

CURRICULUM VITAE

G. Patrick Lambert, Ph.D.

DEGREES EARNED

- Ph.D.** Exercise Physiology, University of Iowa, 2001
- M.A.** Exercise Physiology, Ball State University, 1990
- B.S.** Exercise and Health Science, Alma College, 1988

PROFESSIONAL EXPERIENCE

- August 2008 - Present: Creighton University, Omaha, NE
 - Primary Appointment: Associate Professor, Department of Exercise Science
 - Secondary Appointment: Associate Professor, Department of Biomedical Sciences
- August 2002 - July 2008: Creighton University, Omaha, NE
 - Primary Appointment: Assistant Professor, Department of Exercise Science
 - Secondary Appointment: Assistant Professor, Department of Biomedical Sciences (2005-2008)
- July 2001 - July 2002: University of Nebraska Medical Center, Omaha, NE
 - Postdoctoral Research Associate - Pulmonary and Critical Care Medicine Section - Internal Medicine
- January 1998 - May 2000: St. Ambrose University, Davenport, IA
 - Adjunct Instructor - Department of Sport, Health and Physical Education
- January 1996 - December 2000: University of Iowa, Iowa City, IA.
 - Adjunct Instructor - Department of Exercise Science
- August 1994 - May 1996: Kirkwood Community College, Cedar Rapids, IA
 - Adjunct Instructor - Department of Math and Science
- August 1990 - July 2001: University of Iowa, Iowa City, IA.
 - Graduate and Professional Research Assistant - Department of Exercise Science
- August 1988 - May 1990: Ball State University, Muncie, IN
 - Graduate Research Assistant – Human Performance Laboratory
- Summers 1986 – 1990: Cardiac Conditioning Center, Pontiac, MI
 - Cardiac Rehabilitation Technician

RESEARCH FUNDING

Current

Zinpro Corporation, 2011-2012. G.P. Lambert (Principal Investigator). Total award: \$16,768

Gatorade Sport Science Institute, 2008-2012. G.P. Lambert (Principal Investigator), S.J. Lanspa (Co-Investigator). Total award: \$42,938

Completed

Gatorade Sport Science Institute, 2005-2007. **G.P. Lambert** (Principal Investigator), J.J. O'Brien (Co-Investigator), S.J. Lanspa (Co-Investigator). Total award: \$124,198

Gatorade Sport Science Institute, 2003-2004. **G.P. Lambert** (Principal Investigator), S.J. Lanspa (Co-Investigator). Total award: \$29,621

Gatorade Sport Science Institute, 2002-2003. **G.P. Lambert** (Principal Investigator). Total Award: \$40,700

Heartland Center for Occupational Health and Safety, Post-Doctoral Research Grant, 2001-2002. **G.P. Lambert** (Principal Investigator). Total Award: \$15,000

RESEARCH AWARDS

American Physiological Society: Environmental and Exercise Physiology Section, 2001. Graduate Student Recognition Award. Total Award: \$500

American Physiological Society: Environmental and Exercise Physiology Section, 2000. Graduate Student Recognition Award. Total Award: \$500

Gatorade Sports Science Institute, 1998. Graduate Student Research Award. Total Award: \$1000

PEER-REVIEWED BOOK CHAPTERS/BOOK SECTIONS/REVIEW ARTICLES

1. **Lambert, G.P.** The Gastrointestinal System. C.M. Tipton (eds): *The History of Exercise Physiology*. Champaign: Human Kinetics. Accepted for publication.
2. **Lambert, G.P.** Intestinal Absorption. F.C. Mooren, J.S. Skinner (eds): *Encyclopedia of Exercise Medicine in Health and Disease*. Heidelberg: Springer. Accepted for publication.
3. **Lambert, G.P.**, X. Shi, R. Murray. The Gastrointestinal System. In: Farrell, P.A., Joyner, M.J., Caiozzo, V.J. eds. *ACSM's Advanced Exercise Physiology*. Philadelphia: Lippincott, Williams and Wilkins; 2011, p. 348-362, ISBN: 978-0-7817-9780
4. **Lambert, G.P.** Stress-induced gastrointestinal barrier dysfunction and its inflammatory effects. *J. Anim. Sci.* 87: E101-E108, 2009.
5. **Lambert, G.P.** Intestinal Barrier Dysfunction, Endotoxemia, and Gastrointestinal Symptoms: The "Canary in the Coal Mine" during Exercise-Heat Stress? Marino FE (ed): *Thermoregulation and*

Human Performance. Physiological and Biological Aspects. Med. Sports Sci. Basel, Karger, 2008. vol 53, pp 61-73

6. **Lambert, G.P.** Role of gastrointestinal permeability in exertional heatstroke. *Exer. Sport Sci. Rev.* 32 (4): 185-190, 2004.

PEER-REVIEWED RESEARCH ARTICLES

1. **Lambert, G.P.**, J.Lang, R. Welch, S. Lanspa. FThe effect of L-arginine on absorption of a glucose-electrolyte solution in humans. *J. Exerc. Physiol. online*, 14(4):75-86, 2011.
2. **Lambert, G.P.**, J.A. Lang, A.J. Bull, J.M. Eckerson, S.J. Lanspa, J.J. O'Brien. Fluid tolerance during running: effect of repeated trials. *Int. J. Sports Med.* 29: 878-882, 2008.
3. **Lambert, G.P.**, S.J. Lanspa, R. Welch, and X. Shi. Combined effects of glucose and fructose on fluid absorption from hypertonic carbohydrate-electrolyte beverages. *J. Exerc. Physiol. online*, 11(2):46-55, 2008.
4. **Lambert, G.P.**, J.A. Lang, A.J. Bull, P.C. Pfeifer, J.M. Eckerson, G.A. Moore, S.J. Lanspa, and J.J. O'Brien. Fluid restriction increases GI permeability during running. *Int. J. Sports Med.* 29(3): 194-198, 2008.
5. **Lambert, G.P.**, M.W. Boylan, J.P. Laventure, A.J. Bull, S.J. Lanspa. Effect of aspirin and ibuprofen on GI permeability during exercise. *Int. J. Sports Med.* 28(9): 722-726, 2007.
6. Lang, J.A., C.V. Gisolfi, **G.P. Lambert.** Effect of exercise intensity on active and passive carbohydrate absorption. *Int. J. Sport Nutr. Exer. Metab.* 16: 485-493, 2006.
7. Rogers, J., R.W. Summers, **G.P. Lambert.** Gastric emptying and intestinal absorption of a low-carbohydrate sport drink during exercise. *Int. J. Sport Nutr. Exer. Metab.* 15: 220-235, 2005.
8. **Lambert, G.P.**, J.R. Spurzem, D.J. Romberger, T.A. Wyatt, E. Lyden. A.M. Stromquist, J.A. Merchant, S.G. Von Essen. Tumor necrosis factor- α hyper-responsiveness to endotoxin in whole blood is associated with chronic bronchitis in farmers. *J. Agromedicine.* 10(1): 39-44, 2005.
9. LeVan, T.D., S. Von Essen, **G.P. Lambert**, F.D. Martinez, M.M. Vasquez, J.A. Merchant. Polymorphisms in the CD14 gene are associated with pulmonary function in farmers. *Am. J. Respir. Crit. Care Med.* 7: 773-779, 2005.
10. **Lambert, G.P.**, C.V. Gisolfi, D.J. Berg, P.L. Moseley, L.W. Oberley, and K.C. Kregel. Molecular Biology of Thermoregulation: Selected contribution: Hyperthermia-induced intestinal permeability and the role of oxidative and nitrosative stress. *J. Appl. Physiol.* 92: 1750-1761, 2002.
11. **Lambert, G.P.**, B. Mason, L. Broussard, T. Xia, R.W. Summers, and C.V. Gisolfi. Gastrointestinal permeability during exercise: effects of aspirin and energy-containing beverages. *J. Appl. Physiol.* 90(6): 2075-2080, 2001.
12. Gisolfi, C.V., **G.P. Lambert**, and R.W. Summers. Intestinal fluid absorption during exercise: Role of sport drink osmolality and $[Na^+]$. *Med. Sci. Sports Exerc.* 33(6): 907-915, 2001.

13. Popowski, L.A., R.A. Oppliger, **G.P. Lambert**, R.F. Johnson, A.K. Johnson, and C.V. Gisolfi. Blood and urinary measures of hydration status during progressive acute dehydration. *Med. Sci. Sports Exerc.* 33(5): 747-753, 2001.
14. Smetanka, R.D., **G.P. Lambert**, R. Murray, D. Eddy, M. Horn, and C.V. Gisolfi. Intestinal permeability in runners in the 1996 Chicago Marathon. *Int. J. Sport Nutr.* 9: 426-433, 1999.
15. Rao, S.S.C., J. Beaty, M. Chamberlain, **P.G. Lambert**, and C.V. Gisolfi. Effects of acute graded exercise on human colonic motility. *Am. J. Physiol.* 276: G1221-G1226, 1999.
16. Chang, R.T., **G.P. Lambert**, P.L. Moseley, F.K. Chapler, and C.V. Gisolfi. Effect of estrogen supplementation on exercise thermoregulation in premenopausal women. *J. Appl. Physiol.* 85(6): 2082-2088, 1998.
17. Gisolfi, C.V., R.W. Summers, **G.P. Lambert**, and T. Xia. Effect of beverage osmolality on intestinal fluid absorption during exercise. *J. Appl. Physiol.* 85(5): 1941-1948, 1998.
18. Ryan, A.J., **G.P. Lambert**, X. Shi, R.T. Chang, R.W. Summers, and C.V. Gisolfi. Effect of hypohydration on gastric emptying and intestinal absorption during exercise. *J. Appl. Physiol.* 84(5): 1581-1588, 1998.
19. Shi, X., H.P. Schedl, R.W. Summers, **G.P. Lambert**, R.T. Chang, T. Xia, and C.V. Gisolfi. Fructose transport mechanisms in humans. *Gastroenterology* 113: 1171-1179, 1997.
20. **Lambert, G.P.**, R.T. Chang, T. Xia, R.W. Summers, and C.V. Gisolfi. Absorption from different intestinal segments during exercise. *J. Appl. Physiol.* 83 (1): 204-212, 1997.
21. **Lambert, G.P.** and D.L. Costill. Submaximal blood lactate and heart rate measurements as indicators of training status in college distance runners. *J. Strength and Cond. Res.* 10(2): 93-97, 1996.
22. **Lambert, G.P.**, R.T. Chang, D.J. Joensen, X. Shi, H.P. Schedl, R.W. Summers, and C.V. Gisolfi. Simultaneous determination of gastric emptying and intestinal absorption during cycle exercise in humans. *Int. J. Sports Med.* 17: 48-55, 1996.
23. Shi, X., R.W. Summers, H.P. Schedl, R.T. Chang, **G.P. Lambert**, and C.V. Gisolfi. Effects of solution osmolality on absorption of select fluid replacement solutions in the human duodenojejunum. *J. Appl. Physiol.* 77(3): 1178-1184, 1994.
24. **Lambert, G.P.**, T.L. Bleiler, R.T. Chang, A.K. Johnson, and C.V. Gisolfi. Effects of voluntary consumption of carbonated and non-carbonated beverages at specific intervals during prolonged treadmill running in the heat. *Int. J. Sport Nutr.* (3): 177-193, 1993.
25. Lambert, C.P., D.L. Costill, G.K. McConell, M.A. Benedict, **G.P. Lambert**, R.A. Robergs, and W.J. Fink. Fluid replacement after dehydration: influence of beverage carbonation and carbohydrate content. *Int. J. Sports Med.* 13(4): 285-292, 1992.

PROCEEDINGS PAPERS (Non-Peer Reviewed)

1. **Lambert, G.P.** The Gut and Exercise Performance. In “*The Measure of Performance*” *Proceedings of the 2011 Equine Conference*, West Palm Beach, FL (sponsored by Zinpro Corporation), pp. 1-8, 2011.
2. **Lambert, G.P.** Potential Nutritional Interventions to Reduce Physical- and/or Hyperthermia-Induced Gut Barrier Dysfunction. *Proceedings of the California Animal Nutrition Conference*, Fresno, CA, pp. 68-74, May, 2010.

ABSTRACTS FROM SCIENTIFIC MEETINGS/RESEARCH PRESENTATIONS

1. Schmidt A.K, S.J. Lanspa, and **G.P. Lambert**. Effect of acute aspirin dose on gastrointestinal permeability. *Med. Sci. Sports Exerc.* 43(5 Suppl.): S638, 2011. Presented at 2011 American College of Sports Medicine Meeting.
2. **Lambert, G.P.**, N Bedard, G. Holte, A. Schmidt, S. Lanspa. Lactobacillus acidophilus supplementation for 7 days does not reduce acute aspirin-induced gastrointestinal permeability *FASEB J.* 23:LB128, 2009. Presented at 2009 Experimental Biology Meeting.
3. **Lambert, G.P.**, J.A. Lang, A.J. Bull, J.M. Eckerson, S.J. Lanspa, J.J. O’Brien. Fluid tolerance during running: effect of repeated trials. *FASEB J.* 22:956.21, 2008. Presented at 2008 Experimental Biology Meeting.
4. **Lambert, G.P.**, J. Lang, R. Welch, S. Lanspa, and J. O’Brien. L-arginine in low concentration does not enhance intestinal water absorption from a dilute glucose-electrolyte solution in healthy humans. *FASEB J.* 21:LB502, 2007. Presented at 2007 Experimental Biology Meeting.
5. **Lambert, G.P.**, J.A. Lang, A.J. Bull, P.C. Pfeifer, J.M. Eckerson, and G.A. Moore. Effect of fluid replacement during distance running on gastrointestinal barrier function. *Proceedings of the 2006 Nebraska Physiological Society Annual Meeting*.
6. Lang, J.A., C.V. Gisolfi, and **G.P. Lambert**. Effect of exercise intensity on active and passive carbohydrate absorption. *Proceedings of the 2006 Nebraska Physiological Society Annual Meeting*.
7. **Lambert, G.P.**, S.J. Lanspa, R. Welch, and X. Shi. Intestinal absorption of hypertonic solutions containing glucose or glucose and fructose. *FASEB J.* 20:LB27, 2006. Presented at 2006 Experimental Biology Meeting.
8. **Lambert, G.P.**, J.P. Laventure, M.W. Boylan, A.J. Bull, S.J. Lanspa. Gastric comfort and gastric emptying rate are not altered by repeated fluid ingestion during physical training. Abstract LB128. *Proceedings of the 2005 Experimental Biology Meeting*.
9. Boylan, M.W., J.P. Laventure, A.J. Bull, S.J. Lanspa, **G.P. Lambert**. Comparison of the effects of aspirin and ibuprofen on gastrointestinal (GI) permeability during prolonged exercise. Abstract LB129. *Proceedings of the 2005 Experimental Biology Meeting*.
10. **Lambert, G.P.** Comparison of gastric emptying rates determined by two methods during exercise. Abstract LB452. *Proceedings of the 2004 Experimental Biology Meeting*.

11. **Lambert, G.P.**, J.R. Spurzem, D. Romberger, S. Von Essen, T.A. Wyatt, A. Stromquist, and J. Merchant. Association between whole blood cytokine responsiveness and respiratory symptoms in non-smoking, non-atopic farmers. *FASEB J.* 17(4): A89, 2003. Presented at 2003 Experimental Biology Meeting.
12. **Lambert, G.P.**, T.L. Mathisen, T.A. Wyatt, S.I. Rennard, S.G. Von Essen, X. Liu, and D.J. Romberger. Hog dust extract increases matrix metalloproteinase-9 (MMP-9) release by THP-1 cells. *Am. J. Resp. Crit. Care Med.* 165(8): A523, 2002. Presented at 2002 American Thoracic Society Meeting.
13. **Lambert, G.P.**, R.D. Matthes, P.L. Moseley, D.J. Berg, L.W. Oberley, K.C. Kregel, and C.V. Gisolfi. Heat stress increases intestinal permeability: The everted gut sac model and the role of oxidative/nitrosative stress. *FASEB J.* 15(4), A93, 2001. Presented at 2001 Experimental Biology Meeting.
14. Mendoza, J.R., **G.P. Lambert**, R.W. Summers, and C.V. Gisolfi. Effects of a low-carbohydrate sports drink on gastric emptying and intestinal fluid absorption during exercise. *Med. Sci. Sports Exerc.* 32(5 Suppl.): S238, 2000. Presented at 2000 American College of Sports Medicine Meeting.
15. **Lambert G.P.**, R.D. Matthes, C.V. Gisolfi. Effect of severe heat stress on intestinal permeability in rats. *FASEB J.* 14(4), A613, 2000. Presented at 2000 Experimental Biology Meeting.
16. **Lambert, G.P.**, R. Murray, D. Eddy, W. Scott, R. Laird, and C.V. Gisolfi. Intestinal permeability following the 1998 Ironman Triathlon. *Med. Sci. Sports Exerc.* 31(5 Suppl.): S318, 1999. Presented at 1999 American College of Sports Medicine Meeting.
17. Popowski, L.A., R.A. Oppliger, **G.P. Lambert**, A.K. Johnson, C.V. Gisolfi. Is urine specific gravity a satisfactory measure of hydration status? *Med. Sci. Sports Exerc.* 31(5 Suppl.): S323, 1999. Presented at 1999 American College of Sports Medicine Meeting.
18. Gisolfi, C.V., **G.P. Lambert**, R.W. Summers. Effect of [Na⁺] and hypoosmolality of an ORS on intestinal fluid absorption. *FASEB J.* 13(5 Part 2): A732, 1999. Presented at the 1999 Experimental Biology Meeting.
19. **Lambert G.P.**, B. Mason, L. Broussard, T Xia, R.W. Summers, C.V. Gisolfi. Intestinal absorption and permeability during exercise with aspirin: Effects of glutamine in replacement beverages. *FASEB J.* 12(4): A370, 1998. Presented at the 1998 Experimental Biology Meeting.
20. **Lambert, G.P.**, R.T. Chang, T. Xia, R.W. Summers, C.V. Gisolfi. Segmental differences in fluid absorption from the small intestine during exercise. Proceedings of the 1997 American Physiological Society Intersociety Meeting: Integrative Biology of Exercise.
21. Smetanka, R.D., **G.P. Lambert**, R. Murray, D. Eddy, M. Horn, and C.V. Gisolfi. Gastrointestinal permeability of runners following the 1996 Chicago Marathon. *Med. Sci. Sports Exerc.* 29(5 Suppl.): S131, 1997. Presented at 1997 American College of Sports Medicine Meeting.
22. Aker, J.G., B. Lynch, **G.P. Lambert**, and C.V. Gisolfi. Effects of exercise intensity, heat and dehydration on intestinal permeability and selected physiological variables. *Med. Sci. Sports Exerc.* 29(5 Suppl.): S132, 1997. Presented at 1997 American College of Sports Medicine Meeting.

23. Shi, X. R.W. Summers, **G.P. Lambert**, R. Chang, T Xia, C.V. Gisolfi. Fructose transport mechanisms and their role in water absorption in humans. *Med. Sci. Sports Exerc.* 27(5 Suppl.): S250, 1995. Presented at 1995 American College of Sports Medicine Meeting.
24. Ryan, A., **G. Lambert**, X. Shi, R. Chang, R. Summers, C. Gisolfi. Effect of hypohydration on gastric emptying and intestinal absorption during exercise. *FASEB J.* 9(3): A292, 1995. Presented at the 1995 Experimental Biology Meeting.
25. **Lambert G.P.**, R.T. Chang, D.J. Joensen, X. Shi, H.P. Schedl, R.W. Summers, C.V. Gisolfi. Simultaneous determination of gastric emptying and intestinal absorption. *FASEB J.* 8(4-5): A308, 1994. Presented at the 1994 Experimental Biology Meeting.
26. Lambert C.P., D.L. Costill, G.K. McConell, M.A. Benedict, **G.P. Lambert**, R.A. Robergs, W.J. Fink. Fluid replacement: influence of beverage carbonation and carbohydrate content. *Med. Sci. Sports Exerc.* 23(4 Suppl.): S129, 1991. Presented at 1991 American College of Sports Medicine Meeting.
27. Davis, J.A., D.L. Costill, **G.P. Lambert**, G.A. Beard, M.A. Benedict, C.P. Lambert. Response of borderline hypertensive men to a regimen of heat acclimation. *Med. Sci. Sports Exerc.* 22(2 Suppl.): S49, 1990. Presented at 1990 American College of Sports Medicine Annual Conference.
28. **Lambert, G.P.**, J.E. Davis, J.D. Seelbach. Changes in physiological characteristics of collegiate cross country runners with endurance training. Proceedings of the 1988 Midwest Chapter of the American College of Sports Medicine Annual Meeting.

MENTORED STUDENT RESEARCH - ABSTRACTS/POSTER PRESENTATIONS

1. Schmidt A.K, S.J. Lanspa, and **G.P. Lambert**. Effect of acute aspirin dose on gastrointestinal permeability. Proceedings of St. Albert's Day Student Research Forum, Creighton University, April 29, 2010.
2. Schwarzkopf, K.A, S.J. Lanspa, **G.P. Lambert**. Effect of the menstrual cycle on permeability of the gastrointestinal barrier. Proceedings of Creighton University Honors Day, Creighton University, April 22, 2009.
3. Boylan, M.W., J.P. Laventure, A.J. Bull, S.J. Lanspa, **G.P. Lambert**. Comparison of the effects of aspirin and ibuprofen on gastrointestinal (GI) permeability during prolonged exercise. Proceedings of Creighton University Honors Day, Creighton University, 2005.

INVITED PRESENTATIONS

1. *Effect of Heat Stress and Strenuous Exercise on Gut Barrier Function*, Nutracon 2011, Anaheim, CA (2011)
2. *The Gut and Exercise Performance*, "The Measure of Performance" 2011 Equine Conference, West Palm Beach, FL (sponsored by Zinpro Corporation): (2011)
3. *Potential Nutritional Interventions to Reduce Physical- and/or Hyperthermia-Induced Gut Barrier Dysfunction*, California Animal Nutrition Conference, Fresno, CA (2010)
4. *Intestinal Barrier Function – State of the Art*, Zinpro Technical Meeting, Owatonna, MN (2009)

5. American Society for Animal Science (ASAS) Annual Conference: *Stress-induced intestinal barrier dysfunction and its effects*; Indianapolis, IN (2008)
6. American Society for Animal Science (ASAS) Annual Conference: *The impact of heat stress on intestinal barrier function and the immune response*; San Antonio, TX (2007)
7. Gatorade Sports Science Institute: *Gatorology 555 - Intestinal Absorption of Sport Drinks* Chicago, IL (2005)
8. Hawaii Ironman Sports Medicine Conference – *Can significant potassium loss and/or hypokalemia occur during the Ironman triathlon?* Kailua-Kona, HI (1998)

PEER REVIEWER – Scientific Journals (Year – Number of articles reviewed)

- American Journal of Physiology: Regulatory, Integrative, and Comparative Physiology (2007-1; 2011-2)
- Clinical and Experimental Pharmacology and Physiology (2005-1)
- Critical Care Medicine (2009-1, 2010-1)
- European Journal of Applied Physiology (2008-1)
- European Respiratory Journal (2002-1)
- Exercise and Sport Sciences Reviews (2002-1)
- International Journal of Sports Medicine (1999-1, 2008-1)
- International Journal of Sport Nutrition and Exercise Metabolism (2005-1, 2007-1, 2008-2, 2009-2, 2011-1)
- Journal of Applied Physiology (2001-1, 2003-1, 2006-1, 2009-4, 2010-1, 2011-4)
- Life Sciences (2008-1)
- Medicine and Science in Sports and Exercise (1999-1, 2000-2, 2007-2, 2008-3, 2009-1, 2010-1)

PEER REVIEWER – Book Chapter

- ACSM’s Advanced Exercise Physiology – *Chapter 15: The Gastrointestinal System* (2003)

EXTERNAL REVIEWER - Master’s Degree Dissertation

- Smith, R.M. *The effect of a tumor necrosis factor-alpha antibody on gut permeability in rats during exposure to a heat stress*. University of the Witswatersrand, Johannesburg, South Africa (2006)

INVITED REVIEWER – US Army

- US Army Small Business Innovative Research Phase I Grant Proposals (2007)
- US Army Medical Research and Materiel Command S & T Working Group Review (2004)
- US Army Joint Medical Technology Workshop - “Environmental Extremes” Section (2003)

PROFESSIONAL AFFILIATIONS

- American College of Sports Medicine (1989-present)
- American Physiological Society (2001-present)
- Nebraska Physiological Society (2005-present)

PROFESSIONAL CERTIFICATIONS

- ACSM *Certified Clinical Exercise Specialist*® - American College of Sports Medicine (1992-present)

COURSES TAUGHT AT CREIGHTON UNIVERSITY

- Human Physiology
- Biomechanics
- Human Anatomy
- Directed Independent Research

COURSES TAUGHT AT OTHER INSTITUTIONS

- Exercise Physiology for Practitioners - University of Iowa, Iowa City, IA (1996-2000)
- Exercise Physiology - St. Ambrose University, Davenport, IA (1998-2000)
- Human Anatomy and Physiology - Kirkwood Community College, Cedar Rapids, IA (1994-1996)

OTHER TEACHING EXPERIENCE

- Physiological Adjustments to Exercise - University of Nebraska School of Medicine (2010-present)
- Fluid Balance During Exercise - Creighton University School of Medicine (2004-present)
- GI Physiology - Advanced Exercise Physiology course - University of Iowa (1999)
- Temperature Regulation - Human Physiology course - University of Iowa (1998)
- Graduate Teaching Assistant - Exercise Physiology Lab - University of Iowa (1990-91)
- Graduate Teaching Assistant - Jogging - University of Iowa (1990-91)
- Undergraduate Teaching Assistant - Fitness for Life - Alma College (1984)

TEACHING RECOGNITION

- Who's Who Among America's Teachers (2005); nominated by former student

CREIGHTON UNIVERSITY SERVICE (2002-present)

- Academic Affairs - Research Advisory Committee (2009-present)
- College of Arts and Sciences - Faculty/Academic Council (Fall 2007-Spring 2010)
- College of Arts and Sciences - Pre-Health Sciences Advisory Committee (2003- present)
- College of Arts and Sciences - Pre-Health Sciences Advisor (2003- present)
- Department of Exercise Science - Academic Advisor (2002-present)
- Department of Exercise Science - Chemical Hygiene Coordinator (Fall 2004-present)
- Skutt Student Center Advisory Board (2003-2007)
- Department of Exercise Science - Admission Fairs, Open Houses, Benefits Fairs, etc. (2002-present)
- Department of Exercise Science Major's Club (2002-present)

PROFESSIONAL SERVICE

- Past-President - Nebraska Physiological Society (2011-present)
- President - Nebraska Physiological Society (2010-2011)
- Chapter Advisory Committee - American Physiological Society (2010-2011)
- President-Elect - Nebraska Physiological Society (2009-2010)
- Councilor - Nebraska Physiological Society (2008-2009)
- Key Contact - American College of Sports Medicine (2009-present)