

Curriculum Vitae

Michael J Ormsbee

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General Information

University address: Nutrition, Food and Exercise Sciences
College of Human Sciences
Sandels Building 430
Florida State University
Tallahassee, Florida 32306-1493
Phone: (850) 644-2194

E-mail address: mormsbee@fsu.edu

Web site: <https://humansciences.fsu.edu/nutrition-food-exercise-sciences/faculty-staff/ormsbee/>

Professional Preparation

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

Professional Credential(s)

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

Professional Experience

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

Visiting Professorship(s)

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

Honors, Awards, and Prizes

Distinguished Teacher Award, Florida State University (2020).

This is the Universities most prestigious honor for teaching.

NSCA William J. Kraemer Outstanding Sport Scientist Award, National Strength and Conditioning Association (2020).

Based on contributions and breakthroughs in the field of applied exercise and sport science.

FSU Leadership Development Program for Emerging Leaders (2020)

Nominated, 2019 NSCA William J. Kraemer Outstanding Sport Scientist Award, National Strength and Conditioning Association (2019).

Certified Strength and Conditioning Specialist with Distinction (CSCS*D), National Strength and Conditioning Association (2018).

Graduate Faculty Mentor Award, Florida State University (2018).

This award honors faculty mentors whose dedication to graduate students and commitment to excellence in graduate education and mentoring have made a significant contribution to the quality of life and professional development of graduate students at Florida State University

Nominated, University Excellence in Teaching Award, Florida State University (2018).

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

NSCA Nutritional Researcher of the Year, National Strength & Conditioning Association (2017).

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

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

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

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

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

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

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

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

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

Nominated, NSCA Nutritional Research Award, National Strength and Conditioning Association (2014).

Selected as Professor for Optimal Body Composition Through Diet and Exercise Lecture Series, The Great Courses, The Teaching Company (2014).

University Undergraduate Teaching Award, Florida State University (2014).

Transformation Through Teaching Award Winner, Spiritual Life Project, Florida State University (2013).

Young Investigator Award, Dymatize Nutrition, Inc (2013).

Newsmakers of the Year, Florida State University (2013).

First Year Assistant Professor, Florida State University, "Best in Show", Research Poster (2012).

Young Investigator Grant, National Strength and Conditioning Association (2012).

Skidmore College Alumni Spotlight Recipient (2011).

Keynote Speaker, Pfizer Young Health Scientist Research Symposium. South Africa (2011).

Selected for the Mary Frances Picciano Dietary Supplement Research Practicum, National Institutes of Health, Office of Dietary Supplements (2011).

First Year Assistant Professor Award, Council on Research and Creativity, Florida State University (2011).

Accepted to National Institutes of Health Dietary Supplement Research Practicum (2011).

Distinguished Skidmore Alumni LLA Guest for Exercise Science (2009).

Alumni Exercise Science Representative for Skidmore College Math/Science Panel (2008).

Omicron Delta Kappa National Leadership Honors Society, ECU (2007).

#11 Ormsbee Leadership Award, ECU Ice Hockey Team (2006).

Co-captain, ECU Men's Ice Hockey Team (2005).
Most Valuable Player, ECU Ice Hockey Team (2005).
Named all-conference 2nd team forward, Blue Ridge Hockey Conference (2005).
Phi Kappa Phi National Honors Society, SDSU (2005).
Margaret Paulding Award, Exercise Science, Skidmore College (2002).
Student-Athlete Representative, Skidmore Athletic Review Committee (2002).
3-year letter recipient, Men's Varsity Ice Hockey team (NCAA Division III) (1998).
Periclean Honor Society, Departmental Honors, Skidmore College (1998).

Elected Fellow Status

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

Current Membership in Professional Organizations

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

Teaching

Courses Taught

Protein Source on Regeneration (BSC4901)
Endocrinology in Health and Exercise (PET6387)
Motor Signaling (HUN5938)
Exercise Physiology Internship (APK8945)
Strength Research (BSC4900)
Advanced Topics (PET6931)
Dissertation (HUN6980)
Endocrinology in Exercise and Health (PET6381)
Masters Comprehensive Exam (HUN8966)
Master's Level Directed Individual Study (HUN 5906)
Master's Thesis (HUN5971)
Nutrition and Sports (PET3361)
Seminar in Movement Sciences (PET5930)
Supervised Research (HUN6911)
Supervised Research (HUN5910)
Supervised Teaching (HUN6940)

- Undergraduate Directed Individual Study (HUN 4905)
- Undergraduate Honors Thesis (HUN4913)
- * Exercise Physiology Internship (PET8945)
- * Doctoral Level Directed Individual Study (HUN6906)
- * Nutrition and Exercise Performance (PET5367)
- * Special Topics in Nutrition (PET5938)

New Course Development

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

Doctoral Committee Chair

- Saracino, P., graduate. (2020). *The effect of pre-sleep milk- or plant-based protein combination consumption on muscle recovery and metabolism following damaging eccentric exercise in middle-aged men.*
- Allman, B., graduate. (2018). *Resistance training and the regulation of fat metabolism in obese women.*
- Baur, D., graduate. (2017). *The effects of modified carbohydrates on adipose tissue lipolysis, metabolism, and insulin in athletes and non-athletes.*
- Bach, C., graduate. (2016). *Effects of cold ambient temperature on substrate metabolism and performance.*
- Brown, A. F., graduate. (2016). *The effect of dietary protein consumption on body composition and performance capabilities in female collegiate ballet dancers.*
- Kinsey, A. W., graduate. (2015). *The effect of nighttime protein intake on fat metabolism in overweight and obese men.*
- Ragland, T., doctoral candidate. *The effect of resistance training compared to endurance training on lipolysis, muscle quality, and insulin sensitivity in obese women.*
- Willingham, B., doctoral candidate. *The effects of pre-loaded betaine supplementation on thermoregulation and exercise metabolism in the heat.*
- Fuller, S., doctoral candidate.
- Renteria, L., doctoral student

Doctoral Committee Cochair

- Kreipke, V., graduate. (2016). *Effects of STS supplementation and concurrent training on body composition, performance, and health in collegiate-aged men.* [Co-Chair with Dr. Bob Moffatt]

Doctoral Committee Member

- Basiri, R., graduate. (2019).
Klemp, A., graduate. (2019).
Worts, P., graduate. (2019).
Yeh, M. C., graduate. (2019).
Artese, A., graduate. (2018).
Myers, C., graduate. (2018).
Jaime, S., graduate. (2017).
Madzima, T. A., graduate. (2015).
* Wong, A., graduate. (2014).
* Mojock, C., graduate. (2013).
* Jo, E., graduate. (2013).
* Sanchez-Gonzales, M. A., graduate. (2012).
* Kim, Y., graduate. (2011).
Schattinger, C., doctoral candidate.
Sokolowski, C., doctoral candidate.
Campbell, J., doctoral student.

Doctoral Committee University Representative

- Williams, E., graduate. (2018). [Department of Mathematics]
Robanya, R., doctoral candidate. [Department of Modern Languages and Linguistics]

Master's Committee Chair: Thesis

- Saylor, H., graduate. (2019). *Using the acute:chronic workload ratio to predict peak performance in elite NCAA track and field sprinters.*
Cesareo, K., graduate. (2018). *The effects of a caffeine-like supplement, teacrine®, on muscular strength and endurance performance in resistance-trained men.*
Kisiolek, J., graduate. (2018). *The effects of sleep on performance in ultra endurance triathletes.*
Morrisey, M., graduate. (2018). *The effect of cold ambient temperature on lactate threshold with or without an active warm-up in female cyclist and triathletes.*
Smith, K., graduate. (2018). *Muscle damage, inflammation, and gastrointestinal health in the ultraman triathlon.*
Leyh, S., graduate. (2017). *Effects of consuming cottage cheese or casein protein beverage before sleep on morning appetite and resting energy expenditure in active, collegiate-aged women.*
Cappadona, S., graduate. (2016). *The effects of nighttime eating on morning appetite, insulin, and ghrelin levels in overweight and obese men.*
Gorman, K., graduate. (2015). *The effects of nighttime feeding on morning performance in female endurance athletes.*
Kramer, S., graduate. (2015). *The effects of six-day dietary nitrate supplementation on strength*

and endurance measurements in CrossFit athletes.

- Miller, E., graduate. (2015). *The influence of nighttime milk consumption on morning hydration status and performance in female endurance athletes.*
- * Biwer, A., graduate. (2014). *The effects of four-week beta-alanine supplementation on muscular performance, submaximal oxygen consumption, and body composition in Parkinson's patients.*
- * Rawal, S., graduate. (2013). *The impact of a multi-ingredient dietary supplement taken for 8 weeks on body composition and health in overweight men and women.*
- * Eddy, W., graduate. (2012). *The effect of nighttime macronutrient choice and exercise training on body composition, strength, cardiovascular health, resting metabolism, and appetite in overweight and obese adults.*
- * Thomas, D. D., graduate. (2012). *The effects of pre- and post-exercise consumption of multi-ingredient performance supplements on cardiovascular health and body composition in trained men after six weeks of resistance training.*

Master's Committee Chair: Non-Thesis

- Kassel, K., graduate. (2020).
Barbosa, B., graduate. (2019).
Herman, K., graduate. (2019).
Kaminski, J., graduate. (2019).
Ramos, G., graduate. (2019).
Young, M., graduate. (2019).
Dooley, K., graduate. (2017).
Faibish, M., graduate. (2017).
Nagy, K., graduate. (2016).
Hitchcock, B., graduate. (2015).
Mazur, J., graduate. (2015).
Nowicki, C., graduate. (2015).
* Ramirez, E., graduate. (2014).
* Talley, T., graduate. (2014).
* Taylor, A., graduate. (2014).
* Brennan, K., graduate. (2013).
* Serig, L., graduate. (2013).
* Lox, J. H., graduate. (2011).
* Riley, C., graduate. (2011).
Beltran, J., student.
Igoe, C., student.
Meltzer, S., student.
Poland, M., student.
Cassabone, S., student.
Palmer, S., student.
Yarborough, D., student.
Cane, Kayla., student.

Master's Committee Member: Thesis

- Mason, J., graduate. (2017).
- Schattinger, C., graduate. (2017).
- Abegg, M., graduate. (2016).
- Schleicher, E., graduate. (2015).
- * Alvarez, S., graduate. (2014).
- * Xiao, J., graduate. (2013).
- * Fretti, S., graduate. (2013).
- * Kalfon, R., graduate. (2013).
- * Ward, E., graduate. (2013).
- * Gravani, K. M., graduate. (2011).
- * Mandler, K., graduate. (2011).

Master's Committee Member: Non-Thesis

- Lopez, M., graduate. (2019).
- Beyer, K., graduate. (2018).
- Budesa, M., graduate. (2018).
- Hatz, J., graduate. (2018).
- Luu, A., graduate. (2018).
- Mellert, S., graduate. (2018).
- Rodriguez, A., graduate. (2018).
- Seguro, C., graduate. (2018).
- Solberger, B., graduate. (2018).
- Horton, S., graduate. (2017).
- Mooney, A., graduate. (2017).
- Silvia, C., graduate. (2017).
- Spann, S. G., graduate. (2017).
- van Wart, J., graduate. (2017).
- Clift, M., graduate. (2016).
- D'Alessandro, J., graduate. (2016).
- Harris, G., graduate. (2016).
- Henderson, J., graduate. (2016).
- Walker, N., graduate. (2016).
- Allen, J., graduate. (2015).
- Bennett, Z., graduate. (2015).
- Geil, A., graduate. (2015).
- Lee, S., graduate. (2015).
- Mallette, C., graduate. (2015).
- Munoz, J., graduate. (2015).
- Yap, G., graduate. (2015).
- * Cicone, Z., graduate. (2014).
- * Flemming, A., graduate. (2014).
- * Fraser, J., graduate. (2014).

- * Louw, G., graduate. (2014).
- * Pacilio, J., graduate. (2014).
- * Rollins, C., graduate. (2014).
- * Whitwam, L., graduate. (2014).
- * Pfau, L., graduate. (2013).
- * Feger, C., graduate. (2013).
- * Frederickson, J., graduate. (2013).
- * King, N., graduate. (2013).
- * Schaefer, D., graduate. (2013).
- * Williams, F., graduate. (2013).
- * Ceska, E. L., graduate. (2012).
- * Foster, K. R., graduate. (2012).
- * Hines, J. A., graduate. (2012).
- * Houston, K. N., graduate. (2012).
- * Huff, J., graduate. (2012).
- * Jones, M., graduate. (2012).
- * Karaman, A., graduate. (2012).
- * Ruppel, N., graduate. (2012).
- * Hargadon, C., graduate. (2011).
- Morris, C., student.
- Gallagher, K., student.
- Robbins, C., student.
- Colannino, H., student.
- O'Connor, K., student.
- Ryan, M., student.
- Thonus, L., student.
- Weaver, R., student.
- Rice, E., student.
- Stevens, E., student.
- Scott, A., student.

Bachelor's Committee Chair: Honors in the Major

- Carzoli, J., graduate. (2015). *The effectiveness of using a resistance-training specific RPE scale for measuring repetitions in reserve.*
- DeAlmeida, G., graduate. (2015). *Protein intake and body composition in female collegiate dancers.*
- Rivas, D., graduate. (2015). *Blood pressure and heart rate Response to dietary nitrate supplementation in crossfit athletes.*
- * Blay, C., graduate. (2012). *The acute effects of evening whey and casein ingestion on fasting blood glucose, blood lipid profile, and resting metabolic rate.*
- Othon, A., student. *Circulating brain derived neurotropic factor (BDNF) in response to three-day ultra-endurance racing.*
- MacDonell, E., student. *The relationship between macronutrient consumption, body composition and fitness in older life-long athletes.*

Bachelor's Committee Member: Honors in the Major

- Leonard, J., graduate. (2018).
- * Encina, S., graduate. (2014).
- * Diaz, R., graduate. (2013).
- * Koutnik, A., graduate. (2012).
- Buck, B., student.

Supervision of Student Research Not Related to Thesis or Dissertation

Wellington, C. (Jul–Aug 2019).

4th year Medical Student at University of Pernambuco, Brazil.

Broz, P. (Sep–Nov 2018)

Medical Doctor Medical Doctor (MD) at the Institute of Clinical Biochemistry and Hematology; Charles University Hospital, Pilsen, Czech Republic.

Dudar, M. (Jun–Aug 2018).

Visiting student scholar from Skidmore College.

Caltova, K. (Nov 2017–Jan 2018).

Czech Republic Student from the University of Pilsen. Came to work in my lab to work on her Diploma Thesis on running.

Assis Maximo de Lima, Samuel (May–Aug 2016).

Brazil Scientific Mobility Program.

Baur, D. A. (2016).

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

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

Brazil Scientific Mobility Program.

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

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

* Kinsey, A. W. (2011).

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

Additional Teaching Not Reported Elsewhere

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

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

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

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

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

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

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

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

Research and Original Creative Work

Publications

Invited Journal Articles

Baur, D. A., De C.S. Vargas, F., Bach, C. W., Garvey, J. A., & Ormsbee, M. J. (2016). Slow-Absorbing Modified Starch Before and During Prolonged Cycling Increases Fat Oxidation and Gastrointestinal Distress without Changing Performance. *Nutrients*, 8, 392-408.

This study investigated how a modified starch beverage influenced metabolism and performance in cyclists. MJO is corresponding author. All other authors were FSU students during data collection.

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

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

Allman, B., Kreipke, V., & Ormsbee, M. J. (2015). What Else is in Your Supplement? A Review of the Effectiveness of the Supportive Ingredients in Multi-Ingredient

Performance Supplements to Improve Strength, Power and Recovery. *Strength and Conditioning Journal*, 37(3), 54-69.

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

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

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

Refereed Journal Articles

Willingham, B.D., Ragland, T., & Ormsbee, M.J. (submitted). Betaine Supplementation May Improve Heat Tolerance: Potential Mechanisms in Humans. *Medicine & Science in Sports & Exercise*. Manuscript submitted for publication.

This review was written to theorize a new use for betaine in humans. BDW and TR are doctoral students at FSU. MJO was senior and corresponding author.

Greer, B., Mojock, C., Arjmandi, B., Kim, J-S., Ormsbee, M.J., & Panton, L.B (submitted). Twelve Week Calcium Collagen Chelate or Calcium plus Vitamin D Supplementation Does Not Affect Bone Metabolism in Trained Cyclists. *Journal of Strength & Conditioning Research*. Manuscript submitted for publication.

We designed this study to investigate a collagen supplement on bone health in cyclists. All co-authors are faculty members.

Saylor, H. E., Schuster, J. G., Shelton, A., Hickner, R. C., Chow, G., & Ormsbee, M. J. (submitted). Characterization of the Relationship Between workload and Collegiate Track and Field Performances: A Pilot Study. *British Journal of Sports Medicine*. Manuscript submitted for publication.

This study was designed to look at training load and performance in NCAA Division I sprinters. HES was a student. JGS, AS, and RC were collaborators. MJO was senior and corresponding author.

Kreipke, V. C., Moffat, R. J., Tanner, C. J., & Ormsbee, M. J. (submitted). Effects of Concurrent Training and A Multi-Ingredient Performance Supplement Containing Rhodiola Rosea and Cordyceps Sinensis on Body Composition, Performance, and Health in Active Men. *Journal of Dietary Supplements*. Manuscript submitted for publication.

This study investigated a novel dietary supplement and the impact on body composition and performance when combined with exercise training. MJO is corresponding author. VK was a doctoral student. Other co-authors are faculty colleagues.

Sookan, T., Ormsbee, M. J., Antonio, J., Magula, N. P., Motala, A. A., Laloo, U. G., & McKune, A. J. (submitted). Progressive Resistance Training Improves Quality of Life

in HIV-Infected Individuals Receiving Antiretroviral Therapy. *AIDS Care*. Manuscript submitted for publication.

This study investigated the influence of Resistance Training on the quality of live in HIV-infected individuals. TS, NPM, AAM, UGL are from the University of KwaZulu-Natal in South Africa; AJM is from Canberra University in Australia; JA is from FAU and MJO is 2nd author.

Brown, C., Worts, P., & Ormsbee, M. J. (submitted). A Void in Return to Play Rates and Variables After an ACL Reconstruction in NCAA Student-Athletes: A Systematic Review. *American Journal of Sports Medicine*. Manuscript submitted for publication.

This is a review that summarizes the literature regarding return to play in NCAA student-athletes after an ACL injury. Co-authors are FSU students. MJO is corresponding author.

Morrissey, M. C., McQuerry, M. L., Geirsch, G. E. W., Gipson, S. D., Kisiolek, J. N., & Ormsbee, M. J. (submitted). Comparison of Heat Balance Parameters During Exercise in Structural Firefighter Protective Ensembles. *Annals of Occupational Hygiene*. Manuscript submitted for publication.

We investigated the heat balance parameters of novel Firefighter Suits. MM was senior lead from textiles and MJO is senior lead from exercise physiology. All other authors were graduate students.

Johnson, B. R., Steiner, J. L., Hickner, R. C., Ormsbee, M. J., Williamson, D. L., & Gordon, B. S. (in press). Adrenal Stress Hormone Action in Skeletal Muscle During Exercise: An Old Dog with New Tricks? *Acta Physiologica*.

This review was written to update the literature with respect to the adrenal stress response to exercise. All authors are from FSU. BRJ is an undergraduate student and MJO was a collaborator.

McQuerry, M., Morrissey, M. C., Kisiolek, J., Gipson, S., & Ormsbee, M. J. (in press). Effect of a Lightweight Structural Firefighter Turnout Composite on Physiological Comfort. *Selected Technical Papers*.

We investigated how various materials within Firefighter Suits impact the physiological comfort and performance while exercising. MM was senior lead from textiles and MJO is senior lead from exercise physiology. All other authors were graduate students.

Artese, A. L., Hunt, R. L., Ormsbee, M. J., Kim, J-S., Arjmandi, B. H., & Panton, L. B. (in press). Effect of Functional Impact Training on Body Composition and Strength in Breast Cancer Survivors. *Medicine & Science in Sports & Exercise*.

This study was designed to look at how exercise mode impacts the health of breast cancer survivors. AA and RH were students. JK, BA, and LBP are faculty colleagues.

Schattinger, C. M., Leonard, J. L., Artese, A. E., Pappas, C. L., Ormsbee, M. J., & Panton, L. B. (in press). Menopause Does Not Modulate Morning Measures of Resting Metabolic Rate and Appetite Following Nighttime Pre-Sleep Consumption of Casein Protein. *British Journal of Nutrition*.

This study investigated how presleep protein effects next-morning metabolism in both pre- and post-menopausal women. CMS, JLL, AAE are students. CLP, MJO, and LBP are faculty members at FSU.

Saracino, P. G., Saylor, H. E., Hanna, B. R., Hickner, R. C., Kim, J-S., & Ormsbee, M. J. (2020). Effects of Pre-sleep Dairy vs. Plant-based Protein Consumption on Muscle Recovery following Damaging Morning Exercise. *Nutrients*, 12, 2049-2065.

We investigated how plant vs. dairy-based proteins impact muscle recovery and performance after damaging exercise in middle-aged men. MJO is senior and corresponding author. RCH and JSK are colleagues at FSU. PGS, HES, and BRH are students at FSU.

Basiri, R., Spicer, M. T., Levenson, C. W., Ormsbee, M. J., Ledermann, T., & Arjmandi, B. H. (2020). Nutritional Supplementation Concurrent with Nutrition Education Accelerates the Wound Healing Process in Patients with Diabetic Foot Ulcers: A Randomized Clinical Trial. *Biomedicines*, 8(8), 263-277.

This study was designed to investigate how nutrition and education influence wound healing in diabetics. All authors are from FSU and MJO was a collaborator.

Antonio, J., Candow, D., Ormsbee, M. J., Saracino, P. G., & Roberts, J. (2020). Effects of Dietary Protein on Body Composition in Exercising Individuals. *Nutrients*, 12, 1890-2001.

This review discusses the influence of dietary protein on body composition. JA, CD, and JR are faculty at various universities. PGS is a student.

Mill, S., Candow, D. G., Forbes, S. C., Neary, J. P., Ormsbee, M. J., & Antonio, J. (2020). Effects of Intra-workout Creatine Supplementation in Physically Active Young Adults. *Nutrients*, 12, 1880-1891.

This research was designed to examine the feasibility of consuming creatine during a workout as opposed to before or after the workout. SM is a MS student. DGC, SCF, JPN and JA are all faculty at different universities.

Brown, A. F., Welsh, T., Panton, L. B., Moffatt, R., & Ormsbee, M. J. (2020). Higher-Protein Intake Improves Body Composition Index in Female Collegiate Dancers. *Applied Physiology, Nutrition, and Metabolism*, 45(5), 547-554.

We investigated the impact of a higher protein diet on the body composition and performance of dancers. All authors are from FSU and AFB is a former doctoral student. MJO is senior and corresponding author.

Allman, B. R., Morrissey, M. C., Kim, J. S., Panton, L. B., Contreras, R. J., Hickner, R. C., & Ormsbee, M. J. (2020). The Effect of Pre-sleep versus Day-time Protein Timing on Fat Metabolism in Resistance-trained Women. *Journal of Nutrition*, 150(1), 47-54.

This study was designed to investigate how resistance training influences fat metabolism in trained women. BRA and MMM were FSU students. JSK, LBP, RJC, RCH and MJO are all faculty members at FSU. MJO is corresponding author. (IF: 4.416).

Smith, K. A., Kisiolek, J. N., Willingham, B. D., Morrissey, M. C., Leyh, S. M., Saracino, P. G., Baur, D. A., Cook, M. D., & Ormsbee, M. J. (2020). Ultra-endurance Triathlon Performance and Markers of Whole-body and Gut-specific Inflammation. *European Journal of Applied Physiology*, 120(2), 349-357.

We investigated how ultra-distance triathlon impacts whole-body and gut-specific inflammation. MDC is

a professor at North Carolina A&T. All other co-authors are all former MS and PhD students at FSU. MJO is corresponding author.

Ormsbee, M. J., Carzoli, J. P., Klemp, A., Allman, B. R., Zourdos, M. C., Kim, J-S., & Panton, L. B. (2019). Efficacy of the Repetitions in Reserve-Based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers. *Journal of Strength and Conditioning Research*, 33(2), 337-345.

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

Allman, B. R., Morrissey, M. M., Kim, J. S., Panton, L. B., Contreras, R. J., Hickner, R. C., & Ormsbee, M. J. (2019). Fat Metabolism and Acute Resistance Exercise in Trained Women. *Journal of Applied Physiology*, 126(3), 739-745.

This study was designed to investigate how resistance training influences fat metabolism in trained women. BRA and MMM were FSU students. JSK, LBP, RJC, RCH and MJO are all faculty members at FSU. MJO is corresponding author.

Ormsbee, M. J., Brown, A. F., Prado, C. M., Ghosh, S., Leonard, S. M., Arciero, P. J., & Tucker, K. L. (2019). High-Protein Intake and Physical Activity are Associated with Body Composition and Cardiometabolic Health in Hispanic Adults. *Clinical Nutrition ESPEN*, 30, 145-151.

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

Sookan, T., Motala, A. A., Ormsbee, M. J., Antonio, J. A., Magula, N. P., Lalloo, U. G., & McKune, A. J. (2019). Improvement in Muscular Strength in HIV-Infected Individuals Receiving Antiretroviral Therapy. *Journal of Functional Morphology and Kinesiology*, 4(66), 1-13.

This was a collaborative paper with my affiliation in South Africa. The paper suggests that protein and resistance exercise are beneficial to HIV patients. Co-authors are all PhD and MD collaborators.

Tiller, N. B., Roberts, J. D., Beasley, L., Chapman, S., Pinto, J. M., Smith, L., Wiffin, M., Russel, M., Sparks, A., Duckworth, L., O'Hara, J., Sutton, L., Antonio, J., Willoughby, D. S., Tarpey, M. D., Smith-Ryan, A., Ormsbee, M. J., Astorino, T. A., Kreider, R. B., & McGinnis, G. R. (2019). International Society of Sports Nutrition Position Stand: Nutritional recommendations for single-stage ultra-marathon; training and racing. *Journal of the International Society of Sports Nutrition*, 16(1), 1-23.

Position stand produced by the International Society of Sports Nutrition. MJO was an invited author. All other authors are from academic institutions from around the world.

Jo, E., Worts, P. R., Elam, M. L., Brown, A. F., Khamoui, A., Kim, D., Yeh, M., Ormsbee, M. J., Prado, C. M., Cain, A., Snyder, K., & Kim, J-S. (2019). Resistance Training During

a 12-Week Protein Supplemented VLCD Treatment Enhances Weight Loss Outcomes in Obese Patients. *Clinical Nutrition*, 38, 372-382.

MJO and JSK are faculty members at FSU. CMP is a faculty member at the University of Alberta, Canada. All other others were FSU doctoral students at the time of data collection.

Morrissey, M. C., Kisiolek, J. N., Ragland, T. J., Willingham, B. D., Hunt, R. L., Hickner, R. C., & Ormsbee, M. J. (2019). The Effect of Cold Ambient Temperature and Preceding Active Warm-up on Cycling Performance in Female Cyclists and Triathletes. *Applied Physiology, Nutrition, and Metabolism*, 44, 1043-1051.

This study was designed to see how temperature influences cycling performance in women. MCM, JNK, TJR, WBD, and RLH are current or former FSU graduate students. RCH is a professor at FSU. MJO is the study lead and PI.

Cesareo, K. R., Mason, J. R., Saracino, P. G., Morrissey, M. C., & Ormsbee, M. J. (2019). The Effects of a Caffeine-like Supplement, TeaCrine®, on Muscular Strength, Endurance and Power Performance in Resistance-trained Men. *Journal of the International Society of Sports Nutrition*, 16(47), 1-11.

First investigation into the use of Teacrine as a dietary supplement to improve strength, power, and endurance in athletes. Co-authors are all former MS and PhD students at FSU. MJO is corresponding author.

Baur, D. A., Willingham, B. D., Smith, K. M., Kisiolek, J. N., Morrissey, M. C., Saracino, P. G., Ragland, T. J., & Ormsbee, M. J. (2018). Glycemic Index Has No Impact on Subcutaneous Abdominal Lipolysis During Exercise. *Medicine and Science in Sports and Exercise*, 50(4), 827-836.

This study explored how a modified starch impacts metabolism and performance in well-trained runners. MJO is corresponding author. All other authors were FSU graduate students at the time of data collection.

Leyh, S. M., Willingham, B. D., Baur, D. A., Panton, L. B., & Ormsbee, M. J. (2018). Pre-Sleep Protein in Casein Supplement or Whole Food Form Has No Impact on Resting Energy Expenditure or Hunger in Women. *British Journal of Nutrition*, 120(9), 988-994.

This study investigated, for the first time, the use of liquid vs. whole-food casein protein consumed pre-sleep on next-morning energy expenditure and hunger in young women. SML and BDW are FSU graduate students. DAB is a former FSU student and current faculty at Elon University. LBP and MJO are professors at FSU.

Ormsbee, M. J., Willingham, B. D., Marchant, T., Binkley, T. L., Specker, B. L., & Vukovich, M. D. (2018). Protein Supplementation During a 6-Month Concurrent Training Program: Effect on Body Composition and Muscular Strength in Sedentary Individuals. *International Journal of Sports Nutrition and Exercise Metabolism*, 28(6), 619-628.

This study investigated the combination of protein supplementation and concurrent training on strength and body composition in men and women. MJO is first author. BDW is a graduate student at FSU. TM is from University of Colorado. TLB, BLS, and MDW are from South Dakota State University.

Xiao, J., Cain, A., Purcell, S., Ormsbee, M. J., Contreras, R. J., Kim, J-S., Thornberry, R., Smith, D., Gonzalez, C., & Prado, C. M. (2018). Sarcopenic Obesity and Health Outcomes in Patients Seeking Weight Loss Treatment. *Clinical Nutrition EPSEN*, 23, 79-83.

This paper examined sarcopenic obesity of obese subjects seeking weight loss treatment. JX and SP are graduate students and CMP is a professor at the University of Alberta. RJC, JK, and MJO are faculty members at FSU. AC, RT, CG are clinical physicians or practitioners involved with data collection.

Allman, B. R., Biwer, A., Maitland, C. G., DiFabio, B., Coughlin, E., & Ormsbee, M. J. (2018). The Effect of Short-Term Beta-Alanine Supplementation on Muscular Performance, Submaximal Oxygen Consumption, Body Composition, and Quality of Life in Parkinson's Disease. *Journal of Exercise Physiology Online*, 21(1), 1-13.

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

Jo, E., Cain, A., Prado, C., Brown, A. F., Ormsbee, M. J., Smith, D., Snyder, K., & Kim, J-S. (2017). Age- and Sex-Related Differences on Very Low-Calorie Treatment Outcomes in Obese Bariatric Patients. *Californian Journal of Health Promotion*, 15(3), 25-36.

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

Alvarez-Alvarado, S., Jaime, S. J., Ormsbee, M. J., Campbell, J. C., Post, J., Pacilio, J., & Figueroa, A. (2017). Benefits of Whole-Body Vibration on Arterial Function in Overweight/Obese Young Women. *Hypertension Research*, 40(5), 487-492.

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

Bach, C. W., Baur, D. A., Hyder, W., & Ormsbee, M. J. (2017). Blood Glucose Kinetics and Physiological Changes in the first-ever Type 1 Diabetic Finisher of the Ultraman Triathlon: A Case Study. *European Journal of Applied Physiology*, 117(5), 913-919.

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

Brown, A. F., Bach, C. W., De Almidea, G., Leonard, S. M., Welsh, T., & Ormsbee, M. J. (2017). Body Composition and Performance Capabilities Based on Level of Dietary Protein Intake in Collegiate Female Dancers: A Pilot Study. *Journal of Sport Science*, 5, 189-197.

This study observed dietary habits and measured performance in collegiate dancers. TW and MJO are faculty at FSU. All other authors were graduate or undergraduate students at FSU.

Phillips, S. M., Aragon, A. A., Arciero, P. J., Arent, S. M., Close, G. L., Hamilton, D. L., Helms, E. R., Henselmans, M., Loenneke, J. P., Norton, L. E., Ormsbee, M. J., Sale, C., Schoenfeld, B. J., Smith-Ryan, A., Tipton, K. D., Vukovich, M. D., Wilborn, C., & Willoughby, D. S. (2017). Changes in Body Composition and Performance with

Supplemental HMB-FA+ATP. *Journal of Strength and Conditioning Research*, 31(5), e71-72.

This "manuscript clarification" was peer reviewed and accepted for publication. The authors are the top researchers in the world and came together to question a recent publication with extraordinary results.

Lee, S-R., Khamoui, A. V., Jo, E., Zourdos, M. C., Panton, L. B., Ormsbee, M. J., & Kim, J-S. (2017). Effect of Conjugated Linoleic Acids and Omega-3 Fatty Acids with or without Resistance Training on Muscle Mass During Chronic High Fat Diet in Middle-Aged Mice. *Experimental Physiology*, 102, 1500-1512.

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

Madzima, T. A., Ormsbee, M. J., Schleicher, E. A., Moffatt, R. J., & Panton, L. B. (2017). Effects of Resistance Training and Protein Supplementation in Breast Cancer Survivors. *Medicine and Science in Sports and Exercise*, 49(7), 1283-1292.

This paper explored the influence of resistance training with or without protein supplementation for breast cancer survivors. TAM is a professor at Elon, EAS is a former student, RJM and LBP are professor at FSU.

Kerksick, C. M., Arent, S., Shoenfeld, B. J., Stout, J. R., Campbell, B., Wilborn, C. D., Taylor, L., Kalman, D., Smith-Ryan, A. E., Kreider, R. B., Willoughby, D., Arciero, P. J., VanDusseldorp, T. A., Ormsbee, M. J., Wildman, R., Greenwood, M., Ziegenfuss, T. N., Aragon, A. A., & Antonio, J. (2017). International Society of Sports Nutrition Position Stand: Nutrient Timing Revisited. *Journal of the International Society of Sports Nutrition*, 14(33), 1-21.

Position stand produced by the International Society of Sports Nutrition. MJO was an invited author. All other authors are from academic institutions from around the world.

Jager, R., Purpura, M., Campbell, B., Cribb, P. J., Wells, S. D., Ziegenfuss, T. N., Ferrando, A. A., Arent, S. M., Smith-Ryan, A. E., Stout, J. R., Arciero, P. J., Ormsbee, M. J., Taylor, L. W., Wilborn, C. D., Oliver, J. M., Kalman, D. S., Kreider, R. B., Willoughby, D. S., Antonio, J., & Kerksick, C. M. (2017). International Society of Sports Nutrition Position Stand: Protein and Exercise. *Journal of the International Society of Sports Nutrition*, 14(20), 1-25.

Position stand produced by the International Society of Sports Nutrition. MJO was an invited author. All other authors are from academic institutions from around the world.

Purcell, S., Thornberry, R., Elliott, S. A., Panton, L. B., Ormsbee, M. J., Vieira, E., Kim, J-S., & Prado, C. M. (2016). Body Composition, Strength, and Dietary Intake of Patients with Hip or Knee Osteoarthritis. *Canadian Journal of Dietetic Research and Practice*, 77(2), 98-102.

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

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

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

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

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

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

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

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

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

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

This study investigated protein pacing and exercise training in women. Protein pacing involves multiple protein feedings throughout a day. All authors are from Skidmore College. MJO is from FSU.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kinsey, A. W., Eddy, W., Madzima, T., Panton, L., Arciero, P., Kim, J-S, & Ormsbee, M. J. (2015). The Influence of Nighttime Protein and Carbohydrate Intake on Appetite and Cardiometabolic Risk in Sedentary Overweight and Obese Women. *British Journal of Nutrition*, 112(3), 320-327.

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

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

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

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

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

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

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

* Ilich, J. Z., Kelly, O. J., Inglis, J. E., Panton, L. B., Duque, G., & Ormsbee, M. J. (2014). Interrelationship Among Muscle, Fat, and Bone: Connecting the Dots on Cellular, Hormonal, and Whole-Body Levels. *Ageing Research Reviews*, 15C, 51-60.

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

- * Madzima, T. A., Fretti, S. K., Kinsey, A. W., Panton, L. B., & Ormsbee, M. J. (2014). Nighttime Consumption of Protein or Carbohydrate Improves Morning Resting Energy Expenditure in Active College-Aged Men. *British Journal of Nutrition*, *111*, 71-77.
- This paper was the first to examine eating before sleep in fit men with regard to morning metabolism and fuel use. Co-authors are graduate students. LBP is a professor at Florida State University. MJO is senior and corresponding author.
- * Ormsbee, M. J., Prado, C. M., Ilich, J. Z., Purcell, S. A., Folsom, A., & Panton, L. B. (2014). Osteosarcopenic Obesity: The Role of Bone, Muscle, and Fat on Health. *Journal of Cachexia, Sarcopenia and Muscle*, *5*(3), 183-192.
- This paper examined the whole-body outcomes and health implications of a term our group coined called "osteosarcopenic obesity." Co-authors are graduate students. CMP is a professor at the University of Alberta. JZI and LBP are professors at Florida State University. MJO is first and corresponding author.
- * Ormsbee, M. J., Rawal, S. R., Baur, D. A., Kinsey, A. W., Elam, M. E., Spicer, M. T., Madzima, T. A., & Thomas, D. D. (2014). The Effects of a Multi-ingredient Dietary Supplement on Body Composition, Adipokines, Blood Lipids, and Metabolic Health in Overweight and Obese Men and Women: A Randomized Controlled Trial. *Journal of the International Society of Sports Nutrition*, *11*(37), 1-8.
- This paper examined the influence of a multi-ingredient dietary supplement on body composition and weight loss over eight weeks. Co-authors are graduate students. MTS is a professor at Florida State University. MJO is first and corresponding author.
- * Prado, C. M. M., Maia, Y. L. M., Ormsbee, M. J., Sawyer, M. B., & Baracos, V. E. (2013). Assessment of Nutritional Status in Cancer -- The Relationship Between Body Composition and Pharmacokinetics. *Anti-Cancer Agents in Medicinal Chemistry*, *13*(8), 1197-1203.
- This study examined nutrition and body composition in relation to Cancer status. Co-authors are faculty members around the world.
- * Ormsbee, M. J., Lox, J., & Arciero, P. J. (2013). Beetroot Juice and Exercise Performance. *Journal of the International Society of Sports Nutrition*, *5*, 27-35.
- This paper examines how a beetroot juice extract can influence exercise and athletic performance. JL is a graduate student. PJA is a professor at Skidmore College. MJO is first and corresponding author.
- * Figueroa, A., Vicil, F., Sanchez-Gonzalez, M. A., Wong, A., Ormsbee, M. J., Hooshmand, S., & Daggy, B. (2013). Effects of Diet and/or Low-Intensity Resistance Exercise Training on Arterial Stiffness and Body Composition in Obese Postmenopausal Women. *American Journal of Hypertension*, *26*, 1-8.
- This paper examines the type of exercise best suited to improve cardiovascular health and body composition. Co-authors are graduate students. AF is a professor at Florida State University. BD is an industry collaborator.

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

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

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

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

- * Ormsbee, M. J., Thomas, D. D., Mandler, W. K., Ward, E. G., Kinsey, A. W., Panton, L. B., Scheett, T. P., Hooshmand, S., Simonavice, E., & Kim, J-S. (2013). The Effects of Pre- and Post-exercise Consumption of Multi-ingredient Performance Supplements on Cardiovascular Health and Body Fat in Trained Men After Six Weeks of Resistance Training: A Stratified, Randomized, Double-blind Study. *Nutrition & Metabolism*, 10(1), 39.

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

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

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

- * Ormsbee, M. J., & Arciero, P. J. (2012). Detraining in Competitive Swimmers Increases Body Fat, Weight, and Waist Circumference, and Decreases VO₂max and Metabolic Rate. *Journal of Strength and Conditioning Research*, 26(8), 2087-2095.

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

- * Ormsbee, M. J., Mandler, W. K., Thomas, D. D., Ward, E. G., Kinsey, A. W., Panton, L. B., Simonavice, E., & Kim, J-S. (2012). The Effects of Six Weeks of Supplementation with Multi-ingredient Performance Supplements and Resistance Training on Anabolic Hormones, Body Composition, Strength, and Power in Resistance-trained Men. *Journal of the International Society of Sports Nutrition*, 9, 49-57.

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

- * Crombie, A. P., Liu, P. Y., Ormsbee, M. J., & Ilich, J. Z. (2012). Weight and Body Composition Change During the College Freshman Year in Male General-Population Students and Army Reserve Officer Training Corps (ROTC) Cadets. *International Journal of Sport Nutrition and Exercise Metabolism*, 22, 412-421.
- This paper investigated how weight and body composition are influenced by the first year of college in both general students and ROTC cadets. Co-authors are faculty collaborators.
- # Ormsbee, M. J., Myung, D. C., Medlin, J. K., Geyer, G. H., Trantham, L. H., Dubis, G. S., & Hickner, R. C. (2009). Regulation of Fat Metabolism During Resistance Exercise in Sedentary Lean and Obese Men. *Journal of Applied Physiology*, 106(5), 1529-1537.
- # Arciero, P. J., & Ormsbee, M. J. (2009). Relationship of Blood Pressure, Behavioral Mood State, and Physical Activity Following Caffeine Ingestion in Younger and Older Women. *Applied Physiology, Nutrition & Metabolism*, 34(4), 754-762.
- # Arciero, P. J., Gentile, C. L., Pressman, R., Everett, M., Ormsbee, M. J., Martin, J., Santamore, J., Gorman, L., Fehling, P. C., & Vukovich, M. D. (2008). Moderate Protein Intake Improves Total and Regional Body Composition and Insulin Sensitivity in Overweight Adults. *Metabolism: Clinical and Experimental*, 57(6), 757-765.
- # Ormsbee, M. J., Thyfault, J. P., Johnson, E. A., Kraus, R. M., Myung, D. C., & Hickner, R. C. (2007). Fat Metabolism and Acute Resistance Exercise in Trained Men. *Journal of Applied Physiology*, 102(5), 1767-1772.
- # Ormsbee, M. J., Clapper, J. A., Clapper, J. L., & Vukovich, M. D. (2007). The Impact of Varying Dietary Protein on Serum IGF-I, IGFBP-1, and IGFBP-3 During 6 Days of Physical Activity. *International Journal of Sport Nutrition & Exercise Metabolism*, 17(2), 127-139.
- # Arciero, P. J., Gentile, C. L., Martin-Pressman, R., Ormsbee, M. J., Everett, M., Zwicky, L., & Steele, C. A. (2006). Increased Dietary Protein and Combined High Intensity Aerobic and Resistance Exercise Improves Body Fat Distribution and Cardiovascular Risk Factors. *International Journal of Sport Nutrition and Exercise Metabolism*, 16(4), 373-392.
- # Ormsbee, M. J., Clapper, J. A., Clapper, J. L., & Vukovich, M. D. (2006). Moderate Changes in Energy Balance Combined with Exercise Do Not Alter Insulin-Like Growth Factor I or Insulin-Like Growth Factor Binding Protein 3. *Nutrition Research*, 26, 467-473.

Invited Books

Smith, D., Plowman, S., & Ormsbee, M. J. (contract in negotiation). *Exercise Physiology for Health, Fitness, and Performance (6th ed)*. Manuscript under contract for publication, Wolters Kluwer.

I was invited by Drs. Smith and Plowman and the publisher to co-author and revise this textbook for the

6th edition. Contract is in negotiation presently.

Invited Book Chapters

Arciero, P. J., Ormsbee, M. J., Layman, D., & Wildman, R. (2020). Protein as a Functional Food Ingredient for Weight Loss and Maintaining Body Composition. In *3rd edition of the Handbook of Nutraceuticals and Functional Foods*. CRC Press.

This chapter was co-written with three others that are also well published in protein research.

Morrissey, M. C., Rollo, I., Kunces, L., Fuller, S. A., & Ormsbee, M. J. (2019). Nutrition for High Level Soccer. In *Elite Soccer Players: Maximizing Sport and Safety*. CRC Press.

This invited chapter was co-written with other sports nutrition experts from around the world.

Nonrefereed Journal Articles

Ormsbee, M. J. (2020). Is Breakfast Really the Most Important Meal of the Day? *The Great Courses Daily*. Retrieved from <https://www.thegreatcoursesdaily.com/is-breakfast-really-the-most-important-meal-of-the-day/>

This was published during COVID19 to discuss the role of breakfast in health.

Ormsbee, M. J. (2020). Too Much of a Good Thing? Cellular Health and Exercise. *The Great Courses Daily*. Retrieved from <https://www.thegreatcoursesdaily.com/too-much-of-a-good-thing-cellular-health-and-exercise/>

This was published during COVID19 to discuss too little and too much exercise.

- * Kreipke, V., & Ormsbee, M. J. (2014). Longjack Root: The New T Booster? *Sports Nutrition Insider, online*, 1-3.
- * Ormsbee, M. J. (2014). Nighttime Eating Isn't the Diet Taboo it Used to Be. *Extraordinary Thoughts: The Research and Creativity Activity Blog, Online*, 1-2. Retrieved from <http://aboutresearchtest.magnet.fsu.edu/extraordinary-thoughts/2014-03-21-Nighttime-Eating>
- * Ormsbee, M. J. (2013). Night of the Living Diet. *Men's Health*, 102.
- * Ormsbee, M. J. (2013). Snack at Night and Still Lose Weight. *Men's Health Online*, 1.
- * Hazari, A. H., & Ormsbee, M. J. (2012). Every Vegetarian Needs Their Protein. *Sports Nutrition Insider*, 1.
- * Ormsbee, M. J. (2012). Triathlon: The Final Hour. *Tallahassee Democrat*, 7-C.

- * Ormsbee, M. J. (2011). Eat Fat, Get Healthy! *Sports Nutrition Insider*, 1. Retrieved from <http://sportsnutritioninsider.insidefitnessmag.com/1462/eat-fat-get-healthy>
- * Okuma, N., & Ormsbee, M. J. (2011). Fat Blockers: Do They Work? *Sports Nutrition Insider*, 1-4. Retrieved from <http://sportsnutritioninsider.insidefitnessmag.com/1509/fat-blockers-do-they-work>
- * Jo, E., & Ormsbee, M. J. (2011). The Truth About NO supplements. *Sports Nutrition Insider*, 1.
- # Ormsbee, M. J. (2009). Coffee: Savor Your Morning Brew. *Sports Nutrition Insider*, 52-53.
- # Ormsbee, M. J. (2009). Eat Fat, Get Healthy. *Inside Fitness Magazine*, 64-67.
- # Chong, M., & Ormsbee, M. J. (2009). Prohormone Supplementation. *Sports Nutrition Insider*, 64-65.
- # Ormsbee, M. J. (2008). Caffeine – One of the Very Best Sports Supplements. *Sports Nutrition Insider*, 48-49.
- # Ormsbee, M. J. (2007). Extinguish the Fire. *LeadingEdge Magazine (eas.com)*, 54-58.
- # Ormsbee, M. J. (2006). Strategic Mass Building. *LeadingEdge Magazine*, 1(3), 24-28.
- # Ormsbee, M. J. (2006). Strength Training to Improve Endurance Performance. *Achieve Magazine*, 1.
- # Ormsbee, M. J. (2006). The Competitive Edge. *Achieve Magazine*, 1-3.
- # Ormsbee, M. J. (2006). The First Word. *Achieve Magazine*, 3.
Summer 2006 – Spring 2008.
- # Ormsbee, M. J. (2006). The Fountain of Youth. *Achieve Magazine*, 14-15.
- # Ormsbee, M. J., & Vukovich, M. D. (2005). Performance Enhancing Drugs. *IDEA Fitness Journal*, 61-65.
- # Ormsbee, M. J. (2004). Calcium: The New Magic Bullet. *Muscle Media*, 123-126.

Presentations

Invited Keynote and Plenary Presentations at Conferences

For invited keynote and plenary presentations at conferences, 100.0% were international in scope.

Ormsbee, M. J. (presented 2017). *Pre-sleep Protein: Impact on health, body composition, and performance*. Keynote presentation at Protein Trends 2017, Friesland Campina, Las Vegas, NV. (International)

Invited Keynote and Plenary Presentations at Symposia

For invited keynote and plenary presentations at symposia, 22.2% were international, 22.2% were national, 44.4% were regional, 11.1% were local in scope.

Ormsbee, M. J. (presented 2017, October). Pre-Sleep Feeding: New Window of Opportunity for Athletes? Keynote presentation in *Clifbar Sponsored Webinar*. Symposium conducted at the meeting of American College of Sports Medicine: Webinar Series. (National)

- * Ormsbee, M. J. (presented 2014). 2014 Charge to 2014 College of Human Sciences Graduates. Keynote presentation in *College of Human Sciences Graduation Reception*. Symposium conducted at the meeting of Florida State University. (Local)
- * Ormsbee, M. J. (presented 2014). Exercise and Nutrition Strategies to Maintain Muscle Mass and Perform Optimally in Endurance Sports. Plenary presentation in *Optimal Human Performance*. Symposium conducted at the meeting of International Society of Sports Nutrition, Florida State University. (National)
- * Ormsbee, M. J. (presented 2013, December). Performance Nutrition & Exercise Training: Impact on Health and Human Performance. Keynote presentation in David Eccles, PhD (Chair), *Sport and Applied Social Sciences*. Symposium conducted at the meeting of Durham University, Durham, UK. (International)
- * Ormsbee, M. J. (presented 2013, October). Performance Nutrition for Successful Aging. Keynote presentation in *Client Appreciation Event*. Symposium conducted at the meeting of Mantay & Company of Prudential, Jacksonville, FL. (Regional)
- * Ormsbee, M. J. (presented 2013, October). What You Must Know About Eating for Optimal Health. Keynote presentation in *Living Well After 50*. Symposium conducted at the meeting of Merrill Lynch. (Regional)
- * Ormsbee, M. J. (presented 2013, June). Performance Nutrition: Protein & Nighttime Feeding. Keynote presentation in *Lifelong Seminoles*. Symposium conducted at the meeting of Florida State University Alumni Association, Jacksonville, FL. (Regional)

- * Ormsbee, M. J. (presented 2013, June). Performance Nutrition: Protein & Nighttime Feeding. Keynote presentation in *Lifelong Seminoles*. Symposium conducted at the meeting of Florida State University Alumni Association, West Palm Beach, FL. (Regional)
- * Ormsbee, M. J. (presented 2011, October). Obesity: An Emerging Disease of Lifestyle. What Role Do Exercise and Nutrition Play? Keynote presentation in *Pfizer Young Health Scientists Research Symposium*. Symposium conducted at the meeting of University of KwaZulu-Natal, Durban, South Africa. (International)

Invited Presentations at Conferences

For invited presentations at conferences, 27.8% were international, 61.1% were national, 11.1% were regional in scope.

- Ormsbee, M. J. (accepted). *Collagen Peptides: Emerging Evidence for Recovery and Return-to-Play*. Presentation to be given at Annual Meeting, VitaFoods Europe, Geneva, Switzerland. (International). (Cancelled due to COVID-19)
- Ormsbee, M. J. (accepted). *How Sleep, Stress, & Nutrition Affect Load and Performance*. Presentation to be given at Annual Meeting, American Medical Society for Sports Medicine, Atlanta, GA. (National). (Cancelled due to COVID-19)
- Ormsbee, M. J. (accepted). *New Developments in Pre-Sleep Feeding: What Should We Be Timing?* Presentation to be given at Annual Meeting, International Sport and Exercise Nutrition Conference, Daytona Beach, FL. (National)
- Ormsbee, M. J. (accepted). *Resistance Training During a 12-week Protein Supplemented VLCD Treatment Enhances Weight-loss Outcomes in Obese Patients*. Presentation to be given at Annual Meeting, National Strength and Conditioning Association, Las Vegas, NV. (National). (Cancelled due to COVID-19)
- Ormsbee, M. J. (presented 2019). *Collagen Peptides: Do They Have a Role in Sport and Performance Nutrition?* Presentation at Annual Meeting, Motion Sports & ISSN Colombia, Medellin, Colombia. (International)
- Ormsbee, M. J. (presented 2019). *Collagen: Potential Health and Performance Benefits in Sports*. Presentation at Annual Meeting, Supplside West, Las Vegas, NV. (National)
- Ormsbee, M. J. (presented 2019). *Pre-sleep Nutrition and Performance*. Presentation at Annual Meeting, Motion Sports & ISSN Colombia, Medellin, Colombia. (International)
- Ormsbee, M. J. (presented 2019). *Protein Timing, Totals, & Safety*. Presentation at Athletic Nutrition Conference, International Society of Sports Nutrition and Dymatize Nutrition, Dallas, TX. (National)

- Ormsbee, M. J. (presented 2019). *The Effects of Pre-sleep Dairy- or Plant-based Protein Consumption on Muscle Recovery Following Damaging Morning Exercise in Middle-Aged Men*. Presentation at Annual Meeting, Motion Sports & ISSN Colombia, Medellin, Colombia. (International)
- Ormsbee, M. J. (presented 2018). *The Effects of Teacrine on Muscular Strength and Reps to Failure in Resistance-Trained Men*. Presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (National)
- Ormsbee, M. J. (presented 2017). *Sports Science: Research to Real Life*. Presentation at Elite Performance, University of Nebraska, Lincoln, NE. (National)
- Ormsbee, M. J. (presented 2016). *Does it Work? A Deconstruction of Recent Trends in Nutrition and Supplementation for Endurance Performance*. Presentation at Rutgers Human Performance Conference, Rutgers University, New Brunswick, NJ. (Regional)
- Ormsbee, M. J. (presented 2016). *Eating Before Bed: The Next Frontier in Nutrient Timing*. Presentation at Annual Meeting, Collegiate and Professional Sports Dietetics Association, Kansas City, MO. (National)
- Ormsbee, M. J. (presented 2016). *Injury, Inflammation, and Immune Dysfunction: Nutritional Considerations for Athletes & Warfighters*. Presentation at Special Operations Forces Nutrition Summit, Special Forces of the United State of America, Fort Bragg, North Carolina. (National)
- Ormsbee, M. J. (presented 2016). *Nighttime Feeding for Athletes, Weekend Warriors, and Everyone Else*. Presentation at Annual Meeting, National Strength and Conditioning Association, New Orleans, LA. (National)
- Ormsbee, M. J., Kendall, K., Kerksick, C., & Wildman, R. (presented 2016). *The Impact of Nutrition Manipulation and Exercise Modality on Metabolism, Body Composition, and Performance*. Presentation at National Meeting: Nutrition, Metabolism, and Body Composition Special Interest Group, National Strength and Conditioning Association, New Orleans, LA. (National)
- Ormsbee, M. J. (presented 2016). *UCAN vs. Gatorade Before and During Endurance Exercise*. Presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (International)
- Ormsbee, M. J. (presented 2015). *Nighttime Eating, Metabolism, and Performance*. Presentation at 3rd Annual Sports Nutrition Summit, Dymatize Nutrition, Dallas, TX. (National)

- Ormsbee, M. J. (presented 2015). *Nighttime Eating, Metabolism, and Performance*. Presentation at Texas Chapter, American College of Sports Medicine, Austin, Texas. (Regional)
- * Ormsbee, M. J. (presented 2014). *Cutting Edge Advances in Sport & Exercise Nutrition*. Presentation at Dymatize Nutrition Summit, Dymatize Nutrition Sports Performance Institute, Dallas, TX. (National)
- * Ormsbee, M. (presented 2014). *Resistance Training and Nutrition Strategies to Maintain Muscle Mass and Perform Optimally in Endurance Sports*. Presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (International)
- * Ormsbee, M. J. (presented 2012). *Chronobiological Aspects of Eating: Do You Really Know What to Eat Before Bed?* Presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (National)

Invited Presentations at Symposia

For invited presentations at symposia, 3.4% were international, 3.4% were national, 3.4% were regional, 89.7% were local in scope.

- Ormsbee, M. J. (presented 2017). Teaching the University Student at a Research I University. In Judy Devine (Chair), *Faculty in a Research I University: Expectations, Opportunities & Challenges*. Presentation at the meeting of FSU Graduate School. (Local)
- Ormsbee, M. J. (presented 2015). Branding Yourself in Exercise & Sport Science. In *FSU Graduate Student Advisory Council, College of Human Sciences*. Presentation at the meeting of College of Human Sciences, FSU, Tallahassee, FL. (Local)
- Ormsbee, M. J., & Bach, C. W. (presented 2015). Feed for Speed. In *Sports Nutrition Seminar*. Presentation at the meeting of Redeye Velo Juniors, Tallahassee, FL. (Local)
- Ormsbee, M. J. (presented 2015). Physical Aspects of Health and Wellness: Performance & Nutrition. In *Exploring Wellness: What It Is and Why It Matters*. Presentation at the meeting of FSU Fellows Forum, Florida State University. (Local)
- Ormsbee, M. J. (presented 2015). Protein and Body Composition. In *Brown Bag Lecture Series*. Presentation at the meeting of Institute of Successful Longevity/CAENRA. (Local)
- * Ormsbee, M. (presented 2014). Nutrition for Optimal Body Composition. In *Crossfit Challenge*. Presentation at the meeting of Crossfit Blackbox, Tallahassee, FL. (Local)

- * Ormsbee, M. (presented 2014). Performance Nutrition for Paleo Athletes. In *Paleo Challenge for Athletes*. Presentation at the meeting of Crossfit Blackbox, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (presented 2013). Do's and Don'ts of Research. In *Do's and Don'ts of Research*. Presentation at the meeting of Graduate Student Advisory Council, FSU. (Local)
- * Ormsbee, M. J. (presented 2013). Exercise, Nutrition, and Longevity. In *Living Well After 50*. Presentation at the meeting of Merrill Lynch, Tallahassee, FL. (Regional)
- * Ormsbee, M. J. (presented 2012). Current Trends in Performance Nutrition. In *Department Enrichment Lecture Series*. Presentation at the meeting of College of Medicine, The Florida State University. (Local)
- * Ormsbee, M. J. (presented 2012). Performance Supplements: Fact or Fiction? In *Wellness Symposium*. Presentation at the meeting of Wellness, FSU Campus Recreation, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (presented 2012). Perspectives on Qualities of an Attractive Job Candidate. In *FSU Graduate Student Advisory Council, College of Human Sciences*. Presentation at the meeting of College of Human Sciences, FSU, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (presented 2012). The Acute Effects of Evening Whey and Casein Ingestion on Fasting Blood Glucose, Blood Lipid Profile, and Resting Metabolic Rate. In *First Year Assistant Professor Luncheon*. Poster presentation at the meeting of Council for Research and Creativity, Florida State University. (Local)
- * Ormsbee, M. J. (presented 2011). Accomplishing the Next Step: How to Land that Job. In *FSU Graduate Student Advisory Council, College of Human Sciences*. Presentation at the meeting of College of Human Sciences, FSU, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (presented 2011). Optimal Nutrition for Optimal Body Composition. In *Corporate Challenge*. Presentation at the meeting of Gold's Gym Tallahassee, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (presented 2011). The Impact of Exercise and Nutrition on Body Composition, Metabolism and Human Performance. In *Sports Science*. Presentation at the meeting of University of KwaZulu-Natal, Durban, South Africa. (International)
- * Ormsbee, M. J. (presented 2010). Body Composition, Resistance Training, and Supplement Use. In *2nd Annual VPX Science Summit*. Presentation at the meeting of Vital Pharmaceuticals, Inc, Davie, FL. (National)
- * Ormsbee, M. J. (presented 2010). Current Topics in Sports Nutrition. In *Sports Nutrition*. Presentation at the meeting of Seminole Sports Dietetics, FSU, Tallahassee, FL. (Local)

- # Ormsbee, M. J. (presented 2009). Does Resistance Exercise Burn Fat? In *Exercise Science Research*. Presentation at the meeting of Syracuse University, Syracuse, NY. (Local)
- # Ormsbee, M. J. (presented 2008). Exercise Science: Exploring the Human Body at Rest and During Exercise. In *Math/Science Open House*. Presentation at the meeting of Skidmore College, Saratoga Springs, NY. (Local)
- # Ormsbee, M. J. (presented 2008). Spotlight on Exercise Science: What Is It That We Do? In *Math/Science Open House*. Presentation at the meeting of Skidmore College, Saratoga Springs, NY. (Local)
- # Ormsbee, M. J. (presented 2008). Try Some Real Food: A Panel Discussion of Food Recovery. In *Skidmore Nutrition Action Council*. Presentation at the meeting of Skidmore Nutrition Action Council, Skidmore College, Saratoga Springs, NY. (Local)
- # Ormsbee, M. J. (presented 2007). Fire Up Your Metabolism: Lose Fat & Survive the Holidays. In *Health Solutions*. Presentation at the meeting of ABS Southeast, LLC, Jacksonville, NC. (Local)
- # Ormsbee, M. J. (presented 2007). Obesity: A New Perspective. In *Health Solutions*. Presentation at the meeting of ABS Southeast, LLC, Jacksonville, NC. (Local)
- # Ormsbee, M. J. (presented 2006). Obesity: Nutrition & Exercise Solutions. In *Pfizer, Inc.* Presentation at the meeting of Pfizer, Inc, Reston, VA. (Local)
- # Ormsbee, M. J. (presented 2005). Basic Nutrition for The Young Athlete. In *Jackrabbit Breakout Basketball Clinic*. Presentation at the meeting of South Dakota State University, Brookings, SD. (Local)
- # Ormsbee, M. J. (presented 2005). Health, Fitness and Nutrition: Living a Healthy Lifestyle. In *Brookings City Workers Union*. Presentation at the meeting of Brookings City Workers Union, Brookings, SD. (Local)
- # Ormsbee, M. J. (presented 2004). Basic Nutrition. In *Jackrabbit Breakout Basketball Clinic*. Presentation at the meeting of South Dakota State University, Brookings, SD. (Local)
- # Ormsbee, M. J. (presented 2004). Sports Nutrition for Ice Hockey. In *Brookings Ice Skating Association*. Presentation at the meeting of Brookings Ice Skating Association, Brookings, SD. (Local)

Refereed Presentations at Conferences

For refereed presentations at conferences, 4.8% were international, 57.1% were national, 30.2% were regional, 7.9% were local in scope.

Gipson, S. D., Kviatkovsky, S. A., Othon, A. P., Klemp, A. O., Kim, J-S., & Ormsbee, M. J. (accepted). *Circulating Brain Derived Neurotropic Factor (BDNF) in Response to*

Three-Day Ultra-Endurance Racing. Presentation to be given at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National). (Cancelled due to COVID-19)

Dudar, M. D., Bode, E. D., Fishkin, K. R., Brown, R. A., Carre, M., Mills, N. R., Ormsbee, M. J., & Ives, S. J. (accepted). *Effect of Pre-Sleep Low Glycemic Modified Starch on Morning Metabolism and Endurance Running Performance*. Presentation to be given at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National). (Cancelled due to COVID-19)

Yeh, M., Klemp, A., Kim, D-H., Arjmandi, B. H., Panton, L. B., Ormsbee, M. J., Contreras, R. J., Daggy, B. P., Fisher, L. A., Boot, W. R., & Kim, J-S. (accepted). *Effects of a Multi-Ingredient Dietary Supplement and Tai Chi on Physical Function in Adults*. Presentation to be given at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National). (Cancelled due to COVID-19)

Klemp, A., Yeh, M., Sokolowski, C., Kim, D-H., Ormsbee, M. J., Panton, L. B., & Kim, J-S. (accepted). *Pre-Sleep or Post-Exercise Protein Intake Does Not Augment Resistance Training Adaptations in Older Adults*. Presentation to be given at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National). (Cancelled due to COVID-19)

Grohbrugge, K. E., Artese, R. L., Hunt, R. L., Ormsbee, M. J., Kim, J-S., & Panton, L. B. (accepted). *Quality of Life and Fatigue are Related to Exercise Perceptions in Breast Cancer Survivors*. Presentation to be given at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National). (Cancelled due to COVID-19)

Hanna, B. R., Saylor, H. E., Schuster, J. G., Shelton, A., Hickner, R. C., & Ormsbee, M. J. (presented 2020). *Characterizing Performance in Elite Track and Field Sprinters in Relation to The Acute:Chronic Workload Ratio*. Poster presentation at Southeast Conference, American College of Sports Medicine, Jacksonville, FL. (Regional)

Worts, P. R., Ormsbee, M. J., Panton, L. B., Levenson, C. W., Porter, S. S., Spy, K. G., Burkhart, S. O., & Kim, J-S. (presented 2019). *Acute Changes in Oculomotor and Vestibulo-ocular Function Following Aerobic Exercise in Recently Concussed and Healthy Athletes*. Poster presentation at Annual Meeting, American College of Rehabilitation Medicine (ACRM), Chicago, IL. (National)

Behl, T. A., Artese, A. L., Hunt, R. L., Marshall, D. R., Ormsbee, M. J., Kim, J-S., & Panton, L. B. (presented 2019). *Body Composition, Strength and Physical Function in Short and Long Term Breast Cancer Survivors*. Poster presentation at Annual Meeting, American College of Sports Medicine, Orlando, FL. (National)

Behl, T. A., Artese, A. L., Hunt, R. L., Marshall, D. R., Ormsbee, M. J., Kim, J-S., & Panton, L. B. (presented 2019). *Body Composition, Strength and Physical Function in Short*

and Long Term Breast Cancer Survivors. Poster presentation at Southeast Chapter, American College of Sports Medicine, Greenville, SC. (Regional)

Behl, T. A., Artese, A. L., Hunt, R. L., Marshall, D. R., Ormsbee, M. J., Kim, J-S., & Panton, L. B. (presented 2019). *Body Composition, Strength and Physical Function in Short and Long Term Breast Cancer Survivors*. Presentation at Research and Creativity Day, College of Human Sciences, Tallahassee, FL. (Local)

Artese, A. L., Hunt, R. L., Marshall, D. R., Ormsbee, M. J., Kim, J-S., & Panton, L. B. (presented 2019). *Body Composition, Strength, and Physical Function Following Two Training Interventions for Breast Cancer Survivors*. Poster presentation at Annual Meeting, American College of Sports Medicine, Orlando, FL. (National)

Artese, A. L., Hunt, R. L., Marshall, D. R., Ormsbee, M. J., Kim, J-S., & Panton, L. B. (presented 2019). *Body Composition, Strength, and Physical Function Following Two Training Interventions for Breast Cancer Survivors*. Poster presentation at Southeast Chapter, American College of Sports Medicine, Greenville, SC. (Regional)

Worts, P. R., Sanchez-Gonzalez, M., Ormsbee, M. J., Panton, L. B., Levenson, C. W., Burkhart, S. O., & Kim, J-S. (presented 2019). *Cardiovascular Autonomic Changes Following a Bout of Low-Intensity Exercise in Recently Concussed and Healthy Athletes*. Poster presentation at National Meeting, American College of Sports Medicine. (National)

ACSM (Orlando, FL).

McQuerry, M., Morrissey, M., Kisiolek, J., & Ormsbee, M. J. (presented 2019). *Effect of a Lightweight Structural Firefighter Turnout Composite on Physiological Comfort*. Presentation at Performance of Protective Clothing and Equipment: Innovative Solutions to Evolving Challenges, American Society of Testing & Materials, Denver, CO. (National)

McQuerry, M., Morrissey, M., Kisiolek, J., Dudar, M., & Ormsbee, M. J. (presented 2019). *Effect of Novel Lightweight Material Innovations on the Physiological Comfort of Structural Firefighters*. Presentation at Annual Meeting, AATC International Conference, Denver, CO. (National)

Saracino, P. G., Saylor, H. E., Hanna, B. R., & Ormsbee, M. J. (presented 2019). *Effects of pre-sleep animal vs. plant-based protein consumption on inflammation and muscle recovery following damaging exercise*. Presentation at Annual Meeting, International Sport and Exercise Nutrition Conference, Newcastle, UK. (International)

Gipson, S. D., McQuerry, M. L., Morrissey, M. C., Kisiolek, J. N., & Ormsbee, M. J. (presented 2019). *Firefighter Turnout Suit Weight Influences Simulated Exercise Performance*. Presentation at Annual Meeting, American College of Sports Medicine, Orlando, FL. (National)

- Gipson, S. D., McQuerry, M. L., Morrissey, M. C., Kisiolek, J. N., & Ormsbee, M. J. (presented 2019). *Firefighter Turnout Suit Weight Influences Simulated Exercise Performance*. Presentation at Showcase at the Masters in Four, College of Human Sciences, Tallahassee, FL. (Local)
- Gipson, S. D., McQuerry, M. L., Morrissey, M. C., Kisiolek, J. N., & Ormsbee, M. J. (presented 2019). *Firefighter Turnout Suit Weight Influences Simulated Exercise Performance*. Poster presentation at Southeast Chapter, American College of Sports Medicine, Greenville, SC. (Regional)
- Gipson, S. D., McQuerry, M. L., Morrissey, M. C., Kisiolek, J. N., & Ormsbee, M. J. (presented 2019). *Firefighter Turnout Suit Weight Influences Simulated Exercise Performance*. Presentation at Research and Creativity Day, College of Human Sciences, Tallahassee, FL. (Local)
- Schattinger, C. M., Leonard, J. R., Artese, A. L., Ormsbee, M. J., Pappas, C. L., & Panton, L. B. (presented 2019). *Pre-Sleep Consumption of Casein Protein on Resting Metabolic Rate and Appetite in Premenopausal Women*. Presentation at Annual Meeting, American College of Sports Medicine. (National)
ACSM (Orlando, FL).
- Morrissey, M. C., Kisiolek, J. N., Ragland, T. J., Willingham, B. D., Hunt, R. L., Hickner, R. C., & Ormsbee, M. J. (presented 2019). *The Effect of Cold Ambient Temperature and Preceding Active Warm-Up on Lactate Kinetics in Female Cyclists and Triathletes*. Poster presentation at Southeast Chapter, American College of Sports Medicine. (Regional)
- Schattinger, C. M., Leonard, A. E., Artese, C. L., Ormsbee, M. J., & Panton, L. B. (presented 2019). *The Effect of Pre-Sleep Consumption of Casein Protein on Resting Metabolic Rate and Appetite in Sedentary Premenopausal Women*. Poster presentation at Southeast Chapter, American College of Sports Medicine, Greenville, SC. (Regional)
- Artese, A. L., Hunt, R. L., Marshall, D. R., Kim, J. S., Moffatt, R., Ormsbee, M. J., & Panton, L. B. (presented 2018). *Comparison of Bone and Body Composition in The Affected and Unaffected Arms in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Chattanooga, TN. (Regional)
- Artese, A. L., Hunt, R. L., Marshall, D. R., Kim, J. S., Moffatt, R., Ormsbee, M. J., & Panton, L. B. (presented 2018). *Comparison of Bone and Body Composition in The Affected and Unaffected Arms in Breast Cancer Survivors*. Poster presentation at National Meeting, American College of Sports Medicine, Minneapolis, MN. (National)
- Leyh, S. M., Willingham, B. D., Baur, D. A., Panton, L. B., & Ormsbee, M. J. (presented 2018). *Effect of Pre-sleep Whole-food or Protein Beverage on Morning Metabolism in*

Active Women. Poster presentation at National Conference, American College of Sports Medicine, Minneapolis, MN. (National)

Baur, D. A., Willingham, B. D., Kim, J-S., Panton, L. B., Overton, J. M., & Ormsbee, M. J. (presented 2018). *No Lipolytic Suppression with Pre-Exercise Carbohydrate Regardless of its Glycemic Index*. Presentation at Annual Meeting, American College of Sports Medicine. (National)

Morrissey, M. C., Kisiolek, J. N., Ragland, T. J., Willingham, B. D., Hunt, R. L., & Ormsbee, M. J. (presented 2018). *The Effect of Cold Ambient Temperature on Lactate Threshold with or without an Active Warm-up in Female Cyclists and Triathletes*. Presentation at Research and Creativity Day, College of Human Sciences, Tallahassee, FL. (Local)

Schattinger, C. M., Leonard, J. R., Artese, A. L., Ormsbee, M. J., Pappas, C. L., & Panton, L. B. (presented 2018). *The Effect of Pre-Sleep Consumption of Casein Protein on Resting Metabolic Rate and Appetite in Postmenopausal Women*. Poster presentation at Regional Meeting, American College of Sports Medicine, Chattanooga, TN. (Regional)

Schattinger, C. M., Leonard, J. R., Artese, A. L., Ormsbee, M. J., Pappas, C. L., & Panton, L. B. (presented 2018). *The Effect of Pre-Sleep Consumption of Casein Protein on Resting Metabolic Rate and Appetite in Postmenopausal Women*. Poster presentation at National Meeting, American College of Sports Medicine, Minneapolis, MN. (National)

Allman, B. R., Morrissey, M. M., Mitchell, H., Ferrand, A., Wakeford, S., Contreras, R., Kim, J-S., Panton, L. B., & Ormsbee, M. J. (presented 2018). *The Effect of Protein Timing and Resistance Exercise on Lipolysis and Fat Oxidation in Resistance-Trained Women*. Presentation at Research and Creativity Day, College of Human Sciences, Tallahassee, FL. (Local)

Smith, K. A., Kisiolek, J. N., Morrissey, M. C., Saracino, P. G., Willingham, B. D., Leyh, S. M., Baur, D. A., & Ormsbee, M. J. (presented 2018). *The Effect of Sleep on Systemic Inflammation During the Ultraman Triathlon*. Poster presentation at Research and Creativity Day, College of Human Sciences, Tallahassee, FL. (Local)

Smith, K. A., Kisiolek, J. N., Morrissey, M. C., Saracino, P. G., Willingham, B. D., Leyh, S. M., Baur, D. A., & Ormsbee, M. J. (presented 2018). *The Effect of Sleep on Systemic Inflammation During The Ultraman Triathlon*. Poster presentation at Regional Meeting, American College of Sports Medicine, Chattanooga, TN. (Regional)

Smith, K. A., Kisiolek, J. N., Morrissey, M. C., Saracino, P. G., Willingham, B. D., Leyh, S. M., Baur, D. A., & Ormsbee, M. J. (presented 2018). *The Effect of Sleep on Systemic Inflammation During The Ultraman Triathlon*. Poster presentation at National Meeting, American College of Sports Medicine, Minneapolis, MN. (National)

Thematic Poster.

- Kisiolek, J. N., Smith, K. A., Baur, D. A., Willingham, B. D., Morrissey, M. C., Leyh, S. M., Saracino, P. G., & Ormsbee, M. J. (presented 2018). *The Effects of Sleep Time on Ultra-Endurance Triathlon Performance*. Poster presentation at Regional Meeting, American College of Sports Medicine, Chattanooga, TN. (Regional)
- Kisiolek, J. N., Smith, K. A., Baur, D. A., Willingham, B. D., Morrissey, M. C., Leyh, S. M., Saracino, P. G., & Ormsbee, M. J. (presented 2018). *The Effects of Sleep Time on Ultra-Endurance Triathlon Performance*. Poster presentation at Research and Creativity Day, College of Human Sciences, Tallahassee, FL. (Local)
- Kisiolek, J. N., Smith, K. A., Baur, D. A., Willingham, B. D., Morrissey, M. C., Leyh, S. M., Saracino, P. G., & Ormsbee, M. J. (presented 2018). *The Effects of Sleep Time on Ultra-Endurance Triathlon Performance*. Poster presentation at National Meeting, American College of Sports Medicine, Minneapolis, MN. (National)
- Thematic Poster.
- Ramos, G. A., Cesareo, K. C., Saracino, P. G., Mason, J. R., Morrissey, M. C., & Ormsbee, M. J. (presented 2018). *The Effects of TeaCrine®, Caffeine, or a Combination of Both on Muscular Strength and Endurance in Resistance-trained men*. Poster presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (National)
- Brown, A. F., Welsh, T., Panton, L. B., Moffatt, R., & Ormsbee, M. J. (presented 2017). *75g/day of Supplemental Protein Improves Lean Mass Index and Dance Performance Aesthetics in Female Collegiate Dancers*. Presentation at the meeting of American College of Sports Medicine, Denver, CO. (National)
- Peterson, K. R., Brown, A. F., Bach, C. W., De Almeida, G., Leonard, S. M., Welsh, T., & Ormsbee, M. J. (presented 2017). *Body Composition and Performance Capabilities Based on Level of Protein Intake in Collegiate Female Dancers*. Presentation at the meeting of American College of Sports Medicine, Denver, CO. (National)
- Kreipke, V., Moffatt, R., & Ormsbee, M. J. (presented 2017). *Concurrent Training and Multi-Ingredient Performance Supplement Use on Performance, Body Composition, and Hormone Concentrations in Active Men*. Presentation at National Meeting, National Strength and Conditioning Association, Las Vegas, NV. (National)
- Kreipke, V. C., Moffatt, R. J., D'Alessandro, J. P., & Ormsbee, M. J. (presented 2017). *Effects of Concurrent Training and Shroom Tech Sport Supplementation on Performance in College-aged Men*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- Carzoli, J. P., Klemp, A., Allman, B. R., Zourdos, M. C., Kim, J-S., Panton, L. B., & Ormsbee, M. J. (presented 2017). *Efficacy of the Repetitions in Reserve-Based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers*. Poster

presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)

- Brown, A. F., Welsh, T., Panton, L. B., Moffatt, R., & Ormsbee, M. J. (presented 2017). *Increased Protein Intake Improves Lean Mass Index and Dance Performance Aesthetics in Female Collegiate Dancers*. Presentation at National Meeting, International Association of Dance Medicine and Science, Houston, TX. (National)
- Willingham, B. D., Bach, C. W., Baur, D. A., & Ormsbee, M. J. (presented 2017). *Lipolysis, Substrate Metabolism, and Time Trial Performance in Cold versus Thermo-Neutral Environments in Trained-Cyclists*. Presentation at National Meeting, American College of Sports Medicine, Denver, CO. (National)
- Baur, D. A., Willingham, B. D., Kim, J-S., Panton, L. B., Overton, J. M., & Ormsbee, M. J. (presented 2017). *No Lipolytic Suppression with Pre-Exercise Carbohydrate Regardless of its Glycemic Index*. Presentation at Research and Creativity Day, College of Human Sciences. (Local)
- Ormsbee, M. J., & van Loon, L. C. (presented 2017). *Pre-sleep Nutrition: To Eat or Not to Eat*. Presentation at National Meeting, American College of Sports Medicine, Denver, CO. (International)
- Baur, D. A., de Carvalho Silva Vargas, F., Bach, C. W., Garvey, J. A., & Ormsbee, M. J. (presented 2016). *A Modified Starch Supplement Ingested Before and During Cycling Enhances Fat Oxidation but Not Performance*. Presentation at Research and Creativity Day, College of Human Sciences. (Local)
- Baur, D. A., de Carvalho Silva Vargas, F., Bach, C. W., Garvey, J. A., & Ormsbee, M. J. (presented 2016). *A Modified Starch Supplement Ingested Before and During Cycling Enhances Fat Oxidation but Not Performance*. Presentation at National Meeting, American College of Sports Medicine, Boston, MA. (National)
- Baur, D. A., de Carvalho Silva Vargas, F., Garvey, J. A., Bach, C. W., & Ormsbee, M. J. (presented 2016). *Accuracy of a Continuous Glucose Monitoring Device for the Assessment of Carbohydrate Glycemic Effects During Exercise*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- Worts, P. R., Boutzoukas, E. M., Burkhart, S. O., Ormsbee, M. J., Kim, J-S., & Panton, L. B. (presented 2016). *Changes in Oculomotor Function with Exercise in High School Student-Athletes*. Presentation at National Conference, American College of Sports Medicine, Boston, MA. (National)
- Madzima, T. A., Ormsbee, M. J., Moffatt, R. J., & Panton, L. B. (presented 2016). *Effects of Resistance Training and Protein Supplementation on IGF-I, Adiponectin, and CRP in*

Breast Cancer Survivors. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)

Artese, A. L., Simonavice, E., Madzima, T. A., Liu, P-Y., Kim, J-S., Ormsbee, M. J., Prado, C. M., Arjmandi, B. H., & Panton, L. B. (presented 2016). *Physical Activity, Strength, Body Composition, Muscle Quality, and Functionality in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)

Sookan, T., Ormsbee, M. J., Antonio, J., Magula, N. P., Motala, A. A., Laloo, U. G., Liebenberg, L., & McKune, A. J. (presented 2016). *Resistance training reduces T helper-2 cytokine level but not cardiometabolic risk factors in HIV-infected individuals receiving antiretroviral therapy*. Poster presentation at Annual Meeting, European College of Sport Sciences, Vienna, Austria. (International)

Myers, C. M., Shykoff, B. E., Panton, L. B., Ormsbee, M. J., Kim, J-S., & Florian, J. P. (presented 2016). *The Effects of Acute and Repeated Long-Duration O₂ Exposure on Skeletal Muscle Performance and Oxidative Stress in Navy Divers*. Presentation at Research and Creativity Day, College of Human Sciences. (Local)

CHS Research and Creativity Day.

Kramer, S. J., Panton, L. B., Spicer, M. T., Leeser, M. J., & Ormsbee, M. J. (presented 2016). *The Effects of Six Days of Dietary Nitrate Supplementation on Strength, Power, and Endurance in Crossfit Athletes*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)

Kinsey, A. W., Cappadona, S., Panton, L. B., Hickner, R. C., & Ormsbee, M. J. (presented 2016). *The Influence of Nighttime Protein Intake on Overnight Lipolysis and Next Morning Fat Oxidation in Obese Men*. Poster presentation at National Meeting, American College of Sports Medicine, Boston, MA. (National)

Worts, P. R., Burkhart, S. O., Panton, L. B., Ormsbee, M. J., Davis, A. W., & Kim, J-S. (presented 2015). *Assessment of Convergence Insufficiency Using Subjective and Objective Clinical Tests Following A Sport-Related Concussion*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)

Mojock, C. D., Ormsbee, M. J., Kim, J., Arjmandi, B. H., Louw, G. A., Contreras, R. J., & Panton, L. B. (presented 2015). *Comparisons of Bone Mineral Density Between Recreational and Trained Male Road Cyclists*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)

Mojock, C. D., Ormsbee, M. J., Kim, J., Arjmandi, B. H., Louw, G. A., Contreras, R. J., & Panton, L. B. (presented 2015). *Comparisons of Bone Mineral Density Between Recreational and Trained Male Road Cyclists*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)

- Baur, D. A., Bach, C. W., Hyder, W. S., & Ormsbee, M. J. (presented 2015). *Competing in a Multistage Ultra-Endurance Triathlon Reduces Body Mass and Fat Mass and Increases Fluid Retention and Insulin Resistance*. Presentation at National Meeting, National Strength and Conditioning Association. (National)
- Sookan, T., Ormsbee, M. J., Antonio, J., Magula, N., & McKune, A. (presented 2015). *Effect of Progressive Resistance Training Program and Whey Protein Intake on Maximal Strength in Human Immunodeficiency Virus Infected Individuals Receiving Antiretroviral Therapy*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Bach, C. W., Baur, D. A., Hyder, W. S., & Ormsbee, M. J. (presented 2015). *Effects of a Multistage Ultra-Endurance Triathlon on Body Composition and Glucose Control in a Type 1 Diabetic Athlete: A Case Study*. Poster presentation at National Meeting, National Strength and Conditioning Association. (National)
- Gorman, K., Miller, E., Panton, L. B., & Ormsbee, M. J. (presented 2015). *Effects of Nighttime Feeding on Next Morning Running Performance and Metabolism in Female Endurance Athletes*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Madzima, T. A., Ormsbee, M. J., Moffatt, R. J., & Panton, L. B. (presented 2015). *Effects of Resistance Training and Protein Supplementation on IGF-I, Adiponectin, and CRP in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- Madzima, T. A., Schleicher, E., Ormsbee, M. J., Moffatt, R., & Pantond, L. B. (presented 2015). *Effects of Resistance Training and Protein Supplementation on Muscular Strength and Body Composition in Breast Cancer Survivors*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Brown, A. F., Prado, C. M., Ghosh, S., Arciero, P. J., Tucker, K. L., & Ormsbee, M. (presented 2015). *High-Protein Intake is Associated with Better Body Composition and Cardiometabolic Health in Older Puerto Ricans*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Brown, A. F., Prado, C. M., Ghosh, S., Arciero, P. J., Tucker, K. L., & Ormsbee, M. (presented 2015). *High-Protein Intake is Associated with Better Body Composition and Health in Older Puerto Ricans*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Allman, B. R., & Ormsbee, M. J. (presented 2015). *Lactate Response to Static Squats in Parkinson's Patients*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)

- Miller, E. A., Gorman, K. A., Spicer, M. T., Eckel, L. A., & Ormsbee, M. J. (presented 2015). *Morning Hydration Status and Running Performance in Female Athletes Following Nighttime Consumption of Chocolate Milk*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Ormsbee, M. J., & van Loon, L. C. (presented 2015). *Nighttime Eating: Impact on Muscle, Metabolism, and Recovery*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (International)
- Artese, A. L., Simonavice, E., Madzima, T. A., Liu, P-Y., Kim, J-S., Ormsbee, M. J., Pardo, C. M., Arjmandi, B. H., & Panton, L. B. (presented 2015). *Physical Activity, Strength, Body Composition, Muscle Quality, and Functionality in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- Schleicher, E. A., Madzima, T. A., Ormsbee, M. J., Pappas, C., & Panton, L. B. (presented 2015). *Relationship Between Dietary Protein Intake and Body Composition in Breast Cancer Survivors*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Schleicher, E. A., Madzima, T. A., Ormsbee, M., Pappas, C., & Panton, L. B. (presented 2015). *Relationship Between Dietary Protein Intake and Body Composition in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Madzima, T. A., Terracciano, A., Schleicher, E., Coviello, C., Ormsbee, M. J., Moffatt, R., Ratliffe, T., & Pantond, L. B. (presented 2015). *Relationship of Personality Traits Following a Resistance Training Intervention in Breast Cancer Survivors*. Poster presentation at Regional Meeting, American College of Sports Medicine. (Regional)
- Jo, E., Ormsbee, M. J., Cain, A., Elam, M., Yeh, M-C., Worts, P., Khamoui, A. V., Kim, D-H., Prado, C. M., & Kim, J-S. (presented 2015). *The Clinical Application of Periodized Resistance Training During A 12-Week Hypocaloric Treatment for Obesity*. Poster presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Yeh, M-C., Jo, E., Worts, P., Cain, A., Elam, M., Khamoui, A. V., Kim, D-H., Ormsbee, M. J., Prado, C. M., & Kim, J-S. (presented 2015). *The Clinical Application of Periodized Resistance Training During A 12-Week Hypocaloric Treatment for Obesity*. Poster presentation at Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)
- Kinsey, A. W., Cappadona, S., Panton, L. B., Hickner, R. C., & Ormsbee, M. J. (presented 2015). *The Influence of Nighttime Protein Intake on Overnight Lipolysis and Next*

Morning Fat Oxidation in Obese Men. Poster presentation at Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)

- * Kanther, X., Biwer, A., & Ormsbee, M. J. (presented 2014). *A Double-Blind Placebo Controlled Study of the Effect of Beta-Alanine, a Nonessential Amino-Acid, on Neurologic, Motor Function, Quality of Life, and Fatigue in Patients Diagnosed with Multiple Sclerosis.* Presentation at the meeting of American Academy of Neurology National Meeting, Philadelphia, PA. (National)
- * Jo, E., Cain, A., Prado, C. M., Ormsbee, M. J., Arjmandi, B., Synder, K., Smith, D., Khamoui, A., Yeh, M-C., & Kim, J-S. (presented 2014). *A Single-Center Evaluation of a Proprietary Hypocaloric Treatment for Morbid Obesity.* Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- * Bach, C. W., Dyer, B., Ormsbee, M. J., & McKune, A. J. (presented 2014). *Adaptive Stress Response to Repeated Bouts of Downhill Running: Salivary Cortisol and Alpha-Amylase.* Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- * Mojock, C. D., Arjmandi, B. H., Kim, J-S., Ormsbee, M. J., Contreras, R. J., & Panton, L. B. (presented 2014). *Effects of Calcium Collagen Chelate Consumption on Body and Bone Composition in Trained Male Cyclists.* Poster presentation at Southeast American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)
- * Mojock, C. D., Arjmandi, B. H., Kim, J-S., Ormsbee, M. J., Contreras, R. J., & Panton, L. B. (presented 2014). *Effects of Calcium Collagen Chelate on Body Composition and Bone Biomarkers in Trained Male Cyclists.* Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- * Oh, S-L., Lee, S-R., Khamoui, A., Jo, E., Park, B-S., Ormsbee, M. J., Kim, D-H., Yeh, M-C., & Kim, J-S. (presented 2014). *Effects of CLA/n-3 and resistance training on muscle quality in middle-aged mice during a High-Fat Diet.* Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- * Campbell, J., Ormsbee, M. J., Wong, A., Kinsey, A. W., Eddy, W., & Figueroa, A. (presented 2014). *Effects of Combined Exercise Training and Lactoproteins on Arterial Stiffness and Aortic Hemodynamics in Young Obese Women.* Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (International)
- * Frost, A. E., Bach, C. W., Kinsey, A. W., Friesen, C., & Ormsbee, M. J. (presented 2014). *Physiological and Performance Characteristics of Elite Motocross Athletes Compared to Physically Active Men.* Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)

- * Biwer, A. L., DiFabio, B. J., Coughlin, E. E., Kinsey, A. W., Jafarinasabian, P., Giannini, J., Maitland, C. G., & Ormsbee, M. J. (presented 2014). *The Effect of Beta-Alanine Supplementation on Power, Strength, and Fatigue in Parkinson's Disease Patients*. Poster presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- * Madzima, T. A., Ward, E. G., Bach, C. W., McKune, A. J., Panton, L. B., & Ormsbee, M. J. (presented 2014). *The Impact of a Pre-Loaded Multi-Ingredient Performance Supplement on Muscular Performance Following Downhill Running*. Presentation at National Meeting, American College of Sports Medicine, Orlando, FL. (National)
- * Kreipke, V. C., Allman, B. R., Kinsey, A. W., Hyder, W., Hickner, R. C., Dubis, G. S., Tanner, C. J., Moffatt, R. J., & Ormsbee, M. J. (presented 2014). *The Impact of Four Weeks of T+ Supplementation on Strength and Endocrine Markers in Power Athletes*. Presentation at National Meeting, National Strength and Conditioning Association, Las Vegas, NV. (National)
- * Xiao, J., Thornberry, R., Ormsbee, M. J., Cain, A., Kim, J-S., Smith, D., Contreras, R., & Prado, C. M. (presented 2013). *A Descriptive Study of Body Composition Abnormalities and Health Risks in Patients with Obesity*. Poster presentation at the meeting of The Obesity Society, Atlanta, GA. (National)
- * Inglis, J. E., Panton, L. B., Ormsbee, M. J., Owen, J. K., & Ilich, J. Z. (presented 2013). *Defining Osteosarcopenic Obesity and Identifying its Prevalence in Women Across a Wide Age-span*. Poster presentation at the meeting of American Society for Bone Mineral Research, Baltimore, MD. (National)
- * Ormsbee, M. J., Kinsey, A. W., Eddy, W. R., Madzima, T. A., Panton, L. B., & Kim, J-S. (presented 2013). *Evening Protein Consumption and Exercise: Health and Performance Outcomes*. Poster presentation at Annual Meeting, National Strength and Conditioning Association, Las Vegas, NV. (National)
- * Kinsey, A. W., Madzima, T. A., Panton, L. B., Fretti, S. K., & Ormsbee, M. J. (presented 2013). *Nighttime Consumption of Protein or Carbohydrate Improves Morning Resting Energy Expenditure in Active College-Aged Men*. Poster presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
- * Zourdos, M. C., Jo, E., Khamoui, A. V., Park, B-S., Lee, S-R., Panton, L. B., Ormsbee, M. J., Thomas, D. D., Ward, E., & Kim, J-S. (presented 2013). *Novel Daily Undulating Periodization Model Produces Greater Performance Gains than a Traditional Configuration in Trained Powerlifters*. Poster presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
- * Frost, A. E., Bach, C. W., Kinsey, A. W., Friesen, C., & Ormsbee, M. J. (presented 2013). *Physiological and Performance Characteristics of Elite Motocross Athletes Compared*

to Physically Active Men. Poster presentation at Southeast American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)

- * Madzima, T. A., Simonavice, E., Liu, P. Y., Ilich, J. Z., Ormsbee, M. J., Prado, C. M., & Panton, L. B. (presented 2013). *Relationship Between the Sarcopenic Index and Strength Measurements in Breast Cancer Survivors*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- * Madzima, T. A., Simonavice, E., Liu, P-Y., Ilich, J. Z., Kim, J-S., Ormsbee, M. J., Prado, C. M., & Panton, L. B. (presented 2013). *Relationship Between the Sarcopenic Index, Body Composition and Muscular Strength in Breast Cancer Survivors*. Poster presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
- * Lee, S-R, Jo, E., Khamoui, A. V., Park, B-S., Zourdos, M. C., Panton, L. B., Ormsbee, M. J., & Kim, J-S. (presented 2013). *Resistance Training and CLA/n-3 Administration Improve Myofiber Size and Myogenic Capacity in High Fat Diet-Fed Mice*. Poster presentation at Annual Meeting, Experimental Biology, Washington, D.C. (National)
- * Purcell, S. A., Xiao, J., Thornberry, R., Cain, A., Ormsbee, M. J., Ghosh, S., Kim, J-S., Smith, D., & Prado, C. M. (presented 2013). *Sarcopenia as A Predictor of Knee Surgery and Comorbidities in A Cohort of Obese Patients*. Presentation at the meeting of The Obesity Society, Atlanta, GA. (National)
- * Rawal, S. R., Fisher, N. T., Thomas, D. D., Kinsey, A. W., Eddy, W. E., Elam, M. L., Madzima, T. A., Spicer, M. M., & Ormsbee, M. J. (presented 2013). *The Combination of Green Tea, Caffeine, Conjugated Linoleic Acid and Branched Chain Amino Acids Do Not Change Body Composition or Resting Metabolism in Overweight and Obese Individuals*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, NC. (Regional)
- * Biwer, A. L., DiFabio, B. J., Coughlin, E. E., Kinsey, A. W., Jafarinasabian, P., Giannini, J., Maitland, C. G., & Ormsbee, M. J. (presented 2013). *The Effect of Beta-alanine Supplementation on Power, Strength, and Fatigue in Parkinson's Disease Patients*. Poster presentation at Southeast American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)
- * Bach, C. W., Ward, E. G., McKune, A. J., Panton, L. B., & Ormsbee, M. J. (presented 2013). *The Impact of a Pre-loaded Multi-ingredient Performance Supplement on Muscular Performance Following Downhill Running*. Poster presentation at Southeast American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)
- * Ormsbee, M. J., Rawal, S. R., Kinsey, A. W., Thomas, D. D., Fisher, N. T., Elam, M. E., & Spicer, M. T. (presented 2013). *The Impact of Eight Weeks of Multi-ingredient Dietary Supplement Use on Body Composition and Health in Overweight and Obese*

Individuals. Poster presentation at Annual Meeting, International Society of Sports Nutrition, Colorado Springs, CO. (International)

- * Zourdos, M. C., Ormsbee, M. J., Jo, E., Khamoui, A. V., Park, B. S., Lee, S. R., Panton, L. B., Ward, E., Contreras, R. J., & Kim, J. S. (presented 2013). *Time Course of Hormonal Responses with Two Different Models of Daily Undulating Periodization in Trained Powerlifters*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- * Mojock, C. D., Arjmandi, B. H., Kim, J. S., Ormsbee, M. J., Prado, C. M., Contreras, R. J., & Panton, L. B. (presented 2013). *Whole Body, Lumbar and Hip Bone Measurements of Competitive Male Cyclists*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- * Lee, S. R., Khamoui, A. V., Park, B. S., Zourdos, M. C., Bakhshalian, N., Grant, S. C., Arjmandi, B. H., Ormsbee, M. J., & Kim, J. S. (presented 2012). *Anti-Catabolic Effects of CLA/n-3 in Resting and Loaded Muscles of a High Fat Diet-Fed Mice*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- * Zourdos, M. C., Jo, E., Khamoui, A. V., Park, B. S., Lee, S. R., Panton, L. B., Contreras, R. J., Ormsbee, M. J., Wilson, J. M., & Kim, J. S. (presented 2012). *Changes in Maximal Strength with Two Different Models of Daily Undulating Periodization in Trained Powerlifters*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- * Ormsbee, M. J., Mandler, W. K., Thomas, D. D., Kinsey, A. W., Riley, C. J., Panton, L. B., & Kim, J. S. (presented 2012). *Effects of Performance Supplements on Body Composition and Strength in Trained Men During 6 Weeks of Resistance Training*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- * Mandler, W. K., Kim, J. S., Thomas, D. D., Kinsey, A. W., Riley, C. J., Panton, L. B., & Ormsbee, M. J. (presented 2012). *Effects of Pre- and Post-exercise Intake of Performance Supplements on Body Composition, Circumferences, and Muscle Strength in Trained Men During 6 Weeks of Resistance Training*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine. (Regional)
- * Kim, J. S., Lee, S. R., Grant, S. C., Jo, E., Khamoui, A. V., Park, B. S., Zourdos, M. C., Hooshmand, S., Ormsbee, M. J., & Arjmandi, B. H. (presented 2012). *Fatty Acid Intake and Exercise Improve Body Composition and Functionality in High Fat Diet-Fed Mice*. Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- * Thomas, D. D., Kim, J. S., Mandler, W. K., Kinsey, A. W., Riley, C. J., Panton, L. B., Scheett, T. P., & Ormsbee, M. J. (presented 2012). *Impact of a 6-Week Resistance Training*

Program with Pre- and Post-Exercise Performance Supplementation on Cardiovascular Risk in Resistance-Trained Men. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Jacksonville, FL. (Regional)

- * Thomas, D. D., Rawal, S., Kinsey, A. W., Eddy, W. R., Fisher, N., Spicer, M. M., & Ormsbee, M. J. (presented 2012). *The Combination of Green Tea, Caffeine, Conjugated Linoleic Acid and Branched Chain Amino Acids Have No Effect on Body Composition and Abdominal Fat Changes in Overweight and Obese Men and Women.* Poster presentation at Annual Meeting, International Society of Sports Nutrition. (National)
- * Kinsey, A. W., Eddy, W. R., Blay, C. J., Madzima, T. A., Panton, L. B., Kim, J-S., & Ormsbee, M. J. (presented 2012). *The Effect of Acute Ingestion of a Protein Beverage Consumed Late in the Evening on Metabolism, Appetite, Mood State, and Blood Lipid in Overweight and Obese Adults.* Poster presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (National)
- * Eddy, W. R., Kinsey, A. W., Madzima, T. A., Blay, C. J., Thomas, D. D., Panton, L. B., Kim, J-S., & Ormsbee, M. J. (presented 2012). *The Effect of Nighttime Macronutrient Choice and Exercise Training on Resting Metabolic Rate, Appetite, and Body Composition in Overweight and Obese Men and Women.* Poster presentation at Annual Meeting, International Society of Sports Nutrition, Clearwater, FL. (National)
- * Thomas, D. D., Kim, J. S., Mandler, W. K., Kinsey, A. W., Riley, C. J., Scheett, T. P., Panton, L. B., & Ormsbee, M. J. (presented 2012). *The Impact of a 6-Week Resistance Training Program with Exercise Performance Supplementation on Cardiovascular Risk in Trained Men.* Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- * Page, E., Simonavice, E., Ormsbee, M. J., Liu, P. Y., Ilich, J., Kim, J. S., Arjmandi, B. H., & Panton, L. B. (presented 2012). *The Relationship Between Protein Consumption and Bone Mineral Density in Postmenopausal Breast Cancer Survivors.* Poster presentation at Annual Meeting, American College of Sports Medicine, San Francisco, CA. (National)
- * Ormsbee, M. J., Thomas, D. D., Mandler, W. K., Kinsey, A. W., Riley, C. J., Eddy, W. R., Rawal, S. R., Panton, L. B., & Kim, J. S. (presented 2011). *Effects of Pre- and Post-exercise Intake of Performance Supplements on Body Composition, Circumferences, and Muscle Strength in Trained Men During 6 weeks of Resistance Training.* Poster presentation at Annual Meeting, International Society of Sports Nutrition, Las Vegas, NV. (National)
- * Ormsbee, M. J., Kinsey, A. W., Chong, M., Friedman, H. S., Fehling, P. C., & Dodge, T. (presented 2011). *Short-term High Intensity Interval Training and the Physiological Stress Response.* Presentation at Annual Meeting, American College of Sports Medicine, Denver, CO. (National)

- * Kinsey, A. W., Chong, M., Friedman, H. S., Dodge, T., Fehling, P. C., & Ormsbee, M. J. (presented 2011). *Short-term High Intensity Interval Training Does Not Improve the Physiological Stress Response, Mood State, or Body Composition*. Poster presentation at Southeast Regional Meeting, American College of Sports Medicine, Greenville, SC. (Regional)
- * Kim, J. S., Mandler, W. K., Thomas, D. D., Kinsey, A. W., Riley, C. J., Eddy, W. R., Rawal, S. R., Panton, L. B., & Ormsbee, M. J. (presented 2011). *The Impact of a 6-week Resistance Training Program with Pre- and Post-exercise Performance Supplementation on Cardiovascular Risk, Blood Lipids, and Fasting Blood Glucose in Resistance Trained Men*. Poster presentation at Annual Meeting, International Society of Sports Nutrition, Las Vegas, NV. (National)
- # Johnson, E. A., Ormsbee, M. J., & Hickner, R. C. (presented 2009). *Effects of Training Status and Body Composition on Lipolysis and Lipolytic Proteins*. Poster presentation at Proceedings of the Obesity Conference, Obesity Society, Washington, D.C. (National)
- # Ormsbee, M. J., Choi, M., Medlin, J., Geyer, G., Trantham, L. H., Dubis, G., & Hickner, R. C. (presented 2008). *Fat Metabolism During Acute Resistance Exercise in Sedentary Lean and Obese Men*. Presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
- # Ormsbee, M. J., Choi, M., Medlin, J., Geyer, G., Trantham, L. H., Dubis, G., & Hickner, R. C. (presented 2008). *Regulation of Fat Metabolism During Resistance Exercise*. Presentation at Annual Meeting, Obesity Society, Phoenix, AZ. (National)
- # Trantham, L. H., Anderson, J., Brophy, P., Ormsbee, M. J., Dubis, G., & Hickner, R. C. (presented 2008). *The Effects of Natural Dietary Supplement Substance # 39 on Cardiovascular Disease Risk Markers and Aerobic Capacity*. Poster presentation at Annual Meeting, American College of Sports Medicine, Indianapolis, IN. (National)
- # Johnson, E., Choi, M. D., Kraus, R., Ormsbee, M. J., & Hickner, R. C. (presented 2006). *The Effects of Nitric Oxide on Lipolysis in Obese Women Before and After 10 Days of Exercise Training*. Poster presentation at Integrative Physiology of Exercise, American College of Sports Medicine, Indianapolis, IN. (National)
- # Martin-Pressman, R., Gorman, L., Santamore, J., Martin, J., Everett, M., Zwicky, L., Ormsbee, M. J., & Arciero, P. J. (presented 2003). *Body Fat Distribution and Total Cholesterol is Influenced by Energy Expenditure of Exercise and Macronutrient Composition in Middle-aged Men and Women Following a 12wk Intervention*. Poster presentation at Annual Meeting, Experimental Biology, Washington, D.C. (National)
- # Anderson-Hanley, C., Everett, M., Martin-Pressman, R., Ormsbee, M. J., & Arciero, P. J. (presented 2003). *Differential Effects of Exercise and Diet on Depression and Anxiety*:

A Randomized Clinical Trial. Poster presentation at Annual Meeting, Society of Behavioral Medicine, Salt Lake City, UT. (National)

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

Refereed Presentations at Symposia

For refereed presentations at symposia, 20.0% were regional, 80.0% were local in scope.

Mahler, R. L., Saracino, P. G., & Ormsbee, M. J. (presented 2019). The Effects of Pre-Sleep Dairy or Plant-based Protein Consumption on Muscle Recovery Following Damaging Exercise in Middle-aged Men. In *Undergraduate Research Day*. Poster presentation at the meeting of Florida State University. (Local)

Undergraduate Research Opportunity Program poster presentation day.

Hernandez, K., Allman, B. R., & Ormsbee, M. J. (presented 2017). The Effect of Protein Timing on Lipolysis and Fat Oxidation in Resistance-Trained Women. In *Undergraduate Research Day*. Poster presentation at the meeting of Florida State University. (Local)

Undergraduate Research Opportunity Program poster presentation day.

Uthuppan, J., Melchor, J., Leonard, J., Schattinger, C., Artese, A., Ormsbee, M. J., & Panton, L. B. (presented 2017). The Effects of Dietary Protein on Body Composition in

Sedentary Pre and Postmenopausal Women. In *Undergraduate Research Day*. Poster presentation at the meeting of Florida State University. (Local)

Undergraduate Research Opportunity Program poster presentation day.

Coviello, C., Madzima, T., Ormsbee, M. J., & Panton, L. B. (presented 2015). Resistance Training Improves Muscular Strength and Lymphedema in Breast Cancer Survivors. In *Undergraduate Research Symposium*. Poster presentation at the meeting of Florida State University. (Local)

- * Chanin, M. R., Madzima, T. A., Ormsbee, M. J., & Panton, L. B. (presented 2014). Relationship Between the Sarcopenic Index and Strength Measurements in Breast Cancer Survivors. In *Women in Math, Science, & Engineering*. Poster presentation at the meeting of Florida State University. (Local)
- * Madzima, T. A., Fretti, S. K., Kinsey, A. W., Panton, L. B., & Ormsbee, M. J. (presented 2013). Nighttime Consumption of Protein or Carbohydrate Improves Morning Resting Energy Expenditure in Active College-Aged Men. In *Research & Creativity Day*. Presentation at the meeting of College of Human Sciences, Florida State University. (Local)
- * Bach, C. W., Frost, A. E., Kinsey, A. W., & Ormsbee, M. J. (presented 2013). Physiological Characteristics of Elite Motocross Athletes. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University, Tallahassee, FL. (Local)
- * Rawal, S. R., Fisher, N. T., Thomas, D. D., Kinsey, A. W., Eddy, W. E., Elam, M. L., Madzima, T. A., Spicer, M. M., & Ormsbee, M. J. (presented 2013). The Combination of Green Tea, Caffeine, Conjugated Linoleic Acid and Branched Chain Amino Acids Do Not Change Body Composition or Resting Metabolism in Overweight and Obese Individuals. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University, Tallahassee, FL. (Local)
- * Ward, E., Ormsbee, M. J., & Panton, L. B. (presented 2013). The Impact of a Pre-loaded Multi-Ingredient Performance Supplement on perceived Soreness and Performance following Downhill Running. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University, Tallahassee, FL. (Local)
- * Eddy, W. R., Kinsey, A. W., Blay, C. C., Panton, L. B., Kim, J. S., & Ormsbee, M. J. (presented 2012). The Effect of Macronutrient Composition and Protein Absorption Kinetics in the Late Evening on Resting Metabolic Rate, Fasting Glucose, and the Fasting Lipid Profile. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University. (Local)
- * Thomas, D. D., Kim, J. S., Mandler, W. K., Kinsey, A. W., Riley, C. J., Panton, L. B., Scheett, T. P., & Ormsbee, M. J. (presented 2012). The Impact of a 6-Week Resistance Training

Program with Pre- and Post-Exercise Performance Supplementation on Cardiovascular Risk in Resistance Trained Men. In *Research & Creativity Day*. Poster presentation at the meeting of College of Human Sciences, The Florida State University. (Local)

- # Ormsbee, M. J., Choi, M., Medlin, J., Geyer, G., Trantham, L. H., Dubis, G., & Hickner, R. C. (presented 2008). Fat Metabolism During Acute Resistance Exercise in Sedentary Lean and Obese Men. In *Research and Creative Achievement Week*. Poster presentation at the meeting of East Carolina University, Greenville, NC. (Regional)
- # Johnson, E., Ormsbee, M. J., Choi, M. D., & Hickner, R. C. (presented 2008). Lipolytic Protein Expression in Lean, Obese, and Exercise Trained Men. In *Research and Creative Achievement Week*. Poster presentation at the meeting of East Carolina University, Greenville, NC. (Local)
- # Ormsbee, M. J., Thyfault, J., Johnson, E., Kraus, R., Choi, M. D., & Hickner, R. C. (presented 2007). Fat Metabolism and Acute Resistance Exercise in Trained Men. In *Research and Creative Achievement Week*. Poster presentation at the meeting of East Carolina University, Greenville, NC. (Regional)
- # Ormsbee, M. J., & Tiede, M. R. (presented 2002). The Effects of Green Tea Extract (Epigallocatechin Gallate), Caffeine, and Ephedrine on Energy Expenditure and Lipid Concentrations in Healthy Humans. In *New York State Science Symposium*. Presentation at the meeting of Ithaca College, Ithaca, NY. (Regional)

Nonrefereed Presentations at Symposia

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

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

Invited Lectures and Readings of Original Work

For invited lectures and readings of original work, 16.7% were international, 6.3% were national, 2.1% were

regional, 75.0% were local in scope.

Ormsbee, M. J. (2020, July). *Protein, Exercise & Human Performance*. Delivered at FSU College of Medicine, Florida State University. (Local)

Video used of lecture from 2019 due to COVID19

Ormsbee, M. J. (2020, April). *What's New in Protein Metabolism, Body Composition, & Human Performance?* Delivered at University of Idaho, Moscow, Idaho (via Zoom). (Regional)

Ormsbee, M. J. (2019, July). *Case Studies in Nutrition and Exercise Physiology*. Delivered at FSU College of Medicine, Florida State University. (Local)

Ormsbee, M. J. (2019, July). *Protein, Exercise & Human Performance*. Delivered at FSU College of Medicine, Florida State University. (Local)

Ormsbee, M. J. (2019, October). *Diet Trends and Performance*. Delivered at Crossfit Blackbox, Tallahassee, FL. (Local)

Ormsbee, M. J. (2019, October). *Sport Science and Medicine: Cutting Edge Research at Florida State University*. Delivered at FSU Advancement Relations, Tallahassee, FL. (Local)

Ormsbee, M. J., & Willingham, B. D. (2019, June). *Hydration and Sports Nutrition for Endurance Athletes*. Delivered at Gulfwinds Track Club. (Local)

Ormsbee, M. J. (2019, March). *Protein for Muscle Mass and Weight Loss*. Delivered at Florida State University Faculty Luncheon Series, Tallahassee, FL. (Local)

This is also the only, regularly occurring, truly interdisciplinary lecture series on campus (dating back to when it was started by the Rev. Carothers in 1981) where FSU faculty can present their research and creative activities to a broad (i.e., non-specialist) audience (including faculty from many different departments, retired faculty, librarians, various deans and administrators, and often people from the general public).

Ormsbee, M. J. (2018, July). *Case Studies in Nutrition and Exercise Physiology*. Delivered at FSU College of Medicine, Florida State University. (Local)

Ormsbee, M. J. (2018, July). *Protein, Exercise & Human Performance*. Delivered at FSU College of Medicine, Florida State University. (Local)

Ormsbee, M. J. (2018, October). *Nutrition for Fitness 101*. Delivered at Crossfit Blackbox, Tallahassee, FL. (Local)

- Ormsbee, M. J. (2018, October). *Protein Myths vs. Facts: What Active Individuals Need to Know About Protein Intake, Timing, and More*. Delivered at American College of Sports Medicine, Webinar. (National)
- Ormsbee, M. J. (2018). *Sports Science and Application for Triathletes*. Delivered at Gulfwinds Triathlon Club, Tallahassee, FL. (Local)
- Ormsbee, M. J. (2017, December). *Case Studies in Nutrition and Exercise Physiology*. Delivered at FSU College of Medicine, Florida State University. (Local)
- Ormsbee, M. J. (2017, December). *Protein, Exercise & Human Performance*. Delivered at FSU College of Medicine, Florida State University. (Local)
- Ormsbee, M. J. (2017, March). *Do You Really Know What to Eat Before Bed?* Delivered at NUTR 440 - Current Topics in Nutrition, University of Alberta; Division of Human Nutrition; Edmonton, Alberta, Canada. (International)
- Online lecture.
- Ormsbee, M. J. (2017). *Research Ethics (Dr. Judy Devine)*. Delivered at Graduate Research Methods Class, FSU. (Local)
- Ormsbee, M. J. (2016, December). *Protein: Health Aging and Athletes*. Delivered at College of Medicine, Nutrition Interest Group, FSU, College of Medicine. (Local)
- Ormsbee, M. J. (2016, December). *Sports & Performance Nutrition: Myths and Truths*. Delivered at HUN1201: Introduction to Nutrition, FSU. (Local)
- Ormsbee, M. J. (2016, November). *To Eat or Not to Eat Before Sleep*. Delivered at International Society of Sports Nutrition Diploma Program, Webcast. (International)
- Ormsbee, M. J. (2016, October). *Eating Before Bed: The Next Frontier in Nutrient Timing*. Delivered at University of West Bohemia, Pilsen, Czech Republic. (International)
- Ormsbee, M. J. (2016, October). *Lift Weights to Run Fast?* Delivered at University of West Bohemia, Pilsen, Czech Republic. (International)
- Ormsbee, M. J. (2016, October). *Modified Starches and Athlete Performance*. Delivered at University of West Bohemia, Pilsen, Czech Republic. (International)
- Ormsbee, M. J. (2016, October). *Nighttime Feeding: History and Future Work Athletes and the General Public*. Delivered at University of West Bohemia, Pilsen, Czech Republic. (International)
- Ormsbee, M. J. (2016, September). *Human Performance: Are you into it?* Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)

- Ormsbee, M. J. (2016, July). *The Next Frontier in Nutrient Timing*. Delivered at University of KwaZulu Natal, Durban, South Africa. (International)
- Ormsbee, M. J. (2015, September). *Human Performance: Are you into it?* Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- Ormsbee, M. J., & Bach, C. W. (2015, September). *Sports Science for Triathletes: 5 Common Nutrition Mistakes*. Delivered at Gulfwinds Triathlon Club, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (2015, May). *Caffeine and Creatine: Should you take them?* Delivered at Campus Recreation: Fitness & Wellness. (Local)
- * Ormsbee, M. J. (2015, April). *Sports and Performance Supplements*. Delivered at East Carolina University. (National)
- * Ormsbee, M. J. (2015, February). *Couch to 5K: Optimal Nutrition for Health and Performance*. Delivered at FSU Campus Recreation, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (2015, February). *Sports Science & Nutrition: A Path for Success*. Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- * Ormsbee, M. J. (2014, September). *Human Performance: Are you into it?* Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- * Ormsbee, M. J. (2014, September). *Research in Human Performance and Sports Nutrition*. Delivered at Research Design & Methodology, Florida State University. (Local)
- * Ormsbee, M. J. (2014). *Couch to 5K: Optimal Nutrition for Health and Performance*. Delivered at FSU Campus Recreation, Tallahassee, FL. (Local)
- * Ormsbee, M. J., & Sehgal, A. (2014). *Current Topics in Sports Science and Nutrition*. Delivered at Presidents College Club, Florida State University. (Local)
- * Ormsbee, M. J. (2014). *Fuel for Athletes*. Delivered at Tallahassee Crossfit Blackbox, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (2014). *Sports and Performance Nutrition*. Delivered at College of Medicine, Sports Medicine Interest Group, Florida State University Medical School. (Local)
- * Ormsbee, M. J. (2014). *Weight Management for Triathletes: Lean, Fast & Powerful*. Delivered at Gulfwinds Triathlon Club, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (2013, October). *Electronic Proposal Submission and Review Process*. Delivered at Responsible Conduct in Research Course, Florida State University. (Local)

- * Ormsbee, M. J. (2013, October). *Nutrition for Triathletes*. Delivered at FSU Triathlon Club, Florida State University. (Local)
- * Ormsbee, M. J. (2013, October). *Performance Nutrition Careers and Motivation*. Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- * Ormsbee, M. J. (2013, September). *Fire Up Your Metabolism: 3 Steps to Getting Lean and Fit*. Delivered at The Great Courses, Chantilles, VA. (National)
- * Ormsbee, M. J. (2013, May). *Performance Nutrition Careers and Motivation*. Delivered at PET3102: Introduction to Exercise Science, Florida State University. (Local)
- * Ormsbee, M. J. (2013, January). *Careers in Human Performance & Sports Nutrition*. Delivered at Florida State University (PET3102: Introduction to Exercise Science). (Local)
- * Ormsbee, M. J. (2013). *The Evolving Scholar-athlete*. Delivered at FSU Football Luncheon, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (2012, October). *Exercise and Nutrition: Impact on Health and Human Performance*. Delivered at The Florida State University (Graduate Research Methods), The Florida State University. (Local)
- * Ormsbee, M. J. (2012, September). *Human Performance & Sports Nutrition*. Delivered at Florida State University (PET3102: Introduction to Exercise Science), Tallahassee, FL. (Local)
- * Ormsbee, M. J. (2012, June). *Human Performance & Sports Nutrition*. Delivered at Florida State University (PET3102: Introduction to Exercise Science). (Local)
- * Ormsbee, M. J. (2012, January). *Academic Excellence for Collegiate Athletes*. Delivered at FSU Football Luncheon, Tallahassee, FL. (Local)
- * Ormsbee, M. J. (2011, November). *Human Performance & Sports Nutrition*. Delivered at Florida State University (PET3102: Introduction to Exercise Science). (Local)
- * Ormsbee, M. J. (2011, October). *Exercise and Sport Science Careers: Academics and Media*. Delivered at University of KwaZulu-Natal, Durban, South Africa. (International)
- # Ormsbee, M. J. (2005, October). *Principles & Physiology of Strength Training*. Delivered at East Carolina University (EXSS6201 Theory & Techniques in Bioenergetics). (Local)
Guest lecturer also 10/2006 and 10/2007.

Contracts and Grants

Contracts and Grants Funded

Pickett, S. M., Stanwood, G., Martorella, G., Hajcak, G., Ormsbee, M. J., & Lyons, L. (2020–2021). *The development of a sleep laboratory to increase collaboration and research funding through the acquisition of sleep assessment equipment*. Funded by Florida State University Equipment & Infrastructure Grant. Total award \$35,492.

Equipment grant to purchase a sleep assessment equipment. Role: co-investigator.

Ormsbee, M. J., Hickner, R. C., Berryman, C., Hennigar, S., Kim, J-S., & Panton, L. B. (2020–2021). *Purchase of a Horizon W dual X-ray absorptiometry (DXA) body composition analyzer*. Funded by Florida State University Equipment & Infrastructure Grant. Total award \$69,999.

Equipment grant to purchase a new DXA Body Composition Analyzer; Role: PI.

Ormsbee, M. J., & Saracino, P. G. (2019–2021). *Effect of pre-sleep dairy vs. plant-based on inflammatory biomarkers during muscle recovery*. Funded by Milk Specialties Global and Dymatize Nutrition. Total award \$30,000.

Role: PI.

Ormsbee, M. J., & Willingham, B. D. (2019–2021). *The effects of pre-loaded betaine supplementation on thermoregulation and exercise metabolism in the heat*. Funded by NOW Foods. Total award \$21,050.

Role: PI.

McQuerry, M., Ormsbee, M. J., & Schofield, S. (Nov 2018–Mar 2018). *Development of new turnout suit design for reduced heat stress and physiological strain*. Funded by Firedex. Total award \$144,110.

Total cost: 73,610 Total gift-in-kind: 70,500 Sum total: \$144,110; Role: co-investigator.

Kim, J-S., Klemp, A., Boot, W., Panton, L. B., & Ormsbee, M. J. (2018–2019). *Efficacy of nighttime protein feeding during 12-week resistance training on skeletal muscle adaptations in older adults*. Funded by Dymatize Nutrition. Total award \$9,000.

9,000 award plus gift-in-kind of ~10,000; Role: PI.

Ormsbee, M. J., Saracino, P., & Hickner, R. C. (2018–2020). *The effect of pre-sleep animal or plant-based protein consumption on muscle recovery in middle-aged men*. Funded by Milk Specialties Global and Dymatize Nutrition. Total award \$31,132.

Role: PI.

McQuerry, M. L., & Ormsbee, M. J. (2018–2019). *Physiological comfort assessment of a novel lightweight turnout composite for firefighters*. Funded by Firedex. Total award \$149,960.

47,294 in direct/indirect funding plus 102,670 gift-in-kind; Role: co-investigator.

Ormsbee, M. J., Hickner, R. C., & Arjmandi, B. A. (2018–2021). *The impact of collagen peptides on joint health and body composition in lifelong athletes*. Funded by Tessengerlo, Inc. Total award \$278,878.

Role: PI.

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

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

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

5,000 plus 5,000 (gift-in-kind for product development); Role: PI.

McQuerry, M., Ormsbee, M. J., & Schofield, S. (Jan 2017–Mar 2018). *Development of novel turnout suit pattern for improved mobility and comfort*. Funded by Lion Apparel Firefighter Turnout Research Grant Program. Total award \$94,603.

Role: co-investigator.

Ormsbee, M. J., & Allman, B. A. (2017–2019). *Lipolysis and metabolism the morning after nighttime casein protein intake following resistance training in trained women*. Funded by Friesland Campina. Total award \$27,000.

Role: PI.

Artese, A., Ormsbee, M. J., & Panton, L. B. (2017–2018). *Functional impact training and yin yoga on body composition in breast cancer survivors*. Funded by National Strength and Conditioning Association. Total award \$15,000.

Role: co-investigator.

Ormsbee, M. J. (2017–2017). *Provost's Faculty Travel Grant*. Funded by Florida State University. Total award \$1,000.

Awarded for travel to present at the 2017 ACSM national conference (Denver, CO).

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

*Gift-in-kind; Role: PI.

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

*Gift-in-kind; Role: PI.

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

Role: PI.

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

Role: PI.

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

Gift-in-kind; Role: PI.

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

Role: PI.

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

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

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

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

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

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

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

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

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

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

- * Ormsbee, M. J., & Kramer, S. (2014–2015). *The effects of six-day dietary nitrate supplementation on strength and endurance measurements in crossfit athletes*. Funded by Shaklee Nutrition. Total award \$5,000.
Role: PI.

- * Ormsbee, M. (2014–2014). *The impact of a pre-loaded multi-ingredient performance supplement on muscle soreness and performance following downhill running*. Funded by Florida State University Libraries. Total award \$1,500.
Role: PI.

- * Ormsbee, M. J. (2014–2014). *The effects of a multi-ingredient dietary supplement on body composition, adipokines, blood lipids, and metabolic health in overweight and obese men and women: a randomized controlled trial*. Funded by Florida State University Libraries. Total award \$1,500.
Role: PI.

- * Worts, P., Burkhart, S., Kim, J-S., Panton, L. B., & Ormsbee, M. (2014–2016). *The application of submaximal aerobic exercise to facilitate the improvements in symptom severity and heart rate variability in high school students suffering from sport-related concussions*. Funded by Tallahassee Orthopedic Center. Total award \$11,630.
Role: Co-Investigator.

- * Prado, C. M., Ormsbee, M. J., & Panton, L. B. (Dec 2013–Nov 2014). *Body composition as a predictor of surgical outcomes in patients with hip or knee osteoarthritis - a pilot study*. Funded by FSU CRC Planning Grant. Total award \$13,000.
*Role: Co-investigator; Grant later removed when PI transferred institutions.

- * Ormsbee, M. J., & Kinsey, A. W. (Sep 2013–Aug 2015). *Influence of casein on overnight lipolysis and resting metabolic rate*. Funded by Dymatize Nutrition, Inc. Total award \$12,000.
Monetary and gift-in-kind; Role: PI.
- * Ormsbee, M. J., & Kreipke, V. (Aug 2013–Aug 2015). *The impact of T+ Tm supplementation on anabolic hormone profile, performance, and safety and in power athletes*. Funded by Onnit Labs, Inc. Total award \$84,200.
Role: PI.
- * Ormsbee, M. J. (Jun 2013–Jun 2014). *Beta alanine supplementation in Parkinson's Disease and Multiple Sclerosis patients*. Funded by Natural Alternatives International. Total award \$2,500.
Role: PI.
- * Ormsbee, M. J. (Jun 2013–Jun 2014). *Beta alanine supplementation in Parkinson's Disease patient: Impact on performance*. Funded by Marie A. LeDoux Foundation. Total award \$2,500.
Role: PI.
- * Jo, E., Ormsbee, M. J., & Kim, J. (2013–2014). *Periodized resistance training and whey protein during obesity treatment*. Funded by National Strength and Conditioning Association. Total award \$10,000.
Role: Co-Investigator.
- * Ormsbee, M. J., Panton, L. B., & McKune, A. J. (Jul 2012–Jul 2013). *The impact of a pre-loaded multi-ingredient performance supplement on markers of muscle damage and performance following downhill running*. Funded by Vital Pharmaceuticals, Inc. Total award \$8,000.
*Gift-in-kind. Role: PI.
- * Ormsbee, M. J. (Jun 2012–Jun 2013). *Evening protein consumption and exercise: health and performance outcomes*. Funded by National Strength and Conditioning Association Young Investigator Award. Total award \$15,000.
Role: PI.
- * Ormsbee, M. J., Kim, J., Panton, L. B., & Arjmandi, B. H. (Jul 2011–Jul 2012). *Physiological effects of evening protein consumption and exercise*. Funded by Optimum Nutrition. Total award \$2,000.
*Gift-in-kind. Role: PI.
- * Ormsbee, M. J. (May 2011–Aug 2011). *The effect of protein timing and combined resistance and high-intensity interval training on body composition, blood lipids, growth*

hormone, and strength in overweight and obese individuals. Funded by Florida State University. Total award \$17,000.

Role: PI.

- * Kim, J-S., Lee, S-R., & Ormsbee, M. J. (2011–2012). *Anti-sarcopenic effects of CLA /n-3 in resting or loaded muscles during high fat diet.* Funded by Vital Pharmaceuticals, Inc. CLA and n-3 Supplement Supply. Total award \$2,000.

*Gift-in-kind. Role: Co-Investigator.

- * Ormsbee, M. J., Kim, J-S, Panton, L., & Arjmandi, B. (2011–2012). *The impact of a combination of green tea extract, caffeine, conjugated linoleic acid and branched chain amino acids on body composition and abdominal fat in overweight men and women.* Funded by International Society of Sports Nutrition. Total award \$35,000.

Role: PI.

- * Figueroa, A., Kim, J-S., & Ormsbee, M. J. (Dec 2010–Dec 2011). *The effect of low-intensity resistance exercise and diet on arterial function in overweight/obese postmenopausal women.* Funded by Nutrisystem Inc. Total award \$36,185.

- * Ormsbee, M. J., Kim, J-S., & Panton, L. (Dec 2010–Aug 2011). *Commercially available pre- and post-workout supplement on health and human performance.* Funded by Vital Pharmaceuticals, Inc. Total award \$11,297.

Role: PI.

- * Zhang, C., Arjmandi, B., Eason, P., Kim, J.-S., Liang, R., Ormsbee, M. J., Panton, L., Schonning, A., & Wang, B. (2010–2011). *Highly-individualized, high-performance prostheses with multifunctional materials.* Funded by New Florida 2010 Clustering Award Program. Total award \$150,000.

Role: Co-Investigator.

- # Ormsbee, M. J., & Hickner, R. (2007–2008). *Regulation of fat metabolism during resistance exercise.* Funded by Gatorade Sports Science Institute. Total award \$1,000.

Role: Co-PI.

- # Ormsbee, M. J. (2007–2008). *Regulation of fat metabolism during resistance exercise.* Funded by Phi Kappa Phi Love of Learning Award. Total award \$500.

Role: Co-PI.

- # Ormsbee, M. J., & Vukovich, M. (2005–2006). *The impact of varying protein intake on serum IGF-I, IGFBP-1 and IGFBP-3 2005.* Funded by Gatorade Sports Science Institute. Total award \$500.

Role: Co-PI.

- # Arciero, P. J., & Ormsbee, M. J. (2002–2003). *Increased dietary protein and combined high intensity aerobic and resistance improves body fat distribution and cardiovascular risk factors*. Funded by Experimental & Applied Sciences, Inc. Total award \$240,000.

Role: Co-Investigator.

Contracts and Grants Pending

Ormsbee, M. J., & Fuller, S. (2020). *The Effects of MSM on Cartilage Metabolism and Mood State in Active Men*. Submitted to Nutrasource.

\$191,160; Role: PI.

Hickner, R. C., Ormsbee, M. J., Panton, L. B., Lederman, T., Berryman, C., Hajcak, G., Pritchard, E., & Sweeney, M. (2020). *Creatine Supplementation for Vascular and Functional Health in Aging*. Submitted to NIH 1RO1 PA18-330.

\$3,759,646 (April 1, 2021 - Mar 31, 2026); Role: Co-Investigator.

Hickner, R. C., Ormsbee, M. J., Berryman, C., Lederman, T., & Sweeney, M. (July 2020). *Resistance Training Modulation of Fat Metabolism in Obese Postmenopausal Women*. Submitted to NIH 1RO1 DK PA18-330 (2020).

\$3,513,591; Role: Co-PI.

Ormsbee, M. J., Hickner, R. C., & Munoz, J. (2020). *Daily Greek Yogurt Consumption Improves Adipose Tissue Inflammation, Glycemic Control, and Aerobic Capacity in Overweight and Obese Individuals*. Submitted to The National Dairy Council.

\$313,126; Role: PI; preproposal only

Contracts and Grants Denied

Ormsbee, M. J., Hickner, R. C., & Munoz, J. (2020). *Daily Peanut Consumption Improves Adipose Tissue Inflammation, Glycemic Control, and Aerobic Capacity in Overweight and Obese Individuals*. Submitted to The Peanut Institute.

\$249,575; Role: PI.

Schattinger, C., Ormsbee, M. J., & Panton, L. B. (2020). *Effects of Resistance Training and Protein Supplementation on Body Composition, Muscular Strength, and Physical Function in Transaortic Valve Replacement (TAVR) Patients*. Submitted to National Strength and Conditioning Association.

NSCA Doctoral Grant: \$15,000.

Ragland, T. J., & Ormsbee, M. J. (2020). *Resistance and Endurance Training Effects on Muscle Quality and Lipolysis in Obese Women*. Submitted to National Strength and Conditioning Association.

NSCA Doctoral Grant: \$15,000.

Schattinger, C., Ormsbee, M. J., & Panton, L. B. (2020). *Effects of Resistance Training and Protein Supplementation in Transaortic Valve Replacement (TAVR) Patients*. Submitted to American College of Sports Medicine.

ACSM Doctoral Grant: \$5,000.

Ragland, T. J., & Ormsbee, M. J. (2020). *Resistance Compared to Endurance Training on Fat Metabolism, Insulin Sensitivity, and Lipid Profile in Obese Women*. Submitted to American College of Sports Medicine.

ACSM Doctoral Grant: \$5,000.

Hickner, R. C., Ormsbee, M. J., Berryman, C., Lederman, T., & Sweeney, M. (Oct 2019). *Resistance Training Modulation of Fat Metabolism in Obese Postmenopausal Women*. Submitted to NIH 1RO1 DK PA18-330.

\$3,539,430.

Ragland, T. R., & Ormsbee, M. J. (2019). *Effects of 12 weeks of endurance and resistance training on lipolysis and muscle quality in an obese population*. Submitted to American College of Sports Medicine Doctoral Grant.

\$5000.

Ragland, T. R., & Ormsbee, M. J. (2019). *Effects of 12 weeks of endurance and resistance training on lipolysis and muscle quality in an obese population*. Submitted to National Strength and Conditioning Association Doctoral Grant.

\$15,000.

Ormsbee, M. J., & Fuller, S. (2019). *Comparison of the effects of pre-sleep potato and pre-sleep whey protein on recovery from strenuous resistance exercise in athletes*. Submitted to Alliance for Potato Research Education.

LOI only (\$200,000).

Ormsbee, M. J., Fuller, S., & Saracino, P. G. (2019). *Effects of pre-sleep whole-food vs. supplemental dairy protein on muscle and adipose reconditioning in middle-aged individuals after chronic exercise*. Submitted to National Dairy Council.

\$318,162 (pre-proposal).

Ormsbee, M. J., Saracino, P. G., & Fuller, S. (2019). *The effects of pre-sleep dairy or plant-based protein consumption on muscle recovery following damaging exercise in middle-aged women*. Submitted to National Dairy Council.

\$175,615 (pre-proposal).

Ormsbee, M. J. (2019). *Impact of MSM and Collagen Supplementation on Joint Health and Knee Pain in Post-menopausal Women Recovering from Knee Joint Injury*. Submitted to Nutrasource.

\$155,722.

Ormsbee, M. J., Hickner, R. C., & Ragland, T. J. (2018). *The acute and long-term impact of potato protein on muscle, fat, and performance in overweight and obese individuals*. Submitted to Alliance for Potato Research and Education.

Letter of Intent.

Willingham, B. D., & Ormsbee, M. J. (2018). *The effects of individualized fluid plans on sodium loss in sweat, core temperature, and performance in open-level beach volleyball players*. Submitted to National Strength and Conditioning Association.

\$15,000.

Ormsbee, M. J., Ragland, T., & Hickner, R. C. (2018). *Fat metabolism following 12 weeks of endurance or resistance exercise in obese pre-diabetic men*. Submitted to NIH R15 (1R15DK118610-01).

\$477,383. Role: PI

Klemp, A., Ormsbee, M. J., & Kim, J-S. (2017). *Effect of nighttime protein intake in older adults with resistance training*". Submitted to National Strength and Conditioning Association.

Ormsbee, M. J., Saracino, P., & Hickner, R. C. (2017). *The effect of pre-sleep milk- or plant-based protein consumption on recovery following damaging eccentric exercise in older men*. Submitted to National Dairy Council.

\$124,225. Submitted pre-proposal only. Role: PI

Kim, J-S., Klemp, A., Boot, W., Panton, L. B., & Ormsbee, M. J. (2017). *Efficacy of nighttime protein feeding during 12-week resistance training on skeletal muscle adaptations in older adults*. Submitted to Florida State University, Institute of Successful Longevity.

\$15,500.

Kim, J-S., Klemp, A., Boot, W., Panton, L. B., & Ormsbee, M. J. (2017). *Efficacy of nighttime protein feeding during 12-week resistance training on skeletal muscle adaptations in older adults*. Submitted to National Dairy Council.

\$15,500. Submitted pre-proposal only.

Ormsbee, M. J., Ragland, T., & Hickner, R. C. (2017). *Fat metabolism following 12 weeks of endurance or resistance exercise in obese pre-diabetic men*. Submitted to NIH R15 (1R15DK118610-01).

\$443,100; Priority Score of 50. Role: PI

Panton, L. B., Kim, J-S., Ormsbee, M. J., & Arjmandi, B. A. (Oct 2016). *Functional impact training and yin yoga on body composition in breast cancer survivors*. Submitted to NIH R15.

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

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

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

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

Role: PI.

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

Role: PI.

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

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

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

Pre-proposal submission.

* Ormsbee, M. J., & Miller, E. (2014). *The effect of nighttime feeding on morning performance in female endurance athletes*. Submitted to Sports, Cardiovascular, and Wellness Nutrition (Academy of Nutrition & Dietetics).

Total award \$2,000. Role: PI.

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

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

* Ormsbee, M. (2014). *The use of Titin (TM) weighted compression gear on athletic performance in male athletes*. Submitted to Titin.

Total award \$50,909. Role: PI.

- * Kramer, S., & Ormsbee, M. (2014). *The effects of six-day dietary nitrate supplementation on strength and endurance in male CrossFit athletes*. Submitted to Gatorade Sports Science Institute.
Total award \$3,500. Role: PI.
- * Ormsbee, M. (2014). *The effects of carbohydrates with different glycemic indices on adipose tissue lipolysis, metabolism, and insulin – a pilot study*. Submitted to Planning Grant, Council on Research and Creativity, FSU.
Total award \$13,000. Role: PI.
- * Ormsbee, M. J., Panton, L. B., Prado, C. M., & Kim, J-S. (2013). *Resistance training, protein, and body composition in breast cancer survivors*. Submitted to National Institutes of Health, Cancer Research Institute (1 R15 CA176614-01A1).
June 2013- Resubmission; Total award \$430,150. Role: PI.
- * Ormsbee, M. (2013). *The effects of nighttime protein intake on lipolysis and fat oxidation in obese men*. Submitted to Early Career Research Grant, The Obesity Society.
Total award \$25,000. Role: PI.
- * Figueroa, A., & Ormsbee, M. J. (2013). *The effects of whole-body vibration training on arterial function, leg muscle strength, and inflammation in postmenopausal women*. Submitted to Florida State University, CRC Planning Grant.
Total award \$13,000. Role: Co-Investigator.
- * Ormsbee, M. J. (2013). *The effect of a multi-ingredient performance supplement on aerobic endurance, power, and time trial performance in trained male runners*. Submitted to Onnit Laboratories, Inc.
Total award \$65,000. Role: PI.
- * Panton, L. B., Ormsbee, M. J., Prado, C. M., & Kim, J. S. (2013). *Effects of resistance training and protein on body composition in breast cancer survivors*. Submitted to King-Bankhead Coley Cancer Research Program.
Total award \$400,000. Role: Co-Investigator.
- * Ormsbee, M., & Kinsey, A. W. (2013). *Nighttime protein intake and overnight lipolysis monitored with microdialysis in obese men*. Submitted to Florida State University, CRC Planning Grant.
Total award \$13,000. Role: PI.
- * Ormsbee, M. J. (2012). *The impact of four-weeks of evening protein consumption and exercise on body composition and metabolic rate in overweight and obese humans*. Submitted to Florida State University, CRC Planning Grant.
Total award \$10,000. Role: PI.

- * Mojock, C., Ormsbee, M. J., & Panton, L. B. (2012). *The effects of calcium collagen chelate on bone status in trained cyclists*. Submitted to National Strength and Conditioning Association.
Total award \$10,000. Role: Co-PI.
- * Ormsbee, M. J. (2012). *Physiological effects of evening protein consumption and exercise in overweight and obese individuals*. Submitted to Early-Career Research Grant, Obesity Society.
Total award \$25,000. Role: PI.
- * Ilich-Ernst, J., Prado, C. M., & Ormsbee, M. J. (2012). *Feasibility and acceptability of pre- and probiotics in HIV-infected individuals*. Submitted to National Institutes of Health. Submitted to National Institutes of Health (1R21AT007908-01).
Total award \$398,998. Role: Co-Investigator.
- * Douglas, C., Prado, C. M., Ormsbee, M. J., & Arjmandi, B. A. (2012). *Endometrial cancer risk and the effects of soy on estrogen metabolism in PCOS*. Submitted to National Institutes of Health (1R21CA175528-01).
Total award \$398,998. Role: Co-Investigator.
- * Kobayashi, T., Ormsbee, M. J., & Prado, C. M. (2012). *The relationship between physical activity, movement patterns and health indices using GPS technology on a University campus: a feasibility study*. Submitted to Florida State University, CRC Multidisciplinary Support Program.
Total award \$25,000. Role: Co-Investigator.
- * Ormsbee, M. J., Panton, L. B., Prado, C. M., & Kim, J. S. (2012). *Resistance training, protein, and body composition in breast cancer survivors*. Submitted to National Institutes of Health (1R15CA176614-01).
Total award \$423,171. Role: PI.
- * Ormsbee, M. J. (2011). *Physiological effects of evening protein consumption and exercise*. Submitted to American College of Sports Medicine Research Endowment Grant.
Total award \$10,000. Role: PI.
- * Ormsbee, M. J. (2011). *Physiological effects of evening protein consumption and exercise in overweight and obese men and women*. Submitted to College of Human Sciences Planning Grant, Florida State University.
Total award \$12,000. Role: PI.
- * Panton, L. B., Kim, J. S., Ormsbee, M. J., & Arjmandi, B. H. (2011). *The effects of dried plum consumption and resistance exercise on bone metabolism, bone density, body*

composition, muscular strength, physical function, & quality of life in breast cancer survivors. Submitted to American Institute for Cancer Research.

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

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

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

- * Eddy, W. R., & Ormsbee, M. J. (2011). *The effect of macronutrient composition in late evening and combined resistance and high-intensity interval training on body composition, testosterone, cortisol, insulin, growth hormone, and strength in overweight and obese individuals.* Submitted to Gatorade Sports Science Institute.

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

- * Thomas, D. D., & Ormsbee, M. J. (2011). *The impact of a 6-week resistance training program with pre- and post-exercise performance supplementation on cardiovascular risk, blood lipids, and fasting blood glucose in resistance trained men.* Submitted to Gatorade Sports Science Institute.

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

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

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

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

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

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

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

Service

Florida State University

FSU University Service

Member, Inquiry Committee, Research Compliance (2019–2020).

Member, Search Committee, Athletics, Director of Performance Nutrition (2019).

Faculty Member, Outstanding Teaching Assistant Award Selection Committee (2018–2019).

* Member, FSU Transportation Services Advisory Council (2011–2019).

* Faculty Advisor, FSU Triathlon Club (2013–2017).

* Member, Healthy Campus Nutrition & Fitness Committee (2011–2017).

* Invited Faculty Lecturer, Presidents College Club (2014).

* Member, Provost Stokes/Institute of Successful Longevity Committee (2013).

FSU College Service

Member, Merger Committee (2020–present).

Explore the merger between Human Sciences & College of Nursing.

Faculty Advisor, Sports Nutrition, College of Human Sciences, Graduate ShowCase (2016–2018).

* NFES Representative, College of Human Sciences Scholarship Committee (2011–2018).

* Commencement Speaker, College of Human Sciences Graduation Ceremony (2014).

* Oral Presentation Judge, FSU CHS Research & Creativity Day (2014).

* Speaker, CHS Graduate ShowCase (2013).

* Oral Presentation Judge, FSU CHS Research & Creativity Day (2012).

* Faculty Guide, Women of FSU "Backstage Pass" (2012).

FSU Department Service

Member, Promotion & Tenure Committee (2016–present).

Chair, Exercise Science Faculty Search Committee (2018–2019).

* Member, NFES Scholarship Committee (2011–2019).

Member, Undergraduate Curriculum Committee (2015–2017).

- * Member, Graduate Admission Committee (2013–2017).
- Chair, Exercise Science Faculty Search Committee (2015–2016).
- * Chair, Exercise Science Faculty Search Committee (2014–2015).
- * Member, NFES Space Committee (2010–2015).
- * Member, Exercise Science Faculty Search Committee (2013–2014).
- * NFES Faculty Member, Graduate Fair, Southeast American College of Sports Medicine (2011–2013).
- * Member, Nutrition & Exercise Science Degree Committee (2011–2012).
- * Member, Teaching Instructor/Lab Manager Search Committee (2011–2012).

The Profession

Editorial Board Membership(s)

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

Guest Reviewer for Refereed Journals

- Journal of the American College of Nutrition* (2015–present).
- Molecular Nutrition and Food Research* (2015–present).
- PLOS ONE* (2015–present).
- * *Clinical Nutrition* (2014–present).
- * *Endocrine Connections* (2014–present).
- * *Journal of Advanced Research* (2014–present).
- * *Nutrition Journal* (2014–present).
- * *Nutrition, Metabolism, and Cardiovascular Diseases* (2014–present).
- * *Postgraduate Medicine* (2014–present).

- * *Research Quarterly for Exercise and Sport* (2014–present).
- * *Springer Plus* (2014–present).
- * *Journal of Applied Physiology* (2013–present).
- * *Journal of Sports Medicine and Physical Fitness* (2013–present).
- * *Human Psychopharmacology: Clinical and Experimental* (2012–present).
- * *International Journal of Nutrition and Metabolism* (2012–present).
- * *Journal of Sports Science and Medicine* (2012–present).
- * *Nutrients* (2012–present).
- * *Applied Physiology, Nutrition and Metabolism* (2011–present).
- * *Medicine & Science in Sports & Exercise* (2011–present).
- * *Strength and Conditioning Journal* (2011–present).
- * *Journal of Strength & Conditioning Research* (2010–present).
- * *Metabolism* (2010–present).
- * *Nutrition & Metabolism* (2010–present).
- # *Journal of the International Society of Sports Nutrition* (2009–present).
- American Journal of Clinical Nutrition* (2020–present).
- American Journal of Physiology* (2020–present).
- Annals of the New York Academy of Sciences* (2020–present).
- European Journal of Nutrition* (2020–present).
- Nutrition & Health* (2019–present).
- Physiological Reports* (2018–present).
- European Journal of Sports Sciences* (2017–present).
- Experimental Physiology* (2016–present).

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

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

Chair of a Symposium

Ormsbee, M. J. (Chair). (2018). *Theory and Practical Application of the ISAK Protocol: Kinanthropometry from the Lab to the Field*. Symposium conducted at the meeting of Southeast American College of Sports Medicine, Chattanooga, TN.

Ormsbee, M. J. (Chair). (2017, May). *Nighttime Eating: Impact on Muscle, Metabolism, and Recovery*. Symposium conducted at the meeting of American College of Sports Medicine, Denver. CO.

* Ormsbee, M. J. (Chair). (2015, May). *Nighttime Eating: Impact on Muscle, Metabolism, and Recovery*. Symposium conducted at the meeting of American College of Sports Medicine, San Diego, CA.

* Ormsbee, M. J. (Chair). (2013, June). *Sports Supplements - A legitimate tool for enhancing human performance. (Research Track Moderator)*. Symposium conducted at the meeting of International Society of Sports Nutrition, Colorado Springs, CO.

Reviewer or Panelist for Grant Applications

Czech Science Foundation (2017–present).

CSF is the main public funding agency in the Czech Republic supporting all areas of basic scientific research.

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

* National Research Foundation (2013–present).

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

* Maryland Industrial Partnerships Program (2013).

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

Service to Professional Associations

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

* Member, Leadership & Diversity Committee, American College of Sports Medicine (2012–present).

Mentor for two minority PhD candidates from 2012 to present.

Symposium Organizer and Chair, FSU Optimal Human Performance Symposium, International Society of Sports Nutrition (2016).

* Proctor, International Society of Sports Nutrition Certified Nutritionist Exam (2011–2016).

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

Interviews

Skip Cronin (Elite Form). (2020). Physiology and Sports Science. *Elite Form (Instagram Live)*.
Instagram Live Interview (4-24-2020).

Lowery, L., & Nelson, M. T. (2019). Nutritional Chronobiology. *Ironradio* [Podcast].

Samantha Heller. (2019). Pre-sleep Feeding and Health. *SiriusXM Doctors Radio* [SiriusXM].

Ruben Castaneda. (2018). The hCG Diet May Help You Lose Weight, But at What Cost? *US News & World Report* [Magazine]. Retrieved from <https://health.usnews.com/wellness/food/articles/the-hcg-diet-may-help-you-lose-weight-but-at-what-cost>

Virginia Pelley. (2018). Is Your Diet Rock-Solid? *Oxygen Magazine* [Magazine]. Retrieved from <https://www.oxygenmag.com/nutrition/is-your-diet-rock-solid>

Dr. Mike T. Nelson. (2018). Circadian Eating: Impact on Health and Performance. *Flexible Diet Certification* [Podcast].

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

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

- Tucker, A. (2016). Hydration Benefits of Cold-pressed Watermelon Juice. *SELF magazine* [Magazine].
- The Teaching Company. (2016). Fitness Trackers and Beyond. *LIVE on Facebook: Professor Interview*.
- Stewart, J. (2016). Nighttime Feeding for Athletes, Recovery, and You. *The Beachbody Blog* [Blog].
- Patel, K. (2015). Ask the Researcher. *Examine.com Research Digest* [Magazine]. Retrieved from <http://v6.examinecdn.com/erd/issue6.pdf>
- Taylor, T. (2015). Sports Science: New Technologies. *Sports Illustrated* [Magazine].
- Johnson, C., & Dylan, J. (2015). How Your World Works: Sports Nutrition Shakes for Elite Athletes. *Popular Mechanics* [Podcast].
- Carl Lanore. (2015). Nighttime Eating: Old and New Perspectives. *Superhuman Radio* [Podcast].
- * Godman, H. (2014). Nutrition and Exercise for Holiday Weight Control. *HealthCheck* [Talk Radio (WSRQ)].
- * Bannock, L. (2014). Training and Nutrition for Optimal Endurance Performance. *Guru Performance: We Do Science* [Podcast].

Service to Other Universities

External Examiner for Thesis: "Effects of intra-workout creatine monohydrate supplementation in trained young adults.", *University of Regina, Saskatchewan, Canada* (2020).

Invited International Examiner by Dr. Darren Candow.

Outside reviewer for Tenure and Promotion Package, *Texas Tech University* (2020).

Outside reviewer for Tenure and Promotion Package, *Mississippi State University* (2018).

Outside reviewer for Tenure and Promotion Package, *University of North Carolina* (2017).

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

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

Exercise Science and Sports Medicine.

- * Outside reviewer for Promotion Package to Full Professor, *Skidmore College* (2010).
- # Health Task Force Committee, *Skidmore College* (2009–2010).
- # Faculty Panel on Graduate School Experience, *Skidmore College* (2008).
- # Graduate Student Representative, *Dean's Advisory Council, ECU* (2007–2008).
- # Co-Head Coach, ECU Men's Ice Hockey Team, *ECU* (2006–2008).
- # EXSS graduate representative, Graduate Student Advisory Council, *ECU* (2006–2008).
- # Writer/Editor, Achieve Magazine, *Greenville, NC* (2005–2008).
- # President, Graduate Student Council, *College of HHP, East Carolina University* (2006–2007).
- # Head Coach, Rangers Peewee Hockey Team, (State Champions), *Rangers Peewee Hockey Team, Brookings, SD* (2004–2005).
- # President, *Health and Fitness Club, Skidmore College* (1999–2002).
- # Member, *President's Council, Skidmore College* (1999–2002).
- # Member, *Academic and Social Integrity Board, Skidmore College* (2000–2001).

The Community

Expert Resource, NY Post (2019–present).

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

Invited Lecture, Optimal Body Composition Lecture, Crossfit Townie (2016).
Thomasville, GA.

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

Crew member, Ultraman Florida (2016).

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

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

https://www.youtube.com/watch?v=r6296M_ngaQ&feature=youtu.be&utm_source=newsletter&utm_medium=email&utm_campaign=the_big_story_jan_25_2016.

Expert Resource, Exercise Science, Oprah Magazine (2015–2016).

Expert Resource, Performance Nutrition: Questions and Answers, Orange Theory: Questions and Answers (2015–2016).

Crew member, Ultraman Florida (2015).

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

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

- * Guest TV appearance, Tightening the Reigns on Loosening Your Belt, WCTV (ABC) (2014).
- * Expert Resource, Your Health Magazine (2014).
- * Radio Interview, interviewed about body building supplements, Sound Medicine (Indiana University) (2013).
- * Expert Resource, Interviewed on nighttime eating for metabolism, Health Magazine (2013).
- * Expert Resource, Workout extremism: High-intensity interval training rocks for the time-pressed, NOW Magazine (2013).
- * Expert Resource, Workout extremism: High-intensity interval training rocks for the time-pressed, NOW Magazine (Toronto, Canada) (2013).
- * Radio Interview, interviewed about research project involving the use of beta-alanine for patients with Parkinson's Disease and Multiple Sclerosis, WFSU Public Media (NPR) (2013).
- * Radio Interview, What to eat before bed?, Metabolic Precision (Sydney, Australia) (2012).
- * Guest TV Appearance, What's in your vitamin? Get the scoop on supplements, WCTV (ABC) (2012).
- * Expert Resource, Health Day (2012).
- * Member, Working Well Tallahassee (2010–2012).

- * Guest TV Appearance, The Truth about Chocolate, WTEN (ABC-Channel 10) (2010).
- * Guest TV Appearance, Winter Workouts & Soreness, WTEN (ABC-Channel 10) (2010).
- * Guest TV Appearance, Nutrition Sabotage, WTEN (ABC-Channel 10) (2010).
- * Guest TV Appearance, Portion Control & Serving Sizes, WTEN (ABC-Channel 10) (2010).
- * Guest TV Appearance, Sports Nutrition, WTEN (ABC-Channel 10) (2010).
- # Guest TV Appearance, Healthy Holiday Gifts, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Grocery Shopping 101, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Kitchen Makeover, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Workout Regimen, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Feed a Cold, Starve a Fever?, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Optimal Health While You Travel, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Fitness & Nutrition Myths, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Thanksgiving Day Health Plan, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Exercise to Lose Weight?, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Will Power and Exercise, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Working Out at Home, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Curb Your Cravings, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, Breakfast, Snacks, & Eating Late, WTEN (ABC-Channel 10) (2009).
- # Guest TV Appearance, The Truth About Metabolism, WTEN (ABC-Channel 10) (2009).
- # Summer Advisor, Skidmore College Class of 2013 (2009).
- # Alumni Panel Member, Math/Science Open House, Skidmore College (2008).
- # Radio Interview, The Weekend Workout, WWNN 1470 AM (South Florida) (2008).
- # Coach, East Carolina University Men's Ice Hockey (2006–2008).

- # Writer/Editor, Achieve Magazine, Greenville, NC (2005–2008).
- # Guest TV Appearance, Herbal Supplements, WNCT (Channel 9) (2005).
- # Guest TV Appearance, Health benefits of green tea, WNCT (Channel 9) (2005).
- # Guest TV Appearance, How to fit fitness into our busy schedules, WNCT (Channel 9) and Fox (Channel 9) (2005).
- # Coach, Saratoga Youth Hockey Organization (1998–2001).

Consultation

Korey Stringer Institute, University of Connecticut. KSI Medical & Science Advisory Board (2019–present).

LabSavvy. Scientific Advisory Board Member (2019–present).

International Protein Board. (2018–present).

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

Clif Bar & Company. Clif Nutrition Advisory Council (2015–2019).

Aptima, Inc. (Warrior Resilience). Consultant to provide expertise in exercise physiology (2017–2018).

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

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

Professional activities that occurred prior to my employment at FSU.