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**ALAN C. UTTER, Ph.D., M.P.H., FACSM**

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**Current Position**

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Vice Provost for Research and Professor  
Appalachian State University  
Convocation Center  
Boone, N.C. 28608

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**Education**

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- 1995 Doctor of Philosophy, University of Pittsburgh  
(Emphasis: Exercise Physiology)  
(Minor: Research Methodology)
- 1995 Master of Public Health, University of Pittsburgh  
(Emphasis: Epidemiology)
- 1991 Master of Science, University of Pittsburgh  
(Major: Exercise Physiology)
- 1989 Bachelor of Science, University of Pittsburgh  
(Major: Exercise Science)

**Academic Administrative Positions**

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**Vice Provost for Research**

Appalachian State University  
January 2014-present

- Provide oversight for the Office of Research which consists of four separate divisions including: Office of Research Protections, Office of Sponsored Programs, Office of Research Consultation and Grants Resources and Services; responsibility for university-wide research institute, research centers, 20 full-time staff members, lead effort to administratively and physically separate the Office of Research from the Graduate School at ASU; experience and responsibility with the following: regulatory compliance related to human subjects, laboratory animals, scientific misconduct, conflict of interest, federal/industry funded research; legal, financial, and social aspects of technology transfer, intellectual property protection, management and licensing; experience in applying for and managing grants and an understanding of university research issues in a broad context; working with university budgets and experience with academic policy development and strategic planning.

**Administrative initiatives completed as Vice Provost for Research:**

- Increased institutional external funding for research grants and contracts from \$10.9 to \$16.2 million (50%) from 2014-2016.
- Developed a University “Indirect Rate Return Policy” and “Buyout Policy”, gained approval from the University Research Council, Council of Chairs, Provost’s Council and Chancellor’s Cabinet to be included in the ASU Policy Manual.
- Completely revised the University Research Council grant application (internal seed grants) to move them entirely online.
- Decentralized the University Research Council grant program, administration of funds from the Office of Research to the ~40 academic departments.
- Facilitated University agreement of a Medical Doctor to oversee all research studies requiring North Carolina Statute on “Practice of Medicine” procedures.
- Assisted in successfully mediating a faculty grievance on a significant research/grant related issue.
- Initiated a Pilot Program for “Faculty Reassigned Time” to prepare significant external grant applications during the academic year.
- Conducted a National Search for our Director of Research Protections and Director of Grants Resources and Services both of which were successfully completed.
- Created a new Office of Research Consultation on campus and hired a Director: The Office of Research Consultation has a mission to facilitate faculty who are participating in the development of various operations and procedures for grant and contract submissions as well as providing guidance for the collection, editing, verification, and management of quantitative/statistical/biostatistical data.
- Created in conjunction with the Vice Chancellor for IT an IT Research Platform Committee for the University.
- Chair, Search Committee for Sr. Research Scientist at the North Carolina Research Campus Human Performance Laboratory.
- Successfully completed Research Integrity Officer training sponsored by the Department of Health and Human Services, Office of Research Integrity.
- Initiated an external review of our IRB conducted by HRP Consulting Group, Aug. 2014.
- Initiated a contract with Huron Education for the preparation and negotiation of our F&A cost rate agreement application with DHHS which was successfully renegotiated from 32 to 37% effective July 2016.
- Completed and negotiated the University’s application to become a member of the Council on Government Relations (COGR), <http://www.cogr.edu/>.
- Initiated an internal interdisciplinary grant program on topics relating to energy, economics and the environment.
- Established a faculty workshop for grant proposal development.

**Director, Health Promotion Degree Program**

Appalachian State University  
2008-2016

- Provide academic leadership to the Health Promotion Division (~150 majors); course scheduling for 15 full-time faculty; Designated Leader for accreditation from the Council on Education for Public Health; developed an online Degree Program in Health Promotion launched in Summer 2009 in collaboration with Blue Cross/Blue Shield; Chaired successful National search for new tenure-track faculty member; oversight of the university assessment process for the Health Promotion Division for SACS; assisted in development of a shared strategic vision that fostered excellence in teaching and service while cultivating a culture of research and scholarly activity; provide program oversight including curriculum development; program evaluation, student retention and evaluation, and adherence to University and College of Health Sciences policies.

**Founding Director, University Office of Student Research (OSR)**

Appalachian State University  
2005-present

- As Founding Director reported directly to the Provost and Vice President for Academic Affairs until 2008; oversight of all administrative details (i.e. budget, personnel, space, web design, forming/leading Advisory Boards and committees, etc.); OSR has funded over 4700 student research/travel grants (~400/year); started an Undergraduate Research Assistant program for the entire campus; increased student participation in the National Conference on Undergraduate Research (highest participation out of the 16 UNC system schools); lead the *Annual Celebration of Student Research and Creative Endeavors* in which ~150 students present original research in various forms; oversight of the university assessment process for the OSR Division for SACS; interaction with every academic department and center on the ASU campus; develop long-range strategic planning for OSR, faculty mentors and staff recruitment, professional development, and evaluation.

**Director of Graduate Programs, Department of Health, Leisure, and Exercise Science**

Appalachian State University  
1996-2002

- Directed the department's graduate studies program; lead efforts for the recruitment and retention of graduate students; oversaw the entire application process; initiated and refined the graduate teaching and research assistant selection criteria and assignments; managed both the written and oral comprehensive exams for all graduate students; served as academic advisor for all graduate students; served as the Coordinator for successful ACSM

“Endorsement/Accreditation” for both our Undergraduate and Graduate academic programs in Exercise Science; served on the University Graduate Council; worked collaboratively with faculty and external advisory board to identify state and regional needs as well as to find connections between programs for which we have appropriate resources that our stakeholders and constituents demand.

### **Academic and/or Administrative Positions** \_\_\_\_\_ **Appalachian State University, Boone, NC**

2014 - present	Vice Provost for Research Office of Academic Affairs
2008 - 2016	Director and Professor, Health Promotion Degree Program Director, Human Performance Laboratory (2010-2011) College of Health Sciences
2005 - present	Director, University Office of Student Research, University College
2004 - present	Professor, Department of Health and Exercise Science
2001-2004	Associate Professor/Tenure, Department of Health and Exercise Science
1995-2001	Assistant Professor Graduate faculty member (1996-present) Director, HES Graduate Programs (1996-2002)

### **Administrative and Leadership Experience** \_\_\_\_\_

Designated Leader: for accreditation from the Council on Education for Public Health (CEPH) Fall 2014-Spring 2016.

Member: Provost Council and Dean’s Council 2014-present.

Chair: Senior Scientist Faculty Position (North Carolina Research Campus), Spring 2015.

Member: Chancellor Search Committee, 2013-2014.

Member: Leadership Council ASU’s Quality Enhancement Plan, Fall 2011-2013.

Member: International Education Council’s Research Committee, Spring 12-15

Member: Institution Review Board, May 2011-2014.

Member: Post-Tenure Review Committee HLES, Sept 2009-May 2011.

Chair: Health Promotion Tenure Track Faculty Position, Spring 2010.

Member: General Education Task Force Review Committee, 2010-2011.

Member- University Research Council, 1999-2002, Sept. 2008- Sept. 2011.

Member: Building Planning Committee College of Health, Oct. 2008- May 2010.

Member: Provost Search Committee, 2009-2010.

Member: College of Health Task Force, Sept. 2008- Sept. 2009.

Member: Institute for Health and Human Services, Research Advisory Board, Sept. 2005-2010, 2014-present.

Member: Heltzer Honors College Advisory Committee, Sept. 2008- present

Member: University College Council, Sept. 2007- present

Member: Interdisciplinary Studies Advisory Council, Sept. 2008- May 2011.

Member: Student Achievement Team, Academic Affairs, Sept. 2006-Sept. 2009.

Member: General Education Faculty Development Steering Committee, University College, Jan. 2008-June, 2009.

Member: Athletics Council, Department of Athletics, Sept. 2007- May 2008.

Member: Export Control Steering Committee, Academic Affairs, 2007- 2008.

Equal Opportunity Associate; Dept. of HLES, Sept. 2007- May 2008.

Member: Search Committee Director of Interdisciplinary Studies, University College, Jan. 2008.

Member: Search Committee University Statistician, Graduate School, Jan. 2008.

Member: Search Committee Vice Provost for Faculty Affairs, Jan. 2008.

Member: Responsible Conduct of Research Committee, 2005- 2007.

Member: Task Force to Review Graduate Education, Oct. 2004.

Member: Strategic Planning Committee for Dept. of HLES, Oct. 2004.

Member: Center for Health and Human Services; Interdisciplinary Collaboration Committee, Sept. 2004.

Member: Search Committee Dean of College of F&AA, Jan. 2003.

Member: Academic Policies Committee /Graduate Council, Sept. 2001-July 2004.

Member: Graduate Council, Feb. 2001-July 2004, Sept. 2005-Sept. 2006.

Member: Health and Human Services Collegial Organization Committee, 2000.

Member- College of F&AA Technology Committee, Oct. 1997-Oct. 1999.

Member- Department Personnel Committee, Sept. 1998- present.

Member- Graduate Student Research Day Task Force, Spring 1998, 1999.

Member- Dept. of HLES Reorganization Committee, Oct. 1997.

Member- College of F&AA Computer Consultant Committee, Oct. 1997.

Member-Search Committee, Director of Informal Recreation, 1997, 1998.

Eric DeGroat Scholarship Committee member, April 1997-present.

Co-Director, Appalachian State University Human Performance Laboratory Community Testing Program, Sept. 1996-2011.

Chair-Search Committee, Program Director-Watauga/Appalachian State University Cardiac Rehabilitation Program, Aug. 1996.

### **Professional Association /International / Domestic Experience: American College of Sports Medicine**

Executive Council: Committee on Certification and Registry Boards: 05-06

ACSM Board of Trustees Representative, European Union/United States Conference: Good Practices: Action on Diet Physical Activity and Health, Brussels, Belgium, May 2006.

Coordinator: ACSM Endorsement “Accreditation” for Undergraduate and Graduate Programs in Exercise Science, March 2003.

Certification Director and Lecturer- American College of Sports Medicine Health/Fitness Instructor<sub>sm</sub>, Beijing, China, August 8-12, 2005.  
 Committee on Certification and Education: International Subcommittee. 03-06  
 Committee on Certification and Education: Clinical Track Subcommittee 1999-2002. Reappointment for 1 year June, 2003.  
 Workshop Director- American College of Sports Medicine Health/Fitness Instructor<sub>sm</sub>, Appalachian State University, June 1998-2007.  
 Site Director- American College of Sports Medicine Health/Fitness Instructor<sub>sm</sub> Certification Examination, Appalachian State University, 96 -07.  
 Certification Director and Lecturer- American College of Sports Medicine Health/Fitness Instructor<sub>sm</sub>, Rimini, Italy, May 23-26, 2002.  
 Certification Director and Lecturer- American College of Sports Medicine Health/Fitness Instructor<sub>sm</sub>, Barbados, April 17-20, 2002.  
 American College of Sports Medicine, Exercise Specialist Examiner, University of Central Florida, October, 1999, 2000.  
 American College of Sports Medicine, Health and Fitness Instructor Examiner, Appalachian State University, June 1996, June 1998.  
 American College of Sports Medicine, Exercise Specialist Examiner, University of Pittsburgh, June, 1997.  
 Certification Coordinator- American College of Sports Medicine Exercise Specialist<sub>sm</sub> Certification Examination, University of Pittsburgh June 1993- 1995.

## **Teaching and Advising Responsibilities**

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### Appalachian State University

Undergraduate Teaching: Lifestyle Disease and Risk Reduction, Principles of Epidemiology, Health and Fitness

Graduate Teaching: Rehabilitation of the Coronary Patient

Serve as Thesis Mentor for graduate students in Exercise Science program.

## **Research and Scholarly Activity**

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### **Patents**

Co-inventor, patent No. 60/391,587, "System and method for monitoring body weight and nutrition" 2002

## **Funded Research**

Utter, A.C. and McAnulty, S. "Portable device for monitoring water balance in elderly" National Institute Health - SBIR # 2R44 AG042990 \$175,000, 2013-2015, Funded, Role: PI at ASU, Aug. 2014.

Utter, A.C. Markers of hydration status, cardiovascular function, and performance in ocean rescue employees. College of Health Sciences, ASU, (\$4,000), May, 2013.

Utter, A.C. "The validity multi-frequency BIA to detect changes in the hydration status of wrestlers during acute dehydration and rehydration." Biospace Inc., (\$39,839), Sept. 2009.

Utter, A.C. "North Carolina Biotechnology Scholars Program." North Carolina Biotechnology Center, (\$18,000), Sept. 2008.

Utter, A.C. "The validity of ultrasound velocity to detect changes in the hydration status of wrestlers during acute dehydration and rehydration." Crayon Research, Inc., (\$49,769), Sept. 2008.

Utter, A.C. "The validity multi-frequency BIA in assessing body fat of high-school wrestlers." Biospace Inc., (\$31,766), Sept. 2008.

McBride, J. and Utter, A.C. Efficacy of resistive whole body vibration exercise as a countermeasure to microgravity induced changes in neuromuscular function, body composition, and bone mineral density. North Carolina Space Grant Program, (\$24,000), Sept. 2008.

Utter, A.C. and Quindry, J. Effects of Rooisbos Tea, Bottled Water, and Gatorade on Markers of Hydration Status After Acute Dehydration in Collegiate Wrestlers. Reddrex Inc., (\$30,456), Sept. 2007.

Utter, A.C., Nieman, D.C. and Quindry, J. Effects of Penta Water, Bottled Water, and Gatorade on Markers of Hydration Status After Acute Dehydration in Collegiate Wrestlers. Penta Water Company, (\$37,687), Sept. 2007.

Utter, A.C. and Nieman, D.C. "A Diet and Exercise Intervention Program to Prevent Childhood Obesity in the State of Pennsylvania," National Wrestling Coaches Association, (\$77,791), March 2007.

D.C. Nieman, D. Henson, A.C. Utter, McAnulty, S., L. McAnulty, C. Dumke, and M. Davis. Effects of Beta-glucan on immune function and upper respiratory tract infections in endurance athletes. External, Funded, Gatorade Sport Science Institute (\$73,150) September 2006.

Utter, A.C. "Undergraduate Research Opportunity Expansion Initiative", UNC-General Administration, (\$4,000), Sept. 2006.

Utter, A.C. "The validity of ultrasound measurements in assessing body fat of high-school wrestlers." Intelametrix, Inc, External, (\$20,491.00), Sept. 2006.

D.C. Nieman, D. Henson, McAnulty, S., L. McAnulty, C. Dumke, Triplett, and A.C. Utter. Quercetin as a countermeasure to immune dysfunction induced by prolonged intense physical stress. Defense Advanced Research Projects Agency (DARPA). (\$1,100,000.00), 2005-2007.

Utter, A.C. The validity of Arm-to-arm bioelectrical impedance in assessing body fat of high-school aged wrestlers. American Weights and Measures Inc. (\$16,500.00), April, 2005.

D.C. Nieman, D. Henson, A.C. Utter, McAnulty, S., L. McAnulty, C. Dumke, and M. Davis. The influence of carbohydrate/placebo on plasma cytokine changes following 2.5 hours of intensive cycling with and without rest intervals. Gatorade Sport Science Institute (\$90,000) February, 2005.

Utter, A.C. The validity of leg-to-leg bioelectrical impedance in assessing body fat of high-school aged males and females. Tanita Corporation of America. (\$9,875.00), September, 2004.

Utter, A.C. The validity of leg-to-leg bioelectrical impedance in assessing body fat of high-school aged wrestlers. Tanita Corporation of America ( II). (\$12,550), September, 2004.

D.C. Nieman, M. Davis, D. Henson, McAnulty, S., L. McAnulty, C. Dumke, D. Vinci and A.C. Utter. The influence of carbohydrate/placebo on oxidative/immune changes following 2.5 hours of intensive cycling. Gatorade Sport Science Institute (\$34,870) November, 2003.

Utter, A.C. The validity of leg-to-leg bioelectrical impedance in assessing body fat of high-school aged wrestlers. Tanita Corporation of America. (\$19,750), August, 2003.

Utter, A.C. "The influence of core body temperature on perceived exertion during treadmill running." University Research Council, Appalachian State University.(\$4,835), Nov., 2002.

McAnulty, S., L. McAnulty, D.C. Nieman, and A.C. Utter. Effect of blueberry phytochemicals on oxidative stress and immune function after exhaustive exercise. North American Blueberry Council (\$37,150), Aug. 2002



Utter, A.C. "The use of air displacement plethysmography in estimating body composition of collegiate wrestlers" Life Measurement, Inc.(\$4,000), Nov., 2001.

Utter, A.C. "The influence of vitamin C ingestion on Rating of Perceived Exertion during ultramarathon running." University Research Council, Appalachian State University.(\$1,750), Nov., 2000.

Utter, A.C. "The Effect of Carbohydrate Substrate Availability on Rating of Perceived Exertion During the 2000 Grandfather Mountain Marathon." University Research Council, Appalachian State University.(\$1,000), March, 2000.

Utter, A.C. "The Effect of Carbohydrate Substrate Availability on Rating of Perceived Exertion in Charlotte Marathon Runners." University Research Council, Appalachian State University.(\$1,000), March, 1999.

Utter, A.C. "Body Composition Changes and Weight Management Behaviors of NCAA Collegiate Wrestlers." University Research Council, Appalachian State University.(\$2,000), November 1998.

Utter, A.C. and Nieman, D.C. "The Validity of Bioelectrical Impedance in Assessing Body Composition in Collegiate Wrestlers Throughout the Competitive Season and During the 1999 NCAA Wrestling Championships." Tanita Corporation of America. (\$5,000), October 1998.

Utter, A.C. "The Effects of Exercise Training on the Hormonal Control of Gallbladder Function."University Research Council, Appalachian State University.(\$2,000), November 1997.

Utter, A.C. "The Effects of Exercise Training on Gallbladder Function." ACSM Foundation-Nordic Track Research Grant. (\$10,000), July 1997.

Utter, A.C. "The Effects of Exercise Training on Gallbladder Function."Life Fitness Academy-Scientific Advisory Board. (\$5,000), July 1997.

Utter, A.C. " The Influence of Diet, Exercise, or Both on Body Composition and Cardiorespiratory Fitness in Obese Women." University Research Council, Appalachian State University. (\$1000), November 1996.

Utter, A.C. " The Effects of Exercise on Gallbladder Function in an Adult Female Population." ACSM Research Grant for Doctoral Students. (\$2500), April 1994.

Utter, A.C. " The Effects of Exercise on Gallbladder Function in an Adult Female Population." School of Education, University of Pittsburgh. (\$1500), April 1994.

DaSilva, S.G., and Utter, A.C. “ Velocity at VO<sub>2</sub>Max as a Predictor of Endurance Performance in Well-Trained Males and Females.” School of Education, University of Pittsburgh. (\$1500), April 1993.

### **Publications**

Sarvazyan A, Tsyuryupa, Calhoun MC, Utter AC. Acoustical method of whole-body hydration status monitoring. Acoustical Physics, 62:4, 2016.

Smolarek AC, Ferreira L, Mascarenhas L, McAnulty S, Varela K, Dangui M, Barros M, Utter AC, Souza-Junior TP. The effects of strength training on cognitive function in elder women. Clinical Interventions in Aging, 11:749-754, 2016.

Sommerfield LM, McAnulty SR, McBride JM, Zwetsloot JJ, Austin MD, Mehlhorn JD, Calhoun MC, Young JO, Haines TL, Utter AC. Validity of Urine Specific Gravity when Compared to Plasma Osmolality as a Measure of Hydration Status in Male and Female NCAA Collegiate Athlete. J Strength Cond Res, 30(8):2219-25, 2016.

Souza-Junior TP, Ide BN, Sasaki JE, Lima RF, Abad CC, Leite RD, Barros MP, Utter AC. Mixed Martial Arts: History, Physiology and Training Aspects. The Open Sports Science Journal, 8:1-7, 2015.

Calhoun MC, Utter AC, McAnulty SR, McBride JM , Zwetsloot JJ, Austin MD , Mehlhorn JD, Sommerfield LM, Tsyuryupa S, Sarvazyan A. Validity of acoustic method for the assessment of whole-body hydration status. Proceedings of Meetings on Acoustics, 23:1-16, 2015.

Morris DM, Huot JR, Jetton AM, Collier SR, Utter AC. Acute Sodium Ingestion Prior to Exercise Increases Voluntary Water Consumption Resulting in Pre-Exercise Hyperhydration and Improvement in Exercise Performance in the Heat. Int J Sport Nutr Exerc Metab. Oct;25(5):456-62, 2015.

McAnulty LS, Miller LE, Hosick PA, Utter AC, Quindry JC, McAnulty SR. Effect of resveratrol and quercetin supplementation on redox status and inflammation after exercise. Appl Physiol Nutr Metab. 38(7):760-5, 2013.

Nieman DC, Austin MD, Dew D, Utter AC. Validity of COSMED's quark CPET mixing chamber system in evaluating energy metabolism during aerobic exercise in healthy male adults. Res Sports Med. 21(2):136-45, 2013.

Jetton AM, Lawrence MM, Meucci M, Haines TL, Collier SR, Morris DM, Utter AC. Dehydration and Acute Weight Gain in Mixed Martial Arts Fighters Prior to Competition. J Strength Cond Res. 27(5):1322-6, 2013.

Hardee JP, Lawrence MM, Zwetsloot KA, Triplett NT, Utter AC, McBride JM. Effect of cluster set configurations on power clean technique. J Sports Sci. 31(5):3488-96, 2013.

Hardee JP, Lawrence MM, Utter AC, Triplett NT, Zwetsloot KA, McBride JM. Effect of inter-repetition rest on ratings of perceived exertion during multiple sets of the power clean. Eur J Appl Physiol. 2012 Aug; 112(8):3141-7.

Hardee JP, Travis Triplett N, Utter AC, Zwetsloot KA, McBride JM. Effect of interrepetition rest on power output in the power clean. J Strength Cond Res. Apr;26(4):883-9, 2012.

Utter AC, McAnulty SR, Riha BF, Pratt BA, Grose JM. The validity of multi-frequency bioelectrical impedance measures to detect changes in the hydration status of wrestlers during acute dehydration and rehydration. J Strength Cond Res. Jan;26(1):9-15, 2012.

McAnulty LS, Nieman DC, Dumke CL, Shooter LA, Henson DA, Utter AC, Milne G, McAnulty SR. Effect of blueberry ingestion on natural killer cell counts, oxidative stress, and inflammation prior to and after 2.5 h of running. Appl Physiol Nutr Metab. Dec;36(6):976-84, 2011.

Guidetti L, Sgadari A, Buzzachera CF, Broccatelli M, Utter AC, Goss FL, Baldari C. Validation of the OMNI-cycle scale of perceived exertion in the elderly. Journal of Aging and Physical Activity 19(3): 214-224, 2011.

Turocy PS, Depalma BF, Horswill CA, Laquale KM, Martin TJ, Perry AC, Somova MJ, Utter AC. National athletic trainers' association position statement: safe weight loss and maintenance practices in sport and exercise. J Athl Train. 46(3):322-36, 2011.

Guidetti L, Broccatelli M, Baldari C, Buzzachera CF, Goss FL, Utter AC, Sgadari A. Validation of the Italian version of the OMNI Scale of Perceived Exertion in a sample of Italian-speaking adults. Percept Mot Skills.Feb; 112(1):201-10, 2011.

Utter AC, McAnulty SR, Sarvazyan A, Query MC, Landram MJ. Evaluation of ultrasound velocity to assess the hydration status of wrestlers. J Strength Cond Res. 24(6):1451-7, 2010.

Utter AC, JC Quindry, GP Emerenziani, JS Valiente. Effects of Rooibos tea, bottled water, and a carbohydrate beverage on blood and urinary measures of hydration after acute dehydration. Res Sports Med Int J: 18:85-96, 2010.

Utter AC, Lambeth PG. Evaluation of Multi-Frequency BIA in Assessing Body Composition of Wrestlers. Medicine and Science in Sport and Exercise, Vol. 42(2), 361-367, 2010.

Dumke CL, Nieman DC, Utter AC, Rigby MD, Quindry JC, Triplett NT, McAnulty SR, McAnulty LS. Quercetin's effect on cycling efficiency and substrate utilization. Appl Physiol Nutr Metab. 34(6):993-1000, 2009.

Valiente JS, Utter AC, Quindry JC, Nieman DC. Effects of Commercially Formulated Water on the Hydration Status of Dehydrated Collegiate Wrestlers. J Strength Cond Res. 23:2210-2216, 2009.

Dumke CL, Mark Davis J, Angela Murphy E, Nieman DC, Carmichael MD, Quindry JC, Travis Triplett N, Utter AC, Gross Gowin SJ, Henson DA, McAnulty SR, McAnulty LS. Successive bouts of cycling stimulates genes associated with mitochondrial biogenesis. Eur J Appl Physiol. 2009 Nov;107(4):419-27.

Utter AC, Nieman DC, Kang J, Dumke CL, Quindry JC, McAnulty SR, McAnulty LS. Quercetin ingestion does not affect perceived exertion in athletes competing in the Western States Endurance Run. Res Sports Med Int J: 17:71-83, 2009.

Henson D, Nieman D, Davis JM, Dumke C, Gross S, Murphy A, Carmichael M, Jenkins DP, Quindry J, McAnulty S, McAnulty L, Utter A, Mayer E. Post-160-km Race Illness Rates and Decreases in Granulocyte Respiratory Burst and Salivary IgA Output are Not Countered by Quercetin Ingestion. Int J Sports Med. 29:856-863,2008.

McAnulty SR, McAnulty LS, Nieman DC, Quindry JC, Hosick PA, Hudson MH, Still L, Henson DA, Milne GL, Morrow JD, Dumke CL, Utter AC, Triplett NT, Dibarnardi A. Chronic quercetin ingestion and exercise-induced oxidative damage and inflammation. Appl Physiol Nutr Metab. 33(2):254-62, 2008.

Utter AC, and Hager ME. Evaluation of ultrasound in assessing body composition of high school wrestlers. Medicine and Science in Sport and Exercise, Vol. 40(5), 943-949, 2008.

Nieman DC, Henson DA, Davis JM, Dumke CL, Gross SJ, Jenkins DP, Murphy EA, Carmichael MD, Quindry JC, McAnulty SR, McAnulty LS, Utter AC, Mayer EP. Quercetin ingestion does not alter cytokine changes in athletes competing in the Western States endurance run. J Interferon Cytokine Res. 27(12):1003-12, 2007.

Dumke CL, McBride, JM, Nieman DC, Gowin WD, Utter AC, McAnulty SR. Effect of exogenous carbohydrate on gross efficiency during cycling. Journal of Strength and Conditioning Research: Vol. 21(4), 1214-1219, 2007.

Utter AC, Kang J, Nieman DC, Dumke CL, McAnulty SR, McAnulty LS. Carbohydrate attenuates perceived exertion during intermittent exercise and recovery. Medicine and Science in Sport and Exercise, Vol. 39(5), 880-885, 2007.

Utter AC, Kang J, Nieman DC, Dumke CL, McAnulty SR, McAnulty LS. Ratings of perceived exertion during intermittent and continuous exercise. Percept Motor Skill: 104:1079-1087, 2007.

McAnulty SR, McAnulty LS, Nieman DC, Morrow JD, Dumke C, Utter AC. Carbohydrate Effect: Hormone and Oxidative Stress. Int J Sports Med. 28(11), 921-7, 2007.

Robertson RJ, Goss FL, Aaron DJ, Utter AC, and Nagle E. Omni scale rating of perceived exertion at ventilatory breakpoint by direct observations of children's kinematics. Percept Motor Skill: 104:975-984, 2007.

Nieman DC, Henson DA, Gojanovich G, Davis JM, Dumke CL, Utter AC, Murphy EA, Pearce S, McAnulty SR, McAnulty LS. Immune changes :2-h of continuous vs intermittent cycling. Int J Sports Med. Jul;28(7):625-30, 2007.

Nieman DC, Henson DA, Davis JM, Murphy EA, Jenkins DP, Gross SJ, Carmichael MD, Quindry JC, Dumke CL, Utter AC, McAnulty SR, McAnulty LS, Triplett NT, and Mayer EP. Quercetins influence on exercise-induced changes in plasma cytokines and muscle and leukocyte cytokine mRNA. J Appl Physiol, 103(5), 1728-35, 2007.

Nieman DC, Henson DA, Gross SJ, Jenkins DP., Murphy EA, Carmichael MD, Dumke CL, Utter AC, McAnulty SR, McAnulty LS, and Mayer EP. Quercetin reduces illness but not immune perturbations after intensive exercise. Medicine and Science in Sport and Exercise, Vol. 39(9), 1561-1569, 2007.

Nieman DC, Henson DA, Dumke CL, Oley K, McAnulty SR, Davis JM, Murphy EA, Utter AC, Lind R, McAnulty LS, Morrow, JD. Ibuprofen use, edotoxemia, inflammation, and plasma cytokines during ultramarathon competition. Bran, Behavior, and Immunity, Nov;20(6):578-84, 2006.

Unick JL, Utter AC, Schumm S, McInnis T. Evaluation of leg to leg BIA in assessing body composition in high school aged males and females. Res Sports Med Int J: 14(4):301-13, 2006.

Nieman DC, Henson DA, Davis JM, Dumke CL, Utter AC, Murphy EA, Pearce S, Gojanovich G, McAnulty SR, McAnulty LS. Blood leukocyte mRNA expression for IL-10, IL-1ra, and IL-8, but not IL-6, increases post-exercise. J Interferon Cytokine Res 26(9): 668-74, 2006.

Nieman DC, Henson DA, Gojanovich G, Davis JM, Murphy EA, Mayer EP, Pearce S, Dumke CL, Utter AC, McAnulty SR, McAnulty LS. Influence of carbohydrate on immune function following 2-h cycling. Res Sports Med Int J: 14(3):225-37, 2006.

Oppliger RA, Utter AC, Scott JR, Dick RW, Klossner D. NCAA Rule Changes Improves Weight Loss among National Championship Wrestlers. Medicine and Science in Sport and Exercise: Vol. 38(5), 963-970, 2006.

Utter AC, Kang J, Nieman DC, Brown VA, Dumke CL, McAnulty SR. Validation of the OMNI Scale of Perceived Exertion during Prolonged Cycling. Medicine and Science in Sport and Exercise: Vol. 38(4), 780-786, 2006.

Utter AC, Kang J, Nieman DC, Brown VA, Dumke CL, McAnulty SR, McAnulty LS. Carbohydrate supplementation and perceived exertion during resistance exercise. Journal of Strength and Conditioning Research: Vol. 19(4), 939-943, 2005.

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Dumke CL, Nieman DC Davis JM, Murphy EA, Carmichael MD, Henson DA, Gross SJ, Quindry JC, McAnulty SR, McAnulty LS, Utter AC, Triplett NA. Quercetin effect on mitochondrial capacity and cycling efficiency. Presented at ACSM National Meeting, New Orleans, LA, June 2007.

Nieman DC, Henson DA, Gross SJ, Jenkins DP., Murphy EA, Carmichael MD, Dumke CL, Utter AC, McAnulty SR, McAnulty LS, and Mayer EP. Quercetin reduces illness but not immune perturbations following 3 days of intensive exercise in cyclists. Presented at ACSM National Meeting, New Orleans, LA, June 2007.

**\* Presentations prior to 2007 (available on request).**

## **Editorial Appointments**

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### **Associate Editor**

*Inaugural Health Sciences Division Editor for the Council on Undergraduate Research Quarterly*: November 2010 – present

*Medicine and Science in Sports and Exercise*: July 2004 – present

*Journal of Strength and Conditioning Research*: August 2002 – present

### **Editorial Board**

*Perspectives on Undergraduate Research and Mentoring*: Nov. 2013-present.

*Research in Sports Medicine*: May 2010-present.

*American Journal of Lifestyle Medicine*: April 2006 -present.

*ACSM's Health & Fitness Journal*: July 2004 – Jan. 2017.

*Medicine and Science in Sports and Exercise*: July 2001- July2004

*Journal of Strength and Conditioning Research*: Feb. 2000- August 2002

### **Manuscript Reviewer**

*Preventive Medicine*

*Journal of Women's Health*

*Obesity Research*

*Journal of Clinical Exercise Physiology*

*Journal of Strength and Conditioning Research*

*International Journal of Sport Nutrition and Exercise Metabolism*

*Journal of Sports Science and Medicine*

*European Journal of Applied Physiology*

*Research Quarterly for Exercise and Sport*

*Medicine & Science in Sports & Exercise*

*Sports Medicine*

*Journal of the American College of Nutrition*

*European Journal of Clinical Nutrition*

*Journal of Applied Physiology*

*European Journal of Sport Science*

*Neuroscience letters*

*Council on Undergraduate Research Quarterly*  
*Journal of the American Board of Family Medicine*  
*Journal of the American Geriatrics Society*  
*Applied Physiology, Nutrition, and Metabolism*  
*Journal of the American Board of Family Medicine*  
*The Physician and Sports Medicine*

## **Professional Registration and Certification**

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American College of Sports Medicine, *Registered Clinical Exercise Physiologist, Registration Number 69*, Jan., 2000.

American College of Sports Medicine, *Certified Exercise Specialist for Preventive and Rehabilitative Exercise Programs, Certification Number 1700*, April, 1992.

## **Elected /Appointed National Committees / Positions**

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American College of Sports Medicine, Nominating Committee, June 2015-present.  
 Southeast American College of Sports Medicine, Representative to ACSM, Feb. 2015 – present.

American College of Sports Medicine, Budget and Finance Committee, June 2014-present.

American College of Sports Medicine, Presidential Candidate, June 2012-May 2013

American College of Sports Medicine, Board of Trustees, June 2006-June 2009

American College of Sports Medicine, Administrative Council, June 2008-June 2009

Southeast American College of Sports Medicine, President, Feb. 2008- Jan. 2011

American College of Sports Medicine, Health-Fitness Publications Advisory, 2006-2015.

National Federation of State High School Associations, Sports Medicine Advisory Committee, Sept. 2006-Sept. 2010

American College of Sports Medicine, Health & Fitness Summit Program Committee, 05- 08.

Southeast American College of Sports Medicine, Executive Board Member, Jan. 2002- Jan. 2004.

Southeast American College of Sports Medicine, Coordinator for the 2001 Fall Lecture Tour.

## **Professional Achievements and Honors**

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2013 *Distinguished Alumni Award*, Department of Health and Physical Activity, University of Pittsburgh.

1999-2000 *100 Scholars Award* presented by the Cratis D. Williams Graduate School of Appalachian State University.

1999-2000 *Outstanding Mentoring and Advising Award* presented by the Graduate Student Senate Association of Appalachian State University.

1999 *Fellowship* granted by the American College of Sports Medicine.

1997 American College of Sports Medicine Foundation - Nordic Track Research Grant Recipient for New Investigators.

1997 Life Fitness Academy Scientific Advisory Board Research Grant Recipient for Junior Investigators.

1996 Outstanding Dissertation Award Recipient as presented by the Doctoral Association of Educators- University of Pittsburgh.

1994 American College of Sports Medicine Foundation Research Grant Recipient for Doctoral Students.

1990 University of Pittsburgh Blue-Gold Award Recipient: Graduating Senior athlete with best combination of academic scholarship, athletic achievement, and leadership qualities.

### **Memberships in Professional Organizations** \_\_\_\_\_

Public Responsibility in Medicine and Research.

National Council of University Research Administrators.

Council on Undergraduate Research.

American College of Sports Medicine.

Southeast Chapter of American College of Sports Medicine.

National Strength and Conditioning Association.

### **Invited Presentations** \_\_\_\_\_

NCAA Sport Science Institute's National Wrestling Summit. Panelist, Indianapolis, IN, July 2015.

Portable device for monitoring water balance in elderly. Presented at North Carolina Advanced Technologies Review Symposium, Raleigh, NC. June 2014.

Weight Management in Weight Classified Sports. Presented at the American Association of Professional Ringside Physicians Annual Meeting, Las Vegas, NV. Sept. 2013.

Dehydration and weight loss issues in health and sport. Presented at the International Symposium on Strength and Conditioning, Via Real, Portugal, July 2103.

Sports Nutrition for Wrestling. Presented at the National Wrestling Coaches Association Annual Meeting, Delray Beach, FL, August 2010.

Faculty Member: International Doctoral Program, Methodological and Biomedical Aspects of Preventive and Adapted Physical Activities, University of Rome, Rome, Italy, Sept. 2007-present.

Invited to testify on Sept. 11, 2008 to the Commonwealth of Pennsylvania House of Representatives-Health and Human Services Committee on the public hearing of House Resolution #501: Sports Nutrition and Sports Supplements for High-School Athletes.

Weight Management in Amateur Wrestling. Presented at the American Association of Professional Ringside Physicians, San Juan, Puerto Rico, Nov. 2007.

ACSM Board of Trustees Representative, European Union/United States Conference: Good Practices: Action on Diet Physical Activity and Health, Brussels, Belgium, May 2006.

OMNI Perceived Exertion Scale: Applications to Endurance and Intermittent Exercise, Mid-Atlantic American College of Sports Medicine Annual Meeting, Nov., 2006.

State of Nebraska High-School Athletic Association Weight Certification Assessor Training, Sept. 2006.

State of Texas High-School Athletic Association Weight Certification Assessor Training, July 2006.

Developing a wrestling weight certification program. Presented to the Florida State High School Interscholastic Athletic Association, Orlando, FL, October, 2004.

Developing a wrestling weight certification program. Presented to the Section Commissioners of the California State High School Interscholastic Athletic Association, Sacramento, CA, March. 2004.

Developing a wrestling weight certification program. Presented to the Eastern Athletic Trainers Association Annual Meeting, Philadelphia, PA Jan. 2004.

Developing a wrestling weight certification program. Presented to the California State High School Interscholastic Athletic Association, Bakersfield, CA Oct. 2003.

Sports Nutrition for Wrestling. Presented at the Pennsylvania Wrestling Coaches Association, Hersheypark, PA, Oct. 2003.

Developing a wrestling weight certification program. Presented to the Tennessee State High School Interscholastic Athletic Association, Nashville, TN Oct. 2003.

Developing a wrestling weight certification program. Presented to the New Jersey State High School Interscholastic Athletic Association, Trenton, NJ, Oct. 2002.

Developing a wrestling weight certification program. Presented to the Delaware Interscholastic Athletic Association, Newark, DE, Oct. 2002.

Developing a wrestling weight certification program. Presented to the Nevada Interscholastic

Athletic Association, Reno, NV, Sept. 2002.

Weight management issues of collegiate wrestlers. Presented at the Far West Athletic Trainer's Association Annual Meeting. San Diego, CA, April 2001.

"Pharmacology for Cardiac Rehabilitation Patients", Presented at the ACSM Exercise Specialist Workshop, University of Central Florida, October, 2000.

"Professional certification and registration examinations offered by the American College of Sports Medicine." Presented at the second annual North Carolina Cardiac Rehabilitation Association Exercise Science Tele-medicine Conference, Appalachian State University, May 2000.

"Exercise and Gallbladder Function: Implications for Primary Prevention and Treatment of Gallstone Disease." Presented to Wake Forest University, Department of Health and Exercise Science, March 31, 2000.

Weight management issues of collegiate wrestlers. Presented at the National Wrestling Coaches Association Annual Meeting, Washington D.C., August 1999.