Updated November 2026

Nathaniel D.M. Jenkins, Ph.D., FAHA

Curriculum Vitae

Associate Professor, Departments of Kinesiology & Population Health Sciences
Faculty Member, UW Cardiovascular Research Center
Faculty Member, Wisconsin Nathan Shock Center (WiNSC)
Faculty, RISE-THRIVE Initiative
Director, Vascular Stress Physiology and Resilience Laboratory
University of Wisconsin-Madison
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Madison, WI 53711
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Education

Ph.D. May 2016 Exercise Physiology & Nutrition (Othmer Fellow); University of Nebraska-Lincoln

M.S. May 2013 Exercise Physiology & Nutrition (Chancellor's Fellow); University of Nebraska-Lincoln

B.A. May 2011 Major: Health and Exercise Science, Minor: Athletic Training; Magna Cum Laude, Messiah College

Professional Development

- NSCA Certified Strength and Conditioning Specialist, Recertified with Distinction (CSCS,*D), May 26th, 2011
- NSCA Certified Personal Trainer, Recertified with Distinction (NSCA-CPT,*D), March 19th, 2009
- Alan Alda Center for Communicating Science Workshop, Sponsored by Oklahoma State University's Vice President for Research, January 9 – 10th, 2018
- American Heart Association Research Leaders Academy (Invited Attendee), Baltimore, MD, September 19th – 21st, 2019
- American Heart Association Research Leaders Academy (Invited Speaker and Attendee), San Diego, CA, September 12th – 14th, 2022
- Iowa Mentoring Academy, Iowa Institute for Clinical and Translational Science, 2022

Professional Experience

- **Associate Professor with Tenure, Department of Kinesiology, University of Wisconsin-Madison**; July 1, 2026 – Present.
- **Associate Professor (Affiliate), Department of Population Health Sciences, School of Medicine and Public Health, University of Wisconsin-Madison**; 2026 – Present.
- **Faculty Member,** UW Nathan Shock Center of Excellence in the Basic Biology of Aging; July 1, 2026 – Present
- **Faculty Member,** UW Cardiovascular Research Center; July 1, 2026
- **Researcher Affiliate, Center for Social Science Innovation, University of Iowa,** November 2025 – Present.
- **Associate Professor with Tenure, Department of Health and Human Physiology, University of Iowa**; July 1, 2024 – June 30, 2026.

- **Associate Professor, Secondary Appointment, Department of Psychological & Brain Sciences, University of Iowa;** July 1, 2024 – June 30, 2026.
- **Assistant Professor, University of Iowa, Department of Health and Human Physiology**; August 2020 – June 30, 2024.
    - HHP 3400: Applied Exercise Physiology (*Undergraduate Curriculum*), Course Director
    - HHP 4150: Clinical Exercise Physiology (*Undergraduate/Graduate Curriculum*), Course Contributor
    - HHP 4200: Metabolic Exercise Testing and Prescription (*Undergraduate/Graduate Curriculum*), Course Contributor
    - HHP 4210: Musculoskeletal Exercise Testing and Prescription (*Undergraduate/Graduate Curriculum*), Course Contributor
    - HHP 4410/6410: Advanced Exercise Physiology (*Undergraduate/Graduate Curriculum*), Course Contributor
- **Executive Committee Member**, Behavioral-Biomedical Interface T32 Training Program; May 2025 – June 30, 2026
- **Faculty Member,** Fraternal Order of Eagles Diabetes Research Center; Summer 2023 – June 30, 2026
- **Faculty Mentor,** Behavioral-Biomedical Interface T32 Training Program; Summer 2021 – June 30, 2026
- **Faculty Member,** Abboud Cardiovascular Research Center; Fall 2020 – June 30, 2026
- **Associate Professor (tenured, continuous appointment), Oklahoma State University (OSU), School of Kinesiology, Applied Health, and Recreation**; July 2020 – August 1, 2020
- **Visiting Assistant Professor, University of Iowa, Department of Health and Human Physiology**; April 2020 – August 2020
- **Assistant Professor (tenure-track), Oklahoma State University (OSU), School of Kinesiology, Applied Health, and Recreation**; August 2016 – July 2020
    - HHP 3663: Biomechanics (*Undergraduate Curriculum*)
    - HHP 4010/5010: Fundamentals of Physical Activity in Public Health (*Undergraduate/Graduate Curriculum)*
    - HHP 4123: Principles of Strength and Conditioning (*Undergraduate Curriculum*)
    - HHP 4773: Exercise Testing and Prescription (*Undergraduate Curriculum*)
    - HHP 5523: Current Readings in Health (*Graduate Curriculum*)
    - HHP 5873: Human Bioenergetics (*Graduate Curriculum*)
    - HHP 6083: Biomedical Signal Acquisition *(Graduate Curriculum)*
- **Joint Appointment, Assistant Professor (tenure-track), Oklahoma State University (OSU), Department of Nutritional Sciences**; May 2018 – July 2020
- **Graduate Assistant, University of Nebraska-Lincoln, Department of Nutrition and Health Sciences**; August 2012 – May 2016
    - NUTR 250: Human Nutrition and Metabolism (*Undergraduate Curriculum*)
    - NUTR 484/884 Lab: Physiology of Exercise (*Undergraduate/Graduate Curriculum*)
    - NUTR 486/886 Lab: Exercise Testing and Exercise Programming in Adult Fitness and Cardiac Rehabilitation (*Undergraduate/Graduate Curriculum*)
- **Graduate Assistant, Oklahoma State University, Department of Health and Human Performance**; August 2011 – July 2012
    - HHP 2602: First Aid (*Undergraduate Curriculum*)
    - HHP 4010: Principles of Strength and Conditioning (*Undergraduate Curriculum*)
- **Supplemental Instructor, Exercise Physiology, Messiah College**, January 2011 – May 2011
- **Teacher's Assistant, Research and Kinesiology, Messiah College**, September 2010 – May 2011

Awards and Honors

1. **Best Impact Paper.** *Banks et al. Resistance exercise lower blood pressure and improves vascular endothelial function in individuals with elevated blood pressure or stage-1 hypertension.* AJP Heart and Circulatory Physiology. American Physiological Society, 2026.
2. **2023 APS Star Reviewer.** AJP Heart and Circulatory Physiology. American Physiological Society, 2024.
3. **John F. Perkins, Jr. Research Career Enhancement Award (RCEA).** American Physiological Society, August 2024
4. **Young Alumnus Achievement Award.** Messiah University, November 2024
5. **Shih-Chun Wang Young Investigator Award.** American Physiological Society, April 2024
6. **Environmental & Exercise Physiology Section New Investigator Award.** American Physiological Society, April 2024
7. **National Institutes of Health Clinical LRP Award *Competitive Renewal***, National Heart, Lung and Blood Institute, 2023 – 2025 & 2025 – 2026
8. **Early Career Scholar Award**, Office of the Vice President for Research, University of Iowa, 2023
9. **Fellow**, American Heart Association, Conferred by the Council on Lifestyle and Cardiometabolic Health, 2021
10. **Early Tenure**, Awarded Two Years Early, College of Education and Human Sciences, Oklahoma State University, 2020
11. **National Institutes of Health Clinical LRP Award**, National Heart, Lung and Blood Institute, August 2019 – 2021
12. **Terry J. Housh Outstanding Young Investigator Award**. National Strength and Conditioning Association, 2018
13. **Distinguished Researcher**, College of Education, Health & Aviation, Oklahoma State University, May 2018
14. **MARC Program Presentation Travel Award for ACSM**, The Federation of American Societies for Experimental Biology, May 2016
15. **Outstanding Graduate Teaching Assistant Award**, College of Education and Human Sciences, University of Nebraska-Lincoln, 2016
16. **Doctoral Student Outstanding Poster Presentation**, National Strength and Conditioning Association, July 2015
17. **Minority Scholarship**, National Strength and Conditioning Association Foundation, July 2015
18. **Graduate Student Conference Travel Grant**, University of Nebraska-Lincoln, May 2015
19. **MARC Program Presentation Travel Award for ACSM**, The Federation of American Societies for Experimental Biology, May 2015
20. **Dean's Fellowship**, University of Nebraska-Lincoln, August 2014-May 2015
21. **Minority Scholarship,** National Strength and Conditioning Association Foundation, July 2014
22. **Graduate Student Conference Travel Grant**, University of Nebraska-Lincoln, May 2014
23. **MARC Program Presentation Travel Award for ACSM**, The Federation of American Societies for Experimental Biology, May 2014
24. **University of Nebraska-Lincoln Othmer Fellowship**, August 2013-May 2016
25. **MARC Program Presentation Travel Award for ACSM**, The Federation of American Societies for Experimental Biology, May 2013

26. **Challenge Scholarship**, National Strength and Conditioning Association Foundation, July 2013
27. **Challenge Scholarship**, National Strength and Conditioning Association Foundation, July 2012
28. **Chancellor's Fellowship**, University of Nebraska-Lincoln, August 2012-May 2013
29. **College Bowl Competitor – 5th Place**, National American College of Sports Medicine, Baltimore, MD, June 2010
30. **Achievement Award**, Department of Health and Human Performance, Messiah College, 2009-2010
31. **College Bowl Champion**, Mid-Atlantic Regional Chapter American College of Sports Medicine, Harrisburg, PA, November 2009

Funding

Pending (Extramural)

1. **Jenkins, N.D.M. (PI; 35% Effort)** *Mitochondrial Processes Promoting Cardiovascular Risk and Psychobiological Pathways to Resilience After Adverse Childhood Experiences.* NHLBI 1R01HL189106-01A1. Submitted 8/3/2026. Total Requested: $3,868,721. April 2027–March 2032. Percentile Score: 19%.
2. **Jenkins, N.D.M. (PI; 32.5% Effort)** *Postprandial Vascular Vulnerability as a Novel Mechanism Linking Adverse Childhood Experiences to Diet-Related Cardiometabolic Risk.* NHLBI 1R01HL196222-01. Submitted 10/19/2026. Total Requested: $4,063,335. July 2027–June 2032. Pending IRG Review.
3. Babcock, M. (PI), **Jenkins, N.D.M. (Co-PI, UW-Madison Site PI; 7.5% Effort).** *Mitochondrial and Vascular Mechanisms Linking Low Testosterone to Salt-Sensitive Blood Pressure*. NHLBI R01. Submitted 10/5/2026. Total Requested UW-Madison Site: $582,687.
4. Robinson, A.T. (PI), **Jenkins, N.D.M. (Co-PI, UW-Madison Site PI; 15% Effort).** *Progressive Resistance Training as a Countermeasure to the Adverse Cardiovascular and Renal Effects of Dietary Salt.* NHLBI R01. Submitted 10/5/2026. Total Requested UW-Madison Site: $335,201.

Funded (Extramural) – Total >$4.5 million as Principal Investigator

1. **Jenkins, N.D.M. (PI; 2.5% Effort)**, Power, G. (Co-PI), Baker, D.J. (Co-I), Childs, B (Co-I). *Cellular Senescence as a Mechanistic Link Between Early Life Adversity and Premature Vascular Aging.* Special Pilot and Feasibility Projects Network the Networks. Animal Models to Understand Social Dimensions of Aging, NIA Social Animal Research Network. Total Requested: $38,000. October 2026–September 2027.
2. **Jenkins, N.D.M. (PI)** *Adverse Childhood Experiences and Premature Vascular Aging in Humans: The Role of SIRT1.* American Heart Association Transformational Project Award. 24TPA1290435. Total Awarded: $299,110.00. Award Dates: July 2024–June 2027.
3. **Jenkins, N.D.M. (PI)** *Interactions of Adverse Childhood Experiences, Sleep Disruption, and Mechanistic Links to Vascular Dysfunction in Emerging Adults.* R01HL167788. Total Awarded: $3,341,973. Award Dates: December 2023–November 2028. Impact score: 20, Percentile Score: 4%
4. **Jenkins, N.D.M. (PI)** *The effects of early life psychosocial stress on vascular insulin sensitivity and glucose metabolism: the role of premature vascular aging.* Animal Models to Understand Social Dimensions of Aging, NIA Social Animal Research Network. Award Amount: ($19,999). 2023-2024.

5. **Jenkins, N.D.M. (PI)** *Determining the effect of cognizin dose on cognitive performance and substrate metabolism in young adults.* Funded by Woodbolt Distribution, LLC. Total Award Amount ($169,682). 2023-2024.
6. **Jenkins, N.D.M. (PI)** *Ability of organic guayusa extract (AmaTea) to augment desire to train, training load, and physiological performance in physically-active women performing a high-intensity exercise training program.* Applied Food Sciences, Inc. Award Amount: ($281,250). 2022-2023.
7. **Jenkins, N.D.M. (PI)** *The Effects of Commercial Energy Drinks on Physiological and Cognitive Performance and Function.* Funded by Woodbolt Distribution, LLC. Award Amount: ($202,768). 2021-2022.
8. **Jenkins, N.D.M. (PI).** *The role of genetic polymorphisms on the pharmacokinetics and pharmacodynamics of caffeine: implications for cardiometabolic function.* OCAST Oklahoma Health Research Award. Award Amount: ($133,806.00). August 1, 2019 – July 31, 2021. *Ranked in the top 1% (#2) of all 2019 submissions; Relinquished upon accepting position at U. Iowa.
9. **Jenkins, N.D.M. (PI).** *The effects of exercise in young adult women with ACEs: an integrative pilot study.* Center for Integrative Research on Childhood Adversity COBRE Y2 2017-2018. National Institute of General Medical Sciences of the National Institutes of Health under Award Number P20GM109097. Award Amount: ($50,000.00). 2018-2020. ClinicalTrials.gov Identifier: NCT03521401.
10. **Jenkins, N.D.M. (PI)** Co-Investigator: Emerson, S. *The clinical utility of progressive resistance training for improving cardiovascular disease risk in post-menopausal women*. AWRP 2018 AHA Institutional Research Enhancement Award (AIREA). American Heart Association. Award Amount: ($153,933.00). 2018-2021. Award Number: 18AIREA33960528. ClinicalTrials.gov Identifier: NCT03752060.
11. **Jenkins, N.D.M. (PI)** International Co-Investigator: El-Sohemy, A. *Genetic polymorphisms and the effects of caffeine on neuromuscular function.* National Strength and Conditioning Association Foundation (NSCAF) International Collaboration Grant. Award Amount: ($32,214.00).
12. **Jenkins, N.D.M (Co-PI)** and DeFreitas, J.M (Co-PI). Service Contract from the Molecular and Applied Physiology Laboratory at Auburn University. For: Neuromuscular data collection and analyses. Award Amount: ($3,000.00). 2016.

***Funded (*Co-I *OR* Faculty Mentor/Co-I [PhD Student or Post-Doctoral Scholar PI])**

13. Keirns, B.H. (PI), Sharma, B. (Co-I), **Jenkins, N.D.M. (Co-I; 0% Effort)**. *Impaired Gut-Vascular Axis as a Unique Driver of Cardiovascular Disease in Metabolically Healthy Obesity.* American Heart Association Institutional Research Enhancement Award. 26AIREA1566276. Award Dates 1/1/2026–12/31/2027.
14. Lima Oliveira, M and **Jenkins, N.D.M. (PI/Mentor).** *The Role of Dietary Quality and Gut Microbial Diversity in Functional Vascular Impairments after Early Life Adversity.* Research Supplement to Promote Diversity in Science. American Heart Association. Awarded May 2025.
15. **Jenkins, N.D.M. (Co-I; 10% Effort)**; Thomas, E.B.K. (PI). *ACT for health promotion among rural Veterans.* US Department of Veterans Affairs. FY24 Award Amount ($289,619 Y1; Budget TBD Y2). 2023–2026.
16. **Jenkins, N.D.M. (Faculty Mentor/Co-I),** PI: Rogers, E.M. *Efficacy and acceptability of resistance exercise breaks to augment insulin-mediated vasodilation following prolonged*

sitting periods. American College of Sports Medicine (ACSM) Foundation Doctoral Student Grant. Award Amount: ($14,778.54). 2020–2021.

17. **Jenkins, N.D.M. (Faculty Mentor/Co-I),** PI: Banks, N.F. *Effects of flywheel versus traditional resistance training on measures of hypertrophy, strength, and neuromuscular function.* National Strength and Conditioning Association Foundation (NSCAF) Doctoral Student Grant. Award Amount: ($14,778.54). 2020–2021.

18. **Jenkins, N.D.M. (Faculty Mentor/Co-I),** PI: Colquhoun, R.J. *Do eccentric contractions preferentially recruit, damage, and alter behavior of high threshold motor units?* National Strength and Conditioning Association Foundation (NSCAF) Doctoral Student Grant. Award Amount ($11,776.25). 2018**–**2019.

Funded (Other Extramural Awards)

19. **Principal Investigator: Jenkins, N.D.M.** National Institutes of Health Loan Repayment Program (NIH LRP). *Identifying the Pathophysiological and Biobehavioral Mechanisms Linking Early Life Adversity with Cardiometabolic Risk*. Extramural Clinical Research LRP. National Heart, Lung, and Blood Institute (NHLBI). 2025-2026. Award ID: 2L30HL149066-03

20. **Principal Investigator: Jenkins, N.D.M.** National Institutes of Health Loan Repayment Program (NIH LRP). *Identifying the Pathophysiological and Biobehavioral Mechanisms Linking Early Life Adversity with Cardiometabolic Risk*. Extramural Clinical Research LRP. National Heart, Lung, and Blood Institute (NHLBI). 2023-2025. Award ID: 2L30HL149066-02

21. **Principal Investigator: Jenkins, N.D.M.** National Institutes of Health Loan Repayment Program (NIH LRP). *Mitigating Cardiovascular Disease Risk in Humans*. Extramural Clinical Research LRP. National Heart, Lung, and Blood Institute (NHLBI). 2019-2021. Award ID: 1L30HL149066-01

Funded (Intramural/Pilot Funding)

22. **Jenkins, N.D.M. (PI)** *Does Altered Neural Stress Regulatory System Activity and Hematopoiesis Explain the Link between Adverse Childhood Experiences and Peripheral Vascular Dysfunction?* University of Iowa Office for the VPR Early Career Scholar Award. Award Amount: ($30,000). 2023-2024.

23. **Jenkins, N.D.M. (PI)** *Interactions of Adverse Childhood Experiences, Sleep Disruption, and Mechanistic Links to Cardiometabolic Disease Risk in Adolescents and Young Adults.* University of Iowa Injury Prevention Research Center Pilot Project Award. Award Amount: ($22,500). 2022-2023.

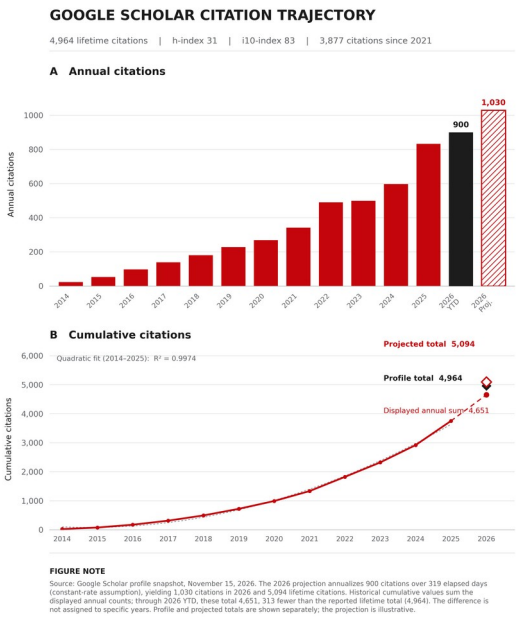
24. **Jenkins, N.D.M. (Co-PI)**; Voss M (PI). *Move-ome: Mapping 24-hour Activity Cycles in MidLife to Promote Lifelong Cognitive Health and Resilience.* Funded by Office of the Vice President for Research, Jumpstarting Tomorrow Seed Grant Program. Role: Award Amount: ($75,000). 2022-2024.

25. **Jenkins, N.D.M. (Co-PI)** *The Impact of Acute Kidney Injury Requiring Renal Replacement Therapy on the Incidence and Recovery from Critical Illness Muscle Wasting.* Principle Investigator: Griffin, B. CTSA Inter-Institutional Pilot Project Award. $75,000 Awarded. 2021-2023.

Articles in Refereed Scientific Journals

Overview

Total Publications (Published/In Press, Including Letters): 120
***First and/or Senior Author Publications:** *60+*
Total Peer-Reviewed/Published Abstracts: *140+*
Citation History (since 2013, year of first publication): 4964
h-index: *31*
i10-index: *83*
m-index: 2.4
NIH iCite Weighted RCR: *202.8*



**Indicates senior authorship;*
ˆDenotes postdoctoral, doctoral, or masters trainee from my laboratory;
#Denotes undergraduate student from my laboratory

In Review

1. Walhof, J.E.F., Johnson, N.L., Nettleton, S., Diesel, S., … **Jenkins, N.D.M.**, … Drwal, K., Thomas, E.B.K. Healing the "entire mind, body, and heart": Veteran experiences with lifestyle changes and social support during Veterans Health Administration Home-Based Cardiac Rehabilitation.

2. Kim, G., Anthos, B.N., Gibbs, B.B., Nidey, N.L., Carr, L.J., Jenkins, N.D.M., Whitaker, K.M. Postpartum multidimensional sleep health: A scoping review.

3. Schwager, L.E., Hart, Jr., T.W., Carlson, A.S., Diesel, S.J., …, **Jenkins, N.D.M.*** Sleep efficiency is a potential biobehavioral mediator of impaired vascular endothelial function in young adults with adverse childhood experiences.
4. Sanchez, S.O., Culver, M.N., Linder, B.A., Hutchison, Z.J., Honaker, S.M., **Jenkins, N.D.M.**, Evans, E.M., Robinson, A.T. Diet Quality Scores are Associated with Sleep Timing and Regularity in Emerging Adults. *Chronobiology International.* Revise and Resubmit.

Published

1. Jennings, W., **Jenkins, N.D.M.**, von Hippel, W., Fielding, F., Chapman, C.J., Curran, D., Parola, L.R., Cohen, J.G., Cheung, C.P., Holmes, K.E., Leota, J., Beattie, U.K., Jasinski, S.R., Elkin-Frankston, S., Wolf, S.T., Grosicki, G.J. Seasonal Variation in Resting Heart Rate and Heart Rate Variability Is Attenuated With Advancing Age. *npj Aging*. 2026 Oct 31. doi.org/10.1038/s41514-026-00552-w.
2. **Jenkins, N.D.M.***, Robinson, A.T., Hornikel, B., Whitaker, K.M., Jacobs Jr., D.R., Kershaw, K.N., Pettee Gabriel, K. Adverse childhood family environment is associated with altered cardiovascular regulation during exercise: the CARDIA study. *Am J Physiol Heart Circ Physiol.* 2026;331(5):H1966–H1978. doi.org/10.1152/ajpheart.90247.2026. PMID: 42932972.
3. Carter, J.R., **Jenkins, N.D.M.**, Bigalke, J.A., Robinson, A.T., Keller-Ross, M.L., Greaney, J.L., Fonkoue, I.T., Fadel, P.J., Macefield, V.G., Charkoudian, N., Levine, B.D., Joyner, M.J. Guidelines for Rigor and Reproducibility of Heart Rate Variability within Human

Cardiovascular Research. *Am J Physiol Heart Circ Physiol.* 2026;331(3):H918–H943. doi.org/10.1152/ajpheart.00041.2026. PMID: 42495990; PMCID: PMC13477148.

4. Bigalke, J.A., **Jenkins, N.D.M.*** Sleeping on oxidative stress as a mechanism underlying cardiovascular risk in chronic anxiety. *Am J Physiol Heart Circ Physiol.* 2026;330(4):H1291–H1292. doi.org/10.1152/ajpheart.00219.2026. PMID: 41875237; PMCID: PMC13656247.
5. Baker, P.A., Ladan, A.N., Joniak, K.E., Moore, S.R., Britton, M.E., Cantu, E.I., **Jenkins, N.D.M.**, Smith-Ryan, A.E. Menstrual cycle influences skeletal muscle oxygenation during high-intensity interval training: a work to rest evaluation. *Appl Physiol Nutr Metab.* 2026;51:1–14. doi.org/10.1139/apnm-2025-0397. PMID: 41747234.
6. Burrows, B.T., Sloane, R., Ashner, M.C., Pieper, C., Lewis, C.E., Gabriel, K.P., Schreiner, P.J., Hornikel, B., Zhang, K., **Jenkins, N.D.M.**, Sullivan, A., Bowling, C.B. Associations of depressive symptoms and antidepressant medication use with physical function among middle-aged adults: Results from the CARDIA Function study. *J Affect Disord.* 2026;401:121324. IF: 4.9. doi.org/10.1016/j.jad.2026.121324. PMID: 41638502; PMCID: PMC12910512.
7. McLachlan ML, Slayman TG, **Jenkins NDM**, Woodroffe LM. Case report: Hyperlactation and Sport Performance in an Elite Marathon Runner. *Clin J Sport Med.* 2026;36(4):e121–e124. doi.org/10.1097/JSM.0000000000001399. PMID: 41566566.
8. **Jenkins NDM**, Boyes NG, Jacob DW, Shariffi B, Martin SA, Limberg JK. Habitual sleep duration is associated with heightened muscle sympathetic nerve activation and blood pressure reactivity in response to the cold pressor test. *J Appl Physiol (1985).* 2025;139(5):1293–1299. doi.org/10.1152/japplphysiol.00808.2025. PMID: 41087056; PMCID: PMC12723999.
9. Robinson AT, Banks NF, **Jenkins NDM**. Exercise as Vascular Medicine: Can Exercise Combat Negative Health Behaviors From Causing Endothelial Dysfunction? Exerc Sport Mov. 2025 Fall;3(4):e00054. doi.org/10.1249/esm.0000000000000054. PMID: 41059078; PMCID: PMC12499815.
10. Lima Oliveira M^, Cares K, Hamm A, Nadeem S, Bogseth D, Klatkiewicz B, Overhiser T, Elias C, Li Y, Guo R, Oddo VM, Biggers A, Naylor KB, Chen Z, Pezley L, Attre M, Peñalver Bernabé B, Gabel K, Sharp LK, Bendinskas K, Webber D, Lockwood MB, Jenkins NDM, Tussing-Humphreys LM. A Remote Time-Restricted Eating and Mindfulness Intervention Addressing Risk Factors Associated with Early-Onset Colorectal Cancer Demonstrates Feasibility and Acceptability among Young Adults: A Randomized Controlled Pilot Trial. Nutr Cancer. 2025;77(10):1142-1161. doi.org/10.1080/01635581.2025.2557642. PMID: 40924443.
11. Banks, N.F.^*, Rogers, E.M.^, Stanhewicz, A.E., Whitaker, K.M., **Jenkins, N.D.M.*** (2025) The acute impact of resistance exercise training on cardiovascular parameters in trained and untrained adults with high blood pressure. *Eur J Appl Physiol.* 125: 2209-2224. doi.org/10.1007/s00421-025-05754-w. IF: 2.8
12. Carlson, A.S.^, Schwager, L.E.^, Hart Jr., T.W.#, Diesel, S., Harris, J., Flores, M.^, West, K.S.^, Thomas, E.B.K., **Jenkins, N.D.M.*** (2025) Interactions of Chronic Stress Exposure and Stress Appraisal on Vascular Endothelial Function Among Young Adults. *J Appl Physiol*. 138(3): 783-791. doi.org/10.1152/japplphysiol.00457.2024. IF: 3.3
13. West, K.S.^, Zucker, A.C.^, Helwig, N.J.^, Hart Jr., T.W.#, Venenga, J.S.#, Engstrom, P.M.#, Flores, M.^, Schwager, L.E.^, **Jenkins, N.D.M.*** (2025) Habitual pre-exercise caffeine supplementation prevents exercise-training induced attenuation of exercising systolic blood pressure and double-product. *J Appl Physiol.* doi.org/10.1152/japplphysiol.00874.2024. IF: 3.3
14. Gallagher, J., Bayman, E.O., Cadmus-Bertram, L.A., **Jenkins, N.D.M.**, Pearlman, A., Whitaker, K.M., Carr, L.J. (2025) Formative study to inform a physical activity intervention targeted to rural men in the United States. *Health Sci Rep*. doi.org/10.1002/hsr2.70485. IF: 2.1

15. Gallagher, J., Bayman, E.O., Cadmus-Bertram, L.A., **Jenkins, N.D.M.**, Pearlman, A., Whitaker, K.M., Carr, L.J. (2025) A remote physical Activity Intervention Tailored to Rural Men: A Proof-of-Concept Study. *Translational Journal of the ACSM.* doi.org/10.1249/TJX.0000000000000288. IF: 1.1
16. Banks, N.F.^*, Berry, A.C., Rogers, E.M.^, **Jenkins, N.D.M.*** (2024) Flywheel resistance training promotes unique muscle architectural and performance-related adaptations in young adults. *Eur J Sports Sci*. http://doi.org/10.1002/ejsc.12215. IF: 2.4
17. West, K.S.^, **Jenkins, N.D.M.*** (2024) Acceleration of Age-Related Impairments in Vascular Function in Women: Interrogation of the (Un)usual Hormonal Suspects. Editorial Focus. *Am J Physiol Heart Circ Physiol.* doi.org/10.1152/ajpheart.00730.2024. IF: 5.125
18. Rogers, E.M.^*, Banks, N.F.^, Trachta, E.R.#, Wolf, M.S.#, Berry, A.C.#, Stanhewicz, A.E., Carr, L.J., Barone Gibbs, B., **Jenkins, N.D.M**.* (2024) Resistance exercise breaks as a strategy to augment vasodilatory responses to oral glucose ingestion following prolonged sitting. *Exp Physiol*. doi.org/10.1113/EP091535. IF: 2.6
19. **Jenkins, N.D.M.*** (2024) Cardiovascular Consequences of Posttraumatic Stress Disorder: Exaggerated Vasoconstrictor Responsiveness to Personalized Trauma Recall. *Biological Psychiatry*. 96(4): 244-246, 2024. https://doi.org/10.1016/j.biopsych.2024.06.007. IF: 10.6
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Manuscripts withdrawn from consideration due to external circumstances

1. Shah, S., Vallejo, J., Colecraft, H., Carson, A., Kershaw, K., Lohr, J., Palaniappan, L., Cooper-Reelhorn, E., **Jenkins, N.D.M.,** Wright, D. Strategies to Improve Diversity and Gender in Biomedical Sciences: Anticipating Problems, Potential Solutions, and a Call to Research. *Circulation*. IF: 39.92. Revise and Resubmit. ***WITHDRAWN DUE TO EXTERNAL CIRCUMSTANCES***

Research Presentations and Published Abstracts (*Indicates senior authorship)

1. West, K.S., **Jenkins, N.D.M.** Sleep onset variability is associated with 24-h Mean Glucose in Healthy Young Adults. *28th Congress of the European Sleep Research Society.* Maastricht, the Netherlands, Oct 2026.
2. West, K.S., Power, G., Schwager, L.E., Hart, T.W., Seals, D.R., Robinson, A.T., **Jenkins, N.D.M**. Mitochondrial Contributions to Impaired Vascular Function in Healthy Young Adults Exposed to Adverse Childhood Experiences. Submitted for Presentation at *American Physiological Society Summit*, Minneapolis, Minnesota, 2026.
3. Lima Oliveira, M., Schwager, L.E., West, K.S., Hart Jr., T.W., Flores, M., Power, G., Thomas, E.B.K., **Jenkins, N.D.M.** Preliminary examination of differences in dietary behaviors and

their relation to sleep and fasting metabolic markers among young adults with differential exposure to adverse childhood experiences. Submitted for Presentation at *American Physiological Society Summit*, Minneapolis, Minnesota, 2026.

4. Flores, M., Charleston, J., Mitchell, C.J.A., Adhikari, A., West, K.S., Zucker, A., **Jenkins, N.D.M.** Exposure to Adverse Childhood Experiences is Associated with Blunted Postprandial Reductions in Augmentation Index in Apparently Healthy Young Adults. Submitted for Presentation at *American Physiological Society Summit*, Minneapolis, Minnesota, 2026.
5. Power G, Schwager LE, West KS, Lima Oliveira M, Hart TW, Liu J, Thomas EBK, Jenkins NDM. Nocturnal arousals are associated with endothelial dysfunction in individuals with high exposure to adverse childhood experiences. American Physiology Summit 2026. Physiology. 2026;41(S1):2301581. doi: 10.1152/physiol.2026.41.S1.2301581.
6. Power, G., West, K.S., Naude, D., Lima Oliveira, M., Schwager, L.E., Wentzel, A., **Jenkins, N.D.M.** Circulating GDF-15 attenuates hemodynamic reactivity to acute mental stress in individuals with metabolic syndrome: The SABPA Study. Submitted for Presentation at *American Physiological Society Summit*, Minneapolis, Minnesota, 2026. ***2026 APS Cardiovascular Section (CVS) Research Recognition Award Winner**
7. West, K.S., Power, G., Lima Oliveira, M., Schwager, L.E., Wentzel, A., **Jenkins, N.D.M.** Circulating GDF-15 Differentially Predicts Neuroendocrine-Cardiometabolic Reactivity to Acute Mental Stress in Adults with and without Metabolic Syndrome. Submitted for Presentation at *American Physiological Society Summit*, Minneapolis, Minnesota, 2026.
8. Wentzel, A., Joubert, N., Mels, C.C.M., Lima Oliveira, M., Power, G., West, K., Schwager, L., **Jenkins, N.D.M.** Neural Network Insights from the SABPA Study: GDF-15 as a Central Node Linking Neurophysiological Stress and Metabolic Pathways in Human Biomarker Clusters. Submitted for Presentation at *American Physiological Society Summit*, Minneapolis, Minnesota, 2026.
9. Flores, M., Charleston, J., Chidera, C.J.A., Adhikari, A., West, K.S., Zucker, A., **Jenkins, N.D.M.** Negative Affective Responsivity is Differentially Related to Postprandial Changes in Pulse Pressure Augmentation Between Hispanic or Latine and non-Hispanic White Young Adults. Submitted for Presentation at 2026 AHA EPI|Lifestyle.
10. Lima Oliveira M, Cares K, Hamm A, Oddo V, Biggers A, Naylor K, Chen Z, Penalver Bernabe B, Gabel K, Lisa S, **Jenkins NDM**, Tussing-Humphreys L. Remote Time-Restricted Eating and Mindfulness Pilot Intervention Improves Cardiovascular Disease Risk Markers in Young Adults with Obesity. *Circulation*. 2025;152:A4369041-A4369041. doi: doi:10.1161/circ.152.suppl_3.4369041
11. West, K.S., Schwager, L.E., Hart, T.W., Thomas, E.B.K., **Jenkins, N.D.M.** Psychological resilience modulates the effect of adverse childhood experiences on endothelial function and mitochondrial reactive oxygen species in young adults. Wisconsin Symposium on Emotion. Presented April 2025. ***Graduate Student Travel Award Winner**
12. Flores, M., Schwager, L.E., West, K.S., Hart, T.W., Voss, M., Thomas, E.B.K., Zacharias, Z.R., Houtman, J.C., **Jenkins, N.D.M.** Depression and anxiety symptoms are positively related to mitochondrial reactive oxygen species in CD8+ T-cells among young adults with adverse childhood experiences. Wisconsin Symposium on Emotion. Presented April 2025.
13. Sanchez, S.O., Culver, M.N., Linder, B.A., Hutchison, Z.J., **Jenkins, N.D.M.**, Robinson, A.T. Sleep duration and efficiency are associated with Dietary Approaches to Stop Hypertension (DASH) Score in Young Adults. Sleep, 2025. *Citation Forthcoming*.
14. West, K.S., Schwager, L.E., Hart, T.W., Zacharias, Z., Ludwig, K., Thomas, E.B.K., Seals, D.R., **Jenkins, N.D.M.** Paradoxical Associations between Exposure to Adverse Childhood Experiences, Vascular Endothelial Function, and Mitochondrial Superoxide Production. American Physiological Society Summit, Baltimore, MD, April 2025. *Physiology*, 40(S1): 1636, 2025.

15. Flores, M., Charleston, J., Chidera, C.J.A., Adhikari, A., West, K.S., Zucker, A., **Jenkins, N.D.M.** Associations of daily psychosocial stress exposure, stress severity, and negative affect with postprandial changes in blood pressure and pulse pressure augmentation. American Physiological Society Summit, Baltimore, MD, April 2025. *Physiology*, 40(S1): 1150, 2025.
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20. Carlson, A.S., Schwager, L.E., Diesel, S., Adamowicz, J., Harris, J., Thomas, E.B.K., **Jenkins, N.D.M.** Ongoing, chronic stress exposure is related to impaired vascular endothelial function among young adults irrespective of subjective appraisal of stressor severity. Presented at 2024 APS Summit.
21. West, K.S., Schwager, L.E., Diesel, S., Carlson, A.S., Fonkoue, I.T., Thomas, E.B.K., **Jenkins, N.D.M**. Poor sleep quality contributes to vascular endothelial dysfunction in young adults with Adverse Childhood Experiences. Presented at 2024 APS Summit.
22. Wattero, R., Tahsin, C.T., Tahmin, C.I., Ahmed, Z., Mohamed, A., Corbin, C., **Jenkins, N.D.M.**, Bliwise, D., Fonkoue, I.T. Objective sleep efficiency is negatively associated with resting heart rate in young trauma- exposed women with poor sleep. Presented at (2024) APS Summit.
23. Schwager, L.E., Rogers, E.M., Banks, N.F., Teague, T.K., Taylor, A., Tan, C., **Jenkins, N.D.M.** Altered histone deacetylase versus histone acetyltransferase activity in peripheral blood mononuclear cells from apparently healthy young adults with prior exposure to Adverse Childhood Experiences. Presented at (2024) APS Summit.
24. Hart, T., Schwager, L.E., Zucker, A., Diesel, S., Carlson, A.S., Flores, M., Harris, J.L., Rogers, E.M., Thomas, E.B.K., Banks, N.F., **Jenkins, N.D.M.** Anxiety symptom severity is associated with increased arterial blood pressure and arterial blood pressure variability in apparently healthy young adults. Presented at (2024) APS Summit. ***2024 Horwitz and Horowitz Undergraduate Research Award; *2024 Outstanding Undergraduate Abstract Award; 2024 Data NCARnation Trainee Presentation Award Finalist**
25. West, K., Zucker, A.C., Helwig, N.J., Hart, T.J., Venenga, J.S., Engstrom, P.M., Flores, M., Schwager, L.E., Jenkins, N.D.M. Pre-exercise caffeine supplementation prevents exercise-training induced attenuation of exercising blood pressure. Presented at 2023 Midwest ACSM and Submitted for Presentation at 2024 ACSM Annual Meeting. ***2nd Place, 2023 MWACSM Nutrition Award**
26. Schwager, L.E., Diesel, S., Flores, M., Schneider, A., Harris, J., Pierce, G.L., Liu, J., Fonkoue, I., Thomas, E.B.K., **Jenkins, N.D.M.** Reduced sleep efficiency mediates the association of adverse childhood experience exposure with impaired vascular endothelial function in young adults. (2023) APS Summit. *Physiology,* 38(S1): 5728456.
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37. Helwig, N.J., Schwager, L.E., Rogers, E.M., Banks, N.F., Lockwood, C.M., **Jenkins, N.D.M.** Novel Energy Drink Improves Mood and Raises Blood Pressure, but has No Effect on Cardiac QTc Interval or Rate-Pressure Product in Young Adult Gamers. (2022) Texas ACSM. *Int J Exerc Sci*, 2(14): 143.
38. Schwager, L.E., Helwig, N.J., Rogers, E.M., Banks, N.F., Alpers, J.A., Schulte, S.L., Lockwood, C.M., **Jenkins, N.D.M**. Novel energy drink improves cognitive function and gaming performance in young adults gamers: A randomized, double-blind, placebo-controlled, crossover trial. (2022) Experimental Biology. *FASEB J*, 36(S1): L7822.
39. **Jenkins, N.D.M.,** Rogers, E.M., Banks, N.F., Tomko, P.M., Sciarrillo, C.M., Emerson, S.R., Taylor, A. Teague, T.K. Structured, Progressive Exercise Training Improves Cardiovascular Psychophysiological Outcomes in Young Adult Women with a History of Adverse Childhood Experiences. (2022) Experimental Biology. *FASEB J*, 36(S1): R6215.
40. Rogers, E.M., Banks, N.F., **Jenkins, N.D.M**. Dose-response relationship between daily steps and fat metabolism in young adults. (2022) American College of Sports Medicine. *Med Sci Sports Exerc*, 54(92): 469. ***2022 Michael L. Pollock Award**
41. Banks, N.F., Rogers, E.M., Sciarrillo, C.M., Koemel, N.A., Keirns, B.H., Helwig, N.J., Emerson, S.R., **Jenkins, N.D.M.** Neither Resistance or Aerobic Training Improve Postprandial Lipemia or Glycemia in Post-Menopausal Women. (2022) American College of Sports Medicine. *Med Sci Sports Exerc*, 54(92): 67. ***2022 Gail E. Butterfield Nutrition Award**

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45. **Jenkins, N.D.M.**, Rogers, E.M., Banks, N.F., Sciarillo, C.M., Emerson, S., Taylor, A., Teague, K. Circulating Sirt1 And Endothelial Function Are Lower, But Are Not Improved By 8-weeks Of Exercise Training, In Young Adult Females With A History Of Adverse Childhood Experiences. (2021) AHA EpiLifestyle. *Circulation*, 143:AMP17.
46. Sciarrillo, C.M., Rosenkranz, S.K., Kurti, S.P., Koemel, N.A., **Jenkins, N.D.M.**, Emerson, S.R. Who would benefit most from postprandial lipid screening? Presented (virtually) at 2020 American Society of Nutrition Annual Meeting. Seattle, WA.
47. Fleming, S.F., Colquhoun, R.J., Magrini, M.A., Banks, N.F., Rogers, E.M., **Jenkins, N.D.M.** Acute maximal eccentric and concentric exercise cause similar and substantial central and peripheral fatigue of the elbow flexors. Accepted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
48. Brannon, A.N., Colquhoun, R.J., Magrini, M.A., Fleming, S.R., Banks, N.F., Rogers, E.M., **Jenkins, N.D.M.** Maximal eccentric exercise induces greater decreases in strength and greater soreness compared to concentric and submaximal eccentric exercise. Accepted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
49. Smith, C.M., Rogers, E.M., Banks, N.F., Muddle, T.W.D., Bryan, H.F., Colquhoun, R.J., **Jenkins, N.D.M.*** Changes in body composition and strength after an 8-week exercise training intervention in women with adverse childhood experiences. Accepted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
50. Rogers, E.M., Banks, N.F., Muddle, T.W.D., Colquhoun, R.J., **Jenkins, N.D.M.*** Examination of motor unit action potential amplitude as a non-invasive indicator of motor-unit specific hypertrophy in females. Accepted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
51. Bryan, H.F., Banks, N.F., Rogers, E.M., **Jenkins, N.D.M.*** An acute bout of resistance exercise increases skeletal muscle oxygen consumption rate in the post-prandial period. (2020) NSCA Annual Meeting. Las Vegas, NV.
52. Banks, N.F., Rogers, E.M., Muddle, T.W.D., Colquhoun, R.J., **Jenkins, N.D.M.*** Physiological factors explaining the differences between the electromyographic amplitude versus torque relationship in younger versus post-menopausal females. Submitted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
53. Rogers, E.M., Banks, N.F., Bryan, H.F., Smith, C.M., **Jenkins, N.D.M.*** Reliability of non-invasive vascular function tests and their responsiveness to a high-fat meal in females. Accepted for Presentation at 2020 ACSM Annual Meeting. San Francisco, CA
54. Bryan, H.F., Banks, N.F., Rogers, E.M., Smith, C.M., **Jenkins, N.D.M.*** Age- and sex-related differences in skeletal muscle oxygen consumption rate and microvascular reactivity**.** Accepted for Presentation at 2020 ACSM Annual Meeting. San Francisco, CA.
55. Banks, N.F., Rogers, E.M., Bryan, H.F., Smith, C.M., Emerson, S.R., **Jenkins, N.D.M.*** Effect of a commercially-available nitric oxide enhancing supplement on

cardiometabolic function. Accepted for Presentation at 2020 ACSM Annual Meeting. San Francisco, CA.

56. Magrini, M.A., Colquhoun, R.J., Fleming, S.R., Ferrell, M.C., **Jenkins, N.D.M.**, DeFreitas, J.M. Physiological determinants of the rate of torque development in older men: A pilot study. Accepted for presentation at 2020 ACSM Annual Meeting. San Francisco, CA.
57. Muddle, T.W.D., Colquhoun, R.J., Banks, N.F., Rogers, E.M., Bryan, H.F., **Jenkins, N.D.M.** The impact of fatiguing, intermittent isometric contractions on muscle force variability. Accepted for presentation at 2020 ACSM Annual Meeting. San Francisco, CA.
58. Chiaf, A., Tiemeyer, S., **Jenkins, N.D.M.,** Wetherill, M., Hartwell, M., Teague, K., Tan, C., Crockett, E., Hays-Grudo, J., Morris, A., Shreffler, K., Croff, J. Influence of MTHFR 677 single nucleotide polymorphism on folate status in alcohol-consuming women of childbearing potential. Submitted for Presentation at 2019 American Public Health Association Annual Meeting. Philadelphia, PA.
59. Banks, N.F., Tomko, P.M., Colquhoun, R.J., Muddle, T.W.D., Emerson, S.E., **Jenkins, N.D.M.*** Genetic variants in the β2-adrenergic receptor do not influence caffeine's effect on glucose responses to a carbohydrate feeding. Presented at 2019 NSCA Annual Meeting. Washington, D.C.
60. Fleming, S.R., Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Banks, N.F., Ferrell, M.C., **Jenkins, N.D.M**.* Effects of caffeine supplementation on maximal strength is not influenced by CYP1A2 genotype. Presented at 2019 NSCA National Conference, Washington, D.C.
61. Ferrell, M.C., Magrini, M.A., Colquhoun, R.J., Fleming, S.R., **Jenkins, N.D.M.**, DeFreitas, J.M. Examination of rate of torque development, rate of activation, and muscle size in young and older men. Presented at 2019 NSCA Annual Meeting. Washington, D.C.
62. Bryan, H.F., Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Fleming, S.R., Banks, N.F., Ferrell, M.C., **Jenkins, N.D.M.*** Quadriceps cross-sectional area is related to voluntary and evoked, but not rapid torque production. Presented at 2019 NSCA National Conference, Washington, D.C.
63. Rogers, E.R., **Jenkins, N.D.M.*** The influence of player position on match play loading in elite female soccer players. Presented at 2019 NSCA Annual Meeting. Washington, D.C.
64. Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Fleming, S.R., Banks, N.F., Ferrell, M.C., **Jenkins, N.D.M.*** Acute caffeine supplementation does not alter motor unit behavior, regardless of CYP1A2 genotype. Presented at 2019 NSCA Annual Meeting. Washington, D.C.
65. Magrini, M.A., Colquhoun, R.J., Ferrel, M.C., Fleming, S.R., **Jenkins, N.D.M.**, DeFreitas, J.M. The effects of velocity and muscle size on knee extensions mean power in younger and older men. Presented at 2019 NSCA Annual Meeting. Washington, D.C
66. Koemel, N.A., Sciarrillo, C.M., Tomko, P.M., Bode, K.M., **Jenkins, N.D.M.**, Emerson, S.R. Impact of age and physical activity on postprandial metabolic responses. *Curr Dev Nutr.* 3(1): 28, 2019. Presented at 2019 American Society for Nutrition Annual Meeting. Baltimore, MD.
67. Tomko, P.M., Colquhoun, R.J., Banks, N.F., Sciarrillo, C.M., Koemel, N.A., Emerson, S.R., **Jenkins, N.D.M.*** A single resistance exercise session reduces high fat meal-induced impairments in conduit artery function and microvascular reactivity. *FASEB J*. 33(1s), 2019. Presented at 2019 Experimental Biology Annual Meeting. Orlando, FL.
68. Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Fleming, S.R., Ferrell, M.C., Banks, N.F., Gradnigo, T., **Jenkins, N.D.M.*** Reliability of motor unit behavior during a maximal voluntary isometric contraction of the knee extensors. *Med Sci Sports Exerc.* 51(6): 340-341, 2019. Presented at 2019 ACSM Annual Meeting. Orlando, FL.
69. Banks, N.F., Tomko, P.M., Colquhoun, R.J., Muddle, T.W.D., Emerson, S.E., **Jenkins, N.D.M.*** ADORA2A, but not CYP1A2, genotype influences caffeine's effect on glucose responses to a carbohydrate feeding. *Med Sci Sports Exerc.* 51(6): 716, 2019. Presented at 2019 ACSM Annual Meeting. Orlando, FL.

70. Bergstrom, H.C., Housh, T.J., Dinyer, T.K., Byrd, T., Succi, P.J., **Jenkins, N.D.M.**, Cochrane-Snyman, K.C., Schmidt, R.J., Johnson, G.O. Time course of changes in perceptual, respiratory, and neuromuscular responses in the severe intensity domain. *Med Sci Sports Exerc.* 51(6): 387-388, 2019. Presented at 2019 ACSM Annual Meeting. Orlando, FL.
71. Tomko, P.M., Colquhoun, R.J., Magrini, M.A., Fleming, S., Gradnigo, T., Ferrell, M.C., Muddle, T.W.D., **Jenkins, N.D.M.*** Caffeine alters mood, but does not influence cognitive flexibility and processing speed in college-aged males. *J Strength Cond Res.* 33(2): e181, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
72. Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Fleming, S., Ferrell, M.C., Gradnigo, T., Muddle, T.W.D., **Jenkins, N.D.M.*** Examination of the responder/non-responder response in maximal torque production following acute caffeine ingestion. *J Strength Cond Res.* 33(2): e140, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
73. Colquhoun, R.J., Magrini, M.A., Tomko, P.M., Eusufzai, R., Ferrell, M.C., Muddle, T.W.D., **Jenkins, N.D.M.*** Changes in motor unit behavior during a 12-week competition period in collegiate powerlifters. *J Strength Cond Res.* 33(2): e48, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
74. Anthony, C.C., **Jenkins, N.D.M.*** Effects of high-load squats on the time course of vertical jump performance. *J Strength Cond Res.* 33(2): e196-197, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
75. Moghaddam, M., Muddle, T.W.D., Estrada, C., Magrini, M.A., **Jenkins, N.D.M.**, Jacobson, B. Effects of ultrashort vs. short high intensity interval training on muscle hypertrophy. *J Strength Cond Res.* 33(2): e211, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
76. Dinyer, T.K., Byrd, T., Cochrane-Snyman, K.C., **Jenkins, N.D.M.**, Housh, T.J., Schmidt, R.J., Johnson, G.O., Bergstrom, H.C. Time course of changes in neuromuscular responses during rides to exhaustion above critical power. *J Strength Cond Res.* 33(2): e166, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
77. Magrini, M.A., Barrera-Curiel, A, Colquhoun, R.J., Hernandez-Sarabia, J.A., Tomko, P.M., **Jenkins, N.D.M.**, Thiele, R.M., DeFreitas, J.M. Age-related differences in isometric, dynamic and a stretch-shortening cycle electromechanical delay assessment. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
78. Magrini, M.A., Barrera-Curiel, A, Colquhoun, R.J., Ferrell, M.C., Hernandez-Sarabia, J.A., Tomko, P.M., **Jenkins, N.D.M.**, Thiele, R.M., DeFreitas, J.M. Torque producing muscular architectural characteristics do not account for any variance in the reactive leg drop performance. *J Strength Cond Res.* 33(2): e163, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
79. Miramonti, A.A., **Jenkins, N.D.M.**, Hill, E.C., Smith, C.M., Housh, T.J., Bovaird, J. Electromyographic and mechanomyographic amplitude response patterns during isometric vs. concentric dynamic external resistance leg extension muscle actions. *J Strength Cond Res.* 33(2): e20, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
80. Colquhoun, R.J., Magrini, M.A., Haun, C.T., Muddle, T.W.D., Tomko, P.M., Luera, M.J., Mackey, C.S., Vann, C.G., Martin, J.S., Young, K.S., DeFreitas, J.M., Roberts, M.D., **Jenkins, N.D.M.*** Relationships between motor unit behavior during maximal effort contractions and muscle phenotype. *Med Sci Sports Exerc.* 50(5S): 201, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN.
81. Barrera-Curiel, A., Magrini, M.A., Thiele, R.M., Hernandez-Sarabia, J., Colquhoun, R.J., Tomko, P.M., **Jenkins, N.D.M.**, DeFreitas, J.M. Antagonist coactivation during a reactive leg drop in young and older adults. *Med Sci Sports Exerc.* 50(5S): 556-557, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN.
82. Magrini, M.A., Barrera-Curiel, A., Thiele, R.M., Hernandez-Sarabia, J., Colquhoun, R.J., Tomko, P.M., **Jenkins, N.D.M.,** DeFreitas, J.M. Both slower sensory response time and electromechanical delay explain age-related differences in the reactive leg drop. *Med Sci*

Sports Exerc. 50(5S): 571, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN.

83. Moghaddam, M., Muddle, T.W.D., Estrada, C.A., Magrini, M.A., **Jenkins, N.D.M.**, Jacobson, B.H. Comparison of ultrashort versus short high-intensity interval training for body composition, anaerobic, and aerobic performance. *Med Sci Sports Exerc.* 50(5S): 147, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN
84. Tomko, P.M., Miramonti, A.A., Hill, E.C., Smith, C.M., Cochrane-Snyman, K.C., Coluqhoun, R.J., Housh, T.J., Cramer, J.T., **Jenkins, N.D.M.*** Mechanomyographic amplitude is sensitive to neuromuscular adaptations following high- versus low-load resistance training. *Med Sci Sports Exerc.* 50(5S): 423-433, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN.
85. Muddle, T.W.D., Magrini, M.A., Colquhoun, R.J., Luera, M.J., DeFreitas, J.M. **Jenkins, N.D.M.*** Effects of fatiguing high- vs. low-force isometric contractions on motor unit recruitment and firing behavior. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV.
86. Muddle, T.W.D., Magrini, M.A., Colquhoun, R.J., Luera, M.J., **Jenkins, N.D.M.*** Effects of fatiguing high- vs. low-force isometric contractions on acute muscle swelling and echo intensity. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV.
87. Colquhoun, R.J., Magrini, M.A., Estrada, C.A., Hernandez-Sarabia, J.A., Muddle, T.W.D., **Jenkins, N.D.M**., DeFreitas, J.M. Changes in motor unit action potential morphology from high- and low-load resistance exercise to failure. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV. ***2017 Doctoral Research Presentation Award**
88. Mackey, C.S., Muddle, T.W., Anthony, C.C., **Jenkins, N.D.M.*** Comparison of peak power during the vertical jump and Wingate in ROTC cadets. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV.
89. Snyman, K.C., Housh, T.J., Smith, C.M., Hill, E.C., **Jenkins, N.D.M.** Implications for training: regulating exercise intensity above the gas exchange threshold using an RPE-clamp model. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV.
90. Colquhoun, R.J., Haun, C.T., Mumford, P.W., Roberson, P.A., Pascoe, D.D., Feeny, M.P., Young, K.C., Martin, J.S., Roberts, M.D., Muddle, T.W.D., Riffe, J.J., Luera, M.J., Magrini, M.A., Mackey, C.S., Stock, M.S., **Jenkins, N.D.M.**, DeFreitas, J.M. The effects of a muscle biopsy on motor unit firing properties. *Med Sci Sports Exerc.* 49(5S): 612-613, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
91. Luera, M.J., Magrini, M.A., Muddle, T.W.D., Colquhoun, R.J., DeFreitas, J.M., Dowling, B., **Jenkins, N.D.M.*** Professional pitchers achieve higher fastball velocities but lower varus elbow torque than high school pitchers. *Med Sci Sports Exerc.* 49(5S): 736, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
92. Muddle, T.W.D., Magrini, M.A., Colquhoun, R.J., Thiele, R.M., **Jenkins, N.D.M.*** Comparison of quadriceps femoris muscle morphology using ultrasonography during two different body positions. *Med Sci Sports Exerc.* 49(5S): 466, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
93. Magrini, M.A., Colquhoun, R.J., Barrera-Curiel, A., Thiele, R.M., Muddle, T.W.D., DeFreitas, J.M, Smith, D.B., **Jenkins, N.D.M.*** Relationships among and differences between muscle quality and functional performance in younger and older women. *Med Sci Sports Exerc.* 49(5S): 51-52, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
94. Anthony, C.C., Mackey, C.S., Muddle, T.W.D., Riffe, J.J., **Jenkins, N.D.M.*** Relationships among aerobic capacity, cardiovascular fatigue thresholds, and 1.5 mile run times in ROTC cadets. *Med Sci Sports Exerc.* 49(5S): 279, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
95. Martin, J.S., Mumford, P.W., Haun, C.T., Roberson, P.A., Colquhoun, R.J., Feeney, M.P., Luera, M.J., Mackey, C.S., Muddle, T.W.D., Riffe, J.J., Young, K.C., Pascoe, D.D., DeFreitas, J.M., **Jenkins, N.D.M.**, Roberts, M.D. Effects of a pre-workout supplement on hyperemia

following leg extension resistance exercise at different intensities. *Med Sci Sports Exerc.* 49(5S): 83, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.

96. Bergstrom, H.C., Housh, T.J., Eastman, J.E., Byrd, M.T., **Jenkins, N.D.M.**, Cochrane, K.C., Schmidt, R.J., Johnson, G.O. Is there an oxygen pulse threshold during treadmill running? *Med Sci Sports Exerc.* 49(5S): 143, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
97. McKay, B.D., Miramonti, A.A., **Jenkins, N.D.M.,** Gillen, Z., Leutzinger, T.J., Cramer, J.T. Test-retest reliability of the 40-yd dash and vertical jump assessments in youth athletes. *Med Sci Sports Exerc.* 49(5S): 1082, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
98. Gillen, Z.M., Cramer, J.T., Miramonti, A.A., **Jenkins, N.D.M.**, McKay, B.D., Leutzinger, T.J. Power push-up tests performed from the knees and toes in young male athletes. *Med Sci Sports Exerc*. 49(5S): 758, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
99. Miramonti, A.A., Cramer, J.T., **Jenkins, N.D.M.**, Gillen, Z.M., McKay, B.D., Leutzinger, T.J. Effects of speed and agility training on combine performance in young male athletes. *Med Sci Sports Exerc*. 49(5S): 968, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
100. **Jenkins, N.D.M.**, et al. Effects of rumenic acid rich conjugated linoleic acid supplementation on handgrip performance and cognitive function in older men. *J Strength Cond Res.* 30(S2): S1-S210, 2016. Presented at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA.
101. McKay, B.D., Cramer, J.T., **Jenkins, N.D.M.,** et al. Normative reference values for high school American football combine test results: Effects of allometric scaling to normalize for body mass. *J Strength Cond Res.* 30(S2): S1-S210, 2016. Presented at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA.
102. Hill, E.C., Housh, T.J., Smith, C.M., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Gender-related differences in muscle fatigue. *J Strength Cond Res.* 30(S2): S1-S210, 2016. Presented at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA.
103. Smith, C.M., Housh, T.J., Hill, E.C., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Neuromuscular Responses during Fatiguing Intermittent Isometric Muscle Actions. *J Strength Cond Res.* 30(S2): S1-S210, 2016. Presented at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA.
104. **Jenkins, N.D.M.**, et al. Are voluntary activation determined by the interpolated twitch technique and mechanomyographic amplitude synonymous? *Med Sci Sports Exerc.* 48(5S1): 897, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
105. Bergstrom, H.C., Housh, T.J., **Jenkins, N.D.M.**, et al. Neuromuscular and Perceptual Responses, but not Metabolic, Consistently Driven to Peak during Severe Intensity Running. *Med Sci Sports Exerc.* 48(5S1): 120, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
106. Cochrane, K.C., Housh, T.J., Smith, C.M., Hill, E.C., **Jenkins, N.D.M.**, et al. Physiological responses underlying the perception of effort during moderate and heavy intensity cycle ergometry. *Med Sci Sports Exerc.* 48(5S1): 116, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
107. Smith, C.M., Housh, T.J., Hill, E.C., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Effects of Varied Intensity on Torque and Neuromuscular Parameters during Intermittent Isometric Muscle Actions. *Med Sci Sports Exerc.* 48(5S1): 112, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
108. Hill, E.C., Housh, T.J., Smith, C.M., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Effects of Work-to-Rest Ratios on Peak Torque and Neuromuscular Responses during Submaximal, Isometric Muscle Actions. *Med Sci Sports Exerc.* 48(5S1): 411, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.

109. Miramonti, A.A., Housh, T.J., **Jenkins, N.D.M.**, et al. Relationships Among Cognitive Function and Handgrip Strength and Endurance in Older Men and Women. *Med Sci Sports Exerc.* 48(5S1): 35, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
110. **Jenkins, N.D.M.**, et al. Muscle size, muscle strength, electromyography, mechanomyography, and voluntary activation during four weeks of high- versus low-load resistance training. *J Strength Cond Res.* 30(S1): s1 – s171, 2016. Presented Orally at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL.
111. **Jenkins, N.D.M.**, et al. Muscle activation, muscle swelling, and exercise volume during three sets to failure at 80% versus 30% 1RM resistance exercise. *J Strength Cond Res.* 30(S1): s1 – s171, 2016. Presented at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL. ***2015 Doctoral Research Presentation Award**
112. Hill, E.C., Camic, C.L., Housh, T.J., Monoghan, M.M., Cochrane, K.C., Smith, C.M., **Jenkins, N.D.M.**, et al. Effects of velocity on isometric peak torque and neuromuscular responses to repeated, maximal, eccentric muscle actions. *J Strength Cond Res.* 30(S1): s1 – s171, 2016. Presented at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL.
113. Smith, C.M., Housh, T.J., Herda, T.J., Zuniga, J.M., Ryan, E.D., Camic, C.L., Bergstrom, H.C., Smith, D.B., Weir, J.P., Cramer, J.T., Conchrane, K.C., Hill, E.C., **Jenkins, N.D.M.**, et al. Effects of the innervation zone on electromyographic time and frequency domain parameters during a fatiguing isometric muscle action of the vastus medialis. *J Strength Cond Res.* 30(S1): s1 – s171, 2016. Presented at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL.
114. Cochrane, K.C., Housh, T.J., Hill, E.C., Smith, C.M., **Jenkins, N.D.M.**, et al. Perceptual and physiological responses during cycle ergometry at a constant perception of effort. *J Strength Cond Res.* 30(S1): s1 – s171. Presented at the National Strength and Conditioning Association Annual Meeting, Orlando, FL.
115. Switalla, J.R., Bergstrom, H.C., Housh, T.J., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Metabolic, cardiovascular, and perceptual responses during severe intensity treadmill: Limiting factors of exercise performance? 30(S1): s1 – s171, 2016. Presented at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL.
116. Smith, C.M., Herda, T.J., Zuniga, J.M., Ryan, E.D., Camic, C.L., Bergstrom, H.C., Smith, D.B., Weir, J.P., Cramer, J.T., Cochrane, K.C., Hill, E.C., **Jenkins, N.D.M.**, et al. Effects of the innervation zone on electromyographic responses during fatiguing isometric muscle actions. *Med Sci Sports Exerc.* 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.
117. Hill, E.C., Camic, C.L., Housh, T.J., Monaghan, M.M., Cochrane, K.C., Smith, C.M., **Jenkins, N.D.M.,** et al. Effects of velocity on peak torque and neuromuscular responses during repeated, maximal, eccentric muscle actions. *Med Sci Sports Exerc.* 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.
118. Cochrane, K.C., Housh, T.J., **Jenkins, N.D.M.**, et al. Electromyographic, mechanomyographic, and metabolic responses during cycle ergometry at a constant rating of perceived exertion. *Med Sci Sports Exerc.* 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.
119. Bergstrom H.C., Housh, T.J., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Factors underlying the perception of effort during constant heart rate running. *Med Sci Sports Exerc.* 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.
120. **Jenkins, N.D.M.**, Yeo, N., Miller, J.M., Smith, C.M., Hill, E.C., Cochrane, K.C., Bergstrom, H.C., Housh, T.J., Cramer, J.T. Electromyographic and mechanomyographic responses during three sets to failure of low- versus high-load resistance training. *Med Sci Sports*

Exerc. 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.

121. Cochrane, K.C., Housh, T.J., Bergstrom, H.C., **Jenkins, N.D.M.**, et al. Comparison of Perceptual and Physiological Fatigue Thresholds During Cycle Ergometry. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
122. Bergstrom, H.C., Housh, T.J., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Sustainability, physiological, and perceptual responses at the critical heart rate during treadmill running. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
123. Traylor, D.A., Housh, T.J., Jesch, J., Schmidt, R.J., Cramer, J.T., Johnson, G.O., Bergstrom, H.C., **Jenkins, N.D.M.**, et al. Short-term training increases average power but not peak torque of the forearm flexors in females. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
124. **Jenkins, N.D.M.**, Buckner, S.L., Goldsmith, J., Bergstrom, H.C., Cochrane, K.C., Weir, J.P., Housh, T.J., Cramer, J.T. Effects of six weeks of aerobic exercise and CLA supplementation on peak oxygen uptake, gas exchange threshold, and respiratory compensation point. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented Orally at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
125. **Jenkins, N.D.M**., Buckner, S.L., Goldsmith, J., Cochrane, K.C., Bergstrom, H.C., Schmidt, R.J., Johnson, G.O., Housh, T.J., Cramer, J.T. Reliability and comparisons of handgrip strength, leg extension muscle function, and balance in older men. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
126. Bergstrom, H.C., Housh, T.J., Cochrane, K.C., **Jenkins, N.D.M.**, Buckner, S.L., Baker, B., Schmidt, R.J., Johnson, G.O., Cramer, J.T. Neuromuscular responses during continuous exercise at, above, and below critical power. *Med Sci Sports Exerc.* 46(5s): 456-461, 2014. Presented at the National American College of Sports Medicine Annual Meeting, Orlando, FL.
127. Buckner, S.L., **Jenkins, N.D.M.**, Ryan, E.D., Herda, T.J., Costa, P.B., Housh, T.J., Cramer, J.T. Differences between passive angle-torque curves sampled from an isokinetic dynamometer versus a load cell. *Med Sci Sports Exerc.* 46(5s): 456-461, 2014. Presented at the National American College of Sports Medicine Annual Meeting, Orlando, FL.
128. **Jenkins, N.D.M.**, Buckner, S.L., Bergstrom, H.C., Cochrane, K.C., Palmer, T.B., Schmidt, R.J., Johnson, G.O., Housh, T.J., Cramer, J.T. Age-related differences in rates of torque development and rates of rise in electromyographic amplitude. *Med Sci Sports Exerc.* 46(5s): 456-461, 2014. Presented at the National American College of Sports Medicine Annual Meeting, Orlando, FL.
129. Cochrane, K.C., Housh, T.J., Bergstrom, H.C., **Jenkins, N.D.M.**, et al. Comparison of Perceptual and Physiological Fatigue Thresholds During Cycle Ergometry. Presented at the Southwest American College of Sports Medicine Annual Meeting, San Diego, CA.
130. Bergstrom, H.C., Housh, T.J., Traylor, D.A., Lewis Jr., R.W., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Metabolic, cardiovascular, and perceptual responses to a thermogenic nutritional supplement at rest, during exercise, and recovery in men. *J Strength Cond Res.* 27(S2): s1-s144, 2013. Presented at the 2013 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
131. Cochrane, K.C., Housh, T.J., Bergstrom, H.C., Traylor, D.A., Lewis Jr., R.W., **Jenkins, N.D.M.**, et al. Age-related differences in body weight, height, body mass index, and upper body skinfolds between young wrestlers and non-athletes. *J Strength Cond Res.* 27(S2): s1-s144, 2013. Presented at the 2013 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.

132. **Jenkins, N.D.M**., Traylor, D.A., Housh, T.J., Cochrane, K.C., Bergstrom, H.C., Lewis, R.W., Schmidt, R.J., Johnson, G.O., Cramer, J.T. Effects of anatabine on markers of eccentric-induced muscle damage and delayed-onset muscle soreness. *J Strength Cond Res.* 27(S2): s1-s144, 2013. Presented at the 2013 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
133. **Jenkins, N.D.M.**, Traylor, D.A., Housh, T.J., Bergstrom, H.C., Cochrane, K.C., Lewis, R.W., Schmidt, R.J., Johnson, G.O., Cramer, J.T. Effects of eccentric-induced muscle damage on the time courses of recovery for peak torque and rates of torque development. *J Strength Cond Res.* 27(S2): s1-s144, 2013. Presented at the 2013 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
134. Palmer, T.B., **Jenkins, N.D.M.**, Cramer, J.T. Slow, medium, and fast stretching velocities during passive musculotendinous stiffness assessments of the hamstrings. *Med Sci Sports Exerc.* 45(5s): 696-701, 2013. Presented at the National American College of Sports Medicine Annual Meeting, Indianapolis, IN.
135. Traylor, D.A., …, **Jenkins, N.D.M.**, Cochrane, K.C. Effects of very short-term training on peak torque, power, and neuromuscular responses of the forearm flexors. *Med Sci Sports Exerc.* 45(5s): 501-513, 2013. Presented at the National American College of Sports Medicine Annual Meeting, Indianapolis, IN.
136. Bergstrom, H.C., … **Jenkins, N.D.M.**, et al. Physiological responses to a thermogenic nutritional supplement during rest, exercise, and recover in women. *Med. Sci. Sports Exerc.* 45(5s): 243-246, 2013. Presented at the National American College of Sports Medicine Annual Meeting, Indianapolis, IN.
137. **Jenkins, N.D.M.**, Palmer, T.B., Bergstrom, H.C., Cochrane, K.C., Traylor, D.A., Lewis, R.W., Cramer, J.T. Rate of torque development versus rate of velocity development during voluntary and evoked muscle actions. *Med Sci Sports Exerc.* 45(5s): 175-187, 2013. Presented at the National American College of Sports Medicine Annual Meeting, Indianapolis, IN.
138. Fiddler, R.E., Thompson, B.J., **Jenkins, N.D.M.**, Conchola, E.C., Smith, D.B. A Comparison of the rate of velocity development of the knee extensors between NCAA Division-1 female soccer player starters and nonstarters. *J Strength Cond Res.* 27(S1): s1-s129, 2013. Presented at the 2012 National Strength and Conditioning Association Annual Meeting, Providence, RI.
139. Palmer, T.B., **Jenkins, N.D.M.**, Cramer, J.T. *J Strength Cond Res.* 27(s1): e1-e129, 2013. Comparison of manual versus automated techniques for assessing musculotendinous stiffness of the posterior muscles of the hip and thigh. *J Strength Cond Res.* 27(S1): s1-s129, 2013. Presented at the 2012 National Strength and Conditioning Association Annual Meeting, Providence, RI.
140. **Jenkins, N.D.M.**, Palmer, T.B., Cramer, J.T. Comparisons of torque, rate of torque development, electromechanical delay, and EMG responses to evoked and voluntary isometric muscle actions. *J Strength Cond Res.* 27(S1): s1-s129, 2013. Presented at the 2012 National Strength and Conditioning Association Annual Meeting, Providence, RI.
141. **Jenkins, N.D.M.**, Thompson, B.J., Sobolewski, E.J., Conchola, E.C., Hawkey, M.J., Fiddler, R.E., Warren, A.J., O'Brien, M., Akehi, K., Everett, L.K., Klufa, J.L., Craig, M.L., Volberding, J.L., Boyes, H.R., Kline, C., Costa, P.B., Ryan, E.D., Smith, D.B., Cramer, J.T. Hamstring-to-quadriceps ratios in National Collegiate Athletic Association (NCAA) Division 1 women's soccer players compared to non-athlete controls. *Med Sci Sports Exerc.* 44(5s): 2012. Oral Presentation, National American College of Sports Medicine Annual Meeting, San Francisco, CA
142. Hawkey, M.J., Thompson, B.J., Conchola, E.C., Fiddler, R.E. Fiddler, **Jenkins, N.D.M.**, et al. The influence of acute exercise on torque decline between positions in collegiate female soccer players. *Med Sci Sports Exerc.* 44(5s): 2012. Presented at the National American College of Sports Medicine Annual Meeting, San Francisco, CA.

143. Hawkey, M.J., Thompson, B.J., Conchola, E.C., Fiddler, R.E. Fiddler, **Jenkins, N.D.M.**, et al. The influence of acute exercise on torque decline between positions in collegiate female soccer players. Presented at the Central States American College of Sports Medicine Annual Meeting, Overland Park, KS.
144. **Jenkins, N.D.M.**, Thompson, B.J., Sobolewski, E.J., Conchola, E.C., Hawkey, M.J., Fiddler, R.E., Warren, A.J., O'Brien, M., Akehi, K., Everett, L.K., Klufa, J.L., Craig, M.L., Volberding, J.L., Boyes, H.R., Kline, C., Costa, P.B., Ryan, E.D., Smith, D.B., Cramer, J.T. Hamstring-to-quadriceps ratios in National Collegiate Athletic Association (NCAA) Division 1 women's soccer players compared to non-athlete controls. Presented at the Central States American College of Sports Medicine Annual Meeting, Overland Park, KS.
145. **Jenkins, N.D.M.**, Kieffer, H.S. The effects of a pre-season functional resistance training program vs. pre-season traditional resistance program on athletic performance in DIII men's baseball players. *Med Sci Sports Exerc.* 43(5s): 835, 2011. Presented at the National American College of Sports Medicine Annual Meeting, Denver, CO

Book Chapters

1. Hurd, J., **Jenkins, N.D.M.** Sport Specific Program Design Guidelines. *Strength Training for Football.* Human Kinetics; Champaign, IL. Published September 2019.
2. Campbell, B., **Jenkins, N.D.M.** Performance Enhancing Substances and Methods (Chapter 11). *Essentials of Strength Training and Conditioning.* 5th Edition. Human Kinetics; Champaign, IL.

Textbooks

1. **Jenkins, N.D.M.,** Banks, N.F., Rogers, E.M**.** *Principles of Resistance Exercise.* Kendall Hunt; Dubuque, IA. ISBN: 9781792411557.

Invited Presentations

1. **Jenkins, N.D.M.** *Cellular Senescence as a Mechanistic Link Between Early Life Adversity and Premature Vascular Aging*. R24 Animal Models for Social Dimensions of Health & Aging Catalysis Meeting. Scottsdale, AZ. October 26th, 2026.
2. **Jenkins, N.D.M.** *From Early Adversity to Cardiometabolic Disease: Integrating Physiology, Behavior, and Stress Biology*. In: Advancing Health Equity: Physiological Insights into Marginalized Populations. American Physiological Society Summit. April 26th, 2026.
3. **Jenkins, N.D.M.** *The Physiology of Early Life Adversity: Interaction of Physiological and Biobehavioral Mechanisms Underlying Premature Cardiometabolic Disease.* Conference for Black Physiologists: Scientific Keynote. Black in Physiology/American Physiological Society. April 14th, 2025.
4. **Jenkins, N.D.M.** *Interacting Physiologic and Biobehavioral Mechanisms Underlying the Development of Premature Cardiometabolic Disease Following Early Life Adversity*. University of Indiana School of Public Health at Bloomington Distinguished Lecture Series. February 14th, 2025.
5. **Jenkins, N.D.M.** and Tourula, E. APS Environmental and Exercise Physiology Coffee Chats: Journeys through Science. December 2024.
6. **Jenkins, N.D.M.** *Early life psychosocial stress and premature cardiometabolic disease: interacting physiologic and biobehavioral mechanisms*. University of Missouri Nutrition and Exercise Physiology Seminar Series. November 21st, 2024.
7. **Jenkins, N.D.M. (Contributor).** Round Table Breakfast: *What Research Setting is Right for Me (Hard vs. Soft Money)?* North American Artery Society Annual Meeting. June 15th, 2024.
8. **Jenkins, N.D.M.** *Early Life Psychosocial Stress and Premature Cardiometabolic Disease: Role of Accelerated Vascular Aging*. North American Artery Society Annual Meeting. June

14th, 2024.

9. **Jenkins, N.D.M. (Chair and Speaker), Robinson, A.T., Kershaw, K.** *Physiology of Adversity: Interactions of Structural, Psychosocial, and Lifestyle Determinants on Cardiovascular and Metabolic Health. Foundational Scientific Session*. American Physiological Society Summit. April 4–7, 2024.
10. **Jenkins, N.D.M.** *Use of continuous wave near-infrared spectroscopy for measurement of skeletal muscle perfusion and oxygen kinetics during exercise and vascular occlusion*. University of North Carolina-Chapel Hill, Department of Exercise and Sport Science. July 11, 2023.
11. **Robinson, A.T. and Jenkins, N.D.M.** Invited Speakers. *Bias: how race and gender stereotypes impact advancement in STEMM*. Diversity Equity and Inclusion WIPC Workshop. American Physiological Society Summit. April 20, 2023.
12. **Jenkins, N.D.M.** *A non-linear academic career journey informed by lived experiences*. Behavioral-Biomedical Interface (T32) Program Seminar Series. March 23, 2023.
13. **Jenkins, N.D.M.** Invited Speaker. *Adverse Childhood Experiences and Adult Cardiovascular Risk: Are Vascular Dysfunction and Sleep Disruption on the Causal Pathway?* University of Minnesota Medical School, Division of Rehabilitation Sciences RSC Seminar. October 20th, 2022.
14. **Jenkins, N.D.M.,** Caceres, B., Tanenbaum, G., Below, J.E. Invited Speaker. *Open Science to Benefit Scientific Progress: Conversations Regarding Current Culture and Policy with an Eye Toward the Future*. American Heart Association Research Leaders Academy, September 15, 2022.
15. **Jenkins, N.D.M.** Effects of Early Life Stress on Cardiometabolic Health and Cognitive Impairment: Mediating Role of Lifestyle Behaviors. Sponsored by the MOVE-OME with funding provided by the University of Iowa Office of the VPR.
16. **Jenkins, N.D.M.** Invited Speaker. *Caffeine's effect on neuromuscular function: Implications for exercise and sport.* 2019 Mid-Atlantic Regional Chapter (MARC) of the American College of Sports Medicine (ACSM) Conference. November 1, 2019.
17. Guest., N., **Jenkins, N.D.M.,** El-Sohemy, A. Invited Speaker. *CPSDA Expert Session: Caffeine's Mechanism of Action and Practical Implications for Endurance, Strength and Power Sports*. The Collegiate and Professional Sports Dietitians Association (CPSDA) Expert Sessions Webinars. September 10, 2019.
18. **Jenkins, N.D.M.** Invited Speaker. *Utilizing Resistance Exercise to Improve Post-Meal Metabolic Responses.* National Strength and Conditioning Association Annual Meeting and Exhibition, Washington, D.C. July 13, 2019.
19. **Jenkins, N.D.M.** Invited Speaker. *Advancing our understanding of cardiometabolic risk factors and exercise prescription for cardiometabolic health in an understudied, at-risk population… women*! Go Red for Women: Circle of Red Event. American Heart Association, Tulsa-Chapter. March 28, 2019.
20. **Jenkins, N.D.M.** Invited Speaker. *I'm not that kind of doctor, but if I were… Exercise prescription for cardiometabolic health*. OSU Medicine Heart Walk Company Kickoff. Sponsored by the American Heart Association, Tulsa-Chapter and hosted by Oklahoma State University Center for Health Sciences. March 5, 2019.
21. **Jenkins, N.D.M**. Invited Speaker. Oklahoma State University Center for Health Sciences Research Seminar Series: *Unraveling the acute and chronic response to resistance training with high- versus low-loads: Current body of evidence, practical applications for health care professionals, and future directions.* January 12, 2018.
22. **Jenkins, N.D.M**. Invited Speaker. Graduate and Early Career Day Preconference Symposia: *Your First Year as a Professor.* American College of Sports Medicine Annual Meeting: May 30, 2017.

23. **Jenkins, N.D.M**. Invited Speaker. Nutritional supplementation for strength in men and women. Session 1: *Do men and women have the same nutritional supplement needs during resistance and aerobic training?* National Strength and Conditioning Association Annual Meeting and Exhibition, New Orleans, LA: July 7, 2016.

Other Contributions

Podcasts

1. Guest Host, American Journal of Physiology: Heart and Circulatory Physiology Podcast. "Allostatic Load and Cardiometabolic Health." https://ajpheart.podbean.com/e/allostatic-load-and-cardiometabolic-health/

Print Media Contributions

2. "The Middle Miles: The Race Is the Training". Physiologist Magazine. July 2026. https://www.physiology.org/publications/news/the-physiologist-magazine/last-word/what-running-taught-this-researcher-about-building-a-research-career.
3. "Emotional Overload: How Grief and Trauma Course Throughout your Body". Physiologist Magazine. July 2023. https://www.physiology.org/docs/default-source/tphysmag2019/the-physiologist-magazine-july2023.pdf
4. "The Best Adjustable Dumbbells". Wirecutter, New York Times. July 2023. https://www.nytimes.com/wirecutter/reviews/the-best-adjustable-dumbbells/
5. "What to Do When You Get Chills While Working Out". Lifehacker.com. July 2023. https://lifehacker.com/what-to-do-when-you-get-chills-while-working-out-1850671737
6. "Britney Spears Says She Used to Feel 'Ice Cold' After a Workout–Here's Why That Can Happen." Health.com. August 2020. https://www.health.com/fitness/britney-spears-cold-after-workout?utm_source=pinterest.com&utm_medium=social&utm_campaign=health_health_12812741&utm_content=text&utm_term=fitness&health_202104
7. "Study: High-load Training Better Conditions the Nervous System". ACE Fitness Magazine. August 2017. https://www.acefitness.org/continuing-education/certified/august-2017/6491/study-high-load-training-better-conditions-the-nervous-system/?srsltid=AfmBOorAwfefY9SbqxdidBSf0EZS6u_dEV0QI8Q2WD3kvqXfwY4HeO5H
8. "The Best Way to Lift If You Really Want to Get Stronger: It all depends on how many plates you're piling on." Men's Health Magazine. July 17, 2017. https://www.menshealth.com/fitness/a19525937/lifting-heavy-to-build-strength/

Postdoctoral and Graduate Student Mentorship

Postdoctoral Scholar

April 2025 – **Manoela (Manu) Lima Oliveira**, PhD
- Awarded AHA Postdoctoral Fellowship (2025-2027)
- Accepted and Completed; 10-Day Seminar on the Epidemiology and Prevention of Cardiovascular Diseases and Stroke (July 21-31, 2025)
- Awarded 2026 Oncology Nutrition Small Research Grant, ASN

October 2025 – **Gavin Power,** PhD
- 2026 APS Cardiovascular Section (CVS) Research Recognition Award
- UW Cardiovascular Research Center T32 Fellow; September 2026 –

Doctoral Student Committees

Fall 2026	**Alexis Quirk:** Advisor, Dissertation Committee Chair; Beginning August 2026
2024 – 2026	**Marilyn Steinbach:** Dissertation Committee; In Progress Title: Snake Oil or Cure: Who Benefits from the Placebo Effect?
2024 – 2026	**Hazal Arpaci:** Dissertation Committee; In Progress Title: Effects of Acute Stress on NREM Sleep Oscillations and Sleep-Dependent Memory Consolidation.
2024 – 2025	
2023 – Present	**Justin Deters:** Dissertation Committee; PhD Awarded
	Ruda Lee: Dissertation Committee; In Progress
2023 – Present	**Kylee West**: Advisor, Dissertation Committee Chair; In Progress Title: Interrogation of the Role of Sleep Timing Variability on Metabolic and Hemodynamic Regulation Doctoral Awards: • *2nd Place, 2023 MWACSM Nutrition Award* • *2024 Labfront x Garmin Sleep Research Grant* • *2025 Wisconsin Symposium on Emotion Travel Award Winner*
2022 – 2025	**Alyssa Schneider** (Psych and Brain Sci): Dissertation Committee; PhD Awarded
2022 – Present	**Sara Diesel** (Psych and Brain Sci): Dissertation Committee; In Progress
2022 – Present	**Mark Flores**: Advisor, Dissertation Committee Chair; In Progress Title: Interaction of Physiological and Daily Stress Processes Underlying Latine/Hispanic Ethnic Cardiometabolic Health Disparities Doctoral Awards: • *Lulu Merle Johnson Fellowship, Graduate College University of Iowa, 2022 – 2027* • *2025 American Heart Association National Hispanic Latino Cardiovascular Collaborative Scholar* • *Competitive Internship, Office of Funded Programs Government Grants, American Heart Association,* Summer 2026
2021 – 2023	**Alexandra (Courtney) Fietsam**: Dissertation Committee; PhD Awarded
2018 – 2023	**Nile Banks**: Advisor, Dissertation Committee Chair; *Defended April 3, 2023* Title: Examining putative vascular mechanisms for the blood pressure lowering effect of resistance training in middle-aged adults with elevated blood pressure and stage I hypertension. Current Position: Assistant Professor of Exercise Physiology, Maynooth University, Maynooth, Ireland, 2025 – Present Doctoral Awards: • *Graduate Student Research Grant, NSCA Foundation 2019;* • *Gail E. Butterfield Nutrition Award, ACSM 2022;* • *Graduate College Post-Comprehensive Research Fellowship, University of Iowa 2022*
2019 – 2023	**Emily Rogers:** Advisor, Dissertation Committee Chair; *Defended April 10, 2023* Title: Efficacy and acceptability of resistance exercise breaks to augment insulin-mediated vasodilation during prolonged sitting periods. Current Position: Medical Writer, Neuromod Devices, Dublin, Ireland, Nov 2024 – Present Doctoral Awards:

- *Outstanding Student Research Banner Campaign, University of Iowa, January–March, 2023*
- *Graduate Research Grant, ACSM Foundation 2022;*
- *Michael L. Pollock Travel Award, ACSM 2022;*
- *Graduate College Summer Research Fellowship, University of Iowa 2022*

2017 – 2019 **Ryan J. Colquhoun**: Advisor, Dissertation Committee; PhD Awarded
Title: The influence of CYP1A2 genotype on neuromuscular function following acute caffeine administration.
Current Position: Assistant Professor, U of South Alabama, Fall 2019 – Present
Doctoral Awards:

- *Doctoral Research Presentation Award, NSCA 2017*

2016 – 2019 **Mitchel A. Magrini**: Dissertation Committee; PhD Awarded
Current Position: Assistant Professor, Creighton University, Fall 2019 – Present

2016 – 2019 **Masoud Moghaddam**: Dissertation Committee; PhD Awarded
Current Position: Assistant Professor, Salisbury University, Fall 2019 – Present

2016 – 2019 **Micheal J. Luera:** Dissertation Committee; PhD Awarded
Current Position: Assistant Professor, Tarleton State University, Fall 2019 – Present

Behavioral-Biomedical Interface Training Program Mentorship

Summer 2021 **Jenna Adamowicz,** PhD Student, Clinical Psychology
Jordan Harris, PhD Student, Clinical Psychology
Summer 2022 **Sara Diesel**, PhD Student, Clinical Psychology
Alyssa Schneider, PhD Student, Clinical Psychology
Fall 2022 **Amber Thomas**, PhD Student, Clinical Psychology
2022-2023 **Abigel Miskolczi,** PhD Student, Clinical Psychology
Summer 2024 **Marilyn Steinback,** PhD Student, Clinical Psychology
Summer 2025
Summer 2025

MS Thesis

2026 – 2028 **Sequoia Ernst:** Thesis Committee Chair, In Progress
2025 – 2027 **Mason Dunn:** Thesis Committee Chair, In Progress
2023 – 2025 **Anna Zucker**: Thesis Committee Chair, MS Awarded
2022 – 2024 **Amber Schmitz** (UNC-Chapel Hill): Ex Officio Committee Member, MS
2022 – 2023 Awarded
2021 – 2023 **Paola Hernandez**: Thesis Committee; MS Awarded
2018 – 2020 **Nathaniel Helwig**: Thesis Committee Chair; MS Awarded
2018 – 2020 **Nicholas Koemel**: Thesis Committee; MS Awarded
2017 – 2019 **Madison Krehbiel**: Thesis Committee; MS Awarded
2017 – 2019 **Cecilia Lane**: Thesis Committee; MS Awarded
2017 – 2018 **Madison Raleigh**: Thesis Committee; MS Awarded
2016 – 2018 **Emily Rogers**: Thesis Committee Chair; MS Awarded
Will Heim: Thesis Committee Chair; MS Awarded

MS – Non-Thesis

2017 – 2019 **Brooke Carlson**: Committee; MS Awarded

2017 – 2019 **Abbie Woods**: Committee; MS Awarded
2017 – 2019 **Rodrigo Tello**: Committee; MS Awarded
2017 – 2019 **Hannah Settle**: Committee; MS Awarded
2017 – 2019 **Clayton Cloud**: Committee; MS Awarded
2017 – 2019 **Alyssa Cheatham**: Committee; MS Awarded
2018 – 2020 **Tony Rossi**: Committee; MS Awarded

Undergraduate Student Mentorship

BS – Directed Individual/Independent Study

Summer 2025 **Isaac Guadarrama:** B.E.S.T Research Training Program Mentee

2023 – 2024 **Isabell Jenness:** Volunteer RA; Degree Conferred; DPT Program at Minnesota

2022 – 2023 **Anna Zucker:** Independent Study and RA; BS Conferred (Pursuing MS in Jenkins' Lab)

2022 – 2025 **Thomas Hart:** Independent Study and RA; BS Conferred (Research Technician Jenkins' Lab)

- 2024 Independent Creative Research by Undergraduates (ICRU) Fellowship, Office of Undergraduate Research, University of Iowa
- 2024 Barbara A. Horwitz and John M. Horowitz Outstanding Undergraduate Abstract Award, American Physiological Society.
- 2024 Horwitz and Horowitz Excellence in Undergraduate Abstract Award, American Physiological Society.
- 2024 Finalist for the NCARnation Trainee Presentation Award, American Physiological Society.
- 2024 John and Elsie Mae Ferentz Research Fellowship, College of Liberal Arts and Sciences, University of Iowa

2022 – 2023 **Alexander Berry:** BS Conferred. Study Coordinator Jenkins' Lab (Spring/Summer 2023). MS/PhD at Auburn with B. Gladden and M. Roberts, Fall 2023

2022 – 2024 **Preston Engstrom:** Independent Study; BS Conferred (Pre-Dentistry)

2022 – 2024 **Morgan Wolf:** Independent Study; BA Conferred; (Medical Sonography Program, Mercy College)

2022 – 2024 **Jager Charleston:** Independent Study; BS Conferred (Ophthalmology Program)

2022 – 2023 2021 – 2023 **Jacob Venenga:** RA; BS Conferred (Pre-Med); Medical Scribe, Mayo Clinic

2021 – 2022 **Xavier Faucon:** Independent Study and RA; BS Conferred

2020 – 2022 **Emma Trachta**: Independent Study; BS Conferred (Currently in Dental School at Iowa)

2020 **Sydni Shulte**: BS in Human Physiology with Honors (applying to PA programs)

2019 – 2020 **Justin Alpers**: Independent Study, Honors; BS in Human Physiology with Honors (Doctor of Physical Therapy Program, U. Iowa)

2018 – 2019 **Claire Smith**: Research Internship; BS Conferred (Completed MS in Kinesiology)

2017 – 2020 **Sam Nielson**: Undergraduate Research Assistant; BS Conferred (Completed MS in Nutritional Sciences at Oklahoma State U.)

2017 – 2018 **Keaton Patterson**: Freshman Research Scholar; Completed

Trey Gradnigo: Freshman Research Scholar, Research Internship; BS with Honors Awarded (Pursuing MD at U. of Oklahoma College of Medicine)

Brya D'Abrosco: Honors; BS with Honors Awarded

Service

International Examining and Review Roles

11/2026–03/2027	External Expert Examiner, PhD Comprehensive Examination Committee (Student: Shannon Delage; Supervisor: Charlotte W. Usselman, PhD), Department of Kinesiology and Physical Education, McGill University, Montreal, Canada
2026–2027	External Examiner, MHSc Dissertation (Student: Tendainyasha Zinyemba; Supervisor: Annemarie Wentzel, PhD), Hypertension in Africa Research Team (HART), North-West University, South Africa
09/2026	Research Grant Reviewer, Swiss Heart Foundation
07/2025	Expert Reviewer, UK Research and Innovation (UKRI) Medical Research Council
05/2025	Grant Reviewer, Mitacs Accelerate Research Program (Canada)

Professional Committee Membership and Service

11/2026	American Heart Association 2027 Fellowship Clinical 1 Peer Review Committee (27.Fellow.CL1), Reviewer
2025-2029	Standing Member, Biobehavioral Mechanisms of Emotion, Stress, and Health (MESH) Study Section, National Institutes of Health
06/2025	Abstract Reviewer, American Heart Association, Scientific Sessions
04/2025	Table Lead (Applying for Scientific Awards, Grants and Fellowships), Career and Professional Development Networking Breakfast, American Physiological Society Summit
04/2025-2028	Career Opportunities in Physiology Committee, American Physiological Society
01/2025	2025 Barbara A. Horwitz and John M. Horowitz Outstanding Undergraduate Abstract Awards Review Committee
10/2024	Ad Hoc Reviewer, Biobehavioral Mechanisms of Emotion, Stress, and Health (MESH) Study Section, National Institutes of Health
07/2024	Ad Hoc Reviewer, Cardiovascular and Respiratory Diseases (CRD) Study Section, National Institutes of Health
2024	Mentor, Mentoring on the Go, APS EEP Section, APS Summit 2024
2024	American Heart Association Career Development Award Clinical Peer Review Committee
03/2023	Ad Hoc Reviewer, Cardiovascular and Respiratory Diseases (CRD) Study Section, National Institutes of Health
2022, 2023	Midwest ACSM Abstract Reviewer
2022	American Heart Association Long COVID Executive Committee
2019 – Pres.	Textbook Content Reviewer; Human Kinetics (3-4 texts per year)
2021 – 2022	American Heart Association, Sexual Harassment Task Force, Member
2020 – 2021	American Heart Association, Open Science Committee, Member
2020 – 2024	American Heart Association, Research Committee, Member
2019 – 2022	American Heart Association, Research Portfolio Management Sub-committee, Member
2020	American Heart Association, American Heart Association Rapid Response

	Grants: COVID-19 and Its Cardiovascular Impact, Reviewer, Grant Proposals
2019 – 2020	National Strength and Conditioning Association, Scientific Programs Sub-Committee, Chair
2017 – 2020	National Strength and Conditioning Association, Research Committee, Member
2018 – 2019	National Strength and Conditioning Association, Scientific Content Sub-Committee, Chair
2016, 2017	Masters and Doctoral Student Podium Competition Reviewer, National Strength and Conditioning Association National Conference, 2016, 2017
2015	Undergraduate and Masters Student Poster Competition Reviewer, National Strength and Conditioning Association National Conference Abstract Reviewer, National Strength and Conditioning Association
2015 – 2024	National Conference, 2015, 2016, 2017, 2018, 2020, 2022, 2023, 2024
2018	Grant Reviewer, National Strength and Conditioning Association Foundation Doctoral and International Collaboration Grants

Editorial Board

- Consulting Editor, *Am J Physiol Heart Circ Physiol* 2025 – Present
- Editorial Board, *Am J Physiol Heart Circ Physiol* 2023 – 2024
- Editorial Board (Review Editor), *Frontiers in Nutrition*, September 2019 – 2021
- Associate Editor, *Journal of Strength and Conditioning Research*, March 2017 – Present

Ad Hoc External Review

- *European Child & Adolescent Psychiatry*
- *American Journal of Preventative Medicine*
- *Biological Psychiatry*
- *Redox Biology*
- *Function*
- *Diabetes/Metabolism Research and Reviews,* May 2020 – Present
- *Human Movement Sciences,* May 2020 – Present
- *Physiological Reports*, March 2020 – Present
- *Scientific Reports*, February 2020 – Present
- *Journal of Applied Physiology,* November 2019 – Present
- *Clinical Obesity*, September 2019 – Present
- *Aging Clinical and Experimental Research*, September 2019 – Present
- *Physiological Measurement*, May 2019 – Present
- *BMJ Open,* April 2019 - Present
- *International Journal of Sports Medicine*, March 2019 – Present
- *BMC Open*, March 2019 – Present
- *Applied Physiology, Nutrition, and Metabolism*, November 2018 – Present
- *Frontiers in Nutrition*, June 2018 – Present
- *Obesity,* May 2018 – Present
- *American Journal of Physiology: Regulatory, Integrative and Comparative Physiology,* April 2018 - Present
- *Journal of Electromyography and Kinesiology,* January 2018 – Present
- *Experimental Gerontology,* July 2017 – Present
- *PLoS ONE,* April 2017 – Present
- *Transactions in Biomedical Engineering*, February 2017 – Present
- *Journal of Neuroscience Research*, February 2017 – Present

- *Journal of Dietary Supplements*, January 2017 – Present
- *Journal of Science and Medicine in Sport*, December 2016 – Present
- *Journal of Sport and Health Science*, December 2016 – Present
- *Acta Paediatrica*, November 2016 – Present
- *Biomedical Physics and Engineering Express*, June 2016 – Present
- *European Journal of Clinical Nutrition*, May 2016 – Present
- *Muscle and Nerve*, February 2016 – Present
- *European Journal of Applied Physiology*, December 2015 – Present
- *International Journal of Sport Nutrition and Exercise Metabolism*, November 2015 – Present
- *Medicine and Science in Sports and Exercise*, August 2015 – Present
- *Journal of Neurophysiology*, July 2015 – Present
- *Journal of Sports Sciences*, January 2015 – Present
- *Ultrasound in Medicine and Biology*, September 2014 – Present
- *International Journal of Medical Sciences*, August 2014 – Present
- *Journal of Strength and Conditioning Research*, February 2014 – Present

University Committee Membership and Service

2026 – Present Faculty Senator, District 31 (School of Education, Department of Kinesiology), Faculty Senate, University of Wisconsin–Madison

2025 – 2026 Search Committee Member, Assistant Professor (Tenure Track), Department of Health, Sport, and Human Physiology

2024 – 2025 Search Committee Chair, 2x Open Rank (Tenure Track) Positions, Department of Health and Human Physiology (Successful Search)

2024 – 2025 Strategic Planning Committee, Department of Health and Human Physiology

2022 – 2024 Gisolfi Seminar Coordinator, Department of Health and Human Physiology

2022 – 2025 Co-Chair, Diversity, Equity, and Inclusion Committee, Department of Health and Human Physiology

2021 – 2022 Search Committee Member, Assistant Professor (Tenure Track), Department of Health and Human Physiology (Successful Search)

2021 – 2022 Awards Committee, Department of Health and Human Physiology

2020 – 2022 Social Media Committee, Department of Health and Human Physiology

2019 – 2020 Member, Faculty Development and Research Committee. School of Kinesiology, Applied Health, and Recreation, Oklahoma State University.

2019 – 2020 Member, Faculty Development and Research Committee. College of Education, Health, and Aviation, Oklahoma State University.

2019 – 2020 Culture Committee, New College Growth Initiative, Oklahoma State University.

2020 Oklahoma State University Graduate College, “Building Your Network of Mentors” Lunch n Learn Faculty Facilitator

2019 Oklahoma State University, Three Minute Presentation (3MP) Competition Judge

2019 Strategic Committee on Research Excellence (SCORE) Promising Young Investigators Focus Group for Improving Research Infrastructure at OSU.

2018 Search Committee Chair. Assistant Professor of Applied Exercise Science. School of Kinesiology, Applied Health, and Recreation, OSU. (Successful Search)

2018 – 2020 Education and Curriculum Working Group. Brain Initiative. OSU.

2017 – 2019 Chair, Student Affairs. School of Kinesiology, Applied Health, and Recreation, OSU.

2017 – 2019 Student Affairs Committee. College of Education, Health, and Aviation, OSU.

2017 Search Committee. Assistant Professor of Applied Exercise Science. School of Kinesiology, Applied Health, and Recreation, OSU. (Successful Search)

2017 – 2019 Oklahoma State University Powerlifting Club, Faculty Advisor.

Affiliations/Memberships

- American Physiological Society
- American Heart Association
- North American Artery Society
- Sleep Research Society
- National Strength and Conditioning Association
- American College of Sports Medicine
- Phi Epsilon Kappa Fraternity