

## CURRICULUM VITAE

### EMILY C. LAVOY

Department of Health and Human Performance  
University of Houston  
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## EDUCATION

**Doctor of Philosophy in Kinesiology**, Physiology emphasis, Department of Health and Human Performance, University of Houston, Houston, Texas, May 2014

Dissertation: Acute exercise to improve adoptive transfer immunotherapy

Supervisor: Dr. Richard J Simpson

**Master of Science**, Immunology emphasis, Department of Biology, Northern Michigan University, Marquette, Michigan, August 2008

Thesis: T cell-independent antibody response during viral infection

Supervisor: Dr. Osvaldo Lopez

**Bachelor of Science**, Physiology emphasis, Department of Biology, Northern Michigan University, Marquette, Michigan, August 2005

*Summa cum Laude*

## ACADEMIC APPOINTMENTS

University of Houston, Houston TX

**Associate Professor, with tenure** Department of Health and Human Performance, September 2022-present

**Assistant Professor** of Exercise Physiology, Department of Health and Human Performance, August 2015-2022

**Post-doctoral Research Fellow** Laboratory of Integrated Physiology, Department of Health and Human Performance, May 2014-May 2015

## OTHER PROFESSIONAL EXPERIENCE

University of Houston, Houston TX

**PhD Research Assistant**, Department of Health and Human Performance, 2011-2014

**PhD Teaching Fellow**, Department of Health and Human Performance, 2009-2011

Louisiana State University Health Sciences Center, New Orleans LA

**Laboratory Manager/Research Assistant**, Department of Gene Therapy, 2008- 2009

Northern Michigan University, Marquette MI

**Adjunct Faculty**, Department of Chemistry, 2007-2008

**Graduate Teaching Fellow**, Department of Biology, 2005-2007

University of Michigan, Ann Arbor MI

**Undergraduate Research Fellow**, Perrigo Summer Fellowship Program, University of Michigan Life Science Center, 2004

Northern Michigan University, Marquette MI

**Undergraduate Student Researcher**, Department of Biology, 2003-2005

## **PUBLICATIONS**

### Peer-Reviewed Journal Articles

\* denotes E.C. LaVoy as lead/corresponding author; # denotes student as lead author

I.F. denotes Journal Impact Factor

1. #\*Hodgman, C.F. Hunt, R.M., Crane, J.C. Elzayat, M.T., **LaVoy, E.C.** (2023) A Scoping Review on the Effects of Physical Exercise and Fitness on Peripheral Leukocyte Energy Metabolism. *Exerc Immunol Rev.* 29:54-87 PMID: 37358364 (I.F. 11.467)
2. #\*Hunt, R., Elzayat, M., Laughlin, M., Markofski, M.M., **LaVoy, E.C.** (2023) Characterization of Transitional Memory CD4<sup>+</sup> and CD8<sup>+</sup> T-cell Mobilization During and After an Acute Bout of Exercise. *Frontiers in Sports and Active Living*, (I.F. 2.1) <https://doi.org/10.3389/fspor.2023.1120454>
3. #\*Crane, J., Gordon, M., Basen-Engquist, K., Ferrajoli, A., Markofski, M.M., Young, C., Fares, S., Simpson, R., **LaVoy, E.C.** (2023) Relationships between T-lymphocytes and physical function in adults with chronic lymphocytic leukemia: results from the HEALTH4CLL pilot study. *European Journal of Haematology* (I.F. 3.674) <https://doi.org/10.1111/ejh.13958>
4. Savage, H., Pareek, S., Lee, J., Ballaro, R., Minussi, D.C., Hayek, K., Sadullozoda, M., Lochmann, B., McQuade, J., **LaVoy, E.**, Marmonti, E., Patel, H., Wang, G., Imanishi, M., Kotla, S., Abe, J., Schadler, K. (2023) Aerobic exercise alters the melanoma microenvironment and modulates ERK5 S496 phosphorylation. *Cancer Immunology Research* (I.F. 11.151) <https://doi.org/10.1158/2326-6066.CIR-22-0465>
5. Batatinha, H., Diak, D., Niemiro, G., Baker, F., Smith, K., Zúñiga, T., Mylabathula, P., Seckeler, M., Lau, B., **LaVoy, E.C.**, Gustafson, M., Katsanis, E., Simpson, R.J. (2023) Human lymphocytes mobilized with exercise have an anti-tumor transcriptomic profile and exert enhanced graft-versus-leukemia effects in xenogeneic mice. *Front Immunol* (I.F. 6.429) <https://doi.org/10.3389/fimmu.2023.1067369>
6. #\*Gupta P, Hodgman CF, Alvarez-Florez C, Schadler KL, Markofski MM, O'Connor D.P., **LaVoy, E.C.** (2022) Comparison of three exercise interventions with and without gemcitabine treatment on pancreatic tumor growth in mice: No impact on tumor infiltrating lymphocytes. *Front Physiol.* <https://doi:10.3389/fphys.2022.1039988> (I.F. 4.37)

7. #Hodgman, C.F., **LaVoy, E.C.**, Johnston, C.A., Obasi, E., Murillo R., Yan S., O'Connor D.P., McNeill, L. Reitzel, L.R., Hernandez, D.C. (2022) Measuring pro- and anti-inflammatory biomarkers among low-income Hispanic adults: a feasibility and pilot assessment. *Health Behavior Research* Vol. 5: No. 3. <https://doi.org/10.4148/2572-1836.1143>
8. Graff, R.M., Jennings, K., **LaVoy, E.C.**, Warren, V., Macdonald, B., Park, Y., Markofski, M. (2022) T-cell counts in response to acute cardiorespiratory or resistance exercise in physically active or physically inactive older adults: A randomized crossover study. *Journal of Applied Physiology* <https://doi:10.1152/jappphysiol.00301.2021> (I.F. 3.880)
9. #\*Gupta, P., Hodgman, C.F., Schadler, K.L., **LaVoy, E.C.** (2022) Effect of exercise on pancreatic cancer patients during treatment: A scoping review of the literature. *Supportive Care in Cancer* <https://doi.org/10.1007/s00520-022-06925-7> (I.F. 3.603)
10. \*Markofski, M.M., Jennings, K., Hodgman, C.F., Warren, V.E., **LaVoy, E.C.** (2021) Physical activity during the SARS-CoV-2 pandemic is linked to better mood and emotion. *Stress & Health* <https://doi.org/10.1002/smi.3111> (I.F. 3.519)
11. #\* Elzayat, M.T., Markofski, M.M., Simpson, R.J., Laughlin, M., **LaVoy, E.C.** (2021) No effect of acute eccentric resistance exercise on immune responses to Influenza vaccination in older adults: a randomized control trial. *Frontiers in Physiology* <https://doi.org/10.3389/fphys.2021.713183> (I.F. 4.566)
12. # Reesor-Oyer, L., Murillo, R., **LaVoy, E.C.**, O'Connor, D.P., Liu, Y., Hernandez, D.C. (2021) The role of leisure time physical activity and sedentary behavior in the income-overweight/obesity relationship. *International Journal of Environmental Research and Public Health* <https://doi.org/10.3390/ijerph18063127> (I.F. 2.849)
13. # Graff, R., Jennings, K., Davies, N., Carrillo, A., **LaVoy, E.C.**, Ryan, E.J., Markofski, M. (2021) A short-term paleolithic dietary intervention does not alter adipokines linked to adiposity. *International Journal of Exercise Science* <https://digitalcommons.wku.edu/ijes/vol14/iss2/3>
14. \* **LaVoy, E.C.**, Palmer, C.A., So, C., Alfano, C.A. (2020) Bidirectional relationships between sleep and biomarkers of stress and immunity in youth. *International Journal of Psychophysiology* <https://doi.org/10.1016/j.ijpsycho.2020.10.010> (I.F. 2.631)
15. #Kunz, H.E., Agha, N.H., **LaVoy, E.C.**, Hussain, M., Smith, K.A., Mylabathula, P., Diak, D., Baker, F.L., O'Connor, D. P., Bond, R.A., Katsanis, E., Bollard, C.M. Simpson, R.J. (2020) The effects of  $\beta 1$  and  $\beta 1+2$  adrenergic receptor blockade on the exercise-induced mobilization and ex vivo expansion of virus-specific T-cells: implications for cellular therapy and the anti-viral immune effects of exercise. *Cell Stress and Chaperones* <https://doi.org/10.1007/s12192-020-01136-7> (I.F. 2.982)
16. # Lee, J., Hong, J. Umetani, M., **LaVoy, E.C.**, Kim, J., Park, Y. (2020) Vascular protection by exercise in obesity: inflammasome-associated mechanisms. *Medicine & Science in Sports & Exercise* <https://doi.org/10.1249/MSS.0000000000002419> (I.F. 4.029)

17. #Serajian, A., Nourshahi, M., **LaVoy, E.C.**, Eliaspour, D., Rajabi, H., and Zekri Kondalaji, R. (2020) Effect of a 4-week fish oil supplementation on neuromuscular performance after exhaustive exercise in young healthy men. *Comparative Exercise Physiology* 17(1):43-53 <https://doi.org/10.3920/CEP200011> (I.F. 0.46)
18. Markofski, M., Jennings, K., Dolan, C.T., Davies, N., **LaVoy, E.C.**, Ryan, E., Carrillo, A. (2019) Single-arm eight-week ad libitum self-prepared Paleo diet reduces cardiometabolic disease risk factors in overweight adults. *American Journal of Lifestyle Medicine* <https://doi.org/10.1177/1559827619866157>
19. \* **LaVoy, E.C.**, Arlinghaus, K., Rooney, B., Gupta, P., Atkinson, R., and C. Johnston. (2018) High Adenovirus 36 seroprevalence among a population of Hispanic American youth. *International Journal Adolescent Medicine and Health*. <https://doi.org/10.1515/ijamh-2018-0110> (I.F. 0.91)
20. # Graff, R.M., Kunz, H.E., Agha, N.H., Baker, F.L., Laughlin, M. Bigley, A.B., Markofski, M.M., **LaVoy, E.C.**, Katsanis, E., Bond, R.A., Bollard, C.M., and R.J. Simpson. (2018) Beta2-adrenergic receptor signaling mediates the preferential mobilization of differentiated subsets of CD8+ T-cells, NK-cells, and non-classical monocytes in response to acute exercise in humans. *Brain Behavior and Immunity* (18)30525-7 <https://doi.org/10.1016/j.bbi.2018.08.017> (I.F. 6.633)
21. \* Wardle, M.C., Lopez-Gamundi, P., and **E.C. LaVoy**. (2018) Effects of an acute bout of physical exercise on reward functioning in healthy adults. *Physiology and Behavior* 194:552-559. <https://doi.org/10.1016/j.physbeh.2018.07.010> (I.F. 2.826)
22. # Rooney, B.V., Bigley, A., **LaVoy, E.**, Laughlin, M., Pedlar, C., and R. J. Simpson. (2018) Lymphocytes and monocytes egress peripheral blood within minutes after cessation of steady state exercise: A detailed temporal analysis of leukocyte extravasation. *Physiology and Behavior* 194:260-267 PMID: 29885920 <https://doi.org/10.1016/j.physbeh.2018.06.008> (I.F. 2.826)
23. # Lee, J., Lee, Y., **LaVoy, E.C.**, Umetani, M., Hong, J. and Y. Park. (2018) Physical activity protects NLRP3 inflammasome-associated coronary vascular dysfunction in obese mice. *Physiological Reports* 6(12):e13738. PMID: 29932503 <https://doi.org/10.14814/phy2.13738> (I.F. 2.130)
24. #\* Gupta, P., Bigley, A., Markofski, M., Laughlin, M., and **E.C. LaVoy**. (2018) Autologous serum collected 1h post-exercise enhances natural killer cell cytotoxicity. *Brain Behavior and Immunity* 71:81-92 PMID: 29656052 <https://doi.org/10.1016/j.bbi.2018.04.007> (I.F.=6.633)
25. # Serajian, A., Nourshahi, M., **LaVoy, E.**, and D. Eliaspour. (2017) Decrease in baseline values of inflammatory mediators and improvement in muscular performance after 4-weeks fish oil supplementation. *Razi Journal of Medical Sciences*, **24** (160) <http://rjms.iuums.ac.ir/article-1-4884-en.html>
26. \* **LaVoy, E.C.**, Hussain, M., Reed, J. Kunz, H., Pistillo, M., Bigley, A. and R. J. Simpson. (2017) T-cell redeployment and intracellular cytokine expression following exercise:

- effects of exercise intensity and cytomegalovirus infection. *Physiological Reports*, **5** (1) PMID: 28087817 <https://doi.org/10.14814/phy2.13070> (I.F. 2.130)
27. \* **LaVoy E.C.**, Fagundes C.P., and R. Dantzer. (2016) Exercise, inflammation, and fatigue in cancer survivors. *Exercise Immunology Review*, **22** 82-93 PMID:26853557 (I.F. 6.55)
  28. Simpson, R.J., Bigley, A.B., Spielmann, G., **E.C. LaVoy**, Kunz, H., and C.M. Bollard. (2016) Human cytomegalovirus infection and the immune response to exercise. *Exercise Immunology Review*, **22** 8-27. PMID: 26853134 (I.F. 6.55)
  29. #Silveira, S.L., **LaVoy, E.C.**, and C.A. Johnston. (2016) Assisting the novice in lifestyle change. *American Journal of Lifestyle Medicine*, **10** (3) PMID: 30202271 <https://doi.org/10.1177/1559827616629913> (I.F. 1.05)
  30. \* **LaVoy E.C.**, Bollard C.M., Hanley P.J., Blaney J.W., O'Connor D.P., Bosch J.A., and R.J. Simpson. (2015) A single bout of dynamic exercise enhances the expansion of MAGE-A4 and PRAME-specific cytotoxic T-cells from healthy adults. *Exercise Immunology Review*, **21**,144-53. PMID: 25826370 (I.F. 6.55)
  31. \* **LaVoy E.C.**, Bollard C.M., Hanley P.J., O'Connor D.P., Lowder T.W., Bosch J.A., and R.J. Simpson. (2015) A Single Bout of Dynamic Exercise by Healthy Adults Enhances the Generation of Monocyte-Derived-Dendritic Cells. *Cellular Immunology* **295**, 52-59. PMID: 25749006 <https://doi.org/10.1016/j.cellimm.2015.02.007> (I.F. 4.078)
  32. Brown, F.F., Bigley, A.B., Ross, J.S., **LaVoy, E.C.**, Simpson, R.J., and S.D.R. Galloway. (2015) T-lymphocyte populations following a period of high volume training in female soccer players. *Physiol. and Behavior* PMID: 26432452 <https://doi.org/10.1016/j.physbeh.2015.09.027> (I.F. 2.130)
  33. \* **LaVoy, E.C.**, Bigley, A.B., Spielmann, G., Rector, J.L., Morrison, M.R., O'Connor, D.P. and R.J. Simpson. (2014) CMV amplifies T-cell redeployment to acute exercise independently of HSV-1 serostatus. *Medicine and Science in Sports and Exercise*, **46**, 257-267. <https://doi.org/10.1249/MSS.0b013e3182a5a0fb> (I.F. 4.029)
  34. Spielmann, G. Bollard, C.M., Bigley, A.B., Hanley, P.J., Blaney, J.W., **LaVoy, E.C.**, Pircher, H. and R.J. Simpson. (2014) The effects of age and latent cytomegalovirus infection on the redeployment of CD8+ T cell subsets in response to acute exercise in humans. *Brain Behavior and Immunity*, **39**, 142-151. PMID: 23684819 <https://doi.org/10.1016/j.bbi.2013.05.003> (I.F. 6.633)
  35. \* **LaVoy, E.C.**, Nieman, D.C., Henson, D.A., Shanely, R.A., Knab, A.M., Cialdella-Kam, L. and R.J. Simpson. (2013) Latent cytomegalovirus infection does not alter innate immune function in response to a 75-km cycling time trial. *European Journal Applied Physiology*, **113**, 2629-2635. PMID: 23929537 <https://doi.org/10.1007/s00421-013-2706-8> (I.F. 3.021)
  36. \* **LaVoy, E.C.**, Bosch, J.A., Lowder, T.W. and R.J. Simpson. (2013) Acute aerobic exercise in humans increases cytokine expression in CD27- but not CD27+ CD8+ T-cells. *Brain Behavior and Immunity*, **27**, 54-62. <https://doi.org/10.1016/j.bbi.2012.09.006> (I.F. 6.633)

37. Bigley, A.B., Spielmann, G., **LaVoy, E.C.** and R.J. Simpson. (2013) Can exercise-related improvements in immunity influence cancer incidence and prognosis in the elderly? *Maturitas*, **76**, 51-56. PMID: 23870832 <https://doi.org/10.1016/j.maturitas.2013.06.010> (I.F. 3.810)
38. Pistillo, M., Bigley, A.B., Spielmann, G., **LaVoy, E.C.**, Morrison, M.R., Rahman, M. and R.J. Simpson. (2013) The effects of age and viral serology on  $\gamma\delta$  T-cell numbers and exercise responsiveness in humans. *Cellular Immunology*, **284**, 91-97. PMID: 23954795 <https://doi.org/10.1016/j.cellimm.2013.07.009> (I.F. 4.078)
39. Simpson, R.J., Lowder, T.W., Spielmann, G., Bigley, A.B., **LaVoy, E.C.** and H. Kunz. (2012) Exercise and the aging immune system. *Ageing Research Reviews*, **11**, 404-420. PMID: 22465452 <https://doi.org/10.1016/j.arr.2012.03.003> (I.F. 10.340)
40. \* **LaVoy, E.C.**, McFarlin, B.K. and R.J. Simpson. (2011) Immune responses to exercising in a cold environment. *Wilderness and Environmental Medicine* **22**, 343-351 PMID: 21982757 <https://doi.org/10.1016/j.wem.2011.08.005> (I.F. 1.220)

#### Textbook Contributions

1. Spielmann G, Bigley AB, **LaVoy EC**, Simpson RJ. “Aging Immunity and the Impact of Physical Exercise”. In *Immunology of Aging*. Ed. Massoud A, Rezaei N. Berlin Heidelberg: Springer-Verlag, 2014. 369-397

#### Manuscripts in Review

- \* denotes E.C. LaVoy as lead/corresponding author; # denotes student as lead author
1. Che Young Lee, Gordon MJ, Markofski, M.M., **LaVoy, E.C.**, Peterson, SK, Li, L., Fares, S., Baum, M., Pace, M., Walsh, D., Ferrajoli, A., Basen-Engquist, K. Optimization of behavioral interventions for patients with chronic lymphocytic leukemia: the HEALTH4CLL study  
Submitted to: Journal of Geriatric Oncology
  2. So, C., Harmouch, S, LaVoy, E., Alfano, C. Objective and Subjective Sleep Patterns and Biomarkers of Stress among Women with a History of Sexual Abuse In Childhood  
Submitted to: Journal of Traumatic Stress

#### Textbook Chapters in Press

1. \***LaVoy, E.C.** and Hodgman, C.F. ‘Exercise for mental health: biopsychosocial and contextual implications’ Chapter 11 in ‘Lifestyle Psychiatry: Through the Lens of Behavioral Medicine’ CRC Press/Taylor & Francis ISBN: 9781032230993.
2. \***LaVoy, E.C.** and Nieman, D. ‘Exercise and communicable disease: General population and athletes’ Chapter in ‘Exercise Immunology’ 2<sup>nd</sup> edition Editors: Spielmann, G., Turner, J., Campbell, J. Routledge Publishing



## MASS MEDIA CONTRIBUTIONS AND MENTIONS

1. LaVoy E.C. “Athletic answers: Expert insights” in ‘2022’s Best Cities for Runners by Sav Maive. Interviewed June 14 2022  
<https://lawnlove.com/blog/best-cities-for-runners/>
2. LaVoy, E.C. “Physical Activity during the COVID-19 Pandemic” Medicine in Motion Podcast. Interviewed April 2021  
<https://open.spotify.com/episode/1c5rFDiP2X4CYPCjC4qjvw?si=9f8e4abb79ae47b5>
3. Mentioned in ‘Exercise and Cancer: From Prevention to Treatment’ press release from American Physiological Society November 9 2020  
<https://www.physiology.org/detail/news/2020/11/09/exercise-and-cancer-from-prevention-to-treatment?SSO=Y>
4. Mooney Smith, T. “UH CLASS Professors Shed Light on Physical, Mental Trauma of Thai Soccer Team” UH News and Events July 12 2018  
<https://www.uh.edu/class/news/archive/2018/summer/thai-soccer-team-rescue/>

## PRESENTATIONS

### Invited Talks:

1. **LaVoy, E.C.** Lecture: “Exercise and the immune system: considerations for cancer patients”. Symposium: *Special Topics in Breast Cancer Rehabilitation: From Cell to Survivorship* TurningPoint Breast Cancer Rehabilitation, Online, November 6 2021
2. **LaVoy, E.C.** Lecture: “Lymphocyte responses to acute and chronic exercise”. Symposium: Exercise and the Immune System, Mid-Atlantic meeting of the American College of Sports Medicine, Harrisburg PA, November 5, 2021
3. **LaVoy, E.C.** ‘Exercise and the immune system: considerations for cancer patients. Energy Balance Research Seminar at MD Anderson Cancer Center. Online, October 21 2021
4. **LaVoy, E.C.** and Nieman, D. “Debate: Vigorous exercise suppresses immune functioning”. Hilliard Discussion, Texas A&M’s Huffines Institute for Sports Medicine and Human Performance. Online, September 29, 2021 Available online at:  
<https://www.youtube.com/watch?v=2-21MRkmWpw>
5. **LaVoy, E.C.** “Hot Topics: Immune Responses to Exercise”. *Translating Energy Balance from Bench to Communities: Application of Parallel Animal-Human Studies in Cancer Conference*, Online, July 8-10 2021
6. **LaVoy, E.C.** “Exercise and the Immune System: implications for health and disease”. *Continuing Education for Clinical Exercise Physiology Association*, Webinar, April 14 2021 [https://acsm-cepa.org/content.aspx?page\\_id=4002&club\\_id=324409&item\\_id=1383486](https://acsm-cepa.org/content.aspx?page_id=4002&club_id=324409&item_id=1383486)

7. **LaVoy, E.C.** “Exercise and the immune system: implications for health”. *Health Tea Psychology/Affective Neuroscience Brown Bag*, Rice University Bioscience Research Collaborative, Houston TX, December 4, 2019
8. **LaVoy, E.C.** “Exercise immunology” *MECH Brown bag*, University of Houston/MD Anderson, Houston TX, November 21, 2019
9. **LaVoy, E.C.** “Immunology of exercise: using physical activity as a means of modulating our immune systems”. *Health Tea Psychology/Affective Neuroscience Brown Bag*, Rice University Bioscience Research Collaborative, Houston TX, September 19, 2018
10. **LaVoy, E.C.** “Exercise and the immune system: implications for health and disease”. *Research meeting, Center for Neurobehavioral Research on Addiction*, University of Texas Health Science Center, Houston TX, November 14, 2016

#### Professional Conferences/Peer Reviewed Abstracts

1. **LaVoy, EC**, Gupta, P., Schadler, K., Hodgman, C.F., Markofski, M.M. Natural Killer Cell Function in Mice with Pancreatic Cancer Does Not Differ with Exercise Training. *Annual Meeting of the American College of Sports Medicine*, Denver, CO May 30-June 2, 2023
2. Hodgman, CF, Hunt, R., Crane, JC., and **LaVoy, EC**. Sex Influences Peripheral Blood Mononuclear Cell Survival and Interferon-Gamma Production following Culture in Low-Glucose or High-Lactic Acid Media". *15<sup>th</sup> Symposium of the International Society of Exercise and Immunology*, Tucson, AZ Oct 24-27, 2022
3. Hunt, R., Elzayat, M., Laughlin, M., Markofski, M.M., **LaVoy, EC**. Characterization of the Mobilization of Transitional Memory CD4<sup>+</sup> and CD8<sup>+</sup> T-cells During and After an Acute Bout of Exercise" *15<sup>th</sup> Symposium of the International Society of Exercise and Immunology*, Tucson, AZ Oct 24-27, 2022
4. Markofski, M. Jennings, K., LaVoy, EC. Monocytes do not respond the same for a duration- and intensity-matched bouts of treadmill walking or resistance exercises. *15<sup>th</sup> Symposium of the International Society of Exercise and Immunology*, Tucson, AZ Oct 24-27, 2022
5. Crane, JC., Gordon, MJ., Basen-Engquist, K, Ferrajoli, A, Markofski, MM., Lee, C, Fares, S, Simpson, RJ, and **LaVoy, EC**. Relationship between T-lymphocytes and physical function in adults with chronic lymphocytic leukemia: results from the HEALTH4CLL pilot study. *15<sup>th</sup> Symposium of the International Society of Exercise and Immunology*, Tucson, AZ Oct 24-27, 2022
6. **LaVoy, E.C.**, Hunt, R.M., Elzayat, M.T. CD57 Expression Identifies Highly Exercise Responsive Cells Even Among Early Differentiated CD8 T Cells. *Annual Meeting of the American College of Sports Medicine*, San Diego, CA June 1-4, 2022  
Selected for thematic poster presentation
7. Lee, C., Gordon, M., Fares, S., **LaVoy, E.**, Markofski, M., Simpson, R. Ferrajoli, A., Basen-Engquist, K. Optimization Of Behavioral Interventions for Patients with



- Chronic Lymphocytic Leukemia: The HEALTH4CLL Study. *Annual Meeting of the American College of Sports Medicine*, San Diego, CA June 1-4, 2022
8. Gordon, M. et al. T Cell Phenotypic Changes in Participants of a Multiphase Optimization Strategy (MOST) Behavioral Intervention of Healthy Diet and Exercise in Patients with Chronic Lymphocytic Leukemia. *European Hematology Association, Hybrid June 10 2022*
  9. Gordon, M., Lee, C., Fares, S., **LaVoy, E.**, Markofski, M., Ferrajoli, A., Basen-Engquist, K. The HEALTH4CLL study: A multiphase optimization strategy (MOST) behavioral intervention in patients with chronic lymphocytic leukemia (CLL). *American Association for Cancer Research International Meeting Advances in Malignant Lymphoma: Maximizing the Basic-Translational Interface for Clinical Application* Boston, Mass June 23-26, 2022
  10. Gupta, P., Hodgman, C.F., Schadler, K., **LaVoy E.** Effect of Three Different Exercise Interventions on Pancreatic Tumor Growth With and Without Gemcitabine in Mice. *Translating Energy Balance From Bench to Communities: Application of Parallel Animal-Human Studies in Cancer*, Online July 8-10, 2021  
**Selected for live lightening poster presentation (oral)**
  11. **LaVoy, E.**, Elzayat, M. Markofski, M. Relationship Between Perceived Exercise Intensity and Natural Killer Cell Mobilization After Exercise. *Annual Meeting of the American College of Sports Medicine*, Online June 1-5, 2021
  12. Batatinha, H., Diak, D.M., Niemiro, G.M., Mylabathula, P., Baker, F., Smith, K.A., Zuniga, T.M., Park, Y., **LaVoy, E.C.**, Katsanis, E., Simpson, R.J. Human Lymphocytes Mobilized with Exercise Extend Survival and Lower Leukemic Burden in Zenogeneic Mice. *Annual Meeting of the American College of Sports Medicine*, Online June 1-5, 2021
  13. Markofski, M.M., Jennings, K., Hodgeman, C.F., Warren, V.E., and **LaVoy, E.C.** Decrease in physical activity during SARS-CoV-2 pandemic linked to depression in women but not men. *Annual Meeting of the American College of Sports Medicine*, Online June 1-5, 2021
  14. Gupta, P., Schadler, K.L., **LaVoy, E.** Comparing Three Exercise Interventions on Pancreatic Tumor Growth In Mice During Chemotherapy Treatment *American Physiology Society Integrative Physiology of Exercise*, Online November 9-13 2020  
**Oral Presentation**
  15. **LaVoy, E.**, Gupta, P., Schadler, K.L. Tumor Growth Reduced and Tumor-Infiltrating Lymphocytes Increased with Exercise Training in Mouse Model of Pancreatic Cancer *American Physiology Society Integrative Physiology of Exercise*, Online November 9-13 2020 **Highlighted in Press Release for Conference**
  16. Reesor-Oyer, L., O'Connor, D. P., Murillo, R., **LaVoy, E.**, & Hernandez, D. C. (2020). Leisure time physical activity and sedentary behavior partially mediate the income-overweight/obesity relationship. *Health Behavior Research*, 3(2), 29. doi: 10.4148/2572-1836.1091 *Conference canceled due to Pandemic*

17. **LaVoy, E.C.**, Elzayat, M., Markofski, M. Acute Resistance Exercise Fails to Improve Influenza Vaccine Response In Older Adults *Annual Meeting of American College of Sports Medicine*, Online June 2020
18. Hodgman C.F., **LaVoy, E.C.**, Murillo, R., Zhao, H., Obasi, E., McNeill, L., O'Connor, D.P., Hernandez, D.C. Acculturative Stress & Discrimination Predicts Inflammation among Hispanic Immigrants. *HEALTH Research Institute Conference*, Houston, TX. January 2020
19. Palmer, C., Alfano, C., Weems, C., **E.C. LaVoy**. Childhood sleep patterns longitudinally predict later post-traumatic stress after Hurricane Harvey. *Annual Meeting of the World Sleep Congress* November 2019
20. **LaVoy, E.C.**, Elzayat, M.T., Cardenas, M.A., Levitt, M.M., Cook, C.A., M. Phillips. Improved Immune Profile Accompanying Increased Fitness Following an Exercise Intervention Among Overweight Older Women. *Annual Meeting of American College of Sports Medicine* Orlando, FL. June 2019
- Featured in thematic poster section**
21. Gupta, P., Bigley, A.B., **E.C. LaVoy**. Differential Natural Killer Cell Cytotoxicity Response To Post-exercise Autologous Serum Based On Cytomegalovirus Serostatus. *Annual Meeting of American College of Sports Medicine* Orlando, FL. June 2019
22. Elzayat, M.T., **E.C. LaVoy**. Can a dynamic warm-up reduce the magnitude of immune perturbation following vigorous aerobic exercise? *Annual Meeting of American College of Sports Medicine* Orlando, FL. June 2019
23. Graff, R.M., Jennings, K., Davies, N.A., Carrillo, A.E., **LaVoy, E.C.**, Ryan, E.J., M.M. Markofski. A short-term Paleolithic dietary intervention does not alter adipokines implicated in obesity. *Annual Meeting of American College of Sports Medicine* Orlando, FL. June 2019
24. Palmer, C.A., Alfano, C.A., Weems, C.F., E. C. LaVoy. Premorbid Childhood Sleep Patterns Predict Post-Traumatic Stress after Hurricane Harvey. *SLEEP*, San Antonio, TX, June 2019.
25. **LaVoy, E.C.**, Lopez-Gamundi, P., M.C. Wardle. Reward Functioning Following an Acute Bout of Exercise among Healthy Adults. *Psychoneuroimmunology Research Society Annual Scientific Meeting*, Miami, FL, June 2018.
26. Wardle, M.C., Lopez-Gamundi, P., **E.C. LaVoy**. Effects of an Acute Bout of Exercise on Reward Functioning. *Society of Biological Psychiatry*, New York City, NY, May 2018.
27. Lee, J., **LaVoy, E.C.**, Y. Park. Protective mechanisms of physical activity in vascular dysfunction in high fat diet-induced obesity via attenuation of NLRP3 inflammasome activation in mouse aorta. *Experimental Biology*, San Diego, CA, April 2018.
28. P. Gupta, A. Bigley, and **E.C. LaVoy**. Baseline natural killer cell cytotoxicity is enhanced in the presence of 1h post-exercise autologous serum. *International Society for Exercise and Immunology Symposium* Coimbra, Portugal, July 2017.

29. LaVoy, E.C., P. Gupta, A. Bigley. Natural killer cell cytotoxicity is enhanced in the presence of 1h post-exercise serum. *Psychoneuroimmunology Research Society Annual Scientific Meeting* Galveston, TX, June 2017.
30. LaVoy, E.C., P. Gupta, A. Bigley. Increase in Natural Killer cells with an activated phenotype during recovery from acute dynamic exercise. *Annual Meeting of American College of Sports Medicine* Denver, CO. June 2017 **Oral presentation**
31. LaVoy, E.C., Hussain, M., Reed, J., Kunz, H., Pistillo, M., Bigley, A., and R.J. Simpson. The impact of exercise intensity and cytomegalovirus infection on immune cell redeployment by exercise: T-cell cytokine expression. *American Physiological Society meeting: Inflammation, Immunity, and Cardiovascular Disease* Westminster, CO. August 2016
32. LaVoy, E.C., Hussain, M., Reed, J., Kunz, H., Pistillo, M., and R.J. Simpson. Redeployment of immune cell subsets across multiple exercise intensities in the context of cytomegalovirus infection. *Annual Meeting of American College of Sports Medicine* Boston, MA. June 2016 **Oral presentation**
33. Graff, R.M., Kunz, H., Agha, N.H., Baker, F.L., Azadan, R., Rooney, B.V., Bond, R.A., Bollard, C.M., LaVoy, E., and R. J. Simpson. Antigen-specific CD8<sup>+</sup> T-cells are mobilized with exercise via  $\beta$ 2-adrenergic receptor signaling pathways: implications for immunotherapy. *2016 Annual Meeting of American College of Sports Medicine, Boston MA*
34. Kunz, H., Spielmann, G., LaVoy, E., Agha, N. Graff, R.M., Bollard, C.M., and R.J. Simpson. Enhancing the generation of virus-specific T-cells with exercise for immunotherapy. *2016 Annual Meeting of American College of Sports Medicine, Boston MA*
35. Gupta, P., Bigley, A.B., and E.C. LaVoy. Cellular subset shifts or serum factors: exploring the mechanisms underlying exercise-induced changes in natural killer cell cytotoxicity. *MD Anderson Cancer Center Energy Balance and Cancer Retreat*, Houston, TX, January 2016.
36. LaVoy, E.C., Blaney, J.W., Hanley, P.J., Bollard, C.M. and R.J. Simpson. A single bout of exercise improves the expansion of cytotoxic T-cells specific to melanoma antigens in healthy humans: Implications for adoptive transfer immunotherapy. *Psychoneuroimmunology Research Society Annual Scientific Meeting* Philadelphia, PA, May 2014. **Oral presentation**
37. LaVoy, E.C., Blaney, J.W., Hanley, P.J., Bollard, C.M. and R.J. Simpson. Exercise can enhance the expansion of cytotoxic T-cells specific to melanoma antigens: implications for adoptive transfer immunotherapy? *MD Anderson Cancer Center Energy Balance and Cancer Retreat*, Houston, TX, February 2014. **Oral presentation**
38. LaVoy, E.C., Blaney, J.W., Hanley, P.J., Bollard, C.M. and R.J. Simpson. Acute exercise enhances the expansion of cytotoxic T-cells specific to leukemia and melanoma

- antigens: implications for adoptive transfer immunotherapy? *International Society of Exercise Immunology Symposium*, Newcastle, Australia, September, 2013.
39. **LaVoy, E.C.** and R.J. Simpson. Acute exercise increases cytokine expression in late but not early differentiated CD8+ T-cells. *American College of Sports Medicine Annual Meeting*, San Francisco, CA, June 2012. **Oral Presentation**
  40. **LaVoy, E.C.** and R.J. Simpson. Cytomegalovirus infection and acute exercise alters the type 1/type 2 cytokine balance in both low (CD27+) and highly (CD27-) differentiated subsets of CD4+ and CD8+ T-cells. *10<sup>th</sup> Symposium of the International Society of Exercise and Immunology*, Oxford, UK, July 2011.
  41. **LaVoy, E.C.**, Bigley, A.B., Spielmann, G., Rector, J.L., Morrison, M.R., and R.J. Simpson. Effect of HSV-1 infection on the frequency of senescent T-cells and their exercise-induced mobilization. *American College of Sports Medicine Annual Meeting*, Denver, CO, June 2011.
  42. **LaVoy, E.C.**, Lowder, T.W., and R.J. Simpson. Acute exercise alters the Type 1/Type 2 cytokine balance in both low (CD27+) and highly (CD27-) differentiated subsets of CD4+ and CD8+ T cells. *American Association of Immunologists 98<sup>th</sup> Annual meeting*, San Francisco, CA, May 2011.
  43. **LaVoy, E.C.**, Morrison, M.R., Bigley, A.B., Spielmann, G., Rector, J.L. and R.J. Simpson. Effect of HSV-1 infection on the frequency of senescent T-cells and their exercise-induced mobilization. *American College of Sports Medicine Texas Chapter Annual Meeting*, Austin, TX, February, 2011.
  44. **LaVoy, E.C.** and McFarlin, B.K. A Rapid, Flow Cytometry-Based Assay for the Determination of Natural Killer Cell Activity in Isolated Periphery Blood Mononuclear Cells. *American College of Sports Medicine Texas Chapter Annual Meeting*, Houston, TX, February, 2010.

## RESEARCH SUPPORT

### Current Research Support

1. CLL Global Research Foundation (sub-award through MDA; Ferrajoli (PI))  
7/01/2022 - 6/30-2023 Total subaward amount: \$48,828  
A randomized phase II waitlist control trial of behavioral interventions in high-risk comorbid patients with chronic lymphocytic leukemia  
Role: co-PI on subaward

### Completed Research Support

1. NASA: NNJ14ZSA001N-MIXEDTOPICS Simpson (PI)  
06/01/2016-12/31/2021 Budget: \$225,000 (IDC: \$58,722)  
Impact of an ISS mission on the anti-viral and functional properties of NK-cells, T-cells, B-cells, and dendritic cells  
Role: Co-I
2. UH CLASS Research Progress Grant LaVoy (PI)

- 01/01/2021-12/31/2021      Budget: \$4,000  
 Exercise and the Tumor Microenvironment  
 Role: PI
3. UH Health Research Institute      Gorniak (PI)  
 09/01/2019 – 08/30/2020)      Budget: \$29,927  
 Functional Cortical Deficits and Cortical Hemodynamic Changes in Minority Older  
 Adults with Type II Diabetes  
 Role: Co-I
  4. American College of Sports Medicine Research Foundation      LaVoy (PI)  
 06/01/2019 – 06/30/2020      Budget: \$10,000  
 Identifying the Optimal Exercise Intervention and its Mechanism during Pancreatic  
 Cancer Treatment  
 Role: PI
  5. NIH National Institute on Aging: R03AG052778      LaVoy (PI)  
 09/15/2017 – 04/30/2019      Budget: \$153,000 (IDC: \$50,229)  
 Resistance Exercise to Improve Vaccine Outcomes in Older Adults  
 Role: PI
  6. UH CLASS Project Completion Grant      LaVoy (PI)  
 01/01/2019 –08/31/2019      Budget: \$4,000  
 The effects of cytomegalovirus infection on the immune response to an exercise training  
 intervention  
 Role: PI
  7. UH CLASS Research Project Grant      LaVoy (PI)  
 01/01/2019 –08/31/2019      Budget: \$4,000  
 Identifying the optimal exercise intervention and its mechanisms during pancreatic cancer  
 treatment  
 Role: PI
  8. UH CLASS Research Project Grant      Park (PI)  
 01/01/2017 –08/31/2017      Budget: \$8,000  
 The inflammasome in obesity-induced vascular dysfunction: physical activity and the  
 immune system  
 Role: Co-I
  9. UH CLASS Research Project Grant      LaVoy (PI)  
 01/01/2016 –08/31/2016      Budget: \$12,000  
 Determining the relationship between physical fitness and disease in Chronic  
 Lymphocyte Leukemia patients  
 Role: PI
  10. Texas Obesity Research Center Seed Funding      LaVoy (PI)  
 01/01/2016 –08/31/2016      Budget: \$2,000  
 Adenovirus 36 Infection and Childhood Obesity: Immune Responses and Lifestyle  
 Interventions  
 Role: PI

11. Texas Chapter ACSM Student Research Development Award LaVoy (PI)  
01/01/2011 –08/31/2011 Budget: \$2,000  
Role: PI
12. Texas Chapter ACSM Student Research Development Award LaVoy (PI)  
01/01/2010 –08/31/2010 Budget: \$2,000  
Role: PI

#### Research Funding Applications in Review

1. NIH-NIA Gorniak (PI) 06/2024 – 7/2029  
Cortical Complications of Perimenopause and Nocturnal Hypoxia in Underrepresented Middle-Aged Women with Type 2 Diabetes  
Budget: \$3,552,953  
Role: Co-I
2. CPRIT Swartz, LaVoy (MPI) 03/1/2024 – 02/28/2028  
Cancer-related fatigue and its biomarkers in adolescent and young adult brain tumor survivors: effects of a telehealth intervention  
Budget: \$296,112 (IDC: \$14,805)  
Role: Co-PI
3. NIH-NIAMS Gorniak (PI) 06/2024 – 7/2028  
Mechanical and non-mechanical contributions to chronic neck, shoulder, arm, and back pain in full-busted women  
Budget: \$2,146,419  
Role: Co-I

#### Research Funding Applications Submitted but Unfunded

1. NIH-NCI Markofski (PI) 04/01/2023 – 03/31/2025  
Interaction of the Immune System and Microbiome in Colorectal Cancer Survivors  
Role: Co-I
2. NIH-NCI sub-award through Emory; Bai (PI) 12/01/2023 – 11/30/2028  
Virtually Delivered Exercise Intervention with Behavioral Coaching to Reduce Cancer-Related Cognitive Impairment in AYA  
Role: PI on subaward
3. Cure Childhood Cancer sub-award through MDA; Gordon (PI) 8/1/2023 -7/31/2025  
Exercise as a novel approach to enhance NK cells therapeutic effect against Osteosarcoma  
Role: PI on subaward
4. American Cancer Society Markofski (PI) 01/01/2023-01/01/2024  
Resistance or Cardiorespiratory exercise training to improve immune function in colorectal cancer survivors  
Role: Co-I
5. Pediatric Cancer Foundation Grant for Osteosarcoma Research Gordon (PI) 01/01/2023-01/01/2024  
Exercise as a novel adjuvant to Natural Killer cell therapy against Osteosarcoma



- Role: Co-I
6. DOD PRMRP                      Gorniak/Harrison (Co-PI)                      01/01/2023-12/31/2026  
The Impact of Sex Hormones and Sleep Disruption on Vision Function, Proprioception, Motor Function, and Cognition in Females with Type II Diabetes  
Role: Co-I
  7. UH Grants to Enhance and Advance Research                      LaVoy (PI)    05/01/2022-11/01/2023  
Immunometabolism of Exercise
  8. National Aeronautical and Space Administration LaVoy (PI)                      01/01/2022-01/01/2023  
Evaluating leukocyte adaptations to acute and chronic exercise
  9. Children's Cancer Research Fund                      Gordon (PI)                      02/01/2022-02/01/2024  
Exercise as a novel approach to enhance NK cell therapy against Osteosarcoma  
Role: Co-I
  10. NIH-NIDA                      Gorniak (PI)                      10/01/2021-09/30/2023  
Early detection of neurodegeneration in COVID-19 survivors who smoke or vape  
Role: Co-I
  11. Chance For Life Foundation                      Gordon (PI)                      11/01/2021-10/31/2023  
Exercise as a novel approach to enhance NK cells therapeutic effect against Osteosarcoma  
Role: Co-I
  12. NIH-NIA                      Gorniak (PI)                      08/01/ 2021 – 07/30/2023  
Sex-Difference and Inflammation Impacts on Vision, Proprioception, and Activities of Daily Living in Persons with Type 2 Diabetes Ahead of Conversion to Dementia  
Role: Co-I
  13. NIH-NIA                      Gorniak (PI)                      04/01/2021 – 03/30/2026  
Elucidating sex-hormone, adiposity, and inflammation contributions to cognitive-sensorimotor deficits and dysfunctional cortical activation in persons with type II diabetes ahead of conversion to dementia  
Role: Co-I
  14. Centers for Medicare & Medicaid Services Office of Minority Health Research Grant Program                      Alfano/LaVoy (Co-PI)                      09/01/2020-08/31/2022  
Sleep health, inflammation, and stress among African American adults: identifying vulnerabilities and opportunities  
Role: Co-PI
  15. UH Grants to Enhance and Advance Research                      LaVoy (PI)    05/01/2021-11/01/2022  
Exercise to Improve Immuno-metabolism in Cancer
  16. Health and Environmental Sciences Institute Thrive  
LaVoy/Schadler (co-PI)                      01/01/ 2020-12/31/2021  
Identifying causes and potential mitigation of loss of cardiorespiratory fitness related to cancer
  17. American Pecan Council                      Johnston (PI)                      09/01/2019-08/30/2020  
Preventing the Freshman 15: Using Pecans as a Healthful Snack

- Role: Co-I
18. Center for Clinical and Translational Science Wardle (PI) 09/01/2019 – 08/30/2021  
Stress, inflammation, and prescription opioid misuse  
Role: Co-I
19. NIH: NCI Markofski (PI) 07/01/2019-06/30/2021  
Role of resistance exercise in reducing risk for secondary diseases in cancer survivors  
Role: Co-I
20. NIH-NIDA Wardle (PI) 07/01/2019-06/30/2021  
Testing and Intervening in Inflammatory Mechanisms Linking Stress and Cocaine Use  
Role: Co-I
21. NASA LaVoy (PI) 01/01/2019 – 12/31/2024  
Cerebrospinal fluid inflammatory mediators and risk of adverse cognitive and behavioral outcomes during long-duration spaceflight
22. NIH-NIDA Wardle (PI) 07/01/2018-06/30/2023  
Rapid development of anti-inflammatory treatments for comorbid stimulant and alcohol use disorder  
Role: Co-I
23. William & Ella Owens Medical Research Foundation  
LaVoy (PI) 01/01/2018 – 12/31/2018  
Regulating responses to psychosocial stress using anti-inflammatories
24. John S. Dunn Foundation Collaborative Research Award Program  
Wardle (PI) 01/01/2017 – 12/31/2017  
Regulating responses to psychosocial stress using anti-inflammatories  
Role: Co-I
25. NIH-NCI LaVoy/Gilchrist (co-PI) 07/01/2017-06/30/ 2019  
The impact of radiotherapy on autonomic function and immune response in breast cancer patients
26. NIH-NIDDK LaVoy/Johnston (co-PI) 07/01/2017-06/30/2019  
Treatment of obesity among Adenovirus 36 (Ad36) seropositive Mexican American children

### **PROFESSIONAL LICENSURE AND CERTIFICATION**

Operator Certification for Hologic X-ray Bone Densitometer in the State of Texas (December 2018-Present)

CPR with AED (2015-Present)

### **TEACHING AND STUDENT LEARNING**

#### Courses Taught

University of Houston, Department of Health and Human Performance:

PEP7397 Advanced Selected Topics in Human Performance: Inflammation: Causes and Consequences (Spring 2023)

KIN 3304 Human Structure and Physical Performance (2016-present)

PEP7397 Advanced Selected Topics in Human Performance: Physiology of Extreme Performance (Fall 2021)

PEP 7398 Advanced Special Problems in Human Performance: Statistics (Fall 2020-Spring 2021)

PEP 8304 Journal Colloquium (2016-2019)

PEB 1102 Indoor Cycling (2009-2011)

PEB 1154 Rhythmic Aerobics (2009-2011)

Northern Michigan University, Department of Chemistry (2007-2008):

CH321 Organic Chemistry I Laboratory

CH322 Organic Chemistry II Laboratory

Northern Michigan University, Department of Biology (2005-2007):

BI203 Medical Microbiology Laboratory

BI431 Plant Physiology Laboratory

### Courses Developed

University of Houston, Department of Health and Human Performance:

PEP 7397 Inflammation: Causes and Consequences (2023)

Graduate level course in applied immunology offered Spring 2023

KIN 3304 Human Structure and Physical Performance (2016); second revision (2021)

Undergraduate anatomy course offered since Summer 2016; recently updated from lecture only to lecture-laboratory for offer Fall 2021

PEP 7397 Physiology of Extreme Performance (2021)

Graduate level course in exercise physiology offered Fall 2021

PEP 7398 Advanced Special Problems in Human Performance: Statistics (Fall 2020)

Graduate level course in multivariate statistics offered Fall 2020 and Spring 2021

### Candidacy, Thesis, Comprehensive, and Dissertation Committees

Undergraduate Honor's Thesis:

Nicole Dequina (completed: May 2018) (reader)

Masters' Thesis Committees:

External:

Christina Dollinger, UH Comparative Culture Studies (reader) defended November 2018

Graduate Student Candidacy Project Committees (completed):

Rebekah Hunt (December 2022)

Justin Crane (November 2022)  
Charles Hodgman (April 2021)  
Mahmoud Elzayat (April 2021)  
Priti Gupta (May 2017)  
Jonghae Lee (May 2017)  
Bridgette Rooney (April 2017)  
Rachel Graff (January 2017)  
Doug Diak (April 2016)

Graduate Student Comprehensive Exam Committees (completed):

Charles Hodgman (December 2021)  
Mahmoud Elzayat (June 2021)  
Bridgette Rooney (December 2018)  
Priti Gupta (April 2018)  
Jonghae Lee (April 2018)  
Rachel Graff (April 2018)  
Doug Diak (August 2017)

Dissertation Committees:

External:

Christine So, University of Houston Clinical Psychology (reader): defended July 2022  
Sumedha Pareek, The University of Texas Health Sciences Graduate School of Biomedical Sciences, Houston TX (reader): ongoing  
Abdollah Serajian, Shahid Beheshti University, Tehran, Iran (reader): defended September 2018

Internal (UH Department of Health & Human Performance):

Mahmoud Elzayat (chair): defended March 2022  
Priti Gupta (chair): defended November 2020  
Doug Diak (co-chair): defended September 2020  
Layne Reesor (reader): defended July 2020  
Bridgette Rooney (co-chair): defended June 2020  
Rachel Graff (reader): defended April 2020  
Jonghae Lee (reader): defended December 2019

Student Achievements

Kelley Doan (undergraduate student)

Selected for Provost's Undergraduate Research Scholarship, Spring 2023

Lynnsie McBride (undergraduate student)

Selected for Provost's Undergraduate Research Scholarship, Spring 2023

McArthur Bolden (undergraduate student)

Departmental Award for Undergraduate Excellence in Exercise Science—Spring 2023

Jaden Corpus (undergraduate student)

Departmental Award for Undergraduate Excellence in Exercise Science—Spring 2022

Brian Chung (undergraduate student):

1. Selected for Provost's Undergraduate Research Scholarship, Spring 2021
2. Delivered poster presentation 'The Effects of Including a Pre-Exercise Warm-up on Mood and Affect After Exercise' at the University of Houston 2021 Undergraduate Research Day Symposium

Justin Crane (PhD student 2021-present)

1. Poster Presentation Award, ISEI 2022 meeting
2. Doctoral Student Research Development Award, 2022, Texas Chapter of the American College of Sports Medicine

Rebekah Hunt (PhD student 2020-present)

Doctoral Student Research Development Award, 2022, Texas Chapter of the American College of Sports Medicine

Charles Hodgman (PhD student 2019-present):

1. Cullen Student Success Fellowship, Graduate School, University of Houston, 2022
2. Poster Presentation Award, ISEI 2022 meeting
3. First place Research Presentation, 2020 annual meeting of the Texas Chapter of the American College of Sports Medicine
4. Doctoral Student Research Development Grant, 2020, Texas Chapter of the American College of Sports Medicine
5. Submitted grant for external funding: Hodgman, C., LaVoy, E.C. (Faculty advisor). "Functional Differences of Exercise Mobilized Lymphocytes in Response to Lactic Acid: American College of Sports Medicine Research Foundation Submitted January 2020

Priti Gupta (PhD student 2015-2020):

1. Post-doctoral fellowship with Dr. Steven Lin, MD Anderson Cancer Center
2. Abstract selected for Oral Presentation, *Translating Energy Balance from Bench to Communities: Application of Parallel Animal-Human Studies in Cancer Conference 2021 Conference (Online)*
3. Abstract selected for Oral Presentation, *American Physiology Society Integrative Physiology of Exercise 2020 Conference (Online)*
4. Finalist, Poster Presentation, 2016 Energy Balance and Cancer Research Retreat, MD Anderson Cancer Center, Houston TX

## **SERVICE**

### Training

*Workshop; NIH-Funded Transdisciplinary Research on Energetics and Cancer (2023)*

*AJP-REGU New Reviewer Training (2020)*

*Workshop: Rigor and Reproducibility (2019)*

*Workshop: Scientific Communication Advances Research Excellence (2019)*

*Workshop: Gulf Cost Consortia Research Mentor Training (2018)*

*Workshop: Gulf Coast Consortia Entering Mentoring (2015)*

Founder and Organizer (2019-2021):

*Mechanisms of Exercise in Cancer and Health: Houston-based brown-bag series providing an opportunity to trainees of the U of H and MDACC for networking with local and national experts in exercise science and cancer biology.*

Review Editor:

Exercise Physiology Section in *Frontiers in Physiology* and *Frontiers in Sports and Active Living*

Ad hoc Manuscript Reviewer:

American Journal of Lifestyle Medicine

Antioxidants

BioResearch Open Access

BMC Infectious Diseases

Brain Behavior and Immunity

Complementary Therapies in Medicine

European Journal of Cancer Care

Exercise Immunology Review

Frontiers in Immunology

Frontiers in Medicine

Frontiers in Physiology

Journal of Applied Physiology

Journal of Clinical and Laboratory Medicine

Journal of Immunological Methods

Journal of Sport Science

Medicine & Science in Sports & Exercise

Oxidative Medicine and Cellular Longevity

Physiology and Behavior

Psychoneuroendocrinology

Sports Medicine

Data Safety and Monitoring Board Member:

“An Integrated Personalized Feedback Intervention for Hazardous Drinkers with Elevated Anxiety Sensitivity and Subclinical PTSD” NIH/NIAAA (1F31AA029600 - 01A1)

Antoine Lebeaut, PI

(2022)

Awards Committee Member (appointed):

American Physiological Society; 2023-2026



American College of Sports Medicine Research Foundation; 6/1/2023-5/31/2026

Grant Reviewer:

American Institute for Cancer Research grant review panel (August 2022)  
NASA BRASH review panel, chair (July 2022)  
NASA Musculoskeletal and Exercise Physiology Review Panel (July 2020)  
NASA TRISH post-doctoral fellowship program (June 2019)  
World Cancer Research Fund International Grant Programme (March 2018)  
Canada Foundation for Innovation John R. Evans Leaders Fund (January 2017)

Professional Affiliations

HEALTH Center for Addictions Research and Cancer Prevention Affiliate, University of Houston, 2023-

American College of Sports Medicine (National and Texas Chapter)

*Served as a poster judge for undergraduate and graduate student presenters at 2017 and 2019-2022 TACSM annual meetings*

*Appointed to Research Review Committee*

American Physiological Society

*Member of the AJP-Regu early career reviewer board, 2020-present*

International Society of Exercise Immunology

Psychoneuroimmunology Research Society

University Committees

1. University of Houston Health Professions Advisory Committee (2023-present)
2. University of Houston Transportation & Parking Advisory Committee (2022-present)
3. Member, Cougar Card Advisory Committee (October 2018-May 2019)
4. Advisor, Registered Student Organization: Pre-health mentorship program (June 2018-May 2019)

Department Committees

1. Member, Graduate Research Degrees Committee (2015-present)  
Executive Committee (2021-present)  
Subcommittee for GTF ranking (2018-2021)  
Subcommittee for Student Petitions (2016-2020)  
SOP review subcommittee (2016)  
APAR review subcommittee (2015)
2. Member, Undergraduate Committee (2017-present)
3. Member, Faculty Review Committee (2019-2021)
4. Member, Exercise Science Undergraduate Curriculum Review Committee (2022-present)
5. Independent Faculty Advocate for Students facing Academic Honesty Policy Hearings (2020-present)
6. CLASS-Departmental Research Liaison (2022- present)

7. Member, Faculty Search Committee- Laboratory of Integrated Physiology (2022)
8. Member, Faculty Search Committee-Sports and Fitness Administration (2016 and 2017)

## **AWARDS, HONORS, AND SCHOLARSHIPS**

Provost's Travel Fund, 2016-2017 and 2017-2018.

Travel award from the American Physiological Society to present at the 2016 APS intersociety meeting, August 2016.

Travel award from the Psychoneuroimmunology Research Society (PNIRS) to present at the 2014 PNIRS annual meeting, June 2014.

Doctoral Research Achievement Award, post-candidacy, Department of Health and Human Performance, University of Houston, April 2014.

Finalist for Excellence in Research Award, M.D. Anderson Energy Balance and Cancer Research Retreat, February 2014.

1<sup>st</sup> place, 'Elevator Speech Contest', Department of Health and Human Performance, University of Houston, October, 2013.

Dissertation Completion Fellowship, College of Liberal Arts and Social Sciences, University of Houston, Fall 2013-Spring 2014.

Doctoral Student Research Assistantship, College of Liberal Arts and Social Sciences, University of Houston, Fall 2012-Spring 2013.

Doctoral Research Achievement Award, pre-candidacy, Department of Health and Human Performance, University of Houston, April 2012.

Best Presentation (doctoral category), Texas Chapter of the American College of Sports Medicine Presentation Title: "Effect of HSV-1 infection on the exercise-induced mobilization of T-cell subsets". 2011

Doctoral Student Research Grant. Texas Chapter of the American College of Sports Medicine "Does Exercise in sub-freezing temperatures affect immune function?" 2010

Perrigo Undergraduate Research Fellowship, Life Science Institute, University of Michigan,  
Summer 2004

Excellence in Education Research Program Grant, Northern Michigan University  
June 2007

Charles C Spooner Graduate Student Research Grant Program, Northern Michigan University  
June 2006

Presidential Harden Scholarship, Northern Michigan University, 2001-2005