

VITA

DEBRA A. BEMBEN

WORK ADDRESS: Department of Health and Exercise Science
Room 119 Huston Huffman Center
University of Oklahoma
1401 Asp Avenue
Norman, OK 73019
(405) 325-2709

EDUCATION:

Undergraduate H.B.P.H.E. Physical Education (Biology, French Minors) Lakehead University,
Thunder Bay, Ontario (1976-1980)

Graduate M.S. Physical Education (Exercise Physiology) University of Saskatchewan,
Saskatoon, Saskatchewan (1980-1982)

Ph.D. Kinesiology (Exercise Physiology)
University of Illinois, Urbana, Illinois (1981-1988)

CERTIFICATIONS: Certified Clinical Densitometrist (CCD), International Society for Clinical
Densitometry (2003-2008)

PROFESSIONAL EXPERIENCE:

President's Associates Presidential Professor (2014-present) University of Oklahoma Norman Campus, Norman
OK

Professor (July 2009 - present) Department of Health and Exercise Science, University of Oklahoma Norman
Campus, Norman OK

Responsibilities: 1) teach undergraduate and graduate courses; 2) advise Health and Exercise Science
majors; 3) direct and serve on Master's and doctoral committees; 4) conduct endocrine/metabolic/bone
research; 5) serve on departmental and university committees.

Courses Developed:

Undergraduate - HES 3863 Exercise and Health Issues in Women

Master's - HES 5883 Exercise Endocrinology

Doctoral - HES 6884 Endocrinology and Metabolism of Exercise, HES 6953 Measurement Issues in
Health and Exercise Science, HES 6943 Current Problems in Health and Exercise Science

Courses Taught:

Undergraduate

HES 2913 Personal Health, HES 3823 Exercise Physiology, HES 3853 Health Fitness Concepts,
HES 4833 Undergraduate Exercise Physiology Laboratory, HES 4953 Senior Capstone

Master's

HES 5823 Advanced Exercise Physiology, HES 5833 Graduate Exercise Physiology Laboratory, HES
5863 Physiology of Aging

Doctoral

HES 6970 Seminar

Adjunct Faculty (January 1998-present)

Donald W. Reynolds Department of Geriatric Medicine, College of Medicine, University of Oklahoma Health Sciences Center, Oklahoma City OK

Associate Professor (July 2001-2009) Department of Health and Exercise Science, University of Oklahoma Norman Campus, Norman OK

Assistant Professor (August 1996-June 2001) Department of Health and Sport Sciences, University of Oklahoma Norman Campus, Norman OK

Visiting Assistant Professor (August 1994-July 1996) Department of Health and Sport Sciences, University of Oklahoma Norman Campus, Norman Oklahoma

Research Assistant III (1992-1994)

Department of Family Medicine, University of Oklahoma Health Sciences Center, Oklahoma City OK
Responsibilities: 1) plan and develop clinical research projects with Family Medicine Faculty; 2) data collection and data management including statistical analyses; 3) professional writing including research papers and research grants (NIH, OCAST).

Adjunct Assistant Professor (1992-1995)

Department of Medicinal Chemistry and Pharmacodynamics, College of Pharmacy, University of Oklahoma Health Sciences Center, Oklahoma City OK

Assistant Professor (1987-1992)

Division of Health and Exercise Science (Exercise Physiology) Northeast Missouri State University, Kirksville, Missouri

Responsibilities: 1) teach Health and Exercise Science courses; 2) coordinate a Faculty/Staff Adult Fitness Program; 3) supervise undergraduate and graduate research; 4) conduct endocrine/metabolic research in the Human Performance Laboratory; 5) advise Exercise Science majors; 6) serve on departmental and university committees.

Courses Developed: Growth and Motor Development, Advanced Exercise Physiology

Course Taught: Health and Wellness (general education), Growth and Motor Development, Advanced Exercise Physiology, Analysis of Data (graduate)

RESEARCH EXPERIENCE:

Department of Physical Education, Lakehead University (1980).
Undergraduate Thesis "The Effects of an Audience on Performance".

College of Physical Education, University of Saskatchewan (1982).
Master's Thesis "The Effects of Intensive Physical Training on Hemoglobin Concentration, Hematocrit, and Serum Iron Concentration of Male and Female RCMP Recruits".

Department of Kinesiology, University of Illinois (1981-1987).
Dissertation Research "Influence of Oral Contraceptives on Selected Hormonal and Metabolic Responses to Prolonged Submaximal Exercise in Moderately Active Women".

SUPERVISION OF GRADUATE RESEARCH:**A. Truman State University, Kirksville, MO**

1. P.C. Salm. (1988). Comparison of Blood Lactate and Heart Rate Responses to Maximal and Submaximal Arm and Leg Ergometry. Master's Thesis Committee Member.

2. A.J. Salm. (1988). The Effects of Detraining on College Swimmers: Swim Velocity, Stroke Rate, Distance Per Stroke, Work Output, Lactate Concentration, Exercise Heart Rate, Maximum Strength, and Anthropometric Evaluation. Master's Thesis Committee Member.

B. University of Oklahoma, Norman OK

Master's Thesis Committee Chair:

1. N. Fetters (1998). The Effects of a High and Low Intensity Weight Training Program on Bone Mineral Density in Early Postmenopausal Women. ***Winner of University-Wide Graduate Student Research Award.***
2. B. Langdon (1998). The Influence of Estrogen Status on Bone Mineral Density, Strength, and Body Composition in Postmenopausal Women.
3. T. Buchanan (1999). The Effects of Oral Contraceptive Use and Different Forms of Mechanical Loading on Bone Mineral Density in Women Collegiate Athletes.
4. T. McCloskey (2000). Bone Mineral Density and Bone Turnover in Subjects with IDDM, NIDDM, and Non-Diabetics.
5. J. Baker (2001). Serum Testosterone Responses to Acute Resistance Exercise in Young, Middle-aged and Older Men.
6. S. Webb (2002). The Effects of a Single Bout of Exercise on Blood Glucose Responses in Women During Their Second Trimester of Pregnancy. (Research project).
7. I. Palmer (2002). Effects of Resistance Training on Bone Turnover in Older Men and Women. ***Winner of University-Wide Graduate Student Research Award.***
8. M. Griffith (2002). The Effects of Occupational Physical Activity on Bone Density in Older Men.
9. C. Howard (2004). The Effects of Body Composition and Body Weight on Bone Mineral Density in 18-30 Year Old Women.
10. C. Wright (2005). The Effects of Resistance Training on the Bone Density of Adult Male Runners. (Non-thesis option Research project).
11. A. Gettys (2006). Increased Incidence of Upper Respiratory Tract Infections in Marathon Runners: Can Salivary IGA and Cortisol Be Useful Biomarkers for Susceptibility to Infection After Races? (Non-thesis option Research Project)
12. A. Smathers (2007). A Comparison of Bone Mineral Density and Serum Testosterone in Elite Male Cyclists and Untrained Males.
13. V. Sherk (2007). Bone Mineral Density and Bone Quality in Unilateral Limb Amputees.
14. A. Egan (2007). Non-thesis option.
15. A. Joaca-Bine (2010). Does Levothyroxine Treatment for Hypothyroidism Lead to Bone Loss in Postmenopausal Women?
16. Harshvardhan (2011). Sarcopenia as a Predictor of Bone Density Status in Older Males and Females.
17. J. Smith (2011). Influence of Oral Contraceptive Use on Bone Characteristics in Premenopausal Women.
18. C. Chrisman (2011). Acute Bone Marker and Arterial Compliance Responses to Whole-Body Vibration and Resistance Exercise in Postmenopausal Women.
19. P. Sharma-Ghimire (2013). Influence of Hormonal Contraceptives and Vitamin D Status on Bone Health in College Aged Women
20. Z. Chen (2013). Comparison of Bone Status and Energy Balance Between Male Competitive Runners and Cyclists.
21. I. Manfro (2013) Bone Mineral Density in Dominant Versus Non-Dominant Legs of Male Soccer Players.
22. I. Brown (2014) Bone Mineral Density Among Female Collegiate Rowers.
23. A. Knox (2015). Non-thesis option
24. K. Elliott (2016). Non-thesis option
25. Y. Zhou (2016). Non-thesis option
26. A. Kelley (2019). Effects of an Eight Week Maximal Jumping Intervention on Bone Characteristics in College-Aged Females.
27. M. Nguyen (2019). Comparison of Bone, Fat, and Muscle Characteristics Between Combined Oral Contraceptive Users and Non-Users.
28. C. Cameron (in progress).

Master's Thesis Committee Member:

1. E. Marsh (1995). Student and Faculty Perceptions of Differences in Preparation of National Certification Between Curriculum and Internship Programs in Athletic Training.
2. R. Murphy (1995). The Influence of Age on Neural Facilitation and Neural Cross-Education in Women.
3. L. Walker (1996). The Effects of Chromium Picolinate on Performance in Collegiate Wrestlers.
4. C. Hudgins. (1997). Effects of High Altitude on Cognitive Performance.
5. J. Dierking (1998). Use of Diagnostic Ultrasound for the Recognition of Delayed Onset Muscle Soreness.
6. N. Nabavi (1998). The Effects of Resistance Training on Body Composition Assessment in Postmenopausal Women.
7. T. Tuttle (2000). The Effect of Creatine Supplementation on Isometric Force Production Characteristics of Four Muscle Groups in Untrained College Males.
8. J. Donahoo (2001). The Effect of 40 Weeks of Resistance Training on Muscle Strength and Muscle Mass of Men and Women 60-70 Years of Age.
9. D. Loftiss (2001). The Effect of Creatine Monohydrate and Resistance Training on Body Composition and Neuromuscular Performance in NCAA Division I Football Athletes.
10. C. Duvall (2002). A Preliminary Investigation of the Effectiveness of Three Lifestyle Interventions on Physical Activity and Self-Efficacy Among Women.
11. J. Able (2003). Effect of PNF and Dynamic Stretching on Hamstring Performance and Flexibility of High School Athletes.
12. E. Rønnels (2003). The Relationship Between Isometric, Isotonic, and Isokinetic Strength in 20-80 Year Old Men.
13. S. Brickman (2003). Physiological Changes and Adherence to Exercise Six Months Following 40 or 80 Weeks of Formal Resistance Training in 60-70 Year Old Men and Women.
14. S. White (2003). Effects of Continuous Passive Motion Exercise on Body Composition, Muscular Strength and Flexibility in Women Aged 40-65 Years.
15. M. Witten (2003). Effect of Resistance Training in Combination with Creatine and Protein Supplementation on Muscle Strength and Size in Older Men.
16. J. Carter (2003). Effects of Creatine and/or Protein Supplementation in Combination with Resistance Training on Peak Torque and Muscle Endurance in Older Men.
17. G. Howell (2004). Differences in Neuromuscular Fatigue Patterns of the Finger Flexors in Young, Middle Aged, and Older Men.
18. S. Richardson (2004). The Effect of Age on the Mechanisms of Quadriceps Weakness Associated with ACL Deficiency.
19. S. Steen (2004). Blood Lactate, Heart Rate and Energy Expenditure to 500 Punches and Kicks in Karate Training.
20. H. Hull (2004). Validation of Air Displacement Plethysmography with Dual Energy X-Ray Absorptiometry in Young Adult Women: Effect Of Clothing.
21. R. Schank (2004). The Relationship Between Physical Activity and Arterial Elasticity in Individuals with Peripheral Arterial Disease.
22. S. Clary (2005). Effects of Ballates, Step Aerobics, and Walking on Balance in Older Women.
23. S. Malone (2006). The Effect of Cardiovascular and Resistance Exercise Training on Leptin Levels in Premenopausal and Postmenopausal Women.
24. C. Rogers (2006). A Comparison of Muscle Adaptation to Resistance Training in Young and Older Women.
25. E. Mathe (2006). Difference in Muscle Potentiation between Young and Old Subjects.
26. G. Weirich (2006). Factors Predicting Balance and Postural Stability in Young, Middle-aged, and Older Women.
27. J. Giovannetti (2007). The Relationship between Aerobic Fitness and Injury Rates in an Active Air Force Population.
28. C. Frederiksen (2009). The Effectiveness of Whole-Body Vibration on Balance in Women with Multiple Sclerosis.
29. L. Gregg (2009). Endocrine Responses to an Acute Bout of Resistance Exercise with Vascular Restriction in Women.
30. D. Kim (2011). Effects of 6 weeks Low Intensity Cycle Training with Blood Flow Restriction on Muscle Mass, Strength, and VO₂ max in College Aged Males.
31. K. Sherk (2011). A Cross-sectional Examination of Differences between the Lower Limbs of AFO-Using Survivors of Stroke.

32. X. Ye (2012). Acute Effects of an Elastic Supportive Device on Free-Weight Bench Press Performance in 18-35 Year Old Resistance Trained Males.
33. T. Camerer (2012). Jump Performance in 18 to 30 Year Old Men.
34. J. Farrell (2014). The Effects of 30 Second Rest Intervals Between Sets of High Repetition/Low Resistance Training on Lactate Threshold in Endurance Trained Males.
35. G. Mouser (2015). Effects of differing levels of blood flow restriction on brachial blood flow.
36. K. Allen (2015). Does the Addition of a Single Low Intensity Blood Flow Restricted Exercise (Hamstring Curl) to a Traditional Resistance Training Program Improve the Hamstring:Quadriceps Ratios in Females Better Than Resistance Training Alone?
37. L. Reiter (2015). Effects of Chemotherapy and Radiation Treatment on Endothelial-dependent Vasodilation and Circulating Endothelial Microparticles.
38. R. Hight (2015). Motor-Unit Activity Following a Repeated Bout of Eccentric Exercise.
39. D. Ross (2016). Non-thesis option.
40. K. Koziol (2017). Physiological Responses to a Single Bout of Resistance Exercise between Men and Women.
41. B. Galletti (2017). Physiological Responses to a Single Bout of Resistance Exercise: Practical vs Controlled Blood Flow Restriction.
42. J. Prowting. (2019). Hydrolyzed Collagen Peptides Protect Against Jump Performance Decrements Following High-Force Eccentric Exercise in Resistance Trained Males.

Doctoral Committee Chair:

1. I. Palmer. (2007) Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. Dissertation title “Effects of 8-month Vibration Plus Resistance Training on Bone Density and Bone Metabolism in Postmenopausal Women”. ***Awarded the Graduate College Robberson Research Grant (\$1,000)***
- 2 A. Fjeldstad. (2007) Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. Dissertation title “Effects of Resistance Training on Arterial Elasticity and C-Reactive Protein in Premenopausal Women”.
3. J. Baker. (2008) Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. Dissertation title “Serum Myostatin and IGF-I Status in Cancer Patients with and without Cancer Cachexia”.
4. S. Kim. (2010) Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. Dissertation title “Effects of Yoga Exercise on Bone Density and Bone Metabolism in Premenopausal Women”. ***Awarded the Graduate College Robberson Research Grant (\$1,000)***
5. V. Sherk. (2011). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. Dissertation title “Age and Gender Differences in Tibia Strength and Morphology and Relationships of Tibia Morphology to Bone Health”. ***Awarded the Graduate College Robberson Research Grant (\$1,000)***
6. K. Young. (2012). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. Dissertation title “The Effects of 12 Weeks of Walking With and Without Blood Flow Reduction on Bone Turnover Markers in College-Aged Women”. ***Awarded the Graduate College Robberson Research Grant (\$1,000)***.
7. P. Sharma-Ghimire. (2017). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. ***Awarded the Graduate College Robberson Research Grant (\$1,000)***.
8. Z. Chen. (2017). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. ***Awarded the Graduate College Robberson Research Grant (\$1,000)***.
9. B. Baker. (2018). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. ***Awarded the Graduate College Robberson Research Grant (\$1,500)***.
10. S. Buchanan. (2019). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences. ***Awarded the Graduate College Robberson Research Grant (\$1,500)***.

Doctoral Committee Member:

1. K. Neal. (2002). Czech Physicians: The Impact of Cultural Change on Teachers in a Profession. Department of Educational Leadership, College of Education.
2. H. Lamont. (2006). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.

3. M. Hartman. (2007) Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 4. C. Fjeldstad. (2007) Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 5. M. Karabulut. (2008). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 6. E. Ryan. (2009). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 7. M. Roberts. (2010). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 8. C. Poole. (2012). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 9. E. Kim. (2013). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 10. L. Rossow. (2013). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 11. C. Fahs. (2013). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 12. S. Ferguson. (2014). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 13. J. Loenneke. (2014). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 14. R. Thiebaud. (2014). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 15. D. Kim. (2015). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 16. C. Cavazos. (2016). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 17. D. Lantis. (2017). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 18. J. Farrell. (2018). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 19. J. Kaur. (2019). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 20. R. Miller. (2020). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 21. A. Heishman. (2020). Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 22. R. Hight. Fifth year doctoral student in Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
 23. E. Freitas. Fifth year doctoral student in Exercise Physiology, Department of Health and Exercise Science, College of Arts & Sciences.
- C. University of Oklahoma Health Sciences Center, Oklahoma City OK
1. J. Mathews. (1996). MS Oral Examination Committee Member, Department of Physiology.
 2. P. Whelan. (1998). MS Oral Comprehensive Examination Committee Member, Department of Physiology.
 3. B. Clark. (2005). MS Oral Comprehensive Examination Committee Member, Department of Physiology.

SUPERVISION OF UNDERGRADUATE RESEARCH:

University of Oklahoma, Norman OK

1. R. Munde. (1999). Honors Research project "Comparison of the Achilles+ Ultrasonometer and Dual Energy X-Ray Absorptiometry for the Assessment of Femoral Bone Status in Older Men and Women".
2. C. Chebino (2000). Honors Research project "Gender differences in muscular strength and bone mineral density in older adults".

3. L. Foshee (2007). Honors Research project “The Relationship between Residual Limb Length and Physical Activity on Bone Mineral Density in Lower Limb Amputees.
4. B. James (2009). Honors Research Project “Bone Density and Energy Deficit in Male Cyclists”.
5. L. Patterson (2011). Honors Research Project “Relationship Between Scores of the Bone-Specific Physical Activity Questionnaire and the Bone Loading History Questionnaire”
6. N. Cantrell (2013). Honors Research Project “Hormonal Contraceptives and Bone Mineral Density in Young Adult Women”.
7. N. Stanislav (2014). Honors Research Project “Effects of Soccer on Bone Mineral Density and Content in College-aged Males”
8. J. Jenner (2014). Honors Research Project “Bone Mineral Density Differences between Female Rowers and Male Soccer Players”.
9. T. Miller (2015). Honors Research Project. “Effects of Whole-Body Vibration on Muscular Strength and Power in Women”.
10. C. Combs (2017, 2018). HES Independent Study.
11. K. Crawford (2018). HES Independent Study.

ACADEMIC HONORS AND AWARDS:

First Class Standing, Lakehead University (1980)
 Research Scholarship, University of Saskatchewan (1981)
 Phi Kappa Phi Honor Society, Illinois Chapter (1983-1987)
 Laura J. Huelster Scholarship Award, University of Illinois (1986)
 Elected Fellow, American College of Sports Medicine (ACSM) (1996)
 Co-Winner, Charlotte S. Leebron Memorial Trust Award (1997)
 President, Central States Chapter ASCM (1998-99)
 Honor Award for Meritorious Service, Central States Chapter ACSM (2003)
 Outstanding Faculty Member, University of Oklahoma Student Association (2007)
 President’s Associates Presidential Professor (2014)
 ACSM BONE Interest Group Award Recipient (2019)
 National Academy of Kinesiology (NAK) Fellow (2020)

PROFESSIONAL ORGANIZATIONS:

American Society for Bone and Mineral Research (ASBMR)
 American Association for Health, Physical Education, Recreation, and Dance (AAHPERD) (1984-2004)
 American College of Sports Medicine (ACSM)
 Central States Chapter ACSM
 Gerontological Society of America (GSA) (2000-2008)
 International Society of Clinical Densitometry (ISCD)
 International Bone and Mineral Society (IBMS) (2000-2013)
 National Strength and Conditioning Association (NSCA) (2000-2009)
 National Academy of Kinesiology (NAK) 2020

EXTERNAL GRANTS:

1. Funded/In Review

Michael Bemben (PI), Eduardo Freitas (Co-PI), Rebecca Larson (Co-I), Aaron Heishman (Co-I), Ryan Miller (Co-I), and **Debra Bemben (Co-I)**. National Multiple Sclerosis Society (\$53,546, funded). Acute Physiological Responses to Low-Load Resistance Exercise with Blood Flow Restriction Compared to Traditional High-Load Resistance Exercise in Multiple Sclerosis Patients. (03-01-2019 to 02-29-2020).

Debra Bemben (PI). NASA Subaward (\$50,502 total costs). Carl Ade, Kansas State University (PI) NASA (\$198,100 total costs, funded) Omics and Biochemical Markers of Cardiovascular and Bone Health: Relationship with Bedrest and Standard Physiological Measures. (08-24-2016 to 08-23-2019)

D. Bemben (PI), M. Bemben (co-investigator), and W. Ertl (co-investigator). US Army Medical Research and Materiel Command (\$364,123). Progression of Bone Changes after Lower Limb Amputation. (09-01-09 to 09-30-2014).

M. Bemben (PI) and **D. Bemben** (Co-PI). International Society for KAATSU Training Research (\$37,000). A Comparison of Different Traditional Resistance Training Programs to Low Intensity Resistance Training in Combination with Blood Flow Restriction on Neuromuscular Parameters in Young Men (2009-2010).

M. Bemben (PI) and **D. Bemben** (Co-PI). Reynolds Oklahoma Center on Aging Small Grants Program. (\$34,914). Can Vascular Restriction Exercise Augment Musculoskeletal Biomarkers in Older Men? (2008-2009).

M. Bemben (PI), M. Karabulut (Co-PI), **D. Bemben**, (Co-PI). International Society for KAATSU Training Research (\$11,400). Hormonal and Bone Metabolic Responses to Resistance Training with and without Vascular Resistance in Middle-Aged Men. (2007-2008).

J. Wright (PI), **D.A. Bemben (co-investigator)**, and M.G. Bemben (co-investigator). National VA Merit Award (\$1.25 million). Bone Physiology and Mechanics in Osteomyoplasty Amputation Rehabilitation. (2005-2010).

M.G. Bemben (PI), **D.A. Bemben (co-PI)**, and J. Cramer (co-investigator). KAATSU Training Society Research Grant. (\$6,000). The Effects of a Single Bout of Low-Intensity KAATSU Resistance Training on Markers of Bone Turnover and Factors Related to Muscle Performance". (08-01-05 to 12-30-05).

J. Wright (PI), **D.A. Bemben (co-investigator)**, and M.G. Bemben (co-investigator). National VA Merit Award #A2736R (\$484,300). Healthy Heart Amputation Rehabilitation Therapy (Healthy H.A.R.T.)- Part I. (07-01-02 to 06-30-05).

P.B. Miner (PI), **D.A. Bemben (co-investigator)**, M.G. Bemben (consultant). Janssen Pharmaceutica (subcontract \$13,100). Effect of Esophageal Acid Exposure (Bernstein Test) on Work Performed and Airway Resistance During Exercise in Conditioned Athletes. (09-01-02).

M.G. Bemben (PI), and **D.A. Bemben (co-PI)**. Tan and Tone America Grant (\$10,000). Evaluation of the Effectiveness of Passive Resistance Exercise on Body Composition in Middle-Aged Women (05-01-02).

M.G. Bemben (PI), and **D.A. Bemben (collaborator)**, Oklahoma Center for Advancement of Science and Technology (\$102,000). Dose-Effect Response of Resistance Training on Sarcopenia (funded 09-01-98 to 8-21-2001).

D.A. Bemben (PI). National Association for Sport & Physical Education (\$2,300). Relationship of Hormone Replacement Therapy and Physical Activity Patterns to Age-Related Bone Loss in Elderly Women. (10-02-96).

M.G. Bemben (PI), R. Ratliff (Co-investigator), **D.A. Bemben (Co-investigator)**, and A. Knehans (Co-investigator). National Association for Sport and Physical Education (\$1,500). Comparison of 16 week aerobic and resistance exercise programs for the modification of lipoprotein patterns of men and women aged 50-70 years (10-02-93).

R.A. Boileau, J.A. Kanaley and **D.A. Bemben**. Illinois AHPER Research Grant (\$9406). Hormonal and Metabolic Responses to Aerobic Exercise in Amenorrheic and Eumenorrheic Women (05-01-88).

R.A. Boileau, **D.A. Bemben** and J.C. Bunt. Illinois AHPER Research Grant (\$6552). Metabolic and Hormonal Responses to Exercise: Influence of Oral Contraceptives (05-01-84).

Debra Bemben (PI). NASA Subaward (\$286,363 total costs). Carl Ade, Kansas State University (PI) NASA Omics and Biochemical Markers of Cardiovascular and Bone Health: Temporal Responses to Long-Duration Spaceflight. (2019).

D. Bemben (PI), M. Bemben (co-investigator), J. Stout (co-investigator) and J. Cramer (co-investigator). National Dairy Council Nutrition Research Pre-proposal (\$49,000). Effects of Whole Body Vibration and Calcium Supplementation on Bone Quality in Lower Limb Amputees. (2007).

M. Bemben (PI), **D. Bemben (Co-PI)**, J. Cramer (collaborator), J. Stout (collaborator). National Dairy Council Nutrition Research Pre-proposal (\$135,000). Can Physiological Responses to Long-term Resistance Training vs. Long Term Low Intensity Resistance Training with Blood Flow Restriction in Early Postmenopausal Women be Augmented by Post Exercise Protein (Milk) Supplementation. (2007).

M. Bemben (PI), and **D.A. Bemben, (co-PI)**. National Multiple Sclerosis Society Research and Clinical Programs. (\$43,984). Resistance and Vibration Training: Effects on Balance and Bone in Multiple Sclerosis Patients. 10-01-06.

D.A. Bemben (PI), M.G. Bemben (co-PI) and I.J. Palmer (co-investigator). RYKA Women's Fitness Grant. (\$5,000). Effects of an 8-Month Vibration Plus Resistance Training Program on Bone Density and Bone Metabolism in Postmenopausal Women. (2005).

D.A. Bemben (PI) and M.G. Bemben (co-PI). Department of Defense, U.S. Army Medical Research Acquisition Activity, (\$193,067). Effects of High Intensity Resistance Training on Bone Metabolism in Physically Active Men and Women. (12-11-02)

D.A. Bemben (PI). NIA - Summer Institute on Aging Research. (07-07-01).

D.A. Bemben (PI), and M.G. Bemben (collaborator). Oklahoma Center for Advancement of Science and Technology (\$133,491). Resistance Training and Bone Density in Diabetics (01-10-01).

M.G. Bemben (PI), and **D.A. Bemben (collaborator)**. Oklahoma Center for Advancement of Science and Technology (\$127,134). Resistance Training in the Elderly: 6 and 18 month Follow-up (01-10-01).

D.A. Bemben (Co-PI), E.L. Taylor (PI for Norman Campus), M.G. Bemben (Co-PI) and M.K. Dinger (Co-PI). National Institutes of Health (subcontract for \$935,133). Diet, Activity and Weight During and After Pregnancy. (12-06-00).

D.A. Bemben (PI). American College of Sports Medicine (\$14,644). Gender Differences in Bone Adaptation to Resistance Training (08-01-00)

D.A. Bemben (PI), and M.G. Bemben (collaborator). Oklahoma Center for Advancement of Science and Technology (\$133,049). Resistance Training and Bone Density in Diabetics (01-12-00).

D.A. Bemben (consultant), R. Oman (PI), E.L. Taylor (co-PI). National Institutes of Health. Increasing Physical Activity in Rural Dwelling Older Adults (10-01-99).

D.A. Bemben (consultant), J. McCrory (PI), J. Clasey (investigator), D. Gater (investigator). National Institute of Aging. (\$72,750). Etiology of Osteoporosis and Primary Osteoarthritis (10-01-99).

D.A. Bemben (PI for Norman Campus), and E.T Koh (PI). National Institutes of Health. Alcohol, Estrogen Replacement Therapy and Bone Density (07-20-99, subcontract \$241,946).

L. Jeffries, and **D.A. Bemben (collaborator)**. Relations Among Age, Weight, Bone Mineral Content, Bone Mineral Density, and Ambulatory Status in Children with Spastic Cerebral Palsy. Physical Therapy Research Fellowship (\$45,000).

D.A. Bemben (PI), M.G. Bemben (collaborator), and L. Toothaker (consultant). Oklahoma Center for Advancement of Science and Technology (\$104,721). Regulatory Role of Estrogen on Bone Response to Loading. (01-14-98)

D.A. Bemben (PI). American College of Sports Medicine Cybex Research Grant. (\$29,000). Regulatory Role of Estrogen on Bone Response to Loading. (01-09-98)

D.A. Bemben (PI), M.G. Bemben (collaborator), and A. Knehans (consultant). Oklahoma Center for Advancement of Science and Technology (\$93,597). Resistance Training and Bone Metabolism in Elderly Women. (01-22-97).

M.G. Bemben (PI), and **D.A. Bemben (collaborator)**, Oklahoma Center for Advancement of Science and Technology (\$98,693). Can Resistance Training Reverse Sarcopenia in Old Age? (01-22-97).

J. Laskin (Co-PI), M. Anderson (Co-PI), and **D. Bemben (Collaborator)**. National Institutes of Health (\$366,893). Adaptations to Exercise in the Physically Disabled. (05-15-96).

J. Eichner (PI), E.L. Taylor (Co-PI), **D. Bemben (Co-Investigator)**, R. Wild (Co-Investigator), A. Knehans (Co-Investigator), and R. Oman (Co-Investigator). Department of Defense (\$1,457,395). Behavior; Osteoporosis: A Neighborhood Education Study. (05-03-96).

J. Laskin (PI), M. Anderson (Co-PI), and **D. Bemben (collaborator)**. Oklahoma Center for Advancement of Science and Technology (\$103,263). Adaptations to Exercise in the Physically Disabled. (01-10-96).

M.G. Bemben (PI), and **D.A. Bemben (collaborator)**. Oklahoma Center for Advancement of Science and Technology (\$78,240). Age and Sex Influences on Muscle Hypertrophy Potential (01-10-96).

J. Laskin (PI), M. Anderson (Co-PI), and **D. Bemben (collaborator)**. Paralyzed Veterans of America (\$45,387). The Physiological Adaptations to Concurrent Muscular Strength and Aerobic Endurance Training in Persons with a Spinal Cord Injury. (01-01-95).

E.L. Taylor (Co-PI), J. Barrett (Co-PI), **D. Bemben (Co-investigator)**, M. Bemben (Co-investigator), and R. Ratliff (Co-investigator). National Heart, Lung and Blood Institute (\$1,600,000). Physical Activity Intervention in Health Care Settings for High-Risk Sedentary Adults. (03-01-94).

INTERNAL GRANTS:

D.A. Bemben. University of Oklahoma Research Council Faculty Investment Program Grant (\$12,260). Circulating MicroRNAs as Biomarkers of Bone and Muscle Status in Postmenopausal Women: A Pilot Study. (2016-2017).

D.A. Bemben. Faculty Travel Assistance Grant, College of Arts and Sciences, University of Oklahoma (\$1,434). (2014).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,200). (2012).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,358). (2012).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,418). (2011).

D.A. Bemben (PI), M.G. Bemben (co-investigator), and V.D. Sherk (co-investigator). University of Oklahoma Research Council Large Grant (\$7,200). Acute Bone Marker Responses to Whole-Body Vibration and Resistance Exercise in Young Women. (2010).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,200). (2010).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,200). (2009).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,142). (2008-2009).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,200). (2008).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,398). (2007-2008).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,200). (2007).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,932). (2006-2007).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,000). (2006).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,000). (2005).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$2,103). (2005-2006).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,880). (2004-2005).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,000). (2004).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1000). (2003).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,611). (2003-2004).

D.A. Bemben. DXA Purchase for the Bone Density Research Laboratory. Research Equipment Grant, Research Administration, University of Oklahoma (\$25,000). (2002).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,000). (2002).

D.A. Bemben. Presidential International Travel Fellowship, University of Oklahoma. (\$500), 2002.

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,685). (2002-2003).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,760). (2001-2002).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,450). (2000-2001).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,000). (2000).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$1,434). (1999-2000).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$2,000). (1999).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$550). (1998-1999).

D.A. Bemben. Faculty Enrichment Grant, College of Arts and Sciences, University of Oklahoma (\$1,000). (1998).

D.A. Bemben. Junior Faculty Research Award, University of Oklahoma (\$6,000). Influence of estrogen replacement therapy on acute responses of biochemical markers of bone remodeling to resistance exercise (1998).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$500). (1997-1998).

D.A. Bemben. Junior Faculty Research Award, University of Oklahoma (\$6,000). Prediction of bone status by biochemical markers of bone remodeling in postmenopausal women (1997).

D.A. Bemben. Faculty Travel Grant, University of Oklahoma (\$500). (1996-1997).

D.A. Bemben. Northeast Missouri State University Faculty Research Grant (\$3,000). Relationship of Sex Steroid Hormones with Body Composition and Muscle Force Production Characteristics in Middle-Aged Men and Women (1991).

D.A. Bemben. Northeast Missouri State University Faculty Research Grant (\$3,000). Effects of Menstrual Cycle Phase on Estimated Energy Substrate Utilization and Energy Expenditure During Prolonged Exercise in Endurance-Trained and Untrained Women (1990).

D.A. Bemben. Northeast Missouri State University Faculty Research Grant (\$2,993). Influence of Menstrual Cycle Phase on Selected Physiological Responses of Women to Maximal Treadmill Exercise (1988).

PUBLICATIONS (In Review, * senior author):

H. Singh, B. Moore, M. Bemben, R. Rathore, and **D. Bemben.** Fat mass is negatively associated with Bone Physical Activity Questionnaire derived physical activity in middle aged and older adults, independent of age, height, sex, and bone free lean body mass. Clinical Rehabilitation (in review).

PUBLICATIONS (Peer-Reviewed, * senior author):

137. E.D.S. Freitas, B.R.A. Galletti, K.J. Koziol, R.M. Miller, A.D. Heishman, C. Black, D. Bemben, M.G. Bemben. (2020). The acute physiological responses to traditional vs. practical blood flow restriction resistance exercise. Frontiers in Physiology, (in press).

136. R.M. Miller, D. Larson, C. Black, **D.A. Bemben**, and M.G. Bemben. Clinical versus practical blood flow restriction resistance exercise. Physiology & Behavior (in press).

135. H.M. Pereira, R.D. Larson, and **D.A. Bemben.** (2020). Menstrual cycle effects on exercise-induced fatigability. Frontiers in Physiology 11:517, doi.org/10.3389/fphys.2020.00517.

134. M. Su, Z. Chen, B. Baker, S. Buchanan, **D.A. Bemben**, and M.G. Bemben. (2020). Quantity and quality of bone and muscle in Chinese men and women aged 18 to 35 years. Journal of Osteoporosis, 2020:1-9, doi.org/10.1155/2020/8126465.

133. B. Baker, S. Buchanan, and **D. Bemben***. (2020). Skeletal health and associated injury risk in collegiate female rowers. Journal of Strength and Conditioning Research (in press).

132. B. Moore, **D.A. Bemben**, D.H. Lein Jr., M.G. Bemben, and H. Singh. (2020). Fat mass is negatively associated with muscle strength and jump test performance in middle-aged and older adults. Journal of Frailty and Aging dx.doi.org/10.14283/jfa.2020.11.

131. B. Baker, Z. Chen, R. Larson, M. Bemben, and **D. Bemben***. (2020). Sex differences in bone density, geometry, and bone strength of competitive soccer players. Journal of Musculoskeletal and Neuronal Interactions, 20: 62-76.
130. J. Kaur, R.M. Miller, E.D.S. Freitas, **D.A. Bemben**, M.G. Bemben. (2019). Racial/ethnic differences in bone mineral density/content, muscle function, and fat mass in young women. Brazilian Journal of Health and Biomedical Sciences, 18:103-113.
129. M. Bemben, K. Mitcheltree, **D. Bemben**, R. Larson, D. Ross, C. Cavazos, and B. Friedlander. (2019). Can blood flow restricted exercise improve ham:quad ratios better than traditional training? International Journal of Exercise Science, 12:1080-1093.
128. J. Farrell III, **D.A. Bemben**, C. Black, D. Larson, G. Pardo, C. Fjeldstad-Pardo, and R.D. Larson. (2019). Evaluation of power production asymmetry during cycling in persons with multiple sclerosis. International Journal of Environmental Research and Public Health, 16:3445, doi:10.3390/ijerph16183445.
127. C.J. Ade, and **D.A. Bemben**. (2019). Differential microRNA expression following HDBR in elevated CO₂ environment: Implications for cardiovascular health. Physiological Reports 7(9):e14061, doi.org/10.14814/phys2.14061.
126. J. Kaur, S. Ferguson, E. Freitas, R. Miller, **D. Bemben**, A. Knehans, and M.G. Bemben. (2019). Association of Vitamin D status with chronic disease risk factors and cognitive dysfunction in 50-70 year olds. Nutrients, 11:141, doi:10.3390/nu11010141.
125. Z. Chen, M.G. Bemben, and **D.A. Bemben***. (2019). Bone and muscle specific circulating microRNAs in postmenopausal women based on osteoporosis and sarcopenia status. Bone, 120: 271-278, doi.org/10.1016/j.bone.2018.11.0001.
124. P. Sharma-Ghimire, Z. Chen, V. Sherk, M. Bemben, and **D. Bemben***. (2019). Sclerostin and parathyroid hormone responses to acute whole-body vibration and resistance exercise in young women. Journal of Bone and Mineral Metabolism, 37:358-367, doi.org/10.1007/s00774-018-0933-0.
123. **D. Bemben**, C. Stark, R. Taiar, and M. Bernardo-Filho. (2018). Relevance of whole body vibration exercises on muscle strength/power and bone of elderly individuals. Dose-Response, October-December:1-7 <https://doi.org/10.1177/1559325818813066>.
122. M. Bernardo-Filho, **D. Bemben**, C. Stark, and R. Taiar. (2018). Biological consequences of exposure to mechanical vibration, Editorial. Dose-Response, July-September:1-2 <https://doi.org/10.1177/1559325818799618>.
121. S. Kim, B.S. Baker, P. Sharma-Ghimire, **D.A. Bemben**, and M.G. Bemben. (2018). Association between bone-specific physical activity scores and measures of areal and volumetric bone mineral density in healthy young and middle-aged premenopausal women. Archives of Osteoporosis, 13:83 <https://doi.org/10.1007/s11657-018-0495-8>.
120. E. Freitas, C. Frederiksen, R.M. Miller, A. Heishman, M. Anderson, G. Pardo, C. Fjeldstad, **D.A. Bemben**, and M.G. Bemben. (2018). Acute and chronic effects of whole-body vibration on balance, postural stability, and mobility in women with multiple sclerosis. Dose-Response, October-December:1-13, <https://doi.org/10.1177/1559325818816577>
119. C. Fahs, R. Thiebaud, L. Rossow, J. Loenneke, **D. Bemben**, and M. Bemben. (2018). Relationships between central arterial stiffness, lean body mass, and absolute and relative strength. Clinical Physiology and Functional Imaging, 38:676-680, doi: 10.1111/cpf.12467.
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117. R. Hight, T.W. Beck, **D.A. Bemben**, and C.D. Black. (2017). Adaptations in antagonist co-activation: role in the repeated-bout effect. PLOS ONE, 12:e0189323, doi: 10.1371/journal.pone.0189323.
116. J.W. Farrell, D.J. Lantis, C.J. Ade, D.A. Bemben, R.D. Larson. (2017). Metabolic response to four weeks of muscular endurance resistance training. International Journal of Kinesiology and Sports Science, 5:10-17.
115. E. Freitas, C. Poole, R. Miller, A. Heishman, J. Kaur, **D. Bemben**, and M.G. Bemben. (2017). Time course change in muscle swelling: high-intensity vs. blood flow restriction exercise. International Journal of Sports Medicine, 38:1009-1016, doi:10.1055/s-0043-118342.
114. P. Sharma-Ghimire, B. Baker, and **D. Bemben***. (2017). Effects of whole-body vibration on jump performance in young women. Journal of Athletic Enhancement, 6:6 doi: 10.4172/2324-9080.1000288.
113. H. Singh, D. Kim, M.G. Bemben, and **D.A. Bemben***. (2017). Relationship between jump test performance and DXA-derived bone parameters in independent community-dwelling older adults. Journal of Musculoskeletal and Neuronal Interactions, 17:50-58.
112. R.M. Miller, V.M. Keeter, E.D.S. Freitas, A.D. Heishman, A.W. Knehans, **D.A. Bemben**, and M.G. Bemben. (2017). Effects of blood flow restriction combined with post-activation potentiation stimuli on jump performance in recreationally active males. Journal of Strength and Conditioning Research, doi: 10.1519/JSC.0000000000002110.
111. **D.A. Bemben**, V.D. Sherk, W.J.J. Ertl, and M.G. Bemben. (2017). Acute bone changes after lower limb amputation resulting from traumatic injury. Osteoporosis International, 28:2177-2186, doi 10.1007/s00198-017-4018-z.
110. D. Kim, J. Loenneke, X. Ye, **D. Bemben**, T. Beck, R. Larson, and M. Bemben. (2017). Low-load resistance training with low relative pressure produces muscular changes similar to high-load resistance training. Muscle & Nerve, 56:E126-133, doi: 10.1002/mus.25626.
109. J. Loenneke, D. Kim, C. Fahs, R. Thiebaud, T. Abe, R. Larson, **D. Bemben**, and M. Bemben. (2017). Effects of exercise with and without different degrees of blood flow restriction on acute changes in muscle thickness and lactate. Clinical Physiology and Functional Imaging, 37:734-740, doi: 10.1111/cpf.12367.
108. R.A. Thiebaud, J.P. Loenneke, T. Abe, C.A. Fahs, L.M. Rossow, D. Kim, J.G. Mouser, T. Beck, **D. Bemben**, R. Larson, and M.G. Bemben. (2017). Appendicular lean mass and site-specific muscle loss in the extremities correlate with dynamic strength. Clinical Physiology and Functional Imaging, 37:328-331.
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105. D. Kim, H. Singh, J.P. Loenneke, R.S. Thiebaud, C.A. Fahs, L.M. Rossow, K. Young, D. Seo, **D.A. Bemben**, and M.G. Bemben. (2016). Comparative effects of vigorous-intensity and low-intensity blood flow restricted cycle training and de-training on muscle mass, strength, and aerobic capacity. Journal of Strength and Conditioning Research, 30:1453-61.

104. S. Kim, M.G. Bemben, A.W. Knehans, and **D.A. Bemben***. (2015). Effects of an 8-month Ashtanga-based Yoga intervention on bone metabolism in healthy premenopausal women: a randomized controlled study. Journal of Sports Science and Medicine, 14:756-768.
103. J. Loenneke, R.S. Thiebaud, T. Abe, M.G. Bemben, D. Kim, **D.A. Bemben**, R.D. Larson, and C. Fahs. (2015). Effects of exercise with and without different degrees of blood flow restriction on perceptual responses. Journal of Sports Sciences, 14:1472-1479.
102. C.A. Fahs, J.P. Loenneke, R.S. Thiebaud, L.M. Rossow, D. Kim, T. Abe, T.W. Beck, D.L. Feedback, **D.A. Bemben**, and M.G. Bemben. (2015). Muscular adaptations to fatiguing exercise with and without blood flow restriction. Clinical Physiology and Functional Imaging, 35:167-176.
101. **D.A. Bemben**, P. Sharma-Ghimire, Z. Chen, E. Kim, D. Kim, M.G Bemben. Effects of whole-body vibration on acute bone turnover marker responses to resistance exercise in young men. (2015). Journal of Musculoskeletal and Neuronal Interactions, 15:23-31.
100. K. Sherk, V. Sherk, M. Anderson, **D. Bemben**, and M. Bemben. (2015). Lower limb neuromuscular function and blood flow characteristics in AFO-using survivors of stroke. Journal of Geriatric Physical Therapy, 38:56-61.
99. J. Loenneke, R.S. Thiebaud, T. Abe, M.G. Bemben, D. Kim, **D.A. Bemben**, R.D. Larson, and C. Fahs. (2015). Effects of exercise with and without different degrees of blood flow restriction on torque and muscle activation. Muscle and Nerve, 51:713-721.
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- L.S. Walker, M.G. Bemben, **D.A. Bemben** and A.W. Knehans. (1997). Effect of chromium picolinate on body composition and muscular performance in collegiate wrestlers. Medicine & Science in Sports & Exercise, 29:S278.
- M.G. Bemben and **D.A. Bemben**. (1996). Caloric intake and eating patterns relative to body composition in young and old men and women. Geriatric Society of America.
- D. Bemben**, and M. Bemben. (1996). Variability in serum osteocalcin levels according to menstrual status and HRT. Medicine & Science in Sports & Exercise, 28:S162.
- D. Bemben**, and M. Bemben. (1996). Age and gender comparisons of dietary calcium intake and markers of bone metabolism. Research Quarterly for Exercise and Sport, Supplement:A30.
- M.G. Bemben, and **D.A. Bemben**. (1996). Methodological differences in the ability to measure total and regional body fat for different age and gender groups. Research Quarterly for Exercise and Sport, Supplement:A30.
- R.E. Murphy, M.G. Bemben, R.A. Ratliff, R. Theis, and **D.A. Bemben**. (1996). Consistency and reproducibility of electromyographic activity during isometric force production in young and old females. Research Quarterly for Exercise and Sport, Supplement:A34.
- M. Bemben, **D. Bemben**, D. Fields, and C. Thompson. (1995). The Effects of 16 weeks of Resistance Training on Flexibility in Elderly Women. Geriatric Society of America.
- D. Bemben**, and M. Bemben. (1995). Effects of a 16-week Dynaband resistance exercise program on lipoprotein patterns of women aged 60 to 80 years. Journal of Aging and Physical Activity, 3(4), 404.
- M. Bemben, **D. Bemben**, D. Fields, and C. Thompson. (1995). Effects of Resistance Exercise on Isotonic Measures of Muscular Strength in Elderly Women. Journal of Aging and Physical Activity, 3(4), 405.
- D. Bemben**, M. Bemben, and P. Venkatamaran. (1995). Sex steroid relations with muscular strength and bone density as a function of age and gender. Medicine & Science in Sports & Exercise, 27(5), S237.
- D.A. Bemben**, M. Bemben, P. Venkataraman, and R. Scott. (1995). Comparison of body composition and bone mineral density relationships in men and women. Research Quarterly, 66(1), A-22.
- M. Bemben, and **D. Bemben**. (1995). Maximal isotonic and isokinetic muscle and force production as a function of age and gender. Research Quarterly, 66(1), A-22.
- M. Bemben, B. Massey, R. Boileau, **D. Bemben**, and J. Misner. (1993). Fat patterning in normal, healthy men, aged 20 to 79 years. Journal of Aging and Physical Activity, 1(1), 92.
- M. Bemben, B. Massey, R. Boileau, **D. Bemben**, and J. Misner. (1993). Relationship between muscular force and rate obtained from separate strength and endurance tasks in men aged 20 to 79 years. Medicine & Science in Sports & Exercise, 25(5), S164.
- P.C. Salm, A.J. Salm, **D.A. Bemben***, and J.L. Mayhew. (1991). Comparison of blood lactate and heart rate responses to maximal and submaximal arm and leg ergometry. Journal of Applied Sports Science Research, 5(3), 163.
- A.J. Salm, P.C. Salm, J.L. Mayhew, and **D.A. Bemben***. (1991). Effect of detraining on performance parameters in college swimmers. Journal of Applied Sports Science Research, 5(3), 164.

M.G. Bemben, D.M. Rohrs, **D.A. Bemben**, J. Ware, and J.L. Mayhew. (1991). Effect of resistance training on upper body strength, power, and performance. Journal of Applied Sports Science Research, 5(3), 162.

D.A. Bemben, J.L. Mayhew, M.G. Bemben and D.M. Rohrs. (1990). Specificity among anaerobic power tests in college female athletes. Journal of Applied Sports Science Research, 4(3), 109.

D.A. Bemben, R.A. Boileau, and J.M. Bahr. (1988). Prolactin responses to prolonged exercise: influence of contraceptive steroids. Canadian Journal of Sport Sciences, 13(3), 44P.

D.A. Bemben, R.A. Boileau, J.M. Bahr, R.A. Nelson, and J.E. Misner. (1987). Influence of oral contraceptives on growth hormone responses to prolonged exercise in women. Medicine & Science in Sports & Exercise, 19, S10.

PRESENTATIONS:

1. National/International

D. Bemben. Whole-body vibration and circulating microRNAs as biomarkers of bone metabolism. Invited Speaker, Third International Congress on Mechanical Vibration, Rio de Janeiro, Brazil December 2019.

D. Bemben. Exercise, bone density, and bone biomarkers: lessons learned from exercise interventions. Invited Speaker, BONE Interest Group, ACSM Annual Meeting, Orlando FL May 2019.

D. Bemben. Exercise and bone health. Invited Speaker, Beijing Sports University, Beijing China, November 2011.

D. Bemben. Exercise physiology assessment techniques: Neuromuscular, skeletal, and body composition. Invited Speaker, Soochow University, Suzhou China, October 2011

D. Bemben. Bone metabolism in postmenopausal women. Invited Speaker, Seoul National University, South Korea, August 2007.

D. Bemben. Bone metabolism in postmenopausal women. Invited Speaker, Jeon Nam University, South Korea, August 2007

M. Bemben, and **D. Bemben.** Effects of resistance training on bone mineral density in older men and women aged 60-70 years. CAAD Research Session, AAHPERD Annual Meeting, Philadelphia PA March 2003.

D.A. Bemben. Remodeling cycle, hormonal factors and bone biomarkers. Individual topic in symposium "Sources of Variation in the Bone Mineral Density Responses to Exercise Training" American College of Sports Medicine Annual Meeting. St. Louis MO May 2002.

D.A. Bemben. Effects of resistance training on bone in older adults. Symposium: Effects of Resistance Training on Bone, Muscle, and Functional outcomes in Older Adults. AAHPERD National Convention, Boston MA, March 1999.

D.A. Bemben. Effects of aging and physical activity on bone mineral density. Symposium: Physiological and functional declines in the elderly: aging versus inactivity. AAHPERD National Convention, St. Louis MO, March 1997.

D.A. Bemben, R.A. Boileau, and J.C. Bunt. Energy Substrate Utilization During Prolonged Exercise in Oral Contraceptive- and Non-Oral Contraceptive Users. Canadian Association of Sports Sciences Annual Meeting, Montreal, Que. (oral presentation), Nov. 1989.

2. State/Regional

D.A. Bemben. Mechanical Loading and Bone Loss in Postmenopausal Women. Invited Speaker at Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO October 2006.

D.A. Bemben. Exercise and Bone Health in Postmenopausal Women. Invited Speaker at Exercise and Health Issues Mini-Symposium. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO October 2000.

E.L. Taylor, M.G. Bemben, **D.A. Bemben**, and S.E. Brickman. Relationship between strength and perceptions of physical and psychosocial functioning among older men and women. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (oral presentation) October 1999.

D.A. Bemben, M.G. Bemben, and N. Suchak. Exercise and Aging. Geriatric Education Teleconference, sponsored by the Department of Geriatrics Medicine at University of Oklahoma Health Sciences Center, March 1999.

D.A. Bemben. Osteoporosis and Exercise. (Invited Speaker). "Bones, Bones, Bones" Sand Springs Community Education Seminar, Sand Springs OK, September 1998.

D.A. Bemben. Fit for Life: Weight Training for Bone Health in the Elderly. (Invited Speaker). Oklahoma Geriatric Education Center, Summer Geriatric Institute, Norman OK, September 1998.

D.A. Bemben. Exercise interventions for prevention of osteoporosis. (Invited Speaker). University of Oklahoma Continuing Medical Education, 1998-Geriatric Medicine Update, Oklahoma City OK, May 1998.

D.A. Bemben. Resistance training for musculoskeletal fitness in older athletes. (Invited speaker). Dream Teams - Medical Experts on Safe Sports Conference, Oklahoma City OK, 1996.

D.A. Bemben, L. Walker, M.G. Bemben, and N. Fetters. Influence of preseason training on serum testosterone (T) levels in NCAA Division I Wrestlers. Central States Chapter American College of Sports Medicine Annual Meeting, Norman OK (poster presentation) October 1996.

D.A. Bemben, and M. Bemben. Dynaband resistance training increased HDL-C levels in elderly women. Central States Chapter American College of Sports Medicine Annual Meeting, Little Rock AR (poster presentation) October 1995.

D.A. Bemben, M. Bemben, P. Venkataraman, and R. Scott. Bone mineral density and leg strength relations as a function of age and gender. Southern District AAHPERD Meeting, Orlando FL (poster presentation) February 1995.

M. Bemben, and **D.A. Bemben.** Age and gender effects on the relationship between isotonic measures of muscular strength and endurance. Southern District AAHPERD Meeting, Orlando FL (oral presentation) February 1995.

M.G. Bemben, and **D.A. Bemben.** Caloric intake, nutrient composition, and eating patterns of young and old males and females. Central States Chapter American College of Sports Medicine Annual Meeting, Little Rock AR (poster presentation) October 1995.

D.A. Bemben. Female sex steroids and performance. Central States Chapter ACSM Annual Meeting, Columbia MO (invited speaker) October 1994.

M. Bemben, and **D. Bemben**. The influence of age and gender on total caloric intake, nutrient composition, and eating patterns as determined by 7 day dietary records and the dine system. Oklahoma AHPERD Meeting, Wagoner OK (oral presentation) October 1994.

M. Bemben, **D. Bemben**, R. Scott, and P. Venkataraman. The influence of age and gender on the assessment of total and regional body composition by dual energy x-ray absorptiometry. Central States Chapter ACSM Annual Meeting, Columbia MO (oral presentation) October 1994.

P. Winn, R. Hamm, and **D. Bemben**. Subclinical hypothyroidism in the elderly. Endocrinology Section Conference, Department of Medicine, OU Health Sciences Center, Oklahoma City OK (team oral presentation) May 1994.

P. Winn, R. Hamm, and **D. Bemben**. Subclinical hypothyroidism in the elderly. Oklahoma Medical Research Foundation Science Forum, Oklahoma City OK (team oral presentation) March 1994.

M.G. Bemben, B.H. Massey, **D.A. Bemben**, J.E. Misner, and R.A. Boileau. Relationship Between Physique and Muscular Performance in Men 20-79 Years. Missouri Academy of Science Conference, Rolla MO (oral presentation), April 1992.

D.A. Bemben, P. Salm, A. Salm, and M. Ulrich. Physiological Responses of College-Age Women to Maximal Treadmill Exercise During the Menstrual Cycle. Central States Chapter ACSM Annual Meeting, Kansas City MO (poster presentation), October 1989.

D.A. Bemben. Role of Sex Steroids in the Regulation of Metabolic and Hormonal Responses to Exercise. Department of Physical Education Research Seminar, University of Missouri at Columbia, March 1988.

D.A. Bemben. Relationships between Aging, Reproductive Function and Physical Activity in Women. University Club of Northeast Missouri State University, Fall Meeting, Sept. 1988.

D.A. Bemben. Relationship between Training, Menarche, and Amenorrhea. Midwest AAHPERD Annual Meeting, Chicago, IL (Invited Speaker), Feb. 1987.

D.A. Bemben and R.A. Boileau. Metabolic Responses to Prolonged Submaximal Exercise in Women Taking Oral Contraceptives and in Women With Normal Menstrual Cycles. IAHPER Annual Meeting, Peoria, IL (oral presentation), Nov. 1986.

J.C. Bunt, J.M. Bahr, R.A. Boileau, and **D.A. Bemben**. Sex and Training Comparisons of Sex Steroid Responses to Prolonged Exercise. Southeast ACSM Meeting, Athens, GA Jan. 1986.

D.A. Bemben. The Pill and Performance: Does It Make a Difference? IAHPER Annual Meeting, Arlington Heights, IL (Invited Speaker), Nov. 1984.

3. Student Presentations

V. Sherk and **D. Bemben**. Bone Mineral Density and Bone Quality in Lower Limb Amputees. Stress Fracture Working Group Meeting, American Society of Bone and Mineral Research Annual Meeting, Honolulu HI (Invited Speaker), Sept. 2007.

A. Fjeldstad, and **D. Bemben**. Large and Small Arterial Elasticity in Healthy Active and Sedentary Premenopausal Women. Central States Chapter American College of Sports Medicine Meeting, Kansas City, MO (poster presentation). October 2006.

C. Fjeldstad, I. Palmer, M. Bemben, and **D. Bemben**. Body Composition Changes After Eight Months Of Resistance Training With And Without Vibration In Women. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation), October 2006.

G. Weirich, **D. Bemben**, J. Cramer, L. Taylor, and M. Bemben. Predictors of balance in young, middle-aged, and older women. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation), October 2006.

E. Mathe, J. Cramer, **D. Bemben**, B. Kutlesa, A. Shearer, and M. Bemben. Effects of whole body vibration on muscular force in young, middle-aged, and older men. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation), October 2006.

I. Palmer, A. Egan, H. Lamont, J. Baker, M. Bemben, and **D. Bemben**. Effects of 8-month vibration plus resistance training on muscle strength in postmenopausal women. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation), October 2006.

J.R. Baker, I.J. Palmer, **D.A. Bemben**, and M.G. Bemben.. Effects of resistance training on serum IGF-I levels in older adults. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 2003. *Winner of Best Graduate Student Poster Research Award, CSC/ACSM.*

I.J. Palmer, J. Baker, **D.A. Bemben**, and M.G. Bemben. Relationship between IGF-I and bone density responses to resistance training in older adults. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 2003.

H. Hull, L.V. Peterson, C.D. Howard, **D.A. Bemben**, M.G. Bemben, and D.A. Fields. Influence of cotton and spandex shorts on air displacement plethysmography estimates of percent fat. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 2003.

J. Carter, M. Witten, K. Andrews, A. Knehans, **D. Bemben**, and M. Bemben. (2003). Effect of resistance training in combination with creatine and protein supplementation on isokinetic muscle function. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 2003.

M. Witten, J. Carter, K. Andrews, A. Knehans, **D. Bemben**, and M. Bemben. (2003). Effect of resistance training in combination with creatine and protein supplementation on muscle strength and size in older men. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 2003.

I.J. Palmer, **D.A. Bemben**, and M.G. Bemben. Effects of resistance training on bone mineral density and bone remodeling in older men and women. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (oral presentation) October 2002.

J.C. Hudson, **D.A. Bemben**, and M.G. Bemben. Serum free testosterone changes during 40 weeks of resistance training in older men. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 2001.

J.R. Baker, **D.A. Bemben**, M.G. Bemben, and M.A. Anderson. Serum testosterone responses to acute resistance exercise in young, middle-aged, and older men. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 2001.

S.E. Brickman, M.G. Bemben, and **D.A. Bemben**. Changes in strength 6 months after completion of a 40 or 80 week resistance training program for 60-70 year old men and women. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 2001.

S.E. Brickman, M.G. Bemben, and **D.A. Bemben**. Effect of intensity and frequency of resistance training on muscular strength and hypertrophy in 60 to 70 year olds. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (oral presentation) October 1999.

T.S. McCloskey, **D.A. Bemben**, M.G. Bemben, and S.E. Brickman. Gender differences in bone mineral density in adults over the age of sixty. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 1999.

N. Nabavi, M. Bemben, **D. Bemben**, and N. Fetters. A comparison of body composition methods before and after the effects of resistance training in early postmenopausal women. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 1998.

N. Fetters, **D. Bemben**, M. Bemben, and N. Nabavi. Correlation of fat-free mass and lower body strength to hip bone mineral densities in early postmenopausal women. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 1997.

N. Nabavi, M. Bemben, **D. Bemben**, and N. Fetters. A comparison of body composition measurements between hydrostatic weighing and dual energy x-ray absorptiometry in early postmenopausal women. Central States Chapter American College of Sports Medicine Annual Meeting, Kansas City MO (poster presentation) October 1997.

L.S. Walker, M.G. Bemben, **D.A. Bemben** and A.W. Knehans. Effect of chromium picolinate on body composition and neuromuscular performance in NCAA Division I Wrestlers. Central States Chapter American College of Sports Medicine Annual Meeting, Norman OK (poster presentation) October 1996.

P.L. Lodes, A.W. Knehans, L.S. Walker, M.G. Bemben and **D.A. Bemben**. Dietary intake patterns in collegiate wrestlers being given a chromium supplement. Central States Chapter American College of Sports Medicine Annual Meeting, Norman OK (poster presentation) October 1996.

N. Fetters, M.G. Bemben and **D.A. Bemben**. Comparison of body composition assessment methods: hydrostatic weighing, near-infrared interactance, and dual energy x-ray absorptiometry. Central States Chapter American College of Sports Medicine Annual Meeting, Norman OK (poster presentation) October 1996.

R.A. Johns, J.L. Mayhew, M.B. Lynch, M.G. Bemben, and **D.A. Bemben**. Gender differences in arm and leg strength and power in swimmers and soccer players. Central States Chapter American College of Sports Medicine Annual Meeting, Little Rock AR (poster presentation) October 1995.

R.E. Murphy, M.G. Bemben, R.A. Ratliff, **D.A. Bemben**, and R. Theis. Neural facilitation and cross-education following resistance training in young and old females. Central States Chapter American College of Sports Medicine Annual Meeting, Little Rock AR (poster presentation) October 1995.

A. Springer, and **D.A. Bemben**. Influence of amino acid supplementation and strength training on body composition, muscle cross-sectional area and muscular strength in college-age males. Central States Chapter ACSM Annual Meeting, Stillwater OK (poster presentation) October 1992.

J.D. Berrey, and **D.A. Bemben**. Effects of Time of Day on Substrate Utilization and Energy Expenditure During Exercise. Central States Chapter ACSM Annual Meeting, Conway Arkansas (poster presentation), October 1991.

M. Figas, and **D.A. Bemben**. Effects of Running Shoe Cushioning Systems on Energy Cost of Running. Missouri Academy of Sciences, St. Louis, MO (oral presentation), April 1990.

D.M. Rohrs, J.L. Mayhew, M.G. Bemben, **D.A. Bemben**, and J. Ware. The Seated Shot Put as a Measure of Upper Body Power. Central States Chapter ACSM Annual Meeting, Kansas City MO (poster presentation), October 1989.

PROFESSIONAL SERVICE:

1. State/Regional

University of Oklahoma - OU Speaker Service: Osteoporosis and Exercise (1997-2003, 3-5 talks per year), CAS Course and Curriculum Committee (2000-2002), University Library Committee (2001-2003), CAS Scholarship Committee (2001-2003), CAS Teaching and Research Committee (2002-2004), CAS Tenure and Promotion Committee (2004-2006), Faculty Senate (2006-2009), Faculty Appeals Board (2007-2011), Graduate Council (2008-2011), CAS Executive Committee (2008-2010), Faculty Welfare Committee (2008-2011), Faculty Welfare Committee Liaison to Employee Benefits Committee (2008-2009), CAS Teaching and Research Committee (2010-2012), CAS Tenure and Promotion Committee (2010-2012); Research Liaison (2012-2018); OU Fitness and Recreation Advisory Committee (2012-2013); CAS IT Committee (2013-2014); CAS Student Scholarship Committee (2014-2016); OU Research Council (2014-2015); CAS Tenure and Promotion Committee (2014-2016); Graduate College OU Foundation and Alumni Fellowship Awards Committee (2017).

Central States Chapter, American College of Sports Medicine - Oklahoma State Representative (1996-1997), Membership Committee Chair, Conference Site Committee, Abstract Reviewer, Newsletter Editor (1996-1998), Chair Abstract Review Committee (1998)

Central States Chapter, American College of Sports Medicine - President-Elect (1997-98), President (1998-99), Past-President (1999-2000)

Central States Chapter, American College of Sports Medicine – Executive Committee (2004-2007), Regional Chapter Representative (2004-2007)

2. National/International

American College of Sports Medicine (ACSM) - Strategic Health Initiative for Women, Sport, and Physical Activity Committee (1999-2002), reviewer for “Physical Activity and Bone Health” position stand (2002-2003)

American College of Sports Medicine (ACSM) - Chair, Bone Interest Group (2004-2006), Regional Chapter Representative Committee (2004-2007); Interest Group Forum Committee (2006-2008); Program Committee (2015-2018); Writing team member for ACSM/NOF Position Stand “Effect of Physical Activity and Exercise on Bone Health Across the Lifespan” (2020).

American Association for Health, Physical Education, Recreation, and Dance (AAHPERD) - Past-Chair of the Exercise Physiology Academy (2002-2003), abstract reviewer (1997, 2003), Research Session Presider (1998)

National Strength and Conditioning Association – Abstract Reviewer (2006-2007), Graduate Student Research Grant Reviewer (2006-2007, 2009, 2010)

Research Digest Contributor - Journal of Aging and Physical Activity (1994-1997)

Research Digest Editor - Journal of Aging and Physical Activity (2000-2002)

Journal of Sports Science and Medicine Section Editor – Exercise and Bone Section (2010-present)

Editorial Board - ACSM’s Health & Fitness Journal (1999-2002), Journal of Strength and Conditioning Research, Women in Sport & Physical Activity (2000-2003)

Manuscript Review - Journal of Applied Physiology, Journal of Bone and Mineral Research, Journal of Family Practice, Journal of Orthopaedic and Sports Physical Therapy, Journal of Pediatrics, Journal of Women’s Health and Gender-Based Medicine Issues, Journal of Strength and Conditioning Research, Medicine & Science in Sports & Exercise, Research Quarterly, Maturitas, British Journal of Sports Medicine, Journal of Sports Science and Medicine, Nutrition & Metabolism, European Journal of

Applied Physiology, Journal of Geriatric Physical Therapy, Osteoporosis International, Bone, Journal of Musculoskeletal and Neuronal Interactions

Grant Review – Health and Medical Research Fund - Government of Hong Kong (2012-2018)

World Association for the study of Vibration Exercise (WAVEX) – Founding Member (2015), Scientific Board for 4th International meeting, Cologne Germany (2020), Invited Speaker – 4th International WAVEX meeting, Cologne Germany (2020)