

# Eric Paul Plaisance, Ph.D.

Associate Professor and Interim Department Chair  
Graduate Program Director | Honors Program Director  
Department of Human Studies | Exercise Physiology  
University of Alabama at Birmingham  
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## EDUCATION

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2006	Doctor of Philosophy	Auburn University	Major: Exercise Science
1998	Master of Sport Science	United States Sports Academy	Major: Fitness Management
1997	Bachelor of Science	Nicholls State University	Major: Biology

## PROFESSIONAL EXPERIENCE

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2019 -	Department Chair, Department of Human Studies
2018 -	Associate Professor, Department of Human Studies   Exercise Physiology (primary appointment), Department of Nutrition Sciences (secondary appointment), University of Alabama at Birmingham, AL.
2017-	Graduate Program Director, Department of Human Studies   Exercise Physiology, University of Alabama at Birmingham, Birmingham, AL
2017-2019	Honors Program Director, Department of Human Studies, University of Alabama at Birmingham, Birmingham, AL
2015-2018	Assistant Professor, Department of Nutrition Sciences, University of Alabama at Birmingham, Birmingham, AL (secondary appointment)
2013-2018	Assistant Professor, Department of Human Studies, University of Alabama at Birmingham, Birmingham, AL (primary appointment)
2015-	Associate Scientist, Center for the Study of Community Health, University of Alabama at Birmingham, AL
2013-	Associate Scientist, Nutrition and Obesity Research Center, University of Alabama at Birmingham, Birmingham, AL
2013-	Associate Scientist, UAB Comprehensive Diabetes Center, University of Alabama at Birmingham, Birmingham, AL

2013-	Associate Scientist, Center for Exercise Medicine, University of Alabama at Birmingham, Birmingham, AL
2012-2013	Assistant Professor-Research, Nutritional Physiology Laboratory, Division of Obesity and Diabetes, LSU Pennington Biomedical Research Center, Baton Rouge, LA
2009-2012	Postdoctoral Researcher, Laboratory of Nutrient Sensing and Adipocyte Signaling, Division of Obesity and Diabetes, LSU Pennington Biomedical Research Center, Baton Rouge, LA
2006-2009	Postdoctoral Fellow, Boshell Diabetes and Metabolic Diseases Research Program, College of Veterinary Medicine, Auburn University, Auburn, AL
2002-2006	Graduate Research Assistant, Department of Kinesiology, Auburn University, Auburn, AL
2000-2002	Cardiopulmonary Exercise Specialist, Department of Non-Invasive Cardiology, Providence Hospital, Mobile, AL
1998-2000	Exercise Physiologist, Department of Non-Invasive Cardiology, Providence Hospital, Mobile, AL
1995-1997	Undergraduate Research Assistant, Department of Biology, Nicholls State University, Thibodaux, LA

## TEACHING EXPERIENCE

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### *University of Alabama at Birmingham*

- **KIN 460: Exercise Prescription for High Risk Populations** (Spring 2019)
- **KIN 639: Clinical Exercise Physiology** (Spring 2019)
- **KIN 694: Special Topics in Kinesiology** (Fall 2018, Spring 2019)
- **KIN 697: Advanced Field Experiences in Kinesiology** (Fall 2017, Spring 2018, Summer 2018)
- **PLC 1125: Fundamentals of Medicine** (Fall 2017, Fall 2018) (team taught)
- **KIN 642: Practicum in Physiology/Pre-thesis Research** (Summer 2017; Fall 2017, Spring 2018, Summer 2018, Fall 2018)
- **KIN 697: Advanced Field Experiences in Kinesiology** (Spring 2016; Fall 2017, Summer 2018, Fall 2018)
- **NTR 699: Master's Thesis Research** (Spring 2015; Summer 2015; Fall 2015; Spring 2016; Fall 2017; Spring 2018, Fall 2018)
- **PT 731: Human Performance Physiology** – The Department of Physical Therapy invited me to teach Human Performance Physiology to their first year students (Summer 2017)
- **KIN 400: Physiology of Exercise** (Summer 2015; Summer 2016; Summer 2017; Summer 2018)
- **KIN 485: Exercise Testing/Prescription** (Fall 2013; Spring 2014; Summer 2014; Fall 2014; Spring 2015; Summer 2015; Fall 2015; Spring 2016; Summer 2016; Summer 2017, Summer 2018, Fall 2018)
- **KIN 499: Internship** (Summer 2014; Fall 2014; Spring 2015; Summer 2015; Fall 2015; Spring 2016)

- **KIN 499: Honors Program Mentor** (Fall 2014; Spring 2015; Spring 2017; Summer 2017, Summer 2018)
- **KIN 585: Advanced Exercise Testing/Prescription** (Fall 2013, Spring 2014; Summer 2014; Fall 2014; Spring 2015; Summer 2015; Fall 2015; Spring 2016; Summer 2016; Summer 2017; Summer 2018; Fall 2018)
- **KIN 307: Applied Kinesiology** (Fall 2013; Spring 2014; Summer 2014; Fall 2014; Spring 2015; Summer 2015; Fall 2015; Summer 2017)
- **KIN 674: Advanced Sports Nutrition** (Summer 2014; Fall 2015, Summer 2016; Summer 2017; Fall 2017; Spring 2018; Summer 2018; Fall 2018)
- **KIN 405: Sports Nutrition** (Summer 2014; Fall 2015, Summer 2016; Summer 2017; Fall 2017; Spring 2018; Summer 2018; Fall 2018)
- **KIN 638: Physiology of Exercise II** (Spring 2014)
- SSG Summer Internship Program (Summer 2014) – Adipose Tissue Biology (team taught)

#### ***Louisiana State University Division of Human Nutrition and Food***

- **HUEC 7010: Food-Nutrition**
- **HUEC 7004: Molecular and Clinical Nutrition I**
- **HUEC 7005: Molecular and Clinical Nutrition II**

#### ***Auburn University***

- **NUFS 2000: Nutrition and Health (team taught)**
- **VBMS 7171: Receptorology (team taught)**
- **VBMS 7080: Molecular Endocrinology (team taught)**
- **PYDI 5433: Pharmacotherapy and Diabetes**
- **HLHP 6400: Exercise Prescription for Normal and Special Populations**
- **HLHP 3500/7500: Clinical Exercise Physiology I**
- **HLHP 3550/7550: Clinical Exercise Physiology II**

## **TRAINEE AND FACULTY MENTORING**

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### **University of Alabama at Birmingham**

#### *Faculty:*

2018 – Present **Cody E. Morris, Ph.D.** Assistant Professor, Department of Human Studies, Role: Mentor. I serve as Dr. Morris' mentor for the UAB Minority Health & Research Center's Health Disparities Research Education Program.

#### *Postdoctoral Fellows:*

2017 - Present **Sarah E. Deemer, Ph.D.** Nutrition Obesity Research Center, Role: Mentor

2014 - 2016 **Stephen J. Carter, Ph.D.** Department of Human Studies, Role: Co-mentor. Dr. Carter is currently an Assistant Professor of Exercise Physiology at Indiana University School of Public Health

*Ph.D. Dissertation Committees:*

- 2017 - Present **Brandon Beamon**, Department of Human Studies, Role: Committee Chair – Title: Validity of Actigraph GT3X Accelerometer in Determining Energy Expenditure. Status: *Proposal Completed 5/4/2018.*
- 2016 - 2018 **Rachel A.H. Davis**, Department of Nutrition Sciences, Role: Committee Chair – Effects of Dietary R,S-1,3-Butanediol Diacetoacetate on Components of Energy Balance. Status: *Completed 10/18/2018.*
- 2015 - Present **Ashley Delk**, Department of Nutrition Sciences, Role: Committee Chair – Title: The Relationship between Protein Timing and Energy Balance with Body Composition and Athletic Performance in Collegiate Athletics. Status: *Proposal Completed 5/2/18.*
- 2014 - 2017 **Deanna Rumble**, Department of Physical Therapy, Role: Committee Member – Title: Relationship between walking Speed and Kinematic Trajectory Complexity in People with Poststroke Hemiparesis. Status: *Completed 11/14/17.*

*Master's Thesis Committees:*

- 2018 **Michayla Brown**, Department of Human Studies, Role: Committee Chair – Title: TBD. Status: *In Progress.*
- 2018 **Bethany Moore**, Department of Human Studies, Role: Committee Chair – Relationships between percent total body fat, jump test performance, and muscle strength in older men and women, 55-75 years of age. Status: *Completed. 11/12/18.*
- 2017 **Rachel Gabriel**, Department of Human Studies, Role: Committee Chair – Title: Relationship Between Protein Timing and Body Composition in Collegiate Women Soccer Players. Status: *Completed. 11/6/17.*
- 2017 **Taylor Tolleson**, Department of Human Studies, Role: Committee Member – Title: The Dose-Response Relationship of High-Intensity Training on Cardiometabolic Risk Factors. Status: *Completed. 6/30/17.*
- 2017 **Kyle G. Graham**, Department of Human Studies, Role: Committee Member – Title: The Effects of Six Weeks of High Intensity Interval Training vs. Moderate Intensity Training on Cardiometabolic Health Markers and Mitochondrial Function in Individuals with Spinal Cord Injury. Status: *Completed 11/14/17.*
- 2016 **Samuel P. Cauffman**, Department of Human Studies, Role: Committee Member – Title: The Effects of Six Weeks of High Intensity Interval Training (HIIT) or Moderate Intensity Training (MIT) on antioxidant capacity and metabolic health in obese/overweight males. Status: *Completed 11/16/16.*
- 2016 **Erica Anderson**, Department of Human Studies, Role: Committee Member – Title: COPD and Pulmonary Rehabilitation: Expanding Access with Technology. Status: *Completed 6/30/16.*
- 2016 **Rachel A. Harley**, Graduate Research Assistant, Department of Nutrition Sciences, Role: Committee Chair: Title: High Intensity Interval Training with Energy Restriction Preserves Lean Tissue and Improves Glucose Tolerance in Obesity. Status: *Completed 3/28/16.*
- 2015 **Corey Noles**, Graduate Research Assistant, Department of Human Studies, Role: Committee Member – Title: The Effects of Six Weeks of High Intensity Interval Training vs. Moderate Intensity Training on Changes in Body Composition in Overweight Males. Status: *Completed 10/28/15.*

2014 **Alexandra French**, Graduate Research Assistant, Department of Human Studies, Role: Committee Member – Title: Predicting Weight Loss in Overweight Girls. Status: *Completed 3/21/14.*

*Undergraduate Honors Thesis Committees:*

2018- **Petra Silic**, Undergraduate Research Assistant, Department of Human Studies, Role: Honors Program Committee Chair – Dietary R,S-1,3 Butanediol Diacetoacetate Effects on Components of Energy Balance in Mice Housed in the Thermoneutral Zone. Status: *Completed 8/6/2018.*

2018 **Andrew McLarty**, Undergraduate Research Assistant, Department of Human Studies, Role: Honors Program Committee Chair – Concentration-Dependent Effects of 1,3-Butanediol Diacetoacetate on Components of Energy Balance in Mice. Status: *Completed 8/6/2018.*

2017- **John D. Easton**, Undergraduate Research Assistant, Department of Human Studies, Role: Honors Program Committee Chair – Hypermetabolic Responses to Dietary Ketone Esters. Status: *Completed 8/29/17.*

2017- **Benjamin Luke Harris**, Undergraduate Research Assistant, Department of Human Studies, Role: Honors Program Committee Chair – Title: Circulating Cortisol is not Correlated with Adiposity in Older African American Women. Status: *Completed 4/24/17. Presented at the UAB Undergraduate Research Expo and was awarded Second Place for his Presentation (4/24/17).*

2015- **Emily Watkins**, Undergraduate Research Assistant, Biomedical Sciences Program, University of Alabama at Birmingham, Honors Program Committee Chair – Title: Calorie Restriction-Mediated Negative Energy Balance may Abolish Browning of White Adipose Tissue Produced by Exercise. Status: *Completed 4/24/17.*

2013-2015 **Luke Mahan**, Undergraduate Research Assistant, Department of Human Studies, Role: Honors Program Committee Chair – Title: Disparities in outcomes between African American and European American patients undergoing cardiac rehabilitation. Status: *Completed 4/20/15.*

2014-2015 **Elizabeth Gilliam**, Undergraduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham, Honors Program Committee Chair. Objectively measured physical activity in cardiac rehabilitation. Status: *Completed 4/20/15.*

*Undergraduate Internship Coordinator:*

2018 **Emily Tucker**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*

2018 **Sara Al Sadek**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed*

2017 **Jason Little**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*

2017 **Jonathan Bergeron**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*

2016 **Travis Williams**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*

2016 **Jacob Halbrooks**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*

2016 **Danielle Bullard**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*

- 2015 **Paul Goodner**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*
- 2015 **Cody Belcher**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*
- 2015 **Shea Standifer**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*
- 2015 **Rodarius Houston**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*
- 2015 **Todd Taylor**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*
- 2015 **Dianna Padilla**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*
- 2015 **Austin Kidd**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*
- 2015 **Connor Brown**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*
- 2015 **Zac Stoeltzner**, Intern, Department of Human Studies, Role: Coordinator. Status. *Completed.*
- 2014 **Alexander Tsekouras**, Intern, Department of Human Studies, Role: Coordinator. Status: *Completed.*

*Graduate Independent Study:*

- 2018 **Katelyn Hand**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2018 **Roy Patton**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2018 **Lee Hughes**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2018 **William Rowe**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2018 **John McNamara**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2018 **Joseph Frye**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2017 **Carli White**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2017 **Jacob Justice**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2017 **Josh Kimbrough**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2017 **Ian Cavanah**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2017 **Brandon Peoples**, Graduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham

*Undergraduate Trainees:*

- 2014 **Dakota Hewitt**, Undergraduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2014 **Shea Standifer**, Undergraduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2014 **Wayne Williams**, Undergraduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham

- 2014 **Shawn Wright**, Undergraduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2014 **Diana Padilla**, Undergraduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2014 **Jacob Halbrooks**, Undergraduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham
- 2014 **Dwayne Joe**, Undergraduate Research Assistant, Department of Human Studies, University of Alabama at Birmingham

**Pennington Biomedical Research Center, Louisiana State University System**

- 2012-2012 **Lucie Calderon**, LSU Howard Hughes Medical Institute Summer Undergraduate Research Student, Department of Neuroscience, Vanderbilt University
- 2012-2012 **Kelly Dille**, Undergraduate Research Assistant, Department of Biology, Louisiana State University
- 2011-2012 **Corey Cortez**, Graduate Research Assistant, Department of Kinesiology, Louisiana State University
- 2011-2012 **Manda Orgeron**, Undergraduate Research Assistant, Department of Biology, Louisiana State University
- 2010-2012 **Nancy Van**, Undergraduate Research Assistant, Department of Biology, Louisiana State University
- 2010-2011 **Patrick Adams**, Undergraduate Research Assistant, Department of Engineering, University of Louisiana at Lafayette
- 2009-2011 **Meghan Vial**, Undergraduate Research Assistant, Department of Biology, Louisiana State University
- 2009-2010 **Michelle Tran**, Undergraduate Research Assistant, Department of Kinesiology, Louisiana State University
- 2009-2010 **Dean Listi**, Undergraduate Research Assistant, Department of Kinesiology, Louisiana State University
- 2009-2010 **Chelsea Black**, Undergraduate Research Assistant, Department of Biology, Louisiana State University

**Auburn University College of Veterinary Medicine**

- 2009-2010 **Desiree Saunders**, Ph.D. Student, Cellular and Molecular Biology Program, Auburn University
- 2008-2009 **Leah Hanson**, Undergraduate Research Assistant, College of Science and Mathematics, Auburn University
- 2008-2009 **Matthew Wall**, Research Scholar, Merck-Merial Research Program, College of Veterinary Medicine, Auburn University
- 2007-2008 **Nicole Elstner**, Summer Research Scholar, Merck-Merial Summer Research Program, College of Veterinary Medicine, Auburn University
- 2006-2007 **Dr. Deepa Bedi**, Ph.D. Student, College of Veterinary Medicine, Auburn University
- 2006-2007 **Dr. Brandi Brunson**, Ph.D. Student, College of Veterinary Medicine, Auburn University

## PROFESSIONAL AND ACADEMIC MEMBERSHIPS

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2018-	The Obesity Society
2016-2017	American Society for Nutrition
2015-2016	American Association of Cardiovascular and Pulmonary Rehabilitation
2014 -	Alabama Obesity Task Force
2013 -	NIH Center for Exercise Medicine, UAB
2013 -	NIH Nutrition and Obesity Research Center Member, UAB
2013 -	NIH Diabetes Research Center, UAB
2011 - 2013	NIH Nutrition and Obesity Research Center Member, PBRC
2007 - 2009	American Heart Association
2006 - 2009	Boshell Diabetes and Metabolic Diseases Research Program, Investigator
2005 -	The American Physiological Society
2002 -	Southern Lipids Consortium
1999 -	American College of Sports Medicine
1999 -	Southeast Chapter of the American College of Sports Medicine

## CERTIFICATIONS

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American College of Sports Medicine and National Strength and Conditioning Association certifications are standards of excellence for professionals in the fields of Exercise Physiology and Strength and Conditioning. *I have actively maintained certification through both organizations, which is a significant indicator of my pursuit for excellence in the classroom and for credibility to students taking courses at UAB that are geared to prepare them for certifications through both organizations.*

1999 -	American College of Sports Medicine Certified Clinical Exercise Physiologist
1998 -	National Strength and Conditioning Association Certified Strength and Conditioning Specialist

## HONORS AND AWARDS

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2019	Honorary Coach UAB Basketball (2/9/19).
2018	Nominated and chosen as a finalist for the Faculty/Staff Appreciation Award at the UAB Athletics Second Annual Green and Golden Globes. The award goes to any UAB male and female employee who is an exemplary role model or has made a positive impact on the lives of UAB student-athletes at the Second Annual Green and Golden Globes
2017	Excellence in Teaching, The National Society of Leadership and Success
2017	Fellow, American College of Sports Medicine
2017	Honorary Coach UAB Football (11/4/17)
2017	Selected to UAB Blaze Leadership Academy (8/3/17-5/11/2018)
2016	Distinguished Honorary Member, National Society of Collegiate Scholars (NSCS) – Nomination by UAB Chapter Student Leadership for commitment and demonstration of NSCS core values: Leadership, Scholarship and Service
2016	UAB Nutrition Obesity Research Center (NORC) Named New Investigator. <i>Provides salary support and protected time to complete a pilot and feasibility grant awarded by the NORC</i>



- 2015 Invited to serve as a panelist on the 2015 Biochemistry, Biophysics, & Structural Biology National Science Foundation Graduate Research Fellowship Program
- 2014 Associate Faculty Member, Faculty of 1000, - Nomination by Senior Faculty Member, Dr. David B. Allison
- 2014 Distinguished Member, National Society of Collegiate Scholars (NSCS) – Nomination by UAB Chapter Student Leadership for commitment and demonstration of NSCS core values: Leadership, Scholarship and Service
- 2012 NIDDK Mentored Research Scientist Career Development Award (K01)
- 2012 American Society for Nutrition, Energy & Macronutrient RIS Postdoctoral Award
- 2011 Nominated and selected by peers to serve as Postdoctoral Representative on the Pennington Faculty Advisory Committee
- 2011 The American Association for the Advancement of Science Award for Excellence in Science
- 2011 Nutrition and Obesity Research Center Pilot & Feasibility Award, Pennington Biomedical
- 2010 Ruth L. Kirschstein National Research Service Award (NRSA) Individual Postdoctoral Fellowship Award (F32, NIDDK)
- 2010 Outstanding Oral Presentation by a Postdoctoral Fellow, Auburn University Regional Boshell Diabetes and Metabolic Diseases Research Program Annual Meeting
- 2009 Ruth L. Kirschstein National Research Service Award (NRSA) Institutional Research Training Award (T32, NIDDK). Title: Obesity: From Genes to Man, Pennington Biomedical Research Center
- 2009 Outstanding Oral Presentation by a Postdoctoral Fellow, Auburn University Regional Boshell Diabetes and Metabolic Diseases Research Program Annual Meeting
- 2007 American Heart Association Greater Southeast Affiliate Individual Postdoctoral Fellowship Award
- 2006 Auburn University Graduate Student Dissertation Award

## **COLLEGIATE ASSIGNMENTS AND SERVICE**

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### **University of Alabama at Birmingham Service**

#### **Service to Professional Organizations**

- Reviewed 8 abstracts submitted to the Southeast American College of Sports Medicine Annual Meeting in Greenville, SC, for consideration as symposia (10/13/18)
- The Obesity Society Annual Meeting (Nashville, TN, 6/7/2018, Reviewed 27 abstracts).
- Southeast American College of Sports Medicine Annual Meeting (2/15/18): Chair: “The adverse effects of high-fat meals on metabolic and cardiopulmonary outcomes: What role does exercise have?”
- American Association of Cardiovascular and Pulmonary Rehabilitation Research Committee Member – Invited by Dr. Bonnie Sanderson and Dr. Patrick Savage (former and current AACVPR Presidents) to serve on National committee for organization and review of proposals for data use by participating cardiac and pulmonary rehabilitation programs throughout the U.S., appointed 2014 – 2016.

- Southeast American College of Sport Medicine Meeting held in Chattanooga, TN. Reviewed 18 applications for “1<sup>st</sup> Time Student Presenters” for the which will support hotel expenses for first time presenters at the 2018 SEACSM conference (1/3/18).
- Southeast American College of Sport Medicine Meeting held in Chattanooga, TN (10/11/17). Reviewed 12 abstracts.
- The Obesity Society Annual Meeting (Washington, D.C. 10/29/17-11/2/17). Abstract review provides the meeting organizers with recommendations for oral and poster sessions.
- AACVPR 31<sup>st</sup> Annual Meeting in New Orleans, LA. (4/4/16). Abstract Reviewer:
- 2015 AACVPR 30<sup>th</sup> Annual Meeting in Washington, DC. (4/15/15). Abstract Reviewer.
- Invited member and consultant, Alabama Obesity Task Force, 2014 – present

#### *Journal Editorial Service*

PLOS One: Associate Editor

#### *Ad-hoc Manuscript and Textbook Review*

European Journal of Clinical Nutrition, 2018, 1 review

Applied Physiology, Nutrition and Metabolism, 2018, 2 reviews

Science & Sports – 2018, 1 review

Journal of Applied Physiology – 2018, 2 reviews; 2017, 2 reviews; 2018 3 reviews

Diabetologia – 2017, 1 review

FASEB Journal – 2017, 1 review

Journal of Cardiopulmonary Rehabilitation and Prevention – 2014, 5 reviews; 2015, 5 reviews; 2016, 4 reviews; 2017, 6 reviews

Sports and Exercise Nutrition, 4<sup>th</sup> Edition, LWW (textbook) – 2015, 1 review

American Journal of Clinical Nutrition – 2015, 3 reviews; 2016, 2 reviews

Journal of Heart and Lung Transplantation – 2015, 1 review; 2018, 1 review

Obesity – 2014, 1 review; 2015, 1 review; 2018, 2 reviews

Obesity Reviews – 2014, 1 review

Journal of Obesity – 2013, 1 review

Medicine and Science in Sports and Exercise – 2013, 2 reviews; 2014, 1 review; 2016, 1 review; 2017, 2 reviews, 2018, 3 reviews

PLoS ONE – 2012, 2 reviews; 2013, 2 reviews; 2016, 3 reviews; 2017, 2 reviews; 2018, 1 review

Journal of Biological Chemistry – 2012, 1 review

Journal of Nutrigenetics and Nutrigenomics – 2012, 1 review

AGE – 2012, 1 review

Biochimie – 2012, 2 reviews

Schizophrenia Bulletin – 2012, 1 review

Journal of Clinical Endocrinology and Metabolism – 2011, 1 review

Cell Biology – 2010, 1 review

International Journal of Sports Medicine – 2009, 1 review

Postgraduate Medicine – 2009, 1 review

Journal of the American College of Nutrition – 2009, 1 review

Metabolism – 2009, 3 reviews; 2010, 3 reviews; 2013, 1 review

Atherosclerosis – 2009, 1 review

The Physician and Sports Medicine – 2009, 1 review

### **Other Administrative Duties**

- Graduate Program Director for Exercise Physiology (6/1/17 – present) – Duties include admissions, dismissal, coordination of comprehensive exams, advising
- Undergraduate Program Co-Coordinator for Exercise Science (1/9/17 – 5/30/17)

### **Leadership for Departmental, School or University Committee**

- UAB Center for Exercise Medicine Education Committee Chair. Appointed 6/27/16-8/15/18. This committee is charged with 1) Securing Lecturers for the Center's Distinguished Lecture Series 2) Designing the Center's Journal Club Course and 3) Preparing the Annual Symposium held at UAB

### **Department/School/University Committees**

- Site Infrastructure Transition Team (10/18 – present). Selected by Dean of the School of Education to represent the Department of Humans Studies with transitional move to from the Education Building to a renovated building on campus. Represented the School of Education Dean's Office to vote on an architectural firm (12/19/18).
- Faculty Issues Committee (8/25/18 – present)
- Campus Recreation Advisory Committee. Invited by the Director, Sean Ries: 3/7/2017 – 8/16/18
- Graduate Curriculum Committee (GCC). Nominate by SoE faculty. 3/4/16-9/10/18. This committee is charged with reviewing all applications for new or evolving graduate degree or certification programs.
- UAB Employee Wellness Task Force (2014 – 2017) – Tasked with continuing development of the employee wellness program at UAB. UAB is the largest employer in the State of Alabama and we are tasked with helping to maximize the health and performance of UAB Staff and Faculty. I also have an active sub-group that is working on a special project in the Avondale area with employees to enhance outreach and development.
- School of Education Finance Committee (8/15/17 – 12/8/18)
- School of Education Curriculum Planning Committee (8/15/17 – present)
- School of Education Professional Development Committee (4/2016 – 9/10/18)
- Faculty Search Committee for Kinesiology Faculty Position (3/10/17 – 12/15/17)
- Faculty Representative for Athletics Department Student Recruitment to Kinesiology

- CAAHEP Accreditation Exploration Committee, 2013

#### **Advisor: University Student Organizations**

- Best Buddies Colleges, organized by Madison Keith – UAB student. I serve as the Faculty Advisor for this exciting new student organization that will reach out to adults in the Birmingham community with intellectual and disability disorders, 7/18/14 – present
- Faculty Advisor of the UAB Exercise and Nutrition Science Club (10/2/15 – 10/9/17)
- Faculty Advisor and Organizer of the Department of Human Studies Kinesiology Student Association (KSA). This is a student organization within the Department of Human Studies that brings together students from Exercise Science and Fitness Leadership. The Association is actively involved in the community and exposes students to the fields of Exercise Physiology, Physical Therapy, Occupational Therapy, Medicine and other fields pursued by our majors (2015-present).

#### **Pennington Biomedical Research Center Service Committees**

- Postdoctoral Representative, Pennington Faculty Advisory Council – 2011-2012 (elected by peers)

#### **INVITED PRESENTATIONS**

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- Metabolism's Ugly Duckling: Emerging Effects of Dietary Ketones on Components of Energy Balance and Metabolism, University of Missouri Nutrition & Exercise Physiology Seminar Series (1/24/19).
- Emerging Therapeutic Roles for Dietary Ketones and Ketone Administration, Nicholls State University's 70<sup>th</sup> Anniversary Alumni Lecture Series (11/1/18).
- Ketone Ester Effects on Energy Balance and Metabolism, UAB Nutrition Obesity Research Center & Department of Nutrition Sciences Seminar Series (10/16/18).
- Ketone Ester Effects on Energy Balance and Metabolism, UAB Department of Medicine Endocrinology Seminar Series (10/9/18).
- "Ketones: From survival to effects on energy balance and metabolism", UAB Department of Pediatrics Annual Intensive Course in Pediatric Nutrition (2/23/18).
- Effects of High Intensity Exercise on Energy Balance and Metabolism. 1<sup>st</sup> Annual International Symposium on Advanced Topics in Exercise Physiology at the Universidad Autonoma de Baja California, MX from 10/16-10/21. The purpose of the symposium was to develop an international network and collaboration between scientists from the U.S., Mexico, Spain, Costa Rica and Brazil. The group was provided a close examination of the facilities and resources available at each of the three campuses located in Ensenada and Mexicali, Baja California. A working group was established to promote academic exchange and training of faculty/students and to develop interdisciplinary and research collaborations.

- Mitochondrial Biogenesis and Increased Uncoupling Protein 1 in Brown Adipose Tissue of Mice Fed a Ketone Ester Diet. UAB Nutrition Obesity Research Center T32 Walking Journal Club (5/19/17)
- High Intensity Interval Exercise Training (HIIT) Attenuates Calorie Restriction-Mediated Hypometabolism – Implications for Age-Related Changes in Body Composition, 1<sup>st</sup> Annual Nathan Shock Symposium on the Basic Biology of Aging, University of Alabama at Birmingham, Birmingham, AL (3/15/17).
- Using a Corporate Approach to Learning in a Team Environment, UAB School of Education Faculty Professional Development Committee Seminar, Birmingham, AL (2/24/17)
- Calorie Restriction and High Intensity Interval Exercise Training. UAB Rehabilitation Sciences PhD Program (RHB 789), Birmingham, AL (11/15/16).
- Integrative Sports Nutrition: Validity, Safety, Quality and Identity of Supplementation in Adolescents. Intensive Course: Nutrition for Infants, Children, & Adolescents, Birmingham, AL (2/27/16).
- Resistance Training as a Strategy to Reduce Physiological and Metabolic Disparities in African American Women Undergoing Cardiac Rehabilitation. Deep South Resource Center for Minority Aging Research Advisory Committee Meeting, Tuskegee University, Tuskegee, AL (10/16/15).
- Metabolic Benefits of Resistance Training and Disparity of Responses between Race/Ethnicity. Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Fall Conference 2014. Birmingham, AL. 11/16/14.
- Fasting and Postprandial Effects of Aerobic Exercise and Lipid-Modifying Combination Therapy. UAB Center for Exercise Medicine 2<sup>nd</sup> Annual Symposium. Birmingham, AL. 9/26/14.
- Diagnostic Criteria and Measurements for Detection of Insulin Resistance and Type 2 Diabetes. Auburn University Montgomery's Clinical Laboratory Sciences Symposium. Montgomery, AL, 6/20/14
- Resistance Training as a Strategy to Improve Outcomes in African American Women in Cardiac Rehabilitation. Southern Association of Cardiopulmonary Rehabilitation Annual Meeting. Birmingham, AL, 4/4/14
- Role of Energy Restriction and High-Intensity Interval Exercise Training on Adaptive Thermogenesis and Metabolism. Biomedical Engineering Seminar Series. University of Alabama at Birmingham, Birmingham, AL, 2/21/14
- Effects of GCN2 Kinase on Lipogenic Gene Expression Following Methionine Restriction. Nutrition and Obesity Research Center Directors Meeting, Louisiana State University, Baton Rouge, LA 10/3/12
- Anti-dyslipidemic and Anti-inflammatory Properties of Niacin and Related Agonists of NIACR1 (GPR109A)" Louisiana State University, Division of Human Nutrition and Food, Baton Rouge, LA 5/4/11
- Mechanism of Action of Niacin on Adiponectin Production and Secretion. Auburn University, Department of Nutrition and Food Science, Auburn, AL 3/5/11

- Dietary Methionine Restriction Increases Energy Expenditure and Enhances Insulin Sensitivity in Rodents: Plausible Mechanisms and Translation to Human Disease Prevention. Louisiana State University, Division of Human Nutrition and Food, Baton Rouge, LA 10/13/10.
- Soy-based Diets Mimic the Effects of Estrogen on Adipose Tissue Estrogen Receptor- $\alpha$ -Density and Testicular Leydig Cell Function. 2<sup>nd</sup> Annual Boshell Diabetes Research Day. Auburn University, Auburn, AL 3/6/2009
- Niacin Stimulates Adiponectin Secretion Through the GPR109A Receptor. 2<sup>nd</sup> Annual Boshell Diabetes Research Day. Auburn University, Auburn, AL 3/6/2009
- Vascular Cross-talk with Adipose Tissue: Mechanisms and Potential Treatment Strategies. East Alabama Medical Center Grand Rounds, Opelika, AL 10/16/2008
- Niacin Acutely Regulates Adiponectin Secretion Through the GPR109A Receptor, Ninth Annual Health Conference, *The Future of Healthcare*. University of Alabama, Tuscaloosa, AL 9/4/2008
- The Novel Role of Nicotinic Acid (Niacin) in Adiponectin Secretion, College of Veterinary Medicine Symposiums, Auburn University, Auburn, AL, 2/15/2008
- Adiponectin: Biomarker of Metabolic and Cardiovascular Disease, Southern Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting, Opelika, AL, 4/14/2007
- Physical Activity Benefits and Recommendations for Patients with Pulmonary Disease, East Alabama Medical Center Pulmonary Rehabilitation Program, Opelika, AL, 03/2005
- Blood Inflammatory Markers: The Relationship to CVD and Responses to Exercise, American Heart Association's Lee County Division Board Meeting, East Alabama Medical Center, Opelika, AL 11/2004
- Vascular Inflammatory Markers and the Response to Aerobic Exercise. Southern Lipids Consortium, Texas Woman's University, Denton, TX, 10/2004
- Diabetes: Treating the Epidemic; Providence Hospital Regional Continuing Education, Mobile, AL, 09/2002
- Testing and Exercise Prescription for the Diabetic Patient, ACSM Exercise Specialist Workshop, University of Southern Mississippi. Hattiesburg, MS, 03/5/2002
- Testing and Exercise Prescription for the Cardiac Disease Patient. ACSM Exercise Specialist Workshop, University of Southern Mississippi. Hattiesburg, MS, 03/4/2002
- Examiner: ACSM Exercise Specialist Certification, University of Southern Mississippi. Hattiesburg, MS, 03/2002
- Examiner: ACSM Health Fitness Instructor Certification, University of Southern Mississippi. Hattiesburg, MS, 10/2001

- Examiner: ACSM Health Fitness Instructor Certification, University of Southern Mississippi. Hattiesburg, MS, 03/2000
- Risk Factor Identification. ACSM Health Fitness Instructor Workshop, University of Southern Mississippi. Hattiesburg, MS, 02/2000

## **PATENTS**

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US Patent # 61/069,505. Suresh T. Mathews, Eric P. Plaisance and Peter W. Grandjean  
 “Association of Fetuin-A with Decreased Serum Triglyceride”

## **GRANT PROPOSALS AND FUNDING**

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1. 2018 – Development of an individualized weight-loss intervention program for obese potential kidney donors. Obesity Health Disparities Research Center Pilot. PI: Haiyan Qu. STATUS: PENDING.
2. 2017 – Effects of high-intensity interval training on bone metabolism in young adults taking stimulants for attention deficit hyperactivity disorder. LOI submitted to NIH National Rehabilitation Research Resource to Enhance Clinical Trials. PI: Dr. Shannon Mathis. STATUS: NOT FUNDED.
3. 2017 – Comprehensive Assessments to Improve Outcomes in Sport’s Related Concussions. UAB Health Sciences Foundation General Endowment Fund. \$214,000 2.0 years: PI: Dr. Kristi Casazza. STATUS: NOT FUNDED.
4. 2017 – Effects of uncoupling protein 1 (UCP1) and thermoneutrality on the hypermetabolic phenotype produced by dietary ketone esters. \$30,610 2.0 years: PI: Dr. Eric P. Plaisance. STATUS: FUNDED.
5. 2016 – Role of hydroxycarboxylic acid receptor 2 agonists on energy homeostasis and metabolism. UAB NORC Pilot/Feasibility Grant Program. \$25,000 1.0 year: PI: Dr. Eric P. Plaisance. STATUS: FUNDED.
6. 2016 – Effects of high intensity interval exercise on skeletal muscle markers of energy metabolism. UAB Faculty Development Grant. \$10,000 1.0 year: PI: Eric P. Plaisance. STATUS: FUNDED.
7. 2016 – Role of Hydroxycarboxylic Acid Receptor 2 Agonists on Lifespan Extension in Mice. UAB Nathan Shock Center Pilot/Feasibility Grant Program: PI: Dr. Eric P. Plaisance. STATUS: NOT FUNDED.
8. 2015 – Cognitive Fatigue, Brain Glycogen, Exercise, and Hyperphagia. NIH/NIDDK 1R01 000000-00 (MPI). \$2,250,000 5.0 years: PI: Dr. Gary R. Hunter; Co-PI: Dr. Eric P. Plaisance. STATUS: NOT FUNDED.
9. 2015 – Resistance Training Targeting Metabolic Health in AYA Survivors of ALL. CCC Pilot Grant in Pediatric Cancer. 2.0 years: PI: Dr. Krista Casazza; Co-PI: Dr. Eric P. Plaisance. STATUS: NOT FUNDED

10. 2015 – Effects of Resistance Exercise Training in Patients with Left Ventricular Assist Device. UAB Comprehensive Cardiovascular Center. \$50,000 1.0 years: PI: Dr. Eric P. Plaisance. STATUS: NOT FUNDED
11. 2015 – Resistance Training as a Strategy to Improve Disparities in Insulin Sensitivity in African Americans. NIH/NIA 1R21AG052699-01. \$275,000 2.0 years: PI: Dr. Eric P. Plaisance. STATUS: NOT FUNDED
12. 2015 – Effect of a Short Bout of Coordinative Exercise on Executive Function and Appetite. NIH/NICHD R21. \$275,000 2.0 years: PI: Dr. Retta Evans; Co-I: Dr. Eric P. Plaisance. STATUS: NOT FUNDED
13. 2015 - UAB Pre-Doctoral Training in Obesity-Related Research (National Heart Lung and Blood Institute – T32 HL 105349). Program Director: Dr. David B. Allison. Role: Co-Mentor. STATUS: FUNDED
14. 2015 - Evaluation of Functional Capacity and Metabolic Health in Patients Supported by Left Ventricular Assist Devices (LVAD). UAB Faculty Development Grant. \$10,000 1.0 year: PI: Eric P. Plaisance; Co-PI: Renzo Loyaga-Rendon. STATUS: FUNDED
15. 2014 – Problem Solving, Brain Glycogen, Exercise, Hyperphagia & Fatigue. NIH/NIDDK 1R01DK106155-01. \$2,200,000 4.0 years: PI: Dr. Gary R. Hunter; Co-PI: Dr. Eric P. Plaisance. STATUS: NOT FUNDED
16. 2014 – Mechanisms in which Exercise Preserves Metabolic Health during Weight Regain. NIH/NIDDK R01. \$3,402,680 5.0 years: PI: Dr. Gordon Fisher; Co-I: Dr. Eric P. Plaisance. STATUS: NOT FUNDED
17. 2014 – Resistance Training as a Strategy to Improve Outcomes in African American Women in Cardiac Rehab. UAB Center for Exercise Medicine Supplemental Grant. \$1,500 1.0 year: PI: Dr. Eric P. Plaisance. STATUS: FUNDED
18. 2014 – Healthy Eating, Activity, & Resting Together (HEART) Matters. Research Projects on Disparities in African American Men’s Health throughout the Life Course (NTCC-14-001). \$175,000 2.0 years: PI – Dr. Larrell L. Wilkinson, Co-I: Dr. Eric P. Plaisance. STATUS: FUNDED
19. 2014 - Exercise Intensity, Metabolic Rate, and Insulin Sensitivity. Department of Human Studies Intramural Grant. \$28,500 1.0 years: PI: Dr. Gordon Fisher; Co-I: Dr. Eric P. Plaisance. STATUS: FUNDED
20. 2014 - Role of Energy Restriction and High-Intensity Interval Exercise Training on Adaptive Thermogenesis and Metabolism. Department of Human Studies Intramural Grant. \$51,940 1.0 years: PI – Dr. Eric P. Plaisance. STATUS: FUNDED
21. 2014 - Exercise and Cognitive Function. Department of Human Studies Intramural Grant. \$13,770 1.0 years: PI – Dr. Gary R. Hunter; Co-I – Dr. Eric P. Plaisance. STATUS: FUNDED
22. 2014 – The Combined Effects of Psychotherapy and Aerobic Exercise on Markers of Anxiety Amongst Overweight Sedentary Women. Department of Human Studies Intramural Grant. \$90,868 1.0 years: PI – Dr. Lawrence Tyson; Co-I – Dr. Eric P. Plaisance. STATUS: FUNDED
23. 2014 - Reducing Disparities & Improving Outcomes in AA Women during Cardiac Rehab. Minority Health & Health Disparities Research Center (AMC21 Research Strategy). \$50,000 1.0 year: Co-PI’s: Dr. Larrell



L. Wilkinson, and Dr. Eric P. Plaisance; Co-I's: Dr. Vera Bittner; Dr. Gary R. Hunter. STATUS: NOT FUNDED

24. 2014 - Evaluation of Functional Capacity and Metabolic Health in Patients Supported by Left Ventricular Assist Devices (LVAD). James K. Kirklin Award for Innovative Research in Cardiothoracic Transplantation and Mechanical Circulatory Support. \$80,000 1.0 year: PI's - Dr. Renzo Loyaga-Rendon; Dr. Salpy V. Pamboukian, Dr. Eric P. Plaisance; Co-I's - Dr. Gary R. Hunter; Dr. Jose Tallaj; Dr. Deepak Acharya; Dr. William Holman. STATUS: NOT FUNDED
25. 2014 – UAB Pre-doctoral Training Programs in Obesity-Related Research. PI – Dr. David Allison, Role: Mentor: FUNDED
26. 2014 – Mitochondrial Dysfunction, Redox Balance, Insulin Resistance, and Exercise. \$2.0 million. 4.0 years: PI – Dr. Gordon Fisher, Co-I: Dr. Eric P. Plaisance. STATUS: NOT FUNDED
27. 2013 – HIIT/Energy Expenditure/Metabolic Health During & Following Energy Restriction. NIDDK R01. \$2.3 million 4.0 years: PI – Dr. Gary R. Hunter, Co-I: Dr. Eric P. Plaisance. STATUS: NOT FUNDED
28. 2013 – Resistance Training as a Strategy to Reduce Physiological and Metabolic Disparities in African American Women Undergoing Cardiac Rehabilitation: UAB Deep South Resource Center for Minority Aging Research (2P30AG031054, Richard M. Allmann, PI). \$25,000. 1.0 years: PI – Dr. Eric P. Plaisance. STATUS: FUNDED
29. 2012 – Remodeling of Lipid Metabolism by Dietary Methionine Restriction. NIDDK Mentored Research Scientist Development Award (1K01DK096012-01). \$110,000 1.0 years: PI – Dr. Eric Plaisance STATUS: FUNDED
30. 2011 – Role of GCN2 on Lipogenic Gene Expression Following Methionine Restriction. NIDDK Nutrition and Obesity Research Center Pilot & Feasibility Grant (2 P30DK072476-06). \$27,380 1 year: PI – Dr. Eric Plaisance STATUS: FUNDED
31. 2010 – Role of SCD-1 in the Effects of Dietary Methionine Restriction on the Components of Energy Homeostasis. Ruth L. Kirschstein National Research Service Award – F32 Individual Postdoctoral Fellowship Award, 1F32DK088513-01A1, \$181,041 1.75 years: PI - Dr. Eric Plaisance STATUS: FUNDED
32. 2010 – Obesity: from Genes to Man. Ruth L. Kirschstein National Research Service Award – T32 Institutional Postdoctoral Fellowship Award, 5T32DK064584-08, \$58,850 1 year: PI - Dr. Phillip Brantley STATUS: FUNDED
33. 2009 – Obesity: from Genes to Man. Ruth L. Kirschstein National Research Service Award – T32 Institutional Postdoctoral Fellowship Award, 5T32DK064584-08, \$55,850 1 year: PI - Dr. Phillip Brantley STATUS: FUNDED
34. 2007 – Regulation of Adiponectin Secretion by Niacin. American Heart Association, Greater Southeast Affiliate, Postdoctoral Fellowship Award, G00003941, \$88,500 2 years: PI – Dr. Eric Plaisance STATUS: FUNDED

35. 2007 – Regulation of Adiponectin Secretion by Extended-Release Niacin. Diabetes Action Research and Education Foundation, \$40,000, 1 year: PI – Dr. Robert Judd, Co-PI – Dr. Eric Plaisance STATUS: FUNDED
36. 2006 - The Effects of Extended-Release Niacin and Exercise on Fasting and Postprandial Blood Lipids. Global Pharmaceuticals Research & Development Pre-doctoral Fellowship, Abbott Laboratories, \$26,200, 1 year: PI – Eric Plaisance STATUS: FUNDED
37. 2006 – The Effects of Extended-Release Niacin and Exercise on Fasting and Postprandial Blood Lipids. Auburn University, Graduate Student Thesis/Dissertation Competitive Research Award, \$1000, 1 year: PI – Eric Plaisance STATUS: FUNDED

## CONTRACTS AND GIFTS

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1. 2014 - Effects of Therapeutic Lifestyle Changes on Lipid and Lipoprotein Characteristics in Individuals Undergoing an Outpatient Education Program. Atherotech Biotechnology, Inc. PI: Dr. Eric P. Plaisance. Total Directs: \$3,382.35. Dr. Plaisance contractually agreed to provide statistical analysis, data interpretation and manuscript preparation for the Our Healthy Heart Study conducted by Atherotech. Our Healthy Heart was designed to examine the effects of lipid profile-specific dietary recommendations on blood lipid and lipoprotein concentrations. STATUS: FUNDED
2. 2014 - Lifestyle Intervention on Blood Lipids and Lipoproteins. Atherotech Biotechnology, Inc., PI: Dr. Eric P. Plaisance. Total Direct Costs: \$15,000. Dr. Plaisance developed a contractual agreement with Atherotech to fund Ms. Kelsey Miller (Graduate Student in Dr. Plaisance's laboratory) for 1 year as a Graduate Assistant. Ms. Miller will work with Dr. Plaisance to foster a continuing relationship on their Our Healthy Heart Research Study. STATUS: FUNDED
3. UAB Nutrition Obesity Research Center (NORC) "Creativity is a Decision" Award submitted (6/9/15). This is a sponsored competition for the most creative ideas for grant proposals in obesity-related research. STATUS: NOT FUNDED.

## BIBLIOGRAPHY

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### Peer-Reviewed Publications

1. Deemer SE, Davis RAH, Gower B, Allison DB, D'Agostino DP, **Plaisance EP**. Concentration-dependent effects of a dietary ketone ester on components of energy balance in mice. *Metabolism*. In Review.
2. Davis RAH, Deemer SE, Bergeron JM, Little JT, Warren JL, Fisher G, Smith, Jr. DL, Fontaine KR, Dickinson SL, Allison DB, **Plaisance EP**. Dietary R,S-1,3-butanediol diacetoacetate reduces body weight and adiposity in obese mice fed a high-fat diet. *FASEB J*. In Press.
3. Rentería I, Concepción García-Suarez P, Osvaldo Martínez Corona D, **Plaisance EP**, Jiménez-Maldonado A. Effects of short-term high intensity interval training on systemic brain-derived neurotrophic factor in healthy women. *European Journal of Applied Physiology*. In Review.

4. Wilkinson LL, Plaisance EP, Beamon BD, Conoway AC, Brown N, Benjamin P, Alexander M, Stockett R. Performance of Physical Activity, Health Beliefs, and Cardiovascular Disease Risk Factors among Black Men: Findings from the HEART Matters Study. *American Journal of Preventive Medicine*. Supplement submission for CHAAMPS. In Review.
5. Hunter GR, Neumeier WH, Chandler-Laney P, Carter SJ, Hornbuckle-Lampkin L, **Plaisance EP**, Fisher G. RPE during walking predicts endurance independent of physiological effort in older women. *J Strength and Conditioning Research*. In Review.
6. Loyaga-Rendon RY, Hunter GR, **Plaisance EP**. Muscular strength predicts functional capacity and quality of life in left ventricular assist device (LVAD) supported patients. *J Cardiopulmonary Rehabilitation and Prevention*. In Review.
7. Hunter GR, Moellering DR, Carter SJ, Gower BA, Bamman MM, Hornbuckle LM, **Plaisance EP**, Fisher G. Potential causes of elevated REE following high intensity exercise. *Medicine and Science in Sports and Exercise*. 2017. 49:2414-2421.
8. Harley RW, Halbrooks JE, Watkins EE, Fisher G, Hunter GR, Nagy TR, **Plaisance EP**. High intensity interval training and calorie restriction promote remodeling of glucose and lipid metabolism in diet-induced obesity. *American Journal of Physiology, Endocrinology, and Metabolism*. 2017. 313:E243-E256.
9. Miller KE, Martz DC, Stoner C, Jowers A, Taheri M, Sarzynski MA, Harley RA, **Plaisance EP**. Efficacy of a personalized telephone-based medical nutrition program on blood lipid and lipoprotein metabolism: Results of Our Healthy Heart. *Nutrition and Dietetics*. 2018. 75:73-78.
10. Carter SJ, **Plaisance EP**, Fisher G, Fernandez JR, Gower BA, Hunter GR. Alterations in hemoglobin and serum 25-hydroxyvitamin D are related before and after weight loss independent of African admixture. *International Journal of Sports Nutrition and Exercise Metabolism*. 2017. 27:59-66. PMID: Not available.
11. Carter SJ, **Plaisance EP**, Goss AM, Fisher G, Fernandez JR, Gower BA, Hunter GR. Systolic blood pressure response after high-intensity interval exercise is independently related to decreased small arterial elasticity in normotensive African American women. *Applied Physiology, Nutrition and Metabolism*. 2016. 41:484-490. PMID: Not applicable.
12. Clay OC, Thorpe RJ, Wilkinson LL, **Plaisance EP**, Crowe M, Sawyer P, Brown CJ. An examination of lower extremity function and its correlates in older African American and Caucasian male Medicare beneficiaries. *Ethnicity and Disease*. 2015. 25:271-278. PMID: PMC4671416.
13. Hunter GR, McCarthy JP, Bamman M, Fisher G, **Plaisance EP**, Newcomer BR. Muscle fiber type, achilles tendon length, potentiation, and running economy. *The Journal of Strength and Conditioning Research*. 2015. 29:1302-1309. PMID: Not applicable.
14. Hunter GR, Fisher G, Neumeier WH, Carter SJ, **Plaisance EP**. Exercise training and energy expenditure following weight loss. *Medicine and Science in Sports and Exercise*. 2015. 47:1950-1957. PMID: Not applicable.

15. Loyaga-Rendon RY and **Plaisance EP**. Does increased oxygen extraction contribute to the improvement of VO<sub>2</sub>peak observed in patients who exercise with increased LVAD speed? *European Journal of Heart Failure*. 2014. 11:1256. PMID: Not applicable.
16. Taylor JK, **Plaisance EP**, Mahurin AJ, Mestek ML, Moncada-Jimenez J, Grandjean PW. Paraoxanase responses to exercise and niacin therapy in men with metabolic syndrome. *Redox Report*. 2015. 20:42-48. PMID: Not applicable.
17. **Plaisance EP**, Wilkinson LL, Miller KE, Mahan LS. Factors influencing the accumulation of recommended physical activity among Latinos in the Deep South of the United States. *Challenges. New Trends in Physical Education, Sport and Recreation (Spanish version: (ISSN: Print Edition: 1579-1726))*. 2015. 27:213-217. PMID: Not applicable.
18. Pfaehler A, Nanjappa MK, Coleman E, Saunders D, **Plaisance EP**, Judd RL, Akingbemi BT. Regulation of adiponectin secretion by soy isoflavones has implication for endocrine function of the testis. *Toxicology Letters*. 2012. 209:78-85. PMID: Not applicable.
19. Wooldridge AA., Edwards HG, **Plaisance EP**, Applegate R, Taylor DR, Taintor J, Zhong Q and Judd RL. Evaluation of high molecular weight adiponectin in horses. *American Journal of Veterinary Research*. 2012. 73:1230-1240. PMID: Not applicable.
20. **Plaisance EP**, Greenway FL, Boudreau A, Hill KL, Johnson WD, Perrone CE, Orentreich N, Cefalu WT, Gettys TW. Dietary methionine restriction increases fat oxidation in obese adults with metabolic syndrome. *Journal of Clinical Endocrinology and Metabolism*. 2011. 96:836-840. PMID: PMC3085194.
21. Hasek BE, Stewart LK, Henagan TM, Boudreau A, Lenard NR, Black C, Shin J, Huypens P, Malloy VL, **Plaisance EP**, Krajcik RA, Orentreich N, and Gettys TW. Dietary methionine restriction enhances metabolic flexibility and increases uncoupled respiration in both fed and fasted states. *American Journal of Physiology - Regulatory, Integrative and Comparative Physiology*. 2010. 299:R728-739. PMID: PMC2944433.
22. **Plaisance EP**, Henagan TM, Echlin H, Boudreau A, Lenard NR, Hasek BE, Orentreich N and Gettys TW. Role of  $\beta$ -adrenergic receptors in the hyperphagic and hypermetabolic responses to dietary methionine restriction. *American Journal of Physiology – Regulatory, Integrative and Comparative Physiology*. 2010. 299:R740-R750. PMID: PMC2944424.
23. Moncada-Jimenez J, **Plaisance EP**, Araya-Ramirez F, Taylor JK, Ratcliff L, Mestek ML, Grandjean PW, Aragon-Vargas L. Acute hepatic response to diet modification and exercise-induced endotoxemia during a laboratory-based duathlon. *Biology of Sport*. 2010. 27:111-118. PMID: Not Applicable.
24. Mansour M, Coleman E, Dennis J, Akingbemi B, Schwartz D, Braden T, Judd R, **Plaisance E**, Stewart L, Morrison E. Activation of PPAR $\gamma$  by rosiglitazone does not negatively impact male sex steroid hormones in diabetic rats. *PPAR Research*. 2009. 2009:1-8. PMID: Not Applicable.
25. **Plaisance EP**, Grandjean PW, Judd RL, Jones K, Taylor JK. The influence of gender, body composition and non-esterified fatty acids on serum adipokine concentrations. *Metabolism*. 2009. 58: 1557-1563. PMID: Not Applicable.

26. Mestek ML, **Plaisance EP**, Ratcliff LA, Taylor JK, Wee SO, Grandjean PW. Aerobic exercise and postprandial lipemia: Issues on volume and frequency of exercise response. *Medicine and Science in Sports and Exercise*. 2009. 41:966. PMID: Not Applicable.
27. Kaushik SV, **Plaisance EP**, Grandjean PW, Mathews ST. Decreased serum fetuin-A concentrations are associated with lowering of triglycerides in niaspan-treated individuals with metabolic syndrome. *Diabetes/Metabolism Research and Reviews*. 2009. 25: 427-434. PMID: Not Applicable.
28. **Plaisance EP**, Lukasova M, Offermanns S, Judd RL. Niacin stimulates adiponectin secretion through the GPR109A receptor. *Am J Physiol Endocrinol Metab*. 2009. 296: E549-E559. PMID: Not Applicable.
29. Moncada-Jimenez J, **Plaisance EP**, Mestek ML, Wee T, Araya-Ramirez F, Grandjean PW, Aragon-Vargas L. Duathlon performance unaltered by short-term changes in dietary fat and carbohydrates. *Int J Sport Nutr Exer Metabolism*. 2009. 19:47-60. PMID: Not Applicable.
30. Moncada-Jimenez J, **Plaisance EP**, Araya-Ramirez F, Wee T, Mestek ML, Grandjean PW, Aragon-Vargas L. Initial metabolic state and exercise-induced endotoxaemia are unrelated to gastrointestinal symptoms during exercise. *Journal of Sports Science and Medicine*. 2009. 8:252-258. PMID: PMC3761474.
31. Mestek ML, **Plaisance EP**, Grandjean PW. The relationship between pedometer-determined and self-reported physical activity and body composition variables in college-aged males and females. *Journal of American College Health*. 2008. 57: 39-44. PMID: Not Applicable.
32. **Plaisance EP**, Mestek ML, Mahurin AJ, Taylor JK, Moncada-Jimenez J, Grandjean PW. The effects of aerobic exercise and extended-release niacin on postprandial lipemia in men with the metabolic syndrome. *American Journal of Clinical Nutrition*. 2008. 38: 30-37. PMID: Not Applicable.
33. **Plaisance EP**, Grandjean PW, Brunson BL, Judd RL. Increased total and high-molecular weight adiponectin following extended-release niacin. *Metabolism*. 2008. 57: 404 – 409. PMID: Not Applicable.
34. Mestek ML, **Plaisance EP**, Ratcliff LA, Taylor JK, Wee SO, Grandjean PW. Aerobic exercise and postprandial lipemia in men with metabolic syndrome. *Medicine and Science in Sports and Exercise*. 2008. 40: 2105-2111. PMID: Not Applicable.
35. **Plaisance, EP**, Taylor JK, Hilson BD, Alhassan S, Abebe A, Garner JC, Mestek ML, Grandjean PW. Cardiovascular fitness and vascular inflammatory markers after acute aerobic exercise. *International Journal of Sport Nutrition and Exercise Metabolism*. 2007. 17: 154-164. PMID: Not Applicable.
36. Alhassan S, Reese KA, Mahurin J, **Plaisance EP**, Hilson BD, Garner JC, Wee SO, Grandjean PW. Blood lipid responses to plant stanol ester supplementation and aerobic exercise training. *Metabolism*. 2006. 55: 541-549. PMID: Not Applicable.
37. Mestek ML, Garner JC, **Plaisance EP**, Taylor JK, Alhassan S, Grandjean PW. Blood lipid responses after continuous and accumulated aerobic exercise. *International Journal of Sport Nutrition and Exercise Metabolism*. 2006. 16: 245-254. PMID: Not Applicable.

38. Kolok AS, **Plaisance EP**, Abdelghani A. Individual variation in the swimming performance of fishes: an overlooked source of variation in toxicity studies. *Environmental Toxicology and Chemistry*. 1998. 17: 282-285. PMID: Not Applicable.

## Book Chapters and Review Articles

1. Davis RAH, **Plaisance EP**, Allison DB. Complementary hypotheses on contributors to the obesity epidemic. *Obesity*. 2018. 26:17-21.
2. Hunter GR, **Plaisance EP**, Carter SJ, Fisher G. Why intensity is not a bad word – Response to Gentil et al.letter. *Clinical Nutrition*. 2017. 36: 1456.
3. Hunter GR, **Plaisance EP**, Carter SJ, Fisher G. Why intensity is not a bad word: Optimizing health status at any age. *Clinical Nutrition*. 2017. 37: 56-60.
4. **Plaisance EP**, Hunter GR, Bittner V. Resistance training as a means to improve metabolic health. In preparation.
5. Barnes MJ, **Plaisance EP**, Hanks L, Casazza K. Pre-habilitation – Promoting exercise in adolescent and young cancer survivors for improving lifelong health – a narrative review. *Cancer Research Frontiers*. 2016. 2:22-32. PMID: Not Applicable.
6. Loyoga-Rendon RY, **Plaisance EP**, Arena R, Shah K. Exercise physiology, testing and training: considerations for heart failure patients supported by a mechanical device. *Journal of Heart and Lung Transplantation*. 2015. 34:1005-1016. PMID: Not Applicable.
7. Allison DB, Antoine LH, Ballinger SW, Bamman MM, Biga P, Darley-Usmar VM, Fisher G, Gohlke JM, Halade GV, Hartman JL IV, Hunter GR, Messina JL, Nagy TR, **Plaisance EP**, Roth KA, Sandel MW, Schwartz TS, Smith DL Jr, Sweatt JD, Tollefsbol TO, Watts SA, Yang Y, Zhang J, Austad SN. Aging and Energetics 'Top 40' Future Research Opportunities, 2010-2013. F1000 Research. Invitation to Dr. Allison. 2014. 3:219. (Featured Article of the Week, 10/3/14-10/10/14). PMID: PMC4197746.
8. Hunter GR, **Plaisance EP**, Fisher G. Weight loss and bone mineral density. *Current Opinion in Endocrinology, Diabetes and Obesity*. 2014. 21:358-362. PMID: PMC4217506.
9. **Plaisance EP**, Fisher G. Exercise and dietary-mediated reductions in postprandial lipemia. *Journal of Nutrition and Metabolism*, vol. 2014, Article ID 902065, doi:10.1155/2014/90265. PMID: PMC4100364.
10. Wanders D, **Plaisance EP**, Judd RL. Lipid lowering drugs and circulating adiponectin. *Vitamins and Hormones*. 2012. 90:341-374. PMID: Not Applicable.
11. Wanders D, **Plaisance EP**, Judd RL. Pharmacological effects of lipid-lowering drugs on circulating adipokines. *World J Diabetes*. 2010. 1:116-128. PMID: PMC3083894.

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13. **Plaisance EP**, Grandjean PW, Mahurin AJ. Aerobic exercise and pharmacological strategies to reduce serum triglycerides: A qualitative review. *The Physician and Sportsmedicine*. 2009. 37:1-9 (Invitation to EP). PMID: Not Applicable.
14. **Plaisance EP**, Grandjean PW. Physical activity and high-sensitivity C-reactive protein. *Sports Medicine*. 2006. 36:1-16. PMID: Not Applicable.

### **Press Releases**

American College of Sports Medicine: Potential causes of elevated REE following high intensity exercise. Authors: Hunter GR, Moellering D, Carter S, Bamman M, Hornbuckle L, **Plaisance EP**, Fisher G (\*10/22/117).

American College of Sports Medicine: Exercise training increases ease of movement and energy expenditure following weight loss. Authors: Hunter GR, Fisher G, Neumeier WH, Carter SJ, **Plaisance EP** (\*8/14/15).

### **Abstracted Publications and Presentations**

1. Deemer SE, Davis RAH, Smith DL, **Plaisance EP**. R,S-1,3-butanediol diacetoacetate decreases body weight and adiposity in mice at thermoneutrality. Late Breaking Abstract. The Obesity Society Annual Meeting, Nashville, TN. Obesity. Accepted as one of the top 20 out of 1000 abstracts submitted for the TOS Basic Science and Lightning Talks (11/15/18).
2. Deemer SE, Davis RAH, Bergeron JM, Little JT, Warren JL, Fisher G, **Plaisance EP**. Hypermetabolic effects of dietary ketones are independent of changes in skeletal muscle mitochondrial respiration. American College of Sports Medicine International Meeting, Minneapolis, MN (Poster Presentation 5/30/18).
3. Deemer SE, Davis RAH, Bergeron JM, Little JT, Warren JL, Fisher G, **Plaisance EP**. Hypermetabolic effects of dietary ketones are independent of changes in skeletal muscle mitochondrial respiration. Southeast American College of Sports Medicine Annual Meeting, Chattanooga, TN (Poster Presentation 2/16/18).
4. Harley RAH, Bergeron JM, Little JT, **Plaisance EP**. Dietary Ketones Produce a Hypermetabolic Phenotype in the Presence of High-Fat Diet and Obesity. The Obesity Society Annual Meeting, Washington, DC. Obesity (Presented for Oral Presentation 11/3/17).
5. Wilkinson LL, **Plaisance EP**, Beamon BB, Conoway A, Brown N, Benjamin P. Examining physical activity among African American men: Preliminary findings from the HEART Matters Study. Presentation at the American Public Health Association 145th Annual Meeting & Exposition, Atlanta, GA (11/17).
6. Harris LH and **Plaisance EP**. Circulating Cortisol is not Correlated with Adiposity in Older African American Women. UA System Honors Research Day, Birmingham, AL (3/25/17).

7. **Plaisance EP**, Miller KE, Martz DC, Stoner C, Jowers A, Taheri ML, Sarzynski MA, Davis RH. Efficacy of a Telephone-Based Medical Nutrition Program on Blood Lipid and Lipoprotein Metabolism. Southeast American College of Sports Medicine Annual Meeting, Greenville, SC (2/18/17).
8. Harley RA, Halbrooks JE, Fisher G, Hunter GR, **Plaisance EP**. High-intensity interval exercise with calorie restriction improves intramuscular markers of glucose and lipid metabolism in diet-induced obesity. Late Breaking Abstract. The Obesity Society Annual Meeting, New Orleans, LA. Obesity, October 2016.
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