

**Peter Walter Grandjean, Ph.D., FACSM, ACSM-CEP, EIM, CSCS**  
***Dean, College of Behavioral and Health Sciences and Professor, Exercise Science***

ACB 340 | MTSU Box 92

1301 Main Street

Middle Tennessee State University

Office: 615-898-2900 | Fax: 615-494-7704 | e-mail: peter.grandjean@mtsu.edu

<https://cbhs.mtsu.edu/> | <https://www.mtsu.edu/>

**Degrees in Higher Education**

1996	Ph.D.	Kinesiology	Texas A&M University, TX
1992	M.S.	Exercise Physiology	Texas Christian University, TX
1986	B.A.	Physical Education Minor: Biology	Anderson University, IN

**Academic History & Professional Experience**

***Employment***

2024 - present	Middle Tennessee State University	Dean, College of Behavioral & Health Sciences & Professor of Exercise Science
2019 - 2024	University of Mississippi	Dean, School of Applied Sciences & Professor of Exercise Science
2018 - 2019	Baylor University	Director, Division of Health Professions
2016 - 2019	Baylor University	Associate Dean, Graduate Studies and Research Collaborations
2013 - 2019	Baylor University	Professor
2010 - 2013	Baylor University	Associate Professor
2003 - 2010	Auburn University	Associate Professor
1997 - 2003	Auburn University	Assistant Professor
1996 - 1997	Texas A&M University	Post-Doctoral Research Associate
1992 - 1996	Texas A&M University	Graduate Research Assistant
1990 - 1992	Texas Christian University	Graduate Research Assistant
1990 - 1992	All Saint's Hospital, Fort Worth, TX Carter Rehabilitation Center	Clinical Exercise Specialist
1990	James Madison High School, (N.E.I.S.D.) San Antonio, TX	Biology Teacher, Head Soccer Coach, Assistant Football Coach
1986 -1989	New Braunfels High School, (N.B.I.S.D.) New Braunfels, TX	Biology Teacher, Head Soccer Coach, Assistant Football Coach

***Current Credentials & Certifications***

- \* Fellow, American College of Sports Medicine (FACSM), 2002 - present
- \* Clinical Exercise Physiologist Certification (ACSM-CEP) - American College of Sports Medicine, 2003 – present
- \* Exercise is Medicine Credential (EIM) – American College of Sports Medicine, 2017 - present
- \* Certified Strength & Conditioning Specialist (CSCS), National Strength & Conditioning Association, 1988 – present

***Previous Credentials & Certifications***

- \* Advanced Cardiac Life Support (ACLS) Provider, American Heart Association, 1999 – 2016
- \* Advanced Cardiac Life Support (ACLS) Instructor, American Heart Association, 2003 - 2010
- \* Certified I.R.B. Professional (CIP) – Council for Certification of I.R.B. Professionals, 2002 - 2008

## **(7/2024 – present) Responsibilities as Dean, College of Behavioral & Health Sciences, Middle Tennessee State University**

Upon my appointment at MTSU, our Dean's Office served over 3,650 full-time students – 420 graduate and 3,230 undergraduate students - through the dedicated efforts of 160 tenured and tenure track, clinical, and lecturer/instructor faculty, approximately 70 adjuncts, 20 administrative support staff, and 12 academic advisors. I currently work with 12 direct reports - including our seven academic leaders (a Director of the School of Nursing, five department chairs, a Physician Assistant Studies Program Director), an Associate Dean of Academic Affairs, Director of Academic Advising, an Assistant to the Dean, a Manager of Marketing and Strategic Communication, and a Director of Development.

Our mission in the College of Behavioral and Health Sciences (CBHS) is to, “*provide quality academic programs that prepare students for lifelong learning and service.*” The College's vision is to provide “*the best education in health, mental health, and human services in the State of Tennessee.*” Toward this vision, our College directly serves the Master of Science in Physician Assistant Studies Program and is home to the School of Nursing and five academic departments: Criminal Justice, Health & Human Performance, Human Sciences, Psychology, and Social Work. Together, CBHS offers 17 undergraduate majors, 24 minors, 10 master's degrees, and a Ph.D. in Human Performance. Our College is home to a Speech, Language, and Hearing Clinic, and two highly acclaimed centers - The Center for Organizational & Human Resource Effectiveness (COHRE) and The Center for Methodology, Evaluation, and Applied Statistics for University Research and Education (C-MEASURE).

### **Key Activities and Accomplishments as Dean, College of Behavioral & Health Sciences** *Expand capacity in the Dean's Office to better serve our faculty and students.*

- Hired a Manager of Marketing and Strategic Communications dedicated to CBHS – 7/2025
- Hired a Director of Development dedicated to CBHS (in collaboration with our Development and Foundation Office) - 9/2025

These new staff members work together, and in collaboration with our office, our faculty and students, to strengthen and expand our relationships with other academic units (colleges, departments, and degree programs across campus), alumni, surrounding communities, community organizations, and industry partners. Our Manager of Marketing and Strategic Communications worked with leadership in our College of Liberal Arts and College of Media and Entertainment to build a team of student workers that embed in our departments and degree programs. These students work with our faculty, students, and staff to continuously improve and update degree program and department web content, social and print media, recruitment materials, and news releases across our college.

### ***Improved internal communications***

- Established a College of Behavioral and Health Sciences *Leadership Team* comprised of our department chairs, Associate Dean, Dean's Office support staff and designated faculty. We meet twice monthly to communicate Provost and collegewide initiatives, facilitate professional development, and coordinate communication to all stakeholders in our college.
- Established a *CBHS Administrative Support Staff Committee* to facilitate common training, a network of support among our team of administrative support staff, discuss administrative updates, foster leadership activities and fellowship. The committee is chaired by our Assistant to the Dean
- Established a *CBHS Dean's Team* (Dean's Office staff) that meets briefly once per week to coordinate our roles for supporting collegewide initiatives, facilitate team building and to determine where we can best serve each other.

## *Revised CBHS policies and procedures*

- Revised CBHS *Curriculum Committee Policies and Procedures* to promote: opportunities for developing critical thinking skills; experiential learning and global engagement; interprofessional/interdisciplinary activities; closer collaborations with industry and external partners to inform our curriculum and enhance workforce and career development; creation of accelerated tracks to link undergraduate-to-graduate offerings; ease and options for degree progression and reduce barriers for transfer students; facilitate different course delivery methods (e.g., online, a variety of hybrid learning options) and; efficient review and approval of curricular changes. The new policies and procedures were reviewed and approved by our Department Chairs, Curriculum Committee, academic advisors, and full-time faculty in Fall 2024.

## *Led Academic Reorganization within CBHS*

- In cooperation with the Provost Office, collective shared governance with faculty and staff, and approval from our MTSU Board of Trustees, my team led the effort to reorganize a major part of our college. The concept of reorganization in the College of Behavioral and Health Sciences was initiated for several reasons related to improving our mission, achieving our vision, optimizing conditions that are conducive to the flourishing of all stakeholders, student access and success, and future growth.

Two of our academic departments – the Department of Health and Human Performance and the Department of Human Sciences – were the focal point of our reorganization plan. These departments historically enjoyed strong academic offerings. However, over recent years, both departments experienced internal factors that favored degree program realignment. These departments were dissolved and intact degree programs from these departments were realigned into three new academic departments – Health Sciences, Kinesiology and Sports Medicine, and Sport and Hospitality Management. The primary goals for reorganizing our degree programs from two existing departments into three new academic departments were to: 1) foster autonomy or more localized decision making among more closely aligned degree programs; 2) enable creativity and innovation; 3) enhance program visibility; 4) facilitate targeted marketing; 5) position all program offerings for enrollment growth; and 6) broaden opportunities to identify and develop leadership.

Our Dean’s Office and CBHS Leadership Team implemented an organizational restructuring that included: 1) reassignment and training of all current academic advisors and administrative support staff to optimize student and operational support services for the newly organized academic units; 2) reassignment of operational budget indexes from affected departments into newly-created academic departments; 3) management and assignment of foundation accounts and endowed student scholarships to be consistent with donor intent; 4) restructuring academic degree program records in the Registrar’s Office, and assignment of permissions, access, and training from the Information Technology Division; 5) revising website information and marketing and communications; 6) identifying, installing, and developing leadership in newly created departments; 7) developing and implementing new departmental and collegewide strategic plans to be consistent with MTSU’s Strategic Plan 2035; and 8) redesigning tenure and promotion guidelines for the College and for new and existing departments. Our new collegewide alignment is official in July 2026.

## *Ongoing Initiatives in CBHS*

- Collegewide development and refinement of on-campus recruitment efforts in concert with our MTSU Enrollment Management Services, Admissions Team, and MTSU Marketing and Communication
- Expand and strengthen relationships with healthcare and industry partners for developing workforce initiatives, experiential learning opportunities, transferable career knowledge, skills, and abilities, clinical affiliation

agreements, joint faculty appointments, and career networking opportunities.

- Establishment of a CBHS Advisory Board that will be composed of alumni and leaders/influencers in healthcare, business, and industry with strong connections to MTSU and in careers tied closely with the CBHS.
- Establishment of structured professional development programs for staff, instructors/lecturers, tenure track, tenured mid-career, and established faculty within our college and in connection with other academic units across campus. These programs are intended to build community networks, enhance access to resources needed to achieve professional goals and personal development, and to provide for leadership growth.
- Development and implementation of a new CBHS Strategic Plan Framework so that departments and degree programs can begin to inform our CBHS Strategic Plan. Completion is targeted for end of Fall Semester 2026 for plan completion
- Development and implementation of a new CBHS Promotion and Tenure Guidance Framework so that departments and degree programs can begin to inform their own promotion and tenure guidelines to be consistent with the college and university guidelines. Completion of departmental guidelines is expected by the mid-Spring Semester 2027.
- Contributing to facilities renovation of Murphy Center – home to our Public Health, Physical Education, Sport Management, and Exercise Science programs

## **(1/2019 – 6/2024) Responsibilities as Dean, School of Applied Sciences, University of Mississippi**

The mission of the School of Applied Sciences is to, *“learn, lead and serve to improve the health and well-being of Mississippi, our Nation and world.”* The School’s vision is that *“all are equipped to advance their profession, serve others and improve the human condition through discovery, ingenuity, hard work and compassion.”* To this end, I served 16 direct reports - including our five department chairs, two associate deans, and two assistant deans. My office served five academic departments: Communication Sciences and Disorders; Criminal Justice and Legal Studies; Health, Exercise Science and Recreation Management; Nutrition and Hospitality Management; and Social Work. I lead a team of 54 tenured and tenure track professors, 27 instructors and clinical faculty, 10 academic advisors and student success coaches, and a host of additional support staff. Together our departments offered nine undergraduate, ten master’s, five graduate certificates, and four Ph.D. programs that served over 3,040 undergraduate and graduate students. Our undergraduate to graduate student ratio was 5.5 to 1, with approximately 85% undergraduate and 15% graduate enrollment.

Our academic units were complimented by the federally funded Institute of Child Nutrition, the Jackson Heart Study Vanguard Center at Oxford, the Center for Health and Sports Performance, the Center for Evidence-based Policing and Reform and a Speech and Hearing Clinic. Over my five and a half years as dean, our School generated between \$7 million and \$11 million annually in external funding for research, education, and community engaged projects.

## **Key Activities and Accomplishments as Dean, School of Applied Sciences** *Increased enrollment and enhanced students’ educational experience*

- Created a designated recruitment coordinator position within our School (Assistant Dean for Undergraduate Recruitment and Retention) to strengthen awareness of our degree programs and options and to increase undergraduate enrollment. The Assistant Dean worked with our School’s Manager of Marketing and Communications to develop marketing materials, messages, and activities related to recruiting in our School. The Assistant Dean worked with me, our School Leadership Council, University Admissions, and our Vice Chancellor of Enrollment Management to plan, execute, and evaluate all Applied Sciences recruiting efforts. Since 2021, under

the coordination of our assistant dean, our school's undergraduate enrollment has increased by over 440 students, representing 14.6% growth.

- Created a designated position to coordinate academic advising throughout our School (Assistant Dean for Undergraduate Academics). This new position was part of an overall plan to revise our undergraduate academic advising. Our academic support team mission is *“to engage students in identifying and pursuing their educational, career, and life goals through extraordinary service and personalized learning experiences.”* Our academic support team reimagined their roles to focus more on developing student autonomy, satisfaction, and a stronger sense of belonging. In addition to scheduling classes and monitoring academic progress, advisors were charged with developing and coordinating co-curricular programming to promote personal and professional development, strengthen soft skills, address societal problems by leveraging interprofessional collaborations (see Grand Challenges <sup>1</sup>), and to facilitate community engagement and service. Co-curricular programming is delivered as part of our School's *Health & Human Sciences Living and Learning Community* and available to all University of Mississippi students.
- In partnership with our academic department leaders and the Department of Student Housing, our Dean's Office created a *Health and Human Sciences Living and Learning Community* (LLC). The LLC, launched in fall 2022, houses students representing all our undergraduate degree programs. Students live, study, and learn together as well as engage in co-curricular programming consistent with the mission of our academic advising team - *to enhance student development, autonomy, satisfaction, and a stronger sense of belonging*. We included a \$400 housing micro-scholarship each semester to offset housing costs for each of our 60 LLC students.
- Established an *Office of Graduate Student Success*. The Office is coordinated by a director and staffed with an Enrollment Manager and Student Success Coach. Together, this newly-hired team assists Graduate Program Coordinators (GPCs) in each of our academic departments to provide prospective and current graduate students with efficient enrollment and post-enrollment services, graduate student success and career services, and worked with GPCs to develop strategic recruiting and marketing strategies. The Office communicated with our Graduate School and multiple offices across campus as a “one-stop shop” for graduate students as we rapidly expanded our graduate degree offerings. Our goal was to provide our students with a first-class academic experience. Our graduate enrollment has increased by 20% over each of the last two years. We currently serve over 400 graduate students in our school.

### ***Improved support for scholarship, research, and community engagement***

- Established an *Office Research and Community Engagement* to offer School of Applied Sciences researchers and collaborating scientists pre-award services, statistical consulting, grant writing support and post-award services. Our office liaised with the University Office of Research and Sponsored Programs, Office of Contract Management, Office of the General Council, and Procurement Services.
- Established an *Analytics Lab* facilitated by a director and consortium of faculty with a variety of statistical expertise from across the School of Applied Sciences. The Lab housed designated computers and a variety of statistical software tools to assist faculty and students in preparing grant proposals, completing funded research projects, dissertations and theses. The Lab was operated by graduate assistants selected through a competitive process, and directed under faculty supervision, to assist with statistical consulting services, sponsor workshops, and seminars.

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<sup>1</sup> We defined **Grand Challenges** as multidisciplinary approaches to solving key issues facing Mississippi and our nation. During the time I served as dean, the School of Applied Sciences focused on four key challenges: 1) Strengthening and expanding services for children and young people with speech and language deficits; 2) Revive our hospitality industry; 3) Evidence-based Policing, and; 4) Improving mental health and wellness in Mississippians.

- Instituted internal funding programs for research and community engagement projects (e.g., Research and Community Engagement Investment Program, the Collaborative Grants Program, and Small Grants Matching Program). All funding programs, with an annual commitment of \$200,000, were designed to strengthen external research and community engagement funding through our School’s internal support services and seed-grant funding mechanisms.

### *Facilitated a culture of inclusiveness and sense of belonging*

- Established a committee of faculty and staff to coordinate our School’s activities with the University Office of Access, Opportunity and Community Engagement. The Applied Sciences Committee worked with Department Chairs, faculty, and staff to develop our School of Applied Sciences goals for fostering our commitment to respecting the dignity of every person. It outlines goals to achieve inclusiveness and a sense of belonging as we adhere to our university’s stated mission and pursue our school’s strategic vision. Our plan aligned with the University’s Plan and was incorporated into our school’s Strategic Plan as our 6<sup>th</sup> overarching goal.

### *Improved internal communications*

- Established a School of Applied Sciences *Leadership Council*: Department Chairs, Associate Deans, Assistant Deans, Dean’s Office support staff and designated faculty met twice monthly to communicate Provost and schoolwide initiatives, facilitate leadership, and professional development.
- Established a schoolwide *Administrative Support Staff Committee* to facilitate common training, a network of support among our team of administrative support staff, discuss administrative updates, foster leadership activities and fellowship
- Established a *Dean’s Team* (dean’s staff committee) to communicate and coordinate our roles for supporting Schoolwide initiatives, provide a sense of community, and facilitate team-building and motivational activities.

### *Improved external communications & development*

- Established an [Advisory Board](#) to strengthen the alliance between School of Applied Sciences learners – past, present and future - through engagement, advocacy and fundraising. Our Advisory Board was composed of 17 leaders/influencers in business and industry with strong connections to Ole Miss and in careers tied closely with the School of Applied Sciences degree programs and *Grand Challenge* initiatives. Advisory Board Members served as ambassadors and advocates for the school; attend semiannual board meetings; advised the dean and School of Applied Sciences leadership on key projects; provided feedback from their experience and expertise to inform and assist faculty in the development and revision of degree programs and course offerings; engaged with our faculty, staff, and students in *Grand Challenges* through networking, advocacy, effort, and fundraising.
- Annual giving increased 10.6% since 2019 and 1.8% above the school’s previous all-time peak. In 2024, our UM Foundation accounts were at their 20-year peaks: endowed programmatic accounts total \$1.17 million; non-endowed programmatic accounts total \$1.28 million, and; endowed and non-endowed scholarship accounts total \$3.62 million.

### *Revised schoolwide policies and procedures*

- Lead the development of a new School of Applied Sciences Strategic Plan, “*Build Your Legacy*”, for 2021 – 2026. The plan was developed over the 2020 – 2021 academic year by faculty staff and administrators and reviewed and ratified by faculty and staff in September 2021. Each spring, teams of faculty and staff assessed our annual activities and accomplishments with our stated strategic objectives.

- Revised School of Applied Sciences *Hiring Policies and Procedures* within the framework established by the University. The new policies and procedures, designed to standardize our procedures across academic departments, were reviewed and approved by our Department Chairs, Human Resources, and the Equal Opportunity and Regulatory Compliance Office.
- Revised School of Applied Sciences *Curriculum Committee Policies and Procedures* to promote: opportunities for developing critical thinking skills; experiential learning and global engagement; interprofessional activities; development of accelerated tracks to link undergraduate-to-graduate offerings; ease and options for degree progression and reduce barriers for transfer students, and; efficient review and approval of curricular changes. The new policies and procedures were reviewed and approved our Department Chairs, Curriculum Committee and full-time faculty.

### ***Developed new degree offerings, revised existing degree programs, and created new departments***

- Added 14 minor degree options to complement existing majors and provide more options in multidisciplinary studies. (Applied Gerontology\*, Biomechanics\*, Communication Sciences & Disorders, American Sign Language Interpreting, Recreation Administration\*, Sport Administration, Public Health, Recreation Therapy, Criminal Justice\*, Law Studies\*, Food Studies, Nutrition, Hospitality Management, and Social Work) \* Five of the minor options were designed to be delivered in an online format.
- Added a new undergraduate degree program in Public Health and Health Science Studies
- Added a new Master's in Public Health program with on-campus and online delivery options
- Created a new Department of Public Health that was officially recognized in summer 2024
- Added a new Master's in Athletic Training program (achieved CAATE-accreditation in spring 2023)
- Added an online Master's in Criminal Justice program with three emphasis areas: Leadership, Public Policy, and Homeland Security & Emergency Management
- Added a new online Masters in Sports Analytics program
- Added three new Graduate Certificate Programs in Intercollegiate Athletic Administration (Intercollegiate Administration, Intercollegiate Athletic Academic Success, and NCAA Compliance)
- Added a new Graduate Certificate in Biomechanics
- Added a new Graduate Certificate in Evidence-Based Policing and Reform
- Added a new Ph.D. in Criminal Justice Policy Studies
- Program development in progress as I transitioned from Ole Miss: Online Masters of Social Work (MSW); Online Graduate Certificate in Applied Gerontology; a minor in Travel & Tourism, minor in Culinary Arts, an interdisciplinary Physician Assistant Studies Program (with College of Liberal Arts, School of Pharmacy, and University of Mississippi Medical Center's School of Health-Related Professions); an Associate of Applied Science to Bachelor of Applied Science bridge program for community college students with Applied Associates Degrees in technical fields.

### **(9/2016 – 12/2018) Responsibilities as Associate Dean of Research & Graduate Studies, Baylor University**

#### ***Research Administration***

My assignment was to build research infrastructure and capacity within the College, across the University and with outside partners. I carried out our dean's directives, developed and implemented strategies to increase research staff, coordinate faculty hires across programs, departments and academic units to facilitate and enhance research activities around the key initiatives described in the Baylor University Strategic Plan – *Illuminate* (Health; Data Science; Materials Science; Human Flourishing, Leadership and Ethics, and; Baylor in Latin America). My duties were focused on

improving staff support for proposal development, managing pre- and post-award budget, and documentation and reports for externally funded research. I worked closely with constituents across campus to develop, maintain and improve our college's research facilities and equipment.

### ***Graduate Studies***

I coordinated our College's Graduate Program Director's Committee, Dean's Office Operations and Management Committee and Graduate Curriculum Committee. I oversaw the review and approval of new course proposals, course and programmatic changes, and new graduate program proposals for Robbins College of Health & Human Sciences. I also served on the University Professional Graduate Education Curriculum Committee.

I supported and assisted faculty in the delivery of current graduate programs. I served faculty as they planned, developed and implemented new graduate programs. As Director of the Division of Health Professions, my job was to grow and develop new graduate professional education programs and certificates. My duties ranged from learning the program application, candidacy and accreditation requirements of professional accreditation organizations, obtaining institutional approvals, communicating with all entities across campus that are involved with program development (e.g., business office, financial aid, registrar, institutional research and effectiveness, libraries, information technology, etc.), identifying funding mechanisms, planning for facilities to house these new programs, identifying faculty to serve as program directors, and assisting with program build-out and launch. I served our Army-Baylor Graduate Programs that include Doctor of Science programs in Physician Assistant Studies (Emergency Medicine, Clinical Orthopaedics, General Surgery), Physical Therapy (Manual Orthopaedic Therapy, Sports Medicine) and Occupational Therapy, a Doctor of Physical Therapy Program and a Nutrition Master's Degree Program. I coordinated services at Baylor University with the Army Medical Center and School and Health Readiness Center of Excellence to maintain curriculum integrity and program accreditations, review and approval of faculty appointments, applicants and admissions, assured maintenance of student records and enhancement of the research enterprise in these professional programs.

### **Key Accomplishments as Associate Dean of Research & Graduate Studies**

#### ***General***

- Coordinated all aspects in development and implementation of our first Robbins College Strategic Plan (2018 – 2022)
- Established the implementation of *Digital Measures* for tracking faculty, program, department and collegewide scholarly productivity, building reporting efficiencies with our Institutional Research and Testing and Institutional Effectiveness Offices
- Implemented and chaired regular monthly meetings with department Graduate Program Directors to plan, implement and evaluate collaborative research, coursework, degree program connectivity, and to review and evaluate resources and innovation initiatives to enhance graduate education
- Implemented and chaired Robbins College Operations and Management Committee, consisting of all assistant and associate deans, development, marketing and communication and research administration to review progress on priorities established by our dean

#### ***Research Infrastructure***

- Established accounts and workshops for *Pivot*, *eRA Commons*, *GrantsForward* and *Orchid* training for all tenured, tenure-track and clinical faculty
- Established Healthy-Aging Seed Funding Initiative, a partnered internal funding program in collaboration with Social Work and Nursing. Seed funding is to foster collaborative work primarily within the three academic units

related to healthy aging. The funded project arising from this competition is tied to a specifically-identified, competitive external RFP with maximum return on investment.

- Coordinated search committee and hired a Research Administrator assigned to Robbins College (a first of kind in university research administration organization) *Our research administrator serves pre- and post-award support for faculty with research and creative scholarly project grant funding, development awards and industry contracts.*

Since joining us in March 2018, our Research Administrator has assisted with processing and submitting 13 proposals with the potential of over \$5M in competitive external funding (3 NIH RO1 proposals, one proposal for each of the following: NIH R21; NIH R15; NSF; DoD; NEH III, and; AHA AIREA) and 3 competitive industry and philanthropic proposals.

In addition, our Research Administrator developed the monthly *Research Revealed Newsletter* that highlights upcoming external award dates and timelines and internal research events and established our Undergraduate Research Opportunity Collaborative (UROC) program, a program that matches undergraduates interested in research with faculty mentors. *The program is so successful that we have been invited to discuss how this program can be implemented within the University's Undergraduate Research and Scholarly Achievement (URSA) Program*

- Coordinated graduate faculty recognition for Nutrition faculty in Family and Consumer Science Department to enable faculty mentorship of doctoral students in in the Kinesiology, Exercise, Nutrition and Health Promotion Doctoral Program, which is housed in our Department of Health & Human Performance
- Coordinated collaboration between researches in Chemistry and Biochemistry (College of Arts & Sciences) and Nutrition and Food Science (Robbins College of Health & Human Sciences) to produce uniquely-flavored amino acid-shaped “gummies” candy for enhancing chemistry instruction to sight-impaired students.
- Established discussions with Center of Excellence for Research on Returning War Veterans at the Waco VA Hospital to collaborate on VA research in mental health, physical activity, nutrition, gut microbiome and neuroscience. *Collaborations have potential for shared research facilities, joint faculty appointments between Baylor University and the Veteran's Administration and expanded opportunities for shared post-docs, doctoral and undergraduate research activities.*
- Facilitated partnership with Statistics Department faculty (College of Arts & Sciences) and faculty in our Army-Baylor Graduate Programs to provide statistical and experimental design consultation, support and collaboration on doctoral dissertation research within the Doctor of Science Program in Physician Assistant Studies
- Facilitated revisions in review process for faculty Summer Sabbatical and Research Leave applications, including revisions in forms, review metrics, and organization of the Faculty Development Committee in order to align more closely with our College and University Strategic Plans

### ***Graduate Programs & Instruction***

- Served as Baylor University's primary point of contact with the Waco Family Health Center, the Waco Family Medicine Residency Program and the McLennan County Health District as we establish and bring to scale a Community Wellness Center. *Wellness programming is based on the ACSM's Exercise is Medicine® model and is coordinated and staffed by our Exercise Physiology graduate and undergraduate students. **We work closely with physicians, the medical staff and faculty and students in nutrition, social work, communication sciences and disorders and public health to improve the health and wellbeing of impoverished patients served by the Family Health Center.** Patients' physical activity, dietary habits and health literacy are entered as part of the electronic health record and we have access to a rich amalgam of data to research the effectiveness of our interventions. The program concept and design has been published (Grandjean et al., *Kinesiology Reviews*, 2015) and the success of*

*this nascent program is featured at Baylor Magazine: Prescription for Compassion:*  
<https://www.baylor.edu/alumni/magazine/1602/index.php?id=947850>.

- Provided coordination and oversight in the launch new graduate professional programs, Doctor of Physical Therapy and post-professional Occupational Therapy programs. Activities include working with OPMs to develop online and hybrid, blended-learning programs; developing curricula and course work and assuring alignment of competencies and domains with accreditation agencies, facilitating new faculty and staff hires; communicating with University's Vice Provosts, Graduate School, Student Services, Libraries and Electronic Resources, Information Technology Services, Financial Aid, Admissions, Registrar, Cashier's, Accounting, Budget & Auditing, Institutional Research & Testing, and Institutional Effectiveness to assure coordinated services and consistency with SACSCOC accreditation standards. Worked with our Assistant Dean for Finance and Operations to develop pro forma budgets to assure program self-sustainability and project revenue generation. Worked with our Program Directors and Office of General Council to establish in-patient and out-patient clinical sites for professional competency-based training.
- Planned and coordinated development of entry-level Doctor of Occupational Therapy program, a Physician Assistant Studies program and several Doctor of Science Programs (DSc in Emergency Medicine, Physical Therapy, Occupational Therapy), a Ph.D. in Health and Rehabilitative Sciences and certificate programs that compliment these health professions.
- Served as Exercise Physiology Graduate Program Director and chaired our Exercise Physiology program strategic plan, 2017 - 18. *Our new strategic plan describes a pathway to build multiple undergraduate degree tracks for pre-medicine, pre-health professions, pre-public health, research, sports performance and clinical programming. Our program includes affiliation with nutrition and health science studies degree options to create tailored programs for entry into multiple health profession graduate programs or allow 4+1, 4+2 and 3+2 "fast track" undergraduate-to-graduate degree. Our plan also calls for development of online and hybrid programs for sports performance and clinical programming tracks.*
- Coordinated redesign of our Exercise Physiology Master's Degree Program, reducing the required hours from 36 to 30 hours, creating sports performance, clinical programming and research tracks, and revising the capstone experience to include a thesis, internship or practicum with research options. The program was approved by our Graduate School and was initiated in fall 2018.
- Secured ongoing contracts with external partners to create graduate assistantships for our Exercise Physiology graduate program. Contracts cover stipends and tuition remission for four "Fitness Advisor" graduate students in the Waco Family Health Clinic's Wellness Center. Two graduate assistantships are for graduate students to serve as physical education instructors at a local private school (St. Paul's Episcopal Day School, Waco, TX) and a graduate student "Exercise Specialist" at the Waco Family YMCA.

## **Director, Center for Healthy Living, Baylor University**

*The Center for Healthy Living was established to strengthen our academic activities and community alliances to reduce chronic disease risk and enhance the health and human condition of Texans.* As Director, my efforts are directed towards *establishing and nurturing collaborations - within and outside of Baylor University* - that will benefit all parties involved. The Center for Healthy Living's three primary objectives:

1. Instruction: To provide state-of-the-art facilities and training in which undergraduates, graduate students, and medical residents can develop knowledge, skills, and competencies in clinical exercise science and the delivery of therapeutic lifestyle strategies to prevent chronic disease outcomes (see BLEST below)

2. Outreach & Service: To provide affordable individualized health and fitness assessments, counseling, and instruction and to support lifestyle management programs aimed at improving health and fitness and reducing chronic disease risk for all Texans
3. Collaborative Research: To establish a platform - that will galvanize the unique resources of Baylor University, the HHPR Department, and its medical partners - for planning, researching, and promoting strategies to improve human health and fitness and reduce chronic disease risk

***I established FitCheck as Director for the Center.*** FitCheck is a collaborative effort between the Center for Healthy Living in Baylor University's Department of Health, Human Performance and Recreation and the Waco Family Medicine Residency Program (WFMRP). Together, we developed this curriculum-based community service program in order to: 1) offer advanced training opportunities for our exercise physiology students and the WFMRP medical residents; 2) provide valuable fitness information for those interested in improving their health, getting more physically active or enhancing their current exercise program, and; 3) to partner with our medical community in order to promote healthy lifestyles. Assessments of health and fitness include a physician exam, complete blood profile, pulmonary function & body composition assessments, graded exercise test with blood pressure and ECG and an orthopedic evaluation. Participants are provided their results, an explanation of their results relative to cardiovascular and metabolic health, and an individualized exercise prescription.

***My activities related to these programs included:*** curriculum design; graduate and undergraduate course development; grantsmanship and securing external funding support; developing program policies and procedures; recruiting, building, and maintaining relationships with our physician and physical therapists; equipment acquisition and maintenance; risk management and safety; budget management; marketing and advertising; client appointments and scheduling; quality control training and monitoring; design, development, and implementation of the clients' evaluation experience and individual client reports; data management, and; all other oversight responsibilities for the program's continued operation.

## **Director, Baylor Laboratories for Exercise Science and Technology (BLEST)**

***As founder and director, I designed and equipped the laboratories to provide our students with advanced academic training and practical experience in the exercise and health sciences.*** The BLEST includes three separate labs and over 5000 square feet and offers an optimal environment for faculty and students to develop, test, and apply knowledge, skills, competencies, and to interact with our community through ***service learning*** and ***research***. As Director, I coordinate and facilitate efforts to plan, research, and promote strategies to encourage and improve human health, fitness, and wellness. For more on the BLEST, visit: <http://www.baylor.edu/hhpr/index.php?id=56093>

## **Scholarly/Creative Activity**

### ***Publications: Refereed Journal Publications***

**72. Briceño-Torres, J.M., Carpio-Rivera, E., Solera-Herrera, A., Forsse, J., Grandjean, P.W. and J. Moncada-Jiménez.** Low-intensity resistance training improves flow-mediated dilation in young Hispanic adults. Journal of Strength and Conditioning Research. 37(2): 298 – 304, 2023  
***doi: 10.1519/JSC.0000000000004273; PMID: 35640016***

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### ***Publications: Book Chapters***

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- 42. Grandjean, P.W., K.J. Taylor, K.D. Dubose, M.J. LaMonte, P.G. Davis, B.E. Ainsworth and J.L. Durstine.** *Influence of triglyceride concentrations on HDL peak particle size and HDL particle profile scores in women: The Cross-Cultural Activity Participation Survey (CAPS).* American College of Sports Medicine International Meeting, San Francisco, CA. Abstracted: Medicine and Science in Sports and Exercise, Vol. 35 (5), No. 460, 2003
- 41. Martin, S.E., P.W. Grandjean, W.H. Cooke, G. Pelligrini and S.F. Crouse.** *The Influence of Circuit Resistance Training on Blood Lipid Responses to Circuit Resistance Exercise.* American College of Sports Medicine International Meeting, San Francisco, CA. Abstracted: Medicine and Science in Sports and Exercise, Vol. 35 (5), No. 2046, 2003
- 40. Taylor, K.J., P.W. Grandjean, K.D. Dubose, M.J. LaMonte, P.G. Davis, B.E. Ainsworth and J.L. Durstine.** *Influence of triglyceride concentrations on LDL peak particle size and LDL particle profile scores in women: The Cross-Cultural Activity Participation Survey (CAPS).* American College of Sports Medicine International Meeting, San Francisco, CA. Abstracted: Medicine and Science in Sports and Exercise, Vol. 35 (5), No. 468, 2003
- 39. Grandjean, P.W., S. Alhassan, and M. Goodlett.** *Post-Heparin Plasma Lipase Responses to Daily Exercise in Hyperlipidemic Men.* American College of Sports Medicine International Meeting, St. Louis, MO. Abstracted: Medicine and Science in Sports and Exercise, Vol. 34 (5), No. 113: S21, 2002
- 38. Alhassan, S., P.W. Grandjean, J.K. Taylor and J.M. Barksdale.** *Post-heparin Lipase Responses to a Single Bout of Exercise in African-American Women.* American College of Sports Medicine International Meeting, St. Louis, Missouri. Abstracted: Medicine and Science in Sports and Exercise, Vol. 34 (5), No. 271: S49, 2002
- 37. Durstine, J.L., M.L. LaMonte, P.W. Grandjean, K.D. Dubose, M.L. Irwin, C.M. Bopp, P.G. Davis, F.G. Yankowitz and B.E. Ainsworth.** *Physical Fitness and the Hypertriglyceridemic Waist Phenotype: The Cross-Cultural Activity Participation Study.* American College of Sports Medicine International Meeting, St. Louis, Missouri. Abstracted: Medicine and Science in Sports and Exercise, Vol. 34 (5), No. 1276: S228, 2002
- 36. LaMonte, M.L., J.L. Durstine, K.D. Dubose, F.G. Yankowitz, M.L. Irwin, C.M. Bopp, P.W. Grandjean, P.G. Davis and B.E. Ainsworth.** *Physical Activity, Physical Fitness and C-Reactive Protein: The Cross-Cultural Activity Participation Study.* American College of Sports Medicine International Meeting, St. Louis, Missouri. Abstracted: Medicine and Science in Sports and Exercise, Vol. 34 (5), No. 1277: S228, 2002

- 35. Martin, S.E., P.W. Grandjean, W.H. Cooke, J.R. Carter and S.F. Crouse.** *The Influence of Resistance Training on Blood Lipid Responses to Resistance Exercise.* American College of Sports Medicine International Meeting, St. Louis, Missouri. Abstracted: Medicine and Science in Sports and Exercise, Vol. 34 (5), No. 1456: S260, 2002
- 34. Grandjean, P.W., S. Alhassan, J.K. Taylor, and M. Goodlett.** *Blood Lipid Responses to Daily Exercise in Hyperlipidemic Men.* American College of Sports Medicine International Meeting, Baltimore, MD. Abstracted: Medicine and Science in Sports and Exercise, Vol. 33 (5), No. 1211: S215, 2001
- 33. Alhassan, S., P.W. Grandjean, J.K. Taylor and J.M. Barksdale.** *Blood Lipid Responses to a Single Bout of Exercise in African-American Women.* American College of Sports Medicine International Meeting, Baltimore, Maryland. Abstracted: Medicine and Science in Sports and Exercise, Vol. 33 (5), No. 1292: S229, 2001
- 32. Crouse, S.F., P.W. Grandjean and J.J. Rohack.** *Plasma Lipid and Lipoprotein Lipase responses to Exercise in Men with Different [HDL-C].* American College of Sports Medicine International Meeting, Baltimore, Maryland. Abstracted: Medicine and Science in Sports and Exercise, Vol. 33 (5), No. 1293: S229, 2001
- 31. Weise, S.D., S.F. Crouse, P.W. Grandjean and J.J. Rohack.** *Effect of BMI on Acute Changes in Plasma Lipids after Aerobic Exercise in Postmenopausal Women.* American College of Sports Medicine International Meeting, Baltimore, Maryland. Abstracted: Medicine and Science in Sports and Exercise, Vol. 33 (5), No. 1203: S213, 2001
- 30. Grandjean, P.W., S.F. Crouse, and J.J. Rohack.** *Lipid Responses to a Single Bout of Exercise in Type IIa and IIb Hypercholesterolemic Men.* American College of Sports Medicine International Meeting, Indianapolis, IN. Abstracted: Medicine and Science in Sports and Exercise, Vol. 32 (5), No. 1877: S367, 2000
- 29. Martin, S.E., P.W. Grandjean, S.D. Weise, J.J. Rohack and S.F. Crouse.** *Short-Term Changes in Plasma Lipids and Lipases in Post-Menopausal Women After Exercise.* American College of Sports Medicine International Meeting, Indianapolis, Indiana. Abstracted: Medicine and Science in Sports and Exercise, Vol. 32 (5), No. 1576: S315, 2000
- 28. Grandjean, P.W., S.F. Crouse, B.C. O'Brien, J.J. Rohack and J.S. Green.** *Short-Term Changes in Plasma Lipids and Lipases after Aerobic Exercise: Impact of Obesity.* American College of Sports Medicine International Meeting, Seattle, WA. Abstracted: Medicine and Science in Sports and Exercise, Vol. 31 (5), No. 548: S135, 1999
- 27. Green, J.S., P.W. Grandjean and S.F. Crouse.** *Using Discriminant Analysis to Predict Exercise-Induced Changes in HDL-Cholesterol in Postmenopausal Women.* American College of Sports Medicine International Meeting, Seattle, Washington. Abstracted: Medicine and Science in Sports and Exercise, Vol. 31 (5), No. 320: S95, 1999
- 26. Crouse, S.F., S.L. Cockrill, P.W. Grandjean, S.D. Weiss, B.C. O'Brien, J.J. Rohack and R.D. MacFarlane.** *LDL and HDL Densities after Exercise in Postmenopausal Women with Normal and High Cholesterol.* American College of Sports Medicine International Meeting, Seattle, Washington. Abstracted: Medicine and Science in Sports and Exercise, Vol. 31 (5), No. 1885: S370, 1999
- 25. Martin, S.E., R.G. Bounds, S.F. Crouse, B.C. O'Brien, P.W. Grandjean and C. Inman.** *Diet and Short-Term Plasma Lipoprotein Lipid Changes after Exercise in Trained Men.* American College of Sports Medicine International Meeting, Seattle, Washington. Abstracted: Medicine and Science in Sports and Exercise, Vol. 31 (5), No. 1887: S370, 1999

- 24. Grandjean, P.W., S.D. Weise, S.F. Crouse, B.C. O'Brien, and J.J. Rohack.** *Acute LCATa and CETPa Responses to Exercise in Postmenopausal Women with Different HDL-C Concentrations.* American College of Sports Medicine International Meeting, Orlando, FL. Abstracted: Medicine and Science in Sports and Exercise, Vol. 30 (5), No. 1750: S308, 1998
- 23. Martin, S.E., P.W. Grandjean, S.D. Weise, S.F. Crouse, B.C. O'Brien and J.J. Rohack.** *LCAT and CETP Activities and HDL-C Concentrations in Postmenopausal Women After Exercise.* American College of Sports Medicine International Meeting, Orlando, Florida. Abstracted: Medicine and Science in Sports and Exercise, Vol. 30 (5), No. 1751: S308, 1998
- 22. Buban, A.L., S.D. Weise, S.F. Crouse, P.W. Grandjean, B.C. O'Brien and J.J. Rohack.** *Physiological, Lipid, and Enzyme Relationships in Postmenopausal Women.* American College of Sports Medicine International Meeting, Orlando, Florida. Abstracted: Medicine and Science in Sports and Exercise, Vol. 30 (5), No. 1196: S210, 1998
- 21. Grandjean, P.W., S.F. Crouse, B.C. O'Brien, and J.J. Rohack.** *Indices of reverse cholesterol transport in sedentary hyper- and normocholesterolemic men after exercise.* American College of Sports Medicine International Meeting, Denver, CO. Abstracted: Medicine and Science in Sports and Exercise, Vol. 29 (5), No. 34: S6, 1997
- 20. Crouse, S.F., P.W. Grandjean, B.C. O'Brien and J.J. Rohack.** *Exercise alters lipid concentrations but not CETP activity in hyper and normocholesterolemic men.* American College of Sports Medicine International Meeting, Denver, Colorado. Abstracted: Medicine and Science in Sports and Exercise, Vol. 29 (5), No. 32: S6, 1997
- 19. Weise, S.D., P.W. Grandjean, S.F. Crouse, B.C. O'Brien and J.J. Rohack.** *Physiological, lipid and enzyme relationships are similar in sedentary hyper- and normocholesterolemic men.* American College of Sports Medicine International Meeting, Denver, Colorado. Abstracted: Medicine and Science in Sports and Exercise, Vol. 29 (5), No. 744: S129, 1997
- 18. Grandjean, P.W., S.F. Crouse, B.C. O'Brien, J.J. Rohack, R.G. Bounds and C.L. Booker.** *Effects of a single exercise session on LPLA, HTGLA, and LCAT in pre- and postmenopausal women.* American College of Sports Medicine International Meeting, Cincinnati, OH. Abstracted: Medicine and Science in Sports and Exercise, Vol. 28 (5), No. 573: S96, 1996
- 17. Bounds, R.G., S.F. Crouse, P.W. Grandjean, B.C. O'Brien, J.J. Rohack and J.A. Brown.** *Changes in physical parameters after exercise training in pre- and postmenopausal women.* American College of Sports Medicine International Meeting, Cincinnati, Ohio. Abstracted: Medicine and Science in Sports and Exercise, Vol. 28 (5), No. 711: S119, 1996
- 16. Bush, J.M., J.S. Green, S.F. Crouse and P.W. Grandjean.** *Estrogen replacement does not influence exercise-induced changes in total blood volume in postmenopausal women.* American College of Sports Medicine International Meeting, Cincinnati, Ohio. Abstracted: Medicine and Science in Sports and Exercise, Vol. 28 (5), No. 1036: S174, 1996
- 15. Weise, S.D., J.S. Green, S.F. Crouse, J.J. Rohack, R.G. Bounds and P.W. Grandjean.** *Estrogen replacement, exercise training, and blood lipids in postmenopausal women.* American College of Sports Medicine International Meeting, Cincinnati, Ohio. Abstracted: Medicine and Science in Sports and Exercise, Vol. 28 (5), No. 572: S96, 1996
- 14. Hu, Z., J.M. Lawler, J.S. Green, S.F. Crouse, P.W. Grandjean and R.G. Bounds.** *Effects of estrogen replacement and exercise on HDL lipid peroxidation.* American College of Sports Medicine International Meeting, Cincinnati, Ohio. Abstracted: Medicine and Science in Sports and Exercise, Vol. 28 (5), No. 569: S96, 1996

- 13. Grandjean, P.W., S.F. Crouse, J.J. Rohack, B.C. O'Brien and J.A. Brown.** *LPLA, HTGLA, and LCAT are unaltered in pre- and postmenopausal women after exercise training.* American College of Sports Medicine International Meeting, Minneapolis, MN. Abstracted: Medicine and Science in Sports and Exercise, Vol. 27 (5), No. 388: S69, 1995
- 12. Crouse, S.F., B.C. O'Brien, P.W. Grandjean, J.J. Rohack and J.S. Green.** *Post-exercise lipid changes in hypercholesterolemic men: effects of training and intensity.* American College of Sports Medicine International Meeting, Minneapolis, Minnesota. Abstracted: Medicine and Science in Sports and Exercise, Vol. 27 (5), No. 389, p S70, 1995
- 11. Green, J.S., S.F. Crouse and P.W. Grandjean.** *The influence of menopausal status, independent of age, on resting and maximal cardiovascular parameters.* American College of Sports Medicine International Meeting, Minneapolis, Minnesota. Abstracted: Medicine and Science in Sports and Exercise, Vol. 27 (5), No. 1069, p S189, 1995
- 10. Booker, C.L., J.S. Green, S.F. Crouse and P.W. Grandjean.** *Menopausal status, independent of age, does not influence training induced changes in VO<sub>2</sub>max.* American College of Sports Medicine International Meeting, Minneapolis, Minnesota. Abstracted: Medicine and Science in Sports and Exercise, Vol. 27 (5), No. 1080, p S191, 1995
- 9. Grandjean, P.W., S.F. Crouse, J.J. Rohack, B.C. O'Brien and J.A. Brown.** *Lipid response to exercise training in pre- and postmenopausal women.* American College of Sports Medicine International Meeting, Indianapolis, IN. Abstracted: Medicine and Science in Sports and Exercise, Vol. 26 (5), No. 844: S151, 1994
- 8. Grandjean, P.W., G.L. Oden, S.F. Crouse, J.A. Brown and J.S. Green.** *Worksite exercise training: Effects on selected cardiovascular disease risk factors in women.* Association for Worksite Health Promotion Region VI Meeting, Wimberley, Texas, 1994 and Association for Worksite Health Promotion National Meeting, Portland, OR, 1994
- 7. Owen, S.A., G.L. Oden, S.F. Crouse and P.W. Grandjean.** *Current status of correctional officer physical fitness.* Association for Worksite Health Promotion Region VI Meeting, Wimberley, Texas, 1994
- 6. Grandjean, P.W., J.B. Mitchell, F.X. Pizza, R.D. Starling and R.W. Holtz.** *Fluid volume effects on gastric emptying and rehydration after exercise-induced dehydration.* American College of Sports Medicine International Meeting, Seattle, WA. Abstracted: Medicine and Science in Sports and Exercise, Vol. 25 (5), No.197: S36, 1993
- 5. Grandjean, P.W., S.F. Crouse and J.S. Green.** *The efficacy of mandatory fitness testing and optional exercise intervention in a municipal police department.* Association for Worksite Health Promotion Region VI Meeting, Dallas, Texas, 1993; Association for Worksite Health Promotion National Meeting, New Orleans, LA, 1993
- 4. Mitchell, J.B., A.J. Paquet, F.X. Pizza, R.D. Starling, R.W. Holtz and P.W. Grandjean.** *Effect of aerobic training on immune function.* American College of Sports Medicine International Meeting, Seattle, Washington. Abstracted: Medicine and Science in Sports and Exercise, Vol. 25 (5), No. 442, p S78, 1993
- 3. Pizza, F.X., J.B. Mitchell, B. Davis, R.D. Starling, R.W. Holtz and P.W. Grandjean.** *Downhill vs. level running: Response of leukocyte and lymphocyte subsets during prolonged recovery.* American College of Sports Medicine International Meeting, Seattle, Washington. Abstracted: Medicine and Science in Sports and Exercise, Vol. 25 (5), No. 573, p S103, 1993
- 2. Grandjean, P.W., A.P. Cassidy, K.J. Cole and J.B. Mitchell.** *Fluid volume effects on rehydration and body fluid balance following exercise-induced dehydration.* American College of Sports Medicine International Meeting, Dallas, TX. Abstracted: Medicine and Science in Sports and Exercise, Vol. 24 (5), No. 926: S155, 1992

1. **Mitchell, J.B., K.J. Cole, P.W. Grandjean and R.J. Sobczak.** *The effect of a carbohydrate beverage on tennis performance and fluid balance during prolonged tennis play.* American College of Sports Medicine International Meeting, Orlando, Florida. Abstracted: Medicine and Science in Sports and Exercise, Vol. 23 (4), No. 771, p S129, 1991

### ***Invited Professional Presentations, Symposiums & Workshops***

63. *Does Short, Disrupted Sleep Affect Transient Metabolic and Vascular Benefits of Exercise?* Southeast ACSM Fall Lecture Tour Honoree. Liberty University, University of South Carolina – Aiken, Samford University. October 15 – 19, 2018.

62. *Physiological Basis of Continuous-Moderate and High-Intensity Interval Exercise for Cardiometabolic Disease Risk Reduction.* 2<sup>nd</sup> Annual Research Development & International Collaboration Meeting, Universidad de Baja California, Ensenada. October 16 - 19, 2017.

61. *Effectiveness of High-Intensity Interval Training for Health & Chronic Disease Risk Reduction.* Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, Universidad de Costa Rica, San José, Costa Rica. May 17, 2017.

60. *Creating Academic and Health Care Partnerships that Impact Public Health.* Population Health Symposium, Baylor University. March 24, 2017.

59. *Constructing Specific High-Intensity Interval Training Programs for Chronic Disease Risk Reduction.* Research Development & International Collaboration Meeting, Universidad de Baja California, Ensenada and Mexicali Campuses. November 6 - 13, 2016

58. *Keeping Fit in Mind, Body & Soul: Being Whole.* Waco Regional Baptist Association, Truett Seminary, Baylor University. September 7, 2016

57. *Effectiveness of High-Intensity Interval Training for Health & Chronic Disease Risk Reduction.* Northwest Chapter of the American College of Sports Medicine Meeting, Tacoma, WA. April 15, 2016

56. *Non-invasive measurement of vascular function.* Universidad de Costa Rica, San José, Costa Rica. September 22, 2013

55. *Workshop: Applying research expertise in IRB protocol reviews.* Universidad de Costa Rica, San José, Costa Rica. September 20-21, 2013

54. *Exercise is Medicine™: Developing and Implementing a Physician's Plan to Increase Physical Activity Among Patients.* Waco Family Medicine Residency Program, Waco Family Health Clinic. June 6, 2013

53. *The Role of Exercise in the Treatment and Management of Metabolic Syndrome.* El IV Congreso Internacional de Actividad Física, Salud y Calidad de Vida, “Ejercicio Salud y Terapias Complementarias”. Universidad Nacional, San Jose, Costa Rica. September 27, 2012

52. *The Efficacy of Prior Exercise on Ameliorating Postprandial Lipemia.* El IV Congreso Internacional de Actividad Física, Salud y Calidad de Vida, “Ejercicio Salud y Terapias Complementarias”. Universidad Nacional, San Jose, Costa Rica. September 26, 2012

51. *Obesity & The Metabolic Syndrome*. Waco Family Medicine Residency Program, Waco Family Health Clinic. September 4, 2012
50. *Health Implications of Prior Exercise on the Postprandial Period*. Texas Chapter of the American College of Sports Medicine (TACSM) Annual Meeting, Austin, Texas. March 2, 2012
49. *The Physiology of Intervention Research in Exercise Science*. International Forum on Research Methods of Tiyu Science/Kinesiology, Beijing Sport University, Beijing, China. October 31-Nov 6, 2011
48. *Preparing Exercise and Wellness Professionals*. New Tiyu Science and Physical Education International Forum, Soochow University, Sushou, China. October 27 - 30, 2011
47. *The Efficacy of Exercise as Part of a Therapeutic Approach to Address Dyslipidemias Across the Lifespan*. 5<sup>th</sup> International Congress: The Role of Exercise in Disease Prevention and Management, Republic of Slovenia Ministry of Health, Rogaška Slatina, Slovenia. May 10-11, 2010
46. *Identifying and Implementing the Exercise Dose Needed to Optimally Address Dyslipidemias in Children and Adults*. 5<sup>th</sup> International Congress: The Role of Exercise in Disease Prevention and Management, Republic of Slovenia Ministry of Health, Rogaška Slatina, Slovenia. May 10-11, 2010
45. *Adipokines & Exercise: How Daily Doses of Exercise Might Improve Your Health*. Congreso Internacional de Actividad Fisica, Salud y Calidad de Vida, Universidad Nacional, Heredia, Costa Rica. April 12-14, 2010
44. *The Added Health Benefits of Exercise for Weight Management*. Congreso Internacional de Actividad Fisica, Salud y Calidad de Vida, Universidad Nacional, Heredia, Costa Rica. April 12-14, 2010
43. *Obesity, Insulin Resistance, and the Metabolic Syndrome*. Athletic Trainer's Conference, Baptist Health Sports Medicine, Montgomery, AL, April 9, 2009
42. *A Tale of Two Tails: You have got to move your tail!* Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, XV Aniversario, Universidad de Costa Rica, San José, Costa Rica. October 13-16, 2008
41. *Physical Education and Childhood Obesity*. Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, XV Aniversario, Universidad de Costa Rica, San José, Costa Rica. October 13-16, 2008
40. *Workshop: Conducting graded exercise tests in a health and fitness setting*. Universidad Nacional, San Jose, Costa Rica. November 16, 2007
39. *Normal cardiovascular responses to exercise of increasing intensity: What every exercise technician should know when conducting graded exercise tests*. Universidad Nacional, San Jose, Costa Rica. November 15, 2007
38. *Physical activity as medicine: The benefits and risks of physical activity: The impact of physical activity on our health & fitness*. Universidad Nacional, San Jose, Costa Rica. November 14, 2007
37. *The Biomechanical Basis of Malalignment Syndrome*. Athletic Trainer's Conference, Baptist Health Sports Medicine, Montgomery, AL, July 28, 2007

36. *How much exercise is really enough for your health and fitness?* AUALL Program, Atria Place, Auburn, AL. June 26, 2007
35. *Effective exercise for bone health.* Healthy Lifestyles Program, Fort Myers, FL February 20, 2007
34. *Is regular exercise enough to prevent and reverse metabolic syndrome?* XIII Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, Universidad de Costa Rica, San José, Costa Rica. October 18, 2006
33. *If childhood obesity is a problem...can physical education help?* Universidad Nacional, San Jose, Costa Rica. October 17, 2006
32. *Sickle Cell Trait: Influence on Exercise Performance & Considerations for Exercise Safety.* Athletic Trainer's Conference, Baptist Health Sports Medicine, Montgomery, AL, July 22, 2006
31. *Healthy Exercise as You Age: Resistance Training for Sedentary Adults.* Lee-Russell County Council of Governments: Caregiver Meeting, East Alabama Medical Center Human Resource Center, Opelika, AL, March 17, 2006
30. *Symposium: Exercise and Metabolic Syndrome.* (with Dr. Stephen Crouse, Texas A&M University) Texas American College of Sports Medicine Meeting. Texas Woman's University, Denton, TX, Feb 24, 2006
29. *The Role of Exercise in Lipid and Lipoprotein Health.* Texas American College of Sports Medicine Meeting. Texas Woman's University, Denton, TX, Feb 24, 2006
28. *Exercise Considerations for Children.* Alabama Association for Physical Education, Recreation and Dance (AAPHERD). Birmingham, AL, November 2005
27. *Exercise Adherence.* Auburn University Personnel Services - Human Resources Development. Auburn University, Auburn, AL. November 2005
26. *Training the Insulin-Dependent Athlete* Athletic Trainer's Conference, Baptist Health Sports Medicine, Montgomery, AL, July 16, 2005
25. *Physical Activity in the United States: Are Current Strategies Effective?* International Sport Science Congress: "Sport & Chance of Life", Korean Alliance for Health, Physical Education, Recreation and Dance, Chungnam National University, Daejeon, Korea, June 19, 2004
24. *Enhancing Fitness Through College Outreach: The TigerFit Program.* Korea International Sport for All & Leisure Studies Science Congress, Korean National Sport University, Seoul, Korea, June 20, 2004
23. *The Quantity and Quality of Exercise for Reducing CVD risk?* Air War College, Maxwell AFB, Montgomery, AL, October, 2003
22. *Can exercise really reduce cardiovascular disease risk in older adults?* 55 Plus Group, East Alabama Medical Center, Opelika, AL. September 2003
21. *Exercise for Post-Myocardial Infarction Patients.* II Seminario Internacional Actividad Fisica y Patologias. Universidad Nacional, San Jose, Costa Rica. September, 2003

20. *Immune Response to Exercise.* II Seminario Internacional Actividad Fisica y Patologias. Universidad Nacional, San Jose, Costa Rica. September 2003
19. *How Can a University Improve Physical Fitness in the Community?* I Seminario Internacional de Instruccion y Promocion de la Salud Medicante Ejercicio. Universidad Nacional, San Jose, Costa Rica. May, 2003
18. *Strength Training for Sedentary Adults.* I Seminario Internacional de Instruccion y Promocion de la Salud Medicante Ejercicio. Universidad Nacional, San Jose, Costa Rica. May 2003
17. *The Effect of Exercise on Lipid and Lipoprotein Metabolism.* I Seminario Internacional de Ejercicios y Patologias. Universidad Nacional, San Jose, Costa Rica. May 2002
16. *Health Benefits of Phase II Cardiac Rehabilitation Programs: Are the benefits worth the Costs?* I Seminario Internacional de Ejercicios y Patologias. Universidad Nacional, San Jose, Costa Rica. May 2002
15. *The Goals, Feasibility and Appropriateness of Preparticipation Cardiovascular Screenings for Athletes.* III Congreso Internacional de en Ciencias Aplicadas al Futbol. Universidad de Costa Rica, San Jose, Costa Rica. May 2002
14. *The Influence of Exercise on Lipid and Lipoprotein Metabolism.* Department of Nutrition, Food, and Exercise Sciences. Florida State University, Tallahassee, FL. March 2002
13. *A Practical Approach to Implementing and Adhering to Your Exercise Program.* Auburn University Personnel Services - Human Resources Development. Auburn University, Auburn, AL. February 2002
12. *Tutorial: NCEP ATP III Recommendations: The Role of Exercise in Managing Blood Lipids and Lipoproteins.* South East American College of Sports Medicine Chapter Meeting. Atlanta, GA, 2002
11. *The Role of Exercise in Managing Blood Lipids and Lipoproteins.* VIII Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud. Universidad de Costa Rica, San Jose, Costa Rica. November 2001.
10. *The NCEP ATP III Guidelines: How does Exercise Fit into the Picture?* Department of Nutrition & Food Science. Auburn University, Auburn, AL. May 2001
9. *Therapeutic Lifestyle Interventions for Treating Hyperlipidemia - The NCEP ATP III Guidelines.* Montgomery Cardiovascular Associates. Montgomery, AL. May 2001
8. *Symposium: The Influence of Exercise on Lipid and Lipoprotein Metabolism and Transport.* (Co-Presenter with J. Larry Durstine, Stephen F. Crouse & Paul G. Davis) South East American College of Sports Medicine Chapter Meeting. Columbia, SC. January 2001
7. *Recommendations for Physical Activity in Stroke Patients.* Auburn – Opelika Chapter of American Heart Association Stroke Survivors. Atria Assisted Living, Auburn, AL. October 2000
6. *Dose-Response Relationship Between Exercise and CVD Risk Factor Reduction.* Baptist Health Family Medicine Residency Program. Montgomery, AL. April 2000
5. *The Role of Exercise in Treating Secondary Hyperlipidemia.* Department of Physical Therapy. Georgia State University, Atlanta, GA. April 2000

4. *Dose-Response Relationship Between Exercise and CVD Risk Factor Reduction.* Central Alabama Sports Medicine University: Baptist Health. Montgomery, AL. September 2000
3. *Symposium: Substrate Metabolism During Exercise: An Integrative Approach.* (Co-Presenter with D.D. Pascoe and J. J. Zachwieja) South East American College of Sports Medicine Chapter Meeting. Charlotte, NC. January 2000
2. *Physical Activity and Your Health: How Much is Enough?* Central Alabama Sports Medicine University: Baptist Health. Montgomery, AL. April 1998
1. *Recommendations for Physical Activity in Cardiac Patients.* Auburn – Opelika Chapter of Mended Hearts. East Alabama Medical Center, Auburn, AL. October 1997

### ***Research Grants & Contracts: External Support***

#### **Eden Green, LTD. 2018**

PIs: Erica Bruce, Peter Grandjean. *Physical Performance Changes Following Ox66 Supplementation in Cycling Athletes: A Double-Blind, Placebo-Controlled Trial*

AMOUNT: \$96,577                      STATUS: Funded

#### **Healthy Behaviors Through Active Design: An Evidence-Based Web Application to Inform Design and Public Policy. DHHS SBIR Phase I: PHS 2018-01 (040) Submitted to NICH CDC with JSR Associates, Inc., October, 2017**

PI: Debra Harris; Consultants: P.W. Grandjean, LesLee Funderburk, Erich Baker

AMOUNT: \$150,000                      STATUS: Funded

#### **Texas Chapter - American College of Sports Medicine, Student Research Development Award, 2017**

PI: Jeff Forse; Mentor - Peter W. Grandjean. *Effects of Exercise on HDL Functionality, Oxidative Stress and Vascular Endothelial Function in Pre-Dialysis Chronic Kidney Disease*

AMOUNT: \$1,500                      STATUS: Funded

#### **ICON Fitness Inc., December 2016**

PI: Peter W. Grandjean. *Lifestyle Intervention for Weight Loss, Health & Fitness Enhancement*

AMOUNT: \$191,940                      STATUS: Funded

#### **Rapoport Foundation, August 2015**

PIs: Jackson O. Griggs, Peter W. Grandjean. *Waco Family Health Center's Rx to Fitness Program*

AMOUNT: \$304,000                      STATUS: Not Funded

#### **All Sport – Big Red Inc., May 2012**

PI: Peter W. Grandjean. *Analysis of All Sport Rehydration Beverage and Efficacy Research.*

AMOUNT: \$14,100                      STATUS: Not Funded

#### **Ambryx Biotechnology Inc., March 2011**

PI: Peter W. Grandjean. *The Efficacy and Dose-Response of Zinc-Charged Fragmented Milk Proteins and Exercise on Markers of Oxidative Stress and Metabolic Health.*

AMOUNT: \$94,129                      STATUS: Not Funded

**Community Participation in Health Disparities Intervention Research Planning Phase (R24) - National Center on Minority Health and Health Disparities (NCMHD) - RFA-MD-09-006, June 2009**

PIs: Barbara Wilder, Constance Hendricks, School of Nursing; Co-PI: Peter Grandjean. *Developing an Academic and Community Partnership Promoting Physical Activity and Wellness Among African-American Women of a Public Housing Community (ACP<sup>3</sup>A-W).*

AMOUNT: \$375,000 yr/3yr      STATUS: Not Funded

**Community Participation in Research (R01) issued by the Office of Behavioral and Social Sciences Research - PA-08-074, June 2009**

PI: Constance Hendricks, School of Nursing; Co-PI: Peter Grandjean. *Creating Legacies of Alabama Women (CLAW).*

AMOUNT: \$275,000 yr/3yr      STATUS: Not Funded

**Alabama Agricultural Experiment Station, July 2007**

Co-PIs: Peter W. Grandjean and Suresh Mathews. *Alterations in Phosphorylated Fetuin-A, a Novel Regulator of Insulin Action, in Insulin Resistance and Metabolic Syndrome: Effects of Lifestyle Modification*

AMOUNT: \$120,000              STATUS: Funded

**Abbott Laboratories, February 2007**

PIs: Peter W. Grandjean, Eric Plaisance. *The effects of extended-release niacin (Niaspan) and a single session of aerobic exercise on fasting and post-prandial blood lipids.*

AMOUNT: \$29,200              STATUS: Funded

**Blue Cross & Blue Shield of Alabama, April 2003**

PIs: Peter W. Grandjean, Greg Knedler. *Auburn University Health & Fitness Assessment Program.*

AMOUNT: \$150,000 / 5 years      STATUS: Funded

**American Heart Association, National, July 2002**

PI: Peter W. Grandjean. *The influence of aerobic fitness on an exercise energy expenditure threshold for blood lipid and lipoprotein changes.*

AMOUNT: \$214,500 / 3 yr      STATUS: Not Funded

**American Heart Association, Southeast Affiliate, January 2002**

PI: Peter W. Grandjean. *The influence of exercise frequency on blood lipids and lipoproteins in dyslipidemic men.*

AMOUNT: \$154,000 / 2 yr      STATUS: Not Funded

**Blue Cross & Blue Shield of Alabama, January 2001**

PI: Peter W. Grandjean, Kimberly Ellis. *Auburn University Health & Fitness Assessment Program.*

AMOUNT: \$11,500              STATUS: Funded

**Blue Cross & Blue Shield of Alabama, September 1999**

PI: Peter W. Grandjean, Kimberly Ellis. *Auburn University Health & Fitness Assessment Program.*

AMOUNT: \$10,000              STATUS: Funded

**Life Fitness Academy Research Grant, March 1998**

PI: Peter W. Grandjean. *Changes in Lipoprotein Concentrations and Particle Sizes with Repeated Bouts of Aerobic Exercise In Hypercholesterolemic Men.*

AMOUNT: \$5,000              STATUS: Funded

## ***Grants & Contracts: Internal Support***

### **B.U. University – Collaborative Faculty Research Investment (CFRIP) Grant, January 2016**

PIs: Peter W. Grandjean and Ron L. Wilson. *“Effects of Exercise on HDL Functionality, Oxidative Stress and Vascular Endothelial Function in Pre-Dialysis Chronic Kidney Disease.”*

AMOUNT: \$49,980                      STATUS: Not Funded

### **B.U. University Research Committee Grant, February 2013**

PI: Peter W. Grandjean. *“The effects of exercise at different intensities and energy expenditure on paraoxonase activity and vascular endothelial function.”*

AMOUNT: \$7,480                      STATUS: Funded

### **B.U. Undergraduate Research Grant and Scholarly Achievement Program, February 2012**

PI: Peter W. Grandjean. *“Does Excess Post-Exercise Oxygen Consumption (EPOC) Explain Differences in the Lipemic and Vascular Endothelial Responses to a High-Fat Meal after Exercise of Different Intensities?”*

AMOUNT: \$5,000                      STATUS: Not Funded

### **A.U. College of Education Research Grant, April 2003**

Co-PIs: Peter W. Grandjean and Erica Jackson. *The Combined Effects of Exercise and a Lipid-Lowering Margarine Spread on Blood Lipids and Behavioral Lifestyle Choices*

AMOUNT: \$1,500                      STATUS: Not Funded

### **A.U. Competitive Research Grant, March 2003**

PI: Peter W. Grandjean. *The influence of cardiovascular fitness on vascular inflammatory markers immediately after aerobic exercise.*

AMOUNT: \$3,000                      STATUS: Funded

### **A.U. College of Education Research Grant, March 2001**

PI: Peter W. Grandjean. *Quantifying Changes in Lipoprotein Particle Size Distributions after Exercise in Men and Women with Elevated Cholesterol.*

AMOUNT: \$1,585                      STATUS: Funded

### **A.U. College of Education Research Grant, March 2001**

PI: Peter W. Grandjean. *The Impact of Dietary Stanol Ester Intake and Exercise on Lipoproteins and Lipid Transport.*

AMOUNT: \$2,700                      STATUS: Funded

### **A.U. / A.U.M. Joint Research Initiative, April 1999**

PIs: Peter W. Grandjean, Daniel L. Blessing, Henry N. Williford, Michelle S. Olsen. *The Influence of a Single Session of Exercise on LCAT and CETP Activity in Sedentary African-American Women.*

AMOUNT: \$4,450                      STATUS: Funded

### **A.U. / A.U.M. Joint Research Initiative, April 1998**

PIs: Peter W. Grandjean, Daniel L. Blessing, Henry N. Williford, Michelle S. Olsen. *The Influence of a Single Session of Exercise on Lipids and Lipid-Related Enzyme Activity in Sedentary African-American Women.*

AMOUNT: \$4,450                      STATUS: Funded

### **A.U. / A.U.M. Joint Research Initiative, April 1998**

PI: Daniel L. Blessing, Peter W. Grandjean, Henry N. Williford, Michelle S. Olsen. *Cardiovascular Function, Blood*

*Lipids, and Cardiovascular Risk Among Black and White Adolescents.*

AMOUNT: \$4,450 STATUS: Not Funded

**ORAU Ralph E. Powe Junior Faculty Enhancement Award, February 1998**

PI: Peter W. Grandjean. *Exercise-Induced Changes in Blood Lipids, Lipoproteins and Lipoprotein Particle Densities In Hypercholesterolemic Men.*

AMOUNT: \$10,000 STATUS: Not Funded

**A.U. Competitive Research Grant, January 1998**

PI: Peter W. Grandjean. *Changes in Lipoprotein Concentrations and Particle Densities with Repeated Bouts of Aerobic Exercise In Hypercholesterolemic Men.*

AMOUNT: \$3,000 STATUS: Funded

**A.U. Biological Sciences Research Grant (Biogrants), October 1997**

PI: Peter W. Grandjean. *Lipoprotein Concentration and Particle Density Changes with Repeated Bouts of Aerobic Exercise.*

AMOUNT: \$25,000 STATUS: Not Funded

***Instruction and Administrative Grants & Contracts: External & Internal Support***

**Fund for the Improvement of Postsecondary Education Special Projects Program (FIPSE-SP) U.S. Department of Education, Office of Postsecondary Education (ED-GRANTS-111225-001) - 2025**

PI: Peter W. Grandjean Co-PI: Vickie Harden. *Building Workforce Capacity in Youth Protection and Prevention Services through Interdisciplinary Accelerated Learning*

AMOUNT: \$3,961,481 STATUS: Not Funded

**Tennessee Department of Health's 2025 Rural HealthCare Training Grant**

PI: Cynthia Chafin Co-PI: Peter W. Grandjean. *MTSU Rural Health Training Program: Preparing Tomorrow's Rural Health Workforce.*

AMOUNT: \$1,990,000 STATUS: Not Funded

**2025 Tennessee Rural Health Care Pathways Expansion (RHCPE) Grant**

PI: Cynthia Chafin Co-PIs: Peter W. Grandjean, David L. Butler. *Today, Tomorrow, Together – Cultivating Careers in Health Care (to serve Beford, Coffee, Cannon, Marshall, Moore, and Lincoln Counties, TN)*

AMOUNT: \$1,900,000 STATUS: Not Funded

**Baylor University - U.S. Army Doctor of Science in Physician Assistant Studies – Emergency Medicine Program, July 2018 – June 2023 (U.S. Government Contract W81K04-18-Q-0001)**

AMOUNT: \$711,232.82 STATUS: Funded

**Baylor University - U.S. Army Doctor of Science in Physical Therapy Program, October 2017 – October 2022 (U.S. Government Contract W81K04-17-T-0018)**

AMOUNT: \$160,236.67 STATUS: Funded

**Baylor University - U.S. Army Doctor of Science in Occupational Therapy Program, October 2017 – October 2022 (U.S. Government Contract W81K04-17-T-0017)**

AMOUNT: \$96,221.63 STATUS: Funded

**B.U. - YMCA of Central Texas Graduate Assistantship, August 2017**

PI: Peter W. Grandjean. *YMCA of Central Texas After School Physical Activity Program*

AMOUNT: \$4,356                      STATUS: Funded

**B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2017**

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$11,591                      STATUS: Funded

**B.U. - YMCA of Central Texas Graduate Assistantship, August 2016**

PI: Peter W. Grandjean. *YMCA of Central Texas After School Physical Activity Program*

AMOUNT: \$10,115                      STATUS: Funded

**B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2016**

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$11,591                      STATUS: Funded

**B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2015**

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$11,590                      STATUS: Funded

**B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2014**

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$9,364                      STATUS: Funded

**B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2014**

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$5,082                      STATUS: Funded

**B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2013**

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$9,024                      STATUS: Funded

**A.U. Daniel F. Breeden Endowment for Faculty Enhancement, April 2007**

PI: Peter W. Grandjean. *"Development of Instructional Multimedia to Improve Practitioner-Client Interaction in a Curriculum-Based Health Assessment Outreach Program."*

AMOUNT: \$1,965                      STATUS: Funded

**American College of Sports Medicine Healthy People 2000 Foundation, January 1998**

PIs: Peter W. Grandjean, Mary E. Rudisill, Alice M. Buchanan. *"Adventure Across America": An Innovative Approach for Improving Physical Education at Loachapoka Elementary School.*

AMOUNT: \$3,750                      STATUS: Funded

**A.U. Daniel F. Breeden Endowment for Faculty Enhancement, April 1998**

PI: Peter W. Grandjean. *Development of Instructional Media to Improve Practitioner-Client Interaction in a Curriculum-Based Health Assessment Outreach Program.*

AMOUNT: \$1,900                      STATUS: Funded

## ***Theses & Dissertations: University of Mississippi (2019 - 2024)***

### *Directed Dissertations and Theses*

Samantha Cohen-Winans Co-Chair (completed 2023) Department of Health, Exercise Science and Recreation Management, and Recreation. *Dissertation: Prevalence of meeting 24-hour movement guidelines and sociodemographic correlates among U.S. adults.*

### *Dissertation and Thesis Committees*

Hanna Nelson Committee Member (completed 2023) Department of Health, Exercise Science and Recreation Management, and Recreation. *Dissertation: Impact of glucose levels and brief exercise bouts on E-sports performance and fatigue.*

Kaitlyn Armstrong Committee Member (completed 2021) Department of Health, Exercise Science and Recreation Management, and Recreation. *Thesis: Osteoporosis knowledge and prevention behaviors among college student: associations and the moderating role of self-efficacy*

Catherine Day Committee Member (completed 2021) Department of Communication Sciences and Disorders. *Undergraduate Honors Thesis: A study of correlations between dyslexia and the axon guidance receptor gene ROBO1.*

Hanna Shaffer Committee Member (completed 2019) Department of Health, Exercise Science and Recreation Management, and Recreation. *Undergraduate Honors Thesis: Time course effects of repeated, intermittent exercise and social stress on a pre-frontal cortex dependent cognitive flexibility test.*

## ***Theses & Dissertations: Baylor University (2010 – 2019)***

### *Directed Dissertations and Theses*

Zach Papadakis Chair (completed 2018) Department of Health, Human Performance, and Recreation (HHPR) *Dissertation: The effects of short sleep on vascular and metabolic responses to exercise*

Jeffrey Forsse Chair (completed 2018) Department of Health, Human Performance, and Recreation (HHPR) *Dissertation: Effects of exercise on oxidative stress and vascular endothelial function in pre-dialysis chronic kidney disease*

Grant Tinsley Chair (completed 2016) Department of Health, Human Performance, and Recreation (HHPR) *Dissertation: Effects of Acute Dietary Changes on Estimates of Body Composition*

Brandon Rigby Chair (completed 2014) Department of Health, Human Performance, and Recreation (HHPR) *Dissertation: “Cardiopulmonary and kinematic responses to hippotherapy in healthy children and those with cerebral palsy”*

Laurel Littlefield Chair (completed 2013) Department of Health, Human Performance, and Recreation (HHPR) *Dissertation: “The effects of exercise intensity on postprandial blood lipids”*

Ashley Murillo Advisor (completed 2013): Department of Health, Human Performance, and Recreation (HHPR) *Undergraduate Honors Thesis: "The effects of exercise and excess post-exercise oxygen consumption on postprandial lipemia"*

#### Dissertation and Thesis Committees

Ashley Canutsen Committee Member (completed 2017) Curriculum & Instruction (EDC) *Dissertation: Integrated, Project-Based Learning and Knowledge Retention: A Mixed Methods Study Comparing High School Students in Two Geometry Courses.*

Tricia Lyles Committee Member (completed 2017) Nutrition (NUTR) *Thesis: Determining the Relative Validity of a Short Screener for Assessing Adherence to a Modified Mediterranean Diet in Cardiopulmonary Rehabilitation Patients.*

Andreas Stamatis Committee Member (completed 2016) Educational Psychology (EDP) *Dissertation: Mental Toughness in Sport: Perspectives of Masters Strength & Conditioning Coaches.*

Elisa Morales Committee Member (completed 2015) Department of Health, Human Performance, and Recreation (HHPR) *Thesis: Irisin signaling in skeletal muscle in response to feeding and no feeding prior to exercise.*

Neil Schwarz Committee Member (completed 2014) Department of Health, Human Performance, and Recreation (HHPR) *Dissertation: "Relation of the Gene Expression of PGC-1 $\alpha$  Isoforms with the Gene Expression of Proteins Involved in the Regulation of Muscle Size and Function in Response to Two Resistance Exercise Intensities"*

Mike Spillane Committee Member (completed 2013) Department of Health, Human Performance, and Recreation (HHPR) *Dissertation: "Effects of Endogenous Elevations in Testosterone on Resistance Exercise -Induced Skeletal Muscle Androgen Receptor -Mediated Signaling and DNA Binding in Men"*

Cpt. Scott D. Carrow, DScPT Graduate School Rep (completed 2010) Baylor-Army Graduate Program *Dissertation: "The Usefulness of a Biomechanical Warm-up Program for Prevention of Lower Extremity Injury in Military Academy Cadets"*

Cpt. Kenny Rivera, DScPT Graduate School Rep (completed 2010) Baylor-Army Graduate Program *Dissertation: "The incidence of cervical spine fracture among U.S. Military personnel"*

#### ***Thesis & Dissertations: Auburn University (1997 – 2010)***

##### Directed Dissertations and Theses

Felipe Araya, Ph.D. Chair (completed 2010) *Dissertation: "Adipokine responses to exercise repeated on successive days in men with metabolic syndrome"*

Robert Bowers, Ph.D. Chair (completed 2009) *Dissertation: "Changes in cardiotrophin-1 and fibroblast growth factor-21 with weight loss"*

- Michael Mestek, Ph.D. Chair (completed 2007)  
*Dissertation: "The effects of differing levels of exercise intensity and accumulated versus continuous bouts of aerobic exercise on postprandial lipemia in men with metabolic syndrome"*
- Eric Plaisance, Ph.D. Chair (completed 2006)  
*Dissertation: "The effects of aerobic exercise and extended-release niacin on fasting and postprandial blood lipids"*
- Ayddin Reisi, M.S., P.T. Chair (completed 2005)  
*Thesis: "Short-term changes in health status after cigarette smoking and moderate intensity exercise"*
- Bethany Hilson, M.S. Chair (completed 2005)  
*Thesis: "The effect of cardiorespiratory fitness on blood lipid responses to aerobic exercise"*
- James Garner, Ph.D. Chair (completed 2005)  
*Thesis: "Blood lipid and lipoprotein responses to exercise of different training frequencies"*
- Sofiya Alhassan, Ph.D. Chair (completed 2004)  
*Dissertation: "The independent and combined effects of dietary plant stanol ester margarine supplementation and aerobic exercise training on markers of blood lipid metabolism in middle-aged men and women"*
- Mike Basgier, M.S. Chair (completed 2003)  
*Thesis: "The effectiveness of half-squat versus parallel-squat countermovement jump training on power indices in collegiate swimmers"*
- Sofiya Alhassan, Ph.D. Chair (completed 2000)  
*Thesis: "The influence of a single session of exercise on lipids and lipid related enzyme activity in sedentary African-American women"*
- Dissertation Committees*
- Guang Ren, M.S. Committee Member (completed 2013) Department of Nutrition & Food Science (NUFS) *Dissertation: "Fetuin-A responses to OGTT and exercise in obese versus normal individuals"*
- James Taylor, M.S. Committee Member (completed 2013), Department of Kinesiology (KINE)  
*Dissertation: "Aerobic exercise and niacin therapy alter paraoxonase-1 in metabolic syndrome"*
- Bobbie Watts, Ph.D. Committee Member (completed 2010), Industrial & Systems Engineering (INSY)  
*Dissertation: "The effect of varying work order sequences on the physiological responses in manual material handling tasks"*

- Michael Esco, Ph.D. Committee Member (completed 2009), Department of Kinesiology (KINE)  
*Dissertation: "Cardiovascular autonomic modulation following maximal exercise: Its relationship to race, VO<sub>2</sub>max, and resting heart rate variability"*
- Valda Montgomery, Ph.D., P.T. Committee Member (completed 2007), Department of Kinesiology (KINE)  
*Dissertation: "The influence of increased physical activity on weight retention, body composition, psychological profiles, and cardiovascular function in postpartum African-American women"*
- David Szymanski, Ph.D. Committee Member (completed 2004), Department of Kinesiology (KINE)  
*Dissertation: "Effect of 12 weeks of wrist and forearm training on high school baseball players"*
- Col. Joe Molloy, Ph.D. Committee Member (completed 2003), Department of Kinesiology (KINE)  
*Dissertation: "Effects of exercise intensity and age on acclimation to a hot, humid environment"*
- JohnEric Smith, Ph.D. Committee Member (completed 2003), Department of Kinesiology (KINE)  
*Thesis: "Efficacy of body suits in reducing drag and oxygen cost during competitive swimming"*
- Brandon Sluder, Ph.D. Committee Member (completed 2003), Department of Kinesiology (KINE)  
*Thesis: "The effect of a formal accountability system on activity, participation, skill, and fitness in a collegiate physical education class"*
- Janet Jackson, Ph.D. Committee Member (completed 2000), Psychology (PSYC)  
*Dissertation: "Characterizing instructional and monitoring traits and techniques of successful personal trainers"*
- Glenn Wright, Ph.D. Committee Member (completed 1999), Department of Kinesiology (KINE)  
*Dissertation: "Effects of creatine loading on thermoregulation and intermittent sprint performance in a hot humid environment"*
- Benjamin Reuter, Ph.D., ATC Committee Member (completed 1999), Department of Kinesiology (KINE)  
*Dissertation: "The effect of bicycle seat tube angle on physiologic and kinematic variables"*
- Wendy Weimer, Ph.D. Committee Member (completed 1999), Department of Kinesiology (KINE)  
*Dissertation: "Partitioning accelerations to reveal the influence of the Coriolis effect?"*
- Jamie Gamber, Ph.D., ATC, RN Graduate School Rep (completed 2005) Edu. Foundations & Leadership (EFLT)  
*Dissertation: "The relationship of self-efficacy and job culture to job satisfaction among certified athletic trainers"*

Chia-yu Lin, Ph.D.	Graduate School Rep (completed 2005), Nutr. & Food Sci. (NUFS) <i>Dissertation: "Central leptin administration increases insulin sensitivity, independent of food intake, and sympathetic activity in diabetic rats"</i>
James Stewart, Ph.D.	Graduate School Rep (completed 2004), Veterinary Medicine (VM) <i>Dissertation: "Ventricular remodeling: the role of myocardial integrins"</i>
Amanda Chancey, Ph.D.	Graduate School Rep (completed 2004), Veterinary Medicine (VM) <i>Dissertation: "Ventricular remodeling: The role of matrix metalloproteinases, mast cells, the extracellular matrix, and estrogen"</i>
COL. John Olson, Ph.D.	Graduate School Rep (completed 2003), Ind. & Sys. Eng. (INSY) <i>Dissertation: "Tactile display landing safety and precision improvements for the Space Shuttle"</i>
Lynetta Jobe, Ph.D.	Graduate School Rep (completed 2002), Veterinary Medicine (VM) <i>Dissertation: "Contribution of tumor necrosis factor alpha to the pathogenesis of ventricular remodeling in rats with chronic volume overload"</i>

## Teaching Activity

### ***Course Assignment: University of Mississippi (2019 - 2024)***

#### Undergraduate Courses

ES 456	Exercise Testing and Prescription	3 credit hours
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#### Graduate Courses

ES 611	Exercise Physiology I	3 credit hours
ES 614	Cardiovascular Physiology	3 credit hours
AT 640	Physiology of Sport & Exercise	3 credit hours

### ***Course Assignment: Baylor University (2010 – 2019)***

#### Undergraduate Courses

HP 1421	Introduction to Human Physiology	3 credit hours
HP 4471	Exercise Testing & Interpretation I	4 credit hours
HP 4450	Exercise Testing & Interpretation II	4 credit hours
HP 4V87	Honors Thesis	Variable Credit

#### Graduate Courses

HP 6300	Research Methods	3 credit hours
HP 5330	Physiology of Exercise II: Cardiovascular Aspects	3 credit hours
HP 5354	Advanced Methods of Strength and Conditioning	3 credit hours
HP 5397	Christianity, Ethics & Research with Human Participants	3 credit hours
HP 5V70-08	HHPR: Environmental Exercise Physiology	3 credit hours
HP 5V70-08	HHPR: Obesity & Weight Control	3 credit hours
ENH 6342	Health Aspects of Cardiovascular Conditioning	3 credit hours
HP 6V70	Directed Research in KENHP	3 credit hours
HP 6V99	Dissertation	Variable Credit

## ***Graduate Student Advising***

### ***Advisor, Master of Arts Degree***

Sara Mullinax – 2010	Lesley Binning – 2010	Stephanie Barnes - 2010
Chad Abrams – 2010	Jessica Norman – 2009	Amanda Helton - 2009
Katherine Watwood – 2008	Andrea Ward – 2008	Phillip Allen – 2008
Jennifer Dennis – 2008	Jenna Kay – 2008	Lisa Wells – 2008
Danielle Briley – 2007	Richard Pike – 2007	David Dean – 2006
Stephen Reeves – 2006	Suzanne Sample – 2005	Jeremy Taunton – 2005
Kory Kleibert – 2005	Ruth Wilson – 2005	Shanna Slupski – 2005
John McBryde – 2005	Catherine Sursi – 2004	Angelia Arnold – 2004
Lauren Kubik – 2003	Sang Ouk Wee – 2003	Emily Bancroft – 2003
Kim Stringfellow – 2003	Erin Gannon – 2003	Scott Wright – 2002
T.C. Shipman – 2002	Sammy Manno – 2002	Jeremy McNatt - 2002
Don Eckis – 2002	A.J. Davis – 2002	Charles Sippial – 2001
Brandon Cobia – 2001	Kate Bryan – 2001	Jaime Meyer – 2000
Buddy Johnson – 2000	Jason Boleware – 2000	Phillip Watson – 1999
Mary Anne Patterson – 1999	Nicole Delahousse – 1999	Susan Kitchen - 1999
Lyle Douglass – 1998	Eric Stamp – 1998	Ted Towle - 1998

## **Service**

### ***Professional Affiliations***

American Physiological Society, Member 2000 – present  
American College of Sports Medicine, Member 1991 – present  
National Strength and Conditioning Association, Member 1986 – present  
Texas Chapter of the American College of Sports Medicine, Member 2010 – present  
Clinical Exercise Physiology Association, Member 2010 - present  
Southeast Chapter of the American College of Sports Medicine, Member 1997 – present

### ***Professional Service***

Academic Evaluator – Southern Association of Colleges and Schools, Commission on Colleges, 2021 – present  
Media and Technology – Clinical Exercise Physiology Association, 2017 – present  
Advisory Board Member – Clinical Exercise Research Facility, Tarleton State University, 2017  
Coordinator, Tejas International Research Symposium, October 2016  
American College of Sports Medicine – Health Fitness Content Advisory Committee, 2015 – present  
American College of Sports Medicine – Constitution, Bylaws and Operating Codes, 2010 – 2016  
Texas American College of Sports Medicine, President-Elect, President, Past-President, 2015 – 2017  
Texas Chapter of the American College of Sports Medicine, Elected to Board of Directors 2012 – 2015  
Council on Undergraduate Research – CUR Councilor, Health Sciences Division, 2011 – 2013  
Southeast American College of Sports Medicine, President-Elect, President, Past-President, 2010 – 2012  
Southeast American College of Sports Medicine Board – Member-at-Large, 2005 – 2007  
American College of Sports Medicine – Fit Society Page Editorial Board – 2003 – 2007  
American Heart Association, Lee County Board Member, 1999 – 2005  
Central Alabama Sports Medicine University: Baptist Health, Board Member 1997 – 2004  
Primary Reviewer: ACSM's Complete Guide to Health & Fitness, 2<sup>nd</sup> edition, Ed: B.A. Bushman, 2016  
Reviewer: ACSM's Health-Related Physical Fitness Assessment Manual, 4<sup>th</sup> Ed, 2013  
Reviewer: International Journal of Sports Medicine, 1999 – present  
Reviewer: The Journal of Applied Physiology, 2001 – present

Reviewer: The American Journal of Medical Sciences, 2001 – present  
Reviewer: Metabolism, Clinical & Experimental, 2002 – present  
Reviewer: Medicine & Science in Sports & Exercise, 2003 – present  
Reviewer: The Journal of Applied Physiology, Nutrition and Metabolism 2003 – present  
Reviewer: International Journal of Sport Nutrition & Exercise Metabolism, 2003 – present  
Reviewer: Gerontology, 2003 – present  
Reviewer: Canadian Journal of Applied Physiology, 2004 – present  
Reviewer: Preventative Medicine, 2006 – present  
Reviewer: Cell Biochemistry & Function 2009, - present  
Reviewer: Research Quarterly for Exercise and Sport, 2009 – present  
Reviewer: Journal of The American Dietetic Association, 2009 – present  
Reviewer: Obesity, 2010 – present  
Reviewer: Nutrition Research, 2012 – present  
Reviewer: Computational and Mathematical Methods in Medicine, 2017 – present

### ***Collegiate Assignment & Service: University***

MTSU: Search Committee Chair, Vice President of Student Affairs and Dean of Students, 2025 - current  
MTSU: Provost Planning Committee, 2024 - present  
MTSU: Strategic Plan Implementation Committee, 2024 - present  
MTSU: Provost Cabinet, 2024 - present  
University of Mississippi: Council of Academic Administrators, 2019 – 2024  
University of Mississippi: Strategic Planning Committee, 2021 – 2024  
University of Mississippi: Search Committee Chair, Dean of School of Journalism and New Media, 2021 - 2022  
University of Mississippi: Coordinated Ole Miss COVID 19 Contact Tracing Team, 2020 - 2021  
University of Mississippi: Future Planning Task Force, 2021 - 2022  
University of Mississippi: Innovative Credential Task Force, 2020 - 2022  
University of Mississippi: Delta Entrepreneurship Group, 2019 - 2023  
Baylor University: Chair, Graduate Course Repeat Policy Ad Hoc Committee 2018  
Baylor University: Graduate Professional Education Curriculum Committee 2018  
Baylor University: Graduate Curriculum Committee 2015 – 2017  
Baylor University: University Undergraduate Curriculum Committee 2014 – 2016  
Baylor University: Very High Research Committee 2015 – 2017  
Auburn University: Institutional Review Board for the Use of Human Subjects in Research, Chair, 2002 – 2008  
Auburn University: Institutional Review Board for the Use of Human Subjects in Research, Member 2001 – 2010  
Auburn University: Radiological Safety Committee, Member 2000 – 2003  
Auburn University: Radiological Safety Officer Search Committee Member, 2002  
Auburn University: Advisory Committee for a Drug-Free Campus, Member 1999 – 2002  
Auburn University: Health & Fitness Advisory Committee, Member 1997 – 2000

### ***Collegiate Assignment & Service: School/College***

University of Mississippi – Coordinator, Applied Sciences Strategic Planning Committee 2020 – 2021  
University of Mississippi – Applied Sciences Curriculum Committee 2019 – 2024  
Baylor University College of Health & Human Sciences: Chair, Operations & Management Committee 2016 – 2018  
Baylor University College of Health & Human Sciences: Chair, Graduate Program Director Committee 2016 – 2018  
Baylor University College of Health & Human Sciences: Invitation to Excellence Committee, Member 2014 - 2018  
Baylor University College of Health & Human Sciences: Degree Coordination Committee 2014 – 2018  
Baylor University School of Education (SOE): Invitation to Excellence Committee, Member 2011 – 2013,

Auburn University College of Education (COE): Faculty & Governance Committee, Chair 2008 – 2010  
Auburn University COE: Search Committee for Associate Dean of Research, Member 2007  
Auburn University COE: Graduate Committee, Member 2005 – 2007  
Auburn University COE: Awards Committee, Member 1998 – 2000, Chair 2000 – 2003  
Auburn University COE: Distance Learning Steering Committee, Member 2000

### *Collegiate Assignment & Service: Department*

Baylor University: Search Committee Chair, Department Chair for Family and Consumer Science, 2018-19  
Baylor University: Search Committee Chair, Assistant Professor in Exercise Physiology, 2018-19  
Baylor University: Exercise Physiology Graduate Program Director, 2017 – 2018  
Baylor University: Tenure and Promotion Policy and Procedure Review Committee, 2016 - 2017  
Baylor University: Doctoral Program Coordinator, 2016 - 2017  
Baylor University: Search Committee Chair, Assist. /Assoc. Professor in Exercise Physiology, 2015-16  
Baylor University: Search Committee Member, Assist. Professor in Epidemiology, 2014-15  
Baylor University: Search Committee Member, Clinical Professor in Health Sciences, 2014-15  
Baylor University: Departmental Review for Research Involving Human Participants, 2011  
Baylor University: Establishment of the Exercise Science Student Association, 2011  
Auburn University: Faculty Advisor for Kinesiology Student Alliance, 1998 – 2010  
Auburn University: Promotional Materials Committee, Member 1998 – 2010  
Auburn University: Contract Liaison for Internship with East Alabama Medical Center, 1999 - 2010  
Auburn University: Health Promotion Graduate Program Officer (Director), 2005 - 2009  
Auburn University: Search Committee Chair, Health Promotion Tenure-Track Positions (2), 2005  
Auburn University: Search Committee Member, Motor Control Tenure Track Position, 2001  
Auburn University: Search Committee Member, Health Promotion Tenure-Track Position, 2000  
Auburn University: Establishment of the Exercise Science Student Association, 1998  
Auburn University: Search Committee Member, Health Promotion Tenure-Track Position, 1998

### *Community Service*

Nolensville Youth Sports, TN: Flag Football Coach, 2026 - present  
Oxford Park Commission, Oxford, MS: Youth Soccer Coach 2023 - 2024 Oxford Middle School Football, Oxford, MS:  
Volunteer Parent Coach, 2021 Oxford Park Commission, Oxford, MS: Youth Basketball Coach 2020 - 2021 Oxford  
Park Commission, Oxford, MS: Youth Flag Football Coach 2020  
Oxford Buccaneer Football Teams, Oxford, MS: Volunteer Coach 2019  
Waco Regional Baptist Association Church Health Ministry Committee, 2016 – 2018  
AgriLife Extension (Texas A&M System, McLennan Co.), Diabetes & Exercise Educator, 2011 – 2018  
St. Paul's Episcopal Day School, Waco, TX: School Board Vice President, 2015 – 2016  
St. Paul's Episcopal Day School, Waco, TX: 7-on-7 Football Team Coach (4<sup>th</sup>-grade Team), 2014  
Saint Paul's Episcopal Church, Waco, TX: Christian Formation Sunday School Teacher, Fall 2011 - 2017  
Waco Family YMCA Medical Advisory Board, 2014 - 2017  
Waco Family YMCA Volunteer of the Year, 2014  
Waco Family YMCA Team Coach, Youth Basketball (4 to 5-year-olds & 6 to 8-year-olds), Spring 2012  
Waco Family YMCA Team Coach, Youth Soccer (4 to 5-year-olds & 6 to 8-year-olds, 11 to 15-year-olds), 2011 - 2017  
Women's Hope Medical Clinic, Auburn, AL: Parenting Education Instructor for "24/7 Dad", 2009  
Women's Hope Medical Clinic, Auburn, AL: Parenting Education Instructor for "Doctor Dad", 2008  
Women's Hope Medical Clinic, Auburn, AL: Educator for "Exercise & Pregnancy Class", 2002 - 2010

## ***Consulting***

- Consultant with Human Performance Development Group, LLC: Development of a Physical Performance Assessment Mesquite Police Department, Mesquite, Texas, 2018
- Consultant to Health Systems, Inc.: Development of a Fitness Center for Health Systems, Inc. - Bernell Mapp, CEO, Montgomery Alabama, 2003
- Consultant Group Owner & Operator: Physio-Ergometrics, LLC: Development, Validation and Implementation of Physical Fitness and Job-Specific Physical Performance Tests for Armed Security Personnel, 1998 – 2001 (Southern Nuclear Operating Company: Plants Edwin I. Hatch, Baxley, GA; Vogtle Electric Generating Plant, Waynesboro, GA; Joseph M. Farley Nuclear Plant, Columbia, AL)
- Consultant to Indiana League of Law Enforcement Officers: Development of Job-Specific Physical Performance Tests, 1997-2000

## **Academic Accomplishments, Professional Honors & Awards**

- Selected: International Multisensory Structured Language Education Council, *Innovator Award* – Outstanding Educator in a College or University, 2023
- Selected: Southeast American College of Sports Medicine Lecture Tour, 2018
- Elected: Texas Chapter of the American College of Sports Medicine, President, 2016
- Elected: Southeast American College of Sports Medicine President, 2011
- Elected: Fellow of the American College of Sports Medicine (FACSM), 2002
- Baylor University: Outstanding Professor Award, Baylor Athletics, (*nominated by Ms. Lauren Simpson & Mr. Logan Roberts*) 2010 – 2011
- Baylor University: Outstanding Professor, Phi Kappa Chi, (*nominated by Mr. Sam Harwood*) 2011
- Auburn University: Named Joint Associate Professor of Nutrition and Food Science, 2009
- Auburn University: Faculty Honoree, Freshman Orientation: “Camp War Eagle”, 2003
- Auburn University: Outstanding Contribution to Research Award, College of Education, 2002 - 2003
- Auburn University: Outstanding Undergraduate Teaching Award, College of Education, 1999 - 2000
- Auburn University: Invited Faculty Member, Academic Top Tiger Awards 1998, 1999, 2002
- Texas A&M University: Doctoral Dissertation of the Year Award, College of Education, 1997
- State Research Award Winner, Texas Chapter of the American College of Sports Medicine, 1993, 1996, 1997
- National Research Award Winner, Association for Worksite Health Promotion, 1994