

# *JohnEric W. Smith, Ph.D., CISSN, CSCS\*D*

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Mississippi State University  
Department of Kinesiology  
P.O. Box 6186  
Mississippi State, MS 39762

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P: 662.325.4147  
E: johneric.smith@msstate.edu

## **Professional Experience**

- 2024-Present    **Department Head**  
*Department of Kinesiology,  
Mississippi State University, Starkville, MS*
- Oversees a department of 23 faculty members, 6 staff members, 21 graduate assistants, and more than 1,100 undergraduate and graduate students
  - Serves as Kinesiology Lead on new building design and opening
  - Oversees the departmental budget
  - Oversees departmental course scheduling
- 2026-Present    **Professor**  
*Department of Kinesiology,  
Mississippi State University, Starkville, MS*
- Conducts research related to exercise performance, environmental physiology, and physiological responses to nutritional interventions
  - Teaches graduate courses in Kinesiology
- 2019-2026    **Associate Professor**  
*Department of Kinesiology,  
Mississippi State University, Starkville, MS*
- Conducts research related to exercise performance and physiological responses to nutritional interventions
  - Teaches graduate and undergraduate courses in Kinesiology
  - Advise graduate and undergraduate students' academic programs
  - Oversees the course scheduling of Department of Kinesiology Graduate Teaching Assistants
  - Oversees all physical activity classes taught through the Department of Kinesiology
- 2022-2024    **Laboratory Director**  
*Human Energetic and Thermoregulation (HEaT) Laboratory,  
Mississippi State University, Starkville, MS*
- Oversaw the research and functional capabilities of Human Energetics and Thermoregulation Laboratory
- 2023-2024    **Interim Department Head**  
*Department of Kinesiology,  
Mississippi State University, Starkville, MS*
- Oversaw a department of 24 faculty members, 5 staff members, 20 graduate assistants, and more than 1,100 undergraduate and graduate students

- Served as Kinesiology Lead on new building design and opening
- Oversaw the departmental budget
- Oversaw departmental course scheduling

2014-2023

**Laboratory Director**

*Joseph A. Chromiak Applied Physiology Laboratory,  
Mississippi State University, Starkville, MS*

- Oversaw the maintenance and functional capabilities of the Applied Physiology and Teaching Laboratory for the Department of Kinesiology
- Prepared graduate teaching assistants for delivery of the exercise physiology course's laboratory content

2016-2022

**Affiliated Faculty Researcher**

*Human Performance Laboratory, Center of Advanced Vehicular Systems  
Mississippi State University, Starkville, MS*

- Oversees research related to physiological demands of law enforcement activities
- Oversees research related to response time in law enforcement situations

2013-2019

**Assistant Professor**

*Mississippi State University, Starkville, MS*

- Conducts research related to exercise performance and physiological responses to nutritional interventions
- Teaches graduate and undergraduate courses in Kinesiology
- Advises graduate and undergraduate students in their academic programs
- Oversees the course scheduling of Department of Kinesiology Graduate Teaching Assistants
- Oversees all physical activity classes taught through the Department of Kinesiology

2011-2013

**Associate Principal Scientist**

*Gatorade Sports Science Institute (PepsiCo), Bradenton, FL*

- Director of a research facility and team with a primary responsibility of investigating the relationship between physiological and metabolic factors and sports performance in children and adolescents
- Oversight of personnel and operations budget
- Responsible for day-to-day partnership relations with IMG Academy
- Oversight of \$35,000-\$50,000 student grant program providing funding to graduate students in exercise physiology

2010-2011

**Adjunct Instructor**

*Benedictine University, Lisle, IL*

- Part-time instructor in the Biology Department

- 2008-2011      **Senior Scientist**  
*Gatorade Sports Science Institute (PepsiCo), Barrington, IL*
- Project leader primarily focused on research investigating impact of nutritional interventions on exercise performance with a special emphasis on the role of carbohydrate
  - Oversight of \$35,000-\$50,000 student grant program providing funding to graduate students in exercise physiology
- 2004-2008      **Scientist**  
*Gatorade Sports Science Institute (PepsiCo), Barrington, IL*
- Research trial leader investigating the impact of nutritional interventions on exercise performance
  - Oversight of \$35,000-\$50,000 student grant program providing funding to graduate students in exercise physiology
- 2001-2004      **Graduate Research Assistant**  
*Auburn University Thermal Lab, Auburn, AL*
- Served as both project leader and team member for research projects and athlete testing in the Thermal Laboratory under the guidance of an academic advisor
- 2001-2004      **Graduate Teaching Assistant/Instructor**  
*Auburn University Health and Human Performance Department, Auburn, AL*
- Instructor for undergraduate courses in the Exercise Science and Physical Education in Health and Human Performance Department
- 2000-2001      **Graduate Assistant**  
*Auburn University/Health Plus, Auburn, AL*
- Developed and lead group exercise sessions for disabled and elderly adults in care and assisted living facilities

## Education

|      |       |                                                             |                              |                |
|------|-------|-------------------------------------------------------------|------------------------------|----------------|
| 2023 | M.S.  | Nutrition                                                   | Mississippi State University | Starkville, MS |
| 2008 | Ph.D. | Exercise Science<br>(Specialization in Exercise Physiology) | Auburn University            | Auburn, AL     |
| 2003 | M.S.  | Exercise Science                                            | Auburn University            | Auburn, AL     |
| 2000 | B.S.  | Exercise Science                                            | Auburn University            | Auburn, AL     |

## Leadership and Communication Training

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|------|---------------------------------------------------|---------------------------------|
| 2026 | American Kinesiology Association                  | Leadership Institute            |
| 2024 | Mississippi State University                      | Academic Administrator Training |
| 2018 | Mississippi State University;<br>Alan Alda Center | Communicating Science           |
| 2013 | GameOn Nation;<br>Gatorade                        | Media Interview Training        |
| 2006 | GameOn Nation                                     | Communication Training          |

## Original Research

1. M.L. Hargrove<sup>‡</sup>, M.E. Holmes, and **J.W. Smith**. Perception of effort and fatigue in collegiate and adolescent cross-country runners. (In Review)
2. S. Searles\*, M.R. Wood<sup>‡</sup>, M.L. Bello<sup>‡</sup>, **J.W. Smith**, and Z.M. Gillen. Does greater muscle strength and size result in greater hamstrings-to-quadriceps ratio? (In Review)
3. M.L. Bello<sup>‡</sup>, S.M. Arent, Z.M. Gillen, and **J.W. Smith** (2026). Muscle hypertrophy, strength, and salivary hormone changes following 9 weeks of high- or low-load resistance training. *Journal of Functional Morphology and Kinesiology*. 11(1):17. DOI: 10.3390/jfmk11010017. PMID: 41562735.
4. S. Searles\*, J. Hood<sup>‡</sup>, M. Wood<sup>‡</sup>, M. Bello<sup>‡</sup>, **J. Smith**, and Z. Gillen (2025). Sex-based comparisons of hamstrings-to-quadriceps ratio across the velocity spectrum. *Sports Health*. DOI: 10.1177/19417381251316251. PMID: 39953723.
5. M.L. Bello<sup>‡</sup>, Z.M. Gillen, and **J.W. Smith** (2024). Changes in muscular strength following nine weeks of high- vs low-load resistance training. *Journal of Sports Medicine and Physical Fitness*. 64(5):439-445. DOI: 10.23736/S0022-4707.24.15569-7. PMID: 38385637.
6. S. Talwar\*, **J.W. Smith**, and J. Lamberth (2024). The Effect of Stroboscopic Vision Training on Blind-folded Straight-line Walking. *International Journal of Exercise Science*, 17(1), 438-444. PMID: 38665163.
7. K.E. Spring\*, C.C. Chen, M. B. Powell, **J.W. Smith**, K.K. Stratton, D.D. Wadsworth, and M.E. Holmes (2023). Impact of seated movement incorporation on middle school classroom physical activity levels and academic engagement. *Research Quarterly of Sport and Exercise*, 94(4), 1011-1019. DOI: 10.1080/02701367.2022.2100308. PMID: 36006695.

8. M.L. Bello<sup>‡</sup>, D.A. Anglin<sup>‡</sup>, Z.M. Gillen, and **J.W. Smith** (2022). Comparison of wearable technology at quantifying power and muscle load of endurance runners against varying wind resistance. *International Journal of Kinesiology & Sports Science*, 10(2), 11. DOI: 10.7575/aiac.ijkss.v.10n.2p.11.
9. B.D. Shepherd<sup>‡</sup>, F.G. Price<sup>‡</sup>, B.M. Krings<sup>‡</sup>, and **J.W. Smith** (2022). Comparison of a continuous and discontinuous GXT in  $\dot{V}O_2$  in resistance trained and endurance trained males. *International Journal of Exercise Science*. 15(4):414-422. PMID: 35518364.
10. **J.W. Smith**, M. Bello<sup>‡</sup>, and F.G. Price<sup>‡</sup> (2021). A case-series observation of sweat rate variability in endurance trained athletes. *Nutrients*. 13(6):1807. DOI: 10.3390/nu13061807. PMID: 34073387.
11. B.M. Krings<sup>‡</sup>, B.D. Shepherd<sup>‡</sup>, J.C. Swain\*, A.J. Turner\*, H. Chander, H.S. Waldman<sup>‡</sup>, M.J. McAllister, A.C. Knight, and **J.W. Smith** (2021). Impact of fat grip attachments on muscular strength and neuromuscular activation during resistance exercise. *Journal of Strength and Conditioning Research*. 35(Suppl 1):S152-S157. DOI: 10.1519/JSC.0000000000002954. PMID: 30694963.
12. B.M. Krings<sup>‡</sup>, H.S. Waldman<sup>‡</sup>, B.D. Shepherd<sup>‡</sup>, M.J. McAllister, B.J. Fountain, J. Lamberth, and **J.W. Smith** (2021). The metabolic and performance effects of carbohydrate timing in resistance trained males undergoing a carbohydrate restricted diet. *Applied Physiology, Nutrition, and Metabolism*. 46(6):626-636. DOI: 10.1139/apnm-2020-0830. PMID: 33301383.
13. F.G. Price<sup>‡</sup>, A.J. Turner\*, **J.W. Smith**, B.M. Krings<sup>‡</sup>, H.S. Waldman<sup>‡</sup>, H. Chander, A.C. Knight, and M.J. McAllister (2020). The effects of high-intensity interval training on performance of Division I college 800/1500 m runners. *International Journal of Kinesiology & Sports Science*. 8(3). 28-35. DOI: 10.7575/aiac.ijkss.v.8n.3p.28.
14. K.E. Spring\*, M.E. Holmes, and **J.W. Smith** (2020). Longterm tennis participation and health outcomes. An investigation of “lifetime” activities. *International Journal of Exercise Science*. 13(7). 1251-1261. PMID: 33042385.
15. H.S. Waldman<sup>‡</sup>, **J.W. Smith**, J. Lamberth, B.J. Fountain, R.J. Bloomer, M.B. Butawan, M.J. McAllister (2020). A 28-day carbohydrate-restricted diet improves markers of cardiovascular disease in professional firefighters. *Journal of Strength and Conditioning Research*. 34(10). 2785-2792. DOI: 10.1519/JSC.0000000000003749. PMID: 32740289.
16. B.M. Krings<sup>‡</sup>, M.J. McAllister, B.D. Shepherd<sup>‡</sup>, H.S. Waldman<sup>‡</sup>, and **J.W. Smith** (2020). Effects of carbohydrate mouth rinsing on upper body resistance exercise performance. *International Journal of Sports Nutrition and Exercise Metabolism*. 30(1). 42-47. DOI: 10.1123/ijsnem.2019-0073. PMID: 31563122.
17. S.A. Basham\*, H.S. Waldman<sup>‡</sup>, B.M. Krings<sup>‡</sup>, J. Lamberth, **J.W. Smith**, and M.J. McAllister (2019). Effect of curcumin supplementation on exercise-induced oxidative stress, inflammation, muscle damage, and muscle soreness. *Journal of Dietary Supplements*. 17(4). 401-414. DOI: 10.1080/19390211.2019.1604604. PMID: 31025894.

18. H.S. Waldman<sup>‡</sup>, **J.W. Smith**, J. Lamberth, and M.J. McAllister (2019). A 28-day carbohydrate-restricted diet improves markers of cardiometabolic health and performance in professional firefighters. *Journal of Strength and Conditioning Research*. 33(12). 3284-3294. DOI: 10.1519/JSC.0000000000003354. PMID: 31469768.
19. Z. Shelly\*, E. Stewart\*, T. Fonville, R.F. Burch V, H. Chander, L. Strawderman, D. May, **J. Smith**, D. Carruth, and C. Bichey (2019). Helmet prototype response time assessment using NCAA Division 1 collegiate football athletes. *International Journal of Kinesiology & Sports Science*. 7(4). 53-65. DOI: 10.7575/aiac.ijkss.v.7n.4p.53.
20. M.J. McAllister, S.A. Basham\*, **J.W. Smith**, B.J. Fountain, B.M. Krings<sup>‡</sup>, and H.S. Waldman<sup>‡</sup> (2019). Effect of carbohydrate restriction on oxidative stress response to high intensity resistance exercise. *Translational Sports Medicine*. 2. 334-340. DOI: 10.1002/tsm2.98.
21. H. Chander, M. Holland, B.M. Krings<sup>‡</sup>, A.J. Turner\*, J.C. Swain\*, H.S. Waldman<sup>‡</sup>, A.C. Knight, M.J. McAllister, S.A. Basham\*, and **J.W. Smith** (2019). Effects of 7-day ketone ingestion and a physiological workload on postural stability, cognitive, and muscular exertion measures in professional firefighters. *Safety*. 5(15). 1-11. DOI:10.3390/safety5010015.
22. M.J. McAllister, H.S. Waldman<sup>‡</sup>, S.A. Basham\*, B.M. Krings<sup>‡</sup>, **J.W. Smith**, H. Chander, and M. Holland (2019). Impact of ketone salt containing supplement on cardiorespiratory and oxidative stress response in firefighters exercising in personal protective equipment. *Asian Journal of Sports Medicine*. 10(1). E82404. DOI: 10.5812/asjsm.82404.
23. M.J. McAllister, S.A. Basham\*, H.S. Waldman<sup>‡</sup>, **J.W. Smith**, J. Mettler, M. Butawan, and R. Bloomer (2019). Effects of psychological stress during exercise on markers of oxidative stress in healthy, trained men. *Physiology and Behavior*. 198, 90-95. DOI: 10.1016/j.physbeh.2018.10.013. PMID: 30342058.
24. M.J. McAllister, S.A. Basham\*, **J.W. Smith**, H.S. Waldman<sup>‡</sup>, B.M. Krings<sup>‡</sup>, J.A. Mettler, M.B. Butawan, and R.J. Bloomer (2018). Effects of environmental heat and antioxidant ingestion on blood markers of oxidative stress in professional firefighters performing structural fire exercises. *Journal of Occupational and Environmental Medicine*. 60(11). e595-e601. DOI: 10.1097/JOM.0000000000001452. PMID: 30252723.
25. M.J. McAllister, S.A. Basham\*, H.S. Waldman<sup>‡</sup>, **J.W. Smith**, M. Butawan, and R. Bloomer (2018). Effects of curcumin on the oxidative stress response to a dual stress challenge in trained men. *Journal of Dietary Supplements*. DOI: 10.1080/19390211.2018.1515142. PMID: 30580652.
26. B.M. Krings<sup>‡</sup>, B.L. Miller\*, A.C. Knight, H. Chander, M.J. McAllister, B.J. Fountain, and **J.W. Smith** (2018). Impact of occupational footwear during simulated workloads on energy expenditure. *Footwear Science*. 1-7. DOI: 10.1080/19424280.2018.1460623.
27. H.S. Waldman<sup>‡</sup>, B.M. Krings<sup>‡</sup>, F.G. Price<sup>‡</sup>, A.C. Knight, H. Chander, **J.W. Smith**, and M.J. McAllister (2018). Exogenous ketone salts do not improve cognitive responses after a high-intensity exercise protocol in healthy college-aged males. *Applied Physiology, Nutrition and Metabolism*. 43(7), 711-717 DOI: 10.1139/apnm-2017-0724. PMID: 29451991.

28. H.S. Waldman<sup>‡</sup>, B.J. Fountain, S.A. Basham\*, B.M. Krings<sup>‡</sup>, **J.W. Smith**, and M.J. McAllister (2018). Effects of a 15-day low carbohydrate, high fat diet in resistance trained males. *Journal of Strength and Conditioning Research*. 32(11), 3103-3111. DOI: 10.1519/JSC.0000000000002282. PMID: 29076962.
29. P.M. Cummings\*, H.S. Waldman<sup>‡</sup>, B.M. Krings<sup>‡</sup>, **J.W. Smith**, and M.J. McAllister (2018). Effects of fat grip training muscular strength and driving performance in Division I male golfers. *Journal of Strength and Conditioning Research*. 32(1), 205-210. DOI: 10.1519/JSC.0000000000001844. PMID: 28195977.
30. **J.W. Smith**, B.M. Krings<sup>‡</sup>, B.D. Shepherd<sup>‡</sup>, H.S. Waldman<sup>‡</sup>, S.A. Basham\*, and M.J. McAllister (2018). Effects of carbohydrate and branched chain amino acid ingestion during upper-body resistance exercise on performance and post-exercise hormone response. *Applied Physiology, Nutrition and Metabolism*. 43(5), 504-509. DOI: 10.1139/apnm-2017-0563. PMID: 29244956.
31. J.A. Rountree<sup>‡</sup>, B.M. Krings<sup>‡</sup>, T.J. Peterson<sup>‡</sup>, A. Thigpen\*, M.J. McAllister, M.E. Holmes, and **J.W. Smith** (2017). Efficacy of carbohydrate ingestion during training on CrossFit performance. *Sports*. 5(61), 1-8. DOI: 10.3390/sports5030061. PMID: 29910421.
32. **J.W. Smith**, B.M. Krings<sup>‡</sup>, T.J. Peterson<sup>‡</sup>, J.A. Rountree<sup>‡</sup>, and R.B. Zak, M.J. McAllister (2017). Ingestion of an amino acid electrolyte beverage during resistance exercise does not impact fluid shifts into muscle or performance. *Sports*. 5(36), 1-9. DOI: 10.3390/sports5020036. PMID: 29910396.
33. B.M. Krings<sup>‡</sup>, T.J. Peterson<sup>‡</sup>, B.D. Shepherd<sup>‡</sup>, M.J. McAllister, and **J.W. Smith**. (2017) Effects of carbohydrate ingestion and carbohydrate mouth rinse and on repeated sprint performance. *International Journal of Sports Nutrition and Exercise Metabolism*. 27(3), 104-112. DOI: 10.1123/ijsnem.2016-0321. PMID: 2818250.
34. B.M. Krings<sup>‡</sup>, J.A. Rountree<sup>‡</sup>, M.J. McAllister, P.C. Cummings\*, T.J. Peterson<sup>‡</sup>, B.J. Fountain, and **J.W. Smith** (2016). Effects of acute carbohydrate ingestion on anaerobic exercise performance. *Journal of the International Society of Sports Nutrition*, 13(40), 1-11. DOI 10.1186/s12970-016-0152-9. PMID: 27843418.
35. M.J. McAllister, H.E. Webb, D.K. Tidwell, **J.W. Smith**, B.J. Fountain, M.W. Schilling, and R.D. Williams (2016). Exogenous carbohydrate reduces cortisol response from combined mental and physical stress. *International Journal of Sports Medicine*. 37(14), 1159-1165. DOI: 10.1055/s-0042-113467. PMID: 27716864.
36. J.M. Molloy, **J.W. Smith**, and D.D. Pascoe (2013). Age-related responses among adult males to a 14-day high intensity exercise-heat acclimation protocol. *International SportMed Journal*, 14(3): 103-118.
37. **J.W. Smith**, D.D. Pascoe, D.H. Passe, B.C. Ruby, L.K. Stewart, L.B. Baker, and J.J. Zachwieja (2013). Curvilinear dose-response relationship of carbohydrate (0-120 g·h<sup>-1</sup>) and performance. *Medicine and Science in Sports and Exercise*, 45(2): 336-341. DOI: 10.1249/MSS.0b013e31827205d1. PMID: 22968309.

38. **J.W. Smith**, J.J. Zachwieja, F. Péronnet, D. Massicotte, C. Lavoie, D.D. Pascoe (2010). Fuel selection and cycling endurance performance with ingestion of <sup>13</sup>C-glucose: Evidence of a carbohydrate dose-response. *Journal of Applied Physiology*, 108: 1520 – 1529. DOI: 10.1152/jappphysiol.91394.2008. PMID: 20299609.
39. K. Osterberg, J.J. Zachwieja, and **J.W. Smith** (2008). Benefits of carbohydrate and carbohydrate + protein for cycling time-trial performance. *Journal of Sports Sciences*, 26(3): 227 – 233. DOI: 10.1080/02640410701459730. PMID: 18074296.
40. **J.W. Smith**\*, J.M. Molloy\*, and D.D. Pascoe (2007). The influence of a compressive laminar flow body suit for use in competitive swimming. *The Journal of Swimming Research*, 17, 10-16.
41. J.M. Molloy\*, D.D. Pascoe, **J.W. Smith**\*, R.C. Purohit, and R.T. Herrick (2005). Hypothenar hammer syndrome: case report with clinical and infrared thermographic correlations. *Thermology International*, 15, 63-67.

## Review Articles

1. F.G. Price<sup>‡</sup>, **J.W. Smith**, and S.P. Brown (2022). Educating with Captain America: Metabolic and nutritional considerations. *Advances in Physiology Education*, 46, 362-364. DOI:10.1152/advan.00103.2021. PMID: 35482993.
2. N.B. Tiller, J.D. Roberts, L. Beasley, S. Chapman, J.M. Pinto, L. Smith, M. Wiffin, M. Russell, S.A. Sparks, L. Duckworth, J. O'Hara, L. Sutton, J. Antonio, D.S. Willoughby, M.D. Tarpey, A.E. Smith-Ryan, M.J. Ormsbee, T.A. Astorino, R.B. Kreider, G.R. McGinnis, J.R. Stout, **J.W. Smith**, S.M. Arent, B.I. Campbell, and L. Bannock (2019). International Society of Sports Nutrition Position Stand: Nutritional recommendations for single-stage ultra-marathon; training and racing. *Journal of the International Society of Sports Nutrition*. 16:50, 1-23. DOI: 10.1186/s12970-019-0312-9. PMID: 31699159.
3. H.S. Waldman<sup>‡</sup>, B.M. Krings<sup>‡</sup>, **J.W. Smith**, and M.J. McAllister (2018). A shift towards a high-fat diet in the current metabolic paradigm: A new perspective. *Nutrition*. 46, 33-35. DOI: 10.1016/j.nut.2017.08.014. PMID: 29290352.
4. S.P. Brown, **J.W. Smith**, M.J. McAllister, and L.A. Joe (2017). Superhero physiology: The case of Captain America. *Advances in Physiology Education*, 41, 16-24. DOI:10.1152/advan.00106.2016. PMID: 28143818.
5. **J.W. Smith**, M.E. Holmes, and M.J. McAllister (2015). Nutritional considerations for performance in young athletes. *Journal of Sports Medicine*. Volume 2015, 1-13. e734649. DOI:10.1155/2015/734649. PMID: 26464898.
6. A.D. Karelis, **J.W. Smith**, D.H. Passe and F. Péronnet (2010). Carbohydrate Administration and Performance: What are the Potential Mechanisms Involved? *Sports Medicine*, 40(9): 747-763. DOI: 10.2165/11533080. PMID: 20726621.

## Book

1. **J.W. Smith** and M.L. Bello. Exercise Physiology Lab Manual. Kendall Hunt Publishing. (Fall 2024)

## Book Chapter

1. **J.W. Smith** (Fall 2024). Thermoregulation and Hydration. In J.W. Smith and M.L. Bello, Exercise Physiology Lab Manual. Kendall Hunt Publishing.
2. **J.W. Smith** and Z.M. Gillen. (2023) Performance Fitness, In S.P. Brown, Fundamentals of Kinesiology. 4<sup>th</sup> Ed. Kendall Hunt Publishing.
3. **J.W. Smith**. (2023) Sport Nutrition, In S.P. Brown, Fundamentals of Kinesiology. 4<sup>th</sup> Ed. Kendall Hunt Publishing.
4. **J.W. Smith** and Z.M. Gillen. (2021) Performance Fitness, In S.P. Brown, Fundamentals of Kinesiology. 3<sup>rd</sup> Ed. Kendall Hunt Publishing.
5. **J.W. Smith**. (2021) Sport Nutrition, In S.P. Brown, Fundamentals of Kinesiology. 3<sup>rd</sup> Ed. Kendall Hunt Publishing.
6. **J.W. Smith** (2020) Carbohydrate, In B.I. Campbell, NSCA's Guide to Sport and Exercise Nutrition. Human Kinetics.
7. **J.W. Smith** and A.E. Jeukendrup (2013) Performance Nutrition for Young Athletes, In D. Bagchi, S. Nair and C.K. Sen, Nutrition and Enhanced Sports Performance: Recommendations for Muscle Building. Academic Press.

## Patents

1. J.J. Zachwieja, M.A. Pirner, and **J.W. Smith** (2018). Methods of reducing blood lactate concentration. Patent: US 10130607
2. J.J. Zachwieja, M.A. Pirner, and **J.W. Smith** (2018). Methods of reducing blood lactate concentration. Patent: US 10105344
3. J.J. Zachwieja, M.A. Pirner, and **J.W. Smith** (2017). Methods of reducing blood lactate concentration. Patent: US 9693991
4. J.J. Zachwieja, M.A. Pirner, and **J.W. Smith** (2015). Methods of reducing blood lactate concentration. Patent: US 9198453

## International Invited Presentations

1. Performance Nutrition for Young Athletes. Presented at International Food Technologists Short Course, New Orleans, LA; June 2014.

2. Ergogenic Effect of Carbohydrate Ingestion During Exercise. Presented at KinGames, Hamilton, Ontario; March 2014.
3. Impact of Carbohydrate Ingestion during Exercise. Presented at the 1<sup>st</sup> International Sport Beverage Symposium, Sanshui, China; September 2010.
4. Keynote Speaker – *The Scientific Basis for Sports Drinks*. Presented at the 55<sup>th</sup> Annual International Society of Beverage Technologists Meeting, Savannah, GA; April 2008.

### **National Invited Presentations**

1. *Sweat Science*. Pioneer Water Management Health and Safety Meeting; Midland, TX (Virtual Presenter); July 2023
2. *Thermoregulation and Hydration*. University of Alabama Birmingham – Graduate/Undergraduate Sports Nutrition Class; Birmingham, AL; October 2022
3. *Exercise Science for the Endurance Athlete*. Track and Field and Cross-Country Coaches Association: Track & Field Academy; Virtual; July 2022
4. *Exercise Science for the Endurance Athlete*. Track and Field and Cross-Country Coaches Association: Track & Field Academy; Virtual; June 2021
5. *Carbohydrate Recommendations for Training*. International Society of Sports Nutrition Annual Conference; St. Petersburg, FL; June 2021
6. *From a Lost Student to Career Full of Experiences*. Lipscomb University – Graduate Sports Nutrition Class; Telepresence Nashville, TN; March 2021
7. *Exercise Science for the Endurance Athlete*. Track and Field and Cross-Country Coaches Association: Track & Field Academy; Virtual; August 2020
8. *Exercise Science for the Endurance Athlete*. Track and Field and Cross-Country Coaches Association: Track & Field Academy; Orlando, FL; December 2019
9. *Woman Strong*. Dymatize Advisory Meeting; Facebook Live Event; Dallas TX; January 2019
10. *Exercise Science for the Endurance Athlete*. Track and Field and Cross-Country Coaches Association: Track & Field Academy; San Antonio, TX; December 2018
11. *Thermoregulation and Hydration/Carbohydrate Needs During Exercise*. Florida State University – Graduate Sports Nutrition Class; Telepresence Tallahassee, FL; December 2018
12. *The Role of Carbohydrate in Training and Performance*. Athletic Nutrition Conference; Dallas TX; January 2017
13. *Daily and Acute Hydration and Muscle Pump/Performance*. Dymatize Advisory Summit; Dallas TX; January 2015

14. *Science of Sport*. NFL-Wharton Leadership Seminar; Philadelphia, PA; June 2013
15. *Carbohydrate: Dose Response*. ACSM Pre-Conference: Sports Nutrition All About Performance; Indianapolis, IN; May 2013
16. *Role of Carbohydrate During and Around Sport*. Detroit Lions Strength & Conditioning Clinic; Detroit, MI; March 2013
17. *Science of Sport*. NFL-Wharton Leadership Seminar; Philadelphia, PA; June 2012
18. *Translating Research to Practice*. Professional Football Strength and Conditioning Coaches; Indianapolis, IN; February 2012
19. *Translating Research to Practice*. Professional Football Athletic Trainers Society Annual Meeting; Indianapolis, IN; February 2012
20. *Importance of Nutrition and Hydration Around Activity Occasions*. National Football League Players Association Rookie Symposium; Bradenton, FL; August 2011
21. *The Role of Carbohydrate in the Active Occasion*. Collegiate Strength and Conditioning Coaches National Conference; Kansas City, MO; May 2011
22. *Importance of Hydration*. National Football League Rookie Symposium; Carlsbad, CA; June 2010
23. *Nutrition for Performance*. National Football League Players Association: Player Safety & Welfare Summit, Indianapolis, IN; April 2010
24. *Don't Sweat It: The Science of Hydration*. National Football League Players Association: Player Safety & Welfare Summit, Indianapolis, IN; April 2009
25. *Minimizing Dehydration in Football*. National Football League Rookie Symposium; Carlsbad, CA; July 2008
26. *Science of Exercise Nutrition and Hydration*. MetLife Cycling Team; Chicago, IL; October 2007
27. *Science of Exercise Nutrition and Hydration*. Vision Quest Cycling Team; Chicago, IL; August 2007
28. *Heat, Hydration, and Fuel*. Pittsburgh Steelers Training Camp; Latrobe, PA; August 2007
29. *Heat, Hydration, and Fuel*. Tampa Bay Buccaneers Mini-Camp; Tampa, FL; June 2007
30. *Science of Hydration*. Timex Triathlon Team Camp; Carefree, AR; April 2006
31. *Infrared Thermography in Sports Medicine*. Computerized Thermal Imaging User's Group Meeting; New Orleans, LA; March 2003.

## Published Abstracts

1. K.L. Hargrove, Z.M. Gillen, W.D. Reynolds, Jr., W.A. Adams, and **J.W. Smith**. Relationship between plasma osmolality and urine specific gravity in recreational runners. *Medicine & Science in Sports & Exercise*. 57(10S):377, October 2025.
2. M.E. Holmes, P. Chen, I.C. Macali, **J.W. Smith**, E.K. Lance, C. Aarhus, C. Taylor, J. Baker, and S. Salisbury. Physical activity differences among collegiate marching band members: game day vs. practice days vs. off days. American College of Sports Medicine. *Medicine & Science in Sports & Exercise*. 57(10S):87, October 2025.
3. K. Hargrove<sup>‡</sup>, R.W. Allen<sup>‡</sup>, Z. Gillen, and **J.W. Smith**. Assessment of sweat rate and hydration status in youth cross-country runners in Mississippi. *Medicine & Science in Sports & Exercise*. 56(10s):1052. October 2024.
4. M. Wood\*, J. Hood\*, M. Bello<sup>‡</sup>, **J. Smith**, Z. Gillen. Sex based comparisons of absolute and normalized isometric and isokinetic leg extension strength and power. *Journal of Strength and Conditioning Research*. 37(12):e671. July 2023.
5. **J.W. Smith**, S.P. Brown, M.L. Bello<sup>‡</sup>, A. Gallegos\*, and R.E. Baird. Impact of frequent sweet potato ingestion on gut microbiome, cholesterol, and exercise performance. *Medicine & Science in Sports & Exercise*. 55(9s):917. June 2023.
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7. M.L. Bello<sup>‡</sup>, A.N. Shilling<sup>‡</sup>, M.R. Wood<sup>‡</sup>, and **J.W. Smith**. Body composition changes after nine weeks of high- or low-load resistance training. *Medicine & Science in Sports & Exercise*. 55(9s):539-540. June 2023.
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9. M.L. Bello<sup>‡</sup>, Z.M. Gillen, and **J.W. Smith**. Differences in muscle usage and internal/external load over 9 weeks of resistance training. *Journal of Strength and Conditioning Research*. 37(3):e267. July 2022.
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11. A.N. Shilling<sup>‡</sup>, M.L. Bello<sup>‡</sup>, M.R. Wood<sup>‡</sup>, and **J.W. Smith**. Effects of high- and low-load resistance training on body composition in recreationally trained males. *Medicine & Science in Sports & Exercise*. 54(9S):368. June 2022.
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13. M.L. Bello<sup>‡</sup>, D.A. Anglin<sup>‡</sup>, Z.M. Gillen, B.D. Shepherd<sup>‡</sup>, and **J.W. Smith**. Comparison of wearable technology at quantifying power and muscle load of endurance runners against varying wind resistance. *Medicine & Science in Sports & Exercise*. 53(8S):32, August 2021.
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18. **J.W. Smith**, B.D. Shepherd<sup>‡</sup>, T.M. Garrison, B.M. Krings<sup>‡</sup>, and M.J. McAllister. A novel assessment of law enforcement officer response to a dynamic shooting protocol. *Medicine & Science in Sports & Exercise*, 49(5S) Supplement, 223, May 2019.
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22. B. Krings<sup>‡</sup>, J. Rountree<sup>‡</sup>, M.J. McAllister, and **J.W. Smith**. Reliability of a commercial power and speed analyzer to common field and laboratory assessments of lower body peak power. *Journal of Strength & Conditioning Research*, 30(S2) Supplement, S189, December 2016.
23. K.E. Wood\*, M.E. Holmes, K. Brocato, and **J.W. Smith**. Adolescent stress, coping resources, and health in high risk students participating in a studio-based learning summer camp. *Pediatric Exercise Science*, 28(4) Supplement 1, S36, August 2016.

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25. T.M. Lee\*, **J.W. Smith**, J.G. Lamberth, and A.L. Luczak. Research distribution of sensory input parameters in golf stroke performance. *World Congress on Golf Science*, 65, September 2014.
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39. M.S. Kovacs, E. Strecker, W.B. Chandler, **J.W. Smith**, and D.D. Pascoe. Time analysis of work/rest intervals in men's collegiate tennis. *The Journal of Strength & Conditioning Research*, 18(4), e12, November 2004.
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55. M.S. Kovacs, E. Strecker, W.B. Chandler, **J.E.W. Smith**, and D.D. Pascoe. Time analysis of work/rest intervals in men's professional tennis. *Southeast American College of Sports Medicine Proceedings*, 35, January 2004.
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#### **Non-Published Conference Presentations**

1. E.K Lance, C. Taylor, Cr. Aarhus, and **J.W. Smith**. From field to lab – A winning partnership: Collaboration between kinesiology researchers and the marching band. *College Band Directors National Association Conference*, May 2026.
2. K.L. Hargrove, B.C. Ruby, D.A. Schoeller, T.C. Shriver, M.N. Ravelli, and **J.W. Smith**. Total daily energy expenditure and water turnover in Mississippi row crop workers during the summer. *American College of Sports Medicine*, May 2026.

3. I.C. Macali, **J. Smith**, Z. Gillen, E.K. Lance, C. Aarhus, C. Taylor, and M.E. Holmes. Influence of indices of obesity on satisfaction with life and perceived stress in marching band members. *American College of Sports Medicine*, May 2026.
4. M.E. Holmes, C. Aarhus, and **J.W. Smith**. Marching movement matters: Collaboration between kinesiology researchers and the marching band. *Southeast American College of Sports Medicine*, 97. February 2026.
5. K.L. Hargrove, B.C. Ruby, Z.M. Gillen, A.C. Knight, and **J.W. Smith**. Physiological responses to outdoor workers in a high-heat stress environment. *Southeast American College of Sports Medicine*, 116. February 2026.
6. A. Brown, B. Vickers, **J. Smith**, and Z. Gillen. Psychologically arousing music affects neural drive during dynamic precision tasks. *Southeast American College of Sports Medicine*, 178. February 2026.
7. I.C. Macali, **J. Smith**, Z. Gillen, E.K. Lance, C. Aarhus, C. Taylor, and M.E. Holmes. Influence of obesity on satisfaction with life and perceived stress in marching band members. *Southeast American College of Sports Medicine*, 214. February 2026.
8. K.L. Hargrove<sup>‡</sup>, Z.M. Gillen, W.D. Reynolds, W.M. Adams, and **J.W. Smith**. Relationship between plasma osmolality and urine specific gravity in recreational runners. *Southeast American College of Sports Medicine*, 112. February 2025.
9. K. Hargrove<sup>‡</sup>, R.W. Allen<sup>‡</sup>, and **J.W. Smith**. Assessment of sweat rate and hydration status in youth cross-country runners in Mississippi. *Southeast American College of Sports Medicine*, 112. February 2024.
10. L. Smith\*, I.C. Macali\*, **J. Smith**, E.K. Lance, C. Aarhus, C. Taylor, J. Baker, S. Salisbury, and M.E. Holmes. Investigating the relationship between body composition, perceived stress, and life satisfaction in marching band members. *Southeast American College of Sports Medicine*, 126. February 2024.
11. S. Searles\*, J. Hood\*, M. Wood\*, M. Bello<sup>‡</sup>, **J. Smith**, and Z. Gillen. Sex-based comparisons of isometric and isokinetic hamstrings-to-quadriceps ratio and muscle size. *Southeast American College of Sports Medicine*, 143. February 2024.
12. I.C. Macali\*, L. Smith\*, **J. Smith**, E.K. Lance, C. Aarhus, C. Taylor, J. Baker, S. Salisbury, and M.E. Holmes. Health characteristics of marching band participation. *Southeast American College of Sports Medicine*, 179. February 2024.
13. M.R. Wood\*, Z. Gillen, and **J. Smith**. Ammonia inhalants do not improve fatigability during endurance exercise. *Southeast American College of Sports Medicine*, 191. February 2024.
14. A. Gallegis\*, **J.W. Smith**, R.E. Baird, and S.P. Brown. Daily prebiotic consumption of sweet potatoes shifts abundance of key gut microbiota connected to gut health. *Association of Southeast Biologists*, March 2024.

15. M.L. Bello<sup>‡</sup>, A.N. Shilling<sup>‡</sup>, M.R. Wood\*, and **J.W. Smith**. Body composition changes after nine weeks of high- or low- load resistance training. *Southeast American College of Sports Medicine*, February 2023.
16. M.R. Wood, M.L. Bello<sup>‡</sup>, Z.M. Gillen, and **J.W. Smith**. High- vs. low-load resistance training: comparing strength changes in the lower body. *Southeast American College of Sports Medicine*, February 2023.
17. **J.W. Smith**, D.H. Gomez, and K.E. Spring. Navigating SEACSM and beyond. *Southeast American College of Sports Medicine*, February 2022.
18. M.L. Bello<sup>‡</sup>, D.A. Anglin<sup>‡</sup>, H.A. Joseph, Z.M. Gillen, and **J.W. Smith**. Changes in body composition, muscle thickness, and strength following 9 weeks of high- or low-load resistance training. *International Society of Sports Nutrition*, June 2021.
19. M.L. Bello<sup>‡</sup>, D.A. Anglin<sup>‡</sup>, Z.M. Gillen, B.D. Shepherd<sup>‡</sup>, and **J.W. Smith**. Comparison of wearable technology at quantifying power and muscle load of endurance runners against varying wind resistance. *Southeast American College of Sports Medicine*, February 2021.
20. **J.W. Smith**. To sweet or not to sweet: Carbohydrate ingestion for athletes. *ISSN- Kennesaw State University Virtual Webinar*, October 2020.
21. C. Boyd and **J.W. Smith**. Nutrition Trends Question and Answer. *Mississippi National Strength and Conditioning Association State Clinic*, September 2020.
22. S. Talwar\*, **J. Smith**, and J. Lamberth. The effect of stroboscopic vision training on vision-restricted straight-line walking. *Midwestern American College of Sports Medicine*, November 2019.
23. C. Boyd and **J.W. Smith**. Sports Nutrition Question and Answer. *Mississippi National Strength and Conditioning Association State Clinic*, April 2019.
24. R. Realzola<sup>‡</sup>, **J.W. Smith**, M.E. Holmes, B.M. Krings<sup>‡</sup>, F. Price<sup>‡</sup>, and M.J. McAllister. Effects of acute carbohydrate supplementation on performance for female, Division I, collegiate cheerleaders. *Southwestern American College of Sports Medicine*, October 2018.
25. **J.W. Smith**. Rhabdomyolysis: causes and prevention. *Mississippi National Strength and Conditioning Association State Clinic*, April 2018.
26. B.D. Shepherd<sup>‡</sup>, B.M. Krings<sup>‡</sup>, P.L. Williamson<sup>‡</sup>, J.C. Swain\*, A.J. Turner\*, H.S. Waldman<sup>‡</sup>, H. Chander, M.J. McAllister, A.C. Knight, and **J.W. Smith**. Effects of grip diameter on muscle activity and performance during deadlift and bent-over row exercises. *Southeast American College of Sports Medicine*, February 2018.
27. F.G. Price<sup>‡</sup>, A.J. Turner, B.M. Krings<sup>‡</sup>, H.S. Waldman<sup>‡</sup>, H. Chander, A.C. Knight, M.J. McAllister, and **J.W. Smith**. Impact of high-intensity interval training on Division I college 800m/1500m runner's performance. *Southeast American College of Sports Medicine*, February 2018.

28. S.A. Basham\*, M.J. McAllister, **J.W. Smith**, and H.E. Webb. Effects of carbohydrate ingestion on blood catecholamine levels from combined mental and physical stress. *Southeast American College of Sports Medicine*, February 2017.
29. K.E. Wood\*, M.E. Holmes, and **J.W. Smith**. Impact of tennis participation on parameters of health. *Southeast American College of Sports Medicine*, February 2017.
30. **J.W. Smith**. Performance nutrition. *Mississippi National Strength and Conditioning Association State Clinic*, April 2016.
31. K.E. Wood\*, M.E. Holmes, K. Brocato, and **J.W. Smith**. Adolescent stress, coping resources, and health in high risk students participating in a studio based learning summer camp. *Southeast American College of Sports Medicine*, February 2016.
32. S.D. Pope<sup>‡</sup>, **J.W. Smith**, M.J. McAllister, D.J. Jordan<sup>‡</sup>, B. Wax, S.M. Xiques<sup>‡</sup>, and D.D. Pascoe. Wingate peak power is solely based on resistance and cadence. *Southeast American College of Sports Medicine*, February 2015.
33. D.D. Pascoe, **J.W. Smith**, J.M. Molloy, R. Good, J. Good, T. Breaux, and D.W. Pascoe. Physical conditioning of marching band members for improved performance. *Hawaii International Conference on Arts and Humanities Proceedings*, 4551-4552, January 2004.
34. D.W. Pascoe, J.M. Molloy, **J.W. Smith**, R. Good, J. Good, T. Breaux, and D.D. Pascoe. Band members' health and fitness status. *Hawaii International Conference on Arts and Humanities Proceedings*, 4548-4550, January 2004.
35. D.D. Pascoe, J.M. Molloy, **J.W. Smith**, R. Good, J. Good, T. Breaux, and D.E. Pascoe. Physical performance attributes of band members. *Hawaii International Conference on Arts and Humanities Proceedings*, 4553-4556, January 2004.

## University Presentations

Assessment of fitness and heat responses in marching band. Music Executives of the Southeastern Conference Annual Meeting. May 2024.

Office of Research and Economic Development and the Data Science Program (Mississippi State, MS) Data Science at MSU and Beyond: A Paradigm Shift – Sports Science. April 2023

Department of Biochemistry, Molecular Biology, Entomology, and Plant Pathology. (Mississippi State, MS) The Metabolism of Athletes and Superheroes. June 2020

Louisiana State University Kinesiology Group (Baton Rouge, LA). Science of Hydration. August 2008

Louisiana State University Kinesiology Group (Baton Rouge, LA). Life as an Exercise Scientist. August 2008

## University Student Presentations

1. A. Jennings\*, M. Wood\*, **J. Smith**, and Z. Gillen. Effects of Ammonia Inhalant on Isometric Strength. *Mississippi State University Undergraduate Research Symposium, April 2024.*
2. K. Hargrove\* and J. Smith. Sweat rate and hydration assessment in youth cross-country athletes. *Mississippi State University Graduate Research Symposium, October 2023.*
3. M. Barakat\* and **J.W. Smith**. Effects of carbohydrate timing and concurrent training while low carbohydrate dieting on body composition. *Mississippi State University Undergraduate Research Symposium, April 2018.*
4. J. Dodd\* and **J.W. Smith**. Effects of carbohydrate timing and concurrent training while low carbohydrate dieting on power output. *Mississippi State University Undergraduate Research Symposium, April 2018.*
5. T. Henderson\*, M. Westbrook\*, H.S. Waldman<sup>‡</sup>, **J.W. Smith**, and M.J. McAllister. Effect of exogenous ketone salts on oxidative stress and cardiovascular responses in firefighters exercising in personal protective equipment. *Mississippi State University Undergraduate Research Symposium AND Mississippi State University College of Education Research Forum, April 2018.*
6. G. McCarthy\*, B. Jones\*, H.S. Waldman<sup>‡</sup>, **J.W. Smith**, and M.J. McAllister. Impact of environmental heat and antioxidant supplementation on markers of oxidative stress in professional firefighters. *Mississippi State University Undergraduate Research Symposium AND Mississippi State University College of Education Research Forum, April 2018.*
7. S.A. Basham\*, H.S. Waldman<sup>‡</sup>, B.M. Krings<sup>‡</sup>, **J.W. Smith**, and M.J. McAllister. Effect of curcumin supplementation on exercise-induced oxidative stress, inflammation, muscle damage, and muscle soreness. *Mississippi State University College of Education Research Forum, April 2018.*
8. P.L. Williamson<sup>‡</sup>, J.C. Swain\*, A.J. Turner\*, B.D. Shepherd<sup>‡</sup>, H.S. Waldman<sup>‡</sup>, B.M. Krings, H. Chander, M.J. McAllister, and **J.W. Smith**. Impact of grip diameter and resistance exercise on muscular performance. *Mississippi State University Undergraduate Research Symposium, July 2017.*
9. B.D. Shepherd<sup>‡</sup>, **J.W. Smith**, T.M. Garrison, and M.J. McAllister. Validation of a FITLIGHT shooting protocol to identify officer response to fatigue. *Mississippi State University Undergraduate Research Symposium, July 2016.*
10. S.A. Basham\*, M.J. McAllister, **J.W. Smith**, and H.E. Webb. Effect of carbohydrate ingestion on blood catecholamine levels from combines mental and physical stress. *Mississippi State University Undergraduate Research Symposium, April 2016.*
11. B.M. Krings<sup>‡</sup>, J.A. Rountree<sup>‡</sup>, M.J. McAllister, P.M. Cummings\*, T.J. Peterson<sup>‡</sup>, B.J. Fountain, and **J.W. Smith**. Effects of acute carbohydrate ingestion on strength and conditioning performance. *Mississippi State University Graduate Research Symposium, April 2016.*

12. B.M. Krings<sup>‡</sup>, S.D. Pope<sup>‡</sup>, J.A. Rountree<sup>‡</sup>, M.J. McAllister, **J.W. Smith**, and D.D. Pascoe. Reliability of a commercial power and speed analyzer to common field and laboratory assessments of lower body peak power. *Mississippi State University College of Education Research Forum*, April 2016.
13. J.A. Rountree<sup>‡</sup>, B.M. Krings<sup>‡</sup>, T.J. Peterson<sup>‡</sup>, A. Thigpen<sup>‡</sup>, M.J. McAllister, M.E. Holmes, and **J.W. Smith**. Efficacy of carbohydrate ingestion during short duration, high intensity, strength and conditioning training sessions. *Mississippi State University Graduate Research Symposium AND Mississippi State University College of Education Research Forum*, April 2016.
14. K.E. Wood\*, M.E. Holmes, K. Brocato, and **J.W. Smith**. Adolescent stress, coping resources, and health in high-risk students participating in a studio-based learning summer camp. *Mississippi State University Undergraduate Research Symposium AND Mississippi State University College of Education Research Forum*, April 2016.
15. S.D. Pope<sup>‡</sup>, **J.W. Smith**, M.J. McAllister, D.J. Jordan<sup>‡</sup>, B. Wax, S.M. Xiques<sup>‡</sup>, and D.D. Pascoe. Wingate peak power is solely based on resistance and cadence. *Mississippi State University College of Education Research Forum*, April 2016 **AND Mississippi State University Undergraduate Research Symposium**, July 2015.

## Support and Funding

Assessment of Energy and Hydration Demands of Farmworkers in Mississippi. Primary Investigator – **J.W. Smith**; Co-Investigators – K.L. Hargrove (2025). Deep South ERC Center. Funded - \$10,000.00.

The effects of percussive therapy on muscle function and recovery in males and females. Primary Investigate – Z.M. Gillen; Co-Investigators – **J.W. Smith** (2024). Therabody, Inc. Not Funded - \$74,819.00.

Growing Convergence Research: Using Virtual Reality to Expand the Measurement of Fear of Criminal Victimization Primary Investigate – D. May; Co-Investigators – Z. Gillen, **J. Smith**, F. Chen, and L. Daigle (2024). National Science Foundation. Not Funded - \$3,035,528.00.

BBIR Phase II: Cover-2: Hydration monitoring in athletes. Primary Investigate: Z.M. Gillen; Co-Investigators: D. Saucer, R. Burch, and **J.W. Smith** (2023). Onda Vision Technologies, Inc. Funded - \$79,999.00.

A real-life exposure to athletic training techniques during high heat conditions. Primary Investigator – **J.W. Smith** (2023). Mississippi State University's Center of Teaching and Learning - Ottilie Schillig Teaching Special Teaching Projects Program. Not Funded - \$2,083.38.

Frequent sweet potato ingestion's influence on gut microbiome and health factors associated with 'Healthy People 2030'. Primary Investigator – R. Baird; Co-Investigators – **J.W. Smith**, M.E. Holmes, and M. Shankle (2022). State Research Initiative, Mississippi Agriculture and Forestry Experiment Station. Not Funded - \$119,376.00.

Impacts of high- vs low-load resistance training on measures of muscle activation, strength, body composition, cortisol, and testosterone. Primary Investigator – **J.W. Smith**; Co-Investigator – Z.M. Gillen (2022). Strive Tech. Funded - \$1,238.10.

Impacts of high- vs low-load resistance training on measures of muscle activation, strength, body composition, cortisol, and testosterone. Primary Investigator – **J.W. Smith**; Co-Investigator – Z.M. Gillen (2020). Strive Tech. Funded - \$1,455.00.

Impacts of high- vs low-load resistance training on measures of muscle activation, strength, body composition, cortisol, and testosterone. Primary Investigator – **J.W. Smith**; Co-Investigator – Z.M. Gillen (2020). Strive Tech. Funded - Technology shorts and saliva analysis kit donations for research execution. value \$13,312.35.

Effect of dietary melatonin on oxidative stress biomarkers in performance horses after exercise. Primary Investigator – C.A. Cavinder; Co-Investigators – C.O. Lemley, T. Dinh, and **J.W. Smith** (2020). American Quarter Horse Foundation. Not Funded - \$27,446.00.

Effect of percussive therapy on recovery from eccentric exercise damage. Primary Investigator – **J.W. Smith**; Co-Investigators – Z.M. Gillen (2020). Theragun Inc. Not Funded - \$24,318.00.

Validation of new sports performance technology (Tsunami Bar) for use in collegiate and professional sports. Primary Investigator – R. Burch; Co-Investigators – H. Chander, L. Strawderman, **J. Smith** (2020). Mississippi State University – Office of Research and Economic Development: Undergraduate Research Program. Funded - \$2,000.00.

Effect of dietary melatonin on oxidative stress biomarkers in performance horses after exercise. Primary Investigator – C.A. Cavinder; Co-Investigators – C.O. Lemley, T. Dinh, and **J.W. Smith** (2020). Morris Animal Foundation. Not Funded - \$38,014.00.

RED FLAG, a cyber physical systems approach for the near Real-Time Detection of Fever, Lethargy, Arrhythmia, and other General health parameters. Primary Investigator – R.B. Green; Co-Investigators – J. Ball, C. Freeman, **J.W. Smith**, and R.F. Burch (2020). National Science Foundation. Not Funded - \$1,051,926.00.

Impact of sweet potato as a natural energy food prebiotic to improve health and endurance. Primary Investigator – **J.W. Smith**; Co-Investigators – R. Baird and M. Shankle (2020). Mississippi Department of Agriculture and Commerce. Funded - \$34,788.45.

Efficacy of wearable technology at quantifying load of endurance runners against varying wind resistance. Primary Investigator – **J.W. Smith** (2019). Strive Tech, Inc. Funded - \$5,165.25.

Impact of daily potato ingestion on the gut microbiome and it's influence on the efficacy of carbohydrate ingestion during exercise. Primary Investigator – **J.W. Smith**; Co-Investigators – R. Baird and S.P. Brown (2019). Alliance for Potato Research and Education. Not Funded - \$197,979.00.

Future of work at the human-technology frontier: advancing cognitive and physical capabilities. Primary Investigator – C.L. Bethel; Co-Investigators – D.T. Anderson, J.E.

Swan, G. Bradshaw, D.C. May, and **J.W. Smith** (2018). National Science Foundation. Not Funded - Up to \$2,396,627. (5 years)

Police force decisions: leveraging immersive virtual experiences and biopsychosocial methods to explore trait and state factors influencing officer aggression. Primary Investigator – R. Burch; Co-Investigators – D. Carruth, L. Strawderman, D.C. May, **J.W. Smith**, and C. Sinclair (2018). National Institute of Justice. Not Funded - \$1,999,633.00.

Efficacy of liposomal salts on rehydration. Primary Investigator – **J.W. Smith**; Co-Investigators – M.J. McAllister, and B.J. Fountain (2018). Einsof Biohealth. Not Funded - \$47,096.22.

Development and evaluation of VR tools for test & evaluation of user interfaces for evolving technologies in law enforcement. Primary Investigator – D. Carruth; Co-Investigators – S. Deb and **J.W. Smith** (2018). National Institute of Standards and Technology. Not Funded - \$1,697,827.00.

Assessment of law enforcement officer response to threat and non-threat stimuli. Primary Investigator – **J.W. Smith**; Co-Investigators – D.C May and R.F. Burch (2018). Simunitions donated rounds and conversion kits to the Starkville Police Department for research execution. value \$1,500.00.

Assessment of law enforcement officer response to threat and non-threat stimuli. Primary Investigator – **J.W. Smith**; Co-Investigators – D.C May and R.F. Burch (2017). Mississippi State University Cross-College Research Grant. Funded - \$2,000.00.

The importance of carbohydrate timing during high-intensity exercise training while consuming a low carbohydrate diet. Primary Investigator – B.M. Krings; Co-Investigator – **J.W. Smith** and M.J. McAllister (2017). Mississippi State University College of Education. Funded - \$1,094.00.

Influence of carbohydrate timing during a 4-week high intensity exercise training regimen on physiological responses to exercise, markers of health, and performance. Primary Investigator – **J.W. Smith**; Co-Investigator – M.J. McAllister (2017). Mississippi State University Office of Research and Economic Development. Funded - \$2,000.00.

Effects if human curcumin ingestion on blood antioxidant status and exercise induced muscle damage and inflammation: Primary Investigator – M. McAllister; Co-Investigator – **J.W. Smith** (2016). NOW Foods. Funded - \$15,653.00.

Effects of short-term high fat diet intervention and acute high intensity resistance training on blood markers of health and inflammation: Primary Investigator – M.J. McAllister; Co-Investigators – H.S. Waldman, B.M. Krings, **J.W. Smith** (2016). Mississippi State University Office of Research and Economic Development. Funded - \$2,130.00.

Effect of carbohydrate supplementation on resistance training performance and blood markers: Primary Investigator – **J.W. Smith**; Co-Investigator – M.J. McAllister (2016). Dymatize Nutrition, LLC. Funded - \$26,874.10.

Validation of a FitLight shooting protocol to identify officer response to fatigue: Primary Investigator – **J.W. Smith**; Co-Investigators – T. Garrison and M. McAllister (2016).

Simunitions donated rounds and conversion kits to the Starkville Police Department for research execution. value \$1,500.00.

Validation of a FitLight shooting protocol to identify officer response to fatigue: Primary Investigator – **J.W. Smith** (2016). FitLight Sports. Funded - \$2,900.32.

Validation of a FitLight shooting protocol to identify officer response to fatigue: Primary Investigator – **J.W. Smith**; Co-Investigators – T. Garrison and M. McAllister (2016). CAVS Mississippi State University. Funded - \$10,000.00.

SEC Travel Grant – Primary Investigator – **J.W. Smith**; Co-Investigators – Megan Holmes (2015). Not Funded - \$2,000.00.

Impact of tennis participation on parameters of health: Primary Investigator – M.E. Holmes; Co-Investigators – **J.W. Smith** (2015). International Tennis Federation. Funded - \$5,000.00.

Effects of AminoPro supplement with varying levels of carbohydrate (1 part dextrose: 2 part sucrose) on strength and conditioning training performance: Primary Investigator – **J.W. Smith**; Co-Investigator – M. McAllister and B. Fountain (2015). Dymatize Nutrition, LLC. Funded - \$8,215.54.

Impact of ingesting AminoPro pre- and post-resistance training on hydration status, muscle damage, and muscle pump: Primary Investigator – **J.W. Smith**; Co-Investigators – M. McAllister and R. Zak (2015). Dymatize Nutrition, LLC. Funded - \$31,068.55.

Impact of glycine arginine alpha ketoisocaproic acid calcium on resistance performance: Primary Investigator – B. Wax; Co-Investigator – **J.W. Smith** (2014). Iovate Health Sciences International donated a research gift to the Department of Kinesiology. \$9,899.15.

Influence of inertial load on cycling Wingate results: Primary Investigator – **J.W. Smith** (2014). Gatorade Sports Science Institute/PepsiCo, Inc. donated two used Velotron cycle ergometers to the Department of Kinesiology, value \$19,000.00.

Impact of carbohydrate ingestion during a strength and conditioning training session on exercise performance: Primary Investigator – **J.W. Smith**; Co-Investigator – B. Wax (2013). Gatorade Sports Science Institute. Not Funded - \$49,669.22.

Influence of asymmetrical loading on skeletal and soft tissue structures: Primary Investigator – J.M. Molloy; Co-Investigators – D.D. Pascoe and **J.W. Smith** (2002). Gatorade Sports Science Institute Student Grant. Funded - \$500.00.

Efficacy of body suits on reducing drag and oxygen cost during competitive swimming: Primary Investigator – **J.W. Smith**; Co-Investigators – D.D. Pascoe and J.M. Molloy (2001). TYR donated 12 Aquapel Bodysuits for research, value of \$2,640.00.

## Research Interests

### Thermoregulation/Hydration

- Individual variability in sweating response and adaptation
- Age related responses to exercise in hot, humid conditions

### Carbohydrate Metabolism

- Effect of ingestion rate and dose on the body's ability to oxidize exogenous carbohydrate and utilize macronutrients
- Impact of various ingredients on the body's ability to oxidize exogenous carbohydrate and utilize macronutrients

### Performance

- Physiological and metabolic assessment of athletes
- Effect of macronutrients and other ingredients on exercise/sports performance

## Teaching Experience

### Mississippi State University – Graduate Courses

|         |                                                                      |
|---------|----------------------------------------------------------------------|
| EP 6153 | Training Techniques for Exercise and Sport<br>Lecture: 3 hours       |
| EP 8203 | Advanced Exercise Physiology<br>Lecture/Lab: 3 hours                 |
| EP 8243 | Cardiorespiratory Physiology<br>Lecture/Lab: 3 hours                 |
| EP 8253 | Doping and Supplements in Sport<br>Lecture: 3 hours                  |
| EP 8263 | Exercise Metabolism<br>Lecture: 3 hours                              |
| EP 8283 | Environmental Physiology<br>Lecture: 3 hours                         |
| KI 8913 | Seminar in Exercise Science<br>Lecture: 3 hours                      |
| KI 8990 | Special Topics: Advanced Exercise Physiology<br>Lecture/Lab: 3 hours |

### Mississippi State University – Undergraduate Courses

|         |                                            |
|---------|--------------------------------------------|
| EP 3304 | Exercise Physiology<br>Lecture: 4 hours    |
| EP 3313 | Anatomical Kinesiology<br>Lecture: 3 hours |

|         |                                                                |
|---------|----------------------------------------------------------------|
| EP 3663 | Personal Fitness Training<br>Lecture/Lab: 3 hours              |
| EP 4113 | Fitness Testing and Prescription<br>Lecture/Lab: 3 hours       |
| EP 4153 | Training Techniques for Exercise and Sport<br>Lecture: 3 hours |
| KI 1001 | First Year Experience: Champion Athletes<br>Lecture: 1 hour    |
| KI 2023 | Emergency Health Care<br>Lecture: 3 hours                      |
| PE 3313 | Sports Physiology<br>Lecture: 3 hours                          |

Mississippi State University – Online Courses

|         |                                                          |
|---------|----------------------------------------------------------|
| EP 3304 | Exercise Physiology<br>Lecture: 4 hours                  |
| EP 4113 | Fitness Testing and Prescription<br>Lecture/Lab: 3 hours |
| EP 4183 | Exercise and Weight Control<br>Lecture: 3 hours          |

Benedictine University – Undergraduate Courses

|          |                                         |
|----------|-----------------------------------------|
| BIOL 358 | Exercise Physiology<br>Lecture: 3 hours |
|----------|-----------------------------------------|

Auburn University – Undergraduate Courses

|           |                                                                                                        |
|-----------|--------------------------------------------------------------------------------------------------------|
| HLHP 1100 | Wellness<br>Lecture: 3 hours                                                                           |
| HLHP 3020 | Scientific Foundations of Health and Human Performance<br>Lecture: 4 hours (Team Taught: 1/3 semester) |
| PHED 1230 | Jogging<br>Physical Education Course: 1 hour                                                           |
| PHED 1340 | Weight Training<br>Physical Education Course: 1 hour                                                   |
| PHED 1440 | Softball<br>Physical Education Course: 1 hour                                                          |
| PHED 1540 | Racquetball<br>Physical Education Course: 1 hour                                                       |

PHED 1550      Tennis  
Physical Education Course: 1 hour

Auburn University – Teaching Assistant

HLHP 7220      Lab Techniques (Teaching Assistant)  
Graduate Lab

HLHP 3680      Exercise Physiology (Teaching Assistant)  
Undergraduate Lab

## **Dissertation Committees**

### Major Professor/Dissertation Chair

Mason Walters, Department of Kinesiology, Mississippi State University, Proposed Graduation, May 2028.

Dakota Dronet (Major Professor/Dissertation Co-Chair), Department of Kinesiology, Mississippi State University, Proposed Graduation, May 2027.

Jacob Hurwitz (Major Professor), Department of Kinesiology, Mississippi State University, Proposed Graduation, May 2027.

Brandon Shepherd, Department of Kinesiology, Mississippi State University, Proposed Graduation, December 2026.

McKenzie Hargrove. *Assessment of Energy and Hydration Demands of Farmworkers in Mississippi*. Department of Kinesiology, Mississippi State University, May 2026.

Marissa Bello, *Impacts of high- vs low-load resistance training on measures of muscle activation, strength, body composition, cortisol, and testosterone*. Department of Kinesiology, Mississippi State University, May 2022

Ffion Price, *In-season macronutrient intake of collegiate Division I female athletes*. Department of Kinesiology, Mississippi State University, December 2021

Hunter Waldman, (Major Professor/Dissertation Co-Chair) *Effects of a thirty-day carbohydrate restricted diet on metabolic and performance markers in professional firefighters*. Department of Kinesiology, Mississippi State University, May 2019

Ben Krings, *The importance of carbohydrate timing during high-intensity training while consuming a low carbohydrate diet*. Department of Kinesiology, Mississippi State University, May 2018

### Member

Hannah Valigura, *Melatonin impact on oxidative stress in performance horses*. Department of Animal and Dairy Science, Mississippi State University, Proposed Graduation, May 2025

Russell Lowell, *Effects of an auditory versus visual stimulus on reaction and response time during countermovement jumps*. Department of Kinesiology, Mississippi State University, August 2024.

Richard Baird, *Metabolic profiling of firefighters with varying exercise and nutritional practices*. Department of Kinesiology, Mississippi State University, May 2022.

Matthew McAllister, *Effect of carbohydrate supplement on cardiovascular and metabolic responses to dual concurrent stressors*. Department of Food Science, Nutrition and Health Promotion, Mississippi State University, August 2015.

Richard Laird, *Effect of concurrent sprint interval and resistance training on measures of strength, power, and aerobic performance*. School of Kinesiology, Auburn University, August 2013.

## **Master's Thesis Committees**

### Chair

Rogelio Realzola, *Impact of carbohydrate ingestion on competitive cheerleading performance*. August 2018

Ffion Price, (co-chair) *Impact of HIIT training on middle distance athletes*. August 2017

Jaden Rountree, *Effect of carbohydrate ingestion during training on CrossFit performance*. August 2016

### Member

Max Torrey, *Effects of concurrent ingestion of creatine and caffeine on performance and cognitive outcomes*. Proposed Graduation, May 2026

Allison Brown, *Effects of psychological arousal and relaxation on muscle performance, activation, and heart rate variability during gross and fine motor tasks*. May 2025

Sean Servalish, *The effect of sublingual vitamin B-12 supplementation on visual reaction time*. May 2023

Katherine Spring, *Alternative methods of movement incorporation in middle school classrooms*. May 2019

Steven Basham, *Effect of curcumin supplementation on exercise-induced oxidative stress, inflammation, and muscle damage*. May 2018

Hunter DeBusk, *Impact of high-top military boots on balance*. August 2016

Chris Hill, *Influence of military workload on muscle exertion in two types of military footwear*. August 2016

## **Master's Non-Thesis Committees**

### Chair

Liam Altuzar, May 2025

Ashlyn Kane, May 2025

Kya Davis, May 2025

Zachary Edwards, May 2025

Altman Biggs, May 2023

Rhett Hood, December 2022

Brighton Smith, August 2022

Megan San Filipo, August 2019 (co-chair),

Hayes Salancy, May 2019

Aaron Phelps, May 2018

Brandon Shepherd, May 2018

Timothy Peterson, May 2017

Jenna Wooten, August 2016

Tyler Gregg, May 2016

Adam Thigpen, May 2016

Ben Thebaud, May 2016

Rees Grant, December 2014

### Member

Morgan Wood

Kenya Small

Sydney Graddy

Peyton Jenson

Philip Sutton

Laura VanHorn

Matthew Boone

Zarah Calvin

Patrick Cummings

Prakash Dandapani

Corey Daspit

Colin Diment

Austin Harris

Crystal Hill

Tanner Lee

Tony Luczak

Korakot Simsiriwong

Sam Watt

Jonathan Wesson

## **Graduate Interns**

Abraham Joseph (University of Florida)

### **Undergraduate Interns**

|                                     |                   |
|-------------------------------------|-------------------|
| Reese Allen                         | Peyton Williamson |
| Ash Dumas                           | Malik Barakat     |
| Morgan Wood                         | Brandon Shepherd  |
| Abbey Shilling (Stetson University) | Timothy Peterson  |
| Derick Anglin                       |                   |

### **Recognized Graduate Students**

McKenzie Hargrove, 2026 Graduate Student Ambassador for the College of Education.

McKenzie Hargrove, 2026 Graduate School Hall of Fame Scholar for the College of Education.

McKenzie Hargrove, 2025 Department of Kinesiology, Doctoral Student of the Year.

Marissa Bello, 2022 Graduate School Hall of Fame Scholar for the College of Education.

Marissa Bello, 2022 Department of Kinesiology, Doctoral Student of the Year.

Marissa Bello, 2021 National Strength and Conditioning Association Women's Scholarship.

Ben Krings, 2018 Graduate School Hall of Fame Scholar for the College of Education.

Hunter Waldman, 2018 Department of Kinesiology Outstanding Doctoral Student.

Ben Krings, 2017 Department of Kinesiology Outstanding Doctoral Student.

### **Recognized Undergraduate Research Students**

Derick Anglin, 2021 Department of Kinesiology Outstanding Undergraduate Student.

Scott D. Pope, 2015 College of Education Undergraduate Researcher of the Year.

### **Lay Articles, Interviews, and Appearances**

WJLA 7 News (U.S.A) DCs first heat wave of the season: Here's how to stay safe, according to an expert. June 2025.

BBC Future (U.K.) Expert tips on how to keep exercising during cold winter weather. January 2025.

MSU Extension News (U.S.A.) Older adults at increased risk for heat-related illness. June 2024.

Huffington Post (U.S.A.) Is it too hot to run outside? Here is how to tell. June 2024.

PBS NewsHour (U.S.A.) Tips for staying safe in extreme heat. July 2023.

New York Times (U.S.A.) How to exercise when its humid. June 2023.

The Conversation (U.S.A.) It's cold! A physiologist explains how to keep your body feeling warm – Recirculated in Lay News. December 2022.

The Guardian (U.S.A./International) Wholesome soup, night walks and wearable sleeping bags: how to prepare for winter and even embrace it. October 2022.

The Conversation (U.S.A.) Hot and getting hotter – 5 essential reads on high temps and human bodies. August 2022.

Harvard Public Health Magazine (U.S.A.) Extreme heat threatens health in India and elsewhere. February 2022.

Morning Wave in Busan (South Korea) Human health & extreme heatwave. July 2021.

Scientific American (U.S.A.) Why extreme heat is so dangerous. July 2021.

The Conversation (U.S.A.) Knowing how heat and humidity affect your body can help you stay safe during heat waves. July 2021.

CNN Health (U.S.A./International) 25 ways to stay warm this winter that won't break the bank. January 2021.

The Guardian (U.S.A./International) Cold as ice? How to stay warm without whacking up the heating. January 2021.

BBC Science Focus (U.K.) A scientist's guide to life: How to stay warm. December 2020.

Health Unfiltered Podcast (U.S.A.) Cold Weather Physiology. November 2020.

Mississippi State TV (U.S.A.) True Leaders: 'Normal' human body temperature. October 2020.

Mississippi State TV (U.S.A.) Forward: Department of Kinesiology highlight. September 2020.

The Conversation (U.S.A.) 'Normal' human body temperature is a range around 98.6 F – a physiologist explains why. June 2020.

Men's Journal (U.S.A.) Cold Truths. December 2019.

Lay Dam Bike Ride Pre-Event Meeting (U.S.A.) Nutrition for Performance. April 2019.

The Conversation (U.S.A.) It's cold! A physiologist explains how to keep your body feeling warm. January 2019.

SECU (U.S.A.) SEC Faculty Travel Grant Visit Leads to Study on Hydration. June 2015.

Gatorade Television Commercial (U.S.A.) "Everything to Prove". Debuted January 2013.

NFL.com Web Series (U.S.A.) Everything to Prove. September 2012. Act I Episodes 1 and 2, Act II Episodes 1 and 2, Act III Episode 1 and 2, Act V Episode 2. September 2012.

Men's Health (U.S.A.). Cam Newton's Top-Secret Nutrition Plan. July 2012.

Gatorade Television Commercial (U.S.A.) "Greatness". Debuted July 2012.

ESPN Magazine (U.S.A.) Zoom: Panthers QB Cam Newton with the Gatorade Sports Science Institute's Kortney Dalrymple and JohnEric Smith. July 2012.

ABC 7 Sarasota (U.S.A.). Testing human limits in Bradenton. June 2012.

Sarasota Herald Tribune (U.S.A.). Behind the gates at IMG Academies, Gatorade tests top athletes. May 2012.

Washington Post (U.S.A.). Taking the measure of Robert Griffin III. April 2012.

U.S.A. Football (U.S.A.). Experts warn against caffeinated energy drinks for young athletes. April 2012.

Wired.com (U.S.A.). Gatorade Quenches Its Thirst to Build Better Athletes. February 2012.

FoxSports (U.S.A.). Training Like NFL Prospect: GSSI Testing. January 2012.

Globo TV (Brazil). Mano Menezes visits one of the world's most modern training center in Florida. February 2012.

Bloomberg Business Week (U.S.A.). Gatorade Goes Back to the Lab. November 2011.

Associated Press (U.S.A.). Dwyane Wade submits to Gatorade tests. November 2011.

U.S.A. Football (U.S.A.). Coaches, Families Need to Watch Hydration Levels as Well. August 2011.

U.S.A. Football (U.S.A.). Facts and Figures for Hydrating on the Field. April 2010.

Stack TV (U.S.A.). Supplements. October 2009.

U.S.A. Football (U.S.A.). Importance of Hydration in Cool Weather. September 2009.

U.S.A. Football (U.S.A.). Importance of Hydration in Warm Weather. June 2009.

Runners' World (U.K.). Sports Drinks: When and how much? November 2007.

Albany Times Union (U.S.A.). 5, 4, 3, 2, 1... Go Nancy, Go! May 2006.

### **Professional Committee and Advisory Positions**

|              |                                                                                       |
|--------------|---------------------------------------------------------------------------------------|
| 2015-Present | National Strength and Conditioning Association Mississippi Advisory Board             |
| 2020-2023    | American College of Sports Medicine Communications and Public Information Committee   |
| 2020-2023    | American College of Sports Medicine Internal and External Communication Sub-Committee |
| 2019-2022    | National Strength and Conditioning Association State Director                         |
| 2015-2020    | Dymatize Nutrition Advisory Board                                                     |
| 2009-2013    | USA Football's Football and Wellness Committee (USA Football)                         |

### **Professional Service**

|      |           |                                                                                            |
|------|-----------|--------------------------------------------------------------------------------------------|
| 2023 | Moderator | Athlete Engineering Summit - Breakout                                                      |
| 2023 | Reviewer  | Southeast American College of Sports Medicine Annual Meeting Abstract Selection Reviewer   |
| 2023 | Reviewer  | Southeast American College of Sports Medicine Annual Meeting Student Poster Award Reviewer |
| 2020 | Host      | National Strength and Conditioning Association Mississippi State Clinic                    |
| 2019 | Host      | National Strength and Conditioning Association Mississippi State Clinic                    |
| 2018 | Host      | National Strength and Conditioning Association Mississippi State Clinic                    |
| 2018 | Mentor    | Southeast American College of Sports Medicine Undergraduate FASEB Dream Program            |
| 2018 | Reviewer  | Southeast American College of Sports Medicine Annual Meeting Abstract Selection            |
| 2017 | Reviewer  | Southeast American College of Sports Medicine Annual Meeting Abstract Selection            |

|      |           |                                                                                                     |
|------|-----------|-----------------------------------------------------------------------------------------------------|
| 2017 | Host      | National Strength and Conditioning Association<br>Mississippi State Clinic                          |
| 2017 | Moderator | Southeast American College of Sports Medicine Annual<br>Meeting Tutorial Session                    |
| 2016 | Judge     | Southeast American College of Sports Medicine Annual<br>Meeting Doctoral Student Poster Competition |
| 2012 | Judge     | Southeast American College of Sports Medicine Annual<br>Meeting Doctoral Student Poster Competition |

### Journal Editor

Special Edition Guest Editor. *Frontiers in Nutrition*. Carbohydrates for Performance, Recovery and Training. 2021.

### Book Reviewer

R. Wildman, B.S. Miller, and C. Wilborn. (2018), Chapter 8: Water, Hydration, and Exercise. *Sports and Fitness Nutrition*, 3<sup>rd</sup> edition. Kendall Hunt.

J.A. Potteiger. (2017). Chapter 11: Equipment and Assessment in Exercise Science. *ACSM's Introduction to Exercise Science*, 3<sup>rd</sup> edition. LWW.

### Peer-Reviewer for Journals

*Applied Physiology, Nutrition and Metabolism*

*Beverages*

*Comprehensive Reviews in Food Science and Food Safety*

*International Journal of Exercise Science*

*International Journal of Sport Nutrition and Exercise Metabolism*

*International Journal of Sports Physiology and Performance*

*International SportMed Journal*

*Journal of Athletic Enhancement*

*Journal of Functional Morphology and Kinesiology*

*Journal of the International Society of Sports Nutrition*

*Medicine and Science in Sports and Exercise*

*Nutrients*

*Practical Gastroenterology*

*Scandinavian Journal of Medicine & Science in Sports*

*Sports*

*Sports Medicine*

*Strength and Conditioning Journal*

*The Journal of Sports Medicine and Physical Fitness*

*The Scientific Pages of Sports Medicine*

*Wilderness and Environmental Medicine Journal*

## **University Service**

|                        |                                                                   |
|------------------------|-------------------------------------------------------------------|
| 2025-Present           | MSU Engagement Council                                            |
| 2023-Present           | Health Science Research Taskforce                                 |
| 2022-Present           | College of Education Recruitment Committee                        |
| 2018-Present           | Department of Kinesiology Executive Council                       |
| 2022-2025              | College of Education Data Science Committee                       |
| 2021-2024              | College of Education Box Council                                  |
| 2019-2024              | Faculty Research Advisory Committee                               |
| 2022-2023              | College of Education Box Council Chair                            |
| 2022-2023              | Department of Music Assistant Professor Search Committee          |
| 2021-2023              | General Education Program Task Force                              |
| 2018-2023              | Department of Kinesiology Exercise Science Curriculum Coordinator |
| 2022-2023<br>2019-2020 | Department of Kinesiology Promotion and Tenure Committee          |
| 2016-2023              | Department of Kinesiology Graduate Committee                      |
| 2014-2023              | Department of Kinesiology Laboratory Chair                        |

|           |                                                                                  |
|-----------|----------------------------------------------------------------------------------|
| 2014-2023 | Department of Kinesiology Laboratory Committee                                   |
| 2013-2023 | Department of Kinesiology Exercise Science Curriculum Committee                  |
| 2022      | Department of Music Department Head Search Committee                             |
| 2021-2022 | College of Education Associate Professor Promotion and Tenure Committee          |
| 2019-2022 | University Instructional Improvement Committee                                   |
| 2021      | Department of Education Psychology Clinical Professor Search Committee           |
| 2021      | Spring Faculty Senate Round Table                                                |
| 2020-2021 | College of Education Dean Search Committee                                       |
| 2018-2021 | Bodybuilding and Physique Club Faculty Advisor                                   |
| 2014-2020 | College of Education Research Committee                                          |
| 2013-2020 | Department of Kinesiology Sports Studies Curriculum Committee                    |
| 2018-2019 | Department of Education Psychology Department Head Search Committee              |
| 2018-2019 | Department of Kinesiology MSU Meridian Clinical Professor Search Committee Chair |
| 2013-2016 | College of Education Diversity Committee                                         |
| 2015-2016 | Community Emergency Response Team Member                                         |
| 2015-2016 | Bulldog Toastmaster's University Club Co-Advisor                                 |
| 2013-2015 | Graduate Faculty Level 2                                                         |
| 2013-2014 | Mississippi State Golf Institute Advisory Board                                  |
| 2001-2004 | Band Physiologist (Auburn University Marching Band)                              |

### **Service to the Community and Outreach**

Tupelo ComicCon (Tupelo, MS). The Science of Super Powers Panel with Dr. Stanley Brown, Dr. Randy Wagner, and Dr. JohnEric Smith. April 2017.

Starkville High School Track and Field (Starkville, MS). Exercise Physiology Roundtable with Dr. Megan Holmes, Dr. Neil Johannsen, and Dr. JohnEric Smith. May 2015.

Georgia Power: Plant Wansley (Roopville, GA). Whys and How of Hydration. December 2013.

Pendleton High School Science Classes (Bradenton, FL). The Role of Science in the Study of Athletes. February 2012.

St. Anne's Elementary School Kindergarten (Barrington, IL) Experiences in Africa. March 2007.

Barrington Employee Resource Network (BERN) (Barrington, IL) Personal and Scientific Takeaways from the Sahara Desert. January 2007.

Benedictine University Kinesiology Group (Lisle, IL). The Science Behind Proper Exercise Hydration. April 2006

Auburn University Volleyball Camp (Auburn, AL). Nutrition, Training, and Body Composition. July 2004.

Cannon Street Elementary School (LaGrange, GA). Thermography and Exercise Physiology. May 2004.

Cary Wood Elementary School 5<sup>th</sup> grade (Auburn, AL). Thermography and Exercise Physiology. March 2004.

Ethel Kight Elementary School (LaGrange, GA). Thermography and Exercise Physiology. October 2003.

Cary Wood Elementary School 5<sup>th</sup> grade (Auburn, AL). Thermography and Exercise Physiology. May 2003.

Cannon Street Elementary School (LaGrange, GA). Thermography and Exercise Physiology. April 2003.

Auburn University Swim Coach Clinic (Auburn, AL). Physiology of Swim Training. January 2003.

Auburn Rotary Club (Auburn, AL). Infrared Thermography: Asset for Exercise Physiology and Sports Medicine. November 2002.

Ethel Kight Elementary School (LaGrange, GA). Thermography and Exercise Physiology. October 2002.

Cary Wood Elementary School 5<sup>th</sup> (Auburn, AL). Thermography and Exercise Physiology. April 2002.

Auburn University Band Majorettes and Flag Corp (Auburn, AL). Exercise and Fitness. October 2001.

### Professional Conferences Attended

|                |                                                                                     |                     |
|----------------|-------------------------------------------------------------------------------------|---------------------|
| May 2026       | College Band Directors National Association Annual Meeting                          | Blacksburg, VA      |
| February 2026  | Southeast American College of Sports Medicine                                       | Greenville, SC      |
| January 2026   | American Kinesiology Association                                                    | Atlanta, GA         |
| May 2025       | American College of Sports Medicine Annual Conference                               | Atlanta, GA         |
| January 2025   | American Kinesiology Association                                                    | Newport Beach, CA   |
| June 2023      | International Society of Sports Nutrition Annual Meeting                            | Fort Lauderdale, FL |
| June 2023      | American College of Sports Medicine Annual Conference                               | Denver, CO          |
| February 2023  | Southeast American College of Sports Medicine                                       | Greenville, SC      |
| July 2022      | National Strength and Conditioning Association Annual Conference                    | New Orleans, LA     |
| June 2022      | American College of Sports Medicine Annual Conference                               | San Diego, CA       |
| February 2022  | Southeast American College of Sports Medicine                                       | Greenville, SC      |
| July 2021      | National Strength and Conditioning Association Annual Conference                    | Orlando, FL         |
| June 2021      | International Society of Sports Nutrition Annual Meeting                            | St. Petersburg, FL  |
| June 2021      | American College of Sports Medicine Annual Conference                               | Virtual             |
| March 2021     | Council for the Accreditation of Educator Preparation (CAEP) Spring Conference      | Virtual             |
| October 2020   | International Society of Sports Nutrition-Kennesaw State University Virtual Webinar | Virtual             |
| September 2020 | National Strength and Conditioning Association: Virtual Sessions                    | Virtual             |
| September 2020 | Mississippi National Strength and Conditioning Association Clinic                   | Virtual             |

|                            |                                                                                                                   |                               |
|----------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------|
| May 2020                   | American College of Sports Medicine Annual Conference                                                             | Virtual                       |
| May 2019                   | American College of Sports Medicine Annual Conference                                                             | Orlando, FL                   |
| April 2019                 | Mississippi National Strength and Conditioning Association Clinic                                                 | Starkville, MS                |
| March 2019                 | International Society of Sports Nutrition-Kennesaw State University Nutrition and Training Conference             | Kennesaw, GA                  |
| January 2019               | International Society of Sports Nutrition-GAINZ Conference                                                        | Dallas, TX                    |
| May 2018                   | American College of Sports Medicine Annual Conference                                                             | Minneapolis, MN               |
| April 2018                 | Mississippi National Strength and Conditioning Association Clinic                                                 | Starkville, MS                |
| February 2018              | Southeast American College of Sports Medicine                                                                     | Chattanooga, TN               |
| June 2017                  | American College of Sports Medicine Annual Conference                                                             | Denver, CO                    |
| April 2017                 | Mississippi National Strength and Conditioning Association Clinic                                                 | Starkville, MS                |
| February 2017              | Southeast American College of Sports Medicine                                                                     | Greenville, SC                |
| January 2017               | International Society of Sports Nutrition and Dymatize Athletic Nutrition Conference                              | Dallas, TX                    |
| July 2016                  | National Strength and Conditioning Association Annual Conference                                                  | New Orleans, LA               |
| June 2016                  | American College of Sports Medicine Annual Conference                                                             | Boston, MA                    |
| April 2016                 | Mississippi National Strength and Conditioning Association Clinic                                                 | Hattiesburg, MS               |
| February 2016<br>July 2015 | Southeast American College of Sports Medicine<br>National Strength and Conditioning Association Annual Conference | Greenville, SC<br>Orlando, FL |
| January 2015               | Dymatize Advisory Board Meeting                                                                                   | Dallas, TX                    |

|               |                                                                  |                      |
|---------------|------------------------------------------------------------------|----------------------|
| June 2014     | International Food Technologists - Short Course                  | New Orleans, LA      |
| May 2014      | American College of Sports Medicine Annual Conference            | Orlando, FL          |
| May 2013      | American College of Sports Medicine Annual Conference            | Indianapolis, IN     |
| February 2013 | Southeast American College of Sports Medicine                    | Greenville, SC       |
| May 2012      | American College of Sports Medicine Annual Conference            | San Francisco, CA    |
| April 2012    | Gatorade, IMG and Under Armour Technology Conference             | Bradenton, FL        |
| June 2011     | American College of Sports Medicine Annual Conference            | Denver, CO           |
| August 2010   | Dartfish Users Group Conference                                  | Colorado Springs, CO |
| June 2010     | American College of Sports Medicine Annual Conference            | Baltimore, MD        |
| October 2009  | Midwest American College of Sports Medicine Annual Conference    | St. Charles, IL      |
| May 2009      | American College of Sports Medicine Annual Conference            | Seattle, WA          |
| July 2008     | Gatorade Sports Science Institute Summer Conference              | Huntington Beach, CA |
| July 2008     | National Strength and Conditioning Association Annual Conference | Las Vegas, NV        |
| May 2008      | American College of Sports Medicine Annual Conference            | Indianapolis, IN     |
| April 2008    | International Society of Beverage Technologists                  | Savannah, GA         |
| July 2007     | Gatorade Sports Science Institute Summer Conference              | Vail, CO             |
| May 2007      | American College of Sports Medicine Annual Conference            | New Orleans, LA      |
| February 2007 | Southeast American College of Sports Medicine Conference         | Charlotte, NC        |

|                |                                                                                                   |                   |
|----------------|---------------------------------------------------------------------------------------------------|-------------------|
| October 2006   | Chicago Marathon Conference                                                                       | Chicago, IL       |
| September 2006 | American College of Sports Medicine on Integrative Physiology of Exercise                         | Indianapolis, IN  |
| June 2006      | American College of Sports Medicine Annual Conference                                             | Denver, CO        |
| February 2006  | Southeast American College of Sports Medicine Conference                                          | Charlotte, NC     |
| June 2005      | Gatorade Sports Science Institute Summer Meeting                                                  | Chicago, IL       |
| June 2005      | American College of Sports Medicine Annual Conference                                             | Nashville, TN     |
| January 2005   | Southeast American College of Sports Medicine Conference                                          | Charlotte, NC     |
| December 2004  | Gatorade Sports Science Institute Sports Medicine Review Winter Board Meeting                     | Miami, FL         |
| June 2004      | American College of Sports Medicine Annual Conference                                             | Indianapolis, IN  |
| April 2004     | American Academy of Thermology Conference                                                         | Auburn, AL        |
| January 2004   | Southeast American College of Sports Medicine Conference                                          | Atlanta, GA       |
| May 2003       | American College of Sports Medicine Annual Conference                                             | San Francisco, CA |
| April 2003     | Computerized Thermal Imaging User Groups Meeting                                                  | New Orleans, LA   |
| January 2003   | Southeast American College of Sports Medicine Conference                                          | Atlanta, GA       |
| November 2002  | American Academy of Thermology Conference                                                         | Orlando, FL       |
| November 2002  | Alabama State Association for Health, Physical Education, Recreation, and Dance Annual Conference | Birmingham, AL    |
| May 2002       | American College of Sports Medicine Annual Conference                                             | St. Louis, MO     |

|              |                                                          |               |
|--------------|----------------------------------------------------------|---------------|
| January 2002 | Southeast American College of Sports Medicine Conference | Atlanta, GA   |
| June 2001    | American Academy of Thermology Conference                | Auburn, AL    |
| May 2001     | American College of Sports Medicine Annual Conference    | Baltimore, MD |
| January 2001 | Southeast American College of Sports Medicine Conference | Columbia, SC  |

### **Consulting**

|      |          |                                                                         |
|------|----------|-------------------------------------------------------------------------|
| 2003 | Aluminet | Effect of aluminum weave material on reducing thermal load              |
| 2003 | TYR      | Effect of TYR Thermal wear in maintaining temperature in youth swimmers |
| 2001 | Zero-G   | Effect of backpack load on peripheral blood flow                        |

### **Volunteer Experience**

|              |                                                               |
|--------------|---------------------------------------------------------------|
| 2021-Present | Scouts BSA Troop 14 Assistant Scoutmaster (Scouts BSA)        |
| 2020-Present | Scouts BSA Troop 14 Committee Member (Scouts BSA)             |
| 2022         | Scouts BSA Troop 142 Committee Member (Scouts BSA)            |
| 2019-2020    | Cub Scout Pack 14 Assistant Cubmaster (Boy Scouts of America) |
| 2015-2020    | Cub Scout Pack 14 Committee Member (Boy Scouts of America)    |
| 2017-2019    | Cub Scout Pack 14 Cubmaster (Boy Scouts of America)           |
| 2016-2017    | Cub Scout Pack 14 Assistant Cubmaster (Boy Scouts of America) |
| 2016-2017    | Vice President (West Union Homeowners Association)            |
| 2015-2016    | Kickball Assistant Coach (Starkville Parks and Recreation)    |
| 2015         | Baseball Head Coach (Starkville Baseball Association)         |
| 2014-2015    | Watch D.O.G.S. (Sudduth Elementary School)                    |
| 2014         | Kickball Head Coach (Starkville Parks and Recreation)         |
| 1999-2002    | CPR and First Aid Instructor (Lee County, American Red Cross) |

|           |                                                                                                                        |
|-----------|------------------------------------------------------------------------------------------------------------------------|
| 1998-2000 | Student Athletic Trainer (Auburn University): worked primarily with track & field, cross-country, football, and tennis |
|-----------|------------------------------------------------------------------------------------------------------------------------|

### Organizations

|              |                                                                                                                            |        |
|--------------|----------------------------------------------------------------------------------------------------------------------------|--------|
| 2019-Present | Professionals in Nutrition for Exercise and Sport                                                                          | Member |
| 2019-Present | International Society of Sports Nutrition                                                                                  | Member |
| 2001-Present | National Strength and Conditioning Association                                                                             | Member |
| 2001-Present | American College of Sports Medicine<br>Environmental Physiology Special Interest Group<br>Nutrition Special Interest Group | Member |
| 2001-Present | Southeast American College of Sports Medicine                                                                              | Member |
| 2007-2010    | Toastmasters<br>2008-2009 President<br><br>2007-2008 Sergeant at Arms                                                      | Member |
| 2003-2004    | American Academy of Thermology                                                                                             | Member |
| 2002-2003    | Alabama State Association of Physical Health Education<br>Recreation and Dance                                             | Member |
| 2000-2004    | Health and Human Performance Student Alliance<br>2002-2003 Student Council Member                                          | Member |
| 2000-2001    | Auburn Alumni Association (ALUM)                                                                                           | Member |
| 1999-2000    | Auburn Sports Medicine Association                                                                                         | Member |
| 1998-2000    | Aerobics and Fitness Association of America                                                                                | Member |

### Current Licenses/Certifications

|      |                                                                                  |                                                |
|------|----------------------------------------------------------------------------------|------------------------------------------------|
| 2020 | Wilderness First Aid                                                             | Emergency Care and Safety Institute            |
| 2019 | Certified Sports Nutritionist from the International Society of Sports Nutrition | International Society of Sports Nutrition      |
| 2018 | Certified Strength and Conditioning Specialist with Distinction (CSCS*D)         | National Strength and Conditioning Association |
| 2015 | Blood Borne Pathogens                                                            | Mississippi State University                   |

|      |                                                       |                                                |
|------|-------------------------------------------------------|------------------------------------------------|
| 2014 | Introduction to Laboratory Safety                     | Mississippi State University                   |
| 2011 | DEXA enCORE™ Operator Training                        | GE Healthcare                                  |
| 2006 | Certified BodPod Technician                           | BodPod                                         |
| 2003 | Thermography Technician                               | American Academy of Thermology                 |
| 2002 | Certified Strength and Conditioning Specialist (CSCS) | National Strength and Conditioning Association |

### **Awards and Honors**

|      |                                                               |                                                            |
|------|---------------------------------------------------------------|------------------------------------------------------------|
| 2022 | Order of the Arrow - Inductee                                 | Scouts BSA                                                 |
| 2017 | Nominated (not elected) Executive Committee - Member at Large | Southeast American College of Sports Medicine              |
| 2012 | PepsiCo Astonishing Research Award                            | PepsiCo                                                    |
| 2009 | Advanced Leader Bronze                                        | Toastmaster International                                  |
| 2008 | Competent Leader                                              | Toastmaster International                                  |
| 2008 | Competent Communicator                                        | Toastmaster International                                  |
| 2006 | PepsiCo Keystone Award                                        | PepsiCo                                                    |
| 2002 | Outstanding Master's Student                                  | Health and Human Performance Department; Auburn University |
| 1994 | Eagle Scout                                                   | Boy Scouts of America (Scouts BSA)                         |