

Curriculum Vitae

Geoffrey Hudson, PhD, CSCS

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Education

Baylor University (2010)

Doctor of Philosophy in Exercise, Nutrition, and Preventive Health
Concentration: Exercise & Nutritional Biochemistry
Minor: Statistics

The University of Alabama (2006)

Master of Arts in Human Performance
Concentration: Exercise Physiology

The University of Alabama (2004; *cum laude*)

Bachelor of Science in Chemistry
Concentration: Biochemistry
Minor: Nutrition
Minor: Blount Liberal Arts Program

Academic Appointments

University of South Alabama (2021 – *present*)

Associate Professor of Exercise Science
Department of Health, Kinesiology, & Sport
Exercise Science Undergraduate Program Coordinator (2020 – *present*)
CSCS Departmental Sponsor with National Strength & Conditioning Association (2017 – *present*)

University of South Alabama (2017 – 2021)

Assistant Professor of Exercise Science
Department of Health, Kinesiology, & Sport

The George Washington University (2012 – 2017)

Assistant Professor of Exercise Science
Department of Exercise & Nutrition Sciences
Director of the Body Composition Laboratory (2013 – 2017)
Director of the Exercise Physiology & Metabolism Laboratory (2013 – 2017)

The University of Southern Mississippi (2009 – 2012)

Assistant Professor of Exercise Science (2010 – 2012)
Director for the Applied Physiology Laboratory (2010 – 2012)
Instructor (2009)

Baylor University (2007 – 2009)

Adjunct Instructor

Instructor for Exercise Physiology Lab, Human Anatomy Lab, & Human Physiology Lab

Additional Academic Professional Experience:

Faculty Guide (2016 – 2017)

GW Center for Student Engagement

The George Washington University, Washington, DC

Facilitate student-faculty interactions while fostering the practice of creative and critical inquiry

Exercise and Biochemical Nutrition Lab Coordinator (2007 – 2009)

Baylor University, Waco, Texas

Coordinated clinical chemistry analyses utilizing ELISA techniques and automated analyzers (CELL-DYN 3200 & DADE Behring Dimension RxL)

Graduate Student Clinical Internship (2007)

Hillcrest Hospital – Getterman Wellness Center, Waco, Texas

Exercise physiologist in a cardiac, pulmonary, and stroke rehabilitation center

Blount Junior Fellow (2005 – 2006)

Blount Undergraduate Initiative (BUI)

The University of Alabama, Tuscaloosa, Alabama

Responsible for teaching and evaluation in the BUI freshmen courses

The BUI curriculum is a consilience of philosophy, religion, science, political and classical literature texts that aim to provide students with a multi-disciplinary and integrated perspective on complex societal and philosophical issues.

Residence Hall Director (2005)

Housing & Residential Engagement

Rose Towers Apartments

The University of Alabama, Tuscaloosa, Alabama

Responsible for ~650 residents, directed 13 resident assistants, conducted weekly meetings, adjudicated disciplinary cases, and coordinated large programs for 100+ participants

Resident Assistant (2002 – 2005)

Department of Residential Life

The University of Alabama, Tuscaloosa, Alabama

Supervised a hall of undergraduate residents, coordinated programs to enhance students' learning pursuits and mentored freshmen who needed first year guidance in college

National Science Foundation's Summer Undergraduate Research Assistant (2002)

Department of Chemistry

Mentor: Dr. Anthony Arduengo, Saxon Professor of Chemistry

The University of Alabama, Tuscaloosa, Alabama

Refined techniques of condensation preparations of imidazolium salts and attempted to develop new imidazolium salt compounds utilizing carbene intermediates

Current Professional Memberships

- National Strength and Conditioning Association (NSCA)
- American College of Sports Medicine (ACSM)
- American College of Sports Medicine: Southeastern Chapter
- National Rural Health Association (Rural Obesity Task Force member)

Professional Certifications & Training Certificates

2021 – <i>present</i>	ACUE (Association of College and University Educators) Microcredential in Designing Learner-Centered and Inclusive Online Courses
2013 – <i>present</i>	CITI (Collaborative Institutional Training Initiative) Program for Human Research: Health Insurance Privacy & Security (HIPS)
2011 – <i>present</i>	CITI (Collaborative Institutional Training Initiative) Program for Human Research: Social & Behavioral Research
2011 – <i>present</i>	CITI (Collaborative Institutional Training Initiative) Program for Human Research: Responsible Conduct of Research
2008 – <i>present</i>	Certified Strength and Conditioning Specialist (CSCS #200834832) - National Strength and Conditioning Association
2004 – <i>present</i>	Certified Healthcare Provider (CPR, AED, First Aid) - American Heart Association

Professional Awards & Honors

Achievements and Professional Honors

- South Alabama Athletics Faculty of the Year (2022)
- Top Profs! from the South Alabama Mortar Board Honor Society (2022)
- Scholar-Athlete Breakfast Faculty Honoree (2019)
- David G. Bauer Grant Writing Fellowship Program (2018-2019)
- Scholar-Athlete Breakfast Faculty Honoree (2017)
- University of South Alabama New Faculty Scholars (2017-2018)
- Finalist for the GW Athletics Professor of the Year Award (2017)
- Nominated for Undergraduate Teacher of the Year in the Milken Institute School of Public Health (2015 & 2016)
- Finalist for the GW Athletics Professor of the Year Award (2015)
- Awarded the Excellence in Teaching Exercise Science – Graduate Courses (2014)
- Awarded the Excellence in Teaching Exercise Science – Undergraduate Courses (2014)
- Awarded the Summer Grant for Instructional Improvement by the USM Office of the Provost (2012)
- Faculty Development Fellowship for the Quality Enhancement of Writing and Speaking Pedagogy (2011)
- Served as a Junior Fellow in the Blount Undergraduate Initiative (2005-2006)
- Awarded a Graduate Student Research Grant from the University of Alabama (2005)
- Graduated with a BS in Chemistry from the University of Alabama with honors (2004)
- Fellowship to research in the National Science Foundation's Summer Undergraduate Research Program (2002)

Grant-related Experience

Funded Projects & Service Contracts

- 1) *Effect of CoreBiome Supplementation on Gastrointestinal Function, Microbiome Composition, and Systemic Inflammation.* (2020)
Agency: Compound Solutions Incorporated
Amount Awarded: \$196,212
Principal Investigators: N Schwarz, **GM Hudson**, & R Colquhoun
Role: Co-PI
Status: Completed study
- 2) *Preliminary Assessment to Understand Challenges, Barriers, and Needs for Creating Effective Pediatric Obesity Interventions for the Greater Mobile Area.* (2020)
Agency: College of Education and Professional Studies Research Development Grants Program
Amount Awarded: \$2,637
Principal Investigators: C Hauff & **GM Hudson**
Role: Co-PI (Proposal development)
Status: Current study
- 3) *Healthy Student, Happy Nurse: A Longitudinal Investigation of Nursing Students' Health-Related Behaviors to Promote Professional Well-being.* (2019)
Agency: Office of Research and Economic Development
Amount Awarded: \$22,794
Principal Investigators: S Fruh & S Sittig
Role: Co-Investigator (Proposal & IRB development)
Status: Completed study
- 4) *Effects of Inhaled Guarana on Mental Acuity, Coordination, & Reaction Time.* (2019)
Agency: Eagle Energy, Inc.
Amount Awarded: \$7,000 (In-kind product donation)
Principal Investigator: N Schwarz & **GM Hudson**
Role: Co-PI (Study design and analyses)
Status: Completed study
- 5) *Impact of Body Fat Testing on Body Esteem.* (2018)
Agency: College of Education and Professional Studies Research Development Grants Program
Amount Awarded: \$2,100
Principal Investigator: **GM Hudson**
Role: PI (Proposal development and body composition assessments)
Status: Completed study
- 6) *Calculation of Percent Body Fat by Analyzing Virtual Body Models.* (2015 – 2017)
Agency: National Institutes of Health / NHLBI (R21 HL124443)
Amount Awarded: \$422,074 (Direct: \$275,000)
Principal Investigators: J Hahn & **GM Hudson**
Role: Co-PI (Study design, grant development and body composition assessments)
Summary: The project developed a new method to capture the 3D surface and shape of a human body and a new method to use these data to calculate percent body fat.

- 7) *AVATAR (Advanced Visualization of Anatomical Traits and Ratios) Body Composition Feasibility Study.* (2014)
 Agency: GWU Institute for Biomedical Engineering – Interdisciplinary Research Fund
 Award Total: \$20,000
 Principal Investigator: **GM Hudson**
 Summary: Provided funding for the development and testing of a 3D scanning system using the Xbox Kinect depth camera system.
- 8) *A Randomized, Double-Blind, Placebo-Controlled Clinical Trial to Assess the Efficacy and Safety of 12 Weeks of Satiereal™ Supplementation on Food Cravings and Preferences, Body Composition, Satiety and Appetite Regulatory Hormones, and Clinical Safety Markers in Overweight/Obese Individuals.* (2012)
 Agency: NUTRAVERIS
 Total Project Cost: \$110,063 (Research Cost: \$101,033; Product Contribution: \$9,030)
 Co-Principal Investigators: **GM Hudson**, M Cooke, and C Stathis
 Role: Co-PI (Proposal development and research design)
- 9) *2012 Mississippi Prevalence of Fitness Study.* (2012)
 Agency: Bower Foundation
 Award Total: \$168,997
 Principal Investigator: JR Kolbo
 Role: Co-Investigator (Concept development and study implementation)
- 10) *Effects of 16 weeks of Xanthigen™ Supplementation on Body Mass, Body Composition, Resting Energy Expenditure, Serum Markers of Metabolic Syndrome, and Hepatic Enzyme Levels in an Obese Population.* (2011 – 2012)
 Agency: P.L. Thomas & Co., Inc.
 Total Project Cost: \$42,165 (Research Cost: \$37,579; Product Contribution: \$4,586)
 Principal Investigator: **GM Hudson**
 Role: PI (Concept and grant development, data collection, blood analysis, data analysis)
- 11) *Summer Grants for the Improvement of Instruction.* (2012)
 Agency: The University of Southern Mississippi
 Award Total: \$9,900
 Recipient: **GM Hudson**
- 12) *Fellowship for the Quality Enhancement of Writing and Speaking Pedagogy Faculty Development Seminar Series.* (2011)
 Agency: The University of Southern Mississippi
 Award Total: \$1,000
 Recipient: **GM Hudson**

Grant Submissions

- 1) *Effects of Vitamin K2 Supplementation on Oxidative Capacity, Muscle Tissue Reoxygenation and, Time to Exhaustion* (2022)
 Agency: Synergia Life Sciences
 Amount Requested: \$55,000
 Principal Investigator: **GM Hudson**
 Role: PI (study design and proposal development)
 Status: Under Review

- 2) *Creating a Culture of Self-Care for Future Nurses: Development of the iHOPE Mobile Health Application (mHealth app)* (2020)
 Agency: National Institutes of Health / NINR (R21 PA-19-0443)
 Amount Requested: \$415,791
 Principal Investigator: S Fruh
 Role: Co-Investigator (Proposal development)
 Status: Not awarded (Impact Score: 27).
- 3) *Improving Nutrition-related Equity by Mapping Nutritional Information Transfer and Diffusion in Underserved Families* (2019)
 Agency: Robert Wood Johnson Foundation – Healthy Eating Research program
 Amount Requested: \$199,248
 Principal Investigator: **GM Hudson**
 Role: PI (Study design and proposal development)
 Status: Not awarded.
- 4) *Creating a Culture of Self-Care for Future Nurses: Development of the iHOPE Mobile Health Application (mHealth app)* (2019)
 Agency: National Institutes of Health / NINR (R21 PA-19-0443)
 Amount Requested: \$415,791
 Principal Investigator: S Fruh
 Role: Co-Investigator (Proposal development)
 Status: Not awarded (Impact Score: 39).
- 5) *Visceral Adiposity, Gut Microbiome, and Metabolic Rate in Young Adults* (2016)
 Agency: The George Washington University OVPR – Cross-Disciplinary Research Fund
 Amount Requested: \$80,463
 Principal Investigator: **GM Hudson**
 Role: PI (study design and proposal development)
 Status: Not awarded.
- 6) *Effects of Post-Activation Potentiation Training on Upper Body Power Production in Elite Female Athletes* (2016)
 Agency: National Strength & Conditioning Association – Graduate Research Grant
 Amount Requested: \$1,075
 Principal Investigator: C McClean
 Role: Faculty Mentor
 Status: Not awarded.
- 7) *Community-Engaged Research Strategies to Prevent Cardiometabolic Risk Among Latino Immigrants* (2015)
 Agency: National Institutes of Health / NIMHD (U54 RFA-MD-15-014)
 Amount Requested: \$1,595,000 (Direct: \$1,000,000)
 Principal Investigator: U Colon-Ramos (Study); M Edberg (Overall)
 Role: Co-Investigator (5% requested in Years 1-5) – Body composition and metabolic testing training and collection
 Status: Not awarded.
- 8) *Exercise Training and Mitochondrial Biogenesis in ESRD Patients.* (2014)
 Agency: National Institutes of Health / NIDDK (1R21 DK101905)
 Amount Requested: \$465,791 (Direct: \$275,000)
 Principal Investigator: D Raj
 Role: Co-Investigator (Exercise intervention and testing design)

Summary: The project will examine the impact of a 24-week, progressive intensity resistance training program on strength, power, and mitochondrial biogenesis markers in end-stage renal disease patients at the Medical Faculty Associates of The George Washington University.
Status: Not awarded (Impact Score: 50)

- 9) *Pilot Study on the Effects of Three Week MenaQ7 Supplementation on Aerobic Capacity* (2014)
Agency: NattoPharma
Amount Requested: \$40,000
Principal Investigator: **GM Hudson**
Role: Study design and proposal development
Status: Not awarded.
- 10) *Prospective Study of BPA, Phthalate Exposure and Body Composition in Young Adults*. (2013)
Agency: National Institutes of Health / NIEHS (1R21 ES024535)
Amount Requested: \$275,000 (Direct)
Principal Investigator: K Robien
Role: Co-Investigator (Proposal development and body composition assessment)
Summary: The objective of this project is to conduct a prospective, longitudinal, observational study to determine patterns of bisphenol A and phthalate exposures and the association between these environmental contaminant exposures and body composition changes among free-living, young adults (18-35 years old).
Status: Not awarded.
- 11) *Mississippi Virtual Childhood Obesity Prevention Study*. (2011)
Agency: National Institutes of Health (R01)
Amount Requested: \$1,886,923
Principal Investigator: S Davis
Role: Co-Investigator (Project development and study design)
Status: Not awarded
- 12) *A Randomized, Double-Blind, Placebo-Controlled Study to Assess the Efficacy and Safety of SmartLEAN (Xanthigen) Supplementation on Body Mass, Body Composition, Resting Energy Expenditure, Hematologic Profile, Serum Hepatic Enzyme Concentrations, and Serum Markers of Metabolic Syndrome in an Overweight Population*. (2011)
Agency: PatentHEALTH, LLC
Amount Requested: \$71,755
Principal Investigator: **GM Hudson**
Status: Not awarded
- 13) *S.M.A.R.T Girls (Student Mentoring and Real-Life Training): The Impact of Female College Mentoring on Re-Offending and Bonding Among First Time Female Juvenile Offenders*. (2011)
Agency: Department of Justice
Amount Requested: \$499,693
Principal Investigator: C Weaver
Role: Co-Investigator (Grant development)
Status: Not awarded
- 14) *Utilizing Team-based Learning and Communities of Practice to Redesign Postsecondary Education in Health and Education*. (2010)
Agency: United States Department of Education
Amount Requested: \$620,475
Project Director: BT Garity
Co-Directors: **GM Hudson** & M Murray
Role: Co-Investigator (Grant development)

Score: 89 / 100

Status: Not awarded (USDE Agency funding cut prior to announcement of awards)

- 15) *Sustainable Life Initiative for Healthy Children and Families*. (2009)
Agency: Southeast Mississippi Rural Health Initiative
Amount Requested: \$1,500,000
Principal Investigator: T Rehner
Role: Co-Investigator (Grant development)
Status: Not awarded
- 16) *Effects of Exercise and Resveratrol on Insulin Sensitivity & AMPK Signaling*. (2008)
Agency: National Strength & Conditioning Association (Doctoral Research Grant)
Amount Requested: \$10,000
Co-Principal Investigators: **GM Hudson** & M Cooke
Role: Co-PI (Grant development)
Status: Not awarded
- 17) *Effects of Exercise and Resveratrol or Pterostilbene Supplementation on Insulin Sensitivity, AMPK Signaling, Substrate Oxidation, and Cardiovascular Risk Factors in Overweight, Insulin-resistant Women*. (2008)
Agency: Sabinsa Corporation
Amount Requested: \$58,366
Co-Principal Investigators: **GM Hudson**, M Cooke, & BD Shelmadine
Role: PI (Grant development)
Status: Not awarded

Research & Scholarship

Published Peer-Reviewed Manuscripts

*Denotes mentored student

- 1) Graves R, M Harrell, JL Barinas, SE Taylor, SM Fruh, SG Williams, RC McDermott, HR Hall, CR Hauff, SM Sittig, SM Campbell, **G Hudson**, & BM Melnyk. (in press). The impact of perceived risk of contracting COVID-19 on nursing student well-being. *Journal of Nursing Education*. <https://www.healio.com/nursing/journals/jne>
- 2) Barinas JL, RC McDermott, SG Williams, SM Fruh, CR Hauff, **GM Hudson**, RJ Graves, & BM Melnyk. (2022). Positive and negative psychosocial factors related to healthy and unhealthy weight control among nursing students. *Journal of Professional Nursing*, 42:290-300. <https://doi.org/10.1016/j.profnurs.2022.07.017>
- 3) Fruh SM, RJ Graves, K Hayes, RC McDermott, CR Hauff, SG Williams, SM Sittig, SM Campbell, **G Hudson**, HR Hall, B Melnyk, & JL Barinas, J. L. (2021). Relationships among hope, body satisfaction, wellness habits, and stress in nursing students. *Journal of Professional Nursing*, 37(3):640-647. <https://doi.org/10.1016/j.profnurs.2021.01.009>
- 4) Fruh SM, SG Williams, K Hayes, CR Hauff, **G Hudson**, S Sittig, RJ Graves, HR Hall, & JL Barinas. (2021). A practical approach to obesity prevention: Healthy home habits. *Journal of the American Association of Nurse Practitioners*, 33(11):1055-1065. <https://doi.org/10.1097/jxx.0000000000000556>
- 5) Graves R, SG Williams, CR Hauff, SM Fruh, B Sims, **G Hudson**, CR McDermott, SM Sittig, TC Shaw, SM Campbell, JL Barinas, & HR Hall. (2020). Undergraduate versus graduate nursing students:

Differences in nutrition, physical activity, and self-reported body mass index. *Journal of American College Health*. <https://doi.org/10.1080/07448481.2020.1842421>

- 6) **Hudson G**, CR Hauff, K Hayes, & SM Fruh. (2020). An NP's guide to current physical activity recommendations. *The Nurse Practitioner*, 45(9):24-32.
- 7) **Hudson G**, Y Lu, X Zhang, J Hahn, J Zabal, F Latif, & J Philbeck. (2020). The development of a BMI-guided shape morphing technique and the effects of an individualized figure rating scale on self-perception of body size. *European Journal of Investigation in Health, Psychology and Education*, 10: 579-594.
- 8) Schwarz NA, AP Theodore, BR Funderburg, AG Waldhelm, S McKinley-Barnard, & **G Hudson**. (2020). Acute (-)epicatechin consumption: Effects on local vasodilation following resistance exercise and high-intensity exercise performance. *Sports*, 8(2):22.
- 9) Sittig, SM, CR Hauff, RJ Graves, SG Williams, RC McDermott, SM Fruh, HR Hall, SM Campbell, DM Swanzy, TF Wright, & **G Hudson**. (2020). Characteristics of and factors influencing college nursing students' willingness to utilize mHealth for health promotion. *CIN: Computers, Informatics, Nursing*. <https://doi.org/10.1097/CIN.0000000000000600>
- 10) Holden SL, NA Schwarz, & **G Hudson**. (2019). Sports nutrition knowledge of athletic trainers. *Journal of Exercise and Nutrition*, 2(3):1-13.
- 11) Martin TD, MS Green, MT Whitehead, TP Scheett, MJ Webster, & **GM Hudson**. (2019). Six weeks of oral *Echinacea purpurea* supplementation does not enhance the production of serum erythropoietin or erythropoietic status in recreationally active males with above average aerobic fitness. *Applied Physiology, Nutrition, and Metabolism*, 44(7):791-795.
- 12) Galbreath M, B Campbell, J Bunn, J Beckham-Dove, T Harvey, **G Hudson**, JL Gutierrez, A Jagim, L Greenwood, MB Cooke, M Greenwood, C Rasmussen, & RB Kreider. (2018). Effects of adherence to higher protein diet on weight loss, markers of health, and functional capacity in senior-aged women participating in a resistance-based exercise program. *Nutrients*, 10(8):1070.
- 13) Kolbo JR, JG Alvarez, MA Thompson, L Zhang, N Werle, BL Harbaugh, EF Molaison & **GM Hudson**. (2017). Health-related fitness prevalence of Mississippi children and adolescents. *MAHPERD Journal*, 5(2):15-27.
- 14) Blom LC, T Brant, J Alvarez, **G Hudson**, L Zhang, & J Kolbo. (2014). Increasing fitness to improve academic performance: Implications for physical education professionals. *MAHPERD Journal*, 2(1):2-15.
- 15) Cooke MB, B Brabham, TW Buford, BD Shelmadine, M McPheeters, **GM Hudson**, C Stathis, M Greenwood, R Kreider, & DS Willoughby. (2014). Creatine supplementation post exercise does not enhance training-induced adaptations in middle to older aged males. *European Journal of Applied Physiology*, 114(6):1321-32.
- 16) Gearity B, **G Hudson**, & M Murray. (2014). Using project-based learning to promote college student understanding of strength and conditioning coaching. *Strength & Conditioning Journal*, 36(1):70-81.
- 17) *Carr BM, MJ Webster, JC Boyd, **GM Hudson**, & TP Scheett. (2013). Sodium bicarbonate supplementation improves hypertrophy-type resistance exercise performance. *European Journal of Applied Physiology*, 113(3):743-752.
- 18) Shelmadine BS, **GM Hudson**, TW Buford, A Grothe, JJ Moreillon, JL Gutierrez, RG Bowden, RL Wilson, & DS Willoughby. (2012). Effects of thirty days of creatine supplementation on total homocysteine in a pilot study of end-stage renal disease patients. *Journal of Renal Nursing*, 4(6):278-283.

- 19) Kolbo JR, L Zhang, EF Molaison, B Harbaugh, **GM Hudson**, MG Armstrong, & N Werle. (2012). Prevalence and trends in overweight and obesity among Mississippi public school students, 2005-2011. *Journal of the Mississippi State Medical Association*, 53(5):140-146.
- 20) **Hudson GM**, J Alvarez, LC Blom, L Zhang, & JR Kolbo. (2012). The association between fitness and school test scores, attendance, and discipline among Mississippi students. *MAHPERD Journal*, 1(1):19-24.
- 21) Cooke MB, P La Bounty, T Buford, B Shelmadine, L Redd, **G Hudson**, & DS Willoughby. (2011). Ingestion of 10 grams of whey protein prior to a single bout of resistance exercise does not augment Akt/mTOR pathway signaling compared to carbohydrate. *Journal of the International Society of Sports Nutrition*, 8(18):1-9.
- 22) Buford TW, MB Cooke, BD Shelmadine, **GM Hudson**, LL Redd, & DS Willoughby. (2011). Differential gene expression of FoxO1, ID1, and ID3 between young and older men and associations with muscle mass and function. *Aging Clinical and Experimental Research*, 23(3):170-174.
- 23) Kreider RB, M Iosia, M Cooke, **G Hudson**, C Rasmussen, H Chen, O Mollstedt, & M-H Tsai. (2011). Bioactive properties and clinical safety of a novel milk protein peptide. *Nutrition Journal*, 10:99.
- 24) Harbaugh BL, JR Kolbo, EF Molaison, **GM Hudson**, L Zhang, & D Wells. (2011). Obesity and overweight prevalence among a Mississippi low-income preschool population: A five year comparison. *International Scholarly Research Network (ISRN) in Nursing: Nutrition*, Article ID: 270464, 7 pages. DOI: 10.5402/2011/270464
- 25) Kreider RB, M Serra, KM Beavers, J Moreillon, JY Kresta, M Byrd, JM Oliver, J Gutierrez, **G Hudson**, E Deike, B Shelmadine, P Leeke, F Vela, C Rasmussen, M Greenwood, M Cooke, C Kerksick, R Wilson, JK Campbell, J Beiseigel, & SS Jonnalagadda. (2011). A structured diet and exercise program promotes favorable changes in weight loss, body composition, and weight maintenance. *Journal of the American Dietetic Association*, 111:828-843.
- 26) Beavers KM, MC Serra, **GM Hudson**, DP Beavers, & DS Willoughby. (2010). The lipid lowering effects of four weeks of daily soymilk or dairy milk ingestion in a postmenopausal female population. *Journal of Medicinal Food*, 13(3):650-656.
- 27) Shelmadine B, M Cooke, T Buford, **G Hudson**, L Redd, B Leutholtz, & DS Willoughby. (2009). Effects of 28 days of resistance exercise and consuming a commercially available pre-workout supplement, NO-Shotgun[®], on body composition, muscle strength and mass, markers of satellite cell activation, and clinical safety markers in males. *Journal of the International Society of Sports Nutrition*, 6(16):1-13.
- 28) Buford TW, MB Cooke, BD Shelmadine, **GM Hudson**, L Redd, & DS Willoughby. (2009). Effects of eccentric treadmill exercise on inflammatory gene expression in human skeletal muscle. *Applied Physiology & Nutrient Metabolism*, 34(4):745-753.
- 29) Buford TW, MB Cooke, L Redd, **GM Hudson**, BD Shelmadine, & DS Willoughby. (2009). Protease supplementation improves muscle function following eccentric exercise. *Medicine & Science in Sport & Exercise*, 41(10):1908-1914.
- 30) Jitomir J, E Nassar, J Culbertson, J Moreillon, T Buford, **G Hudson**, M Cooke, R Kreider, & D Willoughby. (2008). The acute effects of the thermogenic supplement Meltdown on energy expenditure, fat oxidation, and hemodynamic responses in young, healthy males. *Journal of the International Society of Sports Nutrition*, 5(23):1-7.
- 31) **Hudson GM**, JM Green, P Bishop, & M Richardson. (2008). Effects of caffeine and aspirin on light resistance training performance, RPE, and pain perception. *Journal of Strength and Conditioning Research*, 22(6):1950-1957.
- 32) Cooke M, M Iosia, T Buford, B Shelmadine, **G Hudson**, C Kerksick, C Rasmussen, M Greenwood, B Leutholtz, D Willoughby, & R Kreider. (2008). Effects of acute and 14-day coenzyme Q10

supplementation on exercise performance in both trained and untrained individuals. *Journal of the International Society of Sports Nutrition*, 5(8):1-14.

- 33) Green JM, PJ Wickwire, JR McLester, S Gendle, **G Hudson**, RC Pritchett, & CM Laurent. (2007). Effects of caffeine on repetitions to failure and perceived exertion during resistance training. *International Journal of Sports Physiology and Performance*, 2:250-259.

Scientific Presentations & Abstracts

Oral Presentations

*Denotes mentored student

- 1) Graves, RJ, SM Fruh, SG Williams, RC McDermott, CR Hauff, SM Sittig, **G Hudson**, SM Campbell, HR Hall, & TC Shaw. Connecting emotional health, hope, and healthy habits in undergraduate nursing students. Seminar Session at *The 31st International Nursing Research Congress: Transforming Global Nursing Research and Scholarship Through Connections and Collaborations*, Sigma, Abu Dhabi (virtual). July, 2020.
- 2) **Hudson GM**, J Hahn, Y Lu, J Zabal, & JV Danoff. Validity and practical utility of 3D body fat scanners. Symposium Session at the *Southeast Regional Chapter of the American College of Sports Medicine 46th Annual Scientific Meeting*, Chattanooga, TN. February 16th, 2018.
- 3) **Hudson GM**, K Sprow*, T Hannings*, & L DiPietro. Expression of strength and power relative to lean body mass impacts results of caffeine intervention. *Mid-Atlantic Regional Chapter of the American College of Sports Medicine 39th Annual Scientific Meeting*, Harrisburg, PA. November 4th, 2016.
- 4) Harbaugh B, J Kolbo, E Molaison, L Zhang, & **G Hudson**. A five year comparison of the prevalence of low-income preschooler overweight and obesity. *Sigma Theta Tau 22nd International Nursing Research Congress*, Cancun, Mexico. July 2011.
- 5) **Hudson G**, M Galbreath, R Chandran, J Wismann, M Serra, J Dove, C Boulton, P LaBounty, M Cooke, C Rasmussen, R Wilson, D Willoughby, M Greenwood, & R Kreider. Effects of a popular fitness and weight loss program in senior-aged women: leptin, ghrelin, and adiponectin levels. *National Strength and Conditioning Association Annual National Conference & Exhibition*, Las Vegas, NV, July 2008.

Poster Presentations

*Denotes mentored student

- 1) **Hudson G**, CR Hauff, AP Theodore*, & AM Zediker*. Body esteem is lower following body composition testing. *Southeast Regional Chapter of the American College of Sports Medicine 48th Annual Scientific Meeting*, Jacksonville, FL. February 14th, 2020.
- 2) **Hudson GM**, A Chandran*, & AD Garber*. Energy system specific analytical techniques for Wingate anaerobic capacity tests. *International Society of Sports Nutrition Annual Conference & Expo*, Clearwater, FL. June 9th, 2018.
- 3) **Hudson GM**, J Zabal, AD Garber*, LA Radman*, & JV Danoff. Air displacement plethysmography underestimates percent body fat compared to DXA. *Southeast Regional Chapter of the American College of Sports Medicine 46th Annual Scientific Meeting*, Chattanooga, TN. February 16th, 2018.
- 4) *Martin TD, MS Green, MT Whitehead, TP Scheett, MJ Webster, & **GM Hudson**. Effect of six weeks of *echinacea purpurea* supplementation on white blood cell count in recreationally active males with above average aerobic fitness. *National Strength and Conditioning Association 40th Annual National Conference & Exhibition*, Las Vegas, NV. July 13th, 2017.

- 5) *Sprow K, **GM Hudson**, T Hannings*, & L DiPietro. Caffeine withdrawal and acute consumption effects on reaction time and muscular strength, power, and endurance. *American College of Sports Medicine Annual Meeting*, Denver, CO. May 31st, 2017.
- 6) **Hudson GM**, K Sprow*, T Hannings*, & L DiPietro. Expression of strength and power relative to lean body mass impacts results of caffeine intervention. *American College of Sports Medicine Annual Meeting*, Denver, CO. May 31st, 2017.
- 7) *Sprow K, **GM Hudson**, T Hannings*, & L DiPietro. Caffeine withdrawal and acute consumption effects on reaction time and muscular strength, power, and endurance. *Mid-Atlantic Regional Chapter of the American College of Sports Medicine 39th Annual Scientific Meeting*, Harrisburg, PA. November 4th, 2016.
- 8) **Hudson GM**, T Hannings*, K Sprow*, & L DiPietro. Three days of caffeine consumption following caffeine withdrawal yields small strength increases in knee flexors. *International Society of Sports Nutrition Annual Conference & Expo*, Clearwater, FL. June 10th, 2016.
- 9) Lu Y, S Alsaleh, S Zhao, JK Hahn, **GM Hudson**, JV Danoff, & N Younes. A 3D method for human body modeling and composition assessment. *The George Washington University Research Days*, Washington DC. March 30th, 2016.
- 10) **Hudson GM**, T Hannings*, AJ Visek, & L DiPietro. Acute caffeine supplementation in regular caffeine consumers minimally affects strength in knee flexors. *The George Washington University Research Days*, Washington DC. March 30th, 2016.
- 11) *Hannings T, **GM Hudson**, AJ Visek, & L DiPietro. Four days of caffeine withdrawal in caffeine consumers lowers strength in knee flexors and extensors. *The George Washington University Research Days*, Washington DC. March 30th, 2016.
- 12) **Hudson GM**, T Hannings*, AJ Visek, & L DiPietro. Acute caffeine supplementation in regular caffeine consumers minimally affects strength in knee flexors. *Mid-Atlantic Regional Chapter of the American College of Sports Medicine 38th Annual Scientific Meeting*, Harrisburg, PA. November 2015.
- 13) *Martin TD, MS Green, MT Whitehead, TP Scheett, MJ Webster, & **GM Hudson**. Effect of six weeks of oral echinacea purpurea supplementation on endurance exercise performance. *National Strength and Conditioning Association Annual Conference & Exhibition*, Providence, RI. July 2013.
- 14) *Martin TD, MS Green, MT Whitehead, TP Scheett, MJ Webster, & **GM Hudson**. Effect of six weeks of oral echinacea purpurea supplementation on nitric oxide production. *International Society of Sports Nutrition Annual Conference & Expo*, Clearwater Beach, FL. June 2012.
- 15) *Martin TD, MS Green, MT Whitehead, TP Scheett, MJ Webster, & **GM Hudson**. Effect of six weeks of oral echinacea purpurea supplementation on erythropoiesis. *American College of Sports Medicine Annual Meeting*, San Francisco, CA. May 2012.
- 16) **Hudson GM**, LA Knecht*, CJ Tullos*, ER Buras*, BL Boleware*, JT Goetz*, DE Krzeminski*, AD Sample, and MJ Webster. Effects of 16wk fucoxanthin and puniic acid supplementation I: Body composition and hemodynamic changes. *American College of Sports Medicine Annual Meeting*, San Francisco, CA. May 2012.
- 17) *Boleware BL, LA Knecht*, **GM Hudson**, CJ Tullos*, ER Buras*, DE Krzeminski*, JT Goetz*, AD Sample, and MJ Webster. Effects of 16wk fucoxanthin and puniic acid supplementation II: Metabolism. *American College of Sports Medicine Annual Meeting*, San Francisco, CA. May 2012.
- 18) *Knecht LA, Tullos CJ*, **GM Hudson**, BL Boleware*, ER Buras*, AD Sample, and MJ Webster. Effects of 16wk fucoxanthin and puniic acid supplementation III: Serum lipids changes. *American College of Sports Medicine Annual Meeting*, San Francisco, CA. May 2012.

- 19) *Buras ER, **GM Hudson**, LA Knecht*, BL Boleware*, CJ Tullos*, AD Sample, and MJ Webster. Effects of 16wk fucoxanthin and puniceic acid supplementation IV: Markers of liver and kidney function. *American College of Sports Medicine Annual Meeting*, San Francisco, CA. May 2012.
- 20) **Hudson GM**, B Shelmadine, M Cooke, J Genovese, M Greenwood, and DS Willoughby. Resveratrol supplementation and changes in glucose, insulin, and mRNA expression following exercise in overweight females. *American College of Sports Medicine Annual Meeting*, Denver, CO. June 2011.
- 21) **Hudson GM**, BD Shelmadine, MB Cooke, J Genovese, M Greenwood, and DS Willoughby. Effects of trans-resveratrol supplementation on pAMPK in response to an oral glucose tolerance test and graded exercise test in overweight females. *Experimental Biology Annual Meeting*, Washington DC. April 2011.
- 22) **Hudson GM**, B Shelmadine, M Cooke, J Genovese, M Greenwood, and DS Willoughby. Resveratrol supplementation and changes in glucose, insulin, and mRNA expression following exercise in overweight females. *Southeastern Chapter of the American College of Sports Medicine Annual Meeting*, Greenville, SC. February 2011.
- 23) Buford TW, MB Cooke, BD Shelmadine, **GM Hudson**, LL Redd, and DS Willoughby. Biomarkers of sarcopenia from skeletal muscle biopsies in men. *Gerontological Society of America Annual Meeting*. New Orleans, LA. November 2010.
- 24) Cooke M, P LaBounty, T Buford, L Redd, **G Hudson**, B Shelmadine, and D Willoughby. Effects of protein ingestion and resistance exercise on skeletal muscle signalling pathways in untrained individuals. *American College of Sports Medicine Annual Meeting*, Baltimore, MD. June 2010.
- 25) Brabham B, T Buford, B Shelmadine, **G Hudson**, M McPheeters, J Moreillon, M Greenwood, R Kreider, D Willoughby, and M Cooke. Effects of creatine supplementation and resistance training on body composition and strength in older individuals. *American College of Sports Medicine Annual Meeting*, Baltimore, MD. June 2010.
- 26) Shelmadine B, B Brabham, **G Hudson**, T Buford, M McPheeters, J Moreillon, M Greenwood, R Kreider, and D Willoughby. Effects of creatine supplementation and resistance training on skeletal muscle hypertrophy in older individuals. *American College of Sports Medicine Annual Meeting*, Baltimore, MD. June 2010.
- 27) Buford TW, MB Cooke, LL Redd, BD Shelmadine, **GM Hudson**, DS Willoughby. Training status in older men affects transcriptional responsiveness following skeletal muscle damage. *American College of Sports Medicine Annual Meeting*, Baltimore, MD. June 2010.
- 28) **Hudson GM**, BD Shelmadine, MB Cooke, J Genovese, M Greenwood, and DS Willoughby. Effects of trans-resveratrol supplementation on mRNA expression of metabolically relevant proteins in response to an oral glucose tolerance test in obese females. *Experimental Biology Annual Meeting*, Anaheim, CA. April 2010.
- 29) Buford TW, MB Cooke, BD Shelmadine, **GM Hudson**, LL Redd, and DS Willoughby. Biomarkers of sarcopenia from skeletal muscle biopsies in men. *University of Florida Claude D. Pepper Spotlight on Research in Aging*, Gainesville, FL. March 2010.
- 30) Shelmadine B, M Cooke, T Buford, **G Hudson**, L Redd, B Leutholtz, and D Willoughby. Effects of 28 days of resistance exercise and consuming a commercially available pre-workout supplement, NO-Shotgun®, on body composition, muscle strength and mass, markers of satellite cell activation, and clinical safety markers in males. *International Society of Sports Nutrition Annual Meeting*, New Orleans, LA. June 2009.
- 31) Cooke MB, TW Buford, BD Shelmadine, **GM Hudson**, L Redd, C Curts, and DS Willoughby. The effects of eccentric treadmill exercise on skeletal muscle transcription of inflammatory-related genes. *American College of Sports Medicine Annual Meeting*, Seattle, WA. May 2009.

- 32) Buford TW, MB Cooke, L Redd, **GM Hudson**, BD Shelmadine, C Curts, and DS Willoughby. Dietary protease supplementation attenuates eccentric-exercise induced force production decrements by regulating leukocyte activity. *American College of Sports Medicine Annual Meeting*, Seattle, WA. May 2009.
- 33) Beavers K, M Serra, J Moreillon, **G Hudson**, B Shelmadine, J Jitomir, C Curts, E Deike, M Byrd, J Culbertson, P Leeke, F Vela, C Rasmussen, M Greenwood, J Campbell, J Beiseigel, S Jonnalagadda, and R Kreider. Comparison of two 10-week diet and exercise programs for weight loss in women. *Experimental Biology Annual Meeting*, New Orleans, LA. April 2009.
- 34) Serra M, K Beavers, J Moreillon, **G Hudson**, B Shelmadine, J Jitomir, C Curts, E Deike, M Byrd, J Culbertson, P Leeke, F Vela, C Rasmussen, M Greenwood, J Campbell, J Beiseigel, S Jonnalagadda, and R Kreider. Comparison of two ready-to-eat cereals as partial meal replacements in a 2-week weight loss plan. *Experimental Biology Annual Meeting*, New Orleans, LA. April 2009.
- 35) Kreider R, M Serra, J Moreillon, K Beavers, **G Hudson**, B Shelmadine, J Jitomir, C Curts, E Deike, M Byrd, J Culbertson, P Leeke, F Vela, C Rasmussen, M Greenwood, J Campbell, J Beiseigel, and S Jonnalagadda. A comparison of two weight maintenance programs following weight loss in women. *Experimental Biology Annual Meeting*, New Orleans, LA. April 2009.
- 36) Culbertson J, M Byrd, M Cooke, C Kirksick, B Campbell, C Wilborn, M Galbreath, R Li, M Ferreira, E Nassar, T Harvey, A Parker, T Courtney, J Dove, K Beavers, M Serra, J Jitomir, J Moreillon, S Simbo, R Chandran, **G Hudson**, C Curts, E Deike, M Iosia, C Rasmussen, M Greenwood, and R Kreider. Effects of the Curves[®] fitness & weight loss program on body composition & resting energy expenditure. *Experimental Biology Annual Meeting*, New Orleans, LA. April 2009.
- 37) Moreillon J, J Culbertson, M Byrd, J Wismann, M Galbreath, C Wilborn, L Taylor, B Campbell, E Nassar, J Dove, T Harvey, C Kirksick, P La Bounty, A Parker, M Ferreira, M Cooke, M Iosia, R Chandran, K Beavers, M Serra, J Jitomir, C Curts, E Deike, **G Hudson**, T Buford, B Shelmadine, C Rasmussen, M Greenwood, D Willoughby, and R Kreider. Effects of the Curves[®] fitness & weight loss program on markers of health & fitness. *Experimental Biology Annual Meeting*, New Orleans, LA. April 2009.
- 38) Rasmussen C, J Culbertson, R Li, M Ferreira, A Parker, J Jitomir, M Galbreath, M Serra, K Beavers, J Dove, B Shelmadine, **G Hudson**, C Curts, J Moreillon, M Byrd, E Deike, and R Kreider. Effects of the Curves[®] fitness & weight loss program in women with medically-managed conditions: body composition and resting energy expenditure. *Experimental Biology Annual Meeting*, New Orleans, LA. April 2009.
- 39) Byrd M, M Ferreira, R Li, A Parker, M Galbreath, J Jitomir, M Serra, K Beavers, J Dove, J Culbertson, **G Hudson**, B Shelmadine, C Curts, J Moreillon, E Deike, C Rasmussen, and R Kreider. Effects of the Curves[®] fitness & weight loss program in women with medically-managed conditions: training adaptations. *Experimental Biology Annual Meeting*, New Orleans, LA. April 2009.
- 40) Bowden RG, B Shelmadine, A Grothe, RL Wilson, T Buford, J Jitomir, J Moreillon, **G Hudson**, KM Beavers, DP Beavers, and D Willoughby. Changes in plasma homocysteine values after thirty days of creatine supplementation. *American Public Health Association Scientific Conference*, San Diego, CA. October 2008.
- 41) Buford T, M Cooke, **G Hudson**, B Shelmadine, L Redd, C Curts, B Walker, F Vela, and D Willoughby. The effects of prophylactic supplementation on markers of muscle damage prior to and following intense eccentric exercise: preliminary findings. *International Society of Sports Nutrition Annual Conference*, Las Vegas, NV. June 2008.
- 42) Nassar E, J Moreillon, **G Hudson**, B Shelmadine, J Culbertson, T Buford, R Kreider, and D Willoughby. Effects of ingesting a thermogenic/anti-inflammatory supplement while participating in a resistance training program on indices of body composition and metabolic, cardiovascular, muscular,

and hemodynamic function in overweight females. *International Society of Sports Nutrition Annual Conference*, Las Vegas, NV. June 2008.

- 43) Jitomir J, E Nassar, J Culbertson, J Moreillon, M Cooke, T Buford, **G Hudson**, and D Willoughby. VPX Meltdown[®] significantly increases energy expenditure and fat oxidation without affecting hemodynamic variables in a randomized, double-blind, cross-over clinical research trial. *International Society of Sports Nutrition Annual Conference*, Las Vegas, NV. June 2008.
- 44) Galbreath M, R Chandran, J Wismann, K Beavers, **G Hudson**, M Serra, R Li, J Jitomir, B Shelmadine, E Deike, E Nassar, A Parker, C Boulton, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, and R Kreider. Effects of the Curves[®] fitness and weight loss program in senior-aged women: body composition. *Annual Family Health Center Research Forum*, Waco, TX. May 2008.
- 45) Cooke MB, M Iosia, T Buford, B Shelmadine, **G Hudson**, C Kerksick, M Greenwood, C Rasmussen, and R Kreider. Effects of coenzyme Q10 supplementation on exercise performance in trained and untrained individuals. *American College of Sports Medicine Annual Meeting*, Indianapolis, IN. May 2008.
- 46) Galbreath M, R Chandran, J Wismann, K Beavers, **G Hudson**, M Serra, R Li, J Jitomir, B Shelmadine, E Deike, E Nassar, A Parker, C Boulton, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, and R Kreider. Effects of the Curves[®] fitness and weight loss program in senior-aged women: body composition. *Experimental Biology Annual Meeting*, San Diego, CA. April 2008.
- 47) Serra M, J Wismann, M Galbreath, R Chandran, K Beavers, **G Hudson**, R Li, J Jitomir, B Shelmadine, E Deike, E Nassar, A Parker, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, and R Kreider. Effects of the Curves[®] fitness and weight loss program in senior-aged women: resting energy expenditure. *Experimental Biology Annual Meeting*, San Diego, CA. April 2008.
- 48) Parker A, M Galbreath, E Deike, T Buford, E Nassar, B Shelmadine, C Boulton, J Dove, R Chandran, K Beavers, J Wismann, **G Hudson**, M Serra, J Jitomir, R Li, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, and R Kreider. Effects of the Curves[®] fitness and weight loss program in senior-aged women: training adaptations. *Experimental Biology Annual Meeting*, San Diego, CA. April 2008.
- 49) Shelmadine B, M Galbreath, R Chandran, K Beavers, **G Hudson**, M Serra, R Li, T Buford, J Jitomir, E Nassar, J Wismann, A Parker, E Deike, C Boulton, J Dove, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, and R Kreider. Effects of the Curves[®] fitness and weight loss program in senior-aged women: health markers. *Experimental Biology Annual Meeting*, San Diego, CA. April 2008.
- 50) Hartman J, M Galbreath, R Chandran, K Beavers, **G Hudson**, M Serra, R Li, J Jitomir, B Shelmadine, E Nassar, J Wismann, A Parker, E Deike, C Boulton, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, and R Kreider. Effects of the Curves[®] fitness and weight loss program in senior-aged women: quality of life. *Experimental Biology Annual Meeting*, San Diego, CA. April 2008.
- 51) Deike E, M Galbreath, J Hartman, M Serra, R Li, J Jitomir, B Shelmadine, T Buford, E Nassar, J Wismann, R Chandran, K Beavers, **G Hudson**, A Parker, C Boulton, J Dove, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, and R Kreider. Effects of the Curves[®] fitness and weight loss program in senior-aged women: body image & self-esteem. *Experimental Biology Annual Meeting*, San Diego, CA. April 2008.
- 52) Dove J, M Ferreira, M Galbreath, R Chandran, K Beavers, M Serra, R Li, J Jitomir, B Shelmadine, T Buford, E Nassar, J Wismann, **G Hudson**, A Parker, C Rasmussen, K Fredenburg, M Woody, R Wilson, R Kreider. Effects of a multi-component school-based intervention on health markers, body composition, physical fitness, and psychological measures in overweight adolescent females. *Experimental Biology Annual Meeting*, San Diego, CA. April 2008.
- 53) Fredlund K, T Buford, M Serra, J Jitomir, K Beavers, J Moreillon, E Deike, **G Hudson**, B Shelmadine, M Cooke, L Greenwood, A Byars, and M Greenwood. Comparison of water using two different water

filtration systems on indices of aerobic performance. *International Society of Sports Nutrition Annual Conference*, Las Vegas, NV. June 2007.

- 54) Nassar E, L Taylor, C Kerksick, B Campbell, C Wilborn, T Buford, **G Hudson**, T Harvey, M Cooke, C Rasmussen, D Willoughby, and R Kreider. Effects of the Curves® fitness & weight loss program V: leptin & insulin. *Experimental Biology Annual Meeting*, Washington D.C. April 2007.
- 55) **Hudson GM**, JM Green, P Bishop, and M Richardson. Effects of caffeine and aspirin on resistance training performance, RPE, and pain perception. *American College of Sports Medicine Annual Meeting*, New Orleans, LA. May 2007.
- 56) **Hudson GM**, JM Green, P Bishop, and M Richardson. Effects of caffeine and aspirin on resistance training performance, RPE, and pain perception. *Texas American College of Sports Medicine Annual Meeting*, Ft. Worth, TX. March 2007.

Professional Mentorship

University of South Alabama Research Mentoring Experience

Graduate Research Mentorship

- Kathryn Kennedy (2022). *An examination of sex-differences in quadriceps fatiguability during high- and low-intensity contractions*.
Master's Thesis. MS in Exercise Science. University of South Alabama.
Role: Thesis Committee Member
- Sydney Fleming (2021). *Time-course of neuromuscular responses to caffeine supplementation in females*.
Master's Thesis. MS in Exercise Science. University of South Alabama.
Role: Thesis Committee Member
- Brandon Funderburg (2019). *Validation a glycogen depletion protocol utilizing a rowing ergometer*.
Master's Thesis. MS in Exercise Science. University of South Alabama.
Role: Thesis Committee Member

Undergraduate Research Mentorship

- Ian Singley (2022). *A randomized, single-blind, deception study to determine the placebo effect induced by an inert, topical formulation*.
Honor's Thesis. BS in Exercise Science. University of South Alabama.
Role: Thesis Committee Member
- Christolyn Taylor (2022). *A deception study to determine the magnitude of the nocebo effect on exercise performance*.
Honor's Thesis. BS in Exercise Science. University of South Alabama.
Role: Thesis Committee Member
- Andrew Theodore (2019). *Effects of inhaled guarana on mental acuity, coordination, & reaction time*.
Honor's Thesis. BS in Exercise Science. University of South Alabama.
Role: Committee Member
- Keele Smith (2018). *Acute effects of neural gliding and dynamic stretching on hamstring flexibility and athletic performance in college basketball players*.
Honor's Thesis. BS in Exercise Science. University of South Alabama.
Role: Committee Member

George Washington University Research Mentoring Experience

Graduate Research Mentorship

- Cayley McClean (2016). *Effects of post-activation potentiation training on upper body power production in elite female athletes*.
Research Project Development. MS in Strength & Conditioning. The George Washington University.
Role: Faculty Mentor
- Kyle Sprow (2016). Project: Caffeine Effects on Anaerobic Power, Strength and Endurance using Isokinetic Dynamometry.
Research Assistantship. MPH in Physical Activity. The George Washington University.
Role: Research Supervisor & Faculty Mentor
- Tara Hannings (2015). *Effect of caffeine supplementation and withdrawal on anaerobic power, strength and endurance of the knee extensors and flexors using isokinetic dynamometry*.
Master's Thesis. MS in Strength & Conditioning. The George Washington University.
Role: Thesis Chair
- Steve Pazan (2014). *Plantar pressure, sway, and perceived comfort during static stance across three foot-insert conditions*.
Master's Thesis. MS in Strength & Conditioning. The George Washington University.
Role: Committee Member
- Paul Berry (2012). *Community strategies for improving health behaviors*.
Master's Thesis. MS in Strength & Conditioning. The George Washington University.
Role: Committee Member

Undergraduate Research Mentorship

- Anthony Garber (2017). *Advanced analyses of power output during Wingate tests*.
Senior Research Project. BS in Exercise Science. The George Washington University.
Role: Chair
- Leora Radman (2016). Project: AVATAR (Advanced Visualization of Anatomical Traits and Ratios) Body Composition Study.
Research Internship. BS in Exercise Science. The George Washington University.
Role: Internship Supervisor & Faculty Mentor
- Anthony Garber (2016). Project: AVATAR (Advanced Visualization of Anatomical Traits and Ratios) Body Composition Study.
Research Internship. BS in Exercise Science. The George Washington University.
Role: Internship Supervisor & Faculty Mentor
- Jen Kranjac (2016). *Public health campaign for promotion of muscle mass*.
Senior Research Project. BS in Exercise Science. The George Washington University.
Role: Faculty Reviewer
- Noelle Dorgham (2016). Project: Caffeine Effects on Anaerobic Power, Strength and Endurance using Isokinetic Dynamometry.
Research Internship. BS in Exercise Science. The George Washington University.
Role: Internship Supervisor & Faculty Mentor
- Jay Rampertaap (2016). Project: Caffeine Effects on Anaerobic Power, Strength and Endurance using Isokinetic Dynamometry.
Research Internship. BS in Exercise Science. The George Washington University.
Role: Internship Supervisor & Faculty Mentor
- Claire Haft (2014). *A nutrition guide for the female collegiate soccer player*.

Senior Project. BS in Exercise Science. The George Washington University.
Role: Faculty Reviewer

University of Southern Mississippi Research Mentoring Experience

Graduate Research Mentorship

- Tyler Martin (2011). *The effect of six weeks of oral echinacea supplementation on erythropoiesis, nitric oxide production, and exercise performance.*
Doctoral Dissertation. PhD in Exercise Physiology. The University of Southern Mississippi.
Role: Committee Member
- Benjamin Carr (2010). *Sodium bicarbonate supplementation improves hypertrophy-type resistance exercise performance.*
Doctoral Dissertation. PhD in Exercise Physiology. The University of Southern Mississippi.
Role: Committee Member

Undergraduate Research Mentorship

- Lisa Knecht (2011). *The effects of XanthigenTM supplementation on body weight, resting energy expenditure, and body composition in an obese population.*
Honors Research Project. BS in Exercise Science. The University of Southern Mississippi.
Role: Chair
- Emily Buras (2011). *Effects of XanthigenTM supplementation on body composition, serum markers of the Metabolic Syndrome, and hepatic enzyme levels in an obese population.*
Honors Research Project. BS in Exercise Science. The University of Southern Mississippi.
Role: Chair
- Bethany Boleware (2011). *Effects of a Supplement with Pomegranate Seed Oil and Brown Seaweed Extract on Body Composition and Resting Energy Expenditure.*
Research Internship. BS in Exercise Science. The University of Southern Mississippi.
Role: Internship Supervisor & Faculty Mentor
- Cody Tullos (2011). *Project: Effects of a Supplement with Pomegranate Seed Oil and Brown Seaweed Extract on Body Composition and Resting Energy Expenditure.*
Research Internship. BS in Exercise Science. The University of Southern Mississippi.
Role: Internship Supervisor & Faculty Mentor

Teaching Experience

Having taught a variety of subjects to a diverse group of students as a lecturer and tutor, I have gained valuable experience which enables me to explain difficult concepts in a manner that enhances the students' understanding, perspectives, and retention of the subject material. My teaching methods include integrated multimedia lectures, experiential learning experiences, and Socratic questioning and discussions.

Areas of Teaching Expertise:

- Exercise Physiology
- Nutritional Biochemistry
- Human Bioenergetics & Metabolism
- Sports Nutrition & Supplements
- Body Composition
- Exercise Testing & Prescription
- Muscle and Cardiorespiratory Physiology
- Strength & Conditioning

Courses Taught at the University of South Alabama, Mobile, AL

- Exercise Management for Chronic Diseases & Disabilities (KIN 571)
- Research Methods in Health, Kinesiology & Sport (KIN 505)
- Advanced Exercise Physiology (KIN 486)
- Exercise Physiology (KIN 476)
- Sport & Fitness Conditioning (KIN 474)
- Measurement & Evaluation in Health & Physical Education (KIN 381)
- Concepts of Health & Fitness (KIN 100)

Course Development at the University of South Alabama, Mobile, AL

- Research Methods in Health, Kinesiology & Sport (KIN 505)
 - *Substantially revised & converted to a fully online course format.*
- Advanced Exercise Physiology (KIN 486)
 - *Developed course and converted to a blended course format with interactive lab activities.*
- Sport & Fitness Conditioning (KIN 474)
 - *Converted to a Blended course format with interactive group & lab activities.*
- Measurement & Evaluation in Health & Physical Education (KIN 381)
 - *Substantially revised course with incorporation of practical group & lab activities.*

Courses Taught at The George Washington University, Washington, DC

- Advanced Exercise Physiology II (EXNS 6203 & 6203DE)
- Exercise Physiology I (EXNS 2111)
- Fundamentals of Nutrition for MPH@GW Distance Learning (PUBH 6619)
- Thesis Research (EXNS 6998)
- Thesis Seminar (EXNS 6261)
- Topics in Nutritional Biochemistry – Distance Learning (PUBH 6099)

Course Development at The George Washington University, Washington, DC

- Topics in Nutritional Biochemistry – Distance Learning (PUBH 6099)
 - *Developed the course for SPH graduate students and administered via Blackboard*
- Advanced Exercise Physiology II – Distance Learning (EXNS 6203DE)
 - *Developed fully online content to administer this class via Blackboard and Adobe Connect*
- Exercise Physiology I (EXNS 2111)
 - *Developed new laboratory experiences and engaging assignments*
- Fundamentals of Nutrition for MPH@GW Distance Learning (PUBH 6619)
 - *Section leader (Course Director: Allison Meni). Administered via 2U[®] platform.*
 - *Developed two learning modules on Caffeine and Dietary Supplements*

Courses Taught at The University of Southern Mississippi, Hattiesburg, Mississippi

- Physiological Principles of Resistance Training (HPR 471)
- Nutrition for Performance (HPR 304)
- Physiology of Aging & Chronic Disease (HPR 406)
- Pre-Internship for Exercise Science (HPR 310W)
 - *Substantially revised & converted to a writing-intensive course format.*
- Special Problems: Honors Research Supervision (HPR 492H)

Courses Taught at Baylor University, Waco, Texas

- Human Anatomy Lab (HP 1420)
- Human Physiology Lab (HP 1421)
- Exercise Physiology Lab (HP 2420)

Courses Taught at The University of Alabama, Tuscaloosa, Alabama

- Blount Undergraduate Initiative - Possibilities (BUI 102)
- Blount Undergraduate Initiative - Origins (BUI 101)
- Computer-based Math Education Lab
- Center for Teaching and Learning

Professional Service

Professional Committees

- Rural Obesity & Chronic Disease Task Force Member – National Rural Health Association (2022 – *present*)
- Editorial Review Board Member – *Nutrients Journal* (2021 – *present*)
- Guest Editor – *Nutrients Journal* Special Issue: How Do Gut Microbes Prevent Obesity? (2021)
- National Strength and Conditioning Association – Mississippi Chapter Advisory Board (2011 – 2012)
- Antonelli College Personal Fitness Training Program Advisory Board (2010 – 2012)

University of South Alabama Committees

- Member of the General Education Committee – University level (2021 – *present*)
- Member of the New Faculty Scholars Mentoring Circles – University level (2021 – *present*)
- Member of the CEPS Diversity, Equity, and Inclusion Council – College level (2021 – *present*)
- Chair of the CEPS Faculty Council – College level (2021 – 2022)
- Member of the HKS Tenure & Promotion Committee – Department level (2021 – *present*)
- Task Force Member of the "W" Course Assessment Workshop – University level (2021)
- Secretary & Chair-elect of the CEPS Faculty Council – College level (2020 – 2021)
- Exercise Science Program Coordinator – Department level (2020 – *present*)
- Faculty Advisor for Exercise Science Student Club – Department level (2020 – *present*)
- Faculty Advisor for ACSM Student Bowl Team – Department level (2020 – *present*)
- Reviewer for Baseline Logic Model Evaluation – South Alabama Research Development Office – University level (2019)
- Member of the Obesity Research Network – University level (2018 – *present*)
- CSCS Sponsor for the NSCA Education Recognition Program (2018 – *present*)
- Delegate from HKS to the CEPS Faculty Council – College level (2018 – 2022)
- Member of the CEPS Academic Standards Committee – College level (2017 – *present*)
- Member of the CEPS Recruitment and Retention Committee – College level (2017 – 2019)
- Member of the Exercise Science Program Curriculum Committee – Dept. level (2017 – *present*)

George Washington University Committees

- Center for Student Engagement: Faculty-in-Residence and Faculty Guide Group – University level (2016 – 2017)
- Chair of the search committee for a Lab Coordinator for the Exercise Science Laboratories — Department level (2016)
- GWSPH Graduate Admissions Committee – School level (2014 – 2017)
- GWSPH Scholarships Committee – School level (2014 – 2017)
- EXNS Graduate Assistantship Selection Committee – Department level (2014 – 2017)
- Exercise Science Laboratory Directors' Committee – Organizer – Department level (2014 – 2017)
- Director of the iSTART Community Testing Center at The George Washington University - Foggy Bottom Campus (2014 – 2017)
- Next Day Committee for GWSPH Building Transition – School level (2014)

- Search committee for a Lab Manager for the Exercise Science Laboratories – Department level (2014)
- Exercise Science Undergraduate Curriculum Committee – Department level (2013 – 2017)
- Exercise Science Undergraduate Curriculum Mapping Committee – Department level (2013 – 2014)

University of Southern Mississippi Committees

- College of Health Recognition & Awards Committee – College level (2011 – 2012)
- HPR Awards & Scholarship Committee – Chair – Department level (2011 – 2012)
- Lucas Endowment Faculty Excellence Award Committee – College level (2011)
- Campus Wellness Committee – University level (2011)
- Graduate Programs Restructuring Committee – Department level (2010 – 2011)
- Departmental Budget Committee – Department level (2010 – 2011)
- Tenure & Promotion Guidelines Committee – Department level (2010)

Invited Reviewer

Nutrients Journal

- Editorial Review Board Member (2021 – *present*)
- Special Issue Guest Editor: How Do Gut Microbes Prevent Obesity? (2021)
- Reviewer for *Nutrients Journal* (2020 – *present*; 11 reviews)

Journal of Obesity and Weight Loss

- Editorial Board Member (2015 – 2019)

American College of Sports Medicine

- Abstract reviewer for the ACSM Annual Conference (2015 – 2019, approx. 30 / year)
- Reviewer for *Medicine & Science in Sports & Exercise* (2015 – *present*; 3 reviews)

International Society of Sports Nutrition

- Abstract reviewer for the ISSN Annual Conference (2014 – 2015)
- Reviewer for the *Journal of the International Society of Sports Nutrition* (2012 – *present*; 18 reviews)

National Strength & Conditioning Association

- Abstract reviewer for the NSCA Annual Conference (2013 – *present*)
- Reviewer for the *Journal of Strength & Conditioning Research* (2012 – *present*; 4 reviews)

Additional invited peer reviews:

- *Applied Physiology, Nutrition, & Metabolism*
- *British Journal of Nutrition*
- *European Journal of Clinical Nutrition*
- *International Journal of Environmental Research and Public Health*
- *International Journal of Exercise Science*
- *International Journal of Molecular Sciences*
- *International Journal of Nutrition and Metabolism*
- *Journal of Physical Activity and Health*
- *Journal of the American Aging Association*

- *Journal of Nutrition, Health, & Aging*
- *Journal of Physical Activity and Health*
- *Journal of Sports Science and Medicine*
- *Life*
- *Perceivant: Concepts of Health & Fitness Textbook & Platform Reviewer*
- *Perceivant: Exercise Physiology Textbook & Platform Reviewer*
- *Wolters Kluwer Health Textbook review: Exercise Physiology: Integrating Theory and Application, 2nd edition by Kraemer, Fleck, and Deschenes*

University of South Alabama Related Service & Event Involvement

- USA Health COVID-19 Vaccination Event (Mar 6th, 2021)
- University of South Alabama Office of Community Engagement – Martin Luther King Jr. 2021 Week of Unity & Service – Food and Hygiene Drive for the Homeless (Jan 25th, 2021)
- Audiovisual Team Faculty Sponsor at SEACSM Conference (2020, 2022)
- Scholar-Athlete Breakfast with USA Athletics Dept. (Apr 9th, 2019) – Invited faculty guest of Samantha Wearren
- USA Week of Welcome Move-In Day & Tent Volunteer (Aug 2019)
- Faculty coordinator of the ACSM Undergraduate Scholar's Bowl team (2019 – *present*)
- Scholar-Athlete Breakfast with USA Athletics Dept. (Nov 7th, 2017) – Invited faculty guest of Matthew Weinhold

George Washington University Service

- Faculty coordinator of the ACSM Undergraduate Scholar's Bowl team (2015 – 2017)
- Editor for EXNS Department website (2015 – 2017)
- Director of the Exercise & Nutritional Biochemistry Laboratory (2014 – 2017)
- Departmental liaison for GWSPH events & newsletter submissions (2014 – 2017)
- Supervised and managed the graduate assistants that work in my laboratory spaces (2013 – 2017)
- Founded and managed the iSTART@GW (Integration of Specialized Testing with Applications for Research & Training) testing services in our DC labs. The iSTART services provide our graduate assistants with extra experience conducting exercise, metabolism and body composition testing while providing the community with access to these specialized tests as well as supplying the department with revenue (approx. \$50,000 annually) to offset equipment upkeep expenses. (2013 – 2017)
- Supervised the EXNS Laboratories Coordinator (2013 – 2017)
- Director of the Body Composition Laboratory (2013 – 2017)
- Director of the Exercise Physiology & Metabolism Laboratory (2013 – 2017)
- Coordinated and led training for EXNS Laboratory graduate assistants (2013 – 2017)
- Assisted in chaperoning the Exercise Science students at the Mid-Atlantic Regional ACSM Conference (2013 – 2017)
- Undergraduate academic advising (2013 – 2017)
- Member of the SPH Nutrition Collaborative Research Team (2012 – 2017)

University of Southern Mississippi University Related Service

- Restructured the Exercise Science undergraduate degree plan to incorporate more pre-professional requisite coursework (2011)
- Restructured the HPR 310: Pre-Internship for Exercise Science in order for the course to receive the Writing Intensive (GEC 07) designation and to better equip the Exercise Science students

with the writing, speaking, and professional development skills needed to succeed in their professional careers (2011)

- Faculty coordinator of the ACSM Undergraduate Scholar's Bowl team (2011 – 2012)
- Served in the capacity of the Graduate Program Director for the MS in Human Performance: Exercise Science emphasis at The University of Southern Mississippi to coordinate efforts to restructure and revive the program (2010-2012)
- Collected data (body composition changes) for the Lucky Day Scholar's Fitness Challenge (2010-2011)
- Collected body composition and strength data for the USM Baseball team (2010-2011)
- Coordinated and supervised Exercise Physiology Club events (i.e. SEACSM Annual Conference trips, charity fundraisers, and club-sponsored social events) (2010-2012)
- Served as faculty advisor for 50-60 undergraduate students during the advisement period of each semester (2009-2012)
- Coordinated renovations of the Laboratory of Applied Physiology and Exercise Biochemistry Laboratory (2009-2012)
 - Responsibilities included: procurement and organization of testing equipment and equipment for processing and storing biological samples; trained colleagues and students (graduate and undergraduate) on the proper use and maintenance of equipment; coordinated maintenance contracts and safety protocols with vendors, university facilities, and the University's Director of Science Safety

Community Involvement

- C-Sports Youth Basketball Coach (Fall 2022)
- C-Sports Youth Soccer Coach (Fall 2022)
- Westside Youth Baseball Coach (Spring 2020)
- CBS Sunday Morning special segment on Older Athletes. Helped with interviews and conducted exercise tests on a 91-year-old athlete that was the focus of the segment. (Feb 3, 2016; Aired Aug 7, 2016) Story: <http://publichealth.gwu.edu/content/senior-athletes-show-physical-fitness-achievable-any-age>
- Led "community groups" at DC Metro Church in Alexandria, VA (2013-2015)
- DC-GO: Supply the Need at DC Metro Church. Packed backpacks and donated school supplies for low-income children and schools (Aug 24, 2013).
- First Hattiesburg volunteer with various groups and events (2010 – 2012)
- Helped coordinate the "Sport Science" project for the Hattiesburg episode (Season 7, Episode 17) of Extreme Makeover: Home Edition (2009)
- Volunteered with various religious and community organizations in Waco, Texas and Hattiesburg, Mississippi (2006-2011)
- Mentored college students and coordinated programs to enhance their education and social interactions while I lived in the residence halls as a resident assistant, hall director, and Blount Junior Fellow (2002-2006)
- Weekly trained, directed, and led a different group of ~25 high-school students to organize and lead games, teach lessons, and mentor children in underprivileged areas (Summer 2003 & 2004)
- Taught, mentored, led games, and played guitar at a weekly outreach for underprivileged children (2001-2004)

Invited Presentations

Invited Moderator or Panelist

- National Strength & Conditioning Association Annual Conference – Jul 12th, 2019, Washington, DC. Session Chair
- “Pizza with Pre-Meds”: Panelist for a Faculty Guide event at Thurston Hall at GWU – Oct 4th, 2016.
- American College of Sports Medicine: Mid-Atlantic Regional Conference – Nov 7th, 2015. Moderator for the Master’s/Doctoral Student Oral Presentations.
- Grad Life Survival Guide Panel – Mar 15th, 2014. GWSPH Preview Day, The George Washington University.
- Judge for the STEM (Science, Technology, Engineering, and Mathematics) Science Fair – Feb 22nd, 2014. Yu Ying Elementary, Washington DC.
- Meet the Researcher Panel – Aug 21st, 2013. SPHHS Graduate Student Orientation, The George Washington University.
- PUBH 6335: Public Health and Law – Apr 24th, 2013. The George Washington University. Served as a special expert guest for a debate about FDA regulation of “safe” levels of sucrose and high-fructose corn syrup.
- American College of Sports Medicine: Southeastern Regional Conference – Feb 16th, 2013. Invited Chair of a Tutorial Session – Presentation Topic: “Trials and Tribulations of a Sports Dietician” – Speaker: Amanda Timberlake

Invited Presentations & Guest Lectures

- KIN 476: Physiology of Exercise – Jan 23rd, 2019. University of South Alabama. Presentation topic: “Neural Control of Muscle Movement”
- KIN 479: Fitness Assessments & Exercise Prescription – Aug 23rd-Sep 13th, 2019. University of South Alabama. Guest Lectures on unit conversions, pre-participation health screenings, and risk stratification guidelines.
- KIN 201: Orientation to Kinesiology – Feb 21st, 2022; Oct 9th, 2019; Mar 11th, 2019. University of South Alabama. Presentation topic: “Careers & Certifications in Exercise Physiology”
- **Hudson GM.** What Drives You? Caffeine and High-Intensity Exercise Performance. *Exercise and Nutrition Research Seminars*. April 5th, 2016.
- EXNS 4110: Current Issues – Feb 22nd, 2016. The George Washington University. Led research article discussion of “Effects of resistance exercise bouts of different intensities but equal work on EPOC” from Thornton and Potteiger.
- Led an exercise physiology lab demonstration for students in an applied sciences class from Washington Lee High School (Jan 15th, 2016)
- PUBH 6611: Nutrition Assessment – Jan 28th, 2016; Jan 29th, 2015. The George Washington University. Presentation Topic: “Body Composition Assessment Techniques”
- PUBH 6001: Biological Concepts in Public Health – April 12th, 2016; Oct 29th, 2015; Apr 1st, 2014; June 5th, 2014; Oct 16th, 2014; Mar 3rd, 2015. The George Washington University. Presentation Topic: “Nutrition and Physical Activity for Public Health”
- Exercise Physiology Lab Demonstration for Aiden Montessori School (Nov 2014)
- Hosted a Biology class from the School Without Walls at the Exercise Physiology Lab where they participated in different lab testing protocols and discussed the physiology of each. (March 5th, 2014)
- Fit to Win program at The Pentagon – Mar 4th, 2014. Presentation Title: “Recommendations for Optimizing Body Mass”

- SPH Exercise & Nutrition Research Seminar – Nov 26th, 2013. The George Washington University. Presentation Title: “Studies in Progress on the Effects of Supplements on Metabolism and Exercise Performance”
- LEGUS International Network of Law Firms Fall Symposium – Nov 8th, 2013. Willard Intercontinental Hotel, Washington DC. Presentation Topic: “Time Efficient Exercise Prescription Plans & Common Exercise Myths”
- Panamanian Sport Exchange Program – Apr 26th, 2013. The George Washington University. Presentation Title: “Practical Nutrition and Dietary Supplement Guidelines for Youth Athletics”
- EXSC 1103: Professional Foundations in Exercise Science – Oct 2nd, 2012 and Oct 1st, 2013. The George Washington University. Presentation Title: “Career Opportunities with Exercise Physiology”
- NFS 480: Current Issues in Nutrition and Food Systems – Mar 3rd, 2011 and Feb 28th, 2012. The University of Southern Mississippi. Presentation Title: “Nutritional Ergogenic Aids and Sport Performance”
- Science Café – Apr 24th, 2012 – University Libraries at The University of Southern Mississippi. Presentation Topic: “Exercise in a Pill / The Marathon Mouse” – Record attendance (90+)