

## **CURRICULUM VITAE**

**Name:** Nicholas A. Burd, PhD  
**Address:** Department of Kinesiology and Community Health  
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## **EDUCATION & TRAINING**

- 2011 – 2013      **Postdoctoral research fellow, Preservation of muscle mass with advancing age**  
Maastricht University Medical Centre+, Department of Human Movement Sciences,  
Maastricht, The Netherlands  
*Mentor: Luc JC van Loon, Ph.D.*
- 2007 – 2011      **Ph.D., Kinesiology**  
McMaster University, Hamilton, ON Canada  
Dissertation title: Contractile and nutritional modulation of human skeletal muscle  
protein synthesis  
*Mentor: Stuart M. Phillips, Ph.D.*
- 2005-2007      **M.S., Exercise Physiology**  
Ball State University, Human Performance Laboratory, Muncie, IN USA  
Thesis Title: The effect of a cyclooxygenase-2 inhibitor on human muscle protein synthesis  
after acute resistance exercise  
*Mentor: Todd A Trappe, Ph.D.*
- 2000-2005      **B.S., Exercise Science, Applied Science**  
Ball State University, Muncie, IN USA

## **PROFESSIONAL EXPERIENCE**

- 2019-current      Associate Professor of Kinesiology and Community Health and faculty affiliate of  
Division of Nutritional Sciences, University of Illinois at Urbana-Champaign, Urbana, IL  
USA
- 2013 - 2019      Assistant Professor of Kinesiology and Community Health and faculty affiliate of  
Division of Nutritional Sciences, University of Illinois at Urbana-Champaign, Urbana, IL  
USA
- 2018-current      Sport and Exercise Science Research Centre, University of Roehampton (UK), Honorary  
Research Member
- 2017 – 2018      Gatorade Sports Science Institute (GSSI) Expert Panel
- 2017 - current      Adjunct Faculty, The Faculty of Kinesiology & Physical Education, University of  
Toronto

2011-2013	Postdoctoral research fellow: Human Movement Sciences Maastricht University, Maastricht, The Netherlands
2007-2011	Graduate Research/Teacher Assistant: Exercise Metabolism Research Group McMaster University, Hamilton, ON Canada
2005-2007	Graduate Research Assistant: Human Performance Laboratory Ball State University, Muncie, IN USA
2003-2005	Undergraduate Research Assistant: Human Performance Laboratory Ball State University, Muncie IN USA
2004	Internship: Human Performance Clinical/Research Laboratory Colorado State University, Fort Collins, CO USA

### DISSERTATION AND THESIS SUPERVISION

#### *University of Illinois*

#### Doctoral or Master's Thesis Advising & Committees

Name of Student	Role	Degree; Research title	Date
<b>PhD</b>			
Andrew Askow	Primary Advisor	PhD in Kinesiology, Exercise Physiology Dissertation title: <i>TBD</i>	Spring 2023 (expected)
Colleen McKenna	Primary Advisor	PhD in Division of Nutritional Sciences Dissertation title: <i>TBD</i> <b>AWARDS: College of ACES Jonathan Baldwin Turner Fellowship</b>	Spring 2022 (expected)
Annmarie Chizewski	Committee member	PhD in Kinesiology; Exercise Psychology Dissertation title: <i>Fire Fighters: Fitness Intervention in Recruit Firefighters</i>	Spring 2019
Amadeo Salvador	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>Performance nutrition to support athletes and aging.</i> <b>AWARDS: CAPES Foundation Grant</b>	Spring 2021
Kevin Paulussen	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>TBD</i>	Spring 2022 (expected)
Richard Kesler	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>TBD</i>	Spring 2022 (expected)
Yu-Fu Wu	Committee member	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>Development of a pericyte-based therapy for recovery of aged skeletal muscle following immobilization</i>	Spring 2021 (expected)
Alex Baldeon	Committee member	PhD in Division of Nutritional Sciences Dissertation title: <i>TBD</i>	Spring 2023 (expected)
Tyler Wood	Committee member	PhD in Kinesiology; Motor Control Dissertation title: <i>Traumatic Brain Injuries and Older Adults: the Implications of Neck Strength, Muscle Activation, and Range of Motion</i>	Summer 2019 (expected)
Lauren Killian	Committee member	PhD in Division of Nutritional Sciences	Spring 2019

		Dissertation title: <i>Gastrointestinal symptoms and nutritional strategies of endurance athletes</i>	(expected)
Joseph Beals	Primary Advisor	PhD in Division of Nutritional Sciences Dissertation title: <i>Human obesity and its influence on muscle protein synthesis</i> <b>AWARDS: ACSM Foundation Doctoral Student Grant; Kraft Human Nutrition Fellowship</b>	Spring 2018
Ziad Mahmassani	Committee member	PhD in Kinesiology; Exercise Physiology Dissertation title: <i><math>\alpha7\beta1</math> integrin regulation of skeletal muscle growth in response to mechanical stimulation</i>	Spring 2017
Stephan van Vliet	Primary Advisor	PhD in Kinesiology; Exercise Physiology Dissertation title: <i>Regulation of postprandial protein metabolism after food ingestion and exercise</i> <b>AWARDS: ACSM Foundation Doctoral Student Grant; KCH Laura J. Huelster Award; ESPEN fellowship; Egg Nutrition Center fellowship</b>	Spring 2017
Elizabeth Hubbard	Committee member	PhD in Kinesiology; Exercise Psychology Dissertation title: <i>The acute effects of high-intensity interval and continuous aerobic exercise on physiological and functional outcomes in persons with multiple sclerosis</i>	Summer 2017
<b>MS</b>			
Jade Hamann	Primary Advisor	MS in Division of Nutritional Sciences Thesis title: TBD	Spring 2021
Rafael Alamilla	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>The Effect of Leucine and Dileucine Ingestion on Muscle Protein Turnover in Health Young Men</i> <b>AWARDS: Graduate School Fellowship</b>	Spring 2020
Jonathan Cerna	Committee member	MS in Division of Nutritional Sciences Thesis title: TBD	Spring 2021 (expected)
Susannah Scaroni	Primary Advisor	MS in Division of Nutritional Sciences Thesis title: <i>TBD</i> <b>AWARDS: Craig Neilsen Foundation Scholarship</b>	Spring 2020 (expected)
Nate Willis	Committee member	MS in Division of Nutritional Sciences Thesis title: <i>TBD</i>	Spring 2020 (expected)
Isabel Martinez	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>Manipulating dietary protein density and its effect on training induced muscle performance and overall health among middle-aged adults</i>	Spring 2018
Justin Parel	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>The whole body protein turnover response to the ingestion of intrinsically labeled eggs at rest and after endurance exercise</i>	Spring 2017
Evan Shy	Primary Advisor	MS in Kinesiology; Exercise Physiology Thesis title: <i>Effect of meal composition to modulate the anabolic response during recovery from resistance exercise</i>	Spring 2016
Sasha McCorkle	Committee member	MS in Division of Nutritional Sciences Thesis title: <i>Macular pigment optical density and academic achievement among preadolescent children</i>	Spring 2016

**University of Toronto**

Name of Student	Role	Degree; Research title	Date
<b>PhD</b>			
Michael Mazzulla	Committee member	PhD in Exercise Science Dissertation title: <i>Development of oral tracers to study protein metabolism in humans</i>	Spring 2020
Eric Williamson	Committee member	PhD in Exercise Science Dissertation title: <i>The effect of dietary protein dose on muscle and whole body protein metabolism during energy restriction</i>	Spring 2021
Marcus Waskiw-Ford	Committee member	PhD in Exercise Science Dissertation title: TBD	Spring 2021

**Maastricht University**

Name of Student	Role	Degree; Research title	Date
<b>PhD</b>			
Stefan Gorissen	Co-promoter Promoter: Prof. van Loon	PhD in NUTRIM School of Nutrition and Translational Research in Metabolism Dissertation title: <i>Dietary factors modulating postprandial protein handling</i>	Spring 2016
<b>MS</b>			
Nicole Verbaarschot	Primary Advisor	MS in Human Movement Sciences Thesis title: <i>The relationship between power output and heart rate in power profile and maximal incremental exercise testing in trained cyclist</i>	Spring 2012
Roy Meys	Primary Advisor	MS in Human Movement Sciences Thesis title: <i>The reliability of power-testing in semi-professional road cyclists</i>	Spring 2012

**Stockholm University**

Name of Student	Role	Degree; Research title	Date
<b>MS</b>			
Imre Kouw	Co-Supervisor w/ Prof. van Loon	MS in Biosciences and Nutrition Thesis title: <i>The impact of dietary protein digestion and carbohydrate co-ingestion on whole-body protein turnover in young and elderly men</i>	Spring 2012

**Doctoral or Master's Thesis External Committee**

George Pavis, PhD, University of Exeter, (Spring 2021). Thesis titled: *The effect of a protein-polyphenol nutritional intervention on the skeletal muscle metabolic and functional response to eccentric exercise and resistance exercise training*

Rebekah Alcock, PhD, Australian Catholic University, (Summer 2020). Thesis titled: *Dietary collagen intake and sources for support of dense connective tissues in athletes*

Karolina Grzyb, MS in Kinesiology and Health Studies, University of Regina (Spring 2019). Thesis titled: *Effects of equal volume high-repetition resistance training with different workout frequency on muscle mass and muscle performance in postmenopausal women*

Andrew T. Askow, MS in Kinesiology, Texas Christian University (Spring 2019). Thesis titled: *The effect of differential bouts of resistance exercise on anabolic signaling in human skeletal muscle tissue*

### **Undergraduate Thesis Supervision**

Carly Hofreiter, BS in Molecular and Cellular Biology (Fall 2018). Thesis titled: *Characterization of sex hormones in middle-aged women*

Elizabeth Poozhikunnel, BS in Biochemistry (Spring 2019). Thesis titled: *Skeletal muscle anabolic signaling through fortified low protein doses in aging females*

\*received thesis distinction award

### **ACADEMIC TEACHING EXPERIENCE**

#### ***University of Illinois***

2019-current      **KIN 494 Special Topics: Physiology of High Performance**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor, new course

2017-current      **KIN 453 Nutrition for Performance**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor, new course

**KIN 453 James Scholar Mentor for Honors Credit**, Students: David Sierant (2017), Rosalyn Park (2017), Adam Skoff (2018), Annie Mokate (2018)

2014-current      **KIN 551 Scientific Basis of Physical Performance**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor

2015-current      **KIN 352 Bioenergetics of Human Movement**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor

**KIN 352 James Scholar Mentor for Honors Credit**, Students: Sarah Hovey (2016) Garret Waterstradt (2017), Kelsey Thompson, (2017), Shirali Shah (2018), Rosalyn Park (2018), Paul Teodoro (2018), Maria Corazzi (2019), Emilie Pettersen (2019)

2013, 2018      **KIN 565 Teaching in the Professoriate**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign. Students: Stephan van Vliet, Amadeo Salvador  
Role: Mentor

2017      **KIN 125 Orientation in Kinesiology & Community Health**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.

Role: Guest Lecturer

- 2017            **KIN 201 Physical Activity Research Methods**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Guest Lecturer, Human Research: Exercise, Nutrition, and Substrate Metabolism
- 2013-2016      **KIN 494 Special topics: Nutrition for Sport and Exercise**, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign.  
Role: Instructor, new course.

*Maastricht University*

- 2012-2013      **BGZ2004 Food for life**, Department of Human Movement Sciences, Maastricht University Medical Centre+  
Role: Guest Lecturer, Protein and Amino Acid Metabolism
- 2012-2013      **BHP4704 Review**, Department of Human Movement Sciences, Maastricht University Medical Centre+ Maastricht University  
Role: Guest Lecturer, How to Write a Research Review
- 2012-2013      **BHP4703 Writing a Research Proposal**, Maastricht University Medical Centre+, Department of Human Movement Sciences, Maastricht University  
Role: Guest Lecturer

*McMaster University*

- 2007-2010      **KIN 2CC3: Cardiorespiratory & Metabolic Exercise Physiology**, Department of Kinesiology  
Role: Teaching assistant
- 2008-2011      **KIN 2C03: Neuromuscular Exercise Physiology**, Department of Kinesiology,  
Role: Teaching assistant
- Fall 2010        **KIN 1F03: Introduction to Human Nutrition & Health**, Department of Kinesiology  
Role: Teaching assistant
- Spring 2009     **KIN 4Q03: Pediatric Exercise Physiology**, Department of Kinesiology  
Role: Teaching assistant
- Fall 2007        **KIN 1AA3: Human Anatomy & Physiology II**, Department of Kinesiology  
Role: Teaching assistant

## SCHOLARLY ACTIVITY

### *Primary research articles in refereed journals*

1. McKenna, C. F., Salvador, A. F., Hughes, R. L., Scaroni, S. E., Alamilla, R. A., Askow, A. T., Paluska, S. A., Dilger, A. C., Holscher, H. D., De Lisio, M., Khan, N. A., & **Burd, N. A.** (2021). Higher protein intake during resistance training does not potentiate strength, but modulates gut microbiota, in middle-aged adults: a randomized control trial. *American journal of physiology. Endocrinology and metabolism*, 10.1152/ajpendo.00574.2020. Advance online publication. <https://doi.org/10.1152/ajpendo.00574.2020>
2. Edwards CG, Walk AM, Thompson SV, Reeser GE, Dilger RN, Erdman JW Jr, **Burd NA**, Holscher HD, Khan NA. Dietary lutein plus zeaxanthin and choline intake is interactively associated with cognitive flexibility in middle-adulthood in adults with overweight and obesity. *Nutr Neurosci*. 2021 Jan 15:1-16. doi: 10.1080/1028415X.2020.1866867. Online ahead of print. PMID: 33448903
3. Pindus DM, Edwards CG, Walk AM, Reeser G, **Burd NA**, Holscher HD, Khan NA. The relationships between prolonged sedentary time, physical activity, cognitive control, and P3 in adults with overweight and obesity. *Int J Obes (Lond)*. 2021 Feb 1. doi: 10.1038/s41366-020-00734-w. Online ahead of print. PMID: 33526853
4. Draicchio F, van Vliet S, Ancu O, Paluska SA, Wilund KR, Mickute M, Sathyapalan T, Renshaw D, Watt P, Sylow L, **Burd NA**, Mackenzie R. Integrin-associated ILK and PINCH1 protein content are reduced in skeletal muscle of maintenance hemodialysis patients. *J Physiol*. 2020 Sep 24. doi: 10.1113/JP280441. PMID: 32969494
5. Thompson SV, Bailey MA, Taylor AM, Kaczmarek JL, Mysonhimer AR, Edwards CG, Reeser GE, **Burd NA**, Khan NA, Holscher HD. Avocado Consumption Alters Gastrointestinal Bacteria Abundance and Microbial Metabolite Concentrations among Adults with Overweight or Obesity: A Randomized Controlled Trial. *J Nutr*. 2020 Aug 17: nxaa219. doi: 10.1093/jn/nxaa219. Online ahead of print. PMID: 32805028
6. Gorissen, S. H. M., Trommelen, J., Kouw, I. W. K, Holwerda, A. M., Pennings B, Groen BBL, Wall BT, Churchward-Venne TA, Horstman, A. M. H., Koopman, R., **Burd, N. A.**, Fuchs, C. J., Dirks, M.L., Res, P.T., Senden, J. M. G., Steijns, J. M. J. M., de Groot, L. C. P. G. M., Verdijk, L. B., & van Loon L. J. C. (in press). Protein Type, Protein Dose, and Age Modulate Dietary Protein Digestion and Phenylalanine Absorption Kinetics and Plasma Phenylalanine Availability in Humans. *Journal of Nutrition*. doi: 10.1093/jn/nxaa024.
7. Avevedo, M. B., Teran-Garcia, M., Bucholz, K. K, Eagon, J. C., Bartholow, B. D., **Burd, N. A.**, Khan, N., Rowitz, B., & Pepino, M. Y. (in press). Alcohol sensitivity in women after undergoing bariatric surgery: a cross-sectional study. *Surg Obes Relat Dis*. doi: 10.1016/j.soard.2020.01.014.
8. Edwards, C. G., Walk, A.D., Thompon, S.V., Reeser, G, Erdman, J.W., **Burd, N. A.**, Holscher, H.D., & Khan, N.A. (2020). Effects of 12-week avocado consumption on cognitive function among adults with overweight and obesity. *International Journal of Psychophysiology*. 148:13-24. <https://doi.org/10.1016/j.ijpsycho.2019.12.006>

9. Hannon, B. A., Edwards, C. G., Thompon, S.V., Reeser, E. G, **Burd, N. A.**, Holscher, H. D., Teran-Garcia, M. T., & Khan, N. A. (in press). Single nucleotide polymorphisms related to lipoprotein metabolism are associated with blood lipid changes following regular avocado intake in a randomized control trial among adults with overweight and obesity. *Journal of Nutrition*. doi: 10.1093/jn/nxaa054.
10. Hannon, B. A., Edwards, C. G., Thompon, S.V., Burke, S.A., **Burd, N. A.**, Holscher, H. D., Teran-Garcia, M. T., & Khan, N. A. (in press). Genetic variants in lipid metabolism pathways interact with diet to influence blood lipid concentrations in adults with overweight and obesity. *Lifestyle Genomics*.
11. van Vliet, S., Beals, J.W., Holwerda, A.M., Emmons, R.S., Goessens, J.P., Paluska, S.A., De Lisio, M., van Loon, L.J.C., & Burd, N. A. (2019). Time-dependent regulation of postprandial muscle protein synthesis rates after milk protein ingestion in young men. *J Appl Physiol*. 127(6):1792-1801. doi: 10.1152/jappphysiol.00608.2019
12. Salvador, A. F., Askow, A. T., McKenna, C. F., Fang, H. Y., Burke, S. K., Li, Z., Ulanov, A. V., Paluska, S. A., Petruzzello, S. J., Boppart, M. D., Oliver, J. M., & **Burd, N. A.** (in press). Resistance Exercise-induced Regulation of Muscle Protein Synthesis to Intra-set Rest. *Med Sci Sports Exerc*. doi: 10.1249/MSS.0000000000002213. PMID: 31703023.
13. Barclay, R. D., Beals, J. W., Drnevich, J., Imai, B. S., Yau, P. M., Ulanov, A. V., Tillin, N. A., Villegas-Montes, M., Paluska, S.A., Watt, P.W., De Lisio, M., & **Burd, N. A.**, Mackenzie RW. (2020). Ingestion of lean meat elevates muscle inositol hexakisphosphate kinase 1 protein content independent of a distinct post-prandial circulating proteome in young adults with obesity. *Metabolism*. 102:153996. doi:10.1016/j.metabol.2019.153996. PMID: 31678069.
14. Salvador, A. F., McKenna, C. F., Alamilla, R. A., Cloud, R. M. T., Keeble, A. R., Miltko, A., Scaroni, S. E., Beals, J. W., Ulanov, A. V., Dilger, R. N., Bauer, L. L., Broad, E. M., & Burd, N. A. (2019). Potato ingestion is as effective as carbohydrate gels to support prolonged cycling performance. *J Appl Physiol*. doi: 10.1152/jappphysiol.00567.2019. PMID: 31622159.
15. Chan, A. H., D'Souza, R. F., Beals, J. W., Zeng, N., Prodhon, U., Fanning, A. C., Poppitt, S. D., Li, Z., **Burd, N. A.**, Cameron-Smith, D., & Mitchell, C.J. (2019). The Degree of Aminoacidemia after Dairy Protein Ingestion Does Not Modulate the Postexercise Anabolic Response in Young Men: A Randomized Controlled Trial. *J Nutr*. 149(9):1511-1522. doi: 10.1093/jn/nxz099. PMID: 31152658
16. Cannavale CN, Hassevoort KM, Edwards CG, Thompson SV, **Burd NA**, Holscher HD, Erdman JW, Cohen NJ, Khan NA: Serum Lutein is related to Relational Memory Performance. *Nutrients*. 2019, 11:768. PMID: 30986960
17. Hannon BA, Thompson SV, Edwards CG, Skinner SK, Niemi GM, **Burd NA**, Holscher HD, Teran-Garcia M, Khan NA. Dietary fiber is independently related to blood triglycerides among adults with overweight and obesity. *Current Developments in Nutrition*. 2018. Nov 28;3(2):nzy094. PMID: 30820489
18. Niemi GM, Skinner SK, Walk AM, Edwards CG, De Lisio M, Holscher HD, **Burd NA**, Khan NA. Oral Glucose Tolerance is Associated with Neuroelectric Indices of Attention Among Adults with Overweight and Obesity. *Obesity (Silver Spring)*. 2018 Sep 11. doi: 10.1002/oby.22276. PMID: 30204939.



19. van Vliet S, Skinner SK, Beals JW, Pagni BA, Fang HY, Ulanov AV, Li Z, Paluska SA, Mazzulla M, West DWD, Moore DR, Wilund KR, **Burd NA**. Dysregulated handling of dietary protein and muscle protein synthesis after mixed meal ingestion in maintenance hemodialysis patients. *Kidney Int Rep*. 2018 Aug 17;3(6):1403-1415. PMID: 30450467
20. Whole egg, but not egg white ingestion, induces mTOR co-localization with the lysosome after resistance exercise in trained young men. Abou Sawan S, van Vliet S, West DWD, Beals JW, Paluska SA, **Burd NA**, Moore DR. *Am J Physiol Cell Physiol*. 2018 Aug 22. doi: 10.1152/ajpcell.00225.2018. PMID: 30133322
21. Physiological responses during a 25-km time trial in elite wheelchair racing athletes. Edwards T, Barfield JP, Niemi GM, Beals JW, Broad EM, Motl RW, De Lisio M, **Burd NA**, Pilutti LA. *Spinal Cord Ser Cases*. 2018 Aug 14;4:77. doi: 10.1038/s41394-018-0114-3. eCollection 2018. PMID: 30131876
22. Altered anabolic signaling and reduced stimulation of myofibrillar protein synthesis after feeding and resistance exercise in people with obesity. Beals JW, Skinner SK, McKenna CF, Poozhikunnel EG, Farooqi SA, van Vliet S, Martinez IG, Ulanov AV, Li Z, Paluska SA, **Burd NA**. *J Physiol*. 2018 Aug 16. doi: 10.1113/JP276210. PMID: 30113718.
23. Abou Sawan S, van Vliet S, Parel JT, Beals JW, Mazzulla M, West DWD, Philp A, Li Z, Paluska SA, **Burd NA**, Moore DR. Translocation and protein complex co-localization of mTOR is associated with postprandial myofibrillar protein synthesis at rest and after endurance exercise. *Physiol Rep*. 2018 Mar;6(5). doi: 10.14814/phy2.13628.
24. van Vliet S, Shy EL, Abou Sawan S, Beals JW, West DW, Skinner SK, Ulanov AV, Li Z, Paluska SA, Parsons CM, Moore DR, **Burd NA**. Consumption of whole eggs promotes greater stimulation of postexercise muscle protein synthesis than consumption of isonitrogenous amounts of egg whites in young men. *Am J Clin Nutr*. 2017 Oct 4. pii: ajcn159855. doi: 10.3945/ajcn.117.159855. [Epub ahead of print]. PMID: 28978542
25. Beals JW, Mackenzie RWA, van Vliet S, Skinner SK, Pagni BA, Niemi GM, Ulanov AV, Li Z, Dilger AC, Paluska SA, De Lisio M, **Burd NA**. Protein-Rich Food Ingestion Stimulates Mitochondrial Protein Synthesis in Sedentary Young Adults of Different BMIs. *J Clin Endocrinol Metab*. 2017 Sep 1;102(9):3415-3424. doi: 10.1210/jc.2017-00360. PMID: 28911136
26. Niemi GM, Edwards T, Barfield JP, Beals JW, Broad EM, Motl RW, **Burd NA**, Pilutti LA, De Lisio M. Circulating Progenitor Cell Response to Exercise in Wheelchair Racing Athletes. *Med Sci Sports Exerc*. 2017 Aug 11. doi: 10.1249/MSS.0000000000001402. [Epub ahead of print] PMID: 28806276
27. Niemi GM, Parel J, Beals J, van Vliet S, Paluska SA, Moore DR, **Burd NA**, De Lisio M. Kinetics of circulating progenitor cell mobilization during submaximal exercise. *J Appl Physiol (1985)*. 2017 Jan 12:jap.00936.2016. doi: 10.1152/japphysiol.00936.2016. PMID: 28082336
28. Mazzulla M, Parel JT, Beals JW, van Vliet S, Abou Sawan S, West DWD, Paluska SA, Ulanov AV, Moore DR, **Burd NA**. Endurance Exercise Attenuates Postprandial Whole-Body Leucine Balance in

Trained Men. *Med Sci Sports Exerc.* 2017 Dec;49(12):2585-2592. doi: 10.1249/MSS.0000000000001394. PMID: 28767524

29. Gorissen SH, Horstman AM, Franssen R, Kouw IW, Wall BT, **Burd NA**, de Groot LC, van Loon LJ. Habituation to low or high protein intake does not modulate basal or postprandial muscle protein synthesis rates: a randomized trial. *Am J Clin Nutr.* 2016 Nov 30. pii: ajcn129924., PMID: 27903518
30. Wall BT, **Burd NA**, Franssen R, Gorissen SH, Snijders T, Senden JM, Gijsen AP, van Loon LJ. Pre-sleep protein ingestion does not compromise the muscle protein synthetic response to protein ingested the following morning. *Am J Physiol Endocrinol Metab.* 2016 Oct 25:ajpendo.00325.2016. doi: 10.1152/ajpendo.00325.2016., PMID: 27780822
31. van Vliet S, Beals JW, Parel JT, Hanna CD, Utterback PL, Dilger AC, Ulanov AV, Li Z, Paluska SA, Moore DR, Parsons CM, **Burd NA**. Development of Intrinsically Labeled Eggs and Poultry Meat for Use in Human Metabolic Research. *J Nutr.* 2016 Jun 8. pii: jn228338., PMID: 27360524
32. Beals JW, Sukiennik RA, Nallabelli J, Emmons RS, van Vliet S, Young JR, Ulanov AV, Li Z, Paluska SA, De Lisio M, **Burd NA**. Anabolic sensitivity of postprandial muscle protein synthesis to the ingestion of a protein-dense food is reduced in overweight and obese young adults. *Am J Clin Nutr.* 2016 Sep 7. pii: ajcn130385., PMID: 27604771
33. Gorissen SH, **Burd NA**, Kramer IF, van Kranenburg J, Gijsen AP, Rooyackers O, van Loon LJ. Co-ingesting milk fat with micellar casein does not affect postprandial protein handling in healthy older men. *Clin Nutr.* 2015 Dec 24. pii: S0261-5614(15)00349-0. doi: 10.1016/j.clnu.2015.12.011, PMID: 26774526
34. **Burd NA**, Gorissen SH, van Vliet S, Snijders T, van Loon LJ. Differences in postprandial protein handling after beef compared with milk ingestion during postexercise recovery: a randomized controlled trial. *Am J Clin Nutr.* 2015 Oct;102(4):828-36. doi: 10.3945/ajcn.114.103184, PMID: 26354539
35. Kouw IW, Gorissen SH, **Burd NA**, Cermak NM, Gijsen AP, van Kranenburg J, van Loon LJ. Postprandial protein handling is not impaired in type 2 diabetes patients when compared with normoglycemic controls. *J Clin Endocrinol Metab.* 2015, Aug;100(8):3103-11, PMID:26037513
36. **Burd NA**, Cermak NM, Kouw IW, Gorissen SH, Gijsen AP, van Loon LJ. The use of doubly labeled milk protein to measure postprandial muscle protein synthesis rates in vivo in humans. *J Appl Physiol.* 2014, 117(11):1363-70, PMID:25277738
37. An R, Chiu CY, Zhang Z, **Burd NA**. Nutrient intake among US adults with disabilities, *J Hum Nutr Diet.* 2014, Sep 19, PMID: 25233949
38. Moore DR, Churchward-Venne TA, Witard O, Breen L, **Burd NA**, Tipton KD, Phillips SM. Protein ingestion to stimulate mofibrillar protein synthesis requires a greater relative protein intakes in healthy older versus younger men, *J Gerontol A Biol Med Sci.* 2015, 70(1):57-62, PMID:25056502
39. An R, **Burd NA**. Carbohydrate, Fat, and Protein Intake in Association with Energy Intake across Sex, Race, and Body Weight Status in the US Adult Population: 1999-2010, *Public Health Nutrition.* 2014, 18(8):1343-52, PMID:25203716

40. Rowlands DS, Nelson AR, Phillips SM, Faulkner JA, Clarke J, **Burd NA**, Moore D, Stellingwerff T. Protein-leucine fed dose effects on muscle protein synthesis after endurance exercise. *Med Sci Sports Exerc.* 2015, 47(3):547-55, PMID: 25026454
41. Gorissen SH, **Burd NA**, Hamer HM, Gijsen AP, Groen BB, van Loon LJC. Carbohydrate co-ingestion delays dietary protein digestion and absorption but does not modulate postprandial muscle protein accretion. *J Clin Endocrinol Metab.* 2014 Mar 14;Jc20133970, PMID:23826365
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55. Kim, Jeongwoon<sup>1</sup>; McKenna, Colleen F.<sup>1</sup>; Salvador, Amadeo F.<sup>1</sup>; Scaroni, Susannah E.<sup>1</sup>; Cerna, Jonathan<sup>1</sup>; Cannavale, Corinne N.<sup>1</sup>; Paluska, Scott A. FACSM<sup>1</sup>; de Lisio, Michael<sup>2</sup>; **Burd, Nicholas A.**<sup>1</sup>; Khan, Naiman A.<sup>1</sup> Relationships Between Muscular Strength, Cognitive Control, And Hippocampal Dependent Relational Memory Function, *Medicine & Science in Sports & Exercise*: July 2020 - Volume 52 - Issue 7S - p 837 doi: 10.1249/01.mss.0000684548.57159.bd
56. Kevin Paulussen, Amadeo Salvador, Colleen McKenna, Susannah Scaroni, Alexander Ulanov, Zhong Li, Daniel Moore, Scott Paluska, Ryan Dilger, Laura Bauer, **Nicholas Burd**, Effects of Salmon Ingestion on Post-Exercise Muscle Protein Synthesis: Exploration of Whole Protein Foods Versus Isolated Nutrients, *Current Developments in Nutrition*, Volume 4, Issue Supplement\_2, June 2020, Page 650, [https://doi.org/10.1093/cdn/nzaa049\\_043](https://doi.org/10.1093/cdn/nzaa049_043)
57. Amadeo Salvador, Colleen McKenna, Andrew Askow, Hsin-Yu Fang, Sarah Burke, Alexander Keeble, Rafael Alamilla, Kevin Paulussen, Scott Paluska, **Nicholas Burd**, Resistance Exercise Does Not Up-Regulate YAP Expression in Aged Human Skeletal Muscle, *Current Developments in Nutrition*, Volume 4, Issue Supplement\_2, June 2020, Page 656, [https://doi.org/10.1093/cdn/nzaa049\\_049](https://doi.org/10.1093/cdn/nzaa049_049)
58. Caitlyn Edwards, Anne Walk, Sharon Thompson, Ginger Reeser, Ryan Dilger, John Erdman Jr., **Nicholas Burd**, Hannah Holscher, Naiman Khan, Dietary Xanthophyll and Choline Intake Interactively Influence Cognitive Flexibility in Middle-Adulthood, *Current Developments in Nutrition*, Volume 4, Issue Supplement\_2, June 2020, Page 101, [https://doi.org/10.1093/cdn/nzaa041\\_005](https://doi.org/10.1093/cdn/nzaa041_005)
59. Monica Kashi, Caitlyn Edwards, Sharon Thompson, John Erdman Jr., **Nicholas Burd**, Hannah Holscher, Naiman Khan, Differential Relationships Between Serum Xanthophylls and Macular Pigment and Retinal Morphology, *Current Developments in Nutrition*, Volume 4, Issue Supplement\_2, June 2020, Page 114, [https://doi.org/10.1093/cdn/nzaa041\\_018](https://doi.org/10.1093/cdn/nzaa041_018)

***Selected Media Appearances (2013-present)***

2020, Guest on talk show for *Hawksbee and Jacobs* talkSPORT

2020, Research featured in *the Atlantic*. Should I Eat Potatoes While Run?

2018, Research featured in *Men's Health*. Want to Get Ripped? Eat 3 Whole Eggs After Your Workout.

2016, Interview for the *Globe and Mail*. The muscle-building power of milk vs. beef after a workout: which is better?

2015, Video for *Physiology of Sport and Exercise* (6<sup>th</sup> edition). L.W. Kenny, J.H. Wilmore, & D.L. Costill (Eds.). Leucine

2013, Video for *Nestle Nutrition Institute*. Does chronically consuming protein immediately after exercise actually cause you to get stronger or faster?

**UNIVERSITY SERVICE (2013-Present)**

Campus, University, and College Committees served.

**University of Illinois**

***Campus Committees***

2020-present

**Institutional Biosafety Committee**

Role: Member

2019-2020

**Institutional Review Board-BioMedical (IRB2)**

Role: Vice Chair

2017-2019

**Institutional Review Board-BioMedical (IRB2)**

Role: Member

2017-present

**Exercise is Medicine on Campus (EIM-OC)**

Role: Committee Chair; founding member; awarded gold level campus, 2018, 2020, 2021

2014, 2016, 2019

**UIUC Research Board Grant Reviewer**

Role: Reviewer

***College committees***

2015-2016

**Search committee**, Open-Rank Position, Communication Disorders Related to Head and Neck Cancer

2018-2020

**Diversity and Inclusion Committee**, KCH member

2019

**Applied Health Sciences, Research Space Allocation Committee**

Role: Committee Chair

2019-present	<b>Elections and Credentials</b> Role: Committee member
2019-2020	<b>Applied Health Sciences</b> , Strategic Planning Committee
2020-present	<b>CHAD senior faculty committee</b> , member

#### *Departmental committees*

2016-2017	<b>Search committee</b> , Assistant Professor in Exercise Physiology
2017-2018	<b>Search committee</b> , Assistant/Associate Professor in Exercise Psychology
2019-2020	<b>Search committee</b> , Assistant Professor in Exercise Physiology Microbiome
2020-present	<b>DNS Student Annual Reviews Committee</b> , member
2020-present	<b>Educational policy committee</b> , member
2020-present	<b>Faculty advisory committee</b> , member

#### **PROFESSIONAL & PUBLIC SERVICE**

##### *National Peer Review Committees*

2015-present	<b>American College of Sports Medicine</b> , Grant Review Committee
2018, 2021	<b>American Society of Nutrition</b> , Peter J. Reeds Memorial Young Investigator Award, Award Jury
2020	Panel Member, 2020 Congressionally Directed Medical Research Programs (CDMRP), Peer Reviewed Medical Research Program (PRMRP), Focused Program Award

##### *Editorial Board*

2015-2017	<b>BMC Nutrition</b> – Associate editor
2017-present	<b>Frontiers Nutrition</b> —Review editor

##### *Manuscript Review (Ad-hoc)*

The Journal of Physiology; The Journal of Applied Physiology; American Journal of Physiology: Endocrinology & Metabolism; American Journal of Physiology: Regulatory, Integrative, and Comparative Physiology; Clinical Nutrition; Medicine and Science in Sports and Exercise; Scandinavian Journal of Medicine & Science in Sports; International Journal of Sport Nutrition and Exercise Metabolism; Journal of Sport Sciences; Nutrition & Metabolism; Nutrition Research; British Journal of Nutrition; Medicina Sportiva; American Journal of Clinical Nutrition; PlosOne; Experimental Gerontology; Sports Medicine Exercise and Sport Sciences Reviews; Applied Physiology, Nutrition, and Metabolism; Physiological Reports; Journal of Strength and Conditioning Research; Amino Acids; Journal of Musculoskeletal & Neuronal Interactions; Nutrients; Food Research International; Frontiers in Physiology; Obesity Journal; Frontiers in Nutrition



**Public Service**

2018-present	Director, Human Performance Testing
2018	Strength Summit, Steering committee
2018	NASA Sports Nutrition and Sports in Space (with Bruce W. Fouke)
2018, 2019	Christie Clinic Illinois Marathon Runner's Symposium
2018, 2019	EIM-OC sponsored event: Illini Veterans Memorial 5K
2017, 2018	Wellness on Wheels: Health promotion outreach
2017	Kinesiology Student Association (KSA): Health promotion outreach

**INVITED SPEAKER (Selected presentations)**

2020	<p>“Defining strength: Exploring the evidence for strength as a measure of health across the lifespan. NCBA webinar. November 19, 2020.</p> <p>“The food matrix and its potential to optimize the regulation of skeletal muscle mass”. Purdue University Interdepartmental Nutrition Program (INP). Virtual. October 23<sup>rd</sup> 2020. *nominated invited speaker by graduate students</p> <p>“Strong is the new healthy: exploring the evidence for strength as a measure of health” Food &amp; Nutrition Conference &amp; Expo (FNCE). Virtual. October 20<sup>th</sup> 2020.</p> <p>“Stimulating skeletal muscle protein synthesis: Is the quality of isolated protein important when it is ingested with other nutrients?” Physiological Society (Human, Environmental, &amp; Exercise Physiology) sponsored webinar. September 8, 2020.</p> <p>“How potato consumption can contribute to human nutrition and improve athletic performance”. Research Chefs Association (RCA) Powered up. Webinar: Plant-Powered Performance: Innovation with Functional Potato Ingredients. June 10, 2020.</p>
2019	<p>“A shift to a holistic viewpoint to optimize dietary protein &amp; exercise interactions”. Nutrition &amp; Exercise Interactions—what we currently know conference. London, England. December 13, 2019.</p> <p>“Optimizing protein intake: Whole protein vs. amino acids. GSSI-Pre-Con/Collegiate &amp; Professional Sports Dietitians Association (CSPDA) Annual conference. Grapevine, Texas. May 20, 2019.</p> <p>“Adopting a food first approach to optimize protein intakes for athletes and other physically active adults” Texas Chapter, American College of Sports Medicine (ACSM). Fort Worth, Texas. March 1, 2019.</p> <p>“Optimizing protein intake for athletes using whole foods”. NFL Combine: Sports RD day Fueled by Gatorade. Gatorade/Collegiate Sports Dietitian Association. Indianapolis, Indiana. February 27, 2019</p> <p>“Optimizing protein intake for athletes using whole foods”. NFL Combine: Strength Coaches Education Event. Gatorade/Professional Football Strength &amp; Conditioning Coaches Association. Indianapolis, Indiana. February 26, 2019</p>

- “Carbohydrate ingestion and its role in performance nutrition”. Alliance for Potato Research & Education (APRE) Board Meeting. Austin, Texas. January 9, 2019.
- 2018 “Regulation of skeletal muscle mass *in vivo* in humans”. Human Subjects Research Conference. Urbana, IL. November 09, 2018.
- “Protein” Gatorade Sports Science Institute’s Sports Nutrition Preconference to ACSM-Recent Advances in Sports Nutrition: Re-Visiting the Basics. Minneapolis, Minnesota. May 29<sup>th</sup>, 2018.
- 2017 “Recent concepts related to dietary protein sources in optimizing protein intakes for athletes”. Gatorade Sports Institute (GSSI) Expert Panel. Sarasota, Florida. October 18<sup>th</sup>, 2017.
- “Physiological demands on the tactical population from early to mid-career”. NSCA tactical strength and conditioning (TSAC) Leadership course. Colorado Springs, Colorado. October 11<sup>th</sup>, 2017.
- “Maximizing protein in the diet with exercise” UIUC DNS Nutrition Symposium 2017. Faculty Mini-Symposium: Protein in the Modern World. April 19, 2017
- 2016 “Protein dense food consumption for skeletal muscle remodeling, and effect of adiposity”. National Pork Board meeting. St. Louis, Missouri. July 27, 2016
- “Muscle protein synthesis: does protein and peptide intake matter, and is there a difference between proteins?”, The Marine Proteins and Peptides Symposium. Alesund, Norway, April 2016
- 2015 “Impact of protein ingestion on dietary protein digestion and absorption kinetics and postprandial muscle protein synthesis rates in healthy weight and obese adults”, Obesity week 2015, Young Investigator Challenge Competition. Los Angeles California, November, 2015
- “Strategies to maximize skeletal muscle mass” Midwest University. May 20, 2015. Phoenix, AZ, USA
- 2014 “Maximizing muscle mass with postexercise protein intake” Experimental Biology (EB), San Diego, CA, USA
- 2013 “The ups and downs of muscle protein turnover: the role of food and exercise” University of Illinois at Urbana-Champaign. Nov 6 2013; Urbana, Illinois, USA
- “The role of dietary protein in the regulation of muscle mass” University of Illinois at Chicago. Oct 18 2013; Chicago, Illinois, USA
- “Does chronically consuming protein immediately after exercise actually cause you to get strong (resistance training) or faster (endurance training)?” American College of Sports Medicine (ACSM). May 28-June 1, 2013; Indianapolis, Indiana USA
- “The effect of resistive exercise on muscle carbohydrate and protein metabolism. In symposium: “Acute and chronic responses to concentric and eccentric exercise”. American College of Sports Medicine (ACSM). May 28-June 1, 2013; Indianapolis, Indiana USA

“Contraction induced changes in muscle protein synthesis—Does exercise load matter?” In symposium: “Sensing the tension: Identifying Mechanotransducers that Regulate Muscle Growth”. American College of Sports Medicine (ACSM). May 28-June 1, 2013; Indianapolis, Indiana USA

“Protein intake – before, during, or after to enhance endurance and strength training adaptations” Danish Sports Medicine Congress. Invited lecture. Jan 31 – Feb 2, 2013; Kolding, Denmark

2012 “Protein and recovery from exercise – Are guidelines the same for all sorts of exercise?” American College of Sports Medicine (ACSM), invited lecture. May 30 2012, San Francisco, California USA

“Contractile and nutritional modulation of human skeletal muscle protein synthesis” In the masterclass for Prof. dr. Alfred Goldberg, Striated muscle plasticity and metabolism in health and disease, Maastricht University, January 16, 2012, Maastricht, Netherlands

2009 “Impact of resistance exercise intensity on human skeletal muscle protein synthesis.” Department of kinesiology seminar, McMaster University, October 22, 2009, Hamilton, ON, CA

“Impact of resistance exercise intensity and anabolic hormones on human skeletal muscle protein turnover” Department of Sport & Exercise Science Research seminar, University of Auckland, Tamaki Campus, October 9 2009, Auckland, NZ

“Scientific update related to resistance exercise intensity and protein dose effects on human skeletal muscle”. Sobre Entrenamiento Group Symposium. Online symposium. June 15, 2009

## **FUNDING**

### ***Ongoing Research Support***

NIH RO1 (Role: Co-I; PI: Neha Gothe). Yoga, Aerobic, and stretching exercise effects on neurocognitive performance: a randomized controlled trial. Awarded: \$3,584,875

Dairy Management Inc, Primary Investigator: “Dairy food consumption and its effects on inflammation and the postprandial regulation of muscle protein synthesis” Awarded: \$460,293 (July 2019- June 2021)

North Dakota Beef Commission, Primary Investigator: “Defining beef and meal frequency as key components of a healthy eating pattern for muscle health and well-being”. Awarded: \$179,024 (Aug 2020- June 2022)

North Dakota Beef Commission, Co-PI with Hannah Holscher: “Delineating the influence of the gut microbiota on the impact of regular beef consumption on training induced gains in muscle strength and performance in healthy adults.” Awarded: \$39,219 (July 2019 – May 2020).

UIUC Research Board, Primary Investigator: “Exercise regulation of muscle protein synthesis in hemodialysis patients”. Awarded: \$25,000 (October 2018 – 2021)

Almond Board of California. (Role: Co-I; PI: Hannah Holscher). Effects of almond consumption on the gastrointestinal microbiota and postprandial glucose handling in adults with overweight obesity. Awarded: \$409,086 (Nov 11, 2019 – 2021).

USDA NIFA (Role: Co-I; PI: Hannah Holscher). Walnuts, the human gastrointestinal microbiome, and metabolic health. Awarded: \$500,000 (Aug 2020- 2023).

Office of Research, College of ACES, University of Illinois. (Role: Co-I; PI: Juan Llor). A systems approach to define biological pathways utilizing methyl groups from methionine and choline in dairy cattle. Awarded: \$50,000 (March 2020 – 2021).

### ***Technical testing agreements***

Dietary supplement and resistance training. Awarded: \$460,000 (Sept 2020 – Aug 2021).

Dietary supplement ingestion and aminoacidemia. Awarded: \$145,000 (Feb 2021 to Jan 2022).

### ***Completed Research Support***

USDA Hatch program, Primary Investigator: “Food first approach to stimulate muscle protein synthesis in healthy adults” Awarded: \$20,000 (September 2018 – 2020).

National Cattleman’s Association, Primary Investigator (with Naiman Khan & Steven Petruzzello): “The role of beef ingestion in supporting exercise-derived benefits for the muscle-brain interconnect” Awarded: \$74,187 USD (July 2018 – June 2019)

Alliance for Potato Research & Education (APRE), Primary Investigator: “Ingestion of potatoes as a nutritional strategy to improve cycling time-trial performance in endurance trained cyclist” Awarded: \$90,378 USD (Sept 2017 – Feb 2019)

Worlds Greatest Ingredients LP, Primary Investigator: “Anabolic action of peptides” Requested: \$94,233

Japan *Curves*, Co-Primary Investigator: “Nutritional strategies to augment the postprandial muscle protein synthetic response to the ingestion of a low dose of protein in older women” Awarded: \$200,000 USD (June 2016-September 2019).

BiRimingham-Illinois Partnership for Discovery, EnGagement, and Education (BRIDGE) Seed Grant, Co-PI (with Leigh Breen): “Identifying the human protein turnover signature associated with exercise and inactivity by the use of dynamic proteomics”. Awarded: \$9,000 USD (UIUC); £8500 (UoB) (June 2017 – May 2018)

National Cattleman’s Association, Primary Investigator: “The influence of regular beef consumption and protein density of the diet on training induced gains in muscle strength and performance in healthy adults”, Awarded: \$253,626 USD (July 2016-November 2018).

Hass Avocado Board, Co-Investigator: “Investigating the Effects of Avocado Intake on Metabolic and Cognitive Health: A Systems Approach”. Awarded: \$887,221 USD (December 2015 – December 2018)

National Pork Board, Primary Investigator: “Effect of pork ingestion on postprandial mitochondrial protein synthesis and inflammation in healthy weight, overweight, and obese adults”, Awarded: \$42,348 USD (May 2016 - April 2017).

UIUC Division of Nutritional Sciences, Primary Investigator: “Whole egg versus egg white consumption on postprandial protein handling *in vivo* in humans”

Awarded: \$20,000 USD (Oct 2015 – Oct 2017)

Division of Nutritional Sciences Vision 20/20 research program award, Co-Investigator: “The effects of overweight/obesity and acute dietary protein ingestion on muscle stem cell function”.

Awarded: \$22,500 USD (Oct 2014 – Oct 2016) - completed

National Pork Board, Primary Investigator: “Postprandial muscle protein synthetic response after high quality pork consumption in lean, overweight, and obese adults”.

Awarded: \$135,400 USD (Oct 2014 – Oct 2016) - completed

UIUC Center on Health, Aging, and Disability, Primary Investigator: “Protein ingestion after endurance exercise for muscle mass maintenance and metabolic health”

Awarded: \$20,000 USD - completed

University of Toronto Faculty of Kinesiology and Physical Education Research Grant, Co-Investigator: “Development of intrinsically-labeled egg proteins for the study of human protein metabolism”.

Awarded: \$5,000 CAD - completed

UIUC Research Board, Primary Investigator: “The time-dependent measurement of postprandial muscle protein synthesis rates by the use of doubly labeled milk proteins in humans”

Awarded: \$30,000 USD - completed

### **Graduate Student Fellowships/Grants**

ACSM World Athletics Research Grant, Amadeo Salvador, KCH graduate student: “Identifying the ideal carbohydrate intake dose for wheelchair marathoners”

Awarded: \$5,000 USD

CAPES Foundation (Ministry of Education of Brazil), Amadeo Salvador, KCH graduate student: “Effect of the protein density of the diet on the skeletal muscle adaptive response to resistance exercise training”

Awarded: \$200,000 USD

Egg Nutrition Center/American Egg Board, Stephan van Vliet, KCH graduate student: “Nutritional strategies to support skeletal muscle mass maintenance with advancing age”

Awarded: \$20,000 USD - Completed

ACSM Foundation Doctoral Student Grant, Joseph Beals, DNS graduate student: “Resistance exercise as a strategy to enhance basal and postprandial muscle protein synthesis in obese adults”

Awarded: \$5,000 USD - Completed

European Society for clinical nutrition and metabolism (ESPEN), Stephan van Vliet, KCH graduate student: “Protein ingestion as a strategy to enhance muscle protein anabolism in hemodialysis patients”

Awarded: €50,000 - Completed

ACSM Foundation Doctoral Student Grant, Stephan van Vliet, KCH graduate student: “Intrinsically labeled egg protein for the in vivo measurement of human protein metabolism”

Awarded: \$5,000 USD-Completed

Kraft Human Nutrition Fellowship (2014), Joseph Beals, DNS graduate student

Awarded: \$20,810

### **AWARDS & RECOGNITION**

2011	ACSM Charles M. Tipton National Student Research Award
2010	The Physiological Society Travel Grant. 2010 Awarded: £ 500
2010	McMaster University School of Graduate Studies International Excellence Award Awarded: \$10,000 CAD
Fall 2013	University of Illinois List of Teachers Ranked as Excellent by Their Students
2015	The American Society for Nutrition (ASN) Peter J. Reeds Young Investigator Award
Fall 2015	University of Illinois List of Teachers Ranked as Excellent by Their Students
Spring 2016	University of Illinois List of Teachers Ranked as Excellent by Their Students
2016	NIH Loan Repayment Program
Spring 2017	University of Illinois List of Teachers Ranked as Excellent by Their Students
Fall 2017	University of Illinois List of Teachers Ranked as Excellent by Their Students
2018	NIH Loan Repayment Program (renewal)
Spring 2018	University of Illinois List of Teachers Ranked as Excellent by Their Students
Fall 2018	University of Illinois List of Teachers Ranked as Excellent by Their Students
2019	AHS Excellence in Undergraduate Teaching Award—Faculty
Spring 2020	University of Illinois List of Teachers Ranked as Excellent by Their Students
Fall 2021	University of Illinois List of Teachers Ranked as Excellent by Their Students

### **ASSOCIATION MEMBERSHIPS**

American Society for Nutrition  
American College of Sports Medicine