

# **Curriculum Vitae**

## **Michael J Ormsbee**

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### **General Information**

University address: Nutrition, Food and Exercise Sciences  
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### **Professional Preparation**

- 2008 Ph.D., East Carolina University, Greenville, NC. Major: Bioenergetics.
- 2005 M.S., South Dakota State University, Brookings, SD. Major: Health, Physical Education, & Recreation. Exercise Physiology; Sports Nutrition.
- 2002 B.S., Skidmore College, Saratoga Springs, NY. Major: Exercise Science. Summa Cum Laude.

### **Professional Credential(s)**

- 2008–present Certified Sports Nutritionist through the International Society of Sports Nutrition (CISSN).
- 2005–present CPR/AED Certification through the American Red Cross.
- 2002–present Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA).

### **Professional Experience**

- 2016–present Associate Director, Institute of Sports Sciences & Medicine, College of Human Sciences, Florida State University.

- 2016–present Associate Professor, Nutrition, Food, and Exercise Sciences, Florida State University.
- 2013–present Affiliate, Institute of Successful Longevity, Florida State University.
- 2012–present Honorary Research Fellow, Discipline of Biokinetics, Exercise and Leisure Sciences, University of KwaZulu-Natal (Durban, South Africa).
- 2010–present Faculty Member, Center for Advancing Exercise and Nutrition Research on Aging, Florida State University.
- 2010–present Faculty Member, Institute of Sports Science and Medicine Human Performance Laboratory, Florida State University.
- 2014–2016 Interim Director, Institute of Sports Sciences & Medicine, College of Human Sciences, Florida State University.
- 2010–2016 Assistant Professor, Nutrition, Food, and Exercise Sciences, Florida State University.
- 2010 Adjunct Instructor, Nutrition, Food and Exercise Sciences, Florida State University.

### **Visiting Professorship(s)**

- 2008–2010 Skidmore College, Health and Exercise Sciences Department.

### **Honors, Awards, and Prizes**

Nominated, University Excellence in Teaching Award, Florida State University (2017).

Nominated, University Excellence in Teaching Award, Florida State University (2016).

Nominated, University Honors Thesis Mentor Award, Florida State University (2016).

Guardian of the Flame Award, Burning Spear Society (2015).

As the only faculty recognition award by the FSU student body, members of Burning Spear, Inc. recognized faculty members across campus who have made a difference in advancing FSU as a leading higher education institution.

Nominated, NSCA Nutritional Research Award, National Strength & Conditioning Association (2015).

Nominated, NSCA Terry J. Housh Outstanding Young Investigator of the Year Award, National Strength & Conditioning Association (2015).

Nominated, University Excellence in Teaching Award, Florida State University (2015).

Excellence in Online Course Design Award, Distance Learning, Florida State University (2014).

Excellence in Online Teaching Award, Distance Learning, Florida State University (2014).

Nominated, NSCA Nutritional Research Award, National Strength and Conditioning Association

(2014).  
Selected as Professor for Optimal Body Composition Through Diet and Exercise Lecture Series, The Great Courses, The Teaching Company (2014).  
University Undergraduate Teaching Award, Florida State University (2014).  
Transformation Through Teaching Award Winner, Spiritual Life Project, Florida State University (2013).  
Young Investigator Award, Dymatize Nutrition, Inc (2013).  
Newsmakers of the Year, Florida State University (2013).  
First Year Assistant Professor, Florida State University, "Best in Show", Research Poster (2012).  
Young Investigator Grant, National Strength and Conditioning Association (2012).  
Skidmore College Alumni Spotlight Recipient (2011).  
Keynote Speaker, Pfizer Young Health Scientist Research Symposium. South Africa (2011).  
Selected for the Mary Frances Picciano Dietary Supplement Research Practicum, National Institutes of Health, Office of Dietary Supplements (2011).  
First Year Assistant Professor Award, Council on Research and Creativity, Florida State University (2011).  
Accepted to National Institutes of Health Dietary Supplement Research Practicum (2011).  
Distinguished Skidmore Alumni LLA Guest for Exercise Science (2009).  
Alumni Exercise Science Representative for Skidmore College Math/Science Panel (2008).  
Omicron Delta Kappa National Leadership Honors Society, ECU (2007).  
#11 Ormsbee Leadership Award, ECU Ice Hockey Team (2006).  
Co-captain, ECU Men's Ice Hockey Team (2005).  
Most Valuable Player, ECU Ice Hockey Team (2005).  
Named all-conference 2nd team forward, Blue Ridge Hockey Conference (2005).  
Phi Kappa Phi National Honors Society, SDSU (2005).  
Margaret Paulding Award, Exercise Science, Skidmore College (2002).  
Student-Athlete Representative, Skidmore Athletic Review Committee (2002).  
3 year letter recipient, Men's Varsity Ice Hockey team (NCAA Division III) (1998).  
Periclean Honor Society, Departmental Honors, Skidmore College (1998).

### **Elected Fellow Status**

Elected as a Fellow of American College of Sports Medicine (2014).  
Elected as a Fellow of International Society of Sports Nutrition (2012).

### **Current Membership in Professional Organizations**

American College of Sports Medicine  
International Society of Sports Nutrition  
National Strength & Conditioning Association  
Professionals in Nutrition for Exercise & Sport  
The Obesity Society

## Teaching

### Courses Taught

- Advanced Topics (PET6931)
- Dissertation (HUN6980)
- Endocrinology in Exercise and Health (PET6381)
- Masters Comprehensive Exam (HUN8966)
- Master's Level Directed Individual Study (HUN 5906)
- Master's Thesis (HUN5971)
- Nutrition and Sports (PET3361)
- Seminar in Movement Sciences (PET5930)
- Supervised Research (HUN6911)
- Supervised Research (HUN5910)
- Supervised Teaching (HUN6940)
- Undergraduate Directed Individual Study (HUN 4905)
- Undergraduate Honors Thesis (HUN4913)
- \* Doctoral Level Directed Individual Study (HUN6906)
- \* Nutrition and Exercise Performance (PET5367)
- \* Special Topics in Nutrition (PET5938)

### New Course Development

- \* Nutrition and Sports--Online (2013)
- \* South Africa Sports Science Study Abroad (with East Carolina University) (2012)
- \* Endocrinology in Exercise and Health (2011)

### Doctoral Committee Chair

- Bach, C., graduate. (2016). *Effects of cold ambient temperature on substrate metabolism and performance.*
- Brown, A. F., graduate. (2016). *The effect of dietary protein consumption on body composition and performance capabilities in female collegiate ballet dancers.*
- Kinsey, A. W., graduate. (2015). *The Effect of Nighttime Protein Intake on Fat Metabolism in Overweight and Obese Men.*
- Allman, B., doctoral candidate. *Resistance training and the regulation of fat metabolism in obese women.*
- Baur, D., doctoral candidate. *The effects of modified carbohydrates on adipose tissue lipolysis, metabolism, and insulin in athletes and non-athletes.*
- Ragland, T., doctoral student.
- Willingham, B., doctoral student.

### **Doctoral Committee Cochair**

Kreipke, V., doctoral candidate. *Effects of STS Supplementation and Concurrent Training on Body Composition, Performance and Health in Collegiate-aged Men.* [Co-Chair with Dr. Bob Moffatt]

### **Doctoral Committee Member**

Madzima, T. A., graduate. (2015).  
\* Wong, A., graduate. (2014).  
\* Mojock, C., graduate. (2013).  
\* Jo, E., graduate. (2013).  
\* Sanchez-Gonzales, M. A., graduate. (2012).  
\* Kim, Y., graduate. (2011).  
Jaime, S., doctoral candidate.  
Artese, A., doctoral candidate.  
Meyers, C., doctoral candidate.  
Worts, P., doctoral candidate.  
Basiri, R., doctoral student.  
Klemp, A., doctoral student.  
Yeh, M. C., doctoral student.  
Campbell, J., doctoral student.

### **Master's Committee Chair**

Cappadona, S., graduate. (2016). *The effects of nighttime eating on morning appetite, insulin, and ghrelin levels in overweight and obese men.*  
Dooley, K., graduate. (2016).  
Nagy, K., graduate. (2016).  
Gorman, K., graduate. (2015). *The effects of nighttime feeding on morning performance in female endurance athletes.*  
Hitchcock, B., graduate. (2015).  
Kramer, S., graduate. (2015). *The effects of six-day dietary nitrate supplementation on strength and endurance measurements in CrossFit athletes.*  
Mazur, J., graduate. (2015).  
Miller, E., graduate. (2015). *The influence of nighttime milk consumption on morning hydration status and performance in female endurance athletes.*  
Nowicki, C., graduate. (2015).  
\* Biwer, A., graduate. (2014). *The effects of four-week beta-alanine supplementation on muscular performance, submaximal oxygen consumption, and body composition in Parkinson's patients.*  
\* Ramirez, E., graduate. (2014).  
\* Talley, T., graduate. (2014).  
\* Taylor, A., graduate. (2014).

- \* Brennan, K., graduate. (2013).
- \* Rawal, S., graduate. (2013). *The impact of a multi-ingredient dietary supplement taken for 8 weeks on body composition and health in overweight men and women.*
- \* Serig, L., graduate. (2013).
- \* Eddy, W., graduate. (2012). *The effect of nighttime macronutrient choice and exercise training on body composition, strength, cardiovascular health, resting metabolism, and appetite in overweight and obese adults.*
- \* Thomas, D. D., graduate. (2012). *The effects of pre- and post-exercise consumption of multi-ingredient performance supplements on cardiovascular health and body composition in trained men after six weeks of resistance training.*
- \* Lox, J. H., graduate. (2011).
- \* Riley, C., graduate. (2011).
- Kisiolek, J., student.
- Morrissey, M., student.
- Saracino, P., student.
- Smith, K., student.
- Cesario, K., student.
- Leyh, S., student.

#### **Master's Committee Member**

- Abegg, M., graduate. (2016).
- Clift, M. graduate. (2016).
- D'Alessandro, J., graduate. (2016).
- Harris, G., graduate. (2016).
- Henderson, J., graduate. (2016).
- Walker, N., graduate. (2016).
- Bennett, Z., graduate. (2015).
- Geil, A., graduate. (2015).
- Lee, S., graduate. (2015).
- Munoz, J., graduate. (2015).
- Schleicher, E., graduate. (2015).
- Yap, G., graduate. (2015).
- \* Alvarez, S., graduate. (2014).
- \* Flemming, A., graduate. (2014).
- \* Fraser, J., graduate. (2014).
- \* Louw, G., graduate. (2014).
- \* Pacilio, J., graduate. (2014).
- \* Rollins, C., graduate. (2014).
- \* Whitwam, L., graduate. (2014).
- \* Xiao, J., graduate. (2013).
- \* Fretti, S., graduate. (2013).
- \* Pfau, L., graduate. (2013).
- \* Kalfon, R., graduate. (2013).
- \* Feger, C., graduate. (2013).

- \* Ward, E., graduate. (2013).
- \* Ceska, E. L., graduate. (2012).
- \* Foster, K. R., graduate. (2012).
- \* Hines, J. A., graduate. (2012).
- \* Houston, K. N., graduate. (2012).
- \* Huff, J., graduate. (2012).
- \* Jones, M., graduate. (2012).
- \* Karaman, A., graduate. (2012).
- \* King, N., graduate. (2012).
- \* Ruppel, N., graduate. (2012).
- \* Williams, F., graduate. (2012).
- \* Gravani, K. M., graduate. (2011).
- \* Hargadon, C., graduate. (2011).
- \* Mandler, K., graduate. (2011).
- Lu, A., student.
- Mason, J., student.
- van Wart, J., student.
- Scott, A., student.

### **Bachelor's Committee Chair**

- Carzoli, J., graduate. (2015). *The Effectiveness of Using a Resistance-Training Specific RPE Scale for Measuring Repetitions in Reserve.*
- DeAlmeida, G., graduate. (2015). *Protein Intake and Body Composition in Female Collegiate Dancers.*
- Rivas, D., graduate. (2015). *Blood Pressure and Heart Rate Response to Dietary Nitrate Supplementation in Crossfit Athletes.*
- \* Blay, C., graduate. (2012). *The Acute Effects of Evening Whey and Casein Ingestion on Fasting Blood Glucose, Blood Lipid Profile, and Resting Metabolic Rate.*

### **Bachelor's Committee Member**

- \* Encina, S., graduate. (2014).
- \* Diaz, R., graduate. (2013).
- \* Koutnik, A., graduate. (2012).
- Leonard, J., student.

### **Supervision of Student Research Not Related to Thesis or Dissertation**

Assis Maximo de Lima, Samuel (May–Aug 2016).  
Brazil Scientific Mobility Program.

Baur, D. A. (2016).

2016 Second Place in Oral Presentation for Research and Creativity Day in the College of Human Sciences. Florida State University. Presentation Entitled "Slow-absorbing Modified Starch Ingestion Before and During-Cycling Enhances Fat Oxidation But Not Performance."

\* De Carvalho Silva Vargas, Fernanda (May–Aug 2015).

Brazil Scientific Mobility Program.

\* Kreipke, V. C. (2014).

2014 Third Place in Poster Presentation for Research and Creativity Day in the College of Human Sciences. Florida State University. Presentation Entitled "The Impact of T+TM Supplementation on Strength Performance in Power Athletes."

\* Kinsey, A. W. (2011).

2011 First Place in Poster Presentation for Research and Creativity Day in the College of Human Sciences. Florida State University. Presentation Entitled "Nighttime Protein Feeding in Obese Women."

### **Additional Teaching Not Reported Elsewhere**

Ormsbee, M. J. (2016). *Study Abroad: South Africa Sports Science*. East Carolina University.

Ormsbee, M. J. (2015). *Study Abroad: South Africa Sports Science*. East Carolina University.

\* Ormsbee, M. J. (2010). *EX111 Introduction to Exercise Science (Lab)*, Skidmore College.

\* Ormsbee, M. J. (2010). *EX242 Principles of Nutrition*, Skidmore College.

\* Ormsbee, M. J. (2010). *EX311 Exercise Physiology (Lecture and Lab)*, Skidmore College.

\* Ormsbee, M. J. (2010). *EX371 Independent Study/Research*, Skidmore College.

# Ormsbee, M. J. (2009). *EX361 Medical Endocrinology*, Skidmore College.

# Ormsbee, M. J. (2008). *EXSS3805 Physiology of Exercise*, East Carolina University.

### **Research and Original Creative Work**

#### **Publications**

#### **Invited Journal Articles**

Baur, D. A., De C.S. Vargas, F., Bach, C. W., Garvey, J. A., & Ormsbee, M. J. (2016). Slow-Absorbing Modified Starch Before and During Prolonged Cycling Increases Fat



Oxidation and Gastrointestinal Distress without Changing Performance. *Nutrients*, 8, 392-408.

Kinsey, A. W., Cappadona, S. R., Panton, L. B., Allman, B. R., Contreras, R. J., Hickner, R. C., & Ormsbee, M. J. (2016). The Effect of Casein Protein Prior to Sleep on Fat Metabolism in Obese Men. *Nutrients*, 8(8), 452-466.

This study investigated the lipolytic response of pre-sleep protein in obese men using the microdialysis technique. AWK, SRC, LBP, BRA, and RJC are FSU students or faculty members. RJC is a faculty member from East Carolina University. MJO is senior and corresponding author.

Allman, B., Kreipke, V., & Ormsbee, M. J. (2015). What Else is in Your Supplement? A Review of the Effectiveness of the Supportive Ingredients in Multi-Ingredient Performance Supplements to Improve Strength, Power and Recovery. *Strength and Conditioning Journal*, 37 (3), 54-69.

This paper focuses on the additive ingredients found in performance and dietary supplements and is aimed at strength coaches, nutritionists, and athletes. Co-authors are graduate students. MJO is senior and corresponding author.

\* Ormsbee, M. J., Bach, C. W., & Baur, D. A. (2014). The Effects of Pre-Exercise Feedings on Metabolism and Endurance Performance. *Nutrients*, 6, 1782-1808. doi:10.3390

This paper focuses on pre-exercise feeding practices and performance outcomes for athletes. Co-authors are graduate students. MJO is senior and corresponding author. IF: 3.148.

## Refereed Journal Articles

Allman, B. R., Biwer, A., Maitland, C. G., DiFabio, B., Coughlin, E., & Ormsbee, M. J. (submitted). The Effect of Short Term Beta-Alanine Supplementation on Muscular Performance, Submaximal Oxygen Consumption, Body Composition, and Quality of Life in Parkinson's Disease. *Journal of the International Society of Sports Nutrition*. Manuscript submitted for publication.

This publication is the first to use a sports supplement (beta-alanine) in Parkinson's Disease Patients. Co-authors are graduate students. CGM is a professor at Florida State University. MJO is senior and corresponding author.

Bach, C. W., Baur, D. A., Hyder, W., & Ormsbee, M. J. (submitted). Blood Glucose Kinetics and Physiological Changes in the first-ever Type 1 Diabetic Finisher of the Ultraman Triathlon: A Case Study. *European Journal of Applied Physiology*. Manuscript submitted for publication.

This paper is a case study on the first-ever Type 1 Diabetic finisher of the Ultraman Triathlon. Co-authors are graduate and undergraduate students. MJO is the senior and corresponding author.

Brown, A. F., Bach, C. W., De Almidea, G., Leonard, S. M., Welsh, T., & Ormsbee, M. J. (submitted). Body Composition and Performance Capabilities Based on Level of Dietary Protein Intake in Collegiate Female Dancers: A Pilot Study. *European Journal of Sport Science*. Manuscript submitted for publication.

Jo, E., Cain, A., Prado, C., Brown, A. F., Ormsbee, M. J., Smith, D., Snyder, K., & Kim, J-S. (submitted). Age- and Sex-Related Differences on Very Low Calorie Treatment Outcomes in Obese Bariatric Patients. *Aging Clinical and Experimental*. Manuscript submitted for publication.

This study was co-designed by JSK, MJO and EJ. Massive weight loss was studied in obese patients that were supplemented with protein along or in combination with resistance-training.

Lee, S-R., Khamoui, A. V., Jo, E., Zourdos, M. C., Panton, L. B., Ormsbee, M. J., & Kim, J-S. (submitted). Effect of Conjugated Linoleic Acids and Omega-3 Fatty Acids with or without Resistance Training on Muscle Mass During Chronic High Fat Diet in Middle-Aged Mice. *Metabolism*. Manuscript submitted for publication.

This study investigated the impact of dietary supplementation - namely CLA and Omega 3 fatty acids, on mice undergoing a high fat diet with or without resistance training. All authors are former FSU PhD students. LBP, MJO, and JSK are professor at FSU.

Madzima, T. A., Schleicher, E. A., Ormsbee, M. J., Moffatt, R. J., & Panton, L. B. (submitted). Effects of Moderate to High Intensity Resistance Training on Lymphedema in Breast Cancer Survivors. *Clinical Medicine Insights*. Manuscript submitted for publication.

Ormsbee, M. J., Brown, A. F., Prado, C. M., Ghosh, S., Leonard, S. M., Arciero, P. J., & Tucker, K. L. (submitted). High-Protein Intake and Physical Activity are Associated with Body Composition and Cardiometabolic Health in Puerto Rican Adults. *Journal of Nutrition*. Manuscript submitted for publication.

This paper examines the relationship between protein intake and body composition in a large cohort of older men and women. We show clear relationships between higher protein intake leading to improvements in body fat and muscle mass. Co-authors are graduate and undergraduate students. MJO is the first and corresponding author.

Ormsbee, M. J., Carzoli, J. P., Klemp, A., Allman, B. R., Zourdos, M. C., Kim, J-S., & Panton, L. B. (submitted). Efficacy of the Repetitions in Reserve-Based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers. *Journal of Strength and Conditioning Research*. Manuscript submitted for publication.

This study examined how a novel approach to rating perceived exertion in resistance training works for both experienced and novice benchers. MJO is lead and corresponding author. JCP, AK, BRA are graduate students at FSU. MCZ is a faculty member at FAU. JSK and LBP are faculty at FSU.

Alvarez-Alvarado, S., Jaime, S. J., Ormsbee, M. J., Campbell, J. C., Post, J., Pacilio, J., & Figueroa, A. (2017). Benefits of Whole-Body Vibration on Arterial Function in Overweight/Obese Young Women. *Hypertension Research, Epub ahead of print*, 1-6.

IF=3.208 This paper examines whole-body vibration as an exercise modality to improve arterial function and strength in obese women. MJO and AF are professors at FSU. All other authors are FSU graduate

students.

Arciero, P. J., Edmonds, R., He, F., Ward, E., Gumprich, E., Mohr, A., Ormsbee, M. J., & Astrup, A. (2016). Protein-Pacing Caloric-Restriction Enhances Body Composition Similarly in Obese Men and Women during Weight Loss and Sustains Efficacy during Long-Term Weight Maintenance. *Nutrients*, 8(8), 476-495.

This paper examines meal frequency and quality impact body composition when obese men and women are on a calorie-restricted diet. PJA is a professor at Skidmore College. All other authors are affiliated with Skidmore College. AA is a professor at the University of Copenhagen. MJO contributed to study design, statistical analysis, and manuscript preparation.

Arciero, P. J., Edmonds, R. C., Bunsawat, K., Gentile, C. L., Ketcham, C., Darin, C., Renna, M., Zheng, Q., Zhang, J., & Ormsbee, M. J. (2016). Protein-Pacing from Food or Supplementation Improves Physical Performance in Overweight Men and Women: The PRISE 2 Study. *Nutrients*, 8(5), 288-303.

This paper examines the impact of a high protein intake from either whole-foods or from supplementation along with RISE exercise to optimize body composition and performance. PJA is a professor at Skidmore College. All other authors are affiliated with Skidmore College. MJO is a co-lead author.

Arciero, P. J., Ives, S., Norton, C., Escudero, D., Minicucci, O., Obrien, G., Maia, P., He, F., Miller, V., Sheridan, C., & Ormsbee, M. J. (2016). Protein-Pacing and Multi-Component Exercise Training Improves Physical Performance Outcomes in Exercise-Trained Women: The PRISE 3 Study. *Nutrients*, 8(6), 332-350.

Baur, D. A., Bach, C. W., Hyder, W. J., & Ormsbee, M. J. (2016). Fluid Retention, Muscle Damage, and Altered Body Composition at The Ultraman Triathlon. *European Journal of Applied Physiology*, 116(3), 447-458.

This paper investigates the physiological outcomes of participating in an Ultraman Triathlon. Co-authors are graduate and undergraduate students. MJO is the senior and corresponding author.

Jo, E., Kim, J-S., Ormsbee, M. J., Prado, C., & Khamoui, A. V. (2016). The Physiological Basis for Weight Recidivism Following Severe Caloric Restrictive Diet Therapies: A Molecular Rationale for Exercise-and Nutrition-Based Treatment Optimization. *Journal of Advanced Nutrition and Human Metabolism*, 2, 1-20.

This review paper identifies dietary and exercise strategies that improve the ability to maintain weight loss following severe calorie restriction. All authors are collaborators at Universities in North America.

Kinsey, A. W., Cappadona, S. R., Panton, L. B., Allman, B. R., Contreras, R. J., Hickner, R. C., & Ormsbee, M. J. (2016). The Effect of Casein Protein Prior to Sleep on Fat Metabolism in Obese Men. *Nutrients*, 8(452), 1-15.

This was the first study to investigate overnight fat mobilization using microdialysis after pre-sleep protein feeding. All authors were FSU students except LPB and RJC who are faculty at FSU. RCH who was faculty at East Carolina University. MJO designed the study.

Kohne, J. L., Ormsbee, M. J., & McKune, A. J. (2016). Intervention Strategies to Reduce Muscle Damage and Improve Recovery Following Exercise in Females. *Sports, 4(51)*, 1-14.

This paper reviews current nutritional strategies to reduce muscle damage and improve recovery specifically in females and female athletes. Co-authors are international collaborators from South Africa and Australia. JLK is a graduate student.

Kohne, J. L., Ormsbee, M. J., & McKune, A. J. (2016). Supplementation Strategies to Reduce Muscle Damage and Improve Recovery Following Exercise in Females: A Systematic Review. *Sports, 4(51)*, 1-14.

This review paper outlines nutrition and supplement strategies to reduce muscle damage after exercise in women. JLK is a student at the University of Kwazulu-Natal (S. Africa), AJM is a faculty member at Canberra University (Australia).

Kohne, J. L., Ormsbee, M. J., & McKune, A. J. (2016). The Effects of a Multi-Ingredient Supplement on Markers of Muscle Damage and Inflammation Following Downhill Running in Females. *Journal of the International Society of Sports Nutrition, 13(44)*, 1-13.

The study was a follow-up study that was completed in men in 2014. The MIPS was studied in female athletes to assess damage, inflammation, and performance following downhill running. JLK is from the University of KwaZulu-Natal (South Africa), AJM is from Canberra University (Australia), and MJO is co-lead author.

Kramer, S. J., Baur, D. A., Spicer, M. T., Vukovich, M. D., & Ormsbee, M. J. (2016). The Effect of Six Days of Dietary Nitrate Supplementation on Performance in Trained CrossFit Athletes. *Journal of the International Society of Sports Nutrition, 13(39)*, 1-7.

This paper investigated dietary nitrate supplementation in CrossFit athletes. SJK and DAB were students. MTS and MDV are faculty members at FSU and SDSU. MJO is senior and corresponding author.

Mojock, C. D., Ormsbee, M. J., Kim, J-S., Arjmandi, B. H., Louw, G. A., Contreras, R. J., & Panton, L. B. (2016). Comparisons of Bone Mineral Density between Recreational and Trained Male Cyclists. *Clinical Journal of Sport Medicine, 26(2)*, 152-156.

This paper examines how bone mineral density is altered as a result of riding a bicycle for sport or recreation. Co-authors are graduate students. JSK, BHA, RJC, and LBP are professors at Florida State University.

Ormsbee, M. J., Gorman, K. A., Miller, E. A., Baur, D. A., Eckel, L. A., Contreras, R. J., Panton, L. B., & Spicer, M. T. (2016). Nighttime Feeding Likely Alters Morning Metabolism but Not Exercise Performance in Female Athletes. *Applied Physiology, Nutrition, and Metabolism, March*, 1-9.

This study investigated nighttime feeding and morning exercise performance in female athletes. MJO is first and corresponding author. KAG, EAM, DAB are students. LAE, RJC, LBP, MTS are FSU faculty members.

Purcell, S., Thornberry, R., Elliott, S. A., Panton, L. B., Ormsbee, M. J., Vieira, E., Kim, J-S., & Prado, C. M. (2016). Body Composition, Strength, and Dietary Intake of Patients

with Hip or Knee Osteoarthritis. *Canadian Journal of Dietetic Research and Practice*, 77(2), 98-102.

This paper examines body composition, strength and dietary intake in clinical patients with orthopedic conditions. Lead author is a graduate student at the University of Alberta. Other co-authors are professors at Florida State University and the University of Alberta.

Zourdos, M., Jo, E., Khamoui, A. V., Lee, S. R., Park, B. S., Ormsbee, M. J., Panton, L. B., Contreras, R. J., & Kim, J. S. (2016). Modified Daily Undulating Periodization Model Produces Greater Performance than a Traditional Configuration in Powerlifters. *Journal of Strength and Conditioning Research*, 30(3), 784-791.

This paper examines the use of very specific weight training programs on performance outcomes in athletes. Co-authors are graduate students and post-docs. LBP, RJC, and JSK are professors at Florida State University.

Bach, C. W., Brown, A. F., Kinsey, A. W., & Ormsbee, M. J. (2015). Anthropometric Characteristics and Performance Capabilities of Highly-Trained Motocross Athletes Compared to Physically Active Men. *Journal of Strength and Conditioning Research*, 29(12), 3392-3398.

This paper examined elite motocross athletes in comparison to physically active men with respect to basic physiological characteristics and traits. Co-authors are graduate students. MJO is senior and corresponding author.

Figueroa, A., Alvarez-Alvarado, S., Ormsbee, M. J., Madzima, T. A., Campbell, J. C., & Wong, A. (2015). Impact of L-citrulline Supplementation and Whole-body Vibration Training on Arterial Stiffness and Leg Muscle Function in Obese Postmenopausal Women with High Blood Pressure. *Experimental Gerontology*, 63, 35-40. doi:10.1016/j.exger.2015.01.046

This paper examined supplementation with L-citrulline and whole body vibration on health outcomes in obese women. Co-authors are graduate students. AF is a professor at Florida State University. (IF 3.529).

Gentile, C. L., Ward, E., Holst, J. J., Astrup, A., Ormsbee, M. J., Connelly, S., & Arciero, P. J. (2015). Resistant Starch and Protein Intake Enhances Fat Oxidation and Feelings of Fullness in Lean and Overweight/Obese Women. *Nutrition Journal*, 14(113), 1-10.

This publication investigates the use of modified starches on metabolism and hunger in lean and overweight/obese women. Co-authors are collaborative faculty members from other Universities and Countries. EW was a graduate student at Florida State University. MJO contributed to study design, data analysis, and the written manuscript.

Kinsey, A. W., & Ormsbee, M. J. (2015). The Health Impact of Nighttime Eating: Old and New Perspectives. *Nutrients*, 7(4), 2648-2662. doi:10.3390/nu7042648

This paper reviews old theories on nighttime eating and examines all of my current research in the area as a new perspective. Co-author is a graduate student. MJO is senior and corresponding author. IF: 3.148.

Kinsey, A. W., Eddy, W., Madzima, T., Panton, L., Arciero, P., Kim, J-S, & Ormsbee, M. J. (2015). The Influence of Nighttime Protein and Carbohydrate Intake on Appetite and

Cardiometabolic Risk in Sedentary Overweight and Obese Women. *British Journal of Nutrition*, 112(3), 320-327.

This paper is the first to examine nighttime eating on health and metabolism in obese women. Co-authors are graduate students. LBP and JSK are professors at Florida State University. PJA is a professor at Skidmore College. MJO is senior and corresponding author.

Kreipke, V. C., Allman, B. R., Kinsey, A. W., Moffatt, R. J., Hickner, R. C., & Ormsbee, M. J. (2015). Impact of Four Weeks of a Multi-Ingredient Performance Supplementation on Muscular Strength, Body Composition, and Anabolic Hormones in Resistance-Trained Young Men. *Journal of Strength and Conditioning Research*, 29(12), 3453-3465.

This paper presents data from 4-week study examining the impact of a multi-ingredient performance supplement on power/strength athletes. Co-authors are graduate students. RCH is a professor at East Carolina University. RJM is a professor at Florida State University. MJO is senior and corresponding author.

Lee, S-R., Khamoui, A. V., Jo, E., Park, B-S., Zourdos, M. C., Panton, L. B., Ormsbee, M. J., & Kim, J-S. (2015). Effects of Chronic High Fat Feeding and Skeletal Muscle Mass and Function in Middle-Aged Mice. *Aging Clinical and Experimental Research*, 27(4), 403-411.

This paper focuses on the skeletal muscle response to animals fed a high fat diet. Co-authors are graduate students and post-docs. LBP and JSK are professors at Florida State University.

Ormsbee, M. J., Kinsey, A. W., Eddy, W. R., Madzima, T. A., Arciero, P. J., Figueroa, A., & Panton, L. B. (2015). The Influence of Exercise Training and Nighttime Eating in Overweight and Obese Women. *Applied Physiology Nutrition Metabolism*, 40(1), 37-45.

This paper examined the impact of eating before bed and exercise training for four weeks in obese women on health outcomes and metabolism. Co-authors are graduate students. PJA is a professor at Skidmore College. AF and LBP are professors at Florida State University. MJO is first and corresponding author.

Ormsbee, M. J., Ward, E. G., Bach, C. W., Arciero, P. J., McKune, A. J., & Panton, L. B. (2015). The Impact of a Pre-Loaded Multi-Ingredient Performance Supplement on Muscle Soreness and Performance Following Downhill Running. *Journal of the International Society of Sports Nutrition*, 12(1), 2. doi:10.1186/s12970-014-0063-6

This paper examines the use of a multi-ingredient performance supplement on muscle soreness and performance in trained runners following a long bout of downhill running. Co-authors are graduate students. PJA is a professor at Skidmore College. AJM is a professor at Canberra University (Australia). LBP is a professor at Florida State University. MJO is senior and corresponding author.

\* Arciero, P. J., Baur, D. A., Connelly, S., & Ormsbee, M. J. (2014). Abdominal and Visceral Adipose Tissue, Adipokines, and Insulin Resistance following Whey Protein With and Without Exercise Training in Overweight/Obese Adults: The PRISE Study. *Journal of Applied Physiology*, 117(1), 1-10. doi:10.1152/jappphysiol.00152.2014

This paper examines the impact of a high protein intake along with multiple forms of exercise to optimize body composition and health. PJA is a professor at Skidmore College. DAB is a graduate student. SC is a collaborator. MJO is co-lead author.

- \* Figueroa, A., Wong, A., Kinsey, A. K., Eddy, W. E., Kalfon, R., & Ormsbee, M. J. (2014). Effects of Milk Protein Supplementation and Combined Exercise Training on Aortic Hemodynamics and Arterial Stiffness in Young Obese Women. *American Journal of Hypertension*, 27(3), 338-344.

This paper is the first to investigate the influence of eating at night before bed and exercise training on cardiovascular health. Co-authors are graduate students. AF is a professor at Florida State University. MJO is designed the study and is senior author.

- \* Ilich, J. Z., Kelly, O. J., 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. *Ageing Research Reviews*, 15C, 51-60.

This paper provides proof of concept for osteosarcopenic obesity and describes the relationship between muscle, fat, and bone in human health. JZI and LBP are professors at Florida State University. OJK and GD are collaborators. JEI is a graduate student.

- \* Koutnik, A. P., Figueroa, A., Wong, A., Ramirez, K. J., Ormsbee, M. J., & Sanchez-Gonzalez, M. A. (2014). Impact of Acute Whole-body Cold Exposure with Concurrent Isometric Handgrip Exercise on Aortic Pressure Waveform Characteristics. *European Journal of Applied Physiology*, 114(9), 1779-1787.

This paper examined the influence of cold exposure on cardiovascular health. Co-authors are graduate students. AF is a professor at Florida State University.

- \* Madzima, T. A., Fretti, S. K., Kinsey, A. W., Panton, L. B., & 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, 71-77.

This paper was the first to examine eating before sleep in fit men with regard to morning metabolism and fuel use. Co-authors are graduate students. LBP is a professor at Florida State University. MJO is senior and corresponding author.

- \* Ormsbee, M. J., Prado, C. M., Ilich, J. Z., Purcell, S. A., Folsom, A., & Panton, L. B. (2014). Osteosarcopenic Obesity: The Role of Bone, Muscle, and Fat on Health. *Journal of Cachexia, Sarcopenia and Muscle*, 5(3), 183-192.

This paper examined the whole-body outcomes and health implications of a term our group coined called "osteosarcopenic obesity." Co-authors are graduate students. CMP is a professor at the University of Alberta. JZI and LBP are professors at Florida State University. MJO is first and corresponding author.

- \* Ormsbee, M. J., Rawal, S. R., Baur, D. A., Kinsey, A. W., Elam, M. E., Spicer, M. T., Madzima, T. A., & Thomas, D. D. (2014). The Effects of a Multi-ingredient Dietary Supplement on Body Composition, Adipokines, Blood Lipids, and Metabolic Health in Overweight and Obese Men and Women: A Randomized Controlled Trial. *Journal of the International Society of Sports Nutrition*, 11(37), 1-8. doi:10.1186/1550-2783-11-37

This paper examined the influence of a multi-ingredient dietary supplement on body composition and weight loss over eight weeks. Co-authors are graduate students. MTS is a professor at Florida State University. MJO is first and corresponding author.

- \* Arciero, P. J., Ormsbee, M. J., Gentile, C. G., Nindl, B. C., Brestoff, J., & Ruby, M. (2013). Increased Protein Intake and Meal Frequency Reduces Abdominal Fat and Leptin and Increases Thermic Effect of A Meal. *Obesity, 21(7)*, 1367-1366.

This paper examined how a high protein diet and eating frequently influenced body composition and hormones. Co-authors are graduate students. PJA is a professor at Skidmore College. CGG is a professor at Colorado State University. BCN is a collaborator from the Army.

- \* Figueroa, A., Vicil, F., Sanchez-Gonzalez, M. A., Wong, A., Ormsbee, M. J., Hooshmand, S., & Daggy, B. (2013). Effects of Diet and/or Low-Intensity Resistance Exercise Training on Arterial Stiffness and Body Composition in Obese Postmenopausal Women. *American Journal of Hypertension, 26*, 1-8.

This paper examines the type of exercise best suited to improve cardiovascular health and body composition. Co-authors are graduate students. AF is a professor at Florida State University. BD is an industry collaborator.

- \* Huang, C., Zourdos, M., Jo, E., & Ormsbee, M. J. (2013). Influence of Physical Activity and Nutrition on Obesity-related Immune Function. *The Scientific World Journal, 2013*, 1-12.

This paper reviewed how physical activity and nutrition can affect immune function. CJH, MZ, and EJ are professors.

- \* Ormsbee, M. J., Lox, J., & Arciero, P. J. (2013). Beetroot Juice and Exercise Performance. *Journal of the International Society of Sports Nutrition, 5*, 27-35.

This paper examines how a beetroot juice extract can influence exercise and athletic performance. JL is a graduate student. PJA is a professor at Skidmore College. MJO is first and corresponding author.

- \* 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. (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 Stratified, Randomized, Double-blind Study. *Nutrition & Metabolism, 10(1)*, 39.

This paper examined a multi-ingredient performance supplement taken before and after exercise for six weeks by resistance-trained men. Co-authors are graduate students. LBP and JSK are professors at Florida State University. TPS, SH, ES are faculty collaborators. MJO is first and corresponding author.

- \* Ormsbee, M. J., Kinsey, A. W., Chong, M., Friedman, H. S., Dodge, T., & Fehling, P. C. (2013). The Influence of High Intensity Interval Training on the Salivary Cortisol Response to a Psychological Stressor and Mood State in Non-Sedentary College Students. *Journal of Exercise Physiology online, 16*, 104-115.

This study examined how exercise can influence the stress response. AWK is a graduate student. MC and HSF are undergraduate students. TD and PCF are professors at Skidmore College.

- \* Prado, C. M. M., Maia, Y. L. M., Ormsbee, M. J., Sawyer, M. B., & Baracos, V. E. (2013). Assessment of Nutritional Status in Cancer -- The Relationship Between Body



Composition and Pharmacokinetics. *Anti-Cancer Agents in Medicinal Chemistry*, 13(8), 1197-1203.

This study examined nutrition and body composition in relation to Cancer status. Co-authors are faculty members around the world.

- \* Crombie, A. P., Liu, P. Y., Ormsbee, M. J., & Ilich, J. Z. (2012). Weight and Body Composition Change During the College Freshman Year in Male General-Population Students and Army Reserve Officer Training Corps (ROTC) Cadets. *International Journal of Sport Nutrition and Exercise Metabolism*, 22, 412-421.

This paper investigated how weight and body composition are influenced by the first year of college in both general students and ROTC cadets. Co-authors are faculty collaborators.

- \* Ormsbee, M. J., & Arciero, P. J. (2012). Detraining in Competitive Swimmers Increases Body Fat, Weight, and Waist Circumference, and Decreases VO<sub>2</sub>max and Metabolic Rate. *Journal of Strength and Conditioning Research*, 26(8), 2087-2095.

This paper examined how body composition, performance and health are affected by detraining (taking time off after a swimming season). PJA is a professor at Skidmore College. MJO is first author.

- \* Ormsbee, M. J., Mandler, W. K., Thomas, D. D., Ward, E. G., Kinsey, A. W., Panton, L. B., Simonavice, E., & 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, 49-57.

This paper examined how caffeine, creatine, beta-alanine, and amino acids influence muscle function and performance. Co-authors are graduate students. LBP and JSK are professors at Florida State University. MJO is first and corresponding author.

- # Arciero, P. J., & Ormsbee, M. J. (2009). Relationship of Blood Pressure, Behavioral Mood State, and Physical Activity Following Caffeine Ingestion in Younger and Older Women. *Applied Physiology, Nutrition & Metabolism*, 34(4), 754-762.

- # Ormsbee, M. J., Myung, D. C., Medlin, J. K., Geyer, G. H., Trantham, L. H., Dubis, G. S., & Hickner, R. C. (2009). Regulation of Fat Metabolism During Resistance Exercise in Sedentary Lean and Obese Men. *Journal of Applied Physiology*, 106(5), 1529-1537.

- # Arciero, P. J., Gentile, C. L., Pressman, R., Everett, M., Ormsbee, M. J., Martin, J., Santamore, J., Gorman, L., Fehling, P. C., & Vukovich, M. D. (2008). Moderate Protein Intake Improves Total and Regional Body Composition and Insulin Sensitivity in Overweight Adults. *Metabolism: Clinical and Experimental*, 57(6), 757-765.

- # Ormsbee, M. J., Clapper, J. A., Clapper, J. L., & Vukovich, M. D. (2007). The Impact of Varying Dietary Protein on Serum IGF-I, IGFBP-1, and IGFBP-3 During 6 Days of Physical Activity. *International Journal of Sport Nutrition & Exercise Metabolism*, 17(2), 127-139.

- # Ormsbee, M. J., Thyfault, J. P., Johnson, E. A., Kraus, R. M., Myung, D. C., & Hickner, R. C. (2007). Fat Metabolism and Acute Resistance Exercise in Trained Men. *Journal of Applied Physiology*, 102(5), 1767-1772.
- # Arciero, P. J., Gentile, C. L., Martin-Pressman, R., Ormsbee, M. J., Everett, M., Zwicky, L., & Steele, C. A. (2006). Increased Dietary Protein and Combined High Intensity Aerobic and Resistance Exercise Improves Body Fat Distribution and Cardiovascular Risk Factors. *International Journal of Sport Nutrition and Exercise Metabolism*, 16(4), 373-392.
- # Ormsbee, M. J., Clapper, J. A., Clapper, J. L., & Vukovich, M. D. (2006). Moderate Changes in Energy Balance Combined with Exercise Do Not Alter Insulin-Like Growth Factor I or Insulin-Like Growth Factor Binding Protein 3. *Nutrition Research*, 26, 467-473.

### Nonrefereed Journal Articles

- \* Kreipke, V., & Ormsbee, M. J. (2014). Longjack Root: The New T Booster? *Sports Nutrition Insider, online*, 1-3.
- \* Ormsbee, M. J. (2014). Nighttime Eating Isn't the Diet Taboo it Used To Be. *Extraordinary Thoughts: The Research and Creativity Activity Blog, Online*, 1-2. Retrieved from <http://aboutresearchtest.magnet.fsu.edu/extraordinary-thoughts/2014-03-21-Nighttime-Eating>
- \* Ormsbee, M. J. (2013). Night of the Living Diet. *Men's Health*, 102.
- \* Ormsbee, M. J. (2013). Snack at Night and Still Lose Weight. *Men's Health Online*, 1.
- \* Ormsbee, M. J. (2012). Triathlon: The Final Hour. *Tallahassee Democrat*, 7-C.
- \* Hazari, A. H., & Ormsbee, M. J. (2012). Every Vegetarian Needs Their Protein. *Sports Nutrition Insider*, 1.
- \* Okuma, N., & Ormsbee, M. J. (2011). Fat Blockers: Do They Work? *Sports Nutrition Insider*, 1-4. Retrieved from <http://sportsnutritioninsider.insidefitnessmag.com/1509/fat-blockers-do-they-work>
- \* Ormsbee, M. J. (2011). Eat Fat, Get Healthy! *Sports Nutrition Insider*, 1. Retrieved from <http://sportsnutritioninsider.insidefitnessmag.com/1462/eat-fat-get-healthy>
- \* Jo, E., & Ormsbee, M. J. (2011). The Truth About NO supplements. *Sports Nutrition Insider*, 1.
- # Ormsbee, M. J. (2009). Coffee: Savor Your Morning Brew. *Sports Nutrition Insider*, 52-53.

- # Ormsbee, M. J. (2009). Eat Fat, Get Healthy. *Inside Fitness Magazine*, 64-67.
- # Chong, M., & Ormsbee, M. J. (2009). Prohormone Supplementation. *Sports Nutrition Insider*, 64-65.
- # Ormsbee, M. J. (2008). Caffeine – One of the Very Best Sports Supplements. *Sports Nutrition Insider*, 48-49.
- # Ormsbee, M. J. (2007). Extinguish the Fire. *LeadingEdge Magazine (eas.com)*, 54-58.
- # Ormsbee, M. J. (2006). Strategic Mass Building. *LeadingEdge Magazine*, 1(3), 24-28.
- # Ormsbee, M. J. (2006). Strength Training to Improve Endurance Performance. *Achieve Magazine*, 1.
- # Ormsbee, M. J. (2006). The Competitive Edge. *Achieve Magazine*, 1-3.
- # Ormsbee, M. J. (2006). The First Word. *Achieve Magazine*, 3.  
Summer 2006 – Spring 2008.
- # Ormsbee, M. J. (2006). The Fountain of Youth. *Achieve Magazine*, 14-15.
- # Ormsbee, M. J., & Vukovich, M. D. (2005). Performance Enhancing Drugs. *IDEA Fitness Journal*, 61-65.
- # Ormsbee, M. J. (2004). Calcium: The New Magic Bullet. *Muscle Media*, 123-126.

## **Presentations**

### **Refereed Papers at Symposia**

*For refereed papers at symposia, 100.0% were local in scope.*

Coviello, C., Madzima, T., Ormsbee, M. J., & Panton, L. B. (presented 2015). Resistance training improves muscular strength and lymphedema in breast cancer survivors. In *Undergraduate Research Symposium*. Symposium conducted at the meeting of Florida State University. (Local)

### **Invited Keynote and Plenary Presentations at Symposia**

*For invited keynote and plenary presentations at symposia, 25.0% were international, 12.5% were national, 50.0% were regional, 12.5% were local in scope.*

- \* Ormsbee, M. J. (presented 2014). Exercise and Nutrition Strategies to Maintain Muscle Mass and Perform Optimally in Endurance Sports. Plenary presentation in *Optimal Human*

*Performance*. Symposium conducted at the meeting of International Society of Sports Nutrition, Florida State University. (National)

- \* Ormsbee, M. J. (presented 2014). 2014 Charge to 2014 College of Human Sciences Graduates. Keynote presentation in *College of Human Sciences Graduation Reception*. Symposium conducted at the meeting of Florida State University. (Local)
- \* Ormsbee, M. J. (presented 2013, December). Performance Nutrition & Exercise Training: Impact on Health and Human Performance. Keynote presentation in David Eccles, PhD (Chair), *Sport and Applied Social Sciences*. Symposium conducted at the meeting of Durham University, Durham, UK. (International)
- \* Ormsbee, M. J. (presented 2013, October). Performance Nutrition for Successful Aging. Keynote presentation in *Client Appreciation Event*. Symposium conducted at the meeting of Mantay & Company of Prudential, Jacksonville, FL. (Regional)
- \* Ormsbee, M. J. (presented 2013, October). What You Must Know About Eating for Optimal Health. Keynote presentation in *Living Well After 50*. Symposium conducted at the meeting of Merrill Lynch. (Regional)
- \* Ormsbee, M. J. (presented 2013, June). Performance Nutrition: Protein & Nighttime Feeding. Keynote presentation in *Lifelong Seminoles*. Symposium conducted at the meeting of Florida State University Alumni Association, Jacksonville, FL. (Regional)
- \* Ormsbee, M. J. (presented 2013, June). Performance Nutrition: Protein & Nighttime Feeding. Keynote presentation in *Lifelong Seminoles*. Symposium conducted at the meeting of Florida State University Alumni Association, West Palm Beach, FL. (Regional)
- \* Ormsbee, M. J. (presented 2011, October). Obesity: An Emerging Disease of Lifestyle. What Role Do Exercise and Nutrition Play? Keynote presentation in *Pfizer Young Health Scientists Research Symposium*. Symposium conducted at the meeting of University of KwaZulu-Natal, Durban, South Africa. (International)

### **Invited Presentations at Conferences**

*For invited presentations at conferences, 16.7% were international, 66.7% were national, 16.7% were regional in scope.*

Ormsbee, M. J. (presented 2017). *Protein Timing, Totals, & Safety*. Presentation at Athletic Nutrition Conference, International Society of Sports Nutrition and Dymatize Nutrition, Dallas, TX. (National)

Ormsbee, M. J. (presented 2016). *Does it Work? A Deconstruction of Recent Trends in Nutrition and Supplementation for Endurance Performance*. Presentation at Rutgers Human Performance Conference, Rutgers University, New Brunswick, NJ. (Regional)

- Ormsbee, M. J. (presented 2016). *Eating Before Bed: The Next Frontier in Nutrient Timing*. Presentation at Annual Meeting, Collegiate and Professional Sports Dietetics Association, Kansas City, MO. (National)
- Ormsbee, M. J. (presented 2016). *Injury, Inflammation, and Immune Dysfunction: Nutritional Considerations for Athletes & Warfighters*. Presentation at Special Operations Forces Nutrition Summit, Special Forces of the United State of America, Fort Bragg, North Carolina. (National)
- Ormsbee, M. J. (presented 2016). *Nighttime Feeding for Athletes, Weekend Warriors, and Everyone Else*. Presentation at Annual Meeting, National Strength and Conditioning Association, New Orleans, LA. (National)
- Ormsbee, M. J. (presented 2016). *UCAN vs. Gatorade Before and During Endurance Exercise*. Presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (International)
- Ormsbee, M. J., Kendall, K., Kerksick, C., & Wildman, R. (presented 2016). *The Impact of Nutrition Manipulation and Exercise Modality on Metabolism, Body Composition, and Performance*. Presentation at National Meeting: Nutrition, Metabolism, and Body Composition Special Interest Group, National Strength and Conditioning Association, New Orleans, LA. (National)
- Ormsbee, M. J. (presented 2015). *Nighttime Eating, Metabolism, and Performance*. Presentation at 3rd Annual Sports Nutrition Summit, Dymatize Nutrition, Dallas, TX. (National)
- Ormsbee, M. J. (presented 2015). *Nighttime Eating, Metabolism, and Performance*. Presentation at Texas Chapter, American College of Sports Medicine, Austin, Texas. (Regional)
- \* Ormsbee, M. (presented 2014). *Resistance Training and Nutrition Strategies to Maintain Muscle Mass and Perform Optimally in Endurance Sports*. Presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (International)
- \* Ormsbee, M. J. (presented 2014). *Cutting Edge Advances in Sport & Exercise Nutrition*. Presentation at Dymatize Nutrition Summit, Dymatize Nutrition Sports Performance Institute, Dallas, TX. (National)
- \* Ormsbee, M. J. (presented 2012). *Chronobiological Aspects of Eating: Do You Really Know What To Eat Before Bed?* Presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (National)

### **Invited Presentations at Symposia**

*For invited presentations at symposia, 3.6% were international, 3.6% were national, 3.6% were regional, 89.3%*

were local in scope.

- Ormsbee, M. J. (presented 2015). Branding Yourself in Exercise & Sport Science. In *FSU Graduate Student Advisory Council, College of Human Sciences*. Presentation at the meeting of College of Human Sciences, FSU, Tallahassee, FL. (Local)
- Ormsbee, M. J. (presented 2015). Physical Aspects of Health and Wellness: Performance & Nutrition. In *Exploring Wellness: What It Is and Why It Matters*. Presentation at the meeting of FSU Fellows Forum, Florida State University. (Local)
- Ormsbee, M. J. (presented 2015). Protein and Body Composition. In *Brown Bag Lecture Series*. Presentation at the meeting of Institute of Successful Longevity/CAENRA. (Local)
- Ormsbee, M. J., & Bach, C. W. (presented 2015). Feed for Speed. In *Sports Nutrition Seminar*. Presentation at the meeting of Redeye Velo Juniors, Tallahassee, FL. (Local)
- \* Ormsbee, M. (presented 2014). Nutrition for Optimal Body Composition. In *Crossfit Challenge*. Presentation at the meeting of Crossfit Blackbox, Tallahassee, FL. (Local)
- \* Ormsbee, M. (presented 2014). Performance Nutrition for Paleo Athletes. In *Paleo Challenge for Athletes*. Presentation at the meeting of Crossfit Blackbox, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (presented 2013). Do's and Don'ts of Research. In *Do's and Don'ts of Research*. Presentation at the meeting of Graduate Student Advisory Council, FSU. (Local)
- \* Ormsbee, M. J. (presented 2013). Exercise, Nutrition, and Longevity. In *Living Well After 50*. Presentation at the meeting of Merrill Lynch, Tallahassee, FL. (Regional)
- \* Ormsbee, M. J. (presented 2012). Current Trends in Performance Nutrition. In *Department Enrichment Lecture Series*. Presentation at the meeting of College of Medicine, The Florida State University. (Local)
- \* Ormsbee, M. J. (presented 2012). Performance Supplements: Fact or Fiction? In *Wellness Symposium*. Presentation at the meeting of Wellness, FSU Campus Recreation, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (presented 2012). Perspectives on Qualities of an Attractive Job Candidate. In *FSU Graduate Student Advisory Council, College of Human Sciences*. Presentation at the meeting of College of Human Sciences, FSU, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (presented 2012). The Acute Effects of Evening Whey and Casein Ingestion on Fasting Blood Glucose, Blood Lipid Profile, and Resting Metabolic Rate. In *First Year Assistant Professor Luncheon*. Poster presentation at the meeting of Council for Research and Creativity, Florida State University. (Local)

- \* Ormsbee, M. J. (presented 2011). Accomplishing the Next Step: How to Land that Job. In *FSU Graduate Student Advisory Council, College of Human Sciences*. Presentation at the meeting of College of Human Sciences, FSU, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (presented 2011). Optimal Nutrition for Optimal Body Composition. In *Corporate Challenge*. Presentation at the meeting of Gold's Gym Tallahassee, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (presented 2011). The Impact of Exercise and Nutrition on Body Composition, Metabolism and Human Performance. In *Sports Science*. Presentation at the meeting of University of KwaZulu-Natal, Durban, South Africa. (International)
- \* Ormsbee, M. J. (presented 2010). Body Composition, Resistance Training, and Supplement Use. In *2nd Annual VPX Science Summit*. Presentation at the meeting of Vital Pharmaceuticals, Inc, Davie, FL. (National)
- \* Ormsbee, M. J. (presented 2010). Current Topics in Sports Nutrition. In *Sports Nutrition*. Presentation at the meeting of Seminole Sports Dietetics, FSU, Tallahassee, FL. (Local)
- # Ormsbee, M. J. (presented 2009). Does Resistance Exercise Burn Fat? In *Exercise Science Research*. Presentation at the meeting of Syracuse University, Syracuse, NY. (Local)
- # Ormsbee, M. J. (presented 2008). Exercise Science: Exploring the Human Body at Rest and During Exercise. In *Math/Science Open House*. Presentation at the meeting of Skidmore College, Saratoga Springs, NY. (Local)
- # Ormsbee, M. J. (presented 2008). Spotlight on Exercise Science: What Is It That We Do? In *Math/Science Open House*. Presentation at the meeting of Skidmore College, Saratoga Springs, NY. (Local)
- # Ormsbee, M. J. (presented 2008). Try Some Real Food: A Panel Discussion of Food Recovery. In *Skidmore Nutrition Action Council*. Presentation at the meeting of Skidmore Nutrition Action Council, Skidmore College, Saratoga Springs, NY. (Local)
- # Ormsbee, M. J. (presented 2007). Fire Up Your Metabolism: Lose Fat & Survive the Holidays. In *Health Solutions*. Presentation at the meeting of ABS Southeast, LLC, Jacksonville, NC. (Local)
- # Ormsbee, M. J. (presented 2007). Obesity: A New Perspective. In *Health Solutions*. Presentation at the meeting of ABS Southeast, LLC, Jacksonville, NC. (Local)
- # Ormsbee, M. J. (presented 2006). Obesity: Nutrition & Exercise Solutions. In *Pfizer, Inc.* Presentation at the meeting of Pfizer, Inc, Reston, VA. (Local)

- # Ormsbee, M. J. (presented 2005). Basic Nutrition for The Young Athlete. In *Jackrabbit Breakout Basketball Clinic*. Presentation at the meeting of South Dakota State University, Brookings, SD. (Local)
- # Ormsbee, M. J. (presented 2005). Health, Fitness and Nutrition: Living a Healthy Lifestyle. In *Brookings City Workers Union*. Presentation at the meeting of Brookings City Workers Union, Brookings, SD. (Local)
- # Ormsbee, M. J. (presented 2004). Basic Nutrition. In *Jackrabbit Breakout Basketball Clinic*. Presentation at the meeting of South Dakota State University, Brookings, SD. (Local)
- # Ormsbee, M. J. (presented 2004). Sports Nutrition for Ice Hockey. In *Brookings Ice Skating Association*. Presentation at the meeting of Brookings Ice Skating Association, Brookings, SD. (Local)

### **Refereed Presentations at Conferences**

*For refereed presentations at conferences, 4.8% were international, 65.5% were national, 27.4% were regional, 2.4% were local in scope.*

Brown, A. F., Welsh, T., Panton, L. B., Moffatt, R., & Ormsbee, M. J. (submitted). *75g/day of Supplemental Protein Improves Lean Mass Index and Dance Performance Aesthetics in Female Collegiate Dancers*. Presentation submitted for approval.

Denver, CO.

Peterson, K. R., Brown, A. F., Bach, C. W., De Almeida, G., Leonard, S. M., Welsh, T., & Ormsbee, M. J. (submitted). *Body Composition and Performance Capabilities Based on Level of Protein Intake in Collegiate Female Dancers*. Presentation submitted for approval.

Denver, CO.

Willingham, B. D., Bach, C. W., Baur, D. A., & Ormsbee, M. J. (submitted). *Lipolysis, Substrate Metabolism, and Time Trial Performance in Cold versus Thermo-Neutral Environments in Trained-Cyclists*. Presentation submitted for approval.

Denver, CO.

Ormsbee, M. J., & van Loon, L. C. (accepted). *Pre-sleep Nutrition: To Eat or Not to Eat*. Presentation to be given at National Meeting, American College of Sports Medicine, Denver, CO. (International)



- Carzoli, J. P., Klemp, A., Allman, B. R., Zourdos, M. C., Kim, J-S., Panton, L. B., & Ormsbee, M. J. (accepted). *Efficacy of the Repetitions in Reserve-Based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers*. Poster presentation to be given at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- Kreipke, V. C., Moffatt, R. J., D'Alessandro, J. P., & Ormsbee, M. J. (accepted). *Effects of Concurrent Training and Shroom Tech Sport Supplementation on Performance in College-aged Men*. Poster presentation to be given at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- Artese, A. L., Simonavice, E., Madzima, T. A., Liu, P-Y., Kim, J-S., Ormsbee, M. J., Pardo, C. M., Arjmandi, B. H., & Panton, L. B. (presented 2016). *Physical Activity, Strength, Body Composition, Muscle Quality, and Functionality in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- Baur, D. A., de Carvalha Silva Vargas, F., Bach, C. W., Garvey, J. A., & Ormsbee, M. J. (presented 2016). *A Modified Starch Supplement Ingested Before and During Cycling Enhances Fat Oxidation but Not Performance*. Presentation at Research and Creativity Day, College of Human Sciences. (Local)
- Baur, D. A., de Carvalha Silva Vargas, F., Bach, C. W., Garvey, J. A., & Ormsbee, M. J. (presented 2016). *A Modified Starch Supplement Ingested Before and During Cycling Enhances Fat Oxidation but Not Performance*. Presentation at National Meeting, American College of Sports Medicine, Boston, MA. (National)
- Baur, D. A., de Carvalha Silva Vargas, F., Garvey, J. A., Bach, C. W., & Ormsbee, M. J. (presented 2016). *Accuracy of a Continuous Glucose Monitoring Device for the Assessment of Carbohydrate Glycemic Effects During Exercise*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- Kinsey, A. W., Cappadona, S., Panton, L. B., Hickner, R. C., & Ormsbee, M. J. (presented 2016). *The Influence of Nighttime Protein Intake on Overnight Lipolysis and Next Morning Fat Oxidation in Obese Men*. Poster presentation at National Meeting, American College of Sports Medicine, Boston, MA. (National)
- Kramer, S. J., Panton, L. B., Spicer, M. T., Leeser, M. J., & Ormsbee, M. J. (presented 2016). *The Effects of Six Days of Dietary Nitrate Supplementation on Strength, Power, and Endurance in Crossfit Athletes*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)

- Madzima, T. A., Ormsbee, M. J., Moffatt, R. J., & Panton, L. B. (presented 2016). *Effects of Resistance Training and Protein Supplementation on IGF-I, Adiponectin, and CRP in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- Myers, C. M., Shykoff, B. E., Panton, L. B., Ormsbee, M. J., Kim, J-S., & Florian, J. P. (presented 2016). *The Effects of Acute and Repeated Long-Duration O<sub>2</sub> Exposure on Skeletal Muscle Performance and Oxidative Stress in Navy Divers*. Presentation at Research and Creativity Day, College of Human Sciences. (Local)  
CHS Research and Creativity Day.
- Sookan, T., Ormsbee, M. J., Antonio, J., Magula, N. P., Motala, A. A., Laloo, U. G., Liebenberg, L., & McKune, A. J. (presented 2016). *Resistance training reduces T helper-2 cytokine level but not cardiometabolic risk factors in HIV-infected individuals receiving antiretroviral therapy*. Poster presentation at Annual Meeting, European College of Sport Sciences, Vienna, Austria. (International)
- Worts, P. R., Boutzoukas, E. M., Burkhart, S. O., Ormsbee, M. J., Kim, J-S., & Panton, L. B. (presented 2016). *Changes in Oculomotor Function with Exercise in High School Student-Athletes*. Presentation at National Conference, American College of Sports Medicine, Boston, MA. (National)
- Allman, B. R., & Ormsbee, M. J. (presented 2015). *Lactate Response to Static Squats in Parkinson's Patients*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Artese, A. L., Simonavice, E., Madzima, T. A., Liu, P-Y., Kim, J-S., Ormsbee, M. J., Pardo, C. M., Arjmandi, B. H., & Panton, L. B. (presented 2015). *Physical Activity, Strength, Body Composition, Muscle Quality, and Functionality in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (National)
- Bach, C. W., Baur, D. A., Hyder, W. S., & Ormsbee, M. J. (presented 2015). *Effects of a Multistage Ultra-Endurance Triathlon on Body Composition and Glucose Control in a Type I Diabetic Athlete: A Case Study*. Poster presentation at National Meeting, National Strength and Conditioning Association. (National)
- Baur, D. A., Bach, C. W., Hyder, W. S., & Ormsbee, M. J. (presented 2015). *Competing in a Multistage Ultra-Endurance Triathlon Reduces Body Mass and Fat Mass and Increases Fluid Retention and Insulin Resistance*. Presentation at National Meeting, National Strength and Conditioning Association. (National)

- Brown, A. F., Prado, C. M., Ghosh, S., Arciero, P. J., Tucker, K. L., & Ormsbee, M. (presented 2015). *High-Protein Intake is Associated With Better Body Composition and Cardiometabolic Health in Older Puerto Ricans*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Brown, A. F., Prado, C. M., Ghosh, S., Arciero, P. J., Tucker, K. L., & Ormsbee, M. (presented 2015). *High-Protein Intake is Associated With Better Body Composition and Health in Older Puerto Ricans*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Gorman, K., Miller, E., Panton, L. B., & Ormsbee, M. J. (presented 2015). *Effects of Nighttime Feeding on Next Morning Running Performance and Metabolism in Female Endurance Athletes*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Jo, E., Ormsbee, M. J., Cain, A., Elam, M., Yeh, M-C., Worts, P., Khamoui, A. V., Kim, D-H., Prado, C. M., & Kim, J-S. (presented 2015). *The Clinical Application of Periodized Resistance Training During A 12-Week Hypocaloric Treatment for Obesity*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Kinsey, A. W., Cappadona, S., Panton, L. B., Hickner, R. C., & Ormsbee, M. J. (presented 2015). *The Influence of Nighttime Protein Intake on Overnight Lipolysis and Next Morning Fat Oxidation in Obese Men*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (National)
- Madzima, T. A., Ormsbee, M. J., Moffatt, R. J., & Panton, L. B. (presented 2015). *Effects of Resistance Training and Protein Supplementation on IGF-I, Adiponectin, and CRP in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (National)
- Madzima, T. A., Schleicher, E., Ormsbee, M. J., Moffatt, R., & Pantond, L. B. (presented 2015). *Effects of Resistance Training and Protein Supplementation on Muscular Strength and Body Composition in Breast Cancer Survivors*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Madzima, T. A., Terracciano, A., Schleicher, E., Coviello, C., Ormsbee, M. J., Moffatt, R., Ratliffe, T., & Pantond, L. B. (presented 2015). *Relationship of Personality Traits Following a Resistance Training Intervention in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine. (Regional)
- Miller, E. A., Gorman, K. A., Spicer, M. T., Eckel, L. A., & Ormsbee, M. J. (presented 2015). *Morning Hydration Status and Running Performance in Female Athletes Following Nighttime Consumption of Chocolate Milk*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)

- Mojock, C. D., Ormsbee, M. J., Kim, J., Arjmandi, B. H., Louw, G. A., Contreras, R. J., & Panton, L. B. (presented 2015). *Comparisons of Bone Mineral Density Between Recreational And Trained Male Road Cyclists*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Mojock, C. D., Ormsbee, M. J., Kim, J., Arjmandi, B. H., Louw, G. A., Contreras, R. J., & Panton, L. B. (presented 2015). *Comparisons of Bone Mineral Density Between Recreational And Trained Male Road Cyclists*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Ormsbee, M. J., & van Loon, L. C. (presented 2015). *Nighttime Eating: Impact on Muscle, Metabolism, and Recovery*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (International)
- Schleicher, E. A., Madzima, T. A., Ormsbee, M., Pappas, C., & Panton, L. B. (presented 2015). *Relationship Between Dietary Protein Intake and Body Composition in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Schleicher, E. A., Madzima, T. A., Ormsbee, M. J., Pappas, C., & Panton, L. B. (presented 2015). *Relationship Between Dietary Protein Intake and Body Composition in Breast Cancer Survivors*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Sookan, T., Ormsbee, M. J., Antonio, J., Magula, N., & McKune, A. (presented 2015). *Effect of Progressive Resistance Training Program and Whey Protein Intake on Maximal Strength in Human Immunodeficiency Virus Infected Individuals Receiving Antiretroviral Therapy*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Worts, P. R., Burkhart, S. O., Panton, L. B., Ormsbee, M. J., Davis, A. W., & Kim, J-S. (presented 2015). *Assessment of Convergence Insufficiency Using Subjective and Objective Clinical Tests Following A Sport-Related Concussion*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Yeh, M-C., Jo, E., Worts, P., Cain, A., Elam, M., Khamoui, A. V., Kim, D-H., Ormsbee, M. J., Prado, C. M., & Kim, J-S. (presented 2015). *The Clinical Application of Periodized Resistance Training During A 12-Week Hypocaloric Treatment for Obesity*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- \* Bach, C. W., Dyer, B., Ormsbee, M. J., & McKune, A. J. (presented 2014). *Adaptive Stress Response to Repeated Bouts of Downhill Running: Salivary Cortisol and Alpha-Amylase*. Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)

- \* Biwer, A. L., DiFabio, B. J., Coughlin, E. E., Kinsey, A. W., Jafarinasabian, P., Giannini, J., Maitland, C. G., & Ormsbee, M. J. (presented 2014). *The Effect of Beta-Alanine Supplementation on Power, Strength, and Fatigue in Parkinson's Disease Patients*. Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- \* Campbell, J., Ormsbee, M. J., Wong, A., Kinsey, A. W., Eddy, W., & Figueroa, A. (presented 2014). *Effects of Combined Exercise Training and Lactoproteins on Arterial Stiffness and Aortic Hemodynamics in Young Obese Women*. Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (International)
- \* Frost, A. E., Bach, C. W., Kinsey, A. W., Friesen, C., & Ormsbee, M. J. (presented 2014). *Physiological and Performance Characteristics of Elite Motocross Athletes Compared to Physically Active Men*. Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- \* Jo, E., Cain, A., Prado, C. M., Ormsbee, M. J., Arjmandi, B., Synder, K., Smith, D., Khamoui, A., Yeh, M-C., & Kim, J-S. (presented 2014). *A Single-Center Evaluation of a Proprietary Hypocaloric Treatment for Morbid Obesity*. Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- \* Kanther, X., Biwer, A., & Ormsbee, M. J. (presented 2014). *A Double-Blind Placebo Controlled Study of the Effect of Beta-Alanine, a Nonessential Amino-Acid, on Neurologic, Motor Function, Quality of Life, and Fatigue in Patients Diagnosed With Multiple Sclerosis*. Presentation at the meeting of American Academy of Neurology National Meeting, Philadelphia, PA. (National)
- \* Kreipke, V. C., Allman, B. R., Kinsey, A. W., Hyder, W., Hickner, R. C., Dubis, G. S., Tanner, C. J., Moffatt, R. J., & Ormsbee, M. J. (presented 2014). *The Impact of Four Weeks of T+ Supplementation on Strength and Endocrine Markers in Power Athletes*. Presentation at National Meeting, National Strength and Conditioning Association, Las Vegas, NV. (National)
- \* Madzima, T. A., Ward, E. G., Bach, C. W., McKune, A. J., Panton, L. B., & Ormsbee, M. J. (presented 2014). *The Impact Of A Pre-Loaded Multi-Ingredient Performance Supplement On Muscular Performance Following Downhill Running*. Presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- \* Mojock, C. D., Arjmandi, B. H., Kim, J-S., Ormsbee, M. J., Contreras, R. J., & Panton, L. B. (presented 2014). *Effects of Calcium Collagen Chelate Consumption on Body and Bone Composition in Trained Male Cyclists*. Poster presentation at Southeast American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)
- \* Mojock, C. D., Arjmandi, B. H., Kim, J-S., Ormsbee, M. J., Contreras, R. J., & Panton, L. B. (presented 2014). *Effects of Calcium Collagen Chelate on Body Composition and Bone*

*Biomarkers in Trained Male Cyclists*. Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)

- \* Oh, S-L., Lee, S-R., Khamoui, A., Jo, E., Park, B-S., Ormsbee, M. J., Kim, D-H., Yeh, M-C., & Kim, J-S. (presented 2014). *Effects of CLA/n-3 and resistance training on muscle quality in middle-aged mice during a High-Fat Diet*. Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- \* 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)
- \* Ormsbee, M. J., Rawal, S. R., Kinsey, A. W., Thomas, D. D., Fisher, N. T., Elam, M. E., & Spicer, M. T. (presented 2013, June). *The Impact of Eight Weeks of Multi-ingredient Dietary Supplement Use on Body Composition and Health in Overweight and Obese Individuals*. Poster presentation at Annual Meeting, International Society of Sports Nutrition, Colorado Springs, CO. (International)
- \* Kinsey, A. W., Madzima, T. A., Panton, L. B., Fretti, S. K., & Ormsbee, M. J. (presented 2013, May). *Nighttime Consumption of Protein or Carbohydrate Improves Morning Resting Energy Expenditure in Active College-Aged Men*. Poster presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
- \* Madzima, T. A., Simonavice, E., Liu, P-Y., Ilich, J. Z., Kim, J-S., Ormsbee, M. J., Prado, C. M., & Panton, L. B. (presented 2013, May). *Relationship Between the Sarcopenic Index, Body Composition and Muscular Strength in Breast Cancer Survivors*. Poster presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
- \* Ormsbee, M. J., Kinsey, A. W., Eddy, W. R., Madzima, T. A., Panton, L. B., & Kim, J-S. (presented 2013, May). *Evening Protein Consumption and Exercise: Health and Performance Outcomes*. Poster presentation at Annual Meeting, National Strength and Conditioning Association, Las Vegas, NV. (National)
- \* 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., & Kim, J-S. (presented 2013, May). *Novel Daily Undulating Periodization Model Produces Greater Performance Gains than a Traditional Configuration in Trained Powerlifters*. Poster presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
- \* Lee, S-R, Jo, E., Khamoui, A. V., Park, B-S., Zourdos, M. C., Panton, L. B., Ormsbee, M. J., & 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*. Poster presentation at Annual Meeting, Experimental Biology, Washington, D.C. (National)

- \* Madzima, T. A., Simonavice, E., Liu, P. Y., Ilich, J. Z., Ormsbee, M. J., Prado, C. M., & Panton, L. B. (presented 2013, February). *Relationship Between The Sarcopenic Index And Strength Measurements In Breast Cancer Survivors*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- \* 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)
- \* Rawal, S. R., Fisher, N. T., Thomas, D. D., Kinsey, A. W., Eddy, W. E., Elam, M. L., Madzima, T. A., Spicer, M. M., & Ormsbee, M. J. (presented 2013, February). *The Combination of Green Tea, Caffeine, Conjugated Linoleic Acid and Branched Chain Amino Acids Do Not Change Body Composition or Resting Metabolism In Overweight and Obese Individuals*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, NC. (Regional)
- \* Bach, C. W., Ward, E. G., McKune, A. J., Panton, L. B., & Ormsbee, M. J. (presented 2013). *The Impact of a Pre-loaded Multi-ingredient Performance Supplement on Muscular Performance Following Downhill Running*. Poster presentation at Southeast American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)
- \* Biwer, A. L., DiFabio, B. J., Coughlin, E. E., Kinsey, A. W., Jafarinasabian, P., Giannini, J., Maitland, C. G., & Ormsbee, M. J. (presented 2013). *The Effect of Beta-alanine Supplementation on Power, Strength, and Fatigue in Parkinson's Disease Patients*. Poster presentation at Southeast American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)
- \* Frost, A. E., Bach, C. W., Kinsey, A. W., Friesen, C., & Ormsbee, M. J. (presented 2013). *Physiological and Performance Characteristics of Elite Motocross Athletes Compared to Physically Active Men*. Poster presentation at Southeast American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)
- \* Inglis, J. E., Panton, L. B., Ormsbee, M. J., Owen, J. K., & Ilich, J. Z. (presented 2013). *Defining Osteosarcopenic Obesity and Identifying its Prevalence in Women Across a Wide Age-span*. Poster presentation at the meeting of American Society for Bone Mineral Research, Baltimore, MD. (National)
- \* Purcell, S. A., Xiao, J., Thornberry, R., Cain, A., Ormsbee, M. J., Ghosh, S., Kim, J-S., Smith, D., & Prado, C. M. (presented 2013). *Sarcopenia As A Predictor Of Knee Surgery And Comorbidities In A Cohort Of Obese Patients*. Presentation at the meeting of The Obesity Society, Atlanta, GA. (National)

- \* 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). *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)
- \* Eddy, W. R., Kinsey, A. W., Madzima, T. A., Blay, C. J., Thomas, D. D., Panton, L. B., Kim, J-S., & Ormsbee, M. J. (presented 2012, June). *The Effect of Nighttime Macronutrient Choice and Exercise Training on Resting Metabolic Rate, Appetite, and Body Composition in Overweight and Obese Men and Women*. Poster presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (National)
- \* Kinsey, A. W., Eddy, W. R., Blay, C. J., Madzima, T. A., Panton, L. B., Kim, J-S., & Ormsbee, M. J. (presented 2012, June). *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*. Poster presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (National)
- \* Thomas, D. D., Rawal, S., Kinsey, A. W., Eddy, W. R., Fisher, N., Spicer, M. M., & Ormsbee, M. J. (presented 2012, June). *The Combination of Green Tea, Caffeine, Conjugated Linoleic Acid And Branched Chain Amino Acids Have No Effect on Body Composition and Abdominal Fat Changes in Overweight and Obese Men and Women*. Poster presentation at Annual Meeting, International Society of Sports Nutrition. (National)
- \* 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., & Arjmandi, B. H. (presented 2012, May). *Fatty Acid Intake and Exercise Improve Body Composition and Functionality in High Fat Diet-Fed Mice*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- \* Lee, S. R., Khamoui, A. V., Park, B. S., Zourdos, M. C., Bakhshalian, N., Grant, S. C., Arjmandi, B. H., Ormsbee, M. J., & Kim, J. S. (presented 2012, May). *Anti-Catabolic Effects of CLA/n-3 in Resting and Loaded Muscles of a High Fat Diet-Fed Mice*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- \* Ormsbee, M. J., Mandler, W. K., Thomas, D. D., Kinsey, A. W., Riley, C. J., Panton, L. B., & Kim, J. S. (presented 2012, May). *Effects of Performance Supplements on Body Composition and Strength in Trained Men During 6 Weeks of Resistance Training*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- \* Page, E., Simonavice, E., Ormsbee, M. J., Liu, P. Y., Ilich, J., Kim, J. S., Arjmandi, B. H., & Panton, L. B. (presented 2012, May). *The Relationship Between Protein Consumption and Bone Mineral Density in Postmenopausal Breast Cancer Survivors*. Poster



presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)

- \* Thomas, D. D., Kim, J. S., Mandler, W. K., Kinsey, A. W., Riley, C. J., Scheett, T. P., Panton, L. B., & Ormsbee, M. J. (presented 2012, May). *The Impact of a 6-Week Resistance Training Program with Exercise Performance Supplementation on Cardiovascular Risk in Trained Men*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- \* Zourdos, M. C., Jo, E., Khamoui, A. V., Park, B. S., Lee, S. R., Panton, L. B., Contreras, R. J., Ormsbee, M. J., Wilson, J. M., & Kim, J. S. (presented 2012, May). *Changes in Maximal Strength with Two Different Models of Daily Undulating Periodization in Trained Powerlifters*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- \* Mandler, W. K., Kim, J. S., Thomas, D. D., Kinsey, A. W., Riley, C. J., Panton, L. B., & Ormsbee, M. J. (presented 2012, February). *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*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine. (Regional)
- \* Thomas, D. D., Kim, J. S., Mandler, W. K., Kinsey, A. W., Riley, C. J., Panton, L. B., Scheett, T. P., & Ormsbee, M. J. (presented 2012, February). *Impact of a 6-Week Resistance Training Program with Pre- and Post-Exercise Performance Supplementation on Cardiovascular Risk in Resistance-Trained Men*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- \* Kim, J. S., Mandler, W. K., Thomas, D. D., Kinsey, A. W., Riley, C. J., Eddy, W. R., Rawal, S. R., Panton, L. B., & Ormsbee, M. J. (presented 2011, June). *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*. Poster presentation at Annual Meeting, International Society of Sports Nutrition, Las Vegas, NV. (National)
- \* Ormsbee, M. J., Thomas, D. D., Mandler, W. K., Kinsey, A. W., Riley, C. J., Eddy, W. R., Rawal, S. R., Panton, L. B., & Kim, J. S. (presented 2011, June). *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*. Poster presentation at Annual Meeting, International Society of Sports Nutrition, Las Vegas, NV. (National)
- \* Ormsbee, M. J., Kinsey, A. W., Chong, M., Friedman, H. S., Fehling, P. C., & Dodge, T. (presented 2011, June). *Short-term High Intensity Interval Training and the Physiological Stress Response*. Presentation at Annual Meeting, American College of Sports Medicine, Denver, CO. (National)

- \* Kinsey, A. W., Chong, M., Friedman, H. S., Dodge, T., Fehling, P. C., & Ormsbee, M. J. (presented 2011, February). *Short-term High Intensity Interval Training Does Not Improve the Physiological Stress Response, Mood State, or Body Composition*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
  
- # Johnson, E. A., Ormsbee, M. J., & Hickner, R. C. (presented 2009, October). *Effects of Training Status and Body Composition on Lipolysis and Lipolytic Proteins*. Poster presentation at Proceedings of the Obesity Conference, Obesity Society, Washington, D.C. (National)
  
- # Ormsbee, M. J., Choi, M., Medlin, J., Geyer, G., Trantham, L. H., Dubis, G., & Hickner, R. C. (presented 2008, October). *Regulation of Fat Metabolism During Resistance Exercise*. Presentation at Annual Meeting, Obesity Society, Phoenix, AZ. (National)
  
- # Ormsbee, M. J., Choi, M., Medlin, J., Geyer, G., Trantham, L. H., Dubis, G., & Hickner, R. C. (presented 2008, May). *Fat Metabolism During Acute Resistance Exercise in Sedentary Lean and Obese Men*. Presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
  
- # Trantham, L. H., Anderson, J., Brophy, P., Ormsbee, M. J., Dubis, G., & Hickner, R. C. (presented 2008). *The Effects of Natural Dietary Supplement Substance # 39 on Cardiovascular Disease Risk Markers and Aerobic Capacity*. Poster presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
  
- # Johnson, E., Choi, M. D., Kraus, R., Ormsbee, M. J., & Hickner, R. C. (presented 2006, September). *The Effects of Nitric Oxide on Lipolysis in Obese Women Before and After 10 Days of Exercise Training*. Poster presentation at Integrative Physiology of Exercise, American College of Sports Medicine, Indianapolis, IN. (National)
  
- # Ormsbee, M. J., Martin-Pressman, R., Everett, M., Zwicky, L., Cogan, G., & Arciero, P. (presented 2003, May). *Effects of Aerobic and Resistance Training on Body Composition, RMR, Blood Lipids, and Muscular Strength in Middle-aged Women and Men*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
  
- # Anderson-Hanley, C., Everett, M., Martin-Pressman, R., Ormsbee, M. J., & Arciero, P. J. (presented 2003). *Differential Effects of Exercise and Diet on Depression and Anxiety: A Randomized Clinical Trial*. Poster presentation at Annual Meeting, Society of Behavioral Medicine, Salt Lake City, UT. (National)

- # Arciero, P., Martin-Pressman, R., Nindl, B., Vukovich, M., Ormsbee, M. J., Santamore, J., & Steele, C. (presented 2003). *Enhanced Insulin Sensitivity and Body Composition Following 12wk Dietary and Exercise Interventions in Obese Subjects*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- # Martin-Pressman, R., Gorman, L., Santamore, J., Martin, J., Everett, M., Zwicky, L., Ormsbee, M. J., & Arciero, P. J. (presented 2003). *Body Fat Distribution and Total Cholesterol is Influenced by Energy Expenditure of Exercise and Macronutrient Composition in Middle-aged Men and Women Following a 12wk Intervention*. Poster presentation at Annual Meeting, Experimental Biology, Washington, D.C. (National)
- # Santamore, J., Gorman, L., Martin, J., Martin-Pressman, R., Tuckow, A., Nindl, B., Alemany, J., Vukovich, M., Ballard, T., Ormsbee, M. J., & Arciero, P. (presented 2003). *Increased Dietary Protein and Exercise Training is Associated with Improved Plasma Leptin, Body Fat Distribution and Cardiovascular Risk in Obese Men and Women*. Poster presentation at Annual Meeting, Experimental Biology, Washington, D.C. (National)
- # Arciero, P. J., Ormsbee, M. J., Tiede, M. R., Taveras, N., Quigley, R., Pecchia, D., & Nindl, B. (presented 2002, May). *Comparison of Green Tea Extract, Caffeine, and Ephedrine Combinations on Energy Expenditure in Humans*. Presentation at Annual Meeting, American College of Sports Medicine, St. Louis, MO. (National)

### **Refereed Presentations at Symposia**

*For refereed presentations at symposia, 27.3% were regional, 72.7% were local in scope.*

- \* Chanin, M. R., Madzima, T. A., Ormsbee, M. J., & Panton, L. B. (presented 2014). *Relationship Between The Sarcopenic Index and Strength Measurements in Breast Cancer Survivors*. In *Women in Math, Science, & Engineering*. Poster presentation at the meeting of Florida State University. (Local)
- \* Bach, C. W., Frost, A. E., Kinsey, A. W., & Ormsbee, M. J. (presented 2013). *Physiological Characteristics of Elite Motocross Athletes*. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University, Tallahassee, FL. (Local)
- \* Madzima, T. A., Fretti, S. K., Kinsey, A. W., Panton, L. B., & Ormsbee, M. J. (presented 2013). *Nighttime Consumption of Protein or Carbohydrate Improves Morning Resting Energy Expenditure in Active College-Aged Men*. In *Research & Creativity Day*. Presentation at the meeting of College of Human Sciences, Florida State University. (Local)
- \* Rawal, S. R., Fisher, N. T., Thomas, D. D., Kinsey, A. W., Eddy, W. E., Elam, M. L., Madzima, T. A., Spicer, M. M., & Ormsbee, M. J. (presented 2013). *The Combination*

of Green Tea, Caffeine, Conjugated Linoleic Acid and Branched Chain Amino Acids Do Not Change Body Composition or Resting Metabolism In Overweight and Obese Individuals. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University, Tallahassee, FL. (Local)

- \* Ward, E., Ormsbee, M. J., & Panton, L. B. (presented 2013). The Impact of a Pre-loaded Multi-Ingredient Performance Supplement on perceived Soreness and Performance following Downhill Running. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University, Tallahassee, FL. (Local)
- \* Eddy, W. R., Kinsey, A. W., Blay, C. C., Panton, L. B., Kim, J. S., & Ormsbee, M. J. (presented 2012). The Effect of Macronutrient Composition and Protein Absorption Kinetics in the Late Evening on Resting Metabolic Rate, Fasting Glucose, and the Fasting Lipid Profile. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University. (Local)
- \* Thomas, D. D., Kim, J. S., Mandler, W. K., Kinsey, A. W., Riley, C. J., Panton, L. B., Scheett, T. P., & 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. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University. (Local)
- # Johnson, E., Ormsbee, M. J., Choi, M. D., & Hickner, R. C. (presented 2008). Lipolytic Protein Expression in Lean, Obese, and Exercise Trained Men. In *Research and Creative Achievement Week*. Poster presentation at the meeting of East Carolina University, Greenville, NC. (Local)
- # Ormsbee, M. J., Choi, M., Medlin, J., Geyer, G., Trantham, L. H., Dubis, G., & Hickner, R. C. (presented 2008). Fat Metabolism During Acute Resistance Exercise in Sedentary Lean and Obese Men. In *Research and Creative Achievement Week*. Poster presentation at the meeting of East Carolina University, Greenville, NC. (Regional)
- # Ormsbee, M. J., Thyfault, J., Johnson, E., Kraus, R., Choi, M. D., & Hickner, R. C. (presented 2007). Fat Metabolism and Acute Resistance Exercise in Trained Men. In *Research and Creative Achievement Week*. Poster presentation at the meeting of East Carolina University, Greenville, NC. (Regional)
- # Ormsbee, M. J., & Tiede, M. R. (presented 2002). The Effects of Green Tea Extract (Epigallocatechin Gallate), Caffeine, and Ephedrine on Energy Expenditure and Lipid Concentrations in Healthy Humans. In *New York State Science Symposium*. Presentation at the meeting of Ithaca College, Ithaca, NY. (Regional)

### **Nonrefereed Presentations at Symposia**

*For nonrefereed presentations at symposia, 100.0% were local in scope.*

- \* Ormsbee, M. J. (presented 2010). Optimal Nutrition for the Average Adult. In *Nourishing Science*. Presentation at the meeting of Ormsbee Fitness Consulting, Saratoga Springs, NY. (Local)
- \* Ormsbee, M. J. (presented 2010). Youth Sports Nutrition Overview. In *Sports Nutrition for Young Athletes*. Presentation at the meeting of Ormsbee Fitness Consulting, Saratoga Springs, NY. (Local)

### **Invited Lectures and Readings of Original Work**

*For invited lectures and readings of original work, 17.1% were international, 4.9% were national, 78.0% were local in scope.*

- Ormsbee, M. J. (2016, December). *Protein: Health Aging and Athletes*. Delivered at College of Medicine, Nutrition Interest Group, FSU, College of Medicine. (Local)
- Ormsbee, M. J. (2016, December). *Sports & Performance Nutrition: Myths and Truths*. Delivered at HUN1201: Introduction to Nutrition, FSU. (Local)  
Invitation from course instructor: Jennifer Farrell.
- Ormsbee, M. J. (2016, November). *To Eat or Not to Eat Before Sleep*. Delivered at International Society of Sports Nutrition Diploma Program, Webcast. (International)
- Ormsbee, M. J. (2016, October). *Eating Before Bed: The Next Frontier in Nutrient Timing*. Delivered at University of West Bohemia, Pilsen, Czech Republic. (International)
- Ormsbee, M. J. (2016, October). *Lift Weights to Run Fast?* Delivered at University of West Bohemia, Pilsen, Czech Republic. (International)
- Ormsbee, M. J. (2016, October). *Modified Starches and Athlete Performance*. Delivered at University of West Bohemia, Pilsen, Czech Republic. (International)
- Ormsbee, M. J. (2016, October). *Nighttime Feeding: History and Future Work Athletes and the General Public*. Delivered at University of West Bohemia, Pilsen, Czech Republic. (International)
- Ormsbee, M. J. (2016, September). *Human Performance: Are you into it?* Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- Ormsbee, M. J. (2016, July). *The Next Frontier in Nutrient Timing*. Delivered at University of KwaZulu Natal, Durban, South Africa. (International)

- Ormsbee, M. J. (2015, September). *Human Performance: Are you into it?* Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- Ormsbee, M. J., & Bach, C. W. (2015, September). *Sports Science for Triathletes: 5 Common Nutrition Mistakes*. Delivered at Gulfwinds Triathlon Club, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (2015, May). *Caffeine and Creatine: Should you take them?* Delivered at Campus Recreation: Fitness & Wellness. (Local)
- \* Ormsbee, M. J. (2015, April). *Sports and Performance Supplements*. Delivered at East Carolina University. (National)
- \* Ormsbee, M. J. (2015, February). *Couch to 5K: Optimal Nutrition for Health and Performance*. Delivered at FSU Campus Recreation, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (2015, February). *Sports Science & Nutrition: A Path for Success*. Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- \* Ormsbee, M. J. (2014, September). *Human Performance: Are you into it?* Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- \* Ormsbee, M. J. (2014, September). *Research in Human Performance and Sports Nutrition*. Delivered at Research Design & Methodology, Florida State University. (Local)
- \* Ormsbee, M. J. (2014). *Couch to 5K: Optimal Nutrition for Health and Performance*. Delivered at FSU Campus Recreation, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (2014). *Fuel for Athletes*. Delivered at Tallahassee Crossfit Blackbox, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (2014). *Sports and Performance Nutrition*. Delivered at College of Medicine, Sports Medicine Interest Group, Florida State University Medical School. (Local)
- \* Ormsbee, M. J. (2014). *Weight Management for Triathletes: Lean, Fast & Powerful*. Delivered at Gulfwinds Triathlon Club, Tallahassee, FL. (Local)
- \* Ormsbee, M. J., & Sehgal, A. (2014). *Current Topics in Sports Science and Nutrition*. Delivered at Presidents College Club, Florida State University. (Local)
- \* Ormsbee, M. J. (2013, October). *Electronic Proposal Submission and Review Process*. Delivered at Responsible Conduct in Research Course, Florida State University. (Local)
- \* Ormsbee, M. J. (2013, October). *Nutrition for Triathletes*. Delivered at FSU Triathlon Club, Florida State University. (Local)

- \* Ormsbee, M. J. (2013, October). *Performance Nutrition Careers and Motivation*. Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- \* Ormsbee, M. J. (2013, September). *Fire Up Your Metabolism: 3 Steps to Getting Lean and Fit*. Delivered at The Great Courses, Chantilles, VA. (National)
- \* Ormsbee, M. J. (2013, May). *Performance Nutrition Careers and Motivation*. Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- \* Ormsbee, M. J. (2013, May). *The Role of Supplements in Wellness*. Delivered at FSU Campus Recreation, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (2013, January). *Careers in Human Performance & Sports Nutrition*. Delivered at Florida State University (PET3102: Introduction To Exercise Science). (Local)
- \* Ormsbee, M. J. (2013). *The Evolving Scholar-athlete*. Delivered at FSU Football Luncheon, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (2012, October). *Exercise and Nutrition: Impact on Health and Human Performance*. Delivered at The Florida State University (Graduate Research Methods), The Florida State University. (Local)
- \* Ormsbee, M. J. (2012, September). *Human Performance & Sports Nutrition*. Delivered at Florida State University (PET3102: Introduction To Exercise Science), Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (2012, June). *Human Performance & Sports Nutrition*. Delivered at Florida State University (PET3102: Introduction To Exercise Science). (Local)
- \* Ormsbee, M. J. (2012, January). *Academic Excellence for Collegiate Athletes*. Delivered at FSU Football Luncheon, Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (2011, November). *Human Performance & Sports Nutrition*. Delivered at Florida State University (PET3102: Introduction to Exercise Science). (Local)
- \* Ormsbee, M. J. (2011, October). *Exercise and Sport Science Careers: Academics and Media*. Delivered at University of KwaZulu-Natal, Durban, South Africa. (International)
- \* Ormsbee, M. J. (2011, April). *Creatine: A Scientific Approach*. Delivered at Florida State University. (Local)
- \* Ormsbee, M. J. (2011, March). *Supplements That Work: Caffeine and Green Tea*. Delivered at Florida State University, Tallahassee, FL. (Local)

- \* Ormsbee, M. J. (2010, September). *Resistance Training & Muscle Hypertrophy*. Delivered at The Florida State University (PET6312 Skeletal Muscle Physiology), Tallahassee, FL. (Local)
- \* Ormsbee, M. J. (2010, April). *Physiological Overtraining*. Delivered at Skidmore College, Saratoga Springs, NY. (Local)
- # Ormsbee, M. J. (2005, October). *Principles & Physiology of Strength Training*. Delivered at East Carolina University (EXSS6201 Theory & Techniques in Bioenergetics). (Local)  
Guest lecturer also 10/2006 and 10/2007.

## Contracts and Grants

### Contracts and Grants Funded

Ormsbee, M. J., & Cesareo, K. (Jan 2017–Aug 2018). *The effects of a caffeine-like supplement (Teacrine) on muscular strength and endurance performance in resistance-trained men*. Funded by Compound Solutions, Inc. Total award \$6,000.

\$3,000 plus \*\$3,000 as gift-in-kind; Total: \$6,000.

Ormsbee, M. J., & Leyh, S. (Jan 2017–Aug 2018). *The impact of pre-sleep protein from supplements or whole-food on morning metabolism in trained women*. Funded by Dymatize Sports Nutrition Research Institute. Total award \$10,000.

\$5,000 plus \$5,000 (gift-in-kind for product development).

Ormsbee, M. J. (Oct 2016–Oct 2017). *Sleep quality and quantity during the Ultraman Triathlon*. Funded by Fatigue Science. Total award \$6,930.

\*Gift-in-kind.

Ormsbee, M. J. (Sep 2016–Aug 2017). *Protein supplementation in male and female college students*. Funded by Dymatize Nutrition. Total award \$6,146.

\*Gift-in-kind.

Ormsbee, M. J., & Baur, D. A. (Sep 2015–Dec 2016). *The influence of a pre-exercise low-glycemic index carbohydrate supplement on fat metabolism and running performance – a pilot study*. Funded by Florida State University, Council on Research and Creativity, Planning Grant. Total award \$13,000.

Role: PI.

Bach, C. W., & Ormsbee, M. J. (Aug 2015–Sep 2016). *Effects of cold ambient temperature on substrate metabolism and performance*. Funded by National Strength and Conditioning Association. Total award \$15,000.

Role: PI.



- \* Ormsbee, M. J., & Baur, D. A. (May 2015–Jul 2016). *The influence of modified starch on energy metabolism and performance in trained cyclists*. Funded by Dymatize Inc. Total award \$500.

Gift-in-kind; Role: PI.

- \* Ormsbee, M. J., & Kreipke, V. K. (Jan 2015–Aug 2017). *Effects of STS supplementation and concurrent training on body composition, performance, and health in college-aged men*. Funded by Onnit Labs. Total award \$137,860.

Role: PI.

Ormsbee, M. J., & Baur, D. A. (2015–2016). *The influence of modified starch on energy metabolism and performance in trained cyclists*. Funded by Dexcom, Inc. Total award \$9,500.

\$9,500 Gift-in-kind. Role: PI.

Ormsbee, M. J., & Baur, D. A. (2015–2016). *The influence of modified starch on energy metabolism and performance in trained cyclists*. Funded by The UCAN Co. Total award \$1,200.

\$1200 Gift-in-kind. Role: PI.

Ormsbee, M. J., & Brown, A. F. (2015–2016). *The effect of dietary protein consumption on body composition and performance capabilities in female collegiate ballet dancers*. Funded by Dymatize Sports Nutrition Institute. Total award \$20,000.

\$10,000 financial and \$10,000 Gift-in-kind. Role: PI.

Ormsbee, M. J., & Burkhart, S. (2015–2016). *Development and testing of a new sideline concussion measure to increase the sensitivity and specificity of on-site and acute sideline diagnosis*. Funded by John and Sarah Alexander. Total award \$50,000.

- \* Madzima, T. A., Panton, L. B., & Ormsbee, M. J. (Jun 2014–Dec 2015). *Resistance training & protein supplementation in breast cancer survivors*. Funded by National Strength and Conditioning Association. Total award \$8,970.

Role: Co-PI.

- \* Ormsbee, M. J. (Feb 2014–Feb 2015). *The effect of protein ingestion before sleep on post exercise overnight recovery in rugby athletes*. Funded by Dymatize Nutrition. Total award \$7,000.

\*Monetary & Gift-in-kind; Role: PI.

- \* Ormsbee, M. J., Madzima, T., & Panton, L. B. (Jan 2014–Aug 2015). *Resistance training, protein, and body composition in breast cancer survivors*. Funded by Dymatize Nutrition. Total award \$13,754.

\*Gift-in-kind; Role: Co-PI.

- \* Ormsbee, M. (2014–2014). *The impact of a pre-loaded multi-ingredient performance supplement on muscle soreness and performance following downhill running*. Funded by Florida State University Libraries. Total award \$1,500.  
Role: PI.
- \* Ormsbee, M. J., & Kramer, S. (2014–2015). *The effects of six-day dietary nitrate supplementation on strength and endurance measurements in crossfit athletes*. Funded by Shaklee Nutrition. Total award \$5,000.  
Role: PI.
- \* Ormsbee, M. J. (2014–2014). *The effects of a multi-ingredient dietary supplement on body composition, adipokines, blood lipids, and metabolic health in overweight and obese men and women: a randomized controlled trial*. Funded by Florida State University Libraries. Total award \$1,500.  
Role: PI.
- \* Worts, P., Burkhart, S., Kim, J-S., Panton, L. B., & Ormsbee, M. (2014–2016). *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*. Funded by Tallahassee Orthopedic Center. Total award \$11,630.  
Role: Co-Investigator.
- \* Prado, C. M., Ormsbee, M. J., & Panton, L. B. (Dec 2013–Nov 2014). *Body composition as a predictor of surgical outcomes in patients with hip or knee osteoarthritis - a pilot study*. Funded by FSU CRC Planning Grant. Total award \$13,000.  
\*Role: Co-investigator; Grant later removed when PI transferred institutions.
- \* Ormsbee, M. J., & Kinsey, A. W. (Sep 2013–Aug 2015). *Influence of casein on overnight lipolysis and resting metabolic rate*. Funded by Dymatize Nutrition, Inc. Total award \$12,000.  
Monetary and gift-in-kind; Role: PI.
- \* Ormsbee, M. J., & Kreipke, V. (Aug 2013–Aug 2015). *The impact of T+ Tm supplementation on anabolic hormone profile, performance, and safety and in power athletes*. Funded by Onnit Labs, Inc. Total award \$84,200.  
Role: PI.
- \* Ormsbee, M. J. (Jun 2013–Jun 2014). *Beta alanine supplementation in Parkinson's Disease and Multiple Sclerosis patients*. Funded by Natural Alternatives International. Total award \$2,500.  
Role: PI.

- \* Ormsbee, M. J. (Jun 2013–Jun 2014). *Beta alanine supplementation in Parkinson's Disease patient: Impact on performance*. Funded by Marie A. LeDoux Foundation. Total award \$2,500.  
Role: PI.
  
- \* Jo, E., Ormsbee, M. J., & Kim, J. (2013–2014). *Periodized resistance training and whey protein during obesity treatment*. Funded by National Strength and Conditioning Association. Total award \$10,000.  
Role: Co-Investigator.
  
- \* Ormsbee, M. J., Panton, L. B., & McKune, A. J. (Jul 2012–Jul 2013). *The impact of a pre-loaded multi-ingredient performance supplement on markers of muscle damage and performance following downhill running*. Funded by Vital Pharmaceuticals, Inc. Total award \$8,000.  
\*Gift-in-kind. Role: PI.
  
- \* Ormsbee, M. J. (Jun 2012–Jun 2013). *Evening protein consumption and exercise: health and performance outcomes*. Funded by National Strength and Conditioning Association Young Investigator Award. Total award \$15,000.  
Role: PI.
  
- \* Ormsbee, M. J., Kim, J., Panton, L. B., & Arjmandi, B. H. (Jul 2011–Jul 2012). *Physiological effects of evening protein consumption and exercise*. Funded by Optimum Nutrition. Total award \$2,000.  
\*Gift-in-kind. Role: PI.
  
- \* Ormsbee, M. J. (May 2011–Aug 2011). *The effect of protein timing and combined resistance and high-intensity interval training on body composition, blood lipids, growth hormone, and strength in overweight and obese individuals*. Funded by Florida State University. Total award \$17,000.  
Role: PI.
  
- \* Kim, J-S., Lee, S-R., & 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. CLA and n-3 Supplement Supply. Total award \$2,000.  
\*Gift-in-kind. Role: Co-Investigator.
  
- \* Ormsbee, M. J., Kim, J-S, Panton, L., & Arjmandi, B. (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.  
Role: PI.

- \* Figueroa, A., Kim, J-S., & 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.
  
- \* Ormsbee, M. J., Kim, J-S., & Panton, L. (Dec 2010–Aug 2011). *Commercially available pre- and post-workout supplement on health and human performance*. Funded by Vital Pharmaceuticals, Inc. Total award \$11,297.  
Role: PI.
  
- \* Zhang, C., Arjmandi, B., Eason, P., Kim, J.-S., Liang, R., Ormsbee, M. J., Panton, L., Schonning, A., & Wang, B. (2010–2011). *Highly-individualized, high-performance prostheses with multifunctional materials*. Funded by New Florida 2010 Clustering Award Program. Total award \$150,000.  
Role: Co-Investigator.
  
- # Ormsbee, M. J. (2007–2008). *Regulation of fat metabolism during resistance exercise*. Funded by Phi Kappa Phi Love of Learning Award. Total award \$500.  
Role: Co-PI.
  
- # Ormsbee, M. J., & Hickner, R. (2007–2008). *Regulation of fat metabolism during resistance exercise*. Funded by Gatorade Sports Science Institute. Total award \$1,000.  
Role: Co-PI.
  
- # Ormsbee, M. J., & Vukovich, M. (2005–2006). *The impact of varying protein intake on serum IGF-I, IGFBP-1 and IGFBP-3 2005*. Funded by Gatorade Sports Science Institute. Total award \$500.  
Role: Co-PI.
  
- # Arciero, P. J., & Ormsbee, M. J. (2002–2003). *Increased dietary protein and combined high intensity aerobic and resistance improves body fat distribution and cardiovascular risk factors*. Funded by Experimental & Applied Sciences, Inc. Total award \$240,000.  
Role: Co-Investigator.

### **Contracts and Grants Pending**

Figueroa, A. F., & Ormsbee, M. J. (2017). *Watermelon + L-Citrulline supplementation improves physical performance through benefits on arterial function and cardio-metabolic risk factors*. Submitted to National Watermelon Promotional Board.

PI: A. Figueroa; Co-Investigator: MJO.

Panton, L. B., Kim, J-S., Ormsbee, M. J., & Arjmandi, B. A. (Oct 2016). *Functional impact training and yin yoga on body composition in breast cancer survivors*. Submitted to NIH R16.

Co-investigator. Direct costs: \$300,000; Indirect costs: \$132,882; Total award: \$432,882.00.

Ormsbee, M. J., & Allman, B. A. (2016). *Lipolysis and metabolism the morning after nighttime casein protein intake following resistance training in trained women*. Submitted to Friesland Campina/Dymatize Nutrition.

Role: PI.

### **Contracts and Grants Denied**

Ormsbee, M. J. (Oct 2016). *The effects of a commercially-available structured weight loss program on body weight and anthropometric measures in overweight and obese men*. Submitted to Nutrisystem.

Direct costs: \$113,383; Indirect costs: \$57,052; Total costs: \$170,434.00.

Ormsbee, M. J., & Allman, B. A. (2016). *Lipolysis and metabolism the morning after nighttime casein protein intake following resistance training in trained women*. Submitted to National Strength and Conditioning Association.

Role: PI.

Ormsbee, M. J. (2015). *The influence of carbohydrate glycemic index on adipose tissue mobilization during exercise – a pilot study*. Submitted to Planning Grant, Council on Research and Creativity, FSU.

Total award \$13,000. Role: PI.

Ormsbee, M. J., & Baur, D. A. (2015). *The effects of a low-glycemic index dietary intervention on physiological and psychological resilience during intensified run training*. Submitted to Department of Defense (W81XWH-BAA-15-1).

Pre-proposal submission.

Ormsbee, M. J., & Baur, D. A. (2015). *The effects of a modified starch on adipose tissue lipolysis, metabolism, and glycemic control*. Submitted to Generation UCAN.

Role: PI.

\* Gorman, K., & Ormsbee, M. (2014). *Effect of nighttime feeding on morning performance in female endurance athletes*. Submitted to Gatorade Sports Science Institute.

Total award \$3,500. Role: PI.

- \* Kramer, S., & Ormsbee, M. (2014). *The effects of six-day dietary nitrate supplementation on strength and endurance in male crossfit athletes*. Submitted to Gatorade Sports Science Institute.  
Total award \$3,500. Role: PI.
- \* Ormsbee, M. (2014). *The use of Titin(TM) weighted compression gear on athletic performance in male athletes*. Submitted to Titin.  
Total award \$50,909. Role: PI.
- \* Ormsbee, M. (2014). *The effects of carbohydrates with different glycemic indices on adipose tissue lipolysis, metabolism, and insulin – a pilot study*. Submitted to Planning Grant, Council on Research and Creativity, FSU.  
Total award \$13,000. Role: PI.
- \* Ormsbee, M. J., & Miller, E. (2014). *The effect of nighttime feeding on morning performance in female endurance athletes*. Submitted to Sports, Cardiovascular, and Wellness Nutrition (Academy of Nutrition & Dietetics).  
Total award \$2,000. Role: PI.
- \* Figueroa, A., & Ormsbee, M. J. (2013). *The effects of whole-body vibration training on arterial function, leg muscle strength, and inflammation in postmenopausal women*. Submitted to Florida State University, CRC Planning Grant.  
Total award \$13,000. Role: Co-Investigator.
- \* Ormsbee, M. (2013). *The effects of nighttime protein intake on lipolysis and fat oxidation in obese men*. Submitted to Early Career Research Grant, The Obesity Society.  
Total award \$25,000. Role: PI.
- \* Ormsbee, M. J., Panton, L. B., Prado, C. M., & Kim, J-S. (2013). *Resistance training, protein, and body composition in breast cancer survivors*. Submitted to National Institutes of Health, Cancer Research Institute (1 R15 CA176614-01A1 ).  
June 2013- Resubmission; Total award \$430,150. Role: PI.
- \* Ormsbee, M., & Kinsey, A. W. (2013). *Nighttime protein intake and overnight lipolysis monitored with microdialysis in obese men*. Submitted to Florida State University, CRC Planning Grant.  
Total award \$13,000. Role: PI.
- \* Ormsbee, M. J. (2013). *The effect of a multi-ingredient performance supplement on aerobic endurance, power, and time trial performance in trained male runners*. Submitted to Onnit Laboratories, Inc.  
Total award \$65,000. Role: PI.

- \* Panton, L. B., Ormsbee, M. J., Prado, C. M., & Kim, J. S. (2013). *Effects of resistance training and protein on body composition in breast cancer survivors*. Submitted to King-Bankhead Coley Cancer Research Program.  
Total award \$400,000. Role: Co-Investigator.
- \* Douglas, C., Prado, C. M., Ormsbee, M. J., & Arjmandi, B. A. (2012). *Endometrial cancer risk and the effects of soy on estrogen metabolism in PCOS*. Submitted to National Institutes of Health (1R21CA175528-01).  
Total award \$398,998. Role: Co-Investigator.
- \* Ilich-Ernst, J., Prado, C. M., & Ormsbee, M. J. (2012). *Feasibility and acceptability of pre- and probiotics in HIV-infected individuals*. Submitted to National Institutes of Health. Submitted to National Institutes of Health (1R21AT007908-01).  
Total award \$398,998. Role: Co-Investigator.
- \* Kobayashi, T., Ormsbee, M. J., & Prado, C. M. (2012). *The relationship between physical activity, movement patterns and health indices using GPS technology on a University campus: a feasibility study*. Submitted to Florida State University, CRC Multidisciplinary Support Program.  
Total award \$25,000. Role: Co-Investigator.
- \* Mojock, C., Ormsbee, M. J., & Panton, L. B. (2012). *The effects of calcium collagen chelate on bone status in trained cyclists*. Submitted to National Strength and Conditioning Association.  
Total award \$10,000. Role: Co-PI.
- \* Ormsbee, M. J. (2012). *Physiological effects of evening protein consumption and exercise in overweight and obese individuals*. Submitted to Early-Career Research Grant, Obesity Society.  
Total award \$25,000. Role: PI.
- \* Ormsbee, M. J., Panton, L. B., Prado, C. M., & Kim, J. S. (2012). *Resistance training, protein, and body composition in breast cancer survivors*. Submitted to National Institutes of Health (1R15CA176614-01).  
Total award \$423,171. Role: PI.
- \* Ormsbee, M. J. (2012). *The impact of four-weeks of evening protein consumption and exercise on body composition and metabolic rate in overweight and obese humans*. Submitted to Florida State University, CRC Planning Grant.  
Total award \$10,000. Role: PI.
- \* Eddy, W. R., & Ormsbee, M. J. (2011). *The effect of macronutrient composition in late evening and combined resistance and high-intensity interval training on body composition*,

*testosterone, cortisol, insulin, growth hormone, and strength in overweight and obese individuals.* Submitted to Gatorade Sports Science Institute.

Total award \$3,500. Role: PI.

- \* Kinsey, A. W., & Ormsbee, M. J. (2011). *The effect of evening protein consumption and combined resistance and high intensity interval training on body composition, cardio-metabolic health, appetite and mood state in overweight and obese individuals.* Submitted to Gatorade Sports Science Institute.

Total award \$3,500. Role: PI.

- \* Ormsbee, M. J. (2011). *Physiological effects of evening protein consumption and exercise in overweight and obese men and women.* Submitted to College of Human Sciences Planning Grant, Florida State University.

Total award \$12,000. Role: PI.

- \* Ormsbee, M. J. (2011). *Physiological effects of evening protein consumption and exercise.* Submitted to American College of Sports Medicine Research Endowment Grant.

Total award \$10,000. Role: PI.

- \* Panton, L. B., Kim, J. S., Ormsbee, M. J., & Arjmandi, B. H. (2011). *The effects of dried plum consumption and resistance exercise on bone metabolism, bone density, body composition, muscular strength, physical function, & quality of life in breast cancer survivors.* Submitted to American Institute for Cancer Research.

Total award \$165,000. Role:Co-Investigator.

- \* Thomas, D. D., & Ormsbee, M. J. (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.* Submitted to Gatorade Sports Science Institute.

Total award \$3,500. Role: PI.

- \* Ormsbee, M. J., Arjmandi, B. H., Kasper, M., Panton, L. B., & Tenenbaum, G. (2010). *Velotron DynafitPro (VDP) to assess and enhance human performance.* Submitted to Equipment and Infrastructure Enhancement Grant, Florida State University.

Total award \$11,379. Role: Co-PI.

- # Dodge, T., & Ormsbee, M. J. (2009). *Interactions between physical activity and drug abuse.* Submitted to National Institutes of Health (RO3; DA-09-014).

Total award \$337,142. Role: Co-PI.

- # Ormsbee, M. J. (2009). *Post-workout protein supplementation following heavy resistance exercise.* Submitted to Vital Pharmaceuticals, Inc.

Total award \$46,012. Role: PI.



## **Service**

### **Florida State University**

#### **FSU University Service**

- \* Faculty Advisor, FSU Triathlon Club (2013–present).
- \* Member, Healthy Campus Nutrition & Fitness Committee (2011–present).
- \* Member, FSU Transportation Services Advisory Council (2011–present).
- \* Invited Faculty Lecturer, Presidents College Club (2014).
- \* Member, Provost Stokes/Institute of Successful Longevity Committee (2013).

#### **FSU College Service**

- \* NFES representative, College of Human Sciences Scholarship Committee (2011–present).
- Faculty Advisor, Sports Nutrition, College of Human Sciences, Graduate ShowCase (2016).
- \* Oral Presentation Judge, FSU CHS Research & Creativity Day (2014).
- \* Speaker, CHS Graduate ShowCase (2013).
- \* Oral Presentation Judge, FSU CHS Research & Creativity Day (2012).
- \* Faculty Guide, Women of FSU "Backstage Pass" (2012).

#### **FSU Department Service**

- Member, Promotion & Tenure Committee (2016–present).
- Member, Undergraduate Curriculum Committee (2015–present).
- \* Member, Graduate Admission Committee (2013–present).
- \* Member, NFES Scholarship Committee (2011–present).
- \* Member, NFES Space Committee (2010–present).

Chair, Exercise Science Faculty Search Committee (2015–2016).

\* Chair, Exercise Science Faculty Search Committee (2014–2015).

\* Member, Exercise Science Faculty Search Committee (2013–2014).

\* NFES Faculty Member, Graduate Fair, Southeast American College of Sports Medicine (2011–2013).

\* Member, Nutrition & Exercise Science Degree Committee (2011–2012).

\* Member, Teaching Instructor/Lab Manager Search Committee (2011–2012).

## **The Profession**

### **Editorial Board Membership(s)**

\* *Journal of the International Society of Sports Nutrition* (2012–present).

### **Guest Reviewer for Refereed Journals**

*Experimental Physiology* (2016–present).

*British Journal of Applied Science & Technology* (2015–present).

*Journal of Cachexia, Sarcopenia, and Muscle* (2015–present).

*Journal of the American College of Nutrition* (2015–present).

*Molecular Nutrition and Food Research* (2015–present).

*PLOS ONE* (2015–present).

\* *Clinical Nutrition* (2014–present).

\* *Endocrine Connections* (2014–present).

\* *Journal of Advanced Research* (2014–present).

\* *Nutrition Journal* (2014–present).

\* *Nutrition, Metabolism, and Cardiovascular Diseases* (2014–present).

- \* *Postgraduate Medicine* (2014–present).
- \* *Research Quarterly for Exercise and Sport* (2014–present).
- \* *Springer Plus* (2014–present).
- \* *Journal of Applied Physiology* (2013–present).
- \* *Journal of Sports Medicine and Physical Fitness* (2013–present).
- \* *Human Psychopharmacology: Clinical and Experimental* (2012–present).
- \* *International Journal of Nutrition and Metabolism* (2012–present).
- \* *Journal of Sports Science and Medicine* (2012–present).
- \* *Nutrients* (2012–present).
- \* *Applied Physiology, Nutrition and Metabolism* (2011–present).
- \* *Medicine & Science in Sports & Exercise* (2011–present).
- \* *Strength and Conditioning Journal* (2011–present).
- \* *Journal of Strength & Conditioning Research* (2010–present).
- \* *Metabolism* (2010–present).
- \* *Nutrition & Metabolism* (2010–present).
- # *Journal of the International Society of Sports Nutrition* (2009–present).

### **Chair of a Symposium**

- \* Ormsbee, M. J. (Chair). (2015, May). *Nighttime Eating: Impact on Muscle, Metabolism, and Recovery*. Symposium conducted at the meeting of American College of Sports Medicine, San Diego, CA.
- \* Ormsbee, M. J. (Chair). (2013, June). *Sports Supplements - A legitimate tool for enhancing human performance. (Research Track Moderator)*. Symposium conducted at the meeting of International Society of Sports Nutrition, Colorado Springs, CO.

## Reviewer or Panelist for Grant Applications

\* National Strength and Conditioning Association (2014–present).

\* National Research Foundation (2013–present).

Reviewed a grant application entitled: "Endothelial function and cardiovascular health in ageing with exercise training" and professional researcher ratings for the Foundation.

\* Maryland Industrial Partnerships Program (2013).

The Maryland Industrial Partnerships Program (MIPS) is a program of the University of Maryland, through which Maryland companies gain access to outstanding faculty and graduate students for projects that lead to new and improved products.

## Service to Professional Associations

\* Symposium Organizer and Chair, FSU Optimal Human Performance Symposium, International Society of Sports Nutrition (2014–present).

\* Member, Research and Education Committee, National Strength and Condition Association (2014–present).

\* Proctor, International Society of Sports Nutrition Certified Nutritionist Exam (2011–present).

## Interviews

Stewart, J. (2016). Nighttime Feeding for Athletes, Recovery, and You. *The Beachbody Blog* [Blog].

Risher, B. (2016). Stressed? Try a HIIT class. *Under Armour/MyFitnessPal Blog* [Internet Magazine]. Retrieved from <http://blog.myfitnesspal.com/stressed-try-hiit-class/>

Tucker, A. (2016). Hydration Benefits of Cold-pressed Watermelon Juice. *SELF magazine* [Magazine].

The Teaching Company. (2016). Fitness Trackers and Beyond. *LIVE on Facebook: Professor Interview*.

Stewart, J. (2016). Nighttime Feeding for Athletes, Recovery, and You. *The Beachbody Blog* [Blog].

Patel, K. (2015). Ask the Researcher. *Examine.com Research Digest* [Magazine]. Retrieved from <http://v6.examinecdn.com/erd/issue6.pdf>

Taylor, T. (2015). Sports Science: New Technologies. *Sports Illustrated* [Magazine].

Johnson, C., & Dylan, J. (2015). How Your World Works: Sports Nutrition Shakes for Elite Athletes. *Popular Mechanics* [Podcast].

Carl Lanore. (2015). Nighttime Eating: Old and New Perspectives. *Superhuman Radio* [Podcast].

\* Godman, H. (2014). Nutrition and Exercise for Holiday Weight Control. *HealthCheck* [Talk Radio (WSRQ)].

\* Bannock, L. (2014). Training and Nutrition for Optimal Endurance Performance. *Guru Performance: We Do Science* [Podcast].

### **Service to Other Universities**

External Examiner for Dissertation: "Metabolic and lifestyle profiling of overweight female runners compared to lean counterparts: exploring the implications and causes of their elevated bodyweight.", *University of Cape Town (South Africa)* (2016).

Invited International Examiner by Dr. J Smith and Dr. T Kohn of the University of Cape Town, Division of Exercise Science and Sports Medicine.

# Health Task Force Committee, *Skidmore College* (2009–2010).

# Faculty Panel on Graduate School Experience, *Skidmore College* (2008).

# Graduate Student Representative, *Dean's Advisory Council, ECU* (2007–2008).

# Co-Head Coach, ECU Men's Ice Hockey Team, *ECU* (2006–2008).

# EXSS graduate representative, Graduate Student Advisory Council, *ECU* (2006–2008).

# Writer/Editor, Achieve Magazine, *Greenville, NC* (2005–2008).

# President, Graduate Student Council, *College of HHP, East Carolina University* (2006–2007).

# Head Coach, Rangers Peewee Hockey Team, (State Champions), *Rangers Peewee Hockey Team, Brookings, SD* (2004–2005).

# President, *Health and Fitness Club, Skidmore College* (1999–2002).

# Member, *President's Council, Skidmore College* (1999–2002).

# Member, *Academic and Social Integrity Board, Skidmore College* (2000–2001).

## The Community

Expert Resource, Nighttime Eating, Redbook Magazine (2016–present).

Expert Resource, Exercise Science, Oprah Magazine (2015–present).

Expert Resource, Performance Nutrition: Questions and Answers, Orange Theory: Questions and Answers (2015–present).

Expert Resource: 2016 Olympics, Florida State University (2016).

Crew member, Ultraman Florida (2016).

Radio Interview, ISSM/FSU Hosts Major Performance Nutrition Conference, WFSU Public Media (NPR) (2016).

Radio Interview, ISSM goes for gold with new outreach program, WFSU Public Media (NPR) (2016).

[https://www.youtube.com/watch?v=r6296M\\_ngaQ&feature=youtu.be&utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=the\\_big\\_story\\_jan\\_25\\_2016](https://www.youtube.com/watch?v=r6296M_ngaQ&feature=youtu.be&utm_source=newsletter&utm_medium=email&utm_campaign=the_big_story_jan_25_2016).

Crew member, Ultraman Florida (2015).

Radio Interview, Institute of Sports Sciences Team Studies Effects of Ultraman Competition, WFSU Public Media (NPR) (2015).

<http://news.fsu.edu/Watch-and-Listen/Radio-Stories/Institute-of-Sport-Science-and-Medicine-Team-Studies-Effects-of-Ultraman-Competition>.

- \* Guest TV appearance, Tightening the Reigns on Loosening Your Belt, WCTV (ABC) (2014).
- \* Expert Resource, Your Health Magazine (2014).
- \* Radio Interview, Interviewed about body building supplements, Sound Medicine (Indiana University) (2013).
- \* Expert Resource, Interviewed on nighttime eating for metabolism, Health Magazine (2013).
- \* Expert Resource, Workout extremism: High-intensity interval training rocks for the time-pressed, NOW Magazine (2013).
- \* Expert Resource, Workout extremism: High-intensity interval training rocks for the time-pressed, NOW Magazine (Toronto, Canada) (2013).

- \* Radio Interview, Interviewed about research project involving the use of beta-alanine for patients with Parkinson's Disease and Multiple Sclerosis, WFSU Public Media (NPR) (2013).
- \* Radio Interview, What to eat before bed?, Metabolic Precision (Sydney, Australia) (2012).
- \* Guest TV Appearance, What's in your vitamin? Get the scoop on supplements, WCTV (ABC) (2012).
- \* Expert Resource, Health Day (2012).
- \* Member, Working Well Tallahassee (2010–2012).
- \* Guest TV Appearance, The Truth about Chocolate, WTEN (ABC-Channel 10) (2010).
- \* Guest TV Appearance, Winter Workouts & Soreness, WTEN (ABC-Channel 10) (2010).
- \* Guest TV Appearance, Nutrition Sabotage, WTEN (ABC-Channel 10) (2010).
- \* Guest TV Appearance, Portion Control & Serving Sizes, WTEN (ABC-Channel 10) (2010).
- \* Guest TV Appearance, Sports Nutrition, WTEN (ABC-Channel 10) (2010).
- # Guest TV Appearance, Healthy Holiday Gifts, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Grocery Shopping 101, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Kitchen Makeover, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Workout Regimen, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Feed a Cold, Starve a Fever?, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Optimal Health While You Travel, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Fitness & Nutrition Myths, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Thanksgiving Day Health Plan, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Exercise to Lose Weight?, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Will Power and Exercise, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Working Out at Home, WTEN (ABC-Channel 10) (2009).

- # Guest TV Appearance, Curb Your Cravings, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Breakfast, Snacks, & Eating Late, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, The Truth About Metabolism, WTEN (ABC-Channel 10) (2009).
- # Summer Advisor, Skidmore College Class of 2013 (2009).
- # Alumni Panel Member, Math/Science Open House, Skidmore College (2008).
- # Radio Interview, The Weekend Workout, WWNN 1470 AM (South Florida) (2008).
- # Coach, East Carolina University Men's Ice Hockey (2006–2008).
- # Writer/Editor, Achieve Magazine, Greenville, NC (2005–2008).
- # Guest TV Appearance, Herbal Supplements, WNCT (Channel 9) (2005).
- # Guest TV Appearance, Health benefits of green tea, WNCT (Channel 9) (2005).
- # Guest TV Appearance, How to fit fitness into our busy schedules, WNCT (Channel 9) and Fox (Channel 9) (2005).
- # Coach, Saratoga Youth Hockey Organization (1998–2001).

### **Consultation**

Clif Bar & Company. Academic Consultant to Sports Performance/Nutrition Team at Clif Bar (2015–present).

- \* Dymatize Nutrition Sports Performance Institute. Advisory Board Member (2013–present).

EXOS Performance Nutrition Advisory Board. Advisory Board Member (2015–2016).

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\* Professional activities that occurred prior to my last promotion review.

# Professional activities that occurred prior to my employment at FSU.