

# CURRICULUM VITAE

## **KYLE S. LEVERS, Ph.D., CSCS,\*D**

950 New Hampshire Avenue, NW  
Washington, DC 20052  
Phone: 202.994.7122  
klevers@gwu.edu

### **EDUCATION**

---

#### **Doctor of Philosophy – December 2015**

Exercise Physiology  
Texas A&M University College of Education and Human Development

#### **Master of Science – May 2011**

Exercise Physiology/Strength and Conditioning  
George Washington University School of Public Health & Health Services

#### **Bachelor of Arts – May 2009**

Exercise Science and Chemistry  
McDaniel College

### **PROFESSIONAL EXPERIENCE**

---

#### **Assistant Professor of Exercise and Nutrition Sciences**

**Director, Metabolism and Exercise Testing Laboratory & EXNS Academic Laboratories**  
Department of Exercise and Nutrition Sciences  
George Washington University  
Washington, DC (July 2018 – Present)

#### **Assistant Professor of Kinesiology**

Department of Health, Athletic Training, Recreation, and Kinesiology  
Longwood University  
Farmville, VA (August 2016 – June 2018)

#### **Doctoral Research Assistant**

Exercise and Sport Nutrition Laboratory  
Department of Health and Kinesiology  
Texas A&M University  
College Station, TX (August 2011 – August 2015)

#### **Graduate Teaching Assistant/Teaching Laboratory Director**

Department of Exercise Science  
George Washington University  
Washington, DC (August 2009 – July 2011)

### **NON-ACADEMIC EMPLOYMENT**

#### **Assistant Varsity Coach-Girls Soccer**

St. Anne's-Belfield School  
Charlottesville, VA (March 2021—June 2021)

**Director of Sports Performance and Nutrition, Co-Owner**

Nexxt Level Performance Academy  
Voorhees Township, NJ (August 2015—August 2016)

**Co-Founder**

KYGO Systems  
[start-up blood pressure monitoring wearable technology company]  
College Station, TX (September 2013 – December 2015)

**Professional Personal Trainer**

Innovative Fitness Bryan-College Station  
College Station, TX (July 2012 – January 2015)

**Volunteer Strength and Conditioning Coach**

**Performance Research Specialist**  
Department of Athletics  
Texas A&M University  
College Station, TX (January 2012 – January 2013)

**Assistant Strength and Conditioning Coach**

Department of Athletics and Recreation  
George Washington University  
Washington, DC (July 2010 – August 2011)

**Professional Personal Trainer**

Lerner Health and Wellness Center  
Department of Athletics and Recreation  
The George Washington University  
Washington, DC (December 2009 – August 2011)

**Director of Strength and Conditioning Operations****Athletic Performance Facility and Program Design Consultant**

Nexxt Level Sports  
Voorhees Township, NJ (August 2009 – August 2015)

**Strength and Conditioning Coach**

Nexxt Level Sports  
Voorhees Township, NJ (December 2006 – August 2009)

**TEACHING**

---

**Undergraduate Courses**

- Undergraduate Research (EXNS 3995), George Washington University
- Training & Conditioning Program Design & Application I (EXNS 3103), George Washington University
- Kinesiology Lecture and Laboratory (EXNS 2113), George Washington University [in-person & virtual]
- Exercise Physiology II Lecture and Laboratory (EXNS 2112), George Washington University
- Exercise Physiology I Lecture and Laboratory (EXNS 2111), George Washington University [in-person & virtual]
- Sports & Nutrition (EXNS 1118), George Washington University [in-person & virtual]
- Senior Honors Research in Kinesiology (KINS 498), Longwood University
- Research Methods in Exercise Science (KINS 470), Longwood University
- Advanced Strength & Conditioning for Performance Enhancement (KINS 416), Longwood University
- Sports Nutrition (KINS 376), Longwood University

- Essentials of Strength & Conditioning (KINS 316), Longwood University
- Motor Learning & Control (KINS 218), Longwood University
- Applied Exercise Physiology for Coaches (KINE 302), Texas A&M University
- Sports Nutrition (KINE 305), Texas A&M University
- Anatomy and Physiology I Lecture (GTA) and Laboratory (EXSC 154), George Washington University
- Anatomy and Physiology II Lecture (GTA) and Laboratory (EXSC 155), George Washington University

#### Graduate Courses

- Independent Study in Public Health (PUBH 6010), George Washington University
- Thesis Research (EXNS 6998), George Washington University
- Advanced Exercise Physiology II Lecture and Laboratory (EXNS 6203), George Washington University [hybrid & virtual]
- Physiology of Strength and Conditioning Lecture and Laboratory (KINE 629), Texas A&M University
- Sports Nutrition (KINE 624), Texas A&M University

## RESEARCH AND SCHOLARSHIP

---

#### Research Interests

As a result of my previous observational research endeavors, my current interest lies in monitoring fatigue, stress, and movement quality as strategies to inform and improve education on human health and performance while reducing the incidence of disease and injury. This path points to the prioritization of health and movement quality as prerequisites for human performance optimization across all populations, including athletes. Applying these aspects in human performance development, I am intrigued by the intersection of movement, sleep, nature exposure, and nutrition as primary informants of human health, stress, durability, and longevity.

#### PUBLICATIONS

##### Trade Publications (Non-Refereed)

1. **Livers K.** *Elementary School to the Pros: The Culture of Specialization in Youth Sport.* Sydney and JL Huffines Institute for Sports Medicine & Human Performance Article Publication Series. Published June 1, 2015.
2. **Livers K.** *Fueling the Lean, Mean Vegetarian Machine.* Sydney and JL Huffines Institute for Sports Medicine & Human Performance Article Publication Series. Published May 25, 2015.
3. **Livers K.** *Rolling Toward Recovery—Theory of Self-Myofascial Release and Foam Rolling.* Sydney and JL Huffines Institute for Sports Medicine & Human Performance Article Publication Series. Published Oct 10, 2012.
4. **Livers K.** *The Power of Water—Recovery of the Modern Athlete.* Sydney and JL Huffines Institute for Sports Medicine & Human Performance Article Publication Series. Published Sept 5, 2012.
5. **Livers K.** *Nature's Gatorade: Effectiveness of Coconut Water on Electrolyte and Carbohydrate Replacement.* Sydney and JL Huffines Institute for Sports Medicine & Human Performance Article Publication Series. Published Feb 27, 2012.

##### Textbook Chapters (Peer-Edited)

1. Colletta A, **Livers K**, Galvan E, Jagim A, Kreider RB. *Exercise Prescription and Strength and Conditioning Considerations.* In: **Sport Nutrition Needs for Child and Adolescent Athletes.** C. Kerksick, E. Fox (Eds.), Taylor & Francis Group, Boca Raton, FL. 239-264. 2016.
2. **Livers K**, Vargo K. *Building Muscle Mass: Physiology, Nutrition, and Supplementation.* In: **Nutritional Supplements in Sports and Exercise,** 2<sup>nd</sup> Ed. M. Greenwood, M. Cooke, T. Ziegenfuss, D. Kalman, J. Antonio (Eds.) Springer Press, Totowa, NJ. 123-157. 2015.

## Published Research Manuscripts (Peer-Reviewed)

1. KM. Vargo, **KS. Levers**, M. Otterbein, MA. Napolitano, L. DiPietro. *Healthy heroes—wrestling for wellness: an evaluation of a youth social marketing campaign in conjunction with professional wrestling*. [In-Process].
2. **KS. Levers**, TM. Purdom, L. Brown, P. Martin, J. Giles, C. McPherson, J. Howard. *Periodization and the annual training cycle: effects on anaerobic power and capacity in Division I female soccer athletes*. [In-Process].
3. TM. Purdom, **KS. Levers**, J. Giles, L. Brown, C. McPherson, J. Howard. *Accumulative competitive season training stress affects neuromuscular function and increases injury risk in uninjured D1 female athletes*. **Frontiers in Sport and Active Living**. 2:610475. 2021.
4. TM. Purdom, **KS. Levers**, C. McPherson, J. Giles, L. Brown. *A longitudinal prospective study: The effect of annual seasonal transition and coaching influence on aerobic capacity and body composition in Division I female soccer players*. **Sports**. 8:107. 2020.
5. M. Galbreath, B. Campbell, P. LaBounty, J. Bunn, J. Dove, T. Harvey, G. Hudson, J.L. Gutierrez, **K. Levers**, E. Galvan, A. Jagim, L. Greenwood, M.B. Cooke, M. Greenwood, C. Rasmussen, R.B. Kreider. *Effects of adherence to a higher protein diet on weight loss, markers of health, and functional capacity in older women participating in a resistance-based exercise program*. **Nutrients**. 10:8. 2018.
6. A. Naderi, S. Rezai, A. Moussa, **K. Levers**, C.P. Earnest. *Fruit for sport*. **Trends in Food Science & Technology**. 74. 2018.
7. C. Baetge, C.P. Earnest, B. Lockard, A. Coletta, E. Galvan, C. Rasmussen, **K. Levers**, S. Simbo, Y.P. Jung, M. Koozehchian, M. Mardock, J. Oliver, R. Dalton, B. Sanchez, M.J. Byrd, D. Khanna, A. Jagim, J. Kresta, M. Greenwood, R.B. Kreider. *Efficacy of a randomized control trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women*. **Applied Physiology, Nutrition, and Metabolism**. 42:2. 2017.
8. **K. Levers**, R. Dalton, E. Galvan, A. O'Connor, C. Goodenough, S. Simbo, S.U. Mertens-Talcott, C. Rasmussen, M. Greenwood, S. Riechman, S. Crouse, R.B. Kreider. *Effects of powdered Montmorency tart cherry supplementation on acute endurance exercise performance in aerobically trained individuals*. **Journal of the International Society of Sport Nutrition**. 13:22. 2016.
9. E. Galvan, D.K. Walker, S.Y. Simbo, R. Dalton, **K. Levers**, A. O'Connor, C. Goodenough, N.D. Barringer, M. Greenwood, C. Rasmussen, S.B. Smith, S. Riechman, J.D. Fluckey, P.S. Murano, C.P. Earnest, R.B. Kreider. *Acute and chronic safety and efficacy of dose dependent creatine nitrate supplementation and exercise performance*. **Journal of the International Society of Sport Nutrition**. 13:12. 2016.
10. **K. Levers**, R. Dalton, E. Galvan, C. Goodenough, A. O'Connor, S. Simbo, N. Barringer, S.U. Mertens-Talcott, C. Rasmussen, M. Greenwood, S. Riechman, S. Crouse, R.B. Kreider. *Effects of powdered Montmorency tart cherry supplementation on an acute bout of intense lower body strength exercise in resistance trained males*. **Journal of the International Society of Sport Nutrition**. 12:41. 2015.
11. A.R. Jagim, **K. Levers**, E. Galvan, D. Joubert, C. Rasmussen, M. Greenwood, R. Kreider. *Effects of an ultra-endurance event on body composition, exercise performance, and markers of clinical health: A case study*. **Bioenergetics**. 3:119. 2014.

## Published Research Abstracts and Presentations

1. Purdom, TM. **Levers, KS**. Howard, J. Giles, J. *Multi-Frequency BIA to Evaluate Whole Body and Joint Inflammation in Overhead Single Segment Division I Collegiate Athletes*. **2020 National Strength and Conditioning Association National Conference**. Las Vegas, NV. 2020
2. K. Nottingham, M. DiBiasio, N. Wagner, T.M. Purdom, **K.S. Levers**. *Impact of Competitive Season Stress on Indices of Motor Control in D1 Softball Players*. **2019 National Strength and Conditioning Association National Conference**. Washington, DC. July, 12, 2019.
3. K. Nottingham, M. DiBiasio, N. Wagner, T.M. Purdom, **K.S. Levers**. *Impact of Competitive Season Stress on Indices of Motor Control in D1 Softball Players*. **2019 George Washington University Research Day Symposium**. Washington, DC. April 10, 2018.
4. L. Brown, **K.S. Levers**, T.M. Purdom, P. Martin, J. Giles, C. McPherson, J. Howard. *Effect of Self-Directed Summer Training on Competitive Season Anaerobic Power Maintenance in Division I Female Soccer Athletes*. **2018 National Strength and Conditioning Association National Conference**. Indianapolis, IN. July 12, 2018.

5. P. Martin, **K.S. Levers**, T.M. Purdom, L. Brown, J. Giles, C. McPherson, J. Howard. *Influence of Movement Quality on Anaerobic Performance Throughout the Competitive Season in Division I Female Soccer Players*. **2018 National Strength and Conditioning Association National Conference**. Indianapolis, IN. July 12, 2018.
6. Giles, J. Purdom, T.M. **Levers, K.S.** McPherson, C. Brown, L. Howard, J. Martin, P. *Training Stress on Lower Body Mobility, Joint Symmetry, and Anaerobic Power in Division I Female Soccer Players Across the Competitive Season*. **2018 National Strength and Conditioning Association National Conference**. Indianapolis, IN. July 12, 2018.
7. McPherson, C. Purdom, T.M. **Levers, K.S.** Giles, J. Brown, L. Howard, J. Martin, P. *The Effect of the Annual Training Cycle on Aerobic Capacity in Division I Female Soccer Players*. **2018 National Strength and Conditioning Association National Conference**. Indianapolis, IN. July 12, 2018.
8. Howard, J. Purdom, T.M. **Levers, K.S.** Giles, J. McPherson, C. Brown, L. Howard, J. Martin, P. *Evaluation of Running Anaerobic Sprint Test (RAST) in Division I Female Soccer Players Across the Summer and Competitive Seasons*. **2018 National Strength and Conditioning Association National Conference**. Indianapolis, IN. July 12, 2018.
9. Giles, J., Wind, T., Leake, C., Yardley, S., **Levers, K.S.**, Purdom, T.M. *A Double-Blind, Placebo-Controlled Crossover Study of Low Dose Creatine on Cognitive Function Before and After High Intensity Exercise*. **2018 International Society of Sports Nutrition National Conference**. Clearwater Beach, FL. June 9, 2018.
10. **Levers, K.S.**, Purdom, T.M., Giles, J., Brown, L., McPherson, C., Fry, N. *Comparison of Different RMR Prediction Equations Surrounding a Nine-Week Detraining Period in Division I Female Soccer Athletes*. **2018 International Society of Sports Nutrition National Conference**. Clearwater Beach, FL. June 9, 2018.
11. L. Brown, **K. Levers**, T. Purdom, N. Fry, D. Wetzel, J. Giles. *Effects of Short-Term Detraining on Measures of Anaerobic Power in Division I Female Soccer Athletes*. **2017 National Strength and Conditioning Association National Conference**. Las Vegas, NV. July 15, 2017.
12. J. Giles, T. Purdom, **K. Levers**, D. Wetzel, N. Fry, L. Brown. *Using Lower Body Mobility Testing to Evaluate Detraining Effect on Muscle Balance and Joint Symmetry in Division I Female Soccer Players*. **2017 National Strength and Conditioning Association National Conference**. Las Vegas, NV. July 15, 2017.
13. **K. Levers**, T. Purdom, D. Wetzel, J. Giles, L. Brown, N. Fry. *Comparison of Different RMR Prediction Equations Surrounding a Nine-Week Detraining Period in Division I Female Soccer Athletes*. **2017 International Society of Sports Nutrition National Conference**. Phoenix, AZ. June 24, 2017.
14. N.H. Fry, T.M. Purdom, **K.S. Levers**, L. Brown, D.E. Wetzel, J.R. Giles. *The Effect of Detraining and Body Composition on Anaerobic Power Production in Female Collegiate Athletes*. **2017 International Society of Sports Nutrition National Conference**. Phoenix, AZ. June 24, 2017.
15. A. Reyes<sup>1</sup>, A. Kieffer<sup>1</sup>, B. Sanchez<sup>2</sup>, A. Coletta<sup>2</sup>, M. Koozehchian<sup>2</sup>, A. O' Connor<sup>1</sup>, R. Dalton<sup>2</sup>, R. Sowinski<sup>1</sup>, M. Cho<sup>2</sup>, C. Goodenough<sup>2</sup>, S. Springer<sup>2</sup>, **K. Levers<sup>2</sup>**, E. Galvan<sup>2</sup>, S. Simbo<sup>2</sup>, C. Rasmussen<sup>2</sup>, R. L. Walzem<sup>3,4</sup>, R. Kreider<sup>2</sup>. *The Effects of Weight Loss Intervention on HDL Sub-fractions and How Changes Reflect Increased Functionality and Reduced Risks for Cardiovascular Disease*. 9071. **2016 Federation of American Societies of Experimental Biology Meeting**. San Diego, CA, April 4, 2016.
16. **K. Levers<sup>1</sup>**, R. Dalton<sup>1</sup>, E. Galvan<sup>1</sup>, C. Goodenough<sup>1</sup>, A. O'Connor<sup>1</sup>, S. Simbo<sup>1</sup>, N. Barringer<sup>1</sup>, S. Mertens-Talcott<sup>2</sup>, C. Rasmussen<sup>1</sup>, M. Greenwood<sup>1</sup>, R. Kreider<sup>1</sup>. *Powdered Tart Cherry Supplementation Surrounding a Single Bout of Intense Resistance Exercise Demonstrates Potential Attenuation of Recovery Strength Decrement with No Definitive Oxidative or Inflammatory Effect*. **2015 International Society of Sports Nutrition National Conference**. Austin, TX, June 13, 2015.
17. A. O'Connor<sup>1</sup>, **K. Levers<sup>1</sup>**, R. Dalton<sup>1</sup>, E. Galvan<sup>1</sup>, C. Goodenough<sup>1</sup>, S. Simbo<sup>1</sup>, S. Mertens-Talcott<sup>2</sup>, C. Rasmussen<sup>1</sup>, M. Greenwood<sup>1</sup>, R. Kreider<sup>1</sup>. *Short-Term Powdered Tart Cherry Supplementation Encircling an Acute Endurance Challenge Potentially Increases Running Performance and Attenuates Post-Race Markers of Inflammation*. **2015 International Society of Sports Nutrition National Conference**. Austin, TX, June 13, 2015.
18. E. Galvan<sup>1</sup>, A. O'Connor<sup>1</sup>, C. Goodenough<sup>1</sup>, R. Dalton<sup>1</sup>, **K. Levers<sup>1</sup>**, N. Barringer<sup>1</sup>, M. Cho<sup>1</sup>, Y.P. Jung<sup>1</sup>, M. Greenwood<sup>1</sup>, C. Rasmussen<sup>1</sup>, P.S. Murano<sup>2</sup>, C.P. Earnest<sup>1,3</sup> and R. Kreider<sup>1</sup>. *Effects of 28 Days of Two Creatine Nitrate Based Dietary Supplements on Bench Press Power in Recreationally Active Males*. **2015 International Society of Sports Nutrition National Conference**. Austin, TX, June 13, 2015.
19. **K. Levers**, E. Galvan, A. Coletta, R. Dalton, Y.P. Jung, A. O'Connor, C. Goodenough, S. Simbo, M. Koozehchian, B. Sanchez, C. Rasmussen, M. Greenwood, C.P. Earnest and R. Kreider. *Analysis of Correlational Validity Between*

- OGTT Results and a Carbohydrate Intolerance Questionnaire.* LB 236. **2015 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 1, 2015.
20. **K. Levers**, C. Rasmussen, M. Greenwood, C.P. Earnest and R. Kreider. *Establishing Regression Parameters to Simplify Determination of Carbohydrate Intolerance.* LB 237. **2015 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 1, 2015.
  21. B. Sanchez<sup>1</sup>, A. Coletta<sup>1</sup>, E. Galvan<sup>1</sup>, R. Dalton<sup>1</sup>, A. O'Connor<sup>1</sup>, M. Koozehchian<sup>1</sup>, A. Reyes<sup>1</sup>, C. Goodenough<sup>1</sup>, M. Cho<sup>1</sup>, Y.P. Jung<sup>1</sup>, **K. Levers**<sup>1</sup>, S. Simbo<sup>1</sup>, S. Springer<sup>1</sup>, L. Wilkins<sup>2</sup>, C. Rasmussen<sup>1</sup> and R. Kreider<sup>1</sup>. *Influence of Metabolic Genotyping on Weight Loss and Body Composition in Women Participating in a 6 Month Diet and Exercise Program: Preliminary Findings.* LB 240. **2015 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 1, 2015.
  22. A. Coletta<sup>1</sup>, B. Sanchez<sup>1</sup>, A. O'Connor<sup>1</sup>, R. Dalton<sup>1</sup>, S. Springer<sup>1</sup>, M. Koozehchian<sup>1</sup>, Y.P. Jung<sup>1</sup>, S. Simbo<sup>1</sup>, M. Cho<sup>1</sup>, C. Goodenough<sup>1</sup>, A. Reyes<sup>1</sup>, E. Galvan<sup>1</sup>, **K. Levers**<sup>1</sup>, K. Wilkins<sup>2</sup>, C. Rasmussen<sup>1</sup> and R. Kreider<sup>1</sup>. *Influence of Obesity-Related Genotype on Weight Loss Success and Body Composition Changes While Participating in an a 3-Month Exercise and Weight Loss Program: Preliminary Findings.* LB 241. **2015 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 1, 2015.
  23. D. Khanna, E. Galvan, C. Baetge, **K. Levers**, S. Simbo, M. Byrd, Y.P. Jung, M. Koozehchian, C. Rasmussen, M. Greenwood and R. Kreider. *Effects of an Exercise and Diet-Induced Weight Loss Program on Resistin and Visfatin in Sedentary Obese Women.* LB 254. **2015 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 1, 2015.
  24. Y.P. Jung<sup>1</sup>, M. Cho<sup>1</sup>, A. O'Connor<sup>1</sup>, C. Chang<sup>1</sup>, M. Koozehchian<sup>1</sup>, C. Goodenough<sup>1</sup>, N. Barringer<sup>1</sup>, F. Ayadi<sup>1</sup>, D. Walker<sup>1</sup>, S. Simbo<sup>1</sup>, E. Galvan<sup>1</sup>, R. Dalton<sup>1</sup>, **K. Levers**<sup>1</sup>, E. Garcia<sup>1</sup>, C. Mitchell<sup>1</sup>, C. Rasmussen<sup>1</sup>, M. Greenwood<sup>1</sup>, P. Murano<sup>2</sup>, C.P. Earnest<sup>3</sup> and R. Kreider<sup>1</sup>. LB 238. *Effects of Pre-Workout Supplement on Strength, Anaerobic Power, and Body Composition.* **2015 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 1, 2015.
  25. Y.P. Jung<sup>1</sup>, M. Cho<sup>1</sup>, A. O'Connor<sup>1</sup>, C. Chang<sup>1</sup>, M. Koozehchian<sup>1</sup>, C. Goodenough<sup>1</sup>, N. Barringer<sup>1</sup>, F. Ayadi<sup>1</sup>, D. Walker<sup>1</sup>, S. Simbo<sup>1</sup>, E. Galvan<sup>1</sup>, R. Dalton<sup>1</sup>, **K. Levers**<sup>1</sup>, E. Garcia<sup>1</sup>, C. Mitchell<sup>1</sup>, C. Rasmussen<sup>1</sup>, M. Greenwood<sup>1</sup>, P. Murano<sup>2</sup>, C.P. Earnest<sup>3</sup> and R. Kreider<sup>1</sup>. LB 239. *Effects of 8 Weeks Ingestion of a Pre-Workout Supplement With and Without Synephrine on Cognitive Function, and Perceptions of Readiness to Perform.* **2015 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 1, 2015.
  26. E. Galvan<sup>1</sup>, Y.P. Jung<sup>1</sup>, M. Cho<sup>1</sup>, A. O'Connor<sup>1</sup>, C. Chang<sup>1</sup>, M. Koozehchian<sup>1</sup>, C. Goodenough<sup>1</sup>, N. Barringer<sup>1</sup>, F. Ayadi<sup>1</sup>, D. Walker<sup>1</sup>, S. Simbo<sup>1</sup>, R. Dalton<sup>1</sup>, **K. Levers**<sup>1</sup>, E. Garcia<sup>1</sup>, C. Mitchell<sup>1</sup>, C. Rasmussen<sup>1</sup>, M. Greenwood<sup>1</sup>, P. Murano<sup>2</sup>, C.P. Earnest<sup>3</sup> and R. Kreider<sup>1</sup>. *Acute Hemodynamic, Hematologic and Dose Effects of Ingesting Two Creatine Nitrate Based Dietary Supplements.* LB 250. **2015 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 1, 2015.
  27. E. Galvan<sup>1</sup>, D. Walker<sup>1</sup>, S. Simbo<sup>1</sup>, A. O'Connor<sup>1</sup>, C. Goodenough<sup>1</sup>, R. Dalton<sup>1</sup>, **K. Levers**<sup>1</sup>, N. Barringer<sup>1</sup>, M. Cho<sup>1</sup>, M. Koozehchian<sup>1</sup>, F. Ayadi<sup>1</sup>, Y.P. Jung<sup>1</sup>, C. Rasmussen<sup>1</sup>, M. Greenwood<sup>1</sup>, P. Murano<sup>2</sup>, C.P. Earnest<sup>3</sup> and R. Kreider<sup>1</sup>. *Effects of 28 Days of Two Creatine Nitrate Based Dietary Supplements on Body Composition and Exercise Performance in Recreationally Active Males.* LB 248. **2015 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 1, 2015.
  28. B. Sanchez, A. Coletta, E. Galvan, Y.P. Jung, R. Dalton, **K. Levers**, M. Koozehchian, S. Simbo, A. O'Connor, A. Reyes, S. Springer, C. Goodenough, M. Cho, C. Rasmussen, R.B. Kreider. *Influence of Five Obesity Related Gene SNPS on Body Composition and Health Markers in Sedentary, Obese Women.* **2014 Southeastern Conference (SEC) Symposium.** Atlanta, GA, September, 21, 2014.
  29. J. Howell, B. Sanchez, A. Coletta, E. Galvan, Y.P. Jung, R. Dalton, **K. Levers**, M. Koozehchian, S. Simbo, A. O'Connor, A. Reyes, S. Springer, C. Goodenough, M. Cho, C. Rasmussen, R.B. Kreider. *Influence of ADRB2-79 and ADRB3 Metabolic Gene Single Nucleotide Polymorphisms on Body Composition and Fitness.* **2014 College of Medicine Undergraduate Summer Research Program Poster Presentations.** Texas A&M University, College Station, TX, August 5, 2014.
  30. A.R. Jagim, **K. Levers**, E. Galvan, D. Joubert, C. Rasmussen, M. Greenwood, R. Kreider. *Effects of an Ultra-Endurance Event on Energy Balance, Body Composition and Training Adaptations: A Case Study.* **2014 National Strength and Conditioning Association National Conference.** Las Vegas, NV, July, 10, 2014.
  31. **K. Levers**, R. Dalton, E. Galvan, C. Goodenough, A. O'Connor, S. Simbo, N. Barringer, J. Carter, C. Seesselberg, Y.P. Jung, A. Coletta, S. Mertens-Talcott, C. Rasmussen, M. Greenwood, R. Kreider. *Powdered Tart Cherry*

- Supplementation Demonstrates Benefit on Markers of Catabolism and Muscle Soreness following an Acute Bout of Intense Lower Body Resistance Exercise.* Abstract #33. **2014 International Society of Sports Nutrition National Conference.** Clearwater Beach, FL, June 21, 2014.
32. R. Dalton, **K. Levers**, E. Galvan, C. Goodenough, A. O'Connor, S. Simbo, N. Barringer, J. Carter, C. Seesselberg, Y.P. Jung, A. Coletta, S. Mertens-Talcott, C. Rasmussen, M. Greenwood, R. Kreider. *Powdered Tart Cherry Supplementation Moderates Post-Exercise Immunosuppression, Total Cholesterol, and Antioxidant Status with No Effect on Performance Recovery following an Acute Bout of Intense Lower Body Resistance Exercise.* Abstract #34. **2014 International Society of Sports Nutrition National Conference.** Clearwater Beach, FL, June 21, 2014.
  33. E. Galvan, **K. Levers**, R. Dalton, C. Goodenough, A. O'Connor, S. Simbo, N. Barringer, J. Carter, C. Seesselberg, Y.P. Jung, A. Coletta, M. Koozehchian, B. Sanchez, S. Springer, M. Cho, S. Mertens-Talcott, C. Rasmussen, M. Greenwood, R. Kreider. *Powdered Tart Cherry Supplementation Effectively Reduces Markers of Catabolism and Perceptions of Muscle Soreness following an Acute Bout of Intense Endurance Exercise.* Abstract #35. **2014 International Society of Sports Nutrition National Conference.** Clearwater Beach, FL, June 21, 2014.
  34. C. Goodenough, **K. Levers**, R. Dalton, E. Galvan, A. O'Connor, S. Simbo, N. Barringer, J. Carter, C. Seesselberg, Y.P. Jung, A. Coletta, M. Koozehchian, B. Sanchez, S. Springer, M. Cho, S. Mertens-Talcott, C. Rasmussen, M. Greenwood, R. Kreider. *Powdered Tart Cherry Supplementation Mitigates the Post-Exercise Immune Response with Reduction in Total Antioxidant Status and Serum Triglyceride Levels following an Acute Bout of Intense Endurance Exercise.* Abstract #36. **2014 International Society of Sports Nutrition National Conference.** Clearwater Beach, FL, June 21, 2014.
  35. Y.P. Jung, C. Goodenough, M. Cho, A. O'Connor, R. Dalton, **K. Levers**, E. Galvan, N. Barringer, F. Ayadi, J. Carter, M. Koozehchian, S. Simbo, A. Reyes, B. Sanchez, A. Coletta, C. Rasmussen, R.B. Kreider. *Thermogenic and hemodynamic effects of ingesting a pre-workout supplement with and without synephrine.* Abstract #36. **2014 International Society of Sports Nutrition National Conference.** Clearwater Beach, FL, June 21, 2014.
  36. M. Cho, Y.P. Jung, C. Goodenough, A. O'Connor, R. Dalton, **K. Levers**, E. Galvan, N. Barringer, F. Ayadi, J. Carter, M. Koozehchian, S. Simbo, A. Reyes, B. Sanchez, A. Coletta, C. Rasmussen, R.B. Kreider. *Effects of ingesting a pre-workout supplement with and without synephrine on cognitive function, perceptions of readiness to perform, and exercise performance.* Abstract #37. **2014 International Society of Sports Nutrition National Conference.** Clearwater Beach, FL, June 21, 2014.
  37. A. O'Connor, **K. Levers**, E. Galvan, A. Coletta, R. Dalton, Y.P. Jung, C. Goodenough, S. Simbo, C. Seesselberg, B. Bonin, M. Koozehchian, B. Sanchez, N. Barringer, C. Rasmussen, M. Greenwood, R. Kreider. *Analysis of the validity of a carbohydrate intolerance questionnaire I.* LB305. **2014 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 30, 2014.
  38. C. Goodenough, **K. Levers**, E. Galvan, A. Coletta, R. Dalton, Y.P. Jung, A. O'Connor, S. Simbo, C. Seesselberg, B. Bonin, M. Koozehchian, B. Sanchez, N. Barringer, C. Rasmussen, M. Greenwood, R. Kreider. *Analysis of the validity of a carbohydrate intolerance questionnaire II.* LB304. **2014 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 30, 2014.
  39. M. Koozehchian, **K. Levers**, E. Galvan, A. Coletta, R. Dalton, Y.P. Jung, A. O'Connor, C. Goodenough, S. Simbo, C. Seesselberg, B. Bonin, M. Koozehchian, B. Sanchez, N. Barringer, C. Rasmussen, R. Kreider. *Analysis of the validity of a carbohydrate intolerance questionnaire III.* LB303. **2014 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 30, 2014.
  40. S. Springer, B. Lockard, C. Baetge, Y.P. Jung, **K. Levers**, E. Galvan, A. Jagim, S. Simbo, M. Byrd, J. Oliver, M. Koozehchian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Chang, C. Rasmussen, R. Kreider. *Comparative effectiveness of popular diet programs on changes in android and gynoid body composition in women.* LB301. **2014 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 30, 2014.
  41. R. Dalton, **K. Levers**, E. Galvan, A. Coletta, Y.P. Jung, A. O'Connor, C. Goodenough, S. Simbo, C. Seesselberg, B. Bonin, M. Koozehchian, B. Sanchez, N. Barringer, C. Rasmussen, M. Greenwood, R. Kreider. *Assessment of factors related to carbohydrate intolerance III: Fasting HOMA.* LB300. **2014 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 30, 2014.
  42. **K. Levers**, E. Galvan, A. Coletta, R. Dalton, Y.P. Jung, A. O'Connor, C. Goodenough, S. Simbo, C. Seesselberg, B. Bonin, M. Koozehchian, B. Sanchez, N. Barringer, C. Rasmussen, M. Greenwood, R. Kreider. *Assessment of factors related to carbohydrate intolerance I: OGTT glucose AUC.* LB299. **2014 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 30, 2014.

43. E. Galvan, **K. Levers**, A. Coletta, R. Dalton, Y.P. Jung, A. O'Connor, C. Goodenough, S. Simbo, C. Seesselberg, B. Bonin, M. Koozehchian, B. Sanchez, N. Barringer, C. Rasmussen, M. Greenwood, R. Kreider. *Assessment of factors related to carbohydrate intolerance II: OGTT glucose at 120 minutes*. LB298. **2014 Federation of American Societies of Experimental Biology Meeting**. San Diego, CA, April 30, 2014.
44. Y.P. Jung, B. Lockard, C. Baetge, **K. Levers**, E. Galvan, A. Jagim, S. Simbo, M. Byrd, J. Oliver, M. Koozehchian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Chang, C. Rasmussen, R. Kreider. *Comparative effectiveness of popular diet programs on changes in body composition and visceral adipose tissue in women*. LB297. **2014 Federation of American Societies of Experimental Biology Meeting**. San Diego, CA, April 30, 2014.
45. **K. Levers**, S. Simbo, Y.P. Jung, E. Galvan, R. Dalton, M. Koozehchian, D. Khanna, B. Sanchez, N. Barringer, A. Coletta, J. Carter, S. Springer, M. Cho, C. Goodenough, A. O'Connor, C. Rasmussen, R. Kreider. *A Comprehensive Review detailing the Effects of Tart Cherry Supplementation on Markers of Inflammation, Muscle Damage, and Soreness following Acute Bouts of Intense Resistance and Endurance Exercise*. **2014 20<sup>th</sup> Anniversary Vegetable and Fruit Conference**, Texas A&M University, College Station, TX, February, 25, 2014.
46. Byrd, S. Simbo, Y.P. Jung, B. Sanchez, M.Cho, C.W. Lee, B. Lockard, C. Baetge, **K. Levers**, E. Galvan, A. Jagim, J.M. Oliver, R. Dalton, B. Bessire, K. Horrell, T. Leopold, M. Koozehchian, D. Khanna, K. Shimkus, W. Gapinsky, M. Perez, J. Hart, S. Riechman, J. Fluckey, M. Greenwood, C. Rasmussen, R. Kreider. *Effects of immediate or delayed nutrient timing following resistance exercise on changes in mixed muscle fractional synthesis rate (FSR) in post-menopausal women participating in a weight loss program*. **2013 International Society of Sports Nutrition National Conference**. Colorado Springs, CO, June 6, 2013.
47. S. Simbo, A. Roque-Andrade, S. Mertens-Talcott, C. Baetge, B. Lockard, **K. Levers**, E. Galvan, Y.P. Jung, A. Jagim, M. Byrd, C. Rasmussen, R. Kreider. *Effects of exercise and diet-induced weight loss on markers of inflammation II: impact on microRNA 21 and microRNA 146a expression and their regulatory role*. **2013 International Society of Sports Nutrition National Conference**. Colorado Springs, CO, June 6, 2013.
48. **K. Levers**, C. Baetge, B. Lockard, S. Simbo, E. Galvan, Y.P. Jung, A. Jagim, M. Byrd, C. Rasmussen, R. Kreider. *Effects of exercise and diet-induced weight loss on markers of inflammation I: impact on body composition and markers of health and fitness*. **2013 International Society of Sports Nutrition National Conference**. Colorado Springs, CO, June 6, 2013.
49. Y. Jung, M. Byrd, C. Baetge, B. Lockard, **K. Levers**, E.Galvan, A. Jagim, S. Simbo, J. Oliver, M. Koozehchian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes fat loss with no loss in fat free mass in postmenopausal women*. LB333. **2013 Federation of American Societies of Experimental Biology Meeting**. Boston, MA, April 24, 2013.
50. M. Byrd, Y. Jung, B. Lockard, C. Baetge, **K. Levers**, E.Galvan, A. Jagim, S. Simbo, J. Oliver, M. Koozehchian, D. Khanna, R. Dalton, B. Sanchez, K. Horrell, T. Leopold, M. Cho, J. Fluckey, S. Riechman, M. Greenwood, J. Hart, K. Shimus, W. Gapinski, M. Pere. *Effects of nutrient timing following resistance-exercise on changes in body composition in post-menopausal women participating in weight loss program*. LB335. **2013 Federation of American Societies of Experimental Biology Meeting**. Boston, MA, April 24, 2013.
51. Jagim, M. Byrd, B. Lockard, C. Baetge, **K. Levers**, E.Galvan, S. Simbo, Y. Jung, J. Oliver, M. Koozehchian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes positive changes in blood glucose and lipids in post-menopausal women*. LB336. **2013 Federation of American Societies of Experimental Biology Meeting**. Boston, MA, April 24, 2013.
52. **K. Levers**, B. Lockard, C. Baetge, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozehchian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adding access to online meal plans and monitoring to a structured weight loss program with resistance-exercise promotes more positive changes in triglycerides*. LB338. **2013 Federation of American Societies of Experimental Biology Meeting**. Boston, MA, April 24, 2013.
53. R. Dalton, B. Lockard, C. Baetge, **K. Levers**, E.Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozehchian, D. Khanna, R. Dalton, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Effects of participation in popular weight loss and fitness programs on insulin and leptin in women*. LB339. **2013 Federation of American Societies of Experimental Biology Meeting**. Boston, MA, April 24, 2013.



54. E. Galvan, B. Lockard, C. Baetge, **K. Levers**, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in blood lipids when compared to other popular weight loss programs.* LB340. **2013 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 24, 2013.
55. B. Lockard, C. Baetge, **K. Levers**, E. Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in body composition when compared to other popular weight loss programs.* LB341. **2013 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 24, 2013.
56. C. Baetge, B. Lockard, **K. Levers**, E. Galvan, A. Jagim, S. Simbo, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Adding access to online meal plans and monitoring improves success to a structured weight loss program with resistance-exercise in women.* LB342. **2013 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 24, 2013.
57. S. Simbo, B. Lockard, C. Baetge, **K. Levers**, E. Galvan, A. Jagim, M. Byrd, Y. Jung, J. Oliver, M. Koozechian, R. Dalton, D. Khanna, B. Sanchez, J. Kresta, K. Horrell, T. Leopold, M. Cho, S. Springer, A. Rivera, C. Cerda, C. Rasmussen and R. Kreider. *Effects of participation in popular weight loss and fitness programs on markers of health and fitness in women.* LB306. **2013 Federation of American Societies of Experimental Biology Meeting.** Boston, MA, April 24, 2013.
58. C. Baetge, B. Lockard, M. Mardock, S. Simbo, Y. Jung, E. Galvan, **K. Levers**, M. Byrd, M. Koozchchian, D. Khanna, B. Sanchez, A. Jagim, J. Oliver, J. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen and R. Kreider. Texas A&M University. *Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women I: Body Composition and Resting Energy Expenditure.* **2012 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 21, 2012.
59. Y. Jung, C. Baetge, B. Lockard, M. Mardock, S. Simbo, E. Galvan, **K. Levers**, M. Byrd, M. Koozchchian, D. Khanna, B. Sanchez, A. Jagim, J. Oliver, J. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen and R. Kreider. Texas A&M University. *Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women II: Health & Fitness Markers.* **2012 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 21, 2012.
60. M. Koozchchian, C. Baetge, B. Lockard, M. Mardock, S. Simbo, Y. Jung, E. Galvan, **K. Levers**, M. Byrd, D. Khanna, B. Sanchez, A. Jagim, J. Oliver, J. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen and R. Kreider. Texas A&M University. *Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women III: Fasting Blood Lipids and Glucose.* **2012 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 21, 2012.
61. E. Galvan, C. Baetge, B. Lockard, M. Mardock, S. Simbo, Y. Jung, **K. Levers**, M. Byrd, M. Koozchchian, D. Khanna, B. Sanchez, A. Jagim, J. Oliver, J. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen and R. Kreider. Texas A&M University. *Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women IV: Bone, Protein and Liver Status.* **2012 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 21, 2012.
62. **K. Levers**, C. Baetge, B. Lockard, M. Mardock, S. Simbo, Y. Jung, E. Galvan, M. Byrd, M. Koozchchian, D. Khanna, B. Sanchez, A. Jagim, J. Oliver, J. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen and R. Kreider. Texas A&M University. *Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women V: Perception of Quality of Diets.* **2012 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 21, 2012.
63. D. Khanna, C. Baetge, B. Lockard, M. Mardock, S. Simbo, Y. Jung, E. Galvan, **K. Levers**, M. Byrd, M. Koozchchian, B. Sanchez, A. Jagim, J. Oliver, J. Kresta, K. Horrell, T. Leopold, M. Cho, C. Rasmussen and R. Kreider. Texas A&M University. *Comparison of the Efficacy of Popular Weight Loss Programs in Sedentary Overweight Women VI: Quality of Life.* **2012 Federation of American Societies of Experimental Biology Meeting.** San Diego, CA, April 21, 2012.

## Research Experience

1. Impact of an ultra-endurance backpacking event on markers of health, human performance, and recovery: a case study (2022). [Funded by Department of Exercise and Nutrition Sciences—Metabolism and Exercise Testing Laboratory, George Washington University]. K. Levers (PI). **Study Coordinator and Primary-Investigator.**
2. Impact of 16-week self-programmed and unrestricted training on health, physiological, and performance readiness metrics in special warfare ROTC cadets (2021-2022). [Funded by Department of Exercise and Nutrition Sciences—Metabolism and Exercise Testing Laboratory, George Washington University]. K. Levers (PI). **Study Coordinator and Primary-Investigator.**
3. Monitoring training progression with metabolic and physical evaluation in Division I athletes (2018). [Funded by Department of Health, Athletic Training, Recreation, and Kinesiology, Longwood University]. K. Levers (co-PI) and T. Purdom (co-PI). **Study Coordinator and Co-Investigator.**
4. Monitoring annual training progression with physical testing to prevent overtraining and injury in Division I female soccer athletes (2016-2017). [Funded by Department of Health, Athletic Training, Recreation, and Kinesiology, Longwood University]. K. Levers (co-PI) and T. Purdom (co-PI). **Study Coordinator and Co-Investigator.**
5. Nutribolt International Research & Development Program (2013-2016). [Funded by Nutribolt International (\$2,400,000)]. R. Kreider (PI):
  - a. Pharmacokinetic, thermogenic, hemodynamic, ergogenic assessment of a pre-workout dietary supplement (C4-A). [Funded by Nutribolt International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - b. Effects of a pre-workout dietary supplement on training adaptations in resistance trained athletes (C4-T). [Funded by Nutribolt International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - c. Pharmacokinetic assessment of acute ingestion of different forms of creatine (CN-A). [Funded by Nutribolt International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - d. Effects of 28 days of different forms of creatine supplementation on muscle creatine, body composition, and exercise performance in recreationally active males (CN-T). [Funded by Nutribolt International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - e. Pharmacokinetic, hemodynamic, and ergogenic assessment of a pre-workout dietary supplement (C4G4). [Funded by Nutribolt International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - f. Pharmacokinetic assessment of ingestion of over-the-counter nutritional supplements on hormonal profiles (P6-T). [Funded by Nutribolt International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
6. Emulsion beverage satiety test (2013-2014). [Funded by the Department of Nutritional Sciences, TAMU] P. Murano (PI), R. Kreider (co-PI). **Doctoral Research Assistant.**
7. Effects of tart cherry supplementation on markers of inflammation, muscle damage, and muscle soreness (2013-2014). [Funded by Anderson Global Group (\$93,728)]. R. Kreider (PI):

- a. Effects of tart cherry supplementation on markers of inflammation, muscle damage, and muscle soreness following intense resistance exercise (TCR). [Funded by Anderson Global Group (part of total amount listed above)]. R. Kreider (PI). **Study Coordinator/Co-Investigator.**
  - b. Effects of tart cherry supplementation on markers of inflammation, muscle damage, and muscle soreness following endurance exercise (TCE). [Funded by Anderson Global Group (part of total amount listed above)]. R. Kreider (PI). **Study Coordinator/Co-Investigator.**
8. Curves: Women’s Health & Fitness Initiative Extension (2011 – 2014). [Funded by Curves International (\$700,224)]. R. Kreider (PI):
- a. Curves: Effects of diet type selection based on response to a carbohydrate intolerance questionnaire and genetic screening on success to a weight loss and exercise program (CGEN). [Funded by Curves International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - b. Curves: Effects of a carbohydrate restricted high protein, high fat diet on weight loss and health outcomes in women participating in the Curves fitness & weight loss program (C2013). [Funded by Curves International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - c. Curves: Validation of carbohydrate intolerance questionnaire (CIQ). [Funded by Curves International (part of total amount listed above)]. R. Kreider (PI). **Study Coordinator/Co-Investigator.**
9. Effects of an ultra-endurance event on energy balance, body composition and training adaptations: A case study (ULT). [Funded by Sydney and JL Huffines Institute for Sports Medicine & Human Performance (\$1,000)]. R. Kreider (PI). **Co-Investigator.**
10. Curves: Women’s Health & Fitness Initiative Extension (2011 – 2013). [Funded by Curves International (\$708,903)]. R. Kreider (PI):
- a. Comparison of the Curves 90-day Fitness and Weight Loss Challenge to Popular Diet Programs (C-90). [Funded by Curves International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - b. Curves Complete Online Coaching Efficacy Study (01-C90). [Funded by Curves International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - c. Effects of Post-Exercise Protein Supplementation on Training Adaptations to the Curves Fitness Program (NT). [Funded by Curves International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - d. Curves Metabolic Syndrome Analysis. [Funded by Curves International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
  - e. Curves Inflammatory and Gene Expression Study. [Funded by Curves International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant.**
11. Simplified Human Clinical Trial. [Funded by the Department of Nutritional Sciences, TAMU (\$44,000)] S. Talcott (PI), R. Kreider (co-PI). **Doctoral Research Assistant.**
12. Effects of the Curves Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females—1 Year Follow-up (EXT). [Funded by Curves International (\$385,000)]. R. Kreider (PI). **Doctoral Research Assistant.**

13. Curves: Women's Health Initiative (2004-2009). [Funded by Curves International (\$5,000,000)]. R. Kreider (PI):
  - a. Effects of the Curves Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Elderly Sedentary Overweight Females. [Funded by Curves International (part of total amount listed above)]. R. Kreider (PI). **Doctoral Research Assistant: Manuscript Publication.**
14. Comparison of Different Forms of Creatine on Creatine Availability, Retention, and Training Adaptations. [Funded by AlzChem Trostberg, GmHB (\$56,317)]. R. Kreider (PI). **Doctoral Research Assistant.**
15. Altering Work to Rest Ratio in a Hypertrophic Training Program. [Supported by NSCA Student Grant (\$10,000)]. J. Oliver (PI), R. Kreider (faculty supervisor). **Doctoral Research Assistant.**

## SERVICE

---

### Professional Organization and Research Involvement

- **Research Committee Reviewer**, National Strength and Conditioning Association. (March 2018 – Present).
- **Associate Editor**, Journal of Strength and Conditioning Research (JSCR), National Strength and Conditioning Association. (October 2017 – Present).
- **Associate Editor**, Journal of the International Society of Sports Nutrition (JISSN), International Society of Sports Nutrition. (May 2014 – Present).

### Institutional Involvement

- **Interim Director, EXNS Graduate Assistantship Program**, George Washington University, Department of Exercise and Nutrition Sciences. (July 2021 – January 2022).
- **Strength and Conditioning Special Interest Group**, Founder & Lead Faculty Mentor, George Washington University, Department of Exercise and Nutrition Sciences. (January 2021 – Present).
- **Undergraduate Curriculum Committee**, Member, George Washington University, Department of Exercise and Nutrition Sciences. (December 2020 – Present).
- **Transition, Engagement, Academics, and Mentorship (T.E.A.M.) Milken Program**, Faculty Mentor, George Washington University, Milken Institute School of Public Health. (September 2019 – Present).
- **Undergraduate Strength and Conditioning Concentration Curriculum Development Committee**, Co-Chair, George Washington University, Department of Exercise and Nutrition Sciences. (August 2019 – March 2022).
- **American College of Sports Medicine (ACSM) Undergraduate Quiz Bowl Team Faculty Mentor**, George Washington University, Department of Exercise and Nutrition Sciences. (November 2018 – Present).
- **Graduate Assistant Application Review Committee**, Member, George Washington University, Department of Exercise and Nutrition Sciences. (November 2018 – Present).
- **Metabolism and Exercise Testing Laboratory Service Core Development Committee**, Co-Chair, George Washington University, Department of Exercise and Nutrition Sciences. (October 2018 – December 2020).
- **Metabolism and Exercise Testing Laboratory and EXNS Academic Laboratories Redevelopment Committee**, Chair, George Washington University, Department of Exercise and Nutrition Sciences. (October 2018 – December 2020).
- **Metabolism and Exercise Testing Laboratory and EXNS Academic Laboratories**, Director, George Washington University, Department of Exercise and Nutrition Sciences. (July 2018 – Present).
- **Undergraduate Senior Honors Research Faculty Mentor**, Lindsey Brown, Honors in Kinesiology, *Periodization and the Annual Training Cycle: Effects on Anaerobic Power and Capacity in Division I Female Soccer Athletes*, Longwood University, Department of Health, Athletic Training, Recreation, and Kinesiology. (May 2017 – May 2018).
- **Undergraduate Senior Honors Research Committee**, Chase McPherson, Honors in Kinesiology, *The Effect of the Annual Training Cycle on Aerobic Capacity*, Longwood University, Department of Health, Athletic Training, Recreation, and Kinesiology. (May 2017 – May 2018).

- **Graduate Portfolio Oral Defense Committee**, Master's in Education Program with Concentration in Health Promotion, Longwood University, Department of Health, Athletic Training, Recreation, and Kinesiology. (April 2017 – June 2017).
- **Faculty Senate Department Liaison**, Longwood University, Department of Health, Athletic Training, Recreation, and Kinesiology. (February 2017 – May 2018).
- **National Strength and Conditioning Association (NSCA) Institutional Liaison**, Longwood University, Department of Health, Athletic Training, Recreation, and Kinesiology. (January 2017 – May 2018).

## Community Involvement

- **George Washington University Athletics—Health & Performance Evaluation Coordinator & Consultant**, George Washington, Metabolism and Exercise Testing Laboratory and Department of Athletics (January 2022 – Present)
- **Georgetown Army ROTC and George Washington Navy ROTC Battalions—Performance Training & Evaluation Consultant**, Georgetown University and George Washington University (March 2019 – Present)
- **Men's and Women's Tennis and Softball Teams—Movement Quality Consultant**, Longwood University, Department of Health, Athletic Training, Recreation, and Kinesiology and Department of Athletics. (January 2018 – May 2018).
- **Longwood Invitational—Special Olympics Powerlifting Competition Organizational Committee Member and Judge**, Longwood University, Department of Health, Athletic Training, Recreation, and Kinesiology and Department of Athletics. (February 2017 and February 2018).
- **Men's and Women's Soccer Team—Performance and Conditioning Consultant**, Longwood University, Department of Health, Athletic Training, Recreation, and Kinesiology and Department of Athletics. (October 2016 – December 2017).
- **Bryan/College Station Police and Firefighter Medical Screening—Phlebotomist**, Texas A&M University, Applied Exercise Science Laboratory and FitLIFE Program. (July 2014).
- **NASCAR Pit Crew Body Composition and Performance Testing—ESNL Laboratory Coordinator**, Texas A&M University, Exercise & Sport Nutrition Laboratory and Sydney and JL Huffines Institute for Sports Medicine & Human Performance. (April 2013 and October 2013).
- **Texas A&M Freshman Football Maximal Cardiorespiratory Testing—Assistant Laboratory Coordinator**, Texas A&M University, Applied Exercise Science Laboratory and Department of Athletics. (June 2012, June 2013, May 2014).
- **Texas A&M Freshman/First-Year Athlete Medical Screening—Phlebotomist**, Texas A&M University, Department of Athletics. (July 2012 and August 2013).
- **Power Cycle Research and Development for Pre-Workout Athlete Fatigue Testing Protocol—Coordinator**, Texas A&M University, Department of Athletics—Strength & Conditioning. (Summer 2012).
- **School of Health and Human Services Health Fair**, George Washington University. Department of Exercise Science Volunteer Representative. (April 2010 and April 2011).
- **Camp Program Coordinator and Sports Performance Coach**, Gary Brackett Football Camp, Glassboro High School, Glassboro, NJ. (June 2007 – June 2011).

## PRESENTATIONS

### Invited Presentations for University/Special Interest Groups

- Levers, K. Anthropometrics and Body Composition: Theory, Technique, and Assessment (2-Part Lecture and Laboratory). **Nutrition Assessment Course [PUBH 6011]—George Washington University**. Milken Institute School of Public Health, George Washington University, Washington, DC, February 2022.
- Levers, K. Snapshot of Research in Exercise Science. **Professional Foundations in Exercise and Nutrition Sciences Course [EXNS 1103/1109]—George Washington University**. Milken Institute School of Public Health, George Washington University, Washington, DC, September 2021.
- Levers, K. Anthropometrics and Body Composition: Theory, Technique, and Assessment (2-Part Lecture and Laboratory). **Assessment of Nutritional Status Course [EXNS 2120]—George Washington University**. Milken Institute School of Public Health, George Washington University, Washington, DC, September 2021.

- Levers, K. Human Health and its Relationship to Physical Activity and Nutrition. **SPH Faculty Discussion Series. George Washington University.** Milken Institute School of Public Health, George Washington University, Washington, DC, March 2021.
- Levers, K. & Zabal, J. Resistance Training Symposium. **ROTC Cadet Educational Series.** Hoya ROTC Battalion, United States Army, Washington, DC, February 2021.
- Levers, K. Anthropometrics and Body Composition: Theory, Technique, and Assessment (2-Part Lecture and Laboratory). **Nutrition Assessment Course [PUBH 6011]—George Washington University.** Milken Institute School of Public Health, George Washington University, Washington, DC, February 2021.
- Levers, K. Snapshot of Research in Exercise Science. **Professional Foundations in Exercise and Nutrition Sciences Course [EXNS 1103/1109]—George Washington University.** Milken Institute School of Public Health, George Washington University, Washington, DC, October 2020.
- Levers, K. Anthropometrics and Body Composition: Theory, Technique, and Assessment (2-Part Lecture and Laboratory). **Assessment of Nutritional Status Course [EXNS 2120]—George Washington University.** Milken Institute School of Public Health, George Washington University, Washington, DC, September 2020.
- Levers, K. Movement and Activity: How to Break the Holiday Season Hibernation Pattern. **United States Department of State Wellness Program.** Hosted by the Bureau of Medical Services, United States Department of State, Washington, DC, December 2019.
- Levers, K. Anthropometrics and Body Composition: Theory, Technique, and Assessment (2-Part Lecture and Laboratory). **Assessment of Nutritional Status Course [EXNS 2120]—George Washington University.** Milken Institute School of Public Health, George Washington University, Washington, DC, October 2019.
- Levers, K. Snapshot of Research in Exercise Science. **Professional Foundations in Exercise and Nutrition Sciences Course [EXNS 1103/1109]—George Washington University.** Milken Institute School of Public Health, George Washington University, Washington, DC, September 2019.
- Levers, K. Athletes or Sport Specialists? Examining the Youth Athlete Dilemma. **Exercise and Nutrition Sciences Department Seminar Series.** Milken Institute School of Public Health, George Washington University, Washington, DC, February 2019.
- Levers, K. Snapshot of Research in Exercise Science. **Professional Foundations in Exercise and Nutrition Sciences Course [EXNS 1103/1109]—George Washington University.** Milken Institute School of Public Health, George Washington University, Washington, DC, November 2018.
- Levers, K. Anthropometrics and Body Composition: Theory, Technique, and Assessment (2-Part Lecture and Laboratory). **Assessment of Nutritional Status Course [EXNS 2120]—George Washington University.** Milken Institute School of Public Health, George Washington University, Washington, DC, October 2018.
- Levers, K. Cherishing Endurance Exercise Nutritional Recovery: Effects of Powdered Montmorency Tart Cherry Supplementation on Acute Endurance Exercise Performance in Aerobically Trained Individuals. **Health & Kinesiology Graduate Research Seminar—Texas A&M University.** Blocker Building, Department of Health & Kinesiology, Texas A&M University, College Station, TX, October 2017.
- Levers, K. Research Purpose and Data Collection in the Exercise & Sport Nutrition Laboratory. **Phi Epsilon Kappa Kinesiology Honor Society—Texas A&M University.** Read Building, Department of Health & Kinesiology, Texas A&M University, College Station, TX, November 2012.
- Levers, K., Vargo, K., Berry Jr., P. Exercise is Medicine: The Active Physician and the Prescription of Exercise. **Third Year Medical Students—School of Medicine, George Washington University.** Ross Hall, School of Health and Health Services and School of Medicine, George Washington University, Washington, DC, April 2011.
- Levers, K., Alfini, A., Glasgow, E. Exercise is Medicine: The Active Physician and the Prescription of Exercise. **Third Year Medical Students—School of Medicine, George Washington University.** Ross Hall, School of Health and Health Services and School of Medicine, George Washington University, Washington, DC, April 2010.

#### Invited Interviews for Podcasts/Media

- Levers, K. **Exercise & Nutrition.** Hosted by Dr. Leigh Frame & Janette Rodgers, George Washington Integrative Medicine Podcast, July 2022.
- Levers, K. **Measures of Athlete Health and Human Movement.** Hosted by Jase Kraft, Science of Sports Recovery Podcast, Episode 17, January 2021.

## Invited Presentations for Clinics and Conferences

- Dinges, D., Levers, K., Villafior, J. **Human Performance in Work and Life Panel**. Moderated by Rachel R. Boehm. Hosted by the Bureau of Medical Services, United States Department of State, Washington, DC, October 2019.
- Levers, K. Nutritional Supplementation for Optimal Body Composition. **George Washington University Body Composition and Metabolism Workshop**. Hosted by Milken Institute School of Public Health, George Washington University, Washington, DC, September 2018.
- Levers, K., Purdom, T. Theory of Monitoring Annual Training Progression with Physical Testing to Prevent Injury and Improve Performance. **Longwood University Coaching Symposium**. Hosted by Longwood University, Blackwell Hall, Department of Health, Athletic Training, Recreation, & Kinesiology and the College of Graduate & Professional Studies, Farmville, VA, July 2017.
- Levers, K. Purdom, T. Practical Application Session: Putting Theory into Practice of Monitoring Annual Training Progression with Physical Testing to Prevent Injury and Improve Performance. **Longwood University Coaching Symposium**. Hosted by Longwood University, Blackwell Hall, Department of Health, Athletic Training, Recreation, & Kinesiology and the College of Graduate & Professional Studies, Farmville, VA, July 2017.
- Levers, K. Connecting Needs Analysis to Relevant Program Formulation: Designing Effective Strength and Conditioning Programs Based on Specific Movement Demands, Physiological Considerations and Injury Analysis. **National Strength and Conditioning Association (NSCA) Texas State Clinic**. Hosted by Texas A&M University, PEAP Building, Department of Health & Kinesiology, College Station, TX, May 2015.
- Levers, K. Little League to the NCAA: Youth Sports Performance Development and Specialization. **National Strength and Conditioning Association (NSCA) Texas State Clinic**. Hosted by Texas A&M University, PEAP Building, Department of Health & Kinesiology, College Station, TX, May 2014.

## Professional Conferences Attended

- National Strength and Conditioning Association (NSCA) Virginia State Clinic, Cape Henry Collegiate School, Virginia Beach, VA, 2021.
- National Strength and Conditioning Association (NSCA) Virginia State Clinic, The St. James, Springfield, VA, 2020.
- American College of Sports Medicine (ACSM) Mid-Atlantic Regional Conference (MARC), Harrisburg, PA, 2019.
- National Strength and Conditioning Association (NSCA) National Conference, Washington, DC, 2019.
- American College of Sports Medicine (ACSM) Mid-Atlantic Regional Conference (MARC), Harrisburg, PA, 2018.
- George Washington University Body Composition and Metabolism Workshop, National Strength and Conditioning Association (NSCA) CEU Accredited, Milken Institute School of Public Health, George Washington University, Washington, DC, 2018.
- National Strength and Conditioning Association (NSCA) National Conference, Indianapolis, IN, 2018.
- International Society of Sports Nutrition (ISSN) National Conference, Clearwater Beach, FL, 2018.
- Longwood University Coaching Symposium, National Strength and Conditioning Association (NSCA) CEU Accredited, Longwood University, Farmville, VA, 2017.
- National Strength and Conditioning Association (NSCA) National Conference, Las Vegas, NV, 2017.
- International Society of Sports Nutrition (ISSN) National Conference, Phoenix, AZ, 2017.
- National Strength and Conditioning Association (NSCA) Virginia State Clinic, Virginia Commonwealth University, Richmond, VA, 2017.
- International Society of Sports Nutrition (ISSN) National Conference, Austin, TX, 2015.
- National Strength and Conditioning Association (NSCA) Texas State Clinic, Texas A&M University, College Station, TX, 2015.
- Federation of American Societies for Experimental Biology (FASEB), Boston, MA, 2015.
- National Strength and Conditioning Association (NSCA) National Conference, Las Vegas, NV, 2014.
- International Society of Sports Nutrition (ISSN) National Conference, Clearwater Beach, FL, 2014.
- National Strength and Conditioning Association (NSCA) Texas State Clinic, Texas A&M University, College Station, TX, 2014.
- Federation of American Societies for Experimental Biology (FASEB), San Diego, CA, 2014.
- Nutritional Sciences Graduate Association (NSGA) Research Symposium, Department of Nutritional Sciences, Texas A&M University, College Station, TX, 2014.

- 20<sup>th</sup> Anniversary Vegetable and Fruit Conference, Vegetable and Fruit Improvement Center, Texas A&M University, College Station, TX, 2014.
- International Society of Sports Nutrition (ISSN) National Conference, Colorado Springs, CO, 2013.
- Federation of American Societies for Experimental Biology (FASEB), Boston, MA, 2013.
- Federation of American Societies for Experimental Biology (FASEB), San Diego, CA, 2012.
- National Strength and Conditioning Association (NSCA) Mid-Atlantic Regional Conference, George Washington University, Washington, DC, 2011.
- American College of Sports Medicine (ACSM) Mid-Atlantic Regional Conference (MARC), Harrisburg, PA, 2011.

### **Professional Conferences Organized**

- Longwood University Coaching Symposium, National Strength and Conditioning Association (NSCA) CEU Accredited, Longwood University, Farmville, VA, 2017. Organized, set-up, and ran symposium.
- National Strength and Conditioning Association (NSCA) Texas State Clinic, Texas A&M University, College Station, TX, 2015. Helped Dr. Mike Greenwood organize, set-up and run state clinic.
- National Strength and Conditioning Association (NSCA) Texas State Clinic, Texas A&M University, College Station, TX, 2014. Helped Dr. Mike Greenwood organize, set-up and run state clinic.

### **Certifications**

- **National Strength and Conditioning Association**
  - Certified Strength and Conditioning Specialist (CSCS). (June 2009).
- **Functional Movement Systems**
  - Fundamental Capacity Screen (FCS) Certified. (January 2018).
  - Functional Movement Screen-Level 1 (FMS-1) Certified. (November 2017).
- **Functional Anatomy Seminars**
  - Functional Range Conditioning Mobility Specialist (FRCms) Certified. (April 2019).
- **Fitness Anywhere**
  - TRX Suspension Fitness System Certified. (January 2007).
- **American Safety and Health Institute**
  - CPR & AED for Adult/Child/Infant Certification. (July 2008—present). Recertified 12/2020.
- **Longwood University**
  - Longwood Online Technology Institute (LOTI) Professional Online and Hybrid Course I Certification. (August 2017)

### **Current Professional Affiliations/Memberships**

- National Strength and Conditioning Association
- American College of Sports Medicine
- International Society of Sports Nutrition
- Functional Movement Systems
- Functional Anatomy/Functional Range Conditioning