

CURRICULUM VITAE, 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

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|--|---------|
| 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

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| Google Scholar: h-index = 100; citations = 38,200 | 2020 |
| Web of Science: h-index = 64; citations = 16,436 (average citations per article = 64) | |

Professional Service

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|---|---------|
| 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 |
| NIH study section reviewer, Neurotoxicology & Alcohol (NAL), Integrative, Functional, Cognitive Neuroscience (IFCN) | 2017 |

Service on editorial boards:

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| <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 & Sports</i> | 2000- |
| <i>Medicine and Science in Sports and Exercise</i> | 2005- |
| <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- |
| <i>Faculty Opinions (faculty member)</i> | 2020 |
| Associate Editor , <i>Sport and Exercise Nutrition section of Frontiers in Nutrition</i> | 2015- |
| Associate Editor , <i>Research in Sports Medicine: An International Journal</i> | 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- |
| Associate Editor , <i>International Journal of Sports Nutrition and Exercise Metabolism</i> | 2019- |
| Section Editor-in-Chief , <i>Sports Nutrition, Nutrients (5 special issues editor)</i> | 2018-/20- |

Manuscript reviewer (past 35 years) for 149 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.

Courses Taught Since 1990

| Course Title | Location | Date |
|--|----------------|-----------|
| 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- |
| 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

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|---|---------|
| 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- |

Publications: Books

1. Nieman DC. *Exercise Testing and Prescription: A Health-Related Approach*. New York: McGraw-Hill; 1st edition 1986; 2nd edition 1990; revised 2nd edition, 1991, with ancillaries; 3rd edition, 1995, with ancillaries; 4th edition, 1999, with ancillary; 5th edition, with ancillaries, 2003; 6th edition, with ancillaries, 2007; 7th edition, 2011.
2. Nieman DC, Butterworth D, Nieman CN. *Nutrition*. Dubuque: WmC Brown Publishers, 1990. Revised 1st edition, 1992.
3. Nieman DC. *Nutritional Assessment* (7th edition, 2019). New York, NY: McGraw Hill Education.
- Lee RD, Nieman DC. *Nutritional Assessment*. Dubuque: WmC Brown Publishers, 1st edition 1993. St. Louis: Mosby, 2nd edition, 1996; 3rd edition, 2003; 4th edition, 2007; 5th edition, 2010; 6th edition, 2013; 7th 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 (3rd ed), 2007 (4th ed), 2009 (5th ed), 2011 (6th ed), 2015 (7th ed), 2016, 2019 (8th ed), with 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 & Wilkens, 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, Naegle 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, Segebart KS, Arabatzis K, Johnson M, Dietrich SJ. Hematological, anthropometric, and metabolic comparisons between active and inactive healthy 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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372. Hall CA, Richardson EJ, Broman-Fulks JJ, Canu WH, Nieman DC. Exercise frequency mediates the relation between anxiety sensitivity and emotion disorder symptomology. *Sport Exerc Perf Psyc* (under review).
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Complete List of My Published Work in MyBibliography:

<http://www.ncbi.nlm.nih.gov/sites/myncbi/david.nieman.1/bibliographay/47649293/public/?sort=date&direction=ascending>

Successful Grant/Contract Applications: Total external grant money = \$10,678,764

Research since 1985 has been funded by successful internal and external grants/contracts from:

| | | |
|---|-------------|------------|
| 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 |

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| 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 |

Presentations of Research

| <i>Organization</i> | <i>Location</i> | <i>Date</i> |
|---|--------------------|-------------|
| University of Limerick, webinar (COVID-19, exercise) | Ireland | 5/20 |
| Technogym Webinar (COVID-19, exercise) | Italy | 5/20 |
| Huffines Institute, Texas A&M, podcast (COVID-19, exercise) | Austin, TX | 4/20 |
| Standard Process (research presentation) (switched to online) | Kannapolis, NC | 6/20 |
| ASN Annual Meeting (2 presentations) (switched to online) | Seattle, WA | 5/20 |
| SCAN conference (keynote lecture) (switched to online) | Boston, MA | 3/20 |
| 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 |

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| 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 st 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 |

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|---|---------------------------|-------|
| 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 th 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 |

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| 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 st 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) | Couere d' Alene, Idaho | 6/00 |
| ACSM National Convention (2 symposia, 4 abstracts) | Indianapolis, IN | 5/00 |
| 4 th 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 |

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| NATA National Convention (symposium) | Salt Lake City, Utah | 06/97 |
| ACSM National Convention (symposium, research) | Denver, CO | 05/97 |
| 3 rd 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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