

Lisa Tjorven Jansen, Ph.D.

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My current research as an Assistant Professor in Clinical Nutrition relates to how changes in modifiable lifestyle factors such as diet and physical activity influence metabolic processes relevant to the mechanistic understanding and prevention of chronic diseases including obesity and diabetes. My research previously entailed exercise physiology related to hydration status affecting glucose metabolism and thermoregulation in humans, as well as skeletal muscle physiology underlying the states of cancer cachexia and disuse atrophy in mice.

Current Position

- Assistant Professor (2022 – present) **University of Arkansas for Medical Science;** Little Rock, AR
Clinical Nutrition – Obesity & Diabetes Prevention Emphasis
Department of Dietetics & Nutrition,
College of Health Professions
- Postdoctoral Fellow (2019 - 2021) **Boston Children’s Hospital;** Boston, MA
Obesity Prevention – Exercise & Nutrition Emphasis
The New Balance Obesity Prevention Center,
Department of Endocrinology
PI: Cara B. Ebbeling, Ph.D. LDN.
Co-PI: David S. Ludwig, M.D. Ph.D.
- Instructor of Pediatrics (2019 - 2021) **Harvard Medical School,** Boston, MA
Department of Pediatrics
- Ph.D. (2015 – 2019) **University of Arkansas;** Fayetteville, AR
Kinesiology – Exercise Science Emphasis
Dissertation Title: *“The effect of osmotic stimulation of copeptin on glucose metabolism in healthy adults”*
PI: Stavros A. Kavouras, Ph.D. (Hydration Science Laboratory)
Co-PI: Nicholas P. Greene, Ph.D. (Cachexia Research Laboratory)
Co-PI: Matthew S. Ganio, Ph.D. (Obesity & Cardiovascular Health Laboratory)
- M.S. (2012 – 2014) **West Texas A&M University;** Canyon, TX
Exercise Science – Thermoregulation & Dietary Supplement Focus
Master Thesis Title: *“Effect of dietary nitrate supplementation on reduction of physiological strain associated with exercising in a heat environment”*
PI: Matthew R. Kuennen, Ph.D.
- B.S. (2011) **Mississippi Valley State University;** Itta Bena, MS
Physical Education – Teaching Emphasis K-12
Mentor: Jo Anne Heisterkamp, Ed.D.

Active Grants

2022 – 2023

PI: Jansen LT. Co-I: Andres A, Børsheim E.

Title: *Glycemic patterns during gestation: CGM as a proxy measure of the intrauterine environment*

Agency: Center for Childhood Obesity Prevention – Arkansas Children’s Research Institute

Type: COBRE Pilot Grant, \$75,000

Completed Grant Funding

2018 – 2019

PI: **Jansen LT**. Co-I: Kavouras SA, Ganio MS.

Title: *Effect of acute low water intake on glucose regulation in healthy men*

Agency: HPR Department, College of Education and Health Professions, University of Arkansas, Fayetteville, AR

Type: Graduate Student Research Grant, \$2,500

2015 – 2019

PI: Kavouras SA. Co-I/Project Manager: **Jansen LT**

Title: *The effect of vasopressin on glucose regulation*

Agency: Danone Research, Paliseau, France

Type: Research Grant, \$74,604

2015

PI: **Jansen LT**

Title: *Effects of plasma osmolality on glucose regulation in healthy males - Pilot Study*

Agency: Central States Chapter, American College of Sports Medicine

Type: Student Research Development Awards, \$400

2014

PI: **Jansen LT**. Co-I: Kuennen MR.

Title: *Is it possible to “Beet the heat” – beetroot juice and acute heat stress*

Agency: Texas Chapter, American College of Sports Medicine

Type: Student Research Development Awards, \$500

2013

PI: **Jansen LT**. Co-I: Kuennen MR. Granados J

Title: *Effect of dietary nitrate supplementation on reduction of physiological strain associated with exercising in a heat environment*

Agency: Kilgore Research Center, West Texas A&M University

Type: Graduate Student Research Grant, \$3,500

Grant Training

- 2021 Selected for Participation in **Harvard Catalyst** Professional Development Course: “*Successful Grant Writing Strategies – From K to R*”
- 2021 Selected for Participation in **Harvard Catalyst** Professional Development Course: “*Funding Your Research: NIH*”

Publication in Preparation

- 2022 **Jansen LT**, Yu S, Wong JW, Metha TS, Allison DB, Ludwig DS, Ebbeling CB. Assessing energy expenditure following weight-loss on a low-carb diet: a randomized controlled feeding trial. Planned submission: *American Journal of Clinical Nutrition* Planned Submission: 12-01-22
Impact Factor [IF]: 7.045

Peer-Reviewed Publications

- 2022 **Jansen LT**, Yang N, Wong J, Metha TS, Allison DB, Ludwig DS, Ebbeling CB. Clinical implications of prolonged glycemic adaptation following transition from a low- to high-carbohydrate diet: a randomized controlled feeding trial. *Diabetes Care*. 2022 Feb 2:dc211970.
doi: 10.2337/dc21-1970. Epub ahead of print. PMID: 35108378
Impact Factor [IF]: 19.1
- 2021 Rosa-Caldwell ME, Lim S, Haynie WS, Brown J, Lee DE, Dunlap KR, **Jansen LT**, Washington TA, Wiggs MP, Greene NP. Mitochondrial aberrations during the progression of disuse atrophy differentially affect male and female mice. *J Cachexia Sarcopenia Muscle*. 2021 Sep 29.
doi: 10.1002/jcsm.12809. Epub ahead of print. PMID: 34585846
IF: 9.802
- 2021 Colburn AT, Johnson EC, Péronnet F, **Jansen LT**, Capitan-Jimenez C, Adams JD, Guelinckx I, Perrier ET, Mauromoustakos A, Kavouras SA. Validity and reliability of a water frequency questionnaire to estimate daily total water intake in adults. *Front Nutr*. 2021 Jun 14.
doi: 10.3389/fnut.2021.676697.
IF: 3.365
- 2021 Rosa-Caldwell ME, Lim S, Haynie WA, Brown JL, Deaver JW, Morena Da Silva F, **Jansen LT**, Lee DE, Wiggs MP, Washington TA, Greene NP. Female mice may have exacerbated catabolic signaling response compared to male mice during development and progression of disuse atrophy. *J Cachexia Sarcopenia Muscle*. 2021 Mar 5.
doi: 10.1002/jcsm.12693. Epub ahead of print. PMID: 33675163.
IF: 9.802

- 2021 Adams JD, Arnaoutis G, Johnson EC, **Jansen LT**, Bougatsas D, Capitan-Jimenez C, Mauromoustakos A, Panagiotakos DB, Perrier ET, Guelinckx I, Kavouras SA. Combining urine color and void number to assess hydration in adults and children. *Eur J Clin Nutr*. 2021 Jan 18. doi: 10.1038/s41430-020-00834-w. Epub ahead of print. PMID: 33462456. **IF: 3.44**
- 2021 Suh H, Lieberman HR, **Jansen LT**, Colburn AT, Adams JD, Seal AD, Butts CL, Kirkland TM, Melander O, Vanhaecke T, Dolci A, Lemetais G, Perrier ET, Kavouras SA. Cellular dehydration acutely degrades mood mainly in women: a counterbalanced, crossover trial. *Br J Nutr*. 2021 May 28;125(10):1092-1100. doi: 10.1017/S0007114520003475. Erratum in: *Br J Nutr*. 2021 Jan 28;125(2):240. PMID: 33077017. **IF: 3.28**
- 2020 Rosa-Caldwell ME, **Jansen LT**, Lim S, Dunlap KR, Haynie WS, Washington TA, Greene NP. Neither autophagy nor exercise training mode affect exercise-induced beneficial adaptations in high fat-fed mice. *Sports Medicine and Health Science*, 2020; 2 (1):44-53. doi: 10.1016/j.smhs.2020.03.003. **IF: 7.179**
- 2020 Lim S, Dunlap KR, Rosa-Caldwell ME, Haynie WS, **Jansen LT**, Washington TA, Greene NP. Comparative plasma proteomics in muscle atrophy during cancer-cachexia and disuse: The search for atrokines. *Physiol Rep*. 2020 Oct;8(19):e14608. doi: 10.14814/phy2.14608. PMID: 33063952; PMCID: PMC7556312. **IF: 2.261**
- 2020 Rosa-Caldwell ME, Lim S, Haynie WS, **Jansen LT**, Westervelt LC, Amos MG, Washington TA, Greene NP. Altering aspects of mitochondrial quality to improve musculoskeletal outcomes in disuse atrophy. *J Appl Physiol* (1985). 2020 Dec 1;129(6):1290-1303. doi: 10.1152/jappphysiol.00407.2020. PMID: 32940556; PMCID: PMC7792838. **IF: 2.72**
- 2019 **Jansen LT**, Suh H, Adams JD, Sprong CA, Seal AD, Scott DM, Butts CL, Melander O, Kirkland TW, Vanhaecke T, Dolci A, Lemetais G, Perrier ET, Kavouras SA. Osmotic stimulation of vasopressin acutely impairs glucose regulation: a counterbalanced, crossover trial. *Am J Clin Nutr*. 2019 Dec 1;110(6):1344-1352. doi: 10.1093/ajcn/nqz236. PMID: 31562496. **IF: 6.766**
- 2019 Adams JD, Capitan-Jimenez C, Burchfield JM, **Jansen LT**, Kavouras SA. Smartphone-Based Analysis of Urine Reagent Strips Is Inaccurate for Assessing Underhydration. *Telemed J E Health*. 2020 May;26(5):683-686. doi: 10.1089/tmj.2019.0101. PMID: 31329074. **IF: 2.385**

- 2018 Maraki MI, Panagiotakos DB, **Jansen LT**, Anastasiou C, Papalazarou A, Yannakoulia M, Sidossis LS, Kavouras SA. Validity of Predictive Equations for Resting Energy Expenditure in Greek Adults. *Ann Nutr Metab.* 2018;72(2):134-141. doi: 10.1159/000486320. PMID: 29393125. **IF: 2.848**
- 2017 Johnson EC, Péronnet F, **Jansen LT**, Capitan-Jiménez C, Adams JD, Guelinckx I, Jiménez L, Mauromoustakos A, Kavouras SA. Validation Testing Demonstrates Efficacy of a 7-Day Fluid Record to Estimate Daily Water Intake in Adult Men and Women When Compared with Total Body Water Turnover Measurement. *J Nutr.* 2017 Oct;147(10):2001-2007. doi: 10.3945/jn.117.253377. PMID: 28878034. **IF: 4.281**
- 2017 Johnson EC, Bardis CN, **Jansen LT**, Adams JD, Kirkland TW, Kavouras SA. Reduced water intake deteriorates glucose regulation in patients with type 2 diabetes. *Nutr Res.* 2017 Jul; 43:25-32. doi: 10.1016/j.nutres.2017.05.004. PMID: 28739050. **IF: 2.767**
- 2016 Adams JD, Kavouras SA, Johnson EC, **Jansen LT**, Capitan-Jimenez C, Robillard JI, Mauromoustakos A. The Effect of Storing Temperature and Duration on Urinary Hydration Markers. *Int J Sport Nutr Exerc Metab.* 2017 Feb;27(1):18-24. doi: 10.1123/ijsnem.2016-0098. PMID: 27616716. **IF: 3.884**
- 2015 Kuennen M, **Jansen L**, Gillum T, Granados J, Castillo W, Nabiyyar A, Christmas K. Dietary nitrate reduces the O₂ cost of desert marching but elevates the rise in core temperature. *Eur J Appl Physiol.* 2015 Dec;115(12):2557-69. doi: 10.1007/s00421-015-3255-0. PMID: 26338830. **IF: 2.917**

Book Chapters

- 2019 Adam D. Seal, Hyun-Gyu Suh, **Lisa T. Jansen**, LynnDee G. Summers, Stavros A. Kavouras, Chapter 11 - Hydration and Health, Editor(s): George Pounis, Analysis in Nutrition Research, Academic Press, 2019, Pages 299-319, ISBN 9780128145562, <https://doi.org/10.1016/B978-0-12-814556-2.00011-7>.

Published/Presented Abstracts

- 2022 **Jansen LT**, Andres A, Børsheim E, Reza Hakkak. *A Pilot Study Protocol: Glycemic patterns in obese pregnancies without diabetes – Identifying susceptible periods for intervention.* Accepted for presentation at Nutrition 2022 Live Online, American Society for Nutrition's flagship meeting held virtually June 14-16, 2022

- 2019 **Jansen LT**, Rosa-Caldwell ME, Haynie WS, Lim S, Dunlap KD, Brown JL, Lee DE, Perry RA, Wiggs MP, Washington TA, Greene, NP. *Sex differences in anabolic regulators during development of atrophic pathology in hindlimb unloading-induced disuse*. Presented at the ACSM, Orlando, FL.
- 2018 **Jansen LT**, Rosa-Caldwell ME, Haynie WS, Lim S, Dunlap KD, Brown JL, Lee DE, Perry RA, Wiggs MP, Washington TA, Greene, NP. *Sex differences in anabolic regulators during development of atrophic pathology in hindlimb unloading induced disuse*. Presented at the Central States ACSM, Kansas City, MO.
- 2018 Rosa-Caldwell, ME, Haynie, WS, Dunlap KD, Lim S, **Jansen LT**, Brown JL, Lee DE, Bejarano K, Washington TA, Wiggs MP, Greene NP. *Mitochondrial turnover during the development and progression of disuse atrophy: let's talk about biological sex*. Presented at the Central States Regional Meeting of the Central States ACSM, Kansas City, MO.
- 2018 **Jansen LT**, Suh HG, Sprong C, Adams JD, Butts CL, Scott D, Melander O, Lemetais G, Dolci A, Vanhaecke T, Perrier E, Kirkland T, Kavouras SA. *Hypertonic saline infusion affects glycemic responses following glucose load in healthy men*. Presented at the Experimental Biology, San Diego, CA.
- 2018 **Jansen LT**, Suh HG, Adams JD, Butts CL, Sprong C, Seal A, Scott D, Melander O, Kirkland T, Kavouras SA. *Osmotic stimulation of copeptin acutely impairs glucose regulation in healthy men and women*. Presented at the University of Arkansas - Student Research Competition, Fayetteville, AR.
- 2018 Suh HG, **Jansen LT**, Sprong C, Adams JD, Butts CL, Seal A, Scott D, Melander O, Lemetais G, Dolci A, Vanhaecke T, Perrier E, Kirkland T, Kavouras SA. *Copeptin responses to isotonic and hypertonic saline infusion in healthy adults*. Presented at the Experimental Biology, San Diego, CA.
- 2018 Seal A, Johnson EC, Péronnet F, **Jansen LT**, Summers LG, Adams JD, Perrier E, Guelinckx I, Kavouras SA. *Effectiveness of total water intake guidelines in maintaining lowered urine osmolality*. Paper presented at the Experimental Biology, San Diego, CA.
- 2017 **Jansen LT**, Adams JD, Johnson EC, Kavouras SA. *Effects of cellular dehydration on glucose regulation in healthy males - a pilot study*. Presented at the Experimental Biology, Chicago, IL.
- 2017 **Jansen LT**, Arnaoutis G, Bougatsas D, Adams JD, Bottin JH, Perrier E, Mauromoustakos A, Kavouras SA. *Assessing urine concentration in children combining urine color and void number*. Presented at the ACSM, Denver, CO.

- 2017 Adams JD, Sekiguchi Y, Seal A, Suh HG, Sprong C, **Jansen LT**, Kavouras SA. *Dehydration impairs exercise performance independent of thirst perception: a blinded study*. Presented at the ACSM, Denver, CO.
- 2017 Sekiguchi Y, Adams JD, Seal A, Suh HG, Sprong C, **Jansen LT**, Kavouras SA. *Thirst modulates cycling performance in the heat in dehydrated males*. Presented at the ACSM, Denver, CO.
- 2017 Suh HG, Narcisse MR, Johnson EC, Cardenas V, **Jansen LT**, Kavouras SA. *Water intake and hydration state is associated with insulin resistance in healthy adults: NHANES 2009-2012*. Presented at the ACSM, Denver, CO.
- 2017 Butts CL, Caldwell A, Perry RA, Heath KM, Adams JD, Ganio MS, **Jansen LT**, Suh HG, Vandermark L, Smoot MK, McDermott BP. *Hydration and renal responses during pre-season high school american football*. Presented at the ACSM, Denver, CO.
- 2016 **Jansen LT**, Bousakis D, Johnson EC, Arnaoutis G, Spridoula T, Panagiotakos D, Kavouras SA. *Water intake and urinary hydration biomarkers in children*. Presented at the Central States ACSM annual meeting, Fayetteville, AR.
- 2016 Kavouras SA, Johnson EC, Adams JD, **Jansen LT**, Capitán-Jiménez C, Nixon DL, Huffman A. *Number of visits to the bathroom as an index of elevated urine osmolality*. Presented at the ACSM, Boston, MA.
- 2016 Johnson EC, Adams JD, **Jansen LT**, Capitán-Jiménez C, Kavouras SA. *The influence of beverage choice on body weight over 4 weeks. The FASEB Journal, 30(1)*.
- 2016 Johnson EC, Péronnet F, Vidal T, Adams JD, **Jansen LT**, Capitán-Jiménez C, Kavouras SA. *Water turnover, urinary biomarkers of hydration, and mood in men and women*. Presented at the ACSM, Boston, MA.
- 2016 Kavouras SA, Johnson EC, Adams JD, **Jansen LT**, Capitán-Jiménez C, Perrier E, Péronnet F, Guelinckx I. *Validity and reliability of a 7-day fluid diary to estimate average daily water intake*. Presented at the Experimental Biology, San Diego, CA.
- 2015 **Jansen LT**, Adams JD, Johnson EC, Kavouras SA. *Effects of plasma osmolality on glucose regulation in healthy males - a pilot study*. Doctoral Student Research Development Award, presented at the Central States ACSM, Warrensburg, MO.
- 2015 **Jansen LT**, Robillard JI, Adams JD, Johnson EC, Bardis C, Summers LG, Huffman A, Vidal T, Hammer ML, Kavouras SA. *Fluid balance of adolescent swimmers during training*. Presented at the ACSM, San Diego, CA.

- 2015 Kuennen MR, Granados J, **Jansen LT**, Gillum TL, Christmas K. *Dietary nitrate supplementation does not help US military soldiers “beet” the heat.* Presented at the ACSM, San Diego, CA.
- 2014 **Jansen LT**, Granados J, Harton H, Gillum T, Christmas K, Kuennen, MR. *3 β -hydroxy-5 α -androst-1-en-17-one increases testosterone bioavailability through downregulation of sex hormone binding globulin protein.* Presented at the TACSM Annual Meeting, Fort Worth, TX.
- 2014 **Jansen LT**, Granados J, Castillo W, Vanderbeck S, Kuennen MR. *Beet the heat - beetroot juice and acute heat stress.* Presented at the TACSM, Fort Worth, TX.
- 2014 Granados J, **Jansen LT**, Christmas K, Gillum T, Kuennen MR. *3-hydroxy-androst-1en-17-one enhances muscular gains but impairs the cardio-metabolic health of resistance trained males.* Presented at the Texas Chapter ACSM annual meeting, Fort Worth, TX.
- 2014 Granados J, **Jansen LT**, Harton H, Gillum T, Christmas K, Kuennen MR. *“Elevation Training Mask” induces hypoxia but utilizes a novel feedback signaling mechanism.* Presented at the TACSM Annual Meeting, Fort Worth, TX.
- 2014 Granados J, **Jansen LT**, Christmas K, Gillum T, Kuennen MR. *Acute effects of a novel engineered high altitude simulation mask: can the elevation training mask live up to the “high” expectations?* Presented at the West Texas A&M Research Conference, Canyon, TX.
- 2014 Combs CS, Granados J, **Jansen LT**, Castillo W, Christmas K, Gillum T, Kuennen MR. *Does pre-conditioning heat stress afford protection against delayed onset muscle soreness?* Presented at the WTAMU Research Conference, Canyon, TX.
- 2013 **Jansen LT**, Granados J, Castillo W, Kuennen MR. *Efficacy testing of a novel weight-loss supplement “Samson 7”.* Presented at the West Texas A&M Research Conference, Canyon, TX.

Invited Speaking

- 2022 **Invited Lecture**, Indiana University School of Public Health – Bloomington; Bloomington, IN. Mathematical Sciences in Obesity Research short course – R25-DK-22 (NIDDK); *Continuous Glucose Monitoring (CGM): A Process Measure to improve Obesity Research.*
- 2022 **Presenter**, University of Arkansas; Fayetteville, AR Central States ACSM – Professional Development Symposium. *The Post-Doctoral Experience – Report from a Recent Fellow.*

- 2021 **Invited Lecture**, University of Arkansas; Fayetteville, AR
Department of Health, Human Performance and Recreation Seminar
Series *Tales of Finding a Post-Doc Position – Professional Development
Presentation.*
- 2018 **Invited Lecture**, University of Arkansas for Medical Sciences; Little Rock,
AR Arkansas Children’s Research Institute – Nutrition Center. *Hydration
and Glucose Regulation – Water Homeostasis at a Cost?*
- 2018 **Presenter**, University of Arkansas; Fayetteville, AR
Department of Health, Human Performance and Recreation Seminar
Series *Osmotic Stimulation of Copeptin Acutely Impairs Glucose
Regulation*
- 2018 **Presenter**, University of Arkansas; Fayetteville, AR
Department of Health, Human Performance and Recreation Seminar
Series *Water, the Forgotten Nutrient – The Effect of Water Intake on
Health & Performance*
- 2015 **Presenter**, University of Arkansas; Fayetteville, AR Department of Health,
Human Performance and Recreation Seminar Series *Effects of Plasma
Osmolality on Glucose Regulation in Healthy Males – A Pilot Study*

Honors and Awards

- 2018 College of Education and Health Professions Doctoral Student Research
Award, Third Place. Student Research Competition, University of
Arkansas; Fayetteville, AR Title: *Osmotic stimulation of copeptin acutely
impairs glucose regulation in healthy men and women*
- 2018 Departmental Graduate Research Travel Grant Award. To present
research at annual Experimental Biology meeting in San Diego, CA.
(\$1,000)
- 2017 Departmental Graduate Research Travel Grant Award. To present
research at annual Experimental Biology meeting in Chicago, IL.
(\$1,000)
- 2016 Departmental Graduate Research Travel Grant Award. To present
research at annual American College of Sports Medicine meeting in
Boston, MA.
(\$1,000)

- 2015 Doctoral Academy Fellowship, Graduate Research Training Grant.
University of Arkansas; Fayetteville, AR.
(\$ 40,000)
- 2015 Departmental Graduate Research Travel Grant Award. To present
research at annual American College of Sports Medicine meeting in San
Diego, CA.
(\$1,000)
- 2015 Student Research Development Award, Doctoral Category, First Place.
Central States Chapter of the American College of Sports Medicine
Annual Meeting, Warrensburg, MO
Title: *Effects of plasma osmolality on glucose regulation in healthy males –
a pilot study*
(\$ 500)
- 2014 Student Research Development Award, Master Category, First Place.
Texas Chapter of the American College of Sports Medicine Annual
Meeting, Fort Worth, TX. Title: *Is it possible to “beet” the heat? – beetroot
juice and acute heat stress*
(\$ 500)
- 2014 Student Research Presentation Award, Master Category, Second Place.
Texas Chapter of the American College of Sports Medicine Annual
Meeting, Fort Worth, TX. Title: *3 β -hydroxy-5 α -androst-1-en-17-one
increases testosterone bioavailability through downregulation of sex
hormone binding globulin protein*
- 2014 Student Research Presentation Award, Graduate Level, First Place.
Student Research Competition, West Texas A&M University; Canyon, TX
Title: “Beet” the heat – *dietary nitrate and acute heat stress*

Teaching Experience

- 2022 - Present **Instructor of Record** Nutrition Assessment
– NUTR 5102 Department of Dietetics and Nutrition
University of Arkansas for Medical Sciences; Little Rock, AR
- 2022 - Present **Instructor of Record** Nutrition Research and Statistical Methods
– MSDI 5110 Department of Dietetics and Nutrition
University of Arkansas for Medical Sciences; Little Rock, AR

- 2022 - Present **Instructor of Record** Nutrition Research and Statistical Methods
 – NUTR 5104 Department of Dietetics and Nutrition
 University of Arkansas for Medical Sciences; Little Rock, AR
- 2022 - Present **Instructor of Record** Nutrition for Health, Wellness and Sport
 – NUTR 5115 Department of Dietetics and Nutrition
 University of Arkansas for Medical Sciences; Little Rock, AR
- 2018 – 2019 **Instructor of Record** Physical Exercise and Activity Class – PEAC 1221
 Department of Health, Human Performance and Recreation
 University of Arkansas; Fayetteville, AR
- 2018 – 2019 **Instructor of Record** Physical Exercise and Activity Class – PEAC 1391
 Department of Health, Human Performance and Recreation
 University of Arkansas; Fayetteville, AR
- 2017 – 2018 **Instructor of Record** Laboratory Techniques in Exercise Science
 – EXSC 3533 Department of Health, Human Performance and Recreation
 University of Arkansas; Fayetteville, AR
- 2015 – 2016 **Instructor of Record** Seminar: Introduction to Exercise Science
 - EXSC 2733 Department of Health, Human Performance and Recreation
 University of Arkansas; Fayetteville, AR

Guest Lectures

- 2022 **Guest Lecture**, University of Arkansas; Fayetteville, AR in Honors
 Research Methods in Exercise Science (EXSC 3723H)
 Department of Health, Human Performance and Recreation *Equity in
 Research – Why is it important?*
- 2017 **Guest Lecture**, University of Arkansas; Fayetteville, AR in Graduate
 Exercise Physiology (EXSC 5593)
 Department of Health, Human Performance and Recreation
Thermoregulatory Stressors during Exercise in the Heat
- 2017 **Guest Lecture**, University of Arkansas; Fayetteville, AR in Graduate
 Practicum in Laboratory Instrumentation (EXSC 5593)
 Department of Health, Human Performance and Recreation
Thermoregulatory Stressors during Exercise in the Heat
- 2016 **Guest Lecture**, University of Arkansas; Fayetteville, AR
 in Laboratory Techniques in Exercise Science (EXSC 3533)

Department of Health, Human Performance and Recreation
Cardiovascular Fitness Assessments– The Åstrand & YMCA Bike Test
Anaerobic Exercise Capacity – The Wingate Test

2016 **Guest Lecture**, University of Arkansas; Fayetteville, AR
in Seminar: Introduction to Exercise Science (EXSC 2733)
Department of Health, Human Performance and Recreation
Graduate Degrees and Careers in Exercise Science

2014 **Guest Lecture**, University of Arkansas; Fayetteville, AR in Performance
and Drugs (EXSC 4773) Department of Health, Human Performance and
Recreation *Reported Performance Enhancing Effects of Dietary Nitrate*
Supplementation in Athletic and General Populations.

Mentorship Experience

Completed M.S. Committees Chaired

2022 Patrick C. Gurley, M.S. – Clinical Nutrition (MSCN) 2022
Non-Thesis: *Impact of a Pharmacist/Clinical Nutrition Specialist Guided*
Educational Intervention on the Knowledge and Attitude toward Nutrition
and Dietary Supplement Use Among Collegiate Baseball and Softball
Athletes at a NCAA Division II Program

2022 Caitlin R. Cothorn, M.S. – Clinical Nutrition (MSCN) 2022
Non-Thesis: *The effect of adding a registered dietitian to the*
interdisciplinary team on malnutrition diagnosis and nutrition care in long-
term care residents

Project Advisor

2022 **Mentor**, Patrick C. Gurley, PharmD
- MSCN Candidate

2022 **Mentor**, Caitlin R. Cothorn, RD
- MSCN Candidate

2019 – 2020 **Mentor**, Malik Masood (Boston Children’s clinical assistant I)
- Admitted to Yale School of Medicine

2019 – 2020 **Mentor**, Elisabetta Ferrero (Boston Children’s clinical assistant I)
- Admitted to Harvard T.H. Chan School of Public Health

Senior Peer Advisor

- 2017 **Mentor**, Kyle Cook (UA Undergraduate Honors Student)
 - Admitted to University of Arkansas Medical School
- 2017 **Mentor**, Bryce Wall (UA Undergraduate Honors Student)
 - Admitted to University of Arkansas Medical School
- 2017 **Mentor**, Marshall Ward (UA Undergraduate Honors Student)
 - Admitted to University of Arkansas Medical School
- 2016 – 2018 **Mentor**, Zachary Lewis (UA Master Student)
- 2016 – 2018 **Mentor**, Chunbo Yang (UA Master Student)
- 2016 – 2018 **Mentor**, Cameron Sprong (UA Undergraduate Research Assistant)
- 2016 **Mentor**, Jillian Fry (UA Undergraduate Honors Student)
 - Admitted to University of Arkansas Medical School
- 2016 **Mentor**, Allison Schroeder (UA Undergraduate Honors Student)
 - Admitted to University of Arkansas Medical School
- 2015 – 2017 **Mentor**, Yasuki Sekiguchi (UA Master Student)
 - Ph.D. from the University of Connecticut

University Service

- 2022 **Research Committee Member.** Women's Faculty Development Caucus (WFDC) – University of Arkansas for Medical Sciences, Little Rock, AR. Description: Planning and implementation of research promotional activities.
- 2022 **Faculty Affairs Committee Member.** University of Arkansas for Medical Sciences, Little Rock, AR. Description: Assisted in revising the faculty handbook.
- 2021 **Faculty-Member-At-Large.** Joint Committee on the Status of Women – Harvard Medical School. Description: Member-at-large to facilitate inclusion and diversity at Harvard Medical School.
- 2019 **Phlebotomy training facilitator.** Exercise Science Research Center Fayetteville, AR. Description: Instructed graduate students on how to safely conduct blood collection from an antecubital vein using either butterfly needle or intravenous catheter placement.
- 2018 **Graduate student volunteer,** Practicum in Exercise Science – EXSC 5593 Description: Supervised graduate students as they increased core temperature during structured outdoor play, as well as during subsequent core temperature assessment modalities.
- 2015 – 2019 **Clinical trial/flow of study training facilitator.** Exercise Science Research Center Fayetteville, AR. Description: Was designated liaison in facilitating training on study set up, organization of laboratory space and study protocol flow charts.
- 2013 – 2014 **Graduate Student Council Member.** Kilgore Research Center, Canyon, TX. Description: served on the graduate student council to represent graduate students' need and interest.

Professional Service

- 2022 **Ad hoc Reviewer** *European Journal of Nutrition, Nutrients, Journal of Cachexia, Sarcopenia and Muscle*
- 2021 **Ad hoc Reviewer** *British Journal of Nutrition, Nutrients, Sustainability, Children, Applied Sciences, International Journal of Environmental Research and Public Health, Medicina*

2020 **Ad hoc Reviewer** *Journal of Applied Physiology, British Journal of Nutrition, Nutrients*

2020 – Present **Junior Editorial Board Member** *Frontiers in Sports and Active Living*

2019 **Ad hoc Reviewer** *British Journal of Nutrition, Nutrients*

2018 **Ad hoc Reviewer** *Journal of Applied Physiology*

Professional Memberships

2020 – Present	Association for Women in Science – Massachusetts Chapter
2020 – 2021	Harvard Joint Committee on the Status of Women
2015 – Present	American Society of Nutrition
2015 – Present	American Physiological Society
2013 – Present	American College of Sports Medicine
2015 – 2019	Central States Chapter of the American College of Sports Medicine
2013 – 2016	Texas Chapter of the American College of Sports Medicine

References

Cara B. Ebbeling, Ph.D.

Associate Professor of Pediatrics
Co-Director of New Balance Foundation Obesity Prevention Center
Boston Children's Hospital, Boston, MA
Assoc. Professor of Pediatrics
Harvard Medical School, Boston, MA
PI Post-Doctoral Studies
E-mail: cara.ebbeling@childrens.harvard.edu
Phone: (+1) 617 – 919 – 3457

David S. Ludwig, M.D., Ph.D.

Professor of Pediatrics
Co-Director of New Balance Foundation Obesity Prevention Center
Boston Children's Hospital, Boston, MA
Professor of Nutrition
T.H. Chan School of Public Health, Boston, MA
Professor of Pediatrics
Harvard Medical School, Boston, MA
Co-PI Post-Doctoral Studies
E-mail: david.ludwig@childrens.harvard.edu
Phone: (+1) 617 – 355 – 4878

Stavros A. Kavouras, Ph.D.

Professor of Nutrition
Assistant Dean of Graduate Education
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