

**JEFFREY R. STOUT**  
**CURRICULUM VITAE**

**WORK ADDRESS:**

Department of Health and Exercise Science  
University of Oklahoma  
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Norman, OK 73019  
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**PROFESSIONAL PREPARATION:**

|     |      |  |
|-----|------|--|
| BA  | 1989 | Exercise Science, Concordia University - Seward,<br>Nebraska |
| MPE | 1992 | Exercise Physiology, University of Nebraska –<br>Lincoln     |
| PhD | 1995 | Exercise Physiology, University of Nebraska –<br>Lincoln     |

**PROFESSIONAL CERTIFICATIONS AND FELLOWSHIPS**

- **Fellow of the National Strength and Conditioning Association (FNCSA)**, January 8, 2007.
- **Fellow of the International Society of Sports Nutrition (FISSN)**, August 20, 2004.
- **Fellow of the American College of Sports Medicine (FACSM)**, American College of Sports Medicine (ACSM), May 29, 2000.
- **Certified Strength and Conditioning Specialist with Distinction (CSCS\*D)**. National Strength and Conditioning Association (NSCA) Certification Commission. February 4, 2000-present.
- **National Strength and Conditioning Association Certified Personal Trainer with Distinction (NSCA-CPT\*D)**. NSCA Certification Commission. February 4, 2000-2003.

**AWARDS**

- **Research Achievement Award in Nutrition**. National Strength and Conditioning Association, 2008.
- **Awarded “Superior Meritorious”** 2004-2005 academic year: Florida Atlantic University, College of Education, 2005.
- **Young Alumnus of the Year Award**. Concordia University, Seward, NE. 2004.
- **Editorial Excellence Award**. The Journal of Strength and Conditioning Research, 2001.
- **Young Investigator of the Year Award**. National Strength and Conditioning Association, 2001.
- **William F. Kelley Award for Outstanding Academic Achievement**: Creighton University, 1997.
- **Teacher’s College Scholarship Award**: University of Nebraska - Lincoln, 1994.

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**PROFESSIONAL EXPERIENCE**

**ACADEMIC:**

**Associate Professor** Health and Exercise Science Department  
*University of Oklahoma – Norman, OK (2006 – Current)*

Director: Metabolic and Body Composition Laboratories

Courses Taught: HES 3990 Independent Study  
HES 4823 Sport and Exercise Nutrition  
HES 4990 Independent Study  
HES 5980 Research Master’s Thesis  
HES 5990 Independent Study  
HES 6834 Human Body Composition  
HES 6970 Doctoral Seminar  
HES 6990 Independent Study

Committees: Departmental Undergraduate Curriculum Committee  
OU NSCA-ERP Certified Personal Training- *Sponsor*  
OU NSCA-ERP Certified Strength and Conditioning Specialist -*Co-Director*

**Assistant Professor** (Tenure Track) – Department of Exercise Science and Health Promotion,  
*Florida Atlantic University - Davie, FL (2004 – 2006)*

Courses Taught: Stress Management, Kinesiology, Leadership II, Advanced Strength and Conditioning, Advanced Sports Nutrition

Committees: Departmental Graduate Curriculum Committee  
-Developed new Strength and Conditioning track  
-Developed new graduate course (Advanced Sports Nutrition)

FAU NSCA-ERP Certified Strength and Conditioning Specialist- *Sponsor*  
FAU NSCA-ERP Certified Strength and Conditioning Specialist- *Director*

**Assistant Professor** (Tenure Track)- Department of Exercise Science,  
*Creighton University – Omaha, NE. (1995 – 2000)*

Courses Taught: Basic Statistics and Research Design, Exercise Physiology with Lab, Biomechanics, Directed Independent Research, Directed Independent Study

Research: *Co-Director* of the Human Performance Research Laboratory

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**Adjunct Professor** - Biomedical Sciences Department  
*Creighton University – Omaha, NE. (1998– 2000)*

Research: Collaborated on research projects with faculty and students in Pharmacy and Physical Therapy

Committee: Served on admissions review committee for the Department of Physical Therapy

**Graduate Assistant** – Department of Health and Human Performance,  
*University of Nebraska - Lincoln, NE (1991-1995)*

Courses Taught: Physiology of Exercise Laboratory, Healthy Lifestyles, Motor Performance, Weight Training

**Instructor** – Department of Health and Human Performance,  
*Nebraska Wesleyan University - Lincoln, NE (1994)*

Courses Taught: Physiology of Exercise

**Instructor** – College of Nursing,  
*University of Nebraska - Lincoln, NE (1991)*

Courses Taught: Human Anatomy Lab (with cadavers)

**NON-ACADEMIC:**

**Sr. Director of Sports Science** – Department of Scientific Affairs,  
*NUMICO Research – Boca Raton, FL (2000-2003)*

- Directed the scientific information and research efforts
- Evaluated and co-developed the research design for determining the efficacy and safety of products
- Grant awards committee
- Clinical trials management
- Implemented FDA’s good clinical practice (GCP)
- Managed 5 Sports Scientists in the Netherlands

**Master’s Student Thesis Committees**

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*Culbertson, JM.* (2003 – 2005). The effects of creatine supplementation and three days of isokinetic training on muscle strength, power output, and neuromuscular function. Committee members: Cramer, J.T. (Chair), Trowbridge, CA., Wilson, JR., and **Stout, JR.**

*Goodwin, PN.* (2003 – 2004). The relationship among commuting, dietary, and exercise behaviors in college students. Committee members: Whitehurst, M. (Chair), **Stout, JR.**, and Boone, JS.

*Gross, MJ.* (2004 – 2006). Does a lack of formal training in exercise prescription influence the dietitians' decision to recommend exercise? Committee members: Whitehurst, M (Chair), **Stout, JR.**, and Boone, JS.

*Moon, JR.* (2004 – 2006). The validity of the BOD POD™ estimating percent fat in high school athletes. Committee members: O'Kroy, JA.(Chair), **Stout, JR.**, and Zoeller, R.

*Herda, TJ.* (2005 – 2007). Comparisons of the acute effects of passive stretching and vibration on the neuromuscular function of the triceps surae. Committee members: Cramer, JT. (Chair), **Stout, JR.**, Bembien, MG.

*Smith, AE.* (2007-2008). The effects of 6 weeks of  $\beta$ -alanine supplementation and high intensity interval training on metabolism, performance and the onset of neuromuscular fatigue. Committee members: **Stout, JR.** (Chair), Cramer, JT., and Beck, T.

*Walters AA.* (2007-2008). Effects of short term high-intensity interval training and  $\beta$ -alanine loading on physiological and performance changes. Committee members: **Stout, JR.** (Chair), Cramer, JT., and Beck, T.

*Graef, JL.* (2008-2009). The effects of 6 weeks of high-intensity interval training and creatine supplementation on cardiorespiratory fitness in college aged men. Committee members: **Stout, JR.** (Chair), Cramer, JT., and Beck, T.

*Kendall, KL.* (2008-2009). The effects of 6 weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college aged men. Committee members: **Stout, JR.** (Chair), Cramer, JT., and Beck, T.

*DeFreitas, JM.* (2008-2009). A reexamination of the efficiency of electrical activity technique for identifying the time course of neural versus hypertrophic contributions to training-induced strength gains. Committee members: Beck, T. (Chair), **Stout, JR.**, and Cramer, JT.

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## Doctoral Student Committees

*Bank, LS.* (2003-2005). The relationship between dietary calcium and anthropometric measurements in pre-menopausal Caucasian women. Committee members: **Stout, JR.** (Chairman), Perko, MA., Ghaddar, S., and Tanasescu M.

*Ryan, ED.* (2005 – 2009). Acute and chronic effects of passive stretching on voluntary and evoked muscle force, the length-tension relationship, ankle joint range of motion, and musculotendinous stiffness in the plantar flexors. Committee members: Cramer, JT. (Chairman), **Stout, JR.**, Bemben, MG., Bemben, DA., and Shehab, R.

*Moon, JR.* (2006 – 2009). Validity of bioimpedance for the assessment of total body and segmental fat-free mass in older men and women and a comparison of methods used to classify sarcopenia. Committee members: **Stout, JR.** (Chairman), Cramer, JT., Bemben, MG., and Beck, T.

Hulmi, J. (2009). Molecular and hormonal responses and adaptation to resistance exercise and protein nutrition in young and older men. Committee members: Mero, A. (Chairmen), Kovanen, DV. and **Stout, JR** (Opponent).

*Roberts, MD.* (2006 – 2010). The effects of aging on markers of satellite cell activity after three sequential bouts of resistance exercise. Committee members: Kerksick, C. (Chairman), Cramer, JT., **Stout, JR.**, and Henry, D.

*Dalbo, VJ.* (2006 – 2010). The effects of aging on myostatin pathway activity after three sequential bouts of resistance exercise. Committee members: Kerksick, C. (Co-Chairman), **Stout, JR.** (Co-Chairman), Cramer, JT., and Henry, D.

## BOOK PUBLICATIONS

1. **Stout, JR., J. Antonio,** , and D. Kalman. (Editors& Co-Author). Essentials of Creatine in Sports and Health. Totowa, NJ: Humana Press. (2008).
2. Antonio, J., D. Kalman, and **JR. Stout.** (Editors& Co-Author). Essentials of Sports Nutrition and Supplements. Totowa, NJ: Humana Press. 875 p. (2008). ISBN: 978-1-58829-611-5
3. Antonio, J. & **JR. Stout.** Fit Kids for Life: A Parent's Guide to Optimal Nutrition and Training for Young Athletes. New York, NY: Basic Health Media (2004).
4. Antonio, J. & **JR. Stout.** Supplements for Endurance Athletes. Champaign, IL: Human Kinetics (2002).

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5. Antonio, J. & **JR. Stout**. Supplements for Strength-Power Athletes, Champaign, IL: Human Kinetics (2002).
6. Antonio, J. & **JR. Stout**. Sports Supplement Encyclopedia. Boca Raton, FL: Nutricia USA (2002).
7. Antonio, J. & **JR. Stout** (Editors& Co-Author). Sports Supplements, Baltimore, MD: Lippincott Williams & Wilkins (2001).

**BOOK CHAPTERS**

1. Hoffman, JR., and **JR. Stout**, *Performance-Enhancing Substances*. Essentials of Strength Training and Conditioning (3<sup>rd</sup> ed). TR. Baechle and RW. Earle (Eds). Champaign, IL: Human Kinetics (2008).
2. Batheja, A., and **JR. Stout**. *Nutritional Supplements for Strength and Lean Body Mass*. Sports Nutrition Review. G. Ferraro and C. Steele (Eds). Mile High Publishing, 2004.
3. Antonio, J., and **JR. Stout**. *Nutrient Timing*. Sports Nutrition Review. G. Ferraro and C. Steele (Eds). Mile High Publishing, 2004.
4. Bradley-Popovich, G., **JR. Stout**, and J. Antonio. *Sports Supplements: Evolution and Revolution*. Sports Supplements. J. Antonio and J.R. Stout (Eds). Lippincott Williams and Wilkins, 2001.
5. Batheja, A., **JR. Stout**. *Food: The Ultimate Drug*. Sports Supplements. J. Antonio and J.R. Stout (Eds). Lippincott Williams and Wilkins, 2001.

**RESEARCH PUBLICATIONS (refereed journals): \* Graduate Student**

1. Cramer, JT., JR. Stout, TJ. Housh, GO. Johnson, JW. Coburn, and TW. Beck. Effects of a repletion drink during eight weeks of endurance training on aerobic capacity, endurance and body composition. *International Journal of Sports Nutrition, Exercise and Metabolism* (In Review).
2. \*Dalbo, VJ., JR. Moon, MD. Roberts, CM. Kerksick, and **JR. Stout**. Validation of non-exercise VO<sub>2</sub>max prediction equations in a heterogeneous sample of men and women. *Journal of Sports Sciences*. (In Review)
3. \*Moon, JR., AE. Smith, SE Tobkin, CM. Lockwood, KL. Kendall, JL. Graef, MD. Roberts, VJ. Dalbo, CM. Kerkisick, JT. Cramer, TW. Beck, and **JR. Stout**. Total body

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water changes after an exercise intervention tracked using bioimpedance spectroscopy: A deuterium oxide comparison. *Clinical Nutrition*. (In Press).

4. \*Kendall KL, AE, Smith JL. Graef, DH. Fukuda, JR. Moon, TW. Beck, JT. Cramer, JR. Stout. Effects of four weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college-aged men. *Journal of Strength and Conditioning Research*. 2009 August 10<sup>th</sup> [Epub ahead of print]
5. \*Walter, AA., TJ. Herda, ED. Ryan, PB. Costa, KM. Hoge, TW. Beck, JR. Stout, JT. Cramer. Acute effects of a thermogenic nutritional supplement on cycling time to exhaustion and muscular strength in college-aged men. *Journal of the International Society of Sports Nutrition*. 13:15, 2009 [Epub].
6. \*Moon, JR., SE. Tobkin, AA. Walter, AE. Smith, VJ. Dalbo, JT. Cramer, and **JR. Stout**. Anthropometric estimations of percent body fat in NCAA division 1 female athletes: a four-compartment model validation. *Journal of Strength and Conditioning Research* 23:1068:-1076, 2009.
7. \*Smith, AE., AA. Walter, JL. Graef, KL. Kendal, JR. Moon, CM. Lockwood, DH. Fududa, TW. Beck, JT. Cramer, and **JR. Stout**. Beta-alanine supplementation and high-intensity interval training on endurance performance and body composition in men: a double-blind trial. *Journal of the International Society of Sports Nutrition*. 6:5, 2009 (E-pub)
8. \*Ryan ED, TJ. Herda PB. Costa, JM. Defreitas, TW. Beck, **JR. Stout**, and JT. Cramer. Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. *Journal of Sports Science*. 27(9):957-961, 2009.
9. \*Herda, TJ., JP. Weir, ED. Ryan, AA. Walter, PB Costa, KM. Hoge, TW. Beck, **JR. Stout**, and JT. Cramer. Reliability of absolute versus log-transformed regression models for examining the torque-related patterns of response for mechanomyographic amplitude. *Journal of Neuroscience Methods*. 179(2):240-246, 2009.
10. Beck, TW., JM. DeFreitas; JT. Cramer, **JR. Stout**. A comparison of adaptive and notch filtering for removing electromagnetic noise from monopolar surface electromyographic signals. *Physiological Measurement*. 30(4):353-361, 2009.
11. \*Ryan, ED., TJ. Herda, PB. Costa, JM. DeFreitas, TW. Beck, **JR. Stout**, and JT. Cramer. Passive properties of the muscle-tendon unit: the influence of muscle cross-sectional area. *Muscle and Nerve*. 39(2):227-229, 2009
12. \*Herda, TJ., JP Weir, ED Ryan, AA. Walter, PB. Costa, KM. Hoge, T Beck, **JR. Stout**, and JT. Cramer. The consistency of ordinary least squares and generalized least squares

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polynomial regression on characterizing the mechanomyographic amplitude versus torque relationship. *Physiological Measurement* 30(2):115-128, 2009.

13. \*Herda TJ., TW. Beck, ED. Ryan, AE. Smith, AA. Walter, MJ. Hartman, **JR. Stout**, and JT. Cramer. Effects of creatine monohydrate and polyethylene glycosylated creatine supplementation on muscular strength, endurance and power output. *Journal of Strength and Conditioning Research*. 23(3):818-826, 2009.
14. \*Ryan ED, TW. Beck, TJ. Herda, AE. Smith, AA. Walter, **JR. Stout**, and JT. Cramer. Acute effects of a thermogenic nutritional supplement on energy expenditure and cardiovascular function at rest, during low-intensity exercise, and recovery from exercise. *Journal of Strength and Conditioning Research*. 23(3):807-817, 2009.
15. \*Smith, AE., JR. Moon, KL. Kendall, JL. Graef, AA. Walter, TW. Beck, JT. Cramer, and **JR. Stout**. Effect of beta-alanine supplementation and high-intensity interval training on neuromuscular fatigue and muscle function. *European Journal of Applied Physiology*. 105(3):357-363, 2009.
16. \*Moon, JR., JM. Eckerson, SE. Tobkin, AE. Smith, CM Lockwood, AA. Walter, JT. Cramer, TW. Beck and **JR. Stout**. Estimating body fat in NCAA division I female athletes: A five-compartment model validation of laboratory methods. *European Journal of Applied Physiology*. 105(1):119-130,2009.
17. **Stout, JR.,** BS. Graves, AE. Smith MJ. Hartman, JT. Cramer, TW. Beck, and RC. Harris. Beta-alanine supplementation delays the onset of fatigue in elderly (55-92 years). *Journal of the International Society of Sports Nutrition*. 7;5(1):21, 2008.
18. Kerksick C., **J. Stout**, B. Campbell , C. Wilborn, R. Kreider, D. Kalman, T. Ziegenfuss, H. Lopez, J. Landis, J. Ivy, and J. Antonio. International society of sports nutrition position stand: nutrient timing. *Journal of the International Society of Sports Nutrition*. Oct 3;5(1):17, 2008 [Epub]
19. \*Graef, JL., AE. Smith, AA. Walter, KL. Kendall, JR. Moon, CM. Lockwood, TW. Beck, JT. Cramer, **JR. Stout**. The relationships among endurance performance measures as estimated from VO<sub>2</sub>peak, ventilator threshold, and electromyographic fatigue threshold: a relationship design. *Dynamic Medicine*. Sep 10;7(1):15. 2008 [Epub]
20. \*Roberts, MD., VJ. Dalbo, SE. Hassell, **JR. Stout**, and CM. Kerksick. Efficacy and safety of a popular thermogenic drink after 28 days of ingestion. *Journal of the International Society of Sports Nutrition*. 24;5:19, 2008.
21. \*Ryan, ED., TW. Beck, TJ. Herda, HR. Hull, MJ. Hartman, PB. Costa, JM. DeFreitas, **JR. Stout**, and JT. Cramer. The time course of musculotendinous stiffness responses

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- following different durations of passive stretching. *Journal of Orthopaedic & Sports Physical Therapy*. 38(10):632-9, 2008.
22. \*Ryan, ED., TW. Beck, TJ. Herda, HR. Hull, MJ. Hartman, **JR. Stout** and JT. Cramer. Do practical durations of stretching alter muscle strength? A dose-response study. *Medicine and Science in Sports and Exercise*. 40(8):1529-1537,2008.
  23. \*Herda, TJ., ED. Ryan, PB. Costa, JM. DeFreitas, TW Beck, **JR. Stout**, and JT. Cramer. Reliability of mechanomyographic amplitude recorded during isometric step versus ramp muscle actions. *Journal of Neuroscience Methods*. 171(1):104-109, 2008.
  24. \*Moon, JR., SE. Tobkin, AE. Smith, MD. Roberts, ED, Ryan, VJ. Dalbo, CM. Lockwood, AA. Walter, JT. Cramer TW. Beck and **JR. Stout**. Percent body fat estimations in college men using field and laboratory methods: a three-compartment model approach. *Dynamic Medicine*. 21:7, 2008.
  25. Herda TJ, Ryan ED, Smith AE, Walter AA, Bembem MG, **Stout JR**, Cramer JT. Acute effects of passive stretching vs vibration on the neuromuscular function of the plantar flexors. *Scandinavian Journal of Medicine & Science in Sports* 2008 Jun 17. [Epub ahead of print]
  26. \*Herda, TJ., JT. Cramer, ED. Ryan, MP. McHugh, and **JR. Stout**. Acute effects of static versus dynamic stretching on isometric peak torque, electromyography, and mechanomyography of the biceps femoris muscle. *Journal of Strength and Conditioning Research*. 22(3):809-817, 2008.
  27. \*Herda, TJ., ED. Ryan, **JR. Stout**, and JT. Cramer. Effects of adenosine triphosphate supplementation on muscle strength, power output, and endurance. *International Journal of Sport Nutrition and Exercise Metabolism*. 5:3 (29 January), 2008
  28. Beck TW., TJ. Housh, JT. Cramer, **JR. Stout**, ED. Ryan, TJ. Herda, PB. Costa, and JM. Defreitas. Electrode placement over the innervations zone affects the low-, not the high-frequency portion of the EMG frequency spectrum. *Journal of Electromyography and Kinesiology*. 19(4):660-666, 2009.
  29. \*Lockwood, CM., SE. Tobkin, JR. Moon, AA. Walter, AE. Smith, VJ. Dalbo, JT. Cramer and **JR. Stout**. *Ad libitum* diet plus minimal nutrition intervention with meal replacement improves body composition and exercise benefits in overweight adults: a randomized controlled trial. *Nutrition and Metabolism (London)*. 5:11, 2008.
  30. \*Moon, JR., SE. Tobkin, MD. Roberts, VJ Dalbo, CM. Kerksick, MG. Bembem, JT. Cramer and **JR. Stout**. Total body water estimations in healthy men and women using

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bioimpedance spectroscopy: A deuterium oxide comparison. *Nutrition and Metabolism (London)*. 5(1):7, 2008.

31. \*Walter, AA., AE. Smith, TJ. Herda, ED. Ryan, JR. Moon, JT. Cramer, and **JR. Stout**. Effects Of Creatine Loading On electromyographic fatigue threshold during cycle ergometry in college-aged men. *International Journal of Sports Nutrition and Exercise Metabolism*. 18(2):142-151 2008.
32. \*Dalbo, VJ, MD. Roberts, **JR. Stout** and CM. Kerksick. Putting the myth of creatine supplementation leading to muscle cramps and dehydration to rest. *British Journal of Sports Medicine*. 42(7):567-573, 2008.
33. Hoffman, JR., NA. Ratamess, AD. Faigenbaum, R. Ross, J. Kang, and **JR. Stout**. Short Duration beta-alanine supplementation increases training volume and reduces subjective feelings of fatigue in college football players. *Nutrition Research* 28:31-35, 2008.
34. \*Moon JR., SE. Tobkin, PB. Costa, M. Smalls, WK. Mieding, **JR. Stout**, RF. Zoeller, and JA. O’Kroy. Validity of the Bod Pod for assessing body composition in athletic high school boys. *Journal of Strength and Conditioning Research*. 22:263-268, 2008.
35. \*Dalbo, VJ., MD. Roberts, **JR. Stout**, and CM. Kerksick. Acute effects of ingesting a commercial thermogenic drink on changes in energy expenditure and markers of lipolysis. *Journal of the International Society of Sports Nutrition*. 5:6 (20 February), 2008.
36. \*Ryan, ED, TJ. Housh, TW. Beck, TJ. Herda, MJ. Hartman, **JR. Stout**, and JT. Cramer. Mechanomyographic amplitude and mean power frequency responses during isometric ramp vs. step muscle actions. *Journal of Neuroscience Methods*. 168(2):293-305, 2008
37. \*Smith, AE., AA. Walter, TJ. Herda, ED. Ryan, JR. Moon, JT. Cramer, and **JR. Stout**. Effects Of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged women. *Journal of the International Society of Sports Nutrition*. Nov 26;4(1):20, 2007.
38. \*Moon JR., HR. Hull, SE. Tobkin, M. Teramoto, M. Karabulut, M. Roberts, ED. Ryan, SJ. Kim, JT. Cramer, and **JR. Stout**. Validity of laboratory and field methods for estimating percent fat in college-age women. *International of the International Society of Sports Nutrition* 4:16 (7 November), 2007
39. **Stout, JR.**, BS. Graves, JT. Cramer, ER. Goldstein, PB. Costa, AE. Smith, and AA. Walter. Effects of creatine supplementation on the onset of neuromuscular fatigue threshold and muscle strength in elderly men and women (64 -86 years). *Journal of Nutrition, Health and Aging*. 11(6):459-64, 2007

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40. Buford, TW., RB. Kreider, **JR. Stout**, M. Greenwood, B. Campbell, M. Spano, T. Ziegenfuss, H. Lopez, J. Landis, and J. Antonio. International society of sports nutrition position stand: creatine supplementation and exercise. *Journal of the International Society of Sports Nutrition*. 4:6 (30 August), 2007.
41. Cramer JT., **JR. Stout**, JY. Culbertson, and AD. Egan. Effects of creatine supplementation and three days of resistance training on muscular strength, power output, and neuromuscular function. *Journal of Strength and Conditioning Research*. 21(3):668-77, 2007.
42. \*Ryan, ED., JT. Cramer, TJ. Housh, TW. Beck, TJ. Herda, MJ. Hartman, and **JR. Stout**. Inter-individual variability among the mechanomyographic and electromyographic amplitude and mean power frequency responses during isometric ramp muscle actions. *Journal of Electromyography and Clinical Neurophysiology*. 47(3):161-73, 2007.
43. Willoughby D., **JR. Stout**, and CD. Wilborn. Effects of heavy resistance training and timed ingestion of protein and amino acid supplementation on muscle anabolism, mass and strength. *Amino Acids* 32(4):467-477, 2007.
44. **Stout, JR.**, JT. Cramer, R. Zoeller, J., and D. Torok. Effects of beta-alanine supplementation on the onset of neuromuscular fatigue and ventilatory threshold in women. *Amino Acids* 32(3):381-6, 2007.
45. Zoeller, R., **JR. Stout**, J. O’Kroy, and D. Torok. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on oxygen uptake, ventilatory and lactate thresholds and time to exhaustion. *Amino Acids* 33:505-510, 2007.
46. **Stout, JR.** JT. Cramer, M. Mielke, J. O’Kroy, D. Torok, and RF. Zoeller. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on physical working capacity at neuromuscular fatigue threshold. *Journal of Strength and Conditioning Research* 20(4):928-931, 2006.
47. Hoffman, JR., NA. Ratamess, J. Kang, G. Mangine, AD. Faigenbaum, E. Breitbart, and **JR. Stout**. Effect of creatine and beta-alanine supplementation on strength, power and endocrine changes in strength/power athletes. *International Journal of Sport Nutrition and Exercise Metabolism*. 16(4): 430-46 2006.
48. Eckerson, JM., **JR. Stout**, GA. Moore, NJ. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. Effect of creatine phosphate supplementation on anaerobic working capacity and body weight after two and six days of loading in men and women. *Journal of Strength and Conditioning Research* 19(4): 765-763, 2005.

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49. Hoffman, JR., **JR. Stout**, M. Falvo, J. Kang, and NA. Ratamess. The effect of low-dose, short duration creatine supplementation on anaerobic exercise performance. *Journal of Strength and Conditioning Research* 19(2):260-264, 2005.
50. **Stout, JR.** Beta-alanine: the new kid on the ergogenic block. *Strength and Conditioning Journal* 27(6):90-91, 2005.
51. Housh, TJ., GO. Johnson, DJ. Housh, JT. Cramer, JM. Eckerson, **JR. Stout**, AJ. Bull, and SR. Rana. Accuracy of near-infrared interactance instruments and population-equations for estimating body composition in young wrestlers. *Journal of Strength and Conditioning Research* 18: 556-560, 2004.
52. Eckerson, JM., **JR. Stout**, GA. Moore, NJ. Stone, K. Nishimura and K. Tamura. Effect of two and five days of creatine loading on anaerobic working capacity in women. *Journal of Strength and Conditioning Research* 18:168-173, 2004.
53. Kreider RB, AL. Almada, J. Antonio, C. Broeder, C. Earnest, M. Greenwood, T. Incledon, DS. Kalman, SM. Kleiner, B. Leutholtz, LM. Lowery, R. Mendel, **JR. Stout**, DS. Willoughby, TN. Ziegenfuss. ISSN exercise & sport nutrition review: Research & recommendations. *Sports Nutrition Review Journal* 1(1):1-44, 2004.
54. **Stout, JR.**, JM Eckerson, E. May, C. Coulter, and GE. Bradley-Popovich. Effects of exercise and creatine supplementation on Myasthenia Gravis: a case study. *Medicine and Science in Sports and Exercise* 33: 869-872, 2001.
55. Bradley-Popovich GE, G. Karageorgos, JK. Eckerson, **JR. Stout**, and JR. Gale. Oral creatine supplementation in AIDS-related muscle wasting [lead article]. *Positive Communication* Spring: 15-22, 2001.
56. Dash, AK., DW. Miller, H. Huai-Yan, J. Carnazzo, and **JR. Stout**. Evaluation of the creatine monohydrate transport using caco-monolayers as an in-vitro model for intestinal absorption. *Journal of Pharmaceutical Science* 90:1593-1598, 2001.
57. Antonio, J., M. Sanders, L. Ehler, J. Uelmen, J. Raether, and **J Stout**. Effects of exercise training and amino-acid supplementation on body composition and physical performance in untrained women. *Nutrition* 16:1043-1046, 2000.
58. Housh, TJ., GO. Johnson, DJ. Housh, **JR. Stout** and JM. Eckerson. Estimation of body density in young wrestlers. *Journal of Strength and Conditioning Research* 14:477-482, 2000.
59. **Stout, JR.**, JM. Eckerson, G. Moore, K. Ebersole, S. Perry, TJ. Housh and A. Bull. The effect of creatine loading on neuromuscular fatigue threshold. *Journal of Applied Physiology* 88:109-112, 2000.

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84. Housh, TJ., HA. deVries, GO. Johnson. DJ. Housh, SA. Evans, **JR. Stout**, TK. Evetovich, and RM. Bradway. The effects of electrode configuration on the physical working capacity at the fatigue threshold (PWCFT). *Medicine and Science in Sports and Exercise* 28(Supplement): S17, 1996.
85. **Stout, JR.**, TJ. Housh, GO. Johnson, DJ. Housh, and SA. Evans. Validity of skinfold equations for estimating body density in youth wrestlers. *Research Quarterly for Exercise and Sport* 66(Supplement): A27, 1995.
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88. Housh, TJ., DJ. Housh, **JR. Stout**, and GO. Johnson. Isokinetic peak torque and estimated muscle cross-sectional area in high school wrestlers. *Medicine and Science in Sports and Exercise* 27(Supplement): S114, 1995.
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92. Housh, TJ., HA. deVries, GO. Johnson, SA. Evans, DJ. Housh, **JR. Stout**, RM. Bradway, and TK. Vancura. Simultaneous determination of neuromuscular fatigue of the vastus lateralis, vastus medialis and rectus femoris muscles during cycle ergometry. *Medicine and Science in Sports and Exercise* 26(Supplement): A544. 1994.
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95. Housh, TJ., JM. Eckerson, SA. Evans, DJ. Housh, GO. Johnson, **JR. Stout**, LL. Weir, and JP. Weir. Age-related increases in peak torque in youth wrestlers. *Research Quarterly for Exercise and Sport* 65(Supplement): A27, 1994.
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98. Johnson, GO., TJ. Housh, and **JR. Stout**. The validity of bioelectrical impedance, near-infrared interactance and skinfold equations for estimating percent fat in female gymnasts. *Medicine and Science in Sports and Exercise* 25(Supplement): S162, 1993.
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100. Belford, M., **JR. Stout**, J. Eckerson, T. Housh, and G. Johnson. The validity of bioelectrical impedance, near-infrared interactance and skinfold equations for estimating body composition in females. *Medicine and Science in Sports and Exercise* 25(Supplement): S162, 1993.
101. Johnson, GO., TJ. Housh, and **JR. Stout**. Growth in high school wrestlers. *Research Quarterly for Exercise and Sport* 64(Supplement):A31, 1993.
102. Eckerson, J., **JR. Stout**, T. Housh, and G. Johnson. Validity of bioelectrical impedance and skinfold equations for estimating body composition in males. *Research Quarterly for Exercise and Sport* 64(Supplement): A28, 1993.

**Invited International and National Oral Presentations:**

1. **Stout, JR.** Supplements that potentially affect the adaptive response to strength training. 6<sup>th</sup> International Conference on Strength Training. Colorado Springs, CO. October 30<sup>th</sup>, 2008.
2. **Stout, JR.** Nutritional supplementation during resistance exercise. *National Strength and*

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- Conditioning Association* Annual Conference. Las Vegas, NV. July 10, 2008.
3. **Stout, JR.** Sports Nutrition 101: How to Fuel Your Body for Optimal Performance. *Athletic Business Conference and Expo*, Orlando, FL. December, 1<sup>st</sup> 2007.
  4. **Stout, JR.** Fit Kids for Life: A guide to Optimal Nutrition for Young Athletes. *International Youth Sports Congress*, Orlando, FL. November, 29, 2007.
  5. **Stout, JR.** Effects of Beta-Alanine on Exercise Performance in Men and Women. *National Strength and Conditioning Association* Annual Conference. Atlanta, GA. July 10, 2007.
  6. **Stout, JR.** Nutritional Strategies to Accelerate Rehabilitation. *National Athletic Trainers Association* Annual Conference. Anaheim, CA. June 31<sup>st</sup>, 2007.
  7. **Stout, JR.** Effects of Beta-Alanine on Exercise Performance in Men and Women. *Oklahoma Strength and Conditioning Association* State Clinic. Norman, OK. February 10<sup>th</sup> 2007.
  8. **Stout, JR.** Protein Timing for Muscle Hypertrophy. *International Society of Sports Nutrition* Annual Conference. Las Vegas, NV, 2006.
  9. **Stout, JR.** Ethical ways to Enhance Performance through Supplementation. *National Strength and Conditioning Association* Winter Conference. Dallas, TX, 2006.
  10. **Stout, JR.** The Marriage of Marketing and Science in Sports Nutrition. Symposia on Sports Drinks, Protein, and Peptides. Winter Olympics, Torino, Italy, 2006.
  11. **Stout, JR.** Protein Timing for the Strength and Power Athlete. *National Strength and Conditioning Association* Annual Conference. Las Vegas, NV, 2005.
  12. **Stout, JR.** Should Young Athletes Take Supplements? *National Strength and Conditioning Association* Annual Conference. Las Vegas, NV, 2005.
  13. **Stout, JR.** Nutrient Timing. *International Society of Sports Nutrition –International Human Performance* Personal Training and Sports Nutrition Mini-Symposium. Boca Raton, FL, 2004.
  14. **Stout, JR.** Nutrition Needs of Young Athletes. *International Society of Sports Nutrition* Annual Conference. Las Vegas, NV, 2004.
  15. **Stout, JR.** Sports Nutrition Needs of Young Athletes. *National Strength and Conditioning Association* Annual Conference. Indianapolis, IN, 2003.
  16. **Stout, JR.** Nutrition Needs of Athletes. *Northland American College of Sports Medicine*. Wayne, NE, 2003.
  17. **Stout, JR.** Pre and Post Exercise Nutrition. *National Strength and Conditioning Association* Sport Specific Conference. San Antonio, TX, 2002.
  18. **Stout, JR.** Sports Nutrition for the 21<sup>st</sup> Century. *National Strength and Conditioning Association* Pre-conference Symposia. San Antonio, TX, 2002.
  19. **Stout, JR.** History of Sports Nutrition. Colloquium: Sports Nutrition for the 21<sup>st</sup> Century. *American College of Sports Medicine* national conference. Indianapolis, IN, 2000.

**GRANTS AWARDED (Total to date: \$1,491,011.20)**

1. Impact of Caffeine, Green tea and carnitine supplementation on weight loss in college aged males and females. Co-Principal Investigator. Champion Nutrition, Inc (2009-2010) **\$37,444.00**

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2. "The acute effects of different Celsius formulas on resting energy expenditure in healthy adults." Principal Investigator. Celsius, Inc. (2008-2009) **\$24,424.00**
3. "The effects of GameTime™ and High-intensity training on critical velocity, aerobic power, endurance capacity and safety." Principal Investigator. Corr-Jensen Labs, Inc. (2008-2009) **\$50,251.00**
4. "A pilot study to evaluate the effect of beta-hydroxy-beta-methylbutyrate in elderly subjects." Principal Investigator. ABBOTT Labs, Inc. (2008-2009) **\$366,145.20**
5. "Effects of two different whey protein supplements on thigh muscle cross-sectional area, muscular strength, and body composition during 8 weeks of resistance training." Co-Principal Investigator. General Nutrition Corporation (2008-2009) **\$198,422.00**
6. "Impact of Micrhydrin on body water and metabolic indicators of ventilatory threshold." Co-Principal Investigator. Royal Body Care Life Sciences, Inc. (2008) **\$50,037.00**
7. "The acute effects of a thermogenic pepper blend or TPB on endurance performance and muscular strength." Co-Principal Investigator. General Nutrition Corporation (2008) **\$45,000.00**
8. "The effects of an energy drink and exercise on cardiovascular fitness, strength, body composition and nutritional profile in healthy adult men and women." Principal Investigator. Celsius, Inc. (2007-2008) **\$181,522.00**
9. "Effects of non-essential amino acid supplementation on endurance performance measures." Principal Investigator. FSI Nutrition, Inc. (2007-2008) **\$23,580.00**
10. "The effects of creatine supplementation on power output, muscle strength, and endurance investigated in a randomized, placebo-controlled, parallel study." Co-Principal Investigator. General Nutrition Corporation (2007-2008) **\$85,000.00**
11. "The acute and chronic effects of ingesting Celsius™ over an eight week period on markers of weight loss and fat metabolism." Co-Principal Investigator. Elite Fx, Inc (2007) **\$ 91,464.00**
12. "The effects of a meal replacement and exercise on cardiovascular fitness, strength, body composition, and nutritional profile in healthy adult men and women." Principal Investigator. Phillips Performance Nutrition, LLC (2007) **\$122,090.00**
13. "The effect of a dietary supplement on energy expenditure before, during and following low intensity exercise investigated in a randomized, placebo-controlled, double-blind,

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cross-over study. Co-Principal Investigator. General Nutrition Corporation (2007)  
**\$70,000.00**

14. "Effects of oral adenosine triphosphate supplementation (5-TETRA) on muscle strength, power output, endurance and neuromuscular function. Co-Principal Investigator. (2006) EPIC Nutrition, LLC. **\$14,652.00**
15. "Effect of creatine and  $\beta$ -Alanine supplementation on strength and power changes in collegiate football players." Co-Principal Investigator. Experimental and Applied Sciences, Inc. (2005) **\$23,120.00**
16. "The effects of creatine supplementation and three days of isokinetic training on muscle strength, power output, and neuromuscular function." Co-Principal Investigator. Experimental and Applied Sciences, Inc. (2005). **\$15,000.00**
17. "The combined effects of creatine monohydrate and beta-Alanine supplementation on neuromuscular fatigue, oxygen uptake kinetics, and lactate threshold." Principal Investigator. Experimental and Applied Sciences Inc., 2004. **\$54,000.00.**
18. "Evaluation of the oral bioavailability of creatine formulations." Co-Principal Investigator. Grant funded by FSI Nutrition (1999). **\$5460.00.**
19. "The effects of creatine supplementation on neuromuscular fatigue threshold in female athletes. Principal Investigator. Equipment grant funded by FSI Nutrition (1998). **\$3500.00**
20. "Acute effects of tyrosine on strength and endurance in female athletes." Principal Investigator. Travel grant funded by Experimental and Applied Sciences Inc. (1997). **\$3,000.00**
21. "The effects of Endurox supplementation on the parameters of the Critical Power Test." Principal Investigator. Travel grant funded by Experimental and Applied Sciences Inc. (1997). **\$3,900.00**
22. "The Effects of creatine supplementation on anaerobic working capacity." Principal Investigator. Grant funded by Experimental and Applied Sciences, Inc. (1996). **\$6,000.00**
23. "The effects of pyruvate supplementation on the parameters of the Critical Power Test." Principal Investigator. Grant funded by Experimental and Applied Sciences, Inc. (1997). **\$5,000.00**
24. "The effects of creatine supplementation on strength and body composition in football players during training." Co-Principal Investigator. Grant funded by Experimental and Applied Sciences, Inc. (1996). **\$12,000.00**

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**PROFESSIONAL SERVICE**

2003 – Current            *International Society of Sports Nutrition*

- President (2006-2009)- Elected Position.
- On advisory board
- Committee chairman for creating fellowship guidelines

2008 – Current            *National Strength and Conditioning Foundation*

- Vice president – Elected Position

2005 – Current            *National Strength and Conditioning Association*

- Vice President of Board of Directors (2008-2011) – Elected Position
- On research and grants committee
- Strategic planning committee
- Sports Nutrition Education Program

**EXTERNAL REVIEWER**

1996-Current   Editorial Board for the *Journal of Strength and Conditioning Research*

1996-Current   Reviewer for *Medicine and Science in Sports and Exercise*

2006-Current   *American Journal of Physiology*

1997-2001        Reviewer for *Journal of Orthopedic and Sports Physical Therapy*

1998-Current   Reviewer for *Strength and Conditioning*

1999-Current   Reviewer for *Journal of Applied Physiology*

1999-Current   Reviewer for *Muscle & Nerve*

1999-Current        Nutrition Section Editor for *Journal of Sports Science and Medicine*

**SCHOLARSHIPS:**

- National Dean's List, 1988.
- Track and Field Scholarship: Concordia University, 1988.
- Graduate Teaching and Research Assistantship: University of Nebraska-Lincoln, 1991-1995.
- Eugene C. Gross Memorial Scholarship: University of Nebraska-Lincoln, 1993.

**PROFESSIONAL AFFILIATIONS**

American College of Sports Medicine

National Strength and Conditioning Association

International Society of Sports Nutrition

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