

NEIL M. JOHANNSEN, Ph.D.

Louisiana State University
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EDUCATION

- 2002 – 2007 **Ph.D. in Health & Human Performance**, Specialty Area: Biologic Basis of Physical Activity
Iowa State University, Ames, IA
Dissertation: *Mild preexercise hyperhydration with electrolyte-containing beverages: effect on thirst, water intake, and physiologic function.*
- 1994 - 1998 **B.S. in Chemistry**, Department of Chemistry and Biochemistry, South Dakota State University, Brookings, SD

EXPERIENCE

- 08/17 – *present* **Associate Professor**, School of Kinesiology, Louisiana State University, Baton Rouge, LA
- Research Interests:
The study of acute and chronic physical activity and exercise training effects on chronic disease and special populations.
- The study of hydration, thermoregulation, cardiovascular and metabolic function, and nutrition in relation to health and performance in athletes.
- 08/17 – *present* **Associate Professor (Adjunct), Scientific Director of Exercise Testing and Intervention**, Pennington Biomedical Research Center, Baton Rouge, LA
- 08/12 – 08/17 **Assistant Professor**, School of Kinesiology, Louisiana State University, Baton Rouge, LA
- 08/12 – 08/17 **Assistant Professor (Adjunct), Director of Exercise Testing and Intervention**, Pennington Biomedical Research Center, Baton Rouge, LA
- 02/11 – 8/12 **Instructor (Faculty)**, Preventive Medicine Department, Pennington Biomedical Research Center, Baton Rouge, LA
- 07/07 – 02/11 **Post-Doctoral Researcher**, Preventive Medicine Department, Pennington Biomedical Research Center, Baton Rouge, LA
- 01/02 – 5/07 **Graduate Assistant**, Iowa State University, Ames, IA
Major Professor: Rick L. Sharp, Ph.D.
Committee Members: Douglas S. King, Ph.D.
Ann L. Smiley-Oyen, Ph.D.
Donald C. Beitz, Ph.D.
Walter H. Hsu, Ph.D., D.V.M.
- 07/99 – 12/01 **Research Coordinator** for Bonny Specker, Ph.D., Director and Chair of the Ethel Austin Martin Program in Human Nutrition, South Dakota State University

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PROFESSIONAL AFFILIATIONS

2015 – <i>present</i>	American Heart Association (AHA)
2012 – <i>present</i>	Life Course in Aging Center
2009 – <i>present</i>	ACLS Certification
2008 – <i>present</i>	American Physiologic Society (APS)
2008 – <i>present</i>	BLS for Health Care Providers Instructor
2007 – <i>present</i>	BLS Certification
2002 – <i>present</i>	American College of Sports Medicine (ACSM)

HONORS and AWARDS

2014 - <i>present</i>	Robert and Patricia Hines Endowed Professor, School of Kinesiology, Louisiana State University.
2015	Tiger Athletic Foundation Undergraduate Teaching Award, LSU
2014	Louisiana State University Alumni Association Rising Faculty Award
2014	College of Human Sciences and Education, Early Career Award, LSU
2013 - 2014	Robert and Patricia Hines Endowed Professor, School of Kinesiology, Louisiana State University – competitive, project-specific award
2011	<i>Exercise is Medicine™: What is the proper dose to improve nutrition?</i> (ACSM Exchange Lecture) National Athletic Trainers Association, New Orleans, LA, June 21, 2011.
2010	Participant in the Physical Activity and Public Health Courses. Postgraduate Course on Research Directions and Strategies. CDC & University of South Carolina Prevention Research Center.
2003	Future Faculty Fellowship Award; Iowa State University <i>Awarded for demonstrating outstanding scholarship and promise for becoming a faculty member in higher education</i>
1994 - 1998	Track and Field Scholarship; South Dakota State University

GRANTS and CONTRACTS

Active

2021-2022	The Coca-Cola Co. Effect of beverage consumption on net fluid balance and beverage absorption during post-exercise rehydration. Louisiana State University, Baton Rouge, LA. (Principle Investigator) \$98,027
2021-2022	MyHy, LLC. The effects of a commercial electrolyte supplement prior to simulated firefighting exercise on urine and sweat electrolyte concentration and performance. Louisiana State University, Baton Rouge, LA. (Principle Investigator) \$1500
2019-2021	Department of Defense (USARIEM). A randomized, double-blind, placebo controlled trial of testosterone undecanoate for optimizing physical and cognitive performance during military operations (OPSII). Pennington Biomedical Research Center, Baton Rouge, LA. (Co-Investigator ; PI Jennifer Rood) \$3,500,000

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- 2019-2024 NIH R01; 1R01HL146462-01, Molecular Basis of Exercise-Induced Changes in HDL Function, University of South Carolina, Columbia, SC (**Co-Investigator**; PI – Mark Sarzynski) \$1,974,963 (LSU \$33,412)
- 2018-2022 NIH R21, NIDDK, Resistance Exercise and Low-Intensity Physical Activity Breaks in Sedentary Time to Improve Skeletal Muscle and Cardiometabolic Health in Older Adults – REALPA Breaks Pilot Study, Louisiana State University, Baton Rouge, LA (**Co-Investigator**; PI – Brian Irving) \$419,000
- 2017-2022 NIH U01; Molecular Transducers of Physical Activity-Adult Clinical Centers, Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI – Eric Ravussin) \$6,700,000
- 2019-2021 Joe W. and Dorothy Dorsett Brown Foundation, Immune Markers and Function During Periods of Caloric Deficit and Extended Physical Activity – OPS Ancillary, Pennington Biomedical Research Foundation, Baton Rouge, LA. (**Co-Primary Investigator**, PI – Jennifer Rood, Guillaume Spielmann) \$11,400
- 2017-2022 U2H, Alcohol & Metabolic Comorbidities in PLWHA; Evidence-Driven Interventions, LSUHSC, New Orleans, LA (**Consultant**; PI -Patricia Molina)
- 2017-2022 Tiger Athletic Foundation (Research), Athletic Training Research, LSUAM, Baton Rouge, LA. (**Primary Investigator**) \$166,668
- 2017-2022 Sports Science Research Affiliate and Liaison, LSUHSC, New Orleans, LA (Primary Investigator) \$138,720
- 2014-*present* Robert and Patricia Hines Endowed Professorship, School of Kinesiology, Louisiana State University. (**Principal Investigator**) \$4,000 yearly stipend
- Pending
- 2022-2027 Department of Defense PRMRP. Optimized carbohydrate fueling strategy for enhancing warfighter performance and resiliency. Pennington Biomedical Research Center, Baton Rouge, LA and US ARMY Research Institute of Environmental Medicine, Natick, MA. (**Co-Investigator**, PIs Jennifer Rood, PBRC; Lee Margolis, USARIEM). \$5,000,000
- 2022-2024 National Football League. Using Cannabidiol to alleviate pain and protect articular function in post-traumatic joint injury. Louisiana State University Health Sciences Center Orthopedics, New Orleans, LA and Louisiana State University, Baton Rouge, LA. (**Co-Investigator**, Site PIs Vinod Dasa, LSUHSC and Guillaume Spielmann, LSU) \$206,000
- 2022-2024 Wu Tsai Human Performance Alliance, Harvard University. Physical & Mental Resilience in Female Athletes: A Pilot Study. Pennington Biomedical Research Center, Baton Rouge, LA and Louisiana State University, Baton Rouge, LA. (**Co-Investigator**, Site PIs Guillaume Spielmann LSU, Tiffany Stewart, PBRC). \$200,000
- Completed
- 2018-2020 CBET-EPSRC: Context Sensitive Data Acquisition and Modeling in Immersive Virtual Environments for Energy Efficiency in Buildings (**Co-Primary Investigator**; PI – Yimin Hsu) \$300,000

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- 2019-2020 Nutrition Obesity Research Center Pilot Program (NORC, #P30DK072476), Validity and reliability of the Activity Preference Assessment: A Shape Up Kids Ancillary. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI Nicole Fearnbach) \$24,715
- 2019-2020 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Immune markers & function during periods of caloric deficit and extended physical activity: An assessment of cytokine activity and changes during the clinical OPS study. (**Principal Investigator**) \$5,000
- 2013-2020 NIH R18; Initiate and Maintain Physical Activity in Clinics: The IMPACT Diabetes Study, Stanford University, Stanford, CA (**Advisory Board Member**; PI – **Latha Palaniappan**)
- 2013-2020 NIH R01, NIDDK; Strength Training for Normal Weight Diabetes; STRONG-D Study, Stanford University, Stanford, CA (**Advisory Board Member**; PI – **Latha Palaniappan**)
- 2017-2019 Hydra-guard Recharge, A pilot study testing the effect of Hydra-guard™ on muscle cramps and feelings of energy during exercise in a warm humid environment. (**Principle Investigator**) \$2330
- 2019 Extreme Endurance, Evaluation of Extreme Endurance™ on a General Population. (**Principle Investigator**) \$30,000
- 2018-2019 Carver, Upper body heat dissipation wearing a novel synthetic material during exercise in the heat with and without simulated wind. (**Principle Investigator**) \$8,900
- 2018-2019 Nutrition Obesity Research Center Pilot Program (NORC), Establishment of the 2H-labeling protocol to assess in vivo adipose tissue dynamics at PBRC. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PI Ursula White).
- 2016-2019 Department of Defense (USARIEM). Physiological and psychological effects of testosterone during severe energy deficit and recovery: a randomized, placebo-controlled trial. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI Jennifer Rood) \$5,200,000
- 2016-2018 LSU-Health Sciences Center, LSUHSC Research Associate Program. (**Principle Investigator**) \$30,210
- 2017-2018 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Physiological and psychological well-being during the spring season in female soccer players. (**Principal Investigator**) \$3,000
- 2016-2017 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Influence of training and overtraining on swim performance and markers of psychological and physiological stress: the SWIM study. (**Principal Investigator**) \$3,000
- 2016-2017 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. The immediate and extended effects of high intensity exercise on metabolic flexibility and muscle metabolism. (**Principal Investigator**) \$2,880.84

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- 2016 Medtronic, Zephyr Performance Systems, Annapolis MD. Physiological Assessments of Athletes Utilizing the Bioharness™. (**Principal Investigator**) \$5500
- 2015-2016 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Influence of gender and race on cardiovascular and metabolic risk factors. (**Principal Investigator**) \$2,964.63
- 2009-2015 *NIH (NIA) U01 AG022376*; Lifestyle Interventions and Independence for Elders – The LIFE Study. Subcontract with University of Florida. (**Postdoctoral Researcher**, PI: Marco Pahor, Site PI: Timothy Church) \$3,518,357
- 2014 Southeastern Conference (SEC) Visiting Faculty Travel Grant Program, Planned trip to Mississippi State University, Starkville, MS. (**Principal Investigator**) \$1000
- 2013-2014 Robert and Patricia Hines Endowed Professorship, School of Kinesiology, Louisiana State University. Maximal fat burning exercise and glucose tolerance: the MAX study (**Principal Investigator**) \$4,000
- 2013-2014 Energy exposure during seated, seated cycling, and treadmill walking work conditions (EE-WORK). (**Principal Investigator**) *Internal funding*; \$6,600
- 2012-2014 Samuelli Institute. Feeding Study Following the US Military Garrison Diet with Swapped Foods that Potentially Provide a More Healthful Fatty Acid Content (Omega 3). (**Collaborator**, PI: Cathrine Champagne) \$591,064
- 2012-2013 The Coca-Cola Company. Fluid balance and performance with ad libitum water, flavored placebo, or carbohydrate-electrolyte beverage intake during exercise in the heat (The APEX Study). (**Co-Investigator**, PI: Timothy Church) \$268,402
- 2011-2012 Kemin Industries, Inc. The Effect Of Black And Green Tea Extract On Delayed Onset Muscle Soreness And Exercise Performance: The Tea Study. (**Principal Investigator**) \$221,125
- 2009-2010 *Private Funded*; Exercise based weight loss in breast cancer survivors (CASTLE). (**Co-Investigator**, PI: Timothy Church) \$30,000
- 2009-2011 *NIH/NIA R01 AG035822*; Mechanisms and Functional Consequences of Different Physical Activity Progression Models in the Elderly. Subcontract with Duke University & Louisiana State University. (**Postdoctoral Researcher**, PI: Jason Allen, Site PI: Eric Ravussin). \$452,842
- 2006-2011 *NIH (NIDDK) R01 DK068298*; Health Benefits of Aerobic and Resistance Training in Individuals with Diabetes (HART-D). (**Postdoctoral Researcher**, PI: Timothy Church). \$2,312,303
- 2008-2010 *Internally Funded*; Mitochondrial adaptations to Aerobic and Resistance Training in Diabetes II (MARTi II)-Ancillary study to HART-D. (**Co-Investigator**, PI: Timothy Church)
- 2009-2010 *Internally Funded*; Skeletal muscle energy coupling measured by spectroscopy: a proof of concept (CONCEPT). (**Co-Investigator**, PI – Eric Ravussin)

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- 2008 *Obesity Society*; Metabolic flexibility to lipid during moderate-intensity exercise in humans (FLEX) (**Co-investigator**; PI: Jose Galgani). \$30,000
- 2004 *Graduate and Professional Student Senate*; Iowa State University, Effects of hydration status on cognitive and balance function in older adults (**Co-Principal Investigator**). \$500
- 2003 *Gatorade Sports Sciences Institute*; Effect of beverage temperature and composition on fluid retention after mild dehydration. (**Principal Investigator**) \$1000
- 2003 *Betty Keenan Fund*, Iowa State University; Effect of beverage temperature and composition on fluid retention after mild dehydration. (**Principal Investigator**) \$1000

Submitted-Not funded

- 2021-2024 NIH R34, NHLBI, Designing and intervention to improve cardiorespiratory fitness among children with an implicit preference for sedentary activities. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PI – Nicole Fearnbach) \$450,000
- 2020-2025 NIH R01, NIA, The Effect of Exercise Training on Immunosenescence – a roadmap to understanding the effects of exercise on the immune system – IMAGINE, Louisiana State University A&M, Baton Rouge, LA and Duke University Medical Center, Durham, NC. (**Co-Investigator**; PI – Guillaume Spielmann) ~\$5,000,000
- 2020-2025 NIDDK Mentored Research Scientist Development Award (K01), The Activity Preference Assessment: A novel behavioral task for pediatric obesity research submitted Feb 2020 (**Co-Mentor**; PI Fearnbach)
- 2019 FEMA, Mind-Body Tactical Training: A Worksite Yoga Intervention to Improve Symptoms of Post-Traumatic Stress and Cardiovascular Disease Risk Among Firefighters. Louisiana State University A&M, Baton Rouge, LA (**Primary Investigator**) \$665,210
- 2019 NIH R01, NIDDK, Exercise Effects on HEart and Vessel Cells in Type 2 Diabetes; EFFECT), Stanford University, Stanford, CA (**Consultant**; PI – Latha Palaniappan)
- 2019 Defense Advanced Research Projects Agency (DARPA) Biological Technology Office (BTO), Measuring Biological Aptitude (MBA). (**Primary Investigator and Prime Site Leader**) – Letter of Intent Submission 02/2019 \$47,445,000
- 2019 Department of Defense Peer Reviewed Medical Research Program (PRMPR), Nutritional Optimization of Warfighter Performance during Operational Stress. (**Co-Investigator and Team Leader**; PI – Jennifer Rood) ~\$10,000,000
- 2019 NIH R01, NIDDK, Dose-Response to Increasing Exercise in Adolescents and Emerging Adults (Dr. TIGER) Study, Pennington Biomedical Research Center, Baton Rouge, LA (**Co-Investigator**; PI – Peter Katzmarzyk) ~\$5,000,000
- 2019 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Effects of alpha-2 macroglobulin on bone-derived mesenchymal stem cell differentiation into chondrocytes. (**Principal Investigator**) \$4,966

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- 2018 ADA Junior Faculty Development Award, The effects of aerobic and resistance exercise training on the cardioprotective properties of HDL in type 2 diabetes, University of South Carolina, Columbia, SC (**Consultant**; PI – Mark Sarzynski)
- 2018 PBRC COBRE, A translational approach in mice and humans: the dose response effect of exercise intensity on intrahepatic fat. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PIs – Amanda Staiano, Robert Noland) \$100,000
- 2018 PBRC Special Pilot/Feasibility Award, A translational approach in mice and humans: the dose response effect of exercise intensity on intrahepatic fat. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PIs – Amanda Staiano, Robert Noland) \$100,000
- 2017 PBRC NORC, Inactivity and sedentary behaviors affect cellular and glucose metabolism in aging. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PI – Brian Irving). \$133,699
- 2017 NSF, SCC-RCN: Integrated Planning, Design, Engineering, Construction, and Operation Processes for Smart & Connected Communities. Baton Rouge, LA (**Consultant**, PI – Yimin Zhu) \$300,000
- 2017 NIH U01; Molecular Transducers of Physical Activity-Pediatric Clinical Centers, Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI – Peter Katzmarzyk) \$5,900,000
- 2016 Department of Defense Peer Reviewed Medical Research Program (PRMPR; PR151947), Diagnostics of Poor Cardiometabolic Gains with Regular Physical Activity: Validity and Repeatability (PAIRED). (**Co-Investigator and Steering Committee Member**, PI: Claude Bouchard). \$10,000,000
- 2017 National Processed Raspberry Council. Effects of Daily Whole Red Raspberry Consumption on Blood Pressure, Arterial Stiffness, and Inflammation in Individuals with Pre-Hypertension. (**Co-Investigator**; PI Jack Losso)
- 2016 NIH R01; Effect of Exercise Modality on Energy Expenditure; University of South Carolina, Columbia, SC (**Collaborator**; PI Xuewen Wang)
- 2016 Louisiana State Board of Regents Competitiveness Subprogram. Impact of Sedentary Behavior and Physical Inactivity on Mitochondrial Function and Glucose Metabolism in Postmenopausal Women. (**Co-Investigator**, PI: Brian Irving)
- 2016 Louisiana State Board of Regents Support Fund; Traditional Enhancement Grant. Implementing Clinical Ultrasound in Kinesiology. (**Co-Principle Investigator**; Co-PI: Dennis Landin).
- 2016 Louisiana State University Faculty Research Grant. iBEHAVE Multidisciplinary Research Group. (**Co-Investigator**, PI: Tracey Rizzuto).
- 2016 Southeast Athletic Trainers' Association Research and Education Committee, Assessing hydration status and heat-related illness predictors in women's soccer players. (**Co-Primary Investigator**) \$5000
- 2016 National Science Foundation Research Traineeship Program (NRT). Modeling Occupant Behavior. (**Co-Investigator**, PI: Yimin Zhu).

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- 2016 National Science Foundation Major Research Instrumentation Program (MRI). Developing a Testbed of Integrated Built Environment and Human inter-Actions in Virtual Environments (iBEHAVE). (**Co-Investigator**, PI: Robert Kooima).
- 2015 National Science Foundation Cyber-Physical Systems (CPS). Predictive Modeling of Human-Building Interaction Using an Immersive Virtual Environment. (**Co-Principal Investigator**, PI: Robert Kooima).
- 2015 American Heart Association Center for Understanding Racial Disparities in Obesity, Physical Activity, and Cardiovascular Disease Risk – Center Grant. Racial Differences in Children’s Adiposity and Cardiovascular Health Responses to a Physical Activity Intervention. (**Collaborator**, PI: Robert Newton)
- 2015 Louisiana State Board of Regents Support Fund; Traditional Enhancement Grant. Implementing Clinical Ultrasound in Kinesiology. (**Co-Principle Investigator**; Co-PI: Dennis Landin).
- 2014 NIH R01; Cadence Adults (**Co-Investigator**, PI: Catrine Tudor-Locke), Funded, moved from PBRC to University of Massachusetts, Amherst, MD
- 2014 Louisiana State Board of Regents Support Fund; Research Competitiveness Subprogram. The effect of age and racial descent on whole-body heat dissipation, sweat sensitivity, and heat acclimation responses. (**Principle Investigator**)
- 2014 Falck Safety Services, Canada. Next generation lifeboat. (**Principal Investigator**)
- 2014 NIH R21; Walk more, Sit less, and Exercise Pilot (WiSE-P). (**Co-Investigator**, PI: Catrine Tudor-Locke)
- 2014 NIH R01; Stepping Out and Strengthening for Healthy Elders (SOSHE). (**Co-Investigator**, PI: Catrine Tудо-Locke)
- 2014 Optimal hydration strategies in adolescents. Letter of Intent submitted for Ralph E. Powe Junior Faculty Enhancement Award – (**Principal Investigator**)
- 2012 Louisiana EPSCoR; Board of Regents Support Fund; Vitamin D, Exercise, and Health. Submitted/not awarded (**Co-Principal Investigator**; PI – Laura Stewart)
- 2012 R01: NIH (NIA) Treadmill Walking and Strength Training for Elders (TWiST-E). Submitted/not awarded (**Co-investigator**; PI: Catrine Tudor-Locke)
- 2012 Louisiana EPSCoR Board of Regents; PFUND. Maximal fat burning exercise and glucose tolerance: the MAX study. Submitted/not awarded (**Principal Investigator**)
- 2012 K01: NIH (NIDDK) Effect of Resistance Training on Components of Energy Balance and Substrate Utilization in Older Adults. Submitted/not awarded (**Principal Investigator**).
- 2011 R01: NIH (NIDDK) Fitness, Intensity, and Training Study (FITS). (**Co-Investigator**; PI: Timothy S. Church). Submitted/not awarded. Resubmitted 2012, not awarded.
- 2011 R01: The Interval Study (INTERVAL). Submitted/not awarded (**Co-investigator**; PI: Conrad Earnest).

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2011

K99/R00 to NIH (NIDDK) Exercise modality in type 2 diabetes: effects on insulin sensitivity and intramuscular fat partitioning. Submitted/not awarded (**Principal Investigator**).

BOOK CHAPTERS

1. **Johannsen, NM** and Earnest, CP. Fluid balance and hydration for human performance. *Nutritional Supplements for Sport & Exercise Updates*, 2015, 2nd Ed.
2. Swift DL, **Johannsen, NM**, and Church TS. Physical Activity Programs. *Lifestyle Medicine – Manual for Clinical Practice*, 2015, 1st Ed.
3. Lowe AC, Spielmann G, Reed I, Marucci J, Mullenix S, Lind E, **Johannsen NM**. Sampling salivary cortisol from the sidelines: Considerations for applied athletic research. *SAGE Research Methods Cases: Medicine and Health*. <https://methods.sagepub.com/case/sampling-salivary-cortisol-sidelines-applied-athletic-research>

PUBLICATIONS

1. Specker BL, **Johannsen N**, Binkley T, and Finn K. Total body bone mineral content and tibial cortical bone measures in preschool children. *J Bone Miner Res* 2001; 16(12):2298-305.
2. Finn K, **Johannsen N**, and Specker B. Factors associated with physical activity in preschool children. *J Pediatr*. 2002;140(1):81-5.
3. **Johannsen N**, Binkley T, Englert V, Neiderauer G, and Specker B. Bone Response to jumping is site-specific in children: a randomized trial. *Bone*. 2003;33(4):533-9.
4. Johannsen DL, **Johannsen NM**, and Specker BL. Influence of parents' eating behaviors and child feeding practices on childrens' weight status. *Obesity*. 2006;14(3):431-9.
5. **Johannsen NM**, and Sharp RL. Effect of preexercise ingestion of modified cornstarch on substrate oxidation during endurance exercise. *Int. J. Sport Nutr. Exerc. Metab*. 2007;17:232-243.
6. Church TS, Thompson AM, Katzmarzyk PT, Sui X, **Johannsen N**, Earnest CP, and Blair SN. Metabolic syndrome and diabetes, alone and in combination as predictors of cardiovascular disease mortality among men. *Diabetes Care*. 2009;32(7):1289-1294.
7. **Johannsen NM**, Lind E, King DS, and Sharp RL. Effect of pre-exercise electrolyte ingestion on fluid balance in men and women. *Med. Sci. Sports Exerc*. 2009;41(11): 2017-2025.
8. Church TS, Blair SN, Cocreham S, **Johannsen N**, Johnson W, Kramer K, Mikus CR, Myers V, Nauta M, Rodarte RQ, Sparks L, Thompson A, and Earnest CP. Effects of aerobic and resistance training on hemoglobin A1c levels in patients with type 2 diabetes: a randomized trial. *JAMA*. 2010;304(20):2253-2262.
9. **Johannsen NM**, Priest EL, Dixit VD, Earnest CP, Blair SN, and TS Church. Association of white blood cell subfraction concentration with fitness and fatness. *Br. J. Sports Med*. 2010, Jun;44(8):588-93.
10. Galgani JE, **Johannsen NM**, Bajpeyi S, Costford SR, Zhang Z, Gupta AK, and Ravussin E. Role of skeletal muscle mitochondrial density on exercise-stimulated lipid oxidation. *Obesity (Silver Spring)*. 2012 Jul;20(7):1387-93.
11. **Johannsen NM**, Swift DL, Earnest CP, Blair SN, and Church TS. Effect of different doses of aerobic exercise on total white blood cell (WBC) and white blood cell subfractions. *PLoS One*. 2012;7(2):e31319.
12. Harris MN, Swift DL, Myers VH, Earnest CP, **Johannsen NM**, Champagne CM, Parker BD, Levy E, Cash KC, and Church TS. Cancer survival through weight loss and exercise (CASTLE): a pilot study. *Int J Behav Med*. 2013 Sept;20(3):403-12.
13. Swift DL, **Johannsen NM**, Earnest CP, Blair SN, and Church TS. The effect of different doses of aerobic exercise on total bilirubin levels. *Med Sci Sports Exerc*. 2012 Apr;44(4):569-74.
14. Johannsen DL, Galgani JE, **Johannsen NM**, Zhang Z, Covington J, Ravussin E. Effect of short-term thyroxine administration on energy metabolism and mitochondrial efficiency in humans. *PLoS One*. 2012;7(7):e40837.

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15. Lavie CJ, Swift DL, **Johannsen NM**, Arena R, Church TS. Physical fitness – an often forgotten cardiovascular risk factor. *J Glucom Lipidom*. 2012;2(2): 1000e104.
16. Swift DL, **Johannsen NM**, Earnest CP, Blair SN, and Church TS. Effect of exercise training modality on C-reactive protein in type 2 diabetes. *Med Sci Sports Exerc*. 2011 Jun;44(6):1028-34.
17. Swift DL, **Johannsen NM**, Myers VH, Earnest CP, Smits JAJ, Blair SN, and Church TS. The effect of exercise training modality on brain derived neurotrophic factor levels in individuals with type 2 diabetes. *PLoS One*. 2012;7(8):e42785.
18. Earnest CP, Lupo M, Thibodaux J, Hollier C, Butitta B, Lejeune E, **Johannsen NM**, Gibala MJ, and Church TS. Interval training in men at risk for insulin resistance. *Int J Sports Med*. 2012 Apr;34(4):355-63.
19. Swift DL, **Johannsen NM**, Tudor-Locke C, Earnest CP, Johnson WD, Blair SN, Senechal M, Church TS. Exercise training and habitual physical activity: a randomized trial. *Am J Prev Med*. 2012 Dec;43(6):629-35.
20. **Johannsen NM**, Sullivan ZM, Warnke NR, Smiley-Oyen AL, King DS, and Sharp RL. Effect of preexercise soup ingestion on water intake and fluid balance during exercise in the heat. *Int J Sport Nutr Exerc Metab*. 2013 Jun;23(3):287-96.
21. Swift DL, Lavie CJ, **Johannsen NM**, Arena R, Earnest CP, O'Keefe JH, Milani RV, Blair SN, and Church TS. Physical activity, cardiorespiratory fitness, and exercise training in primary and secondary coronary prevention. *Circ J* 2013. Jan 25;77(2):281-92.
22. Myers VH, McVay MA, Brashear MM, **Johannsen NM**, Swift DL, Kramer K, Harris MN, Johnson WD, Earnest CP, and Church TS. Effects of three exercise training conditions on quality of life in sedentary men and women with type 2 diabetes mellitus. *Diabetes Care*. 2013 Jul;36(7):1884-90.
23. Sparks LM, **Johannsen NM**, Church TS, Moonen-Kornips E, Moro C, Hesselink MKC, Smith SR, and Schrauwen P. Nine months of combined training improves ex vivo skeletal muscle metabolism in individuals with type 2 diabetes. *J Clin Endo Metab*. 2013 Apr;98(4):1694-702.
24. Earnest, CP, **Johannsen NM**, Swift DL, Lavie, CJ, Blair SN, and Church, TS. Dose effect of cardiorespiratory exercise on metabolic syndrome in postmenopausal women. *Am J Cardiology*. 2013 Jun;111(12):1805-11.
25. Senechal M, Swift DL, **Johannsen NM**, Blair SN, Earnest CP, and Church TS. The association of exercise training related changes in body composition and body fat distribution and fitness on the changes in hemoglobin A_{1c} in individuals with type 2 diabetes: results from the HART-D study. *Diabetes Care*. 2013 Sep;36(9):2843-9.
26. **Johannsen NM***, Sparks LM*, Zhang Z, Earnest CP, Smith SR, Church TS, and Ravussin E. Determinants of the improvement in glycemic control with exercise training in type 2 diabetes. *PLoS One*. 2013 Jun;8(6):e62973.
27. **Johannsen NM**, Lavie CJ, Swift DL, Earnest CP, Blair SN, and Church TS. Categorical analysis of the impact of aerobic and resistance training, alone and in combination, on cardiorespiratory fitness in patients with type 2 diabetes mellitus: results from HART-D. *Diabetes Care*. 2013 Oct;36(10) 3305-12.
28. Swift DL, **Johannsen NM**, Lavie, CJ, Earnest, CP, Johnson, WD, Blair, SB, Church, TS, Newton Jr, RL. Racial differences in the response of cardiorespiratory fitness to aerobic exercise training in Caucasian and African American postmenopausal women. *J Appl Physiol*. 2013 May 15;114(10):1375-82.
29. Allen JA, Robbins JL, VanBruggen MD, Credeur DP, **Johannsen NM**, Earnest CP, Pieper CF, Johnson JL, Church TS, Ravussin E, Kraus WE, Welsch MA. Unlocking the barriers to improved functional capacity in the elderly: rationale and design for the "Fit for Life Trial". *Concepts in Clinical Trials*. 2013 Sept;36(1):266-75.
30. Swift DL, Staiano AE, **Johannsen NM**, Lavie CJ, Earnest CP, Katzmarzyk PT, Blair SN, Newton RL Jr, and Church TS. Low cardiorespiratory fitness in African Americans: a health disparity risk factor? *Sports Med*. 2013 Dec;43(12):1301-13.

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31. Swift DL, **Johannsen NM**, Lavie CJ, Earnest CP, and Church TS. The role of exercise and physical activity in weight loss and maintenance. *Prog Cardiovasc Dis*. 2014 Jan-Feb;56(4):441-7.
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Duet MT, Schuna JM, Jr., Swift DL, **Johannsen NM**, Harris MN, Church TS. Clinical and demographic characteristics associated with compliance/adherence to aerobic training in type 2 diabetes. *Med Sci Sports Exerc*, May 2013.

Lupo ML, Johannsen DL, **Johannsen NM**, Galgani JE, and Ravussin E. Effect of Short-term Thyroxine Supplementation on Substrate Utilization during Exercise. *Med Sci Sports Exerc*, May 2013.

Neil M. Johannsen

Scott M, **Johannsen NM**, Welsch MA, Credeur DP, Church TS, Ravussin E, Allen JD. Changes in Body Composition, Bone Mineral Density, Muscle Strength and Functional Ability following Exercise Training in Old Adults. *Med Sci Sports Exerc*, May 2013.

Welsch MA, **Johannsen NM**, Credeur DP, Church TS, VanBruggen M, Allen JD. Functional outcomes of progressive exercise training in the elderly: initial level of frailty. *Med Sci Sports Exerc*, May 2013.

Welsch MA, **Johannsen NM**, Credeur D, Hollis B, Church T, Ravussin E, Lupo M, Earnest C, Allen JD. Changes in Muscle Strength and Bone Mineral Density following Exercise Training in Old Adults. *APS Intersociety Meeting: The Integrative Biology of Exercise VI*, 2012.

Sparks LM, **Johannsen NM**, Moonen-Kornips E, Church TS, Smith SR, Hesselink MKC, Schrauwen P. Combined aerobic and resistance training improves lipid skeletal muscle of individuals with type 2 diabetes: evidence from a randomized controlled trial. *ADA*, 2012.

VanBruggen M, Credeur D, Ham KL, Earnest C, Robbins JL, **Johannsen NM**, Kraus WE, FACSM¹, Church TS, Ravussin E, Welsch MA, FACSM, Allen JD. Changes in Peripheral and Central Blood Pressure following Regional Specific Exercise. *Med Sci Sports Exerc*, May, 2012.

Allen JD, Robbins JL, **Johannsen N**, VanBruggen M, Credeur D, FACSM, Hollis B, Johnson JL, Church T, Kraus WE, FACSM, Ravussin E, Earnest C, Ham KL, Pieper C, Welsch MA, FACSM³. Functional Outcomes of Exercise Progression Models in the Elderly. *Med Sci Sports Exerc*, May, 2012.

Johannsen NM, Welsch MA, Credeur D, Hollis B, Church TS, and Allen JD. Association between uric acid, lean mass, and muscle strength gains in the elderly. Accepted FASEB 2012.

Swift DL, **Johannsen NM**, Earnest CP, Blair SN, and Church TS. Aerobic, resistance or combination exercise training does not reduce C-reactive protein levels in individuals with type-2 diabetes. *NPAM*, 2012.

Holden J, Swift DL, **Johannsen NM**, Earnest CP, and Church TS. Weight gain with aerobic exercise training results from increased fat and lean mass. *NPAM*, 2012.

Credeur DP, Hollis BC, Lupo M, **Johannsen NM**, Earnest CP, and Welsch MA. Association between vascular health and rate pressure product: influence on exercise capacity in the elderly. *Med Sci Sports Exerc*, 2011, 43(5):S452.

Hollis BC, Credeur DP, **Johannsen NM**, and Welsch MA. Association between vascular reactivity and stiffness: influence on physical function in the elderly. *Med Sci Sports Exerc*, 2011, 43(5):S736.

Welsch MA, Hope LR, Hollis BC, Credeur DP, Lupo M, **Johannsen NM**, Earnest CP. Predictors of functional capacity and ability among older individuals. *Med Sci Sports Exerc*, 2011; 43(5):S4.

Bajpeyi S, **Johannsen NM**, Zhang Z, Covington JD, Ravussin E, Galgani J. Role of TIP47 in skeletal muscle lipid metabolism during endurance exercise. *Obesity* 2010, 18(S2), S218.

Galgani JE, **Johannsen N**, Bajpeyi S, Costford S, Gupta AK, Ravussin E. Subjects with high and low muscle mitochondrial capacity have similar fat oxidation during exercise. A reappraisal of "Metabolic Flexibility". *ADA* 2010; 59(S1), A82.

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Johannsen NM, Edwards WB, Church TS, Blair SN, and Earnest CP. Effect of exercise dose on fat oxidation capacity in postmenopausal women. *FASEB Journal* 2009.

Sparks LM, Thompson A, Earnest C, Blair S, Church TS, **Johannsen NM**. Sex differences in risk factors for cardiovascular disease and metabolic syndrome. *ADA 2009*; 57(S1), A623.

Johannsen NM, Warnke N, King DS, and Sharp RL. Preexercise beverage composition impact on hydration and performance during exercise under compensable heat stress. *Med. Sci. Sports Exerc.* 2008; 40(5):S85.

Julius BR, Edwards, WB, Meardon SA, **Johannsen NM**, Macaluso F, and Derrick T. Evidence of bone turnover following an acute impact bout. *Med Sci Sports Exerc* 2007; 39(5):S65.

Sullivan ZM, Baier SM, **Johannsen NM**, King DS. Branched-chain amino acids (BCAA) supplementation maintains muscle power following eccentric exercise. *FASEB Journal* 2007

Johannsen NM, Lind E, King DS, and Sharp RL. Effect of beverage temperature and composition on fluid retention after mild dehydration. *Med Sci Sports Exerc* 2006; 38(5):S407.

Macaluso F, **Johannsen NM**, Carlson MC, Senchina DS, Miller M, Sharp T, and Sharp RL. Effect of electrolyte containing beverages on measures of rehydration during rest. *Med Sci Sports Exerc* 2006; 38(5):S407.

Johannsen NM, Lind E, Wang B, King DS, and Sharp RL. Effects of preexercise rehydration beverages on fluid balance and exercise tolerance. *Med Sci Sports Exerc* 2005; 37(5):S347.

Wang B, **Johannsen NM**, Sharp RL, and King DS. Comparison of tympanic and rectal temperatures in adults at rest and exercise. *Med Sci Sports Exerc* 2005; 37(5):S196-7.

Lind E, **Johannsen NM**, Wang B, King DS, and Sharp RL. Temporal affective response changes reflect internal temperature changes during prolonged cycle exercise. *FASEB Journal* 2005; 19(4 part 1):A675.

Johannsen NM, Lind E, Wang B, King DS, and Sharp RL. Effect of preexercise electrolyte beverage intake on body water estimations by bioimpedance analysis. *FASEB Journal* 2005; 19(4 part 1):A470.

Johannsen NM, Martini ER, and Sharp RL. Effect of preexercise ingestion of modified cornstarch on metabolism during endurance exercise. *Med Sci Sports Exerc* 2004;36(5):S20-1.

Johannsen N, Binkley T, Wermers J, Lorenzen T, and Specker B. Total bone mineral content (TBBMC) and bone size in 3 and 4 year old children. *FASEB Journal* 2000; 14(4):A265.

*NOTE: underlined authors are mentored graduate and undergraduate students.

OTHER ABSTRACTS

Allerton TD, Early K, Lavie CJ, **Johannsen NM**. Differential metabolic responses to acute FATMAX and lactate threshold exercise. *Poster at SEACSM, Feb 2017*

Wang H, Theall BM, Lemoine NP Jr, Lowe A, Castle RR, Mullenix S, Marucci J, Church TS, Early KS, **Johannsen NM**. Hydration study in collegiate female soccer players in pre-season training. *Poster at SEACSM, Feb 2017*

Neil M. Johannsen

Lowe AC, Saeid S, **Johannsen NM**, Zhu Y. Physiological responses to an immersive virtual environment during rest and exercise. *Poster at SEACSM, Feb 2017*

Theall B, Harrell B, Early K, **Johannsen NM**. Effect of chronic dehydration on urine and plasma during exercise in a heated environment. *Poster at SEACSM, Feb 2017*

Early KS, Scott MC, Perret N, Lavie CJ, Earnest CP, **Johannsen NM**. Heart Rate Variability (HRV) in Response to Oral Glucose Tolerance Test and Acute Exercise in Overweight Men. *Thematic Poster at SEACSM, Feb 2016*

Simoneaux AB, Lemoine NP Jr., Scott MC, Early KS, Mullenix S, Marucci J, Barker A, Church TS, Castle R, **Johannsen NM**. Effects of Environment, Local Sweat Rate (LSR), and Body Size on Core Heat Storage in Collegiate Football Players. *Poster at SEACSM, Feb 2016*

Lemoine NP Jr., Simoneaux AB, Scott MC, Early KS, Mullenix S, Marucci J, Barker A, Church TS, Castle RR, **Johannsen NM**. Sweat Rates and Electrolyte Losses of Football Players during Training Camp. *Poster at SEACSM, Feb 2016*

Theall BM, Early KS, Simoneaux AB, **Johannsen NM**. Influence of a Body Type Training Program on Body Composition and Circumferences. *Poster at SEACSM, Feb 2016*

Sutherland N, Early KS, Theall BM, Nelson AG, **Johannsen NM**. The Influence of Body Type Specific Exercise Program on Fitness Variables. *Poster at SEACSM, Feb 2016*

Allerton TD, Early KS, Scott MC, **Johannsen NM**. The Differential Effects of Laddermill vs. Treadmill Exercise Testing. *Poster at SEACSM, Feb 2016*

Edwards WB, **Johannsen N**, Macaluso F, Meardon SA, and Derrick TR. Effects of impact loading on acute bone adaptation. *Midwest Graduate Student Biomechanics Symposium*.

Johannsen NM, Lind E, King DS, and Sharp RL. Effect of gender on fluid balance and performance after preexercise hydration beverage ingestion. *Midwest Chapter of the American College of Sports Medicine*.

*NOTE: underlined authors are mentored graduate and undergraduate students.

SCIENTIFIC PRESENTATIONS

Physical Activity and Exercise for Health and Performance, *Keynote Speaker, LSU Discover Days*, Louisiana State University, April 9, 2019.

LSU Campaign Launch, *Fierce for the Future*, Parade Grounds, LSU Campus, March 29, 2019

10 Years of Physical Activity Guidelines and New Recommendations to Improve Your Health. *Council of 100 Presentation Series*, Pennington Biomedical Research Center, Baton Rouge, LA. Feb 11, 2019.

Recommendations for Physical Activity + update from 2018 Guidelines: Fitness Expo. *Discovering Opportunities for Change, Pennington DOC*, Baton Rouge, LA, Jan 22, 2019.

Exercise and Physical Activity, Academy of Nutrition and Dietetics, Weight Management, Presentation and Content for Certified Specialist in Obesity and Weight Management course. May 2018.

Neil M. Johannsen

Being Active: Recommendations for Physical Activity; *Live Healthy 2021*, Baton Rouge, LA, April 16, 2018.

Exercise, Weight Loss, and Wellbeing. Is Weight Loss Imperative to Obtain Wellness? *One Health*, Southern University, Baton Rouge, LA, April 12, 2018.

Exercise in the New Year; Advice from a Physical Activity Researcher. *Discovering Opportunities for Change, Pennington DOC*, Baton Rouge, LA, January 30, 2018.

Healthy Lifestyle/Obesity. *Baton Rouge Healthy Vision*, Baton Rouge, LA, October 30, 2017.

Exercise, Weight Loss, and Wellbeing. Is Weight Loss Imperative to Obtain Wellness? *Weight Management Diabetes Prevention Group – Teleconference*, January 8, 2017.

Hydration 101. Deep Dive Innovation Day, Baton Rouge, LA, September 1, 2015

Exercise and Nutrition for Health and Performance. Howard Hughes Medical Institute, Undergraduate Mentored Research Program – Mentor Lecture, July 14, 2015

The role of hydration on exercise in the heat. LSU Athletic Training Symposium, Evidence Based Practice, Baton Rouge, LA, July 9, 2015.

Resistance vs. Aerobic Exercise for Diabetes Prevention and Treatment. Tutorial Lecture (stand-in for Dr. Timothy Church), ACSM, San Diego, CA, May 29, 2015.

Exercise and Nutrition for Health and Performance. Southeastern Conference Travel Grant Lecture, Mississippi State University, April 30, 2015.

Exercise and Health: Optimizing Prescriptions in Older Adults and Diabetes. Weight Management Symposium, Portland Oregon, April 16, 2015

Fluid Balance and Performance are Improved with Ad Libitum Carbohydrate-electrolyte Beverage Intake in the Heat. ACSM, Orlando, FL, May 30, 2014.

Effects of Exercise Training on Glycemic Control and CVD Risk Factors. Quarterly Meeting of the Louisiana Association of Exercise Physiologists, Baton Rouge, LA, October 5, 2013.

Categorical Analysis of the Impact of Aerobic and Resistance Exercise Training, Alone and in Combination, on Cardiorespiratory Fitness Levels in Patients with Type 2 Diabetes Mellitus – Results from the HART-D Study. (thematic poster presentation) ACSM, Indianapolis IN, May 29, 2013

Physical Activity to improve health: general recommendations and practical applications. South Dakota Diabetes Association; Annual Convention of SDAHO, Sioux Falls, SD, September 20, 2012.

Health Benefits of Aerobic and Resistance Training in type 2 Diabetes: Results from the HART-D study. South Dakota Diabetes Association; Annual Convention of SDAHO, Sioux Falls, SD, September 20, 2012.

Optimal Exercise Prescription for Health. 4th Annual Advances in Heart Disease Prevention and Rehabilitation: “Helping Patients Help Themselves”. Beaumont Health System, Detroit MI, May 19, 2012.

Neil M. Johannsen

Exercise modality and type 2 diabetes: clinical and mechanistic results from the HART-D study. The New York Obesity Nutrition Research Center, St. Luke's-Roosevelt Hospital Center, New York, NY, April 26, 2012.

Association between uric acid, lean mass, and muscle strength gains in the elderly. Experimental Biology, San Diego, CA, April 24, 2012.

Type 2 diabetes: Exercise, physical activity and health. 2012 Diabetes Update, Avera McKennan Hospital, Sioux Falls, SD, April 20, 2012.

Physical activity to improve health: General recommendations and practical applications. 2012 Diabetes Update, Avera McKennan Hospital, Sioux Falls, SD, April 20, 2012

Type 2 diabetes: Exercise, physical activity and health. Sanford Health, Webinar-Sioux Falls, SD, February 7, 2012.

Type 2 diabetes: Exercise, physical activity and health. South Dakota Diabetes Coalition, Chamberlain, SD, September 19, 2011.

Use of fat oxidizing supplements to augment the effects of exercise in individuals with type 2 diabetes. Kemin Industries, Inc, Des Moines, IA, August 19, 2011.

Exercise is Medicine™: What is the proper dose to improve nutrition? (Distinguished Lecture) National Athletic Trainers Association, New Orleans, LA, June 21, 2011.

Sport participation and special nutritional considerations for the young athlete (Symposium). International Society of Sports Nutrition, New Orleans, LA, June 16, 2009.

Effect of jumping at different age groups on bone (poster presentation). Annual Research Days, South Dakota State University, Brookings, SD, March, 2001.

SERVICE

2014 – Present Member of Editorial Board; “PLoS One”.
2011 - Present Member of Editorial Board; “Track and Cross Country Journal”.

Ad hoc Reviewer:

Guidelines for Exercise Testing and Prescription: Chapter 10 Content Review
Circulation
Mayo Clinic Proceedings
Diabetes Care
PLoS One
Medicine and Science in Sport and Exercise
International Journal of Sports Medicine
Appetite
International Journal of Obesity
British Journal of Nutrition
Journal of Sport and Health Science
Journal of the International Society of Sports Nutrition
Physiological Reports
Journal of Applied Physiology

GRANT REVIEW BOARDS

2015 American Heart Association
2015 Diabetes UK

Neil M. Johannsen

2015 Department of Veterans Affairs, Joint Biomedical Laboratory/Clinical Science Research and Development Services Merit Review Board

DATA SAFETY AND MONITORING BOARDS

- 2019 – 2021 Fit to Learn: A Digital Intervention to Improve Fundamental Motor Skills in Young Children. (R21HD095035) – Drs Staiano and Webster (PIs)
- 2016 – 2021 Cardiovascular Benefits of Resistance, Aerobic, and Combined Exercise (R01HL133069) – Dr. DC Lee (PI)
- 2015 – 2016 Efficacy of Adjunctive Exercise for the Behavioral Treatment of Major Depression (F31MH100773) – Dr. Kristin Szuhany (PI)

GRADUATE STUDENTS

Ph.D. Chair

- 05/2016 Kate Early, Ph.D., *Cardiovascular and autonomic nervous system function: impact of glucose ingestion, hydration status, and exercise in heated environments.*
- 05/2017 Timothy Allerton, Ph.D., *The immediate and extended effect of diet and exercise on metabolic flexibility.*
- 05/2020 Haoyan Wang, Ph.D., *Body temperature and cardiovascular control during exercise in the heat: implications for special populations and athletic performance.*
- 05/2021 Matthew Scott, Ph.D., *Exercise and bone: older adults, type II diabetes, and ketogenic diets.*
- In Progress Adam Lowe, M.S. - ABD
- In Progress Greg Reeves, M.S. - ABD
- In Progress Nollynn Sutherland, M.S. – ABD
- In Progress Jason Soileau, M.S. - ABD
- In Progress Matthew Martone, M.S.
- In Progress Rachel Matthews, M.S.
- In Progress Nathan P. Lemoine, Jr., M.S.
- In Progress Chris White, M.S.
- In Progress Lyle Robelot, M.S.
- In Progress Chad Dufrene, M.S. – Co-Mentor (MacLellan)

Ph.D. Committee Member

- 11/2014 Laura Forney, Ph.D., *The association between vitamin D status and physical activity level on inflammation.*
- 05/2015 Ryan Miskowiec, Ph.D., *The effects of acetic acid supplementation and rest interval on recovery from exercise.*
- 05/2015 Christian Coulon, Ph.D., *The influence of the lower trapezius muscle on shoulder impingement and scapular dyskinesis.*
- 08/2015 Tyler Farney, Ph.D., *Relationship between Metabolic By-Products and Nervous System Failure/Fatigue.*
- 12/2016 Cardyl Trifontane, *The Effects of Using Knee Wraps on Back Squat and Vertical Jump Performance.*
- 12/2019 Sanaz Saeidi, Ph.D., *Exploring Occupant Behavioral Intention in Immersive Virtual Environment to Enhance the Design and Engineering of Sustainable Buildings*
- 12/2020 Junhai Xu, Ph.D., *Passive stretching alters the characteristics of the force-velocity curvature differently for fast and slow muscle groups.*
- In Progress Bailey Theall, - Spielmann ABD
- In Progress Eunhan Cho, M.S. – Spielmann
- In Progress Joshua Grangier M.S. - Spielmann
- In Progress Bret Davis, M.S. - Irving
- In Progress James Stampley – Irving
- In Progress Greg (Mikey) Reeves M.S. – Irving
- In Progress Kevin Lindsey M.S. Spielmann

Neil M. Johannsen

In Progress Jessica Savona - Spielmann

In Progress Youyoung Kim - Spielmann

Ph.D. Dean's Representative

- 12/2017 Marguerite Perkins, Ph.D., *Francolouisianais in the 21st Century: Redrawing Identity Lines in a Community Experiencing Language Shift*
- 12/2018 Mingyan Cong, Ph.D, *Design and Application of Task-Specific GUMBOS and NanoGUMBOS for Sensing and Separation*

Master Thesis Chair

- 05/2013 Tiffany Salzman, M.S., *Oxygen consumption during exercise: the role of venous occlusion.*
- 05/2014 Matt Scott, M.S., *Changes in bone mineral density following exercise training in older adults.*
- 08/2017 Adam Lowe, M.S., *Physiological and psychological well-being during the spring season in female soccer players.*
- 12/2017 Lyle Robelot, M.S., *Performance profiles in collegiate and master's swimmers: a validation study.*
- 05/2018 Michael "Houston" Owens, M.S., *Within Season Hemotological Changes in College Athletes with Sickle Cell Trait.*
- 05/2020 Cullen Vinclette, M.S., *The effects of watermelon juice supplementation on postprandial vascular endothelial function and blood flow during hyperglycemia.*

Master Thesis Committee Member

- 05/2014 Cory C. Cortez, M.S. *Methionine restriction-induced metabolic changes in C57BL6J mice.*
- 05/2016 Darren Polk, M.S. *Neural recovery rates of knee extensors following a resistance training protocol.*
- 05/2019 Joshua Granger, M.S. *Influence of hydration status on running performance and markers of psychological and physiological stress in high school cross country runners.*
- 05/2019 Connor Kuremsky, M.S. *Impact of psychological and physical stressors on the exercise-induced immune response in collegiate swimmers.*
- 05/2021 Heather Quiariarte, M.S., *Establishing and Validating Methods to Assess the Influence of Circulating Exosome Profiles in Sedentary Older Adults*

Undergraduate Honors Theses

- 05/2013 Mollye Baker, Undergraduate Honors Program. *Chronic Inflammation, Vitamin D Status, and Body Composition in College-Age Individuals, **Committee Member***
- 12/2013 Christa Mahbolo, Undergraduate Honors Program, *Effects of Aging and Peripheral Neuropathy on Standing Reaching Precision With and Without Visual Cues, **Committee Member***
- 05/2014 Bhunit Desai, Undergraduate Honors Program. *The Aptitude of Signal Transducer and Activator of Trascription 3 vs. Green Fluorescent Protein in the Identification of Leptin Receptor Neuron Populations, **Major Professor***
- 05/2015 Manjot Signh, Howard Hughes Medical Institute, Undergraduate Mentored Research Awardee, *Maximal Fat Burning Exercise and Glucose Tolerance, **Faculty Mentor***
- 05/2019 Amy Turner, Undergraduate Honors Program. *Identification of blood biomarkers of mild traumatic brain injury in collegiate football players, **Committee Member***
- 05/2019 Katelyn Hardin, Undergraduate Honors Program. *Changes in salivary antimicrobial protein concentrations in response to maximal exercise in collegiate swimmers, **Committee Member***

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COMMITTEE MEMBERSHIP

2019 - 2020	Vice Provost and Dean of LSU Graduate School Search Committee
2017 - <i>present</i>	Full Member, Graduate Faculty Committee, School of Kinesiology, Louisiana State University
2016 - 2017	College of Human Science and Education Distinguished Dissertation Committee
2015 - 2016	College of Human Science and Education Discovery & Research Committee
2015	Tiger Athletic Foundation, Undergraduate Teaching Award Committee
2012 - 2016	Associate Member, Graduate Faculty Committee, School of Kinesiology, Louisiana State University
2012 - 2016	Member, Graduate Exercise Physiology Concentration, School of Kinesiology, Louisiana State University
2005 – 2006	Annual Pease Family Scholar Hog Roast Planning Committee
2004 – 2005	Finance Committee: Health and Human Performance Graduate Student Association (HHPGSA)
2004 – 2005	Planning Committee for College Combination of College of Family and Consumer Sciences and College of Education; Development and Foundation Issues
2004 – 2005	Awards Committee; Department of Health and Human Performance
2003 – 2005	Graduate and Professional Student Senate (GPSS); HHPGSA Senator
2003 – 2004	Education Student Advisory Council (ESAC); HHPGSA Representative
2003 – 2004	Social Committee; HHPGSA
2003 – 2004	VIESHEA Committee; HHPGSA
2002 – 2003	Treasurer; HHPGGA

LOCAL PRESENTATIONS

06/2017	BREC parks, Estimating Energy Expenditure 2
04/2017	What happens to your body with you walk 10000 steps, USA Today
04/2017	Exercising Outdoors, Jim Engster show, Baton Rouge, LA
03/2017	BREC parks, Estimating Energy Expenditure 1
11/2016	Preventing Holiday Weight Gain, Louisiana Radio Network, Baton Rouge, LA
11/2016	Preventing Holiday Weight Gain, Advocate, Baton Rouge, LA
06/2016	Hydration Recommendations for Summer, Advocate, Baton Rouge, LA
11/2015	When It Comes to Fitness, One Size Doesn't Fit All. Huffington Post
11/2015	The Best Form of Cardio Just Keeps Getting Better. Huffington Post
05/2015	10 Mistakes You're Making After Your Workouts. Prevention Magazine
03/2015	Beyond the treadmill: new recommendations for exercise, Science Café, Baton Rouge, LA
03/2015	Exercise Recommendations: 2une-in, WBRZ, Baton Rouge, LA
10/2014	Comfort food for muscles: Trio of remedies will help with workout recovery. The Advocate, Baton Rouge, LA
07/2014	Hydration in the South; WJBO Radio, Baton Rouge, LA
04/2012	Thriving with Diabetes, St. Elizabeth Hospital, Gonzalez, LA. "Exercise Prescription to Improve Health".
02/2012	Louisiana Retired Teachers Association, Baton Rouge, LA. "Definitive Exercise Prescription for Aging Well".
01/2012	University of Phoenix, Baton Rouge, LA. "Healthcare Utilization of Statistics"
11/2011	Capital Area Medical Society, Baton Rouge, LA. "Definitive Exercise Prescription of Aging Well".
06/2011	Fresh Cuts/Clean Health, Brother to Brother: A Men's Health Night, Baton Rouge, LA. "Exercise and your health: What to do?"

Neil M. Johannsen 02/2011	Department of Health and Hospitals, Baton Rouge, LA. "Health risks associated with high sodium intake: past research and present recommendations"
01/2011	Diabetes Education Program, St. Elizabeth Hospital, Gonzalez, LA. "Exercise and your health: Fact versus fiction with special notes for type 2 diabetes".
2003 – 2007	Multicultural Recruitment and Retention Liaison <i>coordinate and instruct hands-on workshops aimed at informing potential students about opportunities in our field in order to pique their interest in issues addressed by faculty in the Department of Health and Human Performance (HHP) Programs include:</i> <ul style="list-style-type: none"> ○ Exploring Education ○ Education Talent Search ○ "Taking the Road Less Traveled" – Program for Women in Science and Engineering ○ Early Outreach Program ○ College Bound ○ Science Bound
2005 – 2007	Ames Laboratory/ISU High School Science Bowl Volunteer
2005 – 2007	Ames Laboratory/ISU Middle High School Science Bowl Volunteer
2003 – 2007	National Science Olympiad Volunteer

CLASSES TAUGHT

2017-present	KIN 7505	Sports Nutrition
2016-present	KIN 7539	Cardiovascular and Respiratory Adaptations to Exercise
2015-present	KIN 7537	Exercise and Environment
2015-present	KIN 7999:	ACSM's Certified Exercise Specialist Prep Course
2014-present	KIN 7539:	Laboratory Techniques in Exercise Physiology
2013-present	KIN 3534:	Scientific Basis of Exercise
2012-present	KIN 3515:	Physiological Basis of Physical Activity