

Curriculum Vitae

Tianou Zhang, M.D., Ph.D.

Assistant Professor

Department of Kinesiology

College for Health, Community & Policy, The University of Texas at San Antonio (UTSA)

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Educational Background

<i>Doctor of Philosophy in Kinesiology</i> (Exercise Physiology) Ph.D. minor in Nutrition University of Minnesota-Twin Cities	Minneapolis, MN Sept. 2012-Jul. 2018
<i>Master of Science in Sports Medicine</i> (Sports Nutrition) Peking University	Beijing, China Sept. 2009-Jul. 2012
<i>Bachelor of Medicine (M.D.) in Preventive Medicine</i> (Clinical Nutrition) Sun Yat-Sen University	Guangzhou, China Sept. 2004-Jun. 2009

Professional Employment History

<i>Assistant Professor</i> The University of Texas at San Antonio	San Antonio, TX 2018 - Present
<i>Graduate Assistant</i> University of Minnesota-Twin Cities	Minneapolis, MN 2012-2018
<i>Adjunct Instructor</i> Concordia University, St. Paul	St. Paul, MN 2017-2018
<i>Intern</i> University Enterprise Laboratories, University of Minnesota	Minneapolis, MN Jan. 2017-Jun. 2017
<i>Intern</i> Guangdong General Hospital (Dept. of Nutrition)	Guangzhou, China Mar. 2009-Jul. 2009
<i>Intern</i> Guangzhou No.12 People's Hospital (Dept. Medicine and Surgery)	Guangzhou, China May. 2008-Sept.2008

Awards and HonorsHonors

- ELEVATE Fellow, The Rutgers Center for Minority Serving Institutions 2020

Awards

- Champions Guild Award, UTSA Honor's alliance 2019

Fellowships and scholarships

- Doctoral Dissertation Fellowship (DDF), University of Minnesota 2016-2017
- Graduate fellowship, Peking University 2009-2010
- National Scholarship, Sun Yat-sen University 2008
- Scholarship for Outstanding Student, Sun Yat-sen University 2005-2007

Conference awards

- 10th Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF) Annual Conference. Kaohsiung, Taiwan. (Best abstract award). Jul. 2011

Other awards

- 3-Minutes Thesis (3MT) competition, finalists, College of Education and Human Development, University of Minnesota 2016

Research/Scholarly/Creative Activities SummaryBook chapters

- [1] **Zhang, T.** and Ji, L.L. Avenanthramides. (2019). Whole Grains and Their Bioactives: Composition and Health. John Wiley & Sons Ltd. (*Citation:1*)

Publications

- [1] **Zhang, T.**, and Ji, L.L. Oat Phytochemicals: Anti-inflammatory and Antioxidant Effects in Diseases and Exercise. (*In Preparation*)
- [2] Silvas, J., Howard, T. J., Janak, C. J., **Zhang, T.** Effects of Polyphenols Supplementation on Inflammation and Oxidative Stress after Acute Exercise: A Systematic Review and Meta-analysis. (*In Preparation*)
- [3] **Zhang, T.**, Zhao, T., Zhang, Y., Liu, T., Gagnon, G., Ebrahim, J., Johnson J., Chu, Y.-F, Ji, L.L. Regulatory Effects of Oat Avenanthramides Supplementation on Peripheral Blood Immune Cells in Young Adults after Downhill Running. (*In Preparation*)
- [4] **Zhang, T.**, Aguirre, M., Liu, T., Zhang, Y., Kang, C.-H., Yeo, D., Amerigo, J., Magiatis, P., Ji, L.L. Effects of Extra Virgin Olive Oil Supplementation and Exercise Training on Circulatory Leukocytes and Inflammation in Rats Fed High-fat Diet. (*In Preparation*)

- [5] Long, J., Howard T. J., Cheever, K., **Zhang T.** Vitamin D Supplementation on Respiratory Tract Infection Incidence and Serum 25(OH)D Concentrations: A Systematic Review and Meta-analysis. (*In Preparation*)
- [6] Du, Y., Patel, N., Hernandez, A., Zamudio, M., Li, S., **Zhang, T.**, Fernandez, R., Choi, B., Land, W., Ullevig, S., Estrada-Coates, V., Parra-Median, D., Yin, Z. Tailoring Chinese Mind-Body Exercise to Low-Income Community-Dwelling Older Latinos: Pilot Feasibility Study. *JMIR Preprints*. 02/06/2022:40046
- [7] Yeo, D., Kang, C., **Zhang, T.**, and Ji, L.L. (2022). Protective Effects of Extra Virgin Olive Oil and Exercise Training on Rat Skeletal Muscle against High-fat Diet Feeding. *J. Nutr. Biochem.* Volume 100, 2022, 108902, <https://doi.org/10.1016/j.jnutbio.2021.108902>. (**IF=6.048**)
- [8] Bertschy M, Howard JT, Oyama S, **Zhang, T.**, Cheever K. (2021). Effectiveness of daily subjective wellness measurements via mobile applications in predicting perceived exertion and training load. *Proceedings of the Institution of Mechanical Engineers, Part P: Journal of Sports Engineering and Technology*. October 2021. doi:10.1177/17543371211049066 (**IF=1.263**)
- [9] Sidebottom, C., Ullevig, S., Cheever, K., **Zhang, T.** (2021). The Effect of the Covid-19 Pandemic and Quarantine Period on the Physical Activity and Dietary Habits of College-aged Students. *Sports Med. and Health Sci.*, 10.1016/j.smhs.2021.08.005. (**Citation:1**)
- [10] **Zhang, T.**, Zhao, T., Zhang, Y., Liu, T., Gagnon, G., Ebrahim, J., Johnson J., Chu, Y.-F., Ji, L.L. Avenanthramide supplementation reduces eccentric exercise-induced inflammation in young men and women. (2020). *J. Int. Soc. Sports Nutr.* 17:41 (**IF=4.567, Citation:7**)
- [11] Ji, L.L., Yeo, D., Kang, C.-H. and **Zhang, T.** (2020). Role of Mitochondria in Redox Signaling of Muscle Homeostasis. *J. Sport Health Sci.* 9(5), 386-393 (**IF= 4.687, Citation:14**)
- [12] Yeo, D., Kang, C.-H., **Zhang, T.**, and Ji, L.L. (2019). Avenanthramides Attenuate Inflammation and Atrophy in Muscle Cells. *J. Sport Health Sci.* 8: 189-95 (**IF= 4.687, Citation:14**)
- [13] Kang, C.-H., Shin, W., Yeo, D., Lim, W., **Zhang, T.**, Ji, L.L. (2018). Anti-inflammatory Effect of Avenanthramides via NF- κ B Pathways in C2C12 Skeletal Muscle Cells. *Free Radic Biol Med.* 2018;117:30-36. (**IF= 6.17, Citation:27**)
- [14] **Zhang, T.**, Shao, J., Gao, Y., Chen, C., Chu, Y.-F., Johnson, J., Kang, C.-H., Yeo, D., and Ji, L.L. Absorption and Elimination of Oat Avenanthramides (AVA) in Humans after Acute Consumption of Oat Cookies. (2017). *Oxid. Med. Cell. Longev.* 2017: 2056705. (**IF= 5.076, Citation:14**)
- [15] Koenig, R.T., Dickman, J.R., Kang, C.-H., **Zhang, T.**, Chu, Y.-F., and Ji, L.L. (2016). Avenanthramide supplementation attenuates eccentric exercise-inflicted blood inflammatory markers in women. *Eur. J. Appl. Physiol.* 116, 67–76. (**IF= 2.917, Citation:32**)

- [16] Koenig, R., Dickman, J.R., Kang, C., **Zhang, T.**, Chu, Y.-F., and Ji, L.L. (2014). Avenanthramide supplementation attenuates exercise-induced inflammation in postmenopausal women. *Nutr. J.* 13(1), 1-11. (**IF=4.630, Citation:50**)
- [17] Wen, Y., **Zhang, T.**, Xie, L., Ai, H., and Guan, Y. (2012). Effects of a Single Bout of Exhaustive Exercise on the Endoplasmic Reticulum Stress in Liver and Skeletal Muscle of Mice. *Chin. J. Sports Med.* 31, 140–145.
- [18] **Zhang, T.**, Wen, Y., Xie, L., Liang, W., and Ai, H. (2012). Separation and identification of testicular metal-binding proteins induced by exhaustive swimming in rats. *Acta Lab. Anim. Sci. Sin.* 20, 1–6.
- [19] Han, J., **Zhang, T.**, Xiao, W., Chang, C., and Ai, H. (2012). Up-regulation of visfatin expression in subjects with hyperthyroidism and hypothyroidism is partially relevant to a nonlinear regulation mechanism between visfatin and tri-iodothyronine with various concentrations. *Chin. Med. J. (Engl.)* 125, 874–881. (**IF=1.585, Citation:25**)

Abstracts/Scholarly Presentations

- [1] Chiang, N., Ullevig, S., Sosa, E., He, M., **Zhang, T.**, Yin, Z., Food Security, Technology Use and Access, and Wellbeing in Community-Dwelling Older Adults During the COVID-19 Pandemic (Poster, American Society for Nutrition (ASN) Annual Meeting, 2022), *Current Developments in Nutrition*, Volume 6, Issue Supplement_1, June 2022, Page 193
- [2] Faghihi, S., Nguyen, A., Cruz, K., Bahwawsi, M., Nocito, J., Yin, Z., Du, Y., and **Zhang, T.** Benefits of Chinese Qigong Mind-Body Exercise Program on Salivary Biomarkers and Physical Functions in Older Adults (Poster, American College of Sports Medicine Texas Chapter Annual Meeting, Waco TX 2022), *International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 14, Article 153.*
- [3] Silvas, J., Howard, T. J., Janak, C. J., **Zhang, T.** Effects of Polyphenols Supplementation on Inflammation and Oxidative Stress after Acute Exercise: A Systematic Review and Meta-analysis. (Poster, American College of Sports Medicine (ACSM) Annual Meeting, 2021). *Medicine & Science in Sports & Exercise.* 53(8S):225, August 2021.
- [4] Yeo, D., Kang, C., **Zhang, T.**, and Ji, L.L. Olive Oil and Endurance Training Protect Against the Effects of a High-fat Diet on Sirtuins, Protein Acetylation and NAD⁺ Status in Rat Muscle. (Poster, ACSM Annual Meeting, 2021). *Medicine & Science in Sports & Exercise.* 53(8S):120, August 2021.
- [5] Yeo, D., **Zhang, T.**, and Ji, L.L. Olive oil and exercise training ameliorate muscle mitochondrial homeostasis in rats fed a high-fat diet. (Poster, Society for Free Radical Research (SFRR) International Annual Meeting, 2021). *Free Radical Biology and Medicine*, 165(S1): 21, 2021.
- [6] Sidebottom, C., Ullevig, S., Cheever, K., **Zhang, T.** The Effect Of The COVID-19 Pandemic And Quarantine Period On The Physical Activity And Dietary Habits Of College-aged Students. (Poster, American College of Sports Medicine Texas Chapter Annual Meeting, 2021). *International Journal of Exercise Science: Conference Proceedings (Vol. 2 : Iss. 13 , Article 103)*

- [7] Aguirre, M., Ullevig, S. L., Ji, L. L., & **Zhang, T.** Effects of Extra Virgin Olive Oil Phytochemicals Supplementation and Aerobic Exercise Training on Inflammatory and Hormonal Markers in Rats Fed Atherogenic Diet (*Poster, American College of Sports Medicine Texas Chapter Annual Meeting, Waco TX 2020*). *International Journal of Exercise Science: Conference Proceedings* (12th ed., vol. 2, pp. 166).
- [8] **Zhang, T.**, Liu, T., Zhang, Y., Shao, J., Ullevig, S., Ji, L.L. (2020). Effects of Extra-Virgin Olive Oil and Exercise Training on Inflammation in Rats Fed A High-fat Atherogenic Diet (*Poster, ACSM Annual Meeting, 2020*). 52(7S):1081, July 2020.
- [9] **Zhang, T.**, Zhao, T., Zhang, Y., Liu, T., Gagnon, G., Ebrahim, J., Ji, L.L. Immunoregulatory Effects of Oat Avenanthramides during Downhill Running in Young Men and Women (*Poster, ACSM Annual Meeting, Orlando FL, 2019*). 51(6S):738, June 2019.
- [10] **Zhang, T.**, Liu, T., Zhang Y., Amerigo J., Shao J., Yeo D., Ji L.L. Effects of Olive Oil Phytochemicals and Exercise on Circulatory Leukocytes and Inflammation in Atherosclerotic Rats (*Poster, ACSM Annual Meeting, Minneapolis MN, 2018*). 50(5S):839, May 2018.
- [11] **Zhang, T.**, Liu, T., Kang, C.-H., Yeo, D., Ji, L.L. Oat Avenanthramides Protects Against Eccentric Exercise Induced Muscle Inflammation in Human after Downhill Running (*Oral, American Society for Nutrition Annual Meeting, Boston MA, 2018*). *Dietary Bioactive Components, Curr. Dev. Nutr.* 2 (11)
- [12] **Zhang, T.**, Shao, J., Gao, Y., Chen, C., Yao, D., Wise, M., Kang, C.-H., Yeo, D., and Ji, L.L. Oat Avenanthramides (AVA) Are Bioavailable in Humans after Acute Consumption of Oat Cookies (*Poster, Experimental Biology Meeting, San Diego CA, 2016*). *The FASEB Journal.* 30, 690.16-690.16.
- [13] Yeo, D., Kang, C.-H., Song, C., **Zhang, T.**, Ji L.L. Roles of FOXO signaling and mitochondrial dynamics in muscle disuse atrophy. (*Poster, Experimental Biology Meeting, San Diego CA, 2014*). *The FASEB J.* 28:1102.46.
- [14] Ji L.L., Kang C.H., Yeo, D., **Zhang, T.** Contraction-Mediated Redox Signaling: Effect of Muscle Immobilization and PGC-1 α Overexpression (*Poster Presentation*). 5th International Conference on Nutrition and Physical Activity (NAPA), Xi'an China (2014).
- [15] **Zhang, T.** and Ji, L.L. Oat Avenanthramides: Promising anti-inflammatory and antioxidant agents (*Oral Presentation*). 249th American Chemistry Society (ACS) Annual Meeting, Dallas TX (2014).
- [16] **Zhang, T.**, Han, J., Ai, H. Isolation and Partial Characterization of Exhaustive Swimming-induced Testis Metal-Binding Proteins (TMBPs) in Rats (*Oral Presentation*). 10th Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF) Annual Conference, Kaohsiung, Taiwan (2011).
- [17] **Zhang, T.** Purification and Identification of Exhaustive Swimming-induced Testis Metal-Binding Proteins (TMBPs) in Rats (*Poster Presentation*). *The International Workshop on Protein Expression and Purification (PEP) Strategies*, Bangkok, Thailand (2011).

Granting Activities

Funded (ongoing)

- NIH-R01
Project: A Technological Intervention to Improve Nutrition and Physical Activity among Older Adult Congregate Meal Participants during COVID-19
7/2021-present
Amount: \$1,347,364
Role: Co-I
PI: Sarah Ullevig
- UTSA-IRM Pilot Grant Program
Project: Aloe Vera scaffold use for reconditioning of diseased female human osteoarthritic chondrocytes for reduced inflammation and enhanced articular cartilage production
5/20/2021-present
Amount: \$15,000
Role: Co-PI
PI: Nehal Abu-Lail
- UTSA-INTRA
Project: The Effects of Nicotinamide Riboside Supplementation and Exercise Training on Body Composition and Physical Performance in Older Adults with Sarcopenic Obesity
10/1/2021-present
Amount: \$5,000
Role: PI
- UTSA SRA-RIG
Project: Precision Medicine in Human Performance: Exploring Innovative Biomarkers to Predict Aerobic Endurance and Muscular Strength in College Athletes
5/2022-7/2022
Amount: \$5,000
Role: PI
- ChromaDex® External Research Program (CERP)
Project: The Effects of Nicotinamide Riboside Supplementation and Exercise Training on Body Composition, Physical Performance, Inflammation and Metabolomics in Older Adults with Sarcopenic Obesity
7/2022-present
Amount: \$ 27,300
(In-kind gift)
Role: PI

Completed

- UTSA-HCaP Pilot Grant
Project: Bioactive Compound in Extra Virgin Olive Oil Protects Against Inflammation-induced Muscle Atrophy in Skeletal Muscle Cells
5/2021-09/2021
Amount: \$5,000
Role: PI
- UTSA-HCaP Transdisciplinary Team Grant
Project: Profiling the Changes Associated with Healthy Aging at The Molecular, Cellular and Organism Level After Exposure to A 12-Week Five Animal Frolics, Chinese Qigong Mind-Body Exercise Program: A Pilot Study
5/2021-09/2021
Amount: \$10,000
Role: Co-I
PI: Zenong Yin
- COEHD Faculty Mentoring Award, UTSA
Project: Formulation and Evaluation of Muscle Targeted Nanoparticles Encapsulating Oat Avenanthramides (AVA)
12/2019-2020
Amount: \$6,000
Role: PI
- Internal Research Awards (INTRA), UTSA
Project: Antioxidant and Anti-inflammatory Effects of Oat Avenanthramides (AVA) Supplementation on Young Women and Men after Downhill Running
9/2019-8/2020
Amount: \$5,000
Role: PI
- Industry Research Grant, Ceapro Inc. (Canada)
Project: Immune system regulation after oat Avenanthramides supplementation in subjects after downhill running
2016-2018
Amount: \$26,000
Role: GRA

- PepsiCo Nutrition Research Grant, PepsiCo
Projects: (1) Bioavailability and Metabolism of Oat Avenanthramides (AVA); (2) Antioxidant and Anti-inflammatory Effects of Oat Avenanthramides (AVA) Supplement after Eccentric Exercise
2012-2016
Amount: \$200,000
Role: GRA
PI: Li Li Ji

Not Funded

- NIH-R21
Project: Oral Transmission and Diagnosis of COVID-19 in Saliva
7/2021-6/2023
Amount: \$232,500
Role: Consultant
PI: Chih-Ko Yeh
- NIH-R01
Project: Assessment and Prediction of Fracture Risk Factors in a Hispanic Population
2022-2027
Amount: \$1,873,375
Role: Co-I
PI: Hugo Giambini
- Nutricia Research Foundation
Project: The Effects of Vitamin D3 plus Magnesium Supplementation and Moderate-Intensity Interval Training on Body Composition and Physical Performance among Older Sedentary Latinos with Sarcopenic Obesity
1/2021-12/2021
Amount: \$35,183
Role: PI
- The Almond Board of California (ABC)
Project: The effects of almond consumption on peripheral blood immune cells and incidence of upper respiratory tract infection (URTI) among endurance athletes post prolonged exercise
1/2021-7/2022
Amount: \$228,372
Role: PI
- CONNECT Grant, VPR Seed Grant Programs, UTSA
Project: The Anti-inflammatory and Anti-atrophic Effects of Avenanthramide-C Encapsulated Nanoparticles with Enhanced Bioavailability and Targeted Delivery to Skeletal Muscle Cells
9/2020-8-2021
Amount: \$124,880
Role: PI
- GREAT Grant, VPR Seed Grant Programs, UTSA
Project: The Effects of Vitamin D₃ Supplementation and Moderate-Intensity Interval Training on Body Composition and Physical Performance among Older Sedentary Latinos with Sarcopenic Obesity
9/2020-8-2021
Amount: \$20,000
Role: PI
- 2020 ORAU Ralph E. Powe Junior Faculty Enhancement Awards (Limited Submission)
Project: Anti-atrophic Effects of Avenanthramide-C Loaded Targeted Nanoparticles on C2C12 Skeletal Muscle Cells
6/1/2020-5/31/2021
Amount: \$5,000
Role: PI
- Pew Biomedical Scholars Program (Limited Submission)
Project: Effects of Probiotic Supplementation on Gut-Muscle Axis and Muscle Mass Homeostasis in Mice with Hindlimb Immobilization and Remobilization
2020-2023
Amount: \$300,000
Role: PI
- ACSM Foundation Doctoral Student Research Grant, ACSM
Project: Effect of AVA Supplementation on Stress and Inflammatory Response to Exercise
2015-2016
Amount: \$5,000
Role: PI
- Healthy Foods, Healthy Lives (HFHL) Institute Graduate and Professional Student Research Grant Program, University of Minnesota
2016-2017
Amount: \$10,000
Role: PI

Project: Effects of oat Avenanthramides (AVA) supplementation on systemic inflammation and endothelial functions among obese African Americans

Travel grants

- New York Academy of Sciences (NYAS) and PepsiCo.: Journey through Science Day
 Title: Effects of Oat Avenanthramides on Human Circulatory Leukocytes after Downhill Running
 Sep. 2017
 Amount: \$700
- Title: Stability of Oat Avenanthramides (AVA) under Various Baking Conditions in False Malted Oat Cookies
 Nov. 2016
 Amount: \$700
- Title: Bioavailability and Pharmacokinetic Property of Oat Avenanthramides (AVA) in Human after Acute Consumption of Natural Oat Cookies
 Nov. 2015
 Amount: \$700
- Doctoral Student Travel Award
 School of Kinesiology, University of Minnesota
 Jun. 2016
 Amount: \$200
- The International Workshop on Protein Expression and Purification (PEP) Strategies from Chulalongkorn University, Thailand. (Winner of “Support Grant”)
 Oct. 2011
 Amount: \$300

Teaching Activities

Courses

Department of Kinesiology

The University of Texas at San Antonio

Assistant Professor

- KAH 5403 Applied Cardiovascular Physiology (2018 Fall)
- KAH 6223 Exercise Nutrition (Spring)
- KIN 4233 Advanced Exercise Physiology (Fall)
- KIN 4253 Exercise Nutrition (Fall, Spring, Summer)

College of Health & Science, Concordia University

Adjunct Instructor

- BIO 315 Human Anatomy & Physiology I
- BIO 315 Human Anatomy & Physiology II

School of Kinesiology, University of Minnesota

Teaching Assistant

- KIN 5141 Nutrition and Exercise for Health Promotion and Disease Prevention

Teaching Assistant

- KIN 5385 Exercise for Healthy Aging & Disease Prevention and Management

Teaching Assistant

- KIN 3027 Human Anatomy for Kinesiology Students

Instructor

- China Champions Program: American Society and Culture

San Antonio, TX
 Aug. 2018-Present

St. Paul, MN
 Aug. 2017-May 2018

Minneapolis, MN
 Sept. 2014-May 2018

Sept. 2014- May 2018

Sept. 2012- May 2018

Sept. 2014-Dec. 2014

- China Champions Program: Sports Medicine and Sports Nutrition Terminology Sept. 2016- May 2017

Mentored Students

Master Students (M.S. in Health and Kinesiology)

- Joseph Nocito (Graduate Research Assistant) 5/2021-9/2021
- The Effect of Extra Virgin Olive Oil Phytochemical Supplementation and Aerobic Exercise Training on Skeletal Muscle Synthesis and Breakdown in Rats Fed High-fat Diet
- Maria V. Aguirre 1/2019-12/2020
- The Effect of Extra Virgin Olive Oil Phytochemical Supplementation and Aerobic Exercise Training in Rats Fed High-fat Diet
- Corby Sidebottom 1/2020-12/2020
- The Effects of the COVID-19 Pandemic and quarantine period on physical activity and dietary habits Among college-aged students
- Joshua Silvas 9/2019-12/2020
- Effects of Polyphenols Supplementation on Inflammation and Oxidative Stress after Acute Exercise: A Systematic Review and Meta-analysis

Undergraduate Students (B.S. in Public Health)

- Karen Cruz 05/2021-present
- The Effects of Nicotinamide Riboside Supplementation and Exercise Training on Body Composition, Physical Performance, Inflammation and Metabolomics in Older Adults with Sarcopenic Obesity
- Rawan Bader 01/2022-present
- The Effect of Extra Virgin Olive Oil Phytochemical Supplementation and Aerobic Exercise Training on Skeletal Muscle Synthesis and Breakdown in Rats Fed High-fat Diet

Undergraduate Students (B.S. in Kinesiology)

- Ashley Nguyen 05/2021-12/2021
- The Effect of Extra Virgin Olive Oil Phytochemical Supplementation and Aerobic Exercise Training on Skeletal Muscle Synthesis and Breakdown in Rats Fed High-fat Diet
- John Long 5/2020-8/2020
- Vitamin D Supplementation on Respiratory Tract Infection Incidence and Serum 25(OH)D Concentrations: A Systematic Review and Meta-analysis
- Layla Rodriguez 1/2020-5/2020
- Literature review: Vitamin-D Supplementation and Exercise Training Protects Against Sarcopenic Obese in Latinos

Undergraduate Students (B.S. in Biology)

Mary Bahwawsi	05/2021-12/2021
<ul style="list-style-type: none"> The Effect of Extra Virgin Olive Oil Phytochemical Supplementation and Aerobic Exercise Training on Skeletal Muscle Synthesis and Breakdown in Rats Fed High-fat Diet (western blot) 	
Salmaan Faghihi	05/2021-12/2021
<ul style="list-style-type: none"> The Effect of Extra Virgin Olive Oil Phytochemical Supplementation and Aerobic Exercise Training on Skeletal Muscle Synthesis and Breakdown in Rats Fed High-fat Diet (ELISA) 	

Service Activities

Committee Assignments

<i>Faculty Senate Committee</i>	San Antonio, TX
UTSA	10/2021-present
<ul style="list-style-type: none"> Academic Freedom, Evaluation and Merit Committee member 	
<i>HCaP Community Engaged Research Faculty and Student Workgroup</i>	San Antonio, TX
College for Health, Community and Policy, UTSA	1/2022-present
<ul style="list-style-type: none"> Implement and guide Community Engaged Research activities across the college 	
<i>Graduate Studies Committee</i>	San Antonio, TX
College for Health, Community and Policy, UTSA	1/2020-present
<ul style="list-style-type: none"> Review applicants for the M.S. in Health and Kinesiology program and discuss/vote academic affairs related to the graduate studies 	
<i>Diversity, Equity and Inclusion committee</i>	San Antonio, TX
College for Health, Community and Policy, UTSA	11/2019-1/2020
<ul style="list-style-type: none"> Develop initiatives and prepare students for a diverse and global world 	
<i>KHN Department Committee</i>	San Antonio, TX
Department of Kinesiology, UTSA	8/2019-1/2020
<ul style="list-style-type: none"> Kinesiology Transition Task Force 	
<i>KHN Department Committee</i>	San Antonio, TX
Department of Kinesiology, UTSA	9/2018-present
<ul style="list-style-type: none"> Academic Policy & Curriculum Committee: Exercise Physiology Undergraduate Curriculum task force 	
<i>KHN Department Committee</i>	San Antonio, TX
Department of Kinesiology, Health and Nutrition, UTSA	8/2018-5/2019
<ul style="list-style-type: none"> Ph.D. Task Force and Community & Collaboration Task Force 	

Faculty Member

Center for Community Based and Applied Health Research, UTSA

San Antonio, TX

8/2018-Present

- Promote collaborative, interdisciplinary, applied health research that engages, empowers, and mobilizes communities.

Editorial Service

Topic editor, Frontiers in Nutrition (Special topic: The role of food processing in the production and bioavailability of bio-compounds critical for boosting the immune system)-

08/2021-present

Associate Editor, Institute of Food Technologists (IFT) Food Science & Nutrition - Online Reference work

1/2021-present

Reviewer, Journal of Sports Medicine

10/2019-present

Editor/Reviewer, Journal of the International Society of Sports Nutrition (JISSN)

9/2019-Present

Memberships in Professional Organizations

- American College of Sports Medicine (ACSM)
- American Society of Nutrition (ASN)
- American Heart Association (AHA)
- American College of Sports Medicine Texas Chapter (TACSM)