**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. Affiliate Researcher

 Edward Via College of Osteopathic Medicine-Auburn University Campus

2010-2013 Postdoctoral Research Fellow

Department of Biomedical Sciences (mentor: Frank W. Booth, Ph.D.)

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 (minor: Chemistry)

 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: $3,534,840

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)**

2020-21 Extramural Grant: Culture project using muscle and liver cells to examine the biological effects of different nutraceutical ingredients

Funding Agency: FG Scientifica

Total Costs (Direct only): $30,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2020-21 Extramural Grant: Two aim project: 1) determining the efficacy of PeakO2 on weightlifting attributes, 2) determining the effects of Abscisic on glycemic control

Funding Agency: Compound Solutions

Total Costs (Direct only): $77,632

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2020-21 Extramural Grant: Peanut protein supplementation to augment muscle growth and improve markers of muscle quality and health in younger individuals

Funding Agency: The Peanut Institute Foundation

Total Costs (Direct only): $149,832

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: Auburn site PI (co-PI: Dr. Kaelin Young from VCOM-Auburn; co-PI: Dr. Drew Fruge, Auburn University)

2019-21 Extramural Gift: N/A

Donor: John Alkire

Total Costs (Direct only): $40,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2019-24 Extramural Gift: N/A

Funding Agency: Compound Solutions

Total Costs (Direct only): $500,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2019-20 Extramural Contract: Muscle fiber typing and SDH analysis on mouse skeletal muscle

Funding Agency: Myokardia

Total Costs (Direct + Indirect): $24,915

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2019-20 Extramural Grant: Peanut protein supplementation to augment muscle growth and improve markers of muscle quality and health in older individuals

Funding Agency: The Peanut Institute Foundation

Total Costs (Direct only): $174,916

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: Auburn site PI (co-PI: Dr. Drew Fruge, Auburn University, co-I: Dr. Kaelin Young from VCOM-Auburn)

2019 Extramural Contract: Testing the effects of low and high dose NAD3 on the muscle transcriptome in vitro

Funding Agency: Compound Solutions

Total Costs (Direct + Indirect): $64,326

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2019 Extramural Donation: [no title]

Funding Agency: Emerging Sales

Total Donation: $33,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

2019 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 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 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): $36,000

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

2017-18 Extramural Gift/Donation: Laboratory Development Award

Funding Agency: Renaissance Periodization

Total Donation: $25,000

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 Donation: $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 Donation: $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 Donation: Laboratory Development Award

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

Total Donation: $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 Donation: Laboratory Development Award

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

Total Donation: $100,000

Site: Molecular and Applied Sciences Laboratory, Auburn University

Role: PI

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

Funding Agency: 4Life Research, Inc

Total Donation: $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 Donation: Effects of an oral ATP supplement on blood flow during exercise in rats

Funding Agency: TSI Health Sciences

Total Donation: $10,000

Site: Booth Laboratory, University of Missouri

Role: PI

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

Funding Agency: Bionutritional Research Group

Total Donation: $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 Donation: Effects of a proprietary whey protein hydrolysate on mammalian physiological systems

Funding Agency: Scivation Inc.

Total Donation: $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

2019 National Institutes of Health R01 Grant: Determining if mitochondrial dysfunction plays a greater role in the pathophysiology of endothelial function in African Americans versus Caucasians

Funding Agency: National Institutes of Health

Amount requested for Auburn-Roberts: $257,000 ($3,671,400 total)

Role: co-I (PI: Dr. Mike Brown from Auburn University)

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/resistance

physical training

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

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

Comments: scored but 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: 37

Total citations: 4,499

*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; account updated weekly to ensure veracity*

ResearchGate

H-index: 29 (26 excluding self-citations)

Total citations: 2,955

Publication reads: ~65,000

*Note that these ResearchGate metrics include peer-reviewed journal articles as well as published scientific abstracts; account checked weekly to ensure veracity*

Scopus (split into 2 profiles)

H-index: 25

Total citations: 2,275

*Note that these metrics only include peer-reviewed journal articles and select book chapters, but do not include published scientific abstracts (e.g., EB abstracts in FASEB J, ACSM abstracts in MSSE, or ISSN abstracts in JISSN); account checked weekly to ensure veracity*

## 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 (20 papers)**
* **††, indicates > 100 citations according to Google Scholar (6 papers)**
* **#, indicates paper received an award (noted after the citation)**
1. Mumford P, Osburn S, Fox C, Godwin J, **Roberts M\***. A theacrine-based supplement increases cellular NAD+ levels and affects biomarkers related to sirtuin activity in muscle cells in vitro. Accepted to Nutrients, 2020.
2. Mesquita PHC, Lamb D, Parry H, Moore J, Smith M, Vann C, Osburn S, Fox C, Ruple B, Huggins K, Fruge A, Young K, Kavazis A\*, **Roberts M\***. Acute and chronic effects of resistance training on skeletal muscle markers of mitochondrial remodeling in older adults. ***Physiol Rep*** 8(15): e14526, 2020. PMID: 32748504
3. Sefton J, Lyons K, Beck D, Haun C, Romero M, Mumford P, Roberson P, Young K, **Roberts M**, McAdam J. Markers of bone health and impact of whey protein supplementation in Army Initial Entry Training Soldiers. ***Nutrients*** 12(8): E2225, 2020. PMID: 32722609
4. Mangine G, Tankersley J, McDougle J, Velazquez N, **Roberts M**, Esmat T, VanDusseldorp T, Feito Y. Predictors of CrossFit open performance. ***Sports*** 8(7):E102 2020. PMID: 32698335
5. Fox C, Garner C, Mumford P, Beck D, **Roberts M\***. Higher doses of a green tea-based supplement acutely increase post-exercise blood flow following a resistance exercise bout in recreationally resistance-trained college-aged men. ***J Int Soc Sports Nutr*** 17(1): 27, 2020. PMID: 32460790
6. Lamb D, Moore J, Smith M, Vann C, Osburn S, Fox C, Lopez H, Ziegenfuss T, Huggins K, Kavazis A, Young K, Fruge A, **Roberts M\***. Resistance training increases muscle NAD+ and NADH concentrations as well as NAMPT protein levels and global sirtuin activity in middle-aged, overweight, untrained individuals. ***Aging*** doi: 10.18632/aging.103218. [Epub ahead of print], 2020. PMID: 32369778
7. **Roberts M**\*, Young K, Fox C, Vann C, Roberson P, Osburn S, Moore J, Mumford P, Romero M, Beck D, Haun C, Badsia VLD, Ibeanusi V, Kavazis A. An optimized procedure for isolation of rodent and human skeletal muscle sarcoplasmic and myofibrillar proteins. ***J Biol Methods*** 7(1): e127, 2020. PMID: 32201709
8. Zabriskie H, Blumkaitis J, Moon J, Currier B, Stefans R, Ratliff K, Harty P, Stecker R, Rudnicka K, Jager R, **Roberts M**, Young K, Jagim A, Kerksick C. Yeast beta-glucan supplementation downregulates markers of systemic inflammation after heated treadmill exercise. ***Nutrients*** 12(4): 1144, 2020. PMID: 32325856
9. 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. ***Nutrients*** 12(3): 713, 2020. PMID: 32156010
10. Koutnik A, Poff A, Ward N, DeBlasi J, Soliven M, Romero M, Roberson P, Fox C, **Roberts M**, D’Agostino D. Ketone bodies attenuate wasting in models of atrophy. ***J Cachexia Sarcopenia Muscle*** doi: 10.1002/jcsm.12554. [Epub ahead of print], 2020. PMID: 32239651
11. Mangine G, Stratton M, Almeda C, **Roberts M**, Esmat T, VanDusseldorp T, Feito Y. Physiological differences between advanced CrossFit athletes, recreational CrossFit participants, and physically-active adults. ***PLOS One*** 15(4):e0223548, 2020. PMID: 33255792
12. Vann C, Osburn S, Roberson P, Mumford P, Romero M, Fox C, Sexton C, Johnson M, Johnson J, Millevoi K, Shake J, Haun C, Badisa V, Mwashote B, Ibeanusi V, Young K, **Roberts M\***. Skeletal Muscle Protein Composition Adaptations to 10 Weeks of High-Load Resistance Training in Previously-Trained Males. ***Frontiers Physiol*** 11:259, 2020. PMID: 32292355
13. Vann C, Roberson P, Osburn S, Mumford P, Romero M, Fox C, Moore J, Haun C, Beck D, Moon J, Kavazis A, Young K, Badisa VLD, Mwashote B, Ibeanusi V, Singh R, **Roberts M\***. Skeletal muscle myofibrillar protein abundance is higher in resistance-trained men, and aging in the absence of training may have an opposite effect. ***Sports*** 8(1). pii: E7. doi: 10.3390/sports8010007, 2020. PMID: 31936810
14. Gilmer G, **Roberts M**, Oliver G. The relationship between serum relaxin concentrations and knee valgus. ***Int J Sports Med*** 41(3):182-188, 2020. PMID: 31902127
15. Gilmer G, Washington J, **Roberts M**, Oliver G. Preliminary evaluation of dynamic knee valgus and serum relaxin concentrations after ACL reconstruction. ***J Bone and Joint Surgery*** 5(1):e0060, 2020. PMID: 32309763
16. Ducray H, Globa L, Pustovyy O, **Roberts M**, Rudisill M, Vodyanoy V, Sorokulova I. Prevention of excessive exercise-induced adverse effects in rats with Bacillius subtilis BSB3. ***J Appl Microbiol*** 128(4): 1163-1178, 2020. PMID: 31814258
17. **Roberts M\***, Mobley CB, Vann C, Haun C, Schoenfeld B, Young K, Kavazis A. Synergist ablation-induced hypertrophy occurs more rapidly in the plantaris than soleus muscle in rats due to different molecular mechanisms. ***Am J Physiol Regul Integr Comp Physiol*** 318(2): R360-R368, 2020. PMID: 31850817
18. Romero M, Mumford P, Roberson P, Osburn S, Kavazis A, Parry H, Gladden LB, Schwartz T, Baker B, Toedebusch R, Childs T, Booth F, **Roberts M**\*. Effects of five months of voluntary wheel running on skeletal muscle LINE-1 regulation in rats. ***AJP Cell Physiol*** 317(6):C1313-C1323, 2019. PMID: 31618076
19. Pickich M, Hargrove M, Phillips C, Healy J, Moore A, **Roberts M\***, Martin J. Effect of curcumin supplementation on expression of select cytokines and chemokines in a rat model of nonalcoholic steatohepatitis. ***BMC Res Notes*** 12(1):496, 2019. PMID: 31399137
20. Roberson P, Romero M, Osburn S, Mumford P, Vann C, Fox C, McCullough JD, Gladden LB, Brown M, **Roberts M\***. Skeletal muscle LINE-1 ORF1 mRNA is higher in older humans, but decreases with endurance exercise and is negatively associated with higher physical activity. ***J Appl Physiol*** 127(4):895-904, 2019. PMID: 31369326
21. Mumford P, Romero M, Osburn S, Roberson P, Vann C, Mobley CB, Brown M, Kavazis A, Young K, **Roberts M**\*. Skeletal muscle LINE-1 retrotransposon activity is upregulated in older versus younger rats. ***Am J Physiol Regul Integr Comp Physiol*** 317(3): R397-R406, 2019. PMID: 31188650
22. Haun C, Vann C, Osburn S, Mumford P, Roberson P, Romero M, Fox C, Johnson C, Parry H, Kavazis A, Miller M, Moon J, Badisa VLD, Mwashote B, Ibeanusi V, Young K, **Roberts M**\*. Muscle fiber hypertrophy in response to 6 weeks of high-volume resistance training in trained young men is largely attributed to sarcoplasmic hypertrophy. ***PLOS One***, 14(6):e0215267, 2019. PMID: 31166954
23. 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\*. Bovine milk extracellular vesicles (EVs) modification elicits skeletal muscle growth in rats. ***Frontiers Physiol*** 10:436, 2019. PMID: 31040795
24. 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. ***Frontiers Physiol*** 10:297, 2019. PMID: 30971942
25. Lee J, Parker K, Tapia M, Johns H, Floros T, **Roberts M**, Booth F, Will M. Voluntary wheel running effects on intra-accumbens opioid high-fat feeding and locomotor behavior in Sprague-Dawley and Wistar rat strains. ***Physiol and Behav*** 206:67-75, 2019. PMID: 30807769
26. 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. ***Nutrients*** 10 (12): pii: E1938, 2018. PMID: 30563273
27. Parry H, Kephart W, Mumford P, Romero M, Mobley C, Zhang Y, **Roberts M\***, Kavazis A\*. Ketogenic diet increases mitochondrial volume in the liver and skeletal muscle without altering oxidative stress markers in rats. ***Heliyon*** 4(11): e00975, 2018. PMID: 30533548
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55. Poole C, **Roberts M**, Tucker P, Dalbo V, Billbe B, Debolt N, Kerksick C. The combined effects of exercise and ingestion of a meal replacement in conjunction with a weight loss supplement on body composition and fitness parameters in college-aged men and women. ***J Strength Cond Res*** 25(1): 51-60, 2011. PMID: 21157390
56. Dalbo V, **Roberts M**, Hassell S, Brown R, Kerksick C. Effects of age on serum hormone concentrations and intramuscular proteolytic signaling before and after a single bout of resistance training. ***J Strength Cond Res*** 25(1):1-9, 2011. PMID: 21157391
57. **†,** Kerksick C, Wismann-Bush J, Fogt D, Thomas A, Taylor L, Campbell B, Wilborn C, Harvey T, **Roberts M**, La Bounty P, Galbreath M, Marcello B, Rasmussen C, Kreider R. Changes in weight loss, body composition and cardiovascular disease risk after altering macronutrient distributions during a regular exercise program in obese women. ***Nutr J*** 22(9):59, 2010. PMID: 21092228
58. **Roberts M**, Lockwood C, Dalbo V, Volek J, Kerksick C. Ingestion of a high molecular weight hydrothermally modified waxy maize starch alters metabolic responses to prolonged exercise in trained cyclists. ***Nutr*** 6:659-65, 2010. PMID: 20951003
59. **Roberts M**, Dalbo V, Sunderland K, Poole C, Hassell S, Kerksick C. IGF-1 splice variant and peptide expression patterns in young and old human skeletal muscle prior to and following sequential exercise bouts. ***Eur J App Physiol*** 110(5):961, 2010. PMID: 20668872
60. **Roberts M**, Dalbo V, Hassell S, Kerksick C. Effects of pre-exercise feeding on markers of satellite cell activation. ***Med Sci Sports Exerc*** 42(10):1861-9, 2010. PMID: 20216467
61. Dalbo V, **Roberts M**, Hassell S, Moon J, Kerksick C. Effects of a mineral antioxidant complex on clinical safety, body water, lactate response and aerobic performance in response to exhaustive exercise. ***Int J Sports Nutr Exer Metab*** 20(5): 381-392, 2010. PMID: 20975106
62. Dalbo V, **Roberts M**, Hassell S, Stout J, Kerksick C. Effect of gender on the metabolic impact of a commercially available thermogenic drink. ***J Strength Cond Res*** 24(6): 1633-42, 2010. PMID: 20508469
63. **Roberts M**, Kerksick C, Dalbo V, Hassell S, Tucker P, Brown R. Molecular attributes of human skeletal muscle at rest and following unaccustomed exercise: an age comparison. ***J Strength Cond Res*** 24(5): 1161-8, 2010. PMID: 20440120
64. Kerksick C, Wilborn C, Campbell W, Harvey T, Marcello B, **Roberts M**, Parker A, Byars A, Greenwood L, Almada A, Kreider R, Greenwood M. The effects of creatine monohydrate supplementation with and without D-pinitol on resistance training adaptations. ***J Strength Cond Res*** 23(9): 2673-82, 2009. PMID: 19858753
65. Moon J, Smith A, Tobkin S, Lockwood C, Kendall K, Graef J, **Roberts M**, Dalbo V, Kerksick C, Cramer J, Beck T, Stout J. Total body water changes after an exercise intervention tracked using bioimpedance spectroscopy: a deuterium oxide comparison. ***Clin Nutr*** 28(5): 516-25, 2009. PMID: 19500888
66. **††,** Kerksick C, Thomas A, Campbell B, Taylor L, Wilborn C, Marcello B, **Roberts M**, Pfau E, Grimstevedt M, Opusunji J, Magrans-Courtney T, Rasmussen C, Wilson R, Kreider R. Effects of a popular exercise and weight loss program on weight loss, body composition, energy expenditure and health in obese women. ***Nutr Metab (Lond)*** 6:23, 2009. PMID: 19442301
67. **Roberts M**, Dalbo V, Hassell S, Kerksick C. The expression of androgen-regulated genes before and after a resistance exercise bout in younger and older men. ***J Strength Cond Res*** 23(4):1060-7, 2009. PMID: 19528872
68. **†,** Kerksick C, Wilborn C, Campbell B, **Roberts M**, Rasmussen C, Greenwood M, Kreider R. Early phase adaptations to a split-body, linear periodization resistance training program in college-aged and middle-aged men. ***J Strength Cond Res*** 23(3): 962-71, 2009. PMID: 19387379
69. **Roberts M**, Dalbo V, Stout J, Kerksick C. Efficacy and safety of a popular energy drink after 28 days of ingestion. ***J Int Soc Sports Nutr*** 5:19, 2008. PMID: 18950510
70. Moon J, Tobkin S, Smith A, **Roberts M**, Ryan E, Dalbo V, Walter A, Cramer J, Stout J. Percent body fat estimations in college men using field and laboratory methods: A three-compartment model approach. ***Dyn Med*** 7:7, 2008. PMID: 18426582
71. **†,** Moon J, Tobkin S, **Roberts M**, Dalbo V, Kerksick C, Bemben M, Stout J. Total body water estimations in healthy men and women using bioimpedance spectroscopy: a deuterium oxide comparison. ***Nutr and Metab (Lond)*** 5:7, 2008. PMID: 18353180
72. **†,** Dalbo V, **Roberts M**, Stout J, Kerksick C. Acute effects of ingesting a commercial thermogenic drink on changes in energy expenditure and markers of lipolysis. ***J Int Soc Sports Nutr*** 5:6, 2008. PMID: 18289388
73. **Roberts M**, Wismann J, Taylor L, Wilborn C, Kreider R, Willoughby D. Effects of ingesting JavaFit Energy Extreme functional coffee on aerobic and anaerobic fitness markers in recreationally-active coffee consumers. ***J Int Soc Sports Nutr*** 4:25, 2007. PMID: 18067677
74. **†, Roberts M**, Iosia M, Kerksick C, Taylor L, Campbell B, Wilborn C, Harvey T, Jitomir J, Rasmussen C, Willoughby D, Kreider R. Effects of arachidonic acid supplementation on training adaptations and markers of muscle hypertrophy in resistance-trained males. ***J Int Soc Sports Nutr*** 4:21, 2007. PMID: 18045476
75. Moon J, Hull H, Tobkin S, Teramoto M, Karabulut M, **Roberts M**, Ryan E, Kim S, Dalbo V, Walter A, Smith A, Cramer J, Stout J. Percent body fat estimations in college women using field and laboratory methods: A three-compartment model approach. ***J Int Soc Sports Nutr*** 4:16, 2007. PMID: 17988393
76. **††,** Campbell B, **Roberts M**, Kerksick C, Wilborn C, Marcello B, Taylor L, Greenwood M, Kreider R. Pharmokinetics, safety, and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. ***Nutr*** 22 (9): 872-881, 2006. PMID: 16928472

**Peer-reviewed review articles and commentaries**

* **listed from newest to oldest**
1. **Roberts M\***, Haun C, Vann C, Osburn S, Young K. Sarcoplasmic hypertrophy: a “scientific unicorn” or resistance training adaptation. ***Frontiers Physiol*** 11: 816, 2020. PMID: 32760293
2. Parry H, **Roberts M**, Kavazis A. Human skeletal muscle mitochondrial adaptations following resistance exercise training. ***Int J Sports Med*** doi: 10.1055/a-1121-7851. [Epub ahead of print], 2020. PMID: 32162291
3. Forbes S, Candow D, Smith-Ryan A, Hirsch K, **Roberts M**, VanDusseldorp T, Stratton M, Krentz J, Little J. Nutritional interventions to augment high intensity interval training – a narrative review. ***Nutrients*** 12(2), 2020. PMID: 32024038
4. Forbes S, Candow D, Krentz J, **Roberts M**, Young K. Body fat changes following creatine supplementation and resistance training in aging adults: a meta-analysis. ***J Funct Morph Kinesiol*** 4(3), 2019.
5. 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. ***Frontiers Physiol*** 10:247, 2019. PMID: 30930796
6. **††,** Kerksick C, Wilborn C, **Roberts M**, Smith-Ryan A, Kleiner S, Jager R, Collins R, Cooke M, Davis J, Galvan E, Greenwood M, Lowery L, Wildman R, Antonio J, Kreider R. ISSN Exercise & Sports Nutrition Review: Research & Recommendations. ***J Int Soc Sports Nutr*** 15(1):38, 2018. PMID: 30068354
7. **Roberts M\***, Mobley C, Haun C, Mumford P, Romero M, Roberson P, Vann C, McCarthy J. Physiological differences between low versus high anabolic responders to resistance exercise training: current perspectives and future research directions. ***Frontiers in Physiol*** 9:834, 2018. PMID: 30022953
8. **Roberts M\***, Ruegsegger G, Brown J, Booth F. Mechanisms associated with physical activity behavior: insights from rodent experiments. ***Exer Sports Sci Rev***. 45(4): 217-222, 2017. PMID: 28704221
9. Dalbo V and **Roberts M**. Invited Commentary: The activity of satellite cells and myonuclei during eight weeks of strength training in young men with suppressed testosterone. ***Acta Physiologica (Oxford)*** 213(3):556-8, 2015. PMID: 25330255
10. **††,** Buford T, **Roberts M**, and Church T. Toward exercise as personalized medicine. ***Sports Med*** 43.3:157-165, 2013. PMID: 23382011
11. **Roberts M**, Company J, Brown J, Toedebusch R, Padilla J, Jenkins N, Laughlin MH, Booth F. Potential clinical translation of juvenile rodent inactivity models to study the onset of childhood obesity. ***Am J Physiol Regul Integr Comp Physiol*** 303(3): R247-58, 2012. PMID: 22696577
12. **††,** Booth F, Laye M, **Roberts M**. Lifetime sedentary living accelerates some aspects of secondary aging. ***J Appl Physiol*** 111(5):1497-504, 2011. PMID: 21836048
13. **Roberts M**, Dalbo V, Kerksick C. Post exercise myogenic gene expression: are human findings lost during translation? ***Exer Sport Sci Rev*** 39(4):206-11, 2011. PMID: 21799423
14. Kerksick C and **Roberts M**. Supplements for endurance athletes. ***Strength Cond J*** 32(1): 55-64, 2010. doi: 10.1519/SSC.0b013e3181c16db9
15. **†,** Dalbo V, **Roberts M**, Lockwood C, Tucker P, Kreider R, Kerksick C. The effects of age on skeletal muscle and the phosphocreatine energy system: can creatine supplementation help older adults? ***Dyn Med*** 24(8): 6, 2009. PMID: 20034396
16. **†,** Dalbo V, **Roberts M**, Kerksick C, Stout J. Putting the myth of creatine supplementation leading to muscle cramps and dehydration to rest. ***British J Sport Med*** 42(7): 567-73, 2008. PMID: 18184753
17. **††,** Campbell B, Kreider RB, Ziegenfuss T, La Bounty P, **Roberts M**, Burke D, Landis J, Lopez H, Antonio J. Position stand: protein and exercise. ***J Int Soc Sports Nutr*** 4:8, 2007. PMID: 17908291
18. **†,** Campbell B, La Bounty P, **Roberts M**. The ergogenic potential of arginine. ***J Int Soc Sports Nutr*** 1:2, 2004. PMID: 18500948

### ****Articles in review process****

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

1. Lamb D, Moore J, Smith M, Vann C, Osburn S, Ruple B, Fox C, Smith K, Altonji O, Powers Z, Cerovsky A, Ross O, Cao A, Goodlett M, Huggins K, Fruge A, Young K, **Roberts M\***. The effects of resistance training with or without peanut protein supplementation on skeletal muscle and strength adaptations in older, untrained individuals. Revisions #1 sent to ***J Int Soc Sports Nutr.***
2. Vann C, Haun C, Osburn S, Romero M, Roberson P, Mumford P, Mobley CB, Holmes H, Fox C, Young K, **Roberts M\***. Molecular differences in skeletal muscle following one week of active versus passive recovery from high-volume resistance training. In review at ***J Strength Cond Res***.
3. Kelty T, Brown J, **Roberts M**, Childs T, Cabrera O, Manzella F, Miller D, Taylor G, Booth F. RNA-sequencing and behavioral testing reveals inherited physical inactivity co-selects for anxiogenic and not depressive-like behavior in Wistar rats. In review at ***Neurosci Letters.***
4. Roberson P, Mobley CB, Romero M, Osburn S, Mumford P, Vann C, Haun C, Greer R, Ferrando A, **Roberts M\***. LAT1 protein content increases following 12 weeks of resistance exercise training in human skeletal muscle. In review at ***Frontiers Nutr.***
5. Osburn S, Roberson P, Medler J, Shake J, Arnold R, Alamdari N, Bucci L, Vance A, Sharafi M, Young K, **Roberts M\***. Effects of 12-week multivitamin and omega-3 supplementation on red blood cell fatty acid and serum micronutrient levels in pre-menopausal females. Comments: In review at ***Frontiers Nutr.***

### ****Articles in preparation****

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

1. Vann C, Morton R, Ferguson B, Mobley C, Haun C, Osburn S, Sexton C, Fox C, Oikawa S, McGlory C, Vechetti I, Young K, Phillips S, **Roberts M\***. Genome-wide interrogation to determine if polymorphisms or rDNA copy number is associated with muscle hypertrophy variables in response to 12 weeks of resistance training. Comments: preliminary draft written and will be submitted for review to ***Frontiers Physiol*** in 2020.
2. Vann C, Sexton C, Osburn S, Smith M, Haun C, Rumbley M, Mumford P, Ennis E, Ferguson B, Montgomery N, Moore J, Fox C, McKendry J, Bashir A, Beyers R, Beck D, McDonald J, Gladden LB, Young K, Phillips S, **Roberts M\***. Effects of high-volume versus high-load resistance training on skeletal muscle growth and molecular adaptations. Comments: preliminary draft written and will be submitted for review to ***Acta Physiologica*** in 2020.
3. Fox C, Vann C, Parry H, Ruple B, Osburn S, Sexton C, Moore J, Smith M, Ferguson B, Mesquita P, Beck D, Young K, Kavazis A, **Roberts M**\*. Skeletal muscle metabolic biomarker adaptations to high load versus high volume unilateral resistance training. Comments: preliminary draft written and will be submitted for review in 2020.
4. **Roberts M\***, Vann C, McKendry J, Phillips S, Young K, Kavazis A. The curious competition between skeletal muscle ribosome and mitochondrial biogenesis responses to exercise training. Comments: preliminary draft written and will be submitted for review in 2021.
5. Romero M, Mumford P, Roberson P, Osburn S, Young K, **Roberts M\***. The LINE-1 jumping gene in skeletal muscle: hopping from cancer to exercise science research. Comments: preliminary draft written and will be submitted for review in 2021.

### Book Chapters

1. **Roberts M,** McKurdy K.Chapter 5: Resistance training adaptations. Essentials of Personal Training (3rd Ed.). Schoenfeld B (Ed). Human Kinetics (2020)
2. **Roberts M**, Haun C. Chapter 2: Bioenergetics. *The Professional’s Guide to Strength and Conditioning*. Nesser T (Ed). BYU Academic Publishing: Provo, UT (2019)
3. 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). Taylor & Francis: Abingdon-on-Thames (2019)
4. **Roberts M,** Dalbo V, Buford T.Training and Nutrition Needs ofthe Older Strength / Power Athlete. *Nutrition and Performance in Masters Athletes*. Reaburn P (Ed). CRC Press: New York, NY (2014)

1. Dalbo V, **Roberts M**.Ergogenic Aids for Masters Athletes. *Nutrition and Performance in Masters Athletes*. Reaburn P (Ed). CRC Press: New York, NY (2014)
2. **Roberts M**, Company J, Campbell B. Fatty acid supplements. *Sports Nutrition: Enhancing Sports Performance*. Campbell B (Ed). CRC Press: New York, NY (2013)
3. Taylor L, **Roberts M**. Introduction: The Role of the Training Table. *Nutritional Guidelines for Athletic Performance: The Training Table*. Taylor L (Ed). CRC Press: New York, NY (2012)
4. **Roberts M**. Calorie Needs for Inducing Muscle Hypertrophy in *Nutritional Guidelines for Athletic Performance: The Training Table*. Taylor L (Ed). CRC Press: New York, NY (2012)
5. **Dalbo V**, **Roberts M**. Calorie needs for improving body composition in Nutritional Guidelines for Athletic Performance: The Training Table. Taylor L (Ed). CRC Press: New York, NY (2012)
6. **Roberts** **M**, 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, NY (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

2015-pres. KINE 3873, Legal and Illegal Sports Supplements

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

2019 KINE 8770, Neuromuscular Physiology

Auburn University, School of Kinesiology

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 8270, Exercise Genetics

Auburn University, School of Kinesiology

2014 KINE 8970, Special Topics: Molecular Exercise Science

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

Christopher Vann, PhD 2017-2020

* Current position: Postdoctoral Fellow; Duke University

(mentor: Dr. Virginia Kraus)

Petey Mumford, PhD 2015-2019

* Current position: Assistant Professor, Lindenwood University

Matt Romero, PhD 2016-2019

* Current position: Postdoctoral Fellow; University of California, Los Angeles

(mentor: Dr. April Pyle)

Paul Roberson, PhD 2016-2019

* Current position: Postdoctoral Fellow; Pennsylvania State University, Medical School

(mentor: Dr. Scot Kimball)

Cody Haun, PhD 2015-2018

* Post-PhD position: Assistant Professor, LaGrange College
* Current Position: CEO, Fitomics, Inc.

C. Brooks Mobley, PhD 2013-2017

* Post-PhD position: Postdoctoral Fellow; University of Kentucky, Medical School

(mentor: Dr. John J. McCarthy)

* Current position: Clinical Faculty; Auburn University, School of Kinesiology

Wesley Kephart, PhD 2014-2017

* Current position: Assistant Professor; University of Wisconsin-Whitewater

Maleah Holland, PhD 2014-2016

* Current position: Assistant Professor; Augusta University

### Past Masters students

Xuansong Mao 2016-2017

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

(mentor: Dr. Frank Booth)

### Primary mentoring of graduate students (current)

Carlton Fox PhD level 2018-pres.

Johnathon Moore Masters/PhD level 2018-pres.

Shelby Osburn Masters/PhD level 2017-pres.

Morgan Smith PhD level 2019-pres.

Casey Sexton Masters/PhD level 2020-pres.

Bradley Ruple Masters/PhD level 2020-pres.

Josh Godwin PhD level 2020-pres.

### Salaried laboratory technicians

C. Brooks Mobley (post PhD) Laboratory Technician 2018

 Shelby Osburn (between MS and PhD) Laboratory Technician 2019

 Anna McCloskey Laboratory Technician 2015-2016

 James Healy Laboratory Technician 2016-2017

### Dissertation Committee Member

**(Committee Chair in parentheses)**

*Completed*

Christopher Vann (**Roberts**) PhD level 2020

Donny Lamb (Huggins) PhD level 2020

Adelola Adeyemo (Brown) PhD level 2019

Ashley Peart (Wadsworth) PhD level 2019

Matthew Romero (**Roberts**) PhD level 2019

Petey Mumford (**Roberts**) PhD level 2019

Paul Roberson (**Roberts**) PhD level 2019

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*

Maitha Aldokhayyil (Brown) PhD level 2019-pres.

Lauren Colenso-Semple (Phillips)# PhD level 2020-pres.

Johnathon Moore (**Roberts**) PhD level 2020-pres.

Paulo Mesquita (Kavazis) PhD level 2020-pres.

#, indicates external Committee Member for McMaster University

## presentations

### Invited Conference and Symposium Lectures

1. Title: ‘Physiological Adaptations to Different Load Schemes’

Venue: Texas ACSM Webinar (online venue); 2020

1. Title: ‘Physiological Adaptations to Different Load Schemes’

Venue: International Society of Sports Nutrition Webinar on Muscle Hypertrophy (online venue); 2020

1. Title: ‘Physiological Adaptations to Exercise and Nutrition’ (4 total lectures)

Venue: Invited Scholar to Federal University of Juiz de Fora (Juiz de Fora, Brazil); 2019

1. Title: ‘General adaptations with resistance training.’

Conference: AAPM&R (San Antonio, TX); 2019

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

Conference: 16th International Society of Sports Nutrition Conference (Las Vegas, NV); 2019

1. Title: ‘The LINE-1 jumping gene in muscle aging’

Conference: American College of Sports Medicine Annual Meeting (Orlando, FL); 2019

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

Conference: International Society of Sports Nutrition at Kennesaw State University (Atlanta, GA); 2019

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

Venue: Sports Medicine Roundtable with MD Fellows, Auburn-VCOM (Auburn, AL); 2019

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: ‘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

1. Title: ‘Counterpoint: Nutrition and muscle gains, does leucine content matter?’ Conference: 12th International Society of Sports Nutrition Conference (Austin, TX); 2015
2. Title: ‘Dietary protein as a hormone.’

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

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

Conference: American College of Sports Medicine Meeting (San Diego, CA); 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 (Columbus, 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 (Columbia, MO); 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 200, 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: Sports (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

2020-pres. Vice-chair, Biological Use and Authorization Committee Member

Auburn University

2019-pres. Biological Use and Authorization Committee Member

Auburn University

2018-2019 Professional Development Committee

School of Kinesiology, Auburn University

2018 Hiring Committee Member for Exercise Physiology Faculty Member

School of Kinesiology, Auburn University

2017-2018 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 2019 Dr. Brian Ferguson (Research Scientist, Myokardia)

 Lecture regarding Pharmaceutical Research

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

2019, 2020 National Strength and Conditioning Foundation Program Grant Reviewer

2019, 2020 Auburn University Intramural Program Grant Reviewer

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 (non-paid)

Muscle and Fitness magazine

### Professional Organization Memberships

2019-pres. National Strength and Conditioning Association

2017-pres. American Physiological Society

2014-pres. American College of Sports Medicine

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

2014-pres. International Society of Sports Nutrition

### 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 (served as primary mentor)

2019 Shelby Osburn

1st place overall for best research poster

American College of Nutrition, National Meeting (San Diego, CA)

($300 award)

2019 Matthew Romero

1st place overall (96 entries) for best research poster

VCOM Research Day (Auburn, AL)

($500 award)

2019 Petey Mumford

2nd place overall (96 entries) for best research poster

VCOM Research Day (Auburn, AL)

($300 award)

2019 Matthew Romero

Leadership and Diversity Training Program

American College of Sports Medicine

($1,000 award)

2018 Matthew Romero

1st place overall for best research poster

UAB Exercise is Medicine Conference (Birmingham, AL)

($500 award)

2018 Matthew Romero

Research Abstract Award

Integrative Physiology of Exercise Bi-annual Meeting (San Diego, CA)

($250 award)

2018 Matthew Romero

APS Porter Scholarship

 ($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 for best PhD research poster

Southeast Chapter for the American College of Sports Medicine Annual Conference

 ($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 (Campus-wide Graduate Student of the Year)

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 research posters

UAB Exercise is Medicine Conference (Birmingham, AL)

($500 award)

2015 Wesley Kephart

 Won best poster presentation

International Society of Sports Nutrition meeting (Tampa, FL)

($1,000 award)

2015 C. Brooks Mobley

1 of 3 best posters

Southeast Chapter for the American College of Sports Medicine Annual 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 colleagues at Auburn University

**Andreas N. Kavazis, PhD**

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**John C. Quindry, PhD**

Department Chair and Professor, Department of Health and Human Performance

University of Montana

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### Colleagues in the field

**Stuart Phillips, PhD**

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McMaster University

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**Arny Ferrando, PhD**

Professor, Department of Geriatrics

University of Arkansas Medical School

Phone: 205-996-7937

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**Marcas Bamman, PhD**

Professor, Departments of Physiology and Biophysics

UAB School of Medicine

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### Former post-doctoral mentor

**Frank W. Booth, PhD**

Professor, Biomedical Sciences

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