

# Richard J. Bloomer

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School of Health Studies  
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## SUMMARY

I joined the faculty of The University of Memphis in 2004, having held prior positions at Duke University Medical Center and Wake Forest University. I currently hold the rank of Professor and serve as the Director of the School of Health Studies, as well as the Director of the Cardiorespiratory/Metabolic Laboratory and the Center for Nutraceutical and Dietary Supplement Research. I maintain an active research agenda, having received external funding as principal investigator for close to 40 projects since 2005, totally close to \$2.5 million. As a result of my research agenda, I have been lead or co-author on more than 150 peer-reviewed manuscripts and book chapters in the areas of nutrition, dietary supplementation, exercise, and the interplay between these areas. In 2013 I co-authored the book, *The Daniel Cure* (Zondervan), which highlights my research with the dietary restriction model known as the Daniel Fast. I have specific expertise in the area of oxidative stress and antioxidant therapy, as well as in the use of dietary ingredients for purposes of improving cardio-metabolic health. I have served as a consultant to a variety of nutraceutical and dietary supplement companies and have been an invited guest on radio programs nationwide to discuss my research. As an administrator, I have grown both faculty research productivity and student enrollment in the School of Health Studies. This includes the creation of new laboratories, the Center for Nutraceutical and Dietary Supplement Research, and the Sport Performance and Health Consulting Center. Moreover, new undergraduate, graduate, and graduate certificate programs have been created under my direction, leading to a significant increase in credit hour generation, degrees granted, and revenue created within the School of Health Studies.

## EDUCATION

Doctor of Philosophy Degree: Exercise and Sports Science (Concentration: Exercise Physiology)  
University of North Carolina at Greensboro, Greensboro, NC, 2003. GPA: 3.92

Master of Science Degree: Exercise and Sport Sciences (Concentration: Exercise Physiology)  
Ithaca College, Ithaca, NY, 1998. GPA: 3.78

Bachelor of Science Degree: Health and Wellness (Concentration: Nutritional Science)  
Buffalo State College, Buffalo, NY, 1996. GPA: 3.69

## CONTINUING EDUCATION

Phlebotomy Techniques for RNs and LPNs – Greensboro Area Health Education Center, 2001  
12 Lead ECG Interpretation – Duke University Health System, 2000  
Advanced 12 Lead ECG Interpretation – Duke University Health System, 2000  
ECG Dysrhythmias – Duke University Health System, 1999

## PROFESSIONAL CERTIFICATIONS

ACSM Certified Exercise Physiologist – American College of Sports Medicine, 1997-Present  
Certified Strength and Conditioning Specialist – National Strength and Conditioning Association, 1997-Present

## PROVIDER CARDS

Life Support for Healthcare Providers – American Red Cross, 1995-Present

Automated External Defibrillator (AED) Operator – American Red Cross, 2001-Present  
 Advanced Cardiac Life Support (ACLS) – American Red Cross, 1999-2001

### **AWARDS AND HONORS**

- ◆ University of Memphis, Faudree (Provost) Professorship (2010-2013)
- ◆ University of Memphis, College of Education Excellence in Research Award (2009)
- ◆ Thomas W. Briggs Foundation Excellence in Teaching Award Nominee, 2007
- ◆ Technology Access Fee (TAF) Award, University of Memphis, \$5,985 (2004)
- ◆ UNCG Graduate Student Association Professional Development Award, \$200, (2001, 2002, 2003)
- ◆ UNCG Kate Barrett Professional Development Award, \$750: Analysis of 8-hydroxydeoxyguanosine in human serum (2003)
- ◆ UNCG Outstanding Graduate Teaching Assistant Award Nominee (2003)
- ◆ UNCG Kate Barrett Professional Development Award, \$200: SEACSM research presentation and conference attendance (2002)
- ◆ UNCG Summer Research Assistantship Award (2001, 2002)
- ◆ UNCG Pearl Berlin Graduate Student Writing Award, \$500: Left ventricular morphology in resistance-trained athletes: a review (2001)
- ◆ Outstanding Senior in Health and Wellness Award, Buffalo State College (1996)
- ◆ Honors Convocation Award for Academic Excellence, Buffalo State College (1995-1996)

### **HIGHER EDUCATION ADMINISTRATION EXPERIENCE**

August 2015-Present: *University of Memphis, Memphis, TN*

Director, School of Health Studies (Interim Director, August 2015-August 2016)

January 2012-July 2015: *University of Memphis, Memphis, TN*

Chair, Department of Health and Sport Sciences

### **Overview, Responsibilities, and Summary of Qualifications**

In August 2011, I assumed the role of Interim Chair of the Department of Health and Sport Sciences (HSS). I applied for and was offered the permanent Chair position in the fall of 2011 and assumed the role in January 2012. I continued in this role until July 2015, when the Department of HSS was approved by TBR as The School of Health Studies. I served as Interim Director of the School from July 2015-August 2016 and began my role of Director in September 2016.

The primary responsibilities are noted below:

- Maintenance of accreditation standards and relevant procedures
- Student enrollment and program growth
- Student retention and graduation
- Establishing new academic programs (undergraduate, graduate, graduate certificate)
- Recruitment and hiring of full time faculty
- Salary and start-up package negotiations with new faculty
- Hiring of adjunct faculty (including e-contracts)
- Recruitment and hiring of full time staff
- Hiring of graduate assistants (including e-contracts and MOUs)
- Allocation of travel funding
- Oversight of all purchasing (e.g., supplies, equipment)
- Management of all budgets (e.g., operation, revenue, grants)
- Oversight of course schedule

- Oversight of faculty workload
- Annual evaluations for faculty and staff
- Oversight of all tenure and promotion procedures
- Creation and editing of policy and procedure documents
- Website creation and revisions
- Oversight of the Physical Activity Program (generating net revenue over \$1,000,000 annually)
- Growth of research programs and facilities, including interdisciplinary research
- Fundraising and outreach activities
- Seeking external research funding
- Development of partnerships with outside organizations (e.g., schools, healthcare agencies)
- Performance of research activities (including presenting and publishing findings)
- Building (Fieldhouse) and laboratory renovations and maintenance

Briefly, since 2011, I have been involved in a wide variety of administrative tasks at the department, college, and university level. I am familiar with the various software programs used at the university, including Banner, Tigerbuy, E-contracts, and WorkForum.

I have been chiefly responsible for multiple renovation projects in the Roane Fieldhouse since 2011, including the main office suite, the conference room, a locker room and shower facility, a new teaching lab, a new exercise teaching facility, three new activity rooms, a new Graduate Assistant (GA) office suite, a new Biochemistry and Molecular Biology Lab, and a new neonatal research lab (The School of Health Studies Basic Research Lab). In the summer of 2016, two additional labs were completely renovated and are now home to the newly created centers: *The Center for Nutraceutical and Dietary Supplement Research* and the *Sport Performance and Health Consulting Center*.

Related to the research laboratories, many changes have been made and these facilities are far better today than ever in the past. In fact, they meet or exceed the facilities of most competitive programs across the country. I have coordinated the purchase of multiple pieces of lab equipment, making our facilities extremely well-equipped. More importantly, I have worked to hire excellent scientists and educators who can use the facilities to produce high quality research which can aid human health and provide education to our students. In fact, with the assistance of various search committees, I have hired 15 faculty and eight staff members since 2011.

I handle all items related to budget oversight, including purchases supplies and equipment, management of the GA budget, management of the travel budget, and oversight of all grant accounts. I work closely with accounting and grants accounting in an effort to maintain appropriate spending. From a fiscal perspective, we are in excellent shape and have more discretionary funds today than at any time in the past. I work with our Academic Services Coordinator to review the courses schedule each term, while working with faculty to determine appropriate workloads. I perform annual evaluations for all faculty members, including individual meetings with each faculty member following my review of their submitted materials.

I have worked to develop three new programs of study which were approved by TBR (*Healthcare Leadership, Nutrition Science, Environmental Nutrition*), all of which are now doing well. The above has helped to grow student enrollment, which has increased by 53% at the undergraduate level under my leadership beginning in 2011. Our recently approved *Health Sciences* undergraduate program should lead to continued growth. Moreover, I have worked with staff at the Church Health Center to develop a graduate certificate program in *Faith and Health*, which began in fall 2016. Finally, I

developed a new graduate certificate program in *Sports Nutrition and Dietary Supplementation*, which will begin in fall 2017.

In an effort to enhance recruitment, I have worked to significantly revise our websites. Moreover, we hired a full time recruiter in fall 2016. To aid faculty, I have created or revised a variety of key documents pertaining to faculty life (e.g., faculty handbook, annual evaluation rubric, tenure and promotion policy, workload policy, internal grant program, School of Health Studies Constitution). Finally, I work with our Activity Program Director to grow offerings in our physical activity elective program—a program that offers a wide variety of physical activity courses for credit and generates significant revenue for the university.

It should be noted that I have accomplished the above while maintaining a very active research agenda. In fact, I have been able to secure well over \$1,000,000 in external funding while acting as Chair or Interim Director from 2011-2015, while publishing more than 50 peer-reviewed manuscripts and book chapters during that time, as well as one book. Additional grant support and publications are ongoing. Both grants and publications are noted later on this CV.

### **HIGHER EDUCATION TEACHING/RESEARCH EXPERIENCE**

August 2015-Present: *University of Memphis, Memphis, TN*

Director, School of Health Studies (Interim Director, August 2015-August 2016)

Director, Cardiorespiratory/Metabolic Laboratory

The School of Health Studies

January 2012-July 2015: *University of Memphis, Memphis, TN*

Chair

Professor (effective August 2012)

Director, Cardiorespiratory/Metabolic Laboratory

Department of Health and Sport Sciences

August 2011-December 2011: *University of Memphis, Memphis, TN*

Interim Chair

Associate Professor

Director, Cardiorespiratory/Metabolic Laboratory

Department of Health and Sport Sciences

August 2010-July 2013: *University of Memphis, Memphis, TN*

Faudree (Provost) Professorship

August 2009-July 2011: *University of Memphis, Memphis, TN*

Associate Professor (Granted early tenure and promotion)

Director, Cardiorespiratory/Metabolic Laboratory

Unit Coordinator, Exercise and Sport Science (2008-2011)

Department of Health and Sport Sciences

August 2004-July 2009: *University of Memphis, Memphis, TN*

Assistant Professor

Director, Cardiorespiratory/Metabolic Laboratory

Department of Health and Sport Sciences

August 2003-May 2004: *Wake Forest University, Winston Salem, NC*  
 Visiting Assistant Professor  
 Interim Co-Director, WFU Cardiac Rehabilitation Program  
 Department of Health and Exercise Science

January 2004-May 2004: *Winston-Salem State University, Winston Salem, NC*  
 Adjunct Faculty  
 Graduate Program in Physical Therapy

August 2000-August 2003: *University of North Carolina at Greensboro, Greensboro, NC*  
 Teaching Assistant  
 Department of Exercise & Sport Science

January 1999-July 2001: *Duke University Medical Center, Durham, NC*  
 Exercise Physiologist (Research)  
 Department of Psychiatry & Behavioral Sciences

November 1998-October 2000: *Medical Arts Massage School (NC Community College), Raleigh, NC*  
 Instructor

## **COURSES TAUGHT**

### Graduate

Nutraceuticals & Dietary Supplements for Health & Performance  
 Exercise Physiology: Cardiorespiratory/Metabolic  
 Graded Exercise Testing and ECG Interpretation  
 Cardiopulmonary Disease Management  
 Applied Human Physiology

### Undergraduate

Exercise Programming for Special Populations  
 Exercise Physiology II  
 Exercise Testing Techniques & Interpretation Lab  
 Senior Project in Health and Sport Sciences  
 Human Physiology

## **NUTRACEUTICAL & DIETARY SUPPLEMENT CONSULTING**

Since 1997 I have been involved in research collaborations with nutraceutical and dietary supplement manufacturers and companies in the market to sell finished products. I have been highly engaged in research with nutritional ingredients and finished products, and due to my continued involvement in this area of research, I have acted as a consultant to a variety of companies in the natural products arena. Work has included:

- Consultation service related to safety and efficacy of dietary ingredients and finished products
- White papers in support of dietary ingredients and finished products
- Product education services on dietary ingredients and finished products for technical personnel
- Consultation for both research study design and application of nutritional ingredients targeting use by human subjects for purposes of improving health and function (physical and cognitive)
- Expert witness testimony in the area of dietary supplementation safety and efficacy

## **HEALTH & FITNESS CONSULTING**

September 1995-2004: *Independent Exercise Specialist*

- Provide physical activity and nutritional lifestyle management consulting service, including needs assessment, program design, and program implementation

May 2001-August 2003: *Greensboro Country Club, Greensboro, NC*

- Designed and implemented rehabilitation, resistance, balance, and cardiopulmonary exercise programs for fitness clientele

August 2000-August 2003: *Center for Creative Leadership, Greensboro, NC*

- Assisted with fitness component for executive leadership programming

January 2001-February 2002: *ProAct Technologies Corporation*

- Contributed fitness and health related articles and answers for on-line Wellness Center

July 1998-December 1998: *Spa Health Clubs, Inc., Raleigh, NC*

- Developed and implemented group exercise, nutrition, and health promotion classes
- Managed staff of fitness instructors and personal trainers (September-December 1998)

June 1997-July 1998: *Cayuga Fitness Consultants, Ithaca, NY*

- Prescribed and implemented strength and conditioning programs
- Developed and delivered seminars on eating management and exercise program design

September 1994-January 1997: *Buffalo Athletic Clubs, Buffalo, NY*

- Managed staff of fitness instructors, personal trainers, and lifeguards
- Prescribed and implemented exercise programs
- Conducted nutritional counseling in conjunction with a Registered Dietitian

## **PROFESSIONAL ACTIVITIES**

Board Member of The University of Memphis Research Foundation, 2017-Present

Member of the Integrated Microscopy Center Steering Committee, 2015-Present

Academic Coach (Center for Academic Retention and Enrichment Services), 2015

Member of the American College of Sports Medicine, 1995-2015

Member of the National Strength and Conditioning Association, 1996-2016

Member of the Enrollment Management Planning Group Committee, 2014-2015

Member of the Retention and Degree Completion Planning Group Committee, 2014-2015

Member of faculty/chair search committees, University of Memphis, 2007-2011

Member of the Tenure & Promotion Committee, COE, University of Memphis, 2009-2011 (Dean appointed 2010-2011)

Member of the Health and Sport Science Academic Council, 2008-2010

Interviewer for College of Education Teacher Education Program, 2005-Present

Organizer of College of Education Assessment System for EXSS Undergraduate Program, 2006

Certification Director for American College of Sports Medicine University Connection Program (Undergraduate Program in Exercise and Sport Science), 2005-2010

Laboratory Safety Officer, Dept. Health and Sport Sciences, University of Memphis, 2005-2011

Member of the Health and Sport Science Undergraduate Curriculum Council, 2004-2011

Member of the American Nutraceutical Association, 2006-2008

College of Education Futures Planning Council Aspiration Team #8 Liaison, 2006-2007

Facilitator for West Tennessee Science Olympiad (Science of Fitness), 2005-2007

Member of the UNCG Provost's Student Advisory Committee, 2001-2003  
 Department Representative—UNCG Graduate Student Association, 2001-2003  
 Member of the UNCG Graduate Student Colloquium Organizational Committee, 2002-2003  
 Member of the MyDailyHealth.com Medical Advisory Board, 2001-2002  
 Member of the Duke Center for Living Research Committee, 1999-2001  
 Examiner—American College of Sports Medicine's Health/Fitness Instructor Workshop, 1999

### **MANUSCRIPT REVIEWER**

Drug Testing and Analysis, 2014-Present  
 Nitric Oxide, 2014-Present  
 Oxidative Medicine and Cellular Longevity, 2012-Present  
 PLoS ONE, 2011-Present  
 Atherosclerosis, 2011-Present  
 Diabetic Medicine, 2010-Present  
 American Journal of Physiology: Heart and Circulatory Physiology, 2010-Present  
 Central European Journal of Biology, 2010-Present  
 Prostaglandins, Leukotrienes & Essential Fatty Acids, 2010-Present  
 Journal of Sport Sciences, 2009-Present  
 Cell Biology and Toxicology, 2009-Present  
 Comparative Exercise Physiology, 2009-Present  
 Cell Biochemistry and Function, 2009-Present  
 Free Radical Research, 2009-Present  
 Nicotine and Tobacco Research, 2008-Present  
 British Journal of Nutrition, 2008-Present  
 Molecular and Cellular Biochemistry, 2007-Present  
 Journal of the International Society of Sports Nutrition, 2007-Present  
 International Journal of Sports Physiology and Performance, 2007-Present  
 Federation of American Societies for Experimental Biology (FASEB) Journal, 2006-Present  
 Cell Biology International, 2006-Present  
 Applied Physiology, Nutrition and Metabolism/Canadian Journal of Applied Physiology, 2005-Present  
 Journal of Applied Physiology, 2006-Present  
 International Journal of Sports Medicine, 2006-Present  
 Sports Medicine, 2005-Present  
 Journal of Biosciences, 2005-Present  
 Medicine and Science in Sports and Exercise, 2005-Present  
 International Journal of Sport Nutrition & Exercise Metabolism, 2004-Present  
 Strength and Conditioning Journal, 2004-Present  
 Journal of Strength and Conditioning Research, 2004-Present (*Associate Editor*)  
 National Strength and Conditioning Association, 2007-Present (*Grant Reviewer*)

### **INVITED INTERVIEWS**

- ◆ Health effects of fasting; All Sides with Ann Fisher, WOSU 89.7 NPR News, Columbus (2015)
- ◆ Health effects of capsaicinoid use; iHealthTube.com (2013)
- ◆ The Daniel Cure; Clemens Report, IRN/USA Radio Network (National Syndicated Radio), October 14, 2013
- ◆ The Daniel Cure; Connecting Faith, Faith Radio Network (Northwest market), October 25, 2013
- ◆ Impact of fasting on human health and longevity; All Sides with Ann Fisher, WOSU 89.7 NPR News, Columbus Ohio (2013)
- ◆ Health benefits of fasting; Canadian Medical Association Journal (2013)

- ◆ Spiritual and health benefits of physical exercise; Hope Church (2013)
- ◆ The spiritual and health benefits of the Daniel Fast; MidSouth Viewpoint—Bott Radio Network AM 640 (2011)
- ◆ High performance nutrition for athletes: An update on the role of GPLC and nitric oxide; Whole Foods Magazine ([www.drpasswater.com](http://www.drpasswater.com)) (2010)
- ◆ Impact of the Daniel Fast on cardiovascular risk factors and human health; Wellness Hour, KFGO Radio, Fargo, ND (2009)
- ◆ Dietary supplements for physical health and performance; The Performance Nutrition Show ([www.performancenutritionshow.com](http://www.performancenutritionshow.com)) (2009)
- ◆ Caloric expenditure and capsaicinoids; Swanson Health Products/Swanson Vitamins (2009)
- ◆ Exercise Physiology and the use of nutritional supplements; iHealthTube.com (2009)
- ◆ Effect of the lipolytic agent Meltdown<sup>®</sup> on metabolic rate and fat mobilization; Arnold Sports Festival—VPX live webcast (2009)
- ◆ Nitric oxide and health implications; The Wide World of Health, KSTE 650, San Diego, CA (2008)
- ◆ Nutritional supplements for health and performance; The Performance Nutrition Show ([www.performancenutritionshow.com](http://www.performancenutritionshow.com)) (2008)
- ◆ Nutritional supplements for health; The Wide World of Health, KSTE 650, San Diego, CA (2008)
- ◆ High performance nutrition for athletes: The role of carnitine and GPLC; Whole Foods Magazine ([www.drpasswater.com](http://www.drpasswater.com)) (2008)
- ◆ Dietary carnitine as an antioxidant and vasodilating agent; Forever Young Radio, KCBQ 1170, San Diego, CA (2008)
- ◆ Antioxidants and nutritional supplements in older adults; Healthline, WLVI 1040, Miami, FL (2007)
- ◆ Investigative Report: L-carnitine; Swanson Health Products/Swanson Vitamins (2007)
- ◆ Weight loss drugs and health related issues; Action News 5, Memphis, TN (2007)
- ◆ Health effects of Glycine Propionyl-L-Carnitine and other antioxidant nutrients; Let's Talk Nutrition, WHNZ 1250, Tampa Bay, FL (2007)
- ◆ Exercise-induced oxidative stress—Antioxidant comparison; Experts Speak Interviews—Clinical Pearls Database ([www.Vitasearch.com](http://www.Vitasearch.com)), (2006)
- ◆ Antioxidants in Health and Disease; Let's Talk Nutrition, WHNZ 1250, Tampa Bay, FL (2006)
- ◆ Antioxidant health: The role of selected nutrients; Conscious Talk, 1150 AM, Seattle, WA (2006)
- ◆ Dietary carnitine as an antioxidant nutrient; Healthline, WLVI 1040, Miami, FL (2006)
- ◆ Antioxidants and cardiovascular disease; To your Health, WGUN 1010, Atlanta, GA (2005)
- ◆ Antioxidant therapy and oxidative stress; Radio Interview, Las Vegas, NV (2005)
- ◆ Carnitine in health and performance; Road to Health, WRAK 1400, Williamsport, PA (2005)
- ◆ The role of antioxidant therapy in health promotion; Healthline, WLVI 1040, Miami, FL (2005)
- ◆ Oxidative stress, health and disease; To your Health, WGUN 1010, Atlanta, GA (2005)
- ◆ Beneficial effects of chronic exercise; North Carolina Now (UNC TV) (2000)

## **INVITED LECTURES**

- ◆ Dietary supplementation in runners. University of Memphis, Sport Performance and Health Consulting Center seminar series (2017)
- ◆ Dietary strategies and nutraceutical use to promote cardio-metabolic health. Baptist Memorial Healthcare: Grand Rounds; Memphis, TN (2016)
- ◆ Nutritional and dietary supplementation strategies to improve sport performance and recovery. Briarcrest Christian School, Germantown, TN (2016)
- ◆ An Overview of Dietary Supplementation. University of Memphis (Dietetics Unit) (2016)



- ◆ Impact of Caloric and Dietary Restriction Regimens on Markers of Health and Longevity in Humans and Animals. American Society of Hypertension, New York, NY (2016)
- ◆ The influence of nutrient intake on variables related to cardio-metabolic health. University of Memphis, Department of Biology (2015)
- ◆ Dietary Intake and Nutritional Supplementation in Human Health and Performance. University of Memphis, Department of Health and Sport Sciences (2014)
- ◆ Alternative Funding Sources for Biomedical/Biological Research. University of Memphis, Department of Biology (2013)
- ◆ Update and Emerging Science on the Untapped Potential of Capsicum and Capsaicinoids. Supply Side West, Las Vegas, NV (2013)
- ◆ Methylsulfonylmethane to Combat Oxidative Stress: Emerging Science and Future Directions. VitaFoods Europe, Geneva Switzerland (2013)
- ◆ Oxidative Stress Induced via Exercise and Feeding: Implications for Human Health. University of Alabama Birmingham, Nutrition Obesity Research Center (2013)
- ◆ Antioxidant use by active individuals: Rationale, benefits, and potential consequences. International Society of Sports Nutrition Annual Meeting, Clearwater Beach, FL (2012)
- ◆ Considering the FDA's position regarding antioxidants and novel compounds: A look at methylsulfonylmethane (MSM) and potential applications. Nutracon, Anaheim, CA (2012)
- ◆ Exercise- and Feeding-Induced Oxidative Stress: Implications for Human Health. University of Memphis—Biomedical Engineering Lecture Series (2012)
- ◆ Pre-Workout Dietary Supplements: Formulation, rationale for use, and efficacy. International Society of Sports Nutrition Annual Meeting, Clearwater Beach, FL (2010)
- ◆ Efficacy of exercise & nutraceuticals in impacting human health. University of Memphis—Graduate Program in Nutrition (2009, 2010 2011, 2014)
- ◆ Exercise is Medicine. University of Memphis—Undergraduate Program in Nutrition (2011)
- ◆ The Role of Exercise, Dietary Intake, and Nutritional Supplementation in Human Health and Performance. The Vue, Memphis, TN (2010)
- ◆ GlycoCarn: Powerful Dietary Supplement for the Support of Healthy Blood Flow. Natural Products Expo West, Anaheim, CA (2010)
- ◆ Metabolic and cardiovascular effects of exercise & nutraceuticals. University of Memphis—Graduate Program in Nutrition (2009)
- ◆ Potential benefits of supplemental carnitine in relation to exercise. International Society of Sports Nutrition Annual Meeting, New Orleans, LA (2009)
- ◆ The Role of Exercise & Nutraceuticals in Human Health and Performance. University of TN Health Science Center, Division of Cardiovascular Diseases—Cardiology Grand Rounds (2009)
- ◆ The Untapped Potential of Hot Red Pepper Extract; Supply Side East, Secaucus, NJ (2009)
- ◆ Nutraceuticals for Human Health and Performance. Memphis District Dietetics Association (2009)
- ◆ General Guidelines to Nutrient Intake for Optimal Health and Performance; University of Memphis Air Force ROTC (2009)
- ◆ Nitric Oxide Dietary Supplements for Sports; Arnold Sports Festival, Columbus, OH (2009)
- ◆ Attenuating postprandial oxidative stress in pre-diabetics: Potential nutritional aspects of acetyl-L-carnitine arginate DiHcl, USP (ArginoCarn®) for metabolic disorders; Nutraceuticals World Webinar ([www.nutraceuticalsworld.com](http://www.nutraceuticalsworld.com)), Access by Invitation (2009)
- ◆ Nutritional supplements as protective agents against exercise-induced muscle injury; University of Memphis (2008)
- ◆ Nitric oxide stimulating supplements: hype or effect? International Society of Sports Nutrition Annual Meeting, Las Vegas, NV (2008)

- ◆ Exercise testing for performance assessment; Memphis Velo Cycling Club (2008)
- ◆ Attenuating postprandial oxidative stress: Potential influence of exercise and nutritional supplementation; Natural Products Expo East, Baltimore, MD (2007)
- ◆ Glycine Propionyl-L-Carnitine: Health and Cardiovascular Dietary Support; Natural Products Expo West, Anaheim, CA (2007)
- ◆ Cardiovascular health and fitness through carnitine supplementation: Human clinical research; Nutraceuticals World Webinar (www.nutraceuticalsworld.com), Access by Invitation (2006)
- ◆ Glycine Propionyl-L-Carnitine Hydrochloride: Health and Cardiovascular Fitness Dietary Support; Natural Products Expo East, Baltimore, MD (2006)
- ◆ Can nutritional supplements protect against resistance exercise-induced skeletal muscle injury? National Strength and Conditioning Association Annual Meeting (2005)
- ◆ Ester Carnitine™ (GPLC), An AminoCarnitine™ for Health and Athletic Performance: Rationale and Clinical Research; Natural Products Expo East, Washington, DC (2005)
- ◆ Carnitine Renaissance: Ester Carnitine™ (GPLC), An AminoCarnitine™ for Health and Athletic Performance; Natural Products Expo West, Anaheim, CA (2005)
- ◆ Dietary supplementation and anabolic steroid use among athletes; The University of Memphis Campus School (2005)
- ◆ The role of nutritional supplements in the attenuation of resistance exercise-induced skeletal muscle injury. Southeastern American College of Sports Medicine Annual Meeting, Atlanta, GA (2004)
- ◆ Exercise-induced oxidative stress; University of Mississippi (2004)
- ◆ Exercise Science Research: Topics and Methodology; UNCG (2002)
- ◆ The use of dietary supplementation—Rationale, pros and cons; UNCG (2001, 2002)
- ◆ Dietary supplementation, hydration, and athletic performance; Randolph County Hospital (2002)
- ◆ Left ventricular hypertrophy and resistance training; UNCG (2001)
- ◆ Health benefits of regular exercise in men; UNCG Men's Health Week (2001)

**EXTRAMURAL RESEARCH GRANTS: FUNDED**

Association of Public and Land-Grant Universities: American Collaborative Opportunity Grant  
Enhancing Accessibility, Affordability, and Attainment in Health Care Education through Reinventing  
Curriculum Delivery

Co-Investigator (PI: Richard Irwin)

\$50,000

2017

Bergstrom Nutrition

Impact of dosage and timecourse of MSM treatment on serum MSM in men

Principal Investigator

\$37,208

2016-2017

Compound Solutions, Inc.

Effects of a single dose of TeaCrine®, caffeine, or their combination on subjective feelings of energy,  
fatigue, mood, and cognitive performance in men and women

Principal Investigator

\$72,054

2016

**Bergstrom Nutrition**

Incorporation of sulfur from MSM into rodent tissue

Co-Investigator (PI: Randy Buddington)

\$68,208

2016

**IN-Ingredients**

Impact of CLOCK on sleep, well-being, and associated variables in men and women

Principal Investigator

\$56,906

2016

**Compound Solutions, Inc.**

Pharmacokinetic profile of theacrine in healthy men and women

Principal Investigator

\$123,115

2016

**IN-Ingredients**

Herbal agents to impact libido and testosterone in women

Principal Investigator

\$10,147

2015

**IN-Ingredients**

Botanical agents and sleep quality

Principal Investigator

\$39,175

2015

**Formulife, Inc.**

Impact of TheaTrim on subjective and objective measures of energy and focus in men and women

Principal Investigator

\$10,118

2015

**SmarTek International LLC**

Impact of Veen on plasma nitrate/nitrite and blood pressure in sedentary and active normotensive men

Principal Investigator

\$36,796

2015

**Research Development Innovations**

Effect of a dietary supplement on total testosterone

Principal Investigator

\$49,561

2014-2015

**Bergstrom Nutrition**

Effects of methylsulfonylmethane supplementation on oxidative stress, inflammation, and functional and athletic measures of performance following eccentric exercise

Principal Investigator

\$102,164

2014

**SmarTek International LLC**

Effect of a botanical agent on serum and salivary free testosterone in healthy men

Principal Investigator

\$70,517

2014

**Formulife, Inc.**

Impact of a DAA and nitrate containing dietary supplement on physical performance, blood testosterone and blood nitrate/nitrite

Principal Investigator

\$25,379

2013-2014

**USP Labs**

Safety profile of chronic oral use of higenamine and caffeine

Principal Investigator

\$92,298

2013-2014

**USP Labs**

Lipolytic effect of a higenamine + caffeine + yohimbe

Principal Investigator

\$31,036

2013

**Bergstrom Nutrition**

Impact of methylsulfonylmethane on postprandial oxidative stress and inflammation

Principal Investigator

\$39,531

2013

**Purity Products**

Investigational dietary ingredients, serum hormones and strength/endurance in men

Principal Investigator

\$34,005

2012

**USP Labs**

Safety profile of chronic oral use of 1,3-dimethylamylamine

Principal Investigator

\$128,860

2012-2013

Life Extension Clinical Research Inc.

Evaluation of vascular biomarkers

Principal Investigator

\$13,536

2012

Purity Products

Bioavailability of enhanced omega-3 fatty acids

Principal Investigator

\$49,350

2012

Miami Research Associates

Analysis of antioxidant status and inflammation in human blood

Principal Investigator

\$23,147

2011-2012

Miami Research Associates

Analysis of adipokines in human blood

Principal Investigator

\$6,300

2011-2012

USP Labs

Evaluation of dietary supplements: efficacy and clinical safety

Principal Investigator

\$225,600

2011-2012

Miami Research Associates

Analysis of oxidative stress biomarkers in human blood

Principal Investigator

\$8,800

2011

Sinatra Thoroughbred Racing and Breeding

Impact of nutrient intervention on lipid peroxidation in race horses (*blood sample analysis only*)

Principal Investigator

\$8,813

2011

Advanced Oral Technologies

The acute effect of eNoxide Gel on blood nitrate/nitrite and exercise performance

Principal Investigator

\$36,731

2011

Kaneka Nutrients, L.P.

The effect of CoQ10 on oxidative stress and physical performance

Principal Investigator

\$69,819

2011-2012

USP Labs

Efficacy and safety of performance and weight loss dietary supplements

Principal Investigator

\$132,860

2010-2011

Danisco

The effect of betaine intake on blood nitrate/nitrite and exercise performance

Principal Investigator

\$16,004

2010

Kaneka Nutrients, L.P.

Effect of a licorice derived flavonoid on anthropometric and blood biomarkers of human health

Principal Investigator

\$85,974

2010

Sigma-Tau HealthScience, Inc.

Comparison of Glycine Propionyl-L-Carnitine and pre-workout nitric oxide stimulating supplements

Principal Investigator

\$66,868

2009-2010

OmniActive Health Technologies

Acute effects of capsaicin on metabolic rate, sympathetic nervous system activity, and lipolysis

Principal Investigator

\$50,827

2009-2010

Mannatech, Inc.

Effect of Ambrotose AO® on resting and exercise-induced antioxidant capacity and oxidative stress

Principal Investigator

\$118,662

2009-2010

OceanSpray, Inc.

The influence of cranberry powder on systemic immune functions, urinary and systemic biomarkers of health and fecal characteristics

Co-Investigator (Principal Investigator: Randy Buddington)

\$240,207 (R. Bloomer: \$24,675)

2009-2010

**Champion Nutrition**

Effect of a pre-workout dietary supplement on resistance exercise performance and biochemical parameters

Principal Investigator

\$31,482

2008-2009

**Vital Pharmaceuticals**

Effect of a lipolytic agent on anthropometric and biochemical parameters

Principal Investigator

\$62,909

2008-2009

**Sigma-Tau HealthScience, Inc.**

Effect of acetyl L-carnitine arginate and aerobic exercise on postprandial oxidative stress in pre-diabetics

Principal Investigator

\$66,774

2007-2009

**Minami Nutrition**

Effect of EPA/DHA on inflammation and biomarkers of oxidative and systemic stress before and following exercise

Principal Investigator

\$82,611

2007-2009

**Sigma-Tau HealthScience, Inc.**

Effect of oral Glycine Propionyl-L-Carnitine intake on nitric oxide and oxidative stress in response to reactive hyperemia

Principal Investigator

\$33,950

2007-2008

**National Institutes of Health (NHLBI)**

Effect of smoking cessation with and without exercise on oxidative stress (R01 HL068569-03S1)

Co-Principal Investigator (with Kenneth Ward)

\$279,000

2006-2008

**Sigma-Tau HealthScience, Inc. & Jarrow Formulas**

Effects of Glycine Propionyl-L-Carnitine and aerobic exercise on exercise performance and associated parameters

Principal Investigator

\$89,492

2005-2007

Jarrow Formulas

Effect of antioxidant therapy and prior eccentric exercise on muscle injury and oxidative stress

Principal Investigator

\$6,650

2005-2006

National Safety Associates

Effects of antioxidant supplementation on oxidative stress parameters following aerobic exercise in well-trained humans

Principal Investigator

\$86,595

2003-2004

National Strength and Conditioning Association (Graduate Student Research Grant)

Effects of aerobic and anaerobic exercise on markers of oxidative stress in the blood

Principal Investigator

\$2,447

2003-2004

Experimental and Applied Sciences, Inc.

Post-exercise feeding effect on endocrine function

Principal Investigator

\$13,500

1997-1998

**INTRAMURAL RESEARCH GRANTS: FUNDED**

University of Memphis (Health Research Award)

Effect of exercise on postprandial oxidative stress in pre-diabetics

Principal Investigator

\$5,000

2008

University of Memphis (Faculty Research Grant)

Oxidative stress response to acute exercise in cigarette smokers

Principal Investigator

\$6,465

2005-2006

University of North Carolina at Greensboro (Susan Stout Graduate Student Research Grant)

Effects of aerobic and anaerobic exercise on markers of oxidative stress in the blood

Principal Investigator

\$800

2003

**EXTRAMURAL RESEARCH GRANTS: NOT FUNDED**

National Institutes of Health; PREP use, oxidative stress, and associated biomarkers

Principal Investigator

\$1,336,645

Priority score: 196

2009



American Heart Association

Effect of acute and chronic exercise on postprandial lipemia and oxidative stress in cigarette smokers

Principal Investigator

\$131,948

2008

National Institutes of Health; Oxidative stress response to physical work in cigarette smokers and nonsmokers

Principal Investigator

\$595,418 (Unscored)

2006

National Institutes of Health

Environmental tobacco smoke exposure, physical work, and oxidative stress

Principal Investigator

\$134,109 (Unscored)

2006

## PUBLICATIONS

### Peer Reviewed Manuscripts: In Press or Published

1. Melcher DA, Lee SR, Peel SA, Paquette MR, & **Bloomer RJ**. Effects of MSM supplementation on oxidative stress, muscle soreness, and performance variables following eccentric exercise. *Gazzetta Medica Italiana - Archivio per le Scienze Mediche*. In Press.
2. Leelarungrayub J, Pinkaew D, Klaphajone J, Eungpinichpong W, & Bloomer RJ. Effects of L-carnitine supplementation on metabolic utilization of oxygen and lipid profile among trained and untrained humans. *Asian Journal of Sports Medicine*. In Press.
3. Melcher D, Paquette MR, Schilling BK, & **Bloomer RJ**. Joint stiffness and running economy during imposed forefoot strike before and after a long run. *Journal of Sports Sciences*. In Press.
4. **Bloomer RJ**, & Yates CR. Dietary supplement usage: Better science equals better outcomes. *Jacobs Journal of Food and Nutrition*. In Press.
5. Paquette MR, Peel SA, Schilling BK, Melcher DA, & **Bloomer RJ**. Soreness-related changes in three-dimensional running biomechanics following eccentric quadriceps exercise. *European Journal of Sport Science*. In Press.
6. Moran RG, VonSchulze AT, & **Bloomer RJ**. Impact of an herbal dietary supplement containing *Spilanthes acmella* and *Orchis latifolia* on testosterone in young men: A pilot study. *Journal of Biology and Life Science*. 8(1): 28-41, 2016.
7. van der Merwe M, & **Bloomer RJ**. The influence of methylsulfonylmethane on inflammation-associated cytokine release before and following strenuous exercise. *Journal of Sports Medicine*. Volume 2016, Article ID 7498359: 1-9, 2016.
8. **Bloomer RJ**, MacDonnchadh JJ, Moran RG, Timmcke JQ, & Qin B. Impact of a dietary supplement containing Rosemary and Daylily on biochemical markers of cognitive health, sleep quality and related variables in men and women with insomnia. *Health*. 8: 1307-1322, 2016.
9. Crone LB, Beatty E, Moran RG, Butawan M, & **Bloomer RJ**. Impact of meal ingestion rate and caffeine co-ingestion on postprandial lipemia and oxidative stress following high-fat meal consumption. *Journal of Caffeine Research*. 6(3): 108-116, 2016
10. Daniels JL, **Bloomer RJ**, van der Merwe M, Davis SL, Buddington KK, & Buddington R. Intestinal adaptations to a combination of different diets with and without endurance exercise. *Journal of the International Society of Sports Nutrition*. 13:35, 2016.

11. **Bloomer RJ**, & Butawan M. The use of dietary and caloric restriction models for improved cardio-metabolic health. *Jacobs Journal of Food and Nutrition*. 3(2), 026, 1-9, 2016.
12. Leelarungrayub J, Yankai A, Pinkaew D, Puntumetakul R, Laskin JJ, & **Bloomer RJ**. A preliminary study on effects of star fruit consumption on antioxidant and lipid status in Thai elderly individuals. *Clinical Interventions in Aging*. 11, 1183-1192, 2016.
13. **Bloomer RJ**. Nitric Oxide in Health and Physical Performance: Considering the molecule 2 nitrooxy ethyl 2 amino 3 methylbutanoate. *Journal of Biology and Life Science*. 7(2): 1-13, 2016.
14. Chester S, Zucker-Levin A, Melcher DA, Peel SA, **Bloomer RJ**, & Paquette MR. Lower limb kinematics and metabolic cost during elliptical exercises and treadmill running. *J Appl Biomech*. 32(2): 113-119, 2016.
15. **Bloomer RJ**, Moran R, MacDonnchadh J, Lee SR, & Farber M. Impact of 2-nitrooxy-ethyl-2-amino-3-methylbutanoate on blood pressure and plasma nitrate/nitrite following acute exercise in normotensive men. *Medical Research Archives*. 3(6), 1-13, 2016.
16. **Bloomer RJ**, MacDonnchadh J, Gunnels TA, & Schriefer JM. The influence of a passion flower extract on free testosterone in healthy men: a two part investigation involving younger and older men. *Integrative Molecular Medicine*. 3(2): 542-546, 2016.
17. **Bloomer RJ**, Peel SA, Moran RG, & MacDonnchadh JJ. Blood glucose and insulin response to artificially- and sugar-sweetened sodas in healthy men. *Integrated Food, Nutrition and Metabolism*. 3(1): 268-272, 2016.
18. Rodgers LJ, Schriefer JM, Gunnels TA, & **Bloomer RJ**. Impact of a multi-component dietary supplement on blood testosterone, nitrate/nitrite and physical performance in resistance-trained men. *British Journal of Medicine and Medical Research*. 11(1): 1-11, 2016.
19. Leelarungrayub J, Laskin JJ, & **Bloomer RJ**. Consumption of Star Fruit Juice on Pro-inflammatory Markers and Walking Distance in the Community Dwelling Elderly. *Archives of Gerontology and Geriatrics*. 64: 6-12, 2016.
20. Kuhman DJ, Joyner KJ, & **Bloomer RJ**. Cognitive performance and subjective mood following ingestion of a theacrine-containing multi-ingredient dietary supplement, caffeine, or placebo by healthy young men and women. *Nutrients*. 7, 9618-9632, 2015.
21. **Bloomer RJ**, Majaj R, Moran R, & MacDonnchadh. Comparison of 5-Hour ENERGY and caffeine on cognitive performance in young men and women. *Journal of Caffeine Research*. 5(3): 130-139, 2015.
22. **Bloomer RJ**, Schriefer JM, & Gunnels TA. Clinical safety assessment of oral higenamine supplementation in healthy young men. *Human and Experimental Toxicology*. 34(10): 935-945, 2015.
23. **Bloomer RJ**. Influence of a 6-month modified or traditional Daniel Fast on measures of health in men and women. *Journal of Nutritional Biology*. 1(1): 22-32, 2015.
24. **Bloomer RJ**, Gunnels TA, & Schriefer JM. Comparison of a restricted and unrestricted vegan diet plan with a restricted omnivorous diet plan on health-specific measures. *Healthcare*. 3: 544-555, 2015.
25. **Bloomer RJ**, Melcher DA, & Benjamin R. Serum MSM concentrations following one month of MSM treatment in healthy men. *Clinical Pharmacology & Biopharmaceutics*. 4: 135, 2015.
26. **Bloomer RJ**, Gunnels TA, Moran RG, & Schriefer JM. Influence of a D-aspartic acid/sodium nitrate/ vitamin D<sub>3</sub> dietary supplement on physiological parameters in middle-aged men: A pilot study. *The Open Nutraceuticals Journal*. 8: 43-48, 2015.
27. **Bloomer RJ**, Harvey IC, Lee SR, & Stockton ML. Predicting postprandial oxidative stress using serum triglyceride data following oral fat tolerance testing. *British Journal of Medicine and Medical Research*. 5(12): 1514-1526, 2015.
28. **Bloomer RJ**. Considerations in the measurement of testosterone in saliva and serum using ELISA procedures. *British Journal of Medicine and Medical Research*. 5(1): 116-122, 2015.

29. Clements WT, Lee SR, & **Bloomer RJ**. Nitrate ingestion: A review of the health and physical performance effects. *Nutrients*. 6(11): 5224-5264, 2014.
30. **Bloomer RJ** & Toline AH. Participant compliance to a 6-month traditional and modified Daniel Fast. *Journal of Fasting and Health*. 2(3):1-6, 2014.
31. Canale RE, Farney TM, McCarthy CG, & **Bloomer RJ**. Influence of acute exercise of varying intensity and duration on postprandial oxidative stress. *European Journal of Applied Physiology*. 114 (9): 1913-1924, 2014.
32. Harvey IC, Lee SR, Gunnels TA, Schriefer JM, & **Bloomer RJ**. Absence of attenuation in oxidative stress response with repeated lipid-rich feedings. *Oxidants and Antioxidants in Medical Science*. 3(2), 83-90, 2014.
33. Fry AC, Kudrna RA, Falvo MJ, **Bloomer RJ**, Moore CA, Schilling BK, Weiss LW. Kansas Squat Test: A Reliable Indicator of Short-term Anaerobic Power. *Journal of Strength and Conditioning Research*. 28(3):630-5, 2014.
34. Gunnels TA, & **Bloomer RJ**. Increasing circulating testosterone: Impact of herbal dietary supplements. *Journal of Plant Biochemistry and Physiology*, 2: 130, 2014.
35. **Bloomer RJ**, & Farney TM. Acute plasma volume change with high intensity sprint exercise. *Journal of Strength and Conditioning Research*. 27(10): 2874-2878, 2013
36. **Bloomer RJ**, Farney TM, Harvey IC, & Alleman RJ Jr. Safety profile of caffeine and 1,3-dimethylamylamine supplementation in healthy men. *Human and Experimental Toxicology*. 32(11): 1126-1136, 2013.
37. **Bloomer RJ**, & Lee SR. Women experience lower postprandial oxidative stress compared to men. *SpringerPlus*. 2:553; October 22, 2013.
38. Schilling BK, Hammond KG, **Bloomer RJ**, Presley CS, & Yates CR. Pharmacokinetic and physiological effects of oral DMAA administration. *BMC Pharmacology and Toxicology*. 14:52; October 4, 2013.
39. Lee SR, Schriefer JM, Gunnels TA, Harvey IC, & **Bloomer RJ**. Acute oral intake of a higenamine-based dietary supplement increases circulating free fatty acids and energy expenditure in human subjects. *Lipids in Health and Disease*. 12:148; October 21, 2013.
40. **Bloomer RJ**, Farney TM, McCarthy CG, & Lee SR. *Cissus quadrangularis* reduces joint pain in exercise trained men: A pilot study. *The Physician and Sportsmedicine*. 41(3): 29-35, 2013.
41. **Bloomer RJ**, & Farney TM. Plasma glycerol during the acute post-exercise recovery period: Influence of exercise intensity. *Comparative Exercise Physiology*. 9(2): 103-108, 2013.
42. **Bloomer RJ**, Trepanowski JF, & Farney TM. Influence of acute coffee consumption on postprandial oxidative stress. *Nutrition and Metabolic Insights*. 6: 35-42, 2013.
43. Alleman RJ, Harvey IC, Farney TM, & **Bloomer RJ**. Both a traditional and modified Daniel Fast improve the cardio-metabolic profile in men and women. *Lipids in Health and Disease*. 12:114, July 27, 2013.
44. McCarthy CG, Farney TM, Canale RE, Dessoulavy ME, & **Bloomer RJ**. High fat feeding, but not strenuous exercise, increases blood oxidative stress in trained men. *Applied Physiology, Nutrition and Metabolism*. 38(1): 33-41, 2013.
45. Farney TM, McCarthy CG, Canale RE, Schilling BK, Whitehead PN, & **Bloomer RJ**. Absence of blood oxidative stress in trained men following strenuous exercise. *Medicine and Science in Sports and Exercise*. 44(10):1855-63, 2012.
46. Kalman DS, Feldman S, Scheinberg AR, Kreiger DR, & **Bloomer RJ**. Influence of methylsulfonylmethane on markers of exercise recovery and performance in healthy men: a pilot study. *Journal of the International Society of Sports Nutrition*. 9:46, September 26, 2012.
47. Block-Abraham DM, Ke RW, & **Bloomer RJ**. Impact of serum estradiol on biomarkers of oxidative stress in polycystic ovary syndrome and ovulatory women. *Clinical Medicine Insights: Women's Health*. 5 45-51, 2012.

48. **Bloomer RJ**, Canale RE, McCarthy CG, & Farney TM. Impact of oral ubiquinol on blood oxidative stress and exercise performance. *Oxidative Medicine and Cellular Longevity*. 2012: article ID 465020.
49. Trepanowski JF, Kabir MM, Alleman RJ Jr, & **Bloomer RJ**. A 21-day Daniel fast with or without krill oil supplementation improves anthropometric parameters and the cardiometabolic profile in men and women. *Nutrition and Metabolism*. 9(1):82, September 13, 2012.
50. Horohov DW, Sinatra ST, Chopra RK, Jankowitz S, & **Bloomer RJ**. The effect of exercise and nutritional supplementation on pro-inflammatory cytokine expression in young racehorses during training. *Journal of Equine Veterinary Science*. Online May 10, 2012.
51. McCarthy CG, Alleman RJ, Bell ZW, & **Bloomer RJ**. A dietary supplement containing *Chlorophytum borivilium* and Velvet bean improves sleep quality in men and women. *Integrative Medicine Insights*. 7: 7-14, 2012.
52. **Bloomer RJ**, Alleman RJ Jr., Cantrell GS, Farney TM, & Schilling BK. Effects of 2 nitrooxy ethyl 2 amino 3 methylbutanoate gel on resistance exercise performance and blood nitrate/nitrite in resistance-trained men. *Journal of Strength and Conditioning Research*. 26:6. 1680-1687, 2012.
53. **Bloomer RJ**, Trepanowski JF, Kabir MM, Alleman RJ Jr, & Dessoulavy ME. Impact of short-term dietary modification on postprandial oxidative stress. *Nutrition Journal*. 11:16, March 20, 2012.
54. Whitehead PN, Schilling BK, Farney TM, & **Bloomer RJ**. Impact of a dietary supplement containing 1,3-dimethylamylamine on blood pressure and bloodborne markers of health: a 10-week intervention study. *Nutrition and Metabolic Insights*. 5: 33-39, 2012.
55. Kalman DS, Feldman S, Krieger DR, & **Bloomer RJ**. Comparison of coconut water and a carbohydrate-electrolyte sport drink on measures of hydration and physical performance in exercise-trained men. *Journal of the International Society of Sport Nutrition*. 9:1, January 18, 2012.
56. Farney TM, McCarthy CG, Canale RE, & **Bloomer RJ**. Hemodynamic and hematologic profile of healthy adults ingesting dietary supplements containing 1,3-dimethylamylamine and caffeine. *Nutrition and Metabolic Insights*. 5: 1-12, 2012.
57. McCarthy CG, Canale RE, Alleman RJ Jr, **Bloomer RJ**. Biochemical and anthropometric effects of a weight loss dietary supplement in healthy men and women. *Nutrition and Metabolic Insights*. 5:13-22, 2012.
58. McCarthy CG, Farney TM, Canale RE, Alleman RJ, & **Bloomer RJ**. A finished dietary supplement stimulates lipolysis and metabolic rate in healthy men and women. *Nutrition and Metabolic Insights*. 5:23-31, 2012.
59. Trepanowski JF, Farney TM, McCarthy CG, Schilling BK, Craig SA, & **Bloomer RJ**. The effects of chronic betaine supplementation on exercise performance, skeletal muscle oxygen saturation, and associated biochemical parameters in resistance-trained men. *Journal of Strength and Conditioning Research*. 25(12): 3461-3471, 2011.
60. James JE, **Bloomer RJ**, Cox G, Davis JK, Desbrow B, & Graham T. Caffeine and physical performance: roundtable discussion. *Journal of Caffeine Research*. 1(3): 145-151, 2011.
61. **Bloomer RJ**, Harvey IC, Farney TM, Bell ZW, Canale RE. Hemodynamic effects of 1,3-dimethylamylamine and caffeine alone or in combination in healthy men and women. *The Physician and Sportsmedicine*. 39(3): 111-120, 2011.
62. Alleman RJ Jr, & **Bloomer RJ**. Hormonal response to lipid and carbohydrate meals during the acute postprandial period. *Journal of the International Society of Sport Nutrition*. 8:19, November 11, 2011.

63. **Bloomer RJ**, McCarthy CG, Farney TM, & Harvey IC. Effect of caffeine and 1,3-dimethylamylamine on exercise performance and blood markers of lipolysis and oxidative stress in trained men and women. *Journal of Caffeine Research*. 1(3): 169-177, 2011.
64. de Souza Junior TP, Willardson JM, Fleck SJ, de Salles BF, de Oliveira PR, Simão R, & **Bloomer RJ**. Strength and hypertrophy responses to constant and decreasing rest intervals in trained men using creatine supplementation. *Journal of the International Society of Sports Nutrition*. 8:17, October 27, 2011.
65. Trepanowski JF, Canale RE, Marshall KE, Kabir MM, & **Bloomer RJ**. Impact of caloric and dietary restriction regimens on markers of health and longevity in humans and animals: A summary of available findings. *Nutrition Journal*. 10:107, October 7, 2011.
66. Canale RE, Farney TM, McCarthy CG, & **Bloomer RJ**. A blend of Phellodendron and Crape Myrtle improves glucose tolerance in exercise-trained men. *Nutrition and Metabolic Insights*. 4: 39-47, 2011.
67. **Bloomer RJ**, Kabir MM, Trepanowski JF, Canale RE, & Farney TM. A 21 day Daniel Fast improves selected biomarkers of antioxidant status and oxidative stress in men and women. *Nutrition and Metabolism*. 8:17, March 18, 2011.
68. El Abed K, Rebai H, **Bloomer RJ**, Trabelsi K, Hakim A, Sahnoun Z, Masmoudi L, Zbidi A, & Tabka Z. Antioxidant status and oxidative stress at rest and in response to acute exercise in judokas and sedentary men. *Journal of Strength and Conditioning Research*. 25(9):2400-2409, 2011.
69. Alleman RJ Jr, Canale RE, McCarthy CG, & **Bloomer RJ**. A blend of Chlorophytum borivilianum and Velvet bean increases serum growth hormone in exercise-trained men. *Nutrition and Metabolic Insights*. 4: 55-63, 2011.
70. Leelarungrayub D, Ketsuwan N, Pothongsunun P, Klaphajone J, & **Bloomer RJ**. Effects of N-acetylcysteine on oxidative stress, interleukin-2, and running time in sedentary men. *Gazzetta Medica Italiana Archivio per le Scienze Mediche*. 170(4):239-50, 2011.
71. **Bloomer RJ**, Canale RE, & Pischel I. Effect of an aqueous Russian Tarragon extract on glucose tolerance in response to an oral dextrose load in non-diabetic men. *Nutrition and Dietary Supplements*. 3: 43-49, 2011.
72. Bell ZW, Canale RE, & **Bloomer RJ**. A dual investigation of the effect of dietary supplementation with licorice flavonoid oil on anthropometric and biochemical markers of health and adiposity. *Lipids in Health and Disease*. 10:29, February 10, 2011.
73. **Bloomer RJ**, Farney TM, Trepanowski JF, McCarthy CG, & Canale RE. Effect of betaine supplementation on plasma nitrate/nitrite in exercise-trained men. *Journal of the International Society of Sport Nutrition*. 8:5, March 18, 2011.
74. Leelarungrayub D, Saidee K, Pothongsunan P, & **Bloomer RJ**. Six weeks of aerobic dance exercise improves blood oxidative stress status and increases interleukin-2 in previously sedentary women. *Journal of Bodywork and Movement Therapies*. 15: 355-362, 2011.
75. Trepanowski JF, & **Bloomer RJ**. The impact of religious fasting on human health. *Nutrition Journal*. 9:57, November 22, 2010.
76. **Bloomer RJ**, Williams SA, Canale RE, Farney TM, & Kabir MM. Acute effect of nitric oxide supplement on blood nitrate/nitrite and hemodynamic variables in resistance trained men. *Journal of Strength and Conditioning Research*. 24(10): 2587-2592, 2010.
77. Fisher-Wellman KH, & **Bloomer RJ**. Exacerbated postprandial oxidative stress induced by a lipid meal compared to isoenergetically administered carbohydrate, protein and mixed meals. *Journal of the American College of Nutrition*. 29(4): 373-381, 2010.
78. **Bloomer RJ**, Canale RE, Blankenship MM, & Fisher-Wellman FH. Effect of Ambrotose AO® on resting and exercise-induced antioxidant capacity and oxidative stress in healthy adults. *Nutrition Journal*. 9:49, November 1, 2010.

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81. **Bloomer RJ**, Kabir MM, Canale RE, Trepanowski JF, Marshall KE, Farney TM, & Hammond KG. Effect of a 21 day Daniel Fast on metabolic and cardiovascular disease risk factors in men and women. *Lipids in Health and Disease*. 9:94, September 3, 2010.
82. Fisher-Wellman KH, & **Bloomer RJ**. Impact of vitamin C on exercise-induced oxidative stress and tissue injury. *International Journal of Medical and Biological Frontiers*. 16(5/6): 569-622, 2010.
83. **Bloomer RJ**, Kabir MM, Marshall KE, Canale RE, & Farney TM. Postprandial oxidative stress in response to dextrose and lipid meals of differing size. *Lipids in Health and Disease*. 9:79, July 27, 2010.
84. **Bloomer RJ**, Canale RE, Shastri S, & Suvarnapathki S. Effect of oral intake of capsaicinoid beadlets on catecholamine secretion and blood markers of lipolysis in healthy adults: A randomized, placebo controlled, double-blind, cross-over study. *Lipids in Health and Disease*. 9:72, July 15, 2010.
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89. **Bloomer RJ**, Fisher-Wellman KH, & Bell HK. The effect of long-term, high volume aerobic exercise training on postprandial lipemia and oxidative stress. *Physician and Sportsmedicine*. 38(1): 64-71, 2010.
90. **Bloomer RJ**. Nitric oxide supplements for sports. *Strength and Conditioning Journal*. 32(2): 14-20, 2010.
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102. Melton CE, Tucker PS, Fisher-Wellman KH, Bell HK, Schilling BK, & **Bloomer RJ**. Acute exercise does not attenuate postprandial oxidative stress in pre-diabetic women. *The Physician and Sportsmedicine*. 37(1): 27-36, 2009.
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**THESIS PROJECTS CHAIRED****Comparison of dietary and caloric restriction models on measures of insulin sensitivity in obese adults**

Jade Caldwell  
2018

**Comparison of dietary and caloric restriction models on measures of body composition, resting metabolic rate, and physical performance in obese adults**

Nick Smith  
2018

**Effects of Eurycoma longifolia and maca root on testosterone, libido, and mood in premenopausal women with hypoactive sexual desire disorder**

Ryan Moran  
2016

**Influence of plant- and animal-based diets on testosterone and lean body mass in male rats**

Damien Moore  
2016

**D-aspartic acid as a nutritional aid to increase serum testosterone**

Logan Rodgers  
2014

**Influence of dietary modification with and without exercise on physical performance in male rats**

JohnHenry Schriefer  
2014

**Influence of dietary restriction with and without exercise on markers of inflammation in male rats**

Trint Gunnels  
2014

**The role of high-fat feeding on the up-regulation in antioxidant enzymes: A potential repeated bout effect of high-fat meal ingestion**

Innocence Harvey  
2013

**Comparison of a traditional and modified Daniel Fast on blood lipids, lipid peroxidation, and inflammation**

Rick Alleman  
2012

**Effect of a 21 day Daniel Fast with and without krill oil on blood lipids and lipid peroxidation**

John Trepanowski  
2011

**Impact of intensity on exercise-induced oxidative stress**

Tyler Farney

2011

**Influence of acute exercise on postprandial lipemia, glycemia, and oxidative stress**

Robert Canale

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**Comparative analysis of the magnitude of oxidative stress following acute high fat feeding and acute strenuous exercise**

Cameron McCarthy

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**Effect of menstrual cycle phase on postprandial oxidative stress**

Heather Bell

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**Effect of macronutrient type on postprandial oxidative stress**

Kelsey Fisher-Wellman

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**Effect of an acute bout of exercise on postprandial oxidative stress in pre-diabetics**

Courtnee Melton

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**The effects of exercise training on postprandial oxidative stress in those with pre-diabetes**

Patrick Tucker

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**The effect of fish oil supplementation on exercise-induced oxidative stress and inflammation**

Doug Larson

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**Impact of exercise training status on postprandial oxidative stress**

David Ferebee

2007

**The effects of Glycine Propionyl-L-Carnitine and aerobic exercise training on the blood lipid profiles of healthy men and women**

Lesley Tschume

2006

**Effect of Glycine Propionyl-L-Carnitine and aerobic exercise on exercise performance related variables**

Webb Smith

2006

**CARDIORESPIRATORY/METABOLIC LABORATORY UNDERGRADUATE INTERNS****(360 hours of supervised research)**

Webb Smith, 2005

Jared Bidne, 2005

Robert McMahon, 2005

LauraBeth Hatfield, 2006

Jeremy Upchurch, 2006

Adriene Solis, 2007

Kelsey Fisher-Wellman, 2007

Heather Bell, 2007

Jonathan Calagari, 2008

Robert Canale, 2009

Megan Blankenship, 2009

Sara Williams, 2009

Innocence Harvey, 2010

Zach Bell, 2010

Damien Moore, 2010

Stephanie Danger (260hrs), 2010

Rick Alleman, 2010

Greg Cantrell, 2011

Emily Farst, 2011

Tyler Clements, 2013

Spencer Pope, 2014

Ramzi Majaj, 2014

Daniel Kuhman, 2015

Keanan Joyner, 2015