

Curriculum Vitae
Jeong-Su Kim

GENERAL INFORMATION

University Address: Exercise Physiology
 Nutrition, Food and Exercise Sciences
 College of Human Sciences
 Sandels Building 0432
 Florida State University
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Professional Preparation

2002 *Ph.D.* The Ohio State University, Columbus, OH
 Major: Exercise Science (Exercise Physiology)
 Supervisor: Steve T. Devor, Ph.D.

Kim, J-S. (2002): Influence of Exercise Training on Oxidative Capacity and Ultrastructural Damage in Skeletal Muscles of Aged Horses. Retrieved from http://etd.ohiolink.edu/view.cgi?acc_num=osu1035562999

1998 *M.S.* Ball State University, Human Performance Laboratory, Muncie, IN
 Major: Exercise Science (Exercise Physiology)
 Supervisor: Bruce W. Craig, Ph.D.

Kim, J-S. (1998): The Relationship of Growth Hormone to Isokinetic Exercise: Concentric vs. Eccentric. Retrieved from <http://cardinalscholar.bsu.edu/handle/handle/186377>

1992 *B.S.* Kyung Hee University, Seoul, Korea
 Major: Physical Education

Postdegree Education and Training

2003 - 2004 *Post-doctoral Fellow*, Department of Physiology and Biophysics, School of Medicine, University of Alabama at Birmingham, Birmingham, AL

Professional Experience

- 2015 - Present *Graduate Program Director*, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University
- 2013 - Present *Associate Professor*, Exercise Physiology Program, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, Florida State University.
- 2014 - Present *Associate Director*, Center for Advancing Exercise and Nutrition Research on Aging, Florida State University
- 2014 - Present *Affiliate Faculty*, Institutes of Sports Science & Medicine, Florida State University
- 2013 - Present *Affiliate Faculty*, the Institute for Successful Longevity, Florida State University
- 2009 - Present *Affiliate Faculty*, the Pepper Institute, Florida State University
- 2009 - Present *Faculty*, Center for Advancing Exercise and Nutrition Research on Aging, Florida State University
- 2006 - 2013 *Assistant Professor*, Exercise Science Program, Department of Nutrition, Food and Exercise Sciences, College of Human Sciences, The Florida State University. Responsible for teaching, research, and service
- 2009 - Present *Affiliate Faculty*, the Pepper Institute, Florida State University
- 2009 - Present *Faculty*, Center for Advancing Exercise and Nutrition Research on Aging, Florida State University
- 2005 - 2006 *Research Associate*, Department of Physiology and Biophysics, School of Medicine, The University of Alabama at Birmingham, Muscle Research Laboratory, VAMC/Geriatric Research, Education, and Clinical Center, Birmingham, AL. Responsible for supervising and research in the UAB Muscle Research Laboratory
- 2003 - 2006 *Associate Scientist*, Center for Aging, The University of Alabama at Birmingham, AL. Responsible for research primarily in the age-related and exercise (load)-induced physiological and cellular adaptations in skeletal muscle
- 1998 - 2002 *Graduate Research and Teaching Assistant*, Sport and Exercise Sciences, The Ohio State University, Columbus, OH. Responsibilities as a Biochemistry Laboratory Manager and Exercise Physiology Laboratory Instructor

- 1996 - 1998 *Graduate Research Assistant*, Human Performance Laboratory, Ball State University, Muncie, IN. Responsible for Biochemistry Laboratory and Exercise Physiology Laboratory
- 1995 - 1996 *Graduate Administrative Assistant*, Office of Graduate Program, School of Physical Education, Ball State University, Muncie, IN. Responsible for administrative work
- 1992 - 1994 ROTC Officer, 6617 Infantry Corps, The Korean Army, South Korea

Honors and Awards

- Fellow of American College of Sports Medicine* (2015)
- Dean's Award*, College of Human Sciences, Florida State University, FL (2010 Dec.)
- Nominated for the Honors Thesis Mentor Award*, Honor in Major, Florida State University, FL (2008 Feb.)
- Nominated for the University Excellence in Teaching Award*, Florida State University, FL (2008 Jan.)
- Top Junior Faculty/Post Doctoral Trainee Posters*, 2006 Annual Meeting of UAB Center for Aging, The University of Alabama at Birmingham, AL (2006 Sep.)
- 2004-2005 Career Enhancement Award* by UAB Office of Postdoctoral Education, The University of Alabama at Birmingham, AL (2004 Aug.)
- 2004 Career Enhancement Award* by UAB Office of Postdoctoral Education, The University of Alabama at Birmingham, AL (2004 Feb.)
- President* of the Korean Students' Association at Ball State University, Muncie, IN (1996 - 1997)
- ROTC Student Representative* (full-time scholarship) of Kyung Hee University ROTC Unit, Seoul, Korea (1991 - 1992)
- President* of the Student Council (full-time scholarship) at the College of Physical Education, Kyung Hee University, Seoul, Korea (1990 - 1991)
- Honorary Student (Scholarship)*, Kyung Hee University, Seoul, Korea (1988 - 1991)

Current Membership in Professional Organizations

- American Physiological Society
American College of Sports Medicine
Southeast Chapter of American College of Sports Medicine
Korean United States Applied Physiology Society (Board Member)

TEACHING

Courses Taught

Advanced Topics (PET6931)
Physical Dimensions of Aging (PET4076/5077)
Skeletal Muscle Structure and Function (PET6317)
Functional Anatomy and Physiology II (PET3323)
Introduction to Exercise Sciences (PET3102)
Applied Exercise Physiology (PET3380)
Special Topics in Nutrition (HUN5938)
Seminar in Movement Sciences (PET6930)
Seminar in Food and Nutrition Sciences (FOS6930)
Food and Nutrition Seminar (HUN6930)
Undergraduate Studies, FSU Biology Dept (BSC4900)
Undergraduate Level Supervised Research (HUN4905)
Honors Thesis (HUN4913)
Masters Level Directed Individual Study (HUN5906)
Masters Level Supervised Research (HUN5910)
Doctoral Level Directed Individual Study (HUN6906)
Doctoral Level Supervised Research (HUN6911)

New Courses Development

Physical Dimensions of Aging (2007)
Skeletal Muscle Structure and Function (2007)

Doctoral Committee Chair

Klemp, Alexander, M.S., PhD Student

Worts, Phillip, M.S., PhD Candidate

Myers, Christopher, M.S., PhD Candidate

Dohoun Kim, M.S. PhD Student

Ming-Chia Yeh, M.S. PhD Student

Khamoui, Andy V., Ph.D (Summer 2014). Dissertation Title: Exercise Dependent Skeletal Muscle Plasticity and Signaling in Cancer Cachexia – Post-doctoral fellow, Rehabilitation Clinical Trials Center, Division of Respiratory & Critical Care Physiology & Medicine, Department of Medicine, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center

Jo, Edward, Ph.D (Fall 2013). Dissertation Title: The Clinical Application of Periodized Resistance Training during a 12-Week Hypocaloric Treatment for Obesity: A Joint Retrospective and Prospective Single-Center Study - Tenure track Assistant Professor, Kinesiology and Health Promotion College of Science California State Polytechnic University, Pomona

Lee, Sang-Rok, Ph.D. (May 2012). Dissertation Title: Anti-Catabolic Effects of Conjugated Linoleic Acid and Omega-3 Polyunsaturated Fatty Acid Administration in Resting or Loaded Skeletal Muscles of Middle Aged Mice during 20 Weeks of High Fat Diet – Faculty, Department of Health and Sport Sciences, Cardiorespiratory/Metabolic Laboratory, The University of Memphis

Zourdos, Michael C., Ph.D. (May 2012). Dissertation Title: Physiological Responses to Two Different Models of Daily Undulating Periodization in Trained Powerlifters – Tenure track Assistant Professor, Department of Exercise Science and Health Promotion, Florida Atlantic University

Henning, Paul C., Ph.D. (December 2010). Dissertation Title: β -Hydroxy β -Methylbutyrate as a Novel Intervention to Maintain Lean Body Mass and Promote Regeneration under Catabolic Conditions - Research Physiologist, U.S. Army Research Institute of Environmental Medicine Military Performance Division

Wilson, Jacob M., Ph.D. (May 2010). Dissertation Title: Sarcopenia as a factor of Inactivity, Metabolic Capacity, and Impaired Regenerative Ability – Tenure track Assistant Professor, Department of Health Sciences and Human Performance, University of Tampa

Doctoral Committee Member

Navaei, Negin

Huang, Jignwen

Allman, Brittany, doctoral student

Kreipke, Vince C., doctoral student

Baur, Daniel A., doctoral student

Inglis, Julia E., doctoral student

Artese, Ashley L., doctoral student

Grubbs, Brandon F., doctoral student

Keshavars, Behnam, doctoral student

Bach, Christopher W., doctoral student

Pourafshar, Shrin, doctoral student

Elam, Marcus L., doctoral student (2015)

Fredericks, William J., doctoral student (2014)

Wong, Alexei, doctoral student (2014)

Chen, Yi-Tien, doctoral candidate (2013)

Vicil-Anaya, Florence, doctoral candidate (2013)

Ezzat Zadeh, Zahra, doctoral candidate (2013)

Mojock, Christopher D., doctoral candidate (2013)

Maier, Haiyan M., doctoral candidate (2013)
Sanchez-Gonzales, Marcos A., graduate (2012)
Ofori, Jack, graduate (2011)
Simonavice, Emily M., graduate (2011)
Bakhshalian, Neema, graduate (2011)
Chai, Sheau C., graduate (2010)

Doctoral Committee University Representative

Garcia, Joanne M., graduate (2011)
Masad, Ihssan, graduate (2011)

Master's Committee Chair

VanWart, W. Jacob

Jacobs, Eric

Seguro, Charmaine

Harris, Grant, student (2015)

Lee, Sijin, student (2015)

Mandler, William K., graduate (2011). *Effects of Pre- and Post-Exercise Intake of Performance Supplements on Body Composition, Muscle Isokinetic, Isometric, and Isotonic Strength and Power, and Mood in Trained Men following 6 Weeks of Resistance Training.*

Park, Young-Min, graduate (2010). *The Effects of β -hydroxy β -methylbutyrate (HMB) on Skeletal Muscles of Aged Sprague-Dawley Female Rats during 10-Week Intensive Resistance Exercise Training.*

Wieder, Ralph A., graduate (2010). *The Effects of Creatine Supplementation on Muscle Performance during the Transition from An Omnivorous Diet to A Lacto-ovo-vegetarian Diet.*

Steinmetz, Brent A., graduate (Food and Nutrition, 2011)

Lapeyrouse, Christina S., graduate (Food and Nutrition, 2011)

Steinmetz, Brent A., graduate (Exercise Science, 2010)

Sommer, Brian A., graduate (Exercise Science, 2009)

Sommer, Brian A., graduate (Food and Nutrition, 2009)

Diah, Tej. B., graduate (Exercise Science, 2009)

Master's Committee Member

Cesareo, Kyle
Yu, Yuan, student
Mason, Justin, student
Walker, Nicholas, student
Bergin, Reiley, student
Yap, Gregory M. student (2015)
Hogsed, Karli M. student (2015)
Leta, Christina, student (2015)
Stafford, Megan M., student (2014)
Purcell, Sarah A., student (2014)
Louw, Gideon A., student (2014)
Zhao, Yitong, student (2013)
Ward, Emery G., student (2013)
Zamora Ruiz, Natalia, student (2013)
Borro, Geoffrey M., student (2013)
Deetz, Ashley M., student (2013)
Figueroa, Monica, student (2013)
Mei, Lesi, student (2013)
Ringpfel, Brian M., student (2013)
Scott, Alexander G., student (2012)
Hazari, Ameer, student (2012)
Thomas, Dennis D., student (2012)
Vivas, Rafael R., student (2012)
Zatkowsky, Jared A., student (2012)
Browne, Jenna L., student (2012)
Berry, Christina L., graduate (2011)
Crook, Ellen C., graduate (2011)
Hargadon, Claire F., graduate (2011)
Hines, James A., graduate (2011)
Muravyeva, Yelizaveta G., graduate (2011)
Naimo, Marshall A., graduate (2011)
Gil, Ryan, graduate (2011)
Guthrie, Tyler J., graduate (2011)
Baez, Preston L., graduate (2010)
Heath, Naikeya C., graduate (2010)
Loney, Brittany S., graduate (2010)
Trivino, Julian A., graduate (2010)
Kumar, Ajay, graduate (2009)
Mojoek, Christopher D., graduate (2009)
Sarandria, John J., graduate (2009)
Bujanover, Noaa N., graduate (2008)

Rich, Nicholas J., graduate (2008)

Oshima, Satomi, graduate (2008)

Bachelor's Committee Chair (Honors in the Major)

Bazyler, Caleb, graduate (2010) is currently Assistant Professor, Department of Kinesiology, Leisure and Sport Sciences at East Tennessee State University

Leonard, Kenneth, graduate (2009), selected as an FSU student star to be profiled on the FSU web site, Fall 2009 – received his degree in Doctor of Pharmacy at the University of Florida, College of Pharmacy (4 year Doctor of Pharmacy program)

Mendez, David, graduate (2008) selected as an FSU student star to be profiled on the FSU web site, Spring 2008 – Currently MD at Northeastern Ohio Universities College of Medicine

Bachelor's Committee Member (Honors in the Major)

Pierce, Andi S., graduate (2015)

Stover, Bryan J., graduate (2010)

Schmidt, Jenna, graduate (2010)

Ramey, Amber, graduate (2010)

Howard, Aimee, Chem & Biomed Eng, graduate (2009)

RESEARCH AND ORIGINAL CREATIVE WORK

Publications

Refereed Journal Articles

1. Mojock, C.D., Ormsbee, M.J., Kim, J.S., Arjmandi, B.H., Louw, G.A., Contreras, R.J., & Panton, L.B. Effects of a calcium-collagen chelate dietary supplement on areal bone mineral density in trained male road cyclists. *European Journal of Applied Physiology*, Submitted 2015.
2. Simonavice, E., **Kim, J-S.**, and Panton, L.B Effects of resistance exercise in women with or at risk for breast cancer-related lymphedema. *Support Care Cancer*. 2016 Aug 11. [Epub ahead of print].
3. Artese, A., Simonavice, E., Madzima, T.A., Kim, J-S., Arjmandi, B.J., Ilich, J.Z., and Panton, L.B. Body Composition and Bone Mineral Density in Breast Cancer Survivors and Non-Cancer, *Women & Health, In Press*, 2016.

4. Khamoui, A.V., Park, B.S., Kim, D-H., Yeh, M-C., Oh, S-L., Elam, M.L. Jo, E., Arjmandi, B.H., Salazar, G. Grant, S.C., Contreras, R.J., Lee, W.J., and Kim, J-S. Aerobic and Resistance Training Dependent Skeletal Muscle Plasticity in The Colon-26 Murine Model of Cancer Cachexia, *Metabolism*, 2016 May;65(5):685-98.
5. Zourdos, M.C., Jo, E., Khamoui, A.V., Lee, S.R., Park, B-S., Ormsbee, M.J., Panton, L.B., Contreras, R.J., & **Kim, J-S**. Modified Daily Undulating Periodization Model Produces Greater Performance than a Traditional Configuration in Powerlifters. *J. Strength Condit. Res.* 2016 Mar; 30(3):784-91.
6. Jo, E., Kim, J-S., Ormsbee, M.J., Prado, C.M., Khamoui. A.V. The physiological basis for weight recidivism following severe caloric restrictive diet therapies: a molecular rationale for exercise-and nutrition-based treatment optimization. *J Advanced Nutrition and Human Metabolism*, In Press, 2015.
7. Zourdos, M.C., Bazzyler, C.D., Jo, E., Khamoui, A.V., Park, B.S., Lee, S.R., Panton, L.B., & Kim, J.S. (2015). Influence of a sub-maximal warm-up on endurance performance in trained male runners during a 30-minute time-controlled distance trial. *Research Quarterly for Exercise and Sport*, In Press, 2016.
8. Mojock, C.D., Arjmandi, B.H., **Kim, J-S**, Ormsbee, M.J., Luow, G.A., Contreras, R.J., & Panton, L.B. Comparisons of bone mineral density between recreational and trained male cyclists. *Clinical Journal of Sport Medicine*, 2016. 26(2):152-6.
9. Simonavice, E., Liu, P.Y., Ilich, J.Z., **Kim, J-S**, Arjmandi, B., and Panton, L.B. The Effects of Resistance Training on Physical Function and Quality of Life in Breast Cancer Survivors. *Healthcare*, 3, 695-709. 2015. Aug 11
10. Purcell, S., Thornberry, R., Elliott, S.A., Panton, L., Ormsbee, M.J., Vieira, E.R., Kim, J-S., Prado, C.M. Body composition, strength, and dietary intake of patients with hip or knee osteoarthritis. *Can J Diet Pract Res.* 16:1-5, 2015.
11. Lee, S.R., Khamoui, A.V., Jo, E., Park, B.S, Zourdos, M.C., Panton, L.B., Ormsbee, J.M. & **Kim, J-S**. Effects of chronic high fat feeding on skeletal muscle mass and function in middle-aged mice. *Aging Clin Exp Res.*, 2015, 27(4):403-11.
12. Zourdos, M.C., Henning, P.C., Jo, E., Khamoui, A.V., Lee, S.R., Park, Y.M., Naimo, M., Panton, L.B., Nosaka, K., & **Kim, J-S**. The repeated bout effect in muscle-specific exercise variations. *J. Strength Condit. Res.* 29(8):2270-6, 2015. Aug;29
13. Simonavice, E., Liu, P.Y., Ilich, J.Z., **Kim, J-S**, Arjmandi, B., and Panton, L.B. The effects of a 6-month resistance training and dried plum consumption intervention on strength, body composition, blood markers of bone turnover, and inflammation in breast cancer survivors. *Appl Physiol Nutr Metab.* 39(6):730-9. 2014.

14. Kinsey, A.W., Eddy, W.R., Madzima, T.A., Panton, L.B., Arciero, P.J., **Kim, J-S.**, and Ormsbee, M.J. Influence of night-time protein and carbohydrate intake on appetite and cardiometabolic risk in sedentary overweight and obese women. *Br J Nutr.* 15:1-8, 2014.
15. Henning, P.C., Park, B-S., and **Kim, J-S.** β -Hydroxy- β -Methylbutyrate Improves Bone Properties and Attenuates the Depression of Protein Synthesis during a Simulated Sustained Operation. *Mil Med.* 179(6):679-685, 2014.
16. Liu, P-Y., Hornbuckle, L.M., Ilich, J.Z., **Kim, J-S.**, and Panton, L.B. Body Composition and Muscular Strength as Predictors of Bone Mineral Density in African American Women with Metabolic Syndrome. *Ethnicity & Disease*, 24: 356-362, 2014.
17. Rafaela, F., Johnson, S., Elam, M.L., **Kim, J-S.**, Khalil, D., Lucas, E.A., Smith, B., Payton, M.E., Akhter, M., and Arjmandi, B.H. Effects of Vitamin E on Bone Biomechanical and Histomorphometric Parameters in Ovariectomized Rats. *J Osteoporosis. Volume 2013, Article ID 825985*
18. Bakhshalian, N., Hooshmand, S., Campbell, S.C., **Kim, J-S.**, Brummel-Smith, K., Arjmandi, B.H. Biocompatibility and Microstructural Analysis of Osteopromotive Property of Allogenic Demineralized Dentin Matrix. *Int J Oral Maxillofac Implants.* 28:1655–1662, 2013.
19. Merritt, E.K., Stec, M.J., Thalacker-Mercer, A., Windham, S.T., Cross, J.M., Shelley, D.P., Tuggle, S.C., Kosek, D.J., **Kim, J-S.**, and Bamman, M.M. Heightened Muscle Inflammation Susceptibility May Impair Regenerative Capacity in Aging Humans. *J Appl Physiol.* 115(6):937-48, 2013.
20. **Kim, J-S.**, Khamoui, A.V., Jo, E., Park, B-S., and Lee, WJ. β -Hydroxy- β -Methylbutyrate as A Countermeasure for Cancer Cachexia: A Cellular and Molecular Rationale. *Anti Canc Agents Med Chem.* 13(8):1188-96, 2013.
21. Maier, H.M., Ilich, J.Z., **Kim, J-S.**, and Spicer, M.T. Nutrition Supplementation for Diabetic Wound Healing: A Systemic Review of Current Literature. *SKINmed: Dermatology for the Clinician.* 11(4):217-24, 2013.
22. Ormsbee, M.J., Thomas, D.D., Mandler, W.K., Ward, E.G., Kinsey, A.W., Panton, L.B., Scheett, T.P., Hooshmand, S., Simonavice, E., **Kim, J-S.** The Effects of Pre- and Post-Exercise Consumption of Multi-Ingredient Performance Supplements on Cardiovascular Health and Body Fat in Trained Men after Six Weeks of Resistance Training: a Stratified, Randomized, Double-Blind Study. *Nutr Metab (Lond).* 16;10(1):39. 2013.
23. Park, B-S., Henning, P.C., Grant, S.C., Masad, I.S., Lee, S-R., Arjmandi, B.H., and **Kim, J-S.** HMB Attenuates Muscle Loss during Calorie Restriction and Prolonged Exercise. *Metabolism.* 62(12):1718-29, 2013.
24. Ormsbee, M.J., Mandler, W.K., Thomas, D.D., Ward, E.G., Kinsey, A.W., Simonavice, E., Panton, L.B., and **Kim, J-S.** (2013) The Effects of Six Weeks of Supplementation with Multi-

- Ingredient Performance Supplements and Resistance Training on Anabolic Hormones, Body Composition, Strength, and Power in Resistance-Trained Men. *J Int Soc Sports Nutr.* 9(1):49.
25. Panton, L.B., Simonavice, E., Mojock, C.D., **Kim, J-S.**, Kingsley, J.D., and Mathis, R. (2013) Effects of Class IV Laser Therapy on Fibromyalgia Impact and Function in Women with Fibromyalgia. *J Altern Complement Med.* 8:1-8.
 26. **Kim, J-S.**, Park, Y-M., Lee, S-R., Masad, I.S., Khamoui, A.V., Jo, E., Park, B-S., Arjmandi, B.H., Panton, L.B., Lee, WJ, and Grant, S.C. β -Hydroxy- β -Methylbutyrate Did Not Enhance High Intensity Resistance Training-Induced Improvements in Myofiber Dimensions and Myogenic Capacity in Aged Female Rats. *Mol Cells.* 34(5):439-48, 2012.
 27. Naimo, M.A., Zourdos, M.C., Wilson, J.M., **Kim, J-S.**, Ward, E.G., Eccles, D.W. and Panton, L.B. Contextual Interference Effects on the Acquisition of Skill and Strength of the Bench Press. *Hum Mov Sci.* 32: 472-484, 2012.
 28. Jo, E., Lee, S-R., Park, B-S. and **Kim, J-S.** Potential Mechanisms underlying the Role of Chronic Inflammation in Age-Related Muscle Wasting. *Aging Clin Exp Res.* 24(5):412-22, 2012.
 29. Liu, P-Y., Hornbuckle, L.M., Panton, L.B., **Kim, J-S.**, and Ilich, J.Z. (2012). Evidence for the Association between Abdominal Fat and Cardiovascular Risk Factors in Overweight and Obese African American Women. *J Am Coll of Nutr.* 31(2):126-132.
 30. Wilson, J.M., Grant, S.C., Masad, I.S., Lee, S-R., Park, Y-M., Henning, P.C., Stout, J.R., Loenneke, J.P., Arjmandi, B.H., Panton, L.B., and **Kim, J-S.** (2012). Beta-Hydroxy-Beta-Methyl-Butyrate Blunts Negative Related Changes in Body Composition, Functionality, and Myofiber Dimensions in Rats. *J Int Soc Sports Nutr.* 9(1):18.
 31. Wilson, J.M., Loenneke, J.P., Jo, E., Wilson, G.J., Zourdos, M.C., and **Kim, J-S.** (2012). The Effects of Endurance, Strength, and Power Training on Muscle Fiber Type Shifting. *J. Strength Condit. Res.*, 26(6):1724-9.
 32. Khamoui, A.V. and **Kim, J-S.** (2012). Candidate Mechanisms Underlying Effects of Contractile Activity on Muscle Morphology and Energetics in Cancer Cachexia. *Eur J Cancer Care (Engl).* 21(2):143-57.
 33. Zourdos, M.C., Wilson, J.M., Sommer, B.A., Hornbuckle, L.M., Park, Y-M., Lee, S-R., Panton, L.B., and **Kim, J-S.** (2012). Effects of Dynamic Stretching on Energy Cost and Running Endurance Performance in Trained Male Runners. *J. Strength Condit. Res.* 26(2):335-341.
 34. Hornbuckle, L.M., Liu, P-Y., Ilich, J.Z., **Kim, J-S.**, Arjmandi, B.H., and Panton, L.B. (2012). Effects of Resistance Training and Walking on CVD Risk in African-American Women. *Med Sci Sports Exerc.* 44(3): 525-533.
 35. Henning, P.C., Park, B-S., and **Kim, J-S.** (2011) Physiological Decrements during Sustained Military Operational Stress. *Mil Med.* 176(9):991-7.

36. Simonavice, E., Liu, P-Y., Ilich, J.Z., **Kim, J-S.**, and Panton, L.B. (2011). Body Composition, Muscular Strength, and Physical Function in Breast Cancer Survivors. *Int J Body Compos Res.*, 9(2): 57-64.
37. Sanchez-Gonzalez, M.A., Wieder, R., **Kim, J-S.**, Vicil, F., and Figueroa, A. (2011). Creatine Supplementation Attenuates Hemodynamic and Arterial Stiffness Responses following An Acute Bout of Isokinetic Exercise. *Eur. J. Appl. Physiol.* 111(9):1965-71.
38. Mojock, C.D., **Kim, J-S.**, Eccles, D.W., and Panton, L.B. (2011). The Effects of Static Stretching on Running Economy and Endurance Performance in Female Distance Runners during Treadmill Running. *J. Strength Cond. Res.*, 25(8):2170-6.
39. **Kim, J-S.**, Wilson, J.M., and Lee, S-R. (2010). Dietary Implications on Mechanisms of Sarcopenia: Roles of Protein, Amino Acids, and Antioxidants. *J. Nutr. Biochem.* 21(1):1-13.
40. Wilson, J.M., Hornbuckle, L.M., **Kim, J-S.**, Sommer, B.A., Lee, S-R., Diah, T., Dalmeau, B., Mendez, D., and Panton, L.B. (2010). Effects of Static Stretching On Energy Cost and Running Endurance Performance. *J. Strength Cond. Res.* 24(9):2274-2279.
41. **Kim, J-S.**, Ugrinowitsch, C., and Craig, B.W. (2010). Post-Eccentric Exercise Blunted hGH Response. *Int. J. Sports Med.* 31(2):95-100.
42. Mayhew, D.L. **Kim, J-S.**, Cross, J.M., Ferrando, A.A., and Bamman, M.M. (2009). Translational Signaling Responses Preceding Resistance Training-Mediated Myofiber Hypertrophy in Young and Old Humans. *J. Appl. Physiol.* 107:1655-1662.
43. Wilson, J.M., **Kim, J-S.**, Lee, S-R., Rathmacher, J.A., Dalmau, B., Kingsley, J.D., Koch, H., Manninen, A.M., and Panton, L.B. (2009). Acute and timing effects of beta-hydroxy-beta-methylbutyrate (HMB) on indirect markers of skeletal muscle damage. *Nutr Metab (Lond)* Feb4;6:6.
44. Petrella, J. K., **Kim, J-S.**, Mayhew, D.L., Cross, J.M., and Bamman, M.M. (2008). Potent Myofiber Hypertrophy during Resistance Training in Humans is Associated with Satellite Cell-Mediated Myonuclear Addition: A Cluster Analysis. *J. Appl. Physiol.* 104(6):1736-42.
45. Baker, J. R., **Kim, J-S.**, and Park, S-Y. (2008) Composition and Proposed Structure of A Water-soluble Glycan from The Keumsa Sangwhang Mushroom (*Phellinus linteus*). *Fitoterapia: J Study of Med Plants* 79(5):345-50.
46. Kim, Y-D., Kim, N-S., Eom, S-Y., Kim, S-H., Kang, J-W., Lee, S-W., Park, S-Y., **Kim, J-S.**, Kim, H., and Hong, J-S. (2008). Effects of Extracts from the Mushroom Keumsa Sangwhang (*Phellinus linteus*) on Fasting Blood Glucose and Cholesterol Levels in Human. *Korean J. Food Culture* 23(1): 68-72.

47. **Kim, J-S.**, Petrella, J.K., Cross, J.M., and Bamman, M.M. (2007). Load-mediated Down-regulation of Myostatin mRNA is Not Sufficient to Promote Myofiber Hypertrophy in Humans: A Cluster Analysis. *J. Appl. Physiol.* 103: 1488-1495.
48. Huffman, D.M., William, E.G., Bamman, M.M., **Kim, J-S.**, Eltoum, V., Elgavish, A., and Nagy, T.R. (2007). SIRT1 is Significantly Elevated in Mouse and Human Prostate Cancer. *Cancer Res.* 67(14):6612-6618.
49. Bamman, M.M., Petrella, J.K., **Kim, J-S.**, Mayhew, D.L., and Cross, J.M. (2007). Cluster Analysis Tests the Importance of Myogenic Gene Expression during Myofiber Hypertrophy in Humans. *J. Appl. Physiol.* 102(6):2232-2239.
50. Petrella, J.K., **Kim, J-S.**, Tuggle, S.C., Hall, S.R., and Bamman, M.M. (2007). Contributions of Force and Velocity to Improved Power with Progressive Resistance Training in Young and Older Adults. *Euro. J. Appl. Physiol.* 99:343-351.
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Invited Reviews

- Kim, J-S.**, Khamoui, A.V., Jo, E., Park, B-S., and Lee, WJ. β -Hydroxy- β -Methylbutyrate as A Countermeasure for Cancer Cachexia: A Cellular and Molecular Rationale. *Anti Canc Agents Med Chem.* 13(8):1188-96, 2013.
- Kim, J-S.**, Wilson, J.M., and Lee, S-R. (2010). Dietary Implications on Mechanisms of Sarcopenia: Roles of Protein, Amino Acids, and Antioxidants. *J. Nutr. Biochem.* 21(1):1-13. PMID:19800212

Presentations

Invited Presentations at Conferences

- Kim, J-S., (presented 2008, July). Mechanisms of Myogenesis during Load-Induced Muscle Hypertrophy Blunted with Aging? *International Korean United States Applied Physiology Society Conference*, Chonnam National University, Kwang-Ju, Korea. *Are Cellular and Molecular* (International)

Invited Presentations at Symposia

- Kim, J-S., (presented 2014, July). Blunted Load-Induced Myofiber Growth in Sarcopenic Muscle. *Korea Academy of Sports Sciences and Exercise Medicine*, Department of Rehabilitation Medicine, Asan Medical Center, Seoul, Korea (International)
- Kim, J-S., (presented 2011, October). Skeletal Muscle Research: Does Size Matter? *Optimizing Performance Training and Nutritional Adaptations, Symposium by FSU Weightlifting and Powerlifting*, FAMU Tookes Recreation Center, Tallahassee, FL (State)

Kim, J-S., (presented 2011, February). Innovative Approach in Skeletal Muscle Research. *Dept of Chemical and Biomedical Engineering Seminar Series*, FSU/FAMU College of Engineering, The Florida State University, Tallahassee, FL (Local)

Kim, J-S., (presented 2010, September). Skeletal Muscle Research in Exercise Science: Combating Sarcopenia. *Special Topic Seminar Series*, Kyung Hee University, Seoul, Korea (International)

Kim, J-S., (presented 2008, July). Are Cellular and Molecular Mechanisms of Myogenesis during Load-Induced Muscle Hypertrophy Blunted with Aging? *Seoul National University International Symposium*, Seoul National University, Seoul, Korea (International)

Kim, J-S., (presented 2008, July). Exercise, Metabolism and Immunity. *The Research Institute of P.E. & Sports Sciences International Seminar*, Chungnam National University, Daejeon, Korea (International)

Kim, J-S., (presented 2002, July). Contraction-induced injury to skeletal muscle of aged horses: physical training as a preventive mechanism. *Seminar Series*. Department of Physiology and Biophysics, University of Alabama at Birmingham, Birmingham, AL (State)

Kim, J-S., (presented 2002, June). Contraction-induced injury to skeletal muscle of aged horses: physical training as a preventive mechanism. *Seminar Series*. School of Kinesiology, University of Illinois, Chicago, IL (State)

Kim, J-S., (presented 2002, May). Contraction-induced injury to skeletal muscle of aged horses: physical training as a preventive mechanism. *Seminar Series*. Department of Veterinary Biomedical Sciences, University of Missouri, Columbia, MO (State)

Refereed Presentations at Conferences

National Conferences

1. Worts PR, Boutzoukas EM, Burkhart SO, Ormsbee MJ, Panton LB, Kim JS. Changes in Oculomotor Function with Exercise in High School Student-Athletes: *Med Sci Sports Exerc*. 2016 May;48(5 Suppl 1):985-6.
2. Artese A, Simonavice E, Madzima TA, Liu PY, Kim JS, Ormsbee MJ, Prado CM, Arjmandi BH, Ilich JZ, Panton LB. Physical Activity, Strength, Body Composition, Muscle Quality, And Functionality In Breast Cancer Survivors: *Med Sci Sports Exerc*. 2016 May;48(5 Suppl 1):359-60.
3. Khamoui, A.V., Kim, D-H., Yeh, M-C., Park, B.S., Oh, S-L., Elam, M.L., Worts, P.R., Jo, E., Myers, C.M., Arjmandi, B.H., Salazar, G. Mc, Contreras, R.J., Lee, W.J., and Kim, J-S. (2015). Aerobic and Resistance Training Effects on Skeletal Muscle Plasticity in Colon-26 Tumor-Bearing Mice. *Med Sci Sports Exerc*, 47(P164): 2401.

4. Worts, P.R., Burkhart, S.O., Ormsbee, M.J., Davis, A.W., & Kim, J-S. (2015). Assessment of convergence insufficiency using subjective and objective tests following a sport-related concussion. *Med Sci Sports Exerc*, 47(P9): 108.
5. Jo, E., Ormsbee, M.J., Cain, A., Snyder, K., Elam, M., Yeh, M-C., Worts, P., Khamoui, A.V., Kim, D-H., Prado, C.M., Smith, D., Brown, A.F., and Kim, J-S. (2015). The Clinical Application of Periodized Training during a 12-Week Hypocaloric Treatment for Obesity. *Med Sci Sports Exerc*. 47(P163): 2382.
6. Mojock, C.D., Ormsbee, M.J., Kim, J-S., Arjmandi, B.H., Louw, G.A., Contreras, R.J., & Panton, L.B. (2015). Comparisons of bone mineral density between recreational and trained male road cyclists. *Med Sci Sports Exerc*, 47(5), S619.
7. Jo, E., Cain, A., Prado, C.M., Ormsbee, M.J., Arjmandi, B.H., Snyder, K., Smith, D., Khamoui, A.V., Yeh, M-C., Kim, D-H., Park, B-S., Oh, S-L., Kim, J-S. (presented 2014, May). A Single-Center Evaluation of a Proprietary Hypocaloric Treatment for Morbid Obesity. *Med Sci Sports Exerc*, 46, 2014.
8. Mojock, C.D., Arjmandi, B.H., **Kim, J-S.**, Ormsbee, M.J., & Panton, L.B. (2014). Effects of calcium collagen chelate on body composition and bone biomarkers in trained male cyclists. *Med Sci Sports Exerc*, 46(5), S28.
9. Oh, S-L., Lee, S-R., Khamoui, A.V., Jo, E., Park, B-S., Ormsbee, M.J., Panton, L.B., Kim, D-H., Yeh, M-C., Lee, W-J., & **Kim, J-S.** (2014). Effects of cla/n-3 and resistance training on muscle quality in middle-aged mice during high-fat diet. *Med Sci Sports Exerc*, 46(5), S453.
10. Kim, H-Y., Oh, S-L., Kim, H-J., Hwang, J-S., Park, B-S., **Kim, J-S.**, Lee, W.J., & (2014). Differential Effects of Acute and Chronic Exercise on Autophagy-Related Gene Expression in *Drosophila Melanogaster*. *Med Sci Sports Exerc*, 46, 2014.
11. Mei, L., Simonavice, E., Madzima, T., Grubbs, B., Artese, A., Ilich, J.Z., Liu, P.Y., **Kim, J-S.**, & Panton, L.B. (2014). Effects of long-term adherence to resistance training on strength and body composition in breast cancer survivors. *Med Sci Sports Exerc*, 46(5), S686.
12. Ezzat-Zadeh, Z., Chase B.P., Kim J-S., Arjmandi B.H. Age-related differences in select systemic and local biomarkers affecting body composition in ovariectomized rats (1031.5) FASEB J 28:1031.5, 2014.
13. Xiao, J., Thornberry, R., Ormsbee, M. J., Cain, A., Kim, J-S., Smith, D., Contreras, R., & Prado, C. M. (presented 2013, November). A Descriptive Study of Body Composition Abnormalities and Health Risks in Patients with Obesity. Poster presentation at the meeting of The Obesity Society, Atlanta, GA. (National)

14. Mojock, C.D., Arjmandi, B.H., **Kim, J-S.**, Ormsbee, M.J., Prado, C.M., Contreras, R.J. & Panton, L.B. (2013). Whole body, lumbar and hip bone measurements of competitive male cyclists. *Med Sci Sports Exerc*, 45(5), S196.
15. Hornbuckle, L.M., Simonavice, E., Liu, P.Y., Ilich, J.Z., **Kim, J-S.**, Arjmandi, B.H., & Panton, L.B. (2013). Effects of resistance training and dried plum consumption on C-reactive protein in breast cancer survivors. *Med Sci Sports Exerc*, 45(5), S530.
16. Ormsbee, M. J., Kinsey, A.W., Eddy, W.R., Madzima, T.A., Panton, L.B., and **Kim, J-S.** (presented 2013, July). *Evening Protein Consumption and Exercise: Health and Performance Outcomes*. Poster presentation to be given at Annual Meeting, National Strength and Conditioning Association, Las Vegas, NV.
17. Madzima, T.A., Simonavice, E., Liu, P-Y., Ilich, J.Z., **Kim, J-S.**, Ormsbee, M.J., Prado, C.M., and Panton, L.B. (presented 2013, May). *Relationship between the Sarcopenic Index, Body Composition and Muscular Strength in Breast Cancer Survivors*. *Med Sci Sports Exerc*, 45, 2013.
18. Zourdos, M.C., Jo, E., Khamoui, A.V., Park, B-S., Lee, S-R., Panton, L.B., Ormsbee, M.J., Thomas, D.D., Ward, E., and **Kim, J-S.** (presented 2013, May). *Novel Daily Undulating Periodization Model Produces Greater Performance Gains than a Traditional Configuration in Trained Powerlifters*. *Med Sci Sports Exerc*, 45, 2013.
19. Ezzat-Zadeh, Z., Navaei, N., Akhavan, N., Park, B-S., Chase, P.B., **Kim, J-S.**, and Arjmandi, B.H. Estrogen replacement prevents ovariectomy-induced muscle degradation via lowering local IGF-1 production. *FASEB J.* 852.10, 2013.
20. Park, B-S., Henning, P.C., Khamoui, A.V., Jo, E., Lee, S-R., Zourdos, M.C., Kim, D-H., Yeh, M-C., and **Kim, J-S.** HMB attenuates a loss of Myofiber cross-sectional area during prolonged exercise with calorie restriction by enhancing regenerative capacity. *FASEB J.* 1076.5, 2013.
21. Lee, S-R, Jo, E., Khamoui, A.V., Park, B-S., Zourdos, M.C., Panton, L.B., Ormsbee, M.J., and **Kim, J-S.** (presented 2013, April). *Resistance Training and CLA/n-3 Administration Improve Myofiber Size and Myogenic Capacity in High Fat Diet-Fed Mice*. *FASEB J.* 1152.26, 2013.
22. **Kim, J-S.**, Lee, S-R., Grant, S.C., Jo, E., Khamoui, A.V., Park, B-S., Zourdos, M.C., Hooshmand, S., Ormsbee, M.J., and Arjmandi, B.H. (presented 2012). Fatty Acid Intake and Exercise Improve Body Composition and Functionality in High Fat Diet-Fed Mice. *Med Sci Sports Exerc* 44 (5):S505, 2012. (National)
23. Lee, S-R., Khamoui, A.V., Jo, E., Park, B-S., Zourdos, M.C., Bakhshalian, N., Grant, S.C., Arjmandi, B.H., Ormsbee, M.J., and **Kim, J-S.** (presented 2012). Anti-Catabolic Effects of Cla/n-3 In Resting And Loaded Muscles of A High Fat Diet-fed Mice. *Med Sci Sports Exerc* 44 (5):S497, 2012. (National)

24. Zourdos, M.C., Khamoui, A.V., Jo, E., Park, B-S., Lee, S-R., Panton, L.B., Contreras, R.J., Ormsbee, M.J., Wilson, J.M., and **Kim, J-S.** (presented 2012). Changes in Maximal Strength with Two Different Models of Daily Undulating Periodization in Trained Powerlifters. *Med Sci Sports Exerc* 44 (5):S3, 2012. (National)
25. Jo, E., Zourdos, M.C., Wilson, J.M., Nosaka, K.K., Lee, S-R., Naimo, M., Henning, P.C., Park, Y-M., Khamoui, A.V., Park, B-S., Panton, L.B., and **Kim, J-S.** (presented 2012). Varying Muscle-Specific Exercise Between Consecutive Training Sessions does not Diminish the Repeated Bout Effect. *Med Sci Sports Exerc* 44 (5):S304, 2012. (National)
26. Ormsbee, M.J., Mandler, W.K., Thomas, D.D., Kinsey, A.W., Riley, C.J., Panton, L.B., and **Kim, J-S.** (presented 2012). Effects of Performance Supplements on Body Composition and Strength in Trained Men during 6 Weeks of Resistance Training. *Med Sci Sports Exerc* 44 (5):S292, 2012. (National)
27. Thomas, D.D., **Kim, J-S.**, Mandler, W.K., Kinsey, A.W., Scheett, T.P., Panton, L.B., and Ormsbee, M.J. (presented 2012). The Impact of a 6-Week Resistance Training Program with Exercise Performance Supplementation on Cardiovascular Risk in Trained Men. *Med Sci Sports Exerc* 44 (5):S292, 2012. (National)
28. Page, E., Simonavice, E., Ormsbee, M.J., Liu, P-Y., Ilich, J.Z., **Kim, J-S.**, Arjmandi, B.H., and Panton, L.B. (presented 2012). The Relationship Between Protein Consumption And Bone Mineral Density In Postmenopausal Breast Cancer Survivors. *Med Sci Sports Exerc* 44 (5):S516, 2012. (National)
29. Simonavice, E., Liu, P-Y., Ilich, J.Z., **Kim, J-S.**, Arjmandi, B.H., and Panton, L.B. (presented 2012). Effects of Resistance Training and Dried Plum Consumption on Bone Health in Breast Cancer Survivors. *Med Sci Sports Exerc* 44 (5):S518, 2012. (National)
30. Madzima, T.A., Simonavice, E., Liu, P-Y., Ilich, J.Z., **Kim, J-S.**, Arjmandi, B.H., and Panton, L.B. (presented 2012). Effects of Resistance Training on Muscular Strength, Body Composition and Functionality in Breast Cancer Survivors. *Med Sci Sports Exerc* 44 (5):S553, 2012. (National)
31. Naimo, M., Eccles, D.W., Wilson, J.M., Zourdos, M.C., **Kim, J-S.**, and Panton, L.B. (presented 2012). Contextual Interference Effects on The Acquisition of Strength And Skill of The Bench Press. *Med Sci Sports Exerc* 44 (5):S306, 2012. (National)
32. Feresin R, Zhang J, Elam M, Hooshmand S, **Kim J-S.**, Arjmandi BH*. Effects of blackberry and blueberry polyphenol extracts on NO, TNF α , and COV2 production in LPS-stimulated RAW264.7 macrophages. *FASEB J.* 26:823.20, March 29, 2012.
33. Ezzat-Zadeh, Z., Dodge, B.G., Elam, M., Feresin, R., Browne, J., **Kim, J-S.**, and Arjmandi, B.H. (presented 2012). The Underlying Mechanisms by Which Estrogen Regulates Energy Metabolism and Body Composition. *FASEB J.*, 26:564.8, 2012. (National)

34. Eddy, W.R., Kinsey, A.W., Madzima, T.A., Blay, C.J., Thomas, D.D., Panton, L.B., **Kim, J-S.**, and Ormsbee, M.J. (presented 2012). The Effect of Nighttime Macronutrient Choice and Exercise Training on Resting Metabolic Rate, Appetite, and Body Composition in Overweight and Obese Men and Women. *J Int Soc Sports Nutr.* 2012. (National)
35. Kinsey, A.W., Eddy, W.R., Blay, C.J., Madzima, T.A., Panton, L.B., **Kim, J-S.**, and Ormsbee, M.J. (presented 2012). The Effect of Acute Ingestion of a Protein Beverage Consumed Late in the Evening on Metabolism, Appetite, Mood State, and Blood Lipid in Overweight and Obese Adults. *J Int Soc Sports Nutr.* 2012. (National)
36. **Kim, J-S.**, Henning, P.C., Park, B-S., Lee, S-R., Bakhshalian, N., Masad, I.S., Wilson, J.M., Park, Y-M., Arjmandi, B.H., and Grant, S.C. (presented 2011). β -Hydroxy- β -Methylbutyrate (HMB) Improves Body Composition and Myofiber Dimensions in Mice during Normal Physical Conditioning Not during Catabolic Conditions. *FASEB J.* 25:1126.1, 2011. (National)
37. Park, B-S., Henning, P.C., Lee, S-R., Wilson, J.M., Park, Y-M., Jo, E., Khamoui, A.V., Zourdos, M.C., and **Kim, J-S.** (presented 2011). β -hydroxy- β -methylbutyrate (HMB) Improves Myogenesis and Maintains Strength in Male Mice during a 6-Week Catabolic Condition. *FASEB J.* 25:1105.6, 2011. (National)
38. Lee, S-R., Wilson, J.M., Henning, P.C., Park, Y-M., Masad, I.S., Grant, S.C., and **Kim, J-S.** (presented 2011). MR-determined Sarcopenia and Associated Transcript Factors in Sprague-Dawley Male Rats. *FASEB J.* 25:1051.38, 2011. (National)
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40. **Kim, J-S.**, Mandler, W.K., Thomas, D.D., Kinsey, A.W., Riley, C.J., Eddy, W.R., Rawal, S.R., Panton, L.B., and Ormsbee, M.J. (presented 2011). The Impact of a 6-week Resistance Training Program with Pre- and Post-exercise Performance Supplementation on Cardiovascular Risk, Blood Lipids, and Fasting Blood Glucose in Resistance Trained Men. *J Int Soc Sports Nutr.* 8(Suppl 1): P19, 2011. (National)
41. Ormsbee, M.J., Thomas, D.D., Mandler, W.K., Kinsey, A.W., Riley, C.J., Eddy, W.R., Rawal, S.R., Panton, L.B., and **Kim, J-S.** (presented 2011). Effects of Pre- and Post-exercise Intake of Performance Supplements on Body Composition, Circumferences, and Muscle Strength in Trained Men During 6 Weeks of Resistance Training. *J Int Soc Sports Nutr.* 8 (Suppl 1): P23, 2011. (National)
42. **Kim, J-S.**, Wilson, J.M., Lee, S-R., Henning, P.C., Park, Y-M., Zourdos, M.C., Ugrinowitsch, C., Grant, S.C., Panton, L.B., Rathmacher, J.A., and Arjmandi, B.H. (presented 2010). Daily β -hydroxy- β -methylbutyrate (HMB) Intake Prevents A Loss of Lean/Total Body Mass Ratio during Senescence. *Med Sci Sports Exerc* 42 (5):S1, 2010. (National)
43. Park, Y-M., Lee, S-R., Wilson, J.M., Henning, P.C., Bakhshalian, N., Ugrinowitsch, C., Zourdos, M.C., Park, B-S., Jo, E., Khamoui, A.V., and **Kim, J-S.** (presented 2010). Influence

- of β -hydroxy- β -methylbutyrate on Body Composition and Neuromuscular Function in Old Rats during Resistance Training. *Med Sci Sports Exerc* 42 (5):S546, 2010. (National)
44. Henning, P.C., Wilson, J.M., Lee, S-R., Figueroa, A., Panton, L.B., Mendez, D., Zourdos, M.C., Park, Y-M., Hooshmand, S., Anaya, F.V., and **Kim, J-S.** (presented 2010). Effects of 3 or 6 grams of β -hydroxy β -methylbutyrate (HMB) on Muscle Damage and Performance in Elderly. *Med Sci Sports Exerc* 42 (5):S546, 2010. (National)
45. Lee, S-R., Wilson, J.M., Henning, P.C., Ugrinowitsch, C., Park, Y-M., Zourdos, M.C., Park, B-S., Khamoui, A.V., Jo, E., Grant, S.C., Panton, L.B., and **Kim, J-S.** (presented 2010). β -hydroxy β -methylbutyrate (HMB) Improves Relative Grip Strength and Sensorimotor Function in Middle aged and Old Rats. *Med Sci Sports Exerc* 42 (5):S546, 2010. (National)
46. Sanchez-Gonzalez, M.A., Wieder, R., **Kim, J-S.**, Vicil, F., Femhall, B., and Figueroa, A. Creatine Supplementation Attenuates Hemodynamic and Arterial Stiffness Responses Following an Acute Bout of Isokinetic Exercise. *Med Sci Sports Exerc* 42 (5):S91, 2010. (National)
47. Simonavice, E., Liu, P.Y., Ilich, J.Z., **Kim, J-S.**, and Panton, L.B. (presented 2010). Body Composition, Physical Function, & Muscular Strength in Breast Cancer Survivors and Healthy Controls. *Med Sci Sports Exerc* 42 (5):S224, 2010. (National)
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49. **Kim, J-S.**, Park, Y-M., Lee, S-R., Wilson, J.M., Henning, P.C., Masad, I.S., Ugrinowitsch, C., Arjmandi, B.H., and Grant, S.C. (presented 2010). Effects of β -hydroxy- β -methylbutyrate (HMB) on Myofiber Dimension and Myogenic Response in Old Sprague-Dawley Female Rats during 10-Week Resistance Training. *FASEB J.* 24:1058.8, 2010. (National)
50. Park, Y-M., Lee, S-R., Wilson, J.M., Henning, P.C., Ugrinowitsch, C., Zourdos, M.C., Arjmandi, B.H., Rathmacher, J.A., and **Kim, J-S.** (presented 2010). Effects of β -hydroxy- β -methylbutyrate (HMB) on Muscle IGF-I and MGF mRNA Expression in Aged Female Rats during 10-Week Resistance Training. *FASEB J.* 24:621.4, 2010. (National)
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52. Masad, I.S., Park, Y-M., Lee, S-R., Wilson, J.M., Henning, P.C., Arjmandi, B.H., Grant, S.C., and **Kim, J-S.** (presented 2010). DTI and DEXA Analysis of Resistance Training and HMB Impact on Muscle Fiber CSA and Body Mass in Sarcopenic Rats. Experimental NMR Conference (Abstract #269), 2010. (National)

53. Masad, I.S., Wilson, J.M., Lee, S-R., Park, Y-M., Henning, P.C., Arjmandi, B.H., **Kim, J-S.**, and Grant, S.C. (presented 2010). Application of Diffusion Tensor Imaging to Assess Sarcopenic Effects in Sedentary Rat Muscle. Experimental NMR Conference (Abstract #261), 2010. (National)
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55. Lee, S-R., Archer, E.C., Wilson, J.M., Leonard, K.P., Ugrinowitsch, C., Park, Y-M., Henning, P.C., Hooshmand, S., Bakhshalian, N., and **Kim, J-S.** (presented 2009). DXA-determined Body Composition Differences between Young and Old Rats Are Not Sensitive Enough to Predict Age-related Strength and Sensorimotor Function Decrements. *Med Sci Sports Exerc* 41(5):S558, 2009. (National)
56. Zourdos, M.C., Wilson, J.M., Sommer, B.A., Hornbuckle, L.M., Park, Y-M., Lee, S-R., Panton, L.B., FACSM, and **Kim, J-S.** (presented 2009). The Effects of Dynamic Stretching on Endurance Performance during A 30-Minutire Time Trial. *Med Sci Sports Exerc* 41(5):S65, 2009. (National)
57. Sommer, B.A., Wilson, J.M., Zourdos, M.C., Hornbuckle, L.M., Park, Y-M., Lee, S-R., Panton, L.B., FACSM, and **Kim, J-S.** (presented 2009). The Effects of Dynamic Stretching on Energy Cost during A 30-Minute Time Trial. *Med Sci Sports Exerc* 41(5):S64, 2009. (National)
58. Wilson, J.M., **Kim, J-S.**, Lee, S-R., Wilson, G.J., Sommer, B., Colon, J., Diah, T., Mendez, D., Kingsley, J.D., and Panton, L.B. (presented 2009). Acute Timing Effects of β -Hydroxy β -Methyl Butyrate (HMB) Supplementation on Serum Indices of Muscle Damage. *Med Sci Sports Exerc* 41(5):S578, 2009. (National)
59. Hornbuckle, L., Liu, P-Y., Sonavice, E., Ilich, J.Z., **Kim, J-S.**, and Panton, L.B. (presented 2009). Effect of a 12-Week Exercise Intervention on Body Composition Variables in African-American Women. *Med Sci Sports Exerc* 41(5):S299, 2009. (National)
60. **Kim, J-S.**, Wilson, J.M., Lee, S-R., Wilson, G.J., Sommer, B., Colon, J., Diah, T., Mendez, D., Kingsley, J.D., and Panton, L.B. (presented 2008). Acute Timing Effects of β -Hydroxy β -Methyl Butyrate (HMB) Supplementation on Muscle Strength and Soreness. *Med Sci Sports Exerc* 40(5):S7, 2008. (National)
61. Wilson, J.M., Hornbuckle, L.M., **Kim, J-S.**, Sommer, B.A., Lee, S-R., Diah, T., Dalmeau, B., Mendez, D., and Panton, L.B. (presented 2008). The Effects Of Static Stretching On Energy Cost And Endurance Performance During Treadmill Running. *Med Sci Sports Exerc* 40(5):S43, 2008. (National)
62. **Kim, J-S.**, Petrella, J.K., Kosek, D.J., Mayhew, D.L., Cross, J.M., and Bamman, M.M. (presented 2007). Cluster Analysis to Reveal Differentially Expressed Myogenic Genes during Load-mediated Myofiber Growth in Humans. *FASEB J.* 21(6):A1305, 2007. (National)

63. Mayhew, D.L., **Kim, J-S.**, Kosek, D.J., Petrella, J.K., Cross, J.M., and Bamman, M.M. (presented 2007). The P13K/Akt/mTOR Pathway is Up-regulated during Skeletal Muscle Hypertrophy in Humans. *FASEB J.* 21(6):A1207, 2007. (National)
64. Petrella, J.K., **Kim, J-S.**, Cross, J.M., and Bamman, M.M. (presented 2007). Histological and In Vivo Indices Demonstrating Gender Differences in the Sarcopenic Phenotype. *FASEB J.* 21(6):A1310, 2007. (National)
65. Ritchie, C.S., McVie, T., Petrella, J.K., **Kim, J-S.**, and Bamman, M.M. (presented 2006). The Effect of Protein and Amino Acid Intake on Resistance Training Outcomes in Younger and Older Adults. *FASEB J.* 20(4):A159, 2006. (National)
66. **Kim, J-S.**, Kosek, D.J., Petrella, J.K., Cross, J.M., and Bamman, M.M. (presented 2006). Age and Gender Differences in Muscle Myostatin across 16 Wk of Resistance Training. *Med Sci Sports Exerc* 38(5):S274, 2006. (National)
67. Mayhew, D.L., **Kim, J-S.**, Kosek, D.J., Cross, J.M., and Bamman, M.M. (presented 2006). Molecular Control of Skeletal Muscle Protein Metabolism is Altered by Resistance Training. *Med Sci Sports Exerc* 38(11):S27, 2006. (National)
68. Petrella, J.K., Kosek, D.J., **Kim, J-S.**, Cross, J.M., and Bamman, M.M. (presented 2006). Satellite Cell Activation in Response to 16 Weeks Resistance Loading in Young and Older Adults. *Med Sci Sports Exerc* 38(5):S9, 2006. (National)
69. Kosek, D.J., Petrella, J.K., **Kim, J-S.**, Mayhew, D.L., Cross, J.M., and Bamman, M.M. (presented 2005). Effects of Resistance Training on the Transmembrane Protein Complex in Young and Older Adults. *Med Sci Sports Exerc* 38(5):S549, 2005. (National)
70. **Kim, J-S.**, Cross, J.M., and Bamman, M.M. (presented 2005). Age Differences in IGF-I System Responses to Resistance Loading in Human Skeletal Muscle. *Med Sci Sports Exerc* 37(3):S241, 2005. (National)
71. Kosek, D.J., **Kim, J-S.**, Petrella, J.K., Cross, J.M., and Bamman, M.M. (presented 2005). Acute Changes in Mechanogrowth Factor and Insulin-Like Growth Factor I Are Related to Long-Term Myofiber Hypertrophy. *Med Sci Sports Exerc* 37(3):S71, 2005. (National)
72. Petrella, J.K., **Kim, J-S.**, Tuggle, S.C., Hall, S.R., and Bamman, M.M. (presented 2005). Resistance Training Improves Knee Extension Power, Contractile Velocity, and Fatigue Resistance in Older Men and Women. *Med Sci Sports Exerc* 37 (3):S130, 2005. (National)
73. **Kim, J-S.**, Cross, J.M., and Bamman, M.M. (presented 2005). Effects of Age and Gender on Resistance Training-Induced Changes in Myostatin mRNA Expression and Cell Cycle Regulation. *FASEB J.* 19(4):112.31, 2005. (National)

74. Bamman, M.M., **Kim, J-S.**, Kosek, D.J., Ragan, R.C., Cross, J.M. and Petrella, J.K. (presented 2005). Utility of the Type II/I Myofiber Size Ratio as A Phenotypic Index of Sarcopenia. *FASEB J.* 19(5):903.13, 2005. (National)
75. **Kim, J-S.**, Cross, J.M., and Bamman, M.M. (presented 2004). Impact of Resistance Loading on Myostatin Expression in Young and Older Men and Women. *The Physiologist*, 47(4):343, 2004. (National)
76. Bamman, M.M., **Kim, J-S.**, and Cross, J.M. (presented 2004). Impact of Resistance Loading on Myogenic Gene Expression in Young and Older Men and Women. *The Physiologist*, 47(4):343, 2004. (National)
77. Kosek, D.J., Petrella, J.K., Ragan, R.C., **Kim, J-S.**, Cross, J.M., and Bamman, M.M. (presented 2004). Effects of Age and Gender on Myofiber Hypertrophy. *The Physiologist*, 47(4):349, 2004. (National)
78. **Kim, J-S.**, Petrella, J.K., S.C. Tuggle, Hall, S.R., and Bamman, M.M. (presented 2004). Age Differences in Knee Extension Power, Contractile Velocity, and Fatigability. *Med. Sci. Sports. Exerc.* 36(5):S357-358, 2004. (National)
79. **Kim, J-S.**, Ragan, R.C., Cross, J.M., and Bamman, M.M. Acute Myogenic Responses to Resistance Exercise: Effects of Age and Gender. *FASEB J. vol 18*, 2004. (National)
80. **Kim, J-S.**, Hinchcliff, K.W., Yamaguchi, M., Beard, L.A., Markert, C.D., and Devor, S.T. (presented 2003). Influence of Exercise Training on Oxidative Capacity and Ultrastructural Damage in Skeletal Muscles of Aged Horses. *Med. Sci. Sports. Exerc.* 35(5):601, 2003. (National)
81. **Kim, J-S.**, Hinchcliff, K.W., Yamaguchi, M., Beard, L.A., Markert, C.D., and Devor, S.T. (presented 2003). Age-related Changes in Metabolic Properties of Equine Skeletal Muscles associated with Muscle Plasticity. *FASEB J.* 17(4):318.2, 2003. (National)
82. Jose-Cunilleras, E., Hinchcliff, K.W., Sams, R.A., **Kim, J-S.**, Linderman, J.K., and Devor, S.T. (presented 2001). Pre-exercise Feeding Alters Substrate Utilization and Glucose Flux in Exercising Horses. *Am. Col. Vet. Int. Med.* 2001. (National)
83. Wilkin, L.D., Mattern, C.O., **Kim, J-S.**, Lekan, J.M., and Devor, S.T. (presented 2001). Age and Training Hours as Predictors of Finish Times of Masters Athletes in a Triathlon. *Med. Sci. Sports. Exerc.* 33(5):S131, 2001. (National)
84. Mattern, C.O., Wilkin, L.D., Lekan, J.M., **Kim, J-S.**, and Devor, S.T. (presented 2001). Age-related Decline in Performance of Masters Athletes is Not Modality Specific. *Med. Sci. Sports. Exerc.* 33(5):S254, 2001. (National)
85. **Kim, J-S.**, Blaudow, R., Artale, L., Gehlsen, G., Hazen, N., and Craig, B.W. (presented 1999). The Relationship of Growth Hormone to Isokinetic Exercise: Concentric vs. Eccentric. *Med. Sci. Sports. Exerc.* 1089:120, 1999. (National)

Regional Conferences

- Grubbs, B.F., Schmitt, K., Kim, J-S., & Panton, L.B. (2016). Does phase angle determined by BIA correlate with function in pre-frail to frail older adults? Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.
- Artese, A.L., Simonavice, E., Madzima, T.A., Liu, P-Y., Kim, J-S., Ormsbee, M.J., Prado, C.M., Arjmandi, B.H., Ilich, J., & Panton, L.B. (2016). Physical activity, strength, body composition, muscle quality, and functionality in breast cancer survivors. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.
- Worts, P.R., Burkhart, S.O., Panton, L.B., Ormsbee, M.J., Davis, A.W., & Kim, J-S. (2015). Assessment of convergence insufficiency using subjective and objective tests following a sport-related concussion. Presented at the Southeast Regional American College of Sports Medicine. Jacksonville, FL.
- Mojock, C.D., Ormsbee, M.J., Kim, J-S., Arjmandi, B.H., Louw, G.A., Contreras, R.J., & Panton, L.B. (2015). Comparisons of bone mineral density between recreational and trained male road cyclists. Presented at the Southeast Regional American College of Sports Medicine. Jacksonville, FL.
- Mojock, C.D., Arjmandi, B.H., **Kim, J-S.**, Ormsbee, M.J., Contreras, R.J., & Panton, L.B. (2014). Effects of calcium collagen chelate consumption on body composition and bone biomarkers in trained male cyclists. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC. (Meeting cancelled due to weather).
- Mei, L., Simonavice, E., Madzima, T., Grubbs, B., Artese, A., Ilich, J.Z., Liu, P.Y., **Kim, J-S.**, & Panton, L.B. (2014). Effects of long-term adherence to resistance training on strength and body composition in breast cancer survivors. Greenville, SC. (Meeting cancelled due to weather).
- Simonavice, E., Liu, P-Y, Ilich, J.Z, **Kim, J-S.**, Arjmandi, B., & Panton, L.B. (2013). Effects of resistance exercise on limb volumes in breast cancer survivors with or without lymphedema. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.
- Madzima, T.A., Simonavice, E., Liu, P-Y, Ilich, J.Z, **Kim, J-S.**, Ormsbee, M.J., Prado, C.M., & Panton, L.B. (2013). Relationship between the sarcopenic index and strength measurements in breast cancer survivors. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.
- Mojock, C.D., Arjmandi, B.H., **Kim, J-S.**, Ormsbee, M. J., Prado, C.M., Contreras, R.J., & Panton, L.B. (presented 2013, February). Whole Body, Lumbar and Hip Bone Measurements of Competitive Male Cyclists. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)

Zourdos, M.C., Ormsbee, M. J., Jo, E., Khamoui, A.V., Park, B.S., Lee, S.R., Panton, L.B., Ward, E., Contreras, R.J., & **Kim, J-S.** (presented 2013, February). Time Course of Hormonal Responses with Two Different Models of Daily Undulating Periodization in Trained Powerlifters. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)

Mandler, W.K., **Kim, J-S.**, Thomas, D.D., Kinsey, A.W., Riley, C.J., Panton, L.B., and Ormsbee, M.J. (presented 2012). Effects of Pre- and Post-Exercise Intake of Performance Supplements on Body Composition, Circumferences, and Muscle Strength in Trained Men during 6 Weeks of Resistance Training. Southeast American College of Sports Medicine. Jacksonville, FL, 2012. (State)

Thomas, D.D., **Kim, J-S.**, Mandler, W.K., Kinsey, A.W., Riley, C.J., Panton, L.B., Scheett, T.P., and Ormsbee, M.J. (presented 2012). The Impact of A 6-Week Resistance Training Program with Pre- and Post-Exercise Performance Supplementation on Cardiovascular Risk in Resistance-Trained Men. Southeast American College of Sports Medicine. Jacksonville, FL, 2012. (State)

Simonavice, E., Liu, P., Ilich, J.Z, **Kim, J-S.**, & Panton, L. (2012). Effects of resistance exercise and dried plum consumption on body composition, muscular strength and physical function in breast cancer survivors. Presented at the Southeast Regional American College of Sports Medicine. Jacksonville, FL.

Madzima, T.A., Simonavice, E., Liu, P., Ilich, J.Z, **Kim, J-S.**, & Panton, L. (2012). Relationship between body composition and strength measurements in breast cancer survivors Presented at the Southeast Regional American College of Sports Medicine. Jacksonville, FL.

Naimo, M., **Kim, J-S.**, Eccles, D.W., Zourdos, M.C., Wilson, J.M., & Panton, L.B. (2012). The effects of low versus high contextual interference on the acquisition of strength and skill of the bench press. Presented at the Southeast Regional American College of Sports Medicine. Jacksonville, FL.

Simonavice, E., Liu, P., Ilich, J.Z, **Kim, J-S.**, & Panton, L. (2011). Body composition in breast cancer survivors: a one-year follow up. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.

Zourdos, M.C., Ugrinowitsch, C., Wilson, J.M., Lee, S-R., Naimo, M., Henning, P.C., Park, Y-M., Nosaka, K., and **Kim, J-S.** (presented 2010). Changing Exercises between Sessions Does Not Prevent The Repeated Bout Effect Occurrence. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010. (State)

Henning, P.C., Wilson, J.M., Lee, S-R., Figueroa, A., Panton, L.B., Mendez, D., Zourdos, M.C., Park, Y-M., Hooshmand, S., Anaya, F.V., and **Kim, J-S.** (presented 2010). Effects of 3 or 6 Grams of β -hydroxy- β -methylbutyrate (HMB) on Muscle Damage and Performance in Elderly. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010. (State)

- Wieder, R.A., Haymes, E., Spicer, M., Eklund, R., Liu, P-Y., Sanchez, M., Figueroa, A., Eddy, W., Heath, N., Steinmetz, B., Harris, D., and **Kim, J-S.** (presented 2010). Effects of Creatine Intake on Muscle Performance during 21-Day Lacto-Ovo-Vegetarian Diet Intervention in Young Men. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010. (State)
- Lee, S-R, Park, Y-M., Wilson, J.M., Henning, P.C., Zourdos, M.C., Bakhshalian, N., Ugrinowitsch, C., Park, B-S., Khamoui, A., Jo, E., and **Kim, J-S.** (presented 2010). Effects of β -hydroxyl- β -methylbutyrate (HMB) on Body Composition in Old Sprague-Dawley Female Rats during 10-Week Resistance Training. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010. (State)
- Park, Y-M., Wilson, J.M., Lee, S-R., Henning, P.C., Arjmandi, B.H., Ugrinowitsch, C., Leonard, K.P., and **Kim, J-S.** (presented 2010). β -hydroxyl- β -methylbutyrate (HMB) Improves Maximum Strength in Aged Sprague-Dawley Female Rats during 10-Week Resistance Training. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010. (State)
- Mojock, C.D., **Kim, J-S.**, Eccles, D.W., and Panton, L.B. (presented 2010). The Effects of Static Stretching on Running Economy and Endurance Performance in Female Distance Runners during Treadmill Running. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010. (State)
- Simonavice, E., Liu, P-Y., Ilich, J.Z., **Kim, J-S.**, and Panton, L.B. (presented 2010). Comparison of Bone Mineral Density, Body Composition, Physical Function, & Muscular Strength in Breast Cancer Survivors and Healthy Age and Weight Matched Controls. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010. (State)
- Hornbuckle, L.M., Liu, P-Y., Ilich, J.Z., **Kim, J-S.**, and Panton, L.B. (presented 2010). Effects of Two 12-Week Exercise Interventions on Cardiovascular Risk Factors in African-American Women. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010.
- Wilson, J.M., **Kim, J-S.**, Lee, S-R., Wilson, G.J., Sommer, B., Colon, J., Diah, T., Mendez, D., Kingsley, S.D., and Panton, L.B. (presented 2009). Acute Timing Effects of β -Hydroxy β -Methyl Butyrate (HMB) Supplementation on Serum Indices of Muscle Damage. Southeast Regional American College of Sports Medicine. Birmingham, AL. 2009. (State)
- Hornbuckle, L.M., Liu, P-Y., Ilich, J.Z., Simonavice, E., **Kim, J-S.**, and Panton, L.B. (presented 2009). Comparison of Body Weight Distribution in African-American Women with and without Metabolic Syndrome. Southeast Regional American College of Sports Medicine. Birmingham, AL. 2009. (State)
- Wilson, J.M., **Kim, J-S.**, Colon, J., Koch, H., Dalmeau, B., Rosenfeld, B., Wilson, G.J., Lee, S-R., Kingsley, S.D., and Panton, L.B. (presented 2008). Acute Timing Effects of β -Hydroxy β -Methyl Butyrate (HMB) Supplementation on Strength and Soreness. Southeast Regional American College of Sports Medicine. Birmingham, AL. 2008. (State)

Nonrefereed Presentations at Symposia

- # **Kim, J-S.**, 2001 Edward F. Hayes Graduate Research Forum, The Ohio State University, Columbus, OH. *Age and training hours as predictors of finish times of masters athletes in a triathlon*. April, 2001. (State)

Contracts and Grants

Contracts and Grants Funded

- Kim, J-S. (PI)**, Arjmandi, B.H. Johnson, S. Effects of MindWorks® supplementation on cognitive function, motor skills and balance in middle-aged and older individuals. The Shaklee Corporation, CA. \$102,539.
- Kim, J-S. (PI)**, Florian, J.P. (Co-PI), Panton, L.B., and Christopher, M. (01/01/2015~12/31/2017) The Effects of Acute and Repeated Long-Duration O2 Exposure on Skeletal Muscle Performance and Oxidative Stress in Navy Divers, The Office of Naval Research (ONR), \$284,000.
- Florian, J.P. (PI), **Kim, J-S. (Co-PI)**, and Shykoff, B. (01/01/2015~12/31/2017) The Effects of Acute and Repeated Long-Duration O2 Exposure on Skeletal Muscle Performance and Oxidative Stress in Navy Divers, The Office of Naval Research (ONR), \$214,000.
- Kim, J-S (PI)**, Panton, L.B., Burkhardt, S., Ormsbee, M.J. and Worts, P. (01/01/2015-12/31/2015). The Application of Submaximal Aerobic Exercise to Facilitate the Improvements in Symptom Severity and Heart Rate Variability in High School Students Suffering from Sport-Related Concussions, TOC Foundation Funding Proposal, \$11,630.
- Oh, S-L., and **Kim, J-S. (mentor)**. (9/2/2013~8/29/2014). The role of myokines and interventions for sarcopenia in the aging muscle. *Post-doctoral Fellowship & Research Fund*, Funded by National Research Foundation of Korea. \$12,000.
- Jo, E., Ormsbee, M.J. and **Kim, J-S. (mentor)**. (08/01/2013-12/31/2014). Periodized Resistance Training and Whey Protein during Obesity Training. *NSCA Graduate Doctoral Grant (RF02378)*, Funded by National Strength and Conditioning Association. \$10,000.
- Zhang, C. (PI), Arjmandi, B.H., Eason, P., **Kim, J-S. (Co-I)**, Liang, R., Ormsbee, M.J., Panton, L.B., Schonning, A., and Wang., B. (Jan 2011–Jan 2012). *New Florida 2010 Clustering Award: Highly-Individualized, High-Performance Prostheses with Multifunctional Materials*. Funded by State of Florida. Total award \$150,000.
- Kim, J-S. (PI)** and Lee, S-R. (Jan 2011–Dec 2013). *Skeletal Muscle Research: Impact of High Fat Diet-induced Obesity and Anti-Inflammatory Supplements on Sarcopenic Progression in Middle Aged Mice*. Funded by SeKwang Inc., South Korea. Total award \$8,000.

Figuroa, A., **Kim, J-S. (Co-PI)**, and Ormsbee, M.J. (Dec 2010–Dec 2011). *The Effect of Low-Intensity Resistance Exercise and Diet on Arterial Function in Overweight/Obese Postmenopausal Women*. Funded by Nutrisystem Inc. Total award \$36,185.

Park, B-S. and **Kim, J-S. (PI)**. (Aug 2010–Jul 2011). *Post-doctoral Fellowship & Research Fund (B00014)*. Funded by National Research Foundation of Korea. Total award \$20,000.

Ormsbee, M.J. (PI), **Kim, J-S. (Co-PI)**, Panton, L.B., and Arjmandi, B.H. (2011–2012). *The Impact of A Combination of Green Tea Extract, Caffeine, Conjugated Linoleic Acid and Branched Chain Amino Acids on Body Composition and Abdominal Fat in Overweight Men and Women*. Funded by International Society of Sports Nutrition. Total award \$35,000.

Kim, J-S. (PI), Lee, S-R., and Ormsbee, M.J. (2011–2012). *Anti-Sarcopenic Effects of CLA/n-3 in Resting or Loaded Muscles during High Fat Diet*. Funded by Vital Pharmaceuticals, Inc. Total award \$2,000 (CLA and n-3 Supplement Supply)

Ormsbee, M.J. (PI), **Kim, J-S. (Co-PI)**, and Panton, L.B. (2010–2011). *Commercially Available Pre- and Post-Workout Supplement on Health and Human Performance*. Funded by Vital Pharmaceuticals, Inc. Total award \$11,297 (Sports Supplement Supply)

Kim, J-S. (PI). (May 2010–Aug 2010). *COFRS Awards: Efficacy of β -hydroxy β -methylbutyrate (HMB) on Attenuating Loss of Lean Body Mass and Functionality under Catabolic Conditions*. Funded by Council on Research and Creativity, The Florida State University. Total award \$14,000.

Kim, J-S. (PI). (Jan 2010–Dec 2012). *Skeletal Muscle Research Fund*. Funded by (Research Enhancement Fund) Korea Express Inc., South Korea. Total award \$10,000.

Kim, J-S. (PI), Grant, S.C., Arjmandi, B.H., and Henning, P.C. (Dec 2009–Jun 2010). *β -hydroxy β -methylbutyrate (HMB) as a Novel Intervention to Maintain Lean Body Mass and Promote Regeneration under Catabolic Conditions*. Funded by Metabolic Technologies Inc., Ames, Iowa. Total award \$20,000 (β -hydroxy- β -methylbutyrate (HMB) Supply)

Kim, J-S. (PI) and Grant, S.C. (Apr 2008-Mar 2009). *Planning Grant Award: Advances in Characterization of Sarcopenic Skeletal Muscles using Most Current MR Imaging and Spectroscopy Techniques*. Funded by Council on Research and Creativity, The Florida State University. Total award \$12,000.

Arjmandi, B.H. (PI), Levenson, C.W., **Kim, J-S. (Co-PI)** and Grant, S.C. (Feb 2008–Jan 2009). *Studies on Aging and Associated Disorders Utilizing Nutrition, Exercise and Magnetic Resonance*. Funded by MultiDisciplinary Support, Council on Research and Creativity, The Florida State University. Total award \$25,000.

Panton, L.B. (PI), **Kim, J-S. (Co-PI)**, and Arjmandi, B.H. (Apr 2008–Mar 2009). *Planning Grant Award: The Effects of Resistance Training and Ambulation on Abdominal Fat and*

Associated Cardiovascular Disease Risk Factors in African American Women. Funded by Council on Research and Creativity, The Florida State University. Total award \$12,000.

Kim, J-S. (PI). (May 2008–Aug 2008). *First year Assistant Professor Award: Effects of Feeding 3 or 6 Grams of β -Hydroxy- β -Methylbutyrate (HMB) on Indicators of Muscle Tissue Degradation, Damage, and Performance in the Elderly*. Funded by Council on Research and Creativity, The Florida State University. Total award \$16,000.

Kim, J-S. (PI) and Grant, S.C. (Dec 2007–May 2008). *Research Initiation Award: Studies on Sarcopenia in an Animal Model*. Funded by College of Human Sciences, The Florida State University. Total award \$8,700.

Panton, L.B. (PI) and **Kim, J-S. (Co-PI)**. (Jun 2008–Jul 2009). *The Effects of Class IV Laser Therapy on Fibromyalgia Impact and Functional in Women with Fibromyalgia*. Funded by LiteCure, LLC. Total award \$15,000.

Kim, J-S. (PI) and Grant, S.C. (Apr 2009–Mar 2010). *Effects of β -Hydroxy- β -Methylbutyrate (HMB) Administration on Muscle Regenerative Capacity in Aged Fisher344 Rats*. Funded by Metabolic Technologies Inc., Ames, Iowa. Total award \$20,000 (β -Hydroxy- β -Methylbutyrate (HMB) Supply)

Panton, L.B. (PI) and **Kim, J-S. (Co-PI)**. (Feb 2009–Feb 2010). *Comparison of Two Knee Braces on Walking, Balance, and Comfort in Patients with Degenerative Knee Disease*. Funded by JRI Development Group. Total award \$2,000.

Ugrinowitsch, C., and **Kim, J-S. (mentor)**. (Aug 2008–Jul 2009). *Brazilian Government Post-doctoral Fellowship Funding*. Funded by Brazilian Government Post-doctoral Fellowship Funding. Total award \$30,000.

Kim, J-S. (PI) and Panton, L.B. (Co-PI). (Jun 2007–Dec 2008). *Effects of Feeding 3 or 6 Grams of β -hydroxy- β -methylbutyrate (HMB) on Indicators of Muscle Tissue Degradation, Damage, and Performance in the Elderly*. Funded by Metabolic Technologies Inc., Ames, Iowa. Total award \$20,000 (β -hydroxy- β -methylbutyrate (HMB) and Placebo Capsule Supply)

Khamoui, A and **Kim, J-S. (PI)**. (Nov 2012–Nov 2013). *Dissertation Research Grant*. Funded by the Graduate School, The Florida State University. Total award \$750.

Jo, E. and **Kim, J-S. (PI)**. (Nov 2011–Nov 2012). *Dissertation Research Grant*. Funded by the Graduate School, The Florida State University. Total award \$750.

Lee, S-R. and **Kim, J-S. (PI)**. (Nov 2010–Nov 2010). *Dissertation Research Grant*. Funded by the Graduate School, The Florida State University. Total award \$750.

Lee, S-R. and **Kim, J-S. (PI)**. (Mar 2011–Mar 2011). *Dissertation Award*. Funded by College of Human Sciences, The Florida State University. Total award \$500.

Henning, P.C. and **Kim, J-S. (PI)**. (Nov 2009–Nov 2009). *Dissertation Research Grant*. Funded by the Graduate School, The Florida State University. Total award \$750.

Henning, P.C. and **Kim, J-S. (PI)**. (Nov 2009–Nov 2009). *Dissertation Award*. Funded by College of Human Sciences, The Florida State University. Total award \$500.

Park, Y-M. and **Kim, J-S. (mentor)**. (Aug 2008–May 2009). *The Graduate Teaching Award*. Funded by College of Human Sciences, The Florida State University. Total award \$6,300 (plus Tuition waiver)

Henning, P.C. and **Kim, J-S. (mentor)**. *NFES Departmental Graduate Assistantship (Dean's Award)*. Funded by College of Human Sciences, The Florida State University. Total award \$30,000 (\$15,000/year for 2 yrs plus Tuition waiver)

Bazyler, C. and **Kim, J-S. (PI)**. (May 2010–Dec 2010). *Efficacy of Warm-up on Caloric Expenditure and Endurance Performance in Trained Male Distance Runners*. Funded by Bess H. Ward Honors Thesis Grant Office of Undergraduate Studies, The Florida State University. Total award \$1,000.

Bazyler, C. and **Kim, J-S. (mentor)**. (Feb 2010–May 2010). *The Hortense M. Glenn Scholarship*. Funded by College of Human Sciences, The Florida State University. Total award \$300.

Bazyler, C. and **Kim, J-S. (PI)**. (Apr 2010–Dec 2010). *Undergraduate Research and Creativity Award*. Funded by College of Human Sciences, The Florida State University. Total award \$300.

Leonard, K. and **Kim, J-S. (PI)**. (Dec 2008–May 2009). *Detection of Sarcopenia using the Most Current Magnetic Resonance Imaging Technology and Its Relationship to Grip Strength and Balance in Aged Rats*. Funded by Bess H. Ward Honors Thesis Grant, Office of Undergraduate Studies, The Florida State University. Total award \$1,000.

Leonard, K. and **Kim, J-S. (PI)**. (Feb 2008–May 2009). *Undergraduate Research and Creativity Award*. Funded by College of Human Sciences, The Florida State University. Total award \$500.

Leonard, K. and **Kim, J-S. (mentor)**. (Feb 2008–May 2009). *Undergraduate Travel Award*. Funded by College of Human Sciences, The Florida State University. Total award \$300.

Leonard, K. and **Kim, J-S. (mentor)**. (Mar 2009–Mar 2009). *Martin Luther King Jr Book stipend Award*. Funded by The Florida State University. Total award \$250.

Mendez, D. and **Kim, J-S. (PI)**. (Dec 2007–May 2008). *Effects of Feeding 3 or 6 Grams of β -Hydroxy β -Methylbutyrate (HMB) on Indicators of Muscle Tissue Degradation, Damage, and Performance in the Elderly*. Funded by Bess H. Ward Honors Thesis Grant, Office of Undergraduate Studies, The Florida State University. Total award \$1,000.

Mendez, D. and **Kim, J-S. (PI)**. (Feb 2007–May 2008). *Undergraduate Research and Creativity Award*. Funded by College of Human Sciences, The Florida State University. Total award \$1,000.

Mendez, D. and **Kim, J-S. (mentor)**. (Feb 2007–May 2008). *Undergraduate Travel Award*. Funded by College of Human Sciences, The Florida State University. Total award \$500.

Mendez, D. and **Kim, J-S. (mentor)**. (Mar 2008–Mar 2008). *Martin Luther King Jr Book stipend Award*. Funded by The Florida State University. Total award \$300.

Kim, J-S. (PI). (Aug 2004–Aug 2004). *The 2004-2005 Career Enhancement Award (with Travel Fund)*. Funded by UAB Office of Postdoctoral Education, The University of Alabama at Birmingham, AL. Total award \$2,200.

Kim, J-S. (PI). (Feb 2004–Feb 2004). *The 2004 Career Enhancement Award (with Travel Fund)*. Funded by UAB Office of Postdoctoral Education, The University of Alabama at Birmingham, AL. Total award \$5,000.

Hinchcliff, K.W. and **Kim, J-S. (Co-PI)**. (2001–2003). *Effects of Exercise Training on Ultrastructural Muscle Damage and Muscle Oxidative Capacity in Old Horses*. Funded by Equine Research Fund, College of Veterinary Medicine, The Ohio State University. Total award \$30,000.

Contracts in Pending

Arjmandi BH and **Kim J-S (Co-PI)**. Dried plums prevent inflammation and improve bone health in osteopenic men. Funding Agency: USDA; Amount: \$500,000; Duration: 2016-2018.

Kim, J-S. (PI), Burkhart, S.B., Worts, P. and Levenson, C. The Short- and Long-term Effects of Submaximal Aerobic Exercise on Recovery Following Sport-Related Concussion in High School Student-Athletes. Clinical Neuroscience Research Grant Program, Dana Foundation, (pre-proposal submitted in June 2016).

Contracts and Grants Denied

Kim, J-S. (PI), Grant, S.C., Levenson, C.W., and Arjmandi, B.H. (Jun 2012). *Lifelong Behavior Modifications to Combat Sarcopenic Obesity*. Submitted to NIH Research Project Grant. PA-11-260: NIH Research Project Grant (Parent R01). Application ID: 1R01AG044569-01. \$1,250,000.

Kim, J-S. (PI), Grant, S.C., and Arjmandi, B.H. (submitted in Feb., 2013). Anti-Inflammatory Effects Of Conjugated Linoleic Acid And Omega-3 Polyunsaturated Fatty Acid In Musculoskeletal Systems During Life-Long High Fat Diet. USDA. \$500,000.

Arjmandi, B.H. Johnson, S., and **Kim, J-S. (Co-PI)**. USDA, \$500,000. 2015.

Arjmandi, B.H. Johnson, S., and **Kim, J-S. (Co-PI)**. (submitted in Oct., 2013). Effect of a Weight Loss Program on Body Weight and Composition. Shaklee Corporation, CA. \$410,000.

Arjmandi, B.H. and **Kim, J-S. (Co-PI)**. (submitted in Feb., 2013). Blueberry and its polyphenols dose-dependently prevent LPS-induced inflammation and subsequent loss of bone and muscle mass. USDA. \$500,000.

Arjmandi, B.H., **Kim, J-S. (Co-PI)**, Payton, M.E., Feresin, R., Johnson, S.A., Kim, D.H. The effectiveness of blueberry and its polyphenols in preventing ovariectomy-induced bone and muscle loss. Funding Agency: NIH; Amount: \$746,073.

Ormsbee, M.J. (PI), Panton, L.B., Prado, C.M., **Kim, J-S. (Co-PI)**, Arjmandi, B.H., and Ilich, J.Z. (Jun 2012). *Resistance Training, Protein and Body Composition in Breast Cancer Survivors*. PA-12-006: NIH Academic Research Enhancement Award (AREA) Program (R15). Application ID: 1R15CA176614-01. \$300,000.

Kim, J-S. (PI), Grant, S.C., Levenson, C.W., and Arjmandi, B.H. (submitted in Apr., 2012). *Exercise Countermeasure Strategies to Prevent Cancer Cachexia*. The American Cancer Society. Application# RSG CCE-123801, \$733,618.

Kim, J-S. (PI), Grant, S.C., and Arjmandi, B.H. (submitted in Apr., 2011). *Efficacy of Anti-Inflammatory Fatty Acids in Attenuating Inflammation-Mediated Musculoskeletal Impairments during Lifelong High Fat Diet*. USDA, \$500,000

Arjmandi, B.H. (PI) and **Kim, J-S. (Co-PI)**. (submitted in Apr., 2011). *Blueberry Polyphenols Dose-dependently Prevent Ovariectomy Induced Loss of Musculoskeletal Mass by Augmenting Inflammatory Processes*. National Institute of Food & Agriculture, \$394,149.

Kim, J-S. (PI) and Lee, S-R. (submitted in Jan., 2011). *Anti-Sarcopenic Effects of CLA/n-3 in Resting or Loaded Muscles during High Fat Diet*. Doctoral Student Research Grants, American College of Sports Medicine, \$5,000.

Arjmandi, B.H. (PI), Ilich, J.Z., **Kim, J-S. (Co-PI)**, Brummel-Smith, K., Van Durme, D. (submitted in 2011). *Predoctoral Training Program in Geriatric Nutrition*. USDA-NNF, \$247,500.

Kim, J-S. (PI), Grant, S.C., and Arjmandi, B.H. (submitted in Jun., 2010). *Roles of Anti-Inflammatory Supplements in Sarcopenic Obesity*. NIH Exploratory Developmental Research Grant Program. PA-10-069: NIH Exploratory Developmental Research Grant Program (ID#: 1 R21 AG039617-01). \$275,000.

Kim, J-S. (PI), Grant, S.C., Arjmandi, B.H., and Henning, P.C. (submitted in Feb., 2010). *Leucine Metabolite, β -hydroxy β -methylbutyrate (HMB), as a Novel Intervention to Maintain Lean Body Mass and Performance during Sustained Military Operations*. Department of Defense, FY10 Defense Medical Research and Development Program (DMRDP). Basic Research Award: Invited full proposal (# DM102012), \$250,000.

Panton, L.B. (PI), Arjmandi, B.H., **Kim, J-S. (Co-PI)**, and Simonavice, E. (submitted in Feb., 2010). *Dried Plums and Resistance Training Effects on Bone, Muscular Strength, and Physical Function in Breast Cancer Survivors*. The American Institute of Cancer Research, Investigator Initiated Grants. \$150,000.

Kim, J-S. (PI), Grant, S.C., and Arjmandi, B.H. (submitted in Feb., 2009). *Ultra-high Field MRI Study of Sarcopenic Muscle Under Resistance Training and HMB Intake*. NIH Challenge Grant, \$500,000.

Kim, J-S. (PI), Grant, S.C., Arjmandi, B.H., and Wilson, J.M. (submitted in Sep., 2009). *Efficacy of Egg Protein combined with Resistance Training in Attenuating Sarcopenia throughout Senescence: Dose-dependent Study*. Egg Nutrition Center/American Egg Board, \$150,000.

Panton, L.B. (PI), Arjmandi, B.H., **Kim, J-S. (Co-PI)**, and Simonavice, E. (submitted in Oct., 2009). *Dried Plums and Resistance Training Effects on Bone, Muscular Strength, and Physical Function in Breast Cancer Survivors*. NIH R21, \$275,000.

Kim, J-S. (PI) and Wilson, J.M. (submitted in Jan., 2009). *HMB's Effects on Myofiber Dimensions and Metabolic Capacity*. Doctoral Student Research Grants, American College of Sports Medicine. \$5,000

Kim, J-S. (PI) and Henning, P.C. (submitted in Apr., 2009). *Ruth L. Kirschstein National Research Service Award Individual Fellowship Application: Effects of HMB on Lean Body Mass and Muscle Regeneration in a Catabolic State*. NIH F31. \$24,972.

Kim, J-S. (PI), Grant, S.C., and Arjmandi, B.H. (submitted in Jun., 2008). *Study of Sarcopenic Muscle Under Resistance Training and HMB Intake using Ultra-high Field MRI*. NIH R21 PA-06-181, \$275,000.

Arjmandi, B.H. (PI), Panton, L.B., Figueroa, A. and **Kim, J-S. (Co-PI)**. (submitted in Feb., 2008). *Synergism of Green Tea and Resistance Training on Obesity*. NIH R01 PA-07-218. \$1,863,215.

Arjmandi, B.H. (PI), Panton, L.B., Figueroa, A. and **Kim, J-S. (Co-PI)**. (submitted in Jan., 2008). *Weight Reduction with Green Tea and Resistance Training*. USDA. \$1,225,451.

Arjmandi, B.H. (PI), Panton, L.B., Figueroa, A. and **Kim, J-S. (Co-PI)**. (submitted in Mar., 2007). *Dried Plum Polyphenols will Enhance Fracture- and Muscle-Healing in an Animal Model of Postmenopausal Osteoporosis*. National High Magnetic Field Laboratory (NHMFL) In-House Research Program, The Florida State University.

Haymes, E (PI). Panton, L.B., and **Kim, J-S. (Co-PI)**. (submitted in Nov., 2007). *Cost Effectiveness of Lifestyle Activity on Body Weight*. NIH R21. \$275,000.

Panton, L.B. (PI), Wilson, J.M. and **Kim, J-S. (Co-PI)**. (submitted in Jan., 2007). *The Effects of an Essential Amino Acid Supplement on Protein Degradation in Young and Elderly Sedentary Subjects, and Masters Level Elderly Athletes*. Doctoral Student Research Grants, American College of Sports Medicine. \$5,000.

Postdoctoral Supervision

Postdoctoral Supervision and Visiting Scholars

Oh, Seunglyul, Ph.D. (Postdoctoral Fellow, Jan 2013 – Feb 2015) Exercise Physiology, Hanyang University, Seoul Korea

Won Jun Lee, Ph.D. (Visiting Scholar, Jan 2012 – 2013)
Associate Professor, Department of Exercise Science, College of Health Sciences, Ewha Womans University, Seoul, Korea

Bong-Sup Park, Ph.D. (Postdoctoral Fellow, Aug 2009 – 2014)
Department of Exercise Physiology, Chung-Ang University, 221 Heuk Seok-Dong, Dongjak-Gu, Seoul Korea

Carlos Ugrinowitsch, Ph.D. (Postdoctoral Fellow, Aug 2008 – Jul 2009)
Professor, Departamento de Esporte, Escola de Educação Física e Esporte, Universidade de São Paulo, Av. Prof. Mello Moraes 65, Butanta, São Paulo, SP, Brazil

SERVICE

Florida State University

FSU University Service

Committee Member, Dissertation Research Grant Selection Committee, Graduate School, Florida State University (2014 - Present)

Affiliate Faculty, *the Institute of Sports Sciences and Medicine, Florida State University (2014 - Present)*

Committee Member, Biological Safety Committee, Florida State University (2013 – Present)

Committee Member, *CHS Dean Search Committee, Florida State University (2013)*

Affiliate Faculty, *the Institute for Successful Longevity, Florida State University (2013 - Present)*

Affiliate Faculty Member, *the Pepper Institute Aging Center, Florida State University (2009 - Present)*

Faculty Advisor, *Heath Occupations Students of America (HOSA), Florida State University Chapter (2008 - Present)*

Faculty Advisor, *the FSU Field Hockey Club (2010 - Present)*

Faculty Advisor, *the FSU Korean American Student Association (2012 - Present)*

FSU College Service

Committee Member, *CHS Promotion and Tenure Committee (2014 - Present)*

Associate Director, *Advancing Exercise and Nutrition Research on Aging (2014 - Present)*

Committee Member, *NFES Chair Search Committee, Florida State University (2014 - 2015)*

Faculty Senate Alternate, *Florida State University (2013 - Present)*

Center Faculty Member, *Advancing Exercise and Nutrition Research on Aging (2009 - Present)*

Committee Member, *CHS College Scholarship (2009 - Present)*

FSU Department Service

Committee Chairperson, *Promotion and Tenure Committee (2014 - Present)*

Committee Member, *Department Executive Committee (2014 - Present)*

Committee Member, *Search Committee for Exercise Science Faculty (2016)*

Committee Member, *Search Committee for Nutrition Science Faculty (2013)*

Committee Member, *Search Committee for Exercise Science Faculty (2013)*

Committee Member, *Search Committee for Exercise Science Faculty (2014)*

Committee Member, *Promotion and Tenure Committee (2013 - Present)*

Committee Member, *Department Executive Committee (2013 - Present)*

Committee Member, *Department Scholarship Committee Member (2010 - 2013)*

Committee Member, *Graduate Committee Member (2007 - Present)*

Committee Member, *Undergraduate Committee Member (2009 - 2013)*

Committee Chairperson, *Department Website Development Committee (Spring 2009)*

Committee Member, *Department Planning Committee Member (2009)*

Committee Member, *Search Committee for Research Associate-DPD Director Position (Spring 2009)*

The Profession

Editorial Board Membership(s)

Editorial Board Member, *Austin Journal of Nutrition and Food sciences (2014 - Present)*

Editorial Board Member, *Journal of Human Nutrition and Food Science (2013 - Present)*

Editorial Board Member, *Journal of Nutrition and Food Sciences (2010 - Present)*

Editorial Board Member, *Brazilian Journal of Physical Education and Sport (2009 - 2010)*

Guest Editing for Refereed Journals

Journal of Applied Physiology (2003 - Present)

Medicine and Science in Sports and Exercise (2003 - Present)

British Medical Bulletin (2007 - Present)

Osteoporosis International (2011 - Present)

Journal of Sports Science and Medicine (2007 - Present)

International Journal of Sport Nutrition & Exercise Metabolism (2007 - Present)

Journal of the International Society of Sports Nutrition (2012 - Present)

BBA - Molecular Cell Research (2008 - Present)

Applied Physiology, Nutrition, and Metabolism (2009 - Present)

Journal of Medicinal Food (2011 - Present)

European Journal of Sport Science (2009 - Present)

ICHPER•SD Asia Journal of Research (2008 - Present)

Reviewer or Panelist for Grant Applications

The National Institute of Health (2011).

NIH Scientific Review Panel for The Skeletal Muscle Biology and Exercise Physiology [SMEP] study section

The National Science Foundation (2011).

Invited for the NSF Biomedical Engineering Program Panel

Service to Professional Associations

Board Member, *Korean United States Applied Physiology Society (2004 - Present)*

The Community

Service to the Community

Faculty Co-Advisor, *Tallahassee Korean Student Association (2008)*

Moderator for Education Department, *Tallahassee Korean Baptist Church (2007 - Present)*

Professional activities that occurred prior to my employment at FSU.