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Education:

Queen's University, Kingston ON Canada
1981 B.A.-B.P.H.E., Physical and Health Education, Biology

University of Illinois, Champaign, IL
1983 M.S., Exercise Physiology
1989 Ph.D., Exercise Physiology, Support Areas: Physiology and Nutrition
Advisor: Richard Boileau, Ph.D.

Training:

Mayo Clinic, Rochester, MN
1989-1992 Senior Research Fellow, Endocrine Research Unit
Mentor: Michael D. Jensen, M.D.

University of Virginia, Charlottesville, VA
1992-1994 Research Associate, Department of Internal Medicine
Mentor: Mark L. Hartman, M.D.

Professional Experience:

Whitman College, Walla Walla, WA
1983-1984 Lecturer/Coach, Department of Physical Education

Piedmont Virginia Community College, Charlottesville, VA
1992-1994 Lab instructor, Biology

Syracuse University, Syracuse, N.Y.
1995-2000 Assistant Professor, Department of Exercise Science
Director of Human Performance Lab
2000-2008 Associate Professor, Department of Exercise Science
Director of Human Performance Lab
2008-2009 Professor, Interim Chair Department of Exercise Science
Director of Human Performance Lab
2009-present Visiting Professor of Exercise Science

SUNY Health Sciences Center, Syracuse, N.Y.

1996-2009 Adjunct Research Assistant Professor in Medicine

Mayo Clinic, Rochester, MN

7/98-12/98 Visiting Scientist, Endocrine Research Unit

Aarhus Kommunehospital, Aarhus, Denmark

5/99-8/99 Visiting Scientist, Medical Department M

University of Missouri-Columbia

2009-present Professor, Dept of Nutrition and Exercise Physiology

2010-present Associate Department Chair

2011-present Department Director of Graduate Studies

Murdoch University, School of Chiropractic and Sport Sciences, Perth Australia.

2012- Adjunct Professor

US Department of State, Office of the US Global AIDS Coordinator and Global Health

2015-2016 Jefferson Science Fellow

Publications:

- 1.The onset of the anaerobic threshold at three stages of physical maturity. **J.A. Kanaley** and R.A. Boileau. Journal of Physical Fitness and Sports Medicine. 28(4): 367-374, 1988. PMID: 3230923.
- 2.The muscular efficiency during treadmill walking: the effects of age and workload. J.A.Kanaley, R.A. Boileau, B.H. Massey, and J.E. Misner. Pediatric Exercise Science. 1: 155-162, 1989.
- 3.Athletic amenorrhea. **J.A. Kanaley** and R.A. Boileau. IAHPERD Journal. 26: 24-27, 1989.
- 4.Antioxidant enzyme activity during prolonged exercise in amenorrheic and eumenorrheic athletes. **J.A. Kanaley** and L.L. Ji. Metabolism. 40: 88-92, 1991. PMID: 1984575.
- 5.Substrate and GH responses during exercise are independent of menstrual phase and status. **J.A. Kanaley**, R.A. Boileau, J.M. Bahr, J.E. Misner and R.A. Nelson. Medicine and Science in Sports and Exercise. 24: 873-880, 1992. PMID: 1406172.
- 6.Insulin regulation of insulin-like growth factor binding protein-I in obese and non-obese humans. C.A. Conover, P.D.K. Lee, **J.A. Kanaley**, J.T. Clarkson and M.D. Jensen. Journal of Clinical Endocrinology and Metabolism. 74: 1355-1360, 1992. PMID: 1375600.
- 7.Cortisol responses to prolonged exercise: the influence of menstrual phase and menstrual status. **J.A. Kanaley**, R.A. Boileau, J.M. Bahr, J.E. Misner and R.A. Nelson. International Journal of Sports Medicine. 13: 332-336, 1992. PMID: 1521947.
- 8.Differential health benefits of weight loss in upper body and lower body obese women. **J.A. Kanaley**, M.A. Andreson-Reed, L.V. Oenning, B.A. Kottke and M.D. Jensen. American Journal of Clinical Nutrition. 57: 20-26, 1993. PMID: 8416660.
- 9.Fatty acid kinetic responses to exercise: effects of obesity, body-fat distribution and energy restricted diet. **J.A. Kanaley**, P.E. Cryer and M.D. Jensen. Journal of Clinical Investigation. 92:255-261, 1993. PMID: 8325992.

10. Assessment of body composition with use of dual energy x-ray absorptiometry: Evaluation and comparison with other methods. M.D. Jensen, **J.A. Kanaley**, L.R. Roust, P.C. O'Brien, J.S. Braun, W.L. Dunn and H.W. Wahner. Mayo Clinic Proceedings 68:867-873, 1993. PMID: 8371605.
11. Effects of exercise and weight loss on leucine turnover in different types of obesity. **J.A. Kanaley**, M.W. Haymond and M.D. Jensen. American Journal of Physiology (Endocrinology and Metabolism) 264: E687-E692, 1993. PMID: 8498490.
12. Measurement of abdominal and visceral fat with computed tomography and dual energy x-ray absorptiometry. M.D. Jensen, **J.A. Kanaley**, J.E. Reed, P.F. Sheedy. American Journal of Clinical Nutrition, 61: 274-278, 1995. PMID: 7840063.
13. Fatty acid kinetic responses to running above or below the lactate threshold. **J.A. Kanaley**, C.C. Mottram, P.D. Scanlon, M.D. Jensen. J Appl Physiol , 79: 439-447, 1995. PMID: 7592200.
14. Body composition by DEXA in older adults: accuracy and influence of scan mode. J.L. Clasey, M.L. Hartman, **J.A. Kanaley**, L. Wideman, C.D. Teates, C. Bouchard, A. Weltman. Medicine and Science in Sports in Exercise 29: 560-567, 1997. PMID: 9107641.
15. The influence of anatomical boundaries, age and sex on the assessment of intraabdominal visceral fat. J.L. Clasey, C. Bouchard, L. Wideman, **J.A. Kanaley**, C.D. Teates, M.O. Thorner, M.L. Hartman, A. Weltman. Obesity Research 5: 395-401, 1997. PMID: 9385612.
16. Human growth hormone (GH) response to repeated bouts of aerobic exercise. **J.A. Kanaley**, J.Y. Weltman, J.D. Veldhuis, A.D. Rogol, M.L. Hartman, A. Weltman. J Appl Physiol , 83: 1756-1761, 1997. PMID: 9375348.
17. Repeated bouts of exercise alter the blood lactate ([HLA])- ratings of perceived exertion (RPE) relationship. A. Weltman, J.Y. Weltman, **J.A. Kanaley**, A.D. Rogol, J.D. Veldhuis, M.L. Hartman. Med Science Sports Exerc, 30:1113-1117, 1998 PMID: 9662681.
18. Gastric gas and fluid emptying assessed by magnetic resonance imaging. L. Ploutz-Snyder, J. Foley, R. Ploutz-Snyder, **J. Kanaley**, K. Sagendorf, and R. Meyer. Eur J Appl Physiol, 79:212-220, 1999. PMID: 10048625
19. Validity of methods of body composition assessment in younger and older males and females. J.L. Clasey, **J.A. Kanaley**, L. Wideman, S.B. Heymsfield, C.D. Teates, M.E. Gutgesell, M.O. Thorner, M.L. Hartman, A. Weltman. J Appl Physiol. 86:1728-38, 1999. PMID: 10233141.
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22. Abdominal fat distribution, blood lipids and leptin concentration in pre and postmenopausal women. **J.A. Kanaley**, C. Sames, L. Swisher, A.G. Swick, L.L. Ploutz-Snyder, C.M. Steppan, K.S. Sagendorf, D. Feiglin, E.B. Jaynes, R.S. Weinstock. Metabolism, 50(8):976-982, 2001. PMID: 11474488
23. Substrate oxidation during acute exercise and with exercise training in lean and obese

- women. **J.A. Kanaley**, M.M. Weatherup-Dentes, C.A. Alvarado and G Whitehead. Eur J Appl Physiol. 85: 68-73, 2001. PMID: 11513323.
24. Resting leptin responses to acute and chronic resistance training in type 2 diabetic men and women. **J.A. Kanaley**, L.M. Fenicchia, C.S. Miller, L.L. Ploutz-Snyder, R.S. Weinsotck, R. Carhart, J.L. Azevedo, Jr. Int J Obesity. 25: 1474-1480, 2001. PMID: 11673769.
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56. Effect of 4 weeks of aerobic or resistance exercise training on arterial stiffness, blood flow and blood pressure in pre- and stage-1 hypertensives. Collier SR, **JA Kanaley**, R. Carhart Jr., V Frechette, MM Tobin, AK Hall, AN Luckenbaugh, B Fernhall. J Hum Hypertens. 22: 678-86, 2008. PMID: 18432253.
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60. Distal Radius Strength: A Comparison of DXA-Derived vs. pQCT-Measured Parameters in Adolescent Females. Dowthwaite JN, Hickman RM, **Kanaley JA**, Ploutz-Snyder RJ, Spadaro JA, Scerpella TA. J Clin Densitom. 12:42-53, 2009. PMID: 19084448.
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- Autonomic Function in obese, type 2 diabetic women compared to healthy controls. RM Franklin, T Baynard, S Gouloupoulou, A. Figueroa, B. Fernhall, JA Kanaley. Med Sci Sports Exerc 37: S5, 2005.
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- Fibrinolytic potential and vasodilatory capacity following acute exercise in men. T Baynard, HM Jacobs, CM Kessler, **JA Kanaley**, B Fernhall. Med Sci Sports Exerc 37: S64, 2005.
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- Cardiovascular responses to water drinking in highly trained endurance athletes and untrained men: implications for orthostatic intolerance. Kelly, EE, KS Heffernan, **JA. Kanaley**. *Med. Sci. Sports Exerc.* 38: S318, 2006.
- Impaired cardiovascular autonomic modulation after walking in middle-aged women with type 2 diabetes. Figueroa, A., T. Baynard, B. Fernhall, R. Carhart, **JA Kanaley**. *Med. Sci. Sports Exerc.* 38: S18, 2006.
- Effect of high versus low intensity resistance exercise on excess post exercise oxygen consumption. Mistretta, JL, **JA Kanaley**. *Med. Sci. Sports Exerc.* 38: S288, 2006.
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- Minimal effects of vascular occlusion on systemic cytokine levels in healthy young men. **Kanaley, JA.**, JR Pierce, PJ Arciero, LL Ploutz-Snyder. *Med. Sci. Sports Exerc.* 39: S407, 2007
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- Short-term training effects on diastolic function in obese individuals, with and without the metabolic syndrome. Baynard, T., R.L. Carhart, Jr., R.S. Weinstock, L.L. Ploutz-Snyder, **JA Kanaley**. *American Heart Association*, Orlando, FL, November, 2007.
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- Heart rate variability and heart rate complexity following aerobic exercise training in obese individuals with and without type 2 diabetes. **Kanaley, JA**, Goulopoulou, S, Franklin, RM, Baynard, T, Holmstrup, ME, Fernhall, B. Obesity Society, Phoenix, AZ, Oct. 2008.
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- The effects of exercise training on autonomic function in subjects with low and high parasympathetic modulation. Franklin, RM, Goulopoulou, S, Baynard, T, Weinstock, RS, Carhart Jr, R, Ploutz-Snyder, R, Fernhall, B, **Kanaley, JA**. Presented at Mid Atlantic ACSM, Harrisburg, PA, Nov 2008.
- Effects of exercise training on cardiovascular autonomic responses to metabolic stress in obese individuals. Goulopoulou S, T Baynard, RM Franklin, R Carhart Jr, R Weinstock, B. Fernhall and **JA Kanaley**. Mid-Atlantic ACSM Regional Chapter Annual Meeting, Harrisburg, Pennsylvania, 7-8 November 2008.
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- The effects of exercise training on autonomic function in subjects with low and high parasympathetic modulation. Franklin, RM, S. Goulopoulou, T. Baynard, RS Weinstock, RL Carhart, Jr., R Ploutz-Snyder, B Fernhall, **JA Kanaley**. *Med Sci Sports Exerc* 41:S84, 2009.
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- Regional Chapter Annual Meeting, Harrisburg, Pennsylvania, November 6-7, 2009.
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- Effect of resistance training dose on metabolic responses and behavior habits. Heden T, E Kirk, R Wessling, **J Kanaley**, American College of Sports Medicine, Baltimore, MD, June, 2010.
- Influence of meal frequency on postprandial glucose and lipid metabolism in obese individuals. Heden T, Y Liu, L Sims, A Whaley-Connell, A Chockalingam, M Kearney, **J Kanaley**. Cardiovascular Research Day, Feb 15, 2011.
- Effect of diet and/or exercise on GLP-1 levels in type 2 diabetic women. Bidwell AJ, I Giannopoulou, **JA Kanaley**. American College of Sports Medicine. Baltimore, MD 2010.
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- The second meal effect is altered by meal composition but not aerobic exercise training. **Kanaley JA**, T Heden, L Sims, ML Kearney, Y Liu, A Chockalingam, A Whaley-Connell, KC Dellsperger. Obesity Society. Orlando, FL Oct 2011.
- Aerobic exercise training improves heart rate variability, as reflected by PD2i, in individuals with low PD2i. Weiss, DN, S Goulopoulou, JS Skinner, JM Anchin, **JA Kanaley**. American Heart Association, Orlando FL Nov 12-15, 2011.
- Brisk walking alters postprandial lipemia after fructose ingestion differently in normal-weight and obese individuals. Heden T, Liu Y, Kearney M, Sims L, Dellsperger KC, Whaley-Connell AT, Chockalingam A, **Kanaley JA**. Translational Science Meeting, Washington DC, 2012.
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- Short, frequent bouts of activity reduce glucose excursions and insulin concentrations in obese individuals. Holmstrup ME, TJ Fairchild, S Keslacy, R Weinstock, **JA Kanaley**. *Medicine and Science in Sports and Exercise*. 44(5) Supplement S11, May 2012
- High physical activity counteracts the altered incretin response to high fructose consumption. **Kanaley JA**, AJ Bidwell, TJ Fairchild. *Medicine and Science in Sports and Exercise*. 44(5) Supplement S1334, May 2012.

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- Pancreatic and gut peptide responses to short-term exercise training in obese individuals. **Kanaley JA**, T Heden, Y Liu, L Sims, ML Kearney, AT Whaley-Connell, A Chockalingam, K Dellsperger, TJ Fairchild. Obesity Society. San Antonio, TX, Sept 2012
- Alteration in the incretin response on the second meal effect in individuals with type 2 diabetes (T2D). **Kanaley JA**, Y-M Park, TD Heden, Y Liu, LM Nyhoff, HJ Leidy and JP Thyfault. Prediabetes Conference, Vienna, Austria, April 2013.
- Prior Exercise and Postprandial Incretin Responses in Lean and Obese Individuals. Heden, TD, Y Liu, ML Kearney, Y-M Park, KC Dellsperger, TR Thomas, **JA Kanaley**. *Medicine & Science in Sports & Exercise*. 45(5S): 1445, 2013.
- Effect of a high protein breakfast on glycemic control in individuals with type 2 diabetes. Park Y-M, TD Heden, Y Liu, LM Nyhoff, HJ Leidy, JP Thyfault, **JA Kanaley**. *Medicine & Science in Sports & Exercise*. 45(5S): 984, 2013.
- Effect of training on the relationships between baroreceptor sensitivity and low frequency power spectra in obese individuals. Baynard T, S Goulopoulou, RF Sosnoff, B Fernhall, **JA Kanaley**. *Medicine & Science in Sports & Exercise*. 45(5S): 2635, 2013.
- Can meal composition alter overnight glucose and insulin responses in obese individuals with impaired fasting glucose levels? **Kanaley JA**, Y Park, Y Liu, L Nyhoff, N Winn, J McCleery, T Heden. Obesity Society. Atlanta, GA, Nov 2013.
- Low-intensity physical activity reduces postprandial insulin secretion in overweight/obese adolescents consuming a high-fructose and high-glucose diet. Heden TD, Y Liu, Y-M Park, NC Winn, LM Nyhoff, **JA Kanaley**. *Medicine & Science in Sports & Exercise*. 46(5S), 2014.
- Incretin response to acute exercise of differing intensities in obese women. Nyhoff LM, TD Heden, HJ Leidy, N Winn, Y-M Park, Y Liu, L Pulakat, JP Thyfault, **JA Kanaley**. *Medicine & Science in Sports & Exercise*. 46(5S), 2014.
- Differential effects of voluntary running on ovariectomized rats bred for high and low aerobic capacity. Park Y-M, R Welly, RJ Scroggins, T Zidon, AM Belenchia, SL Britton, LG Koch, JP Thyfault, J Padilla, S Rector, **JA Kanaley**, VJ Vieira-Potter. *Medicine & Science in Sports & Exercise*. 46(5S), 2014.
- Effect of resistance exercise timing around a meal on metabolic control in type 2 diabetics. Kanaley JA, Winn N, Y Liu and TD Heden. Submitted to Obesity Week 2014.
- Rats bred for high aerobic fitness are protected from ovariectomy-induced insulin resistance during euglycemic clamp. Park YM, RS Rector, T Zidon, J Padilla, R Welly, RJ Scroggins, KWainright, S Britton, L Koch, GM Meers, FW Booth, FACSM, JP Thyfault,

- FACSM, JA Kanaley, FACSM, and V Vieira-Potter. Submitted to ACSM 2015.
- Moderate and high intensity exercise training matched for energy expenditure reduces intrahepatic lipid in obese individuals with hepatic steatosis: 3189 Board #254 June 3, 2: 00 PM - 3: 30 PM. Winn NC, Liu Y, Rector RS, Ibdah JA, Parks EJ, **Kanaley JA**. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):909. doi: 10.1249/01. mss.0000487724.47389.d5. No abstract available.
- Effects of intrinsic aerobic capacity and ovariectomy on voluntary wheel running and mid-brain dopamine signaling: 2935 June 3 2: 15 PM - 2: 30 PM. Park YM, **Kanaley JA**, Padilla J, Zidon T, Welly R, Will MJ, Britton SL, Koch LG, Ruegsegger G, Booth FW, Thyfault JP, Vieira-Potter VJ. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1): 823.
- Exercise training as a mitigator of liver fibrosis in western diet fed OLETF rats: 1783 Board #3 June 2, 1: 00 PM - 3: 00 PM. Linden MA, Sheldon RD, Meers GM, Ortinau LC, Morris EM, Vieira-Potter VJ, **Kanaley JA**, Booth FW, Sowers JR, Ibdah JA, Thyfault JP, Laughlin MH, Rector RS. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):485. doi: 10.1249/01.mss.0000486456.42848.e4.. PMID: 27584362
- Acute post-exercise glucose disposal: exploring the role for exercise intensity in overweight/obese males: 2927 June 3 2: 30 PM - 2: 45 PM. Raman A, Peiffer J, Hoyne G, **Kanaley J**, Fairchild T. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):821. doi: 10.1249/01.mss.0000487462.89727.86. PMID: 27361496
- Fasting and postprandial state exercise reduces agreement between CGM and YSI measured glucose concentrations in adults with type 2 diabetes. Heden TD, Liu Y, **Kanaley JA**. Obesity Society meeting, New Orleans, Nov 2016.
- Loss of UCP1-induced metabolic dysfunction is not sex or oxidative stress-dependent. Winn, NC, Grunewald ZI, Gastecki ML, Welly RJ, Woodford ML, Clookey SL, Ball JR, Gaines TL, Karasseva NG, **Kanaley JA**, Sacks HS, Vieira-Potter VJ, Padilla J. Experimental Biology, April 2017.
- Weight maintenance diets prevent short-term physical inactivity-induced glycemic dysregulation in young healthy subjects. Winn NC, Pettit-Mee R, Walsh LK, Restaino RM, Ready ST, Padilla J, **Kanaley JA**. Experimental Biology (San Diego, CA: April 2018).
- Reduced postprandial insulin response after 7 days of aerobic exercise in type 2 diabetes. Kearney, M, **Kanaley J**, Manrique C, J Thyfault. Central States ACSM, Oct 2018.
- Organized Physical Activity Participation from Pre-puberty to Adulthood: A Longitudinal Study in U.S. Females. Dowthwaite J, Kliethermes S, **Kanaley JA**, Scerpella T. ACSM Minneapolis, MN June 2018
- The Effect of Leg Fidgeting During Sitting on Glycemic Control in Obese Subjects – A Pilot Study. Pettit-Mee RJ, Ready ST, Liu Y, Padilla J and **Kanaley JA**. Experimental Biology, April 2019.
- Age, sex, and depot differences in adipose tissue from obese subjects. Porter JW, Welly RJ, Spencer N, Pitt J, Vieira-Potter VJ, **Kanaley JA**. Experimental Biology, Orlando, FL, April 2019. EB Recognition Award.
- Post meal hypoglycemia with and without exercise in non-obese and obese individuals. Porter JW, Pettit-Mee R, Ready S, Winn NC, Chockalingam A, Lastra Gonzalez G, Kanaley JA. ACSM Orlando, FL May 2019.

Invited Editorial:

Kanaley J.A. Body composition and in vivo neutron activation. Journal of Laboratory and

Clinical Medicine, 36: 162-164, 1996.

Invited Speaker at Professional Meetings:

Mayo Clinic Research Symposium – Free fatty acid responses to exercise - Spring 1992
University of Virginia Spring Symposium – Hormonal responses to exercise -Spring 1994
SUNY Spring Sports Medicine Symposium – The Female Triad -April 1996
American Dietetic Association – New York Chapter – Methods for measuring body composition
April 1997
New England American College of Sports Medicine Regional Chapter – Growth hormone
responses to exercise - September, 1997
New England ACSM. Growth Hormone Responses to Exercise. September 1997.
Aarhus Kommunehospital, Aarhus, Denmark – The Female Triad -May 1999
Bispebjerg Hospital, Copenhagen, Denmark – DEXA – strengths and weaknesses of this
equipment - May 1999
New York State AAHPERD. The Female Triad. November 1999.
Central States ACSM. Body composition changes with Menopause. October 2000.
Mid Atlantic ACSM meeting. 2005, 2006
International Society of Sports Nutrition. Oral arginine supplementation: Should we or shouldn't
we. Las Vegas, June 2007.
ACSM national meeting symposium organizer – “I did not want to eat it, but my hormones made
me”, presented May 2009.
New England ACSM. Meal Frequency: Effects on Glucose and Insulin throughout the Day.
November 2010.
Missouri American Dietetic meeting. High Fructose Corn Syrup – Should We or Shouldn't We.
February 2011.
ACSM national meeting. The Interplay Between Incretins and Glucose Homeostasis: Effect of
Meal Ingestion and Exercise June 2014.
ACSM national meeting. Does Exercise Timing Matter. Minneapolis. June 2018
ACSM national meeting. Is Timing Everything? Syncing Exercise with Meals. Orlando 2019

Seminar speaker

University of Utah, Nov 2001
University of Buffalo, Dec 2005
University of Massachusetts, Amherst Dec 2005
Penn State University, March 2007
University of Missouri, Dec 2008
University of Missouri, September 2011
University of Missouri, March 2012
University of Georgia, November 2013
University of Western Australia, Perth, Australia, June 2013
Colorado State University – Feb 2015
University of Oklahoma – April 2015
University of Indiana – April 2016
National Academy of Sciences, Washington DC – July 2016
University of Missouri Department of Medicine, Oct 2016 - ***Rx: One bout of exercise after
meals***

University of Illinois – Chicago – Nov 2017 - *Rx: One bout of exercise after meals*

RESEARCH SUPPORT

Current Grant support

NIH NIDDK RO1DK101513 (PI: Jill Kanaley) 04-01-16 through 03-31-21
Dawn phenomena: lowering impaired fasting glucose levels with exercise (LIFE)
Directs: \$2,200,000

Grants Completed:

Exercise Training and Growth Hormone Release in Obese Women. **J.A. Kanaley**. Funding agency American College of Sports Medicine Foundation: NordicTrack grant. \$10,000. July 1, 1995-June 30, 1996.

Fat Oxidation during Exercise in Pre- And Postmenopausal Women. **J.A. Kanaley**. National Association for Sport and Physical Education. \$2500. Nov 1, 1995-Sept 1, 1996.

Does Menstrual Phase and Oral Contraceptive Use Affect Body Composition And Aerobic Performance? **J.A. Kanaley**. Women's Sport Foundation: Evian Research Grant. \$5000. Jan 1, 1996 - Sept 30, 1996.

Racial Differences in Body Fat Distribution In Postmenopausal Women. **J.A. Kanaley**. NIH RO3 \$50,000. Feb.1, 1999- Jan 31, 2000, extension to 2001.

Does Abdominal Fat Loss with Diet And/Or Exercise Affect The Health Status In Type 2 Diabetic Women? **J.A. Kanaley**. New York State Diabetes Bridge Grant program. \$44,000 - 12/1/ 00-6/30/01.

Arginine, Growth Hormone and Exercise. **J.A. Kanaley**. Experimental and Applied Science, Corp. \$5,000, 11/15/00 – 11/14/01

Exercise Training and Autonomic Function. **J.A. Kanaley**. New York State Diabetes Bridge Grant program. \$70,000 – 1/1/03-12/31/03

Autonomic Function and Exercise in Type 2 Diabetics. NIDDK (PI: Kanaley, JA) R21 DK063179. 7/1/05 to 6/30/06, no cost extension to 6/30/07

Improving Diabetes Outcomes: A Couples Intervention. (PI: Trief, P; Consultant: Kanaley) NIDDK5-R34-DK067995-02; directs \$300,000, 9/30/05-8/31/07

NIH R18-DK078553 10/2008-2013
(PI: Weinstock, R; **Consultant: Kanaley**)
Weight Loss in Primary Care: A Translation of the Diabetes Prevention Program.
(moved before completion of the study) \$3,198,857

NIH 1RO1 AR054145-02 12/1/07 to 11/30/12

(PI: Scerpella, T; **Co-investigator: Kanaley**) 1.2 calendar months
Sustained skeletal benefits of adolescent exercise. \$1,250,000
(moved before completion of the study)

MU Research Council 4/1/10 to 3/31/11
High fructose corn syrup, exercise and postprandial lipemia and glycemia. \$7,500

NIH R21 DK084467-01 9/15/2009-9/14/2011
(PI: Kanaley, JA)
Effect of meal frequency/composition and insulin responses in obese individuals.
\$200,000

American Egg Board
Effect of a high protein breakfast on glycemic control, insulin sensitivity, and β -cell function in individuals with type 2 diabetes (T2D). **PI:** Jill Kanaley, PhD; Co-investigators: John Thyfault, PhD and Heather Leidy, PhD – Egg Board Directs: 97,500. Aug 1, 2011-March 13, 2013.

Albert Foundation PI: Jill Kanaley 7/1/2011-6/30/2013
Fructose consumption in lean and obese adolescents Directs: \$100,000

American Egg Board – Grad Fellowship 7/1/2015-6/30/2017
PI: Jill Kanaley/Student: Winn
Effect of high-protein diet on postprandial glucose levels and insulin sensitivity following a transition from high to low physical activity
Directs: \$72,000

MU Research Council (PI: Jill Kanaley) 08-01-18 through 07-31-19
Sleep, Exercise and Insulin Resistance. Directs: \$10,000

Grants Submitted (unfunded):

Barnes Jewish Hospital Foundation - iCATS PI: Jill Kanaley and Guido Lastra
Intensive insulin therapy plus aerobic exercise improves long-term glycemic control.
Mar 1, 2017-Feb 28, 2018

NIH PI: J. McElroy, coI: J Kanaley
Strategic exploration of mechanisms of resilience among marginalized college students
June 1, 2017 – May 31, 2017

NIHR21 PI: Jill Kanaley and Guido Lastra
Intensive insulin therapy plus aerobic exercise improves long-term glycemic control.
July 1, 2015-June 30, 2017 \$275,000
Not scored

Letter of Intent- American Egg Board 2015 PI: Jill Kanaley
Effects of high protein breakfast on postprandial vascular function in individuals with insulin resistance. \$200,000

Letter of Intent – AHA Collaborator Grant 2014 PI: Kanaley and Schulz
TEXT OMG: The Effects of prenatal eXposure in Teen Offspring of Maternal Gestational
diabetes. not accepted

Department of Medicine Research Council Research Project Proposal
PI: Elizabeth Parks, PhD: Collaborators: Bruce Bartholow, PhD, Jill Kanaley, PhD,
Denis McCarthy, PhD

The Tailgate Study: A pilot study measuring the impact of acute alcohol intake on
psychological function and hepatic metabolism.

Letter of Intent- Dairy Research Institute PI: Jill Kanaley
Effects of high protein breakfast on postprandial vascular function in individuals with insulin
resistance. \$300,000 not accepted

Letter of Intent- American Egg Board PI: Jill Kanaley
Impact of a high protein dinner meal to lower morning fasting glucose levels in obese individuals
Not accepted

American Diabetes Association PI: Jill Kanaley
Dawn phenomena: lowering impaired fasting glucose levels with exercise (LIFE)
Begin/End Dates 01-01-2014 through 12-31-2016 Directs: \$599,049

NIH R21 PI: Jill Kanaley
Fructose loading in adolescents: Uric acid levels and inflammatory markers
Begin/End Dates 07-01-2013 through 06-30-2015 Directs: \$275,000
- Not funded

American Heart Association PI: Jill Kanaley
Lowering postprandial glucose levels with exercise
Begin/End Dates 07-01-2013 through 06-30-2016 Directs: \$71,000
- Not funded

Position Paper:

Questioning 40/30/30: A Guide to Understanding Nutrition, 1997.

Awards:

Best Clinical Research Presentation, Eastern Student Research Forum, Miami, FL. 1991.
Finalist: Young Investigator Award, North American Association for the Study of Obesity, 1991.
Jefferson Science Fellow, 2015-2016.
MU HES - 2015 Distinguished Research/Creative Activity Award

Study Section Reviewer:

National Institute of Aging - Program Project reviewer - 2000
NIH Clinical and Integrative Diabetes and Obesity Study section - 2006
NIH Modeling and Analysis of Biological Systems (MABS) Study Section - 2007

NIH Special Emphasis Panel – Exercise, Insulin Action and Muscle Metabolism – 2007
NIH Clinical and Integrative Diabetes and Obesity Study section – 2009, 2010, 2012
NASA Cardiovascular study section - 2010
American Heart Association, Behavioral Sciences section – 2010, chair spring and fall 2011, chair spring and fall 2012, chair spring and fall 2013, chair spring 2014, fall 2014 committee member, chair spring 2015; Population science section - 2018
 AHA Ad hoc study section member, June 2013
Chair of Behavioral Sciences section since 2011
Congressional Directed Medical Research Program – Diabetes section scientist reviewer – 2016
NIH Special Emphasis Panel – Artificial Pancreas Ancillary Studies Teleconference Review-
Topics on Obesity and Metabolism – July, 2017
NIH Special Emphasis Panel –Topics on Obesity and Metabolism – Nov, 2017
NIH Special Emphasis Panel –Topics on Obesity and Metabolism – March, 2018
American Heart Association, Behavioral Sciences section, Oct 2018
NIH Special Emphasis Panel – Artificial Pancreas Ancillary Studies Teleconference Review –
July, 2018 – Chair
NIH Special Emphasis Panel – Molecular and Cellular Endocrinology (MCE) Study Section- Feb
2019
American Heart Association, Behavioral Sciences section, LOI, Oct 2017, 2019

Committees:

SU School of Education Library Acquisition committee, Higher Degrees Committee, and Research
Apprenticeship; Policy and Standards committee - chair
SU Faculty Oversight Committee for Athletics – 2002 to present
SU Athletic Policy Board – 2002 to present
SU Institutional Review Board: Member 2004-2005; Associate chair 2005 – present.

Mid Atlantic ACSM – member-at-large – 2000-2002.
Mid Atlantic ACSM – President-elect – 2004.
Mid Atlantic ACSM – President – 2005
Mid Atlantic ACSM – Past-president – 2006/Acting President - 2006
Mid Atlantic ACSM – Acting Past-president – 2007

ACSM Program Committee – 2008 to 2016
ACSM Board of Trustees – 6/2010- 2014
ACSM Ad Council – 6/2012-2013
ACSM abstract reviewer 2011-present
ACSM Science Integration & Leadership Committee (SILC) 2018-present
ADA abstract reviewer 2015-present
ADA program committee on exercise- 2019

Search committee – Dept of Nutrition and Exercise Physiology, 2009-10, 2010-11, 2011-2014
Search committee – Dean of HES – 2016
MU Campus Faculty Committee on Tenure (alternate member) - 2016

Carvers for Campus Dining Thanksgiving Dinner - 2016
Student Fee Capital Improvement committee (SFCIC) – member, 2011.
MU HES: Chair for Nutrition and Exercise Physiology Promotion and Tenure Committee – 2011
- 2018
MU HES: Promotion and Tenure Committee – 2012-2016
MU Intercollegiate Athletic Committee – 2011-2018; chair of Diversity and Gender Equity
Committee, 2014-2017
Campus parking committee – 2014-present
MU committee on Research Responsibility – 2012- 2016
Medicine and Science in Sports and Exercise, Associate Editor – 2011-present
Director of Graduate Studies in Exercise Physiology, 2011-present
MU Undergraduate Research and Creative Achievements Forum, 2013, 2014
MU Graduate Faculty Senate – 2014-present
MU Promotion and Tenure committee – Sept 2017-Sept 2019
MU Promotion and Tenure Task Force – Sept 2018 –June 2019
MU Task Force on Academics – June 2017-Jan 2018
MU Task for Enhancement and Audit Committee – Sept 2018-present
MU Student-Athlete Research-Oversight Committee - Sept 2019-present

Service Presentations:

Summer Program to First Year Students. To Graze or not to Graze. July, 2010.
Undergraduate Residence Life program. How to Stay Healthy: Keep Walking. Sept 2010.
HES Extension. To Graze or not to Graze. April, 2011

Memberships:

American College of Sports Medicine
The Obesity Society
Endocrine Society
American Alliance of Health, Physical Education, Recreation and Dance
Women’s Sport Foundation – Advisory Board member

Reviewer for:

Journal of Laboratory and Clinical Medicine
Metabolism
GH and IGF Research
Medicine and Science in Sports in Exercise
Journal of Clinical Endocrinology and Metabolism
Journal of Applied Physiology
American Journal of Physiology
International Journal of Obesity
Psychoneuroendocrinology
Exercise and Sports Sciences Reviews
European Journal of Nutrition

External Reviewer for Promotion

Dr Wang – University of South Carolina – associate professor

Dr Gentile – Colorado State University – associate professor
Dr Larson-Meyer – University of Wyoming – full professor
Dr Christou – University of Florida – associate professor
Dr Colletta- Arizona State University – associate professor
Dr Ellen Evans – University of Georgia – Full professor
Dr Dengel – University of Minnesota – Full professor
Dr Braun – University of Massachusetts – Full professor
Dr Borst – University of Florida – Full professor
Dr Witkowski - University of Massachusetts – 3rd yr review
Dr Witkowski - University of Massachusetts – Associate professor
Dr Edwards – University of Delaware – Full professor
Dr Owens – University of Mississippi – Full professor
Dr Scerpella – Upstate Medical University – Full professor
Dr. Burd – University of Illinois – Full professor
Dr. Haus – University of Michigan – Associate professor
Dr. Fairchild – Murdoch University – Associate professor
Dr Irving – Louisiana State University – Associate professor
Dr. Larson-Meyer - University of Wyoming – Full professor
Dr. Wong - Georgia State University – Associate professor

External Grant Review

Louisiana Board of Regents' Research Competitiveness Subprogram - 2014
University of Oklahoma – Department of Exercise Physiology program review- 2013
Aaron Sims – PhD candidate – University of Western Australia - 2015

Graduate students:

Doctoral students completed:

Tim Rickabaugh, PhD 1996
Ifigenia Giannopoulou, PhD 2004
Elaine Gregory, PhD 2005
Scott Collier, PhD 2006
Tracy Baynard, PhD 2007
Styliani Goulopoulou, PhD 2010
Ruth Franklin, PhD 2010
Michael Holmstrup, PhD 2011s
Amy Bidwell, PhD 2012
Timothy Heden, PhD 2014
Youngmin Park, PhD 2015
Terese Zidon, PhD 2018 (co-mentor with Vieira-Potter)
Nathan Winn, PhD 2018

Current Doctoral students:

Jillian Barnas, MS
Ryan Pettit-Mee, MS
Jay Porter, MS
Sean Ready, BS

Master's Thesis – committee member
DJ Oberlin – fall 2011

Comprehensive exams

Leryn Boyle – Sept 2011

Monica Kearney – June 2012
Justin Fletcher – April 2013
Melissa Linden – Sept. 2013
Terese Zidon – Dec 2015 – co-advisor
Rory Cunningham – July 2018
Lauren Walsh – June 2018
Tom Jurrissen – June 2018

Committee Member

Patrick Cowley, PhD 2011 – committee member
Jacqueline Crissey, PhD – 2013
Monica Kearney – PhD 2014
Justin Fletcher – PhD 2014
Leryn Boyle – PhD 2014
Melissa Linden – PhD. 2015
Rory Cunningham –
Lauren Walsh –
Tom Jurrissen –

Master's Thesis completed:

Donna Acox
Cameron Hall
George Mochizuki
Ciji Miller
Lynn Fenicchia
Brian Pierson
Erin Kelly
Jessica Mistretta
Ruth Franklin
Joe Pierce
Lynn Sauro
Brian Weil
Amy Bidwell
Kim Faust
Lauryn Nyhoff

Master's Students Internship:

Nichole Mobley
Dreama Weber
Laura Clart
Kieran Woods
Sabrina Antle

Many master's students have completed internships.

Margo Meyers – 2012
Tyler Hall -2016
Kevin Weisenbloom - 2016
Hayden Legg – 2016
Derik Kincaid -2017
Matthew Lemanowicz – 2017
Nicole Szabo – 2018
Marlee Lupher - 2018

Graduate Academic Advising since 2000:

2000-2001 - 6 masters, 2 doctoral students
2001-2002 – 4 masters, 3 doctoral students
2002-2003 – 5 masters, 3 doctoral students
2003-2004 – 19 masters, 5 doctoral students
2004-2005 – 20 masters, 4 doctoral students
2005-2006 – 9 masters, 6 doctoral students
2006-2007 – 6 masters, 5 doctoral students
2007-2008 – 2 masters, 4 doctoral students
2008-2009 - 5 masters, 4 doctoral students
 Informal advisor to 2 students who advisor has left
2009- masters, 4 doctoral students
 Informal advisor to 2 biology students

Student Awards and Grants

2002

Fenia Giannopoulou

- 2002 Syracuse University Fellowship Award - \$13,000
- 2002 School of Education Award for Graduate Research
- 2002 Travel Research Grant – Syracuse University- \$400
- 2002 Woodrow Wilson Research Grant- \$3,000
- 2002 Mid-Atlantic ACSM – Best research presentation

Tracy Baynard

- 2002 Graduate Student Research Grant by the American College of Sports Medicine- \$5,000

2003

Fenia Giannopoulou

- 2003 Syracuse University Fellowship

Tracy Baynard

- 2003 Life Fitness graduate student award - \$5,000
- 2003 School of Education – Sydney Young Award - \$500

2004

Tracy Baynard

- Outstanding Teaching Assistant Award: Syracuse University, 2004.
- President’s Award—American College of Sports Medicine Mid-Atlantic Region, \$5000.
- School of Education Research & Creative Grant Competition, Syracuse University.
- Sidney Young Award, Exercise Science Department, Syracuse University.

Scott Collier

- Life Fitness graduate student award - \$5,000

2005

Tracy Baynard – Mid-Atlantic ACSM award for Graduate Student Research. \$500.

Sigma Delta Epsilon Fellowship: Graduate Women in Science. \$3000

Joseph Pierce – American College of Sports Medicine (ACSM). Graduate Student Research Award. \$5000.

School of Education Creative Projects and Research Award

- Ruth Franklin
- Joe Pierce
- Stella Goulopoulou
- Erin Kelly
- Jessica Mistretta

School of Education - Masters Student Awards

- Jessica Mistretta
- Donna Acox

2006

Brian Weil - School of Education Creative Projects and Research Award-2006

Stella Goulopoulou

- MARC's President Award, Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Annual Meeting, Harrisburg, PA, November 10-11, 2006.
- Student Award for Best Presentation, Conference of North American Society for Pediatric Exercise Medicine, Charleston, SC, September 14-16, 2006.
- Doctoral Student Grant for the research project. American College of Sports Medicine Foundation, \$5,000.
- Graduate Student Grant for the research project. North American Society for Pediatric Exercise Medicine, \$800.

2007

Tracy Baynard – American College of Sports Medicine (ACSM), Michael L. Pollock Memorial Research Grant. \$200.

Stella Goulopoulou – Mid-Atlantic ACSM award for best research grant. \$500.

2008

Stella Goulopoulou – American Heart Association Pre-doctoral grant - \$20,000

- Jackson, Cardiovascular-Renal Meeting, Jackson, MS, Travel Award \$500 October 2008.
- Sigma Delta Epsilon- Graduate Women in Science- \$5000

Ruth Franklin – Sigma Delta Epsilon- Graduate Women in Science - \$5800

Ruth Franklin – MARC's President Award, Mid-Atlantic Regional Chapter of the American

College of Sports Medicine, Annual Meeting, Harrisburg, PA, November 11-12, 2008.

Stella Goulopoulou – Student Award for Best Presentation, Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Annual Meeting, Harrisburg, PA, November 11-12, 2008.

2009

Michael Holmstrup

- MARC's for Outstanding Doctoral Student President Award, Mid-Atlantic Regional Chapter of the American College of Sports Medicine, Annual Meeting, Harrisburg, PA, November 11-11, 2009.
- MARC-ACSM Research Award for Outstanding Research Proposal- \$500
- School of Education Research & Creative Grant- School of Education- Syracuse University- \$1000
- Syracuse University Teaching Fellow- TA Orientation program 2009

Stella Goulopoulou

- American Heart Association, Founders Affiliate Staff Fellow 2009-2010
- Outstanding Teaching Assistant Award, The Professional Development Programs of the Graduate School, Syracuse University, 2009
- Teaching Fellowship, Teaching mentor at Fulbright TA Orientation, TA Program of the Graduate School, Syracuse University, Syracuse, NY, 2009

2009

Stella Goulopoulou, PhD and Ruth Franklin, PhD – Outstanding Doctoral Dissertation Prize – School of Education, Syracuse University.

2011

Tim Heden. ICATS grant, University of Missouri

2012

Tim Heden ICATS travel grant, University of Missouri

2014

Tim Heden -T32

2019

Jay Porter

References:

James E. Graves Ph.D.
College of Science, Technology and Health
125 Masterton Hall, Portland Campus
University of Southern Maine
Portland, ME
Contact Information
Phone: 207-780-5585
Email: jgraves@usm.maine.edu

Michael D. Jensen, M.D.
Endocrine Research Unit
Mayo Clinic
Rochester, MN 55905
Phone (507) 255-6768 Fax (507)255-4828
Email: jensen.michael@mayo.edu

Bo Fernhall, PhD.
808 S. Wood (CMET), Room 169
Chicago, IL
Phone: 312-996-6695
Email: fernhall@uic.edu