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**ALAN C. UTTER, Ph.D., M.P.H., FACSM**

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**Current Position**

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Provost and Vice President for Academic Affairs  
Office of Academic Affairs  
Texas Woman's University  
Denton, TX, 76204

(940) 898-3301 (Office)  
(940) 898-3306 (FAX)  
email: [autter@twu.edu](mailto:autter@twu.edu)

**Education**

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- 1995 Doctor of Philosophy, University of Pittsburgh  
(Emphasis: Exercise Physiology)  
(Minor: Research Methodology)
- 1995 Master of Public Health, University of Pittsburgh  
(Emphasis: Epidemiology)
- 1991 Master of Science, University of Pittsburgh  
(Major: Exercise Physiology)
- 1989 Bachelor of Science, University of Pittsburgh  
(Major: Exercise Science)

**Academic Administrative Positions**

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**Provost and Vice President for Academic Affairs**

Texas Woman's University  
July 1, 2017 – present

Report to the president and serve as the chief academic officer of the university. The provost is responsible for developing and overseeing academic planning for the university, overseeing the colleges and the schools on the Denton, Dallas and Houston Campuses which include: College of Arts and Sciences, College of Business, College of Health Sciences, College of Professional Education, College of Nursing, T. Boone Pickens Institute of Health Sciences-Dallas Center, Institute of Health Sciences-Houston Center, Library and the Graduate School. Responsible for academic financial administration; academic affairs, curriculum and degree development; information technology; community programs; the offices of institutional research; international education; student success; distance education; research and sponsored programs; the Center for Faculty Excellence; the Center for Teaching and Learning with technology; and academic partnerships.

**Administrative initiatives completed as Provost:**

- Worked with the Office of Research to launch the founding Center for Student Research.
- Developing a comprehensive compensation plan for tenure and non-tenure track faculty.
- Conducted a national search and successfully hired the Founding Dean for the College of Business.
- Assisted and approved the **TWU CIP Audit**: conducted by institutional research. This internal audit yielded a 3% update to our course inventory with an approximate \$1.5 million annual increase to our formula funding revenue.
- Successfully hired a Department Chair of Biology after a national search and contracting with a search firm. The Chair position in Biology has been vacant for the last 3 years.
- Successfully implemented the Faculty Performance Review system for all tenure, non-tenure, post-tenure and clinical faculty.
- Allocated \$4.5 million of Higher Education Funds and Institutional Enhancement Funds to departments and colleges.
- Executed a telehealth project with CareCycle Management, LLC and TWU- College of Nursing.
- Negotiated the tuition and fee increase at TWU for the next biennium, 2019 and 2020.
- Under current negotiations with Keypath to assist in the delivery of our online nursing degree programs.
- Assisted the Office of Research to contract with an outside company to provide technology transfer and commercialization services to students and individual faculty for intellectual property development.
- Implemented the HIST 1023 and ENG 1023 gateway course and associated students success initiatives.
- Initiated a Research Development Travel Grant: The program grants up to \$1000 to defray the costs of travel to external funding agencies in order to meet with program officers to discuss proposals, agency programs, upcoming funding opportunities, and proposal strategies.
- Initiated a Pilot Program for “Faculty Reassigned Time” to prepare significant external grant applications during the academic year.
- Assisted both Marketing and Communications along with Institutional Research to develop marketing plans and online education for three colleges in which we have seen a decrease in market share: MBA, Teacher Education and Nursing.
- Worked with the Graduate Dean to implement the Graduate Research Assistantship Enhancement Award, an internal grant opportunity to enhance research opportunities for graduate students at the highest level of support available to master’s students.

- Supported the Dean in CHS so that greater than 50% of new faculty have included individuals with external funding track record and publication potential, including some with existing external funding.
- Supported Undergraduate Studies, Student Life and Enrollment Management to initiated a “Come back to the University” pilot program to provide incentives to degree completion to successful students who had stopped out of university coursework

### **Vice Provost for Research**

Appalachian State University

January 2014- July 2017

- Provide oversight for the Office of Research which consists of four separate divisions including: Office of Research Protections, Office of Sponsored Programs, Office of Research Consultation and Grants Resources and Services; responsibility for university-wide research institute, research centers, 20 full-time staff members, lead effort to administratively and physically separate the Office of Research from the Graduate School at ASU; experience and responsibility with the following: regulatory compliance related to human subjects, laboratory animals, scientific misconduct, conflict of interest, federal/industry funded research; legal, financial, and social aspects of technology transfer, intellectual property protection, management and licensing; experience in applying for and managing grants and an understanding of university research issues in a broad context; working with university budgets and experience with academic policy development and strategic planning.

### **Administrative initiatives completed as Vice Provost for Research:**

- Increased institutional external funding for research grants and contracts from \$10.9 to \$16.2 million (50%) from 2014-2016.
- Implemented the entire Conflict of Interest and Commitment annual disclosure process of which includes over 1800 faculty and EHRA non-faculty.
- Developed a University “Indirect Rate Return Policy”, “Buyout Policy” and “Fellowship Policy”, gained approval from the University Research Council, Council of Chairs, Provost’s Council and Chancellor’s Cabinet to be included in the ASU Policy Manual.
- Completely revised the University Research Council grant application (internal seed grants) to move them entirely online.
- Decentralized the University Research Council grant program, administration of funds from the Office of Research to the ~40 academic departments.
- Facilitated University agreement of a Medical Doctor to oversee all research studies requiring North Carolina Statute on “Practice of Medicine” procedures.
- Assisted in successfully mediating a faculty grievance on a significant research/grant related issue.
- Initiated a Pilot Program for “Faculty Reassigned Time” to prepare significant external grant applications during the academic year.

- Conducted a National Search for our Director of Research Protections and Director of Grants Resources and Services both of which were successfully completed.
- Created a new Office of Research Consultation on campus and hired a Director: The Office of Research Consultation has a mission to facilitate faculty who are participating in the development of various operations and procedures for grant and contract submissions as well as providing guidance for the collection, editing, verification, and management of quantitative/statistical/biostatistical data.
- Created in conjunction with the Vice Chancellor for IT an IT Research Platform Committee for the University.
- Chair, Search Committee for Sr. Research Scientist at the North Carolina Research Campus Human Performance Laboratory.
- Chair, Search Committee for Vice Provost of Undergraduate Education.
- Co-Chair, Search Committee for Dean of Hayes School of Music.
- Successfully completed Research Integrity Officer training sponsored by the Department of Health and Human Services, Office of Research Integrity.
- Initiated an external review of our IRB conducted by HRP Consulting Group, Aug. 2014.
- Initiated a contract with Huron Education for the preparation and negotiation of our F&A cost rate agreement application with DHHS which was successfully renegotiated from 32 to 37% effective July 2016.
- Completed and negotiated the University's application to become a member of the Council on Government Relations (COGR), <http://www.cogr.edu/>.
- Initiated an internal interdisciplinary grant program on topics relating to energy, economics and the environment.
- Established a faculty workshop for grant proposal development.
- Initiated the Research Development Travel Grant: The program grants up to \$1000 to defray the costs of travel to external funding agencies in order to meet with program officers to discuss proposals, agency programs, upcoming funding opportunities, and proposal strategies.
- Created and ASU Faculty Speakers Bureau through an online database, description of research area of expertise, a list of publications, projects and collaborations and video clips. This database will be searched by news media, granting agencies, industry and private foundations.

### **Director, Health Promotion Degree Program**

Appalachian State University  
2008-2016

- Provide academic leadership to the Health Promotion Division (~150 majors); course scheduling for 15 full-time faculty; Designated Leader for accreditation from the Council on Education for Public Health; developed an online Degree Program in Health Promotion launched in Summer 2009 in collaboration with Blue Cross/Blue Shield; Chaired successful National search for new tenure-track faculty member; oversight of the university assessment process for the Health

Promotion Division for SACS; assisted in development of a shared strategic vision that fostered excellence in teaching and service while cultivating a culture of research and scholarly activity; provide program oversight including curriculum development; program evaluation, student retention and evaluation, and adherence to University and College of Health Sciences policies.

**Founding Director, University Office of Student Research (OSR)**

Appalachian State University  
2005-2017

- As Founding Director reported directly to the Provost and Vice President for Academic Affairs until 2008; oversight of all administrative details (i.e. budget, personnel, space, web design, forming/leading Advisory Boards and committees, etc.); OSR has funded over 4700 student research/travel grants (~400/year); started an Undergraduate Research Assistant program for the entire campus; increased student participation in the National Conference on Undergraduate Research (highest participation out of the 16 UNC system schools); lead the Annual *Celebration of Student Research and Creative Endeavors* in which ~150 students present original research in various forms; oversight of the university assessment process for the OSR Division for SACS; interaction with every academic department and center on the ASU campus; develop long-range strategic planning for OSR, faculty mentors and staff recruitment, professional development, and evaluation.

**Director of Graduate Programs, Department of Health, Leisure, and Exercise Science**

Appalachian State University  
1996-2002

- Directed the department's graduate studies program; lead efforts for the recruitment and retention of graduate students; oversaw the entire application process; initiated and refined the graduate teaching and research assistant selection criteria and assignments; managed both the written and oral comprehensive exams for all graduate students; served as academic advisor for all graduate students; served as the Coordinator for successful ACSM "Endorsement/Accreditation" for both our Undergraduate and Graduate academic programs in Exercise Science; served on the University Graduate Council; worked collaboratively with faculty and external advisory board to identify state and regional needs as well as to find connections between programs for which we have appropriate resources that our stakeholders and constituents demand.

## **Academic and/or Administrative Positions**

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2017-present	Provost and Vice President for Academic Affairs Office of Academic Affairs Texas Woman's University
2014 - 2017	Vice Provost for Research Office of Academic Affairs Appalachian State University
2008 - 2016	Director and Professor, Health Promotion Degree Program Director, Human Performance Laboratory (2010-2011) College of Health Sciences, Appalachian State University
2005 -present	Director, University Office of Student Research, University College, Appalachian State University
2004 -present	Professor, Department of Health and Exercise Science, Appalachian State University
2001-2004	Associate Professor/Tenure, Department of Health and Exercise Science, Appalachian State University
1995-2001	Assistant Professor Graduate faculty member (1996-present) Director, HES Graduate Programs (1996-2002) Appalachian State University

## **Administrative and Leadership Experience**

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Member: Chancellor's Executive Cabinet, 2017-present.  
 Chair Academic Council, 2017-present.  
 Chair Dean's Council, 2017-present.  
 Chair: Vice Provost for Undergraduate Education Search Committee, Fall 2016.  
 Co-Chair: Hayes School of Music Search Committee, Fall 2016-present.  
 Member: Director of Corporate and Foundation Relations Search Committee,  
 Fall 2016-present.  
 Designated Leader: for accreditation from the Council on Education for Public  
 Health (CEPH) Fall 2014-Spring 2016.  
 Member: Provost Council and Dean's Council 2014-present.  
 Member: Chancellor Search Committee, 2013-2014.  
 Member: Leadership Council ASU's Quality Enhancement Plan, Fall 2011-2013.  
 Member: International Education Council's Research Committee, Spring 12-15  
 Member: Institution Review Board, May 2011-2014.  
 Member: Post-Tenure Review Committee HLES, Sept 2009-May 2011.

Chair: Health Promotion Tenure Track Faculty Position, Spring 2010.  
 Member: General Education Task Force Review Committee, 2010-2011.  
 Member- University Research Council, 1999-2002, Sept. 2008- Sept. 2011.  
 Member: Building Planning Committee College of Health, Oct. 2008- May 2010.  
 Member: Provost Search Committee, 2009-2010.  
 Member: College of Health Task Force, Sept. 2008- Sept. 2009.  
 Member: Institute for Health and Human Services, Research Advisory Board,  
 Sept. 2005-2010, 2014-present.  
 Member: Heltzer Honors College Advisory Committee, Sept. 2008- present  
 Member: University College Council, Sept. 2007- present  
 Member: Interdisciplinary Studies Advisory Council, Sept. 2008- May 2011.  
 Member: Student Achievement Team, Academic Affairs, Sept. 2006-Sept. 2009.  
 Member: General Education Faculty Development Steering Committee,  
 University College, Jan. 2008-June, 2009.  
 Member: Athletics Council, Department of Athletics, Sept. 2007- May 2008.  
 Member: Export Control Steering Committee, Academic Affairs, 2007- 2008.  
 Equal Opportunity Associate; Dept. of HLES, Sept. 2007- May 2008.  
 Member: Search Committee Director of Interdisciplinary Studies, University  
 College, Jan. 2008.  
 Member: Search Committee University Statistician, Graduate School, Jan. 2008.  
 Member: Search Committee Vice Provost for Faculty Affairs, Jan. 2008.  
 Member: Responsible Conduct of Research Committee, 2005- 2007.  
 Member: Task Force to Review Graduate Education, Oct. 2004.  
 Member: Strategic Planning Committee for Dept. of HLES, Oct. 2004.  
 Member: Center for Health and Human Services; Interdisciplinary Collaboration  
 Committee, Sept. 2004.  
 Member: Search Committee Dean of College of F&AA, Jan. 2003.  
 Member: Academic Policies Committee /Graduate Council, Sept. 2001-July 2004.  
 Member: Graduate Council, Feb. 2001-July 2004, Sept. 2005-Sept. 2006.  
 Member: Health and Human Services Collegial Organization Committee, 2000.  
 Member- College of F&AA Technology Committee, Oct. 1997-Oct. 1999.  
 Member- Department Personnel Committee, Sept. 1998- present.  
 Member- Graduate Student Research Day Task Force, Spring 1998, 1999.  
 Member- Dept. of HLES Reorganization Committee, Oct. 1997.  
 Member- College of F&AA Computer Consultant Committee, Oct. 1997.  
 Member-Search Committee, Director of Informal Recreation, 1997, 1998.  
 Eric DeGroat Scholarship Committee member, April 1997-present.  
 Co-Director, Appalachian State University Human Performance Laboratory  
 Community Testing Program, Sept. 1996-2011.  
 Chair-Search Committee, Program Director-Watauga/Appalachian State  
 University Cardiac Rehabilitation Program, Aug. 1996.

### **Professional Association /International / Domestic Experience: American College of Sports Medicine**

Executive Council: Committee on Certification and Registry Boards: 05-06  
 ACSM Board of Trustees Representative, European Union/United States  
 Conference: Good Practices: Action on Diet Physical Activity and Health,  
Brussels, Belgium, May 2006.

Coordinator: ACSM Endorsement “Accreditation” for Undergraduate and  
 Graduate Programs in Exercise Science, March 2003.

Certification Director and Lecturer- American College of Sports Medicine  
 Health/Fitness Instructor<sub>sm</sub>, Beijing, China, August 8-12, 2005.

Committee on Certification and Education: International Subcommittee. 03-06  
 Committee on Certification and Education: Clinical Track Subcommittee  
 1999-2002. Reappointment for 1 year June, 2003.

Workshop Director- American College of Sports Medicine Health/Fitness  
 Instructor<sub>sm</sub>, Appalachian State University, June 1998-2007.

Site Director- American College of Sports Medicine Health/Fitness Instructor<sub>sm</sub>  
 Certification Examination, Appalachian State University, 96 -07.

Certification Director and Lecturer- American College of Sports Medicine  
 Health/Fitness Instructor<sub>sm</sub>, Rimini, Italy, May 23-26, 2002.

Certification Director and Lecturer- American College of Sports Medicine  
 Health/Fitness Instructor<sub>sm</sub>, Barbados, April 17-20, 2002.

American College of Sports Medicine, Exercise Specialist Examiner, University  
 of Central Florida, October, 1999, 2000.

American College of Sports Medicine, Health and Fitness Instructor Examiner,  
 Appalachian State University, June 1996, June 1998.

American College of Sports Medicine, Exercise Specialist Examiner, University  
 of Pittsburgh, June, 1997.

Certification Coordinator- American College of Sports Medicine Exercise  
 Specialist<sub>sm</sub> Certification Examination, University of Pittsburgh June  
 1993- 1995.

### **Teaching and Advising Responsibilities**

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#### Appalachian State University

Undergraduate Teaching: Lifestyle Disease and Risk Reduction, Principles of  
 Epidemiology, Health and Fitness  
 Graduate Teaching: Rehabilitation of the Coronary Patient  
 Serve as Thesis Mentor for graduate students in Exercise Science program.



## **Research and Scholarly Activity**

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### **Patents**

Co-inventor, patent No. 60/391,587, "System and method for monitoring body weight and nutrition" 2002

### **Funded Research**

Utter, A.C. and McAnulty, S. "Portable device for monitoring water balance in elderly" National Institute Health - SBIR # 2R44 AG042990 \$175,000, 2013-2015, Role: PI at ASU, Aug. 2014.

Utter, A.C. Markers of hydration status, cardiovascular function, and performance in ocean rescue employees. College of Health Sciences, ASU, (\$4,000), May, 2013.

Utter, A.C. "The validity multi-frequency BIA to detect changes in the hydration status of wrestlers during acute dehydration and rehydration." Biospace Inc., (\$39,839), Sept. 2009.

Utter, A.C. "North Carolina Biotechnology Scholars Program." North Carolina Biotechnology Center, (\$18,000), Sept. 2008.

Utter, A.C. "The validity of ultrasound velocity to detect changes in the hydration status of wrestlers during acute dehydration and rehydration." Crayon Research, Inc., (\$49,769), Sept. 2008.

Utter, A.C. "The validity multi-frequency BIA in assessing body fat of high-school wrestlers." Biospace Inc., (\$31,766), Sept. 2008.

McBride, J. and Utter, A.C. Efficacy of resistive whole body vibration exercise as a countermeasure to microgravity induced changes in neuromuscular function, body composition, and bone mineral density. North Carolina Space Grant Program, (\$24,000), Sept. 2008.

Utter, A.C. and Quindry, J. Effects of Rooisbos Tea, Bottled Water, and Gatorade on Markers of Hydration Status After Acute Dehydration in Collegiate Wrestlers. Reddrex Inc., (\$30,456), Sept. 2007.

Utter, A.C., Nieman, D.C. and Quindry, J. Effects of Penta Water, Bottled Water, and Gatorade on Markers of Hydration Status After Acute Dehydration in Collegiate Wrestlers. Penta Water Company, (\$37,687), Sept. 2007.

Utter, A.C. and Nieman, D.C. "A Diet and Exercise Intervention Program to Prevent Childhood Obesity in the State of Pennsylvania:", National Wrestling Coaches Association, (\$77,791), March 2007.

D.C. Nieman, D. Henson, A.C. Utter, McAnulty, S., L. McAnulty, C. Dumke, and M. Davis. Effects of Beta-glucan on immune function and upper respiratory tract infections in endurance athletes. External, Funded, Gatorade Sport Science Institute (\$73,150) September 2006.

Utter, A.C. "Undergraduate Research Opportunity Expansion Initiative", UNC-General Administration, (\$4,000), Sept. 2006.

Utter, A.C. "The validity of ultrasound measurements in assessing body fat of high-school wrestlers." Intelamatrix, Inc, External, (\$20,491.00), Sept. 2006.

D.C. Nieman, D. Henson, McAnulty, S., L. McAnulty, C. Dumke, Triplett, and A.C. Utter. Quercetin as a countermeasure to immune dysfunction induced by prolonged intense physical stress. Defense Advanced Research Projects Agency (DARPA). (\$1,100,000.00), 2005-2007.

Utter, A.C. The validity of Arm-to-arm bioelectrical impedance in assessing body fat of high-school aged wrestlers. American Weights and Measures Inc. (\$16,500.00), April, 2005.

D.C. Nieman, D. Henson, A.C. Utter, McAnulty, S., L. McAnulty, C. Dumke, and M. Davis. The influence of carbohydrate/placebo on plasma cytokine changes following 2.5 hours of intensive cycling with and without rest intervals. Gatorade Sport Science Institute (\$90,000) February, 2005.

Utter, A.C. The validity of leg-to-leg bioelectrical impedance in assessing body fat of high-school aged males and females. Tanita Corporation of America. (\$9,875.00), September, 2004.

Utter, A.C. The validity of leg-to-leg bioelectrical impedance in assessing body fat of high-school aged wrestlers. Tanita Corporation of America ( II). (\$12,550), September, 2004.

D.C. Nieman, M. Davis, D. Henson, McAnulty, S., L. McAnulty, C. Dumke, D. Vinci and A.C. Utter. The influence of carbohydrate/placebo on oxidative/immune changes following 2.5 hours of intensive cycling. Gatorade Sport Science Institute (\$34,870) November, 2003.

Utter, A.C. The validity of leg-to-leg bioelectrical impedance in assessing body fat of high-school aged wrestlers. Tanita Corporation of America. (\$19,750), August, 2003.

Utter, A.C. "The influence of core body temperature on perceived exertion during treadmill running." University Research Council, Appalachian State University.(\$4,835), Nov., 2002.

McAnulty, S., L. McAnulty, D.C. Nieman, and A.C. Utter. Effect of blueberry phytochemicals on oxidative stress and immune function after exhaustive exercise. North American Blueberry Council (\$37,150), Aug. 2002

Utter, A.C. "The use of air displacement plethysmography in estimating body composition of collegiate wrestlers" Life Measurement, Inc.(\$4,000), Nov., 2001.

Utter, A.C. "The influence of vitamin C ingestion on Rating of Perceived Exertion during ultramarathon running." University Research Council, Appalachian State University.(\$1,750), Nov., 2000.

Utter, A.C. "The Effect of Carbohydrate Substrate Availability on Rating of Perceived Exertion During the 2000 Grandfather Mountain Marathon." University Research Council, Appalachian State University.(\$1,000), March, 2000.

Utter, A.C. "The Effect of Carbohydrate Substrate Availability on Rating of Perceived Exertion in Charlotte Marathon Runners." University Research Council, Appalachian State University.(\$1,000), March, 1999.

Utter, A.C. "Body Composition Changes and Weight Management Behaviors of NCAA Collegiate Wrestlers." University Research Council, Appalachian State University.(\$2,000), November 1998.

Utter, A.C. and Nieman, D.C. "The Validity of Bioelectrical Impedance in Assessing Body Composition in Collegiate Wrestlers Throughout the Competitive Season and During the 1999 NCAA Wrestling Championships." Tanita Corporation of America. (\$5,000), October 1998.

Utter, A.C. "The Effects of Exercise Training on the Hormonal Control of Gallbladder Function."University Research Council, Appalachian State University.(\$2,000), November 1997.

Utter, A.C. "The Effects of Exercise Training on Gallbladder Function." ACSM Foundation-Nordic Track Research Grant. (\$10,000), July 1997.

Utter, A.C. "The Effects of Exercise Training on Gallbladder Function."Life Fitness Academy-Scientific Advisory Board. (\$5,000), July 1997.

Utter, A.C. " The Influence of Diet, Exercise, or Both on Body Composition and Cardiorespiratory Fitness in Obese Women." University Research Council, Appalachian State University. (\$1000), November 1996.

Utter, A.C. " The Effects of Exercise on Gallbladder Function in an Adult Female Population." ACSM Research Grant for Doctoral Students. (\$2500), April 1994.

Utter, A.C. “ The Effects of Exercise on Gallbladder Function in an Adult Female Population.” School of Education, University of Pittsburgh. (\$1500), April 1994.

DaSilva, S.G., and Utter, A.C. “ Velocity at VO<sub>2</sub>Max as a Predictor of Endurance Performance in Well-Trained Males and Females.” School of Education, University of Pittsburgh. (\$1500), April 1993.

### **Publications**

Landram MJ, Utter AC, Baldari C, Guidetti L, McAnulty SR, Collier SR. Differential Effects of Continuous versus Discontinuous Aerobic Training on Blood Pressure and Hemodynamics. J Strength Cond Res. Jan;32(1):97-104, 2018.

Yáñez-Silva A, Buzzachera CF, Piçarro ID, Januario RS, Ferreira LH, McAnulty SR, Utter AC, Souza-Junior TP. Effect of low dose, short-term creatine supplementation on muscle power output in elite youth soccer players. J Int Soc Sports Nutr, Feb 7;14:5. 2017.

Smolarek AC, Mascarenhas LP, Bueno JC, Ferreira LH, Alves RC, Oliveira CS, Souza WC, Zandona BA, McAnulty SR, Utter AC and Souza TP. Differences in the Fitness Conditioning Glycemic and Lipid Profile in Teenagers Brazilian Jui-Jitsu Athletes. Journal of Exercise Physiology online, 20:4, 66-75, 2017.

Georgescu VP, Souza-Junior TP, Behrens C, Barros MP, Alves Bueno C, Utter AC, McAnulty LS, McAnulty SR. Effect of Exercise-Induced Dehydration on Circulatory Markers of Oxidative Damage and Antioxidant Capacity. Appl Physiol Nutr Metab, Feb 9. [Epub ahead of print], 2017.

Sarvazyan A, Tsyuryupa, Calhoun MC, Utter AC. Acoustical method of whole-body hydration status monitoring. Acoustical Physics, 62:4, 2016.

Smolarek AC, Ferreira L, Mascarenhas L, McAnulty S, Varela K, Dangui M, Barros M, Utter AC, Souza-Junior TP. The effects of strength training on cognitive function in elder women. Clinical Interventions in Aging, 11:749-754, 2016.

Sommerfield LM, McAnulty SR, McBride JM, Zwetsloot JJ, Austin MD, Mehlhorn JD, Calhoun MC, Young JO, Haines TL, Utter AC. Validity of Urine Specific Gravity when Compared to Plasma Osmolality as a Measure of Hydration Status in Male and Female NCAA Collegiate Athlete. J Strength Cond Res, 30(8):2219-25, 2016.

Souza-Junior TP, Ide BN, Sasaki JE, Lima RF, Abad CC, Leite RD, Barros MP, Utter AC. Mixed Martial Arts: History, Physiology and Training Aspects. The Open Sports Science Journal, 8:1-7, 2015.

Calhoun MC, Utter AC, McAnulty SR, McBride JM, Zwetsloot JJ, Austin MD, Mehlhorn JD, Sommerfield LM, Tsyuryupa S, Sarvazyan A. Validity of acoustic method for the assessment of whole-body hydration status. Proceedings of Meetings on Acoustics, 23:1-16, 2015.

Morris DM, Huot JR, Jetton AM, Collier SR, Utter AC. Acute Sodium Ingestion Prior to Exercise Increases Voluntary Water Consumption Resulting in Pre-Exercise Hyperhydration and Improvement in Exercise Performance in the Heat. Int J Sport Nutr Exerc Metab. Oct;25(5):456-62, 2015.

McAnulty LS, Miller LE, Hosick PA, Utter AC, Quindry JC, McAnulty SR. Effect of resveratrol and quercetin supplementation on redox status and inflammation after exercise. Appl Physiol Nutr Metab. 38(7):760-5, 2013.

Nieman DC, Austin MD, Dew D, Utter AC. Validity of COSMED's quark CPET mixing chamber system in evaluating energy metabolism during aerobic exercise in healthy male adults. Res Sports Med. 21(2):136-45, 2013.

Jetton AM, Lawrence MM, Meucci M, Haines TL, Collier SR, Morris DM, Utter AC. Dehydration and Acute Weight Gain in Mixed Martial Arts Fighters Prior to Competition. J Strength Cond Res. 27(5):1322-6, 2013.

Hardee JP, Lawrence MM, Zwetsloot KA, Triplett NT, Utter AC, McBride JM. Effect of cluster set configurations on power clean technique. J Sports Sci. 31(5):3488-96, 2013.

Hardee JP, Lawrence MM, Utter AC, Triplett NT, Zwetsloot KA, McBride JM. Effect of inter-repetition rest on ratings of perceived exertion during multiple sets of the power clean. Eur J Appl Physiol. 2012 Aug; 112(8):3141-7.

Hardee JP, Travis Triplett N, Utter AC, Zwetsloot KA, McBride JM. Effect of interrepetition rest on power output in the power clean. J Strength Cond Res. Apr;26(4):883-9, 2012.

Utter AC, McAnulty SR, Riha BF, Pratt BA, Grose JM. The validity of multi-frequency bioelectrical impedance measures to detect changes in the hydration status of wrestlers during acute dehydration and rehydration. J Strength Cond Res. Jan;26(1):9-15, 2012.

McAnulty LS, Nieman DC, Dumke CL, Shooter LA, Henson DA, Utter AC, Milne G, McAnulty SR. Effect of blueberry ingestion on natural killer cell counts, oxidative stress, and inflammation prior to and after 2.5 h of running. Appl Physiol Nutr Metab. Dec;36(6):976-84, 2011.

Guidetti L, Sgadari A, Buzzachera CF, Broccatelli M, Utter AC, Goss FL, Baldari C. Validation of the OMNI-cycle scale of perceived exertion in the elderly. Journal of Aging and Physical Activity 19(3): 214-224, 2011.

Turocy PS, Depalma BF, Horswill CA, Laquale KM, Martin TJ, Perry AC, Somova MJ, Utter AC. National athletic trainers' association position statement: safe weight loss and maintenance practices in sport and exercise. J Athl Train. 46(3):322-36, 2011.

Guidetti L, Broccatelli M, Baldari C, Buzzachera CF, Goss FL, Utter AC, Sgadari A. Validation of the Italian version of the OMNI Scale of Perceived Exertion in a sample of Italian-speaking adults. Percept Mot Skills.Feb; 112(1):201-10, 2011.

Utter AC, McAnulty SR, Sarvazyan A, Query MC, Landram MJ. Evaluation of ultrasound velocity to assess the hydration status of wrestlers. J Strength Cond Res. 24(6):1451-7, 2010.

Utter AC, JC Quindry, GP Emerenziani, JS Valiente. Effects of Rooibos tea, bottled water, and a carbohydrate beverage on blood and urinary measures of hydration after acute dehydration. Res Sports Med Int J: 18:85-96, 2010.

Utter AC, Lambeth PG. Evaluation of Multi-Frequency BIA in Assessing Body Composition of Wrestlers. Medicine and Science in Sport and Exercise, Vol. 42(2), 361-367, 2010.

Dumke CL, Nieman DC, Utter AC, Rigby MD, Quindry JC, Triplett NT, McAnulty SR, McAnulty LS. Quercetin's effect on cycling efficiency and substrate utilization. Appl Physiol Nutr Metab. 34(6):993-1000, 2009.

Valiente JS, Utter AC, Quindry JC, Nieman DC. Effects of Commercially Formulated Water on the Hydration Status of Dehydrated Collegiate Wrestlers. J Strength Cond Res. 23:2210-2216, 2009.

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## **Video**

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## **Presentations**

Santos-Junior RB, Bernardi BB, McAnulty SR, Utter AC, Souza-Junior TP. Prevalence, Magnitude, Methods, and Symptoms Related to Weight Loss in Athletes of Brazilian Jiu-Jitsu. Presented at ACSM National Meeting, Boston, MA, May 2016.

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Calhoun MC, Utter AC, McAnulty SR, McBride JM, Zwetsloot JJ, Austin MD, Mehlhorn JD, Sommerfield LM, Tsyuryupa S, Sarvazyan A. Validity of acoustic method for the assessment of whole-body hydration status. Presented at the 169<sup>th</sup> Meeting Acoustical Society of America, Pittsburgh, PA, May 2015.

Landram MJ, Utter AC, McAnulty SR, Baldari C, Guidetti L, Collier SR. Discontinuous aerobic training is an effective alternative to continuous for improving flow-mediated dilation. Presented at ACSM National Meeting, Orlando, FL, May 2014.

Landram MJ, Utter AC, Baldari C, Guidetti L, McAnulty SR, Collier SR. Differential effects of continuous vs discontinuous aerobic exercise on cardiac autonomic function. Presented at SISMES Conference, Parvia, Italy, Sept., 2013.

Huot JR, Morris DM, Jetton A, Collier SR, Utter AC. Sodium consumption induces hyperhydration but does not change plasma volume or exercise heart rate response. Presented at ACSM National Meeting, Indianapolis, IN, June 2013.

Morris DM, Huot JR, Jetton A, Collier SR, Utter AC. Effects of sodium consumption on voluntary water consumption, hydration, and exercise performance in the heat. Presented at ACSM National Meeting, Indianapolis, IN, June 2013.

Landram MJ, Utter AC, McAnulty SR, Baldari C, Guidetti L, Collier SR. Effects of continuous vs discontinuous aerobic exercise on augmentation index in young versus older adults. Presented at ACSM National Meeting, Indianapolis, IN, June 2013.

Collier SR, Landram MJ, Utter AC, McAnulty SR, Baldari C, Guidetti L, Meucci M. Sex differences following four weeks of continuous vs discontinuous exercise on central pulse wave velocity. Presented at ACSM National Meeting, Indianapolis, IN, June 2013.

Meucci M, Landram MJ, Utter AC, McAnulty SR, Baldari C, Guidetti L, Collier SR. Differential effects of continuous vs discontinuous aerobic exercise on hemodynamics in young adults. Presented at ACSM National Meeting, Indianapolis, IN, June 2013.

Harper SA, Jetton AM, Landram MJ, Haines T, Collier SR, Utter AC. Markers of hydration status, cardiovascular function, and performance in ocean rescue employees. Presented at SEACSM Annual Meeting, Greenville, SC, Feb. 14-16, 2013 and ACSM National Meeting, Indianapolis, IN, June 2013.

Landram MJ, Utter AC, Curry CD, Welsh JL, James ML, McAnulty SR, Collier SR. Differential effects of continuous vs discontinuous aerobic exercise on oxygen uptake and vascular health. Presented at SISMES Conference, Palermo, Italy, Oct. 6, 2012.

Jetton, A, Utter AC, Lawrence MM, Haines TL, and Meucci, M. Dehydration and acute weight gain in mixed martial arts fighters prior competition. Presented at SEACSM Annual Meeting, Jacksonville, FL Feb. 9-11, 2012 and ACSM National Meeting, San Francisco, CA, June 2012.

Lacy SA, Hardee JP, Triplett NT, Utter AC, McBride JM. Ratings of Perceived Exertion During Resistance Exercise in College Males. Presented at NSCA National Meeting, Las Vegas, NV, June 2011.

Lawrence MM, Hardee JP, Triplett NT, Utter AC, McBride JM. Effect of Inter-Repetition Rest Periods on Power Clean Technique. Presented at NSCA National Meeting, Las Vegas, NV, June 2011.

Hardee JP, Triplett NT, Utter AC, McBride JM. Effect of Inter-Repetition Rest Periods on Power Production in the Power Clean. Presented at NSCA National Meeting, Las Vegas, NV, June 2011.

Broccatelli M, Guidetti L, Baldari C, Buzzachera CF, Goss FL, Utter AC, Sgadari A. Validation of the Italian version of the OMNI Scale of Perceived Exertion in a sample of Italian-speaking adults. Presented at ACSM National Meeting, Denver, CO, June 2011.

Moody AM, McAnulty S, Collier SR, Utter AC, McAnulty SR. Effects of 6-weeks blueberry ingestion prior to a 2.5 h run on oxidative stress and inflammation. Presented at ACSM National Meeting, Denver, CO, June 2011.

Pratt B, Utter AC and Grose JM. The validity of MFBIA to detect changes in the hydration status of wrestlers during acute dehydration and rehydration. Presented at ACSM National Meeting, Denver, CO, June 2011.

Utter AC, Austin M, Nieman DC, Dew D, Bowles E, Moody B, Cartner B. Validation of Cosmed's Quark Cpet and Mixing Chambre System. Presented at ACSM National Meeting, Denver, CO, June 2011.

Pratt B, and Utter AC. The validity of MFBIA to detect changes in the hydration status of wrestlers during acute dehydration and rehydration. Presented at SEACSM Annual Meeting, Greenville, SC Feb. 3-5, 2011

Lacy S, Hardee J, Triplett T, Utter AC, and McBride J. Rating of perceived exertion during resistance exercise in college males. Presented at NSCA National Meeting, Orlando, FL, June 2011.

Broccatelli M, Buzzachera CF, Guidetti L, Sgadari A, Utter AC, Goss FL, Baldari C.

Validation of the Adult Omni-scale of Perceived Exertion in the Elderly. Presented at ACSM National Meeting, Baltimore, MD, June 2010.

Utter AC, Lambeth PG. Evaluation of Multi-Frequency BIA in Assessing Body Composition of Wrestlers. Presented at ACSM National Meeting, Baltimore, MD, June 2010.

Query M and AC Utter. Evaluation of Ultrasound Velocity to Assess the Hydration Status of Wrestlers. Presented at SEACSM Annual Meeting, Greenville, SC Feb. 11-13, 2010.

Utter AC. Body composition assessment in athletes: From the laboratory to competition. Presented at NSCA National Meeting, Las Vegas, NV July 2009.

JS Valiente, AC Utter, JC Quindry, DC Nieman, Effects of Penta® water, bottled water, and a carbohydrate-electrolyte beverage on hydration status in dehydrated collegiate wrestlers. Presented at SEACSM Annual Meeting, Birmingham, AL, Feb. 12-14, 2009.

Utter AC “Institutionalizing a Student Research Program” Presented at the Council on Undergraduate Research National Conference, June. 21-24, St. Joseph, MN, 2008.

Nieman DC, Henson DA, McMahon M, Wrieden JL, Davis JM, Murphy EA, Gross SJ, McAnulty LS, Dumke CL, Utter AC. Beta-glucan, immune function, and upper respiratory tract infections in athletes. Presented at ACSM National Meeting, Indianapolis, IN, June 2008.

Utter AC, and Hager ME. Evaluation of ultrasound in assessing body composition of high school wrestlers. Presented at ACSM National Meeting, Indianapolis, IN, June 2008.

Dumke C, Nieman D, JM Davis, Murphy A, Carmichael M, Henson D, Quindry J, Utter A, Triplett NT, McAnulty S, McAnulty L. Markers of Mitochondrial Biogenesis Following 3 days of cycling. Presented at FASEB National Meeting, San Diego, CA, April 2008.

Utter AC “Institutionalizing a Student Research Program” Presented at the AACU meeting, Feb. 21-23,2008, Boston, MA.

Utter AC, Nieman DC, Dumke CL, McAnulty SR, McAnulty LS, Childress S. Quercetin supplementation and perceived exertion during three days of intensive exercise in Cyclists. Presented at ACSM National Meeting, New Orleans, LA, June 2007.

S. Childress, Utter AC, Nieman DC, Dumke CL, McAnulty SR, McAnulty LS, Quercetin ingestion does not affect perceived exertion in athletes competing in the Western States Endurance Run. Presented at ACSM National Meeting, New Orleans, LA, June 2007.

Henson DA, Nieman DC Davis JM, Dumke CL, Gross SJ, Jenkins DP, Murphy EA, Carmichael MD, Quindry JC, McAnulty SR, McAnulty LS, Utter AC, Mayer EP. Quercetin ingestion does not alter cytokine changes in athletes competing in the Western States endurance run. Presented at ACSM National Meeting, New Orleans, LA, June 2007.

Dumke CL, Nieman DC Davis JM, Murphy EA, Carmichael MD, Henson DA, Gross SJ, Quindry JC, McAnulty SR, McAnulty LS, Utter AC, Triplett NA. Quercetin effect on mitochondrial capacity and cycling efficiency. Presented at ACSM National Meeting, New Orleans, LA, June 2007.

Nieman DC, Henson DA, Gross SJ, Jenkins DP., Murphy EA, Carmichael MD, Dumke CL, Utter AC, McAnulty SR, McAnulty LS, and Mayer EP. Quercetin reduces illness but not immune perturbations following 3 days of intensive exercise in cyclists. Presented at ACSM National Meeting, New Orleans, LA, June 2007.

\* **Presentations prior to 2007 (available on request).**

## **Editorial Appointments**

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### **Associate Editor**

*Medicine and Science in Sports and Exercise*: July 2004 – present

*Journal of Strength and Conditioning Research*: August 2002 – present

*Inaugural Health Sciences Division Editor for the Council on Undergraduate Research Quarterly*: November 2010 – 2017

### **Editorial Board**

*Research in Sports Medicine*: May 2010-present.

*American Journal of Lifestyle Medicine*: April 2006 -present.

*Perspectives on Undergraduate Research and Mentoring*: Nov. 2013-Aug. 2017.

*ACSM's Health & Fitness Journal*: July 2004 – Jan. 2017.

*Medicine and Science in Sports and Exercise*: July 2001- July2004

*Journal of Strength and Conditioning Research*: Feb. 2000- August 2002

### **Manuscript Reviewer**

*Preventive Medicine*

*Journal of Women's Health*

*Obesity Research*

*Journal of Clinical Exercise Physiology*

*Journal of Strength and Conditioning Research*

*International Journal of Sport Nutrition and Exercise Metabolism*

*Journal of Sports Science and Medicine*

*European Journal of Applied Physiology*

*Research Quarterly for Exercise and Sport*

*Medicine & Science in Sports & Exercise*

*Sports Medicine*

*Journal of the American College of Nutrition*

*European Journal of Clinical Nutrition*

*Journal of Applied Physiology*

*European Journal of Sport Science*

*Neuroscience letters*

*Council on Undergraduate Research Quarterly*  
*Journal of the American Board of Family Medicine*  
*Journal of the American Geriatrics Society*  
*Applied Physiology, Nutrition, and Metabolism*  
*Journal of the American Board of Family Medicine*  
*The Physician and Sports Medicine*

## **Professional Registration and Certification**\_\_\_\_\_

American College of Sports Medicine, *Registered Clinical Exercise Physiologist, Registration Number 69*, Jan., 2000.

American College of Sports Medicine, *Certified Exercise Specialist for Preventive and Rehabilitative Exercise Programs, Certification Number 1700*, April, 1992.

## **Elected /Appointed National Committees / Positions**\_\_\_\_\_

Western North Carolina Biotechnology Advisory Board, May 2016-July2017.

American College of Sports Medicine, Nominating Committee, June 2015-June2017.

Southeast American College of Sports Medicine, Representative to ACSM, Feb. 2015-present.

American College of Sports Medicine, Budget and Finance Committee, June 2014-present.

American College of Sports Medicine, Presidential Candidate, June 2012-May 2013

American College of Sports Medicine, Board of Trustees, June 2006-June 2009

American College of Sports Medicine, Administrative Council, June 2008-June 2009

Southeast American College of Sports Medicine, President, Feb. 2008- Jan. 2011

American College of Sports Medicine, Health-Fitness Publications Advisory, 2006-2015.

National Federation of State High School Associations, Sports Medicine Advisory Committee, Sept. 2006-Sept. 2010

American College of Sports Medicine, Health & Fitness Summit Program Committee, 05- 08.

Southeast American College of Sports Medicine, Executive Board Member, Jan. 2002- Jan. 2004.

Southeast American College of Sports Medicine, Coordinator for the 2001 Fall Lecture Tour.

## **Professional Achievements and Honors**\_\_\_\_\_

2018-2019 *Board of Visitors* for the University of Pittsburgh, College of Education.

2013 *Distinguished Alumni Award*, Department of Health and Physical Activity, University of Pittsburgh.

1999-2000 *100 Scholars Award* presented by the Cratis D. Williams Graduate School of Appalachian State University.

1999-2000 *Outstanding Mentoring and Advising Award* presented by the Graduate Student

Senate Association of Appalachian State University.

1999 *Fellowship* granted by the American College of Sports Medicine.

1997 American College of Sports Medicine Foundation - Nordic Track Research Grant Recipient for New Investigators.

1997 Life Fitness Academy Scientific Advisory Board Research Grant Recipient for Junior Investigators.

1996 Outstanding Dissertation Award Recipient as presented by the Doctoral Association of Educators- University of Pittsburgh.

1994 American College of Sports Medicine Foundation Research Grant Recipient for Doctoral Students.

1990 University of Pittsburgh Blue-Gold Award Recipient: Graduating Senior athlete with best combination of academic scholarship, athletic achievement, and leadership qualities.

### **Memberships in Professional Organizations** \_\_\_\_\_

American Council on Education.  
 Association of American Colleges & Universities.  
 EAB.  
 Council on Government Relations.  
 Public Responsibility in Medicine and Research.  
 National Organization of Research Development Professionals.  
 National Council of University Research Administrators.  
 Society of Research Administrators International.  
 Council on Undergraduate Research.  
 American College of Sports Medicine.  
 Southeast Chapter of American College of Sports Medicine.  
 National Strength and Conditioning Association.

### **Invited Presentations** \_\_\_\_\_

NCAA Sport Science Institute's National Wrestling Summit. Panelist, Indianapolis, IN, July 2015.

Portable device for monitoring water balance in elderly. Presented at North Carolina Advanced Technologies Review Symposium, Raleigh, NC. June 2014.

Weight Management in Weight Classified Sports. Presented at the American Association of Professional Ringside Physicians Annual Meeting, Las Vegas, NV. Sept. 2013.

Dehydration and weight loss issues in health and sport. Presented at the International

Symposium on Strength and Conditioning, Via Real, Portugal, July 2013.

Sports Nutrition for Wrestling. Presented at the National Wrestling Coaches Association Annual Meeting, Delray Beach, FL, August 2010.

Faculty Member: International Doctoral Program, Methodological and Biomedical Aspects of Preventive and Adapted Physical Activities, University of Rome, Rome, Italy, Sept. 2007-2016.

Invited to testify on Sept. 11, 2008 to the Commonwealth of Pennsylvania House of Representatives-Health and Human Services Committee on the public hearing of House Resolution #501: Sports Nutrition and Sports Supplements for High-School Athletes.

Weight Management in Amateur Wrestling. Presented at the American Association of Professional Ringside Physicians, San Juan, Puerto Rico, Nov. 2007.

ACSM Board of Trustees Representative, European Union/United States Conference: Good Practices: Action on Diet Physical Activity and Health, Brussels, Belgium, May 2006.

OMNI Perceived Exertion Scale: Applications to Endurance and Intermittent Exercise, Mid-Atlantic American College of Sports Medicine Annual Meeting, Nov., 2006.

State of Nebraska High-School Athletic Association Weight Certification Assessor Training, Sept. 2006.

State of Texas High-School Athletic Association Weight Certification Assessor Training, July 2006.

Developing a wrestling weight certification program. Presented to the Florida State High School Interscholastic Athletic Association, Orlando, FL, Oct., 2004.

Developing a wrestling weight certification program. Presented to the Section Commissioners of the California State High School Interscholastic Athletic Association, Sacramento, CA, March. 2004.

Developing a wrestling weight certification program. Presented to the Eastern Athletic Trainers Association Annual Meeting, Philadelphia, PA Jan. 2004.

Developing a wrestling weight certification program. Presented to the California State High School Interscholastic Athletic Association, Bakersfield, CA Oct. 2003.

Sports Nutrition for Wrestling. Presented at the Pennsylvania Wrestling Coaches Association, Hersheypark, PA, Oct. 2003.

Developing a wrestling weight certification program. Presented to the Tennessee State High School Interscholastic Athletic Association, Nashville, TN Oct. 2003.

Developing a wrestling weight certification program. Presented to the New Jersey State High School Interscholastic Athletic Association, Trenton, NJ, Oct. 2002.

Developing a wrestling weight certification program. Presented to the Delaware Interscholastic Athletic Association, Newark, DE, Oct. 2002.

Developing a wrestling weight certification program. Presented to the Nevada Interscholastic Athletic Association, Reno, NV, Sept. 2002.

Weight management issues of collegiate wrestlers. Presented at the Far West Athletic Trainer's Association Annual Meeting. San Diego, CA, April 2001.

"Pharmacology for Cardiac Rehabilitation Patients", Presented at the ACSM Exercise Specialist Workshop, University of Central Florida, October, 2000.

"Professional certification and registration examinations offered by the American College of Sports Medicine." Presented at the second annual North Carolina Cardiac Rehabilitation Association Exercise Science Tele-medicine Conference, Appalachian State University, May 2000.

"Exercise and Gallbladder Function: Implications for Primary Prevention and Treatment of Gallstone Disease." Presented to Wake Forest University, Department of Health and Exercise Science, March 31, 2000.

Weight management issues of collegiate wrestlers. Presented at the National Wrestling Coaches Association Annual Meeting, Washington D.C., August 1999.