

CURRICULUM VIATE

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Division of Food, Nutrition, Exercise Sciences
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CURRENT POSITION

Professor of Nutrition & Exercise Physiology

University of Missouri-Columbia

2018-present

- Teach undergraduate and graduate courses; mentor graduate students
- Departmental and divisional governance and vision
- Diversity, inclusion, and equity committees

Faculty Athletics Representative to the SEC and NCAA (0.5 FTE)

University of Missouri-Columbia

2017-present

- Responsible for institutional control of athletics, academic integrity, student-athlete welfare
- Faculty Athletics Representative on the NCAA Division I Board of Directors
- Faculty Athletics Representative Association President
- NCAA DI Track & Field/Cross-Country Oversight Committee
- NCAA Injury Surveillance Program Data Request Program Advisory Panel Member

MU Faculty Ombudsperson (0.49 FTE)

University of Missouri-Columbia

2023-present

- Serve as a designated neutral, whose major function is to provide informal assistance and impartial conflict/dispute resolution to the MU faculty
- Responsible for development of an educational program for faculty that facilitates access to existing resources and reporting mechanisms
- Positively impact institutional culture by identifying systemic issues

ACADEMIC EXPERIENCE AND EDUCATION

Associate Professor of Nutrition & Exercise Physiology

University of Missouri-Columbia

2006-2018

Assistant Professor of Nutritional Sciences

University of Missouri-Columbia

2000-2006

National Institutes of Health Postdoctoral Fellow in Maternal and Child Nutrition

Division of Nutritional Sciences, Cornell University, Ithaca NY

1997-2000

Doctor of Philosophy, Nutritional Sciences

Department of Nutritional Sciences, University of Wisconsin-Madison

1991-1997

Bachelor's of Science, Molecular Biology

College of Letters and Sciences, University of Wisconsin-Madison

1986-1991

CONFLICT RESOLUTION EXPERIENCE AND EDUCATION

Experience**Grievance Resolution Panel (0.25 FTE)**

University of Missouri-Columbia

2009-2023

- Process faculty grievances per [CRR 370.010](#) *Academic Grievance Procedures*
- Participate in [CRR 330.100](#) *Evaluation of Ability to Work* and [CRR 330.110](#) *Standards of Faculty Conduct*

Faculty Grievance Committee

University of Missouri-Columbia

2006-2009

- Served as hearing panel member
- Member of working group that revised process in CRR to the Academic Grievance Procedure

Equity Resolution Panel, member

University of Missouri-Columbia

2018-2023

- Resolution of Sexual Harassment under Title IX (CRR [600.030](#)) and Discrimination and Harassment ([600.040](#))

Certifications**International Ombuds Association Certified Organizational Ombuds**

2025

- The only certification credential offered for the organizational ombuds
- IOA sets the standard for excellence by establishing Standards of Practice, a Code of Ethics, and certifying Organizational Ombuds Practitioners (CO-OP®).

Gateway Equity Institute, Facilitator

2021

Gateway Equity Institute Inclusion Institute and Training of the Trainer covered interpersonal, intrapersonal and organizational conflicts from the perspective of social identities and constructs.

- The Inclusion Institute was a four-day intensive experience of full-immersion diversity, equity and inclusion training program during which I learned to understand and overcome my conscious and unconscious bias, learned about experiences of others with different identities and worked to bridge differences. I learned how, with love and concern, to critically view the world around me.
- In the 6-day Training of the Trainer course I learned theory, skills, and practice around diversity, equity and inclusion training to develop and deliver powerful educational opportunities within my organization.

FACULTY ATHLETICS REPRESENTATIVE SERVICE AND LEADERSHIP

NCAA Division 1 Board of Directors 2023-2027

NCAA DI Track & Field/Cross-Country Oversight Committee 2025-2029

NCAA Drug Test Appeals Committee 2020-present

NCAA Faculty Athletics Representative Association (FARA) 2020-present

The responsibilities of the FARA Executive Committee include: FARA Annual Meeting program development; consultation with NCAA President and other governance groups; and, input to FARA DI Administrative Committee (formerly D1 Council) Representative on proposed legislation

FARA Executive Committee Roles

- | | |
|---|-----------|
| • Executive Committee, FBS Representative | 2020-2022 |
| • FARA DI Vice President | 2022-2023 |
| | 2025-2026 |
| • FARA President-Elect | 2023-2024 |
| • FARA President | 2024-2025 |

NCAA Committee on Competitive Safeguards and Medical Aspects of Sport (CSMAS) 2020-2024

- The mission of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) is to provide expertise and leadership to the Association in order to promote a healthy and safe environment for student-athletes through research, education, collaboration and policy development.
- Chair of the Research Subcommittee whose major accomplishment was reinstating a revised Data Request Process by which investigators may submit research proposals that utilize data from the Injury Surveillance Program
- Member of the Administrative, Drug-Testing, Prevention and Performance Subcommittees

FACULTY ATHLETICS REPRESENTATIVE ACTIVITIES

I am the Faculty Athletics Representative (FAR) at the University of Missouri-Columbia, a member of the Southeastern Conference. My appointment is 50% FTE, which is indicative of the support from the Chancellor to be actively engaged with the Department of Intercollegiate Athletics (IAC) and integrally involved in the student-athlete experience. As FAR, my primary responsibilities per the National Collegiate Athletics Association and FARA are ensuring academic integrity, institutional control and student-athlete welfare. I am integrated into many areas within IAC and, as such, I am able to effect change that benefits the student-athlete via involvement in sport program administration, policy development and diversity, inclusion and belonging efforts.

Currently, collegiate athletics is experiencing transformational change at an unprecedented pace. Outcomes of litigation against the NCAA are a significant driver of these changes, including, most recently, approval of the House Settlement and changes to the [DI governance structure](#). Prior to these changes, the NCAA [Constitution](#) underwent a monumental revision that refined core values, focused on student-athlete well-being, and transferred organization control and legislative authority to each of the three divisions. The [DI Transformation Committee Report](#) contains concepts in three focus areas: 1) Elevating support for student-

athletes' mental, physical, and academic well-being; 2) Enhancing the Division championships experience for student-athletes; and, 3) Building a faster, fairer, and more equitable Division I.

I am fortunate to be in a national leadership role for faculty athletics representatives during this critical time for collegiate athletics. I currently serve as President and Executive Committee member of the Faculty Athletics Representatives Association (FARA), which is the national FAR organization supported by the NCAA. FARA organizes the annual FAR meeting and interfaces with the NCAA regarding academics and student-athlete welfare. In my leadership role with FARA, I have actively worked to build a strong collaboration with the IA FARs Association to ensure the faculty voice is heard regarding the primacy of academics and student-athlete welfare. In August 2023, I was elected to serve as FARA's representative and the only FAR on the [NCAA DI Board of Directors](#). The DI governance structure underwent significant revision in 2025, including creation of sport oversight committees; I was appointed to serve on the Track & Field/Cross-Country Oversight Committee.

I also had the privilege of serving in a national leadership role as the Sports Science representative to the [NCAA Committee on the Competitive Safeguards and Medical Aspects of Sport \(CSMAS\)](#) from 2020-2024. CSMAS recommends bylaw changes and policy changes for the betterment of student-athlete health and safety. During my service on CSMAS I was a member of all CSMAS Subcommittees: Research (Chair), Administrative, Prevention and Performance, and Drug-Testing. As Chair of the Research Committee, I participated in a working group with the DI Strategic Vision and Planning Committee that translated the health and safety concepts in the Transformation Committee Report and translate them into legislative proposals.

Institutional FAR Responsibilities: Campus and Department of Intercollegiate Athletics

Academic Integrity

- Academic integrity education
 - Student-athlete academic integrity training each semester using real-life case studies and skits
 - Education of athletics tutors and mentors on institutional academic integrity policy and NCAA academic misconduct rules each semester
 - Training for all athletics staff on institutional academic integrity policy and NCAA academic misconduct rules
 - Faculty education at Faculty Council, Dean's, Chair's, new faculty orientation
- Athletics academic policies: review and enhancement of new policies
- Independent study courses
- Grade-change review
- Course/major clustering
- Coordination with Provost's Director of the Office of Academic Integrity

Institutional Control

- Monthly meetings with the Chancellor to update him on self-reported NCAA/SEC rule violations, policy changes, other business
- Meet with Faculty Council once per semester
- Regular communication with Athletics Director
- Attend Athletics Leadership Team meetings

Student-Athlete Welfare

- Student-athlete experience survey
 - Design, administer and analyze results of the annual online survey

- Report results to Athletics Director, Chancellor, Athletics Senior Staff, Intercollegiate Athletics Committee, other support staff as needed, Student-Athlete Advisory Council
 - Work with Athletics Director and Sport Program Administrator (SPA) to develop plan to deal with issues identified
- Student-athlete end of season survey
 - Design, administer and analyze results of the annual online survey
 - Report results to Athletics Director, Chancellor, SPA, Head Coaches, other support staff as needed
 - Work with Athletics Director and SPA to develop plan to deal with issues identified
- Student-athlete exit interviews
 - Report results to Athletics Director, Chancellor, Athletics Senior Staff, Intercollegiate Athletics Committee
 - Meet with SPA and Head Coaches to review sport-specific results
- Transfer survey/exit interviews
 - Report results to Athletics Director, Chancellor, Athletics Senior Staff, Intercollegiate Athletics Committee
- Policy development
 - Drug-testing policy
 - Student-athlete conduct policy

Committees

- Search Committees
 - Athletics Director
 - Assistant AD Finance and Analytics
 - Assistant AD Compliance and Governance
 - Assistant AD for Student-Athlete Championship Experience
 - Head women's golf coach
 - Head women's volleyball coach
- Working groups/Committees
 - Student-Athlete Experience Group: weekly meetings
 - Tech Committee: weekly meetings to review technology purchase requests
 - Sports Science Committee: weekly meetings to discuss development of Sports Science Department

Department of Intercollegiate Athletics Leadership Team

- Culture
 - Participate in ongoing discussion of athletics department values
 - Integration of values into student-athlete and department surveys
- Policy development
 - Contribute to policy development, offer campus/faculty perspective
 - Education of relevant constituents regarding policy updates
 - Example: alcohol sales at athletic competitions
- Intercollegiate Athletics Department initiatives

University of Missouri Student-Athlete Research Oversight Committee (MUSAROC)

- Developed policies/procedures for this Chancellor-appointed Committee
- Review process, decision, notification of researchers, integration with Institutional Review Board
- Chair MUSAROC

- Run meetings
- Communicate with investigators
- Draft reports and other communications to investigators
- Report to Chancellor, Intercollegiate Athletics Committee, Faculty Council
- Attend meetings with Student-Athlete Advisory Council

Intercollegiate Athletics Committee

- Representative of SEC and NCAA to committee
- IAC Vice Chair
- Compliance Subcommittee chair
 - Work with Athletics Director for Compliance to form Subcommittee focus
 - Report on Compliance Subcommittee activities to IAC and write annual report for Chancellor

Intercollegiate Athletics Department of Performance Nutrition

- Nutrition education
 - Team presentations
 - Assist Director of Performance Nutrition
- Policy development
 - Dietary supplements
 - Body composition testing and DXA frequency

Student-Athlete Experience Evaluation

- End-of-season Student-athlete Survey
- Student-athlete Experience Survey
- Spirit Squad Annual Survey
- Golden Girls Annual Survey

Culture and Belonging Activities

- Member, Culture and Belonging group
- Gateway Equity Institute Facilitator for Social Justice Education

Sport Program Administration

- Work with Sport Program Administrators on:
 - Student-athlete exit interview results
 - Student-athlete end of season results
 - Student-athlete annual experience survey results
 - Time Management Plan annual review
 - Conduct expectations meetings
 - APR/GSR review

Southeastern Conference FAR Responsibilities

- Monthly virtual SEC FAR videoconference
- Fall SEC FAR in-person meeting, Atlanta, GA
- Winter SEC FAR in-person meeting, Nashville TN/Greenville SC
- Spring SEC FAR in-person meeting, Destin FL

National FAR Leadership and Professional Activities: Publications

Crawley J, Bruzina P. Consider FARS' perspective on new NCAA constitution. College Athletics and the Law. 2023 Mar;19(12):1-7.

National FAR Leadership and Professional Activities: National Presentations

- 2024 *Faculty Athletics Representative: Understanding the Role and Responsibilities*, NCAA Convention, Phoenix AZ, January 2024.
- 2023 *Understanding the NCAA's New Constitution from a FARA Standpoint*, NCAA Convention, San Antonio TX, January 2023.
- 2022 *Association-wide session: Transgender student-athlete participation policy*, FARA/DI Annual Meeting, Indianapolis IN, November, 2022.
- DI session: Getting off the ground as a FAR*, FARA/DI Annual Meeting, Indianapolis IN, November 2022.
- 2021 *Understanding Student-Athlete Identity: Bridging the Gap between Student-Athletes and FARs*, virtual presentation, Monday, May 3, 2021.
- D1 Session: Let's Learn Together*. FARA/D1 FAR Annual Meeting, virtual, September 30-October 1, 2021.
- D1 Session: The FAR Role with Compliance and Infractions*, FARA/D1 FAR Annual Meeting, virtual, September 30-October 1, 2021.
- Association-wide Session: NIL Challenges for FARs, a Panel Discussion with Q&A*, FARA/D1 FAR Annual Meeting, virtual, September 30-October 1, 2021.
- 2020 Living through an NCAA academic misconduct case, General Session, N4A, Las Vegas, NV, June 2020.
- Academic Misconduct Panel Member, NACDA, Las Vegas, NV, June 2020.
- 2019 *Academic Misconduct*, FARA/D1 FAR Annual Meeting, Seattle, WA, November 2019.
- FAR Mentor NCAA D1 FAR Training Institute, Seattle, WA, November 2019.
- NCAA Webinar, *Biometrics in Intercollegiate Athletics*, December 2019.

Professional Development

- 2024 FARA/DI FAR Annual Meeting, Dallas, TX, November 2024.
- NCAA Convention Education Sessions, Phoenix AZ, January 2024.
- 2023 FARA/DI FAR Annual Meeting, Indianapolis, IN, November 2023.
- NCAA Convention Education Sessions, San Antonio, TX, January 2023.
- 2022 *Cannabis in Collegiate Athletics*, NCAA Sport Science Institute, Indianapolis, IN, December 2022.
- FARA/DI FAR Annual Meeting, Indianapolis, IN, November 2022.
- 2021 FARA/DI FAR Annual Meeting, virtual, November 2021.

- 2020 FARA/DI FAR Annual Meeting, virtual, November 2020.
- 2019 NCAA Regional Rules Seminar, Denver, CO, June 2019.
 NCAA Data Summit, Indianapolis, IN, May 2019.
 FARA/DI FAR Annual Meeting, Seattle, WA, November 2019.
- 2018 FARA/DI FAR Annual Meeting, November 2018.
 NCAA D1 FAR Training Institute, Indianapolis, IN, May 2017.
- 2017 FARA/DI FAR Annual Meeting, Atlanta, GA, November 2017.

FACULTY OMBUDSPERSON ACTIVITIES

The [University of Missouri Faculty Ombudsperson](#) office was officially established July 1, 2023 to exclusively serve tenure-track and non-tenure-track faculty. The MU Faculty Ombudsperson serves as a designated neutral whose major function is to provide informal assistance and impartial conflict/dispute resolution to the University's faculty. The ombudsperson is a safe, confidential and free resource available to all tenure-track and non-tenure track faculty. Faculty who utilize the ombudsperson are protected from retribution and retaliation. The aim of the Ombudsperson's work is to positively impact the well-being of faculty and the climate of MU enabling faculty to thrive.

Responsibilities

Assist visitors in resolving disputes

- Provide impartial conflict resolution services to faculty members of the campus community.
- Assist visitors in clarifying issues and generating options for resolution.
- Facilitate the visitor's assessment of the pros and cons of possible options.
- Follow up as appropriate to determine outcome and further need of assistance.
- If the visitor chooses and with visitor permission, consult with all parties to clarify and analyze problems, focus discussions, and develop a mutually satisfactory process for resolution.
- When appropriate, with permission of all involved and at request of the visitor, facilitate group meetings, use shuttle diplomacy, or negotiation skills to facilitate communication among parties in conflict.

Inform visitors of organizational policies and procedures

- Assist visitors in obtaining and providing relevant information regarding university policies and procedures.
- Develop an educational program by gathering internal resources from other offices and existing reporting mechanisms and institutional process, and make this information accessible to faculty.

Refer visitors to appropriate internal and/or external resources/processes

- Whenever possible and appropriate, provide visitor with referrals to other resources and processes, such as Title IX, the Office of Institutional Equity, the Office of Internal Audit and Compliance, Human Resources and the Office for Equal Opportunity and Affirmative Action, the Office of the General Counsel, Campus Police Department, and other resources available on or off campus.

Identify problematic trends/issues/systemic matters

- Provide upward feedback, critical analysis of systemic needs for improvement, and make systems-change recommendations.
- Provide early warning of new areas of concern.

- Provide ongoing education and communication about the Ombudsperson office's role to all potential inquirers as well as to campus leadership.

Adhere to International Ombuds Association Standards of Practice

- The MU Faculty Ombudsperson is a member of the International Ombuds Association (IOA), and upholds the IOA Standards of Practice of informality, independence, impartiality and confidentiality.
- The Ombudsperson does not give notice to the institution except, as required by law, the Ombudsperson is deemed a Title IX and Equity mandated reporter.

Professional Development

2024 *National Equity Project*, International Ombuds Association

Healing Trauma with Compassion-Based Approaches, Compassion in Therapy/Awake Network

International Ombuds Association September Symposium: Organization as Visitor, International Ombuds Association

2023 *International Ombuds Association Foundations Course*, International Ombuds Association

Cultural Understanding for the Ombuds, IOA Core Course

Mediation, IOA Core Course

Resilience Coaching, IOA Webinar

Trauma-informed ombuds practice, IOA Webinar

Workplace Bullying, IOA Webinar

Transforming Visitor Conversations from a DEIB Lens, IOA Webinar

Professional Organizations

2023-present International Ombuds Association

RESEARCH ACTIVITIES

On July 1, 2023 I was appointed as MU's Faculty Ombudsperson, which is an administrative appointment at 49% effort, while continuing the Faculty Athletics Representative service activity at 50% effort. In my role as Faculty Athletics Representative, I report to the Chancellor, and as Faculty Ombudsperson I report to the Provost.

Research Interests

The general focus of my research program during my twenty-four years as a faculty in the Department of Nutrition and Exercise Physiology has been the effects of energy balance on metabolic and bone health. My completed research projects have focused on the effects of energy balance on bone and the possible therapeutic use of nutrition and physical activity to maintain bone health in various populations, including: male and female athletes; sedentary, overweight/obese adults undergoing weight reduction; and, middle-aged men with low bone mass for age. We also have investigated the cellular mechanisms and signaling pathways by which obesity and type 2 diabetes cause bone to become fragile using an animal model of

hyperphagic obesity. We have explored the therapeutic potential of exercise, caloric restriction, and soy-protein-based diets as “treatments” for diabetic bone fragility.

Publications: Peer-reviewed journal articles

*author is an undergraduate or graduate student

†corresponding author

*Dirkes RK, Welly RJ, Mao J, Kinkade J, Vieira-Potter VJ, Rosenfeld CS, **Bruzina PS**[†]. Gestational and lactational exposure to BPA, but not BPS, negatively impacts trabecular microarchitecture and cortical geometry in adult male offspring. *Bone Rep.* 2021 Nov 3;15:101147. doi: 10.1016/j.bonr.2021.101147. eCollection 2021 Dec. PMID: 34820485 **Free PMC article.**

*Dirkes RK, Welly RJ, Mao J, Kinkade J, Vieira-Potter VJ, Rosenfeld CS, **Bruzina PS**[†]. Gestational and lactational exposure to BPA or BPS has minimal effects on skeletal outcomes in adult female mice. *Bone Rep.* 2021 Oct 1;15:101136. doi: 10.1016/j.bonr.2021.101136. eCollection 2021 Dec. PMID: 34632005 **Free PMC article**

*Dirkes RK, Winn NC, Jurrissen TJ, Lubahn DB, Vieira-Potter VJ, Padilla J, **Hinton PS**[†]. *Int J Mol Sci.* 2021 Feb 9;22(4):1734. doi: 10.3390/ijms22041734. PMID: 33572215 **Free PMC article.**

*Dirkes, R.K., Winn, N.C., Jurrissen, T.J., Lubahn, D.B., Vieira-Potter, V.J., Padilla, J., **Hinton, PS**[†]. Global estrogen receptor- α knockout negatively alters femoral cortical geometry, but improves trabecular microarchitecture, in aged male mice. *FACETS*, February 2020. DOI: 10.1139/facets-2019-0043.

*Dirkes, R.K., Richard, M.W., Meers, G.M., Butteiger, D.N., Krul, E.S., Thyfault, J.P., Rector, R.S., **Hinton, P.S.**[†] Soy protein isolate is not detrimental to skeletal development in spontaneously hyperphagic, adolescent male Otsuka Long Evans Tokushima Fatty rats. *Current Developments in Nutrition*, 2018, <https://doi.org/10.1093/cdn/nzy010>.

Hinton, P.S.[†], Richard, M.W., Ortinau, L.C., Zidon, T.A., Vieira-Potter, V. Long-term feeding of a soyprotein-based diet improves trabecular and cortical bone outcomes in low-fit, intact and ovariectomized female rats. *Bone Reports*, 2018, May 18:244-254.

Dannecker, E.A., and **Hinton, P.S.** Comparison of effort, pain, and unpleasantness during eccentric and concentric isokinetic contractions: methods of controlling for contraction intensity. *Eur J Appl Physiology*, 2017, Submitted.

*Ortinau, L.C., Linden, M.A., Rector, R.S., **Hinton, P.S.**[†] Obesity and Type 2 Diabetes, not a high-fat , high-sucrose diet, negatively impacts bone outcomes in the Otsuka Long Evans Tokushima Fatty rat. *Bone*, 2017, Dec;105:200-211. doi: 10.1016/j.bone.2017.09.003. Epub 2017 Sep 9.

*Ortinau, L.C., Linden, M.A., Rector, R.S., **Hinton, P.S.**[†] Exercise initiated after the onset of insulin resistance improves trabecular microarchitecture and cortical bone biomechanics of the tibia in hyperphagic Otsuka Long Evans Tokushima Fatty rats. *Bone*, 2017, 103:188-199.

*Ortinau, L.C., Linden, M.A., Rector, R.S., **Hinton, P.S.**[†] Exercise improves bone strength to a greater extent than caloric restriction in hyperphagic OLETF rats. *Appl Physiol Nutr Metab.*, May 1. doi: 10.1139/apnm-2017-0077. [Epub ahead of print].

Dirkes, R., Ortinau, L.C., Rector, R.S. Olver T.D, **Hinton, P.S.**[†]. Effects of exercise on basal and insulin-stimulated bone blood flow in hyperphagic insulin resistant OLETF rats. *J. Bone Min. Res Plus*, Accepted manuscript online: 12 MAY 2017, DOI: 10.1002/jbm4.10007.

Hinton, P.S.[†], Nigh, P., Thyfault, J.P. Serum sclerostin decreases following 12 months of resistance- or jump-training in men with low bone mass. *Bone*, 96:85-90, 2017.

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Hinton, P.S.[†] An exercise prescription to increase bone mineral density in men with low bone mass: evidence for resistance training. *Lower Extremity Review*, March, 2016.

Hinton, P.S.[†], Nigh, P., Thyfault, J.P. Effectiveness of resistance training or jumping-exercise to increase bone mineral density in men with low bone mass: a 12-month randomized, clinical trial. *Bone*, 2015 Oct;79:203-12. doi: 10.1016/j.bone.2015.06.008. Epub 2015 Jun 16., 2015.

Hinton, P.S.[†], Shankar, K., Eaton, L., Rector, R.S. Obesity-related changes in bone structural and material properties in hyperphagic OLETF rats and protection by voluntary wheel running. *Metabolism*, 2015, doi:10.1016/j.metabol.2015.04.004 (Epub ahead of print).

Branson, R.*, **Hinton, P.S.**[†] College students' knowledge and attitudes towards eating disorders in males. *J FoodNutri*, 2(3): 015, 2015.

Mavrakakis, Y.*, Jian, J., Ortinau, L.C., **Hinton, P.S.**[†] Associations between serum ferritin and markers of glucose homeostasis and inflammation in overweight young women. *Austin J Nutri Food Sci*, 2:1046, 2014.

Jiang, J., Boyle, L.J., Thyfault, J.P., **Hinton, P.S.**[†] Effects of statin treatment with or without exercise on bone health in overweight, middle-aged adults. *Metabolism*, 63:498-408, 2014.

Strope, M.*and **Hinton, P.S.**[†] Physical activity-associated bone loading during adolescence and young adulthood is positively associated with adult bone mineral density in men. *Am J Men's Health*, Sep 18. pii: 1557988314549749. [Epub ahead of print], 2014.

Hinton, P.S.[†] Iron and the endurance athlete. *Applied Physiology Nutrition and Metabolism*, 39:1012-1018, 2014.

Carter, M.I., **Hinton, P.S.**[†] Physical activity and bone health. *Mo Med*. 2014 Jan-Feb;111(1):59-64. Review.

Oberlin, D.J., Mikus, C., Kearney, M.L., **Hinton, P.S.**, Leidy, H.J., Kanaley, J.A., Rector, R.S., Thyfault, J.P. Changes in postprandial glycemic control following one bout of exercise in volunteers with type 2 diabetes. *Med Sci Sports Exerc*, 46:32-38, 2014.

Hinton, P.S.[†] Iron and exercise update. *Sports, Cardiovascular and Wellness Nutritionists' Pulse*, 2013.

Eaton, L.S. and **Hinton, P.S.**[†] Current exercise training volume and energy expenditure are associated with increased risk of recent fracture in physically active men. *Journal of Athletic Medicine*, 1:56-64, 2013.

Hinton, P.S.[†], Rector, R.S., Linden, M.A., Warner, S.O., Dellsperger, K.C., Chockalingam, A., WhaleyConnell, A.T., Liu, Y., and Thomas, T.R. Weight-loss-associated changes in bone mineral density and bone turnover persist after partial weight regain with or without aerobic exercise in obese women. *Eur J Clin Nutr*, 66:606-612 2012.

Hinton, P.S.[†] Reply to Scott, Sale, Greeves, and Fraser. *J Appl Physiol.* 112:330, 2012.

Hinton, P.S.[†], Johnstone, B., Blaine, E., Bodling, A. Effects of current exercise and diet on late-life cognitive health of former college athletes. *Phys Sportsmed.*39:11-22, 2011.

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Dirkes, R.K*, Welly, R.J., Mao, J., Kinkade, J., Vieira-Potter, V.J., Rosenfeld, C.S., **Bruzina, P.S.** Gestational Bisphenol-A Exposure Negatively Impacts Trabecular Microarchitecture and Cortical Geometry in Male, but not Female, Adult Offspring. American Society of Bone and Mineral Research, Virtual Meeting, 2020.

Dirkes, R.K.*, Weiss, ED, Welly, R.J., Mao, J., Kinkade, J., Vieira-Potter, V.J., Rosenfeld, C.S., **Bruzina, P.S.** Impact of maternal exercise on cortical geometry and trabecular microarchitecture in mouse offspring. American College of Sports Medicine, Annual Meeting, 2020.

Dirkes, R.K.*, Winn, N.C., Jurrissen, T.J., Lubahn, D.B., Vieira-Potter, V.J., Padilla, J. Hinton, P.S. Voluntary Wheel Running Partially Compensates for the Effects of Global Estrogen Receptor- α Knockout on Cortical Bone in Young Male Mice. American Society of Bone and Mineral Research, Annual Meeting, Orlando, FL, 2019.

Hinton, P.S., Dirkes, R.K. Differential effects of ER α knock out on cancellous and cortical bone are associated with altered sclerostin expression in aged male mice. ASBMR Annual Meeting, Montreal, Quebec, Canada, 2018.

Dirkes, R.K., Ortinau, L.C., Linden, M.A., Rector, R.S., Hinton, P.S. Serum bone turnover markers are altered early, but cortical geometry, trabecular microarchitecture, and biomechanical strength of the femur are altered later in the hyperphagic OLETF rat model of obesity and type 2 diabetes. Orthopedic Research Society Midwest Musculoskeletal Workshop, Washington University, Saint Louis, MO, 2017.

Hinton, P.S., Dirkes, R.K., Olver, D.T. "Type 2 Diabetes Impairs Insulin-Stimulated Blood Flow in Femur and Lumbar Vertebra of Hyperphagic OLETF Rats" (ID: A17017277) has been selected to be presented as a poster presentation at the ASBMR Symposium: Current Concepts in Bone Fragility – From Cells to Surrogates, Denver, CO, 2017.

Hinton, P.S., Dirkes, R.K., Olver, D.T. "Type 2 Diabetes Impairs Insulin-Stimulated Blood Flow in Femur and Lumbar Vertebra of Hyperphagic OLETF Rats" (ID: A17017277) at the ASBMR Welcome Reception and Plenary Poster Session. Plenary Posters are highly ranked posters presented at the ASBMR Annual Meeting. ASBMR Annual Meeting, Denver, CO, 2017.

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Carter, M.I., Thyfault, J.P., Sinak, T.P., Nigh, P., Eaton, L., Hinton, P.S. Exploring the Relationship between Changes in Bone Mineral Density, Lean Body Mass, and Hormones in Active, Adult Males with Osteopenia after a 12-month Exercise Intervention. YOUNG INVESTIGATOR AWARD. American Society for Bone and Mineral Research Annual Meeting, October 2013, Baltimore, MD.

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Rogers,R.S., Widzer, M.O., Dawson, A., Thyfault, J.P., Hinton, P.S. The acute effects of a single bout of resistance training or plyometrics on hormones and markers of bone turnover. Central States ACSM Annual Meeting, November 2009, Columbia, MO 65211.

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Widzer,M.O., Rogers, R.S, Dawson, A.W., and Hinton, P.S.. Fed and fasted effects of plyometric vs. resistance exercise on hormones and bone turnover markers. National Annual Meeting, American College of Sports Medicine, 2009, Seattle, WA.

Loethen, J.V., Rector, R.S., Ruebel, M.L., Thomas, T.R., Hinton, P.S.. Effects of weight-bearing and nonweight bearing exercise on markers of bone turnover during short-term weight loss in overweight premenopausal women. National Annual Meeting, American College of Sports Medicine, 2008, Indianapolis, IN.

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Viele, V.A., Rector, R.S., Thomas, T.R., Hinton, P.S. Effects of weight loss via exercise and energy restriction on markers of bone turnover in overweight adults. Nutrition Emphasis Week, Dept. of Nutritional Sciences, Univ. of Missouri, Columbia, MO, 2005.

Hinton, P.S., Peppers, J.E., Rector, R.S., Hillman, L.S. Effects of exercise-associated menstrual disorders and hormonal contraceptive use on markers of inflammation and endothelial dysfunction. American College of Sports Medicine Central States Chapter Annual Meeting, Kansas City, MO, 2005.

Imhoff, R.D., Hillman, L.S. and Hinton, P.S. Effects of exercise-induced menstrual dysfunction on bone mineral density in young women. Experimental Biology, American Society for Nutritional Sciences, San Diego, CA, 2005.

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Brannan, M.E., Hinton, P.S. and Beck, N.C. An examination of eating behaviors of collegiate athletes. Poster session presented at the annual meeting of the Association for the Advancement of Applied Sport Psychology, Philadelphia, PA, 2003.

Hinton, P.S. and Beck, N.C. Nutrient intakes of male and female collegiate athletes with disordered eating. *Nutrition Emphasis Week*, Dept. of Nutritional Sciences, Univ. of Missouri, Columbia, MO, 2003.

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Hinton, P.S. and Olson, C.M. Behavior-specific self-efficacy predicts postpartum changes in exercise and food intake. Presented at the Missouri Symposium on Women's Health Research, MU School of Medicine, University of Missouri-Columbia, 2001.

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Hinton, P.S., Peterson, C.A., Lo, H.C., McCarthy, D. and Ney, D.M. Insulin-like growth factor-I coin fused with total parenteral nutrition solution enhances immune function in dexamethasone-treated or surgically-stressed rats. *FASEB J* 9:5001, 1995.

Lo, H.C., Hinton, P.S., Peterson, C.A. and Ney, D.M. Anabolic response to concurrently administered recombinant human insulin-like growth factor-I and/or growth hormone during total parenteral nutrition in surgically-stressed rats. *FASEB J* 9:5002, 1995.

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Hinton, P.S., Hirvonen, M.D., Keeseey, R.E. and Ney, D.M. GH and IGF-I levels in lateral - hypothalamically (LH) lesioned rats maintaining reduced body protein mass. North American Association for the Study of Obesity (NAASO) Meeting, Milwaukee, WI, October 1993.

Publications: *Invited Reviews*

Hinton, P.S. Prevention of Heat-Related Illness. *Sports Medicine Handbook*, NCAA, 2020, in press.

Hinton, P.S. Exertional Rhabdomyolysis. *Sports Medicine Handbook*, NCAA, 2020, in press.

Hinton, P.S. Relative Energy Deficiency Syndrome. *Sports Medicine Handbook*, NCAA, 2020, in press.

Hinton, P.S. An exercise prescription to increase bone mineral density in men with low bone mass: evidence for resistance training. *Lower Extremity Review*, 2016.

Carter, M.I., Hinton, P.S. Physical activity and bone health. *Missouri Medical Review*, 2014.

Hinton, P.S. Iron and the endurance athlete. *Applied Physiology, Nutrition, and Metabolism*, 2014.

Hinton, P.S. Iron deficiency in athletes: the role of interleukin-6 and hepcidin. *SCAN Pulse*, 2013.

Hinton, P.S. Do-it-yourself nutrition. *ACSM Health and Fitness Journal*, 2012.

Hinton, P.S. Vegetarian nutrition. *ACSM Health and Fitness Journal*, 2011.

Hinton, P.S. Iron deficiency. *ACSM Health and Fitness Journal* 10:12-18, Sept/Oct, 2006.

Hinton, P.S. Iron deficiency in athletes. *Training and Conditioning*, Nov/Dec, 2005.

Hinton, P.S. Under-eating in collegiate athletes. *Training and Conditioning*, Sept/Oct, 2005.

Hinton, P.S. Nutrient intakes of collegiate male and female athletes with disordered eating. *Research Brief*, Sports, Cardiovascular, and Wellness Nutrition Practice Group of the American Dietetics Association, January, 2006.

Publications: *Book Chapters*

Hinton, P.S. Bone Health in Men: Osteoporosis. *Men's Health: Global Perspectives, Current Trends and Selected Research*, Nova Science Publishers, 2017.

Hinton, P.S. Iron and Zinc. *Nutrition and the Female Athlete-- From Research to Practice*, K. Beals, editor, CRC Press, 2013.

Hinton, P.S. Sports Nutrition. *Nutrition Throughout the Lifecycle—An Evidence-based Approach, Second Edition*, S. Edelstein and J. Sharlin, eds., Jones & Bartlett Publishers, 2013.

Hinton, P.S. Adolescent Nutrition. *Nutrition Throughout the Lifecycle—An Evidence-based Approach, Second Edition*, S. Edelstein and J. Sharlin, eds., Jones & Bartlett Publishers, 2013.

Hinton, P.S. Eating Disorders. *Nutrition Throughout the Lifecycle—An Evidence-based Approach, Second Edition*, S. Edelstein and J. Sharlin, eds., Jones & Bartlett Publishers, 2013.

Hinton, P.S. Running on Empty. *The Nutrition Edge*, Susan Kundrat, editor, Momentum Media Sports Publishing, 2010.

Hinton, P.S. Sports Nutrition. *Essentials of Life Cycle Nutrition*, S. Edelstein and J. Sharlin, eds., Jones & Bartlett Publishers, 2010.

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Hinton, P.S. Eating Disorders. *Essentials of Life Cycle Nutrition*, S. Edelstein and J. Sharlin, eds., Jones & Bartlett Publishers, 2010.

Hinton, P.S. Sports Nutrition. *Nutrition Throughout the Lifecycle—An Evidence-based Approach*, S. Edelstein and J. Sharlin, eds., Jones & Bartlett Publishers, 2008.

Hinton, P.S. Adolescent Nutrition. *Nutrition Throughout the Lifecycle—An Evidence-based Approach*, S. Edelstein and J. Sharlin, eds., Jones & Bartlett Publishers, 2008.

Hinton, P.S. Eating Disorders. *Nutrition Throughout the Lifecycle—An Evidence-based Approach*, S. Edelstein and J. Sharlin, eds., Jones & Bartlett Publishers, 2008.

Hillman, L.S., Hinton, P.S., Peterson, C.A., Thomas, T.R., Sun, G.Y., Hillman, R. and Raedeke, M.D. Nutrition. *Cardiovascular Diseases in Women*, H.N. Winn and K.C. Dellsperger, eds., Taylor & Francis Books Ltd., Oxford, U.K.

Publications: **Curriculum**

Curriculum Development Team, MU Extension, *Sports Nutrition*, 2015

Lay media reports

Our work has relevance and applicability to the general public, it and has been reported on by international and national news outlets, including those listed below. Our clinical trial of resistance training and jump training is going to be featured in an 8-episode documentary on the human body by Japanese Public television (NHK) 2018.

Ag Day

ArthritisResearchuk.org

Bicycling Magazine

BMDreport.com Columbia

Tribune

comocyco.blogspot.com

cyclingnews.com

DailyNewsandAnalysis.com EMaxHealth.com

esciencenews.com (#24 most visited science news website)

EurekAlert! (#10 most visited science news website)

Fitness Magazine Health

Magazine

Health Day (featured on more than 5,000 websites and syndicated by *The New York Times*, Yahoo! News, *BusinessWeek*, *US News & World Report*, and more than 100 Gannett newspapers) Illumination (<http://illumination.missouri.edu/spr08/hin1>).

Kansas City Infozine

KMOX radio – St. Louis

La Tercera newspaper in Chile

LA Times (616,547 daily circulation)

LiveStrong.com

MedCitizen.com

Medical News Today (UK) (ranked 3rd among health news websites)

medicalxpress.com MedicineExchange.com

MedicineWorld.org

Men's Fitness Magazine (8th most popular fitness magazine)

Men's Health Magazine

MSN News (#17 most visited health news website)

news.ac2.org News-medical.net

Physorg.com

Runner's World

ScienceBlog.com

ScienceDaily.com (ranked 1st among science news websites)

Shape Magazine

SweatScience.com

The Missourian

The Philadelphia Inquirer (#13 U.S. newspaper, 343,710 daily circulation)

The Wall Street Journal

Times of India (Circ. 13.3 million)

topics.dallasnews.com Tufts'

Health & Nutrition Letter

Twitter.com

U.S. News and World Report Voices

of America

YAHOO! News/Shine

RESEARCH ACTIVITIES: *Research Grants*

FUNDING AWARDED

Project Title: Lifestyle Treatments for diabetic bone fragility

Project Period: 8/01/17-7/31/18

Funding Agency: University of Missouri Research Board

Role (% Contribution): Principal Investigator

Amount Awarded: \$47,048

Project Title: Role of bone blood flow in diabetic bone fragility

Project Period: 7/01/15-6/30/16

Funding Agency: University of Missouri Research Council

Role (% Contribution): Principal Investigator

Amount awarded: \$4750

Project Title: Is Diabetic Bone Fragility Caused by Preferential Differentiation of Bone Stem Cells into Fat Rather than Bone?

Project Period: 7/01/15-6/30/16

Funding Agency: Margaret Mangel Research Catalyst Award
Role (% Contribution): Principal Investigator
Amount awarded: \$2998

Project Title: Efficacy of plyometrics to increase bone mass in males with osteopenia
Percent effort: 7%
Project Period: 9/01/09-8/31/12, no cost extension through 8/31/2013
Funding Agency: National Institutes of Health
Amount Awarded: \$214,005

Project Title: Plyometrics to increase bone mass in osteopenic males
Project Period: 12/01/07-11/30/09
Funding Agency: University of Missouri Research Board
Role (% Contribution): Principal Investigator
Amount awarded: \$33,500

Project Title: Effects of weight loss and regain with and without weight-bearing exercise in overweight men and women with the metabolic syndrome
Project Period: 6/14/07-8/20/07
Funding Agency: Food for the 21st Century Summer Research Intern Program
Role (% Contribution): Principal Investigator
Amount Awarded: \$2,500

Project Title: Exercise and the metabolic syndrome with weight regain
Project Period: 1/01/06-12/31/10
Funding Agency: National Institutes of Health
Role (% Contribution): Co-Investigator (15%); Tom Thomas (Nutritional Sciences, University of Missouri) P.I.
Amount Awarded: \$897,000

Project Title: Bone Health of Young Adult and Masters Male Athletes in Weight-Bearing and Non-Weight Bearing Sports
Project Period: 6/15/06-8/15/06
Funding Agency: Food for the 21st Century Summer Research Intern Program, University of Missouri
Role (% Contribution): Principal Investigator
Amount Awarded: \$1,250

Project Title: Dietary trans fatty acid intake and serum markers of inflammation
Project Period: 6/15/06-8/15/06
Funding Agency: Food for the 21st Century Summer Research Intern Program
Role (% Contribution): Principal Investigator
Amount Awarded: \$ 1,250

Project Title: Effects of weight-bearing and non-weight bearing exercise on serum markers of bone formation and breakdown during short-term weight loss in overweight adult women
Project Period: 1/01/05-8/31/07
Funding Agency: Margaret Mangel Research Catalyst Fund
Amount awarded: \$2,500

Project Title: Effects of diet and exercise induced weight loss on serum markers of bone turnover
Project Period: 6/15/05-8/15/05
Funding Agency: Food for the 21st Century Summer Research Intern Program, University of Missouri

Role (% Contribution): Principal Investigator
Amount Awarded: \$2,500

Project Title: Effects of exercise-induced menstrual disorders on serum markers of endothelial dysfunction
Project Period: 6/15/05-8/15/05
Funding Agency: Food for the 21st Century Summer Research Intern Program
Role (% Contribution): Principal Investigator
Amount Awarded: \$ 2,500

Project Title: Bone turnover in physically-active women with oligomenorrhea or amenorrhea
Project Period: 5/01/04-4/30/05
Funding Agency: Margaret Mangel Faculty Catalyst Award
Role (% Contribution): Principal Investigator
Amount Awarded: \$1,500

Project Title: Effect of iron supplementation on endurance performance in iron deficient trained male and female athletes
Project Period: 4/01/03-3/31/04
Funding Agency: MU Alumni Association Faculty Incentive Grant for Research Enhancement Role
(% Contribution): Principal Investigator
Amount Awarded: \$1,500

Project Title: Effect of iron supplementation on endurance performance in iron deficient trained male and female athletes
Project Period: 6/01/03-5/31/04
Funding Agency: Missouri University Alumni Association.
Role (% Contribution): Principal Investigator
Amount Awarded: \$2,000

Project Title: Iron deficiency and aerobic exercise: relation between functional iron and performance
Project Period: 7/01/02-6/30/04
Funding Agency: Gatorade Sports Science Institute
Role (% Contribution): Principal Investigator
Amount Awarded: \$500

Project Title: Validation of an athletics-oriented measure of psychosocial correlates of disordered eating
Project Period: 2/02/02-8/31/03
Funding Agency: University of Missouri Research Council
Role (% Contribution): Principal Investigator
Amount Awarded: \$4,000

Project Title: Iron status and performance during maximal and submaximal cycle ergometry in trained women
Project Period: 6/01/02-8/31/02
Funding Agency: Life Sciences Undergraduate Research Opportunity Program
Role (% Contribution): Principal Investigator
Amount Awarded: \$3,000

Project Title: Multidisciplinary treatment for cancer fatigue
Project Period: 8/01/01-5/01/02

Funding Agency: University of Missouri Research Board
Role (% Contribution): Co-Investigator (20%); D. Porock, Nursing, University of Missouri, P.I.
Amount Awarded: \$39,000

Project Title: Nutritional status of undergraduates
Project Period: 6/01/01-8/31/01
Funding Agency: Food for the 21st Century Summer Research Intern Program
Role (% Contribution): Principal Investigator
Amount Awarded: \$2,500

Project Title: Effects of iron repletion on muscle enzymes in young women
Project Period: 2/01/01-1/31/02
Funding Agency: Missouri University Alumni Association
Role (% Contribution): Principal Investigator
Amount Awarded: \$1,500

GRANTS NOT FUNDED

Project Title: Bone loss and fertility restoration via cryopreserved ovarian tissue auto-grafting using a rat model
Project Period: 4/01/19-3/31/21
Funding Agency: NIH R21
Amount Awarded: \$409,399
Role (% Contribution): Co-investigator (Agca)

Project Title: Exercise, down-regulation of sclerostin, and treatment of diabetic bone fragility
Project Period: 4/01/19-3/31-21
Funding Agency: American Diabetes Association
Amount Awarded: \$230,000
Role (% Contribution): Principal Investigator

Project Title: Exercise, down-regulation of sclerostin, and treatment of diabetic bone fragility
Project Period: 4/01/18-3/31-20
Funding Agency: American Diabetes Association
Amount Awarded: \$230,000
Role (% Contribution): Principal Investigator

Project Title: Bone loss and fertility restoration via cryopreserved ovarian tissue auto-grafting using a rat model
Project Period: 4/01/18-3/31/20
Funding Agency: NIH R21
Role (% Contribution): Co-investigator (Agca)

Project Title: Diabetic bone fragility: when bone vascular endothelial cells and osteoblasts stop communication
Project Period: 4/01/18-3/31/20
Funding Agency: NIH/NIAMS 1X02AR071999-01
Role (% Contribution): Principal Investigator

Project Title: Is reduced bone blood flow cause bone fragility in diabetes
Project Period: 6/01/17-5/31/18
Funding Agency: Richard Wallace Faculty Incentive Grant

Role (% Contribution):	Principal Investigator
Amount Awarded:	\$4,700
Project Title:	Role of bone and vasculature cross-talk in type 2 diabetes
Project Period:	2/01/17-1/31-19
Funding Agency:	American Heart Association
Amount Awarded:	\$150,000
Project Title:	Role of sclerostin in the pathogenesis of diabetic bone fragility
Project Period:	1/01/17-12/31-18
Funding Agency:	Kansas City Life Sciences Institute
Amount Awarded:	\$50,000
Project Title:	Increased bone blood flow and reduced AGE content with empagliflozin to treat bone fragility in T2DM
Project Period:	10/01/16-9/30-18
Funding Agency:	Boehringer Ingelheim
Amount Awarded:	\$200,000
Project Title:	Mechanisms for increased bone fragility in T2DM and therapeutic potential of exercise and caloric restriction
Project Period:	4/01/17-3/31-19
Funding Agency:	American Diabetes Association
Amount Awarded:	\$230,000
Project Title:	Lifestyle Treatments for diabetic bone fragility
Project Period:	6/01/16-5/31/17
Funding Agency:	University of Missouri Research Board
Role (% Contribution):	Principal Investigator
Amount Awarded:	\$60,200
Project Title:	Exercise in adolescents with serious emotional disturbance to reduce cardiometabolic risk
Percent effort:	Co-PI (20%); Laine Young-Walker Co-PI (Psychiatry, University of Missouri)
Project Period:	7/1/2016-6/30/2020
Funding Agency:	NIAMS (MH-16-600)
Amount Awarded:	\$1,729,992
Project Title:	Mechanisms for increased bone fragility in T2DM and therapeutic potential of exercise and caloric restriction
Project Period:	4/01/16-3/31-18
Funding Agency:	American Diabetes Association
Amount Awarded:	\$221,355
Project Title:	An animal model of diabetic skeletal fragility: OLETF rat
Project Period:	6/01/15-5/31/16
Funding Agency:	University of Missouri Research Board
Role (% Contribution):	Principal Investigator
Amount Awarded:	\$58,637
Project Title:	An animal model of diabetic skeletal fragility: OLETF rat
Project Period:	2/01/15-1/31/16
Funding Agency:	University of Missouri Research Board

Role (% Contribution): Principal Investigator
Amount Awarded: \$58,637

Project Title: An animal model of diabetic skeletal fragility: OLETF rat
Project Period: 6/01/14-1/31/15
Funding Agency: University of Missouri Research Board
Role (% Contribution): Principal Investigator
Amount Awarded: \$58,637

Project Title: Do dairy foods enhance the osteogenic effects of exercise?
Percent effort: PI
Funding Agency: Dairy Research Institute

Project Title: Efficacy of Prolia and resistance training to increase bone mass in men with osteopenia
Percent effort: PI
Funding Agency: Amgen

Project Title: Dietary fat: a potential therapeutic target to improve cognitive function after repeated brain injury
Percent effort: co-PI
Project Period: 2014-2017
Funding Agency: Department of Defense
Amount Awarded: \$1,000,000

Project Title: Effects of daily ingestion of JuicePlus on serum markers of chronic, systemic inflammation in normal weight or overweight/obese adults
Percent effort: 25% (PI)
Project Period: 3/01/2014-2/28/2015
Funding Agency: NSA, LLC
Amount Awarded: \$194,948

Project Title: Exercise vs. Diet for the Treatment of NASH
10% (Co-I)
04/01/13-03/31/18
National Institutes of Health
\$3,924,467

Project Title: Interaction of Repeated Brain Injuries and Lifestyle Behavior on Cognitive Health
Percent effort: (Co-PI)
Project Period: 2013-2015
Funding Agency: Department of Defense
Amount Awarded: \$250,000

Project Title: Interaction of Concussion/Subconcussive Events and High-Fat Diet on the Cognitive, Emotional and Physical Health of Former College Football Athletes
Percent effort: 8% (Co-I)
Project Period: 3/01/2012-2/28/2013
Funding Agency: National Football League Charities
Amount Awarded: \$151,500

Project Title: Inter-organ regulation of insulin sensitivity and bone metabolism

Percent effort: 30%
Project Period: 7/01/11-6/30/16
Funding Agency: National Institutes of Health
Amount Awarded: \$1,851,102

Project Title: Predictors of cognitive, behavioral, and emotional health in former collegiate athletes
Percent effort: 10% (Co-I)
Project Period: 1/1/11-12/31/11
Funding Agency: National Football League
Amount Awarded: \$150,996

Project Title: Resistance training and the metabolic syndrome with weight regain
Percent effort: 15% (Co-I)
Project Period: 1/01/10-12/31/4
Funding Agency: National Institutes of Health
Amount Awarded: \$1,824,043

Project Title: Bone: a novel therapeutic target in the prevention and treatment of insulin resistance?
Project Period: 6/01/10-5/31/11
Funding Agency: MU-iCATS
Role (% Contribution): Principal Investigator; Scott Rector (Gastroenterology, University of Missouri) and John Thyfault (N&EP, University of Missouri) Co-Is
Amount Requested: \$50,000

Project Title: The role of bone in the pathogenesis of insulin resistance
Project Period: 6/01/09-5/31/10
Funding Agency: MU-iCATS
Role (% Contribution): Principal Investigator (20%); Scott Rector (Gastroenterology, University of Missouri) and John Thyfault (N&EP, University of Missouri) Co-Is
Amount Requested: \$50,000

Project Title: Exercise vs. Diet in the Treatment of the Metabolic Syndrome and NAFLD
Percent effort: 10% (Co-I)
Project Period: 10/01/09-9/30/11
Funding Agency: National Institutes of Health
Amount Awarded: \$673,215

Project Title: Evaluating blood lead as a biomarker of bone loss
Percent effort: 10% (Co-I)
Project Period: 07/01/09-6/30/12
Funding Agency: Department of Defense
Amount Awarded: \$1,010,764

Project Title: Efficacy of plyometrics to increase bone mass in osteopenic men
Percent effort: 25%
Project Period: 10/01/09-9/30/11
Funding Agency: National Institutes of Health
Amount Awarded: \$422,831

Project Title: Exercise to preserve bone health during weight loss in overweight young women
Percent effort: 10%
Project Period: 7/01/09-6/30/10

Funding Agency: Albert Foundation
Amount requested: \$88,720

Project Title: Efficacy of plyometrics to increase bone mass in male cyclists with osteopenia
Percent effort: 8%
Project Period: 8/01/07-7/31/10
Funding Agency: National Institutes of Health
Amount requested: \$202,994

Project Title: Bone effects of soy isoflavones in women athletes
Project Period: 4/01/06-3/31/10
Funding Agency: National Institutes of Health
Role (% Contribution): Principal Investigator (40%); Laura Hillman (Child Health, University of Missouri) and George Rottinghaus (Veterinary Sciences, University of Missouri) Collaborators
Amount Requested: \$1,800,000
Score=255, percentile=43.6%

Project Title: Effects of soy isoflavones on bone health in active women with menstrual dysfunction
Project Period: 01/01/06-12/31/10
Funding Agency: United States Department of Agriculture
Role (% Contribution): Principal Investigator (30%); Laura Hillman (Child Health, University of Missouri) and George Rottinghaus (Veterinary Sciences, University of Missouri) Collaborators
Amount Requested: \$500,000

Project Title: MU Center for Transdisciplinary Research on Energetics and Cancer
Project Period: 9/01/05-8/31/10
Funding Agency: National Institutes of Health
Role (% Contribution): Core Leader
Amount Requested: \$3,477,043

Project Title: Effects of soy isoflavones on bone density and turnover in physically-active women with oligomenorrhea or amenorrhea
Project Period: 1/01/05-12/31/08
Funding Agency: U.S. Army PMPRR
Role (% Contribution): Principal Investigator (40%); Laura Hillman (Child Health, University of Missouri) and George Rottinghaus (Veterinary Sciences, University of Missouri) Collaborators
Amount Requested: \$1,079,970

Project Title: Effects of soy isoflavones on bone health in active women with menstrual dysfunction
Project Period: 1/01/05-12/31/08
Funding Agency: United States Department of Agriculture
Role (% Contribution): Principal Investigator (15%); Laura Hillman (Child Health, University of Missouri) and George Rottinghaus (Veterinary Sciences, University of Missouri) Collaborators
Amount Requested: \$578,675
Medium priority score

Project Title: Exercise and the metabolic syndrome with weight regain
Project Period: 1/01/05-12/31/09
Funding Agency: National Institutes of Health

Role (% Contribution): Co-Investigator (15%); Tom Thomas (Nutritional Sciences, University of Missouri) P.I.
Amount Requested: \$1,798,993

Project Title: Isoflavones and bone in oligo-/amenorrheic women
Project Period: 2/01/05-1/31/05
Funding Agency: University of Missouri Research Board
Role (% Contribution): Principal Investigator (20%); Laura Hillman (Child Health, University of Missouri) and George Rottinghaus (Veterinary Sciences, University of Missouri) Collaborators
Amount Requested: \$49,630

Project Title: Isoflavones and bone in oligo-/amenorrheic women
Project Period: 2/01/04-1/31/06
Funding Agency: University of Missouri Research Board
Role (% Contribution): Principal Investigator (20%); Laura Hillman (Child Health, University of Missouri) and George Rottinghaus (Veterinary Sciences, University of Missouri) Collaborators
Amount Requested: \$50,000

Project Title: Exercise and the metabolic syndrome with weight regain
Project Period: 4/01/04-3/31/09
Funding Agency: National Institutes of Health
Role (% Contribution): Co-Investigator (15%); Tom Thomas (Nutritional Sciences, University of Missouri) P.I.

Project Title: Bone effects of soy isoflavones in women athletes
Project Period: 4/01/04-3/31/08
Funding Agency: National Institutes of Health
Role (% Contribution): Principal Investigator (40%); Laura Hillman (Child Health, University of Missouri) and George Rottinghaus (Veterinary Sciences, University of Missouri) Collaborators
Amount Requested: \$1,055,360

Project Title: The Female Athlete Triad in physically-active young women
Project Period: 4/01/04-3/31/09
Funding Agency: National Institutes of Health
Role (% Contribution): Principal Investigator (40%); Edward Frongillo (Nutritional Sciences, Cornell University) and Niels Beck (Psychiatry, University of Missouri) Collaborators
Amount Requested: \$1,109,625

Project Title: Soy isoflavones and attenuation of bone loss in physically active women with menstrual dysfunction
Project Period: 8/01/03-7/31/05
Funding Agency: Illinois and Missouri Biotechnology Alliance
Role (% Contribution): PI (50%)
Amount Requested: \$309,000

Project Title: Iron deficiency and aerobic exercise in young women
 Project Period: 8/01/03-7/31/05
 Funding Agency: United States Department of Agriculture
 Role (% Contribution): Principal Investigator (15%); Martin Childers (University of Missouri),
 Richard Eisenstein (University of Wisconsin), Collaborators
 Amount Requested: \$277,154

Project Title: Interaction of exercise and omega-3 fatty acids in individuals with elevated
 postprandial lipemia
 Project Period: 7/01/02-6/30/04
 Funding Agency: American Heart Association, Heartland Affiliate
 Role (% Contribution): Co-Investigator (5%); Tom Thomas (Nutritional Sciences, University of
 Missouri) P.I.
 Amount Requested: \$121,000

Project Title: Reducing Coronary Heart Disease Risk: Strategies for Decreasing Triglycerides
 Project Period: 7/01/01-6/31/05
 Funding Agency: American Heart Association
 Role (% Contribution): Co-Investigator (3%); Tom Thomas (Nutritional Sciences, University of
 Missouri) P.I.
 Amount Requested: \$217,500

Project Title: Bone turnover in physically-active young women with oligomenorrhea or
 amenorrhea
 Project Period: 1/01/02-12/31/04
 Funding Agency: Children's Miracle Network
 Role (% Contribution): Co-Investigator; L.S. Hillman (Child Health, University of Missouri) P.I.
 Amount Requested: \$9,906

Project Title: Iron deficiency and aerobic exercise in young women
 Project Period: 8/01/02-7/31/04
 Funding Agency: United States Department of Agriculture
 Role (% Contribution): Principal Investigator (15%); Martin Childers (University of Missouri),
 Richard Eisenstein (University of Wisconsin), Collaborators
 Amount Requested: \$304,870
 Medium priority score

Project Title: Beef in the diets of physically-active young women
 Project Period: 7/01/01-6/30/03
 Funding Agency: National Cattlemen's Beef Association Nutrition Research Program
 Role (% Contribution): Principal Investigator
 Amount Requested: \$90,744

TEACHING ACTIVITIES

My appointment and, therefore my responsibilities and duties changed during the 2023 calendar year. From January 1, 2023 to June 30, 2023 my appointment was 75% service (50% Faculty Athletics Representative and 25% Chair of the Grievance Resolution Panel), 10% teaching and 15% research. On

July 1, 2023 I was appointed as MU's Faculty Ombudsperson, which is an administrative appointment at 49% effort, while continuing the Faculty Athletics Representative service activity at 50% effort. In my role as Faculty Athletics Representative I report to the Chancellor, and as Faculty Ombudsperson I report to the Provost.

During my tenure at the University of Missouri, I have been the primary instructor for 8 undergraduate courses for majors in Nutrition and Fitness, Nutritional Sciences, and Dietetics (*Diet Therapy for Healthcare Professionals*, *Nutrition Throughout the Lifespan*, *Research Methods in Dietetics Lecture and Practice*, *Human Nutrition II*, *Human Nutrition II Laboratory*, *Eating Disorders*, and *Capstone: Sports Nutrition*, and I developed the curriculum for 6 of these. In addition, I have developed the curriculum for 5 graduate-level Nutrition courses: *Sports Nutrition*; *Human Nutrition and Health*; *Race, Sport and Higher Education in the SEC*; *Exercise Metabolism* and *Master's/Doctoral Seminar in Nutritional Sciences*. In Fall 2020, in response to student demand, I was co-course leader for *Successful Adulthood*, which was a collaborative effort among instructors in Human Environmental Sciences. I developed a new NEP graduate topic course (NEP 8501), *Race, Sports and Higher Education in the Southeastern Conference* as diversity, equity and inclusion class; I taught this class Fall 2021. I am co-instructor with Dr. Jill Kanaley for NEP 8870 *Exercise Metabolism*. This course is required by both Nutrition- and Exercise Physiology-track students in our Nutrition and Exercise Physiology doctoral program. Dr. Kanaley and I completely restructured this course from when it was last taught several years ago. We first offered the restructured course Spring 2022, and it is being offered alternate years.

Undergraduate courses

2024	<i>Successful Adulthood</i> (GN_HES 1234, 3 credits, co-instructor) <i>College Success Seminar</i> (SSC 1150, 2 credits, co-director) <i>Career Explorations</i> (SSC 2100, 1 credit, co-director)
2023	<i>Successful Adulthood</i> (GN_HES 1234, 3 credits, co-instructor) <i>College Success Seminar</i> (SSC 1150, 2 credits, co-director) <i>Career Explorations</i> (SSC 2100, 1 credit, co-director)
2022	<i>Successful Adulthood</i> (GN_HES 1234, 3 credits, co-instructor) <i>College Success Seminar</i> (SSC 1150, 2 credits, co-director) <i>Career Explorations</i> (SSC 2100, 1 credit, co-director)
2021	<i>College Success Seminar</i> (SSC 1150, 2 credits, co-director) <i>Career Explorations</i> (SSC 2100, 1 credit, co-director)
2020	<i>Successful Adulthood</i> (GN_HES 1234, 3 credits, co-director)
2019	<i>Nutrition for Athletic Performance and Rehabilitation</i> (ATHTRN 4500, 3 credits, co-instructor)
2016	<i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)
2015	<i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)
2014	<i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)

2013	<i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)
2012	<i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)
2011	<i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)
2010	<i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)
2009	<i>Nutrition Throughout the Life Span</i> (NS 2450, 3 credits) <i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)
2008	<i>Nutrition Throughout the Life Span</i> (NS 2450, 3 credits) <i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)
2007	<i>Nutrition Throughout the Life Span</i> (NS 2450, 3 credits) <i>Nutrition and Fitness Capstone—Sports Nutrition</i> (NS 4970, 2 credits)
2006	<i>Nutrition Throughout the Life Span</i> (NS 2450) <i>Eating Disorders</i> (NS 2460) <i>Nutrition and Fitness Capstone, Sports Nutrition</i> (NS 4950, Section II, 2 credits)
2005	<i>Nutrition Throughout the Life Span</i> (NS 2450, 3 credits) <i>Eating Disorders</i> (NS 2460, 2 credits)
2004	<i>Nutrition Throughout the Life Span</i> (NS 245, 3 credits) <i>Research Methods in Dietetics</i> (313P, 2 credits) <i>Human Nutrition II</i> (4340, 3 credits) <i>Human Nutrition II Laboratory</i> (4330, 2 credits)
2003	<i>Nutrition Throughout the Life Span</i> (NS 245, 3 credits) <i>Eating Disorders</i> (NS 246, 2 credits) <i>Research Methods in Dietetics</i> (NS 313, 2 credits) <i>Human Nutrition Laboratory</i> (NS 330, 2 credits) <i>Human Nutrition II</i> (NS 434, 3 credits)
2002	<i>Diet Therapy for Healthcare Professionals</i> (NS 238, 3 credits) <i>Eating Disorders</i> (NS 246, 2 credits)
2001	<i>Diet Therapy for Healthcare Professionals</i> (NS 238, 3 credits) <i>Eating Disorders</i> (NS 246, 2 credits) <i>Human Nutrition</i> (NS 434, 3 graduate credits) Co-instructor
2000	<i>Eating Disorders</i> (NS 246)

Graduate Courses

2022	<i>Exercise Metabolism</i> (NEP 8870, 3 credits, co-instructor)
2021	<i>Race, Sport and Higher Education in the SEC</i> (NEP 8501, 1 credit)
2020	<i>Masters' Seminar in Nutritional Sciences</i> (NEP 8087, 1 credit) <i>Doctoral Seminar in Nutritional Sciences</i> (NEP 9087, 1 credit)
2019	<i>Masters' Seminar in Nutritional Sciences</i> (NEP 8087, 1 credit) <i>Doctoral Seminar in Nutritional Sciences</i> (NEP 9087, 1 credit)
2018	<i>Masters' Seminar in Nutritional Sciences</i> (NS 8087, 1 credit) <i>Doctoral Seminar in Nutritional Sciences</i> (NS 9087, 1 credit)
2017	<i>Masters' Seminar in Nutritional Sciences</i> (NS 8087, 1 credit) <i>Doctoral Seminar in Nutritional Sciences</i> (NS 9087, 1 credit)
2016	<i>Human Nutrition and Health</i> (NS 8340, 3 credits) <i>Sports Nutrition</i> (NS 7970, 2 credits) <i>Masters' Seminar in Nutritional Sciences</i> (NS 8087, 1 credit) <i>Doctoral Seminar in Nutritional Sciences</i> (NS 9087, 1 credit)
2015	<i>Human Nutrition and Health</i> (NS 8340, 3 credits) <i>Sports Nutrition</i> (NS 7970, 2 credits) <i>Masters' Seminar in Nutritional Sciences</i> (NS 8087, 1 credit) <i>Doctoral Seminar in Nutritional Sciences</i> (NS 9087, 1 credit)
2014	<i>Human Nutrition and Health</i> (NS 8340, 3 credits) <i>Sports Nutrition</i> (NS 7970, 2 credits) <i>Masters' Seminar in Nutritional Sciences</i> (NS 8087, 1 credit)
2013	<i>Sports Nutrition</i> (NS 7970, 2 credits) <i>Masters' Seminar in Nutritional Sciences</i> (NS 8087, 1 credit)
2012	<i>Human Nutrition and Health</i> (NS 8340, 3 credits) <i>Sports Nutrition</i> (NS 7970, 2 credits) <i>Masters' Seminar in Nutritional Sciences</i> (NS 8087, 1 credit)
2011	<i>Human Nutrition and Health</i> (NS 8340, 3 credits) <i>Sports Nutrition</i> (NS 7970, 2 credits) <i>Masters' Seminar in Nutritional Sciences</i> (NS 8087, 1 credit)
2010	<i>Sports Nutrition</i> (NS 7970, 2 credits)
2009	<i>Sports Nutrition</i> (NS 7970, 2 credits)
2008	<i>Sports Nutrition</i> (NS 7970, 2 credits)
2006	<i>Human Nutrition and Health</i> (NS 8340, 3 credits, Co-Instructor)

Guest Lectures

- 2025 Name, Image and Likeness, *Intellectual Property* (LAW 5640)
- 2024 Micronutrients, *Exercise Metabolism* (NEP 8870)
- 2020 NCAA, *Problem in Management* (MANGMNT 4185), Cornell Leadership Program
- 2019 My Journey to FAR, *Student Success Center* (SSC 1151)
- Disordered Eating in Athletes, *Athletic Training* (ATHTRN 4500)
- 2018 My Journey to FAR, *Student Success Center* (SSC 1151)
- Eating Disorders, *Introduction to Human Nutrition* (NEP 1034 Honors)
- The Faculty Athletics Representative Role in Governance of D1 Athletics, *Governance & Policy in Sport and Leisure* (PRST 3282)
- 2017 Academic Integrity, *College Success Seminar* (SSC 1150)
- Eating Disorders, *Introduction to Human Nutrition* (NEP 1034 Honors)
- 2014 Exercise Metabolism, *Human Nutrition II* (NS 4340)
- Exercise Metabolism, *Exercise Physiology*, Columbia College, Columbia MO
- Exercise is Medicine for Bone, *Exercise Physiology*, Columbia College, Columbia MO
- 2013 Exercise Metabolism, *Human Nutrition II* (NS 4340)
- 2012 Exercise Metabolism, *Human Nutrition II* (NS 4340)
- 2011 Binge Eating Disorder, *Landscape of Obesity* (NS)
- 2010 Binge Eating Disorder, *Landscape of Obesity*
- 2009 Nutrients Important for Blood, *Human Nutrition I* (NS 2340)
- Exercise Metabolism, *Human Nutrition II* (NS 4340)
- 2008 Iron Deficiency and Training Adaptations *Human Nutrition and Health* (NS 8340) Energy Balance and Bone Health, *Human Nutrition and Health* (NS 8340)
- Nutrients Important in Metabolism, *Human Nutrition I* (NS 2340)
- Exercise Metabolism, *Human Nutrition II* (NS 4340)
- 2007 Exercise Metabolism, *Human Nutrition II* (NS 4340)
- 2006 Exercise Metabolism, *Human Nutrition II* (NS 4340)
- 2003 Eating Disorders, Second Year Medical Students
- Eating Disorders in Athletes, *Problems in Psychology, Eating Disorders* (PSYCH 400)
- Physical Activity in the Prevention and Treatment of Chronic Disease, *Nutritional Assessment* (NS 236)
- 2002 The Female Athlete Triad, *Nutrition and Fitness* (NS 134)

Physical Activity in the Prevention and Treatment of Chronic Disease, *Nutritional Assessment* (NS 236)

Eating Disorders, Second Year Medical Students

2001 Physical Activity in the Prevention and Treatment of Chronic Disease, *Nutritional Assessment* (NS 236)

The Female Athlete Triad, *Advanced Exercise Physiology* (NS 485)

Eating Disorders, Second Year Medical Students

MENTORING

I have been the primary research advisor for 16 graduate students in Exercise Physiology and Nutritional Sciences, as our department houses both graduate programs. I am very proud that 10 of my masters students published their thesis work in peer-reviewed journals. In addition, I have served on the thesis committee for 22 masters and doctoral students in Exercise Physiology, Nutritional Sciences, Counseling Psychology, Clinical Psychology, Vet Biomedical Sciences, Biological Sciences, and Health Education and Promotion.

Visiting Scientists

Ruihua Zhou, North China Coal Medical College, 2006

Postdocs

Thomas Altena, postdoctoral trainee, NIH Training Grant

Dissertation / Thesis Committee Chair

2022-2022	Emily Smart	M.S., Nutrition & Exercise Physiology, Nutrition track
2015-2020	Rebecca Dirkes	Ph.D., Nutritional Sciences
2014-2016	Matthew Richard	M.S., Nutritional Sciences
2014-2016	Laura Ortinau	Ph.D., Nutritional Sciences
2014-2015	Tyler Lasley	M.S., Nutritional Sciences (co-mentor)
2012-2014	Nantian Lin	M.S., Nutritional Sciences
2011-2014	Jun Jiang	M.S., Nutritional Sciences
2010-2012	Tim Sinak	M.S., Exercise Physiology
2010-2012	Melissa Carter	M.S., Exercise Physiology
2009-2011	Andrew Dawson	M.A., Exercise Physiology
2008-2010	Sarah Mobley	M.A., Exercise Physiology
2007-2009	Robert Rogers	M.A., Exercise Physiology
2006-2009	Joanne Loethen	M.A., Exercise Physiology
2005-2006	Tixieanna Dissmore	Ph.D., Nutritional Sciences
2003-2005	Karen Kubas	Ph.D., Nutritional Sciences
2002-2005	Rebecca Imhoff	M.S., Nutritional Sciences
2001-2004	Lisa Sinclair	M.A., Exercise Physiology

Dissertation / Thesis Committee Member

2016-2020	Majid Syed-Abdu	Ph.D., Nutritional Sciences
2017-2019	Ryan Owen	M.A., Journalism
2014-2017	Anthony Belenchia	Ph.D., Nutritional Sciences
2005-2012	Benjamin Coe	M.S., Biological Sciences, Ph.D., Biological Sciences
2009-2011	D.J. Oberlin	M.S., Exercise Physiology
2007-2011	Katie Mikus	Ph.D., Nutritional Sciences
2006-2011	Sarah Borengasser	Ph.D., Nutritional Sciences
2005-2010	Shana Warner	Ph.D., Exercise Physiology
2006-2010	Christine Maldonado	Ph.D., Clinical Psychology

2008-2010	Meg Harney	M.A., Clinical Psychology
2006-2008	Vu Ngyuen	Ph.D., Health Education and Promotion
2006-2009	Matt Widzer	Ph.D., Vet Biomedical Sciences
2005-2008	Megan St. Thomas	M.S., Nutritional Sciences, Arizona State University
2006-2008	Amanda Weishuhn	M.A., Clinical Psychology
2001-2007	Randy Scott Rector	Ph.D., Exercise Physiology
2003-2004	Megan Brannan	M.A, Counseling Psychology
2002-2004	Matt McClanahan	M.A., Exercise Physiology
2002-2004	Kamila O'Neill	M.S., Clinical Psychology
2002-2004	Judy Michaelson	M.A., Exercise Physiology
2001-2002	Owen Donahue	M.A., Exercise Physiology
2000-2001	Jon Pellechia	M.A, Exercise Physiology
2001-2002	Bryan Smith	Ph.D., Exercise Physiology
2000-2004	Heather Teavendale	Ph.D., Clinical Psychology

Dissertation Reader

2021	Shanna Fealey	<i>Antenatal Weighing and Gestational Weight Gain</i> Ph.D., Public Health University of Newcastle, Callaghan, Australia
2016	Claire Badenhorst	Ph.D., Sport Science, Exercise and Health University of Western Australia, Perth, Western Australia
2015	Andrew Govus	Ph.D., Health, Engineering, and Science Edith Cowan University, Joondalup, Western Australia

Undergraduate Research

2019	Ethan Weiss	<i>The Effects of Maternal Exercise on Offspring Skeletal Outcomes</i>
2017	Emily Shaw	<i>The Effects of Long-Term Feeding of Soy Protein-Based Diet on Tibia Advanced Glycation End-Product Content in Low-Fit, Intact and Ovariectomized Female Rats</i>
	Mubinah Khaleel	<i>Effects of exercise or caloric restriction on tibia bone shape and strength in hyperphagic OLETF rats</i>
2015	Hannah Hercher	<i>Effects of exercise on irisin in hyperphagic OLETF rats</i>
2014	Yasmine Mavraklis	<i>Associations between serum ferritin and markers of glucose homeostasis and inflammation in overweight young women</i>
2013	Matthew Strobe	<i>Physical activity during adolescence and young adulthood and bone mineral density in adult men</i>
2012	Jacqy Billeter Matthew Strobe Adam Younkin Zach Wehmeyer	NIH Bone study
	Ryan Branson	<i>College students' attitudes and knowledge towards eating disorders in males</i>
2011	Lynn Eaton	NEP Summer Research Intern
2010	Blossom Nwaneri	McNair Scholar

2009	Melissa Fox	LSUROP Summer Research Intern
2008	Fatima Al-Ghadban	F21C Summer Research Intern <i>Effects of weight loss and regain with and without weight-bearing exercise in overweight men and women with the metabolic syndrome</i>
2007	Karissa Herndon	Nutritional Sciences 3085: Problems <i>Bone health of young adult and masters male athletes in weight-bearing and nonweight bearing sports</i>
	Meghan Ruebel	F21C Summer Research Intern <i>Dietary trans fatty acid intake and serum markers of inflammation</i>
	Robert Rogers	F21C Summer Research Intern <i>Bone mineral density in men in weight-bearing vs. non-weight-bearing sports</i>
2006	James Peppers	F21C Summer Research Intern Grant <i>Effects of exercise-associated menstrual disorders on markers of endothelial dysfunction</i>
	Valerie Viele	F21C Summer Research Intern Grant <i>Effects of weight loss via exercise and energy restriction on markers of bone turnover in overweight adults</i>
2005	Thomas McDaniel	F21C Summer Research Intern Grant <i>Iron deficiency and performance in trained males and females</i>
2004	Molly Vetter	LSROP Summer Research Intern Grant <i>Iron deficiency and training adaptations in young women and men</i>
2003	Tiffany Knoebel	F21C Summer Research Intern Grant <i>Attitudes Towards Eating Disorders in Students Enrolled in NS 246</i>
2002	Nathan Koffarnus	F21C Summer Research Intern Grant <i>Nutrient intakes and eating behaviors in collegiate wrestlers</i>
2001	Joshua Botdorf	F21C Summer Research Intern Grant <i>Nutrient intakes and eating behaviors of collegiate track and cross-country athletes</i>
2000	Joanna Doyel	F21C Summer Research Intern Grant <i>Validity and reproducibility of the Youth / Adolescent Questionnaire food frequency questionnaire in male and female undergraduate college students</i>

High School Research Projects

2003	Katie Patterson	Tuscumbia High School Science Research <i>The Mirror Within: A study of the relationship between self-esteem, body image, and BMI in children and adolescents</i>
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Undergraduate Advising

I have advised hundreds of undergraduates in Nutrition and Fitness from 2000-2021. I have written numerous letters of recommendation for my undergraduate advisees, and I am very pleased that my former students have gone on to graduate programs in Public Health, Exercise Physiology, Nutrition, and Athletic Training and on to professional programs in Dietetics, Dentistry, Physical Therapy, Physician, Physician's Assistant, and Medicine.

PROFESSIONAL ACTIVITIES

Professional Organizations

2012-present American Society for Bone and Mineral Research
1998-2008 American College of Sports Medicine, Professional Member
1997-present American Society for Nutritional Sciences, Associate Member
1998-2005 National Eating Disorders Organization, Individual Member

Presentations: *Invited Research Seminars*

2015 *Physical activity and bone health.* University of Missouri Annual Extension Conference, Columbia, Missouri, October 29, 2015.

2014 *Bone mineral density in osteopenic men is increased after resistance training or plyometric exercise*
NEP Department Seminar, University of Missouri-Columbia

Opposing dietary recommendations: carbohydrate, sodium and protein for sports performance vs. health
Applied Health and Sports Sciences Graduate Program, Northwest Missouri State, Maryville,
MO

2012 *Effects of excess adiposity and insulin resistance on bone health*
Central States ACSM Annual Meeting, Columbia MO

Effects of excess adiposity on bone
Nutrition & Exercise Physiology Seminar Series, University of Missouri

2010 *Causes and Consequences of Iron Deficiency in Athletes: Research Update.*
Sports, Cardiovascular and Wellness Nutrition (SCAN) Dietetic Practice Groups' Annual Symposium, March 28-31, San Diego, CA.

Exercise and Bone Health: effects of exercise type, intensity, and duration
ACSM Exercise is Medicine Symposium, May 14, UMKC, Kansas City, MO.

2009 *Determinants of bone health*
LSUROP Seminar Series, University of Missouri

2008 *Energy balance and bone health*
Department of Nutritional Sciences Seminar Series, University of Missouri

2006 *Energy balance and bone turnover*
Central States ACSM Annual Meeting, Kansas City, MO.

2005 *Effects of exercise-induced menstrual disorders on bone mass and bone turnover in premenopausal women*
Department of Nutritional Sciences Seminar Series, University of Missouri

Bone mass and bone turnover in premenopausal women with exercise-associated menstrual disorders and in hormonal contraceptive users
Grand Rounds, Department of Child Health, University of Missouri.

- 2003 *Biochemical, dietary and psychosocial aspects of nutrition in the athlete*
Department of Nutritional Sciences Seminar Series, University of Missouri
- 2001 *The Female Athlete Triad*
Presentation to Coaches, University of Missouri Intercollegiate Athletics
- 2000 *Iron Status and Exercise/Performance*
Nutrition Research Discovery Symposium, National Cattlemen's Beef Association, Chicago, IL
- Exercise frequency and food intake one year postpartum: Psychosocial correlates and effects on weight retention*
Community Nutrition Seminar Series, Cornell University
- 1999 *Psychosocial determinants of exercise behavior during pregnancy*
Community Nutrition Seminar Series, Cornell University
- 1997 *Effects of total parenteral nutrition and insulin-like growth factor-I on immune response*
Nutritional Sciences 931, Department Seminar, University of Wisconsin
- 1996 Female Athlete Triad Symposium: Personalizing the Triad.—Sponsored by Departments of Education and Kinesiology, University of Wisconsin-Madison
- Running to Lose: The Female Athlete Triad.—Great Lakes Area Athletic Trainer Association Annual Meeting, Middleton, WI
- 1995 *IGF-I does not prevent dexamethasone-induced apoptosis of thymocytes*
Interdepartmental Graduate Program in Nutritional Sciences Seminar Series, University of Wisconsin
- MCT/LCT admixture vs. LCT enhances reticuloendothelial system function during TPN in rats*
Interdepartmental Graduate Program in Nutritional Sciences Seminar Series, University of Wisconsin
- 1994 *IGF-I increases B cell lymphopoiesis in surgically-stressed rats during TPN*
Interdepartmental Graduate Program in Nutritional Sciences Seminar Series, University of Wisconsin
- 1993 *TPN and immune function: A therapeutic role for IGF-I?*
Interdepartmental Graduate Program in Nutritional Sciences Seminar Series, University of Wisconsin
- The benefits of glutamine-supplemented TPN following bone marrow transplant*
Human and Clinical Nutrition Emphasis Group Seminar, University of Wisconsin

Presentations: *Invited talks (lay audience)*

- 2024 *Nutrition as Fuel*, WIN Everyday: A Girls in Sports Seminar, Battle Highschool, July 18, 2023
- 2021 *Exercise, Bone and Health*, Bilfinger SE, Mannheim Germany, Management Meeting, May 19, 2021
- 2020 *Exercise for Bone Health*, MFA Oil, November 18, 2020

- 2019 *Body Positivity*, sponsored by Active Minds Mizzou, University of Missouri
- 2018 *6 Pillars of Performance Nutrition*, Mizzou Men's and Women's Cross-Country Teams
- 2015 *One way to defend against osteoporosis: hit the gym!* Health and Wealth Desk, KBIA
<http://kbia.org/post/one-way-defend-against-osteoporosis-hit-gym>, September 23, 2015
- Iron deficiency and endurance athletes.* Runners Connect podcast
<http://runnersconnect.net/running-interviews/iron-calcium-supplements/>
- Physical activity and bone health.* DoctorRadio: Orthopedics. SiriusXM 110, October 19, 2015
- 2014 *Nutrition101*
 CARFAX Health Fair, CARFAX, Columbia MO
- 2012 *What are Eating Disorders?*
 College of Education Panel Discussion, National Eating Disorders Awareness Week, University of Missouri, Columbia, Missouri
- 2011 *Nutrition for female cyclists*
 Women's Night, Walt's Bicycle and Fitness, Columbia MO
- 2010 *MU Health and Nutrition: Serving Missourians and the Nation, The Effects of Nutrition and Physical Activity on Bone Health*
 Presentation to President Forsee and Chancellor Deaton, University of Missouri, Columbia, MO
- 2010 *Nutrition for Runners*
 Presentation to Athletes and Coaches, University of Missouri, Cross-Country Camp, Columbia, MO
- 2009 *Nutrition for Runners*
 Presentation to Athletes and Coaches, University of Missouri, Cross-Country Camp, Columbia, MO
- 2008 *Nutrition for Runners*
 Presentation to Athletes and Coaches, University of Missouri, Cross-Country Camp, Columbia, MO
- 2007 *Nutrition for Runners*
 Presentation to Athletes and Coaches, University of Missouri, Cross-Country Camp, Columbia, MO
- Sports Nutrition*
 Presentation to the Boonville High School Cross-Country Team, Columbia, MO
- 2006 *Nutrition for Preschoolers*
 Presentation to students at Homespun Daycare, Claremore, OK
- Eating Disorders: When dieting takes a wrong turn*
 Love Your Body Week, University of Missouri, Columbia, MO
- Nutrition for Runners*

- MO Presentation to Athletes and Coaches, University of Missouri, Cross-Country Camp, Columbia,
- 2004 *Nutrition for Runners*
Presentation to Athletes and Coaches, University of Missouri, Cross-Country Camp, Columbia,
MO
- 2003 *Eating Well and Living Well*
Presentation to the Kiwanis Club, Columbia, MO
- Nutrition for Runners*
Presentation to Athletes and Coaches, University of Missouri, Cross-Country Camp, Columbia,
MO
- 2002 *The Female Athlete Triad*
Presentation to Female Track Athletes, Hickman High School, Columbia, MO
- Staying Active and Eating Well in Our 40s and Beyond*
Presentation to the Boone County Medial Alliance, Columbia, MO
- Nutrition for Cyclists: does nutrition matter?*
Presentation to Athletes, Coaches, Midwest Regional Mountain Bike Development Camp, USA
Cycling, Columbia, MO
- 2001 *Effects of Iron Status on Performance*
Presentation to the Missouri Alumni Association, Columbia, MO
- 2000 *Nutrition, Supplements and Strength Training*
Presentation to the Cornell Weight Training Club, Cornell University
- Is Your Body Running Low on Iron?*
Expanding Your Horizons: A workshop for middle school girls, Cornell University
- 1997 *Sports Nutrition: Eating to maximize training and performance*
Oregon High School Track & Field, Oregon, WI

Professional Development

- 2021 Certificate in Multicultural Mentoring, sponsored by the University of Florida, the
Southeastern Conference, and the International Mentoring Association
- 2020-2021 Gateway Equity Institute education/training: Certified Facilitrainer for Social Justice
Education
- 2021 *Equity Resolution Hearing Panelist Training* University of Missouri-Columbia, Aug.1-2, 2021
- 2020 *Equity Resolution Hearing Panelist Training* University of Missouri-Columbia, Aug.1-2, 2020
- 2019 Southeastern Conference Academic Leadership Development Program, Vanderbilt
University, Nashville, TN

- Equity Resolution Hearing Panelist Training* University of Missouri-Columbia, Aug. 2019
- 2018 University of Missouri System Leadership Development Program
- Southeastern Conference Academic Leadership Development Program, Kentucky, Lexington
- Equity Resolution Hearing Panelist Training*
University of Missouri-Columbia, August 1-2, 2018
- 2017 University of Missouri Leadership Development Program
- Applying Positive Coaching in Practice*
University of Missouri Institute for Positive Coaching, Columbia MO, June 11, 2017
- 2016 *Women in Leadership Conference*
University of Missouri System, Columbia MO, June, 2016
- 2015 *Microaggressions at Mizzou Part II*
The Chancellor's Diversity Initiative, University of Missouri, June 12, 2015
- Women in Leadership Conference*
University of Missouri System, Columbia MO, June 22-23, 2015

SERVICE ACTIVITIES

My appointment and, therefore my responsibilities and duties changed during the 2023 calendar year. From January 1, 2023 to June 30, 2023 my appointment was 75% service (50% Faculty Athletics Representative and 25% Chair of the Grievance Resolution Panel), 10% teaching and 15% research. On July 1, 2023 I was appointed as MU's Faculty Ombudsperson, which is an administrative appointment at 49% effort, while continuing the Faculty Athletics Representative service activity at 50% effort. In my role as Faculty Athletics Representative I report to the Chancellor, and as Faculty Ombudsperson I report to the Provost.

University Administrative and Committee Service

Department and Divisional Service

Search Committees

- 2021 Member, FNES Division Faculty Search Committee
- 2018 Member, Department of Nutrition and Exercise Physiology Search Committee
- 2017 Member, Department of Nutrition and Exercise Physiology Search Committee
- 2016 Member, Department of Nutrition and Exercise Physiology Search Committee
- 2015 Member, Department of Nutrition and Exercise Physiology Search Committee
- 2011 Member, Department of Nutritional Sciences, Faculty Search Committee—F21C

2009	Member, Department of Nutritional Sciences, Faculty Search Committee—Exercise Physiology
2006	Member, Department of Nutritional Sciences Chair Search Committee
2005	Member, Department of Nutritional Sciences Chair Search Committee
2004	Member, Department of Nutritional Sciences Exercise Physiology Search Committee
	Member, Department of Nutritional Sciences Chair Search Committee
	Member, Department of Nutritional Sciences Vision Committee
2003	Member, Director of the Coordinated Program in Dietetics, Department of Nutritional Sciences Search Committee
2001	Member, Department of Nutritional Sciences, Extension Search Committee

Administrative service

2021-2022	Member, Inclusion, Diversity and Equity Committee
2021-2023 Committee	Member, Division of Food, Nutrition and Exercise Sciences Promotion and Tenure Committee
2021	Chair, Nutrition and Exercise Physiology Workload Policy Committee
2021	Chair, FNES Workload Policy Committee
2019	Authored Department of Nutrition and Exercise Physiology By-laws
2009-present	Member, Department of Nutritional Sciences Promotion and Tenure Committee

Education

2010-2021	Director of Graduate Studies, Nutritional Sciences
2010-2021	Chair, Nutritional Sciences Graduate Education Committee
2021-present	Member, Nutrition & Exercise Physiology Graduate Education Committee
2008	Member, Department of Nutritional Sciences Undergraduate Curriculum Committee
2002	Chair, Department of Nutritional Sciences Seminar Series
2000-2010	Member, Dietetics Admission Committee
2000-present Committee	Member, Exercise Physiology and Nutritional Sciences Graduate Program Admission Committee

Service to the College of Agriculture, Food, and Natural Resources

- 2022-2023 Member, CAFNR P&T Committee
- 2021-2023 CAFNR Representative to Faculty Council
- 2021 Member, Task Force Charged with development of Division Name, Bylaws, Membership

Service to the College of Human and Environmental Sciences

- 2020-2021 Human Environmental Sciences Representative to Faculty Council
- Member, HES P&T Committee to Revise HES Bylaws and P&T Guidelines
- 2019-2021 HES Diversity and Inclusion Task Force
- Presenter, HES P&T Workshop: Promotion, Columbia, MO
- 2018 Presenter, HES P&T Workshop: Promotion, Columbia, MO
- 2017 Presenter, HES P&T Workshop: HES Perspective, Columbia, MO
- 2015-2021 Member, HES Academic Appeals Committee
- 2009-2021 Member, Promotion and Tenure Committee, College of Human and Environmental Sciences
- 2003 Member, Margaret Mangel Lectureship Committee, College of Human and Environmental Sciences

Service to the School of Medicine

- 2016-2019 Member, Committee on SOM Graduate Program in *Translational Biomedical Sciences*

Service to the University of Missouri

- 2022 Ombudsperson Search Committee Vice Chair
- 2021 Member, Standards of Faculty Conduct Faculty Panel
- 2019 Chair, University of Missouri Student-Athlete Research Oversight Committee
Presenter, "Academic Integrity and Athletics," New Faculty Orientation
- 2018-present Member, Equity Resolution Panel
- 2018 Co-Presenter, "Academic Integrity," Celebration of Teaching, University of Missouri-Columbia
- Co-Presenter, "Academic Integrity," Teaching Renewal Conference, University of Missouri-Columbia
- Presenter, "Academic Integrity and Athletics," New Faculty Orientation

	Member, Provost's Award for University Citizenship Review Committee
	Member, Evaluation Panel, Evaluation of Ability to Work
	Member, Standards of Faculty Conduct Faculty Panel
2017-present	Faculty Athletics Representative (50% effort)
2017	Member, Provost's Task Force on Academic Integrity
2016-present	Member, Executive Committee, Intercollegiate Athletics Committee
2016-present	Chair, Compliance Subcommittee, Intercollegiate Athletics Committee
2016-2017	Member, Task Force on Interdisciplinary Studies
2015-2016	Graduate Faculty Senate
2015-2016	Member, Graduate Faculty Senate Awards and Fellowships Committee
2009-2023	Faculty Member (Chair), Grievance Resolution Panel (25% effort)
2013-214	Member, Director of Masters of Public Health Search Committee
2009-2012	Intercollegiate Athletics Committee, Chair Student Welfare Subcommittee
2006-2009	Faculty Grievance Committee
2005-2010	Member, Provost's Committee on Student Conduct
2005	Presenter, "Learning the Ropes," Teaching Renewal Conference, University of Missouri, Columbia
2004-2005	Faculty sponsor for Freedom and Recovery from Eating Disorders MU Student Organization
2003-present	Co-faculty advisor to the University of Missouri Cycling Club
2001-2003	Nutrition consultant for women's soccer, University of Missouri-Columbia Substance Abuse Committee, ad hoc member, Department of Intercollegiate Athletics, University of Missouri-Columbia
2001	Member, Program Director Sports Science and Rehabilitation Program Search Committee

Editorial Service

Editorial Board

2011-2016	<i>Journal of Endocrinology and Metabolism</i>
2007-2013	American College of Sports Medicine's <i>Health and Fitness Journal</i>

Reviewer for textbook chapters and peer-reviewed journals

American Journal of Clinical Nutrition
Calcified Tissue
Current Developments in Nutrition
Endocrinology
European Journal of Applied Physiology
European Journal of Clinical Nutrition
International Journal of Sports Nutrition and Exercise Metabolism
Journal of American College of Nutrition
Journal of American Dietetics Association
Journal of Applied Physiology
Journal of Bone and Mineral Research
Journal of Nutrition, Health and Aging
Journal of Sports Science and Medicine
Journal of Strength and Conditioning Research
Medicine and Science in Sports and Exercise
Metabolism
Musculoskeletal Disorders
Nutrition Reviews
Obesity
Osteoporosis International
Physiology Reviews
PLOSOne
Psychology of Sport and Exercise
Understanding Normal and Clinical Nutrition, 7th edition
Women and Health
Women in Sport and Physical Activity Journal

Professional Society Service

- 2018 American Society for Bone and Mineral Research Reviewer for Abstracts at ASBMR Annual Meeting
- 2017 American Society for Bone and Mineral Research Reviewer for Abstracts at ASBMR Annual Meeting
- ASBMR Reviewer for John Haddad Young Investigator Awards
- 2016 American Society for Nutrition Reviewer for Scientific Sessions at EB

Grant Review Service

- 2016 Rehabilitation Research Institute of Singapore (RRIS) is an institutional collaboration between Agency for Science, Technology and Research (A*STAR), National Healthcare Group (NHG), and Nanyang Technological University (NTU) established in 2014. RRIS focuses on four broad research areas, namely Psychosocial Rehabilitation, Neuro-rehabilitation, Frailty &/or Nutrition Management in Rehabilitation, and Advanced Technology for Rehabilitation Continuum of Care. RRG Ref No: RRG2/16004
- 2014 Special Emphasis Panel ZDK1 GRB-J O4 and contributing your expertise to the teleconference review of 1 ancillary studies application submitted in response to PAR12-265, Ancillary Studies to

Major Ongoing Clinical Research Studies to Advance Areas of Scientific Interest within the Mission of the NIDDK (R01).

- 2013 National Institute of Food and Agriculture (NIFA), Institute of Food Safety and Nutrition (IFSN) conference proposal: Function and Efficacy of Nutrients Panel
- 2012 Department of Defense Peer-Reviewed Medical Research Program: Osteoporosis and Related Bone Disease
- 2011 Feminist Review Trust Research and Other Scholarly Activity on All Aspects of Gender
- Department of Defense Peer-Reviewed Medical Research Program: Osteoporosis and Related Bone Disease
- 2010 National Institutes of Health, NIDDK Special Emphasis Panel on aspects of diabetes, endocrinology and metabolic diseases
- Department of Defense Peer-Reviewed Medical Research Program: Osteoporosis and Related Bone Disease
- University of Missouri Research Board
- Social Sciences Health Research Council of Canada
- Medical Research Council, United Kingdom

Service to the Community

- 2011 Volunteer Bike Walk and Wheel Week, Columbia, MO
- 2006-present Adopt-a-spot trash pick-up, Ashland Rd., Columbia, MO
- 2004-present Nutrition expert for Cyclingnews.com Fitness Q&A panel
- 2004-2006 Nutrition columnist for Team Speed Queen newsletter for women cyclists

HONORS AND SCHOLARSHIPS

University of Wisconsin-Madison

- 1996 Linkswiler/Goessling Travel Award, Endocrine Society Meeting, San Francisco, CA
Linkswiler/Goessling Travel Award, Experimental Biology, Atlanta, GA
- 1991-93 Wisconsin Alumni Research Foundation Fellowship, University of Wisconsin

Cornell University

- 1997 NIH postdoctoral traineeship in Maternal and Child Nutrition, Division of Nutritional Sciences, Cornell University

University of Missouri

- 2018 Southeastern Conference Academic Leadership Development Program Awardee
- 2017 University of Missouri System, Leadership Development Program Awardee

University of Missouri Provost's Distinguished Faculty Service Award

Human & Environmental Sciences Distinguished Faculty Service Award

Dewey Schade Scholar

ASBMR Mid-Career Faculty Travel Grant awarded to the top Mid-Career Investigators who will be presenting an oral or plenary poster presentation at the ASBMR 2017 Annual Meeting

2015 Friend of MU Extension Award

Athletics

2024 Gladys Stankowski Sportswoman of the Year Finalist
2023 Toppling Goliath Gravel Grinder, winner Women's masters
2011 Missouri State Cycling Road Race, winner Women's Open
2010 Missouri State Cycling Road Race, winner Women's Open
2009 Missouri State Cycling Road Race, winner Women's Open
2006 Missouri State Cycling Road Race, winner Women's Open
USA Cycling Master's Time Trial National Championships, second place
USA Cycling Master's Road Race National Championships, fifth place
2005 USA Cycling Master's Road Race National Championships, fifth place
2003 Missouri State Cycling Road Race, winner Women's Open
1995 Madison Marathon, winner
1989-90 NCAA All-American, Outdoor track
American Recorder Holder (4x1500m) 1990-2009
Goodman Most-Outstanding Performance Award
Team Captain, Track & Cross-Country, University of Wisconsin
1987-91 Athletic Scholarship, Track & Cross-Country, University of Wisconsin
1987-91 Academic All-Big Ten