

Curriculum Vitae

CESAR MEZA

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Department of Nutrition, Food & Exercise Sciences
Florida State University
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EDUCATION

Ph.D. Florida State University, Tallahassee, FL. 2018 - *In Progress*.

Major: Exercise Physiology

Supervisor: Robert C. Hickner, PhD

M.S. The University of Texas at El Paso, El Paso, TX. 2018.

Major: Kinesiology

Supervisor: Sudip Bajpeyi, PhD

B.S. The University of Texas at El Paso, El Paso, TX. 2016.

Major: Kinesiology

Supervisor: Sudip Bajpeyi, PhD

PROFESSIONAL EXPERIENCE

Teaching Assistant, Department of Nutrition, Food & Exercise Sciences; 2018 – Present.

Course: PET 3323 Functional Anatomy and Physiology II

Florida State University

Teaching Assistant, Department of Kinesiology; 2017 – 2018.

Courses: KIN 4334 Coronary Interventions, KIN 4323 Current Issues in Exercise Sciences, BIOL 1107

Exercise and Metabolism Laboratory

The University of Texas at El Paso

Graduate Research Assistant, Department of Kinesiology; 2016 – 2018.

Metabolism, Nutrition & Exercise Research Laboratory

The University of Texas at El Paso

Mentor, 2017 – 2018.

National Institutes of Health (NIH) BUILDing SCHOLARS Mentor

The University of Texas at El Paso

Undergraduate Research Assistant, Department of Kinesiology; 2016.

Metabolism, Nutrition & Exercise Research Laboratory

The University of Texas at El Paso

Summer Undergraduate Research Program Assistant (SURPASS), 2016.

Campus Office of Undergraduate Research Initiatives (COURI)

The University of Texas at El Paso

AWARDS AND HONORS

Dodson Research Grant; 2017 – 2018.

Title: Do Myokines Drive Impairments in Insulin Sensitivity with a Family History of Type 2 Diabetes?

Source: The University of Texas at El Paso – Graduate School

Amount: \$3,000

Master's Scholar Award; 2018.

American Kinesiology Association (AKA); The University of Texas at El Paso

Outstanding Graduate Student Award; 2018.

Department of Kinesiology

The University of Texas at El Paso

Allien and Paul C. Davidson Scholarship; 2017 – 2018.

The University of Texas at El Paso – Graduate School

College of Health Sciences Travel Award; May 2018.

The University of Texas at El Paso

Research Poster Presentation Award – 1st Place; 2017.

UTEP/NMSU/EPCC Summer Arts and Science Symposium, July 31, 2017 El Paso, TX.

Research Poster Presentation Award – 2nd Place; 2017.

Texas Chapter of the American College of Sports Medicine (TACSM) Annual Meeting, February 16 – 17, 2017, Waco, TX.

College of Health Sciences Travel Award; May 2017.

The University of Texas at El Paso

College of Health Sciences Travel Award; October 2016.

The University of Texas at El Paso

PRESENTATIONS

Lower glucose tolerance in offspring of Hispanic Type 2 Diabetes patients.

Graduate Student Research Expo, The University of Texas at El Paso, November 10, 2017, El Paso, TX.

Effects of high fat diets and dietary fatty acid composition on skeletal muscle substrate metabolism.

Graduate Student Research Expo, The University of Texas at El Paso, November 11, 2016, El Paso, TX.

ABSTRACTS AND PUBLICATIONS

1. **Meza, C.**, Garcia, M., Serrano, J., Gomez, M., Amador, M., McAinch, A., Bajpeyi, S. (2019). The role of circulating miRNA-29a in exercise-training induced improvements in insulin sensitivity. *Experimental Biology 2019*, April 6-9, 2019, Orlando, FL. (*Submitted*)
2. **Meza, C.**, Amador, M., Garcia, M., Figueroa, C., McAinch, A., Bajpeyi, S. (2018). Lower Glucose Tolerance in Normoglycemic, Healthy Hispanics with a Family History of Type 2 Diabetes. *American College of Sports Medicine Annual Meeting*, May 29-June 2, 2018, Minneapolis, MN.

3. Amador, M., **Meza, C.**, Garcia, M., Figueroa, C., King, G., McAinch, A., Bajpeyi, S. (2018). A Family History of Type 2 Diabetes Does Not Affect Exercise Induced Improvement in Insulin Sensitivity and Metabolic Flexibility. American College of Sports Medicine Annual Meeting, May 29-June 2, 2018, Minneapolis, MN.
4. Garcia, M., Amador, M., **Meza, C.**, Figueroa, C., McAinch, A., Bajpeyi, S. (2018). Lower VO₂max In Individuals With A Family History Of Diabetes is Normalized After 8-weeks Exercise. American College of Sports Medicine Annual Meeting, May 29-June 2, 2018, Minneapolis, MN.
5. **Meza, C.**, Amador, M., Garcia, M., Figueroa, C., McAinch, A., Bajpeyi, S. (2018). A Family History of Type 2 Diabetes May Impair Glucose Area Under the Curve in Young, Healthy Hispanics. *International Journal of Exercise Science: Conference Proceedings: 2(10)*, Article 34.
6. Amador, M., **Meza, C.**, Garcia, M., Figueroa, C., King, G., McAinch, A., Bajpeyi, S. (2018). Exercise Mediated Improvements in Insulin Sensitivity and Metabolic Flexibility are not Inhibited by a Family History of Type 2 Diabetes. *International Journal of Exercise Science: Conference Proceedings: 2(10)*, Article 60.
7. Figueroa, C., Amador, M., **Meza, C.**, Garcia, M., McAinch, A., Bajpeyi, S. (2018). Exercise-Induced Improvement in Oxygen Consumption at Ventilatory Threshold is Unaffected by a Family History of Diabetes. *International Journal of Exercise Science: Conference Proceedings: 2(10)*, Article 57.
8. Garcia, M., Amador, M., **Meza, C.**, Figueroa, C., McAinch, A., Bajpeyi, S. (2018). A Family History of Type 2 Diabetes Does Not Impact Maximal Aerobic Capacity in Normoglycemic Hispanic Males. *International Journal of Exercise Science: Conference Proceedings: 2(10)*, Article 40.
9. **Meza, C.**, Amador, M., Garcia, M., Figueroa, C., McAinch, A., Bajpeyi, S. (2017). Lower glucose tolerance in offspring of Hispanic Type 2 Diabetes patients. Graduate Student Research Expo, The University of Texas at El Paso, November 10, 2017, El Paso, TX.
10. Amador, M., **Meza, C.**, De La Peña, C., Figueroa, C., Garcia, M., Maldonado, M., Covington, J., McAinch, A., King, G., Bajpeyi, S. (2017). Exercise Induced Improvements in Insulin Sensitivity, Metabolic Flexibility and Aerobic Fitness are Not Influenced by a Family History of Type 2 Diabetes. Graduate Student Research Expo, The University of Texas at El Paso, November 10, 2017, El Paso, TX.
11. Amador, M., **Meza, C.**, Mangadu, T., Bajpeyi, S. (2017). Eight weeks of Exercise Training Restores Metabolic Defects in Normoglycemic Hispanic Men with a Family History of Type 2 Diabetes. World Congress on Targeting Metabesity (Metabesity 2017), October 30-31, 2017, London, England.
12. **Meza, C.**, Montenegro, C., De La Peña, C., O'Keefe, L., Naughton, S., Simcocks, A., Hryciw, D., Mathai, M., Varela, A., McAinch, A., and Bajpeyi, S. (2017). A high fat diet, rich in monounsaturated fatty acids, protects against impairments in GLUT4 translocation. El Paso Community College 2017 Arts and Science Summer Symposium, July 31, 2017, El Paso, TX.
13. De La Peña, C., **Meza, C.**, Montenegro, C., Maldonado, M., Varela, A., Covington, J., Bajpeyi, S. (2017). The effects of a high fat diet and physical activity on mitochondria, PLIN3, and PLIN5 protein contents in humans. Campus Office of Undergraduate Research Initiative Summer Symposium, The University of Texas at El Paso, August 6, 2017, El Paso, TX.
14. Garcia, M., **Meza, C.**, De La Peña, C., Montenegro, C., O'Keefe, L., Naughton, S., Simcocks, A., Hryciw, D., Mathai, M., Varela, A., McAinch, A., and Bajpeyi, S. (2017). Replacing saturated with monounsaturated fatty acids, in a high fat diet, protects against impaired skeletal muscle glucose transport. Campus Office of Undergraduate Research Initiative Summer Symposium, The University of Texas at El Paso, August 6, 2017, El Paso, TX.
15. Amador, M., **Meza, C.**, Montenegro, C., Herrera, M., McAinch, A., King, G.A., and Bajpeyi, S. (2017). Exercise induced improvement in insulin sensitivity and metabolic flexibility in normoglycemic, sedentary, young, Mexican American men. 77th Scientific Sessions, American Diabetes Association, June 9-13, 2017, San Diego, CA.
16. **Meza, C.**, Montenegro, C., De La Peña, C., O'Keefe, L., Naughton, S., Simcocks, A., Hryciw, D., Mathai, M., Varela, A., McAinch, A., and Bajpeyi, S. (2017). A high-fat diet rich in polyunsaturated fatty acids downregulates glut4, but not skeletal muscle glycogen. American College of Sports Medicine Annual Meeting, May 30-June 3, 2017, Denver, CO.
17. Amador, M., **Meza, C.**, Montenegro, C., Covington, J., McAinch, A., King, G., and Bajpeyi, S. (2017). Eight weeks of combined exercise training induced improvements in insulin sensitivity is associated with improvement in aerobic capacity, but not with improvement in strength. *International Journal of Exercise Science: Conference Proceedings: 2(9)*, 48.
18. De La Peña, C., **Meza, C.**, Montenegro, C., Simcocks, A., Naughton, S., O'Keefe, L., Hryciw, D., Mathai, M., McAinch, A., and Bajpeyi, S. (2017). Lower skeletal muscle mitochondrial content after a high fat diet

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rich in polyunsaturated fatty acids compared to a high fat diet rich in monounsaturated fatty acids.

International Journal of Exercise Science: Conference Proceedings, 2(9), 27.

19. **Meza, C.**, Montenegro, C., De La Peña, C., O'Keefe, L., Naughton, S., Simcocks, A., Hryciw, D., Mathai, M., McAinch, A., and Bajpeyi, S. (2017). High fat diet induced obesity impairs skeletal muscle glycogen and lipid preservation after adiponectin incubation. *International Journal of Exercise Science: Conference Proceedings*, 2(9), 28.
20. Montenegro, C., De La Peña, C., **Meza, C.**, Naughton, S., Simcocks, A., O'Keefe, L., Hryciw, D., Mathai, M., McAinch, A., and Bajpeyi, S. (2017). High fat diet rich in saturated fatty acids, but not monounsaturated fatty acids, impairs glycogen preservation after adiponectin treatment. *International Journal of Exercise Science: Conference Proceedings*, 2(9), 18.
21. Naughton, S., **Meza, C.**, Simcocks, A., Montenegro, C., O'Keefe, L., De La Pena, C., Mathai, M., Hryciw, D., Bajpeyi S., and McAinch, A. (2016). Adiponectin is capable of sparing glycogen content with a monounsaturated fatty acid rich high fat diet. *Metabolic Diseases; Breakthrough Discoveries in Diabetes & Obesity*, December 1-2, 2016, Melbourne, Australia.
22. **Meza, C.**, Montenegro, C., De La Pena, C., O'Keefe, L., Naughton, S., Simcocks, A., Hryciw, D., Mathai, M., McAinch, A., and Bajpeyi, S. (2016). A high fat diet rich in monounsaturated fat preserves skeletal muscle glycogen content following adiponectin incubation. Graduate Student Research Expo, The University of Texas at El Paso, November 11, 2016, El Paso, TX.
23. Amador, M., **Meza, C.**, Perales, J., Dorgo, S., and Bajpeyi, S. (2016). Six Weeks of Sprint Training Improves Sprint Time and Aerobic Fitness Independent of Training Performed on a Track or Treadmill. American Physiological Society Intersociety Meeting: The Integrative Biology of Exercise VII, November 2-4, 2016, Phoenix, AZ.
24. De La Peña, C., **Meza, C.**, Montenegro, C., Simcocks, A., Naughton, S., O'Keefe, L., Hryciw, D., Mathai, M., McAinch, A., and Bajpeyi, S. (2016). Skeletal muscle glycogen content is unaffected by dietary fatty acid composition. American Physiological Society Intersociety Meeting: The Integrative Biology of Exercise VII, November 2-4, 2016, Phoenix, AZ.
25. **Meza, C.**, Montenegro, C., De La Peña, C., O'Keefe, L., Naughton, S., Simcocks, A., Hryciw, D., Mathai, M., McAinch, A., and Bajpeyi, S. (2016). Adiponectin incubation decreases skeletal muscle glycogen content after reverting to a chow diet following diet induced obesity. American Physiological Society Intersociety Meeting: The Integrative Biology of Exercise VII, November 2-4, 2016, Phoenix, AZ.
26. Montenegro, C., De La Peña, C., **Meza, C.**, Naughton, S., Simcocks, A., O'Keefe, L., Hryciw, D., Mathai, M., McAinch, A., and Bajpeyi, S. (2016). Adiponectin is more effective in sparing glycogen content with high fat diet in dietary monounsaturated fat compared to diets high in saturated and polyunsaturated fat. American Physiological Society Intersociety Meeting: The Integrative Biology of Exercise VII, November 2-4, 2016, Phoenix, AZ.
27. Herrera, M. N., Amador, M., **Meza, C.**, Uranga, S., Montenegro, C., De La Pena, C., Mata, A. D., and Bajpeyi, S. (2016). The effects of family history of type 2 diabetes and 8-weeks of combined training on insulin sensitivity and metabolic flexibility in a Hispanic population. BUILDing SCHOLARS Fall Symposium, University of Texas at El Paso, September 30, 2016, El Paso, TX.
28. **Meza, C.**, Montenegro, C., De La Pena, C., O'Keefe, L., Naughton, S., Simcocks, A., Hryciw, D., Mathai, M., McAinch, A., and Bajpeyi, S. (2016). Adiponectin incubation reduces glycogen content with a chow diet following diet-induced obesity, however increases glycogen in diets high in monounsaturated fat. Campus Office of Undergraduate Research Initiative Summer Symposium, The University of Texas at El Paso, August 6, 2016, El Paso, TX.