administration Office of Rehabilitation Research and Development (RR&D)

Manuscript review/editorial service

2021-present	**Editorial Board member** for *Antioxidants*
2020-present	**Editorial Board member** for *Sports Medicine and Health Sciences*
2019-present	**Editorial Board member** for *Conditioning Medicine*
2013-present	**Associate Editor** for *Medicine and Science in Sports and Exercise* ad hoc committee for Submission Requirements for *Medicine and Science in Sports and Exercise* *2017 MVP recognitions at ACSM annual meeting in Denver, CO*
2012-2015	**Editorial Board member** for *Encyclopedia of Exercise Medicine in Health and Disease*
2012-present	**Editorial Board member** for *Journal of Clinical & Experimental Cardiology*
2009-Present	**Editorial Board member** for *Medicine and Science in Sports and Exercise*
2008-2016	**Editorial Board member** for the *American Journal of Physiology – Regulatory, Integrative, and Comparative Physiology*

Manuscript review for (70 journals):

ACSM's Health and Fitness Journal
Acta Physiolgica Scandanavica

Advances in Physiology Education
American Journal of Human Biology
American Journal of Lifestyle Medicine
American Journal of Physiology – Cell Physiology
American Journal of Physiology – Endocrinology and Metabolism
American Journal of Physiology – Heart and Circulatory Physiology
American Journal of Physiology – Regulatory, Integrative, and Comparative Physiology
Antioxidants
Apoptosis
Applied Physiology, Nutrition, and Metabolism
BMC Neuroscience
Canadian Journal of Physiology and Pharmacology
Cardiology
Circulation Research
Clinical Autonomic Research
Clinical Biochemistry
Comprehensive Physiology
Conditioning Medicine
Current Sports Medicine Reports
Dose Response
Equine and Comparative Exercise Physiology
European Journal of Applied Physiology
European Journal of Sport Sciences
Exercise and Sport Sciences Reviews
Experimental Biology and Medicine
Experimental Physiology
Federation for the American Societies of Experimental Biology
Free Radical Biology & Medicine
Life
Life Sciences
Lifestyle Medicine
High Altitude Medicine and Biology
International Journal of Molecular Science
International Journal of Occupational and Environmental Health
Int*ernational Journal of Sport Nutrition & Exercise Metabolism*
Journal of Applied Physiology
Journal of Athletic Training
Journal of Clinical and Experimental Cardiology
Journal of Laboratory and Clinical Medicine
Journal of Molecular and Cellular Cardiology
Journal of Nutrition
The Journal of Physiology
2017 Reviewer recognition
Journal of Science and Medicine in Sport
Journal of Sport Sciences
Journal of Strength and Conditioning Research

Life Sciences
Lifestyle Medicine
Mechanism of Aging and Development
Medicine and Science in Sports and Exercise
Medical Science Monitor
Molecular Basis of Disease
Nutrition Research
Occupational and Environmental Medicine
Oxidative Medicine and Cellular Longevity Physiology
Physiology & Behavior
Physiologic Reports
PlosOne
Public Library of Science One
Research Quarterly in Exercise and Sport
Sports Medicine and Health Sciences

Abstract review for:
American College of Sports Medicine annual meeting
American Physiological Society
Southeast American College of Sports Medicine annual meeting

External dissertation review for:
Griffith University, Australia
Otago University, New Zealand
Queensland University, Australia
University of Nebraska – Omaha, USA

Committee work and related professional service

2021-Present	Federation for the American Societies of Biology (FASEB) – Budget Committee, ACSM representative
2019	ACSM Chief Executive Officer search committee – basic science representative
2019-Present	ACSM Scientific Content Advisory Committee Chair
2018-Present	ACSM Multi-disciplinary membership engagement advisory group committee member
2018	ACSM Program Committee Session Distribution Task Force
2018-Present	ACSM Scientific Integration and Leadership Committee Chair
2017-2018	ACSM Co-Chair of the Integrative Physiology of Exercise Conference Committee
2017	ACSM Website renovation committee
2016-2019	American Physiological Society Conference Committee
2016-2018	Integrative Physiology of Exercise Program Committee
2016-2019	ACSM Health Science Policy Committee
2016-2019	ACSM Research Review Committee
2016-present	ACSM Mentoring Women to Fellowship Program Mentor
2015	American Physiological Society – Mentoring on the Go program mentor to 1 postdoctoral trainee and 1 doctoral student

2015	Southeast American College of Sports Medicine Leadership Diversity Training Program mentor
2015-2018	Southeast American College of Sports Medicine Executive Board – President
2013-2019	ACSM Programming Committee – Topical Representative for Skeletal Muscle, Bone, and Connective Tissue
2010-2019	Reviewer of abstract submissions for the American College of Sports Medicine annual meeting
2009-Present	Member of the American College of Sports Medicine Scientific Integration and Leadership Committee Sub-committee Chair for Round Table proposals, 2010-2016 Sub-committee member for Medical Education
2009-2018	Session chair at the ACSM annual meeting
2008-2017	Session chair at the SEACSM annual meeting
2010-2012	Researchers for Inactivity-related Diseases (RID) – Sub-committee chair to the ACSM-NIH Advocacy Group for the "Integrative Biology and Exercise" study section request at NIH
2009-2012	Reviewer of abstract submissions for the Southeast American College of Sports Medicine annual meeting
2010-2012	Southeast American College of Sports Medicine Executive Board - Member at Large (elected position)
2009	Coordinator of the 2009 Southeast American College of Sports Medicine Lecture Tour
2009-2012	Member of the American College of Sports Medicine Membership Committee
2006-2007	American College of Sports Medicine Health Fitness Instructor Certification Course Presenter - Appalachian State University, Boone, NC

University service

2021-present	International Liaison for Integrative Physiology and Athletic Training
2020	University of Montana Director of Occupational Therapy position search committee
2020-present	University of Montana Doctorate of Interdisciplinary Studies admissions committee Chair
2019-2020	University of Montana Humanities and Sciences Dean search committee
2019	University of Montana Physical Therapy faculty search committee
2019-present	University of Montana Research and Creative Scholarship Council University Scholar committee Chair
2019-present	University of Montana Research and Creative Scholarship Council University Grants Program committee Chair
2019-present	University of Montana Research and Creative Scholarship Council member
2019-present	University of Montana Doctorate in Interdisciplinary Studies Admissions Committee member
2019-2020	External Advisory Committee Member for the National Institutes of Health Science Education Partnership Aware (SEPA) – Clean Air and

	Healthy Homes Program – Alaskan Native/American Indian centered work (2019-2020)
2019-present	Research working group for the College of Health Professions and Biomedical Sciences
2018	University of Montana Physical Therapy faculty search committee
2018-present	University Research and Creativity Committee – Co-Chair
2018-present	Health and Human Performance/Integrative Physiology and Athletic Training University Faculty Association Representative Council liaison to the Executive Board
2018-present	Outdoor Northern Rockies Leadership Initiative certificate committee member
2017-2018	University of Montana, PJW College of Education and Human Sciences Clinical Facilities Committee – Co-Chair
2015-2016	Auburn University Administrative Review Committee Member – Faculty Senate Representative
2014/15	Auburn University Kinesiology Graduate Program Taskforce – Chair
2014	Auburn University Kinesiology Graduate Program Admissions Taskforce
2014/15	Auburn University Competitive Research Grant Committee
2014-2016	Auburn University Faculty Senator for Kinesiology
2014-2016	Auburn University Kinesiology Exercise Science Graduate Program Officer
2014-2016	Auburn University College of Education Graduate Education Committee
2014-2016	Auburn University College of Education Scholarship and Innovation Committee
2014-2016	Auburn University Competitive Research Grant Committee
2013 Fall	Search Committee – Associate Provost and Vice President of Research
2012-2016	Auburn University Exercise is Medicine Task Force
2012 Fall	Physical activity and health tenure track faculty search committee member
2012 Fall	Performance review committee for Dr. Mary Rudisill, Kinesiology Dept. Head
2012-2016	Auburn University Health Science Institutional Review Board member
2012-2016	Auburn University Social and Behavioral Institutional Review Board alternate member
2012-2013	Department of Kinesiology Faculty Search Committee member
2011-2016	Auburn University Dept. of Kinesiology Graduate Advisory Committee
2011-2016	Auburn University Health Sciences Task Force
2010-2012	Auburn University Institutional Review Board
2009-2010	Department of Kinesiology Website point of contact
2009-2010	College of Education Assessment Committee
2008	Office of Health Professions Advisement advisory committee
2007-2008	Exercise Science Faculty Search committee (3 positions)
2007-2008	Appalachian State University Research Council
2007-2008	Appalachian State University Benefits committee
2006-2008	Vaughn Christian Grant committee
2005-2008	Human Performance Lab advisory committee
2005-2008	Institute of Health and Human Services advisory committee

Other

2011-2012 Mentor for Auburn University Bridge Program – summer laboratory research experiences for underrepresented students

PROFESSIONAL AFFILIATIONS

The American Association of Cardiovascular and Pulmonary Rehabilitation (2021-Present)

The American College of Sports Medicine (1994-Present)
Oxidative Stress Interest Group Member
Researchers Against Inactivity Related Disease Interest Group Member

The American Heart Association (2002-Present)

The American Physiological Society (1997-Present)
Cardiovascular Section Member
Environmental and Exercise Physiology Section Member
Teaching Physiology Section Member

The Northwest Regional American College of Sports Medicine (2016-Present)

The Southeast Regional American College of Sports Medicine (1998-2018)

The Midwest Regional American College of Sports Medicine (1995-1996)

Biomedical Graduate Students Association, Quillen College of Medicine, ETSU
2000-2001 Vice President

CERTIFICATIONS/CONTINUING EDUCATION

American College of Sports Medicine Health Fitness Instructor Certification, December 2005

Cell Culture Techniques Training, February 2005, UF Biotechnology Research Program

IACUC Online animal handling workshop, May 2002

Rodent handling and surgical techniques, 2002

Certification of compliance for Responsibility in Human Subject Research: IRB 101, 2002

Phlebotomy training 2000

CPR, First aid (1992 – 2000, 2005 - 2008)