

## **CURRICULUM VITAE**

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**Florida State University**  
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### **EDUCATION**

- Ph.D. University of Florida, Gainesville, FL. August 1993.  
Major: Exercise Physiology  
Minor Concentration Area: Physiology  
Advisor: James E. Graves, Ph.D.  
Dissertation: Effect of aerobic exercise training on estimated hepatic blood flow and plasma propranolol concentration after oral administration in young and elderly adults.
- M.S. University of Florida, Gainesville, FL. August 1988.  
Major: Exercise Physiology  
Thesis: Effect of aerobic and variable resistance exercise training on fractionated reaction time and speed of movement in men and women 70 to 79 years of age.
- B.S. Emory University, Atlanta, GA. May 1986.  
Major: Psychology

### **PROFESSIONAL EXPERIENCE**

Associate Professor in Exercise Science, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL. August, 2007 to present.

Assistant Professor in Exercise Science, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL. August, 2001 to May, 2007.

Assistant Professor in Exercise Science, Department of Physical Education, Exercise and Sport Sciences, East Tennessee State University, Johnson City, TN. August, 1997 to May, 2001.

Assistant Professor in Exercise Science, Department of Health and Human Performance, Iowa State University, Ames, IA. August, 1994 to August, 1997.

Instructor in Exercise Science, Department of Health and Human Performance, Iowa State University, Ames, IA. August, 1993 to May, 1994.

## PUBLICATIONS - REFEREED

1. Graves, J.E., Pollock, M.L., Leggett, S.H., Carpenter, D.M., Braith, R.W., & **Bishop, L.E.** (1988). Effect of reduced training frequency on muscular strength. *International Journal of Sports Medicine*, 59(9), 316-319.
2. **Panton, L.B.**, Graves, J.E., Pollock, M.L., Hagberg, J.M., & Chen, W. (1990). Effect of aerobic and variable resistance exercise training on fractionated reaction time and speed of movement in men and women 70-79 years of age. *Journal of Gerontology*, 45(1), M26-M31.
3. **Panton, L.B.**, Guillen, G., Williams, L., Graves, J.E., Vivas, C., Gonzalez, M., Pollock, M.L., Garzarella, L., Krumerman, J., Derendorf, H., & Lowenthal, D.T. (1995). The lack of effect of aerobic exercise training on propranolol pharmacokinetics in young and elderly adults. *Journal of Clinical Pharmacology*, 35, 885-894.
4. **Panton, L.B.**, Graves, J.E., Pollock, M.L., Garzarella, L., Carroll, J.F., Leggett, S.H., Guillen, G., & Lowenthal, D.T. (1996). Relative heart rate, heart rate reserve, and oxygen uptake during exercise in the elderly. *Journal of Gerontology*, 51A(4), M165-M171.
5. Nissen, S.L., Sharp, R.L., **Panton, L.B.**, Vukovich, M., Trappe, S., & Fuller J.C. (2000).  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB) supplementation in humans is safe and may decrease cardiovascular risk factors. *The Journal of Nutrition*, 130, 1937-1945.
6. **Panton, L.B.**, Rathmacher, J.A., Baier, S., & Nissen, S. (2000). Nutritional Supplementation of the leucine metabolite  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB) during resistance training. *Nutrition*, 16(9), 734-739.
7. Knitter, A.E., **Panton, L.B.**, Rathmacher, Peterson, A., & Sharp, R. (2000). Effects of  $\beta$ -hydroxy- $\beta$ -methylbutyrate on muscle damage and recovery following a 20 kilometer run. *Journal of Applied Physiology*, 89(4), 1340-1344.
8. Broeder, C.E., Quindry, J., Brittingham, K., **Panton, L.**, Thomson, J., Appakandu, S., Breuel, K., Byrd, R., Douglas, J., Ernest, C., Mitchell, C., Olson, M., Roy, T. & Yarlada, C. (2000). Physiological and hormonal influences of androstenedione supplementation in men 35 to 65 years old participating in a high-intensity resistance training program. *Archives of Internal Medicine*, 160, 3093-3104.
9. **Panton, L.B.**, Franke, W.D., Bleil, D.A., Baier, S.M., & King, D.S. (2001). Effects of resistance training on cardiovascular responses to lower body negative pressure in elderly men and women. *Clinical Physiology*, 21(5), 605-611.
10. Whisenant, M.J., **Panton, L.B.**, East, W.B., & Broeder, C.E. (2003). Validation of submaximal prediction equations for the 1 repetition maximum bench press test on a group of collegiate football players. *Journal of Strength and Conditioning Research*, 17(2), 221-227.

11. **Panton, L.**, Golden, J., Broeder, C., Browder, K., Cestaro-Seifer, D., & Seifer, F. (2004). The effects of resistance training on functional outcomes in patients with chronic obstructive pulmonary disease. *European Journal of Applied Physiology*, 91: 443-449.
12. Rathmacher, J.A., Nissen, S., **Panton, L.**, Clark, R.H., Eubanks May, P., Barber, A.E., D'Olimpio, J., & Abumrad, N.N. (2004). Supplementation with a combination of  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB), arginine and glutamine is safe and could improve hematological parameters. *Journal of Parenteral and Enteral Nutrition*, 28(2):65-75.
13. Kingsley, D., **Panton L.B.**, Toole, T., Sirithienthad, P., Mathis, R., & McMillan, V. (2005). The effects of a 12-week strength-training program on strength and functionality in women with Fibromyalgia. *Archives of Physical Medicine and Rehabilitation*, 86(9):1713-1721.
14. Toole, T., Maitland, C.G., Warren, E., Hubmann, M.F. & **Panton, L.** (2005). The effects of loading and unloading treadmill walking on balance, gait, fall risk, and daily function in Parkinsonism. *Neurorehabilitation*, 20(4):307-322.
15. Miles, R. & **Panton, L.B.** (2006). The influence of the perceived quality of community environments on low-income women's efforts to walk more. *Journal of Community Health*, 31(5), 379-392.
16. **Panton L.B.**, Kingsley, D., Toole, T., Cress, M.E., Abboud, G., Sirithienthad, P., Mathis, R., & McMillan, V. (2006). A comparison of physical functional performance and strength in women with Fibromyalgia, age and weight matched controls, and older healthy women. *Physical Therapy*, 86(11), 1479-1488.
17. Austin, K., Mengelkoch, L., Hansen, J., Shahady, E., Sirithienthad, P., & **Panton, L.** (2006). Comparison of peripheral oxygenation during exercise in persons with COPD and healthy matched controls. *International Journal of COPD*, 1(4), 467-475.
18. Toole, T., Thorn, J.E., **Panton, L.B.**, Kingsley, D., & Haymes, E. (2007). Effects of a 12-month pedometer walking program on gait, body mass index, and lower extremity function in obese women. *Perceptual and Motor Skills*, 104:212-220.
19. **Panton, L.B.**, Kushnick, M.R, Kingsley, D., Moffatt, R., Haymes, E.M., & Toole, T. (2007). Pedometer measurement of physical activity and cardiovascular risk factors of obese African American lower socioeconomic women *Journal of Physical Activity & Health*, 4:447-458.
20. Figueroa, A., Kingsley, J.D., McMillan, V., & **Panton, L.B.** (2008). Resistance exercise training improves heart rate variability in women with Fibromyalgia. *Clinical Physiology and Functional Imaging*, 28:49-54.
21. White, J., Wilson, J.M., Austin, K., Greer, B., St. John, N., & **Panton, L.B.** (2008). Effect of carbohydrate-protein supplement timing on exercise-induced muscle damage. *Journal of the International Society of Sports Nutrition*, 5:5-12.

22. Miles, R., **Panton, L.B.**, Jang, M. & Haymes, E. (2008). Residential context, walking and obesity: two African-American neighborhoods compared. *Health & Place*, 14:275-286.
23. Crombie, A.P, Ilich, J.Z., Dutton, G.R., **Panton, L.B.**, Abood, D. (2009). The freshman weight gain phenomenon revisited. *Nutrition Reviews*, 67(2):83-94.
24. **Panton, L.B.**, Figueroa, A., Kingsley, J.D., Hornbuckle, L., Wilson, J., St. John, N., Abood, D., Mathis, R.C., VanTassel, J., & McMillan, V. (2009). The effects of resistance training and chiropractic treatment in women with Fibromyalgia. *Journal of Alternative and Complementary Medicine*, 15(3):321-328.
25. Wilson, J.M., Kim, J.S., Lee, S.R., Rathmacher, J.A., Dalmau, B., Koch, H., Colon, J., Kingsley, D., & **Panton, L.B.** (2009). Acute and Timing Effects of  $\beta$ -hydroxy-  $\beta$ -methylbutyrate (HMB) on Indices of Muscle Damage. *Nutrition & Metabolism*, 6(6):1-8.
26. **Panton, L.B.**, Kingsley, J.D., Mathis, R. (2009). Resistance training and chiropractic treatment for fibromyalgia. *The Pain Practitioner*, 19(2): 50-52.
27. Kingsley, J.D., **Panton, L.B.**, McMillan, V., & Figueroa, A. (2009). Cardiovascular autonomic modulation after acute resistance exercise in women with fibromyalgia. *Archives of Physical Medicine and Rehabilitation*, 9: 1628-1634.
28. Wilson, J.M., Hornbuckle, L.M., Kim, J.S., Lee, S.R., Sommer, B., & **Panton, L.B.** (2010). Effects of static stretching on energy cost and running endurance performance. *Journal of Strength and Conditioning Research*, 24(9):2274-2279.
29. Razon, S., Arsal, G., Nacimiento-Rasor, T., Simonavice, E., Loney, B., Gershgoren, L., **Panton, L.B.**, & Tenenbaum, G. (2010). Perceptions of exertive pain, attention allocation, and task adherence in patients with fibromyalgia using imagery. *Journal of Multidisciplinary Research*, 2(2):5-24.
30. Mojock, C.D., Kim, J.S., Eccles, D.W., & **Panton, L.B.** (2011). The effects of static stretching on running economy and endurance performance in female distance runners during treadmill running. *The Journal of Strength and Conditioning Research*, 25(8):2170-6.
31. Shin, H., **Panton, L.B.**, Dutton, G.R., & Ilich, J.Z. (2011). Relationship among physical performance, body composition and bone mineral density in individuals over 60 years of age: a systematic review. *Journal of Aging Research*, 23;1-14.
32. Simonavice, E., Liu, P.Y., Ilich, J.Z., Kim, J.S., & **Panton, L.B.** (2011). Body composition, muscular strength, and physical function in breast cancer survivors and healthy controls. *International Journal of Body Composition Research*, 9(2):57-64.
33. Hornbuckle, L.M., Liu, P., Ilich, J.Z., Kim, J.S., Arjmandi, B.H., & **Panton, L.B.** (2012). Effects of resistance training and walking on cardiovascular disease risk in African-American women. *Medicine & Science in Sports & Exercise*, 44(3):525-533.

34. Zourdos, M.C., Wilson, J.M., Sommer, B., Lee, S.R., Park, Y.M., Henning, P.C., **Panton, L.B.**, & Kim, J.S. (2012). The effects of dynamic stretching on endurance performance and energy cost in trained runners. *The Journal of Strength and Conditioning Research*, 26(2): 335-341.
35. Wilson, J.M., Grant, S.C., Lee, S-R., Masad, I.S., Park, Y-M., Henning, P.C., Stout, J.R., Loenneke, J.P., Arjmandi, B.H., **Panton, L.B.**, & Kim, J-S. (2012). Beta-Hydroxy-Beta-Methyl-Butyrate blunts negative related changes in body composition, functionality, and myofiber dimensions in rats. *Journal of the International Society of Sports Nutrition*, 9(1):18
36. Liu, P., Hornbuckle, L., **Panton, L.B.**, Kim, J-S, & Ilich, J.Z. (2012). Evidence for the association between abdominal fat and cardiovascular risk factors in overweight and obese African American women. *Journal of the American College of Nutrition*, 31(2):126-132.
37. Kim, J-S., Park, Y-M., Lee, S-R, Masad, I.S., Khamour, A.V., Jo, E., Park, B-S., Arjmandi, B.H., **Panton, L.B.**, Lee, W.J., & Grant, S.C. (2012).  $\beta$ -hydroxy-  $\beta$ -methylbutyrate did not enhance high intensity resistance training-induced improvements in myofiber dimensions and myogenic capacity in aged female rats. *Molecules and Cells*, 34(5):439-448.
38. Ormsbee, M.J., Mandler, K.W., Thomas, D.D., Ward, E.G., Kinsey, A.W., **Panton, L.B.**, & Kim, J-S. (2012). 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. *Journal of the International Society of Sports Nutrition*, 9(49):1-12.
39. **Panton, L.B.**, Simonavice, E., Williams, K., Mojock, C., Kim, J-S., Kingsley, J.D., McMillan, V., & Mathis, M. (2013). Effects of class IV laser therapy on fibromyalgia impact and function in women with fibromyalgia. *Journal of Alternative and Complementary Medicine*, 19 (5), 445-452.
40. Naimo, M.A., Zourdos, M.C., Wilson, J.M., Kim, J-S., Ward, E.G., Eccles, D.W., & **Panton, L.B.** (2013). Contextual interference effects on the acquisition of skill and strength of the bench press. *Human Movement Science*, 32(3):472-484.
41. Abboud, G.J., Greer, B.K., Campbell, S.C., & **Panton, L.B.** (2013). Effects of load-volume on EPOC after acute bouts of resistance training in resistance-trained men. *Journal of Strength and Conditioning Research*, 27(7):1936-41.
42. Ormsbee, M.J., Thomas, D.D., Mandler, K.W., Ward, E.G., Kinsey, A.W., **Panton, L.B.**, Scheett, T.P., Hooshmand, S., Simonavice, E., & Kim, J.S. (2013). 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 randomized, double-blind study. *Nutrition & Metabolism*, 10(1):39.

43. Shin, H., Liu, P.-Y., **Panton, L.B.**, & Ilich, J.Z. (2014). Physical performance in relation to body composition and bone mineral density in healthy, overweight and obese postmenopausal women. *Journal of Geriatric Physical Therapy*, 37(1):7-16.
44. Madzima, T.A., **Panton, L.B.**, Fretti, S.K., Kinsey, A.W., & Ormsbee, M.J. (2014). Nighttime consumption of protein or carbohydrate improves morning resting energy expenditure in active college-aged men. *British Journal of Nutrition*, 111(1):71-7.
45. Ilich, J.Z., Kelly, O.W., Inglis, J.E., **Panton, L.B.**, Duque, G., & Ormsbee, M.J. (2014). Interrelationship among muscle, fat, and bone: Connecting the dots on cellular, hormonal, and whole body levels. *Aging Research Reviews*, 15C:51-60.
46. Simonavice, E., Liu, P.Y., Ilich, J.Z., Kim, J.S., Arjmandi, B. & **Panton, L.B.** (2014). The effects of six months of resistance training and dried plum consumption on strength, body composition, and blood makers of bone and inflammation in breast cancer survivors. *Applied Physiology, Nutrition and Metabolism*, 39(6):730-739.
47. Liu, P.Y., Hornbuckle, L.M., Ilich, J.Z., Kim, J.S., & **Panton, L.B.** (2014). Body composition and muscular strength as predictors of bone mineral density in African-American women with metabolic syndrome. *Ethnicity & Disease*, 24:356-362.
48. Kinsey, A.W., Eddy, W.R., Madzima, T.A., **Panton, L.B.**, Arciero, P.J., Kim, J.S., & Ormsbee, M.J. (2014). The influence of nighttime protein and carbohydrate intake on appetite and cardiometabolic risk in sedentary overweight and obese women. (In press *British Journal of Nutrition*).
49. Ormsbee, M.J., Prado, C.M., Ilich, J.Z., Purcell, S., Siervo, M., Folsom, A., & **Panton, L.** (2014). Osteosarcopenic obesity: the role of bone, muscle and fat on health. (In Press *Journal of Cachexia, Sarcopenia and Muscle*).
50. Lee, S.R., Khamoui, A.V., Jo, E., Park, B.S, Zourdos, M.C., **Panton, L.B.**, Ormsbee, J.M. & Kim, J.S. (2014). Chronic high fat feeding and skeletal muscle mass and function in middle-aged mice. (Submitted to *Nutrition Research*).
51. 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. (2014). The repeated bout effect in muscle-specific exercise variations. (Submitted to *European Journal of Applied Physiology*).
52. Mojock, C.D., Arjmandi, B.H., Kim, J.S., Ormsbee, M.J., Luow, G.A., Contreras, R.J., & **Panton, L.B.** (2014). Comparisons of bone mineral density between recreational and trained male cyclists. (Submitted to *Clinical Journal of Sport Medicine*).

## **PUBLICATIONS AND BOOKS – NON-REFEREED**

1. Kingsley, D. & **Panton L.B.** (2003). Fibromyalgia Syndrome. *North Central Chiropractic Society Newsletter* 7:4-7.
2. Haymes, E., **Panton, L.**, & Grubbs, L. (2003). *Living an Active Lifestyle*. Booklet funded by the Florida Agency for Health Care Administration and matching funds from Florida State University.
3. **Panton, L.B.**, & Loney, B. (2011). *Exercise for Older Adults*. U.S. Department of Health and Human Services. Health Resources and Services. Live Oak Geriatric Education Center Consortium.
4. **Panton, L.B.**, & Loney, B. (2011). *Exercise for Older Adults Health Care Provider Edition*. U.S. Department of Health and Human Services. Health Resources and Services. Live Oak Geriatric Education Center Consortium.

## **CHAPTERS IN BOOKS**

1. Graves, J.E. & **Panton, L.B.** (1991). 20 M Shuttle Run Test. *Kirby's Guide to Fitness and Motor Performance Tests*. Cape Girardeau, MO: Ben Oak Publishing, 410-411, 143-145.
2. Broeder, C.E., Percival, R., Quindry, J., **Panton, L.**, Wills, T., Browder, K.D., Earnest, C. Almada, A., Haines, S.R., & Suttie J.M. (2005). The Effects of New Zealand Deer Antler Velvet Supplementation on Aerobic, Anaerobic, and Strength Performance. *Advances in Antler Science and Product Technology*. Eds J.M. Suttie, S.R. Haines, & C. Li., 161-166.
3. Kushnick, M.R. & **Panton, L.B.** (2006). Lipid and Lipoprotein Concentrations in Americans: Ethnicity and Age. *Lipid Metabolism and Health*. Eds R.J. Moffatt and B. Stamford. New York: CRC Taylor & Francis, 315-347.

**PUBLISHED/REFEREED ABSTRACTS - PRESENTED AT NATIONAL AND INTERNATIONAL CONFERENCES**

1. **Bishop, L.B.** & Graves, J.E. (1988). Fractionated reaction and speed of movement times in elderly men and women. *Medicine and Science in Sports and Exercise*, 20(2), S5.
2. Chen, W., Pollock, M.L., Graves, J.E., **Panton, L.B.**, Leggett, S.H., & Hagberg, J.M. (1989). Effect of exercise training on muscle relaxation in individuals 70-79 years of age. *Abstracts of Research Papers 1989 AAHPERD Convention, Boston, AAHPERD, Reston, VA*. 139.
3. **Panton, L.B.**, Graves, J.E., Pollock, M.L., Hagberg, J.M., & Leggett, S.H. (1989). Effect of aerobic and variable resistance exercise training on strength and body composition of men and women 70-79 years of age. *International Journal of Sports Medicine*, 10(2), 147.
4. **Panton, L.B.**, Leggett, S.H., Carroll, J.F., Graves, J.E., Pollock, M.L., Lowenthal, D.T., Engmann, A., Fuertado, D., & Gullick, J. (1991). Validation of a metabolic gas exchange system. *Medicine and Science in Sports and Exercise*, 23, S90.
5. Carroll, J.F., Graves, J.E., **Panton, L.B.**, Leggett, S.H., Lowenthal, D.T., & Pollock, M.L. (1992). Reliability of physiological parameters during maximal treadmill exercise in older adults. *International Journal of Sports Medicine*, 13, 190-191.
6. **Panton, L.B.**, Graves, J.E., Garzarella, L., Carroll, J.F., Pollock, M.L., Leggett, S.H., Guillen, G., & Lowenthal, D.T. (1992). Relative heart rate, heart rate reserve, and oxygen uptake during exercise in the elderly. *Medicine and Science in Sports and Exercise*, 24(5), S185.
7. Graves, J.E., **Panton, L.B.**, Pollock, M.L., Garzarella, L., Carroll, J.F., Guillen, G., & Lowenthal, D.T. (1992). Influence of aerobic exercise training on the relationship between oxygen uptake and heart rate reserve in the elderly. *Medicine and Science in Sports and Exercise*, 24(5), S186.
8. Hunt, D., Graves, J.E., **Panton, L.B.**, Garzarella, L., Leggett, S.H., Pollock, M.L., Carroll, J.F., Guillen, G., & Lowenthal, D.T. (1992). Effect of training on physical work capacity at the fatigue threshold in the elderly. *Medicine and Science in Sports and Exercise*, 24(5), S14.
9. **Panton, L.**, Garzarella, L., McCue, S., Guillen, G., Williams, L., Graves, J., Pollock, M., Lowenthal, D., & Hodge, K. (1993). Aerobic exercise training responses in young and elderly men and women. *Medicine and Science in Sports and Exercise*, 25(5), S79.
10. Graves, J.E., Pollock, M.L., Swart, D., **Panton, L.B.**, Garzarella, L., & Lowenthal, D.T. (1993). Does 220-age accurately predict maximal heart rate in the elderly. *Medicine and Science in Sports and Exercise*, 25(5), S186.
11. McCue, S.M., Reider, L.R., Graves, J.E., **Panton, L.B.**, Garzarella, L., Pollock, M.L., & Lowenthal, D.T. (1993). Effect of aerobic exercise training on oxygen uptake and heart rate kinetics in the elderly. *Medicine and Science in Sports and Exercise*, 25(5), S55.



12. Williams, L., Davis, J., Lowenthal, D.T., Stein, G., Kamimori, G. & **Panton, L.** (1993). The effect of fosinopril or verapamil with or without diuretic in elderly hypertensive males. *American Journal of Hypertension*, 6(5), 104A.
13. Williams, L., **Panton, L.B.**, Guillen, G., Graves, J.E., Vivas, C., Gonzalez, M., Derendorf, H., Pollock, M.L., & Lowenthal, D.T. (1994). Effect of aerobic exercise training on propranolol pharmacokinetics in young and elderly adults. *Clinical Pharmacology and Therapeutics*.
14. **Panton, L.B.**, Garzarella, L., Guillen, G., Williams, L., Graves, J.E., Lowenthal, D.T., & Pollock, M.L. (1994). Effect of aerobic training on plasma volume and hematocrit in young and elderly adults. *Medicine and Science in Sports and Exercise*, 26(5), S150.
15. Henschen, J.A., **Panton L.B.**, & Franke, W.D. (1995). Forearm blood flow and vascular conductance in older tennis players. *Medicine and Science in Sports and Exercise*, 27(5), S188.
16. **Panton, L.B.**, Graves, J.E., Pollock, M.L., Garzarella, L., Carroll, J.F., Lowenthal, D.T., Guillen, G., & Williams, L. (1995). Prediction of blood volume for young and elderly adults. *Medicine and Science in Sports and Exercise*, 27(5), S183.
17. O'Sullivan, S.D., Sharp, R.L., King, D.S., **Panton, L.B.**, White, W.S., & Hedrick, T. (1995). Influence of carbohydrate ingestion on interval training performance in intercollegiate male swimmers. *Medicine and Science in Sports and Exercise*, 27(5), S13.
18. DeGabriele, J.H., **Panton, L.B.**, & King, D.S. (1995). Comparison of anaerobic power in elderly men and women. *Journal of Aging and Physical Activity*, 3(4), 407-408.
19. Nissen, S., **Panton, L.B.**, Wilhelm, R., & Fuller, J.C. (1996). Effect of  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB) on strength and body composition of trained and untrained males undergoing intense resistance training. *FASEB Journal*, 10: A287.
20. Storer, J.H. & **Panton, L.B.** (1996). Development of a physical efficacy scale for older adults. *Research Quarterly for Exercise and Sport*, 67, A122.
21. Bleil, D.A., **Panton, L.B.**, Stephens, G.M. & Franke, W.D. (1996). Effects of resistive training on cardiovascular responses to lower body negative pressure in the elderly. *Medicine and Science in Sports and Exercise*, 28(5), S173.
22. Mason, M.L., **Panton, L.B.**, & King, D.S. (1996). Influence of age and gender on fatigability and plasma lactate accumulation during intense muscular contractions *Medicine and Science in Sports and Exercise*, 28(5), S139.
23. Ray, M.L., Semler, J.L., **Panton, L.B.**, Ruden, T.M., Moss, K.A., & King, D.S. (1996). Effect of resistance training on glucose tolerance and insulin sensitivity in the elderly. *Medicine and Science in Sports and Exercise*, 28(5), S104.

24. Storer, J., Cychosz, C., **Panton, L.**, & Anderson, D. (1997). Mallwalking, exercise identity, and perceived health status. *Research Quarterly for Exercise and Sport*, 68(1), A34-35.
25. Nissen, S., **Panton, L.**, Fuller, J., Rice, D., Ray, M., & Sharp, R. (1997). Effect of feeding of  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB) on body composition and strength of women. *FASEB Journal*, 11: A150.
26. **Panton, L.B.** & King, D.S. (1997). Influence of resistance training on strength, fatigability, and plasma lactate during intense exercise in the elderly. *Medicine and Science in Sports and Exercise*, 29(5), S255.
27. Evers, J.M., **Panton, L.B.**, & Franke, W.D. (1997). The effects of training on forearm vascular conductance in elderly and young men and women. *Medicine and Science in Sports and Exercise*, 29(5), S13.
28. Ioudina, M.V., Franke, W.D., & **Panton, L.B.** (1997). Cardiovascular responses to LBNP appear similar in well-trained male swimmers and runners. *Medicine and Science in Sports and Exercise*, 29(5), S177.
29. Knitter, A., **Panton, L.**, Peterson, A., Rathmacher, J.A., & Sharp, R. (1998). The effect of  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB) on muscle damage following a 20K run. *FASEB Journal*, 12(5): A854.
30. **Panton, L.B.**, Rathmacher, J., Fuller, J., Gammon, J., Cannon, L., Stettler, S., & Nissen, S. (1998). The effect of  $\beta$ -Hydroxy- $\beta$ -Methylbutyrate and resistance training on strength and functional ability in elderly men and women. *Medicine and Science in Sports and Exercise*, 30(5), S194.
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**UNPUBLISHED/REFEREED ABSTRACTS - PRESENTED AT NATIONAL,  
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Golden, J., **Panton, L.B.**, Broeder, C.E., Browder, K.D., Fogle, D.J., Cestaro-Seifer, D.J., & Seifer, F.D. (2001). Physiological effects of 12 weeks of progressive resistance training on patients with chronic obstructive pulmonary disease. Presented to the Southeast Regional American College of Sports Medicine. Columbia, SC.

King, J., Golden, J., **Panton, L.B.**, Broeder, C.E., Browder, K.D., Fogle, D.J., Cestaro-Seifer, D.J., & Seifer, F.D. (2001). Effects of 12 weeks of progressive resistance training on bone density in patients with chronic obstructive pulmonary disease (COPD). Presented to the Southeast Regional American College of Sports Medicine. Columbia, SC.

Jones, T.C., Golden, J., **Panton, L.B.**, Broeder, C.E., Browder, K.D., Fogle, D.J., Cestaro-Seifer, D.J., & Seifer, F.D. (2001). Effects of 12 weeks of progressive resistance training pulmonary function (PF) in patients with chronic obstructive pulmonary disease (COPD). Presented to the Southeast Regional American College of Sports Medicine. Columbia, SC.

Quindry, J., Rhea, L., Golden, J., **Panton, L.B.**, Broeder, C.E., Browder, K.D., Fogle, D.J., Cestaro-Seifer, D.J., & Seifer, F.D. (2001). Effects of 12 weeks of progressive resistance training on the 12-minute walk in patients with chronic obstructive pulmonary disease (COPD). Presented to the Southeast Regional American College of Sports Medicine. Columbia, SC.

Jones, T., **Panton, L.**, Browder, K., Broeder, C., & Lloyd, J. (2001). A comparison of balance between black and white women. Presented to the 22nd Annual Meeting of the Southern Gerontological Society. Lexington, KY.

King, J., **Panton, L.**, Broeder, C., & Browder, K. (2001). A comparison of the effect of interval training vs steady state training on weight loss and body composition in obese premenopausal women. Presented at the 17th Annual Student Research Forum. East Tennessee State University. Johnson City, TN.

Sirithienthad, P., **Panton, L.**, Holton, E., Kingsley, D., Abboud, G., & Toole, T. (2003) The relationship between strength measures and the continuous scale-physical functional performance test in older women. Presented to the Southeast Regional American College of Sports Medicine. Atlanta, GA.

Abboud, G., **Panton, L.**, Toole, T., Holton, E., & Kingsley, D. (2003). Relationships of continuous scale-physical function performance indices (CS-PFP) to gait and balance parameters in older women. Presented to the Southeast Regional American College of Sports Medicine. Atlanta, GA.

Kingsley, D., **Panton, L.**, Toole, T., Mathes, R. & McMillian, V. (2003). The relationship between total myalgic score, fibromyalgia impact, and functionality in women with fibromyalgia syndrome. Presented to the Southeast Regional American College of Sports Medicine. Atlanta, GA.

Henderson, W., Haymes, E, Toole, T., **Panton, L.**, Grubbs, L., & Pecha, J. (2004). Daily physical activity in lower socioeconomic status middle-aged adults. Presented to the Southeast Regional American College of Sports Medicine. Atlanta, GA.

Kingsley, D., **Panton, L.B.**, Toole, T., Sirithienthad, P., Mathis, R., & McMillan, V. (2004). The effects strength training in women with Fibromyalgia. Presented to the Southeast Regional American College of Sports Medicine. Atlanta, GA.

St. John, N., **Panton, L.**, Kingsley, D., Toole, T., Moffatt, R., Kushnick, M., & Haymes, E. (2004). Health related characteristics of overweight and obese women on Medicaid. Presented to the Southeast Regional American College of Sports Medicine. Atlanta, GA.

Thorn, J.E., Toole, T., **Panton, L.B.**, Kingsley, D., & Haymes, E.M. (2004). The relationship of obesity to selected gait variables in women ages 40-65. Presented to the Southeast Regional American College of Sports Medicine. Atlanta, GA.

Waggener, G.T., **Panton, L.B.**, & Balinsky S. (2004). Mall management and community health promotion in the new century. Presented to the Southeast Regional American College of Sports Medicine. Atlanta, GA.

Kingsley, D., **Panton, L.**, Toole, T., Abboud, G., Sirithienthad, P., Mathis, R., & McMillan, V. (2005). The comparison of functionality among older women, women diagnosed with fibromyalgia, and healthy age-matched control women. Presented at the Southeast Regional American College of Sports Medicine. Charlotte, N.C.

Hart, J., **Panton, L.**, Kingsley, D., Toole, T., Moffatt, R., Kushnick, M., & Haymes, E. (2005). Effects of lifestyle activity on glycosylated hemoglobin in middle-aged lower socioeconomic overweight and obese women. Presented at the Southeast Regional American College of Sports Medicine. Charlotte, N.C.

Sirithienthad, P. & **Panton, L.** (2006). A comparison of the effects of post exercise basal metabolic rate among continuous aerobic, intermittent aerobic, and resistance exercise: Implications for weight control. Presented at the Southeast Regional American College of Sports Medicine. Charlotte, N.C.

Miles, R, **Panton, L.B.**, Tlaldi, D., & Haymes, E. (2006). Differences in obesity and physical activity within a African-American population: Do neighborhoods of different socioeconomic status have an effect? Presented at the International Congress on Physical Activity and Public Health. Atlanta, GA.

Wilson, J.M., Hornbuckle, L.M., Kingsley, J.D., St John, N., Mathis, R., Van Tassel, J., McMillan, V., Figueroa, A., & **Panton, L.B.** (2007). Effects of strength training and chiropractic therapy on symptoms of Fibromyalgia. Presented at the Southeast Regional American College of Sports Medicine. Charlotte, N.C.

Hornbuckle, L.M., Wilson, J., Kingsley, J.D., St John, N., Mathis, R., Van Tassel, J., McMillan, V., Figueroa, A., & **Panton, L.B.** (2007). Effects of strength training and chiropractic therapy in women diagnosed with Fibromyalgia. Presented at the Southeast Regional American College of Sports Medicine. Charlotte, N.C.

Meuret, J., Figueroa, A., Wilson, J., & **Panton, L.** (2008). A comparison of post exercise resting metabolic rate after thirty minutes of intermittent treadmill and resistance exercise. Presented at the Southeast Regional American College of Sports Medicine. Birmingham, AL.

Wilson, J.M., Kim, J.S., Colon, J, Koch, H., Dalmeau, B., Rosenfeld, B., Wilson, G.J., Lee, S-R., Kingsley, J.D., & **Panton, L.B.** (2008). Acute timing effects of Hydroxy Methyl Butyrate (HMB) supplementation on strength and soreness. Presented at the Southeast Regional American College of Sports Medicine. Birmingham, AL.

Hornbuckle, L.M., Liu, P., Ilich-Ernst, J., Simonavice, E., Kim, J., & **Panton, L.** (2009). Comparison of body weight distribution in African-American women with and without metabolic syndrome. Presented at the Southeast Regional American College of Sports Medicine. Birmingham, AL.

Kingsley, J.D., **Panton, L.B.**, McMillan, V., & Figueroa, A. (2009). Forearm Blood Flow and Reactive Hyperemia in Women with Fibromyalgia. Presented at the Southeast Regional American College of Sports Medicine. Birmingham, AL.

Wilson, J.M., Kim, J-S., Lee, S-R., Wilson, G.J., Sommer, B., Colon, J., Diah, T., Mendez, D., Kingsley, J.D., **Panton, L.B.** (2009). Acute timing effects of  $\beta$ -hydroxy  $\beta$ -methyl butyrate (HMB) supplementation on serum indices of muscle damage. Presented at the Southeast Regional American College of Sports Medicine. Birmingham, AL.

Hornbuckle, L.M., Liu, P., Ilich-Ernst, J., Arjmandi, B., Kim, J., & **Panton, L.** (2010). Effect of exercise on cardiovascular risk factors in African-American women. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.

Simonavice, E., Liu, P., Ilich-Ernst, J., Kim, J., & **Panton, L.** (2010). Comparison of bone mineral density, body composition, physical function, and muscular strength in breast cancer survivors and healthy age and weight matched controls. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.

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., & Kim, J.S., (2010). Effects of 3 or 6 grams of  $\beta$ -hydroxy- $\beta$ -methylbutyrate (HMB) on muscle damage and performance in elderly. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.

Mojock, C.D., Kim, J.S., Eccles, D.W., & **Panton, L.B.** (2010). The effects of static stretching on running economy and endurance performance in female distance runners during treadmill running. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.

Razon, S., Nacimient-Rasor, T., Simonavice, E., Loney, B., Aarsal G., **Panton, L.**, & Tenenbaum, G. Effort perception and pain tolerance in fibromyalgia pain: A cognitive approach. (2010). Presented at the Annual Meeting of the European College of Sport Science (ECSS), Antalya, Turkey.

Razon, S., Nacimient-Rasor, T., Simonavice, E., Loney, B., Aarsal G., **Panton, L.**, & Tenenbaum, G. (2010). Attention strategies and coping mechanisms in women with fibromyalgia. Presented at the Annual Meeting of the American Psychological Association (APA), San Diego, CA.

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.

Hornbuckle, L., Liu, P., Ilich, J.Z., & **Panton, L.B.** (2011). Fat mass associated with lower bone mineral density in african-american women with metabolic syndrome. Presented at the National American Heart Association, Atlanta GA.

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.

Thomas, D.D., Kim, J-S., Mandler, W.K., Kinsey, A.W., Riley, C.J., **Panton, L.B.**, Scheett, T.P., Ormsbee, M.J. (2012). The impact of a 6-week resistance training program with pre- and post-exercise performance supplementation on cardiovascular risk resistance-trained men. Presented at the Southeast Regional American College of Sports Medicine. Jacksonville, FL.

Zourdos, M.C., Ormsbee, M.J., Jo, E., Khamoui, A.V., Park, B.S., Lee, S-R., **Panton, L.B.**, Thomas, D.D., Ward, E., Contreras, R.J., & Kim, J-S. (2013). Time course of hormonal responses with two different models of daily undulating periodization in trained power lifters. 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.** (2013). Whole body, lumbar and hip bone measurements of competitive male cyclists. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.

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.

Inglis, J.E., **Panton, L.B.**, Ormsbee, M.J., Kelly, O.J. & , Ilich, J.Z. (2013). Defining osteosarcopenic obesity and identifying its prevalence in women across a wide age-range. Presented at the American Society for Bone and Mineral Research (ASBMR) Conference. Baltimore, MD.

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).

Bach, C.W., Ward, E.G., McKune, A.J., **Panton, L.B.** & Ormsbee, M.J. (2014). The impact of a pre-loaded multi-ingredient performance supplement on muscular performance following downhill running. 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).



## **INVITED SPEAKER AT PROFESSIONAL NATIONAL, STATE, AND LOCAL CONFERENCES/MEETINGS**

Exercise and Aging. Second Annual Aging in Florida Conference. Tampa, FL. April 22-24, 1988.

Exercise Testing and Prescription. 1994 State Youth and 4-H Conference. Iowa State University. June, 1994.

Physical Activity and Older Adults. 1995 Colloquium Series on Aging. Gerontology Program. Iowa State University. April 12, 1995.

Exercise and Fitness. ISU College of Liberal Arts Chatauqua 96 Program. The Mind and Body Connection. Sponsored by McFarland Clinic. Ames, IA. September 19, 1996.

1<sup>st</sup> Tennessee Area Agency on Aging. "Toward a society for all ages." 1999 Annual Conference on Aging. Johnson City, TN. May 4, 1999.

1999 "Women Exploring Science and Technology" Conference. GFWC/TFWC Kingsport Junior Woman's Club. "Exercise Science: Fit is It." Northeast State Technical College. Blountville, TN. October 23, 1999.

The 23<sup>rd</sup> Governor's Conference on Aging. "Aging ... a work in progress." Luncheon Speaker. "Strength Training – The Fountain of Youth?" Des Moines, IA. May 21, 2002.

The 23<sup>rd</sup> Governor's Conference on Aging. "Aging ... a work in progress." Workshop. "Adding Years to Your Life through Physical Activity." Des Moines, IA. May 21, 2002.

Reducing the Impact of Arthritis through Partnership – A Wellness Conference. Co-sponsored by Iowa Department of Public Health Programs: Iowa Arthritis Foundation and Iowa Cardiovascular Risk Reduction Program. "Exercising With Chronic Disease." Des Moines, IA. September 25, 2002.

Diabetes Community Forum. Sponsored by the U.S. Department of Health and Human Services, Region IV, in cooperation with Emory University Regional Training Center. "Diabetes – Exercise For Life." Quincy, FL. October 16, 2003.

National Meeting of the American Alliance for Health, Physical Education, Recreation and Dance entitled "Navigating the Job Search in Higher Education." Chicago, IL. April 14, 2005.

Addressing the Obesity/Overweight Issue in Youth: A Workshop. Sponsored by the College of Human Sciences at Florida State University in conjunction with the U.S. Department of Agriculture - funded Nutrition Education Initiative. "Physical Activity and Youth: Fighting the Obesity Epidemic" Tallahassee, FL. June 17, 2005.

The 6<sup>th</sup> Hazel K. Stiebeling Symposium. Managing Menopause: A Common Denominator for the Prevention and Treatment of Chronic Disease. Sponsored by the Department of Nutrition, Food & Exercise Sciences at the Florida State University in conjunction with the U.S. Department of Agriculture; California Dried Plum Board; and the Dairy Council of Florida.  
“Exercise Prescription for Managing Menopause” Tallahassee, FL. February 22, 2008.

1<sup>st</sup> Annual SPEAR Sport Science Conference. Coaches and Professionals Panel. Research in Nutrition and Exercise Sciences. Florida State University. Tallahassee, FL. April 18, 2009.

The 9<sup>th</sup> Hazel K. Stiebeling Symposium. Osteo-Sarcopenic Obesity: A New Term for an Old Problem. Sponsored by the Department of Nutrition, Food & Exercise Sciences at the Florida State University and the Tyner Lecture Series. “Exercise a Solution for Osteo-Sarcopenic Obesity”. Tallahassee, FL. May 7, 2012.

Evidence Based Laser Therapy. LiteCure Medical. “Effects of Class IV Laser Therapy on Fibromyalgia Impact and Function in Women with Fibromyalgia.” San Francisco, CA. May 31, 2012.

Florida Geriatrics Society’s 2012 Annual Meeting. Hosted by: Moffitt Cancer Center. Aging of Baby Boomers: Are you ready? “Exercise for the Elderly” Tampa, FL. June 23, 2012.

29<sup>th</sup> Annual Alzheimer’s Disease Education and Training Conference. How Can My Body Last a Lifetime. College of Medicine, Tallahassee, FL. February 22, 2014.

### **INVITED SPEAKER FOR COMMUNITY AND UNIVERISITY ORGANIZATIONS**

Exercise in the Elderly. Young at Heart Group. Congregation B'nai Israel Synagogue. Gainesville, FL. April 1993.

Effects of exercise training on hepatic blood flow in young and elderly adults. H. Hugh Dukes Club. Iowa State University. March 1994.

Exercise in the Elderly. Northcrest Retirement Community. Ames, Iowa. October 1994.

Physiological and biochemical adaptations to resistance training in elderly men and women. Sigma Kappa Sorority. Ames, IA. November 1994.

Physiological and biochemical adaptations to resistance training in elderly men and women. Kiwanis Club. Ames, IA. December 1994.

Exercise and the Elderly. Green Hills Retirement Center. Ames, IA. September 13, 1995.

Exercise in the Mature Adult. American Association of Retired Persons. Heartland Senior Center. Ames, IA. November 4, 1995.

Exercise for a Healthy Life. Sorority Mothers. Broiler Restaurant. Ames, IA. January 18, 1996.

Exercise for a Healthy Life. Support Staff for the College of Education. Ames, IA. February 8, 1996.

Aerobics and Strength Training for 50 Plus Men and Women. Council Bluffs Senior Center. Council Bluffs, IA. February 20, 1996.

Fitness for Life. Nevada High School Students. Nevada, IA. April 4, 1996.

Exercise for a Healthy Life. Prime Time Alive: Educational Programs. Mary Greeley Medical Center. Ames, IA. May 16, 1996.

Exercise for a Healthy Life. Golden K Kiwanis Club Ames, IA. August 22, 1996.

Exercise and Fitness. Iowa Health and Nutrition Specialists. ISU Extension In-service. Ames, IA. October 10, 1996.

Fitness: A Way of Life. Heartland Health Service Peer Group. Ames, IA. October 22, 1996.

Exercise for a Healthy Life. Heartland Senior Center. Ames, IA. December 2, 1996.

Fitting fitness in: Even when you're pressed for time. Iowa State Extension over the ICN. Ames, IA. January 17, 1997.

Exercise in the Older Adult. Senior Center Exercise Orientation Program. Johnson City, TN. March 13, 1998.

Exercise for the Senior Olympic Athlete. Senior Games Kickoff. Johnson City, TN. March 24, 1998.

Exercise in the Older Adult. Life Care Center of Elizabethton. Elizabethton, TN. September 8, 1998.

Nutrition in the Endurance Athlete. Milligan College - Cross Country Team. Milligan College, TN. October 11, 1999.

Why Exercise? SERTOMA International. Kingsport, TN. October 18, 1999.

Why Exercise? University Parkway Baptist Church. Johnson City, TN. April 7, 2000.

Why Exercise? Adult Day Care Services. Johnson City, TN. April 10, 2000.

Strength Training - The Fountain of Youth? Sigma Xi Southern Appalachian Chapter. Johnson City, TN. April 19, 2000.

Importance of Exercise. Salvation Army. Johnson City, TN. April 26, 2000.

ACSM Health Fitness Instructor Workshop. Pathophysiology and Risk Factors. Florida State University. Tallahassee, FL. October 31, 2001; November 4, 2002.

Strength Training – The Fountain of Youth? Friday Seminar Series. Sponsored by Des Moines University and the Greater Des Moines Chapter of Sigma Xi. Des Moines, IA. May 17, 2002.

Strength Training - The Fountain of Youth? Tallahassee Senior Center. Tallahassee, FL. July 25, 2002.

Exercise and Fibromyalgia. Fibromyalgia Support Group. Tallahassee, FL. November 18, 2002.

Fitness is a Lifesaver. Florida State University Employee Wellness Program. Tallahassee, FL. January, 2003.

Student Research: Making the Most of Every Opportunity. Luncheon Speaker for Research & Creativity Day. Florida State University. Tallahassee, FL. February 28, 2003.

It's a New Day. 20<sup>th</sup> Annual Support Staff Appreciation Seminar. Fitting Fitness in – Even When You're Pressed for Time. Florida State University. Tallahassee, FL. April 16, 2003.

The Importance of Exercise in Maintaining Quality of Life. Tallahassee Senior Center. Tallahassee, FL. June 18, 2003.

Exercise and the Elderly. Tallahassee Dietetic Association. Tallahassee, FL. September 25, 2003.

B.S. or M.S. – That is the Question? Graduate Showcase. Tallahassee, FL. October 10, 2003.

Strength Training - The Fountain of Youth? Tally-Ho: Tallahassee Hospitality Club. Tallahassee, FL. February 18, 2004.

Exercising with Chronic Disease. Better Breathers. Tallahassee, FL. March 2, 2004.

Educational Audio Teleconference on Exercise and Diabetes. Tallahassee, FL. August 17, 2004.

Exercise for All the Ages. Tallahassee Senior Center. Tallahassee, FL. August 26, 2005.

Westminster Oaks. Opening Ceremony for Fitness Center. Strength Training: The Fountain of Youth. Tallahassee, FL. October 4, 2005.

Florida State College of Medicine Grand Rounds. Exercise the Medicine of Choice. Tallahassee, FL. January 19, 2006.

Day of Dialogue on Minority Health: Generations Working Together to Bring about Change. Bethel A.M.E. Church. Tallahassee, FL. February 17, 2007.

Hepatitis Support Group. Exercise the Medicine of Choice. Tallahassee, FL. June 4, 2007.

Doctors in the House Series. Strength Training: The Fountain of Youth. Tallahassee Senior Center. Tallahassee, FL. September 10, 2007.

Westcott Lakes Life College Class. Exercise: The Fountain of Youth. Tallahassee, FL. January 13, 2009.

50<sup>th</sup> Golden Reunion Class of 1959. Health and Wellness with the College of Human Sciences. Tallahassee, FL. April 3, 2009.

Emeritus Alumni Society. Recognition Reunion Weekend. Health and Wellness with the College of Human Sciences. April 17, 2009.

Emeritus Alumni Society. Recognition Reunion Weekend. Health and Wellness with the College of Human Sciences. April 9, 2010.

2012 Backstage Pass to the Very Best of FSU. Women for FSU. March 17, 2012.

Florida State College of Medicine Grand Rounds. Keeping Your Lifetime Warranty: Physical Activity and Health. Tallahassee, FL. April 19, 2012.

Emeritus Coffee Chat. Exercise for the Older Adult. May 4, 2012.

Florida State College of Medicine. Exercise the Solution for Osteosarcopenic Obesity. Tallahassee, FL. August 15, 2012.

Bainbridge College. How Can My Body Last a Lifetime? Bainbridge, GA. October 15, 2012.

Capital Health Plan Savvy Senior Program. How Can My Body Last a Lifetime? Tallahassee, FL. January 4 and January 18, 2013.

Lifelong Seminoles. How Can My Body Last a Lifetime? Jacksonville, FL. June 25, 2013 and Palm Beach Gardens, FL. June 26, 2013.

Mantay & Company. How Can My Body Last a Lifetime? Jacksonville, FL. October 23, 2013.

Tallahassee Dietetic Association. Functional Assessment: A component of Nutritional Assessment of the Elderly. Tallahassee, FL. October 30, 2013.

How will I balance research, teaching, service and my personal life as a faculty member? Workshop for the Graduation School Program. Florida State University, Tallahassee, FL. June 3, 2014.

## **GRANTS FUNDED**

### **EXTERNAL FUNDING**

Rockport Walking Institute

Relationship between heart rate and oxygen uptake during steady state, submaximal exercise in older adults

Total award: \$3,000

Funded dates: 6/90 to 5/91

Role: Principal Investigator

Sigma Kappa Foundation, Inc.

Physiological and biochemical adaptations to resistance training in elderly men and women

Money requested: \$13,223.00

Total award: \$5,000.00

Funded dates: 11/94 to 11/95

Role: Principal Investigator (25% time)

Metabolic Technologies Inc

Effect of  $\beta$ -Hydroxy  $\beta$ -Methyl Butyrate (HMB) on strength and body composition in weight training adults

Total award: \$9,000.00

Funded dates: 9/95 to 12/95

Role: Principal Investigator (25% time)

Metabolic Technologies Inc

Effect of  $\beta$ -Hydroxy  $\beta$ -Methyl Butyrate (HMB) on strength and body composition in weight training women

Total award: \$9,000.00

Funded dates: 6/96 to 8/96

Role: Principal Investigator (25% time)

Metabolic Technologies Inc

Effect of  $\beta$ -Hydroxy  $\beta$ -Methyl Butyrate (HMB), Glutamine, and Arginine on strength, body composition, and immune response in weight training men

Total award: \$10,000.00

Funded dates: 10/96 to 12/96

Role: Principal Investigator (25% time)

Metabolic Technologies Inc

Effect of  $\beta$ -Hydroxy  $\beta$ -Methyl Butyrate (HMB) on strength, body composition, and bone density during weight training in elderly men and women

Total award: \$24,000.00

Funded dates: 1/97 to 12/97

Role: Principal Investigator (25% time)

Agency for Health Care Administration  
Exercise management for overweight middle-aged women.  
Total award and cost sharing with Florida State University: \$304,304  
Funded date: 1/03-12/04  
Role: Principal Investigator (25% time)

Agency for Health Care Administration  
Physical activity campaign for Medicaid recipients in the state of Florida  
Total award and cost sharing with Florida State University: \$190,454  
Funded date: 1/03-12/04  
Principal Investigator: Emily Haymes, Ph.D.  
Role: Co-Investigator (5-10% time)

Housing and Urban Development (HUD)  
Connecting infrastructure to health care through physical activity  
Total award and cost sharing with Florida State University: \$219,182  
Funded date: 1/04-12/06  
Principal Investigator: Rebecca Miles, Ph.D.  
Role: Co-Investigator (10% time)

Health Resources and Services Administration  
Live Oak Geriatric Education Center Consortium  
Total award: \$2,000,000  
Funded date: 09/05 – 08/09  
Principal Investigators: Alice Pomidor, M.D., Kenneth Brummel-Smith, M.D.  
Role: Co-Investigator (5% time)  
Grant funded for one year due to budget cuts at NIH

Health Resources and Services Administration  
Live Oak Geriatric Education Center Consortium  
Total award: \$1,200,000  
Funded date: 09/07 – 08/10  
Principal Investigators: Alice Pomidor, M.D., Kenneth Brummel-Smith, M.D.  
Role: Co-Investigator (5% time)

LiteCure, LLC  
The effects of class IV laser therapy on Fibromyalgia impact and functional in women with  
Fibromyalgia  
Total award: \$15,057.00  
Funded date: 09/08 – 06/10  
Role: Principal Investigator (20% time)

Florida Board of Governors - New Florida 2010 Clustering Award Program  
Highly-individualized, high-performance prostheses with multifunctional materials  
Principal Investigator: C Zhang  
Total award: \$150,000 (Department \$30,000)  
Funded Dates: 6/11-8/12  
Role: Co Investigator

Vital Pharmaceuticals, Inc  
Commercially available pre- and post-workout supplement on health and human performance  
Principal Investigator: Michael J. Ormsbee  
Total award (product): \$11,296.98  
Funded Date: 2/11-8/11  
Role: Co Investigator (5%)

Optimum Nutrition, Inc.  
Physiological effects of evening protein consumption and exercise  
Principal Investigator: Michael J. Ormsbee  
Total award (product): \$15,000  
Funded Date: 6/11-8/12  
Role: Co Investigator (5%)

Dymatize Nutrition  
Resistance training, protein, and body composition in breast cancer survivors  
Principal Investigator: Michael J. Ormsbee  
Total award (product): \$13,754  
Funded Date: 1/14-7/14  
Role: Co Investigator (5%)



## **INTERNAL FUNDING**

University Research Grant – Iowa State University  
Effects of resistance training on cardiovascular responses to lower body negative pressure in the elderly

Total award: \$9,109.25

Funded dates: 7/94 to 6/95

Role: Principal Investigator (25% time)

Faculty Release Time for Research Grant – Iowa State University

Salary amount: \$5,240.00

Funded dates: 8/94 to 5/95

Iowa State Faculty Development Award

Total award: \$200.00

Funded date: 2/95

Iowa State Faculty Development Award

Total award: \$200.00

Funded date: 3/96

Iowa State Faculty Development Award

Total award: \$100.00

Funded date: 11/96

College of Education - Designation as a Research Signature Area – Iowa State University

The Exercise BioDynamics Research Group

Total award: \$45,000.00

Funded dates: 1/97 to 6/97

Role: Co-Principal Investigator

East Tennessee State University Research Development Grant

Effect of resistance training on cardiovascular responses to 70 degree head-up tilt in elderly men and women

Total award: \$6,000.00

Funded dates: 7/98 to 6/99

Role: Principal Investigator (25% time)

East Tennessee State University RDC Small Grant

The effects of 12 weeks of resistance training in patients with chronic obstructive pulmonary disease

Total award: \$900.00

Funded date: 2/00

Role: Principal Investigator (25% time)

East Tennessee State University RDC Small Grant

A comparison of black and white women on muscle mass, bone mineral density, and balance

Total award: \$1,000.00

Funded date: 3/01

Role: Principal Investigator (25% time)

Florida State University First Year Assistant Professor (FYAP) Award

The effects of a 12-week resistance training program in women with Fibromyalgia

Total award: \$10,000.00

Funded date: 5/02-8/02

Role: Principal Investigator (100% summer time)

Florida State University Committee on Faculty Research Support (COFRS) 2002 Award

The effects of a life-style physical activity training program in elderly women

Total award: \$8,000.00

Funded date: 5/02-8/02

Principal Investigator: Tonya Toole, Ph.D.

Role: Co Investigator (15% time)

Florida State University College Faculty Travel Award

Total award: \$400.00

Funded Date: 2004-2005 Academic Year

Florida State University Planning Grant

The effects of chiropractic manipulation, mobilization, and ischemic compression and resistance training on Fibromyalgia impact

Total award: \$10,000.00

Funded dates: 1/05-11/05

Role: Principal Investigator (25% time)

Florida State University Planning Grant

The effects of resistance training and ambulation on abdominal fat and associated cardiovascular disease risk factors in African American women

Total award: \$12,000.00

Funded dates: 4/08-3/09

Role: Principal Investigator (25% time)

Equipment and Infrastructure Enhancement Grant Program 2012

Gaze tracking technology: Assessing perceptual-skills, and movement patterns in elderly, sports and military. Gaze and Eye-tracking systems and Reaction-time systems

Total award: \$36,944.00

Funded Date: 2012

Principal Investigator: Gershon Tenenbaum, Ph.D.

Role: Co investigator: Panton

Florida State University CRC Planning Grant

Body composition as a predictor of surgical outcomes in patients with hip or knee osteoarthritis -  
a pilot study

Total Award: \$13,000.00

Funded dates: 1/14-8/14

Principal Investigator: Carla Prado, Ph.D.

Role: Co investigator

## **STUDENT RESEARCH GRANT AWARDS**

Iowa State University Freshman Honor's Program  
Reliability of cardiac impedance during head-up tilt in older men and women  
Total award: \$200.00  
Funded dates: 4/96 to 6/96  
Role: Faculty Mentor (Julie Henschen)

Iowa State University Freshman Honor's Program  
The effects of resistance training on anaerobic exercise in elderly men and women  
Total award: \$200.00  
Funded dates: 4/95 to 6/95  
Role: Faculty Mentor (Joe DeGabriele)

East Tennessee State University Honor's Program  
The effects of resistance training with and without androstenedione supplementation on bone turnover and density  
Total award: \$750.00  
Funded date: 1/99  
Role: Faculty Mentor (Ashley Aiken)

Florida State University Undergraduate Research Award  
Effects of lifestyle activity on glycosylated hemoglobin in middle-aged lower socioeconomic overweight and obese women  
Total Award: \$500.00  
Funded Dates: 1/04-1/05  
Honor's Thesis Student Award  
Role: Faculty Mentor (Jessica Hart)

MEMS Research Scholarship Award  
Perception of physical activity and physical characteristics of adult African American women in the providence community of Tallahassee, Florida  
Total Award: \$5,000.00  
Funded Dates: 8/04-8/05  
Role: Faculty Mentor (Sharica Brookins)

MEMS Research Scholarship Award  
The influence of parental beliefs on attitudes and exercise levels in middle school children  
Total award: \$5,000.00  
Funded Dates: 1/05-8/05  
Role: Faculty Mentor (Cerrone Cohen)

MEMS Research Scholarship Award

Comparing dietary habits and physical activity among college juniors and seniors in the College of Human Sciences

Total award: \$5,000.00

Funded Dates: 8/06-12/07

Role: Faculty Mentor (Kimberly Chen)

American College of Sports Medicine - Doctoral Student Research Grant

Exercise intervention in African-American women.

Total award: \$5,000.00

Funded Dates: 07/08-06/09

Role: Faculty Mentor (Lyndsey Hornbuckle)

College of Human Sciences Dissertation Award Program

Effects of exercise on cardiovascular risk factors in African-American women

Total award: \$500.00

Funded Date: 05/08-05/09

Role: Faculty Mentor (Lyndsey Hornbuckle)

College of Human Sciences Dissertation Award Program

Effects of resistance exercise and dried plum consumption on body composition, muscular strength and physical function in breast cancer survivors

Total award: \$500.00

Funded Date: 10/11-1/12

Role: Faculty Mentor (Emily Simonavice)

Florida State University Office of Graduate Studies Dissertation Research Grant

Effects of resistance exercise and dried plum consumption on blood makers of bone metabolism

Total award: \$750.00

Funded Date: 08/11- 12/11

Role: Faculty Mentor (Emily Simonavice)

American College of Sports Medicine

Hornbostel Award – Research on Cancer

Total Award: \$250.00

Funded Dates: ACSM National Conference 2013

Role: Faculty Mentor (Takudzwa Madzima)

Florida State University Office of Graduate Studies Dissertation Research Grant

Effects of calcium collagen chelate consumption on body composition and bone biomarkers in trained male cyclists

Total award: \$750.00

Funded Date: 01/13-04/13

Role: Faculty Mentor (Christopher Mojock)

College of Human Sciences Dissertation Award Program  
Effects of calcium collagen chelate consumption on body composition and bone biomarkers in trained male cyclists

Total award: \$1,000.00

Funded Date: 10/13-12/13

Role: Faculty Mentor (Christopher Mojock)

2014 National Strength and Conditioning Association Foundation Graduate Research –  
Doctoral Grant

Effects of resistance training and protein consumption in breast cancer survivors

Total award: \$8,970.00

Funded dates: 7/14-7/15

Role Faculty Mentor (Takudzwa Madzima)

### **FACULTY MENTOR FOR STUDENTS RECEIVING RESEARCH HONORS**

Ashley Aiken first place winner in the 15<sup>th</sup> Annual Student Research Forum at East Tennessee State University. Presentation entitled “The effects of resistance training with and without androstenedione supplementation on bone turnover and density.”

Jamie Golden first place winner in the 2001 Student Research Competition at Southeast Regional American College of Sports Medicine. Presentation Entitled “Physiological effects of 12 weeks of progressive resistance training on patients with chronic obstructive pulmonary disease.”

Derek Kingsley second place winner in the 2004 Student Research Competition at Southeast Regional American College of Sports Medicine. Presentation Entitled “The effects of a 12-week strength-training program on strength and functionality in women with Fibromyalgia.”

Julie Meuret Student Finalist in the 2008 Masters Student Research Competition at Southeast Regional American College of Sports Medicine. Presentation Entitled “A comparison of post exercise resting metabolic rate after thirty minutes of intermittent treadmill and resistance exercise.”

Lyndsey Hornbuckle Student Finalist in the 2009 Doctoral Student Research Competition at Southeast Regional American College of Sports Medicine. Presentation Entitled “Comparison of body weight distribution in African-American women with and without metabolic syndrome.”

Lyndsey Hornbuckle Student Finalist in the 2010 Doctoral Student Research Competition at Southeast Regional American College of Sports Medicine. Presentation Entitled “Effect of exercise on cardiovascular risk factors in African-American women.”

Emily Simonavice Student Finalist in the 2010 Doctoral Student Research Competition at Southeast Regional American College of Sports Medicine. Presentation Entitled “Comparison of bone mineral density, body composition, physical function, and muscular strength in breast cancer survivors and healthy age and weight matched controls.”

Takudzwa Madzima 2012 Third Place in Poster Presentation for Research and Creativity Day in the College of Human Sciences. Florida State University. Presentation Entitled "Correlation between body composition and strength measurements in breast cancer survivors."

Takudzwa Madzima 2013 Second Place in Oral Presentation for Research and Creativity Day in the College of Human Sciences. Florida State University. Presentation Entitled "Nighttime consumption of protein or carbohydrate results in increased morning resting energy expenditure in active college-aged men."

Takudzwa Madzima 2014 Finalist for 3MT (Three Minute Thesis) Competition. Florida State University. Presentation Entitled "Resistance training and protein supplementation on body composition in breast cancer survivors."

### **CONSULTING/EXPERT WITNESS**

Consultant: CSX Transportation. Development of physical capacity standards for the CSX Rapid Response Anti-Terrorist Unit. 2006-2007.

Consultant: CSX Transportation. Health screening for CSX Employees Waycross, GA 2007.

Expert Witness: Plaintiff's expert on drastic sudden weight loss in the case of Florida Department of Education vs. James A Griffin. Deposition taken May, 2008.

Consultant: District of Columbia Department of Human Resources - Department of Corrections and Department of Youth and Rehabilitation Services. Deterioration of functionality over time as it relates to the performance of physical tasks. 2008.

Consultant: Created a training video for the Health for Hearts United Project entitled "Exercise the Medicine of Choice for Reducing Cardiovascular Disease". October 1, 2010.

### **HONORS AND PROFESSIONAL AFFILIATIONS**

Nominated for Distinguished Teaching Award 2013-2014

Graduate Teaching Award 2008-2009

Fellow of American College of Sports Medicine

Southeast Regional American College of Sports Medicine

Section Editor for Research Quarterly for Exercise and Sport