

# CURRICULUM VITAE

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## Kaelin C. Young, PhD

Edward Via College of Osteopathic Medicine-Auburn Campus

Department of Cell Biology and Physiology

Associate Director, Molecular and Applied Sciences Laboratory, Auburn University

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## ACADEMIC QUALIFICATIONS

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2012 PhD, Exercise Physiology  
University of Oklahoma  
Norman, OK

2007 MEd, Exercise Science  
Wichita State University  
Wichita, KS

2005 BS, Exercise Science  
University of Puget Sound  
Tacoma, WA

## PROFESSIONAL EXPERIENCE

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2022- **Chair for Biochemistry and Nutrition**  
Department of Cell Biology and Physiology  
Edward Via College of Osteopathic Medicine-Auburn Campus  
Auburn, AL

2018- **Associate Professor**  
Department of Cell Biology and Physiology  
Edward Via College of Osteopathic Medicine-Auburn Campus  
Auburn, AL

2015- **Affiliate Research Professor**  
Associate Director-Molecular and Applied Sciences laboratory  
School of Kinesiology  
Auburn University  
Auburn, AL

2015-2018 **Assistant Professor**  
Department of Cell Biology and Physiology  
Edward Via College of Osteopathic Medicine-Auburn Campus  
Auburn, AL

2012-2015 **Assistant Professor**

Department of Human Performance Studies  
Wichita State University  
Wichita, KS

2008-2012	<b>Graduate Teaching/Research Assistant</b> Bone Density Research Laboratory Department of Health and Exercise Science University of Oklahoma Norman, Oklahoma
2006-2008	<b>University Lecturer</b> Department of Human Performance Studies Wichita State University Wichita, Kansas
2006-2008	<b>Rehabilitation Exercise Specialist</b> Advanced Physical Therapy Wichita, Kansas

## **COURSES TAUGHT**

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### **Medical School**

MED 7125: Cellular Biochemistry and Nutrition  
MED 7130: Cell Biology and Physiology

### **Graduate**

HPS 750: Endocrinology and Exercise Metabolism, Wichita State University.  
HPS 762: Statistical Concepts in Human Performance Studies, Wichita State University.  
HPS 815: Clinical Exercise Testing and Fitness Recommendations, Wichita State University.  
HPS 890: Applied and Environmental Physiology, Wichita State University.  
HPS 895: Applied Research/Special Topics in Exercise Science, Wichita State University

### **Undergraduate**

HPS 113: Introduction to Exercise Science, Wichita State University.  
HPS 124: Human Health and Wellness, Wichita State University.  
HPS 150: Stress Management, Wichita State University.  
HPS 313: Exercise and Sport Nutrition, Wichita State University  
HPS 495: Exercise Science Senior Internship, Wichita State University.  
HES 1823: Scientific Principles of Health and Disease, University of Oklahoma.

HES 2823: Introduction to Nutrition, University of Oklahoma.  
HES 3873: Principles of Personal Training, University of Oklahoma  
HES 4873: Principles of Strength and Conditioning, University of Oklahoma

## GRANT INVOLVEMENT

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### Summary of Research Funding Obtained:

Extramural obtained as PI, Co-PI, or critical Co-I:	\$1,210,835
Intramural obtained as PI, Co-PI, or critical Co-I:	\$128,000

### Extramural Funding

Title: Peanut-rich diet to improve body composition, oxidative stress, and metabolic health in postmenopausal women. (2022-2023)  
Funding Agency: The US Peanut Institute Foundation/United States Dept. of Agriculture  
Total Costs (Direct only): \$191,000-**In review**  
Role: VCOM-Auburn PI (co-PI: Dr. Michael Roberts, Auburn University, co-I: Dr. Drew Fruge, Auburn University)  
Site: Auburn University/VCOM-Auburn

Title: Peanut protein supplementation to prevent muscle atrophy and improve recovery following total knee arthroplasty. (2021-2022)  
Funding Agency: The US Peanut Institute Foundation  
Total Costs (Direct only): \$10,000-**Funded**  
Role: VCOM-Auburn PI (co-PI: Dr. Michael Roberts, Auburn University, co-PI: Dr. Drew Fruge, Auburn University)  
Site: Auburn University/VCOM-Auburn/Jack Hughston Hospital

Title: Peanut protein supplementation to augment muscle growth and improve markers of muscle quality and health in younger individuals (2020-2021)  
Funding Agency: The US Peanut Institute Foundation  
Total Costs (Direct only): \$149,832-**Funded**  
Role: VCOM-Auburn PI (co-PI: Dr. Michael Roberts, Auburn University, co-I: Dr. Drew Fruge, Auburn University)  
Site: Auburn University

Title: Peanut protein powder to augment muscle protein synthesis, improve skeletal muscle size and quality in older adults (2019-2020)  
Funding Agency: The US Peanut Institute Foundation  
Total Costs: \$174,916-**Funded**  
Role: VCOM-Auburn PI (co-PI: Dr. Michael Roberts, Auburn University, co-I: Dr. Drew Fruge, Auburn University)  
Site: Auburn University

Title: Serum cytokine analysis for the following study: "Impact of Baker's yeast B-Glucan supplementation on immune status and muscle damage after exercise stress". (2019-2020)

Funding Agency: Lindenwood University  
Total Costs: \$17,000-**Funded**  
Role: PI  
Site: VCOM-Auburn

Title: Detecting muscle tissue loss and growth at the cellular, segmental, and total-body level using bioimpedance spectroscopy using the SOZO and SFB7 devices. (2018-2019)

Funding Agency: Impedimed  
Total Costs: \$60,000-**Funded**  
Role: Co-Principal Investigator  
Site: VCOM-Auburn/Auburn University

Title: A prospective, randomized, double-blind, placebo-controlled, parallel group study on the effects of a multiple vitamin/mineral/omega-3 fatty acid supplement on nutrient status/functionality, subjective perception of mood/energy/mental/skin health, and gene expression in adult women (2017-2019)

Funding Agency: Ritual  
Total Costs: \$292,400-**Funded**  
Role: Co- Principal Investigator  
Site: Auburn University/VCOM-Auburn

Title: Effects of dairy-derived exosomes on muscle hypertrophy (2017-2018)

Funding Agency: Auburn University IGP  
Total Costs: \$60,000-**Funded**  
Role: Co-Investigator  
Site: Auburn University/VCOM-Auburn

Title: Effects of a novel plant extract on cycling performance, oxygen consumption, hemodynamics and markers of red blood cell physiology (2016-2017)

Funding Agency: FutureCeuticals  
Total Costs: \$137,845-**Funded**  
Role: Co-Principal Investigator  
Site: Auburn University/VCOM-Auburn

Title: the effects of a thermogenic aid on human acute and chronic metabolism markers (2015-2016)

Funding Agency: Maximum Human Performance  
Total Costs: \$73,575-**Funded**  
Role: Co-Investigator  
Site: Auburn University

Title: Acute effects of OxySport on lipolysis and basal metabolic rate, as well as chronic effects of OxySPORT on body composition in overweight, college-aged males. (2015-2016)

Funding Agency: MusclePharm Inc  
Total Costs: \$82,250-**Funded**  
Role: Co- Investigator  
Site: Auburn University

Title: Efficacy of sequential peristaltic pulse external pneumatic compression (PEPC) for improved free-living glycemic control in patients with type 2 diabetes mellitus (2015-2016)

Funding Agency: Medtronics  
Total Costs: \$13,990-**Not funded**  
Role: Co-Principal Investigator

Site: Edward Via College of Osteopathic Medicine

Title: The effects of a nutraceutical on golf performance and biophysical measures during a 36-hole golf tournament in competitive male golfers aged 20-55 years. (2014-2015)

Funding Agency: MusclePharm Corp.

Total Costs: \$36,900-**Funded**

Role: Principal Investigator

Site: Wichita State University

Title: Studying the effects of 'Combat' whey protein on post-exercise muscle-building mechanisms using a human-applicable rat model. (2014-2015)

Funding Agency: MusclePharm Corp.

Total Costs: \$24,325- **Funded**

Role: Co-Investigator

Site: Auburn University

Title: Studying the efficacy of 'BCAA 3.1.2' on cycling performance, body composition, and immune system markers in elite cyclists over a training season. (2014-2015)

Funding Agency: MusclePharm Corp.

Total Costs: \$36,792- **Funded**

Role: Co-Investigator

Site: Auburn University

Title: Examining the synergistic effects of creatine and leucine on muscle anabolic and catabolic signaling in C2C12 myotubes concurrently treated with 'youth-like' and 'elder-like" concentrations of testosterone. (2013-2014)

Funding Agency: International Society for Sport Nutrition

Total Costs: \$10,000- **Not Funded**

Role: Co-Principle Investigator

Site: Auburn University

Title: The effects of the bizzy diet and fitmiss supplementation on body composition and blood metabolic markers in young women. (2013-2014)

Funding Agency: MusclePharm Corp.

Total Costs: \$50,000-**Funded**

Role: Principle Investigator

Site: Wichita State University

Title: The effects of 12 weeks walking with and without blood flow reduction on bone metabolism markers in young women. (2011-2012)

Funding Agency: American College of Sports Medicine

Total Costs: \$5,000-**Funded**

Role: Principle Investigator

Site: University of Oklahoma

Title: Progression of Bone Changes After Lower Limb Amputation. (2009-2012)

Funding Agency: US Army Medical Research and Materiel Command (Department of Defense)

Total Costs: \$364,123- **Funded**

Role: Study Technician/Coordinator

Site: University of Oklahoma/ University of Oklahoma Health Sciences Center

## **Intramural Funding**

Title: Minute Calisthenics: A daily, habit-based, bodyweight resistance-training program. (2019-2020)

Grant Type: REAP

Funding Agency: VCOM-Auburn

Total Costs: \$20,100-**Funded**

Role: Co-PI

Site: Auburn University and VCOM-Auburn

Title: Metabolic cycling and flexibility (2018-2019)

Grant Type: REAP-

Funding Agency: VCOM-Auburn

Total Costs: \$45,000-**Funded**

Role: Co-I

Site: Auburn University and VCOM-Auburn

Title: Examining the effects of skeletal muscle LINE-1 overexpression on muscle function and aging. (2018-2019)

Grant Type: One Health Research Seed Grant- collaborative research grant between VCOM-Auburn and Auburn University School of Veterinary Medicine.

Funding Agency: VCOM-Auburn

Total Costs: \$57,000-**Funded**

Role: Co-PI

Site: Auburn University and VCOM-Auburn

Title: Identifying psychophysiological Markers of Attentional Capture. (2013-2014)

Grant Type: Multidisciplinary Research Project Award- Collaborative effort between Department of Human Factors, Psychology and Department of Human Performance Studies

Funding Agency: Wichita State University

Total Costs: \$7,500- **Funded**

Role: Co-Principle Investigator

Site: Wichita State University

Title: The effects of 12 weeks walking with and without blood flow reduction on bone metabolism markers in young women. (2011-2012)

Funding Agency: Robberson Research Grant-University of Oklahoma Graduate College

Total Costs: \$1,000-**Funded**

Role: Principle Investigator

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## **PUBLICATIONS (newest to oldest)**

<sup>+</sup> Denotes Senior and Corresponding author

### **Manuscripts in Preparation, Review, or Press**

Ruple B, Smith M, Vann C, Sexton C, Fox C, Osburn S, Goodlett M, Edison J, Poole C, Moon J, Roberts M, **Young K<sup>+</sup>**. A comparison of laboratory imaging methods for determination of resistance training-induced skeletal muscle hypertrophy. Comments: Preliminary draft in preparation.

Ruple B, Smith M, Vann C, Sexton C, Fox C, Osburn S, Goodlett M, Edison J, Poole C, Moon J, Roberts M, **Young K<sup>+</sup>**. Peripheral quantitative computed tomography is a valid imaging technique for measuring resistance-training induced increases in skeletal muscle cross-sectional area. Comments: Preliminary draft written and will be submitted for review in 2022.

Romero M, Mumford P, Roberson P, Osburn S, Mobley CB, **Young K**, McCarthy J, Roberts M. The LINE-1 jumping gene in skeletal muscle: hopping from cancer to exercise science research. Comments: preliminary draft written and will be submitted for review in 2022.

Vann C, Sexton C, Osburn S, Smith M, Haun C, Rumbley M, Mumford P, Ennis E, Ferguson B, Montgomery N, Moore J, Fox C, McKendry J, Bashir A, Beyers R, Beck D, McDonald J, Gladden LB, **Young K**, Phillips S, Roberts M. Effects of high-volume versus high-load resistance training on skeletal muscle growth and molecular adaptations. Comments: In review: *FASEB J*, 2022.

## Published Manuscripts

Ruple BA, Godwin JS, Mesquita PHC, Osburn SC, Vann CG, Lamb DA, Sexton CL, Candow DG, Forbes SC, Fruge AD, Kavazis AN, **Young KC**, Seaborne RA, Sharples AP, Roberts MD. Resistance training rejuvenates the mitochondrial methylome in aged human skeletal muscle. *FASEB J*, September, 35(9), 2021. (PMID: 34423880)

Robinson JL, Yanes JA, Reid MA, Murphy JE, Busler JN, Mumford PW, **Young KC**, Pietrzkowski ZJ, Nemzer BV, Hunter JM, Beck DT. Neurophysiological effects of whole coffee cherry extract in older adults with subjective cognitive impairment: A randomized, double-blind, placebo-controlled, crossover pilot study. *Antioxidants*, 10(2): 144, 2021. (PMID: 33498314)

Sexton CL, Smith MA, Smith KS, Osburn SC, Godwin JS, Ruple BA, Hendricks AM, Mobley CB, Goodlett MD, Fruge AD, **Young KC**, Roberts MD. Effects of peanut protein supplementation on resistance training adaptations in younger adults. *Nutrients*, 13(11): 3981, 2021. (PMID: 34836236)

Fox, Carlton; Mesquita, Paulo; Godwin, Joshua ; Angleri, Vitor; Damas, Felipe; Ruple, Bradley; Sexton, Casey; Brown, Michael; Kavazis, Andreas; **Young, Kaelin**; Ugrinowitsch, Carlos; Libardi, Cleiton; Roberts, Michael. Frequent manipulation of resistance training variables promotes myofibrillar spacing changes in resistance-trained individuals. *Frontiers in Physiology*, December 15<sup>th</sup>, 2021. (PMID:34975527)

Ruple BA, Godwin JS, Mesquita PH, Osburn SC, Sexton CL, Smith MA, Ogletree JC, Goodlett MD, Edison JL, Ferrando AA, Fruge AD, Kavazis AN, **Young KC**, Roberts MD. Myofibril and mitochondrial area changes in Type I and II fibers following 10 weeks of resistance training in previously untrained men. *Frontiers in Physiology*, September 24<sup>th</sup>, 2021.  
<https://doi.org/10.3389/fphys.2021.728683>

Mesquita PHC, Vann CG, Phillips SM, McKendry J, **Young KC**, Kavazis AN, Roberts MD. Skeletal muscle ribosome and mitochondrial biogenesis in response to different exercise training modalities. *Frontiers in Physiology*, September 09, 2021. | <https://doi.org/10.3389/fphys.2021.725866>

Osburn SC, Roberson PA, Medller JA, Shake J, Arnold RA, Alamdari N, Bucci LR, Vance A, Sharafi M, **Young KC** and Roberts MD. Effects of 12-week multivitamin and omega-3 supplementation on micronutrient levels and red blood cell fatty acids in pre-menopausal women. *Frontiers in Nutrition*, 8:409, 2021. (PMCID: PMC8313763)

Vann C, Haun C, Osburn S, Romero M, Roberson P, Mumford P, Holmes H, Fox C, **Young K**, Roberts M. Molecular differences in skeletal muscle after one week of active versus passive recovery from high-volume resistance training. *Journal of Strength and Conditioning Research*, 35(8): 2102-2113, 2021. PMID: 34138821

Vann C, Morton R, Ferguson B, Mobley C, Haun C, Osburn S, Sexton C, Fox C, Oikawa S, McGlory C, **Young K**, Phillips S, Roberts M. An intron variant of the GLI Family Zinc Finger 3 (GLI3) gene differentiates resistance training-induced muscle fiber hypertrophy in younger men. The *FASEB Journal*, 35(5):e21587, 2021. (PMID: 33891350)

Mesquita P, Lamb D, Godwin J, Osburn S, Ruple B, Moore J, Vann C, Huggins K, Fruge A, **Young K**, Kavazis A, Roberts M. Effects of resistance training on redox status of skeletal muscle in older adults. *Antioxidants*, 10(3):350, 2021. (PMID: [33652958](#))

Lamb D, Moore J, Smith M, Vann C, Osburn S, Ruple B, Fox C, Smith K, Altonji O, Powers Z, **Cerovsky A**, Ross O, Cao A, Goodlett M, Huggins K, Fruge A, Young K, Roberts M. The effects of resistance training with or without peanut protein supplementation on skeletal muscle and strength adaptations in older individuals. *Journal of the International Society of Sports Nutrition*, 17(1): 1-17, 2020.

Hollingsworth JC, **Young, KC**, Abdullah SF, Wadsworth DD, Abukhader A, Elfenbein B, Holley Z. Protocol for minute calisthenics: a randomized controlled study of a daily, habit-based, body-weight resistance training program. *BMC Public Health*, 20(1):1-9, 2020.

Roberts M, Haun C, Vann C, Osburn S, **Young K**. Sarcoplasmic hypertrophy: a “scientific unicorn” or resistance training adaptation. *Frontiers Physiol*, 2020.

Sefton J, Lyons K, Beck D, Haun C, Romero M, Mumford P, Roberson P, **Young K**, Roberts M, McAdam J. Markers of bone health and impact of whey protein supplementation in Army Initial Entry Training Soldiers. *Nutrients*, 12(8):2225, 2020.

Mesquita PHC, Lamb D, Parry H, Moore J, Smith M, Vann C, Osburn S, Fox C, Ruple B, Huggins K, Fruge A, **Young K**, Kavazis A, Roberts M. Acute and chronic effects of resistance training on skeletal muscle markers of mitochondrial remodeling in older adults. *Physiol Rep*, 8(15), 2020.

Lamb D, Moore J, Smith M, Vann C, Osburn S, Fox C, Lopez H, Ziegenfuss T, Huggins K, Kavazis A, **Young K**, Fruge A, Roberts M. Resistance training increases muscle NAD<sup>+</sup> and NADH concentrations as well as NAMPT protein levels and global sirtuin activity in middle-aged, overweight, untrained individuals. *Aging* doi: 10.18632/aging.103218. [Epub ahead of print], 2020. PMID: 32369778

Zabriskie H, Blumkaitis J, Moon J, Currier B, Stefans R, Ratliff K, Harty P, Stecker R, Rudnicka K, Jager R, Roberts M, **Young K**, Jagim A, Kerksick C. Yeast beta-glucan supplementation downregulates markers of systemic inflammation after heated treadmill exercise. *Nutrients* 12(4): 1144, 2020. PMID: 32325856

Vann C, Roberson P, Osburn S, Mumford P, Romero M, Fox C, Moore J, Haun C, Beck D, Moon J, Kavazis A, **Young K**, Badisa VLD, Mwashote B, Ibeanusi V, Singh R, Roberts M. Skeletal muscle myofibrillar protein abundance is higher in resistance-trained men, and aging in the absence of

training may have an opposite effect. *Sports* 8(1). pii: E7. doi: 10.3390/sports8010007, 2020. PMID: 31936810

Roberts M, **Young K**, Fox C, Vann C, Roberson P, Osburn S, Moore J, Mumford P, Romero M, Beck D, Haun C, Badsia VLD, Ibeanusi V, Kavazis A. An optimized procedure for isolation of rodent and human skeletal muscle sarcoplasmic and myofibrillar proteins. *J Biol Methods* 7(1): e127, 2020. PMID: 32201709

Roberts M, Mobley CB, Vann C, Haun C, Schoenfeld B, **Young K**, Kavazis A. Synergist ablation-induced plantaris hypertrophy occurs more rapidly than soleus hypertrophy in rats due to different molecular events. *Am J Physiol Regul Integr Comp Physiol* doi: 10.1152/ajpregu.00304.2019, 2020. PMID: 31850817

Scott C Forbes, Darren G Candow, Joel R Krentz, Michael D Roberts, **Kaelin C Young**. Changes in Fat Mass Following Creatine Supplementation and Resistance Training in Adults  $\geq$  50 years of Age: A Meta-Analysis. *Journal of Functional Morphology and Kinesiology*, (4)3:62, 2019.

Mumford P, Romero M, Osburn S, Roberson P, Vann C, Mobley C, Brown M, Kavazis A, **Young K**, Roberts M. Skeletal Muscle LINE-1 retrotransposon activity is upregulated in older versus younger rats. *American Journal of Physiology*, 2019. PMID:31188650

Haun C, Vann C, Osburn S, Mumford P, Roberson P, Romero M, Fox C, Johnson C, Parry H, Kavazis A, Moon J, Badisa V, Mwashote B, Ibeanusi V, **Young K**, Roberts M. Muscle Fiber hypertrophy in response to 6 weeks of high-volume resistance training in trained young men is largely attributed to sarcoplasmic hypertrophy. *PLoS One*, (14)6, 2019.

Parry HA, Mobley CB, Mumford PW, Romero MA, Haun CT, Zhang Y, Roberson PA, Zempleni J, Ferrando AA, Vechetti IJ Jr, McCarthy JJ, **Young KC**, Roberts MD Kavazis AN. Bovine milk extracellular vesicles (EVs) modification elicits skeletal muscle growth in rats. *Frontiers in Physiology*, 10:436, 2019.

Haun C, Vann C, Mobley C, Osburn S, Mumford P, Roberson P, Romero M, Fox C, Parry H, Kavazis A, Moon J, **Young K**, Roberts M. Pre-training skeletal muscle fiber size and predominant fiber type best predict hypertrophic responses to 6 weeks of resistance training in previously trained young men. *Frontiers in Physiology*, 10:297, 2019.

McGinnis K, McAdam J, Lockwood C, **Young K**, Roberts M, Sefton J. Impact of protein and carbohydrate supplementation on musculoskeletal injuries in army initial entry training soldiers. *Nutrients*, 10(12): 1938, 2018.

McAdam J, McGinnis K, Ory R, **Young K**, Fruge A, Roberts M, Sefton J. Estimation of energy balance and Training volume during army initial entry training. *Journal of the International Society of Sports Nutrition*, 15(1);55, 2018.

Mumford P, Kephart W, Romero M, Haun C, Mobley C, Osburn S, Healy J, Moore A, Pascoe D, Ruffin W, Beck D, Martin J, Roberts M, **Young K<sup>+</sup>**. Effects of Betalain-Rich Beetroot Concentrate Supplementation on Cycling Performance and Select Physiological Parameters. *European Journal of Applied Physiology*, 118(11); 2465-2476, 2018

McAdam J, McGinnis K, Beck D, Haun C, Romero M\*, Mumford P\*, Roberson P\*, **Young K**, Lohse K, Lockwood C, Roberts M, Sefton J. Effect of whey protein supplementation on physical performance and body composition in army initial entry training soldiers. *Nutrients*, 10(9); 1248, 2018.

Haun C, Vann C, Mobley CB, Roberson P, Osburn S, Holmes H, Mumford , Romero M, **Young K**, Moon J, Gladden LB, Arnold R, Israel M, Kirby A, Roberts MD. Effects of graded whey supplementation during extreme-volume resistance training. *Frontiers in Nutrition*, 5(84), 2018

Mumford P, Mao X, Mobley CB, Kephart W, Romero M, Haun C, Roberson P, **Young K**, Martin J, Beck D, Roberts M. Cross-talk between skeletal muscle androgen and Wnt signaling potentially contributes to age-related atrophy in rats. Submitted to *Journal of Applied Physiology*, 125: 486-494, 2018

Romero M, Mobley CB, Roberson P, Haun C, Kephart W, Mumford P, Healy J, **Young K**, Beck D, Martin J, Roberts M. Acute and chronic resistance exercise down-regulate markers of LINE-1 retrotransposon activity in human skeletal muscle. *American journal of Physiology-Cell Physiology*, 314(3): C379-C388, 2018

Mobley CB, Haun C, Roberson P, Mumford P, Kephart W, Romero M, Osburn S, Vann C, **Young K**, Beck D, Martin J, Lockwood C, Roberts M. Biomarkers associated with low, moderate, and high vastus lateralis muscle hypertrophy following 12 weeks of resistance training. *PloS One*, 13(4), 2018.

Colquhoun R, Magrini M, Haun C, Muddle T, Tomko P, Luera M, Mackey C, Vann C, Martin J, Young K, DeFreitas J, Roberts M, Jenkins N. Muscle Phenotype is Related to Motor Unit Behavior of the Vastus Lateralis during Maximal Isometric Contractions. *Physiological Reports*, 6(5), 2018

Kephart W, Pledge C, Roberson P\*, Mumford P\*, Romero M\*, Mobley C\*, Martin J, **Young K**, Lowery R, Wilson J, Huggins K, Roberts M. The 3-month effects of a ketogenic diet on body composition, blood parameters, and performance metrics in CrossFit trainees: a pilot study. *Sports*, 6 (1), 1, 2018

Martin J, Mumford P\*, Haun C\*, Luera M, Muddle T, Colquhoun R, Freeney M, Mackey C, Roberson P, **Young K**, Pascoe D, Defrietas J, Jenkins N, Roberts M. Effects of a pre-workout supplement on hyperemia following leg extension resistance exercise to failure with different training loads. *J Int Soc Sports Nutr*, (14)1:38, 2017.

Dalbo, V, Hiskens, M, Teramoto, M, Kingsley, M, **Young, K**, Scanlan, A. Residents of Central Queensland, Australia are aware of healthy eating practices but consume unhealthy diets. *Sports*, 5 (4), 94, 2017

McAdam J, McGinnis K, **Young K**, Lockwood C, Roberts M, Sefton J. Impact of whey protein supplementation on fitness performance, body composition and injury rates in Army initial entry soldiers. *Journal of Science and Medicine in Sport*, 20:S49, 2017

Haun C\*, Mumford P\*, Roberson P\*, Romero M\*, Mobley CB\*, Kephart W, Anderson R, Colquhoun R, Muddle T, Luera M, Mackey C, Riffe J, Pascoe D, **Young K**, Martin J, Defrietas J, Jenkins N, Roberts M. The molecular, neuromuscular and recovery responses to light versus heavy resistance exercise in humans. *Physiol Reports*, 5(18): e13457, 2017

Kephart W, Mumford P\*, Mao X, Romero M\*, Hyatt H, Zhang Y, **Young K**, Martin J, McCullough D, D'Agostino D, Lowery R, Beck D, Quindry J, Wilson J, Kavazis A, Roberts M. The 1-week and 8-month effects of a ketogenic diet or ketone salt supplementation on markers of multi-organ oxidative stress and mitochondrial function in rats. *Nutrients (MDPI)*, 9(9), 1019; doi:10.3390/nu9091019, 2017

Mobley CB\*, Haun C\*, Roberson P\*, Mumford P\*, Romero M\*, Kephart W, Anderson R, Vann C, Osburn S\*, Pledge C, Martin J, **Young K**, Goodlett M, Pascoe D, Lockwood C, Roberts M. Effects of whey, soy or leucine supplementation with 12 weeks of resistance training on strength, body composition, and skeletal muscle and adipose tissue histological attributes in college-aged males. *Nutrients (MDPI)* 9(9), 972, 2017

Romero M, Mobley CB, Linden M, Meers G, **Young K**, Martin J, Rector RS, Roberts M. Endurance training lowers ribosome number despite increasing ribosome biogenesis markers in rodents. *BMC Res Notes* 10(1):399, 2017

Mobley CB, Mumford P, Kephart W, Haun C, Holland AM, Patel R, Anderson R, Langston G, Beck D, Martin J, **Young K**, Lowery R, Wilson J, Roberts M. Aging in rats differentially affects markers of transcriptional and translational capacity in plantaris and soleus muscle. *Frontiers in Physiol*, Jul 20(8):518, 2017

Kendall K, Hyde P, Fairman C, Hollaway K\*, Mumford P\*, Haun C\*, Mobley CB\*, Kephart W, Tribby A, Kimber D, Moon J, Beck D, Roberts M, **Young K<sup>+</sup>**. A randomized, double-blind, placebo-controlled trial to determine the effectiveness and safety of a thermogenic supplement in addition to an energy-restricted diet in apparently healthy females. *J Dietary Supplements* 14(6), 2017

Mobley C\*, Mumford P\*, McCarthy J, Miller M, **Young K**, Martin J, Beck D, Lockwood C, Roberts M. Whey protein-derived exosomes increase protein synthesis and hypertrophy in C2C12 myotubes. *Journal of Dairy Science*. 100: 1-17, 2017

Beck T, **Young K**, Stock M. Things aren't always as they seem: Inappropriate use of statistics in sport and health research. *Journal of Sport and Health Research*. 8(3):177-190, 2016

Abe T, Loenneke J, **Young K**, Nahar V, Hollaway K\*, Stover D\*, Ford M, Bass M, Owens S, Loftin M. Site-specific associations of muscle thickness with bone mineral density in middle-aged and older men and women. *Physiology International (Acta Physiologica Hungarica)*, 103(2); 202-10, 2016

Roberts M, Holland A\*, Kephart W\*, Mumford P\*, Mobley C\*, Lowery R, Fox C\*, McCloskey A\*, Shake J\*, Mesquita P, Patel R\*, Martin J, **Young K**, Kavazis A, Wilson J. A putative low-carbohydrate ketogenic diet elicits mild nutritional ketosis but does not impair the acute and chronic hypertrophic responses to resistance exercise in rodents. *Journal of Applied Physiology*, 120 (10); 1173-1185, 2016.

Kephart W\*, Mumford P\*, McCloskey A\*, Holland A\*, Shake J, Mobley C\*, Jagodinsky A, Weimar W, Oliver G, **Young K**, Moon J, Roberts M. Post-exercise branched-chain amino acid supplementation does not affect recovery markers following three consecutive high-intensity resistance training bouts compared to carbohydrate supplementation. *Journal of the International Society of Sport Nutrition*, 13(1); 2016.

Kephart W\*, Wachs T\*, Thompson R, Mobley C\*, Fox C\*, McDonald J, Ferguson B, Moon J, **Young K**, Nie B, Martin J, Company J, Pascoe D, Arnold R and Roberts M. Ten weeks of branched-chain amino acid supplementation improves select performance and immunological variables in trained cyclists. *Amino Acids*, 48(3); 779-789, 2016

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## **PRESENTATIONS**

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### **Presented at International/National/Regional Conference Proceedings**

Ruffin W, Mumford P, Healy J, Beck D, Martin J, Roberts M, **Young K**. Effects of betalain –rich red beet root concentrate supplementation on the acute inflammatory response induced by a bout of intense exercise. Alabama Osteopathic Medical Association conference. San Destin, FL. 2017

Mumford PW, Mobley CB, Kephart WC, Haun CT, Romero M, Mao X, Osburn SC, **Young KC**, Beck DT, Martin JS, Lowery RP, Wilson JM, Roberts MD. The Relationship Between Serum Testosterone and Skeletal Muscle Wnt Signaling Markers In 3-24-month Old Rats. ACSM's 64th Annual Meeting, 8th World Congress on Exercise is Medicine and World Congress on the Basic Science of Exercise and the Brain. Denver, CO. May 30-June 4, 2017.

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Kim D, Singh H, **Young K**, Fahs C, Rossow L, Loenneke J, Thiebaud R, Kim E, Sherk K, Ye X, Bemben D, Bemben M. Effects of low intensity cycling with blood flow restriction on body composition, strength, and Vo2max. *59<sup>th</sup> Annual American College of Sports Medicine Meeting*. San Francisco, CA. May 30th-June 3<sup>rd</sup>, 2012

Chrisman C, Sherk V, Fahs C, **Young K**, Singh H, Smith J, Bemben M, Bemben D. Acute arterial compliance responses to whole-body vibration and resistance exercise in postmenopausal women. *59<sup>th</sup> Annual American College of Sports Medicine Meeting*. San Francisco, CA. May 30th-June 3<sup>rd</sup>, 2012

Bemben D, Chrisman C, Sherk V, **Young K**, Singh H, Smith J, Bemben M. Acute bone marker responses to whole-body vibration and resistance exercise in postmenopausal women. *59<sup>th</sup> Annual American College of Sports Medicine Meeting*. San Francisco, CA. May 30th-June 3<sup>rd</sup>, 2012

Dalbo V, Humphries B, Kingsley M, Roberts M, Scanlan A, Moon J, and **Young K**. Prevalence and correlates of resistance training in a regional Australian population. *34<sup>th</sup> Annual National Strength and Conditioning Association National Meeting*. Las Vegas, NV. July 6-9, 2011.

**Young K**, Kim E, Ferguson S, Seo D, Sherk V, Kim S, Kim D, Bemben D, Bemben M. Hormone Responses to Acute and Chronic Traditional and Blood Flow Restricted Resistance Exercise in Young Men. *58<sup>th</sup> Annual American College of Sports Medicine Meeting*. Denver, CO. June 1-4, 2011.

Singh H, Rossow L, Fahs C, Kim E, Sherk V, **Young K**, Bemben D, Bemben M. Muscle Damage and Inflammation Marker Responses to Acute and Chronic Blood Flow Restricted Resistance Exercise. *58<sup>th</sup> Annual American College of Sports Medicine Meeting*. Denver, CO. June 1-4, 2011.

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Sherk V, Sherk K, **Young K**, Kim S, Bemben D. Acute hormone responses to a bouldering workout in young men. *58<sup>th</sup> Annual American College of Sports Medicine Meeting*. Denver, CO. June 1-4, 2011.

Fahs C, Rossow L, **Young K**, Kim E, Ferguson S, Kim D, Ye X, Seo D, Bemben D, Bemben M. The Effect of Different Types of Lower Body Resistance Training on Arterial Compliance and Calf Blood Flow. *58<sup>th</sup> Annual American College of Sports Medicine Meeting*. Denver, CO. June 1-4, 2011.

**Young K**, James B, Sherk V, Kim S, Joaca-Bine A, Bemben D. Determinants of Bone Characteristics in Male Competitive Road Cyclists. *57<sup>th</sup> Annual American College of Sports Medicine Meeting*. Baltimore, MD. June 2-5, 2010.

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Kim S, Kim E, Sherk V, **Young K**, Joaca-Bine A, Bemben D, Abe T, Sato Y, Bemben M. Age comparisons of inflammation and muscle damage markers in response to low intensity resistance exercise with vascular restriction in men. *57<sup>th</sup> Annual American College of Sports Medicine Meeting*. Baltimore, MD. June 2-5, 2010.

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Sherk V, Sherk K, Kim S, **Young K**, Joaca-Bine A, Bemben D. Hormone responses to an acute bout of continuous rock climbing in young men. *57<sup>th</sup> Annual American College of Sports Medicine Meeting*. Baltimore, MD. June 2-5, 2010.

Patterson J, Walton N, **Young K**, Farhoud H. Cardiac Denervation Does Not Effect Exercise Limitation After Heart Transplant. *56th Annual American College of Sports Medicine Meeting*. Seattle, WA. June 2-5, 2010.

Bannon H, **Young K**, Patterson J. Wheelchair Transfer Testing: An Alternative Protocol to Determine Aerobic Capacity in an Individual with Arthrogryposis. *55th Annual American College of Sports Medicine Meeting*. Indianapolis, IN. May 28-31, 2008.

Patterson J, Pitetti K, **Young K**, Goodman W, Farhoud H. Case report on the physical work capacity of a 37 year old competitive cyclist prior to and following orthotopic heart transplant. *American College of Sports Medicine Conference on Integrative Physiology of Exercise*, Indianapolis, IN, September 28 - 30, 2006.

## Invited Lectures/Presentations

**Young K.** Effects of bovine dairy-derived dietary exosomes on skeletal muscle, bone and adipose tissue growth. Annual VCOM Research Retreat, Asheville, NC. Dec 9<sup>th</sup>-11<sup>th</sup>, 2017.

**Young K.** Ergogenic nutraceutical aids in sport and exercise: recent developments. Auburn University, Auburn, AL. June 5<sup>th</sup>, 2014.

**Young K.** Basic nutrition recommendations for maintaining musculoskeletal health in competitive dancers. Department of Dance, Wichita State University, Wichita, KS. February 2<sup>nd</sup>, 2014.

**Young K.** Basic nutrition recommendations for incoming freshmen college athletes. Department of Athletics, Wichita State University, Wichita, KS. February 26<sup>th</sup>, 2014

**Young K.** Nutritional considerations during rehabilitation for athletes. Wichita Sports Medicine Symposium, June 6-7<sup>th</sup>, 2013. Wichita, KS.

**Young K.** Exercise intensity and bone metabolism. 1<sup>st</sup> Annual Trainology Conference, July 26-27<sup>th</sup>, 2012. Oxford, Mississippi.

**Young K.** Effects of walking with and without blood flow reduction on bone turnover markers in young women. American College of Sports Medicine Annual conference, May 31<sup>st</sup> – June 3<sup>rd</sup>, 2011. Indianapolis, IN.

## HONORS AND AWARDS

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- 2020-21      Researcher of the Year Award, VCOM-Auburn
- 2021      Awarded Professor of the Block for excellence in teaching, VCOM-Auburn
- 2019      Awarded Professor of the Block for excellence in teaching, VCOM-Auburn
- 2018      American Physiological Society Select award for distinction in scholarship in the American Journal of Physiology-Cell Physiology
- 2017      Awarded Professor of the Block for excellence in teaching, VCOM-Auburn
- 2015      Top 3 Finalist for Academy of Effective Teaching Award, Wichita State University

2014	Faculty advisor for Best Graduate Student Research Poster award from Wichita State University at the State of Kansas Capitol Graduate Research Summit held in Topeka, KS.
2014	Awarded “Professor of the Meet” for excellence in teaching student athletes
2013	Awarded “Professor of the Game” for excellence in teaching student-athletes
2013	Invited as Honored Guest Speaker for Gamma Delta Women’s Fraternity Scholarship and Community Service Award night
2012	Appointed “Associate Member” of the Graduate Faculty-Wichita State University
2012	Awarded “Professor of the Game” for excellence in teaching student-athletes
2012	Health and Exercise Science Student Association Graduate Scholarship, University of Oklahoma
2011	Doctoral Student Grant Award, American College of Sports Medicine
2007	Exercise Science Graduate Student of the Year, Department of Human Performance Studies, Wichita State University
2007	Nominated Women’s Basketball “Guest Coach” for excellence in teaching student-athletes

## **THESIS AND DISSERTATION STUDENT COMMITTEES**

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Casey Sexton. Doctoral student, School of Kinesiology, Auburn University. Expected graduation: May 2023. Committee Co-chair.

Morgan Smith. Doctoral Student, School of Kinesiology, Auburn University. Expected graduation: May 2023. Committee Co-Chair

Paulo Henrique. Doctoral student, School of Kinesiology, Auburn University. Expected graduation: May 2022. Outside Committee member

Carl Fox. Doctoral student, School of Kinesiology, Auburn University. Expected graduation: Aug 2021. Committee Co-Chair

Petey Mumford. Doctoral student, School of Kinesiology, Auburn University. Graduated: May 2019. Committee Co-Chair

Cody Haun. Doctoral student, School of Kinesiology, Auburn University. Graduated: May 2018. Committee member.

Ashley Peart. Doctoral student, School of Kinesiology, Auburn University. Graduated: December 2019. Committee member.

Jeremy McAdam. Doctoral student, School of Kinesiology, Auburn University. Graduated: May 2018. Committee Member.

Kaitlyn Patterson. Master’s Thesis, Department of Human Performance Studies, Wichita State University. Graduated May 2014. Committee Chair.

Danielle Stern. Master's Thesis, Department of Human Performance Studies, College of Education. Graduated May 2014. Committee Member.

Devin Roberts. Master's Thesis, Department of Human Performance Studies, College of Education. Graduated May 2013. Committee Chair.

Beth Epps. Master Thesis, Department of Human Performance Studies, College of Education. Graduated May 2013. Committee Member.

Bobby Berry. Master's Thesis, Department of Human Performance Studies, College of Education. Graduated May 2013. Committee Member.

Carina Staab. Master's Thesis, Department of Human Performance Studies, College of Education. Graduated May 2013. Committee Member.

Travis Robillard. Master's Thesis, Department of Human Performance Studies, College of Education. Graduated May 2013. Committee Member.

## **DOCTOR OF OSTEOPATHY STUDENTS MENTORED IN RESEARCH AND WITH RESEARCH DISTINCTION**

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Emily Grandprey, Class of 2020

Corey Stone, Class of 2021

Carissa Madson, Class of 2023

Tyler Martinez, Class of 2024

Abigail Bogard, Class of 2024

Kyra Lowry, Class of 2024

Kylee Arthurs, Class of 2024

Madison Heydinger, Class of 2024

## **PROFESSIONAL MEMBERSHIPS**

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2007- American College of Sports Medicine

## **PROFESSIONAL/UNIVERSITY SERVICE**

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2018-20 Faculty Senate, Chair- VCOM-Auburn

2018- Dean's Council Committee, VCOM-Auburn

2015-19 Statistical Consultant for VCOM-Auburn faculty and student research projects

2015-19 Via Health and Wellness-Social Faculty Chair, VCOM-Auburn

2015- Faculty Senate Committee Member, VCOM-Auburn

2016- Journal Referee: Sports Medicine

2015- Journal Referee: Medicine and Science in Sport and Exercise

2013- Journal Referee: Nutrition Research

2013- Journal Referee: Journal of Sport and Health Science

2013- Journal Referee: European Journal of Applied Physiology

2013- Journal Referee: Journal of Strength and Conditioning Research

2013- Journal Referee: Journal of Obesity

2013-15 Exercise Science Program Curriculum Committee, Wichita State University

2013-15 Exercise Science Program Advisory Committee, Wichita State University

2014-15 Faculty adviser for the Barbell Club student organization, Wichita State University

2013-15 Faculty adviser for the Exercise Science Student Organization, Wichita State University

2012-15 Appointed member of the University Scholarship and Student Aid committee, (Through June 2015), Wichita State University

2007- Journal Referee: Journal of Sports Science and Medicine

## **PROFESSIONAL REFERENCES**

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