J. TIMOTHY LIGHTFOOT, PhD FACSM ACSM-RCEP ACSM-CES

CURRICULUM VITAE

I. CONTACT INFORMATION:

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II. EDUCATION & TRAINING:

School	Degree	Yr of Degree
Rocky Mount High School, Rocky Mount, Louisiana	Diploma	1978
Northeast Louisiana University Monroe, Louisiana	Physical Education, B.S. Mathematics (minor)	1981
Northeast Louisiana University Monroe, Louisiana	Physical Education, M.Ed. Counseling (minor)	1982
University of Tennessee Knoxville, Tennessee	Education, Ph.D. cognate: Exercise Physiology	1986
The Johns Hopkins University Baltimore, Maryland	Physiology (Post-Doc)	1989

III. PROFESSIONAL EXPERIENCE & QUALIFICATIONS:

A. Positions

Years	College, Department, Institute, City; Position
2022-2023	School of Education & Human Development, Department of Health and Kinesiology, Texas A&M University, College Station, TX; **Debbie and Mike Hilliard Endowed Professor of Kinesiology and Executive Director of the Sydney and JL Huffines Institute of Sports Medicine and Human Performance.** Graduate Faculty.
2019-2022	College of Education & Human Development, Department of Health and Kinesiology, Texas A&M University, College Station, TX; **Debbie and Mike Hilliard Endowed Professor of Kinesiology and Director of the Sydney and JL Huffines Institute of Sports Medicine and Human Performance.** Graduate Faculty. Faculty Member of the Texas A&M Institute for Genome Sciences and Society.

2010-2019	College of Education & Human Development, Department of Health and Kinesiology, Texas A&M University, College Station, TX; **Omar Smith Endowed Professor of Kinesiology and Director of the Sydney and JL Huffines Institute of Sports Medicine and Human Performance.** Graduate Faculty. Faculty Member of the Genetics Faculty and Texas A&M Institute for Genome Sciences and Society.
2018 – 2019	College of Natural and Health Sciences, University of Hawai'i Hilo, Hilo, HI. **Affiliate Faculty**. Kinesiology & Exercise Sciences.
2018-2019	College of Education. University of Hawai'i Mānoa, Mānoa, HI. **Affiliate Faculty.** Kinesiology and Rehabilitation Science.
2005 - 2010	College of Health & Human Services, Department of Kinesiology, University of North Carolina-Charlotte, Charlotte, NC; **Professor**, Graduate Faculty; Adjunct Professor, Biology Dept.; Faculty member in Biomedical Science and Biotechnology PhD program, Health Services Research PhD program, Bioinformatics and Computational Biology PhD program; Faculty Associate in Mechanical Engineering Motorsports Program.
2001 - 2005	College of Nursing & Health Professions (2001); College of Health and Human Services (2002-onward); Department of Kinesiology, University of North Carolina-Charlotte, Charlotte, NC; **Professor & Department Chair**, Graduate Faculty; Faculty member of Biomedical Science and Biotechnology PhD program; Faculty Associate in Mechanical Engineering Motorsports Program.
1996 - 2000	College of Nursing & Health Professions; Department of Health Promotion & Kinesiology, University of North Carolina-Charlotte, Charlotte, NC; **Associate Professor & Department Chair,** Graduate Faculty
1994-1996	College of Education; Department of Exercise Science, Florida Atlantic University, Boca Raton, FL; **Associate Professor & Department Chair**, Graduate Faculty
1993-1994	College of Education; Department of Exercise Science, Florida Atlantic University, Boca Raton, FL; **Associate Professor**, Director of Human Performance Laboratory, Graduate Faculty
1989-1993	College of Education; Department of Exercise Science, Florida Atlantic University, Boca Raton, FL; **Assistant Professor** and Member of Graduate Faculty
1986-1989	Division of Physiology, The Johns Hopkins University, Baltimore, Maryland; **Post-doctoral Research Fellow**
1985	The Bionetics Corporation, National Aeronautics and Space Administration, Kennedy Space Center; **Research Consultant**
1984, 1986	College of Education; Center for Physical Activity and Health, University of Tennessee, Knoxville, Tennessee; **Graduate Assistant Co-Director**
1983-86	College of Education; Department of Physical Education, University of Tennessee, Knoxville, Tennessee; **Graduate Teaching Assistant**

1982-83 Monroe City School Board, Monroe, Louisiana; **Mathematics Teacher**, Robert E. Lee Junior High School (7th Grade)

1981-82 College of Education; Department of Health and Physical Education, Northeast Louisiana University, Monroe, Louisiana; **Graduate Teaching Assistant**

B. HONORS AND AWARDS:

Debbie and Mike Hilliard '73 Endowed Professorship (2019-2023)
Texas A&M University Distinguished Achievement Award in Graduate Mentoring – 2018
American College of Sports Medicine Citation Award – 2018
Pease Family Scholar – Iowa State University Kinesiology Department – 2017
Texas A&M Association of Former Students College-Level Teaching Award – 2017
Texas A&M Fish Camp Namesake – 2017
Outstanding Exercise Science Alumni Award, University of Tennessee, 2016
Armstrong Scholar Award, Department of Health and Kinesiology, Texas A&M University - 2015
Selected to give ACSM Presidential Address at ACSM National Meeting - May 2014
Article (*JAP 2010)* selected for F1000Prime - as one of the 1000 most important papers in field (6/13)
Texas ACSM Regional Chapter Spring Speaker Tour speaker (Univ. Texas Arlington, TAMU-International, Univ. Texas El Paso, Univ. Mary Hardin-Baylor, Lamar Univ.) 2012
Exercise Science Alumni Award, University of Louisiana Monroe – 2011
Omar Smith Endowed Professorship, Texas A&M University, 2010 - 2019
Henry J. Montoye Research Award recipient, Southeast American College of Sports Medicine, 2010
Board of Trustees, American College of Sports Medicine (2006-2009)
President Elect, President, and Past President, Southeast regional American College of Sports Medicine (2004-2006)
American Physiological Society, Research Career Enhancement Award - 2001
Excellence in Graduate Teaching Award, College of Nursing and Health Professions, UNC Charlotte, 2000-2001
Florida Atlantic University College of Education, Distinguished Teacher of the Year 1994-1995
Recipient of Florida Atlantic University Teaching Incentive Program Award, 1994
Florida Atlantic University College of Education, Researcher of the Year, 1994
Florida Atlantic University, Department of Exercise Science, Teacher of the Year, 1993-1994
Fellow of the American College of Sports Medicine, 1992
Dean's Outstanding Achievement Award, Florida Atlantic University, 1990
NIH Institutional Grant, Post-Doctoral Research Fellowship, HL 07534-03 (1986-89)
Pre-Doctoral Fellowship, Awarded through the Bionetics Corp., NASA, Kennedy Space Ctr, FL (1985-86)
Phi Eta Sigma Honorary (1981)
Mortar Board Honorary (1981)
Who's Who of American College Students (1980-82)
Louisiana Association for Health, Physical Education, Recreation and Dance Student Section President-Elect and Past-President, 1980-82
A.S. Huffman Outstanding Student Award at Northeast Louisiana University (1981)
Two varsity letters in Soccer from Northeast Louisiana University (1980-81)

C. PROFESSIONAL SOCIETY MEMBERSHIPS:

American College of Sports Medicine (1985-Current)
American Physiological Society (1991- 2022)
Texas ACSM Regional Chapter (2010-current)
Southeastern ACSM Regional Chapter (1983-86, 1989-Current)

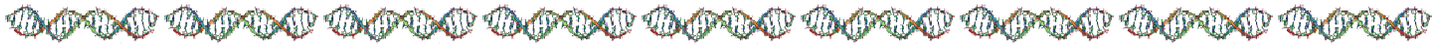
Performing Artists Medical Association (2016-2018)
American Society for Gravitational and Space Biology (1988-1990)
Aerospace Medical Association (1986-1990)
Mid-Atlantic ACSM Regional Chapter (1988-1989)
Louisiana Association of Health, Physical Education, Recreation and Dance (1979-82)

D. PROFESSIONAL / CLINICAL CERTIFICATIONS AND REGISTRATIONS:

American College of Sports Medicine – Certified Clinical Exercise Physiologist (CCEP) #1001 – 1988-Current
American College of Sports Medicine, Registered Clinical Exercise Physiologist (RCEP) #40- 1999-2019
(ACSM folded this Registration listing into the certified CEP credential in 2019)
American Red Cross - Basic Life Support - April, 1993 – Current

E. OTHER RELEVANT TRAINING:

University/College Financing Fellowship, Texas A&M CEHD Dean's office, 2017
Advancement Resources, *Insight into Philanthropy* course, Nov. 2011
NIH Grant Writing Workshop, *Understanding the new proposal format*. Grant Writers' Seminars and Workshops, Oct. 2011



IV. ADMINISTRATIVE ACCOMPLISHMENTS

It should be clearly noted that Administrative accomplishments are rarely individual and always involve a team of people that work together to accomplish a goal/mission. That is the case with each of the following items listed; rarely was I the sole individual involved, but rather, usually served as the leader, organizer, or facilitator of the effort. These are items that are largely unmentioned in my teaching, research, or service sections in Sections V-VII. For context, in all instances, my percentage assigned workload at each Institution was 50% Administration, 25% Research, 20% Teaching, 5% Service.

A. FLORIDA ATLANTIC UNIVERSITY

- Department Chair 1994-1996
- Doubled the size of the department faculty from 4 – 8 faculty members
- Organized and oversaw the relocation of the department to Broward county campus
- Participated in the feasibility study for a Physical Therapy program (which was subsequently established after I left FAU).
- Participated in design and planning of Allied Health building for Broward Campus
- Led the regional efforts to establish academic accreditation standards for Exercise Science programs.
- Led the development and implementation of a two-year health education program for the Seminole Indian Tribe of Florida.
- Participated in NCATE Reaccreditation of FAU College of Education

B. UNIVERSITY OF NORTH CAROLINA CHARLOTTE

- Department Chair 1996-2005
- Managed the integration of the Department of Health Promotion and Kinesiology into the newly formed College of Nursing and Health Professions (the Department had been located in the College of Education until shortly before my hiring in 1996).
- Oversaw and managed the growth of the undergraduate Exercise Science program from 82 students in 1996 to over 600 by 2005 (this program was fully accredited by CoAES in 2009).
- Planned and implemented the first undergraduate degree program in Athletic Training in North Carolina which was subsequently fully accredited by CAATE (and has been reaccredited continuously since 2000).

- Planned and implemented the first Master's degree program in Clinical Exercise Physiology in North Carolina (this program was subsequently fully accredited by CoAES).
- Participated in NCATE reaccreditation of UNC Charlotte College of Education
- Participation in SAC University Reaccreditation
- Served as UNC Charlotte representative to North Carolina State System Graduate Program Advisory Board
- Jointly developed proposal to establish new Department of Public Health 2003 (which involved moving Health Promotion faculty from my department to this new Department. This Department subsequently became the School of Public Health).
- Developed and implemented multiple 5-year strategic plans from 1996-2003 (the Leadership structure in place at the time mandated review, revision, and new strategic plans every other year).
- Developed and taught a year-long teaching workshop for junior faculty
- Developed and put in place new departmental guidelines (subsequently adopted by the College) regarding plagiarism and plagiarism-prevention amongst our academic programs
- Initiated the proposal to renovate our building and worked with architects on the plans (these plans were finally fulfilled in 2014).
- During my time as Department Chair, hired 11 faculty members at various levels. Grew the faculty from 14 faculty in 1996 to 21 in 2005 (and that total was after splitting the department in 2003).
- Served as Chair of both Departmental and College Promotion and Tenure Committee numerous times between 2005 -2010.

C. TEXAS A&M UNIVERSITY

- Established mission/vision and operating procedures for Huffines Institute.
- Recruited and established Advisory Board to guide the Institute.
- Broadened the scope of the Institute to work across the Texas A&M System (currently work with four other campuses as well as main campus) as well as consulting with Texas A&M Systems Research Office.
- As Director, hired, developed, and managed staff, balanced yearly budgets, worked with faculties across the System, and implemented faculty development initiatives.
- Grew the affiliate membership in the Institute from 60 members to 138 members currently (representing 14 different departments and 11 different Colleges/Units across the State System).
- Have increased the base endowment of the Huffines Institute and associated Texas A&M Coaching Academy by ≈$7.5 million since 2010.
- To date, the Huffines Institute has published 260 audio podcasts and 65 video podcasts averaging ≈18,000 downloads/year from users in 152 countries
- To date, the Huffines Institute has been awarded three national bronze Telly awards for Excellence in Web Educational Programming
- To date, the Huffines Institute has awarded ≈ $260,000 in research and travel grants for students and faculty
- As of 2017, the University had a return on investment of 134% on our faculty research grant programs (from independent audit of Huffines grant programs I commissioned in 2016)
- Established the yearly *Hilliard Discussion* which averages 600 people onsite and is simulcast to 27-25 other Universities in November every year.
- Established working relationships with local newspapers and sports-radio stations and provide weekly text articles and one-minute radio spots about different sports medicine/health topics to TexAgs (sports talk radio) and KAMU (national public radio).
- Led the renovation, rehabilitation, and move-in efforts into new departmental lab spaces in 2012 and on planning committee for renovation and move into new departmental building (Jan 2020).
- Led renovation and move-in of Huffines Institute into new 5000 sq ft. facility in September 2020.
- Established and spun-off the Thornton-McFerrin Coaching Academy from the Huffines Institute. Developing the Coaching Academy included building a cross-campus consortium with TAMU

Office of Undergraduate Studies, the College of Education and Human Development and the Department of Health and Kinesiology to launch the Academy and then landing start-up money from donors to establish the Academy and hire the founding Director (including a $3 million supporting endowment).

- Through the Coaching Academy, oversaw the development of ties with several school districts including working with District Superintendents to develop continuing education courses for coaches and hosting and developing programs for high school students on campus interested in Coaching.
- Member of two Dean of the College of Education and Human Development Search Committees, Chaired the Department Head Search Committee, and Chaired two Distinguished Professor Search Committees (along with serving on several other junior faculty search committees).
- In conjunction with the Coaching Academy and the Athletics Department, developed and implemented the Undergraduate Studies Degree Program in Sport and Conditioning (to offset the loss of majors from our degree programs with GPA between 2.0 and 2.75).
- Worked with the Fish Camp and Freshman Learning Organizations (FLO) which are part of A&M's student retention efforts.
- Appointed to the Texas Higher Education Coordinating Board Committee on Kinesiology Field of Study Advisory Board. (The THECB oversees all public higher education in Texas and answers to Texas Legislature.)
- Financial Fellowship in College of Education and Human Development office studying financial impact of uncompensated teaching and developing algorithms to predict faculty turn-over for use in budgeting process.

V. PROFESSIONAL SERVICE:

A. International, National, and Regional

2023 – Member, ACSM Annual Meeting Task Force
2021 - Member, ACSM Pronouncements Process Committee
2020 – 2022 – Member, ACSM Strategic Planning Committee
2020 – 2022 – Member, ACSM Licensure Task Force
2016-current – Founder & Director, Genetic & Biological Regulators of Physical Activity International Consortium (GenBioPAC)
2021-current – Organizer/Moderator of monthly Global Lab meeting for GenBioPAC
2016-2022 – Member, ACSM Publications Committee
2015-2021 – Associate Editor, *Medicine and Science in Sports and Exercise* journal
2019-2020 – Chair, ACSM Integration Task Force
2013- 2018 – Member (and founding member), National Exercise Trials Network (NExTNet)
2016-2017 – Organizer / Convener, ACSM's International Roundtable on the Genetic Regulation of Physical Activity (March 23, 2017)
2016-2018 – Chair, ACSM Science Integration & Leadership Committee (SILC)
2011-2016, 2018-2019 - Member, ACSM Science Integration & Leadership Committee (SILC)
2011-2017 – Member, ACSM Task Force on Motorsports Safety
2011-2014 – Member, ACSM Translational Science Center *ad hoc* working group
2010-2011 – Chair, ACSM Committee on Motorsports Safety
2010-2011 – Member of ACSM Web Redesign Team
2010-2012 - Associate Editor, American College Sports Medicine's Health and Fitness Journal
2009 - National Institutes of Health, Special Emphasis Panel/Scientific Review Group ZAR1 EHB-F(M2)
2009 National Institutes of Health, Special Emphasis Panel/Scientific Review Group ZDK GRB-9(O1)

2008, 2009 Dept. of Defense/USARIEM Human Performance Optimization review through the American Institute of Biological Services
2008 National Institutes of Health, Special Emphasis Panel/Scientific Review Group 2009/05 ZRR1 SEPA-6 (01)
2008 Developed departmental workload policy adopted by California State University-Fullerton, Dept. of Kinesiology
2008 Chair of Review Panel for *ACSM's Introduction to Exercise Science* book
2007 National Institutes of Health, AMS 2008-01 Training Program Review Study Section
2006-09 Board of Trustees, American College of Sports Medicine
2006-07 National Institutes of Health P50-Centers of Research Translation - Special Emphasis Study Section Reviewer (ZAR1-MLB-G)
2006 Dept. of Defense/USARIEM Human Performance Optimization review panel (PRMRP)
2006 Past-President, Southeast Regional American College of Sports Medicine
Chair, Student Research Awards
Chair, Chapter Officer Nominations and Citation awards
2005 National Institutes of Health P50-Centers Of Research Translation - Special Emphasis Study Section Reviewer (ZAR1-MLB-G)
2005 National Institutes of Health – R03 Special Emphasis Study Section Reviewer (ZAR1-EHB-G)
2005 Compliance/Product Analyses US Army Medical Research Core
2005 President, Southeast Regional American College of Sports Medicine
2004 President-Elect, Southeast Regional American College of Sports Medicine
Program Chair – SEACSM 34th Annual Meeting, Jan. 2005
2003-2006 – American Physiological Society, Porter Physiology Minority Development Committee
2001-2006 - ACSM National Task Force on Motorsports Safety
1990 - current - Reviewer - *Medicine and Science in Sports and Exercise*
1993 - current - Reviewer - *Journal of Applied Physiology*
1999 - 2003 - Editorial Board, *Journal of Strength and Conditioning Research*
1999-2000 - Site Host - SEACSM meeting
1995-1997 - Executive Board, Southeast Regional American College of Sports Medicine
1995 - 1997 - Chair, Southeast Regional American College of Sports Medicine Committee on Program Accreditation
1994-1996- Member - ACSM Committee on the Practice of Exercise Physiology
1993-94 - Member - ACSM Ad Hoc Committee on Registration and Licensure
1993-94 - Chair, ACSM Registration and Licensure Survey Subcommittee
1989 -1992 - Lecturer and Examiner, American College of Sports Medicine Health Fitness Instructor Workshop and Certification Examination

B. State

2017- 2019 Member, Kinesiology and Exercise Field of Study Advisory Committee, Texas Higher Education Coordinating Board.
1991-94 - Ad hoc reviewer, American Heart Association, Florida Affiliate

C. University

2022-2023 – Executive Director, Sydney and JL Huffines Institute for Sports Medicine and Human Performance
2020 – 2023 – Member Texas A&M Athletics Council
2020-2021 – Executive Council, Texas A&M Center for Environmental Health Research (TiCER)

NIH P30 program (Temporary due to illness of CEC Director)
2015 – 2022 – Member, Texas A&M Athletic Department Performance Group
2010- 2022 – Director, Sydney and JL Huffines Institute for Sports Medicine and Human Performance
2010- 2022 – Faculty Member, Texas A&M Institute for Genome Sciences and Society (formerly Texas A&M Whole Systems Genome Initiative)
2010-2020 – Faculty Member, Interdisciplinary Genetics Faculty
2019-2020 – Texas A&M University Responsible Conduct of Research programming committee
2019-2020 – Member, University Professor Selection Committee
2012 - 2020 – Member, Texas A&M Protein Chemistry Laboratory User Committee
2013 – 2016 – Co-Director Metabolic Core; Co-Director, Community Outreach Core; Texas A&M Center for Translational Environmental Health Research (CTEHR, NIH P30)
2012-2017 – Faculty Member, Texas A&M University Human Subjects Committee
2012-2013 – Faculty Member, University Integrated research/education committee (TOPS program)
2007-2010 – Faculty advisor – Campus Crusade UNC Charlotte
2004-2010 – UNC Charlotte Patent Committee
2009-2010 – Chair, UNC Charlotte Patent Committee
2004-2005 – NCAA/Athletic Department Accreditation Self-Study Committee
2001-2004 - Chair, UNC Charlotte Institutional Review Board
2001-2010 – Faculty Associate, UNC Charlotte Motorsports Program
2002-2004 - Faculty Associate, Center for Professional and Applied Ethics
1998 - 2002 - UNC Charlotte Graduate Residency Appeal Board
1999-2000 - UNC Charlotte Health Commission
1998 – Participant/Member, UNC Charlotte College of Education NCATE review
1997 - UNC Charlotte Task Force on Curriculum Review revision
1994-1995 – FAU College of Education NCATE Committee
1993-94 - Chair, Florida Atlantic University Institutional Review Board (Human Subjects)
1989-93 - Florida Atlantic University Institutional Review Board
1991-94 - FAU Scientific Misconduct Committee
1991-93 - FAU Institutional Animal Care and Use Committee
1991-93 - FAU University Research Committee (URC)
1991-93 - Chair, URC Speaker Series Subcommittee
1993 - FAU University Research Committee Patent Subcommittee
1993 - FAU University Research Committee Centers and Institutes Subcommittee
1992 -93 - FAU Graduate Faculty Task Force

D. College

2020-2022 – StaR Mentor to Dr. John Williams, TLAC CEHD
2018-2020 – Member, Board of Directors, Texas A&M CEHD Human Clinical Research Facility
2017-2019 – Chair, College Advisory Committee for Endowed Chairs
2015-2016 – Member, Associate Dean of Research Search Committee
2014-2015 – Member, Dean's Search Committee (Texas A&M)
2013-2014 – Member, Dean's Search Committee (Texas A&M)
2012 – Member of Vetting Committee for College's Marilyn Kent Byrne Endowed Chair and Ponder Endowed Chair positions (Texas A&M)
2012 – College Academic Investigative Committee (Texas A&M)
2005-2006, 2007-2009 – College Promotion and Tenure Review Committee (UNC Charlotte)
2005 – Organizer/moderator – College Research Seminar Series (UNC Charlotte)
2000-2001 - Vice-chair, College of Nursing and Health Professions Faculty Organization
1998 - Lead author on Physical Therapy / Athletic Training Feasibility Study (UNC Charlotte)

1997-98 - UNC Charlotte Committee on Reducing Equivalencies
1997 - Lead author on College White Paper on Changing the College Name (UNC Charlotte)
1995-1996 - Chair, FAU College of Education Teaching Incentive Program Award Committee
1995-1996 - FAU College of Education Promotion and Tenure Committee
1993-94 - FAU College of Education Graduate Committee
1992-93 - Chair, FAU College of Education Graduate Faculty Review Committee

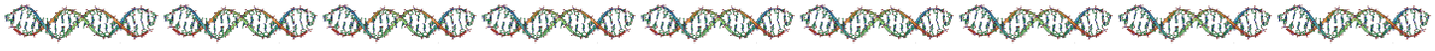
E. Department

2020 – 2022 – Director, Sports Physiology Masters program
2019 – 2022 – Director, West Point M.S. KSM Program
2019 - 2022 – Organizer, HLKN Department Last Lecture Celebration
2010 - 2023 – Member, Dept. HLKN / KSM Promotion and Tenure Committee
2021 – Member, Department Head Search Committee (Texas A&M)
2020 – Faculty Evaluation Process Revision Committee (member)
2019 – 2020 – Chair, Kinesiology A1 Committee
2019 – Chair, Department Biomechanics Search Committee
2016-2017 – Chair, Department Head Search Committee (Texas A&M)
2014-2015 – Chair, Department Tenure and Promotion Committee (Texas A&M)
2012-2013 – Chair, Signature Hire in Health Disparities Committee (Texas A&M)
2012 – Chair, Department Media Specialist search committee (Texas A&M)
2012 – Facilitator, University Studies Concentration in Sports Conditioning (Texas A&M)
2011-2012 – Planning Chair, Heldenfels Laboratories Renovation and Move (Texas A&M)
2011- 2012 - Chair, Signature Hire in Aging Committee (Texas A&M)
2009 – 2010 – Chair, Departmental Review Committee (UNC Charlotte)
2009 – Member of Accreditation Committees for Athletic Training, Exercise Science, and Clinical Exercise Physiology (all were successful)
2008 – Development/moderator – Kinesiology Department Teaching Workshop
2007 – Developed revised workload policy for Department
2007-2009 – Organizer/Moderator Kinesiology Writing Accountability group
2006-2010 – Organizer/Moderator, Departmental Research Seminar Series
2005-2007 – Chair, Departmental Review Committee
2002-2004 – Author M.S. in Clinical Exercise Physiology Planning and Implementation documents
1996-2005 - UNC Charlotte Dept. of Kinesiology Dept. Chair
1996 - 2005 – Author multiple Departmental strategic plans (5 during this period)
2000-2001 - Author Athletic Training Permission to Plan and Plan to Establish documents
1997-1998 - UNC Charlotte HPK Graduate Program Coordinator
1994 - 1996 - FAU Dept. of Exercise Science/Wellness Education Department Chair
1993-1996 - FAU Dept. of Exercise Science/Wellness Education Graduate Assistant Coordinator
1993-1994 - Coordinator, FAU Exercise Science Research Speaker Series
1992 - FAU Exercise Science Majors Club - Faculty Advisor

F. Community

2010-2022 – Sports Medicine Blogger for *The Eagle* (local newspaper with 80,000 circulation)
2006-2022 – Various local talks, including the development of two, eight-week series on "The Interaction of Science and Religion" and "Manna or Munchies" (North Carolina and Texas)
2006-2008 – Scientific Advisory Board, Kannapolis Biotech Center Core Facility (Charlotte)
2003 – 2005 Total Health Initiative Advisory Board, Greater Charlotte YMCA
2003-2004 Evaluation and Outcome Subcommittee, YMCA Total Health Initiative
2003-2005 Program Development Subcommittee, YMCA Total Health Initiative
1999-2002 - Metrolina Wellness Committee, Greater Charlotte YMCA

1999-2002 - Advisory Board, Cardiovascular Health Initiative, Cabarrus Health Alliance
1999 - 2002 - Charlotte Chamber Information Technologies Council, Blue Diamond Awards Judge
1998-2004 - Arts and Sciences Council Fund Drive Leader, Kinesiology
1998 - American Heart Walk-a-thon - University Leader
1997-2004 - United Way Fund Drive Leader, Kinesiology
1997 - Leading the Way - United Way Charlotte, NC
1995 - 1996 – Development/delivery of health education programs to Seminole Indian Tribe of Florida.
1995 - Citizen's Observer Patrol - Delray Beach, FL
1995 - Osceola Park Neighborhood Executive Board
1993 – Continuing Education Course: Current Topics in Health and Wellness – Palm Beach County Schools
1992 – Developed and Offered Continuing Education Course: Current Topics in Health and Wellness – Broward County Schools



VI. TEACHING:

Undergraduate Courses:

Northeast Louisiana University,
Badminton (3 courses); Conditioning (2 courses)
The University of Tennessee,
Elementary Racquetball (6 courses); Soccer (1 course)
Basketball (1 course); Elementary Bowling (9 courses)
Intermediate Bowling (2 courses); Physical Fitness (1 course)
Badminton (1 course)
Florida Atlantic University
Exercise Physiology
Exercise Physiology Laboratory
Evaluation of Research
Biomechanics
Laboratory Techniques in Exercise Physiology (designed/organized/implemented)
Advanced First Aid
Fitness for Life
Practicum in Exercise Science
Internship
The University of North Carolina - Charlotte
Internship
Practitioner Seminar
Exercise Physiology
Lifetime Weight Management
Texas A&M University
Exercise Physiology

Graduate Courses:

Florida Atlantic University:
Advanced Exercise Physiology
Health Fitness Appraisal and Lifestyle
Graduate Seminar
Graduate Laboratory Techniques (designed/organized/implemented)
The University of North Carolina - Charlotte
CEP Exercise Testing Methods (designed/organized/implemented)

Advances in Clinical Exercise Physiology (designed/organized/implemented)
Exercise Prescription for Cardiovascular and Metabolic Disorders (PhD and MS level)
Clinical Practicum (designed/organized/implemented)
Advanced Exercise Physiology (PhD and MS level)
Graduate Internship
Health Promotion Administration
Research Methods

Texas A&M University
Various Graduate Seminars
External Research Fund Development (KINE 614, PhD level - designed/organized/ implemented))
Professional and Career Development in Health and Kinesiology (KINE 609 - PhD level – designed/organized/implemented)

Doctoral Students (completed):

Florida Atlantic University:
Dr. Linda Forst: *The Effects of Two Acquaintance Rape Prevention Education Programs on Rape-Supportive Beliefs Among College Students.* 1993

University of North Carolina Charlotte:
Dr. Amy Knab: *The Role of the Dopaminergic System in the Regulation of Physical Activity in Mice*. 2009
Dr. Robert Bowen: *The Role of the Sex Steroids in Regulation of Physical Activity Levels in Mice.* 2010

Texas A&M University:
Dr. David Ferguson: *Skeletal Muscle as a Mechanism for Peripheral Regulation of Voluntary Physical Activity.* 2013
Dr. Emily Schmitt: *Endocrine Disruptors and the Regulation of Voluntary Physical Activity in Mice*. 2015
Dr. Heather Vellers: *The Effect of Chronic Overfeeding on Physical Activity in Mice*. 2016
Dr. Ayland Letsinger: *The Evolution and Regulation of Physical Activity Levels.* August 2019
Dr. Jorge Granados: *Metabolic Phenotyping Using Kinetic Measurements in High- and Low-Active Mice*. December 2019.
Dr. Brianne Breidenbach-Jenkins: *The Influence of Calcium Propionate on Regulating Physical Activity.* August 2022.

VII. RESEARCH:

A. GRANTSMANSHIP & FUND DEVELOPMENT: (Funded grants and contracts)

2021-2022 Sponsoring Faculty Member – (Breidenbach, PI) *Pre- and Postnatal Exposure to a Common Food Preservative (Calcium Propionate) on Physical Activity in Mice.* American College of Sports Medicine National Student, Research Grant. $5,000 (total costs)

2019-2021 Co-Investigator – (Threadgill, PI) *Texas A&M Center for Environmental Health Research* (TiCER). National Institutes of Health NIEHS (P30ES029067). Co-Investigator, Co-Director Community Engagement Core. Total costs: $7,462,255.00

2016-2021 Co-Investigator – 10% (Fuchs-Young, PI) The MENTORS (Model Education Networks to Optimize Rural Science) Project. National Institutes of Health 1R25OD020219.

2015-2020 Co-Investigator – 12.5% (Zhu, PI) *Physical Activity Impacts of a Planned Activity-Friendly Community: The What, Where, When and Why of Environmental*

Approaches to Obesity Prevention. National Institutes of Health 1R01CA197761-01. $2,273,176 total costs ($1,497,426.00 direct / 681,328.00 indirect / 284,147.00 Lightfoot).

2015-2016 Sponsoring Faculty Member – (Vellers, PI) *The Effect of Chronic Overfeeding on Voluntary Physical Activity*. American College of Sports Medicine National Student Research Grant. $5,000 (total costs)

2013-2017 Co-Investigator – (Walker, PI) *Center for Translational Environmental Health Research*. National Institutes of Health NIEHS (P30). Co-Director Metabolism Core; Co-Director Community Outreach Core.

2013-2017 Partnering Principal Investigator (Fuchs-Young, Primary PI). *Undoing the damage: reprogramming the effects of early high sugar/high fat diets through exercise.* Congressionally Directed Medical Research Program. $808,500. total costs. / $256,121 costs for Lightfoot partnership ($192,927 direct / 63,194 indirect)

2013-2015 Principal Investigator – *The effect of environmental endocrine disruptors on the regulation of physical activity*. Center for Translational Environmental Health Research (TAMU System) $44,879 (funded)

2013-2015 Collaborator. Porter, W (PI) – *Role of Sim2s as a regulator of whole systems energy homeostasis.* Center for Translational Environmental Health Research (TAMU System) $40,972 (funded)

2012-2013 Principal Investigator – *Curriculum grant for University Studies Sports Conditioning concentration.* Office of Undergraduate Studies/Dept. of Athletics (TAMU) $12,000 (funded)

2008-2010 Collaborator. Xu, T. (PI) – *Acquisition of an analytical transmission electron microscope for research and education in nanoscale science and engineering.* National Science Foundation. $800,000 (Funded).

2006-2010 Principal Investigator – *Minority Post-doc Supplement -Genetic Factors Responsible for Exercise Endurance* – NIH- $322,022. (Funded) NIH RO1AR050085-S1

2005-2011 Principal Investigator – *Genetic Factors Responsible for Exercise Endurance* – NIH- $1,400,000. (Funded) NIH RO1AR050085

2003-2006 Principal Investigator - *Control of Physical Activity by Genetic Factors* - NIH - $130,000. (Funded) – NIH DK61635

2003-2006 Co-Investigator. Turner, MJ (PI) – *Aging, Physical Activity, and Cardiac Apoptosis* – NIH - $195,000. (Funded) – NIH AG022417

2001 Principal Investigator - *"Techniques of Genotyping"* Research Career Enhancement Award - American Physiological Society - $4,000. (Funded)

2000-2005 Supervisor – Master student graduate assistantships – Charlotte/Mecklenburg Senior Centers – $39,600 yearly

1999-2000 Principal Investigator - *"Genetic variability of aerobic training"* UNC Charlotte Internal Grant (Funded $6,000)

1998 Coinvestigator - "Genetic Variation in Aerobic Capacity" Beta Beta Beta Biology Society (Funded for $700).

1998 Principal Investigator - "Genetic Variability of aerobic performance and trainability" UNC Charlotte Vivarium Grant (Funded for $493.)

1998 Principal Investigator - "Is Heart rate variability different in African-Americans?" UNC Charlotte Internal Grant

1993-94 Principal Investigator - "Genetic influences on blood pressure control" FAU Internal Seed Grant (Funded)

1992 Principal Investigator - "Genetic factors influencing blood pressure control" Southern Regional Education Board (Funded)

1992 Principal Investigator - "Genetic Control Influencing Physiological Adaptations to Aerobic Exercise" Florida Atlantic University Foundation (Funded)

1991 Principal Investigator - "The role of parasympathetic tone in orthostatic intolerance" Southern Regional Education Board (Funded)

1990-92 Principal Investigator - "Titratability, Decay, and Mechanisms of LBNP Tolerance Training" American Heart Association (Funded).

1990-91 Principal Investigator - "Possible mechanisms and attenuation of weightlessness-induced orthostatic intolerance" FAU Internal Grant (Funded)

1987 Principal Investigator - "Automated blood pressure measurement" Colin Medical Instruments Inc., South Plainfield, NJ (Funded)

B. GRANT MENTORSHIP (Personal mentorship of external funding efforts)

2021-2023 Dr. Emily Schmitt (Assistant Professor, University of Wyoming) – *Impacts of Endocrine Disrupting Chemicals on Integrative Physiology.* NIH R03 Idea Networks for Biomedical Research Excellence (INBRE) Project proposal (Wyoming sponsored). (funded)

2019-2021 Dr. Shevon Harvey (Assoc. Professor, Texas A&M University) – *The Study of Type-2 diabetes and the Rural Experience regarding Self-management behavior and Stress (STRESS) Project* – R21 NIH (funded)

2017-2018 Dr. Chris Woodman (Assoc. Professor, Texas A&M University) - *Aging of vascular smooth muscle in resistance arteries* – R01 NIH (funded)

2013-2015 Dr. Tyrone Ceasar (Asst. Professor, Wingate Univ.) - *Field based measures of cardiorespiratory fitness in African-American populations* – R21 NIH (not funded)

2013-2015 Dr. Lara Carlson (Asst. Professor, Univ. New England) - *The effects of resistance exercise on myokines and inflammation* – R15 application NIH (not funded)

2010-2013 Dr. Erik Wikstrom (Asst. Professor, Kinesiology, UNC Charlotte) – *Structural and Behavioral Effects of Ankle Joint Mobilization and Manipulation* - R15 NIH NCCAM $426,000. (Funded 2012)

2008-2011 Dr. Valery Grdzelishvili (Asst. Professor, Biology, UNC Charlotte) *Developing a yeast system to study virus-hostinteractions in Mononegavirales* – NIH RO3 – 2/1/07 (Funded)

2008-2011 Dr. Valery Grdzelishvili (Asst. Professor, Biology, UNC Charlotte) *L polymerase domains and mRNA posttranscriptional modifications in Mononegavirales* – NIH R15 – 2/1/07 (Funded)

2003-2006 Dr. Michael Turner (Asst. Professor, Kinesiology, UNC Charlotte) *Aging, Physical Activity, and Cardiac Apotosis* –NIH R15 – (Funded NIH AG022417)

2002-2006 Dr. Rita D. DeBate (Asst. Professor, Kinesiology, UNC Charlotte) *Dental Practitioners and Eating Disorder Prevention* – NIH R15 – (Funded NIH DE013963)

C. PUBLICATIONS (*student author):

1. BOOKS and INVITED CHAPTERS:

Lightfoot, JT *Finding the Best Faculty Job For You: Living and Prospering in Academia, Book 1, 2nd edition.* Presyncopal Press. (Feburary, 2022)

Lightfoot, JT *Surviving Your First Five Years As A Faculty Member: Living and Prospering in Academia Book 2.* Presyncopal Press. (September 2019)

Lightfoot, JT, MJ Hubal, SM Roth. *The Routledge Handbook of Sport and Exercise Systems Genetics.* Edited volume. Routledge Publishing. Cambridge, UK, April 2019.

Lightfoot, JT, AC Letsinger*, JZ Granados*. The Evolution of Genetic Mechanisms Controlling Physical Activity. (Chapter 7), pp. 80-93. In: *The Routledge Handbook of Sport and Exercise Systems Genetics.* Lightfoot, Hubal, Roth (eds), Routledge Publishing, Cambridge, UK, 2019.

Lightfoot, JT, Genetics (Chapter 18). Pg. 705-723. *ACSM's Clinical Exercise Physiology.* Wolters-Kleuwer, (February 2019).

Bray, M.S., Fulton, JE, *Kalupahana, NS, **Lightfoot, JT**. "Genetic Epidemiology, Physical Activity and Inactivity" (Chapter 7) pp: 81-89. *Genetic and Molecular Aspects of Sport Performance*, in (one volume of the Encyclopaedia of Sports Medicine sponsored by the International Olympic Committee). Drs. C. Bouchard and E. Hoffman eds. Wiley-Blackwell, Oxford, UK. (Publication date: March 2011)

*Kalupahana, NS, Moustaid-Moussa, N, Kim, JH, Voy, BH, Bassett, D, **Lightfoot, JT** "The Regulation of Activity By Genetic Mechanisms: Is There a Drive to Be Active?" (Chapter 24), pp: 283-293. in *Genetic and Molecular Aspects of Sport Performance*, (one volume of the Encyclopaedia of Sports Medicine sponsored by the International Olympic Committee). Drs. C. Bouchard and E. Hoffman eds. Wiley-Blackwell, Oxford, UK. (Publication date: March 2011)

Lightfoot, JT. "Can You Be Born A Couch Potato? The Genomic Regulation of Physical Activity." (Chapter 3) pp. 45-72. In *Exercise Genomics* (part of the Molecular and Translational Medicine Series)" Drs. LS Pescatello and Stephen M Roth, eds. Humana Press, New York, NY (Publication date: April 2011).

Lightfoot, JT. Physiology Phil's True Life Lab Experiences, 3rd edition. Presyncopal Publishing: Boca Raton, FL, 2008. (ISBN-10: 0-9820150-0-3)

2. ARTICLES DEPOSITED IN PRE-PRINT/REVIEW ARCHIVES

Brianne M. Breidenbach, Liwen Liu, Troy La, Tatiana N. Castro-Padovani, Nathan Keller, Linda S Pescatello, Matthew M. Robinson, Scott A. Kelly, Kevin Gerrish, J. Timothy Lightfoot. It All Rolls Downstream: Upstream Control of Physical Activity Regulation. *BioRxiv.org* (pre-review server). https://www.biorxiv.org/content/10.1101/2023.05.10.540028v1. 2023.

3. PEER-REVIEWED ARTICLES

Little-Letsinger, SE*, AC Letsinger*, JP Elizondo, BM Breidenbach*, HA Hogan, **JT Lightfoot**, SA Bloomfield. Rapid Transition from a High-Fat, High-Fructose to a Low-Fat, Low-Fructose Diet Reverses Gains in Bone Mass and Strength. *Medicine and Science in Sports and Exercise.* (In Press) 2023.

Santos, C, J Maia, S Pereira, O Vasconcelos, R Garganta, **JT Lightfoot**, G Tani, D Hedeker, PT Katzmarzyk, A Bustamante. Sibling resemblance in physical activity levels. The Peruvian Sibling Study on Growth and Health. International Journal of Environmental Research and Public Health. (In Press) 2023.

Letsinger*, AC, F Yang, R Menon, SE Little-Letsinger*, JZ Granados*, B Briedenbach*, AR Iyer, TC Padovani,* EC Nagel*, A Jayaraman**, JT Lightfoot.** Reduced Wheel Running via a High Fat Diet is Reversed by a Chow Diet with No Added Benefit from Fecal Microbial Transplants**.** *Medicine and Science in Sports and Exercise.* 54 (9), 1437-1447, 2022

Zhu X, Ory MG, Xu M, Towne SD Jr, Lu Z, Hammond T, Sang H, **Lightfoot JT**, McKyer ELJ, Lee H, Sherman LD and Lee C (2022) Physical Activity Impacts of an Activity-Friendly Community: A Natural Experiment Study Protocol. Front. Public Health 10:929331. doi: 10.3389/fpubh.2022.929331

Santos, C, A Bustamante, O Vasconcelos, S Pereira, R Garganta, **JT Lightfoot**, G Tani, D Hedeker, PT Katzmarzyk, J Maia. Sibling resemblance in physical fitness components. The Peruvian Sibling Study on Growth and Health. *Behaviour Genetics*. https://doi.org/10.1007/s10519-022-10099-7, 2022.

Lightfoot, JT, SM Roth, MJ Hubal. Commentary: Systems Exercise Genetics Research Design Standards. *Medicine and Science in Sports and Exercise.* 53(5):883-887, May 2021

Cross, KM, JZ Granados, GAM Ten Have, JT Thaden, MPKJ Engelen, **JT Lightfoot**, NEP Deutz. Protein fractional synthesis rates within tissues of high- and low-active mice. PLoS ONE 15(11): e0242926. 2020. https://doi.org/10.1371/journal.pone.0242926.

Vellers, HL, MP Massett, J Avila, SK Kim, J Marzec, J Santos, **JT Lightfoot,** SR Kleeberger, Mitochondrial DNA Lesions and Copy Number are Strain Dependent in Endurance Trained Mice" *Physiological Reports* 8:314605, 2020. https://doi.org/10.14814/phy2.14605

Letsinger, AC*, R Menon, AR Iyer, HL Vellers, JZ Granados*, A Jayaraman, **JT Lightfoot**. A High Fat/High Sugar Diet Alters the Gastrointestinal Metabolome in a Sex Dependent Manner. *Metabolites* 10, 421; 2020. doi:10.3390/metabo10100421.

Vellers, HL, KC Verhein, AB Burkholder, J Lee, Y Kim, **JT Lightfoot**, M Shi, CR Weinberg, MA Sarzynski, C Bouchard, SR Kleeberger. Association between Mitochondrial DNA Sequence Variants and VO2 max Trainability *Medicine and Science in Sports and Exercise.* 52(11), 2303-2309, 2020.

Granados, JZ, GAM Ten Have, AC Letsinger, JJ Thaden, MPKJ Engelen, **JT Lightfoot***, NEP Deutz*. Activated whole-body arginine pathway in high-active mice. *PLoS One.* 15(6): e0235095. https://doi.org/10.1371/journal.pone.0235095, 2020 (Shared senior authorship).

Lightfoot, JT. Commentary - Chicken and the Egg: Physical activity and epigenetics. *Medicine and Science in Sports and Exercise.* 52(3): 588. 2020.

Schmitt EE, WW Porter, **JT Lightfoot**. Postnatal Wheel Running Mitigates Endocrine Disruption of Mammary Gland Development in Mice. *Fundamental Toxicological Sciences*. 7(4): 189-199. 2020.

Reid, M. B., **JT Lightfoot**. The Physiology of Auto Racing: A Brief Review. *Medicine and Science in Sports and Exercise.* 51(12): 2548-2562. 2019

Letsinger, A.C.*, J. Z. Granados*, S. E. Little*, **J. Timothy Lightfoot**. Alleles associated with physical activity levels are estimated to be older than anatomically modern humans. *PLoS One.* 14(4): e0216155. 2019. https://doi.org/10.1371/journal.pone.0216155,

Vellers, HL, SR Kleeberger, **JT Lightfoot.** Inter-individual Variation in Adaptations to Endurance and Resistance Exercise Training: Genetic Approaches Towards Understanding a Complex Phenotype. *Mammalian Genome*. 29(1-2), 48-62, 2018. https://doi.org/10.1007/s00335-017-9732-5

Lightfoot, JT, EJC De Geus, FW Booth, MS Bray, M den Hoed, J Kaprio, SA Kelly, D Pomp, MC Saul, MA Thomis, T Garland Jr, C Bouchard. Biological / Genetic Regulation of Physical Activity Level: Consensus

from GenBioPAC. *Medicine and Science in Sports and Exercise*. 50(4), 863-873. 2018. doi:10.1249/MSS.0000000000001499

Vellers, HL*, AC Letsinger*, NR Walker*, JZ Granados*, **JT Lightfoot**. High Fat High Sugar Diet Reduces Voluntary Wheel Running in Mice Independent of Sex Hormone Involvement. *Frontiers in Physiology - Exercise Physiology*. 8: article 628 (doi: 10.3389/fphys.2017.00628), 2017.

Lightfoot, JT, MM Bamman, FW Booth. Translation Goes Both Ways: The Power of Reverse Translation from Human Trials into Animal Models. *Translational Journal of the American College of Sports Medicine*. 2(5): 29-31, 2017.

Lightfoot, JT. The McArdle's Mouse Model: Providing Important Insight into Skeletal Muscle Regulation. *Med. Sci. Sports Exerc*. (Commentary) Med. Sci. Sports Exerc. 48(8): 1447, 2016.

Schmitt EE*, HL Vellers*, WW Porter, **JT Lightfoot.** Environmental endocrine disruptor inhibits voluntary physical activity in mice. *Med. Sci. Sports Exerc*. 48 (7), 1251-1258, 2016.

Dawes, M*, KJ Kochan, PK Riggs, **JT Lightfoot.** Differential miRNA expression in inherently high- and low-active inbred mice. *Physiol. Reports* 3:7 e12469-82, 2015.

Oliver, J*, K Abbas, **JT Lightfoot**, K Baskin*, B Collins*, D Wier, JP Bramhall, J Huang, JB Puschett. Comparison of neurocognitive testing and the measurement of marinobufagenin in mild traumatic brain injury: a preliminary report. *J. Exp. Neuroscience*. 9: 67-72, 2015

Ferguson, DP*, LJ Dangott, HL Vellers*, EE Schmitt*, **JT Lightfoot**. Differential protein expression in the nucleus accumbens of high and low active mice. *Behavioural Brain Research.* 291: 283-288, 2015.

Vellers, HL*, C Irwin*, **JT Lightfoot**. Heart rate response of professional musicians when playing music. *Medical Problems of Performing Artists*. 30: 100-105, 2015.

Ferguson, DP*, A David, **JT Lightfoot**. Optimizing the physical conditioning of the NASCAR Sprint Cup pit crew athlete. *J. Strength and Conditioning Research*. 29(3): 567-577, 2015.

Lightfoot, JT, Morton, J. The Physiology of Dancing and Singing At The Same Time. *Voice and Speech Review*. 8(3): 280-287, 2014 http://dx.doi.org/10.1080/23268263.2014.942585

deGeus, JCN, M Bartels, J Kaprio, **JT Ligthfoot**, M Thomis,. Genetics of regular exercise and sedentary behaviors. *Twin Research and Human Genetics*. 17(4): 262-271, 2014.

Ferguson, DP*, LJ Dangott, **JT Lightfoot.** Lessons learned from vivo-morpholinos: How to avoid vivo-morpholino toxicity. *Biotechniques*. 56:251-256, 2014 PMID: 19772584, PMCID: 4182913

Ferguson, DP*, LJ Dangott, EE Schmitt*, HL Vellers*, **JT Lightfoot.** Differential skeletal muscle proteome of high and low active mice. *J. Appl. Physiol*. 116: 1057-1067, 2014 PMID: 24505100, PMCID: 4035790.

Bamman, MM, DM Cooper, FW Booth, ER Chin, PD Neufer, S Trappe, **JT Lightfoot**, WE Kraus, MJ Joyner. Exercise Biology and Medicine: Innovative Research to Improve Global Health. *Mayo Clinic Proc.* 89(2): 148-153, 2014 PMID:24485128, PMCID: 3972063.

Dawes, M*, T Moore-Harrison*, AT Hamilton, T Ceaser*, KJ Kochan, PK Riggs, **JT Lightfoot.**

Differential gene expression in high and low active inbred mice. *BioMedical Research International*. Vol. 2014, Article ID 361048, 9 pages, 2014. doi:10.1155/2014/361048. PMID: 24551844, PMCID: 3914289.

Lightfoot, JT. "Why Control Activity? Evolutionary selection pressures affecting the development of physical activity genetic and biologic regulation. *BioMedical Research International*, vol. 2013, Article ID 821678, 10 pages, 2013. doi:10.1155/2013/821678. PMID: 24551844, PMCID: 3914289.

Ferguson, DP*, EE Schmitt*, **JT Lightfoot.** Vivo-morpholinos induced transient knockdown of physical activity related proteins. *PLoS ONE*. 8(4): e61472. doi:10.1371/journal.pone.0061472 2013. PMID: 23630592, PMCID: 3632599.

Bowen, RS*, AM Knab*, AT Hamilton, JR McCall*, TL Moore-Harrison*, **JT Lightfoot.** Effects of supraphysiological doses of sex steroids on wheel running activity in mice. *Journal of Steroids and Hormonal Science* 3:110. doi:10.4172/2157-7536.1000110*,* 2012 PMCID: PMC4236312

*Knab, AM, *RS Bowen, AT Hamilton, **JT Lightfoot**. Pharmacological manipulation of the dopaminergic system affects wheel running activity in differentially active mice. *Journal of Biological Regulators and Homeostatic Agents*. 26(1): 119-129, 2012. PMID: 22475103, PMCID: 4190615

Bowen, RS*, DP Ferguson*, **JT Lightfoot.** Effects of Aromatase Inhibition on the Physical Activity Levels of Male Mice. *Journal of Steroids and Hormonal Science* S1:001, doi:10.4172/2157-7536.S1-001, 2011. PMC3593090

Leamy, LJ, D Pomp, **JT Lightfoot**. Epistatic interactions of genes influence within-individual variation of physical activity traits in mice. *Genetica.* 139(6): 813-821, 2011 PMID: 21667081, PMCID: 4181533

*Ferguson, DP, *RS Bowen, **JT Lightfoot.** Heart rate and core temperature responses of elite pit crews during automobile races. *J Strength and Conditioning Research*. 25(8): 2075-2083, 2011. PMID: 21654342

Lightfoot, JT. Current understanding of the genetic basis for physical activity. *J Nutrition* 141: 526-530, 2011. PMID: 21270357 PMCID: 3040910

*Bowen, RS, MJ Turner, **JT Lightfoot**. Sex Hormone Effects on Physical Activity Levels: Why Doesn't Jane Run as Much as Dick? *Sports Medicine* 41(1): 73-86, 2011 PMID: 21142285 PMCID: 3050489

*Moore-Harrison, T, **Lightfoot, JT** "Driven to be Inactive?: The Genetics of Physical Activity" *Progress in Molecular Biology and Translational Science.* 94: 271-290, 2010. PMID: 21036329, PMCID: 4183352.

Leamy, LJ, D Pomp, **JT Lightfoot.** A search for quantitative trait loci controlling within-individual variation of physical activity traits in mice. *BMC Genetics*. 11:83. 2010. PMID: 20858254 PMCID:2935502

Jung, AP, *TS Curtis, MJ Turner, JT Lightfoot. Physical Activity and Food Consumption in High- and Low-Active Inbred Mouse Strains. *Med Sci Sports Exerc.* 42(10):1826-1833 2010 PMID: 20216465 PMCID: PMC2935502

Lightfoot, JT, L Leamy, D Pomp, MJ. Turner, AA.Fodor, *A Knab, *RS Bowen, *D Ferguson, *T Moore-Harrison, A Hamilton. Strain Screen and Haplotype Association Mapping of Wheel Running in Inbred Mouse Strains. *J Appl Physiol.* 109: 623-634. 2010. PMID: 20538847 PMCID: PMC2944645 **(Article selected for inclusion in F1000Prime – considered as one of the 1000 top papers in this discipline, 6/2013)**

*Knab, AM, **JT Lightfoot**. Does the difference between physically active and couch

potato lie in the dopamine system? *International Journal of Biological Sciences.* 6:133-150, 2010. PMID: 20224735 PMCID: PMC2836544

Leamy, LJ, D Pomp, **JT Lightfoot.** Genetic variation for body weight change in mice in response to physical exercise. *BMC Genetics*. 10:58, 2009. PMID: 19775457 PMCID: PMC2760581

Leamy, LJ, D Pomp, **JT Lightfoot.** Genetic variation in the pleiotropic association between physical activity and body weight in mice. *Genetics Selection Evolution* 41:41, 2009. PMID: 19772584 PMCID: PMC2760520

*Knab, AM, *RS Bowen, *T Moore-Harrison, AT Hamilton, MJ Turner, **JT Lightfoot.** Repeatability of exercise behaviors in mice. *Physiology & Behavior.* 98(4): 433-440. 2009 PMID: 19619567 PMCID: PMC2746869

*Knab, AM, *RS Bowen, AT Hamilton, *AA Gulledge, **JT Lightfoot**. Altered dopaminergic profiles: implications for the regulation of voluntary physical activity. *Behavioural Brain Research.* 204(1): 147-152, 2009. PMID: 19520120 PMCID: PMC2723172

Leamy, LJ, D Pomp, **JT Lightfoot.** An epistatic genetic basis for physical activity traits in mice. *Journal of Heredity*. 99:639-646, 2008. PMID: 1853499 PMCID: PMC2448627

Lightfoot, JT. Sex hormones' regulation of rodent physical activity: A Review. *International Journal of Biological Sciences*. 4(3): 126-132, 2008. PMID: 18449357 PMCID: PMC2359866

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Jung, AP, *TS Curtis, MJ Turner, **JT Lightfoot.** Influence of age of exposure to a running wheel on activity in inbred mice. *Medicine and Science in Sports and Exercise*. 38(1): 51-56, 2006.

Turner, MJ, SR Kleeberger, **JT Lightfoot.** Influence of genetic background on daily running-wheel activity differs with aging. *Physiologic Genomics*. 22: 76-85, 2005.

JT Lightfoot, MJ Turner, *M Daves, A Vordermark, SR Kleeberger. Genetic influence on daily wheel running activity level. *Physiologic Genomics*. 19: 270-276, 2004.

*Howden, R, **JT Lightfoot**, Turner, MJ, SJ Brown, IL Swaine. A wide range of baroreflex stimulation does not alter forearm blood flow. *European J. Appl Physiology*. 93:124-129, 2004.

*Howden, R, **JT Lightfoot**, SJ Brown, IL Swaine. The effects of breathing 5% CO2 on human cardiovascular responses and tolerance to orthostatic stress. *Experimental Physiology*. 89(4): 465-471, 2004.

*Howden, R, **JT Lightfoot**, SJ Brown, IL Swaine. The effects of isometric exercise training on resting blood pressure and orthostatic tolerance in humans. *Experimental Physiology*. 87(4): 507-515, 2002.

JT Lightfoot, MJ Turner, KA DeBate, SR Kleeberger. Interstrain variation in murine aerobic capacity. *Medicine and Science in Sports and Exercise*. 33(12): 2053-2057, 2001

*Howden, R., PA Tranfield, **JT Lightfoot**, SJ Brown, and IL Swaine. The reproducibility of maximum tolerance to lower body negative pressure and its quantification. *Eur. JAP* 84:462-468, 2001.

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Marks, B L, D Torok, **JT Lightfoot**. A Comparison of Body Fat Estimates Obtained at Health Fitness Screenings. *Worksite Health*. 6(Fall): 27-32, 1999.

Marks, B L, **JT Lightfoot**. Reproducibility of resting heart rate variability with short sampling periods. Canadian Journal of Applied Physiology 24(4): 337-348, 1999.

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Lightfoot, JT, B Tuller, DF Williams. Ambient noise interferes with auscultatory blood pressure measurement during exercise. *Medicine and Science in Sports and Exercise* 28 (4): 502-508, 1996

*Forst, L., A Burrichter, **JT Lightfoot**. Familiarity with Sexual Assault and its Relationship to the Effectiveness of Acquaintance Rape Prevention Programs. *Journal of Contemporary Criminal Justice* 12(1): 28-44, 1996.

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Lightfoot, JT, RP, Claytor, *T Journell, *D Torok, and *M Turner. Resistance training increases lower body negative pressure tolerance. Medicine and Science in Sports and Exercise 26(8): 1003-1011, 1994.

Bassett, DR Jr., ET Howley, **JT Lightfoot**. Hemodynamic responses to exercise in blacks and whites. *Journal of Applied Physiology*. 75: 1920-1922, 1993.

Lightfoot, JT, SA Rowe, SM Fortney. Occurrence of presyncope in subjects without ventricular innervation. *Clinical Science* 85(12): 1993.

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Lightfoot, JT, N Thakor, S Biswijit, DF Hanley. Presyncope caused by central hypovolemia is not preceded by evoked potential alterations. *Clinical Physiology* 12: 267-275, 1992.

Lightfoot, JT. Can blood pressure be measured during exercise?: A review. *Sports Medicine* 12: 290-301, 1991

Lightfoot, JT, *F Hilton, Jr, SM Fortney. Repeatability and protocol comparability of presyncopal symptom limited LBNP exposures. *Aviation, Space, and Environmental Medicine*. 62(1): 19-25, 1991.

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Lightfoot, JT, *S Febles, and SM Fortney. Adaptation to repeated presyncopal lower body negative pressure exposures. *Aviation, Space, and Environmental Medicine*, 60: 17-22, 1989.

D. NON-PEER REVIEWED PUBLICATIONS:

Lightfoot, JT, S Hoffman, L Joy, N Keith, W Kohrt, S Lennon, C Lin, CE Matthews, A Morgan, S Newsom, J Potteiger, D Riebe, K Feltman, S Hilt, C Sawyer. Final report of the Integration Task Force of ACSM. August 11, 2020.

Lightfoot, JT Advisory Boards and Their Importance. Fitness Management. April, 2002.

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Lightfoot, JT Rattle & Hum. The Reward. 7(8), 1996.

Lightfoot, JT Carbohydrates to burn. Fitness Management. July, 1995.

Lightfoot, JT A primer on qualifications and certifications in the Fitness industry. CompuServe Health and Fitness Forum, August, 1993

Lightfoot, JT Why muscle soreness after exercise? Vital Signs 3(9): 24-25, 1993

E. COMPUTER PROGRAM PUBLICATIONS:

Lightfoot, JT. Mouse metabolic analysis program, Ver 2.6. (Written in "G"). 2001-2004 (Controls calibration and data collection from gas analyzers during small animal stress testing and provides reports)

Lightfoot, JT, L Katz. Data analysis and recording system for large animal cardiovascular research. Written in "G" programming language.1999. (Program records blood pressure, heart rate, and temperature data from transducers and allows "real-time" data analysis during experiments)

Lightfoot, JT. Metabolic Cart Control program, Ver 1.5. (Written in "G"). 1998 (Controls calibration and data collection from ventilatory and gas analyzers during exercise stress tests and provides reports)

Lightfoot, JT. Underwater weighing control program (Ver. 4.0). 1998 (Controls calibration and data collection from load cells and residual volume measurement and provides reports)

Lightfoot, JT. PSAnalysis 8.0 and PSMonitor 2.4. 1999 (Programs collect and allow Fast Fourier analysis of ECG data for noninvasive determination of parasympathetic nervous activity.)

Lightfoot, JT. Forearm and Leg Monitor 4.0. 1998 (Program controls timing, collection, and calibration of venous occlusion plethysmography during lower body negative pressure for determination of forearm blood flow and leg circumference changes.)

F. INVITED LECTURES, KEYNOTES, and CONSULTATIONS (from 2004-current):

9/13/23 Society for the Study of Human Biology Annual Meeting. **Invited Lecture** "Physical Activity Genetics: Can You Be Born a Couch Potato?" University of Porto.

1/14/23 Oklahoma State University, **Invited Lecture** in VCS7492: Applied Canine Exercise Physiology. "Sled Dogs As Elite Athletes: The Physiological Processes Unique to Elite Endurance Athletes" Anchorage, Alaska

1/17/23 Oklahoma State University, **Invited Lecture** in VCS7492: Applied Canine Exercise Physiology. "The Genetic Basis of Sled Dog Performance" Anchorage, Alaska

10/19/22 – Universidade Lusófona de Humanidades e Tecnologias, Faculdade de Educação Física e Desporto. **Invited Lecture:** "Physical Activity Genetics: Can You Be Born a Couch Potato? (Genética da Actividade Física: Pode nascer uma batata de sofá?)" Lisboa, Portugal

10/6/22 – Universidade do Porto, Faculdade de Desporto. **Invited Lecture:** ""Physical Activity Genetics: Can You Be Born a Couch Potato? (Genética da Actividade Física: Pode nascer uma batata de sofá?)" Porto, Portugal

3/27/19 – Clinical Exercise Physiology Association – **National Webinar** – "Genetics and Exercise Prescription: On-ramp to better exercise prescription or off-ramp to quackery?".

2/12/19 – University of Arkansas, Department of Health, Human Performance and Recreation. **Invited Lecture:** "Is the Revolution Underway? The Use of Genetics in Exercise Physiology" Fayetteville, Arkansas

5/4/18 – National Institutes of Health, National Institute of Environmental Health Sciences. 21st Annual NIEHS Biomedical Career Symposium. **Keynote Address**: "Taking Control of Your Career: Ways to Get To and Prosper in Your Professional Life". Durham, NC

3/16/18 – Michigan State University, Department of Kinesiology – **Invited Lecture** "You Have Less Control over Physical Activity Than You Think: Biological Determinants of Activity Level". East Lansing, Michigan

2/15/18 – Southeast American College of Sports Medicine – **Keynote Address** "*Is the Revolution Underway? The Use of Genetics in Exercise Physiology"* Chattanooga, TN

10/18/17 – 10/20/17 – Iowa State University, Department of Kinesiology: ***Pease Family Scholar Lecture***. *Can You Be Born a Couch Potato? The Genetics of Physical Activity.* Ames, Iowa.

7/9/17 - American Society of Animal Science – **Keynote Address** - *The Use of the Horse as a Translational Model for Human Exercise Physiology.* Baltimore, MD

7/8/16 – Performing Arts Medical Association – **Keynote Address -** *Enhancing Performance Resilience Through Performance*. New York, NY.

4/15/16 – University of Tennessee, Knoxville – **Keynote Address** (in conjunction with being named Exercise Science Alumnus of the Year) – *Straight Outta' UTK: Blood Pressure, Genetics, Frantic Bananas, and the Passion of Science.*

3/5/16 – Texas American College of Sports Medicine – **Keynote Address** – *Let's Rock TACSM: Finding Exercise Physiology Questions in Uncommon Places.*

9/22/15 – 15th Annual British Heart Foundation / National Centre of Sports Medicine Conference – **Keynote Address -** *Promise, Progress, and Problems on the Road to Physical Activity Personalization*. Loughbourough, University, Loughbourough, UK.

8/9/15-5/8/16 – University of Oklahoma – **Consultation** – *Grant Writing for Faculty Members* (nine-month workshop)

5/26/15 – American College of Sports Medicine (ACSM), ACSM Early Career Workshop – **Keynote Address** - *What you don't know you don't know (or maybe you do): Careers in Exercise Science.* San Diego CA.

3/15/15 – Gerald Veasley's Bass Boot Camp – **Invited Lecture** – *Keeping the Beat vs. Being Beat: Keeping Healthy So You Can Go The Distance!* Philadelphia, PA

3/12/15 – Drexel University – **Invited Lecture** – *More In-Common Than We Think: Direct Regulation of Physical Activity by Nutrition*. Philadelphia, PA.

12/5/14 – University of Texas, Dept. of Nutrition – **Invited Lecture -** *More in Common Than We Think: The Biology of Physical Activity Regulation and Nutrition.* Austin, TX.

11/12/14 – New England American College of Sports Medicine – **Keynote Address** – *Rockin' Physiology: Finding Exercise Physiology Questions in Uncommon Places.* Providence, RI.

5/31/14 – American College of Sports Medicine – **Presidential Keynote Address -** *Rockin' Physiology: Finding Exercise Physiology Questions in Uncommon Places.* Orlando, FL.

5/27/14 – American College of Sports Medicine annual meeting, ACSM Student Colloquium **– Keynote Address** *The importance of certification in finding a job*. Orlando, FL.

7/20/13 – Performing Arts Medical Association – **Meeting Keynote Address** – *Rocking Physiology: Why Performers Need to Pay Attention to Physiology.* Snowmass, CO. (NOTE: All "Rocking Physiology" talks were multi-media with live bands, physiology telemetry, and powerpoint incorporated).

2/22/13 – University of Texas, Dept. of Exercise Science – **Invited Lecture** – *How Voluntary is 'Voluntary Physical Activity'? The Genetics of Activity Regulation.* Austin, TX

2/12/13 – Baylor College of Medicine – **Invited Lecture -** *How Voluntary is 'Voluntary Physical Activity'? The Genetics of Activity Regulation.* Houston, TX

11/30/12 – University of New England – **Invited Lecture** – *Motorsports Physiology: There's More There Than You Think.* Bedford, ME.

9/14/12 – University of New England's Wicked Good Sports Medicine Event – **Keynote Lecture** – *Can You Be Born a Couch Potato? The Genetics that Control Your Physical Activity.* Bedford, ME.

4/9/12 – 4/13/12 – Texas American College of Sports Medicine Speaker Tour – **Invited Lectures at five Universities in five days:** University of Texas – Arlington, Texas A&M University International, University of Texas El Paso, University of Mary Hardin Baylor, and Lamar University.

4/28/12 – Texas A&M Corpus Christi – **Consultation** – Vice-President of Research – *Curriculum/Research Agenda for Kinesiology.*

9/14/11 – The University of Kentucky – **Invited Lecture** – *The Short and Winding Trail: Is Voluntary Activity Really Voluntary?* Lexington, KY.

3/15/11 – The University of Louisiana at Monroe – **Invited Lecture** - *The Short and Winding Trail: Is Voluntary Activity Really Voluntary?* Monroe, LA. ((in conjunction with being named ULM Exercise Science Alumnus of the Year).

2/25/11 – Texas American College of Sports Medicine Annual meeting – **Keynote Lecture** – *The Short and Winding Trail: Using Genetics to Figure Out Why We Aren't Active.* Austin, TX.

4/12/10 – Queens University of Charlotte – **Consultation** – *Allied Health Programs in the Blair College of Health at Queens University.* Charlotte, NC.

4/6/10 – Discovery Place Science Center Science Café Series – **Invited Public Talk** – *Couch Potatoes and Frantic Bananas: Are We Destined to Be Lazy?*. Charlotte, NC.

2/13/10 – Southeast American College of Sports Medicine annual meeting – **Henry J. Montoye Scholar Keynote Lecture** –*A Researcher's Tale/Tail: Using Genetics to Figure Out Why We Aren't Active.* Greenville, SC.

2/4/10 – Joint Commission on Sports Medicine and Science – **Keynote Lecture –** *The Physiology of Pit Crews and Race Drivers.* Charlotte, NC.

9/30/09 – Virginia Tech University – **Invited Lecture** – Is Voluntary Physical Activity Really Voluntary? The Genetics of the Regulation of Physical Activity. Blacksburg, VA

11/19/08 – University of Tennessee – **Invited Lecture –** Missing the Obvious: Activity, Disease, and Free Will. Knoxville, TN.

10/3/08 – University of South Carolina – **Invited Lecture –** The Genetics of Physical Activity: It May Not Be As Spontaneous As You Think! Columbia, SC.

2/8/08 - University of Utah – **Invited Lecture –** The Genetics of Physical Activity: It May Not Be As Spontaneous As You Think! Salt Lake City, UT.

4/12/2005 – Elon University – **Invited Lecture** – Learning to Love Your IRB: Helping You Hit a Moving Target. Elon, NC

4/4/04 – University of Tennessee – **Invited Lecture –** Are Couch Potatoes Born or Made: Fun with Exercise and Genetics. Knoxville, TN.

G. ABSTRACTS AND PRESENTATIONS (*student author; all Invited and Keynote Presentations above):

Breidenbach, BM, TM La, **JT Lightfoot**. *Pre- and postnatal exposure to a common food preservative (calcium proprionate) on physical activity in mice.* American College of Sports Medicine Annual Meeting. June, 2021.

Calderon III, FA, HL Vellers, CM Andrews, AB Burkholder, **JT Lightfoot**, MA Sarzynski, SR Kleeberger, C Bouchard. *Characterization of insertions and deletions in the mitochondrial genome of individuals classified by high and low VO2max trainability*. American College of Sports Medicine Annual Meeting. June, 2021.

*Alaqra, M., Yalvac, B., Schmitz, S., Lambertz, I., Breeden, J., **Lightfoot, J. T.**, Cannon, C. L., *Cevik, E., & Fuchs-Young, R. A culturally responsive and contextualized STEM outreach activity and its impact on hispanic high school students. Paper presentation at the 21st Curriculum and Pedagogy (C&P) Conference, McAllen, TX: October 21-24, 2020. [Conference was held online].

*Alaqra, M., Yalvac, B., Schmitz, S., Lambertz, I., Breeden, J., **Lightfoot, J. T.**, *Syahrul, A., *Cevik, E., Cannon, C. L., & Fuchs-Young, R. (2020, October). Underrepresented Minority (URM) high school students' experiences with authentic research at a university campus. Paper presentation at the 21st Curriculum and Pedagogy (C&P) Conference, McAllen, TX: October 21-24, 2020. [Conference was held online].

*Alaqra, M., Yalvac, B., Bewaji, O., *Cevik, E., Lambertz, I., Breeden, J., **Lightfoot, J. T**., Cannon, C. L., & Fuchs-Young, R. (2020). A community-centered STEM education activity and its impact on high school students on the border. Paper presentation at the American Educational Research Association (AERA) Annual Meeting, San Francisco, CA, http://tinyurl.com/tksgfph [Conference Canceled].

*Alaqra, M., *Cevik, E., *Amin, S., Yalvac, B., Schmitz, S., Lambertz, I., Breeden, J., **Lightfoot, J. T.**, Cannon, C. L., & Fuchs-Young, R. Cultivating minority stem researchers: the power of early exposure to authentic and original research for successful academic achievement and personal identity development. Paper presentation at the Ethnographic and Qualitative Research Conference (EQRC) Annual Conference, Las Vegas, NV: February 24-25, 2020.

Ferguson, DP, E de Geus, KE Peterson, M Bray, **JT Lightfoot (Chair).** *Highlighted Symposium: The Genetic Control of Physical Activity: From Molecules to Application.* American College of Sports Medicine Conference, San Francisco, CA, May 2020 (postponed to May 2021 due to pandemic).

Lightfoot, JT. Physical activity genetics: future challenges and opportunities. (part of *Highlighted Symposium: The Genetic Control of Physical Activity: From Molecules to Application.*) American College of Sports Medicine Conference, San Francisco, CA, May 2020 (postponed to May 2021 due to pandemic).

Breidenbach, BM*, AC Letsinger*, JZ Granados*, TN Padovani*, E Nagel*, **JT Lightfoot.** Expression of tyrosine hydroxylase in the nucleus accubmens of mice are not altered by fecal transplantation. American College of Sports Medicine Conference, San Francisco, CA, May 2020. (presented via virtual presentation ACSM June 17, 2020).

Khedmatgozar, H*, M Fokar, **JT Lightfoot**, SR Kleeberger, MP Massett, HL Vellers. Influence of genetic background on heart mitochondrial DNA lesions and copy number in inbred mice. American College of Sports Medicine Conference, San Francisco, CA, May 2020. (presented via virtual presentation ACSM June 17, 2020).

Cross, KM*, JZ Granados*, JJ Thaden, GAM ten Have, **JT Lightfoot**, NEP Deutz. Comparable organ protein fractional synthesis rate of high and low-active mice. American Society of Nutrition Conference. Seattle, WA, 5/2020.

*Alaqra, M., Yalvac, B., Bewaji, O. A., Spier, M. E., Lambertz, I., Breeden, J., **Lightfoot, J. T.**, Cannon, C. L., & Fuchs-Young, R. S. A multiple case study of three English teachers developing and implementing an integrated-STEM and Health Sciences Curriculum informed by up-to-date and authentic research conducted on a university campus. Paper presentation at the 20th Curriculum and Pedagogy (C&P) Conference, McAllen, TX: October 15-17, 2019.

Little, SE*, AC Letsinger*, JP Elizondo, HCM Allaway, HA Hogan, **JT Lightfoot**, SA Bloomfield. Effects of diet alterations, with or without gut microbial transplants, on bone strength and density. Orthopaedic Research Society Musculoskeletal Biology Workshop. Sun Valley Idaho, 2019.

*Al Aqra, M., Yalvac, B., Bewaji, O. A., Spier, M. E., Lambertz, I., Breeden, J., **Lightfoot, J. T.**, Cannon, C. L., & Fuchs-Young, R. S. A community of practice that emerged through teachers' engagement in authentic scientific research. Paper presentation at the annual meeting of the National Association for Research in Science Teaching (NARST), Baltimore, MD: March 31-April 3, 2019.

Vellers, HL, KC Verhein, SR Kleeberger, AB Burkholder, **JT Lightfoot**, J Marzec, C Bouchard. Association between mitochondrial DNA sequence, heteroplasmy, and indels with response to aerobic exercise training. American College of Sports Medicine Conference, Orlando, FL, May 2019.

Granados, JZ*, GAM Ten Have, AC Letsinger*, JJ Thaden, NEP Deutz, **JT Lightfoot.** High-active mice have elevated clearance rate of BCAAs compared to low-active mice. American College of Sports Medicine Conference, Orlando, FL, May 2019.

Breidenbach, BM*, AC Letsinger*, JZ Granados*, TN Castro Padovani*, HL Vellers, **JT Lightfoot.** Dopaminergic receptor and transporter densities in nucleus accumbens are not altered by a western diet. American College of Sports Medicine Conference, Orlando, FL, May 2019.

Letsinger, AC*, R Menon, JZ Granados*, BM Breidenbach*, SA Little*, A Jayaraman, **JT Lightfoot.** The gut microbiome modulatres diet's effect on the regulation of physical activity. American College of Sports Medicine Conference, Orlando, FL, May 2019.

*Al Aqra, M., Yalvac, B., Bewaji, O. A., Spier, M. E., Lambertz, I., Breeden, J., **Lightfoot, J. T.**, Cannon, C. L., & Fuchs-Young, R. S. A case study of a high school student lead health exposition. Paper presentation at the 22nd Annual Meeting of the American Association of Behavioral and Social Sciences (AABSS), Las Vegas, NV: Feb 25-26, 2019.

Yalvac, B., Bewaji, O. A., Spier, M. E., Elizondo, G. M., Umah, C. T., Sherron, T., **Lightfoot, J. T.**, Cannon, C. L., & Fuchs-Young, R. S. Promoting the STEM pipeline and enhancing STEM career awareness through participation in authentic research activities (RTP, Diversity). Proceedings of the American Society for Engineering Education (ASEE) Annual Conference and Exposition, Salt Lake City, UT. June, 2018. This paper can be located at: (https://www.asee.org/public/conferences/106/papers/23942/view).

Lightfoot, JT, C Bouchard, M Joyner (Debate) Do Genetics Really Influence Exercise Capacity and Trainability? Integrative Physiology of Exercise, San Diego, CA. (Debate Moderator) Sept. 2018.

Granados, JZ*, GAM Ten Have, AC Letsinger*, JJ Thaden, NEP Deutz, **JT Lightfoot.** Elevated whole-body production of citrulline and arginine in high active mice: A NO-vel finding. Integrative Physiology of Exercise, San Diego, CA. Sept. 2018.

Letsinger, AC*, R Menon, AR Iyer, HL Vellers, JZ Granados*, A Jayaraman, **JT Lightfoot.** High Fat & High Sugar Diet Alters the Gastrointestinal Metabolome in a Sex Dependent Manner. Integrative Physiology of Exercise, San Diego, CA. Sept. 2018. (This poster picked as one of top 10 at meeting).

Lightfoot, JT, T Garland Jr., JC DeGeus. (Symposium) The Biological Determinants of Physical Activity: Report from the ACSM Roundtable. American College of Sports Medicine. Minneapolis, MN, June, 2018.

Lightfoot, JT, MB Reid, SK Powers, W Kohrt. (Symposium) Unlocking the Secrets of Study Sections: Working to Increase Your Chance of Funding. American College of Sports Medicine. Minneapolis, MN, June, 2018.

*Granados, JZ, *AC Letsinger, HL Vellers, *VA Garcia, *JD Velasco, *EC Nagle, *LC Perez, M Spier, I Lambertz, R Fuchs-Young, **JT Lightfoot**. Calorie restriction promotes constant physical activity levels throughout total lifetime of female mice. American College of Sports Medicine. Minneapolis, MN, June, 2018.

*Letsinger, A, *AR Thompson, **JT Lightfoot**. Alleles associated with voluntary physical activity are predicted to be older than anatomically modern humans. American College of Sports Medicine. Minneapolis, MN, June, 2018.

*Stiegel, KA, *AC Letsinger, * JZ Granados, *C Cerda, **JT Lightfoot.** Acute exposure to a high-fat high-sugar diet alters wheel running activity. American College of Sports Medicine. Minneapolis, MN, June, 2018.

*Stiegel, KA, * JZ Granados, *AC Letsinger, *C Cerda, **JT Lightfoot.** Changing energy density of diet in C57BL6/J mice results in adjusting food intake to balance caloric intake. Southeast American College of Sports Medicine. Chattanooga, TN, February 2018.

*Granados, JZ, *AC Letsinger, GAM Ten Have, *JD Velasco, *VA Garia, NEP Deutz, **JT Lightfoot**. Metabolic differences in amino acid plasma concentrations in high- and low-active mice. Southeast American College of Sports Medicine. Chattanooga, TN, February 2018.

Vellers, HL, **JT Lightfoot**, MP Massett, SR Kleeberger. Association between mitochrondrial DNA sequence and DNA damage with the response to endurance training in mice. Southeast American College of Sports Medicine. Chattanooga, TN, February 2018.

*Letsinger, AC, *JZ Granados, *EC Nagle, *VA Garcia, *JD Velasco, *K. Stiegel, *B. Nevares, **JT Lightfoot**. Endogenous IGG in western blotting: trash to treasure? Southeast American College of Sports Medicine. Chattanooga, TN, February 2018.

* Letsinger, AC, *JZ Granados, *AR Thompson, **JT Lightfoot.** The origin of voluntary physical activity regulation. Texas American College of Sports Medicine, Austin, TX, March 2018.

*Granados, JZ, **JT Lightfoot.** Metabolic phenotyping using kinetic measurements in high- and low-active mice. Research Development Award presentation. Texas American College of Sports Medicine, Austin, TX, March 2018. (winner of award)

Lightfoot, JT. Do specific micro-RNA cause 'micro-' physical activity? Part of the symposium "MicroRNAs: Roles in Exercise Adaptations and Potential Biomarkers of Disease" American College of Sports Medicine, Denver CO, June, 2017.

*Granados, JZ, *AC Letsinger, *HL Vellers, *VA Garcia, *JD Velasco, *NR Walker, M Spier, IU Lambertz, R Fuchs-Young, **JT Lightfoot**. 7,12-dimethylbenz[a]-anthracene (DMBA) & High Fat High Sugar

Diet Decreases Physical Activity in Female Mice. American College of Sports Medicine, Denver CO, June, 2017.

*Letsinger, AC, *JZ Granados, *HL Vellers, *VA Garcia, *JD Velasco, *NR Walker, M Spier, IU Lambertz, R Fuchs-Young, **JT Lightfoot.** The Importance of Accurate Measurements in Voluntary Wheel Running in Mice. American College of Sports Medicine, Denver CO, June, 2017.

Spier, M, *O Bewaji, *G Elizondo, *C Umah, JT Lightfoot, N Johnson B Yalvac, CL Cannon, R Fuchs-Young. The MENTORS Project (Model Education Networks to Optimize Rural Science). SciED SEPA Conference, Washington DC May 31-June 2, 2017.

*Granados, JZ, GAM Ten Have, *AC Letsinger, NEP Deutz, JT Lightfoot. Metabolic differences in nonessential amino acid plasma concentrations in high- and low-active mice. Experimental Biology, Chicago, IL, April 22-26, 2017.

*Letsinger, AC, *JZ Granados, GAM Ten Have, NEP Deutz, JT Lightfoot. Metabolic differences in essential amino acid plasma concentrations in high- and low-active mice. Experimental Biology, Chicago, IL, April 22-26, 2017.

Lambertz, IS, M Spier, *A Letsinger, *J Granados, **JT Lightfoot**, RSL Fuchs-Young. Both Voluntary Wheel Running and Diet Affect Mammary Tumorigenesis. Endocrinology 2017, Orlando, FL, April, 2017.

*Vellers, HL, *JZ Granados, *AC Letzinger, *NR Walker, ME Spier, I Lambertz, R Fuchs-Young, **JT Lightfoot.** The effect of a high fat/high sugar diet on physical activity in female mice. American College of Sports Medicine, Boston, MA, May 2016. (MSSE; 48(5S):386, 2016)

*Granados, JZ, *HL Vellers, *AC Letsinger, *NR Walker, ME Spier, I Lambertz, R Fuchs-Young, **JT Lightfoot.** Effect of high fat/high sugar diet & physical activity on sex hormone concentrations. American College of Sports Medicine, Boston, MA, May 2016. (MSSE; 48(52):634, 2016)

*Letsinger, AC, *HL Vellers, *JZ Granados, *NR Walker, M Spier, I Lambertz, R Fuchs-Young, **JT Lightfoot.** The effect of a high fat/high sugar diet and physical activity on body fat percentage and bone mineral density. American College of Sports Medicine, Boston, MA, May 2016. (MSSE; 48(52):525, 2016)

Spier, M, I Lambertz, C Cruthirds*, JT Lightfoot, R Fuchs-Young. An improved method for assessing the effects of voluntary physical activityon body weight, glucose metabolism and cardiogenesis. Endocrinology 2016, Boston, MA, April 2016

*Walker, NR, *HL Vellers, *JZ Granados, *AC Letzinger, ME Spier, I Lambertz, R Fuchs-Young, **JT Lightfoot**. The effect of 7,12-dimethylbenz[a]-anthracene (DMBA) on physical activity in female mice. Texas American College of Sports Medicine, College Station, Texas, March 2016.

*Vellers, HL, **JT Lightfoot**. The effect of chronic overfeeding on physical activity in male mice. American College of Sports Medicine, San Diego CA, May 2015. (MSSE; 47(5S):640, 2015)

*Schmitt, EE, WW Porter, **JT Lightfoot**. Endocrine-disruption and the regulation of physical activity and mammary gland development in mice. American College of Sports Medicine, San Diego CA, May 2015.

*Collins PB, CB Bouchard, **JT Lightfoot**. Differences in Msra and Mtmr9 proetin expression between high- and low-active mouse strains. American College of Sports Medicine, San Diego CA, May 2015.

*Cruthirds, C, M Dawes, I Labmertz, R Fuchs-Young, **JT Lightfoot**. The various housing combinations

on voluntary wheel activity in mice. American College of Sports Medicine, San Diego CA, May 2015.

Turner, MJ, SM Courtney, *SB Guderian, T Hubbard-Turner, EA Wikstrom, **JT Lightfoot**. Strain screen suggests genetic influence on physical activity varies across the lifespan. American College of Sports Medicine, San Diego CA, May 2015.

Spier, M, I Lambertz, *C Cruthirds, JT Lightfoot, R Fuchs-Young. An improved method for assessing the effects of voluntary physical activity on body weight, glucose metabolism and carcinogenesis. Endocrinology Society meeting. San Diego, CA, March 2015.

Gladden, B, JT Lightfoot, S Powers, M Hogan, D Wilson, E Howley. The contributions of Hugh Welch to the Southeast American College of Sports Medicine (A Sympoisum). SEACSM Meeting. Jacksonville, FL, Feb. 2015.

Schmitt, EE*, W Porter, **JT Lightfoot.** "Endocrine disruption and the regulation of physical activity and mammary gland development in mice. The Breast Cancer Retreat. Baylor College of Medicine. Woodlands, TX 2014.

Lightfoot, JT, LS Pescatello, MS Bray, MA Sarzynski. Co-Chair. *The Intergomics of Physical Activity.* Invited Highlighted Symposium: Is it because of my genes that my jeans don't fit?: Integrating the '-omics' to understand the control of activity and weight. American College of Sports Medicine, Orlando, FL, May 2014.

Lightfoot, JT, D LaRouche. Early Career: Finding an Academic Position: Everything you need to know to land an academic position (part of ACSM Graduate and Early Career Day). American College of Sports Medicine, Orlando, FL, May 2014.

Schmitt, EE*, HL Vellers*, CD Irwin*, **JT Lightfoot.** Endocrine-disruption and regulation of physical activity in mice. American College of Sports Medicine, Orlando, FL, May 2014. (Med Sci Sports Exerc, 46(5S): 1-3, 2014)

Vellers, HL*, CD Irwin*, **JT Lightfoot.** Physiological stress of professionally performing musicians. American College of Sports Medicine, Orlando, FL, May 2014 (Med Sci Sports Exerc, 46(5S): 655-658, 2014).

Dawes, MJ*, KJ Kochan, PK Riggs, **JT Lightfoot.** Differential miRNA expression between inherently high- and low-active mice. American College of Sports Medicine, Orlando, FL, May 2014. (Med Sci Sports Exerc, 46(5S): 176-179, 2014)

Ferguson, DP*, A Davis, **JT Lightfoot.** Optimizing the Physical Conditioning of the NASCAR Sprint Cup Pit Crew Athlete. American College of Sports Medicine, Orlando, FL, May 2014. (Med Sci Sports Exerc, 46(5S): 50-60, 2014)

JT Lightfoot. "Is Physical Activity Regulation as Simple as Sex Hormones? View from the Bench". Part of Kanaley, J., W. Kohrt, JT Lightfoot, Featured Basic Science Session "Regulation of Physical Activity and Bioenergetics by Sex Hormones". American College of Sports Medicine. Indianapolis, IN. May, 2013.

JT Lightfoot, LA Holowatz, J Smoliga. Early Career: Finding an Academic Position: Everything you need to know to land an academic position (part of ACSM Graduate and Early Career Day). American College of Sports Medicine. Indianapolis, IN. May, 2013.

*Ferguson, DP, *EE Schmitt, **JT Lightfoot.** Transiently silencing genes associated with voluntary physical activity using intravenous injection of Vivo-morpholinos. Texas American College of Sports Medicine.

Austin, TX, Feb. 28, 2013 (3rd place award in Student Manuscript category).

*Ferguson, DP, LJ Dangott, **JT Lightfoot.** Two Dimensional Differential Gel Electrophoresis Analysis of the Nucleus accumbens in High and Low Active Mice. American College of Sports Medicine. San Francisco, CA. May 30-June 2, 2012.

*Schmitt, EE, *DP Ferguson, **JT Lightfoot**. Potential Wash-out of Vmat2 Gene Silencing by Exercise Exposure. American College of Sports Medicine. San Francisco, CA. May 30-June 2, 2012.

Munce, T, K Wolin, **JT Lightfoot.** Early Career: Finding an Academic Position: Everything you need to know to land an academic position (part of ACSM Graduate and Early Career Day). American College of Sports Medicine. San Francisco, CA. May 29, 2012.

*Schmitt, EE, *DP Ferguson, **JT Lightfoot.** Knock-down of *Vmat2* in mouse right striatum and physical activity. Experimental Biology. San Diego, CA. April 22-25, 2012.

*Ferguson, DP, * EE Schmitt, **JT Lightfoot**. The effect of vivo-morpholino targeting *Vmat2* on daily physical activity in mouse soleus compared to scrambled-morpholino control. Experimental Biology. San Diego, CA. April 22-25, 2012.

*Dawes, MJ, *DP Ferguson, **JT Lightfoot.** Differential expression of candidate genes associated with voluntary physical activity levels in inbred mice. Experimental Biology. San Diego, CA. April 22-25, 2012.

*Ferguson, DP, *EE Schmitt, **JT Lightfoot**. Evaluation of a vivo-morpholino delivery method to the brain and the affect on physical activity. Texas American College of Sports Medicine annual meeting. Austin, TX, Mar. 1-2, 2012. Int. J. Exerc. Sci.: Conference Abstract Submissions. 4:60, 2012 (Selected as first-place, Doctoral Student poster).

*Dawes, MJ, *DP Ferguson, *GS Prabhu, **JT Lightfoot**. High and low active inbred mice do not show differential expression in potential candidate genes associated with voluntary physical activity. Texas American College of Sports Medicine annual meeting. Austin, TX, Mar. 1-2, 2012. Int. J. Exerc. Sci.: Conference Abstract Submissions. 4:56, 2012.

*Jimenez, AM, *DP Ferguson, **JT Lightfoot**. The correlation of physical activity and body composition in inbred mice. Texas American College of Sports Medicine annual meeting. Austin, TX, Mar. 1-2, 2012. Int. J. Exerc. Sci.: Conference Abstract Submissions. 4:58, 2012.

JT Lightfoot. Case-closed: Spontaneous Activity is Not as Spontaneous as We Think. Keynote address in Featured Science Symposium: Evidence for the Importance of Genomics in Exercise. American College of Sports Medicine. Denver, CO, June 1-4, 2011.

*Ferguson, D, **JT Lightfoot.** The effect of vivo-morpholinos on dopamine receptor 1 (*Drd1*) and physical activity in mice. Experimental Biology. Washington DC, 4/11/11 (picked as a finalist for the Cell and Molecular Physiology Section Robert Gunn Student Award)

*Prabhu, GS, DP Ferguson, **JT Lightfoot.** Comparison of two types of mouse running wheels. Texas American College of Sports Medicine. Austin, TX Feb 24, 2011. (Published in International Journal of Exercise Science).

*Ferguson, DP, RS Bowen, **JT Lightfoot.** Heart rate and core temperature responses of NASCAR pit crews. Texas American College of Sports Medicine. Austin, TX Feb 24, 2011. (Published in International Journal of Exercise Science).

*Moore-Harrison, TL, AT Hamilton, **JT Lightfoot.** *Nhlh2* and *Lepr* gene expression in high and low physical activity mice. ACSM Conference on Integrative Physiology of Exercise. Miami, FL, 9/25/10.

Lightfoot, JT, A Hamilton, *T Moore-Harrison. Differential gene expression in high and low active animals. ACSM Conference on Integrative Physiology of Exercise. Miami, FL, 9/25/10.

*Moore-Harrison, T, AT Hamilton, **JT Lightfoot**. Gene expression of *Actn3* and *Mstn* is not different in mice with high and low physical activity. American College of Sports Medicine National meeting. Baltimore, MD. 6/4/10. *Med Sci. Sports Exercise.* 42(5): S183, 2010.

Lightfoot, JT. The genetics of physical activity. Part of the symposium "Systems Genetics in Nutrition Research". Experimental Biology, Anaheim CA, April 27, 2010.

*Bowen, RS, *DP Ferguson, **JT Lightfoot.** Effects of aromatase inhibition on physical activity levels. Southeast American College Sports Medicine annual meeting. Greenville, SC 2/11-2/13, 2010. (This abstract was chosen as 1st place amongst the doctoral student abstracts.)

*Ferguson, DP, A Davis, **JT Lightfoot**. Change in body composition of NASCAR pit crews over the course of the Sprint Cup season. Southeast American College Sports Medicine annual meeting. Greenville, SC 2/11-2/13, 2010.

*Moore-Harrison, TL, AT Hamilton, **JT Lightfoot.** Actn2 gene expression in mice with high and low physical activity. Southeast American College Sports Medicine annual meeting. Greenville, SC 2/11-2/13, 2010.

Lightfoot, JT. Run Forrest Run! Trials, tribulations, and lessons learned from exercising mice. *Invited Tutorial.* Southeast American College Sports Medicine annual meeting. Greenville, SC 2/11-2/13, 2010.

*Knab, AM, *RS Bowen, AT Hamilton, *T Moore-Harrison, *DP Ferguson, **JT Lightfoot.** Central control of physical activity in mice is mediated by dopamine 1 (D1) receptors and the tyrosine hydroxylase enzyme. American College of Sports Medicine National meeting. Seattle, WA. 5/27/09. *Med Sci. Sports Exercise.* 41(5): S183, 2009.

*Ferguson, DP, *TL Moore-Harrison, *RS Bown, *KJ Hall, *EE Schmitt, AT Hamilton, A Mosher, **JT Lightfoot.** Heart rate and core temperature responses of pit crew athletes during elite automobile races. American College of Sports Medicine National meeting. Seattle, WA. 5/27/09 *Med Sci. Sports Exercise.* 41(5): S305, 2009.

Lightfoot, JT. Identifying the genes associated with the inclination to exercise. Part of the Symposium: *Uncovering genes, sequence variants and pathways related to exercise traits.* American College of Sports Medicine national meeting. Seattle, WA. 5/28/09. *Med Sci. Sports Exercise.* 41(5): S39, 2009.

*Ceasar, TG & **JT Lightfoot.** Interval specific haplotype analysis between high active and low active mice within chromosomes 9 and 13. Southeast American College Sports Medicine annual meeting. Birmingham, AL 2/12-2/14, 2009. (This abstract was chosen as 2nd place amongst the masters/undergraduate student abstracts.)

*Ferguson, DP, *RS Bowen, BM Klopp, **JT Lightfoot.** Evaluation of Fitness Data to Predict the Success of NASCAR Pit Crews. Southeast American College Sports Medicine annual meeting. Birmingham, AL 2/12-2/14, 2009.

Turner, MJ, *S Courtney, *E Grindstaff, *A ElMasri, S Kleeberger, **JT Lightfoot.** *Genetic background influences daily running wheel duration across the lifespan in three generations of mice.* The Integrative Biology of Exercise Meeting V, APS/ACSM. Hilton Head, SC. Sept. 24-27, 2008.

*Knab, AM, *RS Bowen, AT Hamilton, A Gullidge, **JT Lightfoot**. *High active C57L/J mice have different dopaminergic profiles compared to low active C3H/HeJ mice.* The Integrative Biology of Exercise Meeting V, APS/ACSM. Hilton Head, SC. Sept. 24-27, 2008.

*Bowen, RS, AT Hamilton, *AM Knab, *JA Rettew, *T Moore-Harrison, **JT Lightfoot**. *Sex steroid influences on running distance, duration, and speed in C57BL/6J mice.* The Integrative Biology of Exercise Meeting V, APS/ACSM. Hilton Head, SC. Sept. 24-27, 2008.

*Moore-Harrison, T, A. Hamilton, *A. Knab, *R. Bowen, **JT Lightfoot.** *The relationship between aerobic capacity, body composition, and physical activity among ethnic groups.* The Integrative Biology of Exercise Meeting V, APS/ACSM. Hilton Head, SC. Sept. 24-27, 2008.

*Bowen, RS, AA Trynor, *AM Knab, YM Huet-Hudson, **JT Lightfoot**. *Sex steroid regulation of daily physical activity levels in male Balb/cJ mice.* American College of Sports Medicine. Indianapolis, IN. May 28 – May 31, 2008. Med. Sci. Sports Exerc. 40 (5 Suppl.): 2008.

*Dangerfield-Persky, F, **JT Lightfoot**. *QTL genotype differences between high physically active mice and mice with high exercise endurance.* American College of Sports Medicine. Indianapolis, IN. May 28 –May 31, 2008. Med. Sci. Sports Exerc. 40 (5 Suppl.): 2008.

Turner, MJ, *E Grindstaff, *SM Courtney, *AA El Masri, SR Kleeberger, **JT Lightfoot.** *Relationship of body weight and physical weight and physical activity with aging inbred mice and first generation offspring.* American College of Sports Medicine. Indianapolis, IN. May 28 –May 31, 2008. Med. Sci. Sports Exerc. 40 (5 Suppl.): 2008.

*Knab, AM, *RS Bowen, AA Trynor, *SM Courtney, **JT Lightfoot.** *Reliability study of mouse exercise endurance treadmill test.* Southeast American College Sports Medicine annual meeting. Birmingham, AL 2/14-2/16, 2008. (This abstract chosen in the top seven of the doctoral student abstracts.)

Wiliford, A., DC Nieman, A Utter, **JT Lightfoot.** *Update on licensure of exercise physiologists.* Symposium, Southeast American College Sports Medicine annual meeting. Birmingham, AL 2/14-2/16, 2008.

Lightfoot, JT *The Estrogen Did It!: Regulation of Physical Activity by Sex Hormones.* Tutorial. Southeast American College Sports Medicine annual meeting. Birmingham, AL 2/14-2/16, 2008.

Lightfoot, JT (Tutorial) *See Jane Run: Why Aren't Gender Differences in Daily Activity Similar in All Mammals?*. American College of Sports Medicine. New Orleans, LA. May 29-June 2, 2007. Med. Sci. Sports Exerc. 39 (5 Suppl.): 2007.

Turner, M.J., *E.A. Payne, *S.M. Courtney, *A. El Masri, *L.E. Bowen, *J.N. Green, S.R. Kleeberger, **J.T. Lightfoot**. Physical Activity Levels Between Genders Of Second Generation Mice Through The First Half Of Lifespan. American College of Sports Medicine. New Orleans, LA. May 29-June 2, 2007. Med. Sci. Sports Exerc. 39 (5 Suppl.): 2007.

***Dangerfield-Persky, F,** *J Moser, *K Loiseau, *S Carter, *M Yost, *T Moore, A Trynor, MJ Turner, SR Kleeberger, **JT Lightfoot.** Quantitative trait loci (QTL) associated with physical activity level (PAL) in inbred

mice. American College of Sports Medicine. New Orleans, LA. May 29-June 2, 2007. Med. Sci. Sports Exerc. 39 (5 Suppl.): 2007. (poster presentation)

*Knab, AM, *A Gulledge, L Schrum, **JT Lightfoot**. Activity level in mice is not associated with dopamine 2 receptor expression in heart or muscle tissue. American College of Sports Medicine. New Orleans, LA. May 29-June 2, 2007. Med. Sci. Sports Exerc. 39 (5 Suppl.): 2007. (poster presentation)

*Moore, T, A Trynor, *J Moser, *A Knab, *R Bowen, *E Friesen, *K Loiseau, M Turner, SR Kleeberger, **JT Lightfoot.** Low exercise endurance is heritable. American College of Sports Medicine. New Orleans, LA. May 29-June 2, 2007. Med. Sci. Sports Exerc. 39 (5 Suppl.): 2007. (poster presentation)

*Dangerfield-Persky, FR, *JL Moser, *TL Moore, AA Trynor, MJ Turner, **JT Lightfoot**. Differences in pooled DNA based on physical activity in inbred mice. Southeast American College of Sports Medicine. Charlotte, NC, Feb. 8-10, 2007. (poster presentation – picked as one of top 7 MS/Undergrad research projects)

Lightfoot, J. Timothy. (Symposium Organizer) Full Throttle Athletics: Stock Car Racing Physiology, Training, and Careers. Southeast American College of Sports Medicine. Charlotte, NC. Feb. 8-10, 2007 Speakers included: Dr. Lightfoot, Mr. Breon Klopp (5 Off 5 On), Mr. Lance Munnksgaard (Ginn Motorsports), Ms. Angela Shirk (5 Off 5 On).

*Green, JN, *SM Courtney, *EA Payne, *LE Bowen, *A El Masri, **JT Lightfoot,** MJ Turner. Body weight is inversely related to average running velocity in male F_2 mice. Southeast American College of Sports Medicine. Charlotte, NC, Feb. 8-10, 2007. (poster presentation)

*Bowen, LE, *Green, JN, *EA Payne, *A El Masri, *SM Courtney, **JT Lightfoot,** MJ Turner. Daily physical activity with aging female second generation mice is related to body weight. Southeast American College of Sports Medicine. Charlotte, NC, Feb. 8-10, 2007. (poster presentation)

*Courtney, SM, *EA Payne, *Bowen, LE, *Green, JN, *A El Masri, **JT Lightfoot,** MJ Turner. Physical activity and left ventricular diastolic function in aging F_2 mice. Southeast American College of Sports Medicine. Charlotte, NC, Feb. 8-10, 2007. (poster presentation – was named as the Outstanding MS/Undergrad Research project!)

*EA Payne, *Courtney, SM, *A El Masri, *Bowen, LE, *Green, JN, **JT Lightfoot,** MJ Turner. Physical activity levels between genders through the first half of the lifespan of second generation mice. Southeast American College of Sports Medicine. Charlotte, NC, Feb. 8-10, 2007. (poster presentation – picked as one of top 7 MS/Undergrad research projects)

Lightfoot, J. Timothy. (Symposium Organizer) It May Be In The Genes: Approaches and Findings Used to Identify the Biological Determinants of Physical Activity. American College of Sports Medicine. Denver, CO. May 31-June 3, 2006. Speakers include: Dr. MJ Turner (UNC Charlotte), Dr. Theodore Garland (Univ. California, Riverside), and Dr. Janine Stubbe (Netherlands).

Lightfoot, J. Timothy. Finding physical activity genes using inbred strains. American College of Sports Medicine. Denver, CO. May 31-June 3, 2006. (Symposium presentation)

Lightfoot, JT, *SE Carter, *MJ Yost, J Moser, *AM Kleinfehn, MJ Turner, SR Kleeberger. High Wheel-Running Activity is Inherited in Mice. American College of Sports Medicine. Denver, CO. May 31 – June 3, 2006 (oral presentation).

*Kleinfehn, Amy M. Michael J. Turner, Anne Jedlicka, Tomho Oshimura, Jacqui Marzec, Wes Gladwell,

Steven R. Kleeberger. **J Timothy Lightfoot.** Fine map genotyping of exercise endurance quantitative trait loci (QTLs). American College of Sports Medicine. Denver, CO. May 31-June 3, 2006.

*Weih, David G., *Sean M. Courtney, *Jenece E. Johnson, *Alaa El Masri, **J. Timothy Lightfoot**, and Michael J. Turner. Evaluation of Physical activity phenotypes in second generation crossbred male mice. Southeast American College of Sports Medicine. February 9-11, 2006.

*Courtney, Sean M., *David G. Weih, *Jenece E. Johnson, *Alaa El Masri, **J. Timothy Lightfoot,** Michael J. Turner. Physical activity increases with age in first generation mice from high and low active progenitors. Southeast American College of Sports Medicine. February 9-11, 2006.

*Carter, S.E., *A.M. Kleinfhen, *M.J. Yost, M.J. Turner, and **J.T Lightfoot**. Female F2 mice are more ative than male F2 mice. Southeast American College of Sports Medicine. February 9-11, 2006.

*Yost, M.J., *S.E. Carter, *A.M. Kleinfhen, M.J. Turner, and **J.T. Lightfoot.** Lack of relationship between weight and physical activity in mice. Southeast American College of Sports Medicine. February 9-11, 2006.

JT Lightfoot. Going over the wall: Training for Increased Performance for Pit Crews and Officials. American College of Sports Medicine. Nashville, TN. June 1-4, 2005. (Symposium presentation)

*Gaspar-Smith, N, **JT Lightfoot,** KL Bost. Exercise and a mouse model of infectious mononucleosis. Southeast American College of Sports Medicine. January 27-29, 2005. (Student Award Winner)

*Carter, SE, *AH Vordermark, MJ Turner, SR Kleeberger, **JT Lightfoot**. Daily activity of F1 mice from strains of high activity C57L/J and low activity C3H/HeJ mouse strains. Southeast American College of Sports Medicine. January 27-29, 2005.

*Vordermark, AH, *SE Carter, MJ Turner, SR Kleeberger, **JT Lightfoot**. Effects of age on daily activity of young mice. Southeast American College of Sports Medicine. January 27-29, 2005.

*Weih, DG, *SM Courtney, *MA Graf, *LE Stone, **JT Lightfoot**, MJ Turner. Evaluation of physical activity phenotypes in second generation crossbred mice. Southeast American College of Sports Medicine. January 27-29, 2005.

*Courtney, SM, *MA Graf, *LE Stone, *DG Weih, **JT Lightfoot**, MJ Turner. Age-related running wheel activity in first generation mice from high and low activity parents. Southeast American College of Sports Medicine. January 27-29, 2005.

MJ Turner, *MA Graf, *SM Courtney, *CM Brown, **JT Lightfoot**. Evaluation of daily physical activity phenotypes in first generation crossbred mice. Joint meeting of the American Physiological Society and American College of Sports Medicine. Austin, TX. Oct. 5-7, 2004.

*MG Daves, MJ Turner, SR Kleeberger, **JT Lightfoot**. Daily physical activity level in male inbred mouse strains. American College of Sports Medicine. June 2-5, 2004.

MJ Turner, *EM Jablonski, *NA McConnell, FM Hughes, **JT Lightfoot.** Myocardial cell death not related to regular physical activity with aging female inbred mice. American College of Sports Medicine. June 2-5, 2004.

JT Lightfoot, MJ Turner, A Jedlicka, T Oshimura, J Marzec, LJ Leamy, SR Kleeberger. Genome scan for maximal aerobic capacity quantitative trait loci (QTL) in inbred mice. Experimental Biology. April 11-14, 2003.

JT Lightfoot, MJ Turner, *AM Lowe, *MT Lindley, SR Kleeberger. Genetic influence on daily physical activity level (PAL). Experimental Biology. April 11-14, 2003.

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*E. Jablonski, FM Hughes, **JT Lightfoot**, MJ Turner. Cardiac cell death related to physical activity level in 2 inbred mouse strains. Experimental Biology. April 11-14, 2003.

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*Howden, R, **JT Lightfoot**, SJ Brown, IL Swaine. Application of suction and pressure to the carotid sinus regions does not induce changes in forearm blood flow . The Physiological Society. London, England. Dec. 15, 2001.

*Howden, R, **JT Lightfoot**, SJ Brown, PH Whiting, IL Swaine. Fractional excretion of sodium, plasma volume and orthostatic tolerance during daily exposure to orthostatic stress. The Physiological Society. London, England. Dec. 15, 2002.

*Howden, R, **JT Lightfoot**, SJ Brown, IL Swaine. Orthostatic tolerance and resting blood pressure in humans: the effect of isometric exercise training of the legs J Physiol (Lond)(2002). 539P

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*Howden, R., PA Tranfield, **JT Lightfoot**, SJ Brown, and IL Swaine. The reproducibility of tolerance to lower body negative pressure and its quantification in man. The Physiological Society. London, England, Dec. 18-20, 2000.

JT Lightfoot, MJ Turner, KA DeBate, *E Fumi, SR Kleeberger. Inbred mouse strain screen of maximal exercise duration. Joint meeting of the American Physiological Society and American College of Sports Medicine. Portland, Maine. Sept. 20-22, 2000.

C Mier, **JT Lightfoot**, D. Torok, M. Butcher, W. Herbert. What to Look for in an Exercise Physiology Education Program. Southeast American College of Sports Medicine. Jan. 27-29, 2000.

*E Fumi, M Turner, **JT Lightfoot**. Inherent difference in aerobic capacity in inbred strains of mice. Beta Beta Beta State Biology Meeting, Wilmington, NC, Apr. 16-17, 1999.

*CL Fulton, K DeBate, BL Marks, **JT Lightfoot**. Autonomic control is not different in healthy young African-Americans. Southeast Regional American College of Sports Medicine, Norfolk, VA, Feb. 4-6, 1999.

JT Lightfoot. Time to take a stand?: The Educational Guidelines of the Southeast American College of Sports Medicine. Part of colloquium "Undergraduate Exercise Science: Should There Be a Standard?". Johnson, KD, JT Lightfoot, LB Carter. American College of Sports Medicine, June 5, 1998.

JT Lightfoot. To faint or not to faint: the Search for an afferent mechanism. Southeastern Regional American College of Sports Medicine, Chattanooga, TN, Feb. 1-3, 1996.

JT Lightfoot, WG Herbert, BM Boulet. Current Issues regarding clinical exercise Physiology, licensure, and professional training. Southeastern Regional American College of Sports Medicine, Chattanooga, TN, Feb. 1-3, 1996.

JT Lightfoot, *JJ McDermott, *J Weir, *A Faulkner. Repeated exposures to central hypovolemia do not change plasma volume regulation. American Physiology Society - Experimental Biology 95 (Atlanta, GA).

*JJ McDermott, *J Weir, *A Faulkner, **JT Lightfoot**. Autonomic balance is not altered with repeated central hypovolemic exposures. American Physiology Society - Experimental Biology 95 (Atlanta, GA).

JT Lightfoot Fat Accumulation / Exercise Prescription for Fat Loss. Section of symposium "Practical Considerations in the Application of Weight Management Programs. Southeastern Regional American College of Sports Medicine, Lexington, KY, Feb. 2-4, 1995.

JT Lightfoot, DJ Torok, BL Marks. Near infrared interactance does not accurately measure body fat in field conditions. Southeastern Regional American College of Sports Medicine, Lexington, KY, Feb. 2-4, 1995.

DJ Torok, **JT Lightfoot** Parental history of hypertension does not influence the heart rate or blood pressure response during different cold pressor tests. Southeastern Regional American College of Sports Medicine, Lexington, KY, Feb. 2-4, 1995.

JT Lightfoot, B Tuller, D Williams. Ambient noise interferes with auscultatory blood pressure during exercise. American College of Sports Medicine, Indianapolis, IN. Medicine and Science in Sports and Exercise. 26(5) Supplement: S2, 1994.

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Cauraugh, J, J Graves, **JT Lightfoot**, B Moffat, A Perry, J Sighorile. "Research Forum: Exercise Physiology in the State of Florida." Florida Association for Health, Physical Education, Recreation, Dance and Driver Education Annual Conference, Oct. 1991

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