

CURRICULUM VITAE

Matthew J. McAllister, Ph.D.

Chair & Associate Professor
Director, Metabolic & Applied Physiology Lab
Department of Health & Human Performance
Texas State University
San Marcos, TX 78666
Email: mjm445@txstate.edu

EDUCATION

Doctor of Philosophy

Nutrition
Mississippi State University
Mississippi State, MS
Graduation Date: August, 2015

Master of Science

Health and Sport Sciences; Exercise Science
University of Memphis
Memphis, TN
Graduation Date: May, 2012

Bachelor of Science

Health and Human Performance
Concentration: Exercise Science
University of Memphis
Memphis, TN
Graduation Date: May 07, 2010

Associate of Science in Liberal Arts

Monroe Community College
Rochester, NY
Graduation Date: December 2006

PROFESSIONAL EXPERIENCE

Chair

Department of Health & Human Performance
Texas State University
San Marcos, TX
September 2025 – present

Interim Chair

Department of Health & Human Performance
Texas State University
San Marcos, TX
July 2025 – September 2025

Associate Department Chair

Department of Health & Human Performance

Texas State University
San Marcos, TX
June 2023 – July 2025

Associate Professor, with Tenure
Exercise and Sports Science
Department of Health & Human Performance
Texas State University
San Marcos, TX
September 2022-Present

Areas of Teaching:

ESS 5312 Applied Exercise Metabolism (G)
ESS 5306 Advanced Exercise Physiology (G)
ESS 3317 Exercise Physiology (UG)
ESS 3319 Introduction to Cardiopulmonary Exercise Physiology (UG)
ESS 5347 Independent Study in Exercise Science (G)
ESS 5399A Thesis (G)
ESS 5399B Thesis (G)

Affiliated Faculty Researcher

ALERT Center
Texas State University
San Marcos, TX
Fall 2019-Present

Faculty Research Fellow

Translational Health Research Center
Texas State University
San Marcos, TX
Summer 2022-Summer 2023

Assistant Professor of Exercise Physiology
Department of Health & Human Performance
Texas State University
San Marcos, TX
August 2018-2022
Granted Tenure & Promotion, Spring 2022

Areas of Teaching:

ESS 5312 Applied Exercise Metabolism (G)
ESS 5306 Advanced Exercise Physiology (G)
ESS 5307 Advanced Resistance Training (G)

ESS 5110 Research Seminar (G)
ESS 3317 Exercise Physiology (UG)
ESS 4319 Clinical Exercise Physiology (UG)
ESS 3319 Introduction to Cardiopulmonary Exercise Physiology (UG)
ESS 5347 Independent Study in Exercise Science (G)
ESS 5399A Thesis (G)
ESS 5399B Thesis (G)
BIO 4299 Undergraduate Research (UG)

Assistant Professor of Exercise Physiology

Director of Exercise Biochemistry Laboratory
Coordinator of Laboratory and Activity Teaching
Mississippi State University
Mississippi State, MS
Department of Kinesiology
August 2015 – August 2018

Areas of Teaching:

EP 8203 Advanced Exercise Physiology (G)
EP 6000 Directed Individual Study (G)
EP 3304 Exercise Physiology (UG)
EP 4153 Training Techniques in Sport and Exercise (UG)
EP 3663 Personal Fitness Training (UG)
EP 4183 Exercise and Weight Control (UG)
EP 4113 Fitness Programs and Testing (UG)
EP 4123 Aging and Physical Activity (UG)
EP 4000 Directed Individual Study (UG)

Instructor of Kinesiology & Coordinator of Laboratory and Activity Teaching

Mississippi State University
Mississippi State, MS
Department of Kinesiology
August 2014 – August 2015

Areas of Teaching:

EP 4183 Exercise and Weight Control (UG)
EP 4113 Fitness Programs and Testing (UG)

Graduate Teaching Assistant

Mississippi State University
Mississippi State, MS
Department of Kinesiology
August 2012 - May 2014

Areas of Teaching:

Fitness Programs and Testing (UG)
Motor Development and Movement (UG)
Exercise Physiology (lab) (UG)
Sport Physiology (lab) (UG)
Strength Training (UG)
Advanced Strength and Conditioning (UG)

Adjunct Instructor

Mississippi State University
Mississippi State, MS
Department of Kinesiology
July 2012 - August 2012

Graduate Teaching Assistant

The University of Memphis
Memphis, TN
August 2011-May 2012

Areas of Teaching:

PHED 1002- Aerobics
PHED 1302- Free Weights & Machines

General Nutrition Center, Sales Associate

Collierville, TN
May 2007 – August 2011

PUBLISHED BOOK CHAPTERS & ENCYCLOPEDIA ENTRIES

Bloomer, R. J., Butawan, M., Farney, T.M., **McAllister, M. J.** (2019). Chapter 51: An Overview of the Dietary Ingredient Carnitine. In: Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength. Edited by Debasis Bagchi, Shreejayan Nair, and Chandan K. Sen. Print ISBN: 978-0-12-813922-6

Huang, C. J., **McAllister, M. J.**, Slusher, A. L. (2017). The Roles of Psychological Stress, Physical Activity, and Dietary Modification on Cardiovascular Health Implications. In: Oxford Research Encyclopedia of Psychology. Edited by Oliver Braddick, New York: Oxford University Press.

Tidwell, D. K., **McAllister, M. J.** (2015). Chapter 34: Inadequate calcium intake and body fat in adults. In: Calcium: Chemistry, Analysis, Function and Effects. Print ISBN: 978-1-84973-887-3.

Bloomer, R. J., Farney, T.M., **McAllister, M. J.** (2013). An Overview of Carnitine. In: Nutrition and Enhanced Sports Performance: Muscle Building, Endurance, and Strength. Edited by Debasis Bagchi, Shreejayan Nair, and Chandan K. Sen.

Abadie, B. R., Wax, B., **McAllister, M. J.** (2013). Health-Fitness. In: Fundamentals of Kinesiology, Brown, SP. Kendall Hunt Publishing

PEER-REVIEWED PUBLICATIONS

† denotes student mentored project:

Dillard, C.C., O'Neal, E.O., **McAllister, M.J.**, Barker, G.A., Huber, A.K., Roca, G.M., Price, C.A., Waldman, H.S. (2026). No effect of body fat on oxidation rates in lean and overweight females when matched for fitness status and muscle mass. *International Journal of Exercise Science*, in press.

McAllister, M.J., Martaindale, M.H., Womble, A., Sutton, N., Uriegas, S. (2026). Shift schedule change from 24/48 to 1/3, 2/3 improves markers of stress and quality of life in career firefighters. *Journal of Occupational and Environmental Medicine*, in press.

Gonzalez, D.E., Dickerson, B.L., Roberts, B.M., Kurtz, J.A., Waldman, H.S., Gonzalez, A.M., **McAllister, M.J.**, Heilson, J.L., Bloomer, R.J., Arent, S.M., Candow, D.G., Stout, J.R., Hecht, K., Campbell, B., Kerksick, C.M., Kalman, D., Antonio, J., Kreider, R.B. (2026). International society of sports nutrition position stand: Effects of dietary antioxidants on exercise and sports performance. *Journal of the International Society of Sports Nutrition*, 23:1, 2629828, DOI: 10.1080/15502783.2026.2629828.

†Sutton, N., Martaindale, H.M., Uriegas, S., Dillard, C., **McAllister, M.J.** (2025). Virtual reality based active shooter training: added physical stress increases anxiety but not stress biomarkers. *Psychoneuroendocrinology*, 182, 107628. DOI: 10.1016/j.psyneuen.2025.107628

Guerra, B.C., Martin, S.E., Colvin, L.C., Dawes, J., **McAllister, M.J.**, Gonzalez, D.E. (2025). Firefighters versus law enforcement officers: a comparison of cardiovascular disease risk. *International Journal of Exercise Science*, 18(6), 659-671.

Gonzalez, D.E., Coles, M.E., Tanksley, P.T., Martaindale, M.H., Martin, S.E., **McAllister, M.J.** (2025). Relationships between physiological stress biomarkers and cardiovascular disease risk factors among career firefighters. *Journal of Occupational and Environmental Medicine*, 67(7), 535-541. DOI: 10.1097/JOM.0000000000003389.

McAllister, M.J., Dodge, C., Tanksley, P.T., Martaindale, M.H., Martin, S.E., Gonzalez, D.E. (2025). Markers of fitness, stress, and cardiometabolic disease risk among law enforcement officers. *Journal of Occupational and Environmental Medicine*, 67(6), 437-

444. DOI: 10.1097/JOM.00000000000003357.

†Walker, J.K., Dillard, C.C., Gonzalez, D.E., Waldman, H.S., **McAllister, M.J.** (2025). Impact of the menstrual cycle phases and time of day on markers of stress: salivary alpha-amylase and secretory immunoglobulin A. *Stress*, 28(1). DOI:10.1080/10253890.2024.2449098.

McAllister, M.J., Martaindale, M.H., Dillard, C.C., McCullough, R. (2024). Impact of L-theanine and L-tyrosine on markers of stress and cognitive performance in response to a virtual reality based active shooter training drill. *Stress*, 27(1). DOI:10.1080/10253890.2024.2375588.

Gonzalez, D.E., Dillard, C.C., Johnson, S.E., Martin, S.E., **McAllister, M.J.** (2024). Physiological stress responses to a live-fire training evolution in career structural firefighters. *Journal of Occupational and Environmental Medicine*, 66(6). DOI: 10.1097/JOM.0000000000003088.

McAllister, M.J., Martaindale, M.H., Dillard, C.C., Gonzalez, D.E. (2024). Stress response to virtual reality based active shooter training: Impact of caffeine consumption. *Psychoneuroendocrinology*, 161, 106923. DOI: 10.1016/j.psyneuen.2023.106923.

Martaindale, M.H., Sandel, W., Duron, A., **McAllister, M.J.** (2024), Can a virtual reality training scenario elicit similar stress response as a realistic scenario-based training scenario? *Police Quarterly*, 27(1). DOI: 10.1177/10986111231182729.

†Dillard, C.C., Martaindale, M.H., Hunter, S.D., **McAllister, M.J.** (2023). Slow breathing reduces biomarkers of stress in response to a virtual reality active shooter training drill. *Healthcare; special issue: health, safety, and readiness of tactical populations*, 11(2351). DOI: 10.3390/healthcare11162351.

†Barker, G.A., Parten, A.L., Lara, D.A., Hannon, K.E., **McAllister, M.J.**, Waldman, H.S. (2023). Astaxanthin supplementation reduces subjective markers of muscle soreness following eccentric exercise in resistance-trained men. *Muscles*, 2, 228-237. DOI: 10.3390/muscles/2020017.

Waldman, H.S., Witt, C.R., Grozier, C.D., **McAllister, M.J.** (2023). A self-selected 16:8 time restricted eating quasi-experimental intervention improves various markers of cardiovascular health in middle-age male cyclists. *Nutrition*, 113, 112086. DOI: 10.1016/j.nut.2023.112086.

†Gonzalez, D.E., Waldman, H.S., **McAllister, M.J.** (2023). The metabolic and physiological demands of a simulated fire ground test versus a live-fire training evolution in professional firefighters. *International Journal of Exercise Science*, 16(7), 230-241.

Wika, A., Reason, K., Green, J., Killen, L., **McAllister, M.J.**, Waldman, H. (2023).

Astaxanthin reduces heart rate and carbohydrate oxidation rates during exercise in overweight individuals. *International Journal of Exercise Science*, 16(2), 252-266.

McAllister, M.J., Gonzalez, D.E., Leonard, M., Martaindale, M.H., Bloomer, R.J., Pence, J., Martin, S.E., (2023). Risk factors for cardiometabolic disease in professional firefighters. *Journal of Occupational and Environmental Medicine*, 65(2), 119-124.

Hunter, S.D., Bernardi, L., **McAllister, M.J.**, John, D., Rahimi, M., Lopez, M.R. (2023). Device-guided slow breathing alters postprandial oxidative stress in young adult males: A randomized sham-controlled crossover trial. *Nutrition, Metabolism, and Cardiovascular Diseases*, 33(1), 203-209. DOI: 10.1016/j.numecd.2022.10.002.

Waldman, H.S., Bryant, A.R., Parten, A.L., Grozier, C.D., **McAllister, M.J.** (2023). Astaxanthin supplementation does not impact markers of muscle damage or inflammation following an exercise induced muscle damage protocol in resistance-trained males. *Journal of Strength and Conditioning Research*, 37(7), e413-e421, DOI: 10.1519/JSC.0000000000004408.

Waldman, H.S., Bryant, A.R., **McAllister, M.J.** (2023). Effects of betaine supplementation on markers of metabolic flexibility, body composition, and anaerobic performance in active college-age females. *Journal of Dietary Supplements*, 20(1), 89-105. DOI: 10.1080/19390211.2021.1973644.

McAllister, M.J., Gonzalez, A.E., Waldman, H.S. (2022). Impact of time restricted feeding on markers of cardiometabolic health and oxidative stress in resistance trained firefighters. *Journal of Strength and Conditioning Research*, 1;36(9), 2515-2522. DOI: 10.1519/JSC.0000000000003860

McAllister, M.J., Steadman, K.S., Renteria, L.I., Case, M.J., Butawan, M.B., Bloomer, R.J., McCurdy, K.W. (2022). Acute resistance exercise reduces postprandial lipemia and oxidative stress in resistance trained men. *Journal of Strength and Conditioning Research*, 36(8), 2139-2146. DOI: 10.1519/JSC.0000000000003831.

McAllister, M.J., Gonzalez, D.E., Leonard, M., Martaindale, M.H., Bloomer, R.J., Pence, J., Martin, S.E., (2022). Firefighters with higher cardiorespiratory fitness demonstrate lower markers of cardiovascular disease risk. *Journal of Occupational and Environmental Medicine*, 64(12), 1036-1040; DOI: 10.1097/JOM.0000000000002632.

†Gonzalez, D.E., **McAllister, M.J.**, Waldman, H.S., Ferrando, A.A., Joyce, J., Barringer, N.D., Dawes, J.J., Kieffer, A.J., Harvey, T., Kerksick, C.M., Stout, J.R., Ziegenfuss, T.N., Zapp, A., Tartar, J.L., Heileson, J.L., VanDusseldorp, T.A., Kalman, D.S., Campbell, B.I., Antonio, J., & Kreider, R.B. (2022). International society of sports nutrition position stand: Tactical athlete nutrition. *Journal of the International Society of Sports Nutrition*, 19(1), 267-315; DOI: 10.1080/15502783.2022.2086017.

McAllister, M.J., Martaindale, M.H., Gonzalez, A.E., Case, M.J. (2022). Virtual reality

based active shooter training drill increases salivary and subjective markers of stress. *Yale Journal of Biology & Medicine; Science of Stress*, 95(1), 105-113.

Waldman, H.S., Bryant, A.R., Shepherd, B.D., Egan, B., **McAllister, M.J.** (2022). No effect of a ketone monoester on markers of stress and performance in a live-burn search and rescue in firefighters. *Journal of Strength and Conditioning Research*, 33(6), 763-771.

McAllister, M.J., Mettler, J.A., Patek, K., Butawan, M., Bloomer, R.B. (2022). Astaxanthin supplementation increases glutathione concentrations but does not impact fat oxidation during exercise in active young men. *International Journal of Sport Nutrition and Exercise Metabolism*, 32(1), 8-15.

Norris, M.S., **McAllister, M.J.**, Gonzalez, A.E., Best, S.A., Pettitt, R., Keeler, J., Abel, M.G. (2021). Predictors of work efficiency in structural firefighters. *Journal of Occupational and Environmental Medicine*, 63(7), 622-628. DOI: 10.1097/JOM.0000000000002197.

McAllister, M.J., Gonzalez, A.E., Waldman, H.S. (2021). Time restricted feeding reduces inflammation and cortisol response to a simulated firegrounds test in professional firefighters. *Journal of Occupational and Environmental Medicine*, 63(5), 441-447. DOI: 10.1097/JOM.0000000000002169.

†Gonzalez, A.E., Waldman, H.S., **McAllister, M.J.** (2021). Nutritional interventions for firefighters-what diet is best? *NSCA TSAC Report*, 62: 18-21.

†Krings, B.M., Waldman, H.S., Shepherd, B.D., **McAllister, M.J.**, Fountain, B.J., Lamberth, J.G., Smith, J.W. (2021). The metabolic and performance effects of carbohydrate timing in resistance trained males undergoing a carbohydrate restricted diet. *Applied Physiology, Nutrition, and Metabolism*, 46(6), 626-636. DOI: 10.1139/apnm-2020-0830.

†Gonzalez, A.E., Waldman, H.S., Abel, M.G., McCurdy, K.W., **McAllister, M.J.** (2021). Impact of time restricted feeding on fitness variables in professional resistance trained firefighters. *Journal of Occupational and Environmental Medicine*, 63(4), 343-349. DOI: 10.1097/JOM.0000000000002144.

McAllister, M.J. & Martaindale, M.H. (2021). Women demonstrate lower markers of stress and oxidative stress during active shooter training drill. *Comprehensive Psychoneuroendocrinology*, 6(100046), 1-7. DOI: 10.1016/j.cpne.2021.100046.

†Krings, B.M., Shepherd, B.D., Swain, J.C., Turner, A.J., Chander, H., Waldman, H.S., **McAllister, M.J.**, Knight, A., Smith, J.W. (2021). Impact of fat grip attachments on muscular strength and neuromuscular activation during resistance exercise. *Journal of Strength and Conditioning Research*, 1;35(Suppl 1): S152-S157. DOI: 10.1519/JSC.0000000000002954.

†Price, F.G., Smith, J.W., Turner, A.J., Krings, B.M., Waldman, H.S., Chander, H., Knight, A.C., **McAllister, M.J.** (2020). High-intensity interval training in middle-distance NCAA division I collegiate athletes. *International Journal of Kinesiology & Sports Science*, 8(3), 28-35.

McAllister, M. J., Basham, S. A., Waldman, H. S., Smith, J. W., Butawan, M. B., & Bloomer, R. J. (2020). Effects of curcumin on the oxidative stress response to a dual stress challenge in trained men. *Journal of Dietary Supplements*, 17(3), 261-272. DOI: <https://doi.org/10.1080/19390211.2018.1515142>.

Waldman, H.S. & **McAllister, M.J.** (2020). Exogenous ketones as therapeutic signaling molecules in high stress occupations: Implications for mitigating oxidative stress and mitochondrial dysfunction in future research. *Nutrition and Metabolic Insights*, 13, 1-7. DOI: 10.1177/1178638820979029.

McAllister, M.J., Martaindale, M.H., Rentería, L.I. (2020). Active shooter training drill increases blood and salivary markers of stress. *International Journal of Environmental Research and Public Health*, Special Issue: Injury Prevention and Safety Promotion: A Physical and Cognitive Ergonomic Approach, 17: 5042; DOI: 10.3390/ijerph17145042.

†Waldman, H.S., Smith, J.W., Lamberth, J., Fountain, B.J., Bloomer, R.B., Butawan, M.B., **McAllister, M.J.** (2020). A 28-day carbohydrate-restricted diet improves markers of cardiovascular disease in professional firefighters. *Journal of Strength and Conditioning Research*, 34(10): 2785-2792.

McAllister, M.J., Pigg, B., Rentería, L., Waldman, H.S. (2020). Time Restricted Feeding Improves Markers of Cardiometabolic Health in Physically Active College-Age Men: A 4-Week Randomized Pre-Post Pilot Study. *Nutrition Research*, 75, 32-43, DOI: 10.1016/j.nutres.2019.12.001.

†Waldman, H.S., Shepherd, B.D., Egan, B., **McAllister, M.J.** (2020). Exogenous ketone salts do not improve cognitive performance during a dual stress challenge. *International Journal of Sport Nutrition and Exercise Metabolism*, 30(2), 120-127. DOI: 10.1123/ijsnem.2019-0122.

†Waldman, H.S., Renteria L.I., **McAllister, M.J.** (2020). Time restricted feeding and the prevention of cardiometabolic diseases in high-stress occupations: A mechanistic review. *Nutrition Reviews*, 78(6), 459-464. DOI: 10.1093/nutrit/nuz090.

McAllister, M.J., Waldman, H.S., Renteria, L.I., Gonzalez, A.E., Butawan, M.B., Bloomer, R.J. (2020). Acute coffee ingestion with and without medium chain triglycerides decreases blood oxidative stress markers and increases ketone levels. *Canadian Journal of Physiology and Pharmacology*, 98: 194-200. DOI: 10.1139/cjpp-2019-0458.

Krings, B.M., Shepherd, B.D., Waldman H.S., **McAllister, M. J.**, Smith, J.W. (2020). Effects of carbohydrate mouth rinsing on upper-body resistance exercise performance. *International Journal of Sport Nutrition and Exercise Metabolism*, 30(1): 42-47 DOI: <https://doi.org/10.1123/ijsnem.2019-0073>.

†Basham, S.A., Waldman, H.S., Krings, B.M., Lamberth, J., Smith, J.W., **McAllister, M.J.** (2020). Effect of curcumin supplementation on exercise-induced oxidative stress, inflammation, muscle damage, and muscle soreness. *Journal of Dietary Supplements*, 17(4), 404-414. doi: 10.1080/19390211.2019.1604604.

†Waldman, H.S., Smith, J.W., Fountain, B.J., Lamberth, J., **McAllister, M.J.** (2019). A 28-day carbohydrate restricted diet improves markers of cardiometabolic health and performance in professional firefighters. *Journal of Strength and Conditioning Research*, 33(12): 3284-3294.

McAllister, M.J., Basham, S.A., Smith, J.W., Fountain, B.J., Krings, B.M., Waldman, H.S. (2019). Effect of carbohydrate restriction on oxidative stress response to high intensity resistance exercise. *Translational Sports Medicine*, 2: 334-340.

McAllister, M. J., Holland, A. M., Chander, H., Waldman, H. S., Smith, J. W., Basham, S. A. (2019). Impact of ketone salt containing supplement on cardiorespiratory and oxidative stress response in firefighters exercising in personal protective equipment. *Asian Journal of Sports Medicine*, 10(1), e82404.

Chander, H., **McAllister, M. J.**, Holland, A. M., Waldman, H. S., Krings, B. M., Swain, J. C., Turner, A. J., Basham, S. A., Smith, J. W., Knight, A. K. (2019). Effects of 7-day ketone ingestion and a physiological workload on postural stability, cognitive, and muscular exertion measures in professional firefighters. *Safety*, 5(15), 1-11.

McAllister, M. J., Basham, S. A., Waldman, H. S., Smith, J. W., Mettler, J. A., Butawan, M. B., & Bloomer, R. J. (2019). Effects of psychological stress during exercise on markers of oxidative stress in young healthy, trained men. *Physiology & Behavior*, 198, 90–95.

McAllister, M. J., Basham, S. A., Smith, J. W., Waldman, H. S., Krings, B. M., Mettler, J. A., ... Bloomer, R. J. (2018). Effects of environmental heat and antioxidant ingestion on blood markers of oxidative stress in professional firefighters performing structural fire exercises. *Journal of Occupational and Environmental Medicine*, 60(11), 595–601.

Krings, B. M., Miller, B. L., Chander, H., Waldman, H. S., Knight, A. C., **McAllister, M. J.**, ... Smith, J. W. (2018). Impact of occupational footwear during simulated workloads on energy expenditure. *Footwear Science*, 1–9.

†Waldman, H. S., Basham, S. A., Price, F. G., Smith, J. W., Chander, H., Knight, A. C., ... **McAllister, M. J.** (2018). Exogenous ketone salts do not improve cognitive

responses after a high-intensity exercise protocol in healthy college-aged males. *Applied Physiology, Nutrition, and Metabolism*, 43(7), 711–717.

Smith, J. W., Krings, B. M., Shepherd, B. D., Waldman, H. S., Basham, S. A., & **McAllister, M. J.** (2018). Effects of carbohydrate and branched-chain amino acid beverage ingestion during acute upper body resistance exercise on performance and postexercise hormone response. *Applied Physiology, Nutrition, and Metabolism*, 43(5), 504–509.

†Cummings, P. M., Waldman, H. S., Krings, B. M., Smith, J. W., & **McAllister, M. J.** (2018). Effects of fat grip training on muscular strength and driving performance in division I male golfers. *Journal of Strength and Conditioning Research*, 32(1), 205–210.

†Waldman, H. S., Krings, B. M., Basham, S. A., Smith, J. E. W., Fountain, B. J., & **McAllister, M. J.** (2018). Effects of a 15-day low carbohydrate, high-fat diet in resistance-trained men. *Journal of Strength and Conditioning Research*, 32(11), 3103–3111.

†Waldman, H. S., Krings, B. M., Smith, J. W., & **McAllister, M. J.** (2018). A shift toward a high-fat diet in the current metabolic paradigm: A new perspective. *Nutrition*, 46, 33–35.

Rountree, J., Krings, B., Peterson, T., Thigpen, A., **McAllister, M. J.**, Holmes, M., & Smith, J. (2017). Efficacy of carbohydrate ingestion on crossfit exercise performance. *Sports*, 5(3), 61.

Smith, J., Krings, B., Peterson, T., Rountree, J., Zak, R., & **McAllister, M. J.** (2017). Ingestion of an amino acid electrolyte beverage during resistance exercise does not impact fluid shifts into muscle or performance. *Sports*, 5(2), 36.

Krings, B. M., Peterson, T. J., Shepherd, B. D., **McAllister, M. J.**, & Smith, J. W. (2017). Effects of carbohydrate ingestion and carbohydrate mouth rinse on repeat sprint performance. *International Journal of Sport Nutrition and Exercise Metabolism*, 27(3), 204–212.

Brown, S. P., Smith, J. W., **McAllister, M. J.**, & Joe, L. (2017). Superhero physiology: the case for captain america. *Advances in Physiology Education*, 41(1), 16–24.

Webb, H. E., Rosalky, D. A., **McAllister, M. J.**, Acevedo, E. O., & Kamimori, G. H. (2017). Aerobic fitness impacts sympathoadrenal axis responses to concurrent challenges. *European Journal of Applied Physiology*, 117(2), 301–313.

Krings, B. M., Rountree, J. A., **McAllister, M. J.**, Cummings, P. M., Peterson, T. J., Fountain, B. J., & Smith, J. W. (2016). Effects of acute carbohydrate ingestion on anaerobic exercise performance. *Journal of the International Society of Sports Nutrition*, 13(1), 40.

McAllister, M. J., Webb, H., Tidwell, D., Smith, J., Fountain, B., Schilling, M., & Williams, R. (2016). Exogenous carbohydrate reduces cortisol response from combined mental and physical stress. *International Journal of Sports Medicine*, 37(14), 1159–1165.

Huang, C.-J., **McAllister, M. J.**, Slusher, A. L., Webb, H. E., Mock, J. T., & Acevedo, E. O. (2015). Obesity-related oxidative stress: the impact of physical activity and diet manipulation. *Sports Medicine - Open*, 1(1), 32.

Slusher, A. L., **McAllister, M. J.**, & Huang, C. J. (2015). A therapeutic role for vitamin D on obesity-associated inflammation and weight-loss intervention. *Inflammation Research*, 64(8), 565–575.

Smith, J. W., Holmes, M. E., & **McAllister, M. J.** (2015). Nutritional considerations for performance in young athletes. *Journal of Sports Medicine*, 2015, 1–13.

McAllister, M. J., Hammond, K. G., Schilling, B. K., Ferreria, L. C., Reed, J. P., & Weiss, L. W. (2014). Muscle activation during various hamstring exercises. *Journal of Strength and Conditioning Research*, 28(6), 1573–1580.

McAllister, M. J., Schilling, B. K., Hammond, K. G., Weiss, L. W., & Farney, T. M. (2013). Effect of grip width on electromyographic activity during the upright row. *Journal of Strength and Conditioning Research*, 27(1), 181–187.

MANUSCRIPTS IN-REVIEW

McAllister, M.J., Tanksley, P.T., Martaindale, M.H., DeArman, A., Samora, M., Martin, S.E., Gonzalez, D.E. (2026). Inflammation on the frontlines: linking salivary blood biomarkers to cardiometabolic health and physical fitness parameters in firefighters. *Preventive Medicine Reports*, in review.

Gonzalez, D.E., Martin, S.E., **McAllister, M.J.** (2025). Validation of a non-invasive physiological stress and inflammatory assessment: agreement of salivary and blood biomarkers among first responders. *Journal of Occupational and Environmental Medicine*, in review.

McAllister, M.J., Martaindale, M.H., Sutton, N., Andersen, J.P. (2025). Box breathing and prolonged exhalation reduces markers of physiological stress reactivity in response to a virtual trier social stress test. *Psychoneuroendocrinology*, in review.

Parten, A.L., Smith-Ryan, A.E., Sanchez, K.M., Heard, S.A., O'Neal, E.K., **McAllister, M.J.**, Lyons, T.S. & Waldman, H.S. (2025). Upper and lower body volume-equated resistance exercise increases post-exercise lipid oxidation in trained eumenorrheic

females. *Medicine & Science in Sport & Exercise*, in review.

Parten, A.L., Smith-Ryan, A.E., Sanchez, K.M., Heard, S.A., **McAllister, M.J.**, O'Neal, E.K., Lyons, S.T., Waldman, H.S. (2025). Acute strength training, not menstrual cycle phase, increases lipid oxidation rates following exercise in well-trained, eumenorrheic females. *Applied Physiology, Nutrition and Metabolism*, in review.

PRESENTATIONS/ABSTRACTS

†Gaitan, A.N., DeArman, A.S., Shakya, L., Martaindale, M.H., **McAllister, M.J.** (2026). *Comparing the effects of acute participation in target practice versus active shooter virtual reality training on stress biomarkers*. Texas American College of Sports Medicine annual conference, submitted.

Gonzalez, D.E., Umfrid, S., Conner, M.J., Martin, S.E., Colvin, L.C., **McAllister, M.J.** (2026). *Associations between body roundness index and cardiovascular disease risk indices among first responders*. American College of Sports Medicine annual conference, submitted.

McCarty, E., Umfrid, S., Conner, M.J., Martin, S.E., Colvin, L.C., **McAllister, M.J.**, Gonzalez, D.E. (2026). *Impact of age on non-conventional physiological stress, oxidative stress, and inflammatory biomarkers among fire responders*. American College of Sports Medicine annual conference, submitted.

Hsyung, N., Umfrid. S., Conner, M.J., Martin, S.E., Colvin, L.C., **McAllister, M.J.**, Gonzalez, D.E. (2026). *Impact of body mass index on non-conventional physiological stress, oxidative stress, and inflammatory biomarkers among fire responders*. American College of Sports Medicine annual conference, submitted.

Umfrid, S., Conner, M.J., Martin, S.E., Bunn, J.A., **McAllister, M.J.**, Gonzalez, D.E. (2026). *Do cardiovascular disease risk indices differ based on the body roundness index among first responders?* American College of Sports Medicine annual conference, submitted.

Mann, B., Hines, K., Leon, S., Conner, M., Brown, L., Dawes, J., Martin, S., **McAllister, M.J.**, Gonzalez, D. (2025). *Do cardiovascular disease risk indices differ based on body mass index classification among first responders?* National Strength and Conditioning Association annual conference, submitted.

Good, J., Hines, K., Dawes, J., Mann, B., Martin, S., **McAllister, M.J.**, Gonzalez, D. (2025). *Establishing cardiovascular disease risk cutoff values among first responders*. National Strength and Conditioning Association annual conference, submitted.

†Uriegas, S.N., Sutton, N.M., Martaindale, H.M., **McAllister, M.J.** (2025). *Gender gap in stress: differences amongst sex in biomarkers of stress and anxiety*. Published: International Journal of Exercise Science Conference Proceedings. Vol 2: Iss. 17, Article 47. Texas American College of Sports Medicine.

†Sutton, N.M., Uriegas, S.N., Martaindale, H.M., **McAllister, M.J.** (2025). *Added psychological stress significantly increases anxiety but does not impact biomarkers in response to combined mental and physical stress*. Published: International Journal of Exercise Science Conference Proceedings. Vol 2: Iss. 17, Article 95. Texas American College of Sports Medicine.

Gonzalez, D.E., Hines, K., Sowinski, R.J., Martin, S.E., Colvin, L.C., **McAllister, M.J.**, Gonzalez, D.E. (2025). *No impact of cardiorespiratory fitness on the stress response to firefighting*. Published: International Journal of Exercise Science Conference Proceedings. Vol 2: Iss. 17. Texas American College of Sports Medicine.

Hines, K., Sowinski, R.J., Martin, S.E., Colvin, L.C., **McAllister, M.J.**, Gonzalez, D.E. (2025). *No impact of cardiovascular disease risk classification on the stress response to firefighting*. Published: International Journal of Exercise Science Conference Proceedings. Vol 2: Iss. 17. Texas American College of Sports Medicine.

Coles, M.E., Dodge, C., Colvin, L.C., Martin, S.E., **McAllister, M.J.**, Gonzalez, D.E. (2025). *Impact of the occupational cardiorespiratory fitness standard on firefighter health profiles*. Published: International Journal of Exercise Science Conference Proceedings. Vol 2: Iss. 17. Texas American College of Sports Medicine.

Dodge, C., Coles, M.E., Zapp, A., Sowinski, R.J., Martin, S.E., Colvin, L.C., **McAllister, M.J.**, Gonzalez, D.E. (2025). *Impact of years of experience on the stress response to firefighting*. Published: International Journal of Exercise Science Conference Proceedings. Vol 2: Iss. 17. Texas American College of Sports Medicine.

Broeckel, J., Leonard, M., Patel, A., Dickerson, B., Sowinski, R., **McAllister, M.J.**, Gonzalez, D.E., Martin, S.E. (2024). *Relationship between body composition, body fat distribution, and blood lipids among law enforcement officers: part 1*. Texas American College of Sports Medicine. Published: International Journal of Exercise Science, Conference Proceedings: Vol 2, Iss 16, Article 152.

Gonzalez, D.E., Broeckel, J., Leonard, M., Patel, A., Dickerson, B.L., Sowinski, R.J., **McAllister, M.J.**, Colivn, L.C., & Martin, S.E. (2024). *Relationship Between Body Composition, Body Fat Distribution, and Blood Lipids Among Law Enforcement Officers: Part 1*. Medicine & Science in Sports & Exercise Conference Proceedings.

Leonard, M., Gil, A., Dickerson, B., Sowinski, R., **McAllister, M.J.**, Gonzalez, D.G., Martin, S.E. (2024). *Relationship between body composition, body fat distribution, and blood lipids among law enforcement officers: part 2*. American College of Sports Medicine, national conference & Texas American College of Sports Medicine.

Published: International Journal of Exercise Science, Conference Proceedings: Vol 2, Iss 16, Article 140; & Medicine & Science in Sports & Exercise Conference Proceedings.

†Walker, J., Sutton, N., **McAllister, M.J.** (2024). *The effect of menstrual phases on salivary markers of stress and body composition*. International journal of exercise science: conference proceedings. Texas American College of Sports Medicine.

Published: International Journal of Exercise Science, Conference Proceedings: Vol 2, Iss 16, Article 62. Awarded 1st place.

†Coles, M.E., Martaindale, M.H., Martin, S.E., Colvin, L.C., Gonzalez, D.E., **McAllister, M.J.** (2024). *Relationship between body fat distribution and cardiovascular disease risk biomarkers among firefighters*. American College of Sports Medicine, national conference & Texas American College of Sports Medicine. Published: International Journal of Exercise Science, Conference Proceedings: Vol 2, Iss 16, Article 21; & Medicine & Science in Sports & Exercise Conference Proceedings.

†Dodge, C.D., Martaindale, M.H., Martin, S.E., Colvin, L.C., Gonzalez, D.E., **McAllister, M.J.** (2024). *Validation of a non-invasive physiological stress assessment: agreement of salivary and blood cortisol among firefighters*. American College of Sports Medicine, national conference, & Texas American College of Sports Medicine. Published: International Journal of Exercise Science, Conference Proceedings: Vol 2, Iss 16, Article 22; & Medicine & Science in Sports & Exercise Conference Proceedings.

†Guerra, B.C., Martaindale, M.H., Martin, S.E., Colvin, L.C., Gonzalez, D.E., **McAllister, M.J.** (2024). *Firefighters versus law enforcement officers: a comparison of cardiovascular disease risk*. American College of Sports Medicine, national conference, & Texas American College of Sports Medicine. Published: International Journal of Exercise Science, Conference Proceedings: Vol 2, Iss 16, Article 23; & Medicine & Science in Sports & Exercise Conference Proceedings.

†Creeden, L.S., Martaindale, M.H., Martin, S.E., Colvin, L.C., Gonzalez, D.E., **McAllister, M.J.** (2024). *Impact of cardiorespiratory fitness on markers of cardiovascular disease among law enforcement officers*. American College of Sports Medicine, national conference, & Texas American College of Sports Medicine. Published: International journal of Exercise Science, Conference Proceedings: Vol 2, Iss 16, Article 11; & Medicine & Science in Sports & Exercise Conference Proceedings.

Stress among firefighters: implications for cardiometabolic health. 7-minute Science; Fire Rescue Wellness Webinar; August 2024.

Stress among tactical operators: friend or foe? Research seminar presentation. Department of Health and Human Performance; Texas State University; April 2024.

†Dillard, C., Martaindale, M.H., **McAllister, M.J.** (2023). *Slow breathing reduces*

markers of stress in response to a virtual reality active shooter training drill. Presented: Texas ACSM, Waco, TX. Published: International Journal of Exercise Science, Conference Proceedings: Vol 2, Iss 15. Awarded 3rd place.

†Gonzalez, D.E., Johnson, S.E., Dillard, C.C., Sowinski, R.J., Martin, S.E., Colvin, L.C., **McAllister, M.J.** (2023). *Physiological stress responses to a live-fire training evolution in career firefighters.* Presented: Texas ACSM, Waco, TX. Published: International Journal of Exercise Science, Conference Proceedings: Vol 2, Iss 15.

†Gonzalez, D.E., Johnson, S.E., Dillard, C.C., Sowinski, R.J., Martin, S.E., Colvin, L.C., **McAllister, M.J.** (2023). *Physiological stress responses to a live-fire training evolution in career firefighters.* American College of Sports Medicine, national conference, accepted.

†Gonzalez, D.E., Dillard, C., Leonard, M., Dickenson, B., Yoo, C., Ko, J., Sowinski, R., Rasmussen, C., **McAllister, M.**, Kreider, R.B. (2023). *Effects of astaxanthin on cardiorespiratory fitness and markers of cardiometabolic health in career firefighters.* National Strength and Conditioning Association, Annual Conference, Las Vegas, NV, submitted.

Van Ree, G. H., Goldenstein, S., Jiwan, N., Ramirez, K., Mendoza, L., Kipp, L.E., **McAllister, M.**, Mettler J. A., (2023). *Effects of neuromuscular electrical stimulation training on skeletal muscle anabolic signaling in older adults.* Presented: Texas ACSM, Waco, TX. Published: International Journal of Exercise Science: Vol 2, Iss 15.

Van Ree, G. H., Goldenstein, S., Jiwan, N., Ramirez, K., Mendoza, L., Kipp, L.E., **McAllister, M.**, Mettler J. A., (2023). *Skeletal muscle anabolic signaling response to a 4-week neuromuscular electrical stimulation treatment in older adults.* American College of Sports Medicine national conference, submitted.

Witt C., Grozier C., **McAllister M.**, & Waldman H. (2023). *A self-selected 16:8 time-restricted eating intervention improves various markers of cardiovascular health in middle-age male cyclists.* Southeastern American College of Sports Medicine Annual Conference, Greenville, SC. February 23 – 24, (2023). *Finalist for SEACSM Masters Student Research Award.

Bagdonas C., Barker G., Parten A., Lara D., Hannon K., **McAllister M.**, & Waldman H. *Astaxanthin supplementation reduces subjective soreness following eccentric exercise in resistance-trained men.* Southeastern American College of Sports Medicine Annual Conference, Greenville, SC. February 23 – 24, 2023.

Glasheen-Dentino, K., **McAllister, M.J.** (2023). *Polyvagal theory and the alba method: enhancing mental wellness through acting technique.* PAMA International Symposium.

Improving firefighter health & performance; webinar. Translational Health Research Center; Health & Resilience Research Network, Texas State University, March (2023).

Guest lecturer: *Literature and Research in HHP; Exercise & Sports Science; Department of Health and Human Performance; Texas State University. (2023)*

A holistic approach to health, immunity, and post COVID-19 rehabilitation. Translational Health Research Center; Health & Resilience Research Network, Texas State University. November (2022).

Critical incident decision making including stress management. Mass Casualty Commission Conference, June (2022).

†Gonzalez D., Leonard M., Martaindale M.H., Bloomer R.J., Pence J., Martin S.E., **McAllister M.J.** (2022). *Predictors of cardiometabolic disease risk factors in professional firefighters.* Presented: Texas ACSM, Waco, TX. Published: International Journal of Exercise Science: Vol 2, Iss 14.

†Leonard M., Gonzalez D., Martaindale M.H., Bloomer R.J., Pence J., Martin S.E., **McAllister M.J.** (2022). *Impact of cardiorespiratory fitness on markers of cardiovascular disease in professional firefighters.* Presented: Texas ACSM, Waco, TX. Published: International Journal of Exercise Science: Vol 2, Iss 14.

†Weishaar B., Waldman H., Patek K., **McAllister M.J.** (2022). *Impact of menstrual phases on stress markers: a pilot study.* Presented: Texas ACSM, Waco, TX. Published: International Journal of Exercise Science: Vol 2, Iss 14.

Wika A., Reason K., Green J., Killen L., **McAllister M.J.**, & Waldman H. (2022). *Astaxanthin reduces exercising heart rate by 7% in overweight individuals.* Southeast American College of Sports Medicine Annual Conference, Greenville, SC. February 15 – 17.

Bryant A., **McAllister M.J.**, & Waldman H. (2022). *The metabolic and physiological demands of a fire grounds task vs. a live-burn in professional firefighters.* Southeast American College of Sports Medicine Annual Conference, Greenville, SC. February 15 – 17.

Martaindale, M.H., McAllister, M.J., Blair, P. (2021). *Can virtual reality training elicit the same stress response as realistic scenario-based training?* American Society of Criminology Annual Meeting.

†Gonzalez, A., Abel, M.G., **McAllister, M.J.** (2020). *Impact of time restricted feeding on cardiometabolic health and performance among firefighters.* Presented: American College of Sports Medicine; Virtual Conference. Published: Medicine and Science in Sport and Exercise: Vol 52, Iss. 7S, p 846.

†Rentería, L.I., **McAllister, M.J.** (2020). *Impact of astaxanthin supplementation on postprandial oxidative stress.* Texas ACSM. International Journal of Exercise Science: Conference Proceedings: Vol 2: Iss. 12, Article 100.

†Gonzalez, A.E., **McAllister, M.J.** (2020). *Call for advanced training and diet programs due to high metabolic demands of firefighting*. International Journal of Exercise Science: Conference Proceedings: Vol 2: Iss. 12, Article 39.

†Rentería, L.I., Villalobos, E., Waldman, H.S., **McAllister, M.J.** (2019). *Impact of time restricted feeding on markers of cardiometabolic health*. Texas ACAM. International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 11, Article 81. Awarded 2nd place.

†Gonzalez, A.E., Waldman, H.S., **McAllister, M.J.** (2019). *Effects of a 28-day carbohydrate-restricted diet on metabolic and performance markers in professional firefighters*. Texas ACSM. International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 11, Article 113, February, 2019.

†Popelsky, M.E., Watson, D.J., **McAllister, M.J.**, Waldman, H.S. (2019). *Exogenous ketones do not improve cognitive performance measures during a dual stress challenge in healthy college aged males*. Texas ACSM. International Journal of Exercise Science: Conference Proceedings: Vol. 2: Iss. 11, Article 114, February, 2019.

Smith, J.W., Pascoe, D.D., Krings, B.M., **McAllister, M. J.**, Ma, J. *Inertial load influences power measures during the Wingate Test*. Medicine & Science in Sports & Exercise, 50(5S) Supplement, 409, May 2018.

Shepherd, B.D., Krings, B.M., Williamson, P.L., Swain, J.C., Turner, A.J., Waldman, H.S., Chander, H., **McAllister, M.J.**, Knight, A.C., Smith, J.W. *Effects of grip diameter on muscle activity and performance during deadlift and bent-over row exercises*. Southeastern American College of Sports Medicne, February 2018.

†Price, F.G., Turner, A.J., Krings, B.M., Waldman, H.S., Chander, H., Knight, A.C., **McAllister, M.J.**, Smith, J.W. *Impact of high-intensity interval training on Division 1 college 800m/1500m runner's performance*. Southeastern American College of Sports Medicine, February 2018.

†Westbrook, M., Henderson, T., Waldman, H., Smith, J.W., **McAllister, M.J.** *Effect of exogenous ketone salts on oxidative stress and cardiovascular responses in firefighters exercising in personal protective equipment*. College of Education Research Symposium & Shackhous Honors College Undergraduate Research Symposium. Mississippi State University, May 2018. Awarded 2nd Place in College of Education Research Symposium.

†McCarthy, G., Jones, B., Waldman, H., Smith, J.W., **McAllister, M.J.** *Impact of environmental heat and antioxidant supplementation on markers of oxidative stress in professional firefighters*. College of Education Research Symposium & Shackhous Honors College Undergraduate Research Symposium. Mississippi State University,

2018.

†Basham, S.A., Waldman, H.S., Krings, B.M., Smith, J.W., **McAllister, M.J.** *Effect of curcumin supplementation on exercise induced oxidative stress, inflammation, muscle damage, and muscle soreness.* College of Education Research Symposium. Mississippi State University, 2018.

†Waldman, H.S., Cummings, P.M., Krings, B.M., Smith, J.W., **McAllister, M.J.** *Effects of fat grip training on muscular strength and driving performance in division 1 male golfers.* College of Education Research Symposium. Mississippi State University, 2017. Awarded 2nd Place in College of Education Research Symposium.

†Basham, S.A., **McAllister, M.J.**, Smith, J.W., Webb, H.E., *Effects of carbohydrate ingestion on blood catecholamine levels from combined mental and physical stress.* Southeastern American College of Sports Medicine, February 2017.

Williamson, P.L., Swain, J.C., Turner, A.J., Shepherd, B.S., Waldman, H.S., Krings, B.M., Chander, H., **McAllister, M.J.**, Smith, J.W. *Impact of grip diameter and resistance exercise on muscular performance.* Shackouls Honors College; Undergraduate Research Symposium. Mississippi State University, 2017.

†Basham, S.A., Smith, J.W., Krings, B.M., Shepherd, B.D., Waldman, H.S., **McAllister, M.J.** *Effect of carbohydrate and amino acid ingestion during upper body resistance exercise on markers of catabolic activity.* College of Education Research Symposium. Mississippi State University, 2017.

Shepherd, B.D., Smith, J.W., Garrison. T., **McAllister, M.J.** *Validation of a fitlight shooting protocol to identify officer response to fatigue.* Undergraduate Research Symposium. Mississippi State University, 2016.

Krings, B.M., Rountree, J.R., **McAllister, M.J.**, Cummings, P.C., Peterson, T.J., Fountain, B.J., Smith, J.W. *Effects of acute carbohydrate ingestion on strength and conditioning performance.* Graduate Research Symposium. Mississippi State University, 2016.

Krings, B.M., Pope, S.D., Rountree, J.A., **McAllister, M.J.**, Smith, J.W., Pascoe, D.D. *Reliability of a commercial power and speed analyzer to common field and laboratory assessment of lower body peak power.* National Strength and Conditioning Association Conference Proceedings, July 2016.

Rountree, J.R., Krings, B.M., Peterson, T.J., Thigpen, A., **McAllister, M.J.**, Holmes, M.E., Smith, J.W. *Efficacy of carbohydrate ingestion during short duration high intensity strength and conditioning training sessions.* College of Education Graduate Research Symposium. Mississippi State University, 2016.

†Basham, S.A., **McAllister, M.J.**, Smith, J.W., Webb, H.E. *Effect of carbohydrate*

ingestion on catecholamine production from combined mental and physical stress.
Shackouls Honors College; Undergraduate Research Symposium. Mississippi State University. Awarded 1st place in Research Symposium, 2016.

Pope, S.D., Smith, J.W., **McAllister, M.J.**, Jordan, D.J., Wax, B., Xiques, S.M., Pascoe, D.D. *Wingate peak power is solely based on resistance and cadence.* Southeastern American College of Sports Medicine, February 2015.

Smith, J.W., **McAllister, M.J.**, Zak, R.B., Chander, H. *Worker physiology and biomechanics.* Toyota Motor Manufacturing Tupelo, Mississippi, 2014.

Pope, S.D., **McAllister, M.J.**, Jordan, D.J., Smith, J.W. *Cadence and resistance predict peak power in the Wingate.* Shackouls Honors College; Undergraduate Research Symposium. Mississippi State University, 2014.

LABORATORY EXPERIENCE

Metabolic & Applied Physiology Laboratory Director

Texas State University
September 2018-Present

Director of Exercise Biochemistry Laboratory

Mississippi State University
September 2017- August 2018

Applied Physiology & Biochemistry Laboratory

Mississippi State University
July 2012- August 2018

Cardiorespiratory/Metabolic Laboratory

University of Memphis; Memphis, TN
January-May 2012

Exercise Neuromechanics Laboratory

University of Memphis; Memphis, TN
May 2010-May 2012

EXTRAMURAL RESEARCH FUNDING

Preparing for Active Shooter Situation. Blair, J.P., Martaindale, M.H., **McAllister, M.** (2024-2025). U.S. DOJ- Office of Community Oriented Policing Services (COPS Office). *Funded - \$85,931.10.*

Environmental Influences on Running Biomechanics and Physiological Adaptations (EnviRunMent). Principal Investigator: A. Lempke. (2025). NIH NIAMS R01. Subaward: Principal Investigator: R. Rolfe - \$1,762,690. **M. McAllister**, Role: co-investigator. *Submitted*.

Impact of shift schedule change on markers of stress and quality of life in career firefighters. Principal Investigator: **M. McAllister**; Co-Investigator: M.H. Martaindale. (2025). City of Kyle Fire Department. *Funded* - \$4,412.

Environmental Influences on Running Biomechanics and Physiological Adaptations During Military Fitness Testing (EnviRunMent). Principal Investigator: A. Lempke. (2025). Department of Defense Broad Agency Announcement. *Submitted, not funded* - \$4,011,812. Subaward: Principal Investigator: R. Rolfe -\$2,758,179. **M. McAllister**, role: consultant. Pre-proposal, *submitted (not funded)*.

Impact of stress on cardiovascular disease risk among career firefighters. Principal Investigator: **M. McAllister**; Co-Investigators: M.H. Martaindale, RJ Bloomer. (2024). NIH: National Institute for Occupational Safety and Health, R01. *Submitted* - \$1,613,853.

Preparing for Active Shooter Situation. Blair, J.P., Martaindale, M.H., **McAllister, M.** (2023-2024). U.S. DOJ- Office of Community Oriented Policing Services (COPS Office). *Funded* - \$98,902.

Impact of a virtual reality training intervention in professional and volunteer firefighters. Principal Investigator: **M. McAllister**; Co-Investigators: S. Martin, H. Waldman. (2023). FEMA. *Submitted*, (not funded) \$1,050,571.00.

Preparing for Active Shooter Situation. Blair, J.P., Martaindale, M.H., **McAllister, M.** (2022-2023). U.S. DOJ- Office of Community Oriented Policing Services (COPS Office). *Funded* - \$82,022.45.

Preparing for Active Shooter Situation (PASS). Blair, J. P., Curnutt, J., Martaindale, M. H., **McAllister, M.** (2021-2022). U.S. DOJ- Office of Community Oriented Policing Services (COPS Office) 15JCOPS-21-GK-02120-SPAS. *Funded* - \$100,869.72.

Impact of a Virtual Reality Training Intervention on Markers of Stress, Physical and Mental Performance in Professional Firefighters. Principal Investigator: **M. McAllister**. Co-Principal Investigators: H. Waldman; H. Chander. (2021) – Department of Homeland Security; FEMA; Fire Safety & Prevention Grants. *Submitted*, (not funded)- \$443,538.10

Evaluating the acute response of brain-derived neurotrophic factor and cognitive function to high-intensity interval training in persons with multiple sclerosis. Principal Investigator: J. Farrell. Consultants: **M. McAllister**, L. Pilutti, L. Walker. (2021). Department of Defense. *Submitted*, not funded - \$150,000.00.

Impact of a Virtual Reality Training Intervention on Markers of Stress, Physical and Mental Performance in Professional Firefighters. Principal Investigator: **M. McAllister**. Co-Principal Investigators: H. Waldman; H. Chander. (2021) – Department of Homeland Security; FEMA; Fire Safety & Prevention Grants. *Submitted*, not funded - \$443,538.10

Comparison of Muscle Glycogen, Body Composition, and Performance Between Resistance Trained Adults on a Low and High-Carbohydrate Diet. Principal Investigator: K. McCurdy. Co-Investigators: **M. McAllister**, J. Mettler, C. Fry, J. Farrell. (2021) - NSCA Senior Investigator Grant. *Submitted*, not funded -\$30,000

Preparing for Active Shooter Situation (PASS). Blair, J. P., Curnutt, J., Martaindale, M. H., **McAllister, M.** (2020). COPS Office 2020ASWXK001. *Funded* - \$22,295.52.

Resiliency & Recovery of Law Enforcement Agencies from Singular, Extreme Traumatic Events: Virtual Reality-Based Habituation Training for Active Threat Events. C.P. Haberman, M.H. Martaindale, **M. McAllister**, S.M. Manchak, J.C. Barnes. (2020) – NIJ - 2020-17296. *Submitted*, not funded - \$1,074,563.

Reducing Erroneous Police Shooting by Training the Visual System. Principal Investigator: H. Martaindale, Co-Primary Investigator: **M. McAllister**. (2020) – National Collaborative on Gun Violence Research. *Submitted*, not funded - \$347,000.

Frequency-Specific Neuromuscular Electrical Stimulation and Physical Function in Older Adults, Principal Investigator: J. Mettler, Co-Investigators: **M. McAllister**, L. Kipp, Fry, C. (2019) – National Institute of Health. *Submitted*, not funded - \$458,255.

Impact of a 4-6 week training intervention on biomechanical and physiological markers in Olympic rowing athletes, T. Liu, Y. Li, **M. McAllister**, R. Rolfe, K. Patek (2019) – Chinese Rowing Association. *Funded* - \$2098.

The Effects of Fucoxanthin Supplementation on Metabolic Adaptations and Recovery from Exercise. Principal Investigator: **M. McAllister**, (2019) -Algatechnologies. *Funded*- \$44,388. Note: Work was halted due to COVID19; Final funded amount: \$14,796

Efficacy of Liposomal Salts on Rehydration. Principal Investigator: J.W. Smith. Co-Principal Investigators: **M. McAllister**, B. Fountain, (2018)-Einsof Biohealth. *Submitted*, not funded – \$ 47,096.22.

Effects of Curcumin Ingestion on Oxidative Stress Response from Live Burn Drills in Professional Firefighters. Principal Investigator: **M. McAllister**, (2018)-NOW foods. *Funded* – \$6,203.

Effects of Exogenous Ketone Supplementation in Firefighters. Principal Investigator: **M. McAllister**. Co-Principal Investigator: AM Holland, (2017). Pruvit, Incorporated;

Subcontracted Grant: Augusta University. *Funded* - \$6,053.

Effects of Exogenous Ketone Supplementation in Firefighters. Principal Investigator: **M. McAllister**. Co-Principal Investigator: AM Holland, (2017). Pruvit donated 160 servings of BHB supplement. Approximate value - \$1,000.

Effect of Human Curcumin Ingestion on Blood Antioxidant Status and Exercise Induced Muscle Damage and Inflammation: Principal Investigator: **M. McAllister**, Co-Principal Investigator: J. Smith, (2016-2017). NOW Foods. *Funded* - \$15,652.92.

Effect of Acute Beta Hydroxybutyrate Ingestion on Anaerobic Exercise Performance. Principal Investigator: **M. McAllister**, (2017). Perfect Keto donated 8 bottles of BHB supplement for research trials. Approximate value - \$500.

Effect of Carbohydrate Supplementation on Resistance Training Performance and Blood Markers: Principal Investigator: J. Smith. Co-Principal Investigator: **M. McAllister**, (2016). Dymatize, LLC. *Funded* - \$26,761.46.

Design and Human Testing of Hyper-Antioxidative Curcumin Loaded Nano-Vesicles: Principal Investigator: Z. Zee Haque, Co-Principal Investigator: **M. McAllister**, (2016). MS Center for Food Safety and Post-Harvest and Technology Initiative. *Submitted*, not funded - \$50,000.

Validation of a FitLight Shooting Protocol to Identify Officer Response to Fatigue: Principal Investigator: J. Smith; Co-Investigators: T. Garrison, **M. McAllister**, (2016). Simunitions donated rounds and conversion kits to the Starkville Police Department for research trials, approximate value - \$1500.

Effect Of AminoPro Supplement with Varying Levels of Carbohydrate (1 Part Dextrose: 2 Part Sucrose on Strength and Conditioning Training Performance: Principal Investigator: J. Smith, Co-Principal Investigators: **M. McAllister**, B. Fountain, (2015). Dymatize, LLC. *Funded* - \$8,497.86.

Effect of Protandim Supplementation on Indicators of Inflammation, Oxidative Stress, and Recovery from Exercise: Principal Investigator: **M. McAllister**; Co-Investigator: J. Smith, (2015). Life Vantage. *Submitted*, not funded - \$14,000.

Impact of Ingesting AminoPro Pre- and Post-Resistance Training on Hydration Status, Muscle Damage, and Muscle Pump: Principal investigator: - J. Smith; Co-Investigators: **M. McAllister**, R. Zak, (2015). Dymatize, LLC. *Funded* - \$31,068.55.

Effect of Carbohydrate Supplement on Cardiovascular and Inflammatory Responses

to a Dual-Stress Challenge. Principal Investigator: **M. McAllister**, (2013). GSSI Student Research Grant. *Submitted*, not funded - \$3500.

Electromyographic Activity During Various Depths of the Bench Press. Amount, (2011). NSCA Master's Graduate Research Award. *Submitted*, not funded - \$5,000.

INTRAMURAL RESEARCH FUNDING

The mechanical component of the arterial baroreflex in type 2 diabetes: the role of oxidative stress. Principal Investigator: M. Samora; Co-Principal Investigator: **M. McAllister**, (2024-2025). Research Enhancement Program, Texas State University. *Funded*- \$16,000.

Improving health resiliency among firefighters and law enforcement personnel in Texas. Principal Investigator: **M. McAllister**, (2023). Faculty Fellow, Community Health and Economic Resiliency Research Center (Faculty Fellow, THRC). *Funded* -\$11,839.

Improving health resiliency among firefighters in Texas. Principal Investigator: **M. McAllister**, (2022). Faculty Fellow, Community Health and Economic Resiliency Research Center. *Funded* -\$16,392.

Improving use of force decision making through training the visual system. Principal Investigator: M. Hunter Martaindale; Co-Investigators: **M. McAllister**, W. Sandel, (2022). Multidisciplinary Internal Research Grant, Texas State University. *Submitted*, not funded \$22,808.

Polyvagal Theory and The Alba Method: Enhancing Mental Wellness through Emotional Effector Patterns, Principal Investigator: K. Glasheen; Co-PI: **M. McAllister** (2020). Research Enhancement Program, Texas State University. *Funded* - \$13,446.

Impact of Moderate and High Intensity Resistance Exercise on Postprandial Oxidative Stress. Primary Investigator: **M. McAllister**, Co-Investigator: K McCurdy, (2019). Research Enhancement Program, Texas State University. *Funded* - \$14,080

Effect of a 28-day Carbohydrate Restricted Diet on Performance and Health Markers in Professional Firefighters. College of Education, Mississippi State University. *Funded* - \$2900

Effect of Curcumin Ingestion on Oxidative Stress Response from Combined Mental and Physical Stress. Primary Investigator: **M. McAllister**, (2018). Office of Research and Economic Development. *Funded* - \$2000.

Effect of Curcumin Ingestion on Markers of Oxidative Stress in Firefighters Following Simulated Firefighter Activities. Primary Investigator: **M. McAllister**, (2018). College of Education, Mississippi State University. *Funded* - \$2000.

Effect of Exogenous Ketone Ingestion on Oxidative Stress and Metabolic Response to Dual Stress Challenge in Firefighters. Primary Investigator: **M. McAllister**, (2017-2018). Office of Research and Economic Development, Mississippi State University. *Funded* - \$2000.

Effects of Beta Hydroxybutyrate Ingestion on Metabolic Responses to Anaerobic Exercise. Primary Investigator: **M. McAllister**, (2017). College of Education, Mississippi State University. *Funded* - \$2200.

Influence of Carbohydrate Timing During a 4-week High Intensity Exercise Training Regimen on Physiological Responses to Exercise, Markers of Health, and Performance. Primary Investigator: J. Smith, Co-Primary Investigator: **M. McAllister**, (2017). Office of Research and Economic Development, Mississippi State University. *Funded* - \$2175.

Effects of Short Term High Fat Diet Intervention and Acute High Intensity Resistance Training on Blood Markers of Health and Inflammation. Primary Investigator: **M. McAllister**, Co-Primary Investigator: J. Smith, H. Waldman, B. Krings, (2016). Office of Research and Economic Development, Mississippi State University. *Funded* - \$2130.

Impact of Occupational Footwear During Simulated Workloads on Energy Expenditure and Ankle Stability. Primary Investigator: A. Knight; Co-Investigators: H. Chander, J. Smith, **M. McAllister**, B. Fountain, (2016). Office of Research and Economic Development, Mississippi State University. *Submitted*, not funded - \$2000.

Validation of a Fitlight Shooting Protocol to Identify Officer Response to Fatigue: Primary Investigator: J. Smith; Co-Investigators: T. Garrison, **M. McAllister**, (2016). CAVS Mississippi State University. *Funded* - \$10,000.

CURRICULUM DEVELOPMENT

Proposal for new PhD program in Kinesiology with concentrations in Sport Management and Exercise Science; Department of Health and Human Performance, Texas State University. Approved, Texas Higher Education Coordinating Board, January 2026.

Bachelor of Science in Exercise and Sports Science, no concentration track (2025) – The B.S. in Exercise and Sport Science will now be offering a no concentration degree track option for students that are unsure of what career path they might want to pursue but are interested in pursuing the general health profession field. This degree track offers a large pool of electives to select courses aligned with student interest that can also be used as prerequisites for graduate programs.

HHP 5388 Graduate Teaching Assistant Development (2025) - This course serves as an introduction to the history of teaching, ethics and best practices as a graduate teaching assistant. The class prepares teaching assistants for their role as a graduate teaching assistant and for potential careers involving instruction at other institutions. This course includes pedagogical information that can be useful for a beginning teacher in any field.

ESS 7301 Applied Exercise Physiology (2024) - This course will provide students with an advanced understanding of the acute and chronic responses to exercise and the physiological adaptations that occur in response to exercise training. Additional topics to be covered include environmental influences, aging, and sex differences in terms of physiological responses.

ESS 7304 Current Issues in Exercise Science (2024) - This course examines the contemporary issues facing those practicing in a variety of fields within exercise science. Students will examine pertinent issues related to the practice and advancement of exercise physiology, biomechanics, strength and conditioning, motor development, sports psychology, exercise metabolism, and human performance through the analysis of current scientific literature.

ESS 7307 Advanced Principles of Strength and Conditioning (2024) - This course discusses the development, instruction, and evaluation of aerobic and anaerobic training principles and programs for diverse populations and settings. Emphasis is placed on the physiological and mechanical principles related to resistance training with application to human performance, injury prevention, and rehabilitation.

ESS 7308 Biomechanics of Musculoskeletal Injury (2024) - This course discusses the biomechanical principles of injury and how injuries are related to physiological and anatomical function. The field of injury biomechanics is focused on examining the role of human behavior, bones, and other tissues as pertaining to functional failure and injury risk. This course provides students with an advanced assessment of fundamental concepts and techniques that are presently used in the field of injury biomechanics.

Development of TXST BS in Exercise and Sports Science program extension – Collin College, 2023-2024

Proposal for PhD program in Sport Management; Department of Health and Human Performance, Texas State University. 2023. Note, revised submission was modified to PhD program in Kinesiology.

Revision to Existing Degree Program: Bachelor of Exercise and Sports Science, developed and submitted **9/2023**. Summary: This proposal included a change to the degree designation such that the Bachelor of Exercise and Sports Science degree will be changed to a Bachelor of Science. This change will be applied to five existing majors: 1) Major in Exercise and Sports Science, Clinical Exercise Science Concentration, 2) Major in Exercise and Sports Science, Pre-Rehabilitation Sciences Concentration, 3) Major in Exercise and Sports Science, Teacher Certification in Physical Education, Early Childhood Through Grade Twelve, 4) Major in Exercise and Sports Science/Master of Science Major in Athletic Training, and 5) Major in Health and Fitness Management.

ESS 5312 Applied Exercise Metabolism - This course will provide students a thorough understanding of exercise metabolism. Students will develop advanced knowledge of the influence of various environmental and physiological factors on metabolism during exercise, and the impact on physical performance and recovery. Students will also examine the relationship between metabolic factors and chronic diseases.

AWARDS/HONORS

College Achievement Award in Scholarly/Creative Activities

College of Education,
Texas State University, (2025)

THRC Faculty Fellow Medal of Achievement

Translational Health Research Center
Texas State University, (2024)

Award/Honor Recipient: Presidential Distinction Award in Teaching

College of Education,
Texas State University, (2024)
Award amount: \$2000

College Achievement Award in Teaching

College of Education
Award amount: \$1000
Texas State University, (2023)

College Achievement Award in Scholarly/Creative Activities

College of Education
Award amount: \$1000
Texas State University, (2022)

Translational Health Scholar Showcase, 2021 Award Recipient

Award amount: \$5000

Texas State University, 2021

College Achievement Award in Scholarly/Creative Activities

College of Education

Award amount: \$1000

Texas State University, (2021)

Mentor of the Year Award Nominee

Office of the Graduate School

Alumni Association

Mississippi State University, (2018)

Faculty Researcher of the Year Award Nominee

College of Education

Mississippi State University, (2016)

Werner and Alice Essig Graduate Student Scholarship Award

College of Agriculture and Life Sciences

Award amount: \$1,535

Mississippi State University (2014-2015)

Melvin A. Humphreys Prize for Student Research

Award amount: \$800

The University of Memphis (2012)

GRADUATE STUDENT COMMITTEES

Sutton, N, MS Culminating Project, May 2025 (Chair)

Uriegas, S, MS Culminating Project, May 2025 (Chair)

Walker, J., MS Culminating Project, May 2024 (Chair)

McCullough, R., MS Culminating Project, May 2023 (Chair)

Dillard, C., MS Thesis, May 2023 (Chair); Note Student Awards:

Graduate College's Outstanding Master's Thesis Award in Life Sciences, 2023

Conference of Southern Graduate Schools Outstanding Master's Thesis in the Social Sciences Nominee, 2024

College of Education Outstanding Graduate Student of the Year, 2023

American Kinesiology Association Master Student Scholar of the Year, 2023

Awarded 3rd place for master's division poster presentation at the Texas Chapter of American College of Sports Medicine, 2023

Gonzalez, D., PhD Committee, 2022-2023 (Member)

Taylor, A., MS Culminating Project, May 2022 (Chair)
Weishaar, B., MS Thesis, August 2022 (Chair)
Renteria, L., MS Thesis, May 2020 (Chair)
Argall, B., MS Culminating Project, May 2020 (Co-Chair)
Gonzalez, D., MS Thesis, May 2020 (Chair)
Goldenstein, S., MS Thesis, May 2019 (Member)
Waldman, H., PhD Committee, May 2019 (Chair)
Realzola, R., MS Thesis, August 2018 (Member)
Krings, B., PhD Committee, May 2018, (Member)
Shepherd, B., MS Thesis, May 2018 (Member)
Basham, B., MS Thesis, May 2018 (Chair)
Simsiriwong, K., MS Culminating Project, May 2018 (Member)
Phillips, S., MS Committee, May 2018 (Member)
Price, F., MS Thesis, August 2017 (Chair)
Watts, S., MS Committee, December 2017 (Chair)
Abdul Manaf F., PhD Committee, December 2017 (External Reviewer)
Cummings, P., MS Thesis, May 2016 (Chair)
Ratliff, J., MS Committee, May 2016, (Chair)

SERVICE

College of Education Research Office Advisory Committee
College of Education
Texas State University
September 2024 - September 2025

Poster Presentation Judge
Texas ACSM
Feb. 2025

Search Committee Chair: Assistant Professor of Instruction in Exercise and Sports Science (Collin College)
Department of Health & Human Performance
Texas State University
August 2024- December 2024

Faculty Promotion & Tenure External Reviewer: J. Pence
University of Memphis
College of Health Sciences
August 2024

Grant Reviewer: US Special Operations Command on the Biomedical and Human Performance Research and Development, Department of Defense
Spring 2024

Manuscript Reviewer
BMJ Public Health
Spring 2024

Manuscript Award Reviewer
Texas ACSM
Spring 2024

Manuscript Reviewer
BMC Psychology
Summer 2024

Chair, Faculty Evaluation Committee
Department of Health & Human Performance
Texas State University
September 2024–September 2025

Faculty Evaluation Committee
Department of Health & Human Performance
Texas State University
September 2023-2024

Faculty Mentorship Committee: Erin Lally
Department of Health & Human Performance
Texas State University
January 2025-September 2025

Faculty Mentorship Committee: John Farrell
Department of Health & Human Performance
Texas State University
September 2023-September 2025

Faculty Mentorship Committee: Matthew Bishop
Department of Health & Human Performance
Texas State University
September 2023-September 2025

Faculty Mentorship Committee: Allie Thomas

Department of Health & Human Performance

Texas State University

September 2023-September 2025

Associate Chair

Department of Health & Human Performance

Texas State University

June 2023- June 2025

Search Committee Chair: Assistant or Associate Professor of Exercise and Sports Science

Department of Health & Human Performance

Texas State University

September 2023- March 2024.

Contributing Committee Member: 9/11 Memorial Stair Climb

Kyle Field, College Station, TX

September 2023

Media Mention, Journal Article: *Medical tests may help save firefighter lives*. Texas Community Health News. July, 2023

Big Ideas Podcast: Intermittent Fasting, Texas State University. April 2021

Search Committee Member: Open Rank Assistant Professor, Associate Professor, or Professor of Public Health, Health Education, or Health Promotion

Department of Health & Human Performance

Texas State University

June 2023- December 2023.

Student Manuscript Award Judge

Texas ACSM

Feb. 2024

Texas State University

Undergraduate Admission Standards Committee

Texas State University

Fall 2021-present

Personnel Committee

Department of Health & Human Performance

September 2022-present

College of Education Research Enhancement Program Committee
Alternate Reviewer
Texas State University
Fall 2022-Spring 2023

Search Committee: Department Chair, Health & Human Performance
Texas State University
2021-2022

Institutional Biosafety Committee
Texas State University
September 2021-present

Environmental Health, Safety, & Risk Management Committee
Texas State University
July 2021-September 2025

Student Research Development Award Presentation Judge
Texas ACSM
Feb. 2023

Student Research Development Award Reviewer
Texas ACSM
Jan. 2022

Student Research Development Award Reviewer
Texas ACSM
Jan. 2021

Faculty Advisory Council
College of Education
Texas State University
September 2020-August 2023.

Outstanding Graduate Student Committee
College of Education
Texas State University
September 2020-present

Chair, Graduate Admissions Committee, Exercise Science
Department of Health & Human Performance
Texas State University
September 2021-December 2022

Member, Graduate Admissions Committee, Exercise Science
Department of Health & Human Performance

Texas State University
January 2019-August 2021

Graduate Student Organization Lead Faculty Advisor
Department of Health & Human Performance
Texas State University
August 2019-2022

Exercise Science Curriculum Committee
Texas State University
September 2021-Present

Director of Exercise Biochemistry Laboratory
Department of Kinesiology
Mississippi State University
September 2017-August 2018

Graduate Committee
Department of Kinesiology
Mississippi State University
October 2016-August 2018

Graduate Teaching Assistant Coordinator
Department of Kinesiology
Mississippi State University
August 2015-August 2018

Academic Culture Committee
Department of Kinesiology
Mississippi State University
August 2015-August 2018

College of Education Research Forum
Research Poster Judge
Mississippi State University
Spring 2018

Applied Physiology Research Laboratory Committee
Department of Kinesiology
Mississippi State University
August 2014-August 2018

Shackouls Honors College Undergraduate Research Symposium
Session Chair
Mississippi State University

Summer 2014

Max Muscle Strength and Fitness

Powerlifting Judge

Joe Frank Sanderson Center

Mississippi State University, November 2013-November 2017

Journal of Exercise Science & Fitness

Reviewer, 2025

BMC Psychology

Reviewer, 2024

Healthcare, MDPI

Reviewer, 2023

Journal of Science and Medicine in Sport

Reviewer, 2023

Occupational and Environmental Medicine

Reviewer, 2023

Healthcare, MDPI

Reviewer, 2022

Journal of the International Society of Sports Nutrition

Reviewer, 2022

Translational Research

Reviewer, 2022

International Journal of Environmental Research and Public Health

Reviewer, 2021

Nutrition Research

Reviewer, 2021

Preventive Medicine Reports

Reviewer, 2021

BMJ Open

Reviewer, 2020

Comprehensive Psychoneuroendocrinology

Reviewer, 2020

Nutrients

Reviewer, 2020

Antioxidants

Reviewer, 2019-present

Journal of Occupational and Environmental Medicine

Reviewer, 2018-present

Applied Physiology, Nutrition, and Metabolism

Reviewer, 2018

Journal of Sport Science and Medicine

Reviewer, 2015

Occupational Medicine

Reviewer, 2013-present

Journal of Human Nutrition and Dietetics

Reviewer, 2018

PROFESSIONAL AFFILIATIONS

National Strength and Conditioning Association,

2018- present

Texas American College of Sports Medicine,

2018-present

SCHOLARLY/CREATIVE PROFESSIONAL DEVELOPMENT ACTIVITIES

Promotion to Professor: Advice for Associate Professors

Texas State University

Spring 2025

NIH Grant Writing Boot Camp

Columbia University

Summer 2023

Lessons Learned: Applying to Grants from Scholarly and Professional Organizations and Beyond

Texas State University

College of Education

September 2021

The NIH Grant Writing Experience: Tips, Tricks, and the Importance of Tenacity

Texas State University
College of Education
April 2021

Attracting Funding from the National Science Foundation (NSF): The Good, the Bad, and the Ugly

Texas State University
College of Education
March 2021

Do This, Not That! Grant Writing Strategies for the Institute of Education Sciences (IES)

Texas State University
College of Education
February 2021

Setting Your Intentions: Inclusive Syllabus Design

Texas State University
Department of Health & Human Performance
June 2021

Grant Development Scholars Program

Texas State University
College of Education
December 2019-2020

PALIR III

HHP Active Learning in Large Enrollment Hybrid Courses
Center for Distance and Extended Learning
Texas State University
Fall 2019

Scholarship & Teaching Excellence Program (STEP)

Texas State University
September 2018-April 2019