

# Julie Yong Kresta (Culbertson)

## Curriculum Vitae

Killeen, TX  
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### Education:

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| Ph.D. | 2008-2012 | Exercise Physiology<br>Texas A&M University, College Station, TX<br>Dissertation Title: <i>Effects of 28 days of Beta-Alanine and Creatine Monohydrate Supplementation on Muscle Carnosine, Body Composition and Exercise Performance in Recreationally Active Females</i> |
| Ph.D. | 2007-2008 | Exercise, Nutrition and Preventative Health<br>Baylor University, Waco, TX<br>Emphasis in Exercise Nutrition<br><i>Transferred to Texas A&amp;M, August 2008</i>   |
| M.S.  | May 2005  | Physiology of Exercise<br>University of Texas at Arlington, Arlington, TX<br>Thesis Title: <i>Effects of Short-term Isokinetic Resistance Training on Muscle Performance with Creatine Supplementation</i>   |
| B.A.  | May 2003  | Sports Medicine<br>DePauw University, Greencastle, IN  |

### Professional Experience:

#### **Director of Research Safety, Texas A&M University-Central Texas, Office of Research and Economic Development – Killeen, Texas; March 2020 – Present**

- Serve as chair of the Institutional Biosafety Committee (IBC)
- Oversee the university transition from a Biosafety Level 1 to Biosafety Level 2
- Assist with the oversight of iRIS software to manage documents for the Institutional Review Board (IRB), Institutional Biosafety Committee (IBC) and Institutional Animal Care and Use Committee (IACUC)

#### **Associate Director of Research Support, Texas A&M University-Central Texas, Office of Research and Economic Development – Killeen, Texas; July 2019 – March 2020**

- Assisted the Director of Research Support and Vice President for Research and Economic Development with the assessment of Research Handbooks and with strategic research program planning

#### **Associate Professor, Tenure Track, Texas A&M University-Central Texas, Exercise Physiology and Human Performance – Killeen, Texas; September 2018 – Present**

- Exercise Physiology and Human Performance Program Coordinator

- Exercise Physiology Laboratory Director
- Develop and instruct undergraduate levels courses to include: Exercise Physiology I and II, Anatomical Kinesiology, Exercise Biochemistry, Exercise Testing and Prescription, Advanced Cardiovascular Training, Research Methods, and Sports Nutrition
- Coordinate the Exercise Physiology and Human Performance Capstone
- Faculty Senate - Executive Committee Member

**Assistant Professor, Tenure Track, Methodist University, Department of Physical Therapy – Fayetteville, North Carolina; December 2014 – July 2017**

- Coordinated and instructed graduate level courses to include: Clinical Physiology, Exercise Physiology, Exercise Principles and Prescription (Lecture and Lab), Health and Wellness, and Nutrition for Physical Therapy (online)
- Oversaw and managed the Human Performance Laboratory
- Served as Content and Research Advisor for multiple student research projects
- Served on various department committees to include: Program Assessment (Chair), Student Affairs (Faculty Member), Curriculum (Faculty Member)
- Participated in new student interviews and work alongside the Admissions Committee
- Served on multiple Faculty Search Committees for the Department of Physical Therapy
- Organized and oversaw the Annual Health and Wellness Expo

**Assistant Professor, University of Pittsburgh, Department of Sports Medicine and Nutrition – Human Performance Laboratory at Fort Bragg, North Carolina; December 2011 – November 2014**

- Managed on site laboratory activities and testing for the project entitled: United States Army Special Operations Command (USASOC) Injury Prevention and Performance Optimization Research Initiative
- Data processing and analysis

**Graduate Assistant, Texas A&M University – Exercise and Sport Nutrition Laboratory, College Station, Texas; August 2008 – December 2010**

- Laboratory Supervisor
- Assisted in initial setup of the Exercise and Sport Nutrition Laboratory
- Assisted in data collection for ongoing research studies involving various physiological tests on Curves® study participants, NCAA Division I football players, Club triathletes and Club cyclists
- Collected and processed venous blood samples for further analysis
- Assisted in the calibration and management of laboratory equipment
- Data entry and dietary analysis
- Study Coordinator for “The Effects of the Curves® 30/30 Weight Loss Program on Long Term Weight Loss and Maintenance”

**Graduate Assistant, Baylor University – Exercise and Sport Nutrition Laboratory, Waco, Texas; August 2007 – August 2008**

- Laboratory Supervisor
- Assisted in data collection for ongoing research studies involving various physiological tests on study participants and NCAA Division I athletic teams to include football, men and women’s basketball and tennis
- Actively collected and processed venous blood samples for further analysis
- Assisted in the calibration and management of laboratory equipment
- Study Coordinator for the Curves® Special Populations ongoing research study
- Study Coordinator for the Quality of Life ongoing study

- Data entry and dietary analysis

**Laboratory Instructor, Baylor University, Waco, Texas; August 2007 – August 2008**

- Exercise Physiology
- Human Anatomy

**Research Associate, Baylor Institute for Rehabilitation, Dallas, Texas; July 2005 – August 2007**

- Main correspondent between the hospital and the Institutional Review Board (IRB) for all research studies
- Assisted in writing of Grant and Funding Proposals for future research studies
- Collected and analyzed data pertaining to current research studies
- Actively assisted in the writing and editing of articles and abstracts for publication in peer-reviewed scientific journals or for presentation at professional conferences
- Developed and managed research related databases

**Graduate Teaching Assistant, University of Texas at Arlington, Department of Kinesiology, Arlington, Texas; August 2003 – May 2005**

- Biophysical Principles Laboratory, Fall 2003 – Spring 2004
- Introduction to Exercise Science Laboratory, Fall 2004 – Spring 2005
- Physiology of Exercise Laboratory, Spring 2005
- Applied Physiology of Exercise Laboratory, Spring 2005
- Weight Training, Fall 2003 – Spring 2005

**Graduate Research Assistant, University of Texas at Arlington, Department of Kinesiology, Arlington, Texas; August 2003 – May 2005**

- Maintained functional laboratory through scheduling and managing equipment
- Data collection and analysis
- Comprehensive fitness testing
- Assisted in re-writing the Introduction to Exercise Science Laboratory Manual, 2004

**Physical Therapy Aide, AthletiCo Sports Medicine and Physical Therapy, Des Plaines, IL; June – August 2001**

- Worked directly with patients during the rehabilitation process
- Utilized modalities and exercise equipment
- Created rehabilitation plans for patients suffering from a variety of physical ailments

***Refereed Journal Article Publications:***

- **Kresta J**, Byrd M, Oliver JM, Baetge CC, Mardock M, Simbo S, Jung P, Koozehchian M, Khanna D, Lockard B, Dalton R, Rasmussen C, Kreider RB. Effects of energy and macronutrient cycling on weight loss, body composition, and markers of health in obese women participating in a resistance-based exercise program. *Medical Research Archives*. June 2020.
- Baetge C, Earnest C, Lockard B, Colette A, Galvin E, Rasmussen C, Levers K, Simbo S, Jung Y, Koozehchian M, Mardock M, Oliver J, Dalton R, Sanchez B, Byrd M, Khanna D, Jagim A, **Kresta J**, Greenwood M, Kreider R. Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. *Applied Physiology, Nutrition, and Metabolism*. 42(2), February 2017.
- Parr JJ, Clark NC, Abt JP, **Kresta JY**, Keenan KA, Kane SF, Lephart SM. Residual impact of previous injury on musculoskeletal characteristics in Special Forces soldiers. *Orthopaedic Journal of Sports Medicine*. 3(11), November 2015.
- **Kresta JY**, Oliver JM, Jagim A, Fluckey J, Reichman S, Kelly K, Meininger C, Mertens-Talcott S, Rasmussen C, Kreider RB. Effects of 28 days of beta-alanine and creatine

monohydrate supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. *Journal of the International Society of Sports Nutrition*. 11(55), November 2014.

- Kreider RB, Rasmussen C, Kerksick CM, Wilborn C, Taylor L, Campbell B, Magrans-Courtney T, Fogt D, Ferreira M, Li R, Galbreath M, Iosia M, Cooke M, Serra M, Gutierrez J, Byrd M, **Kresta JY**, Simbo S, Oliver J, Greenwood M. A carbohydrate restricted diet during resistance-training promotes more favorable changes in body composition and markers of health in obese women with and without insulin resistance. *The Physician and Sports Medicine*. 39(2), May 2011.
- Kreider RB, Serra M, Beavers KM, Moreillon J, **Kresta JY**, Byrd M, Oliver JM, Gutierrez J, Hudson G, Deike E, Shelmadine B, Leeke P, Rasmussen C, Greenwood M, Cooke M, Kerksick C, Campbell JK, Beiseigel J, Jonnalagadda SS. A structured diet and exercise program promotes favorable changes in weight loss, body composition, and weight maintenance. *Journal of the American Dietetic Association*. 111:828-843, 2011.
- **Culbertson J**, Kreider RB, Greenwood M, Cooke M. Effects of beta-alanine on muscle carnosine and exercise: a review of the current literature. *Nutrients*. 2(1):75-98, 2010.
- Jitomir J, Nassar E, **Culbertson J**, Moreillon J, Buford T, Hudson G, Cooke M, Kreider, R, Willoughby DS. The acute effects of the thermogenic supplement Meltdown on energy expenditure, fat oxidation, and hemodynamic responses in young, healthy males. *Journal of the International Society of Sports Nutrition* 5(23), 2008.
- Cramer JT, Stout JR, **Culbertson JY**, Egan AD. Effects of creatine supplementation and three days of resistance training on muscle strength, power output, and neuromuscular function. *Journal of Strength and Conditioning Research* 21(3):668-77, 2007.
- Cramer JT, Beck TW, Housh TJ, Massey LL, Marek SM, Dangelmaier S, Purkayastha S, **Culbertson JY**, and Fitz KA. Acute effects of static stretching on the isokinetic angle-torque relationship. *Journal of Sports Sciences* 26(6): 687-98, 2007.
- Marek S M, Cramer J T, Fincher AL, Massey L, Dangelmaier SM, Purkayastha S, Fitz KA, and **Culbertson JY**. Acute effects of static and proprioceptive neuromuscular facilitation stretching on muscle strength and power output. *Journal of Athletic Training* 40: 94 – 103, 2005.

#### **Book Chapters:**

- **Kresta JY**. Energy Demands: Sedentary vs. Active Individuals. In *Nutritional Guidelines for Athletic Performance: The Training Table*, edited by L. Taylor. Oxford, UK: Taylor and France. 2012.

#### **Abstract Publications (including site of presentation):**

- Coletta A, Mardock M, Lockard B, Byrd M, Simbo S, Jagim A, **Kresta JY**, Baetge C, Jung YP, Koozehchian M, Khanna D, Kyul H, Oliver JM, Greenwood M, Rasmussen C, Kreider R. Effects of two popular weight loss programs on changes in body composition and visceral adipose tissue in women. *Journal of the Federation of American Societies for Experimental Biology*. 2014. (San Diego, CA).
- Simbo S, Coletta A, Mardock M, Lockard B, Byrd M, Jagim A, **Kresta JY**, Baetge C, Jung YP, Koozehchian M, Khanna D, Kyul H, Oliver JM, Greenwood M, Rasmussen C, Kreider R. Effects of two popular weight loss programs on changes in android and gynoid body composition in women. *Journal of the Federation of American Societies for Experimental Biology*. 2014. (San Diego, CA).
- Jung YP, Lockard B, Baetge C, Levers K, Galvan E, Jagim A, Simbo S, Byrd M, Oliver J, Koozehchian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Chang C, Rasmussen C, Kreider R. Comparative

effectiveness of popular diet programs on changes in body composition and visceral adipose tissue in women. *Journal of the Federation of American Societies for Experimental Biology*. 2014. (San Diego, CA).

- Springer S, Lockard B, Baetge C, Jung YP, Levers K, Galvan E, Jagim A, Simbo S, Byrd M, Oliver J, Koozehchian M, Dalton R, Khanna D, **Kresta J**, Sanchez B, Horrell K, Leopold T, Cho M, Rivera A, Cerda C, Chang C, Rasmussen C, Kreider R. Comparative effectiveness of popular diet programs on change in android and gynoid body composition in women. *Journal of the Federation of American Societies for Experimental Biology*. 2014. (San Diego, CA).
- Dalton R, Lockard B, Baetge C, Levers K, Galvan E, Jagim A, Simbo S, Byrd M, Jung Y, Oliver J, Koozechian M, Khanna D, Sanchez B, **Kresta JY**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Analysis of efficiency and cost effectiveness of popular weight loss and fitness programs. *Journal of the International Society of Sports Nutrition*. 2013 (Colorado Springs, CO)
- Jagim A, Byrd M, Lockard B, Baetge C, Levers K, Galvan E, Simbo S, Jung Y, Oliver J, Koozechian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes positive changes in blood glucose and lipids in post-menopausal women. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB336. (Boston, MA)
- Levers K, Lockard B, Baetge C, Galvan E, Jagim A, Simbo S, Byrd M, Jung Y, Oliver J, Koozechian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Adding access to online meal plans and monitoring to a structured weight loss program with resistance-exercise promotes more positive changes in triglycerides. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB338. (Boston, MA)
- Dalton R, Lockard B, Baetge C, Levers K, Galvan E, Jagim A, Simbo S, Byrd M, Jung Y, Oliver J, Koozechian M, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Effects of participation in popular weight loss and fitness programs on insulin and leptin in women. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB339. (Boston, MA)
- Galvan E, Lockard B, Baetge C, Levers K, Jagim A, Simbo S, Byrd M, Jung Y, Oliver J, Koozechian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in blood lipids when compared to other popular weight loss programs. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB340. (Boston, MA)
- Lockard B, Baetge C, Levers K, Galvan E, Jagim A, Simbo S, Byrd M, Jung Y, Oliver J, Koozechian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Women who participate in a structured weight loss program with resistance-exercise experience more favorable changes in body composition when compared to other popular weight loss programs. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB341. (Boston, MA)
- Baetge C, Lockard B, Levers K, Galvan E, Jagim A, Simbo S, Byrd M, Jung Y, Oliver J, Koozechian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Adding access to online meal plans and monitoring improves success to a structured weight loss program with resistance-exercise in women. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB342. (Boston, MA)
- Simbo S, Lockard B, Baetge C, Levers K, Galvan E, Jagim A, Byrd M, Jung Y, Oliver J, Koozechian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M,

Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Effects of participation in popular weight loss and fitness programs on markers of health and fitness in women. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB206. (Boston, MA)

- **Kresta JY**, Oliver J, Jagim A, Kreider R, Fluckey J, Reichman S, Talcott S. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. *Journal of the International Society of Sports Nutrition*. 9(Suppl 1):P17, 2012.
- Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, Sanchez B, Jagim A, Oliver JM, **Kresta JY**, Horrell K, Leopold K, Cho M, Rasmussen C, Kreider R. Comparison of the efficacy of popular weight loss programs in sedentary overweight women I: body composition and resting energy expenditure. *Journal of the Federation of American Societies for Experimental Biology*. 2012. (San Diego, CA).
- Jung Y, Baetge C, Lockard B, Mardock M, Simbo S, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, Sanchez B, Jagim A, Oliver JM, **Kresta JY**, Horrell K, Leopold K, Cho M, Rasmussen C, Kreider R. Comparison of the efficacy of popular weight loss programs in sedentary overweight women II: health and fitness markers. *Journal of the Federation of American Societies for Experimental Biology*. 2012. (San Diego, CA).
- Koozehchian M, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Khanna D, Sanchez B, Jagim A, Oliver JM, **Kresta JY**, Horrell K, Leopold K, Cho M, Rasmussen C, Kreider R. Comparison of the efficacy of popular weight loss programs in sedentary overweight women III: fasting blood lipids and glucose. *Journal of the Federation of American Societies for Experimental Biology*. 2012. (San Diego, CA).
- Galvan E, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Levers K, Byrd M, Koozehchian M, Khanna D, Sanchez B, Jagim A, Oliver JM, **Kresta JY**, Horrell K, Leopold K, Cho M, Rasmussen C, Kreider R. Comparison of the efficacy of popular weight loss programs in sedentary overweight women IV: bone, protein and liver status. *Journal of the Federation of American Societies for Experimental Biology*. 2012. (San Diego, CA).
- Levers K, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Byrd M, Koozehchian M, Khanna D, Sanchez B, Jagim A, Oliver JM, **Kresta JY**, Horrell K, Leopold K, Cho M, Rasmussen C, Kreider R. Comparison of the efficacy of popular weight loss programs in sedentary overweight women V: perception of quality of diets. *Journal of the Federation of American Societies for Experimental Biology*. 2012. (San Diego, CA).
- Khanna D, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Koozehchian M, Sanchez B, Jagim A, Oliver JM, **Kresta JY**, Horrell K, Leopold K, Cho M, Rasmussen C, Kreider R. Comparison of the efficacy of popular weight loss programs in sedentary overweight women VI: quality of life. *Journal of the Federation of American Societies for Experimental Biology*. 2012. (San Diego, CA).
- Mardock M, Lockard B, Oliver JM, Byrd M, Simbo S, Jagim A, **Kresta JY**, Baetge C, Jung Y, Koozehchian M, Khanna D, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women I: body composition and resting energy expenditure. *Journal of the International Society of Sports Nutrition*. 2011, 8(Suppl 1):P4. (Las Vegas, NV)
- Byrd M, Mardock M, Lockard B, Oliver JM, Simbo S, Jagim A, **Kresta JY**, Baetge C, Jung Y, Koozehchian M, Khanna D, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women II: metabolic markers. *Journal of the International Society of Sports Nutrition*. 2011, 8(Suppl 1):P1. (Las Vegas, NV)
- Oliver JM, Mardock M, Lockard B, Byrd M, Simbo S, Jagim A, **Kresta JY**, Baetge C, Jung Y, Koozehchian M, Khanna D, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women III: health and fitness markers.

*Journal of the International Society of Sports Nutrition*. 2011, 8(Suppl 1):P5. (Las Vegas, NV)

- Jagim A, Mardock M, Lockard B, Oliver JM, Byrd M, Simbo S, **Kresta JY**, Baetge C, Jung Y, Koozehchian M, Khanna D, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women IV: quality of life and diet satisfaction. *Journal of the International Society of Sports Nutrition*. 2011, 8(Suppl 1):P7. (Las Vegas, NV)
- Greenwood M, Mardock M, Lockard B, Oliver JM, Byrd M, Simbo S, Jagim A, **Kresta JY**, Baetge C, Jung Y, Koozehchian M, Khanna D, Rasmussen C, Kreider R. Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program enhances success. *Journal of the International Society of Sports Nutrition*. 2011, 8(Suppl 1):P2. (Las Vegas, NV)
- Byrd M, **Kresta JY**, Oliver JM, Baetge C, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of intermittent dieting during resistance training in women III: Fitness. *ACSM: Medicine and Science in Sports and Exercise*. 2011. (Denver, CO)
- **Kresta JY**, Byrd M, Oliver JM, Baetge C, Mardock M, Simbo S, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of intermittent dieting during resistance training in women I: Weight loss and energy expenditure. *ACSM: Medicine and Science in Sports and Exercise*. 2011. (Denver, CO)
- Mardock M, **Kresta JY**, Byrd M, Oliver JM, Baetge C, Simbo S, Jung P, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of intermittent dieting during resistance training in women II: Health markers. *ACSM: Medicine and Science in Sports and Exercise*. 2011. (Denver, CO)
- **Culbertson J**, Mardock M, Byrd M, Simbo S, Oliver J, Canon C, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, Kreider R. Effects of diet cycling on weight loss and resting energy expenditure in women participating in the Curves® fitness program. *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b300. (Anaheim, CA)
- Byrd M, **Culbertson J**, Canon C, Oliver J, Mardock M, Simbo S, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, and Kreider R. Effects of high carbohydrate and high protein diets on markers of metabolic syndrome (MS) in women participating in the Curves® fitness program. *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b297. (Anaheim, CA).
- Oliver J, **Culbertson J**, Canon C, Byrd M, Mardock M, Simbo S, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, Kreider R. Effects of exercise and high carbohydrate and high protein diets on women with and without metabolic syndrome (MS). *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b298. (Anaheim, CA)
- Mardock M, Byrd M, Simbo S, Oliver J, **Culbertson J**, Canon C, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, Kreider R. Clinical profile of women with and without metabolic syndrome (MS). *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b300. (Anaheim, CA)
- Simbo S, **Culbertson J**, Mardock M, Byrd M, Oliver J, Canon C, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, Kreider R. Effects of 30-day diet cycling on weight loss and resting energy expenditure in women participating in the Curves® fitness program: a preliminary long-term analysis. *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b301. (Anaheim, CA)
- Canon C, **Culbertson J**, Byrd M, Rasmussen C, Jung P, Khanna D, Koozehchian M, Mardock M, Oliver JM, Simbo S, Kreider R. Effects of a 30-day fitness challenge on body composition and markers of health in women. *Medicine and Science in Sports and Exercise*. 2010, 42:5 Supplement. (Baltimore, MD)

- Canon C, **Culbertson J**, Byrd M, Rasmussen C, Jung P, Khanna D, Koozehchian M, Mardock M, Oliver JM, Simbo S, Kreider R. Effects of a 30-day fitness challenge on body composition and health markers in sedentary women. *NSCA National Conference Proceedings*. 2010. (Orlando, FL)
- Kreider RB, **Culbertson J**, Byrd M, Simbo S, Oliver JM, Mardock M, Canon C, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C. Maintaining a high protein diet while participating in a resistance training program does not affect markers of bone health in women. *NSCA National Conference Proceedings*. 2010. (Orlando, FL)
- Canon C, **Kresta JY**, Byrd M, Oliver JM, Mardock M, Simbo S, Jung P, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim HK, Rasmussen C, Kreider RB. Long-term efficacy of women participating in the Curves fitness and weight loss program. *Journal of the International Society of Sports Nutrition*. 2010, 7 (1 Supplement). (Clearwater, FL)
- **Kresta JY**, Byrd M, Oliver JM, Canon C, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim HK, Rasmussen C, Kreider RB. Effects of diet cycling on weight loss, fat loss and resting energy expenditure in women. *Journal of the International Society of Sports Nutrition*. 2010, 7(1 Supplement). (Clearwater, FL)
- Oliver JM, **Kresta JY**, Byrd M, Canon C, Mardock M, Simbo S, Jung P, Lockard B, Khanna D, Koozehchian M, Rasmussen C, Kerksick C, Kreider R. Effects of high carbohydrate or high protein energy-restricted diets combined with resistance-exercise on weight loss and markers of health in women with serum triglyceride levels above or below median values. *Journal of the International Society of Sports Nutrition*. 2010, 7 (1 Supplement). (Clearwater, FL)
- Jagim A, Oliver JM, **Kresta JY**, Canon C, Byrd M, Mardock M, Simbo S, Jung P, Rasmussen C, Kreider RB. Effects of a high protein diet on weight loss and leptin levels in sedentary women with normal and elevated leptin. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010,43. (Miami, FL)
- Jung P, **Kresta JY**, Oliver JM, Simbo S, Canon CN, Byrd M, Mardock M, Lockard B, Rasmussen C, Kreider RB. Effects of a high protein diet on weight loss and body composition in sedentary women with normal insulin sensitivity and insulin resistance. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 43. (Miami, FL)
- Kreider RB, Oliver JM, **Kresta JY**, Byrd M, Canon CN, Mardock M, Simbo S, Lockard B, Rasmussen C. Effects of exercise, weight loss, and diet type on leptin in sedentary women. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 43-44. (Miami, FL)
- **Kresta JY**, Oliver JM, Byrd M, Canon CN, Jagim A, Lockard B, Mardock M, Simbo S, Rasmussen C, Kreider RB. Relationship between fasting serum leptin levels and markers of bone, fat and health in sedentary women. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 48. (Miami, FL)
- Oliver JM, **Kresta JY**, Canon CN, Byrd M, Mardock M, Simbo S, Jung P, Koozehchian M, Rasmussen C, Kreider RB. Comparison of two different diet programs on fasting insulin levels in sedentary obese women participating in resistance training. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 41. (Miami, FL)
- Simbo S, Oliver JM, **Kresta JY**, Canon CN, Byrd M, Mardock M, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim HK, Jagim A, Rasmussen C, Kreider RB. Effects of a high protein diet on weight loss and body composition in sedentary women with normal and elevated blood glucose levels. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 54. (Miami, FL)
- **Culbertson J**, Byrd M, Cooke M, Kerksick C, Campbell B, Wilborn C, Galbreath M, Li R, Ferreira M, Nassar E, Harvey T, Parker A, Coutney T, Dove J, Beavers K, Serra M, Jitomir J, Moreillon J, Simbo S, Chandran R, Hudson G, Curtis C, Deike E, Iosia M, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness and weight loss program on body



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### **Presentations:**

- Kane SF, Parr JJ, **Kresta JY**, Bakey JF, Parr JJ, Sell TC, Lephart SM. Residual impact of previous injury on musculoskeletal characteristics in Special Forces soldiers. Accepted

Poster Presentation, *American College of Sports Medicine Annual Meeting*, San Diego, California, May 2015.

- Abt JP, Eagle SM, **Kresta JY**, Bakey JF, Sell TC, Kane SF, Lephart SM. Identification of asymmetrical and suboptimal agonist/antagonist strength in a cohort of Special Forces soldiers. Accepted Poster Presentation, *American College of Sports Medicine Annual Meeting*, San Diego, California, May 2015.
- Co-Morbid Traumatic Brain Injury and Spinal Cord Injury: A Comparison of Three Groups. *American Spinal Injury Association 33<sup>rd</sup> Annual Scientific Meeting*, May-June, 2007.
- Identifying Changes in Resiliency during Rehabilitation from Spinal Cord Injury. *American Spinal Injury Association 33<sup>rd</sup> Annual Scientific Meeting*, May-June, 2007.
- The Effects of Creatine Supplementation and Three Days of Isokinetic Training on Muscle Strength, Power Output, and Neuromuscular Function. *Exercise Science Seminar*, February, 2005.
- Differences among Peak Torque, Mean Power Output, and EMG Amplitude during Maximal Concentric and Eccentric Isokinetic Muscle Actions at 60, 120, and 180°·s<sup>-1</sup>. *Annual Celebration of Excellence by Students in Graduate Research (ACES)*, April, 2004.
- Differences among Electromyographic Amplitude during Maximal Concentric and Eccentric Isokinetic Muscle Actions at 60, 120, and 180°·s<sup>-1</sup>. *College of Education Research Day*, Spring 2004.
- Lactate Removal Rates during Active and Passive Recovery Methods and the Effects of Lactate on Subsequent Performances. *Department of Kinesiology Applied Research Symposium*, Fall 2003.

#### **Completed Research:**

- Comparison of Aerobic Capacity and Functional Performance in Individuals with a Lower Extremity Amputation (*Student Research Project – Advisor*)
- Investigating the Effects of Strengthening the Anterior and Lateral Oblique Sling Systems vs. Global Ankle Musculature to Improve Dynamic Balance among Young and Middle-Aged Adults (*Student Research Project – Advisor*)
- Effects of Visual Cuing, a Stabilizer Pressure Cuff, and Real Time Ultrasound for Activation of Core Stabilizers on Dynamic Balance in Patients with Chronic Low Back Pain (*Student Research Project – Co-Advisor*)
- Influence of Physical Characteristics and Footwear on Golf Swing Mechanics and Risk of Injury (*Student Research Project – Co-Advisor*)
- United States Army Special Operations Command Injury Prevention and Performance Optimization Research Initiative.
- Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, anaerobic performance and short-term recovery in recreationally active females. Doctoral Dissertation, JY Kresta (PI)
- The effects of altering rest to work ratio in a resistance training program designed to elicit hypertrophy, strength, power and myosin heavy chain composition in trained males.
- Effects of Russian Tarragon extract supplementation prior to creatine supplementation on whole body creatine retention: a proof of concept study.

#### **Memberships and Awards:**

- Huffines Institute Research Grant Award, Texas A&M University – 2010-2011
- American College of Sports Medicine (ACSM) – Member since 2010
- National Strength and Conditioning Association (NSCA) – Member since 2010
- International Society of Sports Nutrition (ISSN) – Member since 2007

- College of Education's Deans Student Advisory Group – University of Texas at Arlington (2005)
- Merit Scholarship Award – DePauw University (1999-2003)

**Community Service:**

- The Hockaday School Alumni Board of Visitors - Present
- The Hockaday School Alumni STEM Board - Present
- Family Readiness Group President – 95<sup>th</sup> Civil Affairs, Fort Bragg, NC – 2017-2018