

## CURRICULUM VITAE

### ROBERT F. ZOELLER JR., Ph.D.

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**Business Address:** Florida Atlantic University  
Department of Exercise Science and Health Promotion  
777 Glades Road  
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#### Academic Training

Ph.D. Exercise Physiology  
University of Pittsburgh, July, 1997  
Dissertation Title:  
*Peak post-exercise blood lactate and accumulated oxygen deficit as indices of freestyle swimming performance in trained adult female swimmers*

M.S. Exercise Physiology  
University of Pittsburgh, December, 1995

B.S. Business Administration (Accounting)  
Duquesne University, May, 1978

## **Professional Employment**

### ***Florida Atlantic University***

Professor; Department of Exercise Science and Health Promotion  
August 2011 - present

Associate Professor; Department of Exercise Science and Health Promotion  
August 2005 – August 2011

Assistant Professor; Department of Exercise Science and Health Promotion  
August 2001 – August 2005

### ***University of Southern Mississippi***

Assistant Professor of Human Performance; School of Human Performance and  
Recreation, August, 1997 – August, 2001

### ***University of Pittsburgh***

Teaching Fellow; Department of Health, Physical, and Recreation Education,  
August, 1993 – July, 1997

Graduate Teaching Assistant; Department of Health, Physical, and Recreation  
Education, August, 1992 - August, 1993

## **TEACHING AND ADMINISTRATIVE EXPERIENCE**

### ***Florida Atlantic University***

#### **Undergraduate Teaching**

Exercise Testing  
Fitness Assessment and Exercise Prescription  
Exercise Testing and Prescription for Special Populations

#### **Graduate Teaching**

Cardiovascular Physiology  
Laboratory Methods in Exercise Science  
Human Systems Physiology in Exercise Science

### ***University of Southern Mississippi***

#### **Undergraduate Teaching**

Physiology of Aging  
Techniques for Evaluating Fitness  
Clinical Exercise Physiology

Exercise Leadership  
Nutrition and Human Performance

### **Graduate Teaching**

Exercise Physiology  
Graded Exercise Testing  
Cardiac Rehabilitation  
Electrocardiography

### ***University of Pittsburgh***

#### **Undergraduate Teaching**

Human Physiology  
Exercise Physiology  
Track and Field  
Cross-Country  
Weight Training  
Personal Fitness

#### **Graduate Teaching**

Nutrition in Sport and Exercise (metabolism)  
Advanced Laboratory Techniques (all laboratory sessions)  
Advanced Exercise Physiology (all laboratory sessions)  
Skeletal Muscle Biochemistry (protein metabolism)  
Exercise Specialist Workshop (cardiovascular case studies)

### **ADMINISTRATION**

#### ***Florida Atlantic University***

#### **Graduate Coordinator, Exercise Science & Health Promotion August 2006 – Present**

Responsibilities include recruiting graduate students and especially graduate assistants (GA's), processing applications, filing and following up on graduate student petitions, assigning and monitoring GA duties including teaching assignments and lab hours, coordinating with faculty in preparing and grading exit/comprehensive exams.

## *University of Southern Mississippi*

### **Director – Fitness Assessment Center (FAC) September, 1998 – July 2001**

The FAC provides fitness testing primarily, but not exclusively, to the USM community at a reasonable cost. Tests include  $VO_{2max}$ , resting and exercise ECG, pulmonary function, body composition, cholesterol profile, muscle strength and endurance. Upon completion of testing, clients are given a detailed explanation of results and an exercise program is usually prescribed or revised. Responsibilities included supervision of graduate and undergraduate practicum students, scheduling, organization and supervision of testing, interpretation of results and client counseling.

## *University of Pittsburgh*

### **Laboratory Coordinator - Human Energy Research Laboratory (HERL), University of Pittsburgh, August, 1994 – August, 1997**

Responsible for the day-to-day operation of HERL. Maintained all laboratory equipment and supplies. Scheduled and supervised laboratory testing including laboratory classes, research, and physiological assessment of athletes and paying clients. Repaired and returned to service a metabolic cart that had been out of service for several years. Acquired and rehabilitated a second metabolic cart at no cost to the University. Total value of metabolic carts: \$80,000. Negotiated, secured and executed a contract with Regal Group Inc. for testing of exercise equipment. Value of contract: \$4,000. Reported to Robert J. Robertson and Fredric L. Goss, HERL co-directors.

### **Coordinator - Pittsburgh Performance Profiles (PPP) University of Pittsburgh, September, 1994 – August, 1997**

PPP makes physiological testing available to the community at a reasonable cost. Tests include  $VO_{2max}$ , lactate threshold, anaerobic power (Wingate), body composition (skinfolds or hydrostatic weighing), cholesterol profile, and nutritional assessment. Clients range from sedentary individuals to professional athletes. Upon completion of testing, clients are given a detailed explanation of results and an exercise program is prescribed or revised. Responsibilities included original development of program, ongoing publicity (i.e., coordination with print and TV media), scheduling, organization and execution of testing, interpretation of results and client counseling. Reported directly to Robert J. Robertson and Fredric L. Goss, HERL co-directors

**Coordinator - Undergraduate directed study/research  
University of Pittsburgh, August, 1995 – August, 1997**

Coordinated various research projects with undergraduate student schedules and experience to optimize research opportunities for students and laboratory assistance for investigators. Reported directly to Fredric L. Goss, Ph.D.

**Exercise Leader - Pittsburgh Exercise Program  
August, 1990 - December, 1990**

Was responsible for Phase III cardiac rehabilitation program at the Jewish Community Center in Pittsburgh. Responsibilities included: patient screening and ongoing evaluation, designing and implementation of exercise programs, oversight of interns working directly with clients, communicating with physicians and other health professionals, maintenance of client records. Reported directly to Robert J. Robertson, Ph.D, program director.

**PUBLICATIONS**

**BOOK CHAPTER**

Physical Activity and Fitness in the Prevention of Cardiovascular Disease. In: Lifestyle Medicine, Second Edition. Boca Raton, London & New York, CRC Press. March 2013. Revised 2018.

**MANUSCRIPTS (Peer-Reviewed)**

Bruneau M, Walsh S, Selinsky E, Ash G, Angelopoulos TJ, Clarkson P, Gordon P, Moyna N, Visich P, Zoeller R, Thompson P, Gordish-Dressman H, Hoffman E, Devaney J, Pescatello LS. A genetic variant in IL-15Ra correlates with physical activity among European-American adults. *Mol Genet Genomic Med.* Mol. 2018;1-8.

Graham PL.; Zoeller, RF.; Jacobs, PL.; Whitehurst, MA. The effect of cadence on time trial performance in recreational female cyclists. *J Strength Cond Res.*: Post Acceptance: June 02, 2017 doi: 10.1519/JSC.0000000000002044

Bruneau M, Angelopoulos TJ, Gordon P, Moyna, Visich P, Zoeller R, Seip R, Bilbie S, Thompson P, Devaney J, Gordish- Dressman H, Hoffman E, Pescatello LS. The angiotensin-converting enzyme insertion/deletion polymorphism rs4340 associates with habitual physical activity among European American adults. *Molec Genetics and Genomic Med.* 2017doi: 10.1002/mgg3.308

Klemp A, Dolan C, Quiles JM, Blanco R, Zoeller RF, Graves BS, Zourdos MC. Volume-equated high- and low-repetition daily undulating programming strategies produce similar hypertrophy and strength adaptations. *Appl Physiol Nutr Metab.* 2016 Feb 16:1-7.

Ash GI, Kostek MA, Lee H, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Price TB, Devaney JM, Gordish-Dressman H, Thompson PD, Hoffman EP, Pescatello LS. Glucocorticoid receptor (NR3C1) variants associate with the muscle strength and size response to resistance training. *PLoS One*. 2016 Jan 28;11(1)

Lee H, Ash GI, Angelopoulos TJ, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Gordish-Dressman H, Deshpande V, Chen MH, Thompson PD, Hoffman EP, Devaney JM, Pescatello LS. Obesity-related genetic variants and their associations with physical activity. *Sports Med Open*. 2015;1(1):34.

Slusher AL, Whitehurst M, Zoeller RF, Mock JT, Maharaj M, Huang CJ. Attenuated fibroblast growth factor 21 response to acute aerobic exercise in obese individuals. *Nutr Metab Cardiovasc Dis*. 2015;25:839-45.

Slusher AL, Whitehurst M, Zoeller RF, Mock JT, Maharaj A, Huang CJ. Brain-derived neurotrophic factor and substrate utilization following acute aerobic exercise in obese individuals. *J Neuroendocrinol*. 2015:370-6

Lowndes J, Zoeller RF, Kyriazis GE, Miles MP, Seip RL, Moyna NM, Visich P, Pescatello L, Gordon P, Thompson PD, Angelopoulos TJ. Hyperleptinemia is associated with CRP, but not Apolipoprotein E, and is reduced by exercise training. *Int J Sport Nutr Exerc Metab*. 2014;24:524-31

Sprouse C, Gordish-Dressman H, Lipof JS, Moeckel-Cole S, Patel RR, Adham K, Larkin JS, Hubal MJ, Kearns AK, E Funda Orkunoglu-Suer EF, Clarkson PM, Thompson PD, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Hoffman EP, Tosi LL, Devaney JM. *SLC30A8* Non-synonymous variant is associated with recovery following exercise and skeletal muscle size and strength. *Diabetes*. 2014;63:363-8.

Hoffman EP, Gordish-Dressman H, McLane VD, Devaney JM, Thompson PD, Visich P, Gordon P, Pescatello LS, Zoeller RF, Moyna NM, Angelopoulos TJ, Pegoraro E, Cox GA, Clarkson PM. Alterations in osteopontin modify muscle size in females in both humans and mice. *Med Sci Sports Exerc*. 2013 Jun;45:1060-1068.

Guidry M, Kostek M, Angelopoulos T, Clarkson PM, Gordon P, Moyna NM, Visich P, Zoeller Jr. R, Thompson PD, Devaney J, Gordish-Dressman H, Hoffman E, Pescatello L. Endothelial nitric oxide synthase (NOS3) +894 G>T associates with physical activity and muscle performance among young adults. *ISRN Vasc Med*. 2012; Article ID 901801, doi:10.5402/2012/901801

Walsh S, Haddad CJ, Kostek MA, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Seip RL, Bilbie S, Thompson PD, Devaney J, Gordish-Dressman H, Hoffman EP, Price TB, Pescatello LS. Leptin and leptin receptor genetic variants associate

with habitual physical activity and the arm body composition response to resistance training. *Gene*. 2012;510:66-70.

Markil N, Whitehurst M, Jacobs PL, Zoeller RF. Yoga Nidra relaxation increases heart rate variability and is unaffected by a prior bout of Hatha Yoga *J Alternative Complementary Med*. 2012;18:953-958.

Johnson MM, Kumi-Diaka KJ, Zoeller R, Graves BS, Merchant KT, Hörmann VP, Hassanhi M. Therapeutic efficacy of genistein-Cytoreg® combination in breast cancer cells. *Functional Foods in Health and Disease*. 2012;2:137-150

Van Deveire KN, Scranton SK, Kostek MA, Angelopoulos T, Clarkson P, Gordon P, Moyna N, Visich P, Zoeller R, Thompson P, Devaney J, Gordish-Dressman H, Hoffman E, Maresh C, Pescatello L. Variants of the ankyrin repeat domain 6 Gene (ANKRD6) and muscle and physical activity phenotypes among European-derived American adults. *J Strength Cond Res*. 2012;26:1740-48.

Merchant K, Kumi-Diaka J, Rathinavelu A, Esiobu N, Zoeller R, Hormann V. Genistein modulation of immune-associated genes in LNCaP prostate cancer cell line. *The Open Prostate Canc J*. 2012;5:1-7

Merchant K, Kumi-Diaka J, Rathinavelu A, Esiobu N, Zoeller R, Hartmann J, Johnson M. Molecular basis of the anti-cancer effects of genistein isoflavone in LNCaP prostate cancer cells *Functional Foods in Health and Disease*: 2011;3:91-105.

Devaney JM, Thompson PD, Visich PS, Saltarelli WA, Gordon PM, Orkunoglu-Suer EF, Gordish-Dressman H, Harmon BT, Bradbury MK, Panchapakesan K, Khianey R, Hubal MJ, Clarkson PM, Pescatello LS, Zoeller RF, Moyna NM, Angelopoulos TJ, Kraus WE, Hoffman EP. The 1p13.3 LDL (C)-associated locus shows large effect sizes in young populations. *Pediatr Res*. 2011;69:538-543.

Seip RL, Zoeller RF, Angelopoulos TJ, Salonia J, Bilbie C, Moyna NM, Miles MP, Visich PS, Pescatello LS, Gordon PM, Tsongalis GJ, Bausserman L, Thompson PD. Interactive effects of APOE haplotype, gender, and exercise on post-heparin plasma lipase activities. *J Appl Physiol*. 2011;110:1021-1028.

Devaney JM, Gordish-Dressman H, Harmon BT, Bradbury MK, Devaney SA, Harris TB, Thompson PD, Clarkson PM, Price TB, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Seo J, Kim BH, Tosi LL, Garcia M, Li R, Zmuda JM, Delmonico MJ, Lindsay RS, Howard BV, Kraus WE, Hoffman EP. AKT1 polymorphisms are associated with risk for metabolic syndrome. *Hum Genet*. 2011;129:129-39.

Orkunoglu-Suer FE, Harmon BT, Gordish-Dressman H, Clarkson PM, Thompson PD, Angelopoulos TJ, Gordon PM, Hubal MJ, Moyna NM, Pescatello LS, Visich PS, Zoeller RF,

Hoffman EP, Devaney JM. MC4R variant Is associated with BMI but not response to resistance training in young females. *Obesity (Silver Spring)*. 2011;19:662-666.

Harmon BT, Orkunoglu-Suer EF, Adham K, Larkin JS, Gordish-Dressman H, Clarkson PM, Thompson PD, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Hubal MJ, Tosi LL, Hoffman EP, Devaney JM. CCL2 and CCR2 variants are associated with skeletal muscle strength and change in strength with resistance training. *J Appl Physiol*. 2010;109(6):1779-85.

Peterson MD, Liu D, Gordish-Dressman H, Hubal MJ, Pistilli E, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello LS, Seip RL, Visich PS, Zoeller RF, Thompson PD, Devaney JM, Hoffman EP, Gordon PM. Adiposity attenuates muscle quality and the adaptive response to resistance exercise in non-obese, healthy adults. *Int J Obes (Lond)*. 2010;35:1095-103

Zoeller, Jr RF. Exercise and Cognitive Function: Can working out train the brain, too? *American Journal of Lifestyle Medicine*. 2010;4:397-409. Invited review.

Kostek MC, Devaney JM, Gordish-Dressman H, Harris TB, Thompson PD, Clarkson PM, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Garcia M, Li R, Zmuda JM, Delmonico MJ, Kanaya A, Hoffman EP. A polymorphism near IGF1 is associated with body composition and muscle function in women from the Health, Aging, and Body Composition Study. *Eur J Appl Physiol*. 2010;110:315-324.

Zoeller RF, Angelopoulos TJ, Thompson BC, Wentz MR, Price TB, Thompson PD, Moyna NM, Seip RL, Clarkson PM, Gordon PM, Pescatello LS, Devaney JM, Gordish-Dressman H, Hoffman EP, Visich PS. Vascular remodeling in response to 12 weeks of upper arm unilateral resistance training. *Med Sci Sports Exerc*. 2009;41:2003-8.

Zoeller, Jr. RF. Lifestyle in the Prevention and Management of Cancer: Physical Activity *American Journal of Lifestyle Medicine*. 2009; 3:353-61. Invited review

Lowndes J, Carpenter RL, Zoeller RF, Seip RL, Moyna NM, Price TB, Clarkson PM, Gordon PM, Pescatello LS, Visich PS, Devaney JM, Gordish-Dressman H, Hoffman EP, Thompson PD, Angelopoulos TJ. Association of age with muscle size and strength before and after short-term resistance training in young adults. *J Strength Cond Res*. 2009;23:1915-20.

Zoeller, Jr. RF. Physical activity, sedentary behavior, and overweight/obesity in youth: Evidence from cross-sectional, longitudinal, and interventional studies. *American Journal of Lifestyle Medicine*. 2009;3:110-14. Invited review

Walsh S, Kelsey BK, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Seip RL, Bilbie S, Thompson PD, Hoffman EP, Price TB, Devaney JM, Pescatello LS. The CNTF 1357 G >A polymorphism and the muscle strength response to resistance training. *J Appl Physiol*. 2009;107:1235-40.



Devaney JM, Tosi LL, Fritz DT, Gordish-Dressman HA, Jiang S, Orkunoglu-Suer FE, Gordon AH, Harmon BT, Thompson PD, Clarkson PM, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Brandoli C, Hoffman EP, Rogers MB. Differences in fat and muscle mass associated with a functional human polymorphism in a post-transcriptional BMP2 gene regulatory element. *J Cell Biochem.* 2009;107:1073-82.

Tanton LC, Visich PS, Zoeller RF, Angelopoulos TJ, Price TB, Moyna NM, Seip RL, Gordon PM. Strength, size and muscle quality in the upper arm following unilateral training in young and older males and females. *Clin Med Arth and Musculoskel Disorders.* 2009;2:9-18.

Kostek MA, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Seip RL, Thompson PD, Devaney J, Hoffman EP, Pescatello LS. Myostatin and follistatin polymorphisms interact with muscle phenotypes and ethnicity. *Med Sci Sports Exerc.* 2009;41:1063-71.

Zoeller, Jr., RF. Physical Activity and Fitness in African Americans: Implications for Cardiovascular Health. *American Journal of Lifestyle Medicine.* 2009; 3:188-94. Invited review.

Orkunoglu-Suer, FE, Gordish-Dressman, H, Clarkson PM, Thompson PD, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Harmon B, Seip RL, Hoffman EP, Devaney JM. INSIG2 gene polymorphism is associated with increased subcutaneous fat in women and poor response to resistance training in men. *BMC Med Gen.* 2008;9:117.

Zoeller, Jr. RF. Gender differences in cardiorespiratory fitness with advancing age: Is the age-associated decline in  $VO_{2max}$  more rapid in men and do older men and women differ in their responses to exercise? *American Journal of Lifestyle Medicine.* 2008; 2:492 -99. Invited review

Angelopoulos TJ, Miles MP, Lowndes J, Sivo SA, Seip RL, Pescatello LS, Zoeller RF, Visich PS, Gordon PM, Moyna NM, Thompson PD. Apolipoprotein E genotype and sex influence C-reactive protein levels regardless of exercise training status. *Metabolism.* 2008;57:1204-10.

Zoeller RF, Ryan ED, Gordish-Dressman H, Price TB, Seip RL, Angelopoulos TJ, Moyna NM, Gordon PM, Thompson PD, Hoffman EP. Allometric scaling of isometric biceps strength in adult females and the effect of body mass index. *Eur J Appl Physiol.* 2008;104:701-10.

Lowndes J, Zoeller RF, Caplan JD, Kyriazis GA, Moyna NM, Seip RL, Thompson PD, Angelopoulos TJ. Leptin responses to long-term cardiorespiratory exercise training without concomitant weight loss: a prospective study. *J Sports Med Phys Fitness.* 2008;48:391-97.

Pistilli EE, Devaney JM, Gordish-Dressman H, Bradbury MK, Seip RL, Thompson PD, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Gordon PM, Hoffman EP. Interleukin-15 and interleukin-15Ralpha SNPs and association with muscle, bone, and predictors of the metabolic syndrome. *Cytokine*. 2008;43:45-53.

Zoeller, Jr. RF Lifestyle and the Risk of Cardiovascular Disease in Women: Is Physical Activity an Equal Opportunity Benefactor? *American Journal of Lifestyle Medicine*. 2008;2:219-26. Invited review.

Churilla JR, Zoeller, Jr. RF. Physical activity and the metabolic syndrome: A review of the evidence. *American Journal of Lifestyle Medicine*. 2008;2:118-25. Invited review.

Moon JR, Tobkin SE, Costa PB, Smalls M, Mieding WK, O’Kroy JA, Zoeller RF, Stout JR. Validity of the Bod Pod for assessing body composition in athletic high school boys. *J Strength Cond Res*. 2008;22:263-68.

Uthurralt J, Gordish-Dressman H, Bradbury M, Tesi-Rocha C, Hansen BC, Seip RL, Thompson PD, Price TB, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello LS, Viscih PS, Zoeller RF, Gordon PM, Hoffman EP. PPAR $\alpha$  L162V underlies variation in serum triglycerides and subcutaneous fat in young males. *BMC Med Genet*. 2007;8:55.

Zoeller, Jr. RF. Physical activity and obesity: Their interaction and implications for disease risk and the role of physical activity in health weight management. *American Journal of Lifestyle Medicine*. 2007;1:437-46. Invited review.

Angelopoulos TJ, Sivo SA, Kyriazis GA, Caplan JD, Zoeller RF, Lowndes J, Seip RL, Thompson PD. Do age and baseline LDL cholesterol levels determine the effect of regular exercise on plasma lipoprotein cholesterol and apolipoprotein B levels? *Eur J Appl Physiol*. 2007;101:621-28.

Zoeller, Jr. RF. The role of physical activity and fitness in the prevention and management of Type 2 diabetes mellitus. *American Journal of Lifestyle Medicine*. 2007;1:344-50. Invited review.

Kostek MA, Pescatello LS, Seip RL, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Thompson PD, Hoffman EP, Price TB. Subcutaneous fat alterations resulting from an upper-body resistance training program. *Med Sci Sports Exerc*. 2007;39:1177-85.

Zoeller RF, Ryan ED, Gordish-Dressman H, Price TB, Seip RL, Angelopoulos TJ, Moyna NM, Gordon PM, Thompson PD, Hoffman EP. Allometric scaling of biceps muscle strength before and after resistance training in men. *Med Sci Sports Exerc*. 2007;39:1013-19.

Zoeller, Jr. RF. Physical activity in the management of osteoarthritis of the hip and knee. *American Journal of Lifestyle Medicine*. 2007;1:264-66. Review.

Pescatello LS, Kelsey BK, Price TB, Seip RL, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Gordish-Dressman HA, Bilbie SH, Thompson PD, Hoffman EP. Overweight alters the short-term muscle strength response to resistance training. *J Strength Cond Res.* 2007;21:307-13.

Pistilli EE, Gordish-Dressman H, Seip RL, Devaney JM, Thompson PD, Price TB, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello PS, Visich PS, Zoeller RF, Hoffman EP, Gordon PM. Resistin polymorphisms are associated with muscle, bone, and fat phenotypes in white men and women. *Obesity.* 2007;15:392-402.

Zoeller RF, Stout JR, O’Kroy JA, Torok DJ, Mielke M. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on aerobic power, ventilatory and lactate thresholds, and time to exhaustion. *Amino Acids.* 2007;33:505-10.

Zoeller, Jr. RF. Anxiety, depression, physical activity, and cardiovascular disease – What’s the connection? *American Journal of Lifestyle Medicine.* 2007;1:175-80. Invited review.

Stout JR, Cramer JT, Zoeller RF, Torok D, Costa P, O’Kroy J. Effects of beta-alanine supplementation on the onset of neuromuscular fatigue and ventilatory threshold in women. *Amino Acids.* 2007;32:381-86.

Zoeller, Jr, RF. Prescribing physical activity for cardiovascular and metabolic health. *American Journal of Lifestyle Medicine.* 2007;1:99-102. Invited review.

Zoeller, Jr, RF. Physical activity and fitness in the prevention of coronary heart disease and associated risk factors. *American Journal of Lifestyle Medicine.* 2007;1:29-33. Invited review.

Stout JR, Cramer JT, Mielke M, O’Kroy J, Torok D, Zoeller RF. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on the physical working capacity at neuromuscular fatigue threshold. *J Strength Con Res.* 2006;20:928-31.

Seip RL, Otvos J, Bilbie C, Tsongalis GJ, Miles M, Zoeller R, Visich P, Gordon P, Angelopoulos TJ, Pescatello L, Moyna N, Thompson PD. The effect of apolipoprotein E genotype on serum lipoprotein particle response to exercise. *Atherosclerosis.* 2006;188:126-33.

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Riechman SE, Zoeller RF, Balasekaran G, Goss FL, Robertson RJ. Prediction of 2000 m indoor rowing performance using a 30 s sprint and maximal oxygen uptake. *J Sports Sci* 2002;20:681-88.

Massey CD, Maneval M, Phillips J, Vincent J, White G, Zoeller B. An analysis of teaching and coaching behaviors of elite strength and conditioning coaches. *J Strength Cond Res.* 2002;16:456-60.

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Martin NA, Zoeller RF, Robertson RJ, Lephart SM. The comparative effects of sports massage, active recovery, and rest in promoting blood lactate clearance after supramaximal exercise. *J Athletic Training.* 1998;33:30-35.

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## **MONOGRAPHS FOR PROFESSIONAL ORGANIZATIONS**

Zoeller R.F. and T.J. Angelopoulos. Creatine supplementation and exercise performance. American College of Sports Medicine Certified News. Vol. 8 (2), August, 1998.

## **FUNDED RESEARCH**

Hoffman, E.P., P.D. Thompson, L.S. Pescatello, P.M. Clarkson, P.S. Visich, P.M. Gordon, T.J. Angelopoulos, R.F. Zoeller, G.R. Ramsby, B. Lafleur. Functional SNP's (single nucleotide polymorphisms) associated with muscle size and strength. National Institutes of Health. September 1, 2001 – August 31, 2005. (\$330,000)

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## **PUBLISHED ABSTRACTS (From National/International Conference Presentations)**

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### **INVITED PRESENTATIONS TO PROFESSIONAL ORGANIZATIONS**

Essential Exercise Physiology for Cardiac Rehabilitation and the CCRP Exam. Presented at the Florida Cardiovascular & Pulmonary Rehabilitation Association (FCVPR) Annual Seminar. Orlando, FL October, 2015

Exercise and CAD Risk Factors: How much is enough and what should I expect? Presented at the Florida Cardiovascular & Pulmonary Rehabilitation Association (FCVPR) Annual Seminar. Orlando, FL September 12, 2012

Exercise Prescription in Cardio-Pulmonary Rehabilitation. Presented at the Florida Cardiovascular & Pulmonary Rehabilitation Association (FCVPR) Annual Seminar. Orlando, FL October 12, 2011

Exercise and Cognitive Function: Can Working Out Train the Brain, Too? Presented at the Florida Association of Cardiovascular & Pulmonary Rehabilitation (FACVPR) Annual Seminar. Orlando, FL September 11, 2010

Principles of Exercise Prescription in Cardiac Rehabilitation. Presented at the Florida Association of Cardiovascular & Pulmonary Rehabilitation (FACVPR) Annual Seminar. Orlando, FL September 1, 2009

Physical Activity and Fitness in the Prevention of Coronary Heart Disease and Associated Risk Factors. Presented at the regional meeting of the Medical Fitness Association. Ft. Lauderdale, FL. May 11, 2007

Exercise in the Clinical Management of Obesity and Diabetes. Presented at the Clinical Populations Symposium at Nova Southeastern University. April 24, 2004. Sponsored by the Center for Exercise and Health Education, Inc.

JNC VI/VII Guidelines for the Identification and Treatment of Hypertension. Presented at the FACVPR\* 20<sup>th</sup> Annual Michael L. Pollock Cardiopulmonary Rehabilitation Symposium. June 14, 2003. \*Florida Association of Cardiovascular and Pulmonary Rehabilitation

American Diabetes Association Guidelines for the Identification and Treatment of Diabetes Presented at the FACVPR\* 20<sup>th</sup> Annual Michael L. Pollock Cardiopulmonary Rehabilitation Symposium. June 14, 2003. \*Florida Association of Cardiovascular and Pulmonary Rehabilitation

Exercise in the Clinical Management of Peripheral Vascular Disease. Presented at the Christine E. Lynn College of Nursing Third Annual Interdisciplinary Gerontology Conference, Florida Atlantic University, Boca Raton, FL, March 29, 2003.

Considerations in Exercise Programming for Stroke Patients. Presented at the Southeast Regional Cardiovascular Health Conference, Nashville, TN, September 11, 2001.

### **OTHER PRESENTATIONS**

Caplan, J.D., G. Kyriazis, R. F. Zoeller, and T. J. Angelopoulos. The effects of 6 months of aerobic training on apolipoprotein-B (apoB) concentration in older adults. Presented at the 23rd annual meeting of the Southern Gerontological Society, Orlando, FL, May 24, 2002.

Zoeller, R.F., S. Riechman, I. Dabayeb, F.L. Goss, and R.J. Robertson. Exercise prescription for thoracic level paraplegics. Presented at the 11<sup>th</sup> International Symposium for Adapted Physical Activity, Quebec City, Canada, May, 1997.

Zoeller, R.F., S. Riechman, I. Dabayeb, F.L. Goss, and R.J. Robertson. Selected physiological and anthropometric variables as predictors of endurance performance in paraplegics. Presented at the Third Paralympic Congress, Atlanta GA, August, 1996.

Moyna, N.M., C.L. Weikart, S.G. DaSilva, R.F. Zoeller, J. Kang, F.L. Goss, K.F. Metz, and R.J. Robertson. Modified blood sampling technique for determination of lactate threshold using continuous and intermittent treadmill protocols. Presented at the annual meeting of the Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Ithaca NY, 1993.

### **EDITORIAL BOARD**

American Journal of Lifestyle Medicine (2007 – 2013)

### **EDITORIAL/PEER REVIEWER**

Medicine and Science in Sports and Exercise

Archives of Physical Medicine and Rehabilitation

European Journal of Applied Physiology

Journal of Applied Sport Psychology

The Journal of Strength and Conditioning Research

The Physician and Sports Medicine

## **GRANT PROPOSAL REVIEWER**

National Medical Research Council (Singapore) (2009)

Canadian Institutes of Health Research (2008 and 2009)

Australian Research Council (2004 and 2005)

## **BOOK REVIEWS**

Reviewed proposed textbook “Special Populations Guidebook” for Lippincott, Williams, and Wilkins (September 2007)

Reviewed proposed textbook on Applied Bioenergetics for Human Kinetics (June 2006)

Reviewed proposed textbook on cardiac rehabilitation for Holcomb Hathaway, Publishers. Scottsdale, AR (September, 2001)

Reviewed *The Biology of Human Aging* John K. Hampton, Jr., Ruth Falk Craven, and Margaret M. Heitkemper. William C Brown/McGraw Hill, Dubuque IA, 1997.

## **SERVICE**

*American College of Sports Medicine (ACSM)*

### **Exercise Specialist Workshop Director:**

University of Central Florida	1999, 2000, 2002 (co-director)
University of Southern Mississippi	1999

### **Exercise Specialist Workshop Lecturer:**

University of Central Florida	1999 - 2003
University of Southern Mississippi	1998 - 99
University of Pittsburgh	1993 – 97

### **Exercise Specialist Certification Examiner:**

University of Central Florida	2003 – 04
University of Southern Mississippi	1998 - 99
University of Pittsburgh	1997

**Health/Fitness Instructor Workshop Director:**

University of Southern Mississippi	1998 - 99
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**Health/Fitness Instructor Workshop Lecturer:**

The College of New Jersey	2002
University of Central Florida	2000 – 01
University of Southern Mississippi	1998 - 2000

**Health/Fitness Instructor Certification Examiner:**

Florida Atlantic University	2004 - 2005
The College of New Jersey	2002
University of Central Florida	1999 - 2003
University of Southern Mississippi	2000 - 01

**Quality Observer**

Florida State University (H/FI Certification)	2001
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**Certificates of Enhanced Qualification (CEQ) Workshop Lecturer:**

University of Central Florida	2000
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***ACSM National Committee Membership:***

- Member, Fit Society Sponsorship Committee 2001 - 2002
- Member, Certification and Registry Committee,  
Health/Fitness Track Subcommittee 2002 - 2005

***Southeast Chapter American College of Sports Medicine***

Chair, session on Excitation-Contraction Coupling and the Role of Ryanodine Receptors in Health and Disease. Annual meeting, Charlotte, NC, February 11, 2006

Chair, session on Clinical Exercise Evaluation. Annual meeting, Atlanta GA, February 1, 2003

Chair, session on Cardiovascular Physiology. Annual meeting, Columbia SC, January 25, 2001



***Florida Association of Cardiovascular and Pulmonary Rehabilitation (FACVPR)***

- President 2005 - 2010
- President-Elect 2004 - 2005
- Member, Board of Directors 2003 - 2014
- Chair/Co-Chair, Annual Seminar Committee 2003, 2004, 2008, 2009, 2012

***Florida Atlantic University***

***College of Education (COE)***

***Department of Exercise Science and Health Promotion (ESHP)***

- Member, University Faculty Senate 2014 - present
- Member, Academic Freedom & Due Process Committee 2013 – present
- Member, COE Promotion & Tenure Committee 2017 – present
- Member, COE Faculty Assembly Steering Committee 2005 – present
- President, COE Faculty Assembly 2007 – 2008
- Vice-President, COE Faculty Assembly 2006 – 2007
- Archivist, COE Faculty Assembly 2005 – 2006
- Member, COE Graduate Programs Committee 2002 – present
- Member, University Library Committee 2011 – present
- Member, COE Steering Committee for COE Strategic Vision 2010 – 2011
- Member, COE Research Committee 2009 – 2012
- Member, COE Dean Search Committee 2008 – 2009
- Member, COE NCATE Diversity Committee 2007 – 2008
- Member, COE Awards Committee 2002 – 2003
- Member, ESHP Merit Pay Committee 2001 – 2003
- Member, COE Student Research Symposium Committee 2002
- Member, COE Equity in Assignment Ad Hoc Committee 2003
- Discussant, Annual COE Research Symposium 2002 – 2003

***University of Southern Mississippi***

***College of Health and Human Sciences***

***School of Human Performance and Recreation (HPR)***

- Member, Budget Restriction Committee  
(Resources Management) 2001
- Member, Faculty Evaluation Task Force 1999 – 2001
- Member, HPR Facilities Planning Committee 1999 – 2001
- Member, HPR Awards Committee 1998 – 1999
- Member, Faculty Search Committee: 1997 – 1998, 2000

**CERTIFICATIONS**

Clinical Exercise Specialist - American College of Sports Medicine

## **AWARDS**

### ***Florida Atlantic University***

- College of Education *Researcher of the Year* 2008-2009 (Associate Professor level)
- College of Education *Researcher of the Year* 2007-2008 (Associate Professor level)
- College of Education *Researcher of the Year* 2006-2007 (Associate Professor level)
- College of Education *Researcher of the Year* 2005-2006 (Associate Professor level)
- College of Education *Researcher of the Year* 2004-2005 (Assistant Professor level)

### ***University of Pittsburgh***

Alumni Doctoral Fellowship  
School of Education

Very competitive award based on academic performance, scholarly activity, teaching experience, and service to the School of Education. Amount of award: \$3,000

Alumni Doctoral Fellowship

Department of Health, Physical and Recreation Education.

Criteria for this award was the same as above but with emphasis on activity within the department. Amount of award: \$1,666.

## **PROFESSIONAL MEMBERSHIPS**

- American Physiological Association
- Florida Association of Cardiovascular and Pulmonary Rehabilitation
- Sigma Xi – The Scientific Research Society

## **CONSULTING ACTIVITIES**

Three Rivers Rowing Association  
Washington's Landing  
Pittsburgh, Pennsylvania  
1995 - 1997

Regularly tested ( $VO_{2max}$ , lactate threshold) Liz Jones and Dori Martin, competitors in 1996 U.S. Olympic Trials for women's lightweight pairs rowing. Coordinated with coach to evaluate training program. Contributed articles to Three Rivers Rowing Association newsletter, Channel Currents, on training specific to rowing.

UPMC/City of Pittsburgh Marathon  
Law and Finance Building  
Pittsburgh, Pennsylvania 15219

1995 - 1997

Presented several lectures as part of the Pittsburgh Marathon's Sports Medicine Clinics (see below). Also coordinated with print and TV media to publicize the marathon. Reported to Larry Grollman, Marathon Director.

## **COMMUNITY SERVICE**

Presented lecture on the benefits of physical activity for women to the State Farm Women's Network in Coral Springs, FL October 13, 2008.

Presented lecture on diabetes prevention and management at Rotary Club luncheon in Boyton Beach, FL May 3, 2005

Presented lecture on body composition assessment to Athletic Training students at Nova Southeastern University, Davie, FL, December 7, 2004.

Presented on Risk Factors for Cardiovascular Disease to St. Ambrose Support Group for Separated, Divorced, and Widowed, Deerfield Beach, FL, November 23, 2004.

Presented lectures on applied cardiopulmonary anatomy and physiology to students at The Yoga College of India in Ft. Lauderdale, FL, October 15<sup>th</sup> and 17<sup>th</sup>, 2003.

Demonstrated common laboratory tests (GXT, spirometry) to 5<sup>th</sup> graders from the Excel Program at Oak Grove Elementary School as part of a "Careers in Science" field trip to the University of Southern Mississippi, Hattiesburg, MS, November, 1999.

"Preventing Heat Injuries During the Marathon" Presented at the Marathon Sports Medicine Clinic. Pittsburgh, Pennsylvania, February, 1995 and March, 1997.

"Conditioning for the Last Six Weeks" Presented at the Marathon Sports Medicine Clinic. Pittsburgh, Pennsylvania, March, 1995 and March, 1997.

"Research in Exercise Physiology at the University of Pittsburgh" Presented at Central Catholic High School, Pittsburgh, Pennsylvania, October, 1994, November, 1995, and November, 1996.

"Human Energy: Applying Science to Sport" Presented at Central Catholic High School, Pittsburgh, Pennsylvania, January, 1996.

"Physiology of the Spinal Cord Injured: Implications for Wheelchair Design" Presented to the students from Connellsville Area High School at the University of Pittsburgh, December, 1995.

## **OTHER SERVICE**

While faculty at FAU, unofficially chaired Honors Thesis (undergraduate) *Effects of Hormone Replacement Therapy on Cardiovascular Risk Factors in Postmenopausal Women* by Jessica C. Taylor, Honors student at the University of Southern Mississippi. Thesis successfully defended December, 2002.