



**Olympic Athletic Club**, Seattle, Washington

***Fitness Specialist and Senior Advisor***

2000-2002

Coordinated senior fitness program and senior health events

Personal training

New member equipment orientation

**Overlake Hospital**, Bellevue, Washington

***Physical Therapy Aid***

2000-2001

Assisted Physical Therapists

**California State Department of Corrections**, Rancho Cucamonga, California

***Physical Testing & Evaluation Student Assistant***

1999-2000

Paid student internship

Assisted in administering physical abilities test to correctional officer applicants

## **PUBLICATIONS**

**\*first, senior, and/or corresponding author**

**#first author is student and I chaired or co-chaired their committee**

### **Peer reviewed articles**

#### **In review**

Crane JC, Gordan MJ, Basen-Engquist K, Ferrajoi A, **Markofski MM**, Young Lee C, Fares S, Simpson RJ, LaVoy EC. Relationships between T-lymphocytes and physical function in adults with chronic lymphocytic leukemia: results from the HEALTH4CLL pilot study. *Journal of Geriatric Oncology* (submitted Sept 2022)

Gupta P, Hodgman CF, Alvarez-Florez C, Schadler KL, Markofski MM, O'Connor DP, LaVoy EC. Comparison of Three Exercise Interventions With and Without Gemcitabine Treatment on Pancreatic Tumor Growth in Mice. *Frontiers in Physiology*, section Exercise Physiology. (submitted Sept 2022; in review)

Elzayat MT, Jennings K. **Markofski MM**, LaVoy, EC. The Effects of a Dynamic Warm-Up on the Immune Response. *J Sports Med Phys Fitness*. (submitted Sept 2021; status: in review)

#### **Accepted/in-press**

#Mylabathula PL, Diak DM, Baker FL, Niemi GM, **Markofski MM**, Crucian BE, Katsanis E, Simpson RJ. IL-2 and Zoledronic Acid Therapy Restores the In Vivo Anti-Leukemic Activity of Human Lymphocytes Pre-Exposed to Simulated Microgravity. *Front Biosci (Landmark Ed)*. 2022 Jul 8;27(7):215. PMID: 35866402

\*#Graff RM, Jennings K, LaVoy EC, Warren VE, Macdonald BW, Park Y, **Markofski MM**. T-cell responses to acute cardiorespiratory or resistance exercise in cohorts of physically active or physically inactive older adults: A randomized complete crossover. *J Appl Physiol*. 2022 Jul 1;133(1):119-129. PMID: 35616304

\***Markofski MM**, Jennings K, Hodgeman CF, Warren VE, and LaVoy EC. Physical activity during the SARS-CoV-2 pandemic is linked to better mood and emotion. *Stress and Health*. 2022 Aug 28(3):490-499. PMID: 34775682

\***Markofski MM** and Flynn MG. Elevated circulating CD16+ monocytes and TLR4+ monocytes in older adults with multiple cardiometabolic disease risk factors. *Exp Gerontol* 2021 Oct 15(154):111530. PMID: 34450235

Elzayat MT, **Markofski MM**, Simpson RJ, Laughlin M, LaVoy E. No Effect of Acute Eccentric Resistance Exercise on Immune Responses to Influenza Vaccination in Older Adults: a Randomized Control Trial. *Front in Physiol*. 2021 Aug 12(12). PMID: 34456752.

Borack BS, Dickinson JM, Fry CS, Reidy PT, **Markofski MM**, Deer RR, Jennings K, Volpi E, Rasmussen BB. Effect of the lysosomotropic agent chloroquine on mTORC1 activation and protein synthesis in human skeletal muscle. *Nutr & Metab*. 2021 Jun 12;18(1):61. PMID: 34118944

\*#Graff RM, Jennings K, Davies NA, Carrillo AE, LaVoy EC, Ryan EJ, and **Markofski MM**. (2021) A Short-Term Paleolithic Dietary Intervention Does Not Alter Adipokines Linked to Adiposity. *Int J Exerc Sci*. 2021 14(2):113-122. PMID: 34055149

Randolph AC, **Markofski MM**, Rasmussen BB, Volpi E. Effect of essential amino acid supplementation and aerobic exercise on insulin sensitivity in healthy older adults: A randomized clinical trial. *Clin Nutr*. 2020 May;39(5):1371-1378. PubMed PMID: 31307843.

#Agha NH, Mehta SK, Rooney BV, Laughlin MS, **Markofski MM**, Pierson DL, Katsanis E, Crucian BE, Simpson RJ. Exercise as a countermeasure for latent viral reactivation during long duration space flight. *FASEB J*. 2020 Feb;34(2):2869-2881. PubMed PMID: 31908052.

Heenan KA, Carrillo AE, Fulton JL, Ryan EJ, Edsall JR, Rigopoulos D, **Markofski MM**, Flouris AD, Dinas PC. Effects of Nutrition/Diet on Brown Adipose Tissue in Humans: A Systematic Review and Meta-Analysis. *Nutrients*. 2020 Sep 10;12(9) PubMed PMID: 32927664.

#Mylabathula PL, Li L, Bigley AB, Markofski MM, Crucian BE, Mehta SK, Pierson DL, Laughlin MS, Rezvani K, Simpson RJ. Simulated microgravity disarms human NK-cells and inhibits anti-tumor cytotoxicity in vitro. *Acta Astronautica*. 2020 Sep; 174 (21-40).  
<https://doi.org/10.1016/j.actastro.2020.03.023>

Cho D, Basen-Engquist K, Acquati C, Pettaway C, Ma H, **Markofski M**, Li Y, Canfield SE, Gregg J, McNeill LH. Cultural Adaptation of Evidence-Based Lifestyle Interventions for African American Men With Prostate Cancer: A Dyadic Approach. *Am J Mens Health*. 2020 Nov-Dec; 14(6):1557988320945449. PubMed PMID: 33148111.

#Agha NH, Baker FL, Kunz HE, Spielmann G, Mylabathula PL, Rooney BV, Mehta SK, Pierson DL, Laughlin MS, **Markofski MM**, Crucian BE, Simpson RJ. Salivary antimicrobial proteins and stress biomarkers are elevated during a 6-month mission to the International Space Station. *J Appl Physiol* (1985). 2020 Feb 1;128(2):264-275. PubMed PMID: 31751178.

\***Markofski MM**, Jennings K, Dolan C, Davies NA, LaVoy EC, Ryan EJ, Carrillo AE. Single-Arm 8-Week Ad Libitum Self-Prepared Paleo Diet Reduces Cardiometabolic Disease Risk Factors in Overweight Adults. *American Journal of Lifestyle Medicine*. 2019 August 02. <https://doi.org/10.1177/1559827619866157>

\***Markofski MM**, Jennings K, Timmerman KL, Dickinson JM, Fry CS, Borack MS, Reidy PT, Deer RR, Randolph A, Rasmussen BB, Volpi E. Effect of aerobic exercise training and essential amino acid supplementation for 24 weeks on physical function and muscle metabolism in healthy, independent older adults: a randomized clinical trial. *J Gerontol Med Sci*. Epub 2019 Sept 15;74(10):1598-1604. PMID: 29750251

Brightwell C, **Markofski MM**, Moro T, Fry C, Porter C, Volpi E, Rasmussen B. Moderate Intensity Aerobic Exercise Improves Skeletal Muscle Quality in Older Adults. *Translational Sports Med*. 2019 April 2(3):109-119. PMID: 31123725

Carrillo AE, **Markofski MM**, Flynn MG. Elevated inflammatory status and increased risk of chronic disease in chronological aging: Inflamm-aging or inflamm-inactivity? *Aging and Disease*. 2019 Feb 1;10(1):147-156. PMID: 30705775

#Graff RM, Kunz HE, Agha NH, Baker FL, Laughlin M, Bigley AB, **Markofski MM**, LaVoy EC, Katsanis E, Bond RA, Bollard CM, Simpson RJ.  $\beta$ 2-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 Behav Immun*. 2018 Nov;74:143-153. PMID: 30172948

Gupta P, Bigley AB, **Markofski M**, Laughlin M, LaVoy EC. Autologous serum collected 1 h post-exercise enhances natural killer cell cytotoxicity. *Brain Behav Immun*. 2018 Jul;71:81-92. PMID: 29656052

Hong J, Kim K, Park E, Lee J, **Markofski MM**, Marrelli SP, Park Y. Exercise ameliorates endoplasmic reticulum stress-mediated vascular dysfunction in mesenteric arteries in atherosclerosis. *Sci Rep*. 2018 May 21;8(1):7938. PMID: 29784903

Agha NH, Baker FL, Kunz HE, Graff R, Azadan R, Dolan C, Laughlin MS, Hosing C, **Markofski MM**, Bond RA, Bollard CM, Simpson RJ. Vigorous exercise mobilizes CD34+ hematopoietic stem cells to peripheral blood via the  $\beta$ 2-adrenergic receptor. *Brain Behav Immun*. 2018 Feb;68:66-75. Epub 2017 Oct 7. PMID: 29017969

Arlinghaus KR, **Markofski MM**, Johnston CA. Reducing anxiety to increase exercise in individuals with decreased lung capacity. *Am J Lifestyle Med*. 2017 April;11(4):307-309. PMID: 30202347

Reidy PT, Borack MS, **Markofski MM**, Dickinson JM, Fry CS, Deer RR, Volpi E, Rasmussen BB. Post-absorptive muscle protein turnover affects resistance training hypertrophy. *Eur J Appl Physiol*. 2017 May;117(5):853-866. PMID: 28280974

**\*Markofski, MM.** Is ulcerative colitis a reversible disease? *Brain Behav Immun.* 2017 Jan;598-9. PMID: 27650111

Borack MS, Reidy PT, Husaini SH, **Markofski MM**, Deer RR, Richison AB, Lambert BS, Cope MB, Mukherjea R, Jennings K, Volpi E, Rasmussen BB. Soy-Dairy Protein Blend or Whey Protein Isolate Ingestion Induces Similar Postexercise Muscle Mechanistic Target of Rapamycin Complex 1 Signaling and Protein Synthesis Responses in Older Men. *J Nutr.* 2016 Dec; 146(12):2468-2475. PMID: 27798330

Reidy PT, Borack MS, **Markofski MM**, Dickinson JM, Deer RR, Husaini SH, Walker DK, Igbini S, Robertson SM, Cope MB, Mukherjea R, Hall-Porter JM, Jennings K, Volpi E, Rasmussen BB. Protein supplementation has minimal effect on muscle adaptations during resistance exercise training in young men: a double-blind randomized clinical trial. *J Nutr.* 2016 Sept; 146(9):1660-9. PMID: 27466602

**\*Markofski MM**, Dickinson JM, Drummond MJ, Fry CS, Fujita S, Gundermann DM, Glynn EL, Jennings K, Paddon-Jones D, Reidy PT, Sheffield-Moore M, Timmerman KL, Rasmussen, BB, and Volpi E. Effect of age on basal muscle protein synthesis and mTORC1 signaling in a large cohort of young and older men and women. *Exp Gerontol.* 2015 May;65:1-7. PMID: 25735236

Timmerman KL, Amonette WE, **Markofski MM**, Ansinelli HA, Gleason EA, Rasmussen BB, and Mossberg KA. Impaired IL-6 and IL-10 response to exercise in patients with traumatic brain injury. *Eur J Appl Physiol.* 2015 Jan;115(1):111-8. PMID: 25213007

**\*Markofski MM** and Braun WA. Influence of menstrual cycle on indices of contraction-induced muscle damage. *J Strength Cond Res.* 2014 Sep;28(9):2649. PMID: 24552791

**\*Markofski MM**, Flynn MG, Carrillo AE, Armstrong C, Campbell WW, and Sedlock, DA. Exercise training-induced decrease in circulating inflammatory CD14+CD16+ monocyte percentage with and without weight loss in overweight and obese adults. *Eur J Appl Physiol.* 2014 Aug;114(8):1737-48. PMID: 24832193

**\*Markofski MM**, Carrillo AE, Timmerman KL, Jennings K, Coen PM, and Flynn MG. Exercise training modifies ghrelin and adiponectin concentrations and is related to inflammation in older adults. *J Gerontol A Biol Sci Med Sci.* 2014 Jun;69(6):675-81. PMID: 24013674

Drummond MJ, Timmerman KL, **Markofski MM**, Walker DK, Dickinson JM, Jamaluddin M, Brasier AR, Rasmussen BB, Volpi E. Short-term bed rest increases TLR4 and IL-6 expression in skeletal muscle of older adults. *Am J Physiol Regul Integr Comp Physiol.* 2013 Aug 1;305(3):R216-23. PMID: 23761639

Carrillo AE, Flynn MG, Pinkston C, **Markofski MM**, Jiang Y, Donkin SS, Teegarden D. Impact of vitamin D supplementation during a resistance training intervention on body composition, muscle function, and glucose tolerance in overweight and obese adults. *Clin Nutr.* 2013 Jun;32(3):375-81. PMID: 23034474

Drummond MJ, Dickinson JM, Fry CS, Walker DK, Gundermann DM, Reidy PT, Timmerman KL, **Markofski MM**, Paddon-Jones D, Rasmussen BB, Volpi E. Bed rest impairs skeletal muscle amino acid transporter expression, mTORC1 signaling, and protein synthesis in response to essential amino acids in older adults. *Am J Physiol Endocrinol Metab.* 2012 May 15;302(9):E1113-22. PMID: 22338078

Carrillo AE, Flynn MG, Pinkston C, **Markofski MM**, Jiang Y, Donkin SS, Teegarden D. Vitamin D supplementation during exercise training does not alter inflammatory biomarkers in overweight and obese subjects. *Eur J Appl Physiol*. 2012 Aug;112(8):3045-52. PMID: 22183086

\***Markofski MM** and Volpi E. Protein metabolism in women and men: similarities and disparities. *Curr Opin Clin Nutr Metab Care*. 2011 Jan;14(1):93-7. PMID: 21088570

Coen PM, Flynn MG, Markofski MM, Pence BD, Hannemann RE. Adding exercise to rosuvastatin treatment: influence on C-reactive protein, monocyte toll-like receptor 4 expression, and inflammatory monocyte (CD14+CD16+) population. *Metabolism*. 2010 Dec;59(12):1775-83. PMID: 20580035

Coen, PM. Flynn, MG, **Markofski, MM**, Pence, BD, Hannemann, RE. Adding exercise training to rosuvastatin treatment: influence on serum lipids and biomarkers of muscle and liver damage. *Metabolism*. 2009 Jul; 58(7):1030-8. PMID: 19411087

Timmerman KL, Flynn MG, Coen PM, **Markofski MM**, and Pence B. Influence of exercise training on CD14+CD16+ monocytes, toll-like receptor 4, and lipopolysaccharide-stimulated TNF $\alpha$ : production in elderly men and women. *J Leukoc Biol*. 2008 Nov; 84(5):1271-8. PMID: 18664531

Flynn MG, McFarlin BK, **Markofski MM**. The anti-inflammatory influence of exercise training. *Am J Lifestyle Med*. 2007 May-Jun; 1(3):220-35. PMID: 25431545

Braun WA, Hawthorne WE, **Markofski MM**. Acute EPOC response in women to circuit training and treadmill exercise of matched oxygen consumption. *Eur J Appl Physiol*. 2005 94(5-6):500-4. PMID: 15942765

von Duvillard SP, Braun WA, **Markofski M**, Beneke R, Leithauser R. Fluids and hydration in prolonged endurance performance. *Nutrition*. 2004 Jul-Aug;20(7-8):651-6. PMID: 1521274

#### **In progress: data collection complete and in writing stage (working titles)**

\*Graff RM, Jennings K, LaVoy EC, Warren VE, Macdonald BW, Park Y, **Markofski MM**. Cellular and functional monocyte response to acute cardiorespiratory or resistance exercise in cohorts of physically active or physically inactive older adults: A randomized complete crossover. Target journal: *Med Sci Sports Exerc* (status: final manuscript edits)

\*Agha NA, Baker FL, Simpson RJ, **Markofski MM**. Exercise-induced changes in circulating follistatin and GDF-15 is intensity- and duration-dependent. Target journal: *Med Sci Sports Exerc*

\***Markofski, MM**, Jennings, K, Hodgman, CF, Warren, VE, LaVoy, EC. Sedentary Behavior and Mood During the SARS-CoV-2 Pandemic.

\***Markofski MM**, Jennings K, Rasmussen BB, Volpi E. Barriers to recruiting healthy, non-exercising older adults for exercise training interventions.

\***Markofski MM**, Jennings K, Timmerman KL, Dickinson JM, Fry CS, Borack MS, Reidy PT, Rasmussen BB, Volpi E.  $\dot{V}O_2$ peak increases in older adults after 8 weeks vigorous aerobic exercise training.

\***Markofski MM**, Jennings K, Dickinson JM, Timmerman KL, Fry CS, Borack MS, Reidy PT, Rasmussen BB, Volpi E. The effect of aerobic exercise and essential amino acids on amino acid transporters in older adults

**Preprints (not currently submitted to peer-review journals)**

\***Markofski MM**, Graff RM, Jennings K. Comparing Acute Aerobic vs. Resistance Exercise (CAARE) in young and older adults: Design and methods of a randomized acute exercise trial on the immune system. ResearchSquare. 2020. Mar 4. <https://doi.org/10.21203/rs.3.rs-15250/v1>

**Book chapters**

**Markofski MM** and Flynn MG. Chronic exercise and immunity. Book chapter in *Lifestyle Medicine, 4th edition*. (forthcoming)

**Markofski MM**, Coen PM, Flynn MG. Chronic exercise and immunity. Book chapter in *Lifestyle Medicine, 3rd edition*.

**SELECTED RECENT GRANT/ FUNDING SUBMISSIONS**

**Submitted (pending)**

**Funded**

**Active**

01/01/2019 -

Women of Color Coalition Stimulus Research Grant Program

Title: Remote-delivery of lifestyle intervention to improve skeletal muscle strength and cardiorespiratory fitness, and reduce secondary disease risk in cancer survivors

PI: **Markofski MM**

The goal of this project is to gather preliminary data and pilot our remote intervention to improve physical functioning in adult cancer survivors.

Total amount awarded: \$5000

**Completed**

9/1/2018 – 8/31/2022

NCI/NIH P20CA221696-02S1 – Pilot Research Program McNeill (PI)

Title: Supplement to Watchful Living: A lifestyle intervention for Black prostate cancer patients on active surveillance and their partners (parent project: UHAND (University of Houston/MD Anderson) Program to Reduce Cancer Disparities)

PI: **Markofski MM** (UH Subward)

Goal of my component: Examine the inflammation and cardiometabolic disease risk factors before and after a lifestyle intervention in prostate cancer patients in the watchful waiting period.

Total amount awarded: \$215,700

1/1/2022 – 8/15/2022

Pilot award from Geographic Management of Cancer Health Disparities Program (GMaP) Region 3, an initiative of the National Cancer Institute's Center to Reduce Health Disparities

Title: Exploring racial differences in circulating gut homing T cells and colorectal cancer cell killing activity

PI: Markofski MM

Total amount awarded: \$7500

02/01/19-08/31/19

Research Progress Grant, College of Liberal Arts and Social Sciences, University of Houston

Title: Exercise training induced changes in circulating biomarkers of metabolism in older women

Role: PI

Acute and chronic exercise response to serum markers of metabolism.

Total amount awarded: \$4000

9/1/2017-8/31/2019

NIH NIA R03AG052778-02

Title: Resistance Exercise to Improve Vaccine Outcomes in Older Adults

PI: LaVoy EC

Role: Co-investigator

Overall Project Goal: Improve response of the annual flu vaccine in older adults.

Total amount awarded: \$146,842

7/1/2015–6/30/2017

Project/Proposal Title: The impact of modeled microgravity and prior radiation exposure on cytomegalovirus reactivation and host immune evasion

PI: Simpson RJ

Role: Co-investigator

Overall Project Goal: Evaluate the potential for astronaut CMV reactivation and subsequent potential detrimental health outcomes.

Source of Support: NASA Research Announcement (NRA) NNJ14ZSA001N

Total Award Amount: \$694,071 Amount proposed; budget was revised.

Project/Proposal Title: Determining the relationship between physical fitness and disease in Chronic Lymphocytic Leukemia patients

PIs (equal contribution): LaVoy EC, **Markofski MM**, Simpson RJ.

Overall Project Goal: Examine effects of lifestyle intervention in CLL patients on immune parameters.

Source of Support: CLASS Research Progress Grant

Total Award Amount Awarded: \$12,000

Total Award Period Covered: 7/2016-8/2017

Project/Proposal Title: Pattern of physical activity as a factor of risk for chronic diseases

PI: **Markofski MM**

Overall Project Goal: Link biomarkers associated with type 2 diabetes and cardiovascular disease to physical activity.

Source of Support: CLASS Research Progress Grant

Total Award Amount Awarded: \$4,000

Total Award Period Covered: 7/1/2015-8/31/2016

NIH NIA Minority Supplement Grant

Submitted application – July 2010 (funded)

PI: Volpi E

Contribution: With Dr. Volpi's guidance, successfully wrote grant to supplement her R01 (AG030070) to fund 75% of my salary for almost two years

Purdue University Graduate School Bilsland Dissertation Fellowship (one year research assistantship)

Submitted application- March 2009 (funded)

PI: **Markofski M**

**Submitted past two years (not funded)**

1/1/2023-12/31/2026

ACS (American Cancer Society) Research Scholar Grant

Title: Resistance or cardiorespiratory exercise training to improve immune function in colorectal cancer survivors.

PI: **Markofski MM**

Total amount requested: \$784,860

(01/01/2022-01/31/2023)

National Aeronautical and Space Administration, HERO Appendix F

Title: Evaluating leukocyte adaptations to acute and chronic exercise

PI: LaVoy EC

Roll: Co-Investigator

The goal of the project is to evaluate the relationship between whole-body aerobic fitness and immune cell metabolic phenotype and function

Total amount requested: \$149,980

(01/01/2021-12/31/2022)

AICR Investigator-Initiated Grant (LOI invited for full proposal)

Title: Exercise to reduce risk for secondary cancers and diseases in cancer survivors

PI: Markofski MM

Total amount requested: \$165,000

**OTHER FUNDING (only funded proposals listed)**

**Transdisciplinary Research on Energetics and Cancer (TREC) Training Fellowship** 2021

NIH/NCI R25CA203650 (PI: Melinda Irwin)

One year-long fellowship of mentoring and training in research related to energetics and cancer.

**UH Alternative Textbook Incentive Program (ATIP)** 2019-2020  
(\$2500)

**UH Provost's Travel Award** 2017  
(\$1200)

**Provost's Travel Award** 2016  
(\$1200)

**APS travel award for those who are underrepresented, minority, junior faculty** 2016  
Travel award (\$300) to attend and present research at 2016 APS Conference: Inflammation, Immunity, and Cardiovascular Disease.

**NIH Clinical Research LRP Award Recipient** 2011-2013

## INVITED TALKS

- 2020 Guest lecture in University of Texas MD Anderson Cancer Center GS21- 1112 Bio-behavioral Research Methods in Cancer Prevention and Addiction "Using Acute and Chronic Exercise to Benefit Cancer Patients and Survivors: An Immunology Perspective" February 13, 2020.
- 2019 Invited speaker, Mechanisms of Exercise in Cancer and Health (MECH) seminar series, "Skeletal Muscle Metabolism". MD Anderson Cancer Center, Houston, TX. October 14, 2019
- 2018 "Exercise in Older Adults: What we know and how to apply it". Hot Topics in Aging, Consortium on Aging, Houston, TX April 23, 2018
- 2018 "Using Acute and Chronic Exercise to Benefit Cancer Patients: An Immunology Perspective". MD Anderson Cancer Prevention Research Training Program (CPRTP) Bio-behavioral Research Methods in Cancer Prevention and Addiction, Houston, TX, February 15, 2018
- 2014 "Functional outcomes, dietary quality, and physical activity in older adults enrolled in a nutrition and exercise intervention" Pepper Investigator's Lecture, Claude D. Pepper Older Americans Independence Center, University of Texas Medical Branch, Galveston, Texas, August 6, 2014

## ABSTRACTS AND PRESENTATIONS

### Upcoming

Rinehart SM, Jennings K, **Markofski MM**. Serum cortisol, skeletal muscle strength, and relative body fat—but not CMV seropositivity—predict post-exercise circulating T cell response in healthy older adults. International Society of Exercise and Immunology 15<sup>th</sup> Symposium. Oct 24-27. Tucson, AZ. Poster Presentation (in person)

**Markofski MM**, LaVoy EC, and Jennings K. Monocyte response is not the same for duration- and intensity-matched bouts of treadmill walking or resistance exercise. International Society of Exercise and Immunology 15<sup>th</sup> Symposium. Oct 24-27. Tucson, AZ. Poster Presentation (in person)

**Completed**

**Markofski MM** and Jennings K. Resistance or cardiorespiratory exercise increases cytotoxic T cells in older adults, and relates to age. American College of Sports Medicine Annual Meeting. May 31-Jun 4, 2022. San Diego, CA. Poster presentation. (in person)

Yong Lee, C, Gordon M, Fares, S, LaVoy E, Markofski MM, Simpson R, Ferrajoli A, Basen-Engquist KM. Optimization of Behavioral Interventions for patient with chronic lymphocytic leukemia (CLL): The HEALTH4CLL study. American College of Sports Medicine Annual Meeting. May 31-Jun 4, 2022. San Diego, CA. Poster presentation. (in person)

Gordon M, Lee C, fares S, LaVoy E, Markofski M, Ferrajoli A. The HEALTH4CLL study: A multiphase optimization strategy (MOST) behavioral intervention in patients with chronic lymphocytic leukemia (CLL). AACR lymphoma meeting. June 23-26, 2022. Poster presentation. (in person)

Rinehart SM and **Markofski MM**. Exercise-induced increases in circulating cytotoxic T cells were not influenced by absolute exercise intensity (treadmill speed or grade, or resistance exercise volume). Modifying relative exercise intensity may be required to elicit variable exercise-induced T cell responses. Texas Chapter of the American College of Sports Medicine Annual Meeting. February 2022. Poster presentation. (in person)

Crane JC, Gordon M, Ferrajoli A, Basen-Engquist K, Lee C, Fares S, **Markofski MM**, LaVoy EC. Effects of Physical Activity Intervention on Indicators of Disease Progression in Chronic Lymphocytic Leukemia (CLL) Patients. Texas Chapter of the American College of Sports Medicine Annual Meeting. February 2022. Poster presentation. (in person)

**Markofski MM**, Jennings K, Hodgeman CF, Warren VE, and LaVoy EC. Decrease in physical activity during SARS-CoV-2 pandemic linked to depression in women but not men. American College of Sports Medicine Annual Meeting. June 1-5, 2021. Poster presentation. (virtual)

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. June 1-5, 2021. June 1-5, 2021. (virtual)

Baker FL, Preetesh LM, Smith KA, Zuñiga TM, Diak DM, Niemi GM, Markofski MM, Pedlar CM, O'Connor DP, Katsanis E, Simpson RJ. Exercise enhances the anti-leukemia activity of expanded -cells via upregulation and PVR/nectin-2 recognition. Annual Meeting of the American College of Sports Medicine. June 1-5, 2021. June 1-5, 2021. (virtual)

**Markofski MM**, Graff RG, Cardenas MA, Levitt M, Cook C, Jennings K, Phillips, MD. Regular exercise training decreases circulating myostatin in older overweight women at rest and in response to acute exercise. Med Sci Sports Exerc 52(7S). American College of Sports Medicine Annual Meeting. May 26-31, 2020. San Francisco, CA. Poster Presentation. (virtual)

Warren VE, Graff RM, LaVoy EC, **Markofski MM**. Treadmill Walking Increases Percent of Circulating Monocytes (CD14+) Expressing CX3CR1 In Older Adults. Med Sci Sports Exerc 52(7S). American College of Sports Medicine Annual Meeting. May 26-31, 2020. San Francisco, CA. Poster Presentation. (virtual)

LaVoy EC, Elzayat ET, **Markofski MM**. Acute Resistance Exercise Fails To Improve Influenza Vaccine Response In Older Adults. *Med Sci Sports Exerc* 52(7S). 2020 ACSM Annual Meeting. San Francisco, CA. Poster presentation. (virtual)

Warren VE, Graff RM, LaVoy EC, **Markofski MM**. Treadmill Walking Increases Percent of Circulating Monocytes (CD14+) Expressing CX3CR1 In Older Adults. *Int J Exerc Sci: Conference Proceedings* 2 (12). 2020 Texas Regional ACSM Annual Meeting. Waco, TX. Poster presentation.

Qureshi I, Warren V, Graff RM, **Markofski M**. No Relationship Between Time Spent in Physical Activity And Leg Strength For Older Adults Who Do Or Do Not Meet ACSM Physical Activity Recommendations. *Int J Exerc Sci: Conference Proceedings* 2 (12). 2020 Texas Regional ACSM Annual Meeting. Waco, TX. Poster presentation.

Matthews H, Warren V, Graff RM, **Markofski MM**. Positive Relationship Between VO<sub>2</sub>max And Leg Strength in Healthy Older Adults Who Regularly Exercise, But Not in Those Who Do Not Exercise. *Int J Exerc Sci: Conference Proceedings* 2 (12). 2020 Texas Regional ACSM Annual Meeting. Waco, TX. Poster presentation.

**Markofski MM**, Baker FL, Simpson RJ, Agha NA. Exercise-induced Changes in Circulating Follistatin and GDF-15 is Intensity- and Duration-Dependent. American College of Sports Medicine Annual Meeting. May 28-June 1, 2019. Orlando, Florida.

Graff RM, Jennings K, Davies NA, Carrillo AE, LaVoy EC, Edward RJ, **Markofski MM**. A short term Paleolithic dietary intervention does not alter adipokines implicated in obesity. American College of Sports Medicine Annual Meeting. May 28-June 1, 2019. Orlando, Florida.

Macdonald BW, Dolan C, Love AN, **Markofski MM**. Circulating MCP-1 is Not Related to Self-Reported Moderate to Vigorous Physical Activity. American College of Sports Medicine Annual Meeting. May 28-June 1, 2019. Orlando, Florida.

**Markofski MM**, Baker FL, Simpson RJ, Agha NA. Aerobic exercise-induced response of circulating follistatin and GDF-15 are dependent on intensity and duration. 2019 Advances in Skeletal Muscle Biology in Health and Disease Conference. March 6-8, 2019. Gainesville, Florida. (presented as both oral and poster presentation)

Brightwell CR, Moro T, Fry CS, **Markofski MM**, Volpi E, Rasmussen BB. Aerobic exercise training improves myofibrillar protein synthesis, capillarization, and quadriceps strength in older adults. American College of Sports Medicine annual meeting. May 30-June 2, 2018. Minneapolis, Minnesota.

Love A, Dolan CT, **Markofski MM**. A comparison of self-reported physical activity to ActiGraph recorded physical activity amongst young adults. University of Houston Undergraduate Research Day. October 12, 2017. Houston, Texas.

Dolan C, Jennings K, **Markofski MM**. Moderate Activity, not Light or Vigorous Activity is Associated with a Higher Percent of Circulating Classical Monocytes Positive for Cx3CR1 and CCR2. 13th ISEI Symposium. July 11-14, 2017. Coimbra, Portugal.

**Markofski MM**, Dolan C, Davies NA, Ryan EJ, Carrillo AE. BDNF decreases in response to an 8-week 'Paleo' diet intervention. 24th Annual PNIRS Scientific Meeting. June 7-10, 2017. Galveston, Texas.

Agha NH, Baker FL, Kunz HE, Graff R, Azadan R, Dolan c, Laughlin MS, Hosing C, **Markofski MM**, Bond RA, Bollard CM, Simpson RJ. Vigorous exercise mobilizes CD34+ hematopoietic stem cells to peripheral blood via the  $\beta$ 2-adrenergic receptor. 24th Annual PNIRS Scientific Meeting. June 7-10, 2017. Galveston, Texas.

**Markofski M**, Dolan C, Kunz H, Graff R, Agha N, Baker F, Mylabathula P, Simpson R. Effect of beta blockers on post-exercise cytokine response. Poster presented at American Physiological Society meeting on Inflammation, Immunity, and Cardiovascular Disease. August 24-27, 2016. Westminster, Colorado.

Dolan C, Carrillo A, Davies N, **Markofski M**. Effects of an 8-Week Paleo Dietary Intervention on Inflammatory Cytokines. Poster presented at American Physiological Society meeting on Inflammation, Immunity, and Cardiovascular Disease. August 24-27, 2016. Westminster, Colorado.

Borack MS, Reidy PT, Husaini SH, **Markofski MM**, Deer R, Cope MB, Mukherjea R, Jennings K, Volpi E, Rasmussen BB. Effect of Soy-Dairy Protein Blend Ingestion on Post-Exercise Muscle mTORC1 Signaling and Protein Synthesis in Older Adults. Presented at American Society for Nutrition Annual Scientific Sessions at Experimental Biology. April 1-7, 2016. San Diego, California.

Reidy PT, Borack MS, **Markofski MM**, Dickinson MM, Fry CS, Deer RR, Husaini SH, Volpi E, Rasmussen BB. Resistance exercise training induced muscle hypertrophy is partly modulated by basal post-absorptive muscle protein turnover. Presented at Muscle Biology Conference. January 20-22, 2016. Gainesville, Florida.

Borack MS, Dickinson JM, Reidy PT, Husaini SH, **Markofski MM**, Deer RR, Fry CS, Jennings K, Volpi E, Rasmussen BB. Amino Acid Sensing in C2C12 Cells and Human Skeletal Muscle. Presented at Muscle Biology Conference. January 20-22, 2016. Gainesville, Florida.

**Markofski MM**, Jennings K, Fisher SR, Rasmussen BB, and Volpi E. Supervised walking 3 times/week increases the weekly step activity in low active older adults. Poster presentation at American College of Sports Medicine annual meeting. May 2014. Orlando, Florida.

**Markofski MM**, Timmerman KL, Dickinson JM, Jennings K, Reidy PT, Borack M, Rasmussen BB, Volpi E. Higher sodium and saturated fat intake is associated with a lower basal muscle protein synthesis in older adults. Poster presentation at Experimental Biology annual meeting. April 2014. San Diego, California.

Reidy PT, Borack M, **Markofski MM**, Dickinson JM, Drummond MJ, Fry CS, Gundermann DM, Walker DK, Volpi E, Rasmussen BB. Inactivity from one overnight hospital stay reduces basal muscle protein synthesis in young adults. Poster presentation at Experimental Biology annual meeting. April 2014. San Diego, California.

**Markofski MM**, Timmerman KL, Dickinson JM, Reidy PT, Borack M, Rasmussen BB, and Volpi E. Exercise with Amino Acid Intake Increases Muscle Microvascular Perfusion in Older Adults. Poster presentation at American College of Sports Medicine annual meeting. May 2013. Indianapolis, Indiana.

Dickinson JM, **Markofski MM**, Timmerman KL, Reidy PT, Borack M, Ding EH, Kauh BY, Rasmussen BB, and Volpi E. Aerobic Exercise Training and EAA Ingestion Increase Physical Function and Lean Mass in Older Adults. Poster presentation at American College of Sports Medicine annual meeting. May 2013. Indianapolis, Indiana.

Timmerman KL, Amonette WE, **Markofski MM**, Ansinelli HA, Gleason EA, Rasmussen BB, and Mossberg KA. Impaired IL-6 and IL-10 Response to Aerobic Exercise in Patients Recovering from Traumatic Brain Injury. Poster presentation at American College of Sports Medicine annual meeting. May 2013. Indianapolis, Indiana.

**Markofski MM**, Timmerman KL, Dickinson JM, Reidy PT, Borack M, Rasmussen BB, and Volpi E. The acute aerobic exercise-induced increase in amino acid transporter expression adapts to exercise training in older adults. Oral presentation at Experimental Biology annual meeting. April 2013. Boston, Massachusetts.

**Markofski, MM**, Timmerman, KL, Dickinson, JM, Reidy, PT, Borack, MS, Walker, DK, Rasmussen, BB, and Volpi, E. Essential amino acid ingestion following aerobic exercise in older adults enhances skeletal muscle amino acid transporter expression. Poster presentation at Integrative Biology of Exercise meeting. October 2012. Westminster, Colorado.

Timmerman, KL, **Markofski, MM**, West, JN, Timmerman, JZ, Dickinson, JM, Walker, DK, Gundermann, DM, Reidy, PT, Rasmussen, BB, and Volpi, E. Aerobic Exercise Training Reduces Skeletal Muscle Toll-like Receptor 4 And Inflammation In Older Adults. Poster presentation at American College of Sports Medicine annual meeting. May 2012. San Francisco, California.

**Markofski MM**, Timmerman KL, Fujita S, Fry CS, Glynn EL, Drummond MJ, Dickenson JM, Reidy PT, Gundermann DM, Rasmussen BB, and Volpi E. Basal muscle protein synthesis is unaffected by sex in young and older adults. Oral presentation at Experimental Biology annual meeting. April 2012. San Diego, California.

**Markofski MM**, Timmerman KL, Reidy PT, Dickenson JM, Walker DK, Timmerman JZ, Rasmussen BB, and Volpi E. Acute aerobic exercise increases AdipoR1 and RAGE proteins and decreases HSP60 protein in skeletal muscle of physically inactive older adults. Poster presentation at Experimental Biology annual meeting. April 2012. San Diego, California.

Timmerman, KL, West, J, **Markofski, MM**, Dhanani, S, Rasmussen, BB, Choksi, KB, and Barbagelata, AN. Chronic Heart Failure is Associated with Elevated Skeletal Muscle Inflammation and Toll-Like Receptor 4 Signaling. Poster presentation at Experimental Biology annual meeting. April 2012. San Diego, California.

**Markofski MM**, Timmerman KL, Fry, CS, Dickinson, JM, Walker, DK, Rasmussen, BB, Volpi, E. Amino Acids Following Aerobic Exercise Enhances Muscle Protein Synthesis & mTORC1 Signals in Elders. Oral presentation at The Gerontological Society annual meeting. November 2011. Boston, Massachusetts.

**Markofski MM**, Timmerman, KL, Rasmussen, BB, and Volpi, E. The ingestion of essential amino acids attenuated the aerobic exercise-induced increase in MCP1 and may interact with the mTORC signaling pathways in healthy older adults. Poster presentation at the International Society of Exercise and Immunology biannual meeting. July 2011. Oxford, England.

**Markofski MM**, Timmerman KL, Fry, CS, Dickinson, JM, Walker, DK, Rasmussen, BB, Volpi, E. Nutritional influences of muscle metabolism and function. Poster presentation at Experimental Biology annual meeting. April, 2011. Washington, DC.

**MM Markofski**, Timmerman, KL, Fry, CS, Rasmussen, BB, and Volpi, E. Effect of aerobic exercise and amino acid supplementation on mTORC1 signaling and muscle protein synthesis in older adults. 8<sup>th</sup> International Symposium on Amino Acid and Protein Metabolism in Health and Disease. April 2011. Santa Margherita Ligure, Italy.

**MM Markofski**, MG Flynn, DA Sedlock, WW Campbell, and AE Carrillo. Inflammatory monocyte (CD14+CD16+) percentage is high among physically inactive adults and highest in obese, inactive adults. Oral presentation at the International Society of Exercise and Immunology biannual meeting. October 2008. Tübingen, Germany.

**Markofski MM**, Flynn MG, Coen PM, and Hannemann RE. Statin plus exercise training: Markers of inflammation, liver function, and muscle damage. Published in *The Physiologist*. Poster Presentation - APS Intersociety Meeting, Integrative Physiology of Exercise. 2008. Hilton Head, South Carolina.

Coen PM, Flynn MG, **Markofski MM**, Pence BD, Carrillo AE, Bell JW, and Hannemann RE. The Effect of Combined Statin Therapy and Exercise Training on Mediators of Inflammation. Published in *The Physiologist*. Poster Presentation - APS Intersociety Meeting, Integrative Physiology of Exercise. 2008. Hilton Head, South Carolina.

**MM Markofski**, MG Flynn, KL Timmerman, PM Coen, B Pence. Exercise training increases adiponectin in elderly males and females. Poster presentation at the International Society of Exercise and Immunology bi-annual meeting. October 2007. Sendai, Japan.

Timmerman KL, MG Flynn, FACSM, PM Coen, **MM Markofski**, B Pence, N Woodall. The Influence of Physical Activity Level on Monocyte Subpopulations. ACSM Conference on the Integrative Physiology of Exercise. September 2006. Indianapolis, Indiana.

Timmerman KL, MG Flynn, PM Coen, **MM Markofski**. Potential Mechanisms for the Anti-Inflammatory Effects of Exercise. Poster Presentation at the national conference for the Association of Gerontology in Higher Education. February 2006. Indianapolis, Indiana.

**Markofski, MM**, WA Braun, and TW Spalding. Effect of Menstrual Cycle Variability on Indices of Exercise-Induced Muscle Damage. Presentation at annual meeting of the American College of Sports Medicine. May 2005. Nashville, Tennessee.

Braun, WA, M Liang, D Dutto, S Bassin, D Cooper, N Wong, S Arnaud, **M Markofski**, K Plesums, H Huynh. The Effects Of Exercise Training Mode On Biochemical Indices Of Bone Turnover And Bone Density In Untrained, Young Women. Poster presentation at annual meeting of the American College of Sports Medicine. May 2005. Nashville, Tennessee.

**Markofski, MM**, WA Braun, MTC Liang, DD Dutto, SL Bassin, D Cooper, LD Moffatt, KE Plesums, H Huynh, and G Weidenfeld. Resistance training vs. step aerobics: Six month training. Poster presentation at annual meeting of the American College of Sports Medicine. May 2004. Indianapolis, Indiana.

Moffatt, LD, WA Braun, MTC Liang, FACSM, DD Dutto, SL Bassin, D Cooper, **MM Markofski**, KE Plesums, and HT Huynh. Factors related to withdrawal from a long-term, exercise-based research study. Poster presentation at June 2004 annual meeting of the American College of Sports Medicine. May 2004. Indianapolis, Indiana.

Braun, WA and **MM Markofski**. Efficiency of compressive sleeve use for reducing DOMS symptoms following eccentric loading of the arm. Presentation in June 2004 at annual meeting of the American College of Sports Medicine. Indianapolis, Indiana.

**Markofski, MM**, and WA Braun. Effect of compressive sleeve use on DOMS. Presented at annual meeting of the Southwest Region of the American College of Sports Medicine, November 2003

#### **INTERVIEWS AND POPULAR MEDIA (selected)**

Houston Chronicle “Life hacks to sneak healthy habits into your office routine” (May 18, 2021)  
<https://www.houstonchronicle.com/lifestyle/renew-houston/health/article/Life-hacks-to-sneak-healthy-habits-into-your-16185088.php>

Runner’s World “Why a high VO<sub>2</sub>max isn’t always a good thing” (March 16, 2021)  
<https://www.runnersworld.com/training/a35701347/is-a-high-vo2-max-good-or-bad/>

The Physiologist “Fountain of Youth?” (January 2020)  
<https://www.physiology.org/publications/news/the-physiologist-magazine/2020/january/fountain-of-youth>

Reader’s Digest “Walking for exercise? 8 tricks to make your daily walking habit even healthier” (Summer 2020) <https://www.readersdigest.com.au/healthsmart/fitness/walking-for-exercise-8-tricks-to-make-your-daily-walking-habit-even-healthier>

TMC Pulse Magazine interview “Baby, it’s chili inside: Tips for Super Bowl treats and a little bit of indoor exercise” (Jan/Feb 2017 issue) <https://tmcpulse.uberflip.com/i/778575-february-2017/0?>

Radio interview with Eddie Robinson of Houston Public Media “Despite Injury Concerns, CrossFit Remains Popular Across Greater Houston”. (Sept 26, 2016)  
<https://www.houstonpublicmedia.org/articles/news/2016/09/26/169338/despite-injury-concerns-crossfit-remains-popular-across-greater-houston/>

**AWARDS/ HONORS****University of Houston New Faculty Scholar (NFS) Program** 2014-2015

This program will be a yearlong program and is provided through the UH Center for Faculty Engagement and Development (FED). NFS is designed to support faculty success and retention at the University of Houston.

**University of Texas Medical Branch Forum on Aging Award** 2013

Postdoctoral winner, Clinical Physiology Research category at annual research poster competition "Exercise with amino acid intake increases muscle microvascular perfusion in older adults."

**American Society for Nutrition EMM RIS Student-Postdoc Award** 2013

One of a few selected awards based on abstracts submitted to Experimental Biology 2013. Title of abstract was "The acute aerobic exercise-induced increase in amino acid transporter expression adapts to exercise training in older adults."

**Bilsland Dissertation Fellowship** 2009-2010

Purdue University fellowship awarded to selected doctoral candidates in their final year of graduate school

**Health & Kinesiology Outstanding Engagement Award** 2007-2008

Departmental graduate student award recognizing outstanding service in the department, campus, and community

**Carol J. Widule Award for Outstanding Graduate Scholar** 2006-2007

Purdue University Department of Health & Kinesiology award

**Andrews Fellowship** 2004-2006

Purdue University fellowship for recruitment of Ph.D. students

**Outstanding Graduate Student** 2003-2004

Annual California State Polytechnic University, Pomona Department of Kinesiology annual award presented to one outstanding graduate student

**MENTORING (formal)****On-going**Chair

Molly Wong Vega, Dissertation

Chair

Seth Rinehart, Candidacy

Committee member

Rebekah Hunt, Candidacy

Charlie Hodgeman, Dissertation

Shernice Thomas, Dissertation

**Completed**

**Graduate students**

Dissertation/Thesis

Chair/co-chair

Chair, Rachel Graff, Dissertation (Spring 2020)  
Co-chair, Preetesh Mylabathula, Dissertation (Summer 2020)  
Co-Chair, Nadia Agha, Dissertation (Summer 2019)  
Co-chair, Mohammed Rahman, Thesis (Spring 2016)

Committee member

Committee member, Forrest Baker, Dissertation (Fall 2020)  
Committee member, Priti Gupta, Dissertation (Fall 2020)  
Committee member, Bridget Rooney, Dissertation (Summer 2020)  
Committee member, Jun Yong Hong, Dissertation (Fall 2019)  
Committee member, Lyle Babcock, Dissertation (Summer 2018)  
Committee member, Mahmoud Elzayat, Dissertation (Spring 2022)

Doctoral candidacy

Chair/co-chair

Committee member

Committee member, Justin Crane, Candidacy  
Chair, Molly Wong Vega, Candidacy  
Co-Chair, Nadia Agha, Candidacy  
Committee member, Mahmoud Elzayat, Candidacy  
Committee member, Bridget Rooney, Candidacy  
Committee member, Preetesh Mylabathula, Candidacy  
Committee member, Priti Gupta, Candidacy  
Committee member, Rachel Graff, Candidacy  
Committee member, Jun Yong Hong, Candidacy

Comprehensive exams

Chair/co-chair

Chair, Rachel Graff (Spring 2018)  
Co-Chair, Nadia Agha, Dissertation (Summer 2019)

Committee member

Comprehensive exam reader: Mahmoud Elzayat (Summer 2021)  
Comprehensive exam reader: Rod Azadan (Summer 2020)  
Comprehensive exam reader: Shernice Thomas (Summer 2020)  
Comprehensive exam reader: Forrest Baker (Summer 2019)  
Comprehensive exam reader: Preetesh Mylabathula (Summer 2019)  
Comprehensive exam reader: Priti Gupta (Spring 2018)  
Comprehensive exam reader: Jun Yong Hong (Spring 2018)  
Comprehensive exam reader, Douglass Diak (Fall 2017)

Undergraduate students

Chair, Nicole Dequina Honor's Thesis *Physical activity and exercise training the early life as in intervention for physiological, neurodevelopmental, and psychosocial outcomes from congenital heart defects* (presented Spring 2018)

Mary Ycu PURS project (Fall 2018)

**REVIEWER (2015-present)**

Journal Manuscripts

*Advances in Nutrition*

*American Journal of Lifestyle Medicine*

*Archives of Gerontology and Geriatrics*

*BMC Geriatrics*

*Brain, Behavior, and Immunity*

*Clinical Nutrition*

*Exercise and Immunology Review*

*Frontiers in Physiology*

*Journal of Nutrition*

*Healthcare*

*Immunity and Ageing*

*International Journal of Sports Physiology and Performance*

*Journal of Gerontology: Biological Sciences*

*Life Sciences*

*Medicine and Science in Sports and Exercise*

*Nutrition*

*Nutrition and Health*

*Physiological Reports*

*PLOS ONE*

*Scientific Reports*

Course Content

Module 1 of Health and Wellness Lab Manual (TopHat)

**RESEARCH SKILLS**

Human muscle biopsy collection (5mm Bergström needle technique)

Definity®(perflutren) contrast-enhanced ultrasound

Doppler ultrasound

Stable isotope tracer infusion and analysis

Cell culture

Western blotting

Real time qPCR

Flow cytometry

ELISA and biochemical assays

Exercise training and testing

Subject recruitment

Phlebotomy

## TEACHING EXPERIENCE

**University of Houston**, Dept. of Health & Human Performance

***Assistant Professor***

Instructor of record

PEP 7397 Special Topics, Health Research Design: Fall 2022

PEP 8304 Journal Colloquium: Fall 2020, Fall 2016

KIN 4370 Exercise Testing and Prescription: Fall 2022, Summer 2022, Spring 2022, Fall 2021, Spring 2021, Spring 2020, Fall 2019, Fall 2018, Summer 2018, Spring 2018, Fall 2017, Summer 2017, Spring 2017, Fall 2016, Summer 2016

KIN 7397 Special Topics (Exercise testing): Fall 2020

KIN 7397 Special Topics (Biostatistics and SAS programming): Spring 2020

KIN 7397 Special Topics (Gerontology): Spring 2018

KIN 7397 Special Topics (Exercise Immunology): Fall 2017, Fall 2022

KIN 4397 Special Topics (Exercise for Special Populations): Spring 2016

PEP 8350 HHP Candidacy Project Research: Spring 2016

PEP 7397 (Contemporary Topics): Spring 2015

Guest

PEP 8303 HHP Research Seminar Class: Fall 2019, Fall 2018, Fall 2017, Fall 2016, Fall 2015

PEP 8314 Doctoral Residency Seminar: Spring 2018, Spring 2017

**Purdue University**, Dept. of Health & Kinesiology

***Instructor***

Exercise Physiology I Lecture: Summer 2009

Exercise Physiology Laboratory: Spring 2008, Fall 2007, Spring 2006, Fall 2006

**California State Polytechnic University, Pomona** Dept. of Health & Kinesiology

***Instructor***

Exercise Physiology Laboratory (Fall 2002)

## PROFESSIONAL CERTIFICATIONS

ACSM-EP (American College of Sports Medicine, Exercise Physiologist Certified)

CSCS (National Strength and Conditioning Association, Certified Strength and Conditioning Specialist)

CPR with AED

## **PROFESSIONAL AFFILIATIONS**

American College of Sports Medicine, Member, 2003-present  
American Physiological Society, Member, 2003-present  
International Society of Exercise and Immunology, Member, 2010-present  
Texas Chapter, American College of Sports Medicine, Member, 2015-present  
UT Health Consortium on Aging, Member, 2015-present  
Sigma Xi, Member 2012-2019  
American Society of Nutrition, Member, 2010-2019  
Southwest Chapter, American College of Sports Medicine, Member, 2003-2004  
American Heart Association, Member, 2016-2017  
National Strength and Conditioning Association, Member, 2016-2018

## **SERVICE**

### **Reviewer (grants, abstracts, awards)**

**Reviewer**, Doctoral Student Research Development Award oral presentations, Texas Chapter of the American College of Sports Medicine Annual Meeting, 2022

**Poster judge**, Texas Chapter of the American College of Sports Medicine Annual Meeting, 2022

**Abstract judge**, Texas Chapter of the American College of Sports Medicine Annual Meeting, 2022

**Reviewer**, Doctoral Student Research Development Award, Texas Chapter of the American College of Sports Medicine Annual Meeting (virtual), 2021

**Abstract reviewer**, Texas Chapter of the American College of Sports Medicine Annual Meeting (virtual), 2021

**Poster judge**, Texas Chapter of the American College of Sports Medicine Annual Meeting (virtual), 2021

**Grant reviewer**, EPSRC (Engineering and Physical Sciences Research Council (EPSRC) is the main funding body for engineering and physical sciences research in the UK), November 2020.

**Abstract reviewer**, Texas Chapter of the American College of Sports Medicine Annual Meeting, 2020

**Poster judge**, Texas Chapter of the American College of Sports Medicine Annual Meeting, 2020

**Judge**, Student Video Contest. Texas Chapter of the American College of Sports Medicine Annual Meeting, 2020

**Abstract reviewer**, Texas Chapter of the American College of Sports Medicine Annual Meeting, 2019

**Poster Judge**, Texas Chapter of the American College of Sports Medicine Annual Meeting, 2019

**Abstract reviewer**, American Society for Nutrition (ASN) annual meeting, 2018

**Abstract reviewer**, American Society for Nutrition (ASN) annual meeting, 2017

**Abstract reviewer**, Texas Chapter of the American College of Sports Medicine Annual Meeting, 2017

**Poster Judge**, Texas Chapter of the American College of Sports Medicine Annual Meeting, 2017

**Abstract reviewer**, American Society for Nutrition (ASN) annual meeting, 2016

**Abstract reviewer**, American Society for Nutrition Annual Meeting (Experimental Biology), 2015

### **Active**

**Chair, Search Committee**, Exercise Physiology tenure track faculty search

**Chair**, UH College of Liberal Arts and Social Sciences (CLASS) Research and Scholarship Committee, Fall 2022-present

**Member**, UH Faculty Engagement and Development (FED) Advisory Board of the UH Faculty Senate, Fall 2022-present

**Vice-Chair**, University of Houston Committee for the Protection of Human Subjects, 2022-present

**Member**, UH health and Human Performance (HHP) Department Annual Faculty Review committee, Fall 2021-present

**Academic Editor**, PLOS ONE Nutrition and Exercise Science sections, 2018-present

**Interest Group Chair**, American College of Sports Medicine Physiological & Biological Mechanisms Underlying Health & Performance, 2018-present

**Member**, University of Houston Dept. of Health and Human Performance Graduate Research Degrees committee, 2015-present

### **Completed**

**Member (regular)**, University of Houston Committee for the Protection of Human Subjects, 2020-2022

**Member (alternate)**, University of Houston Committee for the Protection of Human Subjects, 2017-2020

**Member**, HHP MEL/GAR renovation committee, 2018-2019

**Member**, CLASS Graduate Affairs committee, 2016-2018

**Member**, HHP faculty working group for the internal review of HHP PhD program, 2017

**Volunteer**, UH move-in day, 2017

**Conference meeting mentor** Conference meeting mentor, American Physiological Society (APS)  
Minority Travel Award Fellow Ruben Banuelos (2016)

#### **Search Committees**

**Member**, HHP Biomechanics tenure track faculty search (2016)

**Member**, DPT program director search committee member (2016)

**Member**, Exercise Physiology tenure track faculty search (2015)

#### **LEADERSHIP**

**Vice President**, Univ. of Texas Medical Branch Organization of Postdoctoral Scientists, 2010-2012

**Vice President**, Purdue Graduate Student Government, 2008-2009

**Treasurer**, Purdue Graduate Student Government, 2007-2008

**Chair**, Finance Committee, Purdue Graduate Student Government, 2007-2008

**Senator**, Purdue Graduate Student Government, 2006-2007

**Member**, Purdue University Recreational Sports Center Steering Committee, 2008-2010

**Member**, Economic Development Working Group, Purdue University Strategic Plan, 2007-2008

**Member**, Purdue University Spring Fling Planning Committee, 2006-2008

**Member**, Purdue University Student Appeals Board Member, 2006-2008

**Secretary/Treasurer**, Health & Kinesiology Graduate Student Organization, 2005-2006

#### **COMMUNITY OUTREACH**

**Live science experiments (synchronous virtual)**, Third grade class at Gilmore Elementary, League City TX, May 21, 2021

**Volunteer soccer coach**, Houston Dynamo/Dash youth program South division (U5), Fall 2019, Spring 2020

**Booth supporting physical activity and representing lab research**, YWCA Senior May Day, May 24, 2019

**Booth supporting physical activity and representing lab research**, Older American's Month, Bellaire L.I.F.E., Evelyn Rubenstein Jewish Community Center, May 7, 2019

**BioRad Science Ambassador**, Volunteer in local middle and high school classrooms to lead a DNA isolation laboratory activity with the students. BioRad provides the supplies; I provide the technical expertise and engagement. (2015-2017)

**Ladies night speaker** "Importance of dietary protein for exercising women", Fit Tri Run (running shop in Galveston), April 14, 2016