**Auburn University**

**Curriculum Vitae**

Michael D. Roberts, PhD

Contact information

Auburn University

School of Kinesiology

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Professional Experience

2017-pres. Associate Professor (tenured)

School of Kinesiology

Auburn University

2013-2017 Assistant Professor

School of Kinesiology

Auburn University

2013-pres. Director, Molecular and Applied Sciences Laboratory

School of Kinesiology

Auburn University

2018-pres. Director, AU KINE Applied Performance Laboratory

School of Kinesiology

Auburn University

2014-pres. Adjunct Research Professor

Edward Via College of Osteopathic Medicine-Auburn University Campus

2010-2013 Postdoctoral Research Fellow

Booth Laboratory, Department of Biomedical Sciences

University of Missouri-Columbia

Education

2010 PhD, Exercise Physiology

Department of Health and Exercise Sciences

University of Oklahoma

2006 MSEd, Exercise Physiology

Department of Health, Human Performance and Recreation

Baylor University

2003 BS, Biology

College of Arts and Sciences

Baylor University

Field Experience

2004-2006 Certified Personal Trainer

Gold’s Gym International, Inc., Waco, TX

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

Research Support

**Summary**

Total funding directly procured as PI or critical co-I to date: $2,417,219

Additional monies procured as critical co-I or mentor: $86,645

* Porter Fellowship, *listed below*
* NIH T32, *listed below*

(competitive internal funding at MU; PI: Dr. Ronald Terjung from University of Missouri)

* MU CVM Grant, *listed below*

(co-I; PI: Dr. Frank Booth from University of Missouri)

**Monies obtained**

**(listed from newest to oldest)**

2018-19 Extramural Contract: Serum Biomarker Analysis

Funding Agency: University of Mary Hardin-Baylor

Total Costs (Direct+Indirect): $17,848

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2018-19 Extramural Contract: Cross-over design to investigate the efficacy of HMB, BCAA and HMB-BCAA on markers of muscle damage.

Funding Agency: Metabolic Technologies, Inc.

Total Costs (Direct+Indirect): $89,845

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2018-19 Pre-doctoral fellowship: Matthew Romero (recipient)

Funding Agency: American Physiological Society

Total Costs (Direct only): $28,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PhD mentor to fellowship awardee

2018-21 Extramural Grant-in-Aid: Examining the effects of skeletal muscle LINE-1 overexpression on muscle function and aging.

Funding Agency: Florida A&M University

Total Costs (Direct only): $135,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2018-19 Extramural Contract: In vitro analyses for gene expression in PBMCs and muscle cells.

Funding Agency: Center for Applied Health Sciences

Total Costs (Direct+Indirect): $35,871

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2018-19 Extramural Grant: Examining the effects of skeletal muscle LINE-1 overexpression on muscle function and aging.

Funding Agency: Via College of Osteopathic Medicine

Total Costs (Direct only): $21,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: co-PI (co-PI: Dr. Kaelin Young from AU-VCOM)

2018-19 Extramural Contract: A prospective, randomized, double-blind, placebo-controlled, parallel group study on effects of a multiple vitamin/mineral/omega-3 fatty acid supplement on nutrient status/functionality, subjective perception of mood/energy/mental/skin health, and gene expression in adult women.

Funding Agency: Ritual

Total Costs (Direct+Indirect): $292,400

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: co-PI (co-PI: Dr. Kaelin Young from AU-VCOM, co-I: Dr. Rusty Arnold from Harrison School of Pharmacy at AU)

2018 Extramural Contract: Service contract for serum irisin and PICP analyses.

Funding Agency (Direct+Indirect): Applied Sports Science Institute

Total Costs: $5,986

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2018 Extramural Contract: Detecting muscle tissue and bone mineral content loss, growth, and maintenance at the cellular, segmental, and total-body level using bioimpedance spectroscopy using the SOZO and SFB7 devices.

Funding Agency (Direct+Indirect): Impedimed

Total Costs: $53,750

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: co-PI (co-PI: Dr. Kaelin Young from AU-VCOM)

2018     Extramural Grant in Aid: Laboratory Development Award

Funding Agency: Edward Via College of Osteopathic Medicine - Auburn Campus

Total Costs (Direct only): $10,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2017-18 Extramural Gift/Donation: Laboratory Development Award

Funding Agency: Renaissance Periodization

Total Costs (Direct only): $20,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: co-PI (co-PI: Cody Haun, M.S.)

2017-18 Intramural Contract: Effects of dietary exosomes on muscle hypertrophy

Funding Agency: Auburn University’s Intramural Grant Program

Total Costs (Direct only): $60,000

Role: co-PI (co-PI: Andreas Kavazis, co-I: Kaelin Young)

2017 Extramural Contract: Effects of ketone salt ingestion on blood ketones and metabolic phenomena in humans

Funding Agency: Applied Sports Science Institute

Total Costs (Direct+Indirect): $39,343

Role: PI

2016 Extramural Gift/Donation: Laboratory Development Award

Funding Agency: FutureCeuticals

Total Costs (Direct only): $30,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2016 Extramural Contract: The effects of different ingredients on cGMP and nitric oxide production in HUVEC cells

Funding Agency: Purity Products

Total Costs (Direct + Indirect): $15,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2016 Extramural Contract: The effects of phosphatidic acid on myoblast properties

Funding Agency: ChemiNutra

Total Costs (Direct + Indirect): $7,400

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2016 Extramural Gift/Donation: Laboratory Development Award

Funding Agency: Bionutritional Research Group and Hilmar Ingredients

Total Costs (Direct only): $146,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI (co-I, Dr. Chris Lockwood)

2016 Extramural Contract: The effects of curcumin on nutritionally-induced non-alcoholic fatty liver disease and non-alcoholic steatohepatitis.

                      Funding Agency: DolCas Biotech, LLC

Total Costs (Direct + Indirect): $129,560

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: co-I (PI: Dr. Jeffrey Martin from AU-VCOM)

2016 Extramural Contract: The effects of Red Spinach Extract on variables related to blood flow and exercise performance (Part II)

                      Funding Agency: DolCas Biotech, LLC

Total Costs (Direct + Indirect): $10,339

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: co-I (PI: Jeffrey Martin from AU-VCOM)

2016 Extramural Contract: Effects of a novel plant extract on cycling performance, hemodynamics and markers of red blood cell physiology.

                      Funding Agency: FutureCeuticals

Total Costs (Direct + Indirect): $135,606

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: co-PI (co-PI: Dr. Kaelin Young from AU-VCOM, co-PI: Dr. Jeffrey Martin from AU-VCOM)

2016 Extramural contract: [no title], contract to assist in the dissemination of research.

Funding Agency: University of Mary Hardin-Baylor

                      Total Costs (Direct + Indirect): $1,600

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2015-16 Extramural Contract: Effect of various ingredients on skeletal muscle Irisin signaling and cross talk with adipose tissue.

                      Funding Agency: Maximum Human Performance (MHP)

Total Costs (Direct + Indirect): $73,575

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2015-16 Extramural contract: Effects of aging and nutrition on various physiological systems.

Funding Agency: University of Tampa and Human Longevity, Inc.

                      Total Costs (Direct + Indirect): $231,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2015 Extramural contract: [no title], contract to assist in the dissemination of research.

Funding Agency: University of Mary Hardin-Baylor

                      Total Costs (Direct + Indirect): $2,400

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2015 Extramural contract: [no title], contract to assist in the dissemination of research.

Funding Agency: University of Mary Hardin-Baylor

                      Total Costs (Direct + Indirect): $1,600

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2015 Extramural contract: The effects of Red Spinach Extract on variables related to blood flow and exercise performance.

Funding Agency: DolCas Biotech, LLC

                      Total Costs (Direct + Indirect): $28,022

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: co-I (PI: Jeffrey Martin from AU-VCOM)

2015-2016     AU-VCOM Seed Grant: The role of target inflation pressures on skeletal muscle gene expression and the efficacy of a peristaltic pulse external pneumatic compression device as an adjuvant to exercise training.

Funding Agency: Edward Via College of Osteopathic Medicine - Auburn Campus

Total Costs (Direct only): $30,318

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: co-I (PI: Jeffrey Martin from AU-VCOM)

2015 Extramural Contract: Effects of various ingredients on skeletal muscle Irisin signaling.

                      Funding Agency: Maximum Human Performance (MHP)

Total Costs (Direct + Indirect): $9,600

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2014-15 Extramural sub-contract: Effect of a subchronic ketogenic diet on skeletal muscle anabolic and catabolic signaling as well as adipose tissue signaling

Funding Agency: University of Tampa

Total Costs (Direct + Indirect): $105,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2014-15 Extramural Gift/Donation: Laboratory Development Award

Funding Agency: 4Life Research, Inc (collaborative efforts with Dr. Chris Lockwood)

Total Costs (Direct only): $100,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2015 Extramural Contract: Effects of Proprietary Weight Loss Supplement on Resting Metabolism

Funding Agency: MusclePharm, Corp.

Total costs (Direct+Indirect): $47,882

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2014-15 Extramural Contract: Effects of a branched-chain amino acid-carbohydrate-electrolyte solution on muscle damage during one week of rigorous training

Funding Agency: MusclePharm, Corp.

Total Costs (Direct + Indirect): $89,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2014 Extramural Contract: Myostatin, follistatin, and cytokine array assessment in human serum samples

Funding Agency: University of Tampa

Total Costs (Direct + Indirect): $8,800

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2014 Extramural Contract: Effects of pneumatic compression therapy on molecular markers of muscle metabolism

Funding Agency: Quinnipiac University

Total Costs (Direct + Indirect): $13,500

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2014 Extramural Contract Part 1: Studying the efficacy of ‘BCAA 3.1.2’ on cycling performance, body composition, and immune system markers in elite cyclists over a training season; Part 2: Studying the effects of ‘Combat’ on post-exercise muscle-building mechanisms using a human-applicable rat model

Funding Agency: MusclePharm, Corp.

Total Costs (Direct + Indirect): $61,117

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2014 Extramural Contract: Effect of Myo-X and Arachidonic acid on Intramuscular Markers of Skeletal Muscle Anabolism

Funding Agency: sub-contract from University of Tampa

Total Costs (Direct + Indirect): $16,995

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2014 Extramural Contract: Effect of Different Protein Blends on Intramuscular Markers of Skeletal Muscle Anabolism

Funding Agency: Axiom Foods, Inc.

Total Costs (Direct + Indirect): $35,632

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2013-14 Extramural Gift/Donation: Laboratory Development Award

Funding Agency: 4Life Research, Inc (collaborative efforts with Dr. Chris Lockwood)

Total Costs (Direct only): $100,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2013 Extramural Contract: Effects of transfer factors and adaptogen blends on oxidative stress in rats fed a high fat diet

Funding Agency: 4Life Research, Inc

Total costs (Direct only): $49,230

Site: Booth Laboratory, University of Missouri

Role: PI

2012 Fellowship: T32 Postdoctoral Fellowship

Funding Agency: National Institutes of Health

Total costs: $40,645 (estimated)

Site: Booth Laboratory, University of Missouri

Role: awarded from internal institutional committee for 1-year of postdoctoral salary (PI: Dr. Ronald Terjung from University of Missouri)

2012 Extramural Contract: Effects of an oral ATP supplement on blood flow during exercise in rats

Funding Agency: TSI Health Sciences

Total costs (Direct only): $10,000

Site: Booth Laboratory, University of Missouri

Role: PI

2012 Extramural Contract: Effects of different whey protein forms on the post-prandial serum metabolome in rats

Funding Agency: Bionutritional Research Group

Total costs (Direct only): $42,000

Site: Booth Laboratory, University of Missouri

Role: PI

2012 Intramural Grant: University of Missouri College of Veterinary Medicine

Grant

Title: Molecular determinants of running motivation in rats selectively bred to run high versus low nightly distances

Funding Agency: College of Veterinary Medicine, University of Missouri

Total costs (Direct only): $18,000

Site: Booth Laboratory, University of Missouri

Role: co-I and Project Coordinator (PI: Dr. Frank Booth from University of Missouri)

* 1. Extramural Contract: Effects of a proprietary whey protein hydrolysate on mammalian physiological systems

Funding Agency: Scivation Inc.

Total costs (Direct only): $100,000 over a 1.5-year period for personnel support and study supplies

Site: Booth Laboratory, University of Missouri

Role: PI

2007 Doctoral Research Award: The Effects of Aging on the Phosphocreatine

System

Funding Agency: National Strength and Conditioning Foundation

Total costs (Direct only): $5,000

Site: Applied Biochemistry and Molecular Physiology Laboratory, University of Oklahoma

Role: PI

**Grants applied for but not funded**

2016 National Institutes of Health R01 Grant: Dietary exosomes regulate muscle protein accretion in pigs

Funding Agency: National Institutes of Health

Amount requested for Roberts laboratory: $150,000 total over 2 years

Roberts’s Role: co-I (PI: Janos Zempleni, University of Nebraska)

Comments: not discussed

2016 National Institutes of Health U01 Grant: Molecular Transducers of

Exercise

Funding Agency: National Institutes of Health

Title: Acute and chronic molecular transducers to endurance/resistant

physical training

Amount requested for Auburn-Roberts: $1,156,927

Role: co-I (PI: Dr. Frank Booth from University of Missouri)

Comments: scored 4 of 8 animal proposals, not funded

2015 American Diabetes Association Innovative Clinical of Translational Science Grant

Funding Agency: American Diabetes Association

Amount requested for Auburn-Roberts: $566,003

Role: co-I (PI: Dr. Martin from AU-VCOM)

Comments: not scored, resubmitted in 2016 with edits and additional pilot data

2014 AU Intramural IGP Grant: Establishing guidelines for step-count programs and understanding program adherence decisions

Amount requested: $54,404

Role: co-I (PI: Dr. Matthew Miller from Auburn University)

Comments: scored, but not funded

2014 Extramural Grant: Examining the synergistic effects of creatine and leucine on muscle anabolic and catabolic signaling in C2C12 myotubes concurrently treated with ‘youth-like’ and ‘elderly-like’ concentrations of testosterone

Funding Agency: International Society of Sports Nutrition

Amount requested: $10,000

Role: Principal Investigator

Comments: scored, but not funded

2011 MU Intramural Grant: University of Missouri Institute for Clinical and Translational Sciences Grant

Title: The effects of abruptly stopping daily physical activity on skeletal muscle circadian genes and downstream metabolic genes

Amount requested: $10,000

Role: Principal Investigator

Comments: scored, but not funded

2011 MU Intramural Grant: University of Missouri College of Veterinary

Medicine

Grant

Title: Molecular determinants of running motivation in rats selectively bred to run high versus low nightly distances

Funder: College of Veterinary Medicine, University of Missouri

Amount requested: $18,000

Role: co-I (PI: Dr. Frank Booth from University of Missouri)

Comments: scored, but not funded; resubmitted with edits in 2012 and procured

2010 National Institutes of Health F32 NRSA Postdoctoral fellowship Grant

Title: Adipose tissue-endothelial cell communication

Amount requested: $144,209

Role: Principal Investigator

Comments: original submission scored in the 36th percentile; resubmission not scored

PUBLICATION IMPACT

**2004-present**

Google Scholar

H-index: 30

Total citations: 3,051

Past 5-yr citation: 2,078

*Note that these Google Scholar metrics only include peer-reviewed journal articles and do not include published scientific abstracts (e.g., EB abstracts in FASEB J, ACSM abstracts in MSSE, or ISSN abstracts in JISSN) or book chapters*

ResearchGate

H-index: 23 (22 excluding self-citations)

Total citations: 1,714

Publication reads: ~29,800

*Note that these ResearchGate metrics include peer-reviewed journal articles as well as published scientific abstracts*

Scopus

H-index: 21 (18 excluding self-citations)

Total citations: 1,396

*Note that these metrics only include peer-reviewed journal articles and do not include published scientific abstracts (e.g., EB abstracts in FASEB J, ACSM abstracts in MSSE, or ISSN abstracts in JISSN) or book chapters*

SCHOLARLY CONTRIBUTIONS

**Original peer-reviewed research articles in PubMed-indexed journals**

* **listed from newest to oldest**
* **\*, indicates Roberts is corresponding or co-corresponding author**
* **†, indicates > 50 citations according to Google Scholar**
* **††, indicates > 100 citations according to Google Scholar**
* **#, indicates paper received an award (noted after the citation)**

1. Roberson P, Romero M, Mumford P, La Mantia A, Osburn S, Haun C, Vann C, Kluess H, **Roberts M\***. Protein supplementation throughout 10 weeks of progressive run training does not improve performance. Accepted to ***Frontiers in Nutr***.
2. McAdam J, McGinnis K, Ory R, Young K, Fruge A, **Roberts M**, Sefton J. Estimation of energy balance and training volume during Army Initial Entry Training. Accepted to ***J Int Soc of Sports Nutr***, 2018.
3. Haun C, Vann C, Mobley C, Roberson P, Osburn S, Holmes H, Mumford P, Romero M, Young K, Moon J, Gladden L, Arnold R, Israetel M, Newton A, **Roberts M\***. Effects of graded whey supplementation during extreme-volume resistance training. ***Frontiers Nutr*** 11; 5: 84, 2018. PMID: 30255024
4. Mumford P, Kephart W, Romero M, Mobley CB, Haun C, Healy J, Moore A, Pascoe D, Ruffin W, Beck D, Martin J, **Roberts M\***, Young K\*. Effect of 1-week betalain-rich beetroot concentrate supplementation on cycling performance and select physiological parameters. ***Eur J Appl Physiol*** doi: 10.1007/s00421-018-3973-1. [Epub ahead of print], 2018. PMID: 30155761
5. McAdam J, McGinnis K, Beck D, Haun C, Romero M, Mumford P, Roberson P, Young K, Lohse K, Lockwood C, **Roberts M**, Sefton J. Effect of whey protein supplementation on physical performance and body composition in Army initial entry training soldiers. ***Nutrients*** (10)9: E12482, 2018. PMID: 30200582
6. Haun C, Mobley CB, Roberson P, Mumford P, Romero M, Kephart W, Anderson R, Vann C, Osburn S, Pledge C, Lockwood C, **Roberts M\***. Soy protein supplementation is not androgenic or estrogenic in college-aged men when combined with resistance exercise training. Comments: ***Sci Rep (Nature Publishing Group)***, 8: 11151, 2018. PMID: 30042516
7. **Roberts M\***, Romero M, Mobley CB, Mumford P, Roberson P, Haun C, Vann C, Osburn S, Holmes H, Greer R, Lockwood C, Parry H, Kavazis A. Skeletal muscle mitochondrial volume and myozenin-1 protein differences exist between high versus low anabolic responders to resistance training. ***PeerJ***, e5338, 2018. PMID: 30065891
8. Cunningham R, Moore M, Moore A, Healy J, **Roberts M**, Rector RS, Martin J. Curcumin supplementation mitigates NASH development and progression in female Wistar rats. ***Physiol Rep*** 6(14): e13789, 2018. PMID: 30009570
9. Mumford P, Mao X, Mobley CB, Kephart W, Romero M, Haun C, Roberson P, Young K, Martin J, Beck D, **Roberts M\***. Cross-talk between skeletal muscle androgen and Wnt signaling potentially contributes to age-related atrophy in rats. ***J Appl Physiol*** 125(2):486-494, 2018. PMID: 29722624
10. Roberson P, Haun C, Mobley C, Romero M, Martin J\*, **Roberts M\***. Skeletal muscle amino acid transporter and BCAT2 expression prior to and following interval running or resistance exercise in mode-specific trained males. ***Amino Acids*** 50(7): 961-965, 2018. PMID: 29725856
11. Lowery R, Wilson J, Barniger A, Sharp M, Irvin C, Stefan M, Wallace W, Wilson G, **Roberts M**, Wagner R. The effects of soluble corn fiber and isomaltooligosacharides on

blood glucose, insulin, digestion, and fermentation in healthy young males. ***J Insulin Res*** 3(1): https://doi.org/10.4102/jir.v3i1.32, 2018.

1. Mobley CB, Haun C, Roberson P, Mumford P, Kephart W, Romero M, Osburn S, Vann C, Young K, Beck D, Martin J, Lockwood C, **Roberts M\***. Biomarkers associated with low, moderate, and high vastus lateralis muscle hypertrophy following 12 weeks of resistance training. ***PLOS One***13(4):e0195203, 2018. PMID: 29621305
2. Colquhoun R, Magrini M, Haun C, Muddle T, Tomko P, Luera M, Mackey C, Vann C, Martin J, Young K, Defreitas J, **Roberts M\***, Jenkins N\*. Muscle phenotype is related to motor unit behavior of the vastus lateralis during maximal isometric contractions. ***Physiol Rep.*** 6(5): doi: 10.14814/phy2, 2018. PMID: 29527830
3. **#**, Romero M, Mobley CB, Roberson P, Haun C, Kephart W, Mumford P, Healy J, Young K, Beck D, Martin J, **Roberts M\***. Acute and chronic resistance exercise down-regulate markers of LINE-1 retrotransposon activity in human skeletal muscle. ***AJP Cell Physiol***. 314(3): C379-C388, 2018. PMID: 29351416

**#, received APS Select Award**

1. Rodriguez-Hernandez M, Martin J, Pascoe D, **Roberts M**, Wadsworth D. Multiple short bouts of walking activity attenuate blood glucose response in obese women. ***J Phys Act and Health***. 15(4): 279-286, 2018. PMID: 29421968
2. Mobley CB, Holland AM, Kephart W, Mumford P, Lowery R, Wilson J, **Roberts M\***. Progressive resistance-loaded voluntary wheel running increases hypertrophy and differentially affects muscle protein synthesis, ribosome biogenesis, and proteolytic markers in rat muscle. ***J Anim Physiol Anim Nutr (Berl)***. 102(1):317-329, 2018. PMID 28294417
3. Kephart W, Roberson P, Pledge C, Mumford P, Romero M, Haun C, Mobley CB, Martin J, Young K, **Roberts M\***. The three-month effects of a ketogenic diet on body composition, blood parameters, and performance metrics in recreationally-trained CrossFit trainees: a pilot study. ***Sports (MDPI)*** 6(1): doi:10.3390/sports6010001, 2018. PMID: 29910305
4. Haun C, **Roberts M**, Romero M, Osburn S, Healy J, Moore A, Mobley CB, Goodlett M, Pascoe D, Martin J. Concomitant external pneumatic compression treatment with consecutive days of high intensity interval training reduces markers of oxidative stress and proteolysis. ***Eur J Appl Physiol***. 117(12): 2587-2600, 2017. PMID: 29075862
5. Moore A, Haun C, Kephart W, Holland A, Mobley CB, Pascoe D, **Roberts M**, Martin J. A nitrate-rich red spinach extract increases the ventilatory threshold during graded exercise testing. ***Sports (MDPI)*** 5, 80, 2017. doi:10.3390 17.
6. Martin J, Mumford P, Haun C, Luera M, Muddle T, Colquhoun R, Freeney M, Mackey C, Roberson P, Young K, Pascoe D, Defrietas J, Jenkins N, **Roberts M**. Effects of a pre-workout supplement on hyperemia following leg extension resistance exercise to failure with different training loads. ***J Int Soc Sports Nutr*** 14(38), 2017. PMID: 28959158
7. Haun C, Mumford P, Roberson P, Romero M, Mobley CB, Kephart W, Anderson R, Colquhoun R, Muddle T, Luera M, Mackey C, Riffe J, Pascoe D, Young K, Martin J, Defrietas J, Jenkins N\*, **Roberts M\***. Molecular, neuromuscular, and recovery responses to light versus heavy resistance exercise in young men. ***Physiol Reports*** 5(18), 2017. PMID: 28963127
8. Kephart W, Mumford P, Mao X, Romero M, Hyatt H, Zhang Y, Young K, Martin J, McCullough D, D’Agostino D, Lowery R, Beck D, Quindry J, Wilson J, Kavazis A\*, **Roberts M**\*. The 1-week and 8-month effects of a ketogenic diet or ketone salt supplementation on markers of multi-organ oxidative stress and mitochondrial function in rats. ***Nutrients (MDPI)***, 9(9), 1019; doi:10.3390/nu9091019, 2017. PMID: 28914762
9. Mobley CB, Haun C, Roberson P, Mumford P, Romero M, Kephart W, Anderson R, Vann C, Osburn S, Pledge C, Martin J, Young K, Goodlett M, Pascoe D, Lockwood C, **Roberts M\***. Effects of whey, soy or leucine supplementation with 12 weeks of resistance training on strength, body composition, and skeletal muscle and adipose tissue histological attributes in college-aged males. ***Nutrients (MDPI)*** 9(9), 972, 2017. PMID: 28869573
10. Romero M, Mobley CB, Linden M, Meers G, Young K, Martin J, Rector RS, **Roberts M\***. Endurance training lowers ribosome density despite increasing ribosome biogenesis markers in rodent skeletal muscle. ***BMC Res Notes*** 10(1):399, 2017. PMID: 28800772
11. Mobley CB, Mumford P, Kephart W, Haun C, Holland AM, Patel R, Anderson R, Langston G, Beck D, Martin J, Young K, Lowery R, Wilson J, **Roberts M\***. Aging in rats differentially affects markers of transcriptional and translational capacity in plantaris and soleus muscle. ***Frontiers in Physiol***, 2017 Jul 20(8):518. PMID: 28775694
12. Haun C, **Roberts M**, Romero M, Osburn S, Anderson R, Langston G, Pascoe D, Martin J. Does external pneumatic compression treatment between bouts of overreaching resistance training sessions exert differential effects on molecular signaling and performance-related variables compared to passive recovery? An exploratory study. ***PLOS One***. Jun 29;12(6):e0180429. doi: 10.1371/journal.pone.0180429, 2017. PMID: 28662152
13. Kendall K, Hyde P, Fairman C, Hollaway K, Mumford P, Haun C, Mobley CB, Kephart W, Tribby A, Kimber D, Moon J, Beck D, **Roberts M**, Young K. A randomized, double-blind, placebo-controlled trial to determine the effectiveness and safety of a thermogenic supplement in addition to an energy-restricted diet in apparently healthy females. ***J Dietary Supplements*** 14(6), 2017. PMID: 28388294
14. Wilson J, Lowery R, **Roberts M**, Sharp M, Joy J, Shields K, De Souza E, Rauch J, Partl J, Volek J, D’Agostino D. The effects of ketogenic dieting on body composition, strength, power, and hormonal profiles in resistance training males. ***J Strength and Cond Res***, 2017. DOI: 10.1519/JSC.0000000000001935 [ePub ahead of print]. PMID: 28399015
15. Dalbo V, Teramoto M, **Roberts M**, Scanlan A. Positive self-perceptions of health in the presence of disease. ***Sports (MDPI)*** 5(2): 23, 2017.
16. Dalbo V, **Roberts M**, Mobley CB, Ballmann C, Kephart W, Fox C, Santucci V, Conover C, Beggs L, Balaez A, Hoerr F, Yarrow J, Borst S, and Beck D. Testosterone and trenbolone enanthate increase mature myostatin protein expression despite increasing skeletal muscle hypertrophy and satellite cell number in rodent muscle. ***Andrologia*** 49(3), 2017. PMID: 27246614
17. Urbina S, **Roberts M**, Kephart W, Villa K, Santos E, Olivencia A, Bennett H, Lara M, Foster C, Pupura M, Jaeger R, Taylor L, Wilborn C. Effects of twelve weeks of capsaicinoid supplementation on body composition, appetite and self-reported caloric intake in overweight individuals. ***Appetite*** 113:264-273, 2017. PMID: 28235621
18. Mobley CB, Mumford P, McCarthy J, Miller M, Young K, Martin J, Beck D, Lockwood C, **Roberts M\***. Whey protein-derived exosomes increase protein synthesis and anabolism in C2C12 myotubes. ***J Dairy Sci*** 100(1):48-64, 2017. PMID: 28341051
19. #, Lockwood C, **Roberts M\***, Dalbo V, Smith A, Kendall K, Moon J, Stout J. Effects of hydrolyzed whey versus other whey protein supplements on the physiological response to 8 weeks of resistance exercise in college-aged males. ***J Am Coll Nutr*** 36(1), 2017. PMID: 27710436

**#, received Ragus Award JACN Best Original Research Paper of 2017**

1. Hyatt H, Smuder A, Sollanek K, Morton A, **Roberts M**, Kavazis A. Comparative changes in antioxidant enzymes and oxidative stress in cardiac, fast twitch, and slow twitch skeletal muscles following endurance exercise training. ***Int J Physiol Pathophysiol Pharmacol*** 8(4), 2016. PMID: 28078055
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**Peer-reviewed review articles and commentaries**

* **listed from newest to oldest**
* **\*, indicates Roberts is corresponding or co-corresponding author**
* **†, indicates > 50 citations according to Google Scholar**
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**Articles in review process**

**(\*, indicates Roberts corresponding author or co-corresponding author)**

1. Parry H, Kephart W, Mumford P, Romero M, Mobley C, Zhang Y, **Roberts M\***, Kavazis A\*. Lifelong ketogenic diet increases longevity and liver and skeletal muscle mitochondria volume without altering oxidative stress markers in rats. Revision #2 submitted to ***Heliyon.***
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3. McGinnis K, McAdam J, Lockwood C, Young K, **Roberts M**, Sefton J. Impact of protein or carbohydrate supplementation on musculoskeletal injury rates, severity and training days missed in initial entry training. In review at ***Nutrients***.
4. Brown J, Ruegsegger G, Cabrera M, Manzella F, **Roberts M**, Miller D, Taylor G, Booth F. Low volumes of daily running are sufficient to promote beneficial alterations in the dentate gyrus transcriptome of rats selectively-bred for low voluntary running. Comments: In review at ***J Appl Physiol***.
5. Haun C, Vann C, Mobley CB, Osburn S, Mumford P, Fox C, Roberson P, Romero M, Parry H, Kavazis A, Moon J, Young K, **Roberts M\***. Pre-training skeletal muscle fiber size and predominant fiber type best predict hypertrophic responses to 6 weeks of resistance training in previously trained young men. In review at ***Frontiers Physiol***.
6. Haun C, **Roberts M**, Carpenter A. CellProfiler software for skeletal muscle histological analysis. In review at ***Skeletal Muscle***.
7. Parry H, Mobley CB, Mumford P, Romero M, Haun C, Zhang Y, Roberson P, Zempleni J, Ferrando A, Vechetti I, McCarthy J, Young K, **Roberts M\***, Kavazis A\*. Effects of bovine milk exosomes on skeletal muscle in growing rats. In review at ***Frontiers Physiol***.
8. Haun C\*, Vann C, Roberts B, Vigotsky A, Schoenfeld B, **Roberts M**\*. A critical evaluation of the biological construct of skeletal muscle hypertrophy: size matters but so does the construct. In review at ***Frontiers Physiol***.

**Articles in preparation**

**(\*, indicates Roberts corresponding author or co-corresponding author)**

1. Kerksick C, **Roberts M**, Campbell B, Galbreath M, Taylor L, Wilborn C, Beckham-Dove J, Bunn J, Rasmussen C, Kreider R. Effects of calcium with or without vitamin D supplementation on exercise and diet-induced body composition changes in post-menopausal women. Comments: Drafted for submission to ***Nutrients***.
2. Haun C, Vann C, Osburn S, Mumford P, Roberson P, Romero M, Fox C, Johnson C, Parry H, Kavazis A, Miller M, Moon J, Young K, **Roberts M**\*. Sarcoplasmic expansion and contractile protein dilution occur during muscle fiber hypertrophy following 6 weeks of high volume resistance training. Comments: preliminary draft written and will be submitted for review in 2018.

**Book Chapters**

1. Quindry J**, Roberts M**. Chapter 14: Endurance Phenotype Primer. The Routledge Handbook of Sport and Exercise Systems Genetics. Lightfoot T, Roth S, Hubal M (Eds). *Publisher to be determined* (2018)
2. **Roberts M**, Haun C. Chapter 2: Bioenergetics. CSCCa Training Principles. Nesser T (Ed). *Publisher to be determined* (2018)
3. **Roberts M,** Dalbo V, and Buford T.Training and Nutrition Needs ofthe Older Strength / Power Athlete. *Nutrition and Performance in Masters Athletes*. Reaburn P (Ed). CRC Press: New York (2014)
4. Dalbo V and **Roberts M**.Ergogenic Aids for Masters Athletes. *Nutrition and Performance in Masters Athletes*. Reaburn P (Ed). CRC Press: New York (2014)
5. **Roberts M**, Company J, Campbell B. Fatty acid supplements. *Sports Nutrition: Enhancing Sports Performance*. Campbell B (Ed). CRC Press: New York (2013)
6. Taylor L and **Roberts M**. Introduction: The Role of the Training Table. *Nutritional Guidelines for Athletic Performance: The Training Table*. Taylor L (Ed). CRC Press: New York (2012)
7. **Roberts M**. Calorie Needs for Inducing Muscle Hypertrophy in *Nutritional Guidelines for Athletic Performance: The Training Table*. Taylor L (Ed). CRC Press: New York (2012)
8. **Dalbo V** and **Roberts M**. Calorie needs for improving body composition in Nutritional Guidelines for Athletic Performance: The Training Table. Taylor L (Ed). CRC Press: New York (2012)
9. **Roberts M.** Steroids/Precursor Hormones/Banned Substances: Playing Russian Roulette. *The Misled Athlete*. Germano C (Ed). iUniverse: Indiana (2011)
10. **Roberts** **M** and Kerksick C. Vitamins/Minerals: Invaluable Cellular Components for Optimal Physiological Function. *Nutrient Timing: Metabolic Optimization for Health, Performance and Recovery*. Kerksick C (Ed). CRC Press: New York (2011)

# Non-refereed (‘mainstream’) publications

1. **Roberts M.** Are my genes to blame? www.fitnesspudding.com. 2013
2. **Roberts M.** My favorite pre-workout stack. www.scivation.com. 2011
3. Lockwood C, **Roberts M,** Feliciano J, and Stoppani J.Supplements: the next generation. Muscle and Fitness: 70(5), May 2009.
4. **Roberts M** and Dalbo V. **Creatine: white meat or water weight? Body of Science 2(2), 2008.**
5. **Roberts M**. Arachidonic acid: the new mass builder. www.bodybuilding.com. 2008
6. **Roberts M**. and Llewellyn B. Arachidonic acid: the new mass builder. Muscular Development. December 2007

COURSES TAUGHT

**Undergraduate Courses**

2013-2015 KINE 4630, NSCA CSCS Prep Course

Auburn University, School of Kinesiology

2013-2014 KINE 4600, Strength Development

Auburn University, School of Kinesiology

2006-2010 HES 4873, Principles of Strength and Conditioning

University of Oklahoma, Dept of Health and Exercise Science

2009 HES 1823, Scientific Principles of Health and Disease

University of Oklahoma, Dept of Health and Exercise Science

2009 HES 3873, Principles of Personal Training

University of Oklahoma, Dept of Health and Exercise Science

**Graduate Courses**

2016-pres. KINE 7710, Advanced Laboratory Techniques

Auburn University, School of Kinesiology

2015-pres. KINE 8970, Special Topics: Nutrient Timing for Performance Optimization

Auburn University, School of Kinesiology

2015-pres. KINE 8970, Special Topics: Exercise Genetics Primer

Auburn University, School of Kinesiology

2014 KINE 8970, Special Topics: Molecular Exercise Science

Auburn University, School of Kinesiology

2014-pres. KINE 7970, Legal and Illegal Sports Supplements

Auburn University, School of Kinesiology

2011, 2013 MPP 9435 (co-taught, directed by Frank Booth, PhD), Skeletal Muscle

University of Missouri, Dept of Biomedical Sciences

2008 HES 5000 (co-taught), Exercise and Nutritional Biochemistry

University of Oklahoma, Dept of Health and Exercise Science

**Medical School Courses (Auburn Via College of Osteopathic Medicine)**

2018 5 Lectures in the Cellular Physiology Block (Membrane Transport; Cellular

Signaling I/II; TCA cycle; Oxidative phosphorylation)

MENTORSHIP

**Past PhD students**

Cody Haun PhD level 2015-2018

* Current position: Assistant Professor, LaGrange College

C. Brooks Mobley PhD level 2013-2017

* Current position: Postdoctoral Fellow; University of Kentucky

(mentor: Dr. John J. McCarthy)

Wesley Kephart PhD level 2014-2017

* Current position: Assistant Professor; University of Wisconsin-Whitewater (tenure-track)

Maleah Holland PhD level 2014-2016

* Current position: Assistant Professor; Augusta University (tenure-track)

**Past Masters students**

Xuansong Mao Masters level 2016-2017

* Current position: PhD student; University of Missouri-Columbia

(mentor: Dr. Frank Booth)

**Primary mentoring of graduate students (current)**

Petey Mumford PhD level 2015-pres.

Matt Romero PhD level 2016-pres.

Paul Roberson PhD level 2016-pres.

Carlton Fox PhD level 2018-pres.

Christopher Vann Masters/PhD level 2017-pres.

Shelby Osburn Masters/PhD level 2017-pres.

Johnathon Moore Masters/PhD level 2018-pres.

**Primary mentoring of undergraduate students (current and completed)**

Carlton Fox Undergraduate level 2013-2015

Taylor Wachs Undergraduate level 2014

Richard Thompson Undergraduate level 2014

James Healy Undergraduate level 2013-2014

Vincent Santucci Undergraduate level 2014

Anna McCloskey Undergraduate level 2014-2015

John Parker Undergraduate level 2014-2015

Paulo Mesquita Undergraduate level 2014-2015

Joshua Shake Undergraduate level 2014-2015

Romil Patel Undergraduate level 2015-2017

Shelby Osburn Undergraduate level 2015-2017

Richard Anderson Undergraduate level 2015-2017

David Baumohl Undergraduate level 2015-2017

Drew Solorzano Undergraduate level 2016

Christopher Vann Undergraduate level 2016-2017

Casey Sexton Undergraduate level 2016-2018

**Salaried laboratory technicians**

C. Brooks Mobley Laboratory Technician 2018

Anna McCloskey Laboratory Technician 2015-2016

James Healy Laboratory Technician 2016-2017

**Dissertation Committee Member**

**(Committee Chair in parentheses)**

*Completed*

Jeremy McAdam (Sefton) PhD level 2018

Cody Haun (**Roberts**) PhD level 2018

Nina Zeng (Cameron-Smith)† PhD level 2018

C. Brooks Mobley (**Roberts**) PhD level 2017

Leslie Neidert (Kluess) PhD level 2017

Hayden Hyatt (Kavazis) PhD level 2017

Mynor Rodriguez (Wadsworth) PhD level 2017

Wesley Kephart (**Roberts**) PhD level 2017

Jeremy Townsend (Stout)\* PhD level 2016

A. Maleah Holland (**Roberts**) PhD level 2016

Vandre Figueiredo (Cameron-Smith)† PhD level 2016

Ruru Li (Huggins) PhD level 2016

Graham McGinnis (Quindry) PhD level 2014

Chris Ballmann (Quindry) PhD level 2014

Bridget Peters (Quindry) PhD level 2014

\*, indicates external Committee Member for University of Central Florida

†, indicates external Reader for the University of Auckland

*Ongoing*

Matthew Romero (**Roberts**) PhD level 2017-pres.

Petey Mumford (**Roberts**) PhD level 2017-pres.

Paul Roberson (**Roberts**) PhD level 2018-pres.

Adelola Adeyemo (**Brown**) PhD level 2017-pres.

Ashley Peart (Wadsworth) PhD level 2017-pres.

# presentations

**Invited Conference and Symposium Lectures**

1. Title: ‘The physiology behind low versus high responders to resistance training’

Conference: International Society of Sports Nutrition GAINZ Conference (Dallas, TX); 2019

1. Title: ‘The physiology behind low versus high responders to resistance training’

Conference: International Society of Sports Nutrition Coastal Carolina Conference (Conway, SC); 2018

1. Title: ‘Jumping genes: a new paradigm of muscle aging’

Venue: Hilliard Discussion 8 (HD8), Huffines Institute for Sports Medicine and Human Performance at Texas A&M University (College Station, TX); 2018

1. Title: ‘The physiology behind low versus high responders to resistance training’

Conference: International Society of Sports Nutrition – Coastal Carolina University; 2018

1. Title: ‘Over-the-counter supplements that affect muscle mass.’

Conference: AAPM&R (Orlando, FL); 2018

1. Title: ‘The physiology behind low versus high responders to resistance training’

Venue: Department of Nutrition, Food & Exercise Sciences at Florida State University (Tallahassee, FL); 2018

1. Title: ‘The effect of milk-derived exosomes on skeletal muscle physiology’

Conference: Integrative Physiology of Exercise Meeting (San Diego, CA); 2018

1. Title: ‘Are animal models applicable to sports nutrition research?’

Conference: 15th International Society of Sports Nutrition Conference (Clearwater, FL); 2018

1. Title: ‘A critical evaluation of assessing skeletal muscle hypertrophy.’

Conference: American College of Sports Medicine Annual Meeting (Minneapolis, MN); 2018

1. Title: ‘Over-the-counter supplements that affect muscle mass.’

Conference: AAPM&R (Denver, CO); 2017

1. Title: ‘Protein Supplementation for the Tactical Athlete.’

Conference: Warrior Research Center Research Summit (Auburn, AL); 2017

1. Title: ‘Ribosome Biogenesis 101.’

Conference: American College of Sports Medicine Annual Meeting (Denver, CO); 2017

1. Title: ‘Effects of exercise modality and post-exercise nutrition on markers of ribosome biogenesis in skeletal muscle.’

Conference: Experimental Biology (Chicago, IL); 2017

1. Title: ‘Ketogenic dieting with the intent of improving metabolic outcomes.’

Venue: Auburn University’s College of Veterinary Medicine Seminar Series (Auburn, AL); 2017

1. Title: ‘Ketogenic dieting with the intent of improving metabolic outcomes.’

Venue: Baylor University’s Biomedical Sciences Seminar (Waco, TX); 2017

1. Title: ‘Ketogenic dieting as an adjuvant to exercise-induced weight loss.’

Conference: UAB’s Center for Exercise Medicine 2nd Annual Symposium (Birmingham, AL); 2016

# Title: ‘Counterpoint: Nutrition and muscle gains, does leucine content matter?’ Conference: 12th International Society of Sports Nutrition Conference (Austin, TX); 2015

# Title: ‘Dietary protein as a hormone.’

# Conference: Southeastern Chapter of the American College of Sports Medicine Meeting (Jacksonville, FL); 2015

# Title: ‘To post doc or not to post doc.’

# Conference: American College of Sports Medicine Meeting (San Diego); 2015

1. Title: ‘High versus low voluntary running rat model and its implications for human translational research’

Conference: UAB’s Center for Exercise Medicine 2nd Annual Symposium (Birmingham, AL); 2014

1. Title: ‘Molecular updates on phosphatidic acid: muscle physiology and beyond.’

Conference: 11th International Society of Sports Nutrition Conference (Clearwater Beach, FL); 2014

1. Title: ‘Protein supplementation for elite performance.’

Venue: Online Broadcast to Stanford University’s Division of Sports Performance; 2014

1. Title: ‘Protein supplementation for elite performance.’

Venue: U.S. Army Rangers briefing (5 briefings), Fort Benning, GA; 2013-2014, 2017

1. Title: ‘Comparison of WPH vs. Other Whey Protein Forms: What the Science Tells Us.’

Conference: 10th International Society of Sports Nutrition Conference (Colorado Springs, CO); 2013

1. Title: ‘Using selective breeding to make couch potatoes versus super-athletes: what we’ve learned so far.’

Venue: Nutritional Sciences Seminar, University of Missouri-Columbia Medical School; 2012

1. Title: ‘Laboratory evidence examining the positive effects of physical activity in disease prevention.’

Conference: 35th National Strength and Conditioning Association Conference (Providence, RI); 2012

1. Title: ‘The role of amino acids in complementing activity-induced exercise adaptations.’

Venue: Nutritional Sciences Seminar, University of Missouri-Columbia Medical School; 2011

1. Title: ‘Molecular adaptations to muscle hypertrophy.’

Conference: 33rd National Strength and Conditioning Association Conference (Orlando, FL); 2010

1. Title: ‘Post-exercise inflammation: friend of foe?’

Conference: Strength Pro Summit at *The Arnold Classic* (Columbus, OH); 2008

**Abstract Presentations at National/International Conferences**

*Over 150, available upon request*

Service and Awards

**Peer-reviewed Journal Editorial Boards**

2018-pres. Editorial Board Member

Journal: Sports

2017-pres. Review Editor

Journal: Frontiers in Physiology, Sport and Exercise Nutrition section

2017 Invited Section Editor (with Dr. Vincent Dalbo)

Journal: Sport (MDPI)

2015-pres. Editorial Board Member

Journal: Frontiers in Physiology, Exercise Physiology section

2011-pres. Editorial Board Member

Journal: Journal for the International Society of Sports Nutrition

**University Service**

2018 Hiring Committee Member for Exercise Physiology Faculty Member

School of Kinesiology, Auburn University

2017-pres. Faculty Advisor

Powerlifting club

Auburn University

2016 Hiring Committee member for Health Disparities Cluster Hiring Initiative Faculty Member

School of Kinesiology, Auburn University

2016 Hiring Committee Member for Biomechanics Faculty Member

School of Kinesiology, Auburn University

2016 External Committee Member for Cluster Hiring Initiative, Metabolomics Faculty Member

Department of Animal Sciences, Auburn University

2016 Auburn University Intramural Grants Program Reviewer

2015 Auburn University Intramural Grants Program Reviewer

2014 Via Osteopathic School of Medicine-Auburn hiring committee for

Department of Cell Biology and Physiology Faculty (involved in 4 faculty hires)

2014 Ad hoc committee member on AU-KINE graduate admissions

2013-pres. Committee member on AU-KINE Physical Activity and Health

Curriculum Program Committee

2012 President

University of Missouri Postdoctoral Association

University of Missouri-Columbia

2011-2013 Events co-chair

University of Missouri Postdoctoral Association

University of Missouri-Columbia

**Auburn School of Kinesiology Seminars Organized**

Fall 2017 Nick Shaw (CEO, Renaissance Periodization)

Lecture regarding Online Fitness Industry

Fall 2017 Dr. John McCarthy (University of Kentucky)

Lecture on miRNAs affecting muscle tissue physiology

Fall 2016 Dr. Gabriel Wilson (Maximum Human Performance)

Lecture on Sports Nutrition Industry

Fall 2015 Dr. Marcas Bamman (University Alabama-Birmingham)

Lecture on exercise and regenerative medicine

Fall 2015 Dr. Frank Booth (University of Missouri)

Lecture on AICAR effects on aerobic fitness in rodents

Spring 2015 Dr. John McCarthy (University of Kentucky)

Lecture on miRNAs affecting muscle tissue physiology

Fall 2014 Dr. Frank Booth (University of Missouri)

Lecture on Physical Activity and Health and NIH funding

Fall 2014 Dr. Jordan Moon (Muscle Pharm Research Institute)

Lecture on Body Composition Research

Fall 2014 Dr. Richard Kreider (Texas A&M University)

Lecture on Nutritional Supplement Research

Fall 2013 Dr. Mark Faries (Stephen F. Austin University)

Lecture on Adherence to Physical Activity

Fall 2013 Dr. Chris Lockwood (4Life Research, Inc.)

Lecture on Career Development

**Other Service**

2018 Judge for Poster Presentation Award Winners

UAB’s Center for Exercise Medicine 6th Annual Symposium

2017 Chair of Basic Science Thematic Poster Presentations

National meeting for the American College of Sports Medicine

2016 Chair of Metabolism Thematic Poster Presentations

Southeastern chapter of the American College of Sports Medicine

2015 Masters Student abstract reviewer

Southeastern chapter of the American College of Sports Medicine

2015 Chair of Genetics Thematic Poster Session

National meeting for the American College of Sports Medicine

2010-2013 Grant and National Conference Abstract Reviewer

National Strength and Conditioning Association

2011-2012 Scientific Advisory Board Member (non-paid)

Scivation, Inc.

2009-2010 Writer and Contributor

Muscle and Fitness magazine

**Professional Organization Memberships**

2008-10, 2017-pres. American Physiological Society

2009, 2014-pres. American College of Sports Medicine

2014-pres. American College of Sports Medicine: Southeastern Chapter

2004-08, 2014-2016. International Society of Sports Nutrition

2007, 2009 American College of Sports Medicine: Central States

Chapter

2004, 2006-2008 National Strength and Conditioning Association

2005-2006 American College of Sports Medicine: Texas Chapter

**Honors and Awards**

2018 Ragus Award JACN Best Original Research Paper of 2017, for

Lockwood, Roberts (corr. author) et al. JACN 36: 1

Journal for the American College of Nutrition

2018 Emily and Gerald Leischuck Graduate Teaching Award

College of Education

Auburn University

2017 Outstanding Faculty Early Career Award

College of Education

Auburn University

2012 M. Harold Laughlin Scholarship Award

(*Outstanding Postdoctoral Fellow in Biomedical*

*Sciences/Kinesiology/Medical School*)

School of Medicine and College of Veterinary Medicine

University of Missouri

2011-2013 Recipient of NIH Loan Repayment Award

National Institutes of Health

2007 Recipient of Doctoral Research Grant

National Strength and Conditioning Foundation

**Student Honors and Awards (Roberts served as primary mentor)**

2018 Matthew Romero

Best overall poster at UAB Exercise is Medicine Conference

($500 award)

2018 Matthew Romero

Integrative Physiology of Exercise Research Abstract Award

College of Education, Auburn University

($250 award)

2018 Matthew Romero

APS Porter Scholarship

College of Education, Auburn University

($28,000 award)

2018 Petey Mumford

G. Dennis Wilson Scholarship

College of Education, Auburn University

($1,200 award)

2018 C. Brooks Mobley

Selected as 1 of Top 10 university-wide Graduate Students

Auburn University

2018 Paul Roberson

Placed 1st overall at SEACSM PhD student poster awards

School of Kinesiology, Auburn University

($300 award)

2018 Matthew Romero

Leadership and Diversity Training Program

American College of Sports Medicine

($1,000 award)

2017 C. Brooks Mobley

Graduate Student of the Year

School of Kinesiology, Auburn University

2017 C. Brooks Mobley

Kochan Fund for Excellence Graduate Award

Auburn University

($1,250 award)

2017 C. Brooks Mobley

Doctoral Scholar Award

American Kinesiology Association

2017 Wesley Kephart

Presidential Award

(Graduate Student of the Year for Auburn University)

Auburn University

($1,000 award)

2017 Wesley Kephart

Selected as 1 of Top 10 university-wide Graduate Students

Auburn University

2017 Paul Roberson and Wesley Kephart (co-first authors)

Won best poster presentation at Boshell Diabetes Conference

Auburn University

($500 award)

2017 Matthew Romero

Leadership and Diversity Training Program

American College of Sports Medicine

($1,000 award)

2017 Matthew Romero

MARC Mentored Travel Award

Federation of American Societies for Experimental Biology

($1,850 award)

2016 Wesley Kephart

Graduate Student of the Year

School of Kinesiology, Auburn University

2016 Cody Haun

1 of 3 best posters at UAB Exercise is Medicine Conference

($500 award)

2015 Wesley Kephart

Won best poster presentation at the International Society of Sports

Nutrition meeting ($1,000 award)

2015 C. Brooks Mobley

1 of 3 best posters at UAB Exercise is Medicine Conference

($500 award)

2014 C. Brooks Mobley

Placed 2nd overall at SEACSM graduate student poster awards

($500 award)

2013 C. Brooks Mobley

1 of 8 finalists for best Masters Student awarded by the American

Kinesiology Association

PROFESSIONAL REFERENCES

**Current or past co-workers**

**L. Bruce Gladden, PhD**

Professor, School of Kinesiology

Auburn University

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Auburn University

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**John C. Quindry, PhD**

Department Chair and Associate Professor, Department of Health and Human Performance

University of Montana

Phone: 406-243-4268

e-mail: [john.quindry@mso.umt.edu](mailto:john.quindry@mso.umt.edu)

**Colleagues in field**

**Marcas Bamman, PhD**

Professor, Departments of Physiology and Biophysics

UAB School of Medicine

Phone: 205-996-7937

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**Arny Ferrando, PhD**

Professor, Department of Geriatrics

University of Arkansas Medical School

Phone: 205-996-7937

e-mail: [aferrando@uams.edu](mailto:aferrando@uams.edu)

**Former post-doctoral mentor**

**Frank W. Booth, PhD**

Professor, Biomedical Sciences

University of Missouri-Columbia

Phone: 573-882-6652

e-mail: [boothf@missouri.edu](mailto:boothf@missouri.edu)