

# CURRICULUM VITA, DAVID CHRISTOPHER NIEMAN

## Academic and Professional Education

<i>Institution</i>	<i>Degree</i>	<i>Area of Specialization</i>	<i>Date</i>
Pacific Union College	BS (magna cum laude)	Physical Education	1972
Loma Linda University	MPH	Interdepartmental	1977
Loma Linda University	DrPH	Public health, nutrition, exercise	1984

## Academic and/or Administrative Positions

<i>Title</i>	<i>Organization/Institution</i>	<i>Date</i>
Director, Human Performance Laboratory	North Carolina Research Campus, Kannapolis	2008-
Professor, Biology	Appalachian State University	2019-
Professor, Health & Exercise Science	Appalachian State University	1992-19
Director, Health Promotion degree program		1992-08
Director, Human Performance Lab		1992-08
Associate Professor, Health & Exercise Science	Appalachian State Univ., Boone, NC	1990-92
Associate Professor, Chairman, Health Science	Loma Linda Univ., School Public Health	1986-90
Associate Professor, Nutrition, Health Promotion	Loma Linda Univ., School Public Health	1984-90
Contract Instructor, Health Promotion	Loma Linda Univ., School Public Health	1983-84
Program Director, Adult Fitness Programs	Loma Linda Univ., Health Promotion	1982-84
Instructor, Dept. Health & Physical Education	Pacific Union College, Angwin, CA	1973-81
Instructor, Dept. Health & Physical Education	Helderberg College, South Africa	1974-75
Instructor/Gymnastic Coach, Dept. of P.E.	Union College, Lincoln, NE	1972-73

## Membership in Scientific Societies

American College of Sports Medicine	1983-
SEACSM	1990-13
American Society for Nutrition	2007-
International Society of Exercise and Immunology	1993-
The American Physiological Society	1995-17

## Honors/Awards/Professional Certification

<i>Title</i>	<i>Date</i>
Health/Fitness Instructor, American College of Sports Medicine	1984-
Delta Omega Society	1984-
Fellow, American College of Sports Medicine	1988-
Sigma Xi, Scientific Research Society of North America	1990-
Sigma Xi, Outstanding Researcher of the Year Award, Appalachian State University	1996
Distinguished Graduate Faculty Award, Appalachian State University	1997
100 Scholars Faculty Research Award, Appalachian State University	1997
Research Travel Grant Award, Appalachian State University	1997
Board of Governors' Appalachian State University Excellence in Teaching Award	2001
ACSM President's Lecture	2001
SEACSM Montoye Scholar's Award	2006
ASU College of Fine and Applied Arts, Scholarship/Creative Activity Award	2006
ASU Oliver Max Gardner nominee (4 times)	2010,2009, 2008, 2007
American College of Sports Medicine, Citation Award	2013
Piedmont Federal, High Country, Healthcare Hero Award	2014

## H-Index, Citations

Google Scholar: h-index = 110; citations = 51,000 (ranked top 2% in USA; #1 AppState)	2022
Web of Science: h-index = 72; citations = 22,152	2022

## Professional Service

Senior Editor, Vibrant Life (lay health magazine)	1988-95
Southeastern ACSM Executive Board	1994-96
President-elect, President, Past-President, Southeastern ACSM	2000-03
International Society for Exercise Immunology, Executive Board	1993-
President-Elect, President, Past-President, International Society for Exercise Immunology	1995-01
ACSM Board of Trustees (elected office)	2003-05
Software reviewer, Journal of the American Dietetic Association	1995-03
<i>J Am Diet Assoc</i> 96:418;532;632;829;1106; 1326, 1996; 97:338, 1997; 98:604;725; 937, 1998; 99:252; 885, 1999; 100:388; 487, 2000.	1996-00
Consultant, Human Kinetics (fitness software development)	1996-02
Medical Advisory Board, Tanita Corporation	1997-05
Medical Advisory Board, Bally Total Fitness Corporation	1997-05
Medical Advisory Board, HealtheTech Inc.	2001-04
Scientific Advisory Board; Health and Wellness Advisory Board, Power Plate	2007-10
Scientific Advisory Board, Quercegen Pharma	2007-13
ACSM, National Registry Board, Registered Clinical Exercise Physiologist (Exam subcommittee)	1998-01
Co-inventor, patent No. 60/391,587, "System and method for monitoring weight and nutrition"	2002
Section editor, YearBook of Sports Medicine (Mosby)	1999-13
"You Asked For It" column: Vol 6 (1,2,3,4,5,6), 2002; Vol 7 (1,2,3,4,5,6), 2003; Vol 8 (1,2,3,4,5,6), 2004; Vol 9 (1,2,3,4,5,6), 2005; Vol 10 (1,2,3,4,5,6), 2006; Vol 11 (1,2,3,4,5,6), 2007; 2008; 2009;2010.	2002-10
ACSM's Health and Fitness Summit Program Planning Committee	2002-05
Consultant, railroad industry	2000-16
Consultant, ARMGO	2007-08
ACSM Vice-President	2009-11
ACSM Program committee; ACSM Budget and Finance Committee; ACSM Research Awards Committee	
Scientific Advisory Board, Marathon and Beyond	2011-15
NASA research grant reviewer	2016, 2021
NIH study section reviewer, Neurotoxicology & Alcohol (NAL), Integrative, Functional, Cognitive Neuroscience (IFCN)	2017
UK Medical Research Council reviewer	2021
National Science Foundation reviewer, Proposal Number: 2200494	2022

## Service on editorial boards:

<i>Research in Sports Medicine (formerly Sports Medicine, Training and Rehabilitation)</i>	1991-
<i>International Journal of Sport Nutrition and Exercise Metabolism</i>	1993-
<i>Exercise Immunology Review</i>	1995-
<i>Nutrition and Food Science</i>	1996-
<i>American Journal of Lifestyle Medicine</i>	2006-2013
<i>Clinical Exercise Physiology</i>	1998-03
<i>ACSM's Health and Fitness Journal</i>	1998-2011
<i>Medicina Sportiva</i>	1999-2015
<i>The American Journal of Medicine &amp; Sports</i>	2000-10
<i>Medicine and Science in Sports and Exercise</i>	2005-22
<i>Journal of Applied Physiology</i>	2007-2017
<i>Journal of Forensic Biomechanics</i>	2009-10
<i>The Scientific World Journal</i>	2011-
<i>Journal of Sport and Health Science</i>	2011-
<i>Journal of Sports Medicine and Physical Fitness</i>	2012-
<i>Nutrigenomics, Frontiers in Genetics and Nutrition.</i>	2018-
<i>Journal of Science in Sport and Exercise</i>	2018-
<i>Oxidative Medicine and Cellular Longevity</i>	2018-22
<i>Scientific Reports</i>	2023-
<i>Faculty Opinions (faculty member)</i>	2020-
<b>Associate Editor, Sport and Exercise Nutrition section of Frontiers in Nutrition</b>	2015-
<b>Associate Editor, Research in Sports Medicine: An International Journal</b>	2015-
Associate Editor, <i>Clinical Exercise Physiology</i>	1999-02
Associate Editor, <i>ACSM's Health and Fitness Journal</i>	2002-10
Advisory Board, Sci (MDPI) journal	2018-
<b>Associate Editor, International Journal of Sports Nutrition and Exercise Metabolism</b>	2019-
<b>Section Editor-in-Chief, Sports Nutrition, Nutrients (5 special issues editor)</b>	2018-/20-
<b>Specialty Chief Editor, Sport and Exercise Nutrition, Frontiers in Nutrition journal</b>	2020-

## Manuscript reviewer (past 40 years) for 158 different journals:

*International Journal of Sports Medicine; Medicine and Science in Sports and Exercise; Journal of the American Dietetic Association; Research Quarterly for Exercise and Sport; Journal of Applied Physiology; Sports Medicine; Journal of Physical Activity and Aging; International Journal of Sport Nutrition and Exercise Metabolism; Medicine, Exercise, Nutrition and Health; Physiology and Behavior; British Journal of Sports Medicine; Journal of Psychosomatic Research; Sports Medicine, Training and Rehabilitation; Acta Physiologica Scandinavica; American Journal of Physiology: Endocrinology & Metabolism; Canadian Journal of Applied Physiology; Canadian Journal of Physiology and Pharmacology; Vegetarian Nutrition; Exercise Immunology Annual; European Journal of Applied Physiology and Occupational Physiology; Clinical Journal of Sports Medicine; Life Sciences; Clinical and Experimental Immunology; Physiological Reviews; Journal of Sports Sciences; Clinical Science; Journal of Interferon & Cytokine Research; Pediatric Research; Psychosomatic Medicine; Southern Medical Journal; Free Radical Biology & Medicine; Journal of Acquired Immune Deficiency Syndromes; Clinical Exercise Physiology; Acta Haematologica; Journal of Physiology (London); Journal of Leukocyte Biology; Scandinavian Journal of Medicine & Science in Sports; Journal of Athletic Training; American Journal of Physiology - Cell Physiology; The American Journal of Medicine & Sports; Journal of Physiology; British Journal of Nutrition; Obesity Research; Annals of Behavioral Medicine; Metabolism; BioMed Central; Critical Reviews in Immunology; South African Journal of Sports Medicine; Archives of Pediatrics and Adolescent Medicine; Diabetes; European Journal of Clinical Nutrition; Pediatric Exercise Science; FASEB Journal; Medicina Sportiva; The Journal of Infectious Diseases; Journal of Nutrition Health and Aging; American Journal of Physiology: Regulatory, Integrative, and Comparative Physiology; Journal of Women's Health; Experimental Physiology; Journal of Immunological Methods; Cytokine; Journal of Sports Science and Medicine; American Journal of Lifestyle Medicine; Spinal Cord; Journal of Nutritional Biochemistry; Applied Physiology, Nutrition, and Metabolism; STRESS: the International Journal on the Biology of Stress; European Journal of Oral Sciences; Journal of Orthopedic Research; Diabetes, Obesity and Metabolism; Nutrition: The International Journal of Applied and Basic Nutritional Sciences; Appetite; Acta Paediatrica; Agro Food Industry High Tech; American Journal of Physical Medicine & Rehabilitation; Mediators of Inflammation; Atherosclerosis; International Journal of Sports Physiology and Performance; Journal of Medicinal Foods; Clinica Chimica Acta; Nutrition Reviews; PloS One; Leukemia and Lymphoma; Inflammation Research; International Journal of Inflammation; Nutrients; The Scientific World Journal; Clinical Endocrinology; Annals of Hematology; Influenza and Other Respiratory Viruses; Annals of Nutrition and Metabolism; Journal of Sport and Health Science; Advances in Therapy Review; Clinical Nutrition and e-SPEN Journal; Journal of Nutrition; Scandinavian Journal of Immunology; Journal of Sports Science and Medicine; Journal of Strength and Conditioning Research; Clinical and Developmental Immunology; Nutrition Journal; BMC Sports Science, Medicine and Rehabilitation; Journal of Human Nutrition and Dietetics; AJP-Heart and Circulatory Physiology; Oxidative Medicine and Cellular Longevity; Future Medicine; Metabolomics; Cancer Biology & Therapy; Journal of Agricultural and Food Chemistry; European Journal of Sport Science; Military Medicine; Sports Medicine – Open; Cochrane Acute Respiratory Infections Group; The Journal of Nutrition, Health and Aging; Beverages; European Journal of Nutrition; Evidence-Based Complementary and Alternative Medicine; Clinical Physiology and Functional Imaging; Scandinavian Journal of Clinical & Laboratory Investigation; Biology of Sport; Biochemistry and Biophysics Reports; American Journal of Cardiology; Scientific Reports; Archives Of Physiology And Biochemistry; Stress and Health; Journal of Science and Medicine in Sport; Journal of the Science of Food and Agriculture; BioMed Research International; Phytotherapy Research; Frontiers in Genetics; Molecules; BioMed Research International; Journal of Dietary Supplements; Food and Function; BMJ Open; Functional Foods; Computer Methods and Program in Biomedicine; Journal of Immunology Research; Expert Review of Clinical Immunology; Evidence-Based Complementary and Alternative Medicine; Public Health Nutrition; Complementary Therapies in Medicine; Journal of Nutritional Science; Nutrition and Food Science; BMC Respiratory Research; International Journal of Molecular Sciences; Frontiers in Psychology; Frontiers in Physiology; Redox Biology; Journal of Physical Activity & Health; Journal of Gerontology: Biological Sciences; BMC Public Health; British Journal of Clinical Pharmacology; Western Journal of Nursing Research; European Journal of Immunology; BMJ Nutrition, Prevention & Health; Frontiers in Public Health; Journal of Physical Activity and Health.*

## Courses Taught Since 1990

<i>Course Title</i>	<i>Location</i>	<i>Date</i>
HP 4200 Epidemiology	Dept HLES, ASU	1992-98
HP 3200 Health Risk Appraisal	Dept HLES, ASU	1991-02
HP 4100 Biostatistics	Dept HLES, ASU	1991-08
HP 4100 Online-Biostatistics	Dept HLES, ASU	2010-2019
HP 2200 Lifestyle Disease and Risk Reduction	Dept HLES, ASU	1991-08
HP2200 Online-Lifestyle Disease	Dept HLES, ASU	2010-2017
HP 1105 Health and Fitness	Dept HLES, ASU	1990-94
Previous classes: Health Program Planning, Carbohydrates, Public Health Nutrition, Assessment of Nutritional Status, Seminar in Nutrition and Exercise, Exercise Physiology.		

## University Service on Committees Since 1990

Health Promotion Advisory	1992-08
Institutional Review Board for Human Research	1993-12
University Research Council	1993-99
Human Performance Lab	1996-
Search Committee, Graduate Dean	1996-97
Graduate Program Review subcommittee (Biology)	1998
ASU Travel Grant Committee	1998
ASU Scientific Misconduct Committee	1999
ASU Research Strategic Planning Committee	1999
Search Committee, HLES Chairperson	2002-05
Search Committee, Nursing	2006
ASU Strategic Planning: Research Targeted Areas	2006-08
NCRC Directors	2008-
NCRC Faculty Search Committee	2014-20

## Publications: Books

1. Nieman DC. *Exercise Testing and Prescription: A Health-Related Approach*. New York: McGraw-Hill; 1<sup>st</sup> edition 1986; 2<sup>nd</sup> edition 1990; revised 2<sup>nd</sup> edition, 1991, with ancillaries; 3<sup>rd</sup> edition, 1995, with ancillaries; 4<sup>th</sup> edition, 1999, with ancillary; 5<sup>th</sup> edition, with ancillaries, 2003; 6<sup>th</sup> edition, with ancillaries, 2007; 7<sup>th</sup> edition, 2011.
2. Nieman DC, Butterworth D, Nieman CN. *Nutrition*. Dubuque: WmC Brown Publishers, 1990. Revised 1st edition, 1992.
3. Nieman DC. *Nutritional Assessment* (7<sup>th</sup> edition, 2019). New York, NY: McGraw Hill Education.
- Lee RD, Nieman DC. *Nutritional Assessment*. Dubuque: WmC Brown Publishers, 1<sup>st</sup> edition 1993. St. Louis: Mosby, 2<sup>nd</sup> edition, 1996; 3<sup>rd</sup> edition, 2003; 4<sup>th</sup> edition, 2007; 5<sup>th</sup> edition, 2010; 6<sup>th</sup> edition, 2013; 7<sup>th</sup> edition, 2019.
4. Nieman DC. *The Adventist Healthstyle*. Hagerstown: Review and Herald Publishing, 1992.
5. Nieman DC. *Fitness and Your Health*. Palo Alto: Bull Publishing, 1993, with ancillaries; Dubuque, IA: Kendall/Hunt, 2005 (3<sup>rd</sup> ed), 2007 (4<sup>th</sup> ed), 2009 (5<sup>th</sup> ed), 2011 (6<sup>th</sup> ed), 2015 (7<sup>th</sup> ed), 2016, 2019 (8<sup>th</sup> ed), 2021 (9<sup>th</sup> ed) and ancillaries.
6. Nieman DC. *The Exercise-Health Connection*. Champaign, IL: Human Kinetics Publishers, 1998. Translated into Portuguese: *Exercício E Saude*. São Paulo, Brazil: Editora Manole Ltda, 1999.
7. Nieman DC. *Assessing Body Composition*. Champaign, IL: Human Kinetics Publishers, 1999.
8. Nieman DC, Pedersen BK (eds). *Nutrition and Exercise Immunology*. Boca Raton, FL: CRC Press, 2000.
9. Shephard RJ, Cantu RC, Feldman DE, Jankowski CM, McCrory P, Nieman DC, Pierrynowski MR, Rowland T, Shrier I. *The Year Book of Sports Medicine*. St. Louis: Mosby, 2000; 2001; 2002; 2003; 2004; 2005; 2006; 2007; 2008; 2009; 2010; 2011; 2012; 2013.
10. *ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic, and Hematologic Conditions*. Myers JN, Herbert WG, Humphrey R, Figoni SF, Nieman DC, Pitetti KH (eds). Philadelphia: Lippincott Williams & Wilkins, 2002; 2009 (co-senior editor).

## Publications: Peer-Reviewed Research Articles, Review Papers, and Book Chapters

1. Nieman DC, Nieman CN. A comparative study of two microcomputer nutrient data bases with the USDA Nutrient Data Base for Standard Reference. *J Am Diet Assoc* 87:930-932, 1987.
2. Nieman DC, Carlson KA, Brandstater ME, Naegele RT, Blankenship JW. Running endurance in 27-hour fasted humans. *J Appl Physiol* 63:2502-2509, 1987.
3. Nieman DC, Dizon G, De Guia E, Haig JL, Register UD. Reducing diet and exercise training effects on resting metabolic rates in mildly obese women. *J Sports Med Phys Fit* 28:79-88, 1988.
4. Berk LS, Nieman DC, Tan SA, et. al. Stress from maximal exercise modifies T-helper and T-suppressor lymphocyte subpopulations and their ratio in man. *Exerc Physiol: Current Selected Research* 3:1-11, 1988.
5. Nieman DC, George DM. Personality traits that correlate with success in distance running. *J Sports Med Phys Fit* 27:345-356, 1987.
6. Nieman DC. Vegetarian dietary practices and endurance performance. *Am J Clin Nutr* 48:754-761, 1988.
7. Segebartt KS, Nieman DC, Pover NK, Arabatzis K. Psychological well-being in physically active and inactive healthy young old to very old women. *Ann Sports Med* 4:130-136, 1988.
8. Nieman DC, Butler JV, Pollett LM, Dietrich SJ, Lutz RD. Nutrient intake of marathon runners. *J Am Diet Assoc* 89:1273-1278, 1989.
9. Nieman DC, Sherman KM, Arabatzis K, Underwood BC, Barbosa JC, Johnson M, Shultz TD, Lee JW. Hematological, anthropometric, and metabolic comparisons between vegetarian and nonvegetarian elderly women. *Int J Sports Med* 10:243-251, 1989.
10. Nieman DC, Johansen LM, Lee JW. Infectious episodes in runners before and after a road race. *J Sports Med Phys Fit* 29:289-96, 1989.
11. Nieman DC, Tan SA, Lee JW, Berk LS. Complement and immunoglobulin levels in athletes and sedentary controls. *Int J Sports Med* 10:124-128, 1989.
12. Nieman DC, Gates JR, Butler JV, Pollett LM, Dietrich SJ, Lutz RD. Supplementation patterns in marathon runners. *J Am Diet Assoc* 89:1615-1619, 1989.
13. Nieman DC, Underwood BC, Arabatzis K, Sherman KM, Barbosa JC, Johnson M, Shultz TD. Dietary status in Seventh-day Adventist vegetarian and nonvegetarian elderly women. *J Am Diet Assoc* 89:1763-1769, 1989.
14. Nieman DC, Berk LS, Simpson-Westerberg M, Arabatzis K, Youngberg WS, Tan SA, Lee JW, Eby WC. Effects of long endurance running on immune system parameters and lymphocyte function in experienced marathoners. *Int J Sports Med* 10:317-323, 1989.
15. Nieman DC, Johansen LM, Lee JW, Cermak J, Arabatzis K. Infectious episodes in runners before and after the Los Angeles Marathon. *J Sports Med Phys Fit* 30:316-328, 1990.

16. Crespo CJ, Nieman DC, Vitolins M. Accuracy of a piezoelectric crystal microphone interfaced through an audio amplifier board for use in an automated blood pressure device. *Biomed Instrum Technol* 24:278-282, 1990.
17. Berk LS, Nieman DC, Youngberg WS, Arabatzis K, Simpson-Westerberg M, Lee JW, Tan SA, Eby WC. The effects of long endurance running on natural killer cells in marathoners. *Med Sci Sports Exerc* 22:207-212, 1990.
18. Nieman DC, Pover NK, Segebartt KS, Arabatzis K, Johnson M, Dietrich SJ. Hematological, anthropometric, and metabolic comparisons between active and inactive healthy old old to very old women. *Ann Sports Med* 5:2-8, 1990.
19. Barbosa JC, Shultz TD, Filley SJ, Nieman DC. The relationship among adiposity, diet, and hormone concentrations in vegetarian and nonvegetarian postmenopausal women. *Am J Clin Nutr* 51:798-803, 1990.
20. Nieman DC, Nehlsen-Cannarella SL, Markoff PA, Balk-Lamberton AJ, Yang H, Chritton DBW, Lee JW, Arabatzis K. The effects of moderate exercise training on natural killer cells and acute upper respiratory tract infections. *Int J Sports Med* 11:467-473, 1990.
21. Nieman DC, Onasch LM, Lee JW. The effects of moderate exercise training on nutrient intake in mildly obese women. *J Am Diet Assoc* 90:1557-1562, 1990.
22. Nieman DC, Haig JL, Fairchild KS, De Guia ED, Dizon GP, Register UD. Reducing diet and exercise training effects on serum lipids and lipoproteins in mildly obese women. *Am J Clin Nutr* 52:640-645, 1990.
23. Cramer SR, Nieman DC, Lee JW. The effects of moderate exercise training on personality traits in women. *Ann Sports Med* 5:128-132, 1990.
24. Lee JW, Nieman DC. A nomogram for calculation of aerobic capacity from cycle ergometry. *Ann Sports Med* 5:163-165, 1990.
25. Nieman DC. Nutrition and physical performance, in Hodgkin G (ed): *Diet Manual: Including A Vegetarian Meal Plan* (7th edition). Loma Linda University, 1990.
26. Luna P, Lee JW, Nieman DC, Hopp JW. Predicting sum of skinfolds in children using a multiple regression equation. *Wellness Perspectives: Research, Theory and Practice* 7(4):3-23, 1991.
27. Cramer SR, Nieman DC, Lee JW. The effect of moderate exercise training on psychological wellbeing and mood state in women. *J Psychosom Res* 35:437-449, 1991.
28. Nehlsen-Cannarella SL, Nieman DC, Balk-Lamberton AJ, Markoff PA, Arabatzis K, Chritton DBW, Gusewitch G, Lee JW. The effects of moderate exercise training on immune response. *Med Sci Sports Exerc* 23:64-70, 1991.
29. Nieman DC, Nehlsen-Cannarella SL. The effects of acute and chronic exercise on immunoglobulins. *Sports Med* 11:183-201, 1991.
30. Nieman DC. Exercise and immunity. *Sports Med Digest* 13(1):1-3, January 1991.
31. Lee RD, Nieman DC, Raval R, Blankenship JW, Lee JW. The effects of acute moderate exercise on serum lipids and lipoproteins in women. *Int J Sports Med* 12:537-542, 1991.
32. Nieman DC, Nehlsen-Cannarella SL, Donohue KM, Chritton DBW, Haddock BL, Stout RW, Lee JW. The effects of acute moderate exercise on leukocyte and lymphocyte subpopulations. *Med Sci Sports Exerc* 23:578-585, 1991.
33. Nehlsen-Cannarella SL, Nieman DC, Jessen J, Chang L, Gusewitch G, Blix GG, Ashley E. The effects of acute moderate exercise on lymphocyte function and serum immunoglobulins. *Int J Sports Med* 12:391-398, 1991.
34. Nieman DC, Nehlsen-Cannarella SL: Effects of endurance exercise on immune response, in Shephard RJ, Astrand PO (eds): *Endurance in Sport*, Oxford, England, Blackwell Scientific Publications LTD, 1992.
35. Nieman DC, Nehlsen-Cannarella SL: Exercise and infection. In Eisinger M, Watson RW (eds): *Exercise and Disease*, Boca Raton, FL, CRC Press, Inc., 1992.
36. Nieman DC, Butterworth DE, Nieman CN, Lee KE, Lee RD. Comparison of six microcomputer dietary analysis systems with the USDA Nutrient Data Base for Standard Reference. *J Am Diet Assoc* 92:48-59, 1992.
37. Heath GW, Macera CA, Nieman DC. Exercise and upper respiratory tract infections: is there a relationship? *Sport Med* 14:353-365, 1992.
38. Nieman DC, Henson DA, Johnson R, Lebeck L, Davis JM, Nehlsen-Cannarella. Effects of brief, heavy exertion on circulating lymphocyte subpopulations and proliferative response. *Med Sci Sports Exerc* 24:1339-1345, 1992.
39. Nieman DC. Exercise, immunity and respiratory infections. *Sports Science Exchange* 4(39):1-6, 1992. (Reprinted in *Swimming Technique*, August-October, 1994).
40. Sparling PB, Nieman DC, O'Connor PJ. Selected scientific aspects of marathon training: an update on fluid replacement, immune function, psychological factors and the gender difference. *Sports Med* 15:116-132, 1993.
41. Warren BJ, Nieman DC, Dotson RG, Adkins CH, O'Donnell KA, Haddock BL, Butterworth DE. Cardiorespiratory responses to exercise training in septuagenarian women. *Int J Sports Med* 14:60-65, 1993.
42. Nieman DC, Henson DA, Gusewitch G, Warren BJ, Dotson RC, Butterworth DE, Nehlsen-Cannarella SL. Physical activity and immune function in elderly women. *Med Sci Sports Exerc* 25:823-831, 1993.
43. Butterworth DE, Nieman DC, Perkins R, Warren BJ, Dotson RG. Exercise training and nutrient intake in elderly women. *J Am Diet Assoc* 93:653-657, 1993.
44. Nieman DC, Warren BJ, O'Donnell KA, Dotson RG, Butterworth DE, Henson DA. Physical activity and serum lipids and lipoproteins in elderly women. *J Am Geriatr Assoc* 41:1339-1344, 1993.
45. Nieman DC, Warren BJ, Dotson RC, Butterworth DE, Henson DA. Physical activity, psychological well-being, and mood state in elderly women. *J Aging Phys Act* 1:22-33, 1993.
46. Warren BJ, Dotson RG, Nieman DC, Butterworth DE. Validation of a one-mile walk test in elderly women. *J Aging Phys Act* 1:13-21, 1993.
47. Hinkleman L, Nieman DC. The effects of a walking program on body composition and serum lipids and lipoproteins in overweight women. *J Sports Med Phys Fit* 33:49-58, 1993.
48. Nieman, D.C. Physical activity, fitness and infection. In: C. Bouchard, R.J. Shephard, and T. Stephens (eds). *Physical Activity, Fitness, and Health: International Proceedings and Consensus Statement*. Champaign, IL: Human Kinetics Books, 1994, pp. 796-813.
49. Nieman DC. Exercise and upper respiratory tract infections. *Sports Med Train Rehab* 4:1-14, 1993.
50. Nieman DC, Miller AR, Henson DA, Warren BJ, Gusewitch G, Johnson RL, Davis JM, Butterworth DE, Nehlsen-Cannarella SL. The effects of high- versus moderate-intensity exercise on natural killer cell cytotoxic activity. *Med Sci Sports Exerc* 25:1126-1134, 1993.
51. Nieman DC, Miller AR, Henson DA, Warren BJ, Gusewitch G, Johnson RL, Davis JM, Butterworth DE, Herring JL, Nehlsen-Cannarella SL. The effects of high- versus moderate-intensity exercise on lymphocyte subpopulations and proliferative response. *Int J Sports Med* 15:199-206, 1994.
52. Nieman DC, Nehlsen-Cannarella SL. The immune response to exercise. *Sem Hematol* 31:166-179, 1994.
53. Nieman DC. Exercise, upper respiratory tract infection, and the immune system. *Med Sci Sports Exerc* 26:128-139, 1994.
54. Nieman DC, Henson DA. Role of endurance exercise in immune senescence. *Med Sci Sports Exerc* 26:172-181, 1994.
55. Nieman DC, Henson DA, Sampson CS, Herring J, Suttles J, Conley M, Stone MH, Butterworth DE, Davis M. Acute immune response to exhaustive resistance exercise. *Int J Sports Med* 16:323-328, 1995.
56. Butterworth DE, Nieman DC, Underwood BC, Lindsted KD. The relationship between cardiorespiratory fitness, physical activity, and dietary quality. *Int J Sports Nutr* 4:289-298, 1994.
57. Huddy DC, Nieman DC, Johnson RL. Relationship between body image and percent body fat among college male varsity athletes and nonathletes. *Percept Motor Skills* 77:851-857, 1993.
58. Butterworth DE, Nieman DC, Butler JV, Herring JL. Feeding patterns of marathon runners. *Int J Sports Nutr* 4:1-7, 1994.
59. Nieman DC, Henson DA, Sampson C, Herring JL, Suttles J, Conley M, Stone MH. Natural killer cell cytotoxic activity in weight lifters and sedentary controls. *J Strength Cond Res* 8(4):251-254, 1994.
60. Nieman DC. Immunology and sports, in Johnson RJ, Lombardo J (eds), *Current Review of Sports Medicine*. Philadelphia: Current Medicine, 1994, pp 304-314.
61. Nieman DC. The exercise test as a component of the total fitness evaluation. *Primary Care* 21:569-587, 1994.
62. Nieman DC. Exercise, infection, and immunity. *Int J Sports Med* 15:S131-S141, 1994.
63. Nieman DC. Exercise, infection, and immune function. In Torg JS, Shephard RJ (eds). *Current Therapy Sports Medicine*. Philadelphia: Mosby, 1995, p. 506-511.

64. Nieman DC. Immune function. In Gisolfi CV, Lamb DR, Nadel E (eds). *Perspectives in Exercise Science and Sports Medicine*, Volume 8: Exercise in Older Adults. Carmel, IN: Cooper Publishing Group, 1995, pp. 435-461.
65. Nieman DC, Brendle D, Henson DA, Suttles J, Cook VD, Warren BJ, Butterworth DE, Fagoaga OR, Nehlsen-Cannarella SL. Immune function in athletes versus nonathletes. *Int J Sports Med* 16:329-333, 1995.
66. Nieman DC, Cook VD, Henson DA, Suttles J, Rejeski WJ, Ribisl PM, Fagoaga OR, Nehlsen-Cannarella SL. Moderate exercise training and natural killer cell cytotoxic activity in breast cancer patients. *Int J Sports Med* 16:334-337, 1995.
67. Nieman DC, Haddock BL. Exercise and aging: can regular exercise slow the aging process? *Sports Med Digest* 17(1):1-4, 1995.
68. Nieman DC. Effect of long term training on the immune system and resistance to infectious disease. In: Maughan RJ, Shirreffs SM (eds). *Proceedings of the 9th International Conference, Biochemistry of Exercise*. Champaign, IL: Human Kinetics Publishers, 1996;383-398.
69. Nieman DC. Exercise, immunity and respiratory infections. *Swimming Technique*, August-October, 1994.
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Loma Linda University, BRSG NIH	\$20,000	1985
Steele Foundation	\$20,000	1986
Appalachian State University, Graduate School	\$40,000	1990-2000
Rockport Walking Institute	\$3,000	1992
United States Olympic Committee	\$19,400	1998
United States Tennis Association	\$19,370	1998
American College of Sports Medicine Foundation (2 grants)	\$32,710	1992, 1996
Gatorade Sports Science Institute (GSSI)	\$598,850	1994-2005
Tanita Corporation	\$15,000	1997
American Council of Exercise	\$2,000	1995
Abbott Laboratories	\$60,000	1998
HeatheTech	\$56,500	2000
General Mills	\$122,000	2000

Life Fitness Academy	\$2,500	1999
BodyBat Inc.	\$21,000	2001
Western United States 100	\$23,000	2004
Bally Total Fitness	\$11,500	2003
Cosmed	\$28,500	2004-2006
Blueberry Council	\$37,000	2006
DARPA/Department of Defense	\$1,100,000	2005-2006
HoMedics	\$3,300	2005
Neutraceutical Holdings	\$85,000	2004
Cooper Concepts	\$137,000	2005
Power Plate	\$21,000	2006
Penta Water	\$38,000	2006
Chia Seed Farms	\$54,000	2009
McCormick Company Inc.	\$251,583	2009-2012
USDA-NC State University (Kannapolis Scholar)	\$37,000	2009-2010
NC Central University	\$30,000	2010
Dole Foods	\$1,462,680	2009-2017
Quercegen Pharma/Coca-Cola	\$1,788,000	2006
Quercegen Pharmaceuticals	\$300,000	2010-2013
Reoxcyn Discoveries Group, Inc.	\$1,494,545	2011-2019
Golden Leaf/NC Biotechnology	\$35,000	2011-2014
Watermelon National Promotion Board	\$68,480	2012-2013
Biothera	\$25,000	2012
IgY Immune Technologies and Life Sciences	\$95,225	2012
PL Thomas	\$34,674	2012
American Pistachio Growers	\$247,000	2013
Under Armour	\$30,492	2013
Direct Digital	\$136,373	2013, 2017
Amino Up	\$50,882	2013
Gaia Herbs	\$108,245	2013-2015
Herbalife	\$48,827	2014
Polifenoles Naturales	\$49,110	2014
MuscleSound	\$43,957	2014
Metagenics	\$176,402	2014-2015
Valencell	\$17,540	2014
American Pistachio Growers	\$12,098	2014
LycRed	\$182,746	2014, 2016
Academic Nutraceuticals (coffee, performance)	\$31,500	2016
Purity Products	\$115,354	2017
Roquette	\$228,000	2017-2019
Standard Process	\$280,539	2018
Life Extension	\$63,386	2018, 2019
MegaFood (Food State)	\$170,000	2020
Almond Board of California	\$305,000	2020
U.S. Highbush Blueberry Council	\$188,541	2020
Ocean Spray	\$142,099	2020
Prosper DNA Inc.	\$102,682	2020
Brassica Protection Products LLC	\$17,664	2021
LycRed	\$302,322	2021
USDA/NIFA-SBIR	\$649,854 (\$63,756 ASU)	2021
Ocean Spray	\$319,722	2021
National Mango Board	\$170,060	2022
NCSU, Brassica, Colgate	\$56,925	2022
Maolac	\$246,744	2023

## Presentations of Research

<i>Organization</i>	<i>Location</i>	<i>Date</i>
US Highbush Blueberry Counsel Roundtable Lecture	Washington, D.C.	12/22
Britannia Sport and Exercise Science Academy (invited lecture)	Edinburgh, Scotland (virtual)	10/22
International Society for Exercise Immunology (invited lecture; session chair)	Tucson, Arizona	10/22
XVI International Congress on Functional Nutrition (2 invited lectures)	São Paulo, Brazil (virtual)	9/22
ASN Annual Meeting (2 research abstracts)	Virtual	6/22

ACSM, symposium (symposium chair; lecture)	San Diego CA (virtual)	5/22
2 <sup>nd</sup> Int.Electronic Conf. Nutrients (Chair; webinar organizer; research lecture)	Basel, Switzerland (virtual)	3/22
13th International Congress on Sport Sciences	Tehran, Iran (virtual)	3/22
NC Legislative Joint Life Science Caucus, NCRC	Kannapolis, NC	2/22
Brazil-ACSM Sports Nutrition Certification: Metabolomics	Brazil (virtual)	10/21
Association of Adventists Doctors in Peru (COVID 19 and exercise)	Peru (virtual)	10/21
FNCE Food & Nutrition Conference (precision sports nutrition)	Chicago, IL (virtual)	10/21
Washington State University (precision sports nutrition)	Spokane, WA (virtual)	10/21
ILSI Europe (nutritional approaches to supporting immunity)	Belgium (virtual)	10/21
Hilliard Debate (vigorous exercise suppresses immunity)	Austin, TX (virtual)	9/21
North Carolina Medical Society (exercise is medicine lecture)	Kannapolis, NC	9/21
Nutrients, Sports Nutrition Current Trends and Insights (webinar)	Basel, Switzerland (virtual)	9/21
North Carolina Medical Society (lifestyle medicine research lecture)	Kannapolis, NC	5/21
NUTRAingredients (research lecture, nutrition and exercise immunology)	Chicago, IL	5/21
UNC Charlotte Carolinas Exercise Science Symposium (keynote lecture)	Charlotte, NC (virtual)	3/21
Georgia State University (invited research lecture, nutrition immunology)	Atlanta, GA (virtual)	2/21
Cleveland Clinic (invited research lecture)	Cleveland, OH (virtual)	2/21
Latin American Lifestyle Medicine Association (exercise immunology)	Universidad de Morelos, Mexico (virtual)	1/21
Ministry of Sport (exercise immunology)	Bogota, Colombia (virtual)	12/20
International Electronic Conference on Nutrients (invited research lecture)	Basel, Switzerland (virtual)	11/20
12th International Congress on Sport Sciences	Tehran, Iran (virtual)	11/20
Irish Longitudinal Study on Ageing (TILDA) in Trinity College	Dublin, Ireland (virtual)	10/20
32 <sup>nd</sup> Brazilian Congress of Sports and Exercise Medicine (lecture, virtual)	Sao Paulo, Brazil (virtual)	10/20
Center of Studies of the Physical Fitness Laboratory (lecture, virtual)	São Caetano do Sul, Brazil (virtual)	10/20
Washington State University-Spokane (invited lecture, virtual)	Spokane, WA (virtual)	9/20
ACSM Annual Conference (online, research abstract)	San Francisco, CA (virtual)	6/20
NC Military Business Center, Nutritional Research, Warfighter Performance	Fayetteville, NC (virtual)	8/20
University of Limerick, webinar (COVID-19, exercise)	Ireland (virtual)	5/20
Technogym Webinar (COVID-19, exercise)	Italy (virtual)	5/20
Huffines Institute, Texas A&M, podcast (COVID-19, exercise)	Austin, TX (virtual)	4/20
Standard Process (research presentation) (switched to online)	Kannapolis, NC (virtual)	6/20
ASN Annual Meeting (2 presentations) (switched to online)	Seattle, WA (virtual)	5/20
SCAN conference (keynote lecture) (switched to online)	Boston, MA (virtual)	7/20
UNC-Charlotte, Kinesiology Department (lecture, research)	Charlotte, NC	2/20
International Society for Exercise Immunology (keynote lecture)	Shanghai, China	11/19
University of Sao Carlos (10 research lectures)	Sao Carlos, Brazil	10/19
Vista Outdoors, management team	Kannapolis, NC	10/19
Womack Army Medical Center	Fort Bragg, NC	7/19
Phenolics in Human Health Research Interest Group (PhenHRIG) (lecture)	Baltimore, MD	6/19
ASN Annual Meeting (oral presentation)	Baltimore, MD	6/19
ACSM Annual Meeting (2 posters)	Orlando, FL	5/19
Nature's Bounty, Scientific Advisory Board (2 lectures)	New York, NY	6/18
ACSM Annual Meeting (highlighted symposium; 2 posters)	Minneapolis, MN	6/18
North Carolina Defense Business Association	Kannapolis, NC	5/18
NC Legislative Life Science Caucus, NCBio	Kannapolis, NC	3/18
Mid-Atlantic ACSM	Harrisburg, PA	11/17
Appetite for Life, UNC-Chapel Hill, Nutrition Research Institute	Kannapolis, NC	11/17
Cleveland Clinic (invited lecture)	Cleveland, OH	10/17
International Society of Exercise Immunology (invited lecture; session chair)	Coimbra, Portugal	7/17
European College of Sports Sciences (ACSM exchange lecture)	Essen, Germany	7/17
Medical, Biomedical & Biodefense: Support to The Warfighter Symposium	Chapel Hill, NC	6/17
ACSM (symposium, international exchange lecture, abstract)	Denver, CO	6/17
Nature's Bounty, lecture on precision nutrition	New York City, NY	5/17
Appetite for Life, UNC-Chapel Hill, Nutrition Research Institute	Kannapolis, NC	5/17
Experimental Biology Meeting (2 oral, 2 poster)	Chicago, IL	4/17
Sweet Potato Research Forum	Kannapolis, NC	4/17
SEACSM	Greenville, SC	2/17
Concord Rotary Club (invited lecture, exercise immune research)	Concord, NC	11/16
Council for Responsible Nutrition (invited lecture, obesity supplements)	Dana Point, CA	10/16
UNC-GA, research meeting	Kannapolis, NC	10/16
Joint Workshop for Collaborative Research (presentation, military)	Kannapolis, NC	10/16
Nutreo/Premix (presentation)	Kannapolis, NC	8/16
State Agricultural Experiment Stations (1 poster)	Charlotte, NC	10/16
European College of Sport Science (1 poster)	Vienna, Austria	7/16
Biomed Science & Tech for Special Operations Forces (invited lecture)	Raleigh, NC	6/16
ACSM Annual Meeting (oral communication)	Boston, MA	6/16
American Society for Mass Spectrometry (1 poster)	San Antonio, TX	6/16
NBTY and industry leaders (obesity supplement lecture)	New York, NY	5/16
Coca-Cola administrators (research overview)	Kannapolis, NC	5/16



North Carolina, Federal Advanced Technologies (invited lecture)	Fayetteville, NC	4/16
Samaritan Lebanon Community Hospital (keynote lecture, obesity)	Lebanon, OR	4/16
Western University, College of Osteopathic Medicine (2 lectures)	Lebanon, OR	4/16
Experimental Biology (2 posters)	San Diego, CA	4/16
Western University, College of Osteopathic Medicine (7 lectures)	Pomona, CA	3/16
SEACSM (2 posters)	Greenville, SC	2/16
Suntory Workshop (quercetin research data)	London, England	11/15
US:NZ Science Workshop: Building Health Claims for Berryfruits	Kannapolis, NC	10/15
NBTY (research presentation, chia seed)	New York, NY	9/15
Western University, College of Osteopathic Medicine (2 lectures)	Lebanon, OR	8/15
Western University, College of Osteopathic Medicine (lectures)	Pomona, CA	6/15
ACSM Annual Meeting (5 abstracts)	San Diego, CA	5/15
Western University, College of Osteopathic Medicine (2 lectures)	Lebanon, OR	5/15
NCRC Catalyst Symposium	Kannapolis, NC	4/15
Salisbury Rotary Club	Salisbury, NC	4/15
South African educators and students	Kannapolis, NC	4/15
Experimental Biology (oral presentation, poster)	Boston, MA	3/15
Metabolon Workshop (invited lecture)	Durham, NC	3/15
Iranian Delegation of Neuromuscular Disease Specialists	Kannapolis, NC	3/15
UNC-Board of Governors, NCRC	Kannapolis, NC	2/15
ASU-CHS Advisory Board, NCRC	Kannapolis, NC	2/15
Nutrition Research Institute, NCRC (UNC-Chapel Hill SPH)	Kannapolis, NC	1/15
NBTY (research presentation)	New York, NY	1/15
Western University, College of Osteopathic Medicine (lectures)	Pomona, CA	11/14
Mayo Clinic administrators and clinicians	Kannapolis, NC	9/14
ACSM Integrative Physiology Exercise meeting (3 posters, symposium)	Miami, FL	9/14
BASF, administrators (lecture)	Kannapolis, NC	9/14
Dole North American Sales Team (lecture)	Kannapolis, NC	8/14
ACSM Annual Meeting (3 abstracts)	Orlando, FL	5/14
PINES conference (invited lecture)	Orlando, FL	5/14
Experimental Biology (2 oral presentations; poster)	San Diego, CA	4/14
German Sportsmedicine Society (poster abstract)	Frankfort, Germany	9/14
Georgia Educators	Kannapolis, NC	4/14
SEACSM (poster presentation)	Greenville, SC	2/14
Association for the Study of Obesity (IASO)	KualaLumpur, Malaysia	3/14
Kannapolis Education Foundation (invited BioMoto research lecture)	Kannapolis, NC	1/14
American Society for Microbiology (research poster)	Greenville, NC	10/13
Metabolon Workshop (symposium lecture)	Kannapolis, NC	10/13
European College of Sport Science meeting (symposium lecture)	Barcelona, Spain	6/13
ACSM Annual Meeting (6 abstracts presented)	Indianapolis, IN	5/13
Metabolon Conference, University of Pennsylvania (invited lecture)	Philadelphia, PA	5/13
EB Annual Meeting (7 abstracts)	Boston, MA	4/13
Science in the Mountains (invited lecture)	Boone, NC	4/13
University of Wisconsin (2 invited lectures, Family Med, Kinesiology)	Madison, WI	4/13
1 <sup>st</sup> International Brazilian Exercise Immunology Conf. (2 lectures)	Sao Paulo, Brazil	2/13
Blue Cross/Blue Shield Administrators	Kannapolis, NC	1/13
International Sports and Exercise Nutrition Conference	Newcastle, England	12/12
Ecuadorian Presidential Group	Kannapolis, NC	11/12
National Science Writers Assoc.	Kannapolis, NC	10/12
UNC Charlotte Life Sciences Conference (invited research lecture)	Charlotte, NC	10/12
ASEA Conference (invited research lecture)	Munich, Germany	10/12
ASEA Conference (invited research lecture)	Orlando, FL	9/12
Campbell Soup administrators	Kannapolis, NC	8/12
Florida Dietetic Association (invited lecture)	Orlando, FL	7/12
ACSM Annual Meeting (2 symposiums, 2 other abstracts)	San Francisco, CA	5/12
EB Annual Meeting (9 abstracts)	San Diego, CA	4/12
Coca-Cola and PharmaChem Labs	Atlanta, GA	4/12
SEACSM Annual Meeting (invited tutorial)	Jacksonville, FL	1/12
INSEP Olympic Sports Nutrition Conference	Paris, France	12/11
Dole Health/Fitness Blogger's Conference	Westlake Village, CA	11/11
Giant Eagle and HEB with Dole Foods, NCRC	Kannapolis, NC	10/11
NCRC-Charlotte Economic Business and Higher Education Council	Kannapolis, NC	9/11
UNC-GA Warfighter Conference	Kannapolis, NC	8/11
Pan American Congress (invited lecture, GSSI)	Guadalajara, Mexico	7/11
McCormick Science Advisory Board (2 presentations)	Hunt Valley, MD	6/11
ACSM Annual Meeting (9 abstracts and tutorial)	Denver, CO	6/11
EB Annual Meeting (3 abstracts)	Washington, D.C.	4/11
SCAN Conference (invited lecture)	Chicago, IL	3/11
SEACSM (tutorial, 3 abstracts)	Greenville, SC	2/11

ECU Administrators	Kannapolis, NC	1/11
NC Biotechnology: Science Café	Charlotte, NC	1/11
ASU Board of Trustees	Boone, NC	12/10
Joint and Muscle Research Institute	Charlotte, NC	11/10
Foothill Dietetics Association	Boone, NC	11/10
ADA Annual Meeting (invited lecture)	Boston, MA	11/10
NCRC October Lecture Series (2 lectures)	Kannapolis, NC	10/10
NSCA Performance Nutrition Symposium (invited)	Columbus, OH	10/10
American College of Sports Medicine (5 abstracts)	Baltimore, MD	6/10
Experimental Biology Meeting (10 abstracts)	Anaheim, CA	4/10
WebMD (research review)	NCRC, Kannapolis, NC	4/10
University South Carolina Administrators (research rev)	NCRC, Kannapolis, NC	4/10
Preventive Medicine Conference (invited lecture)	Washington, DC	2/10
SEACSM (research poster)	Greenville, SC	2/10
Marines Special Operations Command, ASU	Boone, NC	1/10
US Army Special Operations Command, ASU group	Boone, NC; Kannapolis, NC	12/09
Dole Foods Management Board, NCRC	Kannapolis, NC	12/09
NC Biotechnology Center, NCRC group lecture	Kannapolis, NC	12/09
Association for Behavioral & Cognitive Therapies (8 abstr)	New York, NY	11/09
AICR Conference: Nutrition, Physical Activity and Cancer	Washington, DC	10/09
Obesity Society (poster, research)	Washington, DC	10/09
ISEI conference (invited lecture; chaired 2 sessions)	Tubingen, Germany	9/09
ASU Graduate School, Office of Research & Sponsored	Boone, NC	9/09
Florida State University, Sports Nutrition Conference	Tallahassee, FL	6/09
PINES Sports Nutrition Conference (research lecture)	Seattle, WA	5/09
ACSM (symposium, two abstracts)	Seattle, WA	5/09
Sports Nutrition Conference (research, invited lecture)	Munich, Germany	5/09
Aerospace Medical Association (research)	Los Angeles, CA	5/09
ADA-SCAN conference (invited lecture)	Phoenix, AZ	4/09
White House Forum on Health, ASU representative	Greensboro, NC	4/09
University of Missouri	Columbia, MO	3/09
North Carolina Cardiopulmonary Rehabilitation Assoc.	Charlotte, NC	2/09
SEACSM (tutorial, 5 abstracts)	Birmingham, AL	2/09
NCRC, MaRS Landing, research review	Kannapolis, NC	12/08
ASU, Board of Trustees, research review	Boone, NC	12/08
ASU, Hubbard Center, Mentor/Mentee Luncheon	Boone, NC	11/08
ASU, Board of Visitors, research lecture	Boone, NC	11/08
Charlotte Biotechnology Conference	Charlotte, NC	10/08
Harvest Festival, North Carolina Research Campus	Kannapolis, NC	10/08
Natick Labs (2 research presentations, invited)	Natick, MA	9/08
PepsiCo management team (research review)	Purchase, NY	8/08
ACSM (symposium, tutorial, poster, 3 abstracts)	Indianapolis, IN	5/08
Aerospace Medical Association (research panel, DARPA)	Boston, MA	5/08
Bosse Sports Club (invited lecture)	Boston, MA	5/08
APA (poster, 4 <sup>th</sup> author)	Chicago, IL	5/08
MAHEC, Cardiac Rehab Conference (invited lecture)	Asheville, NC	4/08
Coca-Cola, marketing (invited lecture)	Atlanta, GA	2/08
SEACSM (2 symposiums, 3 abstracts)	Birmingham, AL	2/08
DARPA PSP Investigators (lecture)	Napa, CA	11/07
GSSI, Paula Newby-Fraser Triathlete Seminar	Chicago, IL	07/07
ACSM (national, 6 abstracts)	New Orleans, LA	06/07
Coca Cola management team (research review)	Atlanta, GA	04/07
FASEB (4 abstracts)	Washington, D.C.	04/07
International Life Science Institute (ILSI) (invited lecture)	Washington, D.C.	04/07
GSSI, Professional Baseball Athletic Trainers (lecture)	Phoenix, AZ	03/07
DARPA PSP Investigators (lecture)	Miami Beach, FL	02/07
SEACSM (tutorial and 6 abstracts)	Charlotte, NC	02/07
ETSU Internal Medicine Research Seminar (lecture)	Johnson City, TN	11/06
LaSalle Bank Chicago Marathon World Congress (lecture)	Chicago, IL	10/06
DARPA PSP Investigators (lecture)	San Diego, CA	7/06
Western States 100 Mile Run Symposium	Squaw Valley, CA	6/06
ACSM (national, 5 abstracts)	Denver, CO	6/06
Western Florida University (invited lecture)	Pensacola, FL	4/06
SEACSM (Tutorial, scholar lecture 4 abstracts)	Charlotte, NC	2/06
Western Regional Meeting for Health Educators	Asheville, NC	1/06
DARPA PSP Investigators (lecture)	Austin, TX	12/05
American Dietetic Association, SCAN/WM (lecture)	St. Louis, MO	10/05
International Symposium of Sports Science (3 lectures)	Sao Paulo, Brazil	10/05
International Society of Exercise and Immunology	Monte Carlo, Monaco	9/05

Federation International de Football Association	Zurich, Switzerland	9/05
Gatorade Sports Science Institute (invited lecture)	Chicago, IL	7/05
Western States 100 Mile Run Symposium (invited)	Squaw Valley, CA	6/05
ACSM National Convention (six abstracts)	Nashville, TN	6/05
Rotary Club	Boone, NC	5/05
ACSM's Health and Fitness Summit (2 invited lectures)	Las Vegas, NV	3/05
Western Carolina Dietetics Association	Asheville, NC	3/05
SEACSM (research)	Charlotte, NC	1/05
NAASO (research)	Las Vegas, NV	11/04
National Defense University; Dept of Defense (lecture)	Washington, DC	11/04
American College of Rheumatology (invited lecture)	San Antonio, TX	10/04
SCAN, American Dietetic Association (invited lecture)	Anaheim, CA	10/04
DARPA Endogenous Defense Workshop	Fairfax, VA	7/04
ACSM National Convention (six abstracts)	Indianapolis, IN	6/04
North Carolina Cardiac Rehab Conference (2 lectures)	Greensboro, NC	2/04
SEACSM (research)	Atlanta, GA	1/04
Gatorade Sports Science Institute (invited lecture)	Chicago, IL	7/03
International Society of Exercise and Immunology	Copenhagen, Denmark	7/03
European Congress of Sports Science (lecture, chair)	Salzburg, Austria	7/03
International Olympic Committee, Sports Nutrition	Lausanne, Switzerland	6/03
ACSM National Convention (2 abstracts)	San Francisco, CA	5/03
GSSI/Gatorade, invited presentation	Chicago, IL	5/03
ACSM Health and Fitness Summit	Reno, NV	4/03
SEACSM (research)	Atlanta, GA	1/03
NIH: Interaction of Physical Activity and Nutrition	Washington, D.C.	12/02
Ironman Sports Medicine Conference, 6 invited lectures	Kona, Hawaii	10/02
ACSM National Convention (4 abstracts)	St. Louis, MO	5/02
ACSM Health & Fitness Summit	Orlando, FL	4/02
Sigma Xi, Appalachian State University Chapter	Boone, NC	3/02
Update AHEC, Oncology Rehabilitation	Greenville, SC	3/02
DARPA (Department of Defense)	Arlington, VA	3/02
Nutritional Sciences Division, University of Illinois	Urbana/Champaign, IL	2/02
SEACSM (research)	Atlanta, GA	1/02
NAASO (research poster)	Quebec City, Canada	10/01
1 <sup>st</sup> International Scientific Congress, Nutrition & Athletics	Edmonton, Alberta, Canada	8/01
Gatorade Sports Science Institute, 2 lectures	Guangzhou, Shanghai, China	6/01
International Society Exercise Immunology	Baltimore, MD	5/01
ACSM, President's lecture, colloquium, abstracts	Baltimore, MD	5/01
ADA SCAN Conference (invited lecture)	Washington, DC	4/01
Texas Nutrition Conference (invited lecture)	College Station, TX	2/01
ACSM, Southeast regional (research; presiding officer)	Columbia, SC	1/01
Bell Institute of Health & Nutrition, General Mills	Minneapolis, MN	1/01
ACSM, Mid-Atlantic regional (invited lecture)	Split Rock Resort, Pennsylvania	11/00
ACSM, New England regional (invited lecture)	Providence, RI	11/00
International Symposium of UOEH University	Kitakyushu, Japan	10/00
Nutrition Australia	Melbourne, Australia	10/00
New Zealand Nutrition Foundation	Christchurch, New Zealand	10/00
New Zealand Institute of Food Science and Technology	Auckland, New Zealand	10/00
American Geriatrics Society, arthritis study group	New York, NY	9/00
Gatorade Sports Science Institute Symposium (research)	Coure d' Alene, Idaho	6/00
ACSM National Convention (2 symposia, 4 abstracts)	Indianapolis, IN	5/00
4 <sup>th</sup> International Conference on Nutrition & Fitness	Old Olympia, Greece	5/00
DRI Panel for Macronutrients, FNB, IOM, NAS	Washington, DC	5/00
ACSM, Southeast regional (research, tutorial)	Charlotte, NC	1/00
Yale Conference, Women's Health & Fitness (research)	Yale University, New Haven, CT	10/99
German Sports Medicine Association (research)	Freiburg, Germany	9/99
Prostate Cancer Awareness Symposium (book chapter)	Boone, NC	9/99
SASMA/NOCSA International Conference (research)	Johannesburg, South Africa	9/99
Sports Nutrition Conference, GSSI (research lecture)	Chicago, IL	6/99
International Society, Exercise & Immunology (research)	Rome, Italy	5/99
Virginia Tech University (invited lecture)	Blacksburg, VA	4/99
Healthy People Convention, LLU School Public Health	Loma Linda, CA	3/99
Postgraduate Convention, LLU School of Medicine	Loma Linda, CA	3/99
ACSM, Southeast regional (research, tutorial)	Norfolk, VA	2/99
University of São Paulo (exercise immunology)	São Paulo, Brazil	12/98
First International Sports Nutrition Conference (research)	São Paulo, Brazil	12/98
10th International Congress on Immunology (symposium)	New Delhi, India	11/98
Lifestyle Institute of America	Oklahoma City, OK	10/98
ACSM National Convention (symposium, research)	Orlando, FL	6/98

Mission St. Joseph's (invited keynote lecture)	Asheville, NC	3/98
Michigan State University (invited keynote lecture)	Lansing, MI	3/98
ACSM, Southeast regional (research)	Destin, FL	1/98
International Society, Exercise & Immunology (research)	Paderborn, Germany	11/97
Air Force Fitness Testing (invited expert reviewer)	Dayton, OH	07/97
Immune Response to Inflammation (invited lecture)	Toronto, Canada	07/97
NATA National Convention (symposium)	Salt Lake City, Utah	06/97
ACSM National Convention (symposium, research)	Denver, CO	05/97
3 <sup>rd</sup> International Congress, Vegetarian Nutrition	Loma Linda, CA	03/97
ACSM, Southeast regional, research	Atlanta, GA	01/97
Georgia Institute of Technology, Adult Fitness Program	Atlanta, GA	01/97
Foothill Dietetics Association, invited	Boone, NC	09/96
New World Fitness IDEA (3 research presentations)	Orlando, FL	07/96
Overtraining/Overreaching Sport Conference	Memphis, TN	07/96
International Pre-Olympic Scientific Congress (ICSSPE)	Dallas, TX	07/96
Gatorade Sports Science Institute (symposium, reviewer)	Vancouver, Canada	06/96
ACSM, National Convention (symposium, research)	Cincinnati, OH	05/96
Committee on Military Nutrition Research, invited	Fort Detrick, Frederick, MD	05/96
Mission Memorial Hospital, dietitians, invited lecture	Asheville, NC	03/96
University of North Carolina, Greensboro, invited lecture	Greensboro, NC	03/96
Scientific Aspects of Women's Distance Running	Columbia, SC (Olympic Trials)	02/96
University of South Carolina, invited lecture	Columbia, SC	02/96
ACSM, Southeast regional, tutorial	Chattanooga, TN	01/96
Gatorade Sports Science Institute, invited lecture	Barrington, IL	12/95
UNC-Chapel Hill, Department of Nutrition Seminar	UNC-Chapel Hill, NC	12/95
International Society of Exercise and Immunology	Brussels, Belgium	11/95
Canadian Society for Exercise Physiology, invited lecture	Quebec City, Canada	10/95
Ironman Sports Medicine Conference, invited lecture	Kona, Hawaii	10/95
Third IOC World Congress, invited lecture	Atlanta, GA	09/95
ACSM, National Convention (symposium, research)	Minneapolis, MN	06/95
Mission Memorial Hospital, dietitians	Asheville, NC	03/95
ACSM, Southeast regional, tutorial	Louisville, KY	02/95
ACSM, Rocky Mountain Region, lecture tour	Colorado & Wyoming	10/94
9th International Conference, Biochemistry of Exercise	Aberdeen, Scotland	07/94
Gatorade Sports Science Institute, invited lecture	Cancun, Mexico	06/94
ACSM, National Convention (research)	Indianapolis, IN	06/94
Louisiana State Dietetics Convention, invited lecture	Shreveport, LA	05/94
Mission Memorial Hospital, dietitians	Asheville, NC	03/94
ACSM, Southeast Regional (research)	Greensboro, NC	01/94
German National Sportsmedicine, invited lecture	Paderborn, Germany	10/93
ACSM, National Convention (symposium; research)	Seattle, WA	05/93
Waterloo University, Canada, invited lecture	Waterloo, Canada	03/93
ACSM, Southwest Regional, invited lecture	San Diego, CA	11/92
ACSM, National Convention (research)	Dallas, TX	05/92
International Consensus Symposium, invited lecture	Toronto, Canada	05/92
ACSM, Mid-Atlantic Regional, invited lecture	Westminster, MD	02/92
ACSM, Southeast Regional (research)	Auburn, AL	02/92
ACSM, Midwest Regional, invited lecture	Toledo, OH	11/91
ACSM, National Convention (research)	Orlando, FL	05/91
ACSM, Southeast Regional (tutorial and research)	Louisville, KY	02/91
ACSM, National Convention (research)	Salt Lake City, UT	05/90
ACSM, Southwest Regional (research)	San Diego, CA	12/89
International Olympic Committee World Congress	Colorado Springs, CO	10/89
National Conference on High Blood Pressure	Lake Buena Vista, FL	05/89
ACSM, National Convention (research)	Baltimore, MD	05/89
Society of Bariatric Physicians Convention	Orlando, FL	10/88
International Conference on Exercise, Fitness	Toronto, Canada	06/88
ACSM, National Convention (research)	Dallas, TX	05/88
International Vegetarian Congress	Washington, DC	03/87
ACSM, National Convention (research)	Las Vegas, NV	05/87
ACSM, National Convention (research)	Indianapolis, IN	05/86
Federation of American Societies (FASEB)	St. Louis, MI	04/86
ACSM, National Convention (research)	Nashville, TN	05/85
American Dietetic Association (research)	New Orleans, LO	10/85

## **Non-Technical Publications**

A total of more than 200 articles in a variety of lay, Internet, and professional publications including *FirstFitness.com*, *BallyFitness.com*, *Fitness Publisher*, *Women's Sports and Fitness*, *SCAN's Pulse*, *Vibrant Life*, *Current Diet Review*, *Journal of Nutrition Education*, *Professional Pilot*, *Nurse in Action*, *Ministry*, *Medical Aspects of Human Sexuality*, *ACE Fitness Matters*, *Adventist Review*, and the *Watauga Democrat* newspaper. I have conducted research interviews with reporters from most major U.S. magazines and newspapers. I wrote a monthly health/fitness column for the Asheville Citizen Times and Watauga Democrat newspapers over a 5-year period.

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