

## CURRICULUM VITAE

### **Sam R Emerson**

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## EDUCATION

- Aug. 2017                    **Doctor of Philosophy**, Human Nutrition  
Kansas State University, Manhattan, KS  
Advisor: Sara K Rosenkranz, PhD  
Dissertation: “Postprandial Metabolism and Inflammation: Novel Insights Focusing on True-to-Life Application”
- May 2014                    **Master of Science**, Kinesiology  
Kansas State University, Manhattan, KS  
Advisor: Craig A Harms, PhD, FACSM  
Thesis: “Changes in Expiratory Flow Limitation during Exercise from Pre- to Post-puberty”
- Dec. 2012                    **Bachelor of Science**, Nutritional Sciences  
Oklahoma State University, Stillwater, OK

## ACADEMIC EMPLOYMENT EXPERIENCE

- Aug. 2022 – Present                    **Associate Professor**  
Department of Nutritional Sciences  
Oklahoma State University, Stillwater, Oklahoma
- Jan. 2023 – Present                    **Faculty Fellow**  
Division of Academic Affairs  
Oklahoma State University, Stillwater, Oklahoma
- Aug. 2017 – July 2022                    **Assistant Professor**  
Department of Nutritional Sciences  
Oklahoma State University, Stillwater, Oklahoma
- Aug. 2014 – July 2017                    **Graduate Research and Teaching Assistant**  
Department of Food, Nutrition, Dietetics, and Health  
Kansas State University, Manhattan, Kansas
- Aug. 2013 – May 2014                    **Graduate Teaching Assistant**  
Department of Kinesiology  
Kansas State University, Manhattan, Kansas

## RESEARCH PUBLICATIONS

### Peer-reviewed Publications:

Total Publications: 46

Senior Author Publications: 15

First Author Publications: 8

Publications that include Mentored Graduate Students: 20

### *Accepted for Publication as an Assistant or Associate Professor at Oklahoma State University:*

*(Students Mentored by SRE are underlined)*

1. Komakech JJ, Rakotomanana H, Walters CN, Kabahenda M, Hildebrand D, Cole KL, **Emerson SR**, Stoecker BJ. A Peer-Led Integrated Nutrition Education Intervention through Care Groups Improved Complementary Feeding of Infants in Post-Emergency Settlements in the West-Nile Region in Uganda: A Cluster-Randomized Trial. *Current Developments in Nutrition* (Accepted; In press).
2. Rogers EM, Banks NF, Tomko PM, Sciarrillo CM, **Emerson SR**, Thomas EBK, Taylor A, Teague TK, Jenkins NDM. Structured, Progressive Exercise Training Improves Cardiovascular Psychophysiological Outcomes in Young Adult Women with a History of Adverse Childhood Experiences. *Journal of Applied Physiology* (Accepted; In press).
3. Sciarrillo CM, Short KR, Keirns BH, Elliott DC, Clarke SL, Palle S, **Emerson SR**. Postprandial Triglycerides and Fibroblast Growth Factor 19 as Potential Screening Tools for Pediatric Non-alcoholic Fatty Liver Disease. *Pediatric Obesity* (Accepted; In press). <http://doi.org/10.1111/ijpo.13007>
4. Braun A, Hartwell M, Montgomery M, **Emerson SR**, Morris K, Greiner B. Prevalence of Metabolically Healthy Obesity in the United States: A cross-sectional evaluation of the National Health and Nutrition Examination Survey. *Obesity Research and Clinical Practice* (2022) 16(6): 536. [10.1016/j.orcp.2022.10.009](https://doi.org/10.1016/j.orcp.2022.10.009)
5. Kurti SP, Wisseman WS, Miller MM, Frick H, Malin SK, **Emerson SR**, Edwards D, Edwards EE. Acute exercise and the systemic and airway inflammatory response to a Western meal in young and older adults. *Metabolites* (2022) 12(9): 853. <https://doi.org/10.3390/metabo12090853>
6. Keirns BH, Hart SM, Sciarrillo CM, Poindexter KL, Clarke SL, **Emerson SR**. Postprandial Triglycerides, Endothelial Function, and Inflammatory Cytokines as Potential Candidates for Early Risk Detection in Normal-weight Obesity. *Obesity Research and Clinical Practice* (2022) 16: 386. <https://doi.org/10.1016/j.orcp.2022.08.008>
7. Keirns NK, Keirns BH, Tsotsoros CE, Sciarrillo CM, **Emerson SR**, Hawkins MAW. Gender-Specific Associations between Internalized Weight Stigma and Visceral Adipose Tissue in Women but not Men. *Stigma and Health* (2022) 7(2): 161. <https://doi.org/10.1037/sah0000381>
8. Jones JL, Gallus KL, **Emerson SR**, Sciarrillo CM, Waldrop T. Let's Take A Walk: Exploring the Impact of a Socially Inclusive Walking Program on the Physical and Mental Health of Adults with Intellectual Disability. *Journal of Intellectual Disability - Diagnosis and Treatment* (2022) 10(2): 78. <https://doi.org/10.6000/2292-2598.2022.10.02.2>
9. Keirns BH, Sciarrillo CM, Hart SH, **Emerson SR**. Comparison of a Standardized High-fat Meal versus a High-fat Meal Scaled to Body Mass for Measuring Postprandial Triglycerides: A Randomized Crossover Study. *Metabolites* (2022) 12(1): 81. <https://doi.org/10.3390/metabo12010081>
10. Martinez O, Steele CS, Steele TJ, **Emerson SR**, Cull BJ, Kurti SP, Rosenkranz SK. Effects of Short-term Sugary Beverage Consumption on Glucose Control and Cardiovascular Disease Risk Factors: A Randomized Controlled Parallel-arm Trial. *Journal of American College Health* (2022). <https://doi.org/10.1080/07448481.2021.2024550>
11. Keirns BH, Sciarrillo CM, Koemel NA, **Emerson SR**. Fasting, Non-fasting, and Postprandial Triglycerides for Screening Cardiometabolic Risk. *Journal of Nutritional Sciences* (2021) 10: e75. <https://doi.org/10.1017/jns.2021.73>

12. Keirns BH, Sciarrillo CM, Poindexter KL, **Emerson SR**. Daily Triglyceride Kinetics When Consuming a Realistic Western Diet in At-risk Individuals Across the Metabolic Spectrum: A Case Study. *Obesities* (2021) 1(2): 107-112. <https://doi.org/10.3390/obesities1020010>
13. Jenkins NDM, Rogers EM, Banks NF, Tomko P, Sciarrillo CM, **Emerson SR**, Taylor A, Teague TK. Childhood psychosocial stress is linked with impaired vascular endothelial function, lower SIRT1, and oxidative stress in young adulthood. *American Journal of Physiology - Heart and Circulatory Physiology* (2021) 321(3): H532-H541. [10.1152/ajpheart.00123.2021](https://doi.org/10.1152/ajpheart.00123.2021)
14. Kurti SP, Frick H, Wisseman WS, Malin SK, Edwards DD, **Emerson SR**, Edwards ES. Acute exercise improves glucose and triglyceride metabolism in young and older adults following high-fat, high-carbohydrate meal intake. *British Journal of Nutrition* (2022) 127(5): 687. <https://doi.org/10.1017/S0007114521002208>
15. Keirns BH, Hart SH, Sciarrillo CM, Poindexter KL, Clarke SL, **Emerson SR**. Postprandial Triglycerides, Flow-mediated Dilation, and the Inflammatory Cytokine Milieu in Metabolically Healthy Obesity: A Cross Sectional Pilot Study. *Obesities* (2021) 1(1): 58-71. <https://doi.org/10.3390/Obesities1010006>
16. Sciarrillo CM, Koemel NA, Keirns BH, Banks NF, Rogers EM, Rosenkranz SK, Kurti SP, Jenkins NDM, **Emerson SR**. Who Would Benefit Most from Postprandial Lipid Testing? *Clinical Nutrition* (2021) 40(7): 4762-4771. <https://doi.org/10.1016/j.clnu.2021.04.022>
17. Dixon MD, Sciarrillo CM, Jenkins NDM, Lucas EA, **Emerson SR**. The Reproducibility and Clinical Utility of an Abbreviated Fat Tolerance Test. *Clinical Nutrition ESPEN* (2021) 43: 428-435. <https://doi.org/10.1016/j.clnesp.2021.03.010>
18. Sciarrillo CM, Keirns BH, Koemel NA, Anderson KL, **Emerson SR**. FGF19: Potential therapeutic modulation of hepatic metabolism for the treatment of NAFLD. *Liver International* (2021) 41(5): 894-904. <https://doi.org/10.1111/liv.14802>
19. Sciarrillo CM, Keirns BH, Elliott DC, **Emerson SR**. The Effect of Black Coffee on Fasting Metabolic Markers and an Abbreviated Fat Tolerance Test. *Clinical Nutrition ESPEN* (2021) 41: 439-442. <https://doi.org/10.1016/j.clnesp.2020.11.020>
20. Jenkins NDM, Banks NF, Rogers EM, Sciarrillo CM, Colquhoun RJ, **Emerson SR**. Resistance exercise attenuates postprandial metabolic responses to a high-fat meal similarly in younger and older men. *Nutrition Research* (2020) 83: 73-85. <https://doi.org/10.1016/j.nutres.2020.08.012>
21. Keirns BH, Koemel NA, Sciarrillo CM, Anderson KL, **Emerson SR**. Exercise and Intestinal Permeability: Another Form of Exercise-Induced Hormesis? *American Journal of Physiology - Gastrointestinal* (2020) 319(4): G512-G518. <https://doi.org/10.1152/ajpgi.00232.2020>
22. Koemel NK, Sciarrillo CM, Jenkins NDM, Lucas EA, **Emerson SR**. Postprandial Metabolism and Vascular Function: Impact of Aging and Physical Activity Level. *International Journal of Sports Nutrition and Exercise Metabolism* (2020) 30(6): 412-419. <https://doi.org/10.1123/ijsnem.2020-0063>
23. Tucker E, Jones J, Gallus K, **Emerson SR**, Manning-Oullette A. Let's Take A Walk: Exploring intellectual disability as diversity in higher education. *Journal of College and Character* (2020) 21(3): 157-170. <https://doi.org/10.1080/2194587X.2020.1781659>
24. Kurti SP, Smith JR, Rosenkranz SK, **Emerson SR**, Edwards E, Jurens K, Laughlin A, Harms CA. Deep inspirations attenuate postprandial airway inflammation in college-aged adults with elevated baseline exhaled nitric oxide: A pilot study. *Experimental Lung Research* (2020) 46(1-2): 32-43. <https://doi.org/10.1080/01902148.2020.1713923>

25. O'Hara C, Ojo B, **Emerson SR**, Simenson AJ, Peterson S, Perkins-Veazie P, Payton ME, Hermann J, Smith BJ, Lucas EA. Acute Freeze-Dried Mango Consumption With a High-Fat Meal has Minimal Effects on Postprandial Metabolism, Inflammation and Antioxidant Enzymes. *Nutrition and Metabolic Insights* (2019) 12:1. <https://doi.org/10.1177/1178638819869946>
26. Kim JS, **Emerson SR**, Rosenkranz SK, Haub MD. Chronic Physical Activity Does Not Impact Metabolic Responses to Low or High Doses of Resistant Starch: A Crossover Trial. *Open Journal of Preventive Medicine* (2019) 9(7):1340662. DOI: [10.4236/ojpm.2019.97007](https://doi.org/10.4236/ojpm.2019.97007)
27. Banks NF, Tomko PM, Colquhoun RJ, Muddle TWD, **Emerson SR**, Jenkins NDM. Genetic Polymorphisms in ADORA2A and CYP1A2 Influence Caffeine's Effect on Postprandial Glycaemia. *Scientific Reports* (2019) 9(1):10532. <https://doi.org/10.1038/s41598-019-46931-0>
28. **Sciarrillo CM**, **Koemel NA**, Tomko PM, Bode KB, **Emerson SR**. Postprandial Lipemic Responses to Various Sources of Saturated and Monounsaturated Fat in Adults. *Nutrients* (2019) 11(5):1089. <https://doi.org/10.3390/nu11051089>
29. **Sciarrillo CM**, **Koemel NA**, Kurti SP, **Emerson SR**. Validity of an Abbreviated, Clinically Feasible Test for Postprandial Lipemia in Healthy Adults: A Randomized Cross-Over Study. *Nutrients* (2019) 11(1):180. <https://doi.org/10.3390/nu11010180>
30. **Emerson SR**, **Sciarrillo CM**, Kurti SP, Emerson EM, Rosenkranz SK. High-fat Meal-induced Changes in Markers of Inflammation and Angiogenesis in Healthy Adults Who Differ by Age and Physical Activity Level. *Current Developments in Nutrition* (2018) 3(1):nzy098. <https://doi.org/10.1093/cdn/nzy098>
31. Kurti SP, **Emerson SR**, Smith JR, Rosenkranz SK, Alexander SA, Lovoy GM, Harms CA. Older women exhibit greater airway 8-isoprostane responses to strenuous exercise compared with older men and younger controls. *Applied Physiology, Nutrition, and Metabolism* (2017) 43(5):497. <https://doi.org/10.1139/apnm-2017-0565>

*Accepted for Publication as a Graduate Student at Kansas State University:*

32. **Emerson SR**, Kurti SP, Emerson EM, Cull BJ, Casey K, Haub MD, Rosenkranz SK. Postprandial Metabolic Responses Differ by Age Group and Physical Activity Level. *The Journal of Nutrition Health and Aging* (2017) 22:145. <https://doi.org/10.1007/s12603-017-0956-6>
33. **Emerson SR**, Kurti SP, Teeman CS, Emerson EM, Cull BJ, Haub MD, Rosenkranz SK. Realistic Test-Meal Protocols Lead to Blunted Postprandial Lipemia but Similar Inflammatory Responses Compared to a Standard High-fat Meal. *Current Developments in Nutrition* (2017) 1(4): e000232. <https://doi.org/10.3945/cdn.116.000232>
34. **Emerson SR**, Kurti SP, Harms CA, Haub MD, Melgarejo T, Logan C, Rosenkranz SK. Magnitude and Timing of the Postprandial Inflammatory Response to a High-fat Meal in Healthy Adults: A Systematic Review. *Advances in Nutrition* (2017) 8(2):213. <https://doi.org/10.3945/an.116.014431>
35. Kurti SP, **Emerson SR**, Rosenkranz SK, Teeman CS, Emerson EM, Cull BJ, Smith JR, Harms CA. Post-prandial systemic 8-isoprostane increases after consumption of moderate and high-fat meals in insufficiently active males. *Nutrition Research* (2017) 39:61. <https://doi.org/10.1016/j.nutres.2017.02.003>
36. Kurti SP, Rosenkranz SK, Chapes SK, Teeman CS, Cull BJ, **Emerson SR**, Levitt M, Smith JR, Harms CA. Does chronic physical activity level modify the airway inflammatory response to an acute bout of exercise in the post-prandial period? *Applied Physiology, Nutrition, and Metabolism* (2016) 42(2):173. <https://doi.org/10.1139/apnm-2016-0335>
37. Teeman CS, Kurti SP, Cull BJ, **Emerson SR**, Haub MD, Rosenkranz SK. Postprandial Lipemic and Inflammatory Responses to High-Fat Meals: A Review of the Roles of Acute and Chronic Physical Activity. *Nutrition and Metabolism* (2016) 13:80. <https://doi.org/10.1186/s12986-016-0142-6>

38. **Emerson SR**, Haub MD, Teeman CS, Kurti SP, Rosenkranz SK. Summation of blood glucose and TAG to characterise the 'metabolic load index'. *British Journal of Nutrition* (2016) 116(9):1553. <https://doi.org/10.1017/S0007114516003585>
39. **Emerson SR**, Kurti SP, Snyder BS, Sitaraman K, Haub MD, Rosenkranz SK. Effects of thirty and sixty minutes of moderate-intensity aerobic exercise on postprandial lipemia and inflammation in overweight men: a randomized cross-over study. *Journal of the International Society of Sports Nutrition* (2016) 13(1):26. <https://doi.org/10.1186/s12970-016-0137-8>
40. Kurti SP, Kurti AN, **Emerson SR**, Rosenkranz RR, Smith JR, Harms CA, Rosenkranz SK. Household Air Pollution Exposure and Influence of Lifestyle on Respiratory Health and Lung Function in Belizean Adults and Children: A Field Study. *International Journal of Environmental Research and Public Health* (2016) 13(7):643. <https://doi.org/10.3390/ijerph13070643>
41. Teeman CS, Kurti SP, Cull BJ, **Emerson SR**, Haub MD, Rosenkranz SK. The effect of moderate intensity exercise in the postprandial period on the inflammatory response to a high-fat meal: An experimental study. *Nutrition Journal* (2016) 15(1):1. <https://doi.org/10.1186/s12937-016-0134-4>
42. **Emerson SR**, Rosenkranz SK, Rosenkranz RR, Kurti SP, Harms CA. The Potential Link between Sugar-Sweetened Beverage Consumption and Post-Exercise Airway Narrowing across Puberty: a Longitudinal Cohort Study. *Public Health Nutrition* (2015) 19(13):2435. DOI: <https://doi.org/10.1017/S1368980015003109>
43. Kurti SP, Smith JR, **Emerson SR**, Castinada M, Harms CA. Absence of Respiratory Muscle Fatigue in High-Intensity Continuous or Interval Cycling Exercise. *Journal of Strength and Conditioning Research* (2015) 29(11):3171. DOI: [10.1519/JSC.0000000000000974](https://doi.org/10.1519/JSC.0000000000000974)
44. Smith JR, **Emerson SR**, Kurti SP, Gandhi K, Harms CA. Lung volume and expiratory flow rates from pre- to post-puberty. *European Journal of Applied Physiology* (2015) 115(8):1645. <https://doi.org/10.1007/s00421-015-3149-1>
45. Kurti SP, Rosenkranz SK, Chapes SK, Cull BJ, Teeman CS, **Emerson SR**, and Harms CA. Does Moderate Intensity Exercise Attenuate the Post-prandial Lipemic and Airway Inflammatory Response to a High-fat Meal? *Biomed Research International* (2015) Article ID: 647952. <https://doi.org/10.1155/2015/647952>
46. **Emerson SR**, Kurti SP, Rosenkranz SK, Smith JR, Harms CA. Decreased Prevalence of Exercise Expiratory Flow Limitation from Pre- to Post-Puberty. *Medicine and Science in Sports and Exercise* (2015) 47(7):1503. DOI: [10.1249/mss.0000000000000566](https://doi.org/10.1249/mss.0000000000000566)

#### **Manuscripts in Prep or Under Review:**

1. Keirns BH, Sciarrillo CM, Medlin A, Hart SM, Cronin E, **Emerson SR**. Whole-Body Bone Mineral Density and Markers of Bone Homeostasis in Adults with Normal-Weight Obesity. Intended Journal: *Journal of Nutritional Science* (under review).
2. Komakech JJ, Rakotomanana H, Walters CN, Kabahenda M, Hildebrand D, Cole KL, **Emerson SR**, Stoecker BJ. A Peer-led Integrated Nutrition Intervention Using the Care Group Model Improved Infant Growth in South-Sudanese Refugees in Post-Emergency Settlements in the West Nile Region in Uganda. Intended Journal: *PLOS ONE* (in prep).
3. Malin SK, Frick H, Wisseman WS, Edwards EE, Edwards D, **Emerson SR**, Kurti SP. Acute Exercise on  $\beta$ -cell Function During a High Fat Meal in Young versus Old Adults. Intended Journal: *Journal of Applied Physiology* (under review).
4. Dotimas LG, Ojo B, Kaur A, Alake S, Dixon M, Davila-El Rassi G, Ice JA, Zhao J, **Emerson SR**, Smith BJ, Lucas EA. Wheat germ supplementation improves glucose homeostasis markers of overweight adults. Intended Journal: *American Journal of Clinical Nutrition* (in prep).

5. Keirns BH, Keirns NG, Tsotsoros CE, Layman HM, Stout ME, Medlin AR, Sciarrillo CM, Teague TK, **Emerson SR**, Hawkins MAW. Adverse Childhood Experiences and Obesity Linked to Indicators of Gut Permeability and Inflammation in Adult Women. Intended Journal: *PLOS ONE* (*under review*).
6. Geist CH, Hildebrand D, Keirns BH, **Emerson SR**. Nutrition Knowledge and Attitudes Among University Students. Intended Journal: *Journal of American College Health* (*under review*).
7. Komakech JJ, Rakotomanana H, Walters CN, Kabahenda M, Hildebrand D, Cole KL, **Emerson SR**, Stoecker BJ. Maternal Social Support among South Sudanese Refugees in the Post-Emergency Settlements in the West-Nile Region in Uganda: Barriers, Facilitators, and Perceptions. Intended Journal: *Qualitative Health Research* (*under review*).

<b>RESEARCH PRESENTATIONS</b>
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**Oral Presentations:**

*Presented as an Assistant or Associate Professor at Oklahoma State University:*

1. Metabolic Health and Exercise Tolerance in Normal-Weight Obesity and Metabolically Healthy Obesity. Central States American College of Sports Medicine annual meeting. March 4, 2022.
2. Fasting and Non-Fasting Triglycerides for Screening Cardiometabolic Risk. Invited Lecture at Harold Hamm Diabetes Center Metabolic Research Conference. March 2, 2020.
3. High-fat Meal Consumption: What are the Consequences? Continuing Education Webinar. Oklahoma Academy of Nutrition and Dietetics. June 25, 2018.

*Presented as a Graduate Student at Kansas State University:*

4. Changes in cardiopulmonary function during exercise from pre- to post-puberty. Masters Student Award Presentation. American College of Sports Medicine Central States chapter meeting. October 17, 2013.

**Poster Presentations:**

*Presented as an Assistant or Associate Professor at Oklahoma State University:*

*(Students Mentored by SRE are underlined)*

1. Jakubisin C, **Emerson SR**, Pal S, Lucas EA, Braun A. Behavioral Inhibition, Behavioral Activation, and Discomfort Intolerance are Related to the Presence of Gastrointestinal Intolerance to Dietary Fiber.
  - Submitted for presentation at Nutrition 2023, Boston, MA. July 2023.
2. Short KR, Palle SK, Tryggestad JB, Sciarrillo CM, **Emerson SR**. Increased Cardiovascular Disease Risk in Adolescents with Nonalcoholic Fatty Liver Disease.
  - ACSM Integrated Physiology of Exercise conference. Baltimore, MD. September 2022.
3. Keirns BH, Sciarrillo CM, Medlin AR, Hart SM, Cronic E, **Emerson SR**. Whole-Body Bone Mineral Density and Markers of Bone Homeostasis in Adults with Normal-weight Obesity.
  - Obesity Week, San Diego, CA. November 2022.
4. Sciarrillo CM, Keirns BH, Elliott DC, Clarke SL, Palle S, Short KR, **Emerson SR**. The postprandial triglyceride and FGF19 response is different in children with steatosis.
  - Obesity Week, San Diego, CA. November 2022.
5. Abraham R, Keirns BH, Sciarrillo CM, Hart S, Medlin A, **Emerson SR**. Age as a Determinant of Postprandial Metabolic Health.
  - OSU Freshman Research Scholars Symposium, Stillwater, OK. April 2022.

6. Abshere M, Keirns BH, Sciarrillo CM, Hart S, Medlin A, **Emerson SR**. Are There Differences in Postprandial Metabolism Between Men and Women?
  - OSU Freshman Research Scholars Symposium, Stillwater, OK. April 2022.
7. Cronic E, Keirns BH, Sciarrillo CM, Hart S, **Emerson SR**. Does the Framingham Steatosis Index Predict Postprandial Triglycerides?
  - OSU Freshman Research Scholars Symposium, Stillwater, OK. April 2022.
8. Fleming AN, Keirns BH, Sciarrillo CM, Hart S, Medlin A, **Emerson SR**. Correlation of Body Composition with High-Density Lipoprotein Cholesterol.
  - OSU Freshman Research Scholars Symposium, Stillwater, OK. April 2022.
9. Komakech JJ, Rakotomanana H, Walters CN, Kabahenda M, Hildebrand D, Cole KL, **Emerson SR**, Stoecker BJ. A Peer-led Integrated Nutrition Intervention Using the Care Group Model Improved Infant Growth in South-Sudanese Refugees in Post-Emergency Settlements in the West Nile Region, Uganda.
  - International Conference of Nutrition, Tokyo, Japan. December 2022.
10. Geist CH and **Emerson SR**. Nutrition Knowledge and Misinformation Among College Students.
  - OSU Undergraduate Research Symposium, Stillwater, OK. April 2022.
11. Freudenberger SA, Keirns BH, Sciarrillo CM, Poindexter KL, Dixon MD, Hart SM, **Emerson SR**. Body Composition Measures Associated with Postprandial Triglyceride Concentrations.
  - Nutrition 2022, Virtual. June 2022.
  - OSU Undergraduate Research Symposium, Stillwater, OK. April 2022.
12. Komakech JJ, Rakotomanana H, Walters CN, Kabahenda M, Hildebrand D, Cole KL, **Emerson SR**, Stoecker BJ. Maternal Social Support Improves Complementary Feeding of Infants by Refugee Mothers in Post-Emergency Settlements in the West-Nile Region in Uganda.
  - Nutrition 2022, Virtual. June 2022.
13. Orphan J, Alake S, Keirns BH, Ice J, Smith BJ, **Emerson SR**, Lucas EA. Pulse supplementation improves gut and bone health and lowers total cholesterol in postmenopausal women.
  - Nutrition 2022, Virtual. June 2022.
14. Keirns BH, Keirns NG, Tsotsoros CE, Sciarrillo CM, Medlin AR, Teague TK, Hawkins MAW, **Emerson SR**. Adverse Childhood Experiences and Obesity Linked to Indicators of Gut Permeability and Inflammation.
  - Nutrition 2022, Virtual. June 2022.
  - Oklahoma Academy of Nutrition and Dietetics annual meeting, Virtual. March 2022. *\*First place in poster competition*
15. Sciarrillo CM, Keirns BH, Elliott DC, Clarke SL, Palle S, Short KR, **Emerson SR**. Children with Steatosis and Fibrosis have a Blunted Postprandial FGF19 response to a High-fat Meal.
  - Nutrition 2022, Virtual. June 2022.
16. Jenkins NDM, Rogers EM, Banks NF, Tomko PM, Sciarrillo CM, **Emerson SR**, Taylor A, Teague TK. Structured, Progressive Exercise Training Improves Cardiovascular Psychophysiological Outcomes in Young Adult Women with a History of Adverse Childhood Experiences.
  - Experimental Biology Annual Meeting, Philadelphia, PA. April 2022.
17. Keirns NG, Keirns BH, Sciarrillo CM, **Emerson SR**, Teague TK, Hawkins MAW. Pilot Results of Immune and Stress Reactivity to Experimentally-Manipulated Weight Stigma.
  - American Psychomatic Society Annual Meeting, Long Beach, CA. March 2022.
18. Banks NF, Rogers EM, Sciarrillo CM, Koemel NA, Keirns BH, Helwig NJ, **Emerson SR**, Jenkins NDM. Neither resistance or aerobic training improve postprandial lipemia or glycemia in post-menopausal women.

- ACSM Annual Meeting, San Diego, CA. June 2022.
19. Rogers EM, Banks NF, Sciarrillo CM, Koemel NA, Keirns BH, Helwig NJ, **Emerson SR**, Jenkins NDM. Resistance Training Improves Cardiorespiratory Fitness and Maximal Fat Oxidation Similarly to Aerobic Training, but Uniquely Decreases Visceral Adipose Tissue in Previously Sedentary Postmenopausal Women.
    - AHA EpiLifestyle Scientific Sessions, Chicago, IL. March 2022.
  20. Jenkins NDM, Rogers EM, Banks NF, Tomko PM, Sciarrillo CM, Helwig NJ, **Emerson SR**, Taylor A, Teague TK. Adverse childhood experiences are linked to disrupted sleep and circadian cortisol concentrations in young adult women.
    - AHA EpiLifestyle Scientific Sessions, Chicago, IL. March 2022.
  21. Sciarrillo CM, Keirns BH, Elliott DC, Clarke SL, Lucas EA, Hawkins MAW, Palle S, Short KR, **Emerson SR**. Abbreviated Fat Tolerance Test as a Screening Tool for Nonalcoholic Fatty Liver Disease in Children.
    - The Obesity Society's Obesity Week, Virtual. November 2021.
  22. Keirns NG, Keirns BH, Sciarrillo CM, **Emerson SR**, Hawkins MAW. Internalized Weight Stigma linked to Greater Visceral Adiposity for Women, but not Men.
    - AHA Scientific Sessions 2021, Virtual. November 2021. *\*Selected as oral presentation*
  23. Keirns BH, Hart SM, Sciarrillo CM, Poindexter KL, Clarke SL, **Emerson SR**. Postprandial Triglycerides, Flow-Mediated Dilation, and the Inflammatory Cytokine Milieu in Metabolically Healthy Obesity: A Cross-Sectional Pilot Study.
    - Interdisciplinary Nutrition Sciences Symposium, Virtual. June 2021. *\*Selected as oral presentation*
  24. Keirns BH, Hart SM, Sciarrillo CM, Poindexter KL, Clarke SL, **Emerson SR**. Individuals with Normal-weight Obesity Exhibit Higher Postprandial Triglycerides, but Similar Endothelial Function and Inflammation Compared to Normal-weight Controls.
    - AHA Scientific Sessions 2021, Virtual. November 2021.
  25. Hart S, Keirns BH, Sciarrillo CM, Guynes RB, **Emerson SR**. Determination of Peak Aerobic Capacity in Normal Weight Obesity and Metabolically Healthy Obesity.
    - Oklahoma Academy of Nutrition and Dietetics annual meeting, Virtual. March 2021.
    - Nutrition 2021, Virtual. June 2021.
  26. Dotimas LG, Ojo B, Kaur A, Alake S, Dixon MD, Davila-El Rassi G, Zhao J, Ice J, **Emerson SR**, Lucas EA. Wheat germ supplementation improves glucose homeostasis markers of overweight adults.
    - Nutrition 2021, Virtual. June 2021.
  27. Poindexter KL, Sciarrillo CM, Koemel NA, Dixon MD, Keirns BH, Joyce JM, Hermann JR, **Emerson SR**. Determinants of Postprandial Triglycerides Across the Spectrum of Aging.
    - Nutrition 2021, Virtual. June 2021.
  28. Keirns BH, Sciarrillo CM, Poindexter KL, **Emerson SR**. Daily Triglyceride Kinetics When Consuming a Realistic Western Diet in At-risk Individuals Across the Metabolic Spectrum: A Case Study.
    - Oklahoma Academy of Nutrition and Dietetics annual meeting, Virtual. March 2021. *\*Second place in poster competition*
    - Nutrition 2021, Virtual. June 2021.
  29. Kurti SP, Frick H, Wisseman WS, Malin SK, Edwards D, **Emerson SR**, Edwards ES. Does acute pre-prandial exercise attenuate triglycerides, glucose and metabolic load index in healthy older adults?
    - Southeastern States ACSM Annual Meeting, Virtual. February 2021.



30. Jenkins NDM, Rogers EM, Banks NF, Sciarrillo CM, **Emerson SR**, Taylor A, Teague K. Circulating Sirt1 And Endothelial Function Are Lower, But Are Not Improved By 8-weeks Of Exercise Training, In Young Adult Females With A History Of Adverse Childhood Experiences.
  - AHA Epi Lifestyle annual meeting, Dallas, TX [Virtual]. November 2020.
31. Dotimas LG, Ojo B, Alake SE, Kaur A, Dixon MD, **Emerson SR**, Chowanadisai W, Lucas EA. The Effects of Wheat Germ Supplementation on Anthropometric, Biochemical, and Stool Measures in Overweight Adults.
  - Nutrition annual meeting, Seattle, WA [Virtual]. June 2020.
32. Poindexter KL, Hermann JR, **Emerson SR**. Fasting and Postprandial Triglycerides across Older Adulthood: A Cross-sectional Study.
  - Nutrition annual meeting, Seattle, WA [Virtual]. June 2020.
33. Sciarrillo CM, Rosenkranz SK, Kurti SP, Koemel NA, Jenkins NDM, **Emerson SR**. Who Would Benefit Most From Postprandial Lipid Screening?
  - Nutrition annual meeting, Seattle, WA [Virtual]. June 2020.
34. Keirns BH, Elliott DC, Sciarrillo CM, Koemel NA, Poindexter KL, **Emerson SR**. Effect of Black Coffee on Fasting Metabolic Markers and an Abbreviated Fat Tolerance Test.
  - Nutrition annual meeting, Seattle, WA [Virtual]. June 2020.
35. Koemel NA, Sciarrillo CM, **Emerson SR**. Association of Body Composition, Glucose Control, and Diet with Postprandial Triglycerides and Vascular Function.
  - Nutrition annual meeting, Seattle, WA [Virtual]. June 2020.
36. Wisseman WS, Edwards ES, Frick H, **Emerson SR**, Medeiros M, Sutton C, White M, Malin S, Edwards D, Kurti SP. Preprandial exercise does not modify high fat meal induced inflammation in young and older adults.
  - ACSM annual meeting. San Francisco, CA [Virtual]. May 2020.
37. Banks NF, Rogers EM, Bryan HF, **Emerson SR**, Jenkins NDM. Effect of a Commercially-Available Nitric Oxide Enhancing Supplement on Cardiometabolic Function.
  - ACSM annual meeting. San Francisco, CA [Virtual]. May 2020.
38. Koemel NA, Sciarrillo CM, Tomko PM, Bode KB, Jenkins NDM, **Emerson SR**. Impact of age and physical activity level on postprandial vascular responses.
  - Central States ACSM Annual Meeting. Broken Arrow, OK. October 2019.
39. Tomko PM, Banks NF, Rogers E, Colquhoun RJ, Sciarrillo CM, Koemel NA, **Emerson SR**, Jenkins NDM. Resistance exercise improves post-prandial metabolic responses and conserves macrovascular function in older males.
  - NSCA National Conference, Washington, D.C. July 2019.
40. Poindexter KL, Dixon MD, **Emerson SR**. Is Phase Angle a Sensitive Biomarker for Overall Health Status?
  - Wentz Research Scholars Symposium, Stillwater, OK. April 2019.
41. Elliott DC, Sciarrillo CM, Koemel NA, Bode KB, **Emerson SR**. Regular Dietary Fiber Intake is Associated with a Lower Triglyceride Response to a High-fat Meal.
  - OSU Freshman Research Scholars Forum, Stillwater, OK. April 2019.
  - Kathleen Briggs Human Sciences Undergraduate Scholars Forum, Stillwater, OK. April 2019. *\*Faculty Choice Award*
42. Martinez O, Steele T, **Emerson SR**, Cull BJ, Rosenkranz SK. Effects of Sugar-Sweetened Beverages on Glycemic and Insulinemic Outcomes: A Randomized Control Trial.
  - Developing Scholars Program Research Forum, Manhattan, KS. April 2019.

43. Koemel NA, Sciarrillo CM, Tomko PM, Bode KB, Jenkins NDM, **Emerson SR**. Impact of Age and Physical Activity on Postprandial Metabolic Responses.
  - Oklahoma Academy of Nutrition and Dietetics Spring Convention, Oklahoma City, OK. March 2019. *\*First place in poster competition*
  - Nutrition annual meeting, Baltimore, MD. June 2019.
44. Dixon MD, Sciarrillo CM, Koemel NA, **Emerson SR**. The Reproducibility of an Abbreviated Fat Tolerance Test in Young Healthy Participants: A Pilot Study.
  - Oklahoma Academy of Nutrition and Dietetics Spring Convention, Oklahoma City, OK. March 2019.
  - Nutrition annual meeting, Baltimore, MD. June 2019.
45. **Emerson SR**, Sciarrillo CM, Koemel NA, Bode KB. Postprandial Lipemic Responses to Various Sources of Dietary Fat in Healthy Adults.
  - Nutrition annual meeting, Baltimore, MD. June 2019.
46. Sciarrillo CM, Koemel NA, Bode KB, **Emerson SR**. Postprandial Lipemic Responses to Various Sources of Dietary Fat in Healthy Adults.
  - Oklahoma Academy of Nutrition and Dietetics Spring Convention, Oklahoma City, OK. March 2019. *\*Second place in poster competition*
47. Rosenkranz SK, Martinez O, Steele T, **Emerson SR**, Cull BJ, Kurti SP. Glycemic Control Outcomes Following Three Weeks of Additional Sugar-Sweetened Beverages or 100% Fruit Juice: A randomized controlled trial.
  - Nutrition annual meeting, Baltimore, MD. June 2019.
48. Gallus KL, Jones JL, **Emerson SR**. *Let's Take a Walk!* Exploring the feasibility and benefits of inclusive programming on the university campus.
  - American Association on Intellectual and Developmental Disabilities annual meeting, St. Paul, MN. June 2019.
49. Tomko PM, Colquhoun RJ, Banks NF, Sciarrillo CM, Koemel NA, **Emerson SR**, Jenkins NDM. A Single Resistance Exercise Session Reduces High Fat Meal-Induced Impairments in Conduit Artery Function and Microvascular Reactivity.
  - Experimental Biology annual meeting, Orlando, FL. April 2019.
50. Banks NF, Tomko PM, Colquhoun RJ, Muddle TWD, Magrini MA, **Emerson SR**, Jenkins NDM. Genetic Variants in the  $\beta_2$ -adrenergic Receptor Do Not Influence Caffeine's Effect on Glucose Responses to a Carbohydrate Feeding.
  - ACSM annual meeting, Orlando, FL. June 2019.
  - NSCA National Conference, Washington, D.C. July 2019.
51. Mitchell N, Sciarrillo CM, Koemel NA, **Emerson SR**. Validity of an Abbreviated Meal Test for Predicting the Postprandial Triglyceride Response.
  - OSU Freshman Research Scholars Forum, Stillwater, OK. April 2018. *\*First place in poster competition*
  - Kathleen Briggs Human Sciences Undergraduate Scholars Forum, Stillwater, OK. April 2018. *\*Faculty Choice Award*
52. Martinez O, Steele T, **Emerson SR**, Cull BJ, Kurti SP, Rosenkranz SK. Effects of Sugar-Sweetened Beverages on Metabolic Syndrome Risk Factors.
  - Nutrition annual meeting, Boston, MA. June 2018.
53. **Emerson SR**, Sciarrillo CM, Koemel NA, Smith R, Kurti SP. Pilot Testing the Validity of an Abbreviated, Clinically-feasible Test for Postprandial Lipemia.
  - Nutrition annual meeting, Boston, MA. June 2018.

54. Sciarrillo CM, Rosenkranz SK, Kurti SP, Emerson EM, **Emerson SR**. Postprandial Inflammation in Healthy Adults Who Differ by Age and Physical Activity Level.
- Oklahoma Academy of Nutrition and Dietetics Spring Convention, Tulsa, OK. April 2018. *\*President's Award - First Place for student research poster session*
  - Nutrition annual meeting, Boston, MA. June 2018.

*Presented as a Graduate Student at Kansas State University:*

55. **Emerson SR**, Kurti SP, Emerson EM, Cull BJ, Casey K, Fees AJ, Haub MD, Rosenkranz SK. Postprandial Triglyceride Responses in Younger versus Older Active Adults.
- K-State Graduate Research, Arts, and Discovery Forum, Manhattan, KS. March 2017.
  - ACSM annual meeting, Denver, CO. June 2017.
56. Kurti SP, **Emerson SR**, Rosenkranz SK, Smith JR, Harms CA. Older women exhibit higher airway 8-isoprostane responses to exhaustive exercise compared to older men.
- ACSM annual meeting, Denver, CO. June 2017.
57. Martinez O, **Emerson SR**, Cull BJ, Kurti SP, Alexander S, Lovoy G, Turpin VR, Hayes J, Rosenkranz SK. Effects of Sugar-Sweetened Beverages on Metabolic Syndrome Risk Factors and Insulin Sensitivity.
- Developing Scholars Program Research Forum, Manhattan, KS. April 2017. *\*James R Coffman Award of Excellence*
58. Kurti SP, **Emerson SR**, Rosenkranz SK, Smith JR, Harms CA. Habitual Physical Activity Level Modifies Lung Function, But Not 8-Isoprostane Generation, In Older Adults.
- American Physiological Society scientific sessions at Experimental Biology, Chicago, IL. April 2017.
59. **Emerson SR**, Kurti SP, Harms CA, Haub MD, Melgarejo T, Logan C, Rosenkranz SK. Characterizing the Inflammatory Response to a High-fat Meal in Healthy Adults: A Systematic Review.
- Research and the State, Manhattan, KS. November 2016. *\*top presenter award* (selected to present research to legislators at Kansas Capitol)
  - Chosen to be presented at Capitol Graduate Research Summit, Topeka, KS. March 2017.
  - American Society for Nutrition scientific sessions at Experimental Biology, Chicago, IL. April 2017.
60. Alexander A, Smith JR, **Emerson SR**, Harms CA, Barstow TJ. Effect of Puberty on Gas Exchange Threshold in Untrained Boys and Girls.
- ACSM annual meeting, Boston, MA. May 2016.
61. **Emerson SR**, Kurti SP, Teeman CS, Emerson EM, Cull BJ, Haub MD, Rosenkranz SK. Size and Timing Matter: Differential Triglyceride Responses to Three Meal Conditions.
- K-State Graduate Research, Arts, and Discovery Forum, Manhattan, KS. March 2016. *\*second place in poster competition*
  - College of Human Ecology Spring Graduate Research and Creative Scholarship Forum, Manhattan, KS. April 2016. *\*top poster award*
  - American Society for Nutrition annual meeting, San Diego, CA. April 2016.
62. Kurti SP, **Emerson SR**, Rosenkranz SK, Teeman CS, Emerson EM, Cull BJ, Smith JR, Harms CA. The effects of high-fat and moderate-fat meals on exhaled 8-isoprostane in insufficiently active, non-asthmatic men.
- College of Human Ecology Spring Graduate Research and Creative Scholarship Forum, Manhattan, KS. April 2016. *\*top poster award*
  - American Society for Nutrition annual meeting, San Diego, CA. April 2016.
63. Kim J, **Emerson SR**, Rosenkranz SK, Haub MD. The impact of physical activity and resistant starch on gut fermentation.
- College of Human Ecology Spring Graduate Research and Creative Scholarship Forum, Manhattan, KS. April 2016. *\*top poster award*

64. Teeman CS, Kurti SP, Cull BJ, **Emerson SR**, Haub MD, Rosenkranz SK. Does Moderate Intensity Exercise in the Postprandial Period Attenuate the Inflammatory Response to a High-Fat Meal?
  - College of Human Ecology Fall Graduate Research and Creative Scholarship Forum, Manhattan, KS. November 2015. *\*top poster award*
  - K-State Graduate Research, Arts, and Discovery Forum, Manhattan, KS. March 2016.
  - American Society for Nutrition annual meeting, San Diego, CA. April 2016.
  
65. **Emerson SR**, Rosenkranz SK, Kurti SP, Rosenkranz RR, Harms CA. Is there a Link Between Sugar-sweetened Beverage Consumption and Post-exercise Airway Narrowing Across Growth?
  - K-State Research Forum, Manhattan, KS. March 2015.
  - ACSM annual meeting, San Diego, CA. May 2015.
  - College of Human Ecology Fall Graduate Research and Creative Scholarship Forum, Manhattan, KS. November 2015. *\*top poster award*
  
66. Kurti SP, Rosenkranz SK, Chapes SK, Cull BJ, Teeman CS, **Emerson SR**, Harms CA. Does moderate intensity exercise attenuate the post-prandial lipemic and airway inflammatory response to a high-fat meal?
  - ACSM's meeting on the Integrative Physiology of Exercise. Miami, FL. September 2014.
  - Central States Chapter of ACSM regional conference. Overland Park, KS. October 2014.
  - College of Human Ecology Fall Graduate Research and Creative Scholarship Forum, Manhattan, KS. November 2015.
  
67. Teeman CS, Cull BJ, Kurti SP, **Emerson SR**, Haub MD, Rosenkranz SK. Does  $VO_{2peak}$  moderate the association between dietary fat intake and post-prandial fat oxidation?
  - Central States Chapter of ACSM regional conference. Overland Park, KS. October 2014.
  - K-State Research Forum, Manhattan, KS. March 2015.
  - ACSM annual meeting, San Diego, CA. May 2015.
  
68. Kurti SP, Rosenkranz SK, Chapes SK, Levitt M, Cull BJ, Teeman CS, **Emerson SR**, Klaassen T, Harms CA. The Effect of Physical Activity on Post-Prandial Triglycerides and Airway Inflammation Following a High-Fat Meal.
  - ACSM annual meeting, San Diego, CA. May 2015.
  
69. **Emerson SR**, Haub MD, Kurti SP, Rosenkranz SK. 60 minutes of moderate-intensity walking improves fasting insulin sensitivity in overweight non-diabetic men.
  - ACSM's meeting on the Integrative Physiology of Exercise. Miami, FL. September 2014.
  - Central States Chapter of ACSM regional conference. Overland Park, KS. October 2014.
  
70. **Emerson SR**, Kurti SP, Rosenkranz SK, Smith JR, Harms CA. Sex differences in cardiopulmonary function during exercise from pre- to post-puberty.
  - ACSM annual meeting. Orlando, FL. May 2014.
  
71. Kurti SP, **Emerson SR**, Smith JR, Castinado KM, Harms CA. The effect of a bout of high-intensity interval training on respiratory muscle fatigue.
  - Central States Chapter of ACSM regional conference. Warrensburg, MO. October 2013.
  - ACSM annual meeting. Orlando, FL. May 2014.
  
72. Smith JR, **Emerson SR**, Harms CA. Airways and lung growth during puberty.
  - Central States Chapter of ACSM regional conference. Warrensburg, MO. October 2013.
  - ACSM annual meeting. Orlando, FL. May 2014.
  
73. Kurti SP, Kurti AN, Rosenkranz SK, **Emerson SR**, Harms CA. The effect of indoor air pollutants on lung health and reported symptoms among rural Belizean adults.
  - Global Health and Innovation Conference. New Haven, CT. April 2014.

74. Kurti AN, Kurti SP, Rosenkranz SK, **Emerson SR**, Harms CA. Environmental contributors to decreased lung function in Belizean children.  
 ● Global Health and Innovation Conference. New Haven, CT. April 2014.
75. Conchola EC, Hester GM, Hawkey MJ, Palmer TB, **Emerson SR**, Mackey CS, Thompson BJ, Smith DB. Effects of two high intensity training protocols on caloric expenditure during free weight squats.  
 ● Central States Chapter of ACSM regional conference. Columbia, MO. October 2012.

## MENTORSHIP OF STUDENTS

### *Mentorship as an Assistant or Associate Professor at Oklahoma State University:*

#### Master's Thesis Committee (**\*major professor/primary advisor**)

**Christina Sciarrillo\***, Nutritional Sciences

*Thesis: Postprandial Lipemic Responses to Various Sources of Dietary Fat in Healthy Adults (Defended April 11, 2019)*

**Nick Koemel\***, Nutritional Sciences

*Thesis: Postprandial Metabolism and Vascular Function: Impact of Aging and Physical Activity Level (Defended: October 28, 2019)*

**Madison (Krehbiel) Dixon\***, Nutritional Sciences

*Thesis: The Reliability of an Abbreviated Fat Tolerance Test: A Comparison to the Oral Glucose Tolerance Test (Defended: November 25, 2019)*

Levin Dotimas, Nutritional Sciences

**Kara Poindexter\***, Nutritional Sciences

*Thesis: Determinants of Postprandial Triglycerides Across the Spectrum of Aging (Defended: December 18, 2020)*

**Sam (Nielson) Hart\***, Nutritional Sciences

*Thesis: Determination of Cardiorespiratory Fitness in Metabolically Healthy Obesity and Normal Weight Obesity: A Cross Sectional Study (Defended: November 19, 2021)*

**Caroline Geist\***, Nutritional Sciences

Colton Jakubisin, Nutritional Sciences

Sarah Corcoran, Nutritional Sciences

#### Doctoral Dissertation Committee (**\*major professor/primary advisor**)

Brandie Cheshier, Health and Human Performance

Natalie Keirns, Clinical Psychology

Caitlin Smith, Clinical Psychology

**Christina Sciarrillo\***, Nutritional Sciences

*Dissertation: Postprandial Triglycerides and FGF19 as Screening Tools for Non-alcoholic Fatty Liver Disease (Defended: April 15, 2022)*

**Bryant Keirns\***, Nutritional Sciences

*Dissertation: Postprandial Triglycerides, Flow-mediated Dilation, and Inflammatory Cytokines as Candidates for Early Risk Detection in Normal-weight and Metabolically Healthy Obesity (Proposed: June 18, 2021)*

Haley Hall, Human Development and Family Science

**Travis Eden\***, Nutritional Sciences

#### Master's Non-thesis Creative Component/ Capstone Committee

Lara Vogt, Nutritional Sciences

Ashton Greer, Nutritional Sciences

Jamie Baham, Nutritional Sciences

#### Master of Public Health Committee

Remilekun Oluborode

#### Undergraduate Honor's Thesis Committee (**\*chair**; ^reader)

**Sophia Brown\***, Nutritional Sciences (2018-2019)

Mitchell Scott<sup>^</sup>, Nutritional Sciences (2018-2019)  
**Georgia Blackwell\***, Biochemistry Molecular Biology (2020-2021)  
**Reese Guynes\***, Nutritional Sciences (2020-2021)  
**Sadie Freudenberger\***, Nutritional Sciences (2021-2022)  
**Caroline Geist\***, Nutritional Sciences (2021-2022)

#### Freshman Research Scholars

Nathan Mitchell, Nutritional Sciences (2017-2018)  
Destinee Elliott, Nutritional Sciences (2018-2019)  
Bryce Palmer, Nutritional Sciences (2019-2020)  
Brooke O'Neill, Nutritional Sciences (2020-2021)  
Elyse Cronic, Biochemistry Molecular Biology (2021-2022)  
Rhea Abraham, Nutritional Sciences (2021-2022)  
Abby Fleming, Nutritional Sciences (2021-2022)  
Macy Abshere, Nutritional Sciences (2021-2022)  
Ashley Keller, Nutritional Sciences (2022-2023)

#### Wentz Research Scholars

Kara Poindexter, Nutritional Sciences (2018-2019)  
Destinee Elliott, Nutritional Sciences (2019-2020)  
Abby Rosebrook, Nutritional Sciences (2022-2023)  
Harrison Smith, Nutritional Sciences (2022-2023)

#### Niblack Research Scholars

Destinee Elliott, Nutritional Sciences (2020-2021)

#### Rural Scholars Program

Rhea Abraham, Nutritional Sciences (2022-2023)

#### Mentored Students' Honors and Awards (does not include poster presentation awards)

Christina Sciarrillo, OSU 3MT People's Choice Award and Overall Runner-Up, 2018  
Christina Sciarrillo, OSU College of Human Sciences Outstanding Graduate Student Award at the M.S. Level, 2019  
Nick Koemel, OSU College of Human Sciences Outstanding Graduate Student Award at the M.S. Level, 2020  
Christina Sciarrillo, OSU College of Human Sciences Excellence in Mentoring Undergraduates in Research Award for Graduate Students, 2020  
Bryant Keirns, ASN Foundation Predoctoral Fellowship (Mars. Inc. Predoctoral Fellowship), 2020  
Nick Koemel, OSU Group 1 Biological Sciences MS Graduate Research Excellence Award, 2021  
Christina Sciarrillo, Barbara K. Pass Research Award in Nutritional Sciences, 2022  
Sam Hart, OSU 3MT Finalist, 2021  
Bryant Keirns, AHA Predoctoral Fellowship, 2022  
Bryant Keirns, Barbara K. Pass Research Award in Nutritional Sciences, 2022  
Bryant Keirns, Department of Nutritional Sciences Outstanding Research by a Graduate Student Award, 2022  
Bryant Keirns, College of Education and Human Sciences Outstanding Research by a Graduate Student Award, 2022  
Bryant Keirns, OSU Foundation Distinguished Graduate Fellowship, 2022-2023

## GRANTS & FUNDING

### Awarded:

**Total funding received across universities as PI: \$209,445 (\$194,345 external)**

**Total funding received across universities as Co-PI/Consultant/Sponsor: \$1,377,087 (\$1,355,680 external)**

**Total funding received across universities: \$1,586,532 (\$1,550,025 external)**

*Awarded as an Assistant or Associate Professor at Oklahoma State University:*

**Total funding received at OSU as PI: \$208,445 (\$194,345 external)**

**Total funding received at OSU as Co-PI/Consultant/Sponsor: \$1,368,440 (\$1,355,680 external)**

**Total funding received at OSU: \$1,576,885 (\$1,550,025 external)**

Note: External Funding Sources are Underlined

1. Exercise Tolerance and Gut Permeability in Normal-weight Obesity and Metabolically-healthy Obesity  
Esther Winterfeldt Faculty Support Award (2022)  
**Emerson SR** (PI)  
Award Amount: \$800  
Grant Number: N/A  
11/2022-10/2023
2. Gut Permeability-related Inflammation and Cardiovascular Disease Risk in Normal-weight and Metabolically Healthy Obesity  
American Heart Association Predoctoral Fellowship  
Keirns BK, **Emerson SR** (Sponsor), Lucas EA  
Award Amount: \$32,036  
Grant Number: G10005048  
1/2022-12/2022
3. Equipment Grant: SDL Atlas DryRate 201 drying rate testing device  
Human Sciences Laboratory and Research Equipment Program  
Mandal S (PI), Dawes J, **Emerson SR** (Collaborator), Peksoz S, Petrova A, Agnew R  
Award Amount: \$12,760  
Grant Number: N/A  
Dates: N/A
4. Effects of Curcumin on Type 3 Diabetes (Brain Insulin Resistance) by Combination of Aging and Type 2 Diabetes – In vitro, preclinical and human intervention studies  
Research Funding for the 2021 Ottogi Ham Taeho Foundation  
Kim Y, **Emerson SR** (Co-PI), Chowanadisai W  
Award Amount: \$260,000  
Grant Number: 1-503351  
02/2021-01/2024
5. Abbreviated Fat Tolerance Testing as a Screener for NAFLD in Adults: A Pilot Case-Control Study  
Esther Winterfeldt Faculty Support Award (2020)  
**Emerson SR** (PI)  
Award Amount: \$1,000  
Grant Number: N/A  
11/2020-10/2021
6. Validity and Reproducibility of Clinically Feasible Postprandial Testing  
OCAST Health Research Award  
**Emerson SR** (PI), McCann MH, Lucas EA, Jenkins NDM, Short KR  
Award Amount: \$122,171  
Grant Number: HR20-027  
10/2020-09/2023
7. Pulse Consumption Improves Gut Health, Metabolic Outcomes, and Bone Biomarkers of Postmenopausal Women (*Year 3 Supplement*)  
USDA ARS Pulse Crop Health Initiative  
Lucas EA, Smith BJ, **Emerson SR** (Co-PD), Braun A, Montgomery M, Zhao J

Award Amount: \$87,094  
7/2022-6/2023

8. Pulse Consumption Improves Gut Health, Metabolic Outcomes, and Bone Biomarkers of Postmenopausal Women (*Years 1-2*)  
USDA ARS Pulse Crop Health Initiative  
Lucas EA, Smith BJ, **Emerson SR** (Co-PD), Chao J, Davila El-Rassi G.  
Award Amount: \$165,915  
Grant Number: 5830600048  
09/2020-02/2022
9. Acute Inflammatory Effects of Weight Stigma in Overweight/Obesity  
NIH/NHLBI Ruth L. Kirschstein Predoctoral Individual National Research Service Award (F31)  
Keirns NG, Hawkins M, Craven J, Krems J, **Emerson SR** (Consultant)  
Award Amount: \$67,040  
Grant Number: F31HL152620  
07/2020-06/2022
10. Development of a More Sensitive Screening Tool for NAFLD in Children  
OSCTR Clinical and Translational Research Pilot (CTRP) Grant  
**Emerson SR** (PI), Short KR, Palle SK, McCann MH  
Award Amount: \$69,269  
Grant Number: RS20180476-46A1  
04/2020-12/2021
11. Neurotrophic Indicators of Cognition, Executive Skills, Plasticity, and Adverse Childhood Experiences Study (NICE SPACES)  
NIH/NIGMS Centers for Biomedical Research Excellence (CoBRE) Subaward  
Hawkins MAW, **Emerson SR** (Co-I)  
Award Amount: \$340,000  
Grant Number: P20GM109097  
06/2019-03/2022
12. Spanish Cove-OSU Community-Engaged Research Exploration  
OSCTR Community-Engaged Research Exploratory (CERE) Award  
**Emerson SR** (PI)  
Award Amount: \$2,905  
Grant Number: RS20180476-51  
09/2019-06/2021
13. Determination of Health-promoting Physical Activity Behaviors Across Aging: A Pilot Study  
Donna Cadwalader Research and Development Grant  
**Emerson SR** (PI) and Hermann JR  
Award Amount: \$3,000  
Grant Number: 27-78900  
07/2019-06/2021
14. Wheat germ supplementation will improve markers of gut health, inflammation, and insulin resistance in overweight individuals  
USDA AFRI Functions and Efficacy of Nutrients Award  
Lucas EA, Ojo B, Chohanadisai W, **Emerson SR** (Co-PD), Davila-El Rassi G, Payton M  
Award Amount: \$199,998  
Grant Number:  
Dates:



15. Equipment Grant: Parvo TrueOne 2400 Metabolic Cart  
Human Sciences Laboratory and Research Equipment Program  
**Emerson SR** (PI), Jenkins NDM, Wollenberg G, Bishop AJ  
Award Amount: \$9,300 (\$28,600 total shared cost)  
Grant Number: N/A  
Dates: N/A
  
16. The Clinical Utility of Resistance Training for Improving Cardiovascular Disease Risk in Post-Menopausal Women  
American Heart Association Institutional Enhancement Award  
Jenkins NDM and **Emerson SR** (Co-PI\*)  
Award Amount: \$154,000  
Grant Number: 18AIREA33960528  
07/2018-11/2021  
*\*As originally awarded, Emerson was Co-PI on grant. When original PI moved institutions, Emerson became PI (06/2020-11/2021).*
  
17. Effects of exercise on young adult women with ACEs: an integrative pilot study  
Center for Integrative Research on Childhood Adversity COBRE Pilot Project  
Jenkins NDM and **Emerson SR** (Co-I)  
Award Amount: \$49,597  
Grant Number: 5P20GM109097-02  
03/2018-03/2019

*Awarded as a Graduate Student at Kansas State University:*

**Total funding received at KSU as PI: \$1,000 (\$0 external)**

**Total funding received at KSU as Co-PI/Consultant: \$8,647 (\$0 external)**

**Total funding received at KSU: \$9,647 (\$0 external)**

1. Investigating the Inflammatory Response to a High-fat Meal in Adults of Varying Ages and Activity Levels  
Human Ecology Doctoral Dissertation Research Award  
**Emerson SR** (PI)  
Award Amount: \$1,000
  
2. Is There an Angiogenic Response Following Consumption of a Single High-Fat Meal?  
Kansas State University Small Research Grant (USRG)  
Rosenkranz SK and **Emerson SR** (Co-PI)  
Award Amount: \$3,647
  
3. Do alterations in meal size and frequency affect postprandial lipemia and inflammation?  
College of Human Ecology Sponsored Research Overhead (CHE-SRO) Award  
Rosenkranz SK and **Emerson SR** (Co-PI)  
Award Amount: \$5,000

**Submitted – Pending:**

1. Fasting Lactate as a Potential Screening Biomarker for Type 2 Diabetes  
OSU President's Fellows Faculty Research Award  
**Emerson SR** (PI)  
Requested: \$19,735  
03/2023-02/2024
  
2. Identification an Effective Exercise Intervention for Normal Weight Obesity  
American Heart Association Institutional Enhancement Award

**Emerson SR** (PI) and Baker BS  
Requested: \$151,103  
04/2023-03/2025

3. Dietary Fiber: Is it the Missing Link in Achieving Long Term Behavior Change?  
OCAST Health Research Award  
Braun A, **Emerson SR** (Collaborator), Lucas EA  
Requested: \$134,859 (pending)  
02/2023-01/2026
4. Determinants and Outcomes of High vs. Low Ultra-processed Feeding  
USDA AFRI Seed Grant (A1344 Diet, Nutrition and the Prevention of Chronic Diseases)  
**Emerson SR** (Co-PD), Braun A, Joyce J, Lucas EA, Rajendran J  
Requested: \$175,217 (Total Project Cost: \$350,454) (pending)  
01/2023-12/2024

**Submitted – Not Funded:**

*Submitted as an Assistant or Associate Professor at Oklahoma State University:*

1. The Efficacy of a Heart Health Tracking App for Oklahoma State University Employees: A Randomized Controlled Trial  
Women for OSU Partnering to Impact Grant  
**Emerson SR** (PI) and Rajendran JH  
Requested: \$10,000 (not funded)  
08/2023-05/2024
2. Daily Fresh Mango Versus Ultra-Processed Keto Bar for the Improvement of Body Weight, Cardiometabolic Health, and Diet  
National Mango Board Health and Nutrition Research Grant  
**Emerson SR** (PI), Braun A, Lucas EA  
Requested: \$121,363 (not funded)  
01/2023-12/2023
3. Relationships between cardiorespiratory fitness, physiological stress, and predictors of cardiometabolic disease among law enforcement officers  
NSCA Graduate Student Research Grant (Doctoral)  
Gonzalez AE, Kreider R, McAllister MJ, Martin S, Dawes JJ, **Emerson SR** (Co-I)  
Requested: \$13,128 (not funded)
4. Diet-related Determinants of Diabetes Outcomes in Obesity-related Cancer Survivors  
Harold Hamm Diabetes Center and Stevenson Cancer Center Pre-Team Science Grant  
**Emerson SR** (Co-PI) and Braun A  
Requested: \$25,000 (not funded)
5. Base Metrics: A preventive heart health app for employees  
OCAST Intern Partnerships Program (2022)  
Rajendran JH and **Emerson SR** (Co-PI)  
Requested: \$21,347 (not funded)
6. Determination of Key Clinical Parameters of Postprandial Triglycerides and Cardiometabolic Risk  
NIH/NIDDK Research Project Grant (Parent R01)  
**Emerson SR** (PI), Stoecker BJ, Rudra P  
Requested: \$1,831,973 (not funded)

7. Pinto beans will prevent gut dysbiosis, maintain gut health and improve metabolic outcomes in estrogen deficiency  
USDA AFRI Grant – Food Safety, Nutrition, and Health (A1343)  
Lucas EA, Alake S, Ice J, Chowanadisai W, Emerson SR (Co-PD), Zhao J, Mwavita M  
Requested: \$601,954 (not funded)
8. Base Metrics: A preventive heart health app for employees  
OCAST Intern Partnerships Program (2020)  
Rajendran JH and **Emerson SR** (Collaborator)  
Requested: \$21,347 (not funded)
9. Gut Permeability-related Inflammation and Cardiovascular Disease Risk in Normal-weight and Metabolically Healthy Obesity  
American Heart Association Predoctoral Fellowship  
Keirns BK and **Emerson SR** (Sponsor)  
Requested: \$31,520 (not funded)
10. Development of a More Sensitive Screening Tool for NAFLD in Children  
NIH/NIDDK Pilot and Feasibility Clinical and Translational Research Studies in Digestive Diseases and Nutrition (R21)  
**Emerson SR** (PI), Short KR, Palle SK, McCann MH  
Requested: \$385,957 (not funded)
11. Fittest Force Challenge: Impact of an online theory-based nutrition and physical activity program on diet, physical fitness, and cardiovascular disease risk factors amongst firefighters.  
OCAST Health Research Award  
Joyce J, Dawes JJ, **Emerson SR** (Collaborator)  
Requested: \$61,266 (not funded)
12. Identification of Risk Factors for Loss of Independence in Community-Dwelling Older Adults  
Bartlett Family Grant for Promoting Independent Living Among Individuals with Physical Disabilities  
**Emerson SR** (PI)  
Requested: \$9,981 (not funded)
13. Abbreviated Fat Tolerance Testing as a Screener for NAFLD in Adults: A Pilot Case-Control Study  
Esther Winterfeldt Faculty Support Award (2019)  
**Emerson SR** (PI)  
Requested: \$700 (not funded)
14. Determination of Pecan's Effect on Endothelial Function and Key Cardiovascular Risk Factors in Younger and Older Women  
American Pecan Council Nutrition Research Award  
Smith BJ, **Emerson SR** (PI), Lucas EA  
Requested: \$417,768 (not funded)
15. Evaluation of Diet, Food Environment, Physical Activity, and Cardiovascular Disease Risk of a Local Firefighter Cohort  
OCAST Health Research Award  
Joyce J, Dawes JJ, **Emerson SR** (Co-I), Jenkins NDM  
Requested: \$38,912 (not funded)
16. Evaluation of Diet, Food Environment, Physical Activity, and Cardiovascular Disease Risk of a Local Firefighter Cohort  
NIOSH Education and Research Center (ERC) Pilot Projects Research Grant  
Joyce J, **Emerson SR** (Co-I), Jenkins NDM

Requested: \$15,207 (not funded)

17. Advancement Toward Clinically Feasible Postprandial Triglyceride Testing  
NIH Academic Research Enhancement Award (R15)  
**Emerson SR** (PI), Lucas EA, Jenkins NDM, Payton ME  
Requested: \$442,537 (not funded)
18. HMetrics: A preventive health app targeting metabolic health  
OCAST Intern Partnerships Program (2018)  
Rajendran JH and **Emerson SR** (Co-PI)  
Requested: \$30,000 (not funded)
19. Pilot Study Investigating the Prebiotic Effect of Freeze-Dried Strawberries in Obese Individuals  
California Strawberry Commission  
Lucas EA, Smith BJ, Chowanadisai W, **Emerson SR** (Collaborator), Ojo B  
Requested: \$70,000 (not funded)
20. Pilot Study Investigating the Prebiotic Effect of Freeze-Dried Mangoes in Overweight Individuals  
National Mango Board  
Lucas EA, Ojo B, Smith BJ, Chowanadisai W, **Emerson SR** (Collaborator), El-Rassi GD, Perkins-Veazie P, Payton M  
Requested: \$159,014 (not funded)
21. Vascular Function in Older Adults: Impact of Meal Intake and Physical Activity  
Oklahoma Medical Research Foundation COBRE Pilot Projects  
**Emerson SR** (PI)  
Requested: \$47,175 (not funded)

#### UNIVERSITY INSTRUCTION

##### *Instruction as an Assistant or Associate Professor at Oklahoma State University:*

- NSCI 2114: Principles of Human Nutrition (Lecture and Honors Discussion)  
Fall 2018, Fall 2019, Fall 2020, Fall 2021, Spring 2022, Fall 2022, Spring 2023
- NSCI 3021: Evidence-based Practice II – Pathophysiology of Chronic Disease  
Fall 2017, Spring 2018 (2 sections), Spring 2019 (2 sections)
- NSCI 3053: Independent Study  
Fall 2017 (Christina Sciarillo)
- NSCI 4913/5913: Nutritional Epidemiology  
Fall 2018, Fall 2020
- NSCI 5023: Advanced Nutrition in the Pathophysiology of Chronic Disease  
Spring 2018, Spring 2020, Spring 2021
- NSCI 5123: Research Methods in Nutritional Sciences  
Spring 2020
- Guest Lecturer  
HS 6993 Graduate Seminar in Human Sciences, 3 times  
NSCI 3021 Evidence-based Practice II – Pathophysiology of Chronic Disease, 1 time

##### *Instruction as a Graduate Student at Kansas State University:*

- FNDH 570: Research Methods in Nutrition & Dietetics  
Summer 2017
- FNDH 535: Energy Balance  
Summer 2016; Summer 2017
- FNDH 132: Basic Nutrition (Teaching Assistant)  
Fall 2014-Spring 2016

KIN 220: Biobehavioral Bases of Exercise (Lab Instructor)

Fall 2013, Spring 2014

KIN 330: Biomechanics (Lab Instructor)

Fall 2013, Spring 2014

KIN 336: Exercise Physiology (Lab Instructor)

Fall 2013, Spring 2014

Guest Lecturer

KIN 220 Biobehavioral Bases for Exercise, 3 times

FNDH 132 Basic Nutrition, 18 times

FNDH/KIN 635 Nutrition and Exercise, 3 times

FNDH 570 Research Methods, 2 times

## COMMUNITY OUTREACH

*Outreach as an Assistant or Associate Professor at Oklahoma State University:*

### **Fact Sheets:**

1. Making Sense of Heart Disease Risk Factors (T-6117). **Emerson SR** and Hermann JR (October 2019). [External Link](#). (Revised 2021).
2. How to Identify Credible Sources of Health Information in the Digital Age (T-4504). Sciarrillo CM, **Emerson SR**, Hermann JR (November 2020). [External Link](#).
3. The Health Risks of Fad Diets (T-3623). Sciarrillo CM, Joyce J, Hildebrand D, **Emerson SR** (November 2020). [External Link](#).

### **Outreach Presentations:**

1. Cardiometabolic Risk Factors Across the Spectrum of Aging. Health talk at Spanish Cove Retirement Village in Yukon, OK. December 16, 2020.
2. Benefits of Physical Activity Against Viral Infection. Health talk at Spanish Cove Retirement Village in Yukon, OK. January 20, 2021.
3. Understanding Heart Disease Risk Factors. Health talk at Spanish Cove Retirement Village in Yukon, OK. March 17, 2021.
4. Exercise and Physical Activity Recommendations for Older Adults. Health talk at Spanish Cove Retirement Village in Yukon, OK. April 21, 2021.
5. Are Vitamin Supplements Necessary for Good Health? Health talk at Spanish Cove Retirement Village in Yukon, OK. July 21, 2021.
6. Physical Activity for Mitigating Age-related Metabolic Decline: A Brief Report of Findings from the Donna Cadwalader Grant Study at OSU. 86th Annual State of Oklahoma Home and Community Educators (OHCE) Conference. Oklahoma City, OK. August 2, 2021.

## LEADERSHIP IMPACTS

**Chair of College of Education and Human Sciences Faculty Advisory Council**

*As a part of a team effort with a diverse group of collaborators:*

- Guided discussion and approval of the inaugural College of Education and Human Sciences Charter and Bylaws document.
- Formed a cohesive, representative group of faculty members to serve on an *ad hoc* committee commissioned with developing a Reappointment, Promotion and Tenure (RPT) document for the College of Education and Human Sciences.
- Advanced avenues of communication and representation for faculty in the College of Education and Human Sciences in several ways, such as implementing an online anonymous concerns and ideas inquiry form and sending monthly council updates.
- Helped guide implementation of principles of shared governance in a newly formed college with previously fluid and unchartered committees, policies and practices.

### **Vice Chair and Member of College of Education and Human Sciences Faculty Advisory Council**

*As a part of a team effort with a diverse group of collaborators:*

- Assisted in the review, discussion, and approval of a document guiding workload policies across academic units in the College of Education and Human Sciences.
- Facilitated establishment of the Faculty Advisory Council in the College of Education and Human Sciences, including its composition, function, and key responsibilities.
- Helped establish core principles of shared governance in a newly formed college.
- Aided in identification of a representative but efficient process that would lead to a Reappointment, Promotion and Tenure (RPT) document for the College of Education and Human Sciences.

### **Chair of NSCI 2114 Curriculum Update Ad Hoc Committee**

*As a part of a team effort with a diverse group of collaborators:*

- Identified key concerns with NSCI 2114 Principles of Human Nutrition, a general elective course (Natural Science-designated) with a large undergraduate enrollment, including many non-major students.
- Guided brainstorming for solutions to key issues, gathering feedback from tenure-track faculty, non-tenure-track faculty, and students.
- Developed a strategy for implementing changes to NSCI 2114, receiving broad buy-in from faculty and students.
- Guided implementation of improvement strategies, including changing NSCI 2114 to NSCI 2013, creating of NSCI 2011, re-focusing the scope of the class on big picture principles and application, recommending a single instructor to ensure consistency across sections, and submitting all required documents to enact the changes.

### **Chair and Member of Department of Nutritional Sciences Graduate Curriculum Committee**

*As a part of a team effort with a diverse group of collaborators:*

- Assisted in (and, at times, led) the creation of a new “fast track” MS degree option (Dietetics Practice) in order to minimize the time to graduation and employment for non-thesis graduate students in Nutritional Sciences.
- Helped reform Nutritional Sciences PhD degree requirements, with an emphasis on maintaining a competitive edge with peer institutions, providing flexibility to students and dissertation committees, minimizing “hurdles and hoops” that do not directly advance students’ skills, knowledge and professional preparation, and overall decreasing time to degree completion.

## Other Leadership Impacts

*As a part of a team effort with a diverse group of collaborators:*

- Established the Laboratory for Applied Nutrition and Exercise Science (LANES), a shared interdisciplinary laboratory focused on advancing knowledge related to the mitigation of cardiovascular and metabolic disease risk in Oklahomans.
- Helped develop a new research speaker series called *Frontiers in Nutritional Sciences*, in which leading investigators from across the broad field of nutrition are brought to OSU to provide a research presentation and network with faculty and students.
- Conceived, designed, and received funding for the College of Education and Human Sciences' *Virtual Content Recording studio*, a space devoted to recording high-quality virtual content for the purposes of advancing the College mission related to academic instruction, outreach, and extension.

## INSTITUTIONAL SERVICE

*Service as an Assistant or Associate Professor at Oklahoma State University:*

### Service to Department:

**Committee Member**, NSCI Faculty Search and Screen Committee, AY2022-23

NSCI 2114 Curriculum Update Ad Hoc Committee, Spring 2022

Assisted with review and selection of NSCI Senior of Distinction Award, Spring 2022

**Committee Member**, NSCI Undergraduate and Graduate Scholarship Review Committee, Spring 2022

Promoted NSCI at OSU Admitted Students Day. March 5, 2022

**Co-organizer**, *Frontiers in Nutritional Sciences* monthly research speaker series, Aug. 2021 to present

**Committee Member**, NSCI Faculty Search and Screen Committee, AY2021-22

**Committee Member**, NSCI Undergraduate and Graduate Scholarship Review Committee, Spring 2021

**Co-Champion**, NSCI RE = P<sup>3</sup> (Research Advancement) Growth Initiative, June 2020 to July 2022

**Chair**, NSCI Graduate Curriculum Committee. April 2020 to May 2021

Promoted NSCI at OSU Admitted Students Day. Feb 21, 2020

**Committee Member**, NSCI PhD Qualifying Exam Review Ad Hoc Committee, Sep. 2019 to July 2020

**Committee Member**, NSCI Graduate Curriculum Committee, Jan. 2019 to Jan. 2023

**Committee Member**, NSCI Faculty Search and Screen Committee, AY2019-20

**Committee Member**, NSCI Research Initiative Working Group, Aug. 2019 to present

Promoted NSCI at OSU Admitted Students Day. Feb 16, 2019

**Committee Chair**, NSCI Faculty Search and Screen Committee, AY2018-19

**Committee Member**, NSCI Faculty Search and Screen Committee, AY2017-18

**Committee Member**, NSCI Departmental Curriculum Committee, Aug. 2017 to May 2018

### Service to College:

**Chair**, College of Education and Human Sciences Faculty Advisory Council, August 2021 to May 2022

**Committee Member**, College of Education and Human Sciences Reappointment, Promotion and Tenure Ad Hoc Discussion Group. January to August 2021

**Committee Member**, Search and Screen Committee for the Inaugural Dean of the College of Education and Human Sciences, August 2020 to February 2021

**Vice Chair**, College of Education and Human Sciences Faculty Advisory Council, August 2020 to August 2021

**Nutritional Sciences Representative**, College of Education and Human Sciences Faculty Advisory Council, May 2020 to present

**Committee Member**, College of Education and Human Sciences Sabbatical Policy Working Group. March 2020 to July 2020

**Nutritional Sciences Representative**, College of Human Sciences Faculty Advisory Council, April 2018 to May 2020

### Service to University:

**Alternate Member**, Institutional Review Board (IRB), June 2022 to present

**Committee Member**, Search and Screen Committee for the Vice President of Academic Affairs and Provost of Oklahoma State University, March to May 2022

**General Faculty Representative**, Faculty Council Retirement and Fringe Benefits Committee, July 2020 to June 2021

### *Service as a Graduate Student at Kansas State University:*

**Committee Member**, State Relations Committee, Aug. 2015 to May 2017

**Leadership Team**, College of Human Ecology Graduate Student Council, May 2016 to May 2017

**Member**, College of Human Ecology Graduate Student Council, Sep. 2015 to May 2017

**Committee Member**, College of Human Ecology Academic Affairs Committee, Aug. 2015 to May 2016

**Committee Member**, Department Head Search Committee, Department of Food, Nutrition, Dietetics, and Health, AY2015-2016

**Symposium Moderator**, Kansas State Graduate Research and Artistic Discovery Forum, March 2016 and March 2017

## PROFESSIONAL ACTIVITY AND DEVELOPMENT

### *Professional Activity as an Assistant or Associate Professor at Oklahoma State University:*

#### Active Professional Memberships:

American Society for Nutrition

American College of Sports Medicine

American College of Sports Medicine Central States regional chapter

Council on Undergraduate Research

Harold Hamm Diabetes Center (Associate Member)

#### Professional Service:

**Abstract Reviewer**, Central States ACSM annual meeting, Jan. 2023

**Grant Reviewer**, OSCTR Clinical and Translational Research Pilot Grants, May 2022

**Member**, Central States ACSM Exercise is Medicine committee, April 2022 to present

**Guest Editor**, *Metabolites* (Special Issue: Metabolites for Screening and Evaluation of Cardiometabolic Risk), Aug. 2021 to May 2022

**Abstract Reviewer**, Central States ACSM annual meeting, Jan. 2022

**Abstract Reviewer**, Nutrition 2018 annual meeting, Feb. 2018

**Reviewer**, *Journal of Human Nutrition and Dietetics*, January 2023

**Reviewer**, *British Journal of Nutrition*, November 2022

**Reviewer**, *Medicine and Science in Sports and Exercise*, October 2022

**Reviewer**, *Journal of Nutrition*, May 2022

**Reviewer**, *Scientific Reports*, April 2022

**Reviewer**, *Science Progress*, June 2021

**Reviewer**, *Cardiovascular Diabetology*, April 2021

**Reviewer**, *Nutrition, Metabolism and Cardiovascular Diseases*, April 2021

**Reviewer**, *Clinical Nutrition ESPEN*, July 2020, February 2021

**Reviewer**, *Advances in Nutrition*, Aug. 2019

**Reviewer**, *Nutrients*, Jan. 2019, Nov. 2020

**Reviewer**, *Current Developments in Nutrition*, July/Nov. 2018

**Reviewer**, *Molecular Nutrition and Food Research*, Dec. 2017

**Reviewer**, *Applied Physiology Nutrition and Metabolism*, Nov. 2017, June 2020

**Reviewer**, *American Journal of Clinical Nutrition*, Aug. 2017, Jan. 2022

**Reviewer**, *European Journal of Applied Physiology*, June 2018, Jan. 2019, May 2019

**Reviewer**, *Journal of Science and Medicine and Sport*, Jan. 2018



## **Professional Development:**

Translating Practice into Research (TPIR) training program through Oklahoma Shared Clinical and Translational Resources (OSCTR) at University of Oklahoma Health Sciences Center (OUHSC). October 2022 through September 2023.

Central States ACSM annual meeting. Fayetteville, AR. March 2022.

Community Engagement Roundtable. Topic: Education Everywhere for Everyone. September 22, 2021.

ITLE Workshop. Academic Integrity: Strategies for Preventing Intellectual Dishonesty and What to Do When It Occurs. September 10, 2021.

Contributing to our Culture of Care. Fall 2021 Student Development Series. August 19, 2021.

ITLE Workshop. Using Quizzes for Student Assessment in Canvas. August 18, 2021.

ITLE Workshop. (Re)Engaging Students for Successful Learning. August 9, 2021.

Accepted into NIH Early Career Reviewer (ECR) program. July 2021.

ITLE Teaching with Technology conference. Virtual, June 2021.

Nutrition 2021 (ASN annual meeting). Virtual. June 2021.

ACSM annual meeting. Virtual. June 2021.

ITLE review of instruction. Course: NSCI 5023. Reviewers: Kristi Dickey and Gina Morris. April 15, 2021.

ITLE Midterm Faculty Teaching Conference. Oklahoma State University. March 11, 2021.

Nutrition 2020 (ASN annual meeting). Virtual. June 2020.

Instructional Workshop Leader. "Setting the Tone for Student Engagement." Institute for Teaching and Learning Excellence. November 5, 2019.

ITLE Instructional Consultation. Topic: Large-class instruction strategies. Consultants: Kristi Dickey and Gina Morris. July 24, 2019.

Peer review of instruction. Course: NSCI 2114. Reviewer: Winyoo Chohanadisai. September 24, 2019.

ITLE Syllabus Review. Course: NSCI 2114. Reviewers: Kristi Dickey and Gina Morris. August 2018.

Peer review of instruction. Course: NSCI 2114. Reviewer: Deana Hildebrand. September 2018.

Nutrition 2018 (ASN annual meeting). Boston, MA. June 9-12, 2018.

ITLE Early Career Faculty Support Training Sessions. Fall 2017.

- Teaching Methods and Resources for Effective University Instruction. September 1, 2017.
- Effective Advisement and Interactions with Graduate Students. September 8, 2017.
- Developing an Effective Research Agenda. September 15, 2017.
- Documenting Your Effectiveness in Supporting the Three Elements of the Land Grant Mission: Curriculum Vitae, Annual Appraisal Documents and RPT. September 22, 2017.
- Developing an Effective Service/Outreach/Extension Agenda. September 29, 2017.
- Resources to Support Your Research Agenda. October 6, 2017.
- Working with Undergraduate Student Researchers. October 13, 2017.
- Reappointment, Promotion & Tenure (RPT) at OSU. October 27, 2017.

Write Winning Grants Workshop. Led by Grant Writers' Seminars and Workshops. September 27, 2017.

Community Engagement Roundtable. Topic: Securing external funding for community engagement. October 12, 2017.

Faculty Scholars Program. Led by Dean and Associate Deans of the College of Human Sciences. AY2017-2018.

## ***Professional Activity as a Graduate Student at Kansas State University:***

### **Peer-review Activity:**

**Reviewer,** *Current Developments in Nutrition*, Feb. 2017

**Reviewer,** *Medicine and Science in Sports and Exercise*, July 2017

**Reviewer,** *International Journal of Cancer*, May 2017

**Reviewer,** *European Journal of Applied Physiology*, Oct. 2016, Nov. 2016

**Reviewer,** *Journal of Science and Medicine and Sport*, Sep. 2016

**Reviewer,** McGraw-Hill publishing company, *Nutrition Essentials: A Personal Approach*, 2013

## **Professional Development:**

ACSM annual meeting. Denver, CO. June 2017.  
 Experimental Biology (ASN annual meeting). Chicago, IL. April 2017.  
 Experimental Biology (ASN annual meeting). San Diego, CA. April 2016.  
 ACSM annual meeting, San Diego, CA. May 2015.  
 ACSM's meeting on the Integrative Physiology of Exercise. Miami, FL. September 2014.  
 Central States Chapter of ACSM regional conference. Overland Park, KS. October 2014.  
 ACSM annual meeting. Orlando, FL. May 2014.  
 Central States Chapter of ACSM regional conference. Warrensburg, MO. October 2013.  
 ACSM annual meeting. Indianapolis, IN. May 2013.

## HONORS & AWARDS

### *Awarded as an Assistant or Associate Professor at Oklahoma State University:*

2023	Kansas State University College of Health and Human Sciences Rising Professional Award
2022	OSU Regents Distinguished Teaching Award
2022	OSU College of Education and Human Sciences Teaching Excellence Award
2021	OSU College of Education and Human Sciences Scruggs Award for Early Career Meritorious Research
2019	OSU College of Human Sciences Outstanding Graduate Faculty Mentor Award
2019	Oklahoma Department of Human Services Community Partner Award – <i>Let's Take a Walk!</i> Proposal Team (Jones JL, Gallus KL, <b>Emerson SR</b> , Ward K)
2018	2018 President's Cup Finalist – Promoting Creative Interdisciplinarity Competition – <i>Let's Take a Walk!</i> Proposal Team (Jones JL, Gallus KL, <b>Emerson SR</b> )

### *Awarded as a Graduate Student at Kansas State University:*

2016	Top Presenter, Research and the State – Kansas State University
2016	Gwendolyn L. Tinklin Commemorative Fund awardee
2016	Top Poster Award, College of Human Ecology Graduate Student Research and Creative Scholarship Forum (Spring) – Kansas State University
2016	Second Place, Interdisciplinary Research Poster category, Kansas State Graduate Research and Artistic Discovery Forum – Kansas State University
2016	K-State Graduate Student Council Research Travel Award
2015	Top Poster Award, College of Human Ecology Graduate Student Research and Creative Scholarship Forum (Fall) – Kansas State University
2014-17	Timothy R. Donoghue Graduate Scholarship
2014	K-State Graduate Student Council Research Travel Award
2014	American Kinesiology Association Masters Student National Scholar Award
2014	Distinguished Masters Student – Dep. of Kinesiology, Kansas State University
2013	Masters Student Research Award winner – ACSM Central States