AUBURN UNIVERSITY

CURRICULUM VITAE

Michael D. Roberts, PhD

CONTACT INFORMATION

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PROFESSIONAL EXPERIENCE

2022-pres.	Professor (tenured) School of Kinesiology Auburn University
2017-2022	Associate Professor (tenured) School of Kinesiology Auburn University
2013-2017	Assistant Professor School of Kinesiology Auburn University
2018-pres.	Director, AU KINE Applied Performance Laboratory School of Kinesiology Auburn University
2014-pres.	Affiliate Researcher Edward Via College of Osteopathic Medicine-Auburn University Campus
2013-pres.	Director, Molecular and Applied Sciences Laboratory School of Kinesiology Auburn University
2010-2013	Postdoctoral Research Fellow Department of Biomedical Sciences (mentor: Frank W. Booth, Ph.D.) University of Missouri-Columbia

EDUCATION

2010 PhD, Exercise Physiology
Department of Health and Exercise Sciences
University of Oklahoma

2006 MSEd, Exercise Physiology
Department of Health, Human Performance and Recreation
Baylor University

2003 BS, Biology (minor: Chemistry)
College of Arts and Sciences
Baylor University

FIELD EXPERIENCE

2004-2006 Certified Personal Trainer
Gold's Gym International, Inc., Waco, TX
Credential: Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association

RESEARCH SUPPORT

Summary

Total funding in grants, contracts and gifts directly procured as PI or co-I to date: $4,009,593

Additional monies procured as critical co-I or mentor: $206,645
- NIH T-32 Fellowship for mentee, *listed below*
- Porter Fellowship for mentee, *listed below*
- NIH T32, *listed below*
  (Competitive internal funding at MU; PI: Dr. Ronald Terjung from University of Missouri)
- MU CVM Grant, *listed below*
  (co-I; PI: Dr. Frank Booth from University of Missouri)

Monies obtained

(listed from newest to oldest)

2022-23 Extramural Grant: A randomized, double-blind, placebo-controlled crossover clinical trial to determine the effects of Xtend Hydration on markers associated with hydration status and performance
Funding Agency: Nutrabolt
Total Costs (Direct + Indirect): $157,153
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2022-23 Extramural Grant: Blood lactate recovery with non-invasive high flow ventilatory support
Funding Agency: Vapotherm
Total Costs (Direct + Indirect): $91,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI (Bruce Gladden, co-PI)

2022-23 Extramural Grant: Effects of two different nutritional supplements on nutrient absorption in Caco-2 cells
Funding Agency: Compound Solutions
Total Costs (Direct + Indirect): $55,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI (Brooks Mobley, co-PI)

2022-23 Extramural Grant: The Effects of Extracorporeal Magnetic Innervation (ExMI) on Myostatin and Vastus Lateralis Muscle
Funding Agency: Edward Via College of Osteopathic Medicine, REAP Seed Grant
Total Costs (Direct only): $33,500
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: Auburn-site co-PI (Brooks Mobley, co-PI; Project PI: Beck, VCOM)

2022 Extramural Gift: N/A
Donor: Bret Contreras
Total Costs (Direct only): $40,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2022 Extramural Gift: N/A
Funding Agency: Lockwood, LLC
Total Costs (Direct + Indirect): $15,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2021-23 Pre-doctoral fellowship (G-RISE, T32): Mason McIntosh (recipient)
Funding Agency: NIH
Total Costs (Direct only): ~$75,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PhD mentor to fellowship awardee

2021-22 Extramural Grant: Biomarker sub analysis
Funding Agency: Center for Applied Health Sciences
Total Costs (Direct + Indirect): $63,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2020-21 Extramural Grant: Culture project using muscle and liver cells to examine the biological effects of different nutraceutical ingredients
Funding Agency: FG Scientifica
Total Costs (Direct + Indirect): $41,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2020-21 Extramural Grant: Two aim project: 1) determining the efficacy of PeakO2 on weightlifting attributes, 2) determining the effects of Abscisic on glycemic control
Funding Agency: Compound Solutions
Total Costs (Direct only): $77,632
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2020-21 Extramural Grant: Peanut protein supplementation to augment muscle growth and improve markers of muscle quality and health in younger individuals
Funding Agency: The Peanut Institute Foundation
Total Costs (Direct only): $149,832
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI (co-PI: Dr. Kaelin Young from VCOM-Auburn; co-PI: Dr. Drew Fruge, Auburn University)

2019-21 Extramural Gift: N/A
Donor: John Alkire
Total Costs (Direct only): $40,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2019-24 Extramural Gift: N/A
Funding Agency: Compound Solutions
Total Costs (Direct only): $500,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2019-20 Extramural Contract: Muscle fiber typing and SDH analysis on mouse skeletal muscle
Funding Agency: MyoKardia
Total Costs (Direct+Indirect): $24,915
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2019-20 Extramural Grant: Peanut protein supplementation to augment muscle growth and improve markers of muscle quality and health in older individuals
Funding Agency: The Peanut Institute Foundation
Total Costs (Direct only): $174,916

Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: Auburn site PI (co-PI: Dr. Drew Fruge, Auburn University, co-I: Dr. Kaelin Young from VCOM-Auburn)

2019 Extramural Contract: Testing the effects of low and high dose NAD3 on the muscle transcriptome in vitro
Funding Agency: Compound Solutions
Total Costs (Direct+Indirect): $64,326
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2019 Extramural Donation: [no title]
Funding Agency: Emerging Sales
Total Donation: $33,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2019 Extramural Contract: Cross-over design to investigate the efficacy of HMB, BCAA and HMB-BCAA on markers of muscle damage.
Funding Agency: Metabolic Technologies, Inc.
Total Costs (Direct+Indirect): $89,845
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2018-19 Extramural Contract: Serum Biomarker Analysis
Funding Agency: University of Mary Hardin-Baylor
Total Costs (Direct+Indirect): $17,848
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2018-19 Pre-doctoral fellowship: Matthew Romero (recipient)
Funding Agency: American Physiological Society
Total Costs (Direct only): $28,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PhD mentor to fellowship awardee

2018-21 Extramural Grant-in-Aid: Examining the effects of skeletal muscle LINE-1 overexpression on muscle function and aging.
Funding Agency: Florida A&M University
Total Costs (Direct only): $135,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2018-19 Extramural Contract: In vitro analyses for gene expression in PBMCs and muscle cells.
Funding Agency: Center for Applied Health Sciences

Total Costs (Direct+Indirect): $35,871
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2018-19 Extramural Grant: Examining the effects of skeletal muscle LINE-1 overexpression on muscle function and aging.
Funding Agency: Via College of Osteopathic Medicine
Total Costs (Direct only): $36,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI (co-PI: Dr. Kaelin Young from AU-VCOM)

2018-19 Extramural Contract: A prospective, randomized, double-blind, placebo-controlled, parallel group study on effects of a multiple vitamin/mineral/omega-3 fatty acid supplement on nutrient status/functionality, subjective perception of mood/energy/mental/skin health, and gene expression in adult women.
Funding Agency: Ritual
Total Costs (Direct+Indirect): $292,400
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI (co-PI: Dr. Kaelin Young from AU-VCOM, co-I: Dr. Rusty Arnold from Harrison School of Pharmacy at AU)

2018 Extramural Contract: Service contract for serum irisin and PICP analyses.
Funding Agency (Direct+Indirect): Applied Sports Science Institute
Total Costs: $5,986
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2018 Extramural Contract: Detecting muscle tissue and bone mineral content loss, growth, and maintenance at the cellular, segmental, and total-body level using bioimpedance spectroscopy using the SOZO and SFB7 devices.
Funding Agency (Direct+Indirect): Impedimed
Total Costs: $53,750
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI (co-PI: Dr. Kaelin Young from AU-VCOM)

2018 Extramural Grant in Aid: Laboratory Development Award
Funding Agency: Edward Via College of Osteopathic Medicine - Auburn Campus
Total Costs (Direct only): $10,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI (co-PI: Dr. Kaelin Young from AU-VCOM)

2017-18 Extramural Gift/Donation: Laboratory Development Award
Funding Agency: Renaissance Periodization
Total Donation: $25,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI (co-PI: Cody Haun, M.S.)

2017-18 Intramural Contract: Effects of dietary exosomes on muscle hypertrophy
Funding Agency: Auburn University's Intramural Grant Program
Total Costs (Direct only): $60,000
Role: co-PI (co-PI: Andreas Kavazis, co-I: Kaelin Young)

2017 Extramural Contract: Effects of ketone salt ingestion on blood ketones and metabolic phenomena in humans
Funding Agency: Applied Sports Science Institute
Total Costs (Direct+Indirect): $39,343
Role: PI

2016 Extramural Gift/Donation: Laboratory Development Award
Funding Agency: FutureCeuticals
Total Donation: $30,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2016 Extramural Contract: The effects of different ingredients on cGMP and nitric oxide production in HUVEC cells
Funding Agency: Purity Products
Total Costs (Direct + Indirect): $15,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2016 Extramural Contract: The effects of phosphatidic acid on myoblast properties
Funding Agency: ChemiNutra
Total Costs (Direct + Indirect): $7,400
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2016 Extramural Gift/Donation: Laboratory Development Award
Funding Agency: Bionutritional Research Group and Hilmar Ingredients
Total Donation: $146,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI (co-I, Dr. Chris Lockwood)

2016 Extramural Contract: The effects of curcumin on nutritionally-induced non-alcoholic fatty liver disease and non-alcoholic steatohepatitis.
Funding Agency: DolCas Biotech, LLC
Total Costs (Direct + Indirect): $129,560
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-I (PI: Dr. Jeffrey Martin from AU-VCOM)

2016 Extramural Contract: The effects of Red Spinach Extract on variables related to blood flow and exercise performance (Part II)

Funding Agency: DolCas Biotech, LLC
Total Costs (Direct + Indirect): $10,339
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-I (PI: Jeffrey Martin from AU-VCOM)

2016 Extramural Contract: Effects of a novel plant extract on cycling performance, hemodynamics and markers of red blood cell physiology.
Funding Agency: FutureCeuticals
Total Costs (Direct + Indirect): $135,606
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI (co-PI: Dr. Kaelin Young from AU-VCOM, co-PI: Dr. Jeffrey Martin from AU-VCOM)

2016 Extramural Contract: [no title], contract to assist in the dissemination of research.
Funding Agency: University of Mary Hardin-Baylor
Total Costs (Direct + Indirect): $1,600
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2015-16 Extramural Contract: Effect of various ingredients on skeletal muscle Irisin signaling and cross talk with adipose tissue.
Funding Agency: Maximum Human Performance (MHP)
Total Costs (Direct + Indirect): $73,575
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2015-16 Extramural Contract: Effects of aging and nutrition on various physiological systems.
Funding Agency: University of Tampa and Human Longevity, Inc.
Total Costs (Direct + Indirect): $231,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2015 Extramural Contract: [no title], contract to assist in the dissemination of research.
Funding Agency: University of Mary Hardin-Baylor
Total Costs (Direct + Indirect): $2,400
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2015 Extramural Contract: [no title], contract to assist in the dissemination of research.
Funding Agency: University of Mary Hardin-Baylor
Total Costs (Direct + Indirect): $1,600
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2015 Extramural Contract: The effects of Red Spinach Extract on variables related to blood flow and exercise performance.
Funding Agency: DolCas Biotech, LLC
Total Costs (Direct + Indirect): $28,022
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-I (PI: Jeffrey Martin from AU-VCOM)

2015-2016 AU-VCOM Seed Grant: The role of target inflation pressures on skeletal muscle gene expression and the efficacy of a peristaltic pulse external pneumatic compression device as an adjuvant to exercise training.
Funding Agency: Edward Via College of Osteopathic Medicine - Auburn Campus
Total Costs (Direct only): $30,318
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-I (PI: Jeffrey Martin from AU-VCOM)

2015 Extramural Contract: Effects of various ingredients on skeletal muscle Irisin signaling.
Funding Agency: Maximum Human Performance (MHP)
Total Costs (Direct + Indirect): $9,600
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2014-15 Extramural Sub-contract: Effect of a subchronic ketogenic diet on skeletal muscle anabolic and catabolic signaling as well as adipose tissue signaling
Funding Agency: University of Tampa
Total Costs (Direct + Indirect): $105,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2014-15 Extramural Donation: Laboratory Development Award
Funding Agency: 4Life Research, Inc (collaborative efforts with Dr. Chris Lockwood)
Total Donation: $100,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2015 Extramural Contract: Effects of Proprietary Weight Loss Supplement on Resting Metabolism
Funding Agency: MusclePharm, Corp.
Total costs (Direct+Indirect): $47,882
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2014-15 Extramural Contract: Effects of a branched-chain amino acid-carbohydrate-electrolyte solution on muscle damage during one week of rigorous training
Funding Agency: MusclePharm, Corp.

Total Costs (Direct + Indirect): $89,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2014 Extramural Contract: Myostatin, follistatin, and cytokine array assessment in human serum samples
Funding Agency: University of Tampa
Total Costs (Direct + Indirect): $8,800
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2014 Extramural Contract: Effects of pneumatic compression therapy on molecular markers of muscle metabolism
Funding Agency: Quinnipiac University
Total Costs (Direct + Indirect): $13,500
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2014 Extramural Contract Part 1: Studying the efficacy of 'BCAA 3.1.2' on cycling performance, body composition, and immune system markers in elite cyclists over a training season; Part 2: Studying the effects of 'Combat' on post-exercise muscle-building mechanisms using a human-applicable rat model
Funding Agency: MusclePharm, Corp.
Total Costs (Direct + Indirect): $61,117
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2014 Extramural Contract: Effect of Myo-X and Arachidonic acid on Intramuscular Markers of Skeletal Muscle Anabolism
Funding Agency: sub-contract from University of Tampa
Total Costs (Direct + Indirect): $16,995
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2014 Extramural Contract: Effect of Different Protein Blends on Intramuscular Markers of Skeletal Muscle Anabolism
Funding Agency: Axiom Foods, Inc.
Total Costs (Direct + Indirect): $35,632
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2013-14 Extramural Donation: Laboratory Development Award
Funding Agency: 4Life Research, Inc (collaborative efforts with Dr. Chris Lockwood)
Total Donation: $100,000
Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2013 Extramural Donation: Effects of transfer factors and adaptogen blends on oxidative stress in rats fed a high fat diet
Funding Agency: 4Life Research, Inc
Total Donation: $49,230
Site: Booth Laboratory, University of Missouri
Role: PI

2012 Fellowship: T32 Postdoctoral Fellowship
Funding Agency: National Institutes of Health
Total costs: $40,645 (estimated)
Site: Booth Laboratory, University of Missouri
Role: awarded from internal institutional committee for 1-year of postdoctoral salary (PI: Dr. Ronald Terjung from University of Missouri)

2012 Extramural Donation: Effects of an oral ATP supplement on blood flow during exercise in rats
Funding Agency: TSI Health Sciences
Total Donation: $10,000
Site: Booth Laboratory, University of Missouri
Role: PI

2012 Extramural Donation: Effects of different whey protein forms on the post-prandial serum metabolome in rats
Funding Agency: Bionutritional Research Group
Total Donation: $42,000
Site: Booth Laboratory, University of Missouri
Role: PI

2012 Intramural Grant: University of Missouri College of Veterinary Medicine Grant
Title: Molecular determinants of running motivation in rats selectively bred to run high versus low nightly distances
Funding Agency: College of Veterinary Medicine, University of Missouri
Total costs (Direct only): $18,000
Site: Booth Laboratory, University of Missouri
Role: co-I and Project Coordinator (PI: Dr. Frank Booth from University of Missouri)

2011-2012 Extramural Donation: Effects of a proprietary whey protein hydrolysate on mammalian physiological systems
Funding Agency: Scivation Inc.
Total Donation: $100,000 over a 1.5-year period for personnel support and study supplies
Site: Booth Laboratory, University of Missouri

Role: PI

2007 Doctoral Research Award: The Effects of Aging on the Phosphocreatine System
Funding Agency: National Strength and Conditioning Foundation
Total costs (Direct only): $5,000
Site: Applied Biochemistry and Molecular Physiology Laboratory, University of Oklahoma
Role: PI

Grants in review

2022 Extramural Grant: Effects of a Tonal Resistance Exercise Bout on Muscle Protein Synthesis
Funding Agency: Tonal
Total costs (Direct + Indirect): $50,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

Grants applied for, but not funded

2022 Extramural Grant: Peanut-rich diet to attain and sustain weight loss for breast cancer risk reduction and improved mitochondrial and metabolic health in postmenopausal women
Funding Agency: The Peanut Institute
Total costs (Direct only): $248,780
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: co-PI

2022 Extramural Grant: Effects of Tonal Training System on muscle remodeling and strength during COVID-19 era: A randomized controlled non-inferiority trial
Funding Agency: Tonal
Total costs (Direct only): $50,000
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2021 Extramural Grant: Peanut protein supplementation to improve body composition and metabolic health in postmenopausal women
Funding Agency: The Peanut Institute
Total costs (Direct only): $249,179
Site: Molecular and Applied Sciences Laboratory, Auburn University
Role: PI

2019 National Institutes of Health R01 Grant: Determining if mitochondrial dysfunction plays a greater role in the pathophysiology of endothelial function in African Americans versus Caucasians

Funding Agency: National Institutes of Health
Amount requested for Auburn-Roberts: $257,000 ($3,671,400 total)
Role: co-I (PI: Dr. Mike Brown from Auburn University)
Comments: not scored

2016 National Institutes of Health R01 Grant: Dietary exosomes regulate muscle protein accretion in pigs
Funding Agency: National Institutes of Health
Amount requested for Roberts laboratory: $150,000 total over 2 years
Roberts's Role: co-I (PI: Dr. Janos Zempleni, University of Nebraska)
Comments: not scored

2016 National Institutes of Health U01 Grant: Molecular Transducers of Exercise
Funding Agency: National Institutes of Health
Title: Acute and chronic molecular transducers to endurance/resistance physical training
Amount requested for Auburn-Roberts: $1,156,927
Role: Auburn site PI (PI: Dr. Frank Booth from University of Missouri)
Comments: scored, but not funded

2015 American Diabetes Association Innovative Clinical of Translational Science Grant
Funding Agency: American Diabetes Association
Amount requested for Auburn-Roberts: $566,003
Role: Auburn site PI (PI: Dr. Martin from AU-VCOM)
Comments: not scored, resubmitted in 2016 with edits and additional pilot data and procured funding

2014 AU Intramural IGP Grant: Establishing guidelines for step-count programs and understanding program adherence decisions
Amount requested: $54,404
Role: co-I (PI: Dr. Matthew Miller from Auburn University)
Comments: scored, but not funded

2014 Extramural Grant: Examining the synergistic effects of creatine and leucine on muscle anabolic and catabolic signaling in C2C12 myotubes concurrently treated with 'youth-like' and 'elderly-like' concentrations of testosterone
Funding Agency: International Society of Sports Nutrition
Amount requested: $10,000
Role: Principal Investigator
Comments: scored, but not funded

2011 MU Intramural Grant: University of Missouri Institute for Clinical and Translational Sciences Grant

Title: The effects of abruptly stopping daily physical activity on skeletal muscle circadian genes and downstream metabolic genes
Amount requested: $10,000
Role: Principal Investigator
Comments: scored, but not funded

2011 MU Intramural Grant: University of Missouri College of Veterinary Medicine
Grant
Title: Molecular determinants of running motivation in rats selectively bred to run high versus low nightly distances
Funder: College of Veterinary Medicine, University of Missouri
Amount requested: $18,000
Role: co-I (PI: Dr. Frank Booth from University of Missouri)
Comments: scored, but not funded; resubmitted with edits in 2012 and procured funding

2010 National Institutes of Health F32 NRSA Postdoctoral fellowship Grant
Title: Adipose tissue-endothelial cell communication
Amount requested: $144,209
Role: Principal Investigator
Comments: original submission scored in the 36th percentile; resubmission not scored

PUBLICATION IMPACT

2004-2022

Google Scholar

h-index:	46
i-10 index:	136
Total citations:	7,177

Note that these metrics only include peer-reviewed journal articles; abstracts have been manually removed; account checked weekly to ensure veracity

ResearchGate

h-index:	38
Total citations:	5,021
Publication reads:	~115,000

Note that these ResearchGate metrics include peer-reviewed journal articles as well as published scientific abstracts; account checked weekly to ensure veracity

Scopus

h-index:	31
Total citations:	3,771

Note that these metrics only include peer-reviewed journal articles and select book chapters, but do not include published scientific abstracts (e.g., EB abstracts in FASEB J or ACSM abstracts in MSSE); account checked weekly to ensure veracity

SCHOLARLY CONTRIBUTIONS

Original peer-reviewed research articles in PubMed-indexed journals

- **listed from newest to oldest**
- ***, indicates Roberts is corresponding or co-corresponding author**

1. Mesquita P, Osburn S, Godwin J, **Roberts M**, Kavazis A. Effects of aging and long-term physical activity on mitochondrial physiology and redox state of the cortex and cerebellum of female rats. Accepted and in press at ***Phys Reports***, 2022.

2. Smith K, Morris M, Morrow C, Novak J, **Roberts M**, Fruge A. Associations between Changes in Fat-Free Mass, Fecal Microbe Diversity, and Mood Disturbance in Young Adults after 10-Weeks of Resistance Training. ***Microorganisms*** 10(12), 2022.

3. Ruple B, Mesquita P, Godwin J, Sexton C, Osburn S, McIntosh M, Kavazis A, Libardi C, Young K, **Roberts M***. Changes in vastus lateralis mean fiber cross-sectional area, pennation angle, and fascicle length do not predict changes in whole muscle cross-sectional area. ***Exp Physiol***. doi: 10.1113/EP090666 (online ahead of print), 2022. PMID: 36053170

4. Osburn S, Mesquita P, Neal F, Rumbley M, Holmes M, Ruple B, Mobley CB, Brown M, McCullough D, Kavazis A, **Roberts M***. Long-term voluntary wheel running effects on markers of Long Interspersed Nuclear Element-1 in skeletal muscle, liver, and brain tissue of female rats. ***AJP Cell Physiol***. doi: 10.1152/ajpcell.00234.2022 (online ahead of print), 2022. PMID: 35938680

5. Osburn S, Romero M, Roberson P, Mumford P, Wiggins D, McAdam J, Drummer D, Bridges Jr. S, Bamman M, **Roberts M***. Effects of end-stage osteoarthritis on markers of skeletal muscle Long INterspersed Element-1 activity. ***BMC Res Notes*** 15(1):245, 2022. PMID: 35799274

6. Ruple B, Smith M, Osburn S, Sexton C, Godwin J, Edison J, Poole C, Stock M, Fruge A, Young K*, **Roberts M*.** Comparisons between skeletal muscle imaging techniques and histology in tracking midthigh hypertrophic adaptations following 10 weeks of resistance training. ***J Appl Physiol***. doi: 10.1152/japplphysiol.00219.2022 (online ahead of print), 2022. PMID: 35771220

7. Yap K, Wong H, Ramanathan C, Rodriguez-Wagner C, van Bruggen N, **Roberts M**, Freeman D, Buffenstein R, Zhang Y. Naked mole-rat and Damaraland mole-rat exhibit lower respiration in mitochondria, cellular and organismal levels. ***Bioenergetics*** 1863(7):148582, 2022. PMID: 35667393

8. Moore J, Smith K, Chen D, Lamb D, Smith M, Osburn S, Ruple B, Morrow C, Huggins K, McDonald J, Brown M, Young K, **Roberts M**, Fruge A. Exploring the effects of six weeks of resistance training on the fecal microbiome of older adult males. ***Sports (MDPI)*** 10(5): 65, 2022. PMID: 35622473

9. Vann C, Sexton C, Osburn S, Smith M, Haun C, Rumbley M, Mumford P, Montgomery N, Ruple B, McKendry J, McLeod J, Bashir A, Beyers R, Beck D, Brook M, Smith K, Atherton P, Beck D, McDonald J, Young K, Phillips S, **Roberts M***. Effects of high-volume versus high-load resistance training on skeletal muscle growth and molecular adaptations. ***Frontiers Physiol*** 13:857555, 2022. PMID: 35360253

10. McAdam J, Lyons K, Beck D, Haun C, Romero M, Mumford P, Roberson P, Young K, Lohse K, **Roberts M**, Sefton J. Effects of whey protein supplementation on body composition, performance, and blood biomarkers during Army Initial Entry Training. ***Frontiers Nutr*** 9:807928, 2022. PMID: 35330708

11. **Roberts M***, Osburn S, Godwin J, Ruple B, La Monica M, Raub B, Sandrock J, Ziegenfuss T, Lopez H. ENHANCE Trial: Effects of NAD3® on hallmarks of aging and clinical endpoints of health in middle aged adults: a subset analysis focused on blood cell NAD^+ concentrations and lipid metabolism. ***Physiologica (MDPI)*** 2(1), 20-31, 2022.

12. Angleri V, Damas F, Stotzer U, Selistre-de-Araujo H, Santanielo N, Soligon S, Luiz Costa, Lixandrao M, Conceicao M, Vechin F, **Roberts M**, Ugrinowitsch C, Libardi C. GPR56 expression is modulated by acute and chronic training variable manipulations in resistance-trained men. ***Muscles (MDPI)*** 1(1): 16-25, 2022.

13. Fox C, Mesquita P, Godwin J, Ruple B, Brown M, Kavazis A, Young K, Ugrinowitsch C, Libardi C, **Roberts M***. Frequent manipulation of resistance training variables promotes myofibrillar spacing changes in resistance-trained individuals. ***Frontiers Physiol*** 12:773995, 2021. PMID: 34975527

14. Osburn S, Vann C, Church D, Ferrando A, **Roberts M***. Proteasome- and calpain-mediated proteolysis, but not autophagy, is required for leucine-induced protein synthesis in myotubes. ***Physiologica (MDPI)*** 1(1): 22-33, 2021. PMID: 34927140

15. Sexton C, Smith M, Smith K, Osburn S, Godwin J, Ruple B, Hendricks A, Mobley CB, Goodlett M, Fruge A, Young K, **Roberts M***. Effects of peanut protein supplementation on resistance training adaptations in college-aged adults. ***Nutrients (MDPI)*** 13(11): 3981, 2021. PMID: 34836236

16. Ruple B, Godwin J, Mesquita P, Osburn S, Sexton C, Smith M, Ogletree J, Goodlett M, Edison J, Ferrando A, Kavazis A, Young K, **Roberts M***. Myofibril and mitochondrial area changes in type I and II fibers following 10 weeks of resistance training in previously untrained men. ***Frontiers Physiol*** 12:728683, 2021. PMID: 34630147

17. Ruple B, Godwin J, Mesquita P, Osburn S, Vann C, Lamb D, Sexton C, Candow D, Forbes S, Fruge A, Kavazis A, Young K, Seaborne R, Sharples A, **Roberts M***. Resistance training rejuvenates the mitochondrial methylome in aged human skeletal muscle. ***FASEB J*** 35(9): e21864, 2021. PMID: 34423880

18. Mao X, Kelty T, Keer N, Child T, **Roberts M**, Booth F. Creatine supplementation upregulates mTORC1 signaling and markers of synaptogenesis in the dentate gyrus while restoring LPS-induced cognitive impairment in female rats. ***Nutrients (MDPI)*** 13(8): 2758, 2021. PMID: 34444918

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Articles in preparation

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197. Ruple B, Plotkin D, Smith M, Godwin J, Sexton C, McIntosh M, Kontos N, Beausejour J, Pagan J, Rodriguez J, Sheldon D, Libardi C, Young K, Stock M, Roberts M. The effects of near volitional fatigue resistance training muscle hypertrophy, strength, and neuromuscular properties in previously trained adults. Comments: preliminary draft written and will be submitted for review to ***Eur J Appl Physiol*** in 2023.

198. Fox C, Vann C, Parry H, Ruple B, Osburn S, Sexton C, Moore J, Smith M, Ferguson B, Mesquita P, Beck D, Kavazis A, Young K, **Roberts M***. Skeletal muscle metabolic biomarker adaptations to high load versus high volume unilateral resistance training. Comments: preliminary draft written and will be submitted for review to ***Physiol Reports*** in 2023.

199. Michel JM, Plotkin D, Godwin J, Mesquita P, Ruple B, McIntosh M, Libardi C, Kavazis A, Roberts M. Mechanisms associated with a gain and loss of leg muscle mass with resistance training followed by high-intensity interval training. Comments: preliminary draft written and will be submitted for review to ***Phys Reports*** in 2023.

200. McIntosh M, Sexton C, Godwin J, Ruple B, **Kontos N**, Ziegenfuss T, Lopez H, Smith R, Dwarka V, Sharples A, Vann C, Roberts M. Different resistance exercise loading paradigms similarly affect the methylation status, mRNA expression, and protein levels of myostatin-related genes in skeletal muscle. Comments: preliminary draft written and will be submitted for review to ***Phys Reports*** in 2023.

201. Rightmire Z, Agostineli P, Murrah M, Roper J, **Roberts M**, Sefton J. Acute high intensity interval training improves eSport performance in Super Smash Brothers Ultimate competitors. Comments: preliminary draft written and will be submitted for review to ***SAGE Journal of Gaming and Culture*** in 2023.

202. Godwin J, Plotkin D, McIntosh M, Sexton C, Smith M, Ruple B, Michel J, Candow D, Forbes S, Fruge A, Young K, Mobley CB, Libardi C, Roberts M. Sarcolemmal membrane-associated proteome adaptations following 10 weeks of resistance training in previously untrained younger female adults. Comments: preliminary draft written and will be submitted for review to ***J Physiol*** in 2023.

Book Chapters

1. **Roberts M,** Defreitas J. Chapter 6: Measures of Neuromuscular Function. *Neuromethods*. Atherton P and Wilkinson D (Eds). Springer Nature (first draft complete, to be released, 2022)

2. **Roberts M,** McKurdy K. Chapter 5: Resistance training adaptations. *Essentials of Personal Training* (3rd Ed.). Schoenfeld B (Ed). Human Kinetics (2021)

3. **Roberts M**, Haun C. Chapter 2: Bioenergetics. *The Professional's Guide to Strength and Conditioning*. Nesser T (Ed). BYU Academic Publishing: Provo, UT (2020)

4. Quindry J**, Roberts M**. Chapter 14: Endurance Phenotype Primer. *The Routledge Handbook of Sport and Exercise Systems Genetics*. Lightfoot T, Roth S, Hubal M (Eds). Taylor & Francis: Abingdon-on-Thames (2019)

5. **Roberts M,** Dalbo V, Buford T. Training and Nutrition Needs of the Older Strength / Power Athlete. *Nutrition and Performance in Masters Athletes*. Reaburn P (Ed). CRC Press: New York, NY (2014)

6. Dalbo V, **Roberts M**. Ergogenic Aids for Masters Athletes. *Nutrition and Performance in Masters Athletes*. Reaburn P (Ed). CRC Press: New York, NY (2014)

7. **Roberts M**, Company J, Campbell B. Fatty acid supplements. *Sports Nutrition: Enhancing Sports Performance*. Campbell B (Ed). CRC Press: New York, NY (2013)

8. Taylor L, **Roberts M**. Introduction: The Role of the Training Table. *Nutritional Guidelines for Athletic Performance: The Training Table*. Taylor L (Ed). CRC Press: New York, NY (2012)

9. **Roberts M**. Calorie Needs for Inducing Muscle Hypertrophy in *Nutritional Guidelines for Athletic Performance: The Training Table*. Taylor L (Ed). CRC Press: New York, NY (2012)

10. Dalbo V, **Roberts M**. Calorie needs for improving body composition in *Nutritional Guidelines for Athletic Performance: The Training Table*. Taylor L (Ed). CRC Press: New York, NY (2012)

11. **Roberts M**, Kerksick C. Vitamins/Minerals: Invaluable Cellular Components for Optimal Physiological Function. *Nutrient Timing: Metabolic Optimization for Health, Performance and Recovery*. Kerksick C (Ed). CRC Press: New York, NY (2011)

Non-refereed ('mainstream') publications

1. **Roberts M.** Exercise in a pill: are we there yet? www.bodybuilding.com. 2019

2. **Roberts M.** Are my genes to blame? www.fitnesspudding.com. 2013

3. **Roberts M.** My favorite pre-workout stack. www.scivation.com. 2011

4. Lockwood C, **Roberts M,** Feliciano J, and Stoppani J. Supplements: the next generation. Muscle and Fitness: 70(5), May 2009.

5. **Roberts M** and Dalbo V. Creatine: white meat or water weight? Body of Science 2(2), 2008.

6. **Roberts M**. Arachidonic acid: the new mass builder. www.bodybuilding.com. 2008

7. **Roberts M**. and Llewellyn B. Arachidonic acid: the new mass builder. Muscular Development. December 2007

COURSES TAUGHT

Undergraduate Courses

2013-2015 KINE 4630, NSCA CSCS Prep Course
Auburn University, School of Kinesiology

2015-pres. KINE 3873, Legal and Illegal Sports Supplements

2013-2014 KINE 4600, Strength Development
Auburn University, School of Kinesiology

2006-2010 HES 4873, Principles of Strength and Conditioning
University of Oklahoma, Dept of Health and Exercise Science

2009 HES 1823, Scientific Principles of Health and Disease
University of Oklahoma, Dept of Health and Exercise Science

2009 HES 3873, Principles of Personal Training
University of Oklahoma, Dept of Health and Exercise Science

Graduate Courses

2022-pres. KINE 7010, Research Methods in Physical Activity and Health
Auburn University, School of Kinesiology

2021 KINE 6600, Physiological Basis of Training
Auburn University, School of Kinesiology

2019-pres. KINE 8770, Neuromuscular Physiology
Auburn University, School of Kinesiology

2016-pres. KINE 7710, Advanced Laboratory Techniques
Auburn University, School of Kinesiology

2015-pres. KINE 8970, Nutrient Timing for Performance Optimization
Auburn University, School of Kinesiology

2015-pres. KINE 8270, Exercise Genetics
Auburn University, School of Kinesiology

2014 KINE 8970, Special Topics: Molecular Exercise Science
Auburn University, School of Kinesiology

2011, 2013 MPP 9435 (co-taught, directed by Frank Booth, PhD), Skeletal Muscle
University of Missouri, Dept of Biomedical Sciences

2008 HES 5000 (co-taught), Exercise and Nutritional Biochemistry
University of Oklahoma, Dept of Health and Exercise Science

Medical School Courses (Auburn Via College of Osteopathic Medicine)

2018 Five Lectures in the Cellular Physiology Block (Membrane Transport; Cellular Signaling I/II; TCA cycle; Oxidative phosphorylation)

MENTORSHIP

Past PhD students of whom I served as primary mentor (13)

Morgan Smith, PhD 2019-2022
- Current position: Postdoctoral Fellow; Stanford University (Mentor: Michael Snyder)

Casey Sexton, PhD 2019-2022
- Current position: Postdoctoral Fellow; University of Florida (Mentor: Karyn Esser)

Shelby Osburn, PhD 2018-2022
- Current position: Postdoctoral Fellow; Colorado State University (Mentor: Tom La Rocca)

Carlton Fox, PhD 2018-2021
- Current position: Assistant Professor, St. Regis University

Johnathon Moore, PhD 2018-2021
- Current position: Research Associate, Life University

Christopher Vann, PhD 2017-2020
- Current position: Postdoctoral Fellow; Duke University Medical School (Mentors: Dr. Virginia Kraus and Dr. Bill Kraus)

Petey Mumford, PhD 2015-2019
- Current position: Assistant Professor, Lindenwood University

Matt Romero, PhD 2016-2019
- Current position: Postdoctoral Fellow; University of California, Los Angeles (Mentor: Dr. April Pyle)

Paul Roberson, PhD 2016-2019
- Post-PhD position: Postdoctoral Fellow; Pennsylvania State University, Medical School (Mentor: Dr. Scot Kimball)
- Current position: Postdoctoral Fellow; University of Colorado School of Medicine (Mentor: Dr. Paul MacLean)

Cody Haun, PhD 2015-2018
- Post-PhD position: Assistant Professor, LaGrange College
- Current Position: CEO, Fitomics, Inc.

C. Brooks Mobley, PhD 2013-2017
- Post-PhD position: Postdoctoral Fellow; University of Kentucky, Medical School (Mentor: Dr. John J. McCarthy)
- Current position: Asst. Clinical Professor; Auburn University, School of Kinesiology

Wesley Kephart, PhD 2014-2017
- Current position: Associate Professor; University of Wisconsin-Whitewater

Maleah Holland, PhD 2014-2016
- Current position: Associate Professor; Augusta University

Past Masters students (1)

Xuansong Mao, PhD 2016-2017
- Post-Masters position: PhD graduate; University of Missouri-Columbia (Mentor: Dr. Frank Booth)

Primary mentoring of graduate students (current)

Bradley Ruple	Masters/PhD level	2020-2023
Joshua L. Godwin	PhD level	2020-2024
Mason McIntosh	PhD level	2021-2024
Anthony Agyin-Birikorang	PhD level	2021-2024
Max Michel	PhD level	2022-2025
Daniel Plotkin	PhD level	2022-2025
Madison Mattingly	PhD level	2022-2025

Nicholas Kontos	Masters/PhD level	2022-2026

Salaried laboratory technicians

J.C. Ogletree	Laboratory Technician	2020-2021
C. Brooks Mobley (post PhD)	Laboratory Technician	2018
Shelby Osburn (between MS and PhD)	Laboratory Technician	2019
Anna McCloskey	Laboratory Technician	2015-2016
James Healy	Laboratory Technician	2016-2017

Dissertation Committee Member

(Committee Chair in parentheses)

Completed (34 completed; major professor of 13 of these PhD graduates)

Christie Clifton (Brown)	PhD level	2022
Kylie Harmon (Stock)*	PhD level	2022
Kristen Smith (Fruge)	PhD level	2022
Melissa Rumbley (Brown)	PhD level	2022
Zacko Rightmire (Sefton)	PhD level	2022
Morgan Smith (**Roberts**)	PhD level	2022
Casey Sexton (**Roberts**)	PhD level	2022
Melissa Rumbley (Brown)	PhD level	2022
Shelby Osburn (**Roberts**)	PhD level	2022
Johnathon Moore (**Roberts**)	PhD level	2021
Carlton Fox (**Roberts**)	PhD level	2021
Hailey Parry (Kavazis)	PhD level	2021
Maitha Aldokhayyil (Brown)	PhD level	2020
Christopher Vann (**Roberts**)	PhD level	2020
Donny Lamb (Huggins)	PhD level	2020
Adelola Adeyemo (Brown)	PhD level	2019
Ashley Peart (Wadsworth)	PhD level	2019
Matthew Romero (**Roberts**)	PhD level	2019
Petey Mumford (**Roberts**)	PhD level	2019
Paul Roberson (**Roberts**)	PhD level	2019
Jeremy McAdam (Sefton)	PhD level	2018
Cody Haun (**Roberts**)	PhD level	2018
Nina Zeng (Cameron-Smith)†	PhD level	2018
C. Brooks Mobley (**Roberts**)	PhD level	2017
Leslie Neidert (Kluess)	PhD level	2017
Hayden Hyatt (Kavazis)	PhD level	2017
Mynor Rodriguez (Wadsworth)	PhD level	2017
Wesley Kephart (**Roberts**)	PhD level	2017
Jeremy Townsend (Stout)*	PhD level	2016
A. Maleah Holland (**Roberts**)	PhD level	2016
Vandre Figueiredo (Cameron-Smith)†	PhD level	2016
Ruru Li (Huggins)	PhD level	2016
Graham McGinnis (Quindry)	PhD level	2014
Chris Ballmann (Quindry)	PhD level	2014

Bridget Peters (Quindry)	PhD level	2014

*, indicates external Committee Member for University of Central Florida
†, indicates external Reader for the University of Auckland

Ongoing

Mariah Morton (Kavazis)	PhD level	2022-pres.
Becky Jones (Kluess)	PhD level	2022-pres.
Chloe Jones (Wadsworth)	PhD level	2022-pres.
Bradley Ruple (**Roberts**)	PhD level	2020-pres.
Paulo Mesquita (Kavazis)	PhD level	2020-pres.
Lauren Colenso-Semple (Phillips)[#]	PhD level	2020-pres.
Braxton Linder (Robinson)	PhD level	2022-pres.

#, indicates external Committee Member for McMaster University

PRESENTATIONS

Invited Conference and Symposium Lectures

1. Title: 'The nuance of skeletal muscle hypertrophy'
   Conference: Texas American College of Sports Medicine Chapter Meeting (Waco, TX); 2022

2. Title: 'Skeletal muscle: challenging the dogma'
   Conference: VCOM Research Day (Auburn, AL); 2022

3. Title: 'State of the union: protein intake needs for different athletes'
   Conference: Warrior Research Center Research Summit (Auburn, AL); 2021

4. Title: 'Are there molecular predictors to resistance training outcomes in females?'
   Conference: XVII Congreso Internacional Fivestars (online venue in Spain with ~500 attendees); 2021

5. Title: 'The nuance of skeletal muscle hypertrophy'
   Conference: 18th International Society of Sports Nutrition Conference (St. Petersburg, FL); 2021

6. Title: 'Physiological Adaptations to Different Load Schemes'
   Venue: Texas ACSM Speaker Series Webinar (online venue); 2020

7. Title: 'Physiological Adaptations to Different Load Schemes'
   Venue: International Society of Sports Nutrition Webinar on Muscle Hypertrophy (online venue); 2020

8. Title: 'Physiological Adaptations to Exercise and Nutrition' (4 total lectures)
   Venue: Invited Scholar to Federal University of Juiz de Fora (Juiz de Fora, Brazil); 2019

9. Title: 'General adaptations with resistance training.'

Conference: AAPM&R (San Antonio, TX); 2019

10. Title: 'The physiology behind low versus high responders to resistance training'
    Conference: 16th International Society of Sports Nutrition Conference (Las Vegas, NV); 2019

11. Title: 'The LINE-1 jumping gene in muscle aging'
    Conference: American College of Sports Medicine Annual Meeting (Orlando, FL); 2019

12. Title: 'The physiology behind low versus high responders to resistance training'
    Conference: International Society of Sports Nutrition at Kennesaw State University (Atlanta, GA); 2019

13. Title: 'The physiology behind low versus high responders to resistance training'
    Venue: Sports Medicine Roundtable with MD Fellows, Auburn-VCOM (Auburn, AL); 2019

14. Title: 'The physiology behind low versus high responders to resistance training'
    Conference: International Society of Sports Nutrition GAINZ Conference (Dallas, TX); 2019

15. Title: 'The physiology behind low versus high responders to resistance training'
    Conference: International Society of Sports Nutrition Coastal Carolina Conference (Conway, SC); 2018

16. Title: 'Jumping genes: a new paradigm of muscle aging'
    Venue: Hilliard Discussion 8 (HD8), Huffines Institute for Sports Medicine and Human Performance at Texas A&M University (College Station, TX); 2018

17. Title: 'Over-the-counter supplements that affect muscle mass.'
    Conference: AAPM&R (Orlando, FL); 2018

18. Title: 'The physiology behind low versus high responders to resistance training'
    Venue: Department of Nutrition, Food & Exercise Sciences at Florida State University (Tallahassee, FL); 2018

19. Title: 'The effect of milk-derived exosomes on skeletal muscle physiology'
    Conference: Integrative Physiology of Exercise Meeting (San Diego, CA); 2018

20. Title: 'Are animal models applicable to sports nutrition research?'
    Conference: 15th International Society of Sports Nutrition Conference (Clearwater, FL); 2018

21. Title: 'A critical evaluation of assessing skeletal muscle hypertrophy.'
    Conference: American College of Sports Medicine Annual Meeting (Minneapolis, MN); 2018

22. Title: 'Over-the-counter supplements that affect muscle mass.'
    Conference: AAPM&R (Denver, CO); 2017

23. Title: 'Protein Supplementation for the Tactical Athlete.'
    Conference: Warrior Research Center Research Summit (Auburn, AL); 2017

24. Title: 'Ribosome Biogenesis 101.'
    Conference: American College of Sports Medicine Annual Meeting (Denver, CO); 2017

25. Title: 'Effects of exercise modality and post-exercise nutrition on markers of ribosome biogenesis in skeletal muscle.'
    Conference: Experimental Biology (Chicago, IL); 2017

26. Title: 'Ketogenic dieting with the intent of improving metabolic outcomes.'
    Venue: Auburn University's College of Veterinary Medicine Seminar Series (Auburn, AL); 2017

27. Title: 'Ketogenic dieting with the intent of improving metabolic outcomes.'
    Venue: Baylor University's Biomedical Sciences Seminar (Waco, TX); 2017

28. Title: 'Ketogenic dieting as an adjuvant to exercise-induced weight loss.'
    Conference: UAB's Center for Exercise Medicine 2nd Annual Symposium (Birmingham, AL); 2016

29. Title: 'Counterpoint: Nutrition and muscle gains, does leucine content matter?'
    Conference: 12th International Society of Sports Nutrition Conference (Austin, TX); 2015

30. Title: 'Dietary protein as a hormone.'
    Conference: Southeastern Chapter of the American College of Sports Medicine Meeting (Jacksonville, FL); 2015

31. Title: 'To post doc or not to post doc.'
    Conference: American College of Sports Medicine Meeting (San Diego, CA); 2015

32. Title: 'High versus low voluntary running rat model and its implications for human translational research'
    Conference: UAB's Center for Exercise Medicine 2nd Annual Symposium (Birmingham, AL); 2014

33. Title: 'Molecular updates on phosphatidic acid: muscle physiology and beyond.'
    Conference: 11th International Society of Sports Nutrition Conference (Clearwater Beach, FL); 2014

34. Title: 'Protein supplementation for elite performance.'
    Venue: Online Broadcast to Stanford University's Division of Sports Performance; 2014

35. Title: 'Protein supplementation for elite performance.'
    Venue: U.S. Army Rangers briefing (5 briefings), Fort Benning (Columbus, GA); 2013-2014, 2017

36. Title: 'Comparison of WPH vs. Other Whey Protein Forms: What the Science Tells Us.'
    Conference: 10th International Society of Sports Nutrition Conference (Colorado Springs, CO); 2013

37. Title: 'Using selective breeding to make couch potatoes versus super-athletes: what we've learned so far.'
    Venue: Nutritional Sciences Seminar, University of Missouri-Columbia Medical School; 2012

38. Title: 'Laboratory evidence examining the positive effects of physical activity in disease prevention.'
    Conference: 35th National Strength and Conditioning Association Conference (Providence, RI); 2012

39. Title: 'The role of amino acids in complementing activity-induced exercise adaptations.'
    Venue: Nutritional Sciences Seminar, University of Missouri-Columbia Medical School (Columbia, MO); 2011

40. Title: 'Molecular adaptations to muscle hypertrophy.'
    Conference: 33rd National Strength and Conditioning Association Conference (Orlando, FL); 2010

41. Title: 'Post-exercise inflammation: friend of foe?'
    Conference: Strength Pro Summit at *The Arnold Classic* (Columbus, OH); 2008

Abstract Presentations at Regional/National/International Conferences

Over 300, available upon request

SERVICE AND AWARDS

Peer-reviewed Journal Editorial Boards

2021-pres.	Senior Editor Experimental Physiology (APS)
2021-pres.	Editorial Board Member Journal: Physiologica (MDPI)
2021	Invited Section Editor (with Dr. Jeffrey Martin)

	Journal: Sports (MDPI)
2020-pres.	Review Editor Journal: Frontiers in Physiology, Clinical and Translational Physiology
2018-pres.	Editorial Board Member Journal: Sports (MDPI)
2017-pres.	Review Editor Journal: Frontiers in Physiology, Sport and Exercise Nutrition
2017	Invited Section Editor (with Dr. Vincent Dalbo) Journal: Sports (MDPI)
2015-pres.	Editorial Board Member Journal: Frontiers in Physiology, Exercise Physiology section
2011-pres.	Editorial Board Member Journal: Journal for the International Society of Sports Nutrition

External Service

2022	Organizing Committee & Symposium Chair Conference: Integrative Physiology of Exercise Meeting (Baltimore, MD)
2019, 2020	National Strength and Conditioning Foundation Program Grant Reviewer
2019	Symposium Chair: 'Retrotransposons: jumping from cancer to aging to exercise' Conference: American College of Sports Medicine Annual Meeting (Orlando, FL)
2018	Symposium Chair: 'Hypertrophy: The extrinsic variables' Conference: American College of Sports Medicine Annual Meeting (Minneapolis, MN)
2018	Judge for Poster Presentation Award Winners UAB's Center for Exercise Medicine 6th Annual Symposium
2017	Chair of Basic Science Thematic Poster Presentations National meeting for the American College of Sports Medicine
2016	Chair of Metabolism Thematic Poster Presentations Southeastern chapter of the American College of Sports Medicine
2015	Chair of Genetics Thematic Poster Session

	National meeting for the American College of Sports Medicine
2015	Masters Student abstract reviewer Southeastern chapter of the American College of Sports Medicine
2014	Via Osteopathic School of Medicine-Auburn hiring committee for Department of Cell Biology and Physiology Faculty (involved in 4 faculty hires)
2010-2013	Grant and National Conference Abstract Reviewer National Strength and Conditioning Association

University Service

2020-pres.	*Ex officio* member, University Research Council Auburn University
2020-pres.	Chair, Institutional Biosafety Committee Auburn University
2020-pres.	Chair, Biosafety Programming Committee Auburn University
2019-pres.	Institutional Biosafety Committee Auburn University
2018-2019	Professional Development Committee School of Kinesiology, Auburn University
2018	Hiring Committee Member for Exercise Physiology Faculty Member School of Kinesiology, Auburn University
2017-pres.	Faculty Advisor Powerlifting Club Auburn University
2016	Committee member for Health Disparities Cluster Hiring Initiative Faculty Member School of Kinesiology, Auburn University
2016	Committee Member for Biomechanics Faculty Member School of Kinesiology, Auburn University
2016	Committee Member for Cluster Hiring Initiative, Metabolomics Faculty Member Department of Animal Sciences, Auburn University

2015-2016	Auburn University Intramural Grants Program Reviewer
2014	Ad hoc committee member on AU-KINE graduate admissions
2013-pres.	Committee member on AU-KINE Physical Activity and Health Curriculum Program Committee
2012	President University of Missouri Postdoctoral Association University of Missouri-Columbia
2011-2013	Events co-chair University of Missouri Postdoctoral Association University of Missouri-Columbia

Auburn School of Kinesiology Seminars Organized

Fall 2019	Dr. Brian Ferguson (Research Scientist, Myokardia) Lecture regarding Pharmaceutical Research
Fall 2017	Nick Shaw (CEO, Renaissance Periodization) Lecture regarding Online Fitness Industry
Fall 2017	Dr. John McCarthy (University of Kentucky) Lecture on miRNAs affecting muscle tissue physiology
Fall 2016	Dr. Gabriel Wilson (Maximum Human Performance) Lecture on Sports Nutrition Industry
Fall 2015	Dr. Marcas Bamman (University Alabama-Birmingham) Lecture on exercise and regenerative medicine
Fall 2015	Dr. Frank Booth (University of Missouri) Lecture on AICAR effects on aerobic fitness in rodents
Spring 2015	Dr. John McCarthy (University of Kentucky) Lecture on miRNAs affecting muscle tissue physiology
Fall 2014	Dr. Frank Booth (University of Missouri) Lecture on Physical Activity and Health and NIH funding
Fall 2014	Dr. Jordan Moon (Muscle Pharm Research Institute) Lecture on Body Composition Research
Fall 2014	Dr. Richard Kreider (Texas A&M University)

Lecture on Nutritional Supplement Research

Fall 2013 Dr. Mark Faries (Stephen F. Austin University)
Lecture on Adherence to Physical Activity

Fall 2013 Dr. Chris Lockwood (4Life Research, Inc.)
Lecture on Career Development

Professional Organization Memberships

2019-pres. National Strength and Conditioning Association

2017-pres. American Physiological Society

2014-pres. American College of Sports Medicine

2014-pres. American College of Sports Medicine: Southeastern Chapter

2014-pres. International Society of Sports Nutrition

Honors and Awards

2018 Ragus Award JACN Best Original Research Paper of 2017, for
Lockwood, Roberts (corr. author) et al. JACN 36: 1
Journal for the American College of Nutrition

2018 Emily and Gerald Leischuck Graduate Teaching Award
College of Education
Auburn University

2017 Outstanding Faculty Early Career Award
College of Education
Auburn University

2012 M. Harold Laughlin Scholarship Award
(*Outstanding Postdoctoral Fellow in Biomedical Sciences/Kinesiology/Medical School*)
School of Medicine and College of Veterinary Medicine
University of Missouri

2011-2013 Recipient of NIH Loan Repayment Award
National Institutes of Health

2007 Recipient of Doctoral Research Grant
National Strength and Conditioning Foundation

Student Honors and Awards (served as primary mentor)

2022	Paulo Mesquita (served as project PI for grant application, Kavazis is student's PI) Doctoral Student Research Grant, National Strength and Conditioning Foundation ($15,000)
2022-24	Daniel Plotkin Auburn University Presidential Fellowship Awardee (Covers up to $30,000/year for 3 years)
2021-23	Mason McIntosh NIH T32 – GRISE Awardee (Covers up to $30,000/year for 3 years)
2022	Shelby Osburn G. Dennis Wilson Scholarship College of Education, Auburn University ($1,200 award)
2021	Shelby Osburn 2nd place overall (~30 entries) for best research poster VCOM Research Day (Auburn, AL) ($300 award)
2019	Shelby Osburn 1st place overall for best research poster American College of Nutrition, National Meeting (San Diego, CA) ($300 award)
2019	Matthew Romero 1st place overall (96 entries) for best research poster VCOM Research Day (Auburn, AL) ($500 award)
2019	Petey Mumford 2nd place overall (96 entries) for best research poster VCOM Research Day (Auburn, AL) ($300 award)
2019	Matthew Romero Leadership and Diversity Training Program American College of Sports Medicine ($1,000 award)

2018 Matthew Romero
1st place overall for best research poster
UAB Exercise is Medicine Conference (Birmingham, AL)
($500 award)

2018 Matthew Romero
Research Abstract Award
Integrative Physiology of Exercise Bi-annual Meeting (San Diego, CA)
($250 award)

2018 Matthew Romero
APS Porter Scholarship
($28,000 award)

2018 Petey Mumford
G. Dennis Wilson Scholarship
College of Education, Auburn University
($1,200 award)

2018 C. Brooks Mobley
Selected as 1 of Top 10 university-wide Graduate Students
Auburn University

2018 Paul Roberson
Placed 1st overall for best PhD research poster
Southeast Chapter for the American College of Sports Medicine Annual Conference
($300 award)

2018 Matthew Romero
Leadership and Diversity Training Program
American College of Sports Medicine
($1,000 award)

2017 C. Brooks Mobley
Graduate Student of the Year
School of Kinesiology, Auburn University

2017 C. Brooks Mobley
Kochan Fund for Excellence Graduate Award
Auburn University
($1,250 award)

2017 C. Brooks Mobley
Doctoral Scholar Award

American Kinesiology Association

2017 Wesley Kephart
Presidential Award (Campus-wide Graduate Student of the Year)
Auburn University
($1,000 award)

2017 Wesley Kephart
Selected as 1 of Top 10 university-wide Graduate Students
Auburn University

2017 Paul Roberson and Wesley Kephart (co-first authors)
Won best poster presentation at Boshell Diabetes Conference
Auburn University
($500 award)

2017 Matthew Romero
Leadership and Diversity Training Program
American College of Sports Medicine
($1,000 award)

2017 Matthew Romero
MARC Mentored Travel Award
Federation of American Societies for Experimental Biology
($1,850 award)

2016 Wesley Kephart
Graduate Student of the Year
School of Kinesiology, Auburn University

2016 Cody Haun
1 of 3 best research posters
UAB Exercise is Medicine Conference (Birmingham, AL)
($500 award)

2015 Wesley Kephart
Won best poster presentation
International Society of Sports Nutrition meeting (Tampa, FL)
($1,000 award)

2015 C. Brooks Mobley
1 of 3 best posters
Southeast Chapter for the American College of Sports Medicine Annual Conference
($500 award)

2014	C. Brooks Mobley Placed 2nd overall at SEACSM graduate student poster awards ($500 award)
2013	C. Brooks Mobley 1 of 8 finalists for best Masters Student awarded by the American Kinesiology Association

PROFESSIONAL REFERENCES

Current or past colleagues at Auburn University

L. Bruce Gladden, PhD
Professor, School of Kinesiology
Auburn University
e-mail: gladdlb@auburn.edu

Andreas N. Kavazis, PhD
Professor, School of Kinesiology
Auburn University
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Michael D. Brown, PhD
Professor and Chair, Department of Kinesiology
University of Maryland
e-mail: mdb0075@auburn.edu

John C. Quindry, PhD
Professor and Chair, Department of Health and Human Performance
University of Montana
e-mail: john.quindry@mso.umt.edu

Colleagues in the field

Stuart Phillips, PhD
Professor, Department of Kinesiology
McMaster University
e-mail: phillis@mcmaster.ca

Arny Ferrando, PhD
Professor, Department of Geriatrics
University of Arkansas Medical School
e-mail: aferrando@uams.edu

Marcas Bamman, PhD
Senior Research Scientist
Florida Institute for Human & Machine Cognition (IHMC)

Former post-doctoral mentor

Frank W. Booth, PhD
Professor, Biomedical Sciences
University of Missouri-Columbia
e-mail: boothf@missouri.edu