

## CURRICULUM VITAE- JEFFREY R. STOUT

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### PROFESSIONAL PREPARATION:

BA	1989	Exercise Science, Concordia University- Seward, Nebraska
MPE	1992	Exercise Physiology, University of Nebraska - Lincoln
PhD	1995	Exercise Physiology, University of Nebraska - Lincoln

### PROFESSIONAL CERTIFICATIONS AND FELLOWSHIPS

- **Fellow of the American College of Sports Medicine (FACSM)** American College of Sports Medicine (ACSM), May 29, 2000.
- **Fellow of the International Society of Sports Nutrition (FISSN)**, August 20, 2004.
- **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.
- **Human Participants Protection Education for Research Teams (Certificate)**. National Institutes of Health. May, 2004.

### AWARDS

- **Teachers College Scholarship Award:** University of Nebraska- Lincoln, 1994
- **William F. Kelley, Achievement Award for Outstanding Academic Achievement:** Creighton University, 1997.
- **Young Investigator of the Year Award.** National Strength and Conditioning Association, 2001.
- **Editorial Excellence Award.** The Journal of Strength and Conditioning Research, 2001.
- **Alumni of the Year Award.** Concordia University, 2004.
- **Awarded "Superior Meritorious"** 2004-2005 academic year: Florida Atlantic University, College of Education, 2005.

## **PROFESSIONAL EXPERIENCE**

### **ACADEMIC:**

**Assistant Professor** (Tenure Track) - Dept. Exercise Science and Health Promotion,  
*Florida Atlantic University- Davie, Fl* (2004 - current)

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)  
Masters Thesis Committee  
-Currently on 2 Thesis Committees

FAU NSCA-Certified Strength and Conditioning Specialist Sponsor.

### Ongoing Research:

1. The combined effects of creatine monohydrate and beta-alanine supplementation on oxygen uptake kinetics, and lactate threshold (Grant 54K).
2. The effects of creatine monohydrate supplementation on neuromuscular fatigue in community-dwelling older adults.
2. Validity of the BOD POD for assessing body composition in high school athletes.
3. The Effects of 28 days of Beta-alanine Supplementation in Well Trained Men and Women on  $VO_{2max}$ , Ventilatory and Lactate Threshold and Time to Exhaustion (Grant 96K)
4. The effects of Creatine and beta-alanine supplementation on strength and power changes in football players (Grant 23k).
5. Neural factors versus hypertrophy in the time course of muscle strength gain in untrained women (part of NIH grant)

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

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

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

**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** - Dept. of Health and Human Performance,  
*University of Nebraska - Lincoln, NE.* (1991-1995).

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

**Instructor** - Dept. 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 Science** - Dept. of Scientific Affairs,  
NUMICO Research - Boca Raton FL.  
(2000-2003)

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

**Masters Student Thesis Committees**

2005 Priscilla N. Goodwin, The relationship among commuting, dietary, and exercise behaviors in college students. (Member)

**Doctoral Student Dissertation Committees**

2005 Laura S. Bank, The relationship between dietary calcium and anthropometric measurements in pre-menopausal Caucasian women. (Chairman)

### **BOOK PUBLICATIONS**

1. **Stout, J.R.**, Antonio, J., and Kalman, D. (Editors & Co-Author). Essentials of Creatine. Totowa, NJ: Humana Press. (In Press).
2. Antonio, J., Kalman, D., and **Stout, J.R.** (Editors & Co-Author). Essentials of Sports Nutrition and Exercise Metabolism. Totowa, NJ: Humana Press. (In Press).
3. Antonio, J & **Stout, J.R.** Fit Kids for Life: A parents guide to optimal nutrition and training for young athletes. New York, NY: Basic Health Media (2004).
4. Antonio, J & **Stout, J. R.** Supplements for Endurance Athletes, Champaign, IL: Human Kinetics (2002).
5. Antonio, J & **Stout, J. R.** Supplements for Strength-Power Athletes, Champaign, IL: Human Kinetics (2002).
6. Antonio, J & **Stout, J. R.** (Editors & Co-Author) Sports Supplements, Baltimore, MD: Lippincott Williams & Wilkins. 2001.

### **BOOK CHAPTERS**

1. Batheja, A., **J.R. Stout**. *Nutritional Supplements for Strength and Lean Body Mass*. Sports Nutrition Review. G. Ferraro and C. Steele (Eds). Mile High publishing, 2004.
2. Antonio, J., **J.R. Stout**. *Nutrient Timing*. Sports Nutrition Review. G. Ferraro and C. Steele (Eds). Mile High publishing, 2004.
3. Bradley-Popovich, G., **J. R. Stout**, and J. Antonio. *Sports Supplements: Evolution and Revolution*. Sports Supplements. J. Antonio and J.R. Stout (Eds). Lippincott Williams and Wilkins, 2001.
4. Batheja, A., **J.R. Stout**. *Food: The Ultimate Drug*. Sports Supplements. J. Antonio and J.R. Stout (Eds). Lippincott Williams and Wilkins, 2001.

### **RESEARCH PUBLICATIONS (refereed journals):**

1. Willoughby D., **JR. Stout**. Effects of resistance training and whey +Casein protein supplementation on muscle strength and mass, myofibrillar protein, and MHC isoform mRNA expression. *Journal of Amino Acids* (In Review)
2. Zoeller, R., **Stout JR**, 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. *Journal of Amino*

Acids (In Review)

3. Hoffman, J.R., N.A. Ratamess, J. Kang, G. Mangine, A.D. Faigenbaum, E. Breitbart, and **J.R. 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*. (In Review).
4. Cramer J.T., **J.R. Stout**, J.Y. Culbertson, and A.D. Egan. Effects of short-term isokinetic resistance training on peak torque, acceleration time, electromyography, and mechanomyography of the vastus lateralis during eight days of creatine supplementation. *Journal of Strength and Conditioning research* (In Press)
5. **Stout, J.R.** J.T. Cramer, M. Mielke, J. O'Kroy, D. Torok, and R.F. 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* (In Press)
6. Eckerson, J.M., **J.R. Stout**, G.A. Moore, N.J. Stone, Kate Iwan, Amy Gebauer, and Rachelle 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* (In Press).
7. Hoffman, J.R., **J.R. Stout**, M. Falvo, J. Kang, and N.A. 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.
8. Housh, T.J., G.O. Johnson, D.J. Housh, J.T. Cramer, J.M. Eckerson, **J.R. Stout**, A.J. Bull, and S.R. 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.
9. 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.
10. Kreider RB, Almada AL, Antonio J, Broeder C, Earnest C, Greenwood M, Incledon T, Kalman DS, Kleiner SM, Leutholtz B, Lowery LM, Mendel R, **Stout J.R.**, Willoughby DS, Ziegenfuss TN. ISSN exercise & sport nutrition review: Research & recommendations. *Sports Nutrition Review Journal*. 1(1): 1-44, 2004.
11. **Stout, JR.**, JM Eckerson, E. May, C. Coulter, and G.E. 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.
12. Bradley-Popovich GE, Karageorgos G, Eckerson JM, **Stout JR**, Gale JR. Oral creatine supplementation in AIDS-related muscle wasting [lead article]. *Positive Communication*. Spring: 15-22, 2001.

13. Dash, A.K., D. W. Miller, H. Huai-Yan, J. Carnazzo, and **J.R. 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.
14. 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.
15. Housh, T.J., G. O. Johnson, D. J. Housh, **J. R. Stout** and Joan M. Eckerson. Estimation of body density in young wrestlers. *Journal of Strength and Conditioning Research* 14:477-482, 2000.
16. **Stout, J.R.**, J.M. Eckerson, , G.Moore, K. Ebersole, S. Perry, T.J. Housh and A. Bull. The effect of creatine loading on neuromuscular fatigue threshold. *Journal of Applied Physiology* 88:109-112, 2000.
17. Ebersole, K. T., **J. R. Stout**, J. M. Eckerson, T. J. Housh, T. K. Evetovich, and D. B. Smith. The effect of pyruvate supplementation on critical power. *Journal of Strength and Conditioning Research* 14:132-134, 2000.
18. **Stout, J.R.**, J.M. Eckerson, T.J. Housh, and K.T. Ebersole. The effects of creatine supplementation on anaerobic working capacity. *Journal of Strength and Conditioning Research* 13:135-138, 1999.
19. **Stout, J.R.**, J.M. Eckerson, D. Noonan, G. Moore, and D. Cullen. Effects of 8 weeks of creatine supplementation on exercise performance and fat-free weight in football players during training. *Nutrition Research* 19:217-225, 1999.
20. Gwartney, D.L., and **J.R. Stout**. Androstenedione: physical and ethical considerations relative to its use as an ergogenic aid. *Strength and Conditioning Journal* 21:65-66, 1999.
21. Eckerson, J.M., **J.R. Stout**, T.K. Evetovich, T.J. Housh, G.O. Johnson, and N. Worrell. The validity of self-assessment techniques for estimating percent fat in men and women. *Journal of Strength and Conditioning Research* 12:243-247, 1998.
22. **Stout, J.R.**, T.J. Housh, G.O. Johnson, T.K. Evetovich and D.B Smith. Mechanomyography and oxygen consumption during incremental cycle ergometry. *European Journal of Applied Physiology* 76:353-367, 1997.
23. Eckerson, J.M., T.K. Evetovich, **J.R. Stout**, G.O. Johnson, T.J. Housh, D.J. Housh, K.T. Ebersole, and D.B. Smith. Validity of bioelectrical impedance equations for estimating fat-free weight in high school female gymnasts. *Medicine and Science in Sports and Exercise* 29:962-968, 1997.
24. Evetovich, T.K., T.J. Housh, J.M. Eckerson, G.O. Johnson, D.J. Housh, **J.R. Stout**, D.B. Smith, and K.T. Ebersole. Validity of bioelectrical impedance equations for estimating fat-free mass in young males. *Journal of Strength and Conditioning Research* 11:155-158, 1997.
25. Smith, D.B., T.J. Housh, **J.R. Stout**, G.O. Johnson, T.K. Evetovich, and K.T. Ebersole. Mechanomyographic responses to maximal eccentric isokinetic muscle actions. *Journal of Applied Physiology* 82:1003-1007,

1997.

26. Smith, D.B., G.O. Johnson, **J.R. Stout**, T.J. Housh, D.J. Housh and T.K. Evetovich. Validity of near-infrared interactance for estimating percent body fat in female high school gymnast. *International Journal of Sports Medicine* 18:531-537, 1997.

27. Housh, T.J., G.O. Johnson, D.J. Housh, **J.R. Stout**, D.B. Smith, and K.T. Ebersole. Isokinetic peak torque and estimated muscle cross-sectional area in high school wrestlers. *Journal of Strength and Conditioning Research* 11:45-49, 1997.

28. Housh, T.J., T.K. Evetovich, **J.R. Stout**, D.J. Housh, G.O. Johnson M.C. Briese, and S.R. Perry. Longitudinal assessment of anthropometric growth in high school wrestlers. *Journal of Strength and Conditioning Research* 11:159-162, 1997.

29. Evetovich, T.K., T.J. Housh, **J.R. Stout**, G.O. Johnson, D.B. Smith, and K.T. Ebersole. Mechanomyographic responses to concentric isokinetic muscle contractions. *European Journal of Applied Physiology* 75:166-169, 1997.

30. Housh, T.J., G.O. Johnson, D.J. Housh, J.M. Eckerson, and **J.R. Stout**. Validity of skinfold equations for estimating percent fat in high school female gymnasts. *Medicine and Science in Sports and Exercise* 28:1331-1335, 1996.

31. Housh, T.J., G.O. Johnson, **J.R. Stout**, D.J. Housh. Age, fat-free weight, and isokinetic peak torque in high school female gymnasts. *Medicine and Science in Sports and Exercise* 28:610-613, 1996.

32. Housh, T.J., H.A. deVries, G.O. Johnson, S.A. Evans, D.J. Housh, **J.R. Stout**, and R.M. Bradway. Neuromuscular fatigue thresholds of the vastus lateralis, vastus medialis and rectus femoris muscles. *Electromyography and Clinical Neurophysiology* 36:247-255, 1996.

33. Housh, D.J., T.J. Housh, J.P. Weir, **J.R. Stout**, L.L. Weir, and G.O. Johnson. Cross-validations of equations for predicting isokinetic peak torque in adult males. *Isokinetics and Exercise Science* 4:146-149, 1994.

34. Eckerson, J.M., **J.R. Stout**, T.J. Housh, and G.O. Johnson. Validity of selected bioelectrical impedance equations for estimating percent fat in males. *Medicine and Science in Sports and Exercise* 28:523-530, 1996.

35. Evetovich, T.K., T.J. Housh, G.O. Johnson, S.A. Evans, **J.R. Stout**, A.J. Bull, D.B. Smith, and M.M. Evotovich. Effect of workout duration on the physical working capacity at fatigue threshold (PWCFT) test. *Ergonomics* 39:314-321, 1996.

36. Housh, T.J., **J.R. Stout**, G.O. Johnson, D.J. Housh, and J.M. Eckerson. Validity of near-infrared interactance instruments for estimating percent body fat in youth wrestlers. *Pediatric Exercise Science* 8:69-76, 1996.

37. Housh, T.J., G.O. Johnson, D.J. Housh, **J.R. Stout**, J.P. Weir, L.L. Weir, and J.M. Eckerson. Isokinetic peak torque in young wrestlers. *Pediatric Exercise Science* 8:143-155, 1996.

38. **Stout, J.R.**, T.J. Housh, J.M. Eckerson, and G.O. Johnson. Validity of methods for estimating percent fat in young women. *Journal of Strength and Conditioning Research* 10:25-29, 1996.
39. Housh, T.R., **J.R. Stout**, J.P. Weir, L.L. Weir, D.J. Housh, G.O. Johnson, and S.A. Evans. Relationships of age and muscle mass to peak torque in high school wrestlers. *Research Quarterly for Exercise and Sport* 66:256-261, 1995.
40. Housh, T.J., **J.R. Stout**, J.P. Weir, L.L. Weir, D.J. Housh, G.O. Johnson, and S.A. Evans. Estimated 'muscle mass' and peak torque at the shoulder in high school wrestlers. *Research Quarterly for Exercise and Sport* 66:256-261, 1995.
41. Housh, T.J., **J.R. Stout**, D.J. Housh, G.O. Johnson. The covariate influence of muscle mass on isokinetic peak torque in high school wrestlers. *Pediatric Exercise Science* 7:176-182, 1995.
42. Housh, T.J., H.A. deVries, G.O. Johnson, D.J. Housh, S.A. Evans, **J.R. Stout**, and T.K. Evetovich. Electromyographic fatigue thresholds of the superficial muscles of the quadriceps femoris. *European Journal of Applied Physiology* 71:131-136, 1995.
43. Housh, D.J., T.J. Housh, J.P. Weir, L.L. Weir, G.O. Johnson, and **J.R. Stout**. Anthropometric estimation of thigh muscle cross-sectional area. *Medicine and Science in Sports and Exercise* 27:784-791, 1995.
44. **Stout, J.R.**, T.J. Housh, G.O. Johnson, D.J. Housh, S.A. Evans, and J.M. Eckerson. Validity of skinfold equations for estimating body density in youth wrestlers. *Medicine and Science in Sports and Exercise* 27:1321-1325, 1995.
45. Tharp, G.D., L.L. Weir, J.P. Weir, and **J. R. Stout**. Effects of aerobic training on malondialdehyde excretion. *Journal of Strength and Conditioning Research* 9:237-239, 1995.
46. Housh, D.J., P. Donlin, T.J. Housh, J.P. Weir, L.L. Weir, **J.R. Stout**, and G.O. Johnson. Isokinetic peak torque and cross-sectional area of the quadriceps. *Isokinetics and Exercise Science* 4:3-7, 1994.
47. **Stout, J.R.**, J.M. Eckerson, T.J. Housh, and G.O. Johnson. Validity of methods for estimating percent body fat in black males. *Journal of Strength and Conditioning Research* 8:243-246 1994.
48. **Stout, J.R.**, J.M. Eckerson, T.J. Housh, G.O. Johnson, and N.M. Betts. Validity of percent body fat estimations in males. *Medicine and Science in Sports and Exercise* 26:632-636, 1994.
49. Housh, T.J., G.O. Johnson, **J.R. Stout**, and D.J. Housh. Anthropometric growth patterns of high school wrestlers. *Medicine and Science in Sports and Exercise* 25:1141-1150, 1993.

**PUBLISHED RESEARCH ABSTRACTS AND PRESENTATIONS:**

1. Cramer JT, **JR Stout**, JY Culbertson, and AD Egan. Effects of short-term isokinetic resistance training on peak torque, acceleration time, electromyography, and mechanomyography of the vastus lateralis during eight days of creatine supplementation. Presented at the ISSN national conference in New Orleans. June 16<sup>th</sup> 2005.
2. Willoughby D., **JR. Stout**. Effects of resistance training and whey +Casein protein supplementation on muscle strength and mass, myofibrillar protein, and MHC isoform mRNA expression. Accepted for presentation at the NSCA National conference in Las Vegas, July 8<sup>th</sup> , 2005.
3. **Stout JR**, J. O'Kroy, M. Mielke, R. Zoeller, D. Torok, JT Cramer, M. Rakes and BS Graves. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on physical working capacity at neuromuscular fatigue threshold. Presented at the ISSN national conference in New Orleans, June 16<sup>th</sup> 2005.
4. M. Rakes, R. Zoeller, J. O'Kroy D. Torok, **Stout JR**, M. Mielke and BS Graves. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on oxygen uptake, ventilatory and lactate thresholds and time to exhaustion. Presented at the ISSN national conference in New Orleans, June 16<sup>th</sup> 2005.
5. Wilborn C., L. Taylor, C. Kerksick, **J. Stout**, and D. Willoughby. Effects of Heavy Resistance resistance training and proprietary whey+casein +leucine protein supplementation on muscle strength and mass and MHC isoform mRNA expression. Presented at the ISSN national conference in New Orleans, June 16<sup>th</sup> 2005.
6. Willoughby D., **J. Stout**, C. Wilborn and L. Taylor. Effects of Heavy Resistance resistance training and proprietary whey+casein+leucine protein supplementation on serum and skeletal muscle IGF-1 levels and IGF-1 and MGF mRNA expression. Presented at the ISSN national conference in New Orleans, June 16<sup>th</sup> 2005.
7. Housh, D. J., T. J. Housh, G. O. Johnson, J. T. Cramer, J. M. Eckerson, **J. R. Stout**, A. J. Bull, and S. R. Perry-Rana. The accuracy of near-infrared interactance estimates of percent body fat in young wrestlers. (Presented at the National Strength and Conditioning Association Annual Convention, 2003, Indianapolis.).
8. Cramer, J. T., T. J. Housh, **J. R. Stout**, G. O. Johnson, J. M. Miller, J. W. Coburn, and T. W. Beck. The effects of eight weeks of aerobic training combined with a carbohydrate, ribose, and protein-containing repletion drink on aerobic capacity, endurance, and body composition. (Presented at the National Strength and Conditioning Association Annual Convention, 2003, Indianapolis.)
9. Eckerson, J.M., **J.R. Stout**, G.A. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. The effect of creatine phosphate loading on anaerobic working capacity in women. *Medicine and Science in Sports and Exercise* 34(supplement):S232, 2002.
10. Eckerson, J., **J. Stout**, G. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. The Effect of Creatine Phosphate Supplementation on Body

Weight after Two and Six Days of Loading in Men. (Accepted for presentation at the 2002 National Strength and Conditioning Annual Meeting, Las Vegas, NV).

11. Housh, D., T. Housh, G. Johnson, J. Cramer, J. Eckerson, **J. Stout**, T. Evetovich, K. Ebersole, S. Perry, and A. Bull. Gender comparisons for body composition and peak torque in age-group swimmers. *Medicine and Science in Sports and Exercise* 34(supplement):S105, 2002.

12. Housh, T., G. Johnson, D. Housh, J. Eckerson, **J. Stout**, J. Weir, T. Evetovich and J. Cramer. Anthropometric characteristics of high school female gymnasts. *Medicine and Science in Sports and Exercise* 34 (supplement):S105, 2002.

13. Eckerson, J., **J. Stout**, G. Moore, J. Klein, M. Frazier, C. Chambers, and A. Posey. The Validity of the TANITA body fat monitor/scale for estimating percent fat. *Medicine and Science in Sports and Exercise* 33 (supplement):S1352, 2001.

14. Housh, T., G. Johnson, D. Housh, J. Eckerson, **J. Stout**, T. Evetovich, K. Ebersole, J. Cramer, S. Perry, and A. Bull. *Medicine and Science in Sports and Exercise* 33(supplement):S1355, 2001.

15. Eckerson, J., **J. Stout**, G. Moore, N. Stone, K. Iwan, C. Gebauer, and R. Ginsberg. The effect of creatine phosphate supplementation on anaerobic working capacity following 2 and 5 days of loading in men. *Journal of Strength and Conditioning Research* 15: 392, 2001.

**16. Stout, J.**, J. Eckerson, E. May, and C. Coulter. Effects of resistance exercise and creatine supplementation on body composition and strength in myasthenia gravis: A case study. *Medicine and Science in Sports and Exercise* 32(supplement):S639, 2000.

17. Eckerson, J., L. Bachle, D. Petzel, **J. Stout**, G. Moore, L. Albertson, and S. Yokoyama. Reliability of a 1-h endurance performance test in physically active males. *Medicine and Science in Sports and Exercise* 32 (supplement):S1040, 2000.

18. Sanders, M., J. Uelman, L. Ehler, J. Raether, **J. Stout**, and J. Antonio. Essential amino acids improve time to exhaustion in previously untrained individuals. *Medicine and Science in Sports and Exercise* 32 (supplement):S1659, 2000.

**19. Stout, J.R.**, J.M. Eckerson, G. Moore, K. Ebersole, S. Perry and A. Bull. The effects of creatine loading on neuromuscular fatigue threshold in female athletes. *Medicine and Science in Sports and Exercise* 31 (supplement):S102, 1999.

20. Eckerson, J., **J. Stout**, G. Moore, T. Housh, and G. Johnson. Validity of bioelectrical impedance equations for estimating fat-free weight in lean females. *Medicine and Science in Sports and Exercise* 31(supplement):S204, 1999.

**21. Stout, J.**, J. Eckerson, M. Jelinek, A. Haas, and G. Morre. Acute effects of Neurogain-Kick<sup>TM</sup> on strength and endurance in female athletes. *Journal of Strength and Conditioning Research* 12: 278, 1998.

22. **Stout, J.**, A. Threlkeld, B. Martin, D. Povar, C. Sylliaasen and J. Eckerson. The relationships among electromyography, mechanomyography, and peak torque during repeated maximal concentric isokinetic muscle actions. *Medicine and Science in Sports and Exercise* 30(supplement):S65, 1998.
23. **Stout, J.R.**, J.M. Eckerson, and J. C. Yee. The effect of endurox on parameters of the critical power test. *Research Quarterly for Exercise and Sport* 69:A28-A29 (Supplement), 1998.
24. Housh, T.J., D.B. Smith, G.O. Johnson, J.M. Eckerson, and **J.R. Stout**. Estimation of body density in youth wrestlers. *Research Quarterly for Exercise and Sport* 69:A25 (Supplement), 1998.
25. Eckerson, J., **J. Stout**, D. Cullen, G. Moore, D. Baumgartner, J. Yee, D. Johnson, and D. Noonan. Validity of dual-energy x-ray absorptiometry for assessing changes in fat-free weight. *Medicine and Science in Sports and Exercise* 30(Supplement):S146, 1998.
26. Housh, T., G. Jonson, D. Housh, J. Eckerson, **J. Stout**, T. Evetovich, D. Smith, K. Ebersole, S. Perry, and A. Bull. Validity of near-infrared interactance and bioelectrical impedance for estimating percent fat in male swimmers. *Medicine and Science in Sports and Exercise* 30(Supplement):S147, 1998.
27. Housh, T., D. Smith, G. Johnson, D. Housh, J. Eckerson, and **J. Stout**. Estimation of body density in youth wrestlers. *Research Quarterly for Exercise and Sport*. 69(Supplement):A25, 1998.
28. **Stout, J.R.**, J. Eckerson, d. Noonan, G. Moore, and D. Cullen. The effects of a supplement designed to augment creatine uptake on exercise performance and fat-free mass in football players. *Medicine and Science in Sports and Exercise* 29(Supplement):S251, 1997.
29. **Stout, J.**, J. Eckerson, T. Housh and K. Ebersole. The effects of a supplement designed to augment creatine uptake on anaerobic reserve capacity. *Journal of Strength and Conditioning Research* 11:287, 1997.
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56. Johnson, G.O., T.J. Housh, and **J.R. 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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58. Belford, M., **J. 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.

59. Johnson, G.O., T.J. Housh, and **J.R. Stout**. Growth in high school wrestlers. *Research Quarterly for Exercise and Sport* 64(Supplement):A31, 1993.

60. Eckerson, J., **J. 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.

#### **Non-Published Oral Presentations:**

- **Stout, J. R.** Protein Timing for the Strength and Power Athlete. NSCA National Conference. Las Vegas, NV 2005.
- **Stout, J. R.** Should Young Athletes Take Supplements? NSCA National Conference. Las Vegas, NV 2005.
- **Stout, J. R.** Nutrient Timing. ISSN-IHP Personal Training and Sports Nutrition Mini-Symposium. Boca Raton, FL. 2004.
- **Stout, J. R.** Nutrition Needs of Young Athletes. *International Society of Sports Nutrition* Annual Conference. Las Vegas, NV. 2004
- **Stout, J. R.** Sports Nutrition Needs of Young Athletes. NSCA National Conference, Personal Trainers Luncheon. Indianapolis, IN, 2003.
- **Stout, J. R.** Nutrition Needs of Athletes. *Northland American College of Sports Medicine*. Wayne NE, 2003
- **Stout, J. R.** Pre and Post Exercise Nutrition. NSCA Sport Specific Conference. San Antonio, TX 2002.
- **Stout, J. R.** Sports Nutrition for the 21<sup>st</sup> Century. NSCA Pre-conference Symposia. San Antonio, TX 2002
- **Stout, J. R.** History of Sports Nutrition. Colloquium: Sports Nutrition for the 21<sup>st</sup> Century. *America College of Sports Medicine* national conference. Indianapolis, IN 2000

#### **GRANTS AWARDED**

1. "Effect of Creatine and B-Alanine Supplementation on Strength and Power Changes in Collegiate Football Players." Co-Principal Investigator (2005) \$23,120.00
2. "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., 2004. 15,000.00
3. "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.
4. "Evaluation of the Oral Bioavailability of Creatine Formulations." Co-Investigator. Grant funded by FSI Nutrition. 1999. \$5460.00.
5. "The Effects of Creatine Supplementation on Neuromuscular Fatigue Threshold in Female Athletes. Principal Investigator. Equipment grant

funded by FSI Nutrition. 1998. \$3500.

6. "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.

7. "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.

8. "The Effects of Creatine Supplementation on Anaerobic Working Capacity." Principal Investigator. Grant funded by Experimental and Applied Sciences Inc., 1996. \$6,000.

9. "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.

10. "The Effects of Creatine Supplementation on Strength and Body Composition in Football Players During Training." Co-Investigator. Grant funded by Experimental and Applied Sciences Inc., 1996. \$12,000.

#### **PROFESSIONAL SERVICE**

2003 - current International Society of Sports Nutrition.

- On Advisory board
- Committee chairman for creating fellowship guidelines

2005 - current National Strength and Conditioning Association

- On research and grants committee

#### **EXTERNAL REVIEWER**

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

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

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 Reviewer for *Journal of Sports Science and Medicine*

#### **SCHOLARSHIPS:**

1. **National Deans List**, 1988.

2. **Track and Field Scholarship**: Concordia University, 1988.

3. **Graduate Teaching and Research Assistantship**: University of Nebraska-Lincoln, 1991-1995.

4. **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