

## **Curriculum Vitae**

**Michael J Ormsbee**

June 09, 2022

### **General Information**

University address: Nutrition & Integrative Physiology  
College of Health and Human Sciences  
Institute of Sports Sciences and Medicine  
1104 Spirit Way, Room 144  
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### **Professional Preparation**

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

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

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

### **Professional Experience**

- 2022–present      Director, Institute of Sports Sciences & Medicine, College of Health and Human Sciences, Florida State University.
- 2021–present      Professor, Nutrition & Integrative Physiology, Florida State University.
- 2021–present      Graduate Program Director, Nutrition & Integrative Physiology, College of Health and Human 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.
- 2016–2021        Associate Director, Institute of Sports Sciences & Medicine, College of Health and Human Sciences, Florida State University.
- 2016–2021        Associate Professor, Nutrition, Food, and Exercise Sciences, Florida State University.
- 2014–2016        Interim Director, Institute of Sports Sciences & Medicine, College of Health and 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).  
Leadership Development Program for Emerging Leaders, Florida State University (2020).

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

Ragland, T., graduate. (2021). *Lipolytic, Hormonal, and Muscle Quality Differences of Female Endurance Athletes with Higher vs. Lower Body Fat FAT.*

Willingham, B., graduate. (2021). *The effects of pre-loaded betaine supplementation on fluid balance and thermoregulation in the heat.*

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.*

Fuller, S., doctoral candidate. *The Impact of Collagen Peptide Supplementation on Pain, Function, and Markers of Bone and Connective Tissue Turnover in Active Adults.*

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**

Robanya, R., graduate. (2020). [Department of Modern Languages and Linguistics]  
Williams, E., graduate. (2018). [Department of Mathematics]

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

Beltran, J., graduate. (2021).  
Cassabone, S., graduate. (2021).  
Poland, M., graduate. (2021).  
Kassel, K., graduate. (2020).  
Palmer, S., graduate. (2020).  
Yarborough, D., graduate. (2020).  
Barbosa, B., graduate. (2019).  
Herman, K., graduate. (2019).  
Kaminski, J., graduate. (2019).  
Ramos, G., graduate. (2019).  
Saylor, H., graduate. (2019). *Using the acute:chronic workload ratio to predict peak performance in elite NCAA track and field sprinters.*  
Young, M., graduate. (2019).  
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.*
- Dooley, K., graduate. (2017).
- Faibish, M., graduate. (2017).
- 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.*
- Nagy, K., graduate. (2016).
- Gorman, K., graduate. (2015). *The effects of nighttime feeding on morning performance in female endurance athletes.*
- Hitchcock, B., graduate. (2015).
- Kramer, S., graduate. (2015). *The effects of six-day dietary nitrate supplementation on strength and endurance measurements in CrossFit athletes.*
- Mazur, J., graduate. (2015).
- Miller, E., graduate. (2015). *The influence of nighttime milk consumption on morning hydration status and performance in female endurance athletes.*
- Nowicki, C., graduate. (2015).
- Biwer, A., graduate. (2014). *The effects of four-week beta-alanine supplementation on muscular performance, submaximal oxygen consumption, and body composition in Parkinson's patients.*
- Ramirez, E., graduate. (2014).
- Talley, T., graduate. (2014).
- Taylor, A., graduate. (2014).
- Brennan, K., graduate. (2013).
- Rawal, S., graduate. (2013). *The impact of a multi-ingredient dietary supplement taken for 8 weeks on body composition and health in overweight men and women.*
- Serig, L., graduate. (2013).
- Eddy, W., graduate. (2012). *The effect of nighttime macronutrient choice and exercise training on body composition, strength, cardiovascular health, resting metabolism, and appetite in overweight and obese adults.*
- Thomas, D. D., graduate. (2012). *The effects of pre- and post-exercise consumption of multi-ingredient performance supplements on cardiovascular health and body composition in trained men after six weeks of resistance training.*
- Lox, J. H., graduate. (2011).
- Riley, C., graduate. (2011).
- Li, Z., student.
- Oliva, M., student.
- Cane, K., student.
- Igoe, C., student.
- Meltzer, S., student.

**Master's Committee Member**

Colannino, H., graduate. (2021).  
Morris, C., graduate. (2021).  
O'Connor, K., graduate. (2021).  
Ryan, M., graduate. (2021).  
Weaver, R., graduate. (2021).  
Gallagher, K., graduate. (2020).  
Rice, E., graduate. (2020).  
Robbins, C., graduate. (2020).  
Stevens, E., graduate. (2020).  
Thonus, L., graduate. (2020).  
Lopez, M., graduate. (2019).  
Beyer, K., graduate. (2018).  
Budesza, 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).  
Mason, J., graduate. (2017).  
Mooney, A., graduate. (2017).  
Schattinger, C., graduate. (2017).  
Silvia, C., graduate. (2017).  
Spann, S. G., graduate. (2017).  
van Wart, J., graduate. (2017).  
Abegg, M., graduate. (2016).  
Clift, M., graduate. (2016).  
D'Alessandro, J., graduate. (2016).  
Harris, G., graduate. (2016).  
Henderson, J., graduate. (2016).  
Walker, N., graduate. (2016).  
Allen, J., graduate. (2015).  
Bennett, Z., graduate. (2015).  
Geil, A., graduate. (2015).  
Lee, S., graduate. (2015).  
Malette, C., graduate. (2015).  
Munoz, J., graduate. (2015).  
Schleicher, E., graduate. (2015).  
Yap, G., graduate. (2015).  
Alvarez, S., graduate. (2014).  
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).  
Xiao, J., graduate. (2013).  
Fretti, S., graduate. (2013).  
Pfau, L., graduate. (2013).  
Kalfon, R., graduate. (2013).  
Feger, C., graduate. (2013).  
Frederickson, J., graduate. (2013).  
King, N., graduate. (2013).  
Schaefer, D., graduate. (2013).  
Ward, E., 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).  
Gravani, K. M., graduate. (2011).  
Hargadon, C., graduate. (2011).  
Mandler, K., graduate. (2011).  
Sun, B., student.  
Scott, A., student.

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

Othon, A., graduate. (2021). *Circulating brain derived neurotropic factor (BDNF) and cortisol in response to three-day ultra-endurance racing.*  
MacDonell, E., graduate. (2020). *The relationship between macronutrient consumption, body composition and fitness in older life-long athletes.*  
Carzoli, J., graduate. (2015). *The effectiveness of using a resistance-training specific RPE scale for measuring repetitions in reserve.*  
DeAlmeida, G., graduate. (2015). *Protein intake and body composition in female collegiate dancers.*  
Rivas, D., graduate. (2015). *Blood pressure and heart rate Response to dietary nitrate supplementation in crossfit athletes.*  
Blay, C., graduate. (2012). *The acute effects of evening whey and casein ingestion on fasting blood glucose, blood lipid profile, and resting metabolic rate.*

**Bachelor's Committee Member**

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).  
Broz, P. (Sep–Nov 2018).  
Dudar, M. (Jun–Aug 2018).  
Caltova, K. (Nov 2017–Jan 2018).  
Assis Maximo de Lima, Samuel (May–Aug 2016).  
Baur, D. A. (2016).  
De Carvalho Silva Vargas, Fernanda (May–Aug 2015).  
Kreipke, V. C. (2014).  
Kinsey, A. W. (2011).

**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**

Smith, K. A., Pugh, J. N., Duca, F. A., Close, G. L., & Ormsbee, M. J. (2021). Gastrointestinal Pathophysiology During Endurance Exercise: Endocrine, Microbiome, and Nutritional Influences. *European Journal of Applied Physiology*, *121*, 2657-2674.

Clark, H. C., Hickner, R. C., & Ormsbee, M. J. (2021). Role of Creatine in Vascular Health. *Nutrients*, *13*(3), 857-885.

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

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

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.

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

#### **Refereed Journal Articles**

Bach, C. W., Saracino, P. G., Baur, D. A., Willingham, B. D., Ruby, B. C., & Ormsbee, M. J. (submitted). The Effect of Cold Ambient Temperature on Lipolysis, Substrate Metabolism, and Performance in Endurance-Trained Cyclists. *Medicine and Science in Sports and Exercise*. Manuscript submitted for publication.

Brown, C. L., Worts, P. R., Rolle, G. A., & Ormsbee, M. J. (submitted). Return to Play Following Anterior Cruciate Ligament Reconstruction in the Collegiate Athlete: A Review. *Sports Medicine*. Manuscript submitted for publication.

- Madzima, T. A., Schleicher, E. A., Ormsbee, M. J., Moffatt, R. J., & Panton, L. B. (submitted). Effects of Moderate to High Intensity Resistance Training on Lymphedema in Breast Cancer Survivors. *Clinical Medicine Insights*. Manuscript submitted for publication.
- 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.
- Greer, B. J., Mojock, C., Arjmandi, B., Kim, J-S., Ormsbee, M. J., & Panton, L. B. (in press). Twelve Week Calcium Collagen Chelate or Calcium plus Vitamin D Supplementation Does Not Affect Bone Metabolism in Trained Cyclists. *Journal of Science and Cycling*.
- Ormsbee, M. J., Saracino, P. G., Morrissey, M. C., Donaldson, J., Renteria, L. I., & McKune, A. J. (2022). Pre-sleep protein supplementation after an acute bout of evening resistance exercise does not improve next day performance or recovery in resistance trained men. *Journal of the International Society of Sports Nutrition*, 19(1), 164-178.
- Kisiolek, J. N., Smith, K. A., Baur, D. A., Willingham, B. D., Morrissey, M. C., Leyh, S. M., Saracino, P. G., Mah, C., & Ormsbee, M. J. (2022). Sleep Duration Correlates with Performance in Ultra-Endurance Triathlon. *Journal of Sports Science*, 17, 226-233.
- Steiner, J. L., Johnson, B. R., Hickner, R. C., Ormsbee, M. J., Williamson, D. L., & Gordon, B. S. (2021). Adrenal Stress Hormone Action in Skeletal Muscle During Exercise: An Old Dog with New Tricks? *Acta Physiologica*, 231(1), 1-19.
- Saylor, H. E., Schuster, J. G., Hickner, R. C., Chow, G. M., Shelton, A., & Ormsbee, M. J. (2021). Characterization of the Relationship Between Workload and Collegiate Track and Field Performances: A Pilot Study. *Journal of Exercise Physiology - Online*, 24(5), 48-57.
- Artese, A. L., Hunt, R. L., Ormsbee, M. J., Kim, J-S., Arjmandi, B. H., & Panton, L. B. (2021). Effect of Functional Impact Training on Body Composition and Strength in Breast Cancer Survivors. *Medicine & Science in Sports & Exercise*, 53(1), 90-101.
- Kreipke, V. C., Moffat, R. J., Tanner, C. J., & Ormsbee, M. J. (2021). 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*, 18(6), 597-613.
- Brown, A. F., Alfiero, C. J., Brooks, S. J., Kviatkovsky, S. A., Smith-Ryan, A. E., & Ormsbee, M. J. (2021). Prevalence of Normal Weight Obesity and Health Risk Factors for the Female Collegiate Dancer. *Journal of Strength & Conditioning Research*, 35(8), 2324-2326.

- Sookan, T., Ormsbee, M. J., Antonio, J., Magula, N. P., Motala, A. A., Laloo, U. G., & McKune, A. J. (2021). Progressive Resistance Training Irrespective of Whey Protein Intake Improves Quality of Life in HIV-Infected Individuals Receiving Antiretroviral Therapy. *African Journal for Physical Activity and Health Sciences*, 27(3), 288-303.
- Schattinger, C. M., Leonard, J. L., Artese, A. E., Pappas, C. L., Ormsbee, M. J., & Panton, L. B. (2021). The Effects of Pre-Sleep Consumption of Casein Protein on Next-Morning Measures of RMR and Appetite Compare Between Sedentary Pre- and Postmenopausal Women. *British Journal of Nutrition*, 125(2), 121-128.
- Willingham, B. D., Ragland, T., & Ormsbee, M. J. (2020). Betaine Supplementation May Improve Heat Tolerance: Potential Mechanisms in Humans. *Nutrients*, 12(10), 2939-2953.
- McQuerry, M., Morrissey, M. C., Kisiolek, J., Gipson, S., & Ormsbee, M. J. (2020). Effect of a Lightweight Structural Firefighter Turnout Composite on Physiological Comfort. *Performance of Protective Clothing and Equipment: 11th Volume, Innovative Solutions to Evolving Challenges, ASTM STP1624*, 176-203. doi:10.1520/STP162420190083
- 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.
- 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, 1880-1991.
- 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(7), 2049-2065.
- 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.
- 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. *Bomedicines*, 8(8), 263-277.
- Dudar, M. D., Bode, E. D., Fishkin, K. R., Brown, R. A., Carre, M., Mills, N. R., Ormsbee, M. J., & Ives, S. J. (2020). Pre-Sleep Low Glycemic Index Modified Starch Does Not Improve Next Morning Fuel Selection or Running Performance in Male and Female Endurance Athletes. *Nutrients*, 12(9), 2888-2898.

- 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.
- Clarke, H., Kim, Do-Houn, Mesa, C., Ormsbee, M. J., & Hickner, R. C. (2020). The Evolving Applications of Creatine Supplementation: Could Creatine Improve Vascular Health? *Nutrients*, *12*(9), 2834-2857.
- Smith, K. A., Kisiolk, 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.
- 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.
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### **Invited Books**

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

### **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.

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.

### **Nonrefereed Journal Articles**

Ormsbee, M. J. (2021). Regular Exercise and Lifting Weights Might Be the Key to Immortality. *The Great Courses Daily*. Retrieved from <https://www.thegreatcoursesdaily.com/regular-exercise-and-lifting-weights-might-be-the-key-to-immortality/>

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## **Presentations**

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

- 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**

- Ormsbee, M. J. (presented 2022). Updates on Normal Weight Obesity & Body Composition Index Using DXA. Keynote presentation in *Webinar Series sponsored by Hologic*. Symposium conducted at the meeting of Collegiate and Professional Sports Dietetics Association, Zoom. (National)
- Ormsbee, M. J. (presented 2021). What's New in Protein Metabolism, Body Composition, & Human Performance? Keynote presentation in *Colloquium Series*. Symposium conducted at the meeting of Florida International University, Department of Dietetics & Nutrition, Zoom. (Regional)
- 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**

Ormsbee, M. J. (accepted). *Effects of Resistance Training on Fat Metabolism*. Presentation to be given at Southeast Conference, National Strength & Conditioning Association, Atlanta, GA. (Regional). (Cancelled due to COVID-19)

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). (Cancelled due to COVID-19)
- 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 2021, October). *Female Physiology: Protein and Metabolism.* Presentation at Womens Performance Symposium, International Society of Sports Nutrition, Zoom. (Regional)
- Willingham, B. W., & Ormsbee, M. J. (presented 2021). *Betaine Supplementation on Fluid Balance and Thermoregulation in the Heat.* Presentation at the meeting of International Society of Sports Nutrition, St. Petersburg, FL. (National)
- Fuller, S., & Ormsbee, M. J. (presented 2021). *Collagen Peptides Improve Measures of Physical Function and Pain in Middle-aged Active Adults.* Presentation at Annual Meeting, International Society of Sports Nutrition, St. Petersburg, FL. (National)
- Ormsbee, M. J. (presented 2021). *Effects of Resistance Training on Fat Metabolism.* Presentation at Annual Meeting, National Strength & Conditioning Association, Orlando, FL. (National)
- Ormsbee, M. J. (presented 2021). *Pre-sleep Feeding: Body Composition, Performance, & Recovery.* Presentation at Sports Science Week, Gatorade Sports Science Institute, Mexico. (International)
- Ormsbee, M. J. (presented 2021). *Presleep Nutrition.* Presentation at Reginal Meeting, International Society of Sports Nutrition, Nova Southeastern University. (Regional)
- Ormsbee, M. J. (presented 2020). *Presleep Feeding for Health and Performance.* Presentation at Annual Meeting, WorldWide Nutrition Conference, Zoom. (International)
- Ormsbee, M. J. (presented 2020). *Recent Trends in Nutrition & Supplementation for Athletic Performance: Modified Carbohydrates.* Presentation at Annual Meeting, Motion Sports & ISSN Colombia, Medellin, Colombia (via Zoom). (International)
- 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**

- 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**

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)
- Colaninno, H. G., Saracino, P. G., & Ormsbee, M. J. (accepted). *No Difference Between Pre-Sleep Plant or Dairy-Based Protein Consumption on Peak Muscle Torque or Soreness Following Morning Eccentric Exercise in Middle-Aged Men*. Poster presentation to be given at Annual Meeting, International Society of Sports Nutrition, Daytona Beach, FL. (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)
- Kviatkovsky, S. A., Sims, S. T., Greenwalt, C. E., Zeleny, T., Vukovich, M. D., Smith-Ryan, A. R., Bach, C. W., Presby, D., Holmes, K., & Ormsbee, M. J. (presented 2022). *Characteristics of Menstrual Cycle and Hormonal Contraceptive Use In Collegiate Female Athletes in The United States*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)
- Kviatkovsky, S. A., Hickner, R. C., Gipson, S. D., Cabre, H. E., Hanna, B. R., Colannino, H. G., O'Connor, K. E., Hayward, A. S., & Ormsbee, M. J. (presented 2022). *Collagen peptide supplementation improves mental component scores of the VR-12 in active adults*. Poster presentation at National Meeting, International Society of Sports Nutrition, Ft. Lauderdale, FL. (National)
- Webster, M. J., David, B. R., Simovic, T., Bridges, C. R., Renteria, L. I., Kviatkovsky, S. A., Greenwalt, C. M., & Ormsbee, M. J. (presented 2022). *Cordyceps Militaris Supplementation: Effect of Dosage on Skeletal Muscle Performance*. Poster presentation

at National Meeting, International Society of Sports Nutrition, Ft. Lauderdale, FL.  
(National)

Colannino, H. G., Renteria, L. I., Ragland, T. J., Greenwalt, C. E., Johnson, S., Willingham, B. D., Hickner, R. C., & Ormsbee, M. J. (presented 2022). *Diet and Activity Level Differences of Female Recreational Endurance Athletes with Higher vs Lower Adiposity*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)

Clarke, H. E., Ormsbee, M. J., Gordon, B. S., Williams, D. L., Meza, C. A., Kim, D-H., Akhavan, N. S., Behl, T. A., & Hickner, R. C. (presented 2022). *Impact of Creatine Supplementation on Macrovascular Endothelial Function in Older Adults*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)

Renteria, L. I., Willingham, B. D., Biagioni, E. M., Poland, M. J., Greenwalt, C. E., & Ormsbee, M. J. (presented 2022). *Preloaded Betaine Supplementation on Thermoregulation, Fluid Balance, and Cycling Performance in Heat: A Pilot Study*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA 2022. (National)

Greenwalt, C. E., Renteria, L. I., Schiltz, K. J., Angeles, E., Smith-Ryan, A. E., Bach, C., Vukovich, M. D., Sims, S., Zeleny, T., Holmes, K., Presby, D., & Ormsbee, M. J. (presented 2022). *Pre-sleep Feeding in NCAA Division I Female Athletes*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)

Hickman, C. J., Greenwalt, C. E., Renteria, L. I., Schiltz, K. J., Angeles, E., Smith-Ryan, A. R., Bach, C. W., Vukovich, M. D., Sims, S. T., Zeleny, T., Holmes, K., Presby, D., & Ormsbee, M. J. (presented 2022). *The Effects of Pre-Sleep Feeding on Sleep Quality and Quantity in NCAA Division I Female Soccer Players*. Poster presentation at National Meeting, International Society of Sports Nutrition, Ft. Lauderdale, FL. (National)

Schattinger, C., Newling-Bradner, M., Ormsbee, M. J., Gordon, B., Pleasants, M., Rodgers, J., Lauber, M., Smith, G., Vidor, S., Yarborough, C., Rengifo-Moreno, P., Noel, T., & Panton, L. B. (presented 2022). *The Effects of Resistance Training and Protein Supplementation on Body Composition, Muscular Strength, and Physical Function in Transcatheter Aortic Valve Replacement Patients*. Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)

Sokolowski, C. M., Perch, S. N., Mitchell, H. J., Kim, J-S., Steiner, J. L., Boot, W. R., & Ormsbee, M. J. (presented 2022). *The Relationship Among Resistance Training, Binge Drinking, Musculoskeletal Health, and Insulin Sensitivity in Young Adult Females*. Presentation at National Meeting, International Society of Sports Nutrition, Ft. Lauderdale, FL. (National)

Johnson, S. E., Angeles, E., Kviatkovsky, S. A., Renteria, L. I., Greenwalt, C. E., Jones, R., Lombardi, M., Narayan, S., Zeleny, T., & Ormsbee, M. J. (presented 2022). *Using Wearable Technology for Early Detection of COVID-19 in Collegiate Female Athletes*.

Presentation at National Meeting, American College of Sports Medicine, San Diego, CA. (National)

Willingham, B. D., Renteria, L. I., Greenwalt, C. E., Colannino, H. G., Ragland, T. J., & Ormsbee, M. J. (presented 2021). *Betaine Supplementation on Fluid Balance and Thermoregulation in the Heat*. Presentation at National Meeting, International Society of Sports Nutrition, St. Petersburg, FL. (National)

Kviatkovsky, S. A., Hickner, R. C., Renteria, L. I., Cabre, H. E., Gipson, S. D., Hanna, B. R., Colannino, H. G., O'Connor, K. E., Hayward, A. S., & Ormsbee, M. J. (presented 2021). *Changes in Bone and Collagen Turnover Markers, CTX And PINP, in Response to Collagen Supplementation in Active Adults*. Poster presentation at National Meeting, International Society of Sports Nutrition, St. Petersburg, FL. (National)

Kviatkovsky, S. A., Hickner, R. C., Gipson, S. D., Cabre, H. E., Hanna, B. R., Colannino, H. G., O'Connor, K. E., Hayward, A. S., & Ormsbee, M. J. (presented 2021). *Collagen Peptide Supplementation Improves Measures of Activities of Daily Living And Pain In Active Adults*. Presentation at National Meeting, International Society of Sports Nutrition, St. Petersburg, FL. (National)

Klemp, A., Yeh, M-C., Sokolowski, C., Kim, D-H., Ormsbee, M. J., Panton, L. B., & Kim, J-S. (presented 2021). *Comparison of Pre-Sleep And Post-Exercise Protein Intake On Resistance Training Adaptations In Older Adults*. Poster presentation at Annual Meeting, National Strength and Conditioning Association, Orlando, FL. (National)

Clarke, H. E., Ormsbee, M. J., Gordon, B. S., Williams, D. L., Meza, C. A., Kim, D-H., Akhavan, N. S., Behl, T. A., & Hickner, R. C. (presented 2021). *Impact of Creatine Supplementation on Macrovascular Endothelial Function in Older Adults*. Presentation at Southeast Conference, American College of Sports Medicine, Greenville, NC. (Regional)

Ragland, T., Colannino, H., Greenwalt, C., Johnson, S., Renteria, L., Willingham, B., Hickner, R. C., & Ormsbee, M. J. (presented 2021). *Lipolytic and Muscle Quality Differences between Female Endurance Athletes with Different Body Fat Percentages*. Presentation at the meeting of The Obesity Society. (National)

Renteria, L. I., Willingham, B. D., Biagioni, E. M., Poland, M. J., Greenwalt, C. E., & Ormsbee, M. J. (presented 2021). *Preloaded Betaine Supplementation on Thermoregulation, Fluid Balance, and Cycling Performance in Heat: A Pilot Study*. Presentation at Southeast Conference, American College of Sports Medicine, Greenville, NC. (Regional)

Greenwalt, C. E., Renteria, L. I., Schiltz, K. J., Angeles, E., Smith-Ryan, A. E., Bach, C., Vukovich, M. D., Sims, S., Zeleny, T., Holmes, K., Presby, D., & Ormsbee, M. J. (presented 2021). *Pre-sleep Feeding in NCAA Division I Female Athletes*. Presentation at Southeast Conference, American College of Sports Medicine, Greenville, NC. (Regional)

- Brown, A. F., Alfiero, C. J., Brooks, S. J., Kviatkovsky, S. A., Smith-Ryan, A. E., & Ormsbee, M. J. (presented 2021). *Prevalence of Normal Weight Obesity and Health Implications for The Female Collegiate Dancer*. Presentation at Annual Meeting, National Strength and Conditioning Association, Orlando, FL. (National)
- Willingham, B. D., Renteria, L. I., Greenwalt, C. E., Colannino, H. G., Ragland, T. J., & Ormsbee, M. J. (presented 2021). *The Effects of Betaine Supplementation on Fluid Balance*. Poster presentation at National Meeting, International Society of Sports Nutrition, St. Petersburg, FL. (National)
- Schattinger, C., Newling-Bradner, M., Ormsbee, M. J., Gordon, B., Pleasants, M., Rodgers, J., Lauber, M., Smith, G., Vidor, S., Yarborough, C., Rengifo-Moreno, P., Noel, T., & Pantan, L. B. (presented 2021). *The Effects of Resistance Training and Protein Supplementation on Body Composition, Muscular Strength, and Physical Function in Transcatheter Aortic Valve Replacement Patients*. Presentation at Southeast Conference, American College of Sports Medicine, Greenville, NC. (Regional)
- Johnson, S. E., Angeles, E., Kviatkovsky, S. A., Renteria, L. I., Greenwalt, C. E., Jones, R., Lombardi, M., Narayan, S., Zeleny, T., & Ormsbee, M. J. (presented 2021). *Using Wearable Technology for Early Detection of COVID-19 in Collegiate Female Athletes*. Presentation at Southeast Conference, American College of Sports Medicine, Greenville, NC. (Regional)
- 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., Pantan, 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., & Pantan, 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., & Pantan, 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., & Pantan, 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)

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)

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)

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)
- 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 O<sub>2</sub> Exposure on*

*Skeletal Muscle Performance and Oxidative Stress in Navy Divers*. Presentation at Research and Creativity Day, College of Human Sciences. (Local)

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**

Willingham, B. D., & Ormsbee, M. J. (presented 2021). Betaine Supplementation and Gastrointestinal Health: LPS. In *Research and Creativity Day*. Presentation at the meeting of College of Human Sciences, Tallahassee, FL. (Local)

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)

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)

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)

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**

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**

Ormsbee, M. J. (2022). *Exercise, Nutrition, & Human Performance*. Delivered at FSU College of Medicine, Physician Assistant Program, Florida State University. (Local)

Ormsbee, M. J. (2022). *Muscle and Bone Physiology: Health for a Lifetime*. Delivered at Bryan Hall Colloquium at FSU, Seattle, WA via Zoom. (National)

Ormsbee, M. J. (2021). *A Career in Exercise & Nutrition*. Delivered at Bryan Hall Colloquium at FSU, Tallahassee, FL. (Local)

Ormsbee, M. J. (2021). *Academics, Sports, and Success*. Delivered at Conestoga High School Football and Baseball, Berwyn, PA (via Zoom). (Local)

Ormsbee, M. J. (2021). *Endocrine Changes with Age*. Delivered at Florida State University (PET4076: Physical Dimensions of Aging), Tallahassee, FL. (Local)

Ormsbee, M. J. (2021). *Exercise, Nutrition, & Human Performance*. Delivered at FSU College of Medicine, Physician Assistant Program, Florida State University. (Local)

Ormsbee, M. J. (2021). *Nutrient Timing Overview*. Delivered at United States Air Force Europe (USAFE) Tactical Air Control Party (TACP) unit, Vilseck, Germany (via Zoom). (International)

Ormsbee, M. J. (2021). *Pre-sleep Nutrition & Performance*. Delivered at United States Air Force Europe (USAFE) Tactical Air Control Party (TACP) unit, Vilseck, Germany (via Zoom). (International)

Ormsbee, M. J. (2020). *Current Trends in Sports Science & Performance Nutrition*. Delivered at Florida State University; HUN5802, Tallahassee, FL. (Local)

Capitano, K., & Ormsbee, M. J. (2020). *Navigating ClinicalTrials.gov*. Delivered at FSU Office for Clinical Research Advancement, Florida State University. (Local)

- Ormsbee, M. J. (2020). *Presleep Nutrition & Performance*. Delivered at Georgia State University, Statesboro, GA (via Zoom). (Regional)
- Ormsbee, M. J. (2020). *Pre-Sleep Nutrition & Performance*. Delivered at Georgia State University, Zoom. (National)
- Ormsbee, M. J. (2020). *Pre-Sleep Nutrition & Performance: what needs to be timed?* Delivered at University of Canberra (Australia), Zoom. (International)
- Ormsbee, M. J. (2020). *Pre-Sleep Nutrition & Performance: what needs to be timed?* Delivered at University of North Carolina at Chapel Hill, Zoom. (National)
- Ormsbee, M. J. (2020). *Protein, Exercise & Human Performance*. Delivered at FSU College of Medicine, Florida State University. (Local)
- Ormsbee, M. J. (2020). *Sport Science and Nutrition: Get INTO it!* Delivered at Bryan Hall Colloquium at FSU, Tallahassee, FL. (Local)
- Ormsbee, M. J. (2020). *What's New in Protein Metabolism, Body Composition, & Human Performance?* Delivered at University of Idaho, Moscow, Idaho (via Zoom). (Regional)
- 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. (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., & 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)
- 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, July). *Case Studies in Nutrition and Exercise Physiology*. Delivered at FSU College of Medicine, Florida State University. (Local)
- 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)
- 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)

## Contracts and Grants

### Contracts and Grants Funded

Ormsbee, M. J., Angeles, E., & Greenwalt, C. (2021–2023). *ChiliSleep and recovery in NCAA Division I female soccer players: A pilot study*. Funded by ChilliSleep. Total award \$15,400.

Hickner, R. C., Ormsbee, M. J., Berryman, C., Lederman, T., & Sweeney, M. (2021–2026). *Resistance training modulation of fat metabolism in obese postmenopausal women*. Funded by NIH 1R01 DK PA18-330 (resubmission). (1R01DK125728-01A1). Total award \$3,513,591.

Ormsbee, M. J., Renteria, L., & Willingham, B. D. (2021–2023). *The Effects of pre-loaded betaine supplementation on thermoregulation and exercise metabolism in the heat*. Funded by NOW Foods. Total award \$14,039.

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.

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.

Ormsbee, M. J. (2020–2022). *Sport technology, Health, and Performance Enhancement (SHAPE): Using Technology to Determine Female Athlete Physiology and Recovery*. Funded by WHOOP Inc. Total award \$64,854.

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.

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.

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.

- 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.
- 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.
- 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.
- 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 Tessenderlo, Inc. Total award \$278,878.
- 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.
- 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.
- 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.
- 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.
- 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.
- Ormsbee, M. J. (2017–2017). *Provost's Faculty Travel Grant*. Funded by Florida State University. Total award \$1,000.
- Ormsbee, M. J. (Oct 2016–Oct 2017). *Sleep quality and quantity during the Ultraman Triathlon*. Funded by Fatigue Science. Total award \$6,930.
- Ormsbee, M. J. (Sep 2016–Aug 2017). *Protein supplementation in male and female college students*. Funded by Dymatize Nutrition. Total award \$6,146.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Figuroa, 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.
- 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.
- Ormsbee, M. J., & Hickner, R. (2007–2008). *Regulation of fat metabolism during resistance exercise*. Funded by Gatorade Sports Science Institute. Total award \$1,000.
- Ormsbee, M. J. (2007–2008). *Regulation of fat metabolism during resistance exercise*. Funded by Phi Kappa Phi Love of Learning Award. Total award \$500.

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.

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.

### **Contracts and Grants Pending**

Sokolowski, C., Ormsbee, M. J., Angeles, E., & Williams, J. (2022). *Division I Female Athlete Performance and Musculoskeletal Characteristics*. Submitted to VALD Performance.

### **Contracts and Grants Denied**

Munoz, J., Ormsbee, M. J., & Renteria, L. (2021). *Assessment of post-exercise potato feeding on recovery, cognitive function, and subsequent exercise performance compared to a commercially available recovery drink*. Submitted to Alliance for Potato Research Education.

Ormsbee, M. J., Munoz, J., & Hickner, R. C. (2021). *Daily Peanut Consumption Improves Aerobic Capacity, Adipose Tissue Inflammation, and Glycemic Control in Overweight and Obese Individuals*. Submitted to Peanut Institute.

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

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.

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.

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.

- 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.
- Ormsbee, M. J., & Fuller, S. (2020). *The Effects of MSM on Cartilage Metabolism and Mood State in Active Men*. Submitted to Nutrasource.
- 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 National Dairy Council.
- 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.
- Ormsbee, M. J. (2020). *Pre-Sleep Nutrition and Internal Markers of Recovery in ACC Division I Female Athletes*. Submitted to Atlantic Coast Conference Innovation Initiative Research Grant Program.
- Ormsbee, M. J., Saracino, P. G., & Fuller, S. A. (2020). *The Metabolic and Performance Effects of White Potato Ingestion Before and During a Duathlon Simulation*. Submitted to Alliance for Potato Research Education.
- Ormsbee, M. J., Saracino, P. G., & Fuller, S. A. (2020). *White Potato Ingestion as Part of Normal Daily Intake on Physical Performance During High Intensity Functional Training*. Submitted to Alliance for Potato Research Education.
- 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.
- 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.
- 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.
- 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.

- 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.
- 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.
- 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.
- 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.
- 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.
- 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).
- 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.
- 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.
- 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.
- 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).

- 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.
- 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.
- 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.
- 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.
- 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.
- 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).
- 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).
- Gorman, K., & Ormsbee, M. (2014). *Effect of nighttime feeding on morning performance in female endurance athletes*. Submitted to Gatorade Sports Science Institute.
- Ormsbee, M. (2014). *The use of Titin(TM) weighted compression gear on athletic performance in male athletes*. Submitted to Titin.
- 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.
- 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.
- 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 ).

- 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.
- Figuroa, 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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).
- 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).
- 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.

- 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).
- Ormsbee, M. J. (2011). *Physiological effects of evening protein consumption and exercise*. Submitted to American College of Sports Medicine Research Endowment Grant.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- Ormsbee, M. J. (2009). *Post-workout protein supplementation following heavy resistance exercise*. Submitted to Vital Pharmaceuticals, Inc.
- Dodge, T., & Ormsbee, M. J. (2009). *Interactions between physical activity and drug abuse*. Submitted to National Institutes of Health (RO3; DA-09-014).

## **Service**

### **Florida State University**

#### **FSU University Service**

Member, Football Sport Sciences Search Committee (2022).

FSU representative, FSU/TMH Chief Clinical Research Officer Search Committee (2021).

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, Graduate Policy and Curriculum Committee (2020–present).

Member, Legacy Fellowship Committee (2021).

Member, Merger Committee (2020).

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**

Interim Director, Graduate Program Director (2020–present).

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

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**

*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).

*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).

### **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).

National Strength and Conditioning Association (2014–present).

National Research Foundation (2013–present).

Maryland Industrial Partnerships Program (2013).

### **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).

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**

Luis Enrique. (2021). Mike Ormsbee: Laboratory News. *Stoic Squeeze Podcast (Health & Self)* [Podcast].

Jesse Funk. (2021). Athlete Research: Practical Takeaways. *Smart Athlete Podcast* [Podcast].

Skip Cronin (Elite Form). (2020). Physiology and Sports Science. *Elite Form (Instagram Live)*.

Rochelle Ward. (2020). Wearable Technology in Sport. *Tallahassee Magazine* [Magazine].

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 Dissertation: Heat Stress and Lipolysis, *University of Connecticut* (2021–2022).
- Outside reviewer for Tenure and Promotion Package, *Texas State University* (2021).
- External Examiner for Thesis: "Effects of intra-workout creatine monohydrate supplementation in trained young adults.", *University of Regina, Saskatchewan, Canada* (2020).

- 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).
- 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 Peeewe Hockey Team, (State Champions), *Rangers Peeewe 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).
- 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).

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).

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 (2013–2020).

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).