

# CURRICULUM VITA

RICHARD B. KREIDER, PHD, FACSM, FASEP, FISSN, FACN, FNAK  
PROFESSOR AND DIRECTOR, EXERCISE & SPORT NUTRITION LAB  
DEPARTMENT OF KINESIOLOGY & SPORT MANAGEMENT  
COLLEGE OF EDUCATION & HUMAN DEVELOPMENT  
TEXAS A&M UNIVERSITY

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## EDUCATION

### **Bachelor of Science**

Physical Education with an emphasis in Health (Teacher Certified K-12)  
Liberty Baptist College (5/7/84) – Now known as Liberty University

### **Master of Science**

Physical Education with a major in Applied Exercise Physiology  
University of Southern Mississippi (8/8/85)

### **Doctor of Philosophy**

Physical Education with a major in Applied Exercise Physiology  
University of Southern Mississippi (5/9/87)

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## ACADEMIC AND CLINICAL EXPERIENCE

### **Director, Clinical Assessments** (5/86 – 7/87)

Institute for Wellness & Sports Medicine  
Methodist Hospital, Hattiesburg, MS

### **Assistant Professor** (8/87 – 12/93)

Founder & Director, Laboratory of Kinesiological & Biomechanical Studies (1988-1993)  
Director, Wellness Institute & Research Center (Co-Director 1987-90; Director 1990-93)  
Department of Health, Physical Education & Recreation  
Darden College of Education  
Old Dominion University

### **Assistant Professor** (8/90 – 12/93)

Biomedical Science Doctoral Program  
Eastern Virginia Medical School

### **Adjunct Assistant Professor** (1/88 – 5/88)

Department of Kinesiology  
The College of William and Mary

### **Associate Professor and Assistant Department Chair** (1/94 – 8/00)

Founder and Director, Exercise & Sport Nutrition Lab (1/97 – 6/02)  
Department of Human Movement Sciences & Education  
College of Education  
The University of Memphis (Tenured 8/1/96)

### **Professor and Assistant Department Chair** (8/00 – 6/02)

Department of Human Movement Sciences & Education  
College of Education  
The University of Memphis

### **Adjunct Professor** (10/97 – 6/02)

College of Nursing  
University of Tennessee – Memphis

**Professor and Department Chair (6/02 – 7/08)**

Director, Exercise & Sport Nutrition Lab  
Founder & Director, Center for Exercise Nutrition & Preventive Health  
Department of Health, Human Performance & Recreation  
School of Education  
Baylor University (Tenured upon Arrival)

**Professor & Head, Department of Health & Kinesiology (2008 to 2017)****Thomas A. and Joan Read Endowed Chair for Disadvantaged Youth**

Director, Exercise & Sport Nutrition Lab  
College of Education & Human Development  
Texas A&M University (Tenured upon Arrival)  
Graduate Faculty, Department of Nutrition and Food Science (11/13 to present)

**Professor and Executive Director, Human Clinical Research Facility (2017 to 2022)**

Research & Development Office | College of Education & Human Development  
Texas A&M University

**Professor and Director, Exercise and Sport Nutrition Lab & Human Clinical Core (2022 to present)**

Department of Kinesiology & Sport Management (formerly Health & Kinesiology)  
School of Education & Human Development (Formerly College)  
Texas A&M University

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**ACADEMIC LEADERSHIP EFFORTS & HIGHLIGHTS****OLD DOMINION UNIVERSITY**

- Assisted in overhaul of sports medicine undergraduate and graduate exercise science curriculum to be consistent with professional certification programs and national standards that led to marked growth in the program.
- Founded and developed the Laboratory of Kinesiological & Biomechanical Studies to teach undergraduate and graduate students' cadaver-based anatomical kinesiology and biomechanics.
- Served as Coordinator of the Sports Medicine and Exercise Science Programs (1987-1990)
- Co-directed (1987-1990) and directed (1990-93) the Wellness Institute & Research Center that conducted research, provided fitness assessments, and supervised rehabilitation programs, and hosted ACSM health & fitness workshops and certifications for students and the community.
- Named Darden College of Education Scholar each year (1987-93) and awarded the School of Education Tonnelson Outstanding Faculty Award (1990-91).

**UNIVERSITY OF MEMPHIS**

- Served as Assistant Department Chair (1994-2002). Assisted the Department Chair with academic affairs; curriculum development; budget expenditure approval; faculty and student affairs; facility and lab development; faculty searches; development, and represented the Department Chair as needed.
- Assisted in overhaul of undergraduate and graduate exercise and sport science programs to be consistent with professional certification programs and national standards that led to marked growth in programs.
- Served as Coordinator of the Cardiovascular Research Station (1994-2002) and founded the Exercise & Sport Nutrition Laboratory (1997)
- Assisted in development and/or renovation of several new labs and teaching facilities including the Exercise & Sport Science Lab, Bureau of Sport & Leisure Commerce, Exercise Psychology Laboratory, Motor Behavior Laboratory, Biochemistry and Molecular Biology Lab, and a Faculty & Staff Fitness Center.
- Assisted in developing and implementing the Urban Youth Wellness Initiative that provided health and fitness screening, exercise and health programming, and conflict resolution activities to inner-city youth in Memphis.
- Developed and led the Elite Athlete Performance Enhancement team and assisted in exercise assessment, nutritional counseling, and strength & conditioning programs with Memphis Tiger athletics and area youth club sports programs.
- Helped the department achieve significant growth in terms of student enrollment, diversity of students and faculty, research productivity, grant funding, and community engagement.

**BAYLOR UNIVERSITY**

- Served as Professor and Department Chair of the Department of Health, Human Performance, and Recreation that helped lead the university toward realization of the Vision 2012 initiative to transition from a primarily teaching to research intensive university (2002-2008).
- Restructured faculty governance processes to promote transparency and faculty input and worked with faculty to develop faculty roles, responsibilities, and expectations for each division consistent with Vision 2012.
- Oversaw curriculum revision, accreditation, and/or academic endorsement of undergraduate and/or graduate exercise physiology; community health; physical education; sport pedagogy; sport management; and health sciences programs. Oversaw accreditation process of undergraduate athletic training program. Provided leadership in development of graduate programs in athletic training; strength & conditioning; and Exercise, Nutrition, and Preventive Health.
- Oversaw development and/or renovation of the Center for Exercise, Nutrition, and Preventive Health; Exercise & Sport Nutrition Lab (relocated from the University of Memphis); Athletic Training & Sports Medicine Lab; Exercise Biochemistry and Nutrition Lab; Exercise Physiology Teach Lab; Health Education Wellness Lab; Indoor Recreation Ropes Course; Physical Education Lab/Gymnasium; and Indoor Golf facility.
- Developed and directed the Exercise, Nutrition, and Preventive Health doctoral program that quickly rose to a #9 national ranking by Academic Analytics which was the highest rated doctoral program at Baylor University.
- Observed an increase in enrollment from approximately 240 to 650 students; record student credit hour generation; a significant increase in department budget and resources; a marked increase in faculty productivity in terms of grant funding, peer-reviewed publications, national presentations; and number of doctoral students produced. This effort positioned the department as one of the most productive and respected units on campus.

## TEXAS A&M UNIVERSITY

- Served as Professor and Department Head of the Department of Health & Kinesiology (2008 to 2017) which is the largest department in terms of major enrollment (3,928), class enrollment (55,000), and student credit hour generation (100,500) at Texas A&M University.
- Restructured faculty governance processes to promote transparency and faculty input; worked with faculty to develop faculty roles, responsibilities, and expectations for each division; worked with faculty to revise A1 annual evaluations consistent with division specific roles, responsibilities, and expectations; restructured T&P Committee to include all tenured faculty where appropriate; and, worked to develop a positive climate where everyone is valued, respected, and rewarded.
- Led successful Academic Program Reviews (2009 and 2015) which has served as the impetus of addressing several pressing issues within the department related to faculty governance, faculty salaries, program initiatives, student engagement, and facilities.
- Worked with the Dean to obtain approval and resources for renovation of Blocker, Heldenfels, and the Research Park to house department faculty, teaching labs, and research labs; approval to build a \$24 million dollar Physical Education Activity Building; and received \$9 million dollars in funding commitments from the President, Provost, and VPR to develop a \$13.9 million dollar Human Clinical Research Facility which houses the ESNL and CTRAL and serves as a university core facility for conducting human clinical trials. Worked with the Department of Athletics to build a new Netum Steed Laboratory that houses strength & conditioning, exercise physiology, and sports medicine facilities. Worked with an architectural firm to develop conceptual drawings for a new academic and research building (now on master plan). Planned renovation of Gilchrist Building to house most faculty in HLKN (2019).
- Worked to improve communication and climate among faculty, students, and the university community through newsletters, websites, magazines, social media, and sponsoring department lecture series and programs. This has helped attract high quality students and world class faculty to our department and college.
- Over the last nine years, the department has observed significant undergraduate (2,044 to 3,608 majors and 480 minors) and graduate student (147 to 336) growth; record student credit hour generation (67,792 to 100,492 SCH; 123,120 to 209,715 WSCH); record levels of productivity in terms of the number and quality of annual publications (~86 to 178), national presentations (~120 to 300), and grants submissions (~33 to 80); grant awards and annual research expenditures (~\$1.8M to \$6.1M); department budget resources (\$8.3M to \$14.4M); study abroad programs (0 to 6-8 per year); greater student engagement; and, a marked improvement in the climate. These efforts have resulted in a #7 overall ranking of the Kinesiology PhD program by the National Academy of Kinesiology (2010-2014), ranking above the 85<sup>th</sup> percentile in a number of categories among 239 health promotion, kinesiology, exercise science and rehabilitation departments by Academic Analytics, and being ranked the #1 health and physical education (kinesiology) program in the nation by College Factual (2018).
- Served in college and university leadership roles including the Dean's Council; Chair of EAHR & EPSY Department Head Search Committees; Athletic Task Force Finance Committee; Conflict of Interest Working Group; Entrepreneur Mentorship Network Committee; DH Steering Committee; TAMU/TAMHSC Administrative Change Committee; One Health Building Committee and University Council; ADVANCE Center Stride Program Committee; member of TAMU Chief Information Security Officer search committee.
- Executive Director of the Human Clinical Research Facility (2017 - 2022). During Dr. Kreider's tenure, the HCRF conducted 84 clinical trials, collaborated with 213 faculty members, conducted 41 fee-for-service projects for internal and external sponsors (\$3.2M), collected data on 43 active grants (\$11.4M), and had a total funding engagement footprint of \$32M (\$14.5M to the HCRF).

In FY22 alone, service center efforts generated over \$950k in services invoiced. Dr. Kreider effectively served in this role until the university transferred responsibility for the HCRF from the School of Education and Human Development to the Texas A&M Health Science Center. He continues directing the Human Clinical Core under the Huffines Institute for Sports Medicine and Human performance.

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## ACADEMIC AND PROFESSIONAL HONORS AND AWARDS

- **Who's Who in American Universities and Colleges**, Liberty University (1984)
- **President's Honor**, University of Southern Mississippi (1984-87)
- **Outstanding Graduate Student**, Department of HPER, University of Southern Mississippi (1987)
- **Selected Member of PHI KAPPA PHI Honor Society**, University of Southern Mississippi (1987)
- **Scholar of the Darden College of Education**, Old Dominion University (1987-93)
- **Merit Award**, American Heart Association - Tidewater Affiliate, VA (1990)
- **Fellow of the American College of Sports Medicine** (1990)
- **Tonnelson Outstanding Faculty Award**, Darden College of Education, Old Dominion University (1990-91)
- **Prestigious Alumni Award**, College of Education, Liberty University (1993)
- **Outstanding Academic Book Award**, Overtraining in Sport (R.B. Kreider, A.C. Fry, & M.L. O'Toole, Eds.) selected as one of Choice's 35th Annual Outstanding Academic Books for 1998 (Association of College and Research Libraries, a Division of the American Library Association).
- **Who's Who of Teachers in American Universities and Colleges** (2000)
- **Who's Who in America** (2001)
- **Northland Chapter of ACSM Scholar Lecturer** (2001)
- **Fellow**, American Society of Exercise Physiologists (2001)
- **President**, American Society of Exercise Physiologists (2001 – 2003)
- **Fellow of the International Society of Sports Nutrition** (2004)
- Nominated, **Cornealia Marschall Smith Professor of the Year Award**, Baylor University (2006)
- **NSCA Nutrition Achievement Award** (2010)
- **International Society of Sports Nutrition Ironman Award** (2013)
- **Fellow of the American College of Nutrition** (2013)
- Nominated, **Association of Former Students University Level Award – Administration** (2014)
- **Southeast Conference Academic Leadership Development Fellow** (2014-2015)
- Elected to the **Board of Directors**, American Kinesiology Association (2014-2017)
- Texas A&M University **Summer Leadership Institute Fellow** (2015)
- **Department of Health & Kinesiology Distinguished Scholar Award** (2016)
- **Texas ACSM Spring Lecture Tour Scholar** (2016)
- Elected Fellow (#568) of the **National Academy of Kinesiology** (2017)
- **Global Health & Pharma for a Sport & Nutrition Award** (2017)
- **Marquis Who's Who in the World** (2018)
- **International Society of Sports Nutrition Lifetime Achievement Award** (2018)
- **DBSS Leadership Award** (2018)
- **International Society of Sports Nutrition Fellow Award** (2019)
- **Armstrong Scholar Award**, Department of Kinesiology and Sport Management (2023)
- **Stanford's Top 2% Cited Scholar** (2017 to present)
- **2024 Scilit Top Cited Scholar** (highly cited papers from 2013 – 2023)
- **Texas ACSM Honor Award** (2025)

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## GRANTS AND CONTRACTS

### EXTERNAL SUPPORT RECEIVED (SELECTED)

1. *The Effect of Inosine upon Aerobic Endurance Capacity and Performance*. **SENTARA Leigh Hospital**, (Co-PI), \$3,500, 1989.
2. *Physiological Demands of Repeated Ultraendurance Cycling Performance*. **SENTARA Leigh Hospital**, (PI), \$3,000, 1989.
3. *Effects of Protein Supplementation on Ultraendurance Triathlon Performance*. **Advance Sports Nutrition**, (PI), \$12,000, 1991-92.
4. *Effects of Amino Acid Supplementation on Hormonal, Hematological, and Immune Status throughout a Collegiate Swim Season*. **Advance Sports Nutrition & ODU Research Foundation**, (PI), \$65,000, 1991-94.
5. *Elite Athletic Assessment and Performance Enhancement Program*. **Promus Companies & UM Office of Sponsored Research**, (PI), \$98,000, 1994-97.

6. *Effects of Creatine Supplementation on Body Composition.* **Experimental & Applied Sciences**, (PI), \$9,960, 1994-95.
7. *Memphis City Schools Nutrition Education Training Grant.* **Tennessee Department of Education**, (PI), \$8,800, 1994-95.
8. *NIH Bridge Program.* **National Institutes of Health** (D. Franceschetti, Coordinator/PI, served as faculty research mentor), 1994-98. Placed 3 – 4 students to work in lab each summer.
9. *Effects of Creatine Supplementation on Body Composition & Strength Performance.* **Experimental & Applied Sciences**, (PI), \$21,143, 1995-96.
10. *Effects of Creatine and Calcium Beta-Hydroxy-Beta-Methyl-Butyrate Supplementation on Body Composition, Anaerobic Power & Strength.* **Experimental & Applied Sciences**, (PI), \$69,735, 1996-97.
11. *Effects of Conjugated Linoleic Acids Supplementation on Body Composition & Isotonic Strength.* **Experimental & Applied Sciences**, (PI), \$25,299, 1996-97.
12. *Research Assistant.* **Experimental & Applied Sciences**, (PI), \$10,500, 1996-97.
13. *UM High Performance Nutrition Enhancement.* **Memphis Area Nutrition Council**, (PI), \$1,200, 1997.
14. *Urban Youth Wellness Project (Subcontract from Department of Health and Human Services Grant).* **Memphis Youth Fair Chance**, (Co-PI), \$72,000, 1997-98.
15. *Research Assistant.* **Experimental & Applied Sciences**, (PI), \$4,000, 1997-98.
16. *DEXA Body Composition Analyzer.* **Metabolic Response Sciences**, (PI), \$22,500, Placed \$144,000 DEXA in Lab, Provided \$20,000 of Furniture, 1997-03.
17. *Long-Term Safety and Efficacy of Creatine Supplementation among Athletes.* **Experimental & Applied Sciences, MetaResponse Sciences, SKW/Metabolic Response Modifiers**, (PI), \$45,000 + Supplements (6 mo.), \$60,000 + \$75,000 DEXA Scans, Donate Supplements 1.5 years, 1998-00.
18. *Effects of Honey Ingestion on Hormonal Profiles and Exercise Performance.* **National Honey Board/USDA**, (PI), \$99,960, 1999-01.
19. *Effects of Creatine and Pyruvate Supplementation on Body Composition, Body Image, Hormonal Profiles, and Indices of Menstrual Cycle Status in Women.* **MRS/SKW Trostberg**, (PI), \$34,131 of \$85,000, 2000-02.
20. *Effects of Colostrum and Myovive Supplementation on body composition and exercise capacity.* **MRS/GNC-Numico**, (PI), \$103,000 of \$125,000, 2000-01.
21. *Effects of Inzitol on Creatine Retention (in collaboration with Arkansas State University).* **MRS/Humanetics Corp.**, (Co-PI), \$4,400 of \$10,000, 2000-01.
22. *Dysautonomia, Exercise, and Quality of Life in Kidney and Kidney and Pancreas Transplant Recipients.* **National Institutes of Health**, (PI - D. Hathaway, UT-Memphis, College of Nursing. Served as exercise physiology consultant to grant.), \$2,238,140, 2000-05.
23. *Effects of Protein and Amino Acid Supplementation on Training Adaptations.* **MRS/GNC-Numico Research**, (PI), \$42,000 of \$60,000, 2001-02.
24. *Safety and Efficacy of Coleus Forskohlii Supplementation in Moderately Overweight Females.* **MRS/Sabinsa Corp.**, (PI), \$25,800 of \$41,000, 2001-02.
25. *Effects of Zinc, Magnesium-Aspartate (ZMA) Supplementation on Training Adaptations and Markers of Anabolism and Catabolism.* **MRS/Cytodyne Technology**, (PI), \$56,000 of \$77,000, 2002-03.
26. *Effects of Ribose Supplementation Prior to and Following Exercise on Sprint Performance.* **Royal Numico**, (PI), \$5,500. 2002- 03.
27. *Effects of Methoxyisoflavones, Ecdysterones, and Sulfo-Polysaccharide on training adaptations.* **Muscletech Research & Development**, (PI), \$56,000, 2002-03.
28. *Effects of a Non-Ephedra Thermogenic Supplement on Body Composition and Markers of Health.* **Muscletech Research & Development**, (PI), \$56,000, 2002-03.
29. *Effects of the Curves for Women® Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females.* **Curves International**, (PI), \$385,000. 2002-03.
30. *Effects of Arginine - Alpha Ketoglutarate Supplementation on Plasma Arginine Levels and Training Adaptations.* **Medical Research Institute**, (PI), \$94,000. 2003-2004.
31. *Effects of the Curves for Women® Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females – 1 Year-Follow-Up.* **Curves International**, (PI), \$385,000, 2003-04.
32. *Curves Women's Health & Fitness Initiative.* **Curves International**, (PI), \$5,000,000, 2004-09.
33. *The Effects of Joint Advantage on Osteoarthritis & Function Mobility in a Randomized Placebo Controlled – Double Blind Clinical Trial.* **Phillips Health, LLC**, (Co-I, M & L Greenwood Co-PI's), \$30,000, 2004-05.
34. *Effects of Eight Weeks of 6-OXO™ Supplementation on Serum Hormone Profiles and Serum and Urinary Clinical Safety Markers in Resistance-Trained Males.* **Proviand Laboratories**, (Co-I, D. Willoughby PI), \$42,000, 2005.
35. *Effects of Eight Weeks of Novedex™ Supplementation on Serum Hormone Profiles and Serum and Urinary Clinical Safety Markers in Resistance-Trained Males.* **Gaspari Nutrition**, (Co-I, D. Willoughby PI), \$38,000, 2005.
36. *Effects of Prophylactic Doses of a Melatonin Supplement on Serum Growth Hormone Levels and the Hypothalamus-Pituitary- Adrenal Axis in Young and Old Males and Females.* **Iovate Health Sciences Research, Inc.**, (Co-I, D. Willoughby PI), \$131,000, 2005.
37. *Effects of Arachidonic Acid Supplementation on Training adaptations.* **Molecular Nutrition**, (PI), \$60,331, 2005-06.
38. *Impact of Acute and Chronic Coenzyme Q10 Supplementation on Exercise Performance.* **Pharma Base N.A.**, (PI), \$76,188, 2006-07.
39. *Effects of AX-4 Supplementation on Weight Loss in Overweight Men and Women.* **Ambryx Biotechnology, Inc.**, (PI), \$107,458, 2006-07.

40. *Comparison of two diet approaches on weight loss and health outcomes in women.* **General Mills Bell Institute for Human Nutrition**, (PI), \$389,885, 2007-08. \$93,650 transferred to TAMU.
41. *Curves: Women's Health & Fitness Initiative Extension.* **Curves International**, (PI), \$2,058,903, 2008-11.
42. *The Program for Rural and Minority Health Disparities Research (P20).* **DHHS-NIH-National Center for Minority Health and Health Disparities**, (K. McLeroy, PI). Served as consultant and lead administrator from HLKN for administrative core, ≈\$5,600,000, 2007 - 2012.
43. *Effects of Russian Tarragon Extract Supplementation Prior to Creatine Supplementation on Whole Body Creatine Retention: A Proof-of-Concept Study.* **Phytolab GmbH/Martin Bauer, Inc.**, (PI), \$20,145, 12/10 to 8/12.
44. *Comparison of Different Forms of Creatine on Creatine Availability, Retention, and Training Adaptations.* **AlzChem Trostberg, GmbH**, (PI), \$58,380, 12/10 – 12/12.
45. *Altering Work to Rest Ratio in a Hypertrophic Training Program.* **NSCA Student Grant**, (J. Oliver PI, faculty supervisor), \$9,575, 8/10 – 8/11.
46. *Simplified Human Clinical Trial.* **Department of Nutritional Sciences, TAMU**, (Talcott PI, Kreider Co-PI), \$44,000, 10/10 – 12/13.
47. *Curves: Women's Health & Fitness Initiative Extension.* **Curves International**, (PI) \$700,224. 9/13 – 4/15.
48. *Effects of Tart-Cherry Supplementation on Markers of Exercise-Induced Muscle Damage.* **Anderson Global Group**, (PI), \$93,728, 9/13 – 8/14.
49. *A Multi-Continental Approach to Advance Exercise Methods and Technologies to Promote General Health and Sports Performance.* **Qatar National Research Fund**. (J Villanueva, V. Di Salvo, P. Tesch, R. Fernandez, G. Rodas, R Canal, R Kreider Co-PI's (R. Linnehan Research Associate), \$1,048,788, 2013-16.
50. *Woodbolt (Nutrabolt) Research & Development Program.* **Woodbolt International**, (PI), \$1,466,501, 2013-17.
51. *Effects of Chromium, Phyllanthus emblica and Shilajit supplementation (Crominex®3+) and Phyllanthus emblica fruit extract (Capros™) on markers of cardiovascular health, fitness, and weight loss in sedentary and overweight men and women initiating an exercise program.* **Natreon, Inc.** (PI), \$285,404. 2019 - 2023.
52. *Effects of Terminalia bellerica (Ayuric) supplementation on uric acid levels and markers of cardiometabolic health in individuals with moderately elevated but non-medically treated hyperuricemia.* **Natreon, Inc.** Kreider (PI), \$115,726, 2020 – 2021.
53. *Evaluation of the Effects of An Aqueous Extract of Leaves Plus Twigs of Azadirachta Indica (Neem) On Glycemic Control In Prediabetic Individuals: A Randomized, Double-Blind, Placebo-Controlled Clinical Study.* **Natreon, Inc.** Kreider (PI), \$247,477, 2020 – 2021. (Approved but put on hold due to COVID).
54. *Effects of Ashwagandha and Paraxanthine Ingestion on Executive Function, Pharmacokinetics, and Cognitive Function after Exercise.* **Increnovo.** Kreider (PI), \$236,848 (3 studies), 2019 - 2022. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
55. *Effects of Tart Cherry Ingestion on Food-Induced Serum Uric Acid Elevation.* **Anderson Global Group.** Kreider (PI), \$132,923, 2019-2022. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
56. *Effects of nooLVL™ Ingestion on Cognitive Function in Gamers.* **Nutrition 21.** Kreider (PI), \$152,167, 2020 – 2021. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
57. *Efficacy of a Microalgae Extract PhaeoSol on Optimizing the Benefits of Healthy, Overweight and Moderately Obese Women Participating in an Exercise and Weight Management Program.* **Increnovo and MicroPhyt.** Kreider (PI). \$201,607, 2021 - 2024. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
58. *A cross-over comparator study between Ester-C® and ascorbic acid evaluating acute pharmacokinetics in adult women and men.* **Nature's Bounty.** Kreider (PI), \$700,000, 2021-2024. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
59. *Efficacy of a Microalgae Extract PhaeoSol combined with Guarana on Cognitive Function and Gaming Performance of Video Gamers.* **MicroPhyt.** Kreider (PI), \$154,068, 2021 – 2024. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
60. *A Randomized, Double-Blind, Placebo-Controlled, Parallel Study of the Effect of BrainPhyt on Cognitive Function in Healthy Older Individuals.* **MicroPhyt.** Kreider (PI), \$185,907, 2021 – 2024.
61. *Pharmacokinetic Analysis of Nutrient Absorption from a Novel Liposomal Multivitamin/Mineral Formulation.* **Nutraceutical Corp.** Kreider (PI), \$134,079, 2021-2024.
62. *Impact of Astaxanthin Supplementation on Markers of Cardiometabolic Health and Tactical Performance among Firefighters.* **AstaReal, Inc.,** Kreider (PI), Drew Gonzalez, S. Martin (Co-PI). \$34,213, 2022-2024.
63. *Effects of ashwagandha supplementation on markers of cognitive function and mood.* **Increnovo LLC.** Kreider (PI), \$128,218, 2022 – 2023.
64. *Effects of ginger supplementation on markers of inflammation, joint health, and functional capacity in individuals with mild to moderate joint pain.* **Increnovo and Specnova.** Kreider (PI), \$132,110, 2023-2025.
65. *Effects of Human Milk Oligosaccharide Ingestion on Weight Loss and Markers of Health.* **Advanced Protein Technologies Corp.** (South Korea). Kreider (PI), \$231,687, 2023-2024.
66. *Longitudinal Investigation of Sociocultural and Behavioral Influences on Symptom Management, Biological Response, and Functioning Between Chinese and White Breast Cancer Survivors.* J Wang (PI). **NIH Cancer Control and Population Sciences – Cancer Survivorship Research.** Grant #5R01CA248413-02. \$176,946 sub-award from \$629,169 award to L Chen (SPH) for R Kreider

- group to collect samples (2023 – 2026).
67. *Effects of Plant-Based Probiotic Supplementation on Weight Loss and Markers of Health*. **Increnovo, LLC**. Kreider (PI), \$150,646, 2023 - 2024.
  68. *Bioavailability of a Beaded Creatine Delivery System on Plasma Creatine Levels and Whole Body Creatine Retention*. **Increnovo, LLC**. Kreider (PI), \$50,126, 2023 – 2024.
  69. *Effects of pork protein ingestion prior to and following performing the Army Combat Fitness Test on markers of catabolism, inflammation, and recovery*. **USDA National Pork Board**. Kreider (PI), Col's N. Barringer, C Rasmussen, R Sowinski, D Gonzalez. \$150,000, 2024.
  70. *Wood Nootropics, EXercise, and DieT Research Initiative on Cognition, Health and Aging*. **Wood Next Foundation**. R Kreider (PI), \$200,000 gift to TAM Foundation, 2024
  71. *Effects of Cysteine-Rich Whey Protein Supplementation on Glutathione Levels in Middle-Aged Men and Women*. **Immunotec**, Kreider (PI), \$150,124, 2024-2025.
  72. *Wood Nootropics, EXercise, and DieT Research Initiative on Cognition, Health and Aging*. **Wood Next Foundation**. R Kreider (PI), \$300,000 gift to TAM Foundation (awarded for 2025).
  73. *Efficacy of Human Milk Oligosaccharide 6'-Sialyllactose Supplementation on Exercise Performance and Training Adaptations*. **GeneChem Inc.** Kreider (PI), \$101,197, 2024-2025. Fee for service contract with 35% external sponsor administrative rate.

## GRANTS AND CONTRACTS IN REVIEW

1. *Improving Neuroprotection, Cognitive Function, and Mental Focus With Neuro Degradation Countermeasure*. Kreider (PI), Patrick Dixon, N. Barringer (Cols). **Momentous / TAMU DOD Appropriations Request**, \$2,200,000. (Congressional Appropriation Request through the Congressional Brain Injury Task Force committee).
2. *Strategic exercise timing for optimal health promotion*. **American Heart Association**. Sato (PI), Kreider and Lawler (CoPis). \$231,000. Submitted Fall, 2024. In review.
3. *A Randomized Double-Blind Placebo-Controlled Clinical Trial Evaluating the Effects of Two Different Doses of 2-Hobamine as Compared to Placebo on Immunity, Inflammation, Muscle Soreness, and Exercise Performance in Healthy Exercising Adults*. **Substantiation Sciences, LLC** on behalf of **TSI Global** (Aimes, IA, USA). \$422,653, in review. Sponsor given option of funding as grant or fee for service contract with 35% external sponsor rate.
4. *Return to the Moon and Beyond - A Space Explorer Health Research Platform in Texas*. **Texas Space Commission**. RB Kreider A. Waer, B. Dunbar, L. Haddad, W. Cromer, A. Diaz Artilles, D. Zawieja (CoPIs). \$8,926,864. In review. 2025 – 2027.
5. *Effects of Dipeptidyl peptidase-4 (GLP-1 Inhibitor) Dietary Supplement on Weight Loss and Markers of Health*. **TCI Co., Ltd.** Kreider (PI). \$345,592. Submitted 11/3/24. In negotiation with the sponsor. Funding for 2025 - 2026.
6. *The Effect of Cognizin® Supplementation on Exercise Performance and Reaction Time in Healthy Recreationally Active Individuals: A double-blind randomized placebo controlled parallel trial*. **Kyowa** (USA). Kreider (PI), \$233,646. Submitted 3/20/25. Funding for 2025 – 2026. In negotiation with the sponsor.
7. *Effects of Probiotic Supplementation on Subjective Ratings of Menopause and Markers of Health in Post-Menopausal Women*. Synbiotec, Sacco System (Italy) in collaboration with Increnovo, LLC. Kreider (PI), \$215,218. Submitted 3/24/25. Funding for 2025 – 2026. In negotiation with the sponsor.
8. *Effects of Cellulose and Cetylated Fatty Acid Supplementation during Exercise Training on Weight Loss and Markers of Health*. **ImagiNutrition** (CA). Kreider (PI), \$168,134. Submitted 3/27/25. Funding for 2025 – 2026. In negotiation with the sponsor.

## SELECTED GRANTS SUBMITTED (NOT FUNDED)

1. *Established Investigator Award Grant*. **Cancer Prevention Research Institute of Texas**. Prepared grant submitted by D. Palmer (Dean), \$4,261,529. Status - Not Funded.
2. *Effects of Chewing Gum on Success of Weight Maintenance after Weight Loss*. **Wrigley Science Institute**. (PI), \$140,300, Status - Not funded.
4. *Inactivity pathology research building: a translational bridge and integrative biomedical research facility to combat chronic diseases*. **National Institutes of Health Extramural Research Facilities Improvement Program (C06)**. (J Lawler, PI, Co-I), \$9,941,868. Status – Project was recommended for full funding but not funded.
5. *Texas A&M Women's Health Research Training Grant – Building Interdisciplinary Research Careers in Women's Health (K12)*. **National Institutes of Health**. (R. Kreider (PI/PD), Co-I's D. Ballard, S. Crouse, D. Huston, K. McLeroy, M. Ory, M. Shaw-Ridley), \$2,204,401. Status—Not Funded.
6. *Texas A&M CER Mentored Career Development Program*. **DHHS-National Institutes of Health**. (Ohsfeldt, Houston, Kreider, Co-PI's). ~\$2,500,000. Status - Not funded.
7. *The BUILD Center of Texas*. **National Institutes of Health**. NIH Building Infrastructure Leading to Diversity (BUILD) Initiative (U54). **D. Howard (PI)**, Kreider CoI. \$8,296,597. Not funded.
8. *Institute for Rural and Minority Health Disparities Research*. **National Institute on Minority Health and Health Disparities - Comprehensive Centers of Excellence (P60)**. (R Kreider PI of submitting institution, K. McLeroy & F. Nave Co-PI's), \$6,946,138. Status – Scored but missed funding line.
9. *Best Practices in Human Clinical Research and Experiential Learning*. **CEHD Catapult Grant**. (Co-PI) \$30,000.
10. *Resilience and Tipping Points of Commercial Drivers' Chronic Syndemics*. **National Institutes of Health**. PA-13-302 (R01). Y. Apostolopoulos (PI), RB Kreider (Co-PI). \$1,548,352. Not funded.

11. *Healthy Workplaces, Healthy Employees: Multi-scale Environmental Approaches to Promote Physical Activity and Reduce Sedentary Behavior*. **National Institutes for Health**. (X. Zhu PI, B Zoghi, C Lee, H Sang, M Ory, M Benden, R Kreider, S Towne, Z Li Co-PI's). \$3,597,649.00. Scored and revision prepared for re-submission. Worksite decided study to declined participation. Preparing for resubmission.
12. *Human Biomedical Research Development Initiative*. **Texas A&M Research Development Fund**. (PI) \$1,500,000 – Not Funded.
13. *Exercise to Reduce Collateral Damage of Metastatic Breast Cancer*. **Susan G. Komen, CCR Basic/Translational and Clinical**. K07 Research Mentor / Committee member for Dr. Jessica Clague, Assistant Professor, Division of Cancer Etiology, City of Hope, Duarte, CA. – Not Funded.
14. *Blue Gogi Research & Development Program*. **Blue Gogi**. (PI) \$1,016,589. Verbal approval from sponsor received. Contract negotiations with the university failed.
15. *Reshaping the Future of Work from Home in the Post-COVID-19 Era*. **TAMU X-grant**. X. Zhu (PI), X Zhang, ME Benden, C Lee, M Ory, Zoghi, SC Payne, Z. Lu, M, Zahabi, Z O'Neill, RB Kreider (CoIs). \$1,000,000, 2022 – 2023. Finalist – Not funded.
16. *Faculty Collaborative for the Study of Women's Health and Sex Differences: Systematic Measurement of Biomarkers of Social Isolation (SYMBIOSIS): of Mice and (Wo)Men*. **TAMU X-grant**. J Gomez, M Choudhury, N Downing, H Clark, R Page, M Khan, MJ Kesterke, R Srinivasan, H Blackmon, A Selvamani, C Chen, G Han, RB Kreider, J Welsh, R Gomer, S Green, M Ping (CoIs). \$1,000,000, 2022 – 2023. Finalist – Not funded.
17. *Simple3 Relaxation Blend Proof of Concept Study*. **Nestles' / Nature's Bounty**. Kreider (PI), \$43,012. 2021-2022. Awarded but delayed due to product development challenges.
18. *Non-Invasive Rapid Breath Analysis as a Means to Detect Toxic Exposures* Staack (PI), Kreider (CoPI). **DOD-Army-Medical Research and Material Command**. \$1,133,984 (Kreider \$380,000 to collect samples), 2023 – 2026. Submitted to Sponsor.
19. *Timing matters: rejuvenating effect of exercise on cardiac circadian metabolism*. **National Institutes of Health**. PI (S. Sato), CoI (R Kreider, J Lawler). Second RO1 submission submitted to sponsor for review
20. *Bedrest Facility Proposal for Human Exploration Research Opportunities (HERO) grant (#80JSC024NA001)*. **NASA**. D Zawieja, A Waer, R Kreider (60%), B Dunbar (CoPIs), Originally \$16,200 million proposal negotiated to \$7,200,00 base with \$2,200,000 supplement. NASA terminated contract discussions after a budget reallocation for FY25. A new submission will be announced.
21. *Flywheel Exercise Study - Human Exploration Research Opportunities (HERO) grant – Appendix D (#80JSC024NA001)*. **NASA**. J Fluckey, A Diaz-Artiles, S Trappe, H Bean, T Hein, S Riechman, (CoPIs), D Zawieja, B Dunbar, R Kreider (Advisors), \$1,050,000, Grants not funded due to budget issues. Grant call planned to be reissued.

#### INTERNAL SUPPORT RECEIVED (SELECTED)

1. *Physiological demands of repeated ultraendurance cycling performance*. **Wellness Institute and Research Center, Old Dominion University, (PI)**, \$8,000, 1990.
2. *Effects of Phosphate Loading on Swim Performance*. **Wellness Institute and Research Center, Old Dominion University, (PI)**, \$1,500, 1991.
3. *Relationship of Serum Amino Acids to Central Fatigue & Immune Status during Ultraendurance Exercise and Intense Training*. **University of Memphis Faculty Research Grant, (PI)**, \$4,000, 1995.
4. *Light Microscope Photodocumentation Technique for Histochemical Assessment of Human Skeletal Muscle*. **Baylor University Faculty Research Investment Program Grant, (PI)**, \$23,500.00
5. Post-Doctoral Fellow – Exercise, Nutrition, and Preventive Health. **Office of the Vice Provost for Research. Baylor University**. (~\$160,000 for two years' salary and benefits).
6. *Nanoemulsion-Mediated Delivery of Citrus Terpenoids for Neuroprotection: A Potential Bioactive to Reduce the Severity of Concussion and Traumatic Brain Injury*. **TAMU T3 Grant**. (Co-PI with B Patil, GK Jayaprakasha, S Reddy), \$30,000, 2018 – 2019.
7. *Interdisciplinary Advanced Robotics Facility*. **TAMU Research Development Fund**. (PI - P Pagilla with S Dimarco, A Knap, J Worthy, J Buchanan, R Kreider, A Thomasson, A Darrell, and P Hur Co-PI's), \$1,100,000, 2018 – 2019.
8. *Ready to spin up! A multidisciplinary human-rated short-radius centrifuge facility*. **TAMU Research Development Fund**. (PI – A Diaz-Artiles, Col's B Dunbar, S Bloomfield, M Sheffield-Moore, RB Kreider, D Zawieja, P. Bagher). \$657,853, 2020 – 2021.
9. *VPR Core Facility Support*. **Research Development Fund – Recurring Funding**. (Kreider, Core Director - PI). \$100,000 a year for up to 5 years (\$400,000 awarded), 2019 – 2025.

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#### RESEARCH AND SCHOLARSHIP

**PUBLICATIONS** (Google Scholar – 664 articles, 27,074 citations; h-index 80; i10-index 208; ResearchGate – 561 articles, 15,787 citations, 496,032 reads, h-index 62, Research Score 10,749 [>99<sup>th</sup> percentile]; SCOPUS – 224 articles, 10,428 citations, h-index 53, Stanford's Top 2% World Scientist (2017 to present, > 99<sup>th</sup> percentile overall and in Sports Science and Nutrition and Dietetics subfields). 2024 SciLit Top Cited Scholar 2013-2023.



## Books

1. Kreider, R.B., A.C. Fry, and M.L. O'Toole (Eds.) **Overtraining in Sport**. Human Kinetics Publishers, Champaign, IL, 1998, 403 p. (Translated to Chinese and Japanese) ISBN: 978-0880115636
2. Williams, M.H., R.B. Kreider, and D. Branch. **Creatine: The Power Supplement**. Human Kinetics Publishers, Champaign, IL, 1999, 250 p. (Translated to Portuguese). ISBN: 978-0736001625
3. Kreider RB, Leutholtz B, Katch F, & Katch V (Eds.). **Exercise & Sport Nutrition: Principles, Promises, Research & Recommendations**. Fitness Technologies Press, Santa Barbara, CA. 2009, 560 p. ISBN: 978-0-9742965-9-3
4. Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, 417 p. ISBN: 978-1329980747
5. Kreider RB, MA Márquez, DA Bonilla, JL Petro. **Principios del Ejercicio y Nutrición Deportiva: De la Ciencia a la Práctica. (Spanish)**. Cloudprinter, The Netherlands and Amazon Publishing Services, October 19, 2019, 418 p. ASIN: B07VF9N1J9
6. Muscogiuri, G, V Purohit, RB Kreider, S Vargas, DA Bonilla, II Pipinos. **Advances in Ketogenic Diets**. Scientific Research Publishing, Irvine CA, 2019, 209 p. ISBN: 978-1-61896-802-9
7. Kreider RB, R Cannataro, E Cione. **Principi di Nutrizione nello Sport e nell'Esercizio Fisico: dalla Scienza all'Practica (Italian)**. Amazon Publishing Services, LLC. July 6, 2020, 479 p.
8. Kreider RB, M.G. Santos. **Princípios do Exercício e Nutrição Esportiva da Ciência a Prática (Portuguese)**. Amazon Publishing Services, LLC. November 19, 2020, 475 p.
9. Kreider RB, JR Stout (Eds.). **Creatine Supplementation in Health and Clinical Diseases**. MDPI Books. Basel Switzerland. March 2022, 562 pages. ISBN: 978-3-0365-2155-8.
10. de Paula M, dos Santos MG, Domingues SC, Kreider R. Benefícios **Fisiológicos e Psicológicos para Praticantes de Ciclismo Amador, e o meio Ambiente** (Portuguese). Amazon Publishing Services, LLC., Seattle, WA, January 19, 2023. 165 p. <https://www.amazon.com/dp/B0BSJ5SVFN>
11. da Fonseca RDE, MG dos Santos, RB Kreider. **Benefícios do Ballet Clássico para gestantes** (Portuguese), Amazon Publishing Services, LLC., Seattle, WA. August 2023, 131 p. ASIN: B0B94N511S
12. dos Santos, MG, LC Rigo, RB Kreider. **Ciências Sociais e Futebol**. (Portuguese). Amazon Publishing Services, LLC., Seattle, WA, January 31, 2023, 219 p. ASIN: B0BTGHZ55C
13. dos Santos, MG, RB Kreider, de Souza, M.C. **A IMPORTÂNCIA DA NUTRIÇÃO E DO TREINAMENTO PARA PRATICANTES DE FUTEBOL** (Portuguese Edition). Amazon Publishing Services, LLC., Seattle, WA, April 26, 2024, 148p. ASIN: B0D2VDHSL7
14. dos Santos, MG, LC Rigo, RB Kreider. **Ciencias Sociales y Fútbol** (Spanish Edition). Amazon Publishing Services, LLC., Seattle, WA, September 18, 2024, 372p. ASIN: B0DHFRD3W4. ISBN: 978-65-01-15531-9

## Book Chapters and Proceedings

1. Kreider, R.B., G.W. Miller, M. Mitchell, C.W. Cortes, V. Miriel, C.T. Somma, S.R. Sechrist, and D. Hill. *Effects of amino acid supplementation on ultraendurance triathlon performance*. In **Proceedings of the First World Congress on Sports Nutrition**. Barcelona, Spain: Enero, 1992, pp. 488-536, 1992.
2. Kreider, R.B., G.W. Miller, D. Schenck, C.W. Cortes, V. Miriel, C.T. Somma, P. Rowland, C. Turner, and D. Hill. *Effects of phosphate loading on maximal and endurance exercise performance*. In **Proceedings of the I World Congress on Sports Nutrition**. Barcelona, Spain: Enero, 1992, pp. 654-694.
3. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, C.T. Somma, S.R. Sechrist, C. Lester, M. Woodhouse, and L.M. Shall. *Bioenergetic and nutritional demands of multistage ultraendurance cycling*. In **Proceedings of the I World Congress on Sports Nutrition**. Barcelona, Spain: Enero, 1992, pp. 733-778.
4. Kreider, R.B., A.C. Fry, and M.L. O'Toole. *Overtraining in sport: Terms, definitions, and prevalence*. In **Overtraining in Sport**. Kreider, R.B., A.C. Fry, and M. L. O'Toole (Eds.). Human Kinetics Publishers, Champaign, IL, pp. vii - ix, 1998.
5. Kreider, R.B. *Central fatigue hypothesis*. In **Overtraining in Sport**. Kreider, R.B., A.C. Fry, and M. L. O'Toole (Eds.). Human Kinetics Publishers, Champaign, IL, pp. 309-331, 1998.
6. Kreider, R.B. *Suplementos alimenticios y la promoción del desarrollo muscular con ejercicio de fuerza-resistencia*. **Proceedings of the VI International Symposium in Sports Applied Sciences**. Biosystems Educational Services. Rosario, Argentina. 6:18-28, 1998. (Spanish)
7. Kreider, R.B. *Suplementación con creatina: análisis del valor ergogénico, seguridad en el aspecto médico, y cuestionamientos*. **Proceedings of the VI International Symposium in Sports Applied Sciences**. Biosystems Educational Services. Rosario, Argentina. 6:29-47, 1998. (Spanish)
8. Kreider, R.B. *Hipotesis de la fatiga central y el sobreentrenamiento*. **Proceedings of the VI International Symposium in Sports Applied Sciences**. Biosystems Educational Services. Rosario, Argentina. 6:128-144, 1998. (Spanish)
9. Kreider, R.B. *Creatine supplementation in exercise and sport*. In **Energy-Yielding Macronutrients and Energy Metabolism in Sports Nutrition**. J. Driskell and I. Wolinsky (Eds.) CRC Press LLC, Boca Raton, FL. 1999. pp. 213-42.
10. Kreider, R.B. *Phosphorus supplementation in exercise and sport*. In **Macroelements, Water, and Electrolytes in Sports Nutrition**. J.

- Driskell and I. Wolinsky (Eds.) CRC Press LLC, Boca Raton, FL. 1999. pp. 29-46.
11. Kreider, R.B. and K. Cahill. *Professional Certification*. In **Introduction to Exercise Science**. S.P. Brown (Ed.) Lippincott, Williams and Wilkins, Baltimore, MD. 2000. pp. 67-81.
  12. Leutholtz, B. and R.B. Kreider. *Exercise and sport nutrition*. In **Nutritional Health**. T. Wilson and N. Temple (Eds.). Humana Press, Inc., Totowa, NJ. 2001. pp. 207 – 239.
  13. Kreider, R.B. *Creatine supplementation in athletes*. In **Sport Supplements: A Complete Guide to Physique and Athletic Enhancement**. J.R. Stout and J. Antonio (Eds.). Lippincott, Williams and Wilkins, Baltimore, MD. 2001. p. 51.
  14. Kreider, R.B. *Nutritional considerations of overtraining*. In **Sport Supplements: A Complete Guide to Physique and Athletic Enhancement**. J.R. Stout and J. Antonio (Eds.). Lippincott, Williams and Wilkins, Baltimore, MD. 2001. pp.199-208.
  15. Kreider, R.B. *Forward*. In Fillon, M. **Ephedra Fact and Fiction**. Woodland Publishing, Orem, UT. 2004
  16. Kreider, RB, Leutholtz BC, Greenwood M. *Creatine*. In **Nutritional Ergogenic Aids**. I. Wolinsky and J. Driskell (Eds.) CRC Press LLC, Boca Raton, FL. 2004. pp. 81-104.
  17. Kreider RB, Leutholtz, BC. *Optimizing Nutrition for Exercise and Sports*. In **Nutritional Health**. T. Wilson, N. Temple, D.R. Jacobs (Eds.). 2nd Ed. Humana Press, Inc., Totowa, NJ. 2006. pp 313-346.
  18. Kreider RB. *Creatine*. In **Sport Nutrition: Fats and Proteins**. J. Driskell (Ed.). Taylor & Francis, Oxford, UK. 2007, pp 165-186.
  19. Kreider RB. *Sports Applications of Creatine*. In Antonio J, Kalman D, Stout J, Greenwood M, Willoughby D, Haff GG. **Essentials of Sport Nutrition & Supplements**. Humana Press Inc., Totowa, NJ. 2008. pp. 417-440
  20. Kreider RB & CD Wilborn. *Weight management*. In: **Nutritional Concerns in Recreation, Exercise, and Sport**. J Driskell and I Wolinsky (Eds.). Taylor & Francis, Oxford, UK. 2009. pp. 167-200.
  21. Kreider, RB, Oliver J, Bragg A. *Lipid Assessment of Athletes*. In **Nutritional Assessment of Athletes**, 2nd Ed. J Driskell and I Wolinsky (Eds.). CRC Press. Taylor & Francis, Oxford, UK. 2010. pp. 235-253.
  22. Kreider, R.B. *Protein*. In: **NSCA Professional Application Series: Nutrition**. Human Kinetics, Champaign, IL. 2011. pp. 33-48.
  23. Kreider RB, NA Schwartz, BC Leutholtz. *Optimizing Nutrition for Exercise and Sport*. In **Nutritional Health**. T. Wilson and N. Temple (Eds.). 3rd Ed. Humana Press, Inc., Totowa, NJ. 2012. pp. 391-434.
  24. Kreider RB, YP Jung. *Athletes Diet*. In **Encyclopedia of Exercise in Health and Medicine**. Springer. Heidelberg, Germany. 2012, pp. 102-104.
  25. Colletta A, RB Kreider. *Exercise prescription and strength and conditioning considerations*. In: **Sport Nutrition Needs for Child and Adolescent Athletes**. C. Kerkick (Ed.), Taylor & Francis. pp. 240-262, 2016.
  26. Kreider RB, DS Kalman, J Antonio, TN Ziegenfuss, R Wildman, DG Candow, CM Kerkick. *Creatine*. In **Handbook of Functional Foods**. R Wildman & R Bruno, Ed., 3<sup>rd</sup> Ed. Routledge Taylor & Francis, Boca Raton, FL. 2019. pp. 267-293.
  27. Vargas S, Romance R, Petro JL, Bonilla DA, Galancho I, Espinar S, Kreider RB, Benitez-Porres J. *Efficacy of ketogenic diet on body composition during resistance training in trained men: a randomized controlled trial*. In: **Advances in Ketogenic Diets**. Muscogiuri, G, V Purohit, RB Kreider, S Vargas, DA Bonilla, II Pipinos, Eds. Scientific Research Publishing, Irvine CA, 2019, pp. 42-58.
  28. Kreider RB, Marcello B. *The Diet Foundation*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 1-18.
  29. Kreider RB, C Wilborn. *Carbohydrate*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 19-48.
  30. Kreider RB, B Campbell. *Protein*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 49-74.
  31. Kreider RB, B Campbell. *Amino Acids*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 75-116.
  32. Kreider RB, B Campbell. *Fat*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 117-142.
  33. Kreider RB, L Taylor. *Vitamins and Minerals*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 143-172.
  34. Kreider RB, C Kerkick. *Water & Fluid Replacement*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 173-188.
  35. Kreider RB, L Taylor, B Marcello. *The Training Table*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 189-204.
  36. Kreider RB, R Collins. *Dietary Supplements*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 205-216.
  37. Kreider RB, B Campbell, C Kerkick. *Muscle Building Supplements*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 217-252.
  38. Kreider RB, C Kerkick. *Performance Enhancement Supplements*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 253-292.
  39. Kreider RB. *Recovery Nutrition*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 293-312.
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41. Kreider RB, C Wilborn. *Weight Loss Supplements*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 336-368.
42. Kreider RB, M Greenwood, M Iosia. *Performance Enhancement Program*. In: Kreider RB. **Essentials of Exercise & Sport Nutrition: Science to Practice**. Lulu Publishers, Raleigh, NC. 2019, pp 369-388.
43. Dobgenski V, Santos M G, Campbell B, & Kreider RB (2021). *The Effect of Short-term Creatine Supplementation Suppresses the Cortisol Response to a High-Intensity Swim-Sprint Workout*. In: **Highlights on Medicine and Medical Research** Vol. 14, 129–136, 2021. <https://doi.org/10.9734/bpi/hmmr/v14/9129D>.
44. Stout, J.; Kreider, R. *Creatine in Health and Disease*. **Encyclopedia**. February 5, 2021. Available online: <https://encyclopedia.pub/entry/10592>.
45. Salgueirosa, F de M, MG dos Santos, RB Kreider. (2022). *The Balance between Carbohydrate and Fat Utilization at Rest and in Progressive Intensity Exercise in the Insulin Resistance*. **Issues and Developments in Medicine and Medical Research** Vol. 7, 30–38, 2022. <https://doi.org/10.9734/bpi/idmmr/v7/1516B>
46. Kreider RB and JR Stout. *Creatine in health and disease*. In **Creatine Supplementation in Health and Clinical Diseases**. RB Kreider and JR Stout (Eds). MDPI Books. Basel Switzerland. March 2022, pp. 1-28.
47. Bonilla DA, RB Kreider, JR Stout, DA Forero, CM Kerksick, MD Roberts, ES Rawson. *Metabolic basis of creatine in health and disease: a bioinformatics-assisted review*. In. **Creatine Supplementation in Health and Clinical Diseases**. RB Kreider and JR Stout (Eds). MDPI Books. Basel Switzerland. March 2022, pp. 29-60.
48. Wax, B.; Kerksick, C.M.; Jagim, A.R.; Mayo, J.J.; Lyons, B.C.; Kreider, R.B. *Creatine for Exercise and Sports Performance, with Recovery Considerations for Healthy Populations*. In. **Creatine Supplementation in Health and Clinical Diseases**. RB Kreider and JR Stout (Eds). MDPI Books. Basel Switzerland. March, 2022, pp. 103-144.
49. Marshall, R.P.; Droste, J.-N.; Giessing, J.; Kreider, R.B. *Role of Creatine Supplementation in Conditions Involving Mitochondrial Dysfunction: A Narrative Review*. In. **Creatine Supplementation in Health and Clinical Diseases**. RB Kreider and JR Stout (Eds). MDPI Books. Basel Switzerland. March 2022, pp. 343-366.
50. Kreider, R.B.; Jäger, R.; Purpura, M. *Bioavailability, Efficacy, Safety, and Regulatory Status of Creatine and Related Compounds: A Critical Review*. In. **Creatine Supplementation in Health and Clinical Diseases**. RB Kreider and JR Stout (Eds). MDPI Books. Basel Switzerland. March 2022, pp. 367-418.
51. Bonilla DA, Moreno Y, Rawson ES, Forero DA, Stout JR, Kerksick CM, Roberts MD, Kreider RB. *A Convergent Functional Genomics Analysis to Identify Biological Regulators Mediating Effects of Creatine Supplementation*. In. **Creatine Supplementation in Health and Clinical Diseases**. RB Kreider and JR Stout (Eds). MDPI Books. Basel Switzerland. March 2022, pp. 453-478.
52. Bonilla DA, Kreider RB, Petro JL, Romance R, García-Sillero M, Benítez-Porres J, Vargas-Molina S. *Creatine Enhances the Effects of Cluster-Set Resistance Training on Lower-Limb Body Composition and Strength in Resistance-Trained Men: A Pilot Study*. In. **Creatine Supplementation in Health and Clinical Diseases**. RB Kreider and JR Stout (Eds). MDPI Books. Basel Switzerland. March 2022, pp. 501-524.
53. Kreider, R. *Creatine Monohydrate*. **Encyclopedia**. March 4, 2022. Available online: <https://encyclopedia.pub/entry/20219>.
54. Gonzalez, D.E., Latt, S.L., Blalock, T., Leutholtz, B., Kreider, R.B. *Optimizing Nutrition for Exercise and Sports*. In: Temple, N.J., Wilson, T., Jacobs, Jr., D.R., Bray, G.A. (eds). **Nutrition and Health**. Humana, Cham. 2023. pp. 357-374. [https://doi.org/10.1007/978-3-031-24663-0\\_29](https://doi.org/10.1007/978-3-031-24663-0_29).
55. Kreider RB, M Humphries. *Creatine*. In **Health Professional's Guide to Dietary Supplements**. TC Wallace, Ed. American Academy of Nutrition and Dietetics. pp. 190 – 199, 2023. ISBN: 978-0-88091-204-4.
56. Sowinski R, RB Kreider. *5-Hydroxytryptophan*. In **Health Professional's Guide to Dietary Supplements**. TC Wallace, Ed. American Academy of Nutrition and Dietetics. p. 23 – 28, 2023. ISBN: 978-0-88091-204-4.
57. Yoo C, RB Kreider. *Lactase*. In **Health Professional's Guide to Dietary Supplements**. TC Wallace, Ed. American Academy of Nutrition and Dietetics. pp. 342 – 346, 2023, ISBN: 978-0-88091-204-4.
58. Gonzalez D, RB Kreider. *Lavender*. In **Health Professional's Guide to Dietary Supplements**. TC Wallace, Ed. American Academy of Nutrition and Dietetics. pp. 354 – 358, 2023. ISBN: 978-0-88091-204-4.
59. Park J, Gonzalez D, RB Kreider. *Protein*. In **Health Professional's Guide to Dietary Supplements**. TC Wallace, Ed. American Academy of Nutrition and Dietetics. pp. 481 – 488, 2023. ISBN: 978-0-88091-204-4.
60. Gonzalez D, RB Kreider. *Bitter Orange*. In **Health Professional's Guide to Dietary Supplements**. TC Wallace, Ed. American Academy of Nutrition and Dietetics. pp. 73 – 76, 2023. ISBN: 978-0-88091-204-4.
61. Dickerson B, D Gonzalez, S Battley, RB Kreider. *Sports Performance: Strength & Conditioning, Nutrition, and Sport Science*. In **Introduction to Exercise Science**. D Knudson (Ed.) Human Kinetics Pub. Champaign-Urbana, IL. 235-268, 2024. ISBN 978-1-7182-0995-4
62. de Souza MC, MG dos Santos, RB Kreider. *Micronutrients in Pregnancy during Sport*. In **Advances in Nutrition**. P Arya (Ed). AkiNik Publications, New Dehli, India. 9:105-115, 2024. [doi.org/10.22271/ed.book.2604](https://doi.org/10.22271/ed.book.2604)
63. Bonilla, D.A.; Kočí, J.; Petro, J.L.; Kreider, R.B. *The Healthy Trinity to Face Non-communicable Diseases: Physical Activity, Nutrition and Sleep*. In **Integrated Science for Sustainable Development Goal 3: Universal Good Health and Well-Being**, Rezaei, N., Ed. Springer Nature Switzerland: Cham, 2024; 10.1007/978-3-031-64292-0\_5pp. 89-121.

## Refereed Journal Articles

1. Kreider, R.B. and W.R. Thompson. *Ketone bodies and ketosis in exercise*. **Annals of Sports Medicine**. 2:170-174, 1986.
2. Cundiff, D.E. and R.B. Kreider. *I tre volti di uno sport*. **Sports and Medicina**. 5:9-13, 1986. (Italian)
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  61. \*Beavers K.M., Serra M.C., Beavers D.P., & Kreider R.B. Analysis of the ability to comply to high carbohydrate and high protein diet prescription. **2007 Sports, Cardiovascular, and Wellness Nutritionists Conference abstract**.
  62. \*Serra M.C., Beavers K.M., Beavers D.P., & Kreider R.B. *Effects of varying macronutrient and total calorie concentrations on dietary compliance among sedentary, obese women*. **2007 Sports, Cardiovascular, and Wellness Nutritionists Conference abstract**.
  63. \*Beavers KM, MC Serra, B Marcello, CM Kerksick, CJ Rasmussen, DP Beavers, RB Kreider. *Body composition data on Division I athletes using dual energy x-ray absorptiometry: body fat percentage*. **2008 Sports, Cardiovascular, and Wellness Nutritionists Conference abstract**.
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  65. Kreider R. *Nutritional Strategies to Optimize Performance*. **2011 Korean International Sport Science Congress Conference**

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66. \*Jung YP, JM Oliver, C Rasmussen, RB Kreider. *Effects of a High Protein Energy-restricted Diet on Body Composition and Markers of Health in Obese Women.* **2011 Korean International Sport Science Congress Conference Abstracts: Exercise Nutrition.** p. 507.
67. Sanchez B, A Coletta, E Galvan, P Jung, R Dalton, K Levers, M Koozehchian, S Simbo, A O'Connor, A Reyes, S Springer, C Goodenough, M Cho, C Rasmussen, RB Kreider. *Influence of five obesity related gene SNP's on body composition and health markers in sedentary obese women.* **SEC Symposium on Obesity Conference Abstracts.** p. 49.
68. Lockard B., J Oliver, E Galvin, K Levers, V Jagim, A Rivera, M Cho, A Jagim, C Baetge, YP Jung, M Koozehchian, S Springer, J Rhodes, J Waltersheid, CH Chang, A Machac, C Kerksick, C Wilborn, L Taylor, T Magrans-Courtney, M Galbreath, R Li, M Ferreira, C Rasmussen, RB Kreider. *Effects of adherence to higher carbohydrate or higher protein hypoenergetic diets while participating in a resistance-training program on obese women with and without metabolic syndrome I.* **SEC Symposium on Obesity Conference Abstracts.** p. 56.
69. Colletta, A. Lockard B., J Oliver, E Galvin, K Levers, V Jagim, A Rivera, M Cho, A Jagim, C Baetge, YP Jung, M Koozehchian, S Springer, J Rhodes, J Waltersheid, CH Chang, A Machac, C Kerksick, C Wilborn, L Taylor, T Magrans-Courtney, M Galbreath, R Li, M Ferreira, C Rasmussen, RB Kreider. *Effects of adherence to higher carbohydrate or higher protein hypoenergetic diets while participating in a resistance-training program on obese women with and without metabolic syndrome II.* **SEC Symposium on Obesity Conference Abstracts.** p. 52.
70. Kreider R. *Creatine in Sport.* **2015 Creatine in Health, Sport, and Medicine Conference Abstracts.**
71. Jung YP, M Koozehchian, R Dalton, C Rasmussen, P Murano, CP Earnest, RB Kreider. *Effects of Acute Pre-Workout Dietary Supplement Ingestion with and without Synephrine on Serum Creatine.* **28<sup>th</sup> International Conference on Sport Sciences Conference Abstracts** (South Korea). August 2016.
72. Jäger R, R Kreider, S. Wells. *Emerging sports ingredients.* **SupplySide West Conference Abstracts.** October 2016.
73. Kreider, RB. *Uses and Application of  $\beta$ -Alanine in Sport Nutrition.* **International Conference on Carnosine and Anserine Conference Abstracts.** September 2017.
74. Kreider, RB. *Beyond Carbohydrate: Role of Protein in Exercise, Training and Medicine.* **2017 International Society of Nutraceuticals and Functional Foods Conference Abstracts.** Gunsan, South Korea. October 23, 2017.
75. Vargas, S. R Romance, JL Petro, DA Bonilla, BJ Schoenfeld, RB Kreider, J Benítez-Porres. *A pilot study examining the effects of menstrual cycle-based training versus traditional undulating program on body composition and strength in resistance-trained women.* **XII Simposio Internacional de Fuerz y Proyeto IronFemm. NSCA Spain National Conference.** Madrid, SPAIN. December 14, 2019.

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## PROFESSIONAL PRESENTATIONS

### INVITED PRESENTATIONS

#### Conferences (Lectures/Tutorial/Symposia)

1. Kreider, R.B., J. Hammett, and D.E. Cundiff. *Acute and Chronic Biochemical and Physiological Responses to Triathlon Performance.* **13th Annual Southeast American College of Sports Medicine Meeting.** Athens, Georgia. January 23, 1986.
2. Kreider, R.B. and D.E. Cundiff. *Physiological Aspects of Triathlon Performance.* **14th Annual Southeast American College of Sports Medicine Meeting.** Charleston, South Carolina. January 27, 1987.
3. Kreider, R.B. *Therapeutic Intervention of Exercise for Diabetic Populations.* **Mississippi Conference on Diabetes.** Hattiesburg, Mississippi. June 20, 1987.
4. Kreider, R.B. *Steroids and Strength Conditioning.* **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting.** Norfolk, Virginia. December 6, 1987.
5. Kreider, R.B. *The Spine: Anatomy and Kinesiology as it Relates to Therapy.* **American Academy of Orthopedic Surgeons.** Virginia Beach, Virginia. April 21, 1988.
6. Kreider, R.B. *Strength Training.* **Cardiopulmonary Exercise Testing/Sports Medicine Annual Conference.** Virginia Beach, Virginia. August 18, 1988.
7. Kreider, R.B. and G.W. Miller. *Ergogenic Aid Update: Effects of Sodium Phosphate Supplementation on Human Performance.* **16th Annual Southeast American College of Sports Medicine Meeting.** Atlanta, Georgia. January 20, 1989.
8. Kreider, R.B. *Principles of Exercise Prescription.* **Mid-Atlantic Annual Nurse Practitioner Conference.** Williamsburg, Virginia. April 13, 1989.
9. Kreider, R.B. *Principles of Exercise Testing and Assessment.* **1989 American College of Sports Medicine Health Fitness Instructor Workshop.** Norfolk, Virginia. May 8, 1989.
10. Kreider, R.B. *Principles of Exercise Prescription and Programming.* **1989 American College of Sports Medicine Health Fitness Instructor Workshop.** Norfolk, Virginia. May 10, 1989.
11. Kreider, R.B. *Nutrition for Optimal Performance.* **Virginia High School League Coaches Association Clinic.** Lynchburg, Virginia. July 9, 1989.
12. Kreider, R.B. *Nutritional Concerns for Track, Cross Country, Wrestling, and Football Athletes.* **Virginia High School League Coaches Association Clinic.** Lynchburg, Virginia. July 10, 1989.



13. Kreider, R.B. *Nutrition for Optimal Performance*. Sentara Leigh Hospital 1989 Annual Sports Medicine Conference. Norfolk, Virginia. November 4, 1989.
14. Kreider, R.B. *Standards in Cardiovascular Rehabilitation*. American Heart Association Cardiac Rehabilitation Professionals Group. Norfolk, Virginia. December 7, 1989.
15. Kreider, R.B., M.H. Williams, C.W. Cortes, T. Drews, and B. Drinkard. *Physiology of Ultraendurance Cycling: The "Tour De Norfolk" Ultraendurance Cycling Study*. 17th Annual Southeast American College of Sports Medicine Meeting. Columbia, SC. February 2, 1990.
16. Kreider, R.B. *Principles of Exercise Testing and Assessment*. 1990 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 7, 1990.
17. Kreider, R.B. *Metabolic Calculations I and II*. 1990 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 8 and 10, 1990.
18. Kreider, R.B. *Principles of Exercise Prescription and Programming*. 1990 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 11, 1990.
19. Kreider, R.B. *Phosphate loading and exercise performance*. 1990 Quaker Oats Sports Medicine Conference: Ergogenics: The Enhancement of Sport Performance. Maui, Hawaii. June 18, 1990.
20. Kreider, R.B., G.W. Miller, and M. Mitchell. *Role of protein oxidation during exercise*. 18th Annual Southeast American College of Sports Medicine Meeting. Louisville, Kentucky. February 1, 1991.
21. Kreider, R.B. *Physiological considerations of ultraendurance exercise*. Exceed of Sports Nutrition Conference. Orlando, Florida, March 8, 1991.
22. Kreider, R.B. *Principles of Exercise Testing and Assessment*. 1991 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 13, 1991.
23. Kreider, R.B. *Metabolic Calculations I and II*. 1991 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 14 and 16, 1991.
24. Kreider, R.B. *Principles of Exercise Prescription and Programming*. 1991 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 15, 1991.
25. Kreider, R.B. *Risk Factor Identification*. 1992 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 11, 1992.
26. Kreider, R.B. *Principles of Exercise Testing and Assessment*. 1992 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 11, 1992.
27. Kreider, R.B. *Metabolic Calculations I and II*. 1992 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 12 and 14, 1992.
28. Kreider, R.B. *Low Back Care*. 1992 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 13, 1992.
29. Kreider, R.B. *Principles of Exercise Prescription and Programming*. 1992 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 14, 1992.
30. Kreider, R.B. *Nutrition, fatigue and the overtraining syndrome: The role of nutrition on physiological, immunological, and psychological responses to exercise*. 20th Annual Southeast American College of Sports Medicine Meeting. Norfolk, Virginia. January 28, 1993.
31. Kreider, R.B. *Functional Anatomy and Kinesiology*. 1993 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 10, 1993.
32. Kreider, R.B. *Principles of Exercise Testing and Assessment*. 1993 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 10, 1993.
33. Kreider, R.B. *Metabolic Calculations I and II*. 1993 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 11 and 13, 1993.
34. Kreider, R.B. *Principles of Exercise Prescription and Programming*. 1993 American College of Sports Medicine Health Fitness Instructor Workshop. Norfolk, Virginia. May 13, 1993.
35. Kreider, R.B. *Update on Ergogenic Aids in Athletics*. 11th Annual Sport and Cardiovascular Nutritionists (SCAN) Symposium. Atlanta, Georgia. April 23, 1994.
36. Kreider, R.B. and A.C. Fry. *Central Fatigue and The Overtraining Syndrome: Current Theories And Research Directions*. Current Research into Sport Sciences International Conference. St. Petersburg, RUSSIA. July 30, 1994.
37. Kreider, R.B. *Current Research In Sport Nutrition*. 23rd Annual Southeast American College of Sports Medicine Meeting. Lexington, KY. February 3, 1995.
38. Kreider, R.B., A.C. Fry, and M. Stone. *Current Physiological Concepts Of Overtraining: Implications For Resistance Exercise*. 23rd Annual Southeast American College of Sports Medicine Meeting. Lexington, KY. February 3, 1995.
39. Kreider, R. and M. Ferreira. *Nutritional Strategies to Enhance Lead Tissue Accretion*. National Strength and Conditioning Association Annual Meeting. Atlanta, GA. June 22, 1996.
40. Kreider, R. *Central fatigue Hypothesis and Overtraining*. International Conference on Overtraining in Sport. Memphis, TN. July 17, 1996.
41. Kreider, R. and M. Ferreira. *Nutritional Strategies to Enhance Lead Tissue Accretion During Resistance-Training*. 25th Annual Southeast American College of Sports Medicine Meeting. Atlanta, GA. January 24, 1997.

42. Ferreira, M. and R. Kreider. *Developing a Sport Nutrition Performance Enhancement Program*. **25th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 24, 1997.
43. Kreider, R. and M. Ferreira. *Nutritional Strategies to Enhance Lead Tissue Accretion During Resistance-Training*. **Tiger Strength Clinic**. Memphis, TN. February 15, 1997.
44. Kreider, R. *Effects of Creatine Supplementation on Strength and Body Composition*. **Dallas Sports Medicine Roundtable**. Dallas, TX. May 5, 1997.
45. Kreider, R. *Creatine Supplementation - The Case For it*. **41<sup>st</sup> Annual American Osteopathic Association Research Conference**. San Antonio, TX. October 21, 1997.
46. Kreider, R. *Creatine Supplementation*. **26th Annual Southeast American College of Sports Medicine Meeting**. San Destin, FL., January 31, 1998.
47. Kreider, R., M. O'Toole, A. Fry, B. Kibler, D. Nieman, and J. Whelan. *Current Issue: Overtraining in Sport*. **45<sup>th</sup> Annual American College of Sports Medicine Meeting**. Orlando, FL. June 5, 1998.
48. Kreider, R., P. Lemon, E. Larson, J. Volek, and M. Stone. *Creatine: Scientific Information and Practical Guidelines*. **NSCA Pre-Conference Symposia**. Nashville, TN. June 24, 1998.
49. Kreider, R. *Nutritional Strategies to Promote Muscle Growth*. **IV International Symposium on Actualization on Sport Sciences**. Rosario, Argentina. October 4 and 5, 1998.
50. Kreider, R. *Creatine Supplementation: Ergogenic Value and Medical Safety*. **IV International Symposium on Actualization on Sport Sciences**. Rosario, Argentina. October 4, 1998.
51. Kreider, R. *Nutritional Considerations to Prevent Overtraining*. **IV International Symposium on Actualization on Sport Sciences**. Rosario, Argentina. October 5, 1998.
52. Kreider, R. *Creatine: New Data on Special Uses in American Football*. **National Strength and Conditioning Association's Sport Specific Training Conference**. Nashville, TN. January 9, 1999.
53. Kreider, R. *Creatine: Contemporary Issues in Baseball*. **National Strength and Conditioning Association's Sport Specific Training Conference**. Nashville, TN. January 9, 1999.
54. Kreider, R.B., M.H. Williams, M. Stone, A.L. Almada. *To Supplement or Not? Ethical and Legal Considerations of Nutritional Supplementation in Sport*. **27th Annual Southeast American College of Sports Medicine Meeting**. Norfolk, VA. February 5, 1999.
55. Pace, D. A. Cashion, K. Engelhardt, P. Cowan, J. Milstead, M. Wicks, R. Winsett, D. Hathaway, and R. Kreider. *Defining health status in women through analysis of cardiac autonomic function*. **Southern Regional Nursing Research Conference**. Charleston, SC. February 1999.
56. Kreider, R.B. *Nutritional Guidelines for Health and Performance*. **Culver Academy**. Culver, IN. March 17, 1999.
57. Kreider, R.B. *Creatine Supplementation*. **Jimmy Stewart L.A. Relay Marathon Sports Medicine Conference**. Santa Monica, CA. April 10, 1999.
58. Kreider, R.B. *Creatine: Why and How To Use It*. **American College Swimming Coaches Association Annual Meeting**. Cancun, Mexico. May 20, 1999.
59. Kreider, R.B. *Overtraining and Nutrition in Swimming*. **American College Swimming Coaches Association Annual Meeting**. Cancun, Mexico. May 22, 1999.
60. Kreider, R.B. *Creatine supplementation: Update on the ergogenic value and medical safety*. **American College Health Association Annual Meeting**. Philadelphia, PA. June 2, 1999.
61. Almada, A.L., R. Kreider, C. Earnest, J. Evans, B. Nickoloff. *The True Role of Real Science in the Future of the Natural Products Industry*. **National Nutrition and Foods Association Annual Meeting**. Las Vegas, NV. July 8 and 11, 1999.
62. Kreider, R.B. *Creatine Supplementation: What Exercise Physiologists Need to Know*. **2nd Annual American Society of Exercise Physiology Annual Meeting**. Albuquerque, New Mexico. October 15, 1999.
63. Almada, A.L., R. Kreider, C. Earnest. *Creatine Supplementation: How does it Work?* **Southwest American College of Sports Medicine Annual Meeting**. November 12, 1999.
64. Kreider, R.B. *Dietary Supplementation For Growth And Strength*. **The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation**. Pesaro, Italy. April 15, 2000.
65. Kreider, R.B. *Nutrition in To Prevent Overtraining*. **The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation**. Pesaro, Italy. April 16, 2000.
66. Kreider, R.B. *Nutrition and Ergogenic Aids*. **ACSM Exercise Leader Workshop**. Tupelo, MS. October 27, 2000.
67. Kreider, R.B. *Performance Enhancement Nutrition: Analysis of Effective and Ineffective Nutritional Ergogenic Aid*. **NACSM Scholar Lecture Series**. Omaha, NE. February 27, 2001.
68. Kreider, R.B. *Performance Enhancement Nutrition: Analysis of Effective and Ineffective Nutritional Ergogenic Aid*. **NACSM Scholar Lecture Series**. Souix Falls, SD. February 27, 2001.
69. Kreider, R.B. *Proteins in Athlete's Diet: Quantitative and Qualitative Angles*. **Italian Fitness Federation**. Parma, Italy. March 3, 2001.
70. Kreider, R.B. *Is Common Nourishment Suitable for Athletes Requirements?* **Italian Fitness Federation**. Parma, Italy. March 3, 2001.
71. Kreider, R.B. *Obesity: Natural bioactives on the horizon. Promises vs. Research*. **Nutricon Annual Meeting**. San Diego, CA. June 9, 2001.
72. Kreider, R.B. *Creatine supplementation: What athletic trainers need to know*. **National Athletic Trainers Association Annual**

**Meeting.** Los Angeles, CA. June 22, 2001.

73. Kreider, R.B. *Effects of Creatine Supplementation on Performance and Training Adaptations.* **6<sup>th</sup> International Meeting on Guanidino Compounds in Biology and Medicine.** Cincinnati, OH. September 1, 2001.
74. Kreider, R.B. *Considerations In Developing A Productive Research Program.* **4<sup>th</sup> Annual American Society of Exercise Physiologists Meeting.** Memphis, TN. September 28, 2001.
75. Kreider, R.B. and T. Ziegenfuss. *Roundtable Discussion: Insights on Establishing Research Collaborations with Industry.* **4<sup>th</sup> Annual American Society of Exercise Physiologists Meeting.** Memphis, TN. September 28, 2001.
76. Kreider, R.B. *ASEP Presidential Address: Directions for the Future.* **4<sup>th</sup> Annual American Society of Exercise Physiologists Meeting.** Memphis, TN. September 28, 2001.
77. Coulston, A.M., Kreider, R.B., Applegate, E.A. *The Role of Sweeteners In A Healthful Diet And Exercise Plan.* **American Dietetic Association Annual Meeting.** St. Louis, MO. October 21, 2001.
78. Kreider RB. Performance enhancement nutrition. **XXV International Congress of the Polish Society of Sport Medicine.** Warsaw, Poland. September 12, 2002.
79. Kreider RB. Effective and ineffective nutritional strategies to promote weight gain and weight loss. **XXV International Congress of the Polish Society of Sport Medicine.** Warsaw, Poland. September 13, 2002.
80. Kreider RB. Recent developments in creatine research. **XXV International Congress of the Polish Society of Sport Medicine.** Warsaw, Poland. September 13, 2002.
81. Kreider RB. Performance enhancement nutrition. **Kotowice Academy of Physical Education.** Kotowice, Poland. September 16, 2002.
82. Kreider RB *Effective and ineffective weight gain and weight loss strategies.* **Big 12 and Friends Annual Recreation Conference.** Waco, TX. October 17, 2002.
83. Kreider RB *Exercise programming for health and fitness.* **Fifth Annual Federation of Italian Fitness Convention.** Sportalia FC, Italy. November 2, 2002.
84. Kreider RB *Advanced methods of strength and conditioning.* **Fifth Annual Federation of Italian Fitness Convention.** Sportalia FC, Italy. November 2, 2002.
85. Kreider RB *Effective and ineffective weight gain and weight loss strategies.* **Fifth Annual Federation of Italian Fitness Convention.** Sportalia FC, Italy. November 2, 2002.
86. Kreider RB *Exercise programming for special populations.* **Fifth Annual Federation of Italian Fitness Convention.** Sportalia FC, Italy. November 3, 2002.
87. Kreider RB *Performance enhancement nutrition.* **Fifth Annual Federation of Italian Fitness Convention.** Sportalia FC, Italy. November 3, 2002.
88. Kreider RB *Effective and ineffective nutritional strategies to promote weight gain and weight loss.* **Society of Italian Fitness and Motor Science.** Rimini, Italy. December 7, 2002.
89. Kreider RB *Performance enhancement nutrition: nutritional strategies to optimize performance and prevent overtraining.* **Society of Italian Fitness and Motor Science.** Rimini, Italy. December 8, 2002.
90. Kreider RB. *Bridging exercise science and sports nutrition: research to support athletic protocols.* **SCAN Symposium 2003: Advancing the Practice of Sports Nutrition.** Chicago, IL. March 14, 2003.
91. Kleiner S, Kreider RB. *Build muscle, gain energy, lose fat.* **SCAN Symposium 2003: Advancing the Practice of Sports Nutrition.** Chicago, IL. March 15, 2003.
92. Kreider RB. *Weight gain and loss supplements.* **2003 State NSCA Clinic.** Denton, TX. April 26, 2003.
93. Kreider RB. *Performance enhancement nutrition.* **2003 Big 12 Team Physician Conference.** San Antonio, TX, June 7, 2003.
94. Kreider RB. *Sports nutrition supplements: On the ball or out of bounds?* **Council for Responsible Nutrition Annual Meeting.** Tucson, AZ. September 15, 2003.
95. Kreider RB. *The Curves fitness and diet program promotes weight loss and improves markers of fitness and health.* **Curves Annual National Convention.** Las Vegas, NV. November 7, 2003.
96. Kreider RB. *Nutrition for strength & power.* 2004 Illinois Dietetic Association Annual Meeting. April 2, 2004.
97. Kreider RB. *An overview of collegiate sports nutrition.* **International Society of Sport Nutrition Annual Meeting.** Las Vegas, NV, June 18, 2004.
98. Kreider RB. *The Science Behind Curves – We Got the Data!* **Curves Annual National Convention.** Las Vegas, NV. November 5, 2004.
99. Kreider, R.B. *Creatine Supplementation: Hype or Help.* Wheaton University's Center for Applied Christian Ethics Trialogue Workshop. **Wheaton University.** Chicago, IL. March 16, 2005.
100. Kreider, R.B. *Performance Enhancement Nutrition.* Wheaton University's Athletic Department. **Wheaton University.** Chicago, IL. March 16, 2005.
101. Kreider, R.B. *Ethics of Ergogenic Aids in Human Performance.* Wheaton University's Center for Applied Christian Ethics Trialogue Workshop. **Wheaton University.** Chicago, IL. March 16, 2005.
102. Kreider RB. *Curves Research Update.* **Curves Annual National Convention.** Las Vegas, NV. November 11, 2005.
103. Kreider, R.B. *Obesity & Weight Management.* **Texas Nurse Practitioner's Annual Conference.** Waco, TX February 25, 2006.
104. Kreider R.B. *Overtraining in Endurance Sports.* **Central America and Caribbean Congress of Medicine and Sports Sciences.**

- Cartagena, Columbia, South America. March 8, 2006.
105. Kreider R.B. *Nutrition for Endurance Sports*. **Central America and Caribbean Congress of Medicine and Sports Sciences**. Cartagena, Columbia, South America. March 8, 2006.
  106. Kreider, R.B. Protein and Amino Acids. **ISSN Sport Nutrition Conference**. Virginia Beach, VA. March 30, 2006.
  107. Kreider, R.B. *JISSN Update*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 16, 2006.
  108. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Las Vegas, NV. November 4, 2006.
  109. Kreider, RB. Academic and Professional Preparation for Careers in Sport Nutrition. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 12, 2007.
  110. Kreider RB. *Optimizing health, fitness, and wellness in women*. **Nutrition & Food Update: Women's health issues across the life cycle**. Lincoln, NE. September 6, 2007.
  111. Kreider RB. *Strength training: Practical applications to fit any lifestyle*. **Nutrition & Food Update: Women's health issues across the life cycle**. Lincoln, NE. September 6, 2007.
  112. Kreider RB. *Curves Research Update*. Lincoln, NE. September 6, 2007.
  113. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Orlando, FL. November 9, 2007.
  114. Kreider RB. *Nutritional strategies to optimize muscle hypertrophy*. **2008 Arnold Classic Strength Summit**. Cincinnati, OH, March 1, 2008.
  115. Kreider, RB, Jitomir J, Thomas PR. *The Golfer: Training, Diet & Psychological Performance Considerations*. **World Congress on Golf V**. Phoenix, AZ. March 24, 2008.
  116. Kreider, RB. *Sport Nutrition*. **Pharmacy Development Series: Vitamins, Minerals, & Dietary Supplements**. New York, NY. May 16, 2008.
  117. Kreider, RB. *Nutritional strategies to optimize performance and reduce overtraining*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 9, 2008.
  118. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Orlando, FL. October 11, 2008.
  119. Kreider R. *Preventing Overtraining*. **Strength Pro Strength Summit**. Columbus, OH. March 6, 2009.
  120. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Nashville, TN. November 6, 2009.
  121. Kreider RB. *Curves Health & Fitness Initiative*. **Austin Curves**. Austin, TX. January 21, 2010.
  122. Chodzko-Zajko, W and R.B. Kreider. *The Department Chair as a bearer of bad news*. **American Kinesiology Association Workshop**. Dallas, TX. February 1, 2010.
  123. Canon, J. Culbertson, M. Byrd, C. Rasmussen, P. Jung, D. Khanna, M. Koozehchian, M. Mardock, J. Oliver, S. Simbo, R. Kreider, FACSM. Effects of a 30-Day Fitness Challenge on Body Composition and Markers of Health in Women. Texas ACSM. Houston, TX. February 5, 2010.
  124. Kreider RB. *Nutrition, Fitness, & Weight Management: Gender Differences and Similarities*. **NIH Women's Health Lecture Series. National Institutes of Health**. Bethesda, MD, March 26, 2010.
  125. Kreider RB, Jäger R, Purpura M, Shao A, Inoue T. *Analysis of the efficacy, safety, and regulatory status of novel forms of creatine*. **Cambridge Creatine Conference**. July 9, 2010, Cambridge UK.
  126. Poortmans, J., Kreider R, Rawson E. *Creatine in Health and Medicine*. **Cambridge Creatine Conference**. July 10, 2010, Cambridge UK.
  127. Kreider RB. *Curves Research Update*. **Curves Annual National Convention**. Videotaped September 28, 2010. Presented at Curves Conventions in Atlantic City, Atlanta, Chicago, and Las Vegas during October - November 2010.
  128. Kreider R. *Energy drinks: Analysis of the ergogenic value and guidelines for appropriate use*. **International Society of Sport Nutrition Annual Meeting**. Las Vegas, NV. June 24, 2011
  129. Kreider R, R Harris, D Willoughby. *Creatine and protein/amino acid roundtable*. **International Society of Sport Nutrition**. Las Vegas, NV. June 24, 2011.
  130. Kreider R. *Nutritional Strategies to Optimize Performance*. **23rd International Sport Science Congress: Korean Society of Exercise Nutrition**. Keimyung University. Daegu, South Korea. August 26, 2011.
  131. Kreider RB. *Curves Research Update*. **Curves Annual National Conventions**. Videotaped October 21, 2011. Presented at Curves Conventions in Atlantic City, Atlanta, Chicago, and Las Vegas during November, 2011.
  132. Ziegenfuss T, R Kreider, H Lopez, R Wildam, R Jäger. *Roundtable discussion: Supplements that promote fat loss, muscle gain, and performance enhancement*. **International Society of Sports Nutrition Annual Meeting**. Clearwater, FL. June 22, 2012.
  133. Kreider RB. *The power of combining a modest exercise program and nutrition manipulations to impact health, body composition and fitness in an overweight and obese population*. **National Strength & Conditioning Annual Meeting**. Providence, RI. July 13, 2012.
  134. Kreider RB. *Role of nutrition in mitigating overtraining and exercise-induced immunosuppression*. **National Strength & Conditioning Annual Meeting**. Providence, RI. July 14, 2012.
  135. Kreider RB. *Curves Research Update*. **Curves Annual National Conventions**. Videotaped October 10, 2012. Presented at Curves National Convention Las Vegas during October 2012.
  136. Kreider RB. *Creatine supplementation in exercise, sport, and medicine*. Advances in Nutrition and Training in Soccer. **Italian Society of Sport Nutrition and Wellness**. Florence, Italy, October 27, 2012.
  137. Kreider RB. *Role of fruits and vegetables in sports medicine and athletic performance*. **5<sup>th</sup> International Symposium on Human Health Effects of Fruits and Vegetables**. Dharwad, Karnataka, India, January 8, 2013.
  138. Kreider RB (moderator), SA Snipes, RJ Paxton, LR Reitzel, LL Strong. *Training the next generation of health disparities and Kellogg's*

scholars. **Disparities in America: Working Towards Social Justice**. Houston, TX. June 20, 2013.

139. Kreider RB. *Safety and efficacy of energy drinks: implications on health and performance*. **American College of Nutrition**. San Diego, CA. November 16, 2013.
140. Kreider RB. *Energy density – an effective strategy for weight loss*. **American Heart Association**. Dallas, TX. November 19, 2013.
141. Kreider RB. *Strategies for obtaining external funding from non-governmental agencies*. **American Association of Health Behavior**. Charleston, SC. March 16, 2014.
142. Kreider RB. *Creatine in Sport*. **2015 Creatine in Health, Sport, and Medicine Conference**. Leufen, Germany. April 23, 2015.
143. R Kreider, A Mendez-Villanueva, X Valle, A Boldon. *Examining Sports Performance with a Global Study*. **Doha Goals Forum**. Los Angeles, CA, July 27, 2015.
144. R Kreider. *Role of Amino Acids in Reducing Fatigue and Overtraining*. **1<sup>st</sup> Annual International Society of Sport Nutrition Brazil**. Brasilia, Brazil, November 21, 2015.
145. R Kreider. *New Insights on Creatine in Health & Sport*. **Texas American College of Sports Medicine Annual Meeting**. College Station, TX. March 4, 2016.
146. Kreider RB. *Current trends in sport nutrition research and practice*. **28<sup>th</sup> International Sports Science Congress**. Hanyang, South Korea, August 26, 2016.
147. Jäger R, R Kreider, S. Wells. *Emerging sports ingredients*. **SupplySide West**, Las Vegas, NV. October 7, 2016.
148. Kreider, RB. *Uses and Application of  $\beta$ -Alanine in Sport Nutrition*. **International Conference on Carnosine and Anserine**. Louisville, KY. September 13, 2017.
149. Kreider, RB. *Beyond Carbohydrate: Role of Protein in Exercise, Training and Medicine*. **2017 International Society of Nutraceuticals and Functional Foods**. Gunsan, South Korea. October 23, 2017.
150. Kreider, RB. *Role of protein in exercise, training, and health*. **2018 International Congress on Academia and Fitness**. Medellín, Colombia. February 15, 2018.
151. Kreider RB, C Peña, Mayol L. *Panel Discussion*. **2018 International Congress on Academia and Fitness**. Medellín, Colombia. February 16, 2018.
152. Kreider RB. *Emerging Nutritional Ingredients*. **2018 International Congress on Academia and Fitness**. Medellín, Colombia. February 16, 2018.
153. Kreider RB, G Bustamante, F Pradas. *Panel Discussion*. **2018 International Congress on Academia and Fitness**. Medellín, Colombia. February 16, 2018.
154. Kreider RB. *Exercise, Nutrition and Kinesiology*. **National Academy of Kinesiology**. Chicago, IL. September 21, 2018.
155. Kreider RB. *Cognitive and neuroprotective effects of creatine, citicoline, and omega 3-fatty acids*. **2018 International Society of Nutraceuticals and Functional Foods**. Vancouver, BC Canada. October 15, 2018.
156. Kreider RB. *Exercise and nutritional strategies to promote weight loss*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training**, Medellín, Colombia, November 10, 2018.
157. Kreider RB. *Classification and the industry of dietary supplements*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, Medellín, Colombia, November 12, 2018.
158. Kreider RB. *Nutritional strategies to enhance performance*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, Medellín, Colombia, November 12, 2018.
159. Kreider R. *The state of the science of sport nutrition*. **Sport Nutrition Summit**. San Diego, CA, January 23, 2019.
160. Kreider R. *Nutritional strategies to prevent overtraining*. **2019 International Congress on Academia and Fitness**. Medellín, Colombia. February 25, 2019.
161. Kreider R. *Role of energy drinks and pre-workout supplements on performance and training*. **2019 International Congress on Academia and Fitness**. Medellín, Colombia. February 26, 2019.
162. Wildman R, C Kerkick, B Schoenfeld, RB Kreider. *Nutrition Special Interest Group roundtable discussion: Assessment of energy intake*. **National Strength and Conditioning Association Annual Meeting**. Washington, DC, July 12, 2019.
163. Kreider RB. *Strength, Conditioning & Nutritional Considerations for the High-level Performer*. **National Academy of Kinesiology Annual Meeting**. Bellevue, WA, September 13, 2019.
164. Kreider R. *Ingredients shown to enhance cognitive performance and neuroprotection for active consumers, athletes, military and gamers*. **SupplySide West**, Las Vegas, NV. October 18, 2019.
165. Kreider RB. *Exercise and nutritional strategies to promote weight loss*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, San Jose, Costa Rica, October 25, 2019.
166. Kreider RB. *Emerging sports ingredients*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, San Jose, Costa Rica, October 26, 2019.
167. Kreider RB. *Supplementation: selection, dosages, and recommendations*. **2<sup>nd</sup> Ibero-American Symposium in Sports and Physical Activity: Nutrition and Training Workshop**, San Jose, Costa Rica, October 27, 2019.
168. Kreider RB. *Mental attitude during training*. **ATP Science Health Summit**, Gold Coast, Australia. November 2, 2019.
169. Kreider RB. *Fueling your brain*. **ATP Science Health Summit**, Gold Coast, Australia. November 2, 2019.
170. Kreider RB. *Panel discussion*. **ATP Science Health Summit**, Gold Coast, Australia. November 3, 2019.
171. Kreider RB. *Embracing entrepreneurship and innovation in kinesiology*. **American Kinesiology Association 2019 Leadership Institute Webinar**. November 13, 2019.

172. Kreider RB. *American Kinesiology Association Leadership Institute Workshop Mentor*. **American Kinesiology Association Annual Meeting**. Tampa, FL. January 23 – 24, 2020.
173. Kreider RB. *Embracing entrepreneurship and innovation in kinesiology*. **American Kinesiology Association 2020 Leadership Institute Webinar**. June 30, 2020.
174. Kreider RB and S. Arent. *Tribute to Dr. Mike Greenwood*. **International Society of Sports Nutrition Annual Meeting**. Daytona Beach, FL. September 12, 2020.
175. Kreipke V, Persaud H, RB Kreider, H Lopez, C Lockwood. *Proven Performance: Developing a Highly Efficient, Cost-Effective Research Program*. **American Herbal Products Association Virtual Sports Nutrition Congress**. October 21, 2020. (Webinar)
176. Lorenzo D, E Harvey, RB Kreider, S Perez Ojalvo. *How supplement brands can win at esports*. **Nutrition 21 Webinar**. December 9, 2020. (Webinar)
177. Kreider RB, DA Bonilla. *Emergent nutrients to optimize sport performance*. **Sports Nutrition International Conference: from Evaluation to Monitoring (SNIC)**. Mexico City, Mexico, February 6, 2021. (Webinar).
178. Kreider RB. *Nutrition to optimize body composition, performance, and health*. **Fivestars 15<sup>th</sup> International Congress on Sport Nutrition**. Madrid, Spain. February 7, 2021 (Webinar).
179. Kreider RB. *Embracing entrepreneurship and innovation in kinesiology*. **American Kinesiology Association 2020 Leadership Institute Webinar**. March 24, 2021 (Webinar).
180. Kreider RB. *JISSN update*. **International Society of Sports Nutrition Annual Conference**. St. Petersburg, FL, June 12, 2021.
181. Kreider RB. *Mike Greenwood Memorial Research Session*. **International Society of Sports Nutrition Annual Conference**. St. Petersburg, FL, June 12, 2021.
182. Kreider RB. *Safety and efficacy of creatine supplementation in exercise, sport and medicine*. **ISSN Position Stand Webinar**. February 12, 2022.
183. Kreider RB. *Creatine for health and performance throughout the lifespan*. **2022 Sport and Active Nutrition Summit**. San Diego, CA. February 15, 2022.
184. Kreider RB & JR Stout. *Creatine in health and disease*. **International Conference on Creatine in Health and Disease Throughout the Lifespan**. Atlanta, GA. March 16, 2022.
185. Kreider RB, J Bezler, JR Stout, D. Bonilla, S Ellery, A Jagim. *Panel Discussion*. **International Conference on Creatine in Health and Disease Throughout the Lifespan**. Atlanta, GA. March 16, 2022.
186. Kreider RB, KK Harmon, A Smith-Ryan, D Candow, E Rawson, B Gualano. *Panel Discussion*. **International Conference on Creatine in Health and Disease Throughout the Lifespan**. Atlanta, GA. March 17, 2022.
187. Kreider RB, K Drescher, L Yang, M Balestrino, H Clarke, CHT Hall. *Panel Discussion*. **International Conference on Creatine in Health and Disease Throughout the Lifespan**. Atlanta, GA. March 18, 2022.
188. Kreider RB, JR Stout, S Bakker, M Tarnopolsky, S Forbes. *Panel Discussion*. **International Conference on Creatine in Health and Disease Throughout the Lifespan**. Atlanta, GA. March 19, 2022.
189. Kreider RB. *Embracing entrepreneurship and innovation in kinesiology*. **American Kinesiology Association 2020 Leadership Institute Webinar**. April 22, 2022 (Webinar).
190. Kreider RB, Yoo C, Ko J. *The role of creatine in health and disease*. **Korean Society of Exercise Nutrition Annual Meeting**. Seoul, South Korea, May 19, 2022 (Presentation taped for broadcast at the conference).
191. Kreider RB. *JISSN update*. **International Society of Sports Nutrition Annual Conference**. Fort Lauderdale, FL, June 18, 2022.
192. Kreider RB. *Mike Greenwood Memorial Research Session*. **International Society of Sports Nutrition Annual Conference**. Fort Lauderdale, FL, June 18, 2022.
193. Kreider RB. *Recommendations for research groups*. **DBSS Diploma Program: Methodology of Scientific Research in Sport Science**. Webinar from Bogota, Colombia, December 16, 2022.
194. Williams N, T Gavin T, P McCullagh, D Knudson, R Kreider, M Rudisill. *The discipline of kinesiology*. **American Kinesiology Association Leadership Institute Workshop**. January 4, 2023 (Webinar).
195. Gavin T, N Williams, P McCullagh, D Knudson, B Focht, R Kreider, L Dormier, M Rudisill. *AKA undergraduate core curriculum*. **American Kinesiology Association Leadership Institute Workshop**. January 4, 2023 (Webinar).
196. Gavin T, T Templin, N Williams, R Kreider, M Rudisill. *Understanding national trends in kinesiology & higher education*. **American Kinesiology Association Leadership Institute Workshop**. January 4, 2023 (Webinar).
197. Rudisill M, T Gavin, T Templin, N Williams, B Focht, D Knudson, R Kreider. *University structure and unit budget models*. **American Kinesiology Association Leadership Institute Workshop**. January 5, 2023 (Webinar).
198. Williams N, T Gavin, T Templin, M Rudisill, B Focht, D Knudson, R Kreider. *Personnel: managing faculty and staff*. **American Kinesiology Association Leadership Institute Workshop**. January 5, 2023 (Webinar).
199. Bartholomew J, N Williams, T Gavin, M Rudisill, R Kreider, D Knudson, B Focht. *Legal issues and pitfalls*. **American Kinesiology Association Leadership Institute Workshop**. January 6, 2023 (Webinar).
200. Rudisill M, R Kreider, D Knudson, L Dormier, B Focht, P McCullagh, N Williams, T Gavin. *General leadership characteristics, the role of shared governance, importance of effective communication, strategies for implementing change*. **American Kinesiology Association Leadership Institute Workshop**. January 6, 2023 (Webinar).
201. Kreider RB. *Embracing entrepreneurship and innovation in kinesiology*. **American Kinesiology Association Leadership Institute Webinar**. March 23, 2023 (Webinar).

202. Kreider RB. *JISSN editor update*. **International Society of Sports Nutrition Annual Conference**. Fort Lauderdale, FL, June 17, 2023.
203. Kreider RB. *Mike Greenwood Memorial Research Session*. **International Society of Sports Nutrition Annual Conference**. Fort Lauderdale, FL, June 17, 2023
204. Kreider RB. *Optimizing Performance in the Youth Population*. **1<sup>st</sup> International Congress on Nutrition Applied to Physical Activity and Sport & SIDANE V Symposium o Nutrition and Training**. Medellin, COL, September 21, 2023.
205. Kreider RB. *Classification and the Industry of Dietary Supplements*. **1<sup>st</sup> International Congress on Nutrition Applied to Physical Activity and Sport & SIDANE V Symposium o Nutrition and Training**. Medellin, COL, September 25, 2023.
206. Gavin T, H Van Mullem, A Mason, B Focht, L Dornier, M Utriel, M Rudisill, M Gray, P McCullagh, R Kreider, S Michaliszyn, S Elmer, T Liu, M Solmon. *AKA undergraduate core curriculum*. **American Kinesiology Association Leadership Institute Workshop**. January 3, 2024 (Webinar).
207. Gavin T, H Van Mullem, A Mason, B Focht, L Dornier, M Utriel, M Rudisill, M Gray, P McCullagh, R Kreider, S Michaliszyn, S Elmer, T Liu, M Solmon. *Understanding national trends in kinesiology & higher education*. **American Kinesiology Association Leadership Institute Workshop**. January 3, 2024 (Webinar).
208. Rudisill M, A Mason, B Focht, L Dornier, M Utriel, M Gray, P McCullagh, R Kreider, S Michaliszyn, S Elmer, T Liu, M Solmon. *University structure and unit budget models*. **American Kinesiology Association Leadership Institute Workshop**. January 4, 2024 (Webinar).
209. Gavin T, H Van Mullem, A Mason, B Focht, L Dornier, M Utriel, M Rudisill, M Gray, P McCullagh, R Kreider, S Michaliszyn, S Elmer, T Liu, M Solmon. *Personnel: managing faculty and staff*. **American Kinesiology Association Leadership Institute Workshop**. January 4, 2024 (Webinar).
210. Bartholomew J Gavin T, H Van Mullem, A Mason, B Focht, L Dornier, M Utriel, M Rudisill, M Gray, P McCullagh, R Kreider, S Michaliszyn, S Elmer, T Liu, M Solmon. *Legal issues and pitfalls*. **American Kinesiology Association Leadership Institute Workshop**. January 5, 2024 (Webinar).
211. Gavin T, H Van Mullem, A Mason, B Focht, L Dornier, M Utriel, M Rudisill, M Gray, P McCullagh, R Kreider, S Michaliszyn, S Elmer, T Liu, M Solmon. *General leadership characteristics, the role of shared governance, importance of effective communication, strategies for implementing change*. **American Kinesiology Association Leadership Institute Workshop**. January 5, 2024 (Webinar).
212. Kreider RB. *Versatility of Creatine for Health and Performance*. **Sports and Dietary Supplements Symposium**. February 1, 2024 (Webinar).
213. Kreider RB. *JISSN editor update*. **International Society of Sports Nutrition Annual Conference**. Bonita Springs, FL, June 20, 2024.
214. Kreider RB. *Mike Greenwood Memorial Research Session*. **International Society of Sports Nutrition Annual Conference**. Bonita Springs, FL, June 20, 2024
215. Gonzalez DE and RB Kreider. *Tactical Athlete Nutrition: Considerations for Health and Performance*. **National Strength and Conditioning Association Annual Meeting**. Baltimore, MD, July 11, 2024.
216. Kreider, R.B. *Sports Nutrition*. **Happy Habit Irish Science Podcast**. October 5, 2024.
217. Kreider R.B. *Weight loss research methods and findings*. **ATA Project Workshop, University of Autonomous of Baja California**, Mexicali, MX, November 20, 2024. D. Bonilla translation.
218. Kreider R.B. *Effects of Ketogenic Diets on Metabolism, Performance and Training*. **International Congress on Physical Activity and Sports Science (SIDANE VI)**. University of Autonomous of Baja California, Tijuana, MX, November 21, 2024. D. Bonilla translation.
219. Kreider R.B. *Creatine for Health Symposia*. **International Congress on Physical Activity and Sports Science (SIDANE VI)**. University of Autonomous of Baja California, Tijuana, MX, November 21, 2024. D. Bonilla translation
220. Kreider R.B and D. Bonilla. *Dietary Supplements: Definition*. **International Congress on Physical Activity and Sports Science (SIDANE VI)**. University of Autonomous of Baja California, Tijuana, MX, November 22, 2024.
221. Kreider R.B and D. Bonilla. *Dietary Supplements: Definition and Legal Aspects*. **International Congress on Physical Activity and Sports Science (SIDANE VI)**. University of Autonomous of Baja California, Tijuana, MX, November 23, 2024.
222. Gavin T, Mason A, H Van Mullem, J Carter, T Gavin Dornier, M Utriel, M Rudisill, P McCullagh, R Kreider, S Michaliszyn, S Elmer. *AKA undergraduate core curriculum*. **American Kinesiology Association Leadership Institute Workshop**. January 6, 2025 (Webinar).
223. Mason A, H Van Mullem, J Carter, T Gavin Dornier, M Utriel, M Rudisill, P McCullagh, R Kreider, S Michaliszyn, S Elmer. *Understanding national trends in kinesiology and higher education*. **American Kinesiology Association Leadership Institute Workshop**. January 6, 2025 (Webinar).
224. Rudisill M, A Mason, L Dornier, M Utriel, P McCullagh, R Kreider, S Michaliszyn, S Elmer. *University structure and unit budget models*. **American Kinesiology Association Leadership Institute Workshop**. January 7, 2025 (Webinar).
225. Mason A, H Van Mullem, T Gavin, L Dornier, M Utriel, M Rudisill, M Gray, P McCullagh, R Kreider, S Michaliszyn, S Elmer. *Personnel: managing faculty and staff*. **American Kinesiology Association Leadership Institute Workshop**. January 7, 2025 (Webinar).

226. Reckowsky C, T Gavin, Mason A, H Van Mullem, Dornier, M Utriel, M Rudisill, P McCullagh, R Kreider, S Michaliszyn, S Elmer. *Personnel: Managing faculty and staff from an HR perspective*. **American Kinesiology Association Leadership Institute Workshop**. January 7, 2025 (Webinar).
227. Bartholomew J Gavin T, H Van Mullem, A Mason, L Dornier, M Utriel, M Rudisill, P McCullagh, R Kreider, S Michaliszyn, S Elmer. *Legal issues and pitfalls: FERPA, HIPAA, Free Speech*. **American Kinesiology Association Leadership Institute Workshop**. January 8, 2025 (Webinar).
228. Van Mullem H, Gavin T, A Mason, L Dornier, M Utriel, M Rudisill, P McCullagh, R Kreider, S Michaliszyn, S Elmer, M Gray, T Liu. *General leadership topics: leadership characteristics, implementing change, shared governance, communication, crisis management*. **American Kinesiology Association Leadership Institute Workshop**. January 8, 2025 (Webinar).
229. Kreider RB. *The creatine for health initiative*. **Creatine for Health 2025 Conference**, Munich, Germany, March 12, 2025.
230. Wallimann T, S. Ostojic, D. Candow, J Stout, Kreider RB (moderator). *Creatine and aging panel discussion*. **Creatine for Health 2025 Conference**, Munich, Germany, March 12, 2025.
231. Ellery S, A Smith-Ryan, SM Kleiner, A Brown, Kreider RB (moderator). *Creatine and women's health panel discussion*. **Creatine for Health 2025 Conference**, Munich, Germany, March 13, 2025.
232. Tarnopolsky M, M Balestrino, A Post, S Doorenbos, S Ostojic, Kreider RB (moderator). *Creatine and diseases panel discussion*. **Creatine for Health 2025 Conference**, Munich, Germany, March 13, 2025.
233. Leal P, L Yang, DA Bonilla, U Schlattner, K Drescher, Kreider RB (moderator). *Creatine metabolism in health and disease panel discussion*. **Creatine for Health 2025 Conference**, Munich, Germany, March 14, 2025.
234. Kerkick C, E Rawson, P Renshaw, J Pratt, Kreider RB (moderator). *Creatine and cognitive function panel discussion*. **Creatine for Health 2025 Conference**, Munich, Germany, March 14, 2025.
235. Kreider RB. *Creatine safety*. **Creatine for Health 2025 Conference**, Munich, Germany, March 15, 2025.
236. Stout J, S Forbes, T Ziegenfuss, RP Marshall, RB Kreider, C Kerkick (moderator). *Creatine and cognitive function panel discussion*. **Creatine for Health 2025 Conference**, Munich, Germany, March 15, 2025.
237. Kreider RB. *Embracing entrepreneurship and innovation in kinesiology*. **American Kinesiology Association Leadership Institute Webinar**. March 18, 2024 (Webinar).

#### Invited Presentations for Universities/Industry/Government

1. Kreider, R.B. *Role of Amino Acids and Phosphate on Exercise*. **PepsiCo All Sport Medical Advisory Board Meeting**. San Diego, CA. July 8, 1992.
2. Kreider, R.B. *Strategies for Developing Health Promotion Programs*. **United States Air Force Process Action Team**. Hampton, VA. March 30, 1993.
3. Kreider, R.B. *Health Promotion Programs at the Worksite*. **City of Norfolk, City College**. Norfolk, VA. April 8, 1993.
4. Kreider, R.B. *Employee Risk Factor Identification*. **American Heart Association - Tidewater Affiliate, Heart at Work Committee**. Virginia Beach, VA. April 21, 1993.
5. Kreider, R.B. *The Role of Amino Acids in Fatigue, the Overtraining Syndrome, and Immunosuppression*. **West Virginia University Medical School**. Morgantown, WV. May 17, 1993.
6. Kreider, R.B. *The Role of Amino Acids in Fatigue, the Overtraining Syndrome, and Immunosuppression*. **Florida Atlantic University**. Boca Raton, FL. July 8, 1993.
7. Kreider, R.B. *The Role of Amino Acids in Fatigue, the Overtraining Syndrome, and Immunosuppression*. **Memphis State University**. Memphis, TN. October 13, 1993.
8. Kreider, R.B. *Nutritional Guidelines for Athletes*. **Arkansas State University**. Jonesboro, AR. March 8, 1999.
9. Kreider, R.B. *The Future of Exercise Science*. **The University of Delaware**. Newark, DE. April 6, 1999.
10. Kreider, R.B. *Analysis of Effective and Ineffective Nutritional Ergogenic Aids*. **GNC Sport Summit**. Park City, Utah. June 6, 2000.
11. Kreider, R.B. *Considerations in Developing A Productive Research Program*. **University of Mississippi**. Oxford, MS. October 27, 2000.
12. Kreider, R.B. *Effects of Intact Colostrum and Turbo ATP Supplementation During Training On Body Composition, Strength, And Anaerobic Power*. **GNC Sport Summit**. Boca Raton, FL. January 26, 2001.
13. Kreider, R.B. *Effects Of Intact Colostrum And Turbo ATP Supplementation During Training On Body Composition, Strength, And Anaerobic Power*. **Royal Numico Research Department**. Wageningen, Netherlands. March 5, 2001.
14. Kreider, R.B. *Nutrition & Performance Enhancement*. **Proctor & Gamble Future Work Conference**. Cincinnati, OH. April 28, 2003.
15. Kreider, R.B. *Curves Women's Health Initiative*. Department of Kinesiology, **University of Texas**. Austin, TX. November 16, 2004.
16. Kreider R.B. *Promoting weight loss and maintenance in women: The Curves Women's Health & Fitness Initiative*. **Southwestern Medical Center Obesity Conference**. Fort Worth, TX. November 19, 2008.
17. Kreider R. *Bridging the translational research gap through exercise and nutrition research*. **Intercollegiate Faculty of Nutrition Seminar**. Texas A&M University. February 14, 2011.
18. Kreider R. *Exercise and Sport Nutrition Lab: Research Overview*. **3rd Annual VPX Science Summit**. Fort Lauderdale, FL.



- September 17, 2011.
19. Kreider R. *Bridging the translational research gap through exercise and nutrition research*. **TAMHSC Grand Rounds**. College Station, TX. January 17, 2012.
  20. Kreider R. *Potential use of fruits and vegetables in sports nutrition*. **Science for Foods for Health Seminar**. Department of Nutrition Sciences, Texas A&M University. College Station, TX. March 6, 2012.
  21. Kreider R. *Bridging the translational research gap through exercise and nutrition research*. **TAMHSC Summer Research Program Seminar Series**. College Station, TX. June 5, 2012.
  22. Kreider R. *Grant writing: corporate and private agencies*. **CEHD Council of Principal Investigators**. College Station, TX. November 6, 2013.
  23. Kreider R. *Roles of fruits and vegetables in sports medicine and athletic performance*. **Vegetable and Fruit Improvement Center 20<sup>th</sup> Anniversary Conference**. College Station, TX. February 25, 2014.
  24. Kreider R. *Bridging the translational research gap through exercise and nutrition research*. **TAMHSC Summer Research Program Seminar Series**. College Station, TX. June 17, 2014.
  25. Kreider R. *Safety and efficacy of energy drinks: Implications on health and performance*. **Nutraceutical Short-Course on Functional Beverages**. Texas A&M University. August 26, 2014.
  26. Kreider R. *Optimizing weight loss and management: The Women's Health & Fitness Initiative*. **Department of Exercise Science**, University of South Carolina. Columbia, SC. August 29, 2014.
  27. Kreider R. *Optimizing weight loss and maintenance through exercise and nutrition: Perspectives from 10 years of experience conducting the Curves Women's Health & Fitness Initiative*. **Texas A&M Nutrition Obesity Research Mini- Symposium**. Texas A&M University, College Station, TX. October 31, 2014.
  28. Kreider R. *Exercise, nutrition, and health research: Translation of science into practice*. **School of Kinesiology**. Auburn University. Auburn, AL. November 7, 2014.
  29. Kreider R. *Nutrition in Sports: Ergogenic nutrients and potential Applications of Vegetables and Fruit Bioactives*. **Science for Foods for Health Seminar**. Department of Nutrition Sciences, Texas A&M University. College Station, TX. November 20, 2014.
  30. R Kreider. *Research Opportunities*. **University of Baja California**, Tijuana, Mexico, November 15, 2015.
  31. R. Kreider and International Panel. *Exercise Science Roundtable*. **University of Baja California**, Tijuana, Mexico, November 15, 2015.
  32. R Kreider. *Exercise, Nutrition and Health Research Overview*. **University of Baja California**, Tijuana, Mexico, November 15, 2015.
  33. R Kreider. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Texas ACSM Spring Scholar Lecture Tour**. West Texas A&M University, Canyon, TX. April 4, 2016.
  34. R Kreider. *Exercise and Nutritional Strategies to Optimize Weight Loss*. **Texas ACSM Spring Scholar Lecture Tour**. UT Rio Grande Valley, Brownsville, TX. April 5, 2016.
  35. R Kreider. *Nutritional Strategies to Optimize Performance*. **Texas ACSM Spring Scholar Lecture Tour**. UT El Paso, El Paso, TX. April 6, 2016.
  36. R Kreider. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Texas ACSM Spring Scholar Lecture Tour**. Rice University, Houston, TX. April 7, 2016.
  37. R Kreider. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Texas ACSM Spring Scholar Lecture Tour**. Tarleton State University, Stephenville, TX. April 8, 2016.
  38. Choudhury M and RB Kreider. *Alternative Funding Sources - Foundations/Private Sources*. **TAMHSC 2016 Research Career Development Symposium for Underrepresented Groups and Women**. Texas A&M University, College Station, TX, August 4, 2016.
  39. Kreider R. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **TAMHSC School of Rural Public Health**. College Station, TX, May 3, 2016.
  40. Bergman M and RB Kreider. *ADVANCE STRIDE Workshop*. **Texas A&M University**, College Station, TX, August 18, 2016.
  41. Kreider R. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Institute for Oriental Medicine**. Danjung, South Korea. August 29, 2016.
  42. Kreider R. *Exercise, Nutrition and Health Research: Translation of Science into Practice*. **Chonnam National University**, Gwangju, South Korea. August 30, 2016.
  43. Kreider R. *Role of fruits and vegetables in athlete's diet*. **Vegetable & Fruit Innovation Center Lecture**. College Station, TX. September 27, 2016.
  44. Wu B and RB Kreider. *ADVANCE STRIDE Workshop*. **Texas A&M University**, College Station, TX, December 8, 2016.
  45. Cote' G and RB Kreider. *ADVANCE STRIDE Workshop*. Texas A&M University, College Station, TX, February 6, 2017.
  46. Bergman M and RB Kreider. *ADVANCE STRIDE Workshop*. Texas A&M University, College Station, TX, September 7, 2017.
  47. Kreider, RB. *Influence of Diet and Exercise on Weight Loss and Markers of Metabolic Syndrome and Diabetes in Women*. **Center for Diabetes and Obesity**. **University of Louisville Medical School**. Louisville, KY. September 12, 2017.
  48. Kreider, RB. *Role of Protein in Exercise, Training and Medicine*. **CJ Blossom Park - Food Research Institute**. Seoul, South Korea. October 25, 2017.
  49. Kreider RB. *Exercise and nutritional strategies to promote weight loss*. **Universidad Santos Tomas**, Bogota, Colombia, February 18, 2019.

50. Kreider RB. *Exercise and nutritional strategies to promote weight loss*. **School of Public Health Lunch Series. Texas A&M University**, College Station, TX, March 1, 2019.
51. Kreider RB. *Essentials of exercise and sport nutrition*. **School of Health Sciences. Swineburne University**, Melbourne, Australia. November 4, 2019.
52. Kreider RB. *Nutrition to optimize body composition, performance, and health*. **The Bountiful Company**. April 20, 2021 (Webinar).
53. Kreider RB. *Exercise & Nutrition Science Research: Reflections in developing an impactful research program and academic career*. **Exercise Physiology Graduate Seminar. Texas A&M University**. College Station, TX, September 17, 2021.
54. Kreider RB. *Impact of Liberty University on exercise science and sport nutrition*. **School of Health Sciences, Department of Allied Health, Liberty University**. Lynchburg, VA. October 8, 2021.
55. Kreider RB. *Creatine Supplementation for Health and Clinical Diseases*. **University of Central Florida: Institute of Exercise Physiology and Rehabilitation Sciences Annual Conference**. Orlando, FL. February 26, 2022.
56. Kreider RB, N Snyder, E Worden, E Cantell, K Aldrich. *The Evolving Role of Mobile Health Technology in Healthcare Design*. **Texas A&M Center for Health Systems & Design Webinar**, May 24, 2022.
57. Kreider RB. *Creatine and the tactical athlete*. **Fuel the Fight Podcast** with Nicholas Barringer PhD, RDN, CSSD, CSCS. June 28, 2022 (Webinar)
58. Kreider RB. *The role of creatine in health and disease*. **Council for Responsible Nutrition**, July 13, 2022 (Webinar)
59. Kreider RB, O Walch, M. Bamman, L. Burke, JL Caldwell, J Hagan, C Hsu. *Human performance enhancement: projected scientific breakthroughs in 2027 – 2032 – Physiology Section*. **Army Research Laboratory, Technology Forecasting Office**. July 12, 19, & 22, 2022 (Webinar)
60. Kreider R. *Role of fruits and vegetables in athlete's diet. Science of foods for Health Lecture*. **Department of Nutrition and Food Sciences, Texas A&M University**, College Station, TX. September 27, 2022.
61. Kreider RB. *Efficacy of a Microalgae Extract Combined with Natural Guarana on Cognitive Performance of Gamers*. **European Algae Biomass Association. Fucoxanthin & Phaeodactylum Webinar**. September 20, 2022.
62. Kreider RB. *Effects of tart cherry ingestion on inflammation and uricemic and glycemic response to a meal*. **SupplySide Network 365 Webinar: Sports Recovery Intensive**. October 12, 2022.
63. Kreider RB. *Role of exercise and nutrition in health and human performance enhancement*. **College of Health Solutions. Arizona State University**. May 11, 2023.
64. Kreider RB, S Arent, M Lewis, I McKeown, P Dixon. *Brain Injury Expert Panel: on Impacts of Traumatic Brain Injury in Athletics, Military, and Society*. **United States Congressional Hill Briefing**. Washington, DC, May 23, 2023.
65. Kreider RB. *Role of exercise on optimizing health during aging*. **National Active and Retired Federal Employees**. College Station, TX. February 22, 2024.
66. Kreider R. *Role of fruits and vegetables in athlete's diet. Science of foods for Health Lecture*. **Department of Nutrition and Food Sciences, Texas A&M University**, College Station, TX. September 24, 2024.
67. Kreider RB. *Creatine for Health and Performance*. **Performance Nutrition Webinar, Arizona State University**, October 15, 2024 (webinar)

#### Refereed Conference Research Presentations (\* represents mentored student)

1. Kreider, R.B. and T. Boone. *Effects of two bicycle ergometer intensities on the cardiovascular system prior to two treadmill running intensities*. **13th Annual Southeast American College of Sports Medicine Meeting**. Athens, GA. January 24, 1986.
2. Kreider, R.B., D.E. Cundiff, J. Hammett, C.W. Cortes, and K.W. Williams. *Cardiovascular, hemodynamic, and blood lactate responses during the bike-run transition in male triathletes*. **13th Annual Southeast American College of Sports Medicine Meeting**. Athens, GA. January 24, 1986.
3. Kreider, R.B., W.R. Thompson, T. Boone, and J. Bailey. *Effects of pedaling rate on actual and predicted VO<sub>2</sub> responses in cycling*. **14th Annual Southeast American College of Sports Medicine Meeting**. Charleston, SC. January 28, 1987.
4. Cortes, C.W., R.B. Kreider, and T. Boone. *Reliability of exercise responses during submaximal exercise*. **14th Annual Southeast American College of Sports Medicine Meeting**. Charleston, SC. January 28, 1987.
5. Kreider, R.B., T. Boone, W.R. Thompson, S. Burkes, and C.W. Cortes. *1987 Olympic Festival Congress on Sports Medicine and Science*. Chapel Hill, NC. July 11, 1987.
6. Cortes, C.W., R.B. Kreider, S. Al-Mandalawi, J. Lamberth, K.D. Johnson, W.R. Johnson, and H. Anderson. *Lactate clearance during active and passive recovery*. **1987 Olympic Festival Congress on Sports Medicine and Science**. Chapel Hill, NC. July 11, 1987.
7. Boone, T., R. Cooper, C.W. Cortes, and R.B. Kreider. *Effects of deep muscular massage on performance*. **1987 Olympic Festival Congress on Sports Medicine and Science**. Chapel Hill, NC. July 11, 1987.
8. Kreider, R.B. and M.H. Williams. *Physiological and nutritional considerations in ultraendurance performance*. **15th Annual Southeast American College of Sports Medicine Meeting**. Winston-Salem, NC. January 29, 1988.
9. Kreider, R.B. *Ventilatory threshold in swimming, cycling, and running in triathletes*. **15th Annual Southeast American College of Sports Medicine Meeting**. Winston-Salem, NC. January 30, 1988.
10. Cortes, C.W., R.B. Kreider, S. Al-Mandalawi, K.D. Johnson, J. Lamberth, and W.R. Thompson. *Ventilatory equivalent in trained and untrained cyclists*. **15th Annual Southeast American College of Sports Medicine Meeting**.

- Winston-Salem, NC. January 29, 1988.
11. Johnson, K.D., W.R. Thompson, J. Lamberth, S. Al-Mandalawi, R.B. Kreider, and C.W. Cortes. *Plasma lactate and ventilation thresholds in untrained and trained non-cyclists*. **15th Annual Southeast American College of Sports Medicine Meeting**. Winston-Salem, NC. January 30, 1988.
  12. \*Miller, G.W. and R.B. Kreider. *Effects of Sodium Phosphate Supplementation on Human Performance*. **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting**. Roanoke, VA. December 2, 1988.
  13. \*Miller, G.W., R.B. Kreider, M.H. Williams, C.T. Somma, and T. Nasser. *Analysis of ventilatory thresholds as a limiting factor in five-mile performance*. **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting**. Roanoke, VA. December 2, 1988.
  14. \*Barrett-Friend, M. and R.B. Kreider. *Effects of an eight-week low impact aerobic dance class on adult women*. **Virginia Alliance of Health, Physical Education, Recreation, and Dance Annual Meeting**. Roanoke, VA. December 4, 1988.
  15. Kreider, R.B., G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of three- or six-day sodium phosphate regimens on serum phosphate, 2,3-DPG, hemoglobin, and hematocrit*. **16th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 20, 1989.
  16. \*Miller, G.W., R.B. Kreider, M.H. Williams, C.T. Somma, and T. Nasser. *Analysis of ventilatory thresholds as a limiting factor in five-mile performance*. **16th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 20, 1989.
  17. \*Barrett-Friend, M. and R.B. Kreider. *Effects of an eight-week low impact aerobic dance class on adult women*. **16th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 21, 1989.
  18. Kreider, R.B., G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of sodium phosphate supplementation on serum phosphate, 2,3-DPG, hemoglobin, and hematocrit following maximal and five-mile run performance*. **37th Annual American College of Sports Medicine Meeting**. Baltimore, MD. June 1, 1989.
  19. \*Miller, G.W., R.B. Kreider, G.W. Miller, M.H. Williams, C.T. Somma, and T. Nasser. *Effects of sodium phosphate supplementation on maximal and five-mile run performance*. **37th Annual American College of Sports Medicine Meeting**. Baltimore, MD. June 1, 1989.
  20. Williams, M.H., R.B. Kreider, D. Hunter, C.T. Somma, L.M. Shall, M.L. Woodhouse, and L. Rokitski. *Effect of oral inosine supplementation on performance in a 3-mile treadmill run and VO<sub>2</sub> peak*. **First International Olympic Committee World Congress on Sports Sciences**. Colorado Springs, CO. October 29, 1989.
  21. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, L. Shall, and M. Woodhouse. *Effects of repeated ultraendurance cycling on pulmonary function*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 2, 1990.
  22. \*Drinkard, B., R.B. Kreider, T. Drews, C.W. Cortes, L. Shall, and M.L. Woodhouse. *Chronotropic and Inotropic adaptations to repeated ultraendurance cycling*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 2, 1990.
  23. \*Drews, T., R.B. Kreider, B. Drinkard, C.W. Cortes, C. Lester, C.T. Somma, L.M. Shall, and M.L. Woodhouse. *Effects of post-event massage therapy on repeated ultraendurance cycling*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 2, 1990.
  24. Cortes, C.W., T. Boone, D. Redondo, and R.B. Kreider. *Effects of prior hydrotherapy on cardiovascular responses to exercise*. **17th Annual Southeast American College of Sports Medicine Meeting**. Columbia, SC. February 3, 1990.
  25. Kreider, R., C. Cortes, T. Drews, B. Drinkard, S. Sechrist, T. Somma, C. Lester, M. Woodhouse, and L. Shall (Sponsor: J.O. Holloszy). *Protein gluconeogenesis in repeated ultraendurance cycling*. **74th Annual Federation of American Societies of Experimental Biology Meeting**. Washington, D.C. April 3, 1990.
  26. Cortes, C., R. Kreider, B. Drinkard, T. Drews, L. Shall, and M. Woodhouse (Sponsor: J.O. Holloszy). *Ventilatory compliance to repeated ultraendurance cycling*. **74th Annual Federation of American Societies of Experimental Biology Meeting**. Washington, D.C. April 4, 1990.
  27. Cortes, C.W., R.B. Kreider, B. Drinkard, T. Drews, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Electrolyte levels during repeated ultraendurance cycling*. **38th Annual American College of Sports Medicine Meeting**. Salt Lake City, UT. May 22, 1990.
  28. \*Drews, T., R.B. Kreider, B. Drinkard, C.W. Cortes, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Effects of post-event massage therapy on muscle recovery and performance in repeated ultraendurance cycling*. **38th Annual American College of Sports Medicine Meeting**. Salt Lake City, UT. May 24, 1990.
  29. \*Drinkard, B., R.B. Kreider, T. Drews, C.W. Cortes, C. Lester, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Effects of repeated ultraendurance cycling on muscle injury*. **38th Annual American College of Sports Medicine Meeting**. Salt Lake City, UT. May 25, 1990.
  30. Kreider, R.B., B. Drinkard, T. Drews, C.W. Cortes, S.R. Sechrist, C.T. Somma, M.L. Woodhouse, and L.M. Shall. *Evidence of hemolysis altered hormonal and vitamin status, fecal blood loss, and anemia in response to multi-stage ultraendurance cycling*. **18th Annual Southeast American College of Sports Medicine Meeting**. Louisville, KY. Jan 31, 1991.
  31. \*Drinkard, B., R.B. Kreider, T. Drews, and C.W. Cortes. *Fluid homeostasis and thermoregulation during a multi-stage ultraendurance cycling event*. **18th Annual Southeast American College of Sports Medicine Meeting**. Louisville, KY. January 31, 1991.
  32. \*Schenck, D., R.B. Kreider, G.W. Miller, C.W. Cortes, C. Turner, and P. Rowland. *Evaluation of metabolic, cardiovascular, and myocardial adaptations to competitive endurance cycling*. **18th Annual Southeast American College of Sports Medicine Meeting**. Louisville, KY. January 31, 1991.

33. \*Drews, T., R.B. Kreider, B. Drinkard, and C.W. Jackson. *Effects of multi-stage ultraendurance cycling on psychological profiles of exertion, feeling, and mood.* **18th Annual Southeast American College of Sports Medicine Meeting.** Louisville, KY. February 1, 1991.
34. \*Miller, G.W., R.B. Kreider, D. Schenck, C.W. Cortes, C. Turner, and P. Rowland. *Effects of muscular anaerobiosis of substrate availability and myocardial compliance to exercise.* **18th Annual Southeast American College of Sports Medicine Meeting.** Louisville, KY. February 2, 1991.
35. Kreider, R.B., G.W. Miller, D. Schenck, C. Cortes, V. Miriel, P. Rowland, C. Turner, and J.O. Holloszy. *Effects of phosphate loading on myocardial adaptations to endurance exercise.* **75th Annual Federation of American Societies of Experimental Biology Meeting.** Atlanta, GA. April 25, 1991.
36. \*Miller, G.W., R.B. Kreider, D. Schenck, C. Cortes, V. Miriel, P. Rowland, C. Turner, and J.O. Holloszy. *Effects of phosphate loading on myocardial adaptations to endurance exercise.* **75th Annual Federation of American Societies of Experimental Biology Meeting.** Atlanta, GA. April 25, 1991.
37. Kreider, R.B., M. Mitchell, G.W. Miller, C.W. Cortes, and V. Miriel. *Effects of protein supplementation on substrate usage during ultraendurance triathlon performance.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 29, 1991.
38. \*Mitchell, M., R.B. Kreider, G.W. Miller, C.W. Cortes, and V. Miriel. *Effects of protein supplementation on ultraendurance triathlon performance.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 29, 1991.
39. Cortes, C.W., R.B. Kreider, D. Schenck, G.W. Miller, V. Miriel, and D. Crosson. *Effects of phosphate loading on maximal cycling performance.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 30, 1991.
40. \*Miller, G.W., R.B. Kreider, D. Schenck, C.W. Cortes, V. Miriel, and D. Crosson. *Effects of phosphate loading on anaerobic threshold.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 30, 1991.
41. \*Schenck, D., R.B. Kreider, G.W. Miller, G.W. Cortes, V. Miriel and D. Crosson. *Effects of phosphate loading on 40 KM cycling performance.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 30, 1991.
42. \*Drews, T., R.B. Kreider, B. Drinkard, and C.J. Jackson. *Effects of post-event massage therapy on psychological profiles of exertion, feeling, and mood.* **39th Annual American College of Sports Medicine Meeting.** Orlando, FL. May 31, 1991.
43. Kreider, R.B., G.W. Miller, M. Mitchell, C.W. Cortes, V. Miriel, C.T. Somma, S.R. Sechrist, and D. Hill. *Effects of amino acid supplementation on ultraendurance triathlon performance.* **I World Congress on Sports Nutrition.** Barcelona, Spain. June 17, 1991.
44. Kreider, R.B., G.W. Miller, D. Schenck, C.W. Cortes, V. Miriel, C.T. Somma, P. Rowland, C. Turner, and D. Hill. *Effects of phosphate loading on maximal and endurance exercise performance.* **I World Congress on Sports Nutrition.** Barcelona, Spain. June 17, 1991.
45. Kreider, R.B., T. Drews, B. Drinkard, C.W. Cortes, C.T. Somma, S.R. Sechrist, C. Lester, M. Woodhouse, and L.M. Shall. *Bioenergetic and nutritional demands of multistage ultraendurance cycling.* **I World Congress on Sports Nutrition.** Barcelona, Spain. June 17, 1991.
46. \*Miriel, V., R.B. Kreider, M. Mitchell, G.W. Miller, C.W. Cortes, D. Hill, T. Somma, and S. Sechrist. *Analysis of electrolyte intake and serum electrolyte levels during an ultraendurance triathlon.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. January 30, 1992.
47. \*Bertun, E., R.B. Kreider, M. Mitchell, G.W. Miller, V. Miriel, C.W. Cortes, D. Hill, T. Somma, and S. Sechrist. *Effects of ultraendurance triathlon performance on serum enzyme levels.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. January 30, 1992.
48. Dowling, E., R. Kreider, M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, S. Sechrist and T. Somma. *Effects of ultraendurance triathlon performance on psychological profiles of exertion, feeling, and mood.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. January 30, 1992.
49. Kreider, R.B., M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, T. Somma, and S. Sechrist. *Bioenergetic and nutritional analysis of an ultraendurance triathlon.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. February 1, 1992.
50. Redondo, D. R.B. Kreider, M. Mitchell, G. Miller, V. Miriel, C. Cortes, D. Hill, S. Sechrist, and T. Somma. *Analysis of temperature regulation and fluid homeostasis during an ultraendurance triathlon.* **19th Annual Southeast American College of Sports Medicine Meeting.** Auburn, AL. February 1, 1992.
51. \*Bertun, E., R.B. Kreider, R. Ratzlaff, J. Edwards, D. Redondo, E. Dowling, V. Miriel, M. Williams, T. Somma, S. Sechrist, F. Coleman, and J. Gentry. *Effects of amino acid and carnitine supplementation during swim training on immune status I: Lymphocyte subpopulations.* **40th Annual American College of Sports Medicine Meeting.** Dallas, TX. May 28, 1992.
52. Kreider, R.B., R. Ratzlaff, E. Bertun, J. Edwards, D. Redondo, E. Dowling, V. Miriel, M. Williams, T. Somma, S. Sechrist, F. Coleman, and J. Gentry. *Effects of amino acid and carnitine supplementation during swim training on immune status II: Response to mitogen stimulation.* **40th Annual American College of Sports Medicine Meeting.** Dallas, TX. May 28, 1992.
53. \*Lloyd, G., E. Dowling, D. Redondo, R. Kreider, G. Miller, M. Williams, and J. Gentry. *Effects of a commercial supplement containing sodium phosphate and bicarbonate on hematological responses to swim performance.* **40th Annual American College of Sports Medicine Meeting.** Dallas, TX. May 29, 1992.
54. Kreider, R., V. Miriel, E. Bertun, T. Somma, and S. Sechrist. *Effects of amino acid and carnitine supplementation on markers of protein catabolism and body composition during 25 weeks of swim training.* **20th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. January 29, 1993.
55. \*Bertun, E., R.B. Kreider, R.E. Ratzlaff and J. Edwards. *Effects of 25 weeks of competitive swim training on immune function.* **20th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. January 30, 1993.

56. Kreider, R., R. Ratzlaff, E. Bertun, J. Edwards, V. Miriel, G. Lloyd, and J. Gentry. *Effects of amino acid and carnitine supplementation on immune status during and intercollegiate swim season. 40th Annual American College of Sports Medicine Meeting.* Seattle, WA. June 5, 1993.
57. \*Hensley, S., B. Leutholtz, R.B. Kreider, E. Hooker, and H. Jewett. *The reliability of bioelectrical impedance for assessing body composition during the menstrual cycle. 21st Annual Southeast American College of Sports Medicine Meeting.* Greensboro, NC. January 21, 1994.
58. Kreider, R.B., D. Hill, G. Horton, M. Downes, S. Smith and B. Anders. *Effects of carbohydrate supplementation during intense field hockey training on dietary patterns, psychological status, and performance. 21st Annual Southeast American College of Sports Medicine Meeting.* Greensboro, NC. January 22, 1994.
59. Leutholtz, B., R.B. Kreider, and S. Newsome. *Effects of menstrual cycle on body composition measurements determined by bioelectrical impedance. 41st Annual American College of Sports Medicine Meeting.* Indianapolis, IN. June 1, 1994.
60. Kreider, R.B. and C.W. Jackson. *Effects of amino acid supplementation on psychological status during and intercollegiate swim season. 41st Annual American College of Sports Medicine Meeting.* Indianapolis, IN. June 3, 1994.
61. Kreider, R.B., R. Ratzlaff, E. Bertun, and J. Edwards. *Effects of gender on immunological responses to 25 weeks of intercollegiate swim training. 23rd Annual Southeast American College of Sports Medicine Meeting.* Lexington, KY. February 4, 1995.
62. \*Grindstaff, P., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, L. Ramsey, M. Walling, and Y. Li. *Relationship of psychological profiles of mood, exertion, and feeling on isokinetic strength performance. 23rd Annual Southeast American College of Sports Medicine Meeting.* Lexington, KY. February 4, 1995.
63. \*Wood, L. R. Kreider, L. Weiss, A. Fry, P. Grindstaff, D. Bullen, M. Miyaji and L. Ramsey. *Comparison of fatigue curves between upper and lower extremity muscle groups performing isokinetic strength testing. 23rd Annual Southeast American College of Sports Medicine Meeting.* Lexington, KY. February 3, 1995.
64. \*Bullen, D., K. Harmon, L. Ramsey, P. Grindstaff, M. Miyaji, R. Klesges, R. Kreider, A. Fry, and L. Weiss. *Comparison of bioelectrical impedance analysis (BIA) to dual energy x-ray absorptiometry (DEXA) measurements in weight trained males. 23rd Annual Southeast American College of Sports Medicine Meeting.* Lexington, KY. February 4, 1995.
65. Kreider, R., K. Harmon, B. Klesges, L. Weiss, A. Fry, A. Almada, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, and Y. Li (SPON: S. Brown). *Effects of ingesting supplements designed to promote lean tissue accretion on whole and regional body composition alterations during resistance-training. 79th Annual Federations of American Societies of Experimental Biology Meeting.* Atlanta, GA. April 13, 1995.
66. Almada, A., R. Kreider, K. Harmon, B. Klesges, L. Weiss, A. Fry, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, and Y. Li (SPON: S. Brown). *Effects of ingesting a nutritional supplement containing chromium picolinate and boron on body composition during resistance-training. 79th Annual Federations of American Societies of Experimental Biology Meeting.* Atlanta, GA. April 13, 1995.
67. Kreider, R., K. Harmon, B. Klesges, L. Weiss, A. Fry, L. Ramsey, P. Grindstaff, M. Miyaji, D. Bullen, L. Wood, Y. Li and A. Almada. *Effects of ingesting nutritional supplements designed to promote lean tissue accretion on body composition. 42nd Annual American College of Sports Medicine Meeting.* Minneapolis, MN. June 2, 1995.
68. \*Grindstaff, P., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, L. Ramsey, Y. Li and A. Almada. *Effects of ingesting a supplement containing creatine monohydrate for 7 days on isokinetic performance. 42nd Annual American College of Sports Medicine Meeting.* Minneapolis, MN. June 1, 1995.
69. Almada, A., R. Kreider, L. Weiss, A. Fry, L. Wood, D. Bullen, M. Miyaji, P. Grindstaff, L. Ramsey, and Y. Li. *Effects of ingesting a supplement containing creatine monohydrate for 28 days on isokinetic performance. 42nd Annual American College of Sports Medicine Meeting.* Minneapolis, MN. June 1, 1995.
70. Kreider, R., L. Wood, D. Bullen, P. Grindstaff and A. Almada. *Effects of ingestion a supplement containing creatine monohydrate on isokinetic performance. NSCA Annual Meeting.* Phoenix, AZ. June 23, 1995.
71. \*Wood, L., R. Kreider, D. Bullen, P. Grindstaff and A. Almada. *Effects of ingesting a supplement containing chromium and boron on isokinetic performance. NSCA Annual Meeting.* Phoenix, AZ. June 23, 1995.
72. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of ingesting nutritional supplements designed to promote lean tissue accretion on body composition during off-season intercollegiate football training. International Sport Nutrition Conference.* Minneapolis, MN, September 23, 1995.
73. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, L. Wood, P. Grindstaff, and A. Almada. *Effects of ingesting nutritional supplements on isotonic strength performance during resistance-training. Canadian Society for Exercise Physiology.* Quebec City, Canada. October 22, 1995.
74. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of MET-RxTM supplementation during off-season college football training on body composition and strength. 24th Annual Southeast American College of Sports Medicine Meeting.* Chattanooga, TN. February 2, 1996.
75. Kreider, R. *Effects of creatine supplementation on anaerobic power and body composition. Southeast American College of Sports Medicine Meeting.* Chattanooga, TN. February 2, 1996.
76. Kreider, R., R. Klesges, D. Lotz, M. Davis, E. Cantler, K. Harmon, R. Dudley, P. Grindstaff, L. Wood, L. Ramsey, D. Bullen, and A. Almada. *Effects of MET-RxTM supplementation during off-season college football training on body composition and strength. 24th Annual Southeast American College of Sports Medicine Meeting.* Chattanooga, TN. February 3, 1996.
77. Kreider, R., P. Grindstaff, L. Wood, D. Bullen, R. Klesges, D. Lotz, M. Davis, E. Cantler, and A. Almada. *Effects of ingesting a lean*

- mass promoting supplement during resistance training on isokinetic performance. **43rd Annual American College of Sports Medicine Meeting**. Cincinnati, OH. May, 29, 1996.
78. Kreider, R., P. Grindstaff, L. Wood, B. Bullen, M. Wilson, D Lotz, M. Davis, E. Cantler, and A. Almada. *Effects of ingesting a lean mass promoting supplement on isokinetic bench press performance*. **NSCA Annual Meeting**. Atlanta, GA. June 22, 1996.
  79. \*Wilson, M., R. Kreider, R. Ratzlaff, E. Bertun, J. Bozarth, V. Miriel, D. Tulis, L. Ramsey, H. Yamashito, and T. Taylor. *Effects of a 3-week taper period following 22-weeks of intercollegiate swim training on fasting immune status*. **International Conference on Overtraining in Sport**. Memphis, TN. July 16, 1996.
  80. Kreider, R., V. Miriel, D. Tulis, and E. Bertun. *Effects of amino acid supplementation during a 25-week intercollegiate swim season on leukocytic response to swimming*. **International Conference on Overtraining in Sport**. Memphis, TN. July 16, 1996.
  81. \*Taylor, T., R. Kreider, L. Ramsey, H. Yamashito, V. Miriel, D. Tulis, and E. Bertun. *Effects of amino acid supplementation during a 25-week intercollegiate swim season on fasting immunoglobulins and leukocytes*. **International Conference on Overtraining in Sport**. Memphis, TN. July 16, 1996.
  82. Ferreira, M., R. Kreider, V. Miriel, D. Tulis, and E. Bertun. *Relationship of exercise-induced changes in the neutrophil/lymphocyte ratio to serum cortisol during and intercollegiate swim season*. **International Conference on Overtraining in Sport**. Memphis, TN. July 16, 1996.
  83. \*Grindstaff, P., R. Kreider, R. Bishop, M. Wilson, L. Wood, C. Alexander, A. Almada, and D. Hannum. *Effects of creatine supplementation on performance times and anaerobic capacity in competitive swimmers*. **International Conference on Overtraining in Sport**. Memphis, TN. July 17, 1996.
  84. Okwumabua, J., R. Kreider, and C. Cobel. *Health promotion for African American senior citizens*. **Sport in the City Conference**. Memphis, TN. October 13, 1996.
  85. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of creatine monohydrate supplementation on hematological responses to resistance training*. **25th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 24, 1997.
  86. Ferreira, M., R. Kreider, M. Wilson, R. Ratzlaff, E. Bertun, J. Bozarth, V. Miriel, D. Tulis, L. Ramsey, H. Yamashita, and T. Taylor. *Effects of a 3-week taper period following 22-weeks of swim training on immunological responses to exercise*. **25th Annual Southeast American College of Sports Medicine Meeting**. Atlanta, GA. January 24, 1997.
  87. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada (SPON: S. Brown). *Effects of calcium  $\beta$ -HMB supplementation with or without creatine during training on body composition alterations*. **81st Annual Experimental Biology Meeting**. New Orleans, LA. April 8, 1997.
  88. Almada, A., R. Kreider, M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, and E. Cantler (SPON: S. Brown). *Effects of calcium  $\beta$ -HMB supplementation with or without creatine during training on strength and sprint capacity*. **81st Annual Experimental Biology Meeting**. New Orleans, LA. April 8, 1997.
  89. Kreider, R., M. Ferreira, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of ingesting a supplement designed to enhance creatine uptake on body composition during training*. **44th Annual American College of Sports Medicine Meeting**. Denver, CO. May 29, 1997.
  90. Ferreira, M., R. Kreider, M. Wilson, P. Grindstaff, S. Plisk, J. Reinhardy, E. Cantler, and A. Almada. *Effects of ingesting a supplement designed to enhance creatine uptake on strength and sprint capacity*. **44th Annual American College of Sports Medicine Meeting**. Denver, CO. May 29, 1997.
  91. Kreider, R., M. Ferreira, M. Wilson, and A. Almada. *Effects of creatine supplementation with and without glucose on body composition in trained and untrained men and women*. **1997 NSCA Annual Meeting**. Las Vegas, NV. June 27, 1997.
  92. Ferreira, M., R. Kreider, M. Wilson, and A. Almada. *Effects of conjugated linoleic acid supplementation during resistance training on body composition and strength*. **1997 NSCA Annual Meeting**. Las Vegas, NV. June 27, 1997.
  93. Kreider, R. *Effects of conjugated linoleic acid supplementation on body composition and strength*. **1997 CLA Forum**. Madison, WI. August 14, 1997.
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102. \*Cowan, P., R. Kreider, and D. Hathaway. *Heart rate variability and exercise capacity in women.* **Nonlinear Dynamics in Nursing Conference.** November 1998.
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133. Greenwood, M., R. Kreider, L. Greenwood, and J. Farris. *Effects of creatine supplementation on injury rates during 3-a- day football training..* **American College of Sports Medicine Annual Meeting.** Indianapolis, IN. June 2-5, 2000.
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140. Greenwood, M., R. Kreider, and L. Greenwood. *Creatine supplementation patterns and perceived effects among division I athletes.* **National Athletic Trainers Association Annual Meeting.** Nashville, TN. June 29-July 2, 2000.
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150. Kreider, R.B. *Nutrition in to prevent overtraining*. **The Società Italiana Fitness e Scienze Motorie (SIFESM) Annual Conference on Nutrition and Supplementation**. Rome, Italy. April 15, 2001.
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153. Almada, A., M. Greenwood, R. Kreider, C. Rasmussen, and C. Earnest. *Analysis of various nutritional formulation strategies on whole body creatine retention*. **American College of Sports Medicine Annual Meeting**. Baltimore, MD. June 1, 2001.
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158. Kreider R., M. Greenwood, A. Byars, and L. Greenwood. *Perceived fatigue associated with creatine supplementation during the fall collegiate baseball season of division I players*. **National Athletic Trainers Association Annual Meeting**. Los Angeles, CA. June 19, 2001.
159. Greenwood L, M. Greenwood, R. Kreider, and A. Byars. *Perceived fatigue associated with creatine supplementation of division IA football players during 3-a-day training*. **National Athletic Trainers Association Annual Meeting**. Los Angeles, CA. June 19, 2001.
160. Kreider, R., M. Greenwood, C. Rasmussen, C. Earnest and A. Almada. *Effects of creatine loading on hydration, whole body creatine retention, and urinary creatinine excretion*. **23<sup>rd</sup> Annual National Strength and Conditioning Association Meeting**. Spokane, WA. July 12, 2001.
161. Greenwood, M., R. Kreider, L. Greenwood, A. Byars, L.E. Brown, and K. Stahura. *Perceived fatigue associated with creatine supplementation of division IA football players*. **23<sup>rd</sup> Annual National Strength and Conditioning Association Meeting**. Spokane, WA. July 12, 2001.
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167. Cowan PA, Cashion AK, Kreider R, Gaber AO, Hathaway DK. *Functional capacity and cardiovascular risk factors in kidney and kidney-pancreas transplant recipients*. **American College of Sports Medicine Annual Meeting**. St Louis, MO. May 30, 2002.
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170. Byars A, Greenwood M, Kreider R, Greenwood L. *Creatine supplementation patterns among select division I athletes*. **American College of Sports Medicine Annual Meeting**. St Louis, MO. May 30, 2002.
171. Chiu LZ, Fry AC, Schilling BK, Weiss LW, Kreider RB. *The relationship between EMG-time and isometric force-time curves*. **Sixth IOC World Congress on Sport Sciences**. St. Louis, MO. May 28, 2002.
172. Schilling BK, Fry AC, Chiu LZ, Kreider RB, Rasmussen CJ, Weiss LW. *Myosin heavy chain expression and dynamic strength and force variables in weight-trained females*. **Sixth IOC World Congress on Sport Sciences**. St. Louis, MO. May 28, 2002.
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174. Greenwood L, Greenwood M, Kreider R. *Nutritional supplementation patterns among select division I male athletes*. **National Athletic Trainers Association Annual Conference**, Dallas, TX. June 14-18, 2002.
175. Kreider RB. *The search for an ephedra substitute in the sport nutrition market*. **Sport Nutrition 2002**. San Diego, CA. June 25, 2002.
176. Kreider RB. Effective ergogenic/nutritional aids to promote muscle gain and fat loss. **National Strength & Conditioning Association Pre-Conference Symposium: Sport Nutrition for the New Millennium**. Las Vegas, NV. July 10, 2002.
177. Kreider R, Greenwood M, Greenwood L, Brown LE, Stahura K, Byars A. *Creatine supplementation does not adversely affect health status of division IA football players*. **25<sup>th</sup> Annual National Strength & Conditioning Association Meeting**. Las Vegas, NV. July 11, 2002.
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180. Kerksick, C., B. Leutholtz, R. Bowden, C. Rasmussen, R. Muse, J. Hanson, M. Greenwood, C. Earnest, & R. Kreider. *Effects of Ribose Supplementation Prior to and Following Intense Exercise on Anaerobic Capacity and Metabolic Markers*. **American Society of Exercise Physiologists National Meeting**. Sacramento, CA. April 5, 2003.
181. Kreider R., M. Greenwood, R. Robergs, T. Ziegenfuss. *Dietary Supplementation in Exercise & Sport: A Roundtable Discussion of Issues and Controversies*. **American Society of Exercise Physiologists National Meeting**. Sacramento, CA. April 5, 2003.
182. Rasmussen, C., R. Kreider, C. Kerksick, B. Leutholtz, M. Greenwood, M. Chandler, R. Wilson & C.P. Earnest. *Effects of a non-ephedra containing thermogenic supplement on weight loss and medical safety*. **Experimental Biology Annual Meeting**. San Diego, CA April 15, 2003.
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184. Greenwood M, Greenwood L, Kreider R, Comeau M, Farris J, Fry A, Sjostrum T. *The effects of a combination botanical COX-2 inhibitor supplement on muscular pain and soreness*. **American College of Sports Medicine Annual Meeting**. San Francisco, CA. May 30, 2003.
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186. Kreider R, Kerksick C, Rasmussen C, Lancaster S, Magu B, Smith C, Melton C, Greenwood M, Almada A, Earnest C. *Effects of whey protein, BCAA and glutamine supplementation on training adaptations I: Body composition*. **American College of Sports Medicine Annual Meeting**. San Francisco, CA. May 30, 2003.
187. \*Kerksick C, Kreider R, Rasmussen C, Lancaster S, Kreider R, Magu B, Smith C, Melton C, Greenwood M, Almada A, Earnest C. *Effects of whey protein, BCAA and glutamine supplementation on training adaptations II: Performance*. **American College of Sports Medicine Annual Meeting**. San Francisco, CA. June 1, 2003.
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192. \*Rohle D, C Mulligan, L Taylor, D Fogt, A Vacanti, C Wilborn, C Kerksick, C Rasmussen, S Ounpraseuth, P Casey, M Greenwood, C Earnest, R Kreider. *Effects of methoxyisoflavone, ecdysterone, and sulfopolysaccharide (CSP3) supplementation during training on markers of anabolism & catabolism. Experimental Biology Annual Meeting.* Washington, DC, April 21, 2004.
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  481. Vargas-Santiago ME, 1,2, Juan Zuñiga1,2, Camilo A. Rincón-Yepes1,2, Carlos E. Montenegro-Marín3, , Richard B. Kreider4, Jorge L. Petro1,5, Diego A. Bonilla1,5. *Cardiorespiratory fitness profiles of athletes residing at high altitude through machine learning*. **5th Ibero-American Symposium on Sport and Physical Activity: Nutrition & Training (SIDANE) and 1st International Conference on Nutrition Applied to Physical Activity and Sport**. October 22, 2023, Medellín, COL.
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  485. \*Leonard M, C Yoo, J Ko, D Xing, J Chun, DE Gonzalez, V Jenkins, B Dickerson, L Estes, S Johnson, J Broeckel, J Maury, R Pradelles, R Sowinski, CJ Rasmussen, RB Kreider. *Effects of supplementation with microalgae containing fucoxanthin on cognitive function in healthy and active late middle-aged individuals experiencing initial signs of memory and cognitive decline II: health and safety markers*. **International Society of Sports Nutrition Annual Conference**. Bonita Springs, FL, June 19, 2024.
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  487. \*Dickerson BL, DE Gonzalez, RJ Sowinski, Dante Xing, M Leonard, J Kendra, V Jenkins, C Yoo, J Ko, SS Pillaib, JR Bhamore, BS Patil, GA Wright, CJ Rasmussen, RB Kreider. *Effects of acute calcium ascorbate and ascorbic acid ingestion on pharmacokinetic profiles and markers of immunity in adult women and men*. **International Society of Sports Nutrition Annual Conference**. Bonita Springs, FL, June 19, 2024.
  488. \*Johnson S, C Yoo, J Ko, D Xing, J Chun, DE Gonzalez, V Jenkins, B Dickerson, Leonard M, L Estes, J Broeckel, J Maury, R Pradelles, R Sowinski, CJ Rasmussen, RB Kreider. *Effects of Supplementation with Microalgae containing Fucoxanthin on Cognitive Function in Healthy and Active Late Middle-Aged Individuals Experiencing Initial Signs of Memory and Cognitive Decline III: Psychological Assessment*. **International Society of Sports Nutrition Annual Conference**. Bonita Springs, FL, June 19, 2024.
  489. \*Chun J, J Ko, C Yoo, D Xing, DE Gonzalez, B Dickerson, V Jenkins, M Leonard, K Hines, R Jäger, M Purpura, R Sowinski, CJ Rasmussen, RB Kreider. *Bioavailability of a beaded creatine delivery system on serum creatine levels and whole body creatine retention: proof of concept study*. **International Society of Sports Nutrition Annual Conference**. Bonita Springs, FL, June 19, 2024.
  490. \*Martinez V, Kay McAngus, Broderick Dickerson, Megan Leonard, Elena Chavez, Jisun Chun, Megan Lewis, Dante Xing, Drew E. Gonzalez, Choongsung Yoo, Joungbo Ko, Ryan Sowinski, Christopher J. Rasmussen, Richard B. Kreider, FISSN. *Effects of chromium, Phyllanthus emblica fruit extract, and Shilajit supplementation on markers of cardiovascular health, fitness, and weight loss in men and women initiating an exercise and diet intervention program*. **International Society of Sports Nutrition Annual Conference**. Bonita Springs, FL, June 19, 2024.
  491. \*Broeckel J., V Martinez, Kay McAngus, Broderick Dickerson, Megan Leonard, Elena Chavez, Jisun Chun, Megan Lewis, Dante Xing, Drew E. Gonzalez, Choongsung Yoo, Joungbo Ko, Ryan Sowinski, Christopher J. Rasmussen, Richard B. Kreider, FISSN. *Effects of Phyllanthus emblica extract supplementation on markers of cardiovascular health, fitness, and weight loss in men and women initiating an exercise and diet intervention program*. **International Society of Sports Nutrition Annual Conference**. Bonita Springs, FL, June 19, 2024.
  492. \*Johnson S, B Dickerson, V Martinez, D Xing, M Leonard, J Ko, C Yoo, R Sowinski, DE Gonzalez, RB Kreider. *Impact of resistance training on regional body composition in overweight females initiating an exercise and weight loss program*. **National Strength and Conditioning Annual Meeting**. Baltimore, MD. July 11, 2024.
  493. Gonzalez D, K Hines, A Gil, DA Bonilla, RB Kreider. *Safety of creatine supplementation: Analysis of the prevalence of reported side effects in clinical trials*. **Creatine for Health 2025 Conference**, Munich, Germany, March 12 – 15, 2025.
  494. \*Gil A, Gonzalez D, K Hines, DA Bonilla, RB Kreider. *Safety of creatine supplementation: Analysis of the frequency of reported side effects in clinical trials*. **Creatine for Health 2025 Conference**, Munich, Germany, March 12 – 15, 2025.
  495. K Hines, Gonzalez D, Gil A, DA Bonilla, RB Kreider. *Safety of creatine supplementation: Analysis of adverse events reported in clinical trials and adverse event reports*. **Creatine for Health 2025 Conference**, Munich, Germany, March 12 – 15, 2025.
  496. Bonilla DA, Gonzalez D, G Humeres, J Chun, K Hines, Gil A, RB Kreider. *Safety of creatine supplementation: a scientometrics*

analysis on the impact of the 'Creatine For Health' initiative and introduction to CREASs. **Creatine for Health 2025 Conference**, Munich, Germany, March 12 – 15, 2025.

497. Chun J, DE Gonzalez, RJ Sowinski, CJ Rasmussen, RB Kreider. *Effects of exercise, diet, and creatine supplementation on cognition and health in middle-aged and older adults*. **Creatine for Health 2025 Conference**, Munich, Germany, March 12 – 15, 2025.
498. Johnson S, Chun J, DE Gonzalez, RJ Sowinski, CJ Rasmussen, RB Kreider. *Effects of guanidinoacetic acid supplementation with and without creatine monohydrate on cognitive function*. **Creatine for Health 2025 Conference**, Munich, Germany, March 12 – 15, 2025.

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## TEACHING & MENTORING

### GRADUATE COURSES TAUGHT

- Kinesiological Analysis of Movement
- Physiological Effects of Muscular Activity
- Clinical Exercise Testing and Prescription
- Electrophysiology/EKG Interpretation
- Cardiac Rehabilitation
- Exercise Physiology: Metabolic & Cardiovascular Aspects
- Exercise Biochemistry
- Research Methods: Nutrition and Weight Management (PhD)
- Research Methods: Exercise Rehabilitation (PhD)
- Obesity & Weight Management (PhD)
- Research Seminar: Research, Manuscript, & Grant Writing (PhD)
- Bioethics in ENH Research (PhD)
- Nutrition in Sport and Exercise
- Graduate Seminar – Scientific Writing & Publication
- Graduate Seminar - Advanced Nutrition for Exercise & Sport

### UNDERGRADUATE COURSES TAUGHT

- Applied Anatomy and Kinesiology
- Advanced Kinesiology and Biomechanics
- Concepts and Application of Conditioning
- Physical Fitness for PHED Majors
- Principles of Health/Fitness Instruction
- Exercise Physiology
- Clinical Exercise Physiology
- Cardiac Rehabilitation
- Exercise Programming for Special Populations
- Advanced Applied Human Physiology
- Scientific Writing
- Sports Nutrition

### STUDENTS MENTORED AND/OR SUPPORTED (SELECTED)

#### Old Dominion University

- Jen Bozarth, PhD
- Eric Burton, MS
- Bart Drinkard, MS, PT
- Tracey Drews, MS
- Gary Miller, PhD
- Victor Miriel, PhD
- Mary Mitchell-Beaton, MS
- Sherri Parker, PhD
- Debbie Schenck, MS
- David Tulis, PhD

#### University of Memphis

- Darren Bullen, MS
- Patty Cowan, PhD
- Maria Ferreira, MS, RD
- Pamela Grindstaff, MS
- Shonteh Henderson, MS, DPT
- Chad Kerkick, MS
- Pauline Koh-Banerjee, MS, DSci
- Stacy Lancaster, MS, PhD
- Jen Lundberg, MS
- Charlie Melton, MS
- Leigh Ramsey, MS

- John Ransom, BS
- Chris Rasmussen, MS
- Mike Starks, MS, PhD
- Mike Wilson, MS
- Larry Wood, MS

#### **Baylor University**

- Kristen Beavers, PhD
- Jackie Beckham-Dove, PhD
- Thomas Buford, PhD
- Jen Wismann-Bunn, PhD
- Brian Brabham, PhD
- Bill Campbell, PhD
- Rehka Chandran, MD
- Matt Cooke, PhD (Post-Doc)
- Julie Culbertson, MS
- Terry Magrans-Courtney, PhD
- Erika Dieke, PhD
- Maria Ferreira, PhD
- David Fogt, PhD (Post-Doc)
- Melyn Galbreath, NP, PhD
- Jean Jitomir-Gutierrez-Fry, PhD
- Travis Harvey, PhD
- Gregory Hudson, PhD
- Mike Iosia, PhD (Post-Doc)
- Chad Kerkisick, PhD
- Paul La Bounty, PhD
- Rui Li, PhD
- Brandon Marcello, PhD
- Jen Moreillon, PhD
- Chris Mulligan, MS
- Erika Nassar-Kneu, PhD
- Adam Parker, PhD
- Mike Roberts, MS, PhD
- Dan Rhol, MS
- Monica Serra, PhD
- Kathye Sharp, MS
- Brian Shelmadine, PhD
- Lem Taylor, PhD
- Anthony Vacanti, MS
- Colin Wilborn, PhD

#### **Texas A&M University**

- Mike Byrd, PhD
- Claire Baetge, PhD
- Major Nick Barringer, RD, PhD
- Scott Battley, MS
- Jake Broeckel, MS
- Jeremy Carter, MS
- Mine Cho, MS
- Jisun Chun, MS
- Adriana Coletta, MS, RD, PhD
- Blaise Collins, PhD
- Joel Correa, MS
- Ryan Dalton, MS, PhD
- Broderick Dickerson, PhD
- Landry Estes, MS
- Elfego Galvin, MS, RD, PhD
- Merrick Gearing, PhD (Nutrition)
- Drew Gonzalez, PhD
- Tyler Grubric, PhD
- Kelly Hines, BS
- Megan Humphries, PhD
- Andrew Jagim, PhD
- Tori Jenkins, MS
- Sarah Johnson, MS
- Peter Jung, MS, PhD
- Jacob Kendra, MS
- Deepesh Khanna, MS, MPH, PhD
- Joungbo Ko, PhD
- Majid Koozehchian, MS, PhD
- Julie Culbertson-Kresta, PhD
- Kyle Levers, PhD
- Megan Leonard, PhD
- Brittanie Lockard, PhD
- Major Michelle Mardock, PhD
- Kirsten Nottingham, MS
- Jonathan Oliver, PhD
- Abigail O'Conner, MS (Nutrition)
- Aimee Reyes-Elrod, PhD (Nutrition)
- Brittany Sanchez, MS, PhD
- Sunday Simbo, MDiv, PhD
- Ryan Sowinski, PhD (Nutrition)
- Susannah Williamson, PhD
- Dante Xing, PhD
- Choong Sung Yoo, PhD

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## **SERVICE**

## **PROFESSIONAL**

### **Affiliations**

- *Virginia Alliance of Health, Physical Education, Recreation and Dance* (1987-1991)
- *Virginia Society of Cardiovascular Rehabilitation* (1989-1993)
- *Southeast Region of the National Wellness Association* (1987-89)
- *American Alliance of Health, Physical Education, Recreation, and Dance National Wellness Association* (1985-1991)
- *American Association of Cardiovascular and Pulmonary Rehabilitation* (1992-93)
- *Southeast Chapter of the American College of Sports Medicine* (1985-2002)
- *American College of Sports Medicine* (1986 to present)

- *National Strength and Conditioning Association* (1995 to present)
- *American Society of Exercise Physiology* (1997 to 2003)
- *International Society of Sports Nutrition* (2003 to present) – Co-Founder
- *American Kinesiology Association* (2010 to present)
- *American College of Nutrition* (2013 to present)
- *American Society of Nutrition* (2014 to present)
- *American Public Health Association* (2014 to present)
- *American Education Research Association* (2017 to present)

## Committees

- *American Heart Association – Tidewater, Heart at Work Committee* (1987-90)
- *American College of Sports Medicine, Health Fitness Instructor Certification Committee* (1992-95)
- *National Wellness Association, Southeast Regional Advisory Board* (1987-89)
- *Commonwealth of Virginia Council of Higher Education, Advisory Committee of Education for Health Professions and Occupations. Doctoral Program Reviewer* (1990).
- *American Heart Association – Virginia, Research Peer Review Subcommittee* (1993)
- *United States Air Force, Fitness Process Action Team* (1993)
- *National Institutes of Health, Member of pool of experts for ad-hoc committees. Office of Dietary Supplements* (1998)
- *American Society of Exercise Physiology, Member of the Certification, Accreditation, Research, and Annual Meeting Committees* (1998-2003)
- *American Society of Exercise Physiology, President* (2001-2003)
- *International Society of Sport Nutrition, Member of Board of Directors* (2003 to present)
- *American Kinesiology Association, Member of the Board of Directors* (2014 to 2017)
- *American Kinesiology Association, Chair of Annual Meeting Program Committee* (2015-16)
- *American Kinesiology Association, Member of Publications Committee* (2015 to 2018)
- *American Kinesiology Association, AKA Leadership Institute Mentor* (2018 to present)
- *National Academy of Kinesiology, Program Planning Committee* (2019)

## Journals

- *Journal of Applied Nutrition, Member of the Editorial Board* (1991-92)
- *International Journal of Sport Nutrition and Exercise Metabolism. Research Digest Editor/Member of the Editorial Board* (1990-2006)
- *Journal of Optimal Nutrition, Member of the Editorial Board* (1992-97)
- *Journal of Exercise Physiology, Associate Editor* (1997-2003)
- *Journal of Strength & Conditioning Research, Member of Editorial Board* (1999-2003)
- *Medycyna Sportowa (Polish Journal of Sports Medicine), Member of International Editorial Board* (2000 to present)
- *Journal of Sports Medicine and Physical Fitness, Member of Editorial Board* (2004)
- *The Journal of Exercise and Sport Sciences, Member of Advisory Panel* (2004-05)
- *Sports Nutrition Review Journal, Editor-In-Chief* (2003-04)
- *Journal of Nutrition and Diabetes Research. Editorial Board* (2017)
- *Journal of the International Society of Sport Nutrition. Editor-in-Chief* (2004-08)
- *Journal of the International Society of Sport Nutrition. Co-Editor-in-Chief* (2009 to present)
- *Bioenergetics: Open Access. Editorial Board* (2012 to present)
- *Sport. Editorial Board* (2017 to present)
- *Sport. Associate Editor* (2019 to present)
- *Nutrients. Special Issue Editor* (2018-present – 8 Special Issues to date)
  - Special Issue in Nutrients: Diet and Weight Loss
  - Special Issue in Nutrients: Nutrients, Metabolism and Obesity Prevention
  - Special Issue in Nutrients: Creatine Supplementation for Health and Clinical Diseases
  - Special Issue in Life: Sports Medicine: Nutritional Sciences and Nutritional Biochemistry
  - Special Issue in International Journal of Environmental Research and Public Health: Editorial Board Members' Collection Series: Physical Activity and Health
  - Special Issue in Sports: 10th Anniversary of Sports: Feature Papers in the Interdisciplinary Papers of Sport Sciences and Public Health
  - Special Issue in Women: Feature Papers in Women 2024



- Special Issue in Sports: Cutting-Edge Strategies in Resistance Training: Exploring Innovative Approaches
- *International Journal of Environmental Research and Public Health*. **Editorial Board Member** (2019 to present)
- *Women* (**Editorial Board**) (2020 to present)
- *Frontiers in Nutrition* – Sport and Exercise Nutrition – **Research Topic Editor** – New Insights and Advances in Body Recomposition (2023 to present)

#### Advisory Boards/Panels

- *Experimental & Applied Sciences*, **Member of Scientific Advisory Panel** (1997-98)
- *ImagiNutrition*, **Member of Think Tank/Advisory Board** (1998-2003)
- *Muscular Development*, **Contributing Member of Advisory Board** (1999-2003)
- *Body International Magazine*, **Contributing Member of Advisory Board** (1999-2000)
- *Curves International*. **Scientific Advisory Board** (2019 to present)
- *Alzchem*. **Chair, Scientific Advisory Board on Creatine in Health** (2020 to present)
- *Trace Minerals*. **Scientific Advisory Board** (2024 to present)

#### UNIVERSITY

##### Department

- *Founder and Director of the Laboratory of Kinesiological and Biomechanical Studies* (1987-91)
- *Co-director of the Wellness Institute and Research Center* (1987-90)
- *Director of the Wellness Institute and Research Center* (1990-93)
- *Coordinator, Sports Medicine, and Exercise Science Programs* (1987-90)
- *Director, Sports Medicine Internships* (1987-90)
- *Faculty Search Committees* (1988, 1990, 1992)
- *Sports Medicine Student Advisor for HPE Club* (1988-90)
- *Assistant Department Chair, Department of Human Movement Sciences and Education* (1994-2002)
- *Founder and Director, Exercise and Sport Nutrition Laboratory* (1997 to present)
- *Coordinator of Cardiovascular Research Station* (1994-02)
- *Graduate Curriculum and Research Council* (1994-1995, 1998-1999)
- *Academic Council* (1994-02)
- *Human Resource Committee* (1994-98)
- *Exercise Science and Health Promotion Academic Committee* (1994-2002)
- *Ad-Hoc Committee on Student Recruitment* (1995-98)
- *Ad hoc Committee on Urban Youth Wellness Initiative* (1996-2002)
- *Faculty Search Committees* (1994, 1998, 2000, 2001, 2002)
- *Chair, Department of Health, Human Performance & Recreation* (2002-08)
- *Founder & Director, Center for Exercise, Nutrition, and Preventive Health* (2002-08)
- *HHPR Academic Council* (2002-08)
- *PhD Program Planning Committee* (Chair, 2002-03)
- *Coordinator, Exercise Physiology Program* (2002-03)
- *Program Director, ENPH Doctoral Program* (2005-08)
- *Head, Department of Health & Kinesiology* (2008 to 2017)
- *Chair, HLKN Executive Committee* (2008 to 2017)
- *Chair, HLKN Division Chair Committee* (2008 to 2017)
- *Chair, HLKN Building Planning and Moving Committees* (2011 to 2017)
- *Director, Human Clinical Research Facility* (2017 – 2022)
- *Kinesiology Division. A1 evaluation committee* (2023 - present)
- *NAK Doctoral Program Review Submission* (2023)
- *Motor Neuroscience Search Committees* (2) (2024)

##### College / School

- *Darden College of Education Research and Publication Committee* (1988-1990)
- *Value Statement Committee* (1994)
- *COE Brochure Committee* (1996)

- *Deans Cabinet* (2002-08)
- *Dean's Search Committee* (2005-07)
- *Dean's Leadership Council* (2004-08)
- *Department Head Committee* (2008 – 2017)
- *Dean's Leadership Council* (2008 – 2017)
- *Cyberlearning Conference Planning Committee* (2011)
- *EPSY Department Head Search Committee Chair* (2016)
- *Chair, Human Clinical Research Facility Board of Directors* (2017 to 2021)
- *Council of Principal Investigators* (2022 to present)

## University

- *CommonHealth Wellness Advisory Committee* (1988-1993)
- *Human Subject Protection Committee* (1988-1990)
- *ROTC Advisory Committee* (1987-1990)
- *Baylor Sports Nutrition Education Program* (2002-08)
- *VP for Finance Search Committee* (2005)
- *President's Research Organization Ad-hoc Committee* (2005)
- *Athletic Task Force – Finance Committee* (2009)
- *Conflict of Interest Working Group* (2011)
- *Entrepreneur Mentorship Network Ad-Hoc Committee* (2011)
- *Department Head's Steering Committee* (2011-12, 2015-16)
- *Faculty Committee on Administrative Change between TAMU and TAMHSC* (2012)
- *One Health Building Planning Committee* (2012)
- *One Health University Council* (2013 - present)
- *Texas A&M Press Review Committee* (2015 to present)
- *Huffines Institute for Sports Medicine and Human Performance Board Member* (2008 to 2017)
- *Vegetable and Fruit Innovation Center – Research Faculty* (2011 to present)
- *Center for Remote Health Technologies and Systems Partner* (2014 to present)
- *Member, Center for Health Systems & Design Academic Circle* (2017 to present)
- *Member, Chief Information Safety Officer Search Committee* (2017)
- *VPR Service Center Organizing Committee* (2019)
- *VPR Core Facilities Director Working Group* (2020)
- *Human Clinical Core Director* (2017 to present)

## COMMUNITY

- *Wellness Institute and Research Center Assessments, Old Dominion University* (1987–1993)
- *Memphis City Schools Nutrition/Fitness Testing Program, University of Memphis* (1994)
- *Elite Athlete Assessment Program, University of Memphis* (1994-97)
- *Chair, International Conference on Overtraining in Sport Committee, University of Memphis* (1994–96)
- *University of Memphis Nutrition Performance Enhancement Team* (1995-2002)
- *Memphis Tiger Swim Club Board of Directors* (1996-98)
- *Urban Youth Wellness Initiative, University of Memphis* (1996-2002)
- *Proctor American College of Sports Medicine Health/Fitness Instructor Examinations* (1989-2002)
- *Serve as a community media resource on exercise, nutrition, and human performance* (1987 to present)
- *Coach Lady Magic AAU Basketball Program and Assistant Coach Tri-City Cowboy's Pop Warner Football* (2004-08).

## CONSULTING

- **Maryview Hospital**, Portsmouth, Virginia (1988)
- **PepsiCo Scientific Affairs**, New York (1992)
- **Portsmouth Naval Hospital**, Portsmouth, Virginia (1993)
- **Numico Research/GNC** (2000)
- **MuscleTech**, Canada (2000)
- **Proctor & Gamble**, Cincinnati, Ohio (2003)
- **Reebok** (2004)

- **Supreme Protein** (2009)
- **Nutrabolt** (2012 to 2018)
- **AlzChem, Chair of Scientific Advisory Board on Creatine in Health** (2020 – present)
- **Trove Nutrition** (2022 to present)
- **Lynntech** (2023 to 2024)
- **Trace Minerals** (2024 to present)