

CURRICULUM VITAE
University of Pittsburgh
School of Health Rehabilitation Sciences

BIOGRAPHICAL

Name: Bradley C. Nindl
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Birth Date: February 1, 1966
Birth Place: Malone, NY
Citizenship: US
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EDUCATION and TRAINING

UNDERGRADUATE

1985 – 1989 Clarkson University Bachelor of Science Biology
Potsdam, NY 1989

GRADUATE

1989 – 1991 Springfield College Masters of Science Physiology of Exercise
Springfield, MA 1993 Matt T. Mahar, EdD

1995 – 1999 The Pennsylvania State University Doctor of Philosophy Physiology
University Park, PA William J. Kraemer, PhD

2011-2012 US Army War College Masters of Strategic Studies Strategic Leadership
Carlisle, PA 2012 Thomas J. Williams, PhD

APPOINTMENTS and POSITIONS

ACADEMIC

2015 – Present University of Pittsburgh Professor (Tenured) – School of
Pittsburgh, PA Health and Rehabilitation Sciences (Department of
Sports Medicine and Nutrition)

2014 – Present Uniformed Services University Professor (Adjunct)
of Health Sciences Department of Military and Emergency Medicine
Bethesda, MD

2014 University of Wollongong Visiting Professorial Fellowship
Wollongong, Australia Centre for Human and Applied Physiology
School of Medicine

2010 – Present University of North Carolina Associate Professor (Adjunct)
-Greensboro Department of Kinesiology
Greensboro, NC

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|----------------|--|---|
| 2009 | University of Jyväskylä Jyväskylä, Finland | Distinguished Visiting Professor, Department of Biology of Physical Activity, Neuromuscular Research Center |
| 2006 – 2014 | University of Connecticut Storrs, CT | Associate Professor (Adjunct) Department of Kinesiology |
| 2004 – Present | Springfield College Springfield, MA | Assistant Professor (Adjunct) School of Health, Physical Education, and Recreation |
| 1998-1999 | The Pennsylvania State University University Park, PA | Doctoral Research Fellow Intercollege Program in Physiology |
| 1995-1998 | The Pennsylvania State University University Park, PA | Doctoral Research Fellow Laboratory for Sports Medicine |
| 1990-1991 | Mount Ida College Newton, MA | Instructor Department of Allied Health Sciences |
| 1990-1991 | Springfield College Springfield, MA | Teaching Assistant Department of Biology and Chemistry |

NON-ACADEMIC (GOVERNMENT)

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|-------------|---|--|
| 2012 – 2015 | US Army Public Health Command Aberdeen Proving Ground, MD | Science Advisor US Army Institute of Public Health |
| 2008-2011 | US Army Medical Research and Materiel Command Frederick, MD | Research Manager Task Area S: Physiological Mechanisms of Musculoskeletal Injury |
| 2007-2011 | US Army Research Institute of Environmental Medicine Natick, MA | Performance Physiology Team Leader Military Performance Division |
| 2002-2011 | US Army Research Institute of Environmental Medicine Natick, MA | Research Physiologist Military Performance Division |

NON-ACADEMIC (MILITARY)

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|-----------|--------------------------------------|---|
| 2013-2015 | US Army Reserves Newark, DE | Commander 7221 st Medical Support Unit |
| 2012-2013 | US Army Reserves Fort Belvoir, VA | Brigade Training and Operations Officer 3 rd BDE, 104 th DIV |
| 2011-2012 | US Army Reserves Natick, MA | Deputy Commander US Army Research Institute of Environmental Medicine |
| 2007-2010 | US Army Reserves Natick, MA | Executive Officer US Army Research Institute of Environmental Medicine |

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| 2005-2007 | US Army Reserves Londonderry, NH | Battalion Training and Operations Officer 1/304 th , 98 th DIV |
| 2004-2005 | US Army Reserves Mosul, Iraq | Military Transition Team Executive Officer 1/304 th , 98 th DIV |
| 2002-2004 | US Army Reserves Londonderry, NH | Company Commander 1/304 th , 98 th DIV |
| 1999-2002 | US Army Natick, MA | Research Biochemist US Army Research Institute of Environmental Medicine |
| 1995-1999 | US Army PA National Guard Lewisburg, PA | Medical Platoon Leader 3/103 rd HHC AR |
| 1991-1995 | US Army Natick, MA | Biological Sciences Research Assistant US Army Research Institute of Environmental Medicine |

CERTIFICATION and LICENSURE

SPECIALTY CERTIFICATION

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| New York State Teacher Association Coaching Certificate | 1985 |
| Cooper Aerobic Institute Physical Fitness Specialist Dallas, TX | 1990 |

MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES

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| American College of Sports Medicine | 1989 – Present |
| American Physiological Society | 1995 – 2003 |
| The Endocrine Society | 1997 – 2002 |
| Mid-Atlantic Chapter of the American College of Sports Medicine | 1995 – 1999, 2012-Present |
| New England Chapter of the American College of Sports Medicine | 1991 – 1995; 1999-2011 |
| National Strength and Conditioning Association | 1989-2000, 2011-Present |

HONORS

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| Visiting Professorial Fellowship, University of Wollongong, Australia | 2014 |
| Australian Defence Science and Technology Organization Black Box Lecturer (in honor of Dr. David Warren, inventor of the Blackbox) | 2014 |

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| Co-Chair, 3 rd International Congress on Soldiers' Physical Performance Boston, MA | 2014 |
| Army Medical Department 9A Proficiency Designator (for professional excellence bestowed on less than 2%) | 2013 |
| Department of the Army Commander's Award (for exceptional Civilian Service) | 2011 |
| Selected to Attend US Army War College in Residence as a DA Civilian (One of only 25 selected from the US federal government) | 2011 |
| The Distinguished Visiting Professorship in Exercise Physiology Dept. of Biology of Physical Activity, University of Jyväskylä, Finland | 2009 |
| Department of Army On-The-Spot Cash Award | 2009 |
| ACSM Exchange Lecturer for the American Orthopedic Society for Sports Medicine Annual Meeting | 2006 |
| Biological Remodeling and Plasticity NIH Workshop Young Investigator Travel Award | 2002 |
| Selected to attend 4 Week Signaling in Muscle Metabolism Workshop Copenhagen Muscle Research Center, August Krogh Institute, Copenhagen, Denmark | 2002 |
| American College of Sports Medicine (ACSM) New Investigator Award | 2002 |
| NATO HFM Panel Poster Award for Outstanding Poster Presentation | 2001 |
| Fellow, American College of Sports Medicine | 2001 |
| Skill Identifier 8Z, Army Medical Research, Development, Test, and Evaluation | 2001 |
| Leadership Award for the Combined Federal Campaign | 2000 |
| ACSM MARC/Geisinger Medical Center Student Investigator Award | 1998 |
| ACSM MARC President's Award (given to outstanding Ph.D. student) | 1997 |
| ACSM MARC/Geisinger Medical Center Student Investigator Award | 1996 |
| Pennsylvania Army National Guard Scholarship | 1996 |
| Department of Defense Pre-doctoral Research Fellowship | 1995-1998 |
| US Army PLDC Distinguished Honor Graduate | 1993 |
| USARIEM Soldier of Quarter | 1991 |

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|---|---------------|
| Bronze Star Medal | 2005 |
| Army Meritorious Service Medal | 2002 |
| Army Commendation Medal (2 awards) | 1995 and 2013 |
| Army Achievement Medals (2 awards) | 1993 and 1994 |
| Combat Action Badge | 2004 |
| Army Physical Fitness Excellence awards | 1992 |
| Peg Hanlon Memorial Scholarship | 1986 |
| Augsbury Scholarship to Phillips Exeter Academy | 1982-1985 |
| Trustee Scholarship to Clarkson University | 1985-1989 |
| Clarkson University Basketball Team member | 1985-1989 |

PUBLICATIONS

REFEREED ARTICLES

1st Author Publications

1. **Nindl, B. C.**, M. T. Mahar, E. A. Harman, & J. F. Patton. Upper and lower body anaerobic performance: A comparison between male and female adolescent athletes. *Med Sci Sports Exerc*, 27:2 235-241, 1995.
2. **Nindl, B. C.**, K. E. Friedl, L.J. Marchitelli, R. L. Shippee, C.D. Thomas, and J.F. Patton. Regional fat placement in physically fit males and changes with weight loss. *Med Sci Sports Exerc*, 28:(7) 786-793, 1996.
3. **Nindl, B.C.**, K.E. Friedl, P.N. Frykman, R.L. J. Marchitelli, R.L. Shippee, and J.F. Patton. Physical performance and metabolic recovery among lean, healthy men following a prolonged energy deficit. *Int J Sports Med*, 18: 317-324, 1997.
4. **Nindl, B.C.**, W.J. Kraemer, S.A. Mazzetti, L.A. Gotshalk, W. Emmert, and J.F. Patton. Comparison of body composition assessment among lean black and white male collegiate athletes. *Med Sci Sports Exerc*, 30(5): 769-776, 1998.
5. **Nindl, B.C.**, M.A. Sharp, R.P Mello, V.J. Rice, M. Murphy and J.F. Patton. Gender comparison of peak oxygen uptake: repetitive box lifting vs. treadmill running. *Eur J Appl Physiol*, 77(1-2): 112-117, 1998.
6. **Nindl, B.C.**, Harman, E.A., Kraemer, W.J., P.N. Frykman, L.A. Gotshalk, J.O. Marx, E. Lammi, C. Palmer. Regional body composition changes in women after 6 months of periodized physical training. *J Appl Physiol*, 88: 2251-2259, 2000.
7. **Nindl, B.C.**, W.C. Hymer, W.J. Kraemer. Immunofunctional vs. immunoreactive growth hormone responses after resistance exercise in men and women. *Growth Hormone and IGF Research*, 10(2): 99-103, 2000.

8. **Nindl, B.C.**, W.J. Kraemer, J.O. Marx, P.J. Arciero, M.D. Kellogg, K. Dohi, and G.A. Loomis. Overnight Responses of the Insulin-like growth factor-1 system after, acute heavy resistance exercise. *J Appl Physiol*, 90(4): 1319-1326, 2001.
9. **Nindl, B.C.**, W.C. Hymer, D.R. Deaver, and W.J. Kraemer. Growth hormone pulsatility profile characteristics following acute heavy resistance exercise. *J Appl Physiol* 91: 163-172, 2001.
10. **Nindl, B.C.**, W.J. Kraemer, D.R. Deaver, J.L. Peters, J.O. Marx, J.T. Heckman, and G.S. Loomis. Luteinizing hormone secretion and testosterone concentrations are blunted after acute heavy resistance exercise in men. *J Appl Physiol*, 91: 1251-1258, 2001.
11. **Nindl, B.C.**, W.J. Kraemer, L.A. Gotshalk, J.O. Marx, J.S. Volek, J.A. Bush, K. Hakkinen, R.U. Newton, and S.J. Fleck. Testosterone responses after acute resistance exercise in women: effects of regional fat distribution. *Int J Sports Nutr Metab* 11: 451-465, 2001.
12. **Nindl, B.C.**, W.J. Kraemer, P.J. Arciero, N. Samantalle, C.D. Leone, M.F. Mayo, and D.L. Hafeman. Leptin concentrations experience a delayed response after resistance exercise in men. *Med Sci Sports Exerc*, 34: 608-613, 2002.
13. **Nindl, B.C.**, C.R. Scoville, K.M. Sheehan, C. D. Leone, R.P. Mello. Gender differences in regional body composition and somatotrophic influences of IGF-I and leptin. *J Appl Physiol*, 92(4): 1611-1618, 2002.
14. **Nindl, B.C.**, C.D. Leone, W. Tharion, R.F. Johnson, J.W. Castellani, J.F. Patton and S.J. Montain. Physical performance responses during 72 hours of military operational stress. *Med Sci Sports Exerc*, 34(11): 1814-1822, 2002.
15. **Nindl, B.C.**, J.W. Castellani, J.F. Patton, A.J. Young, A. Diamandi, M.J. Khosravi, and S.J. Montain. Differential responses of IGF-I molecular complexes to military operational field training. *J Appl Physiol*, 95: 1083-1089, 2003.
16. **Nindl, B.C.**, M.D. Kellogg, M.J. Khosravi, A. Diamandi, J.A. Alemany, D.M. Pietila, A.J. Young, and J.F. Patton. Measurement of insulin-like growth factor-I during military operational stress via a filter paper blood spot assay. *Diabetes, Technology and Therapeutics*, 5(3): 455-461, 2003.
17. **Nindl, B.C.**, S.A. Headley, A.P. Tuckow, C.E. Pandorf, A. Diamandi, M.J. Khosravi, and M. Germain. IGF-I system responses during 12 weeks of resistance training in end-stage renal disease patients. *Growth Hormone and IGF-I Research*, 14(3): 245-250, 2004.
18. **Nindl, B.C.**, K.R. Rarick, J.W. Castellani, A.P. Tuckow, J.F. Patton, A.J. Young, and S.J. Montain. Altered secretion of growth hormone and luteinizing hormone after 84 hours of sustained physical exertion superimposed upon caloric and sleep restriction. *Journal of Applied Physiology*, 100(1): 120-128, 2006.
19. **Nindl, B.C.**, A.P. Tuckow, E.A. Harman, K.R. Rarick, J.A. Alemany, J.S. Staab, M.L. Faupel, and M.J. Khosravi. Minimally invasive sampling of transdermal body fluid for the purpose of measuring insulin-like growth factor-I during exercise training. *Diabetes, Technology and Therapeutics*, 8(2): 244-252, 2006.
20. **Nindl, B.C.**, J.A. Alemany, M.D. Kellogg, J. Rood, S.A. Allison, A.J. Young, S.J. Montain. Utility of Insulin-Like growth factor-I as a biomarker for assessing short-term metabolic stress in healthy men. *Journal of Applied Physiology* 103: 340-346, 2007.
21. **Nindl, B.C.**, B.R. Barnes, J.A. Alemany, P.N. Frykman, K.E. Friedl. Physiological consequences of U.S. Army Ranger training. *Medicine and Science in Sports and Exercise* 39(8), 1380-1387, 2007.
22. **Nindl, B.C.**, J.R. Pierce, M.J. Durkot, A.P. Tuckow, M.J. Kennet, J.W. Nieves, F. Cosman, J.A. Alemany and W.C. Hymer. Relationship between Growth Hormone *In Vivo* Bioactivity, the insulin-like growth factor-I system and bone mineral density in men and women. *GH and IGF-I Res* 18(5): 439-445, 2008.

23. **Nindl, B.C.**, J.A. Alemany, A.P. Tuckow, M.D. Kellogg, M.A. Sharp, and J.F. Patton. Effects of exercise mode and duration on 24-h IGF-I system recovery responses. *Medicine and Science in Sports and Exercise*, 41(6): 1261-1270, 2009.
24. **Nindl, B.C.**, J.A. Alemany, A.P. Tuckow, K.R. Rarick, W.J. Kraemer, C. Maresh, B. Spiering, D. Hatfield, J. Staab, A. Flyburg, and J.F. Frystyk. Circulating bioactive and immunoreactive IGF-I concentrations remain stable in despite positive physical fitness improvements after 8 weeks of resistance, aerobic, and combined exercise training. *Journal of Applied Physiology*, 109(1): 112-120, 2011.
25. **Nindl, B.C.**, J.P. McClung, J.K. Miller, J.P. Karl, J.R. Pierce, D. Scofield, S. Allison, A.J. Young, and H.R. Lieberman. Bioavailable IGF-I is associated with fat-free mass gains following physical training in young, healthy women. *Medicine and Science in Sports and Exercise*, 43(5): 793-799, 2011.
26. **Nindl, B.C.**, M. Santtila, J. Vaara, K. Hakkinen, and H. Kyrolainen. Circulating IGF-I is associated with fitness and health outcomes in a population of 846 young men. *Growth Hormone and IGF-I Research*, 21(3): 124-128, 2011.
27. **Nindl, B.C.**, D.E. Scofield, C.A. Strohbach, A.J. Centi, R.K. Evans, R. Yanovich, and D.S. Moran. IGF-I, IGF-BPs, and inflammatory cytokine responses during gender-integrated Israeli Army basic combat training. *23(suppl 2): S73081*, 2012.
28. **Nindl, B.C.**, M.L. Urso J.R. Pierce, D.E. Scofield, B.R. Barnes, W.J. Kraemer, J.M. Anderson, C.M. Maresh, K.N. Beasley, and E.J. Zambraski. IGF-I measurement across blood, interstitial fluid, and muscle biocompartments following explosive, high-power exercise. *Am J Physiol Regul Integr Comp Physiol*, 303(10): R1080-9, 2012.
29. **Nindl, B.C.**, J.W. Casetellani, B.J. Warr, M.A. Sharp, P.C. Henning, B.A. Spiering, and D.E. Scofield. Physiological employment standards III: physiological challenges and consequences encountered during international military deployment. *European Journal of Applied Physiology*, 113(11): 2655-2672, 2013.
30. **Nindl, B.C.**, J.R. Pierce, K.R. Rarick, A.P. Tuckow, M.A. Sharp, M.D. Kellogg, J.A. Alemany, and J.F. Patton. Extending the duration of aerobic, but not resistance exercise amplifies 20-hour growth hormone secretion. *Medicine and Science in Sports and Exercise*, 46(10): 1917-1927, 2014.
31. **Nindl, B.C.** Physical training strategies for performance optimization for women in combat-centric occupations. *Journal of Strength and Conditioning Research*, 29(11): S101-S106, 2015.
32. **Nindl, B.C.** and M.A. Sharp. Guest Editorial: 3rd International Congress on Soldiers' Physical Performance: Translating state-of-the-science soldier research for operational utility. *Journal of Strength and Conditioning Research*, 29(11): S1-S3, 2015.
33. **Nindl, B.C.**, B. Alvar, J. Dudley, M. Favre, G. Martin, M.A. Sharp, B. Warr, and W.J. Kraemer. Executive summary from the National Strength and Conditioning Association's 2nd Blue Ribbon Panel on Military Physical Readiness: Military Physical Performance Testing. *Journal of Strength and Conditioning Research*, 29(11): S216-S220, 2015.
34. **Nindl, B.C.**, D.P. Jaffin, M.N. Dretsch, S.N. Chevront, N.J. Wesensten, M.L. Kent, N.E. Grunberg, J.R. Pierce, E.S. Barry, J.M. Scott, A.J. Young, F.G. O'Conner, and P.A. Deuster. Human Performance optimization (HPO) metrics: consensus findings, gaps, and recommendations for future research. *Journal of Strength and Conditioning Research*, 29(11): S221-S245, 2015.
35. **Nindl, B.C.**, B.H. Jones, S.V. Arsdale, K. Kelly, and W.J. Kraemer, Operational physical performance and fitness in military women: physiological, musculoskeletal injury, and optimized physical training considerations for successfully integrating women into combat-centric military occupations. *Military Medicine*, 181(1): 50-62, 2016.

Co-Author Publications

36. Rice, V. J., **Nindl, B. C.**, & J. S. Pentikis. Dental workers, musculoskeletal cumulative trauma, and carpal tunnel syndrome, who's at risk? A pilot study. *International Journal of Occupational Safety and Ergonomics*, 2:(3) 218-233, 1996.
37. Gotshalk, L.A., C.C. Loebel, **B.C. Nindl**, M. Putukian, W.J. Sebastianelli, R.U. Newton, K. Hakkinen, and W.J. Kraemer. Hormonal responses of multi-set versus single set heavy resistance exercise. *Canadian Journal of Applied Physiology*, 22(3): 244-255, 1997.
38. Sharp, M. A., Rice, V. J., **Nindl, B. C.**, & T. L. Williamson. Effects of team size on the maximum weight bar lifting strength of military personnel. *Human Factors*, 39(3): 481-488, 1997.
39. Vanderburgh, P.V., M. Kusano, M.A. Sharp, and **B.C. Nindl**. Gender differences in muscular strength: an allometric model approach. *Biomed Sci Instrum*, 33:100-105, 1997.
40. Hakkinen, K., R.U. Newton, S.E. Gordon, M.R. McCormick, J. Volek, **B.C. Nindl**, L.A. Gotshalk, W. Campbell, W.J. Evans, A. Hakkinen, B. Humphries and W.J. Kraemer. Changes in muscle morphology, electromyographic activity, and force production during periodized strength training in young and old men. *Journal of Gerontological Biological Sciences*, 53(6): B415-423, 1998.
41. Kraemer, W.J., K. Hakkinen, R.U. Newton, M. McCormick, **B.C. Nindl**, J.S. Volek, L.A. Gotshalk, S.J. Fleck, W.W. Campbell, P.A. Farrell and W.J. Evans. Acute hormonal responses to heavy resistance exercise in younger and older men. *European Journal of Applied Physiology*, 77(3): 206-211 1998.
42. Kraemer, W.J., R.S. Staron, F.C. Hagerman, R.S. Hikida, A.C. Fry, S.E. Gordon, **B.C. Nindl**, L.A. Gotshalk, J.S. Volek, R.U. Newton, and K. Hakkinen. The effects of short-term resistance training on endocrine function in men and women. *European Journal of Applied Physiology*, 78: 69-76, 1998.
43. Vanderburgh, P.M., M.A. Sharp, and **B.C. Nindl**. Non-parallel slopes using ANCOVA for body size adjustment may reflect inappropriate modeling. *Measurement in Physical Education and Exercise Science*, 2: 127-135, 1998.
44. Kraemer, W.J., K. Häkkinen, R. U. Newton, **B. C. Nindl**, M. McCormick, J. S. Volek, L. A. Gotshalk, S. J. Fleck, W. W. Campbell, S. E. Gordon, M. Putukian, and W. J. Evans. The effects of heavy resistance training on hormonal response patterns in younger vs. older men. *Journal of Applied Physiology*, 87(3): 982-992, 1999.
45. Arciero, P.J., C.L. Bougopoulos, **B.C. Nindl**, and N.L. Benowitz. Influence of age and fitness on the thermic response to caffeine in women. *Metabolism*, 49(1): 101-107, 2000.
46. Deschenes, M.R., D.A. Judelson, W.J. Kraemer, V.J. Meskaitis, J.S. Volek, **B.C. Nindl**, F.S. Harman, and D.R. Deaver. Effects of resistance training on neuromuscular junction morphology. *Muscle and Nerve*, 10:1576-1581, 2000.
47. Kraemer, W.J., R.S. Staron, S.E. Gordon, J.S. Volek, L.P. Koziris, N.D. Duncan, **B.C. Nindl**, A.L. Gomez, J.O. Marx, A.C. Fry, J.D. Murray, and R.S. Hikida. The effect of 10 days of spaceflight on the shuttle Endeavor on predominantly fast-twitch muscles in the rat. *Histochemistry and Cell Biology*, 114(5): 349-355, 2000.
48. Kraemer, W.J., F.S. Harman, N.H. Vos, S.E. Gordon, **B.C. Nindl**, J.O. Marx, A.L. Gomez, J.S. Volek, N.A. Ratamess, S.A. Mazzetti, J.A. Bush, K. Dohi, R.U. Newton and K. Häkkinen. Effects of exercise and alkalosis on serum IGF-1 and IGF1BP3. *Canadian Journal of Applied Physiology*, 25(2), 2000.

49. Arciero, P.J., N.S. Hannibal, C.L. Gentile, J. Hamed, **B.C. Nindl**, T.L. Manning, and M.D. Vukovich. Comparison of creatine supplementation alone and in combination with resistance exercise on resting metabolic rate, body composition and blood flow. *Metabolism*, 50(12), 1429-1434, 2001.
50. Dohi, K., A.M. Mastro, M.P. Miles, J.A. Bush, D.S. Grove, S.K. Leach, J.S. Volek, **B.C. Nindl**, J.O. Marx, L.A. Gotshalk, M. Putukian, W.J. Sebastianelli, and W.J. Kraemer. Lymphocyte proliferation in response to acute heavy resistance exercise in women: influence of muscle strength and total work. *European Journal of Applied Physiology*, 85(3/4): 367-373, 2001.
51. Hymer, W.C. W.J. Kraemer, **B.C. Nindl**, Marx, J.O., D.E. Benson, J.R. Welsch, S.A. Mazzetti, J.S. Volek, and D.R. Deaver and W.J. Kraemer. Characteristics of circulating growth hormone in young women following acute heavy resistance exercise. *American Journal of Physiology: Endocrinology and Metabolism*, 281: E878-E887, 2001.
52. Kraemer, W.J., M. Keunig, N.A. Ratamess, J.S. Volek, M. McCormick, J.A. Bush, **B.C. Nindl**, S.E. Gordon, S.A. Mazzetti, R.U. Newton, A.L. Gomez, R.B. Wickham, M.R. Rubin, and K. Hakkinen. Resistance training combined with bench-step aerobics enhances women's health profile. *Medicine and Science in Sports and Exercise*, 33(2), 259-269, 2001.
53. Kraemer, W.J., C.C. Loebel, J.S. Volek, R.U. Newton, R.B. Wickham, L.A. Gotshalk, N.D. Duncan, S.A. Mazzetti, A.L. Gomez, M.R. Rubin, **B.C. Nindl**, and K. Hakkinen. The effect of heavy resistance exercise upon the circadian rhythm of salivary testosterone in men. *European Journal of Applied Physiology*, 84: 13-18, 2001.
54. Kraemer, W.J., S.A. Mazzetti, **B.C. Nindl**, L.A. Gotshalk, J.S. Volek, J.A. Bush, J.O. Marx, K. Dohi, A.L. Gomez, M. Miles, S.J. Fleck, R.U. Newton, and K. Hakkinen. Effect of resistance training on women's strength/power and occupational performances. *Medicine and Science in Sports Exercise*, 33: 1011-1025, 2001.
55. Marx, J.O., N. Ratamess, **B.C. Nindl**, L.A. Gotshalk, J.S. Volek, K. Dohi, J.A. Bush, A.L. Gomez, S.A. Mazetti, S.J. Fleck, K. Hakkinen, R.U. Newton, and W.J. Kraemer. The effects of single-set vs. periodized training in muscular performance and hormonal concentrations in women. *Medicine and Science in Sports and Exercise*, 33(4): 635-643, 2001.
56. Headley, S.A., M. Germain, P. Mailloux, J. Mulhurn, B. Ashworth, J. Burris, B. Brewer, **B.C. Nindl**, M. Coughlin, R. Welles, and M. Jones. Resistance training improves strength and functional measures in patients with end stage renal disease. *Am J Kidney Dis*, 40(2): 355-364, 2002.
57. Marx, J.O., S.E. Gordon, N.H. Vos, **B.C. Nindl**, A.L. Gomez, J.S. Volek, J. Pedro, N.A. Ratamess, R.U. Newton, D.N. French, M.R. Rubin, K. Häkkinen and W.J. Kraemer. Effect of alkalosis on plasma epinephrine responses to high intensity cycle exercise. *Eur J Appl Physiol*, 87: 72-77, 2002.
58. Marx, J.O., W.J. Kraemer, **B.C. Nindl**, and L. Larson. The effect of aging on human skeletal muscle myosin heavy chain mRNA content and protein isoform expression. *J Gerontol Biol Sciences*, 57(6): B232-B238, 2002.
59. Miles, M.P., W.J. Kraemer, D.S. Grove, S.K. Leach, K. Dohi, J.A. Bush, J.O. Marx, **B.C. Nindl**, J.S. Volek, and A.M. Mastro. Effects of resistance training on resting immune parameters in women. *Eur J Appl Physiol*, 87(6): 506-508, 2002.
60. Pandorf, C.E., E.A. Harman, P.N. Frykman, J.F. Patton, R.P. Mello, and **B.C. Nindl**. Correlates of load carriage and obstacle course performance among women. *Work*, 18: 179-189, 2002.
61. Castellani, J.W., D.A. Stulz, D.W. Degroot, L.A. Blanchard, B.S. Cadarette, **B.C. Nindl**, S.J. Montain. 84 hours of sustained operations alter thermoregulation during cold exposure. *Med Sci Sports Exerc*, 35(1): 175-181, 2003.
62. Kraemer, W.J., M.R. Rubin, K. Hakkinen, **B.C. Nindl**, J.O. Marx, J.S. Volek, D.N. French, A.L. Gomez, M.J. Sharman, T. Scheet, N.A. Ratamess, M.P. Miles, A. Mastro, J.L. VanHeest, C.M. Maresh, J.R. Welsch and

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REVIEWS, INVITED PUBLISHED PAPERS, PROCEEDINGS OF CONFERENCE AND SYMPOSIA, MONOGRAPHS, BOOKS AND BOOK CHAPTERS

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155. Urso, M.L., J.R. Pierce, K.N. Beasley, W.J. Kraemer, J.M. Anderson, C.M. Maresh, E.J. Zambraski, and **B.C. Nindl**. The skeletal muscle MMP/TMP system is affected in response to an acute bout of plyometric exercise and 12-weeks of plyometric training. *ACSM Conference on Integrative Physiology of Exercise Final Program*, page 35, 2010.
156. **Nindl, B.C.**, M.L. Urso, J.R. Pierce, B.R. Barnes, W.J. Kraemer, J.M. Anderson, C.M. Maresh, and E.J. Zambraski. IGF-I measurement across blood, interstitial fluid and muscle biocompartments: exercise-induced Akt phosphorylation does not involve the IGF-I system. *ACSM Conference on Integrative Physiology of Exercise Final Program*, page 46, 2010.
157. Gregory, S.M., S.A. Headley, M. Germain, A. Flyvbjerg, J. Frystyk, M.A. Coughlin, C.M. Milch, S. Sullivan, **B.C. Nindl**. Physical Training Leads to Improved Fitness in CKD despite no change in circulating bioactive IGF-I. (*Medicine and Science in Sports and Exercise*, 43(5): S528, 2011).
158. Hendrickson, N.R., M.A. Sharp, J.S. Staab, H. McClung, B. Michniak-Kohn, G.E. Adam, and **B.C. Nindl**. Quercetin's influence on muscle soreness, markers of inflammation and muscle damage. *Medicine and Science in Sports and Exercise*, 43(5): S293, 2011.
159. Kyrolainen, H., S. Heinaru, J. Vaara, **B.C. Nindl**, and K. Hakkinen. Active recovery enhances neuromuscular performance following prolonged load carriage. *Medicine and Science in Sports and Exercise*, 43(5): S602, 2011.
160. Kocay, S., **B.C. Nindl**, J. Vaara, and H. Kyrolainen. Relationship of endogenous steroid hormones and SHBG to body composition, cardiovascular health and physical fitness. *Medicine and Science in Sports and Exercise*, 43(5): S72, 2011.
161. **Nindl, B.C.**, M.L. Urso, J.R. Pierce, B.R. Barnes, W.J. Kraemer, J.M. Anderson, C.M. Maresh, K.N. Beasley, D.E. Scofield, and E.J. Zambraski. IGF-I responses in blood, interstitial fluid muscle biocompartments following 3 months of exercise training. *Medicine and Science in Sports and Exercise*, 43(5): S211, 2011.

162. Sharp, M.A., N.R. Hendrickson, J.S. Staab, H.L. McClung, B. Michniak-Kohn, D.E. Catrambone, G.E. Adam, and **B.C. Nindl**. Quercetin's influence on exercise performance and plasma metabolic markers. *Medicine and Science in Sports and Exercise*, 43(5): S294, 2011.
163. Shultz, S.J., L. Wideman, M.M. Montgomery, K.M. Beasley, **B.C. Nindl**. Changes in serum collagen markers and IGF-I and knee joint laxity across the menstrual cycle. *Medicine and Science in Sports and Exercise*, 43(5): S178, 2011.
164. Hughes JM, Smith MA, Henning PC, Scofield DE, Spiering BA, Staab JS, Hydren, JR, **Nindl BC**, Matheny RW. Bone formation is suppressed with U.S. Army Ranger Training. American College of Sports Medicine Annual Meeting, Orlando, 2014.

PROFESSIONAL ACTIVITIES

TEACHING

- 1991 Anatomy and Physiology Laboratory (Springfield College, Teaching Assistant)
30 Undergraduate Students, 3 Contact Hours, 10 Laboratories
- 1991 Stress Adaptations and Relaxation (Mount Ida College)
15 Undergraduate Students, 3 Contact Hours, 30 Lectures
- 1991 Fitness Conditioning (Mount Ida College)
25 Students Undergraduate Students, 3 Contact Hours, 30 Lectures
- 2001-2011 Exercise Biochemistry (AEXS 602; Springfield College; Invited Lecturer)
15 Graduate Students (MS and PhD), 1 Lecture
- 2008 Insulin-Like Growth Factor-I and Exercise (EKIN 410; University of Connecticut)
15 Graduate Students (MS and PhD), 3 Contact Hours, 10 Lectures
- 2012-2015 Publication Mentoring Seminar (US Army Public Health Command)
20 government scientists per year

DISSERTATION COMMITTEES SERVED ON:

- 2013 Kevin Ritsche
Effect of sleep deprivation on exercise-induced growth hormone release
University of North Carolina-Greensboro
Role: Committee Member
- 2011 Elina Sillanpaa
Adaptations on body composition, metabolic health and physical fitness during strength or endurance training or their combination in healthy middle-aged and older adults.
Doctoral Dissertation, Department of Biology of Physical Activity, University of Jyväskylä, Finland.
Role: Reviewer
- 2010 Matti Santtila
Effects of Added Endurance or Strength Training on Cardiovascular and Neuromuscular Performance of Conscripts During the 8-week Basic Training Period
Doctoral Dissertation, Department of Biology of Physical Activity, University of Jyväskylä, Finland.
Role: Reviewer

- 2008 Disa Hatfield
Doctoral Dissertation, Department of Kinesiology, University of Connecticut, Storrs, CT.
Role: Committee Member
- 2008 Michael Joseph
Molecular mediators of tendon remodeling and repair: histological and molecular analysis of the biceps tendon long head post-tenotomy.
Doctoral Dissertation, Department of Kinesiology, University of Connecticut, Storrs, CT.
Role: Committee Member
- 2007 Barry A. Spiering
Importance of elevated circulating hormones in modulating resistance exercise-induced protein kinase B signaling.
Doctoral Dissertation, Department of Kinesiology, University of Connecticut, Storrs, CT.
Role: Committee Member

EXTERNAL TENURE REVIEWS PERFORMED

- 2014 Dr. Summer Cook
Promotion to Associate Professor
Department of Kinesiology
University of New Hampshire
Role: External Evaluator
- 2011 Dr. Paul Arciero
Promotion to Full Professor
Department of Health and Exercise Sciences
Skidmore College
Role: External Evaluator
- 2010 Dr. Brian Clark
Tenure and Promotion to Associate Professor
Department of Biomedical Sciences in the College of Osteopathic Medicine at Ohio University
Role: External Evaluator
- 2009 Dr. Ludmila Cosio-Lima
Tenure and Promotion to Associate Professor
Department of Health, Leisure, and Exercise Science,
University of West Florida
Role: External Evaluator

INTERNSHIPS SUPERVISED

- Joe Alemany (UMASS-Boston)
- Nicole Gibeault from (Springfield College)
- Jeff Heckman (The Pennsylvania State University)
- Dan Hopkins (Boston University)

Dan Jaffe (Springfield College)

Ellen Kenne – (Gettysburg College)

Cara Leone (Gettysburg College)

Nicole Murphy (Springfield College)

Jeff Martin (Skidmore College)

Kathleen O'Moore (University of New Hampshire)

Naeem Samatallee (Northeastern University)

Meredith Steward (Harvard University)

Kyle Testerman (University of Connecticut)

COMMITTEES

| | |
|--------------|---|
| 2015 | Member, 4 th International Congress on Soldiers' Physical Performance |
| 2014 | Co-Chair, 3 rd International Congress on Soldiers' Physical Performance |
| 2014-Present | Public Health Command Representative for TRADOC's Human Dimensions Council |
| 2014 | Member, Health Affairs Women in Combat Meeting Working Group |
| 2014-Present | Member, U.S. Army Surgeon General's Brain Health Consortium Working Group |
| 2013 | Co-Chair, NSCA 2 nd Blue Ribbon on Military Physical Readiness |
| 2012-Present | Member, Health Affairs Human Performance Optimization Advisory Committee |
| 2012-Present | Public Health Command Representative to the MPMC Military Operational Research Program Integrated Product Team |
| 2012-Present | Member, TRADOC Baseline Physical Requirements Working Group |
| 2012 | Activity Lead, US Army Surgeon General's Performance Triad Campaign |
| 2010 | Co-Chair, NSCA 1 st Blue Ribbon on Military Physical Readiness |
| 2010 | Member, TRADOC Army Physical Fitness Test Revision Working Group |
| 2010 | Member, NSCA Strategic Planning Committee |
| 2010 | Judge, Madigan Army Medical Center Research Day |
| 2010-Present | Member, ACSM International Relations Committee |
| 2009-2011 | Member, NATO Psychological and Physiological Selection of Military Special Operations Forces Personnel, TR-HFM-171 |
| 2009-2011 | Member, Organizing Committee for 2 nd International Congress on Soldier's Physical Performance Congress, Finnish Defence Forces, Finland |
| 2009 | Member, ACSM Ad-Hoc KAATSU Research Review Committee |
| 2009-2011 | Member, ARIEM Human Use and Review Committee |
| 2008-2011 | Manager, MPMC Task Area S: Physiological Mechanisms of Musculoskeletal Injury |
| 2006-2011 | Member, ACSM Research Review Committee |
| 2004-2011 | Member, USARIEM Credentials Committee |
| 2003-2011 | Member, USARIEM Scientific Review Committee |
| 2004 | Member, NEACSM Fall Meeting Planning Committee |
| 2003 | Member, NEACSM Spring Meeting Planning Committee |
| 2001-2003 | Chair, NEACSM Marketing Committee |
| 2001-2003 | NEACSM Basic/Applied Science Special Interest Group Liaison |
| 2001-2003 | NEACSM Executive Committee Member at Large (elected position) |
| 2001 | Member, Programmatic Committee for Bone Health and Military Medical Readiness Research Proposal Reviews |

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| 2000 | Judge, 51 st International Science and Engineering Fair (ISEF), Detroit, MI |
| 1999 | Combined Federal Campaign Agency Manager |
| 1998-1999 | Member, Penn State University International Council |
| 1996-1999 | Member, Penn State Intercollege Program Physiology Steering Committee |

INVITED TALKS, LECTURES, SEMINARS, SYMPOSIA AND PRESENTATIONS

- 1) **Nindl, B. C.**, B. H. Davis, M. T. Mahar, & J. F. Patton. Sex differences in anaerobic performance among adolescent athletes. Presented at regional meeting of The New England Chapter of The American College of Sports Medicine. (November, 1992).
- 2) **Nindl, B. C.** Gender differences in anaerobic performance. Symposium entitled "Anaerobic Performance: Concepts and Applications. Presented at the 1994 regional meeting of the New England Chapter of the American College of Sports Medicine. (November, 1994).
- 3) Gordon, S.E. K. Hakkinen, R.U. Newton, W.J. Evans, W.W. Campbell, J.S. Volek, **B.C. Nindl**, and W.J. Kraemer. Effects of age and heavy resistance exercise training on skeletal muscle calpain II concentration. Adaptations to 10 weeks of periodized strength/power training in younger vs. older men. Presented at the 1996 regional meeting of the Mid-Atlantic Chapter of the American College of Sports Medicine. (November, 1996).
- 4) **Nindl, B.C.** The time-course for hormonal adaptations to 10 weeks of periodized strength/power training in younger vs. older men. Presented at the 1996 regional meeting of the Mid-Atlantic Chapter of the American College of Sports Medicine. (November, 1996).
- 5) **Nindl, B.C.** The time-course for hormonal adaptations to 10 weeks of periodized strength/power training in younger vs. older men. Presented at the Twelfth annual graduate research exhibition at The Pennsylvania State University. (March, 1997)
- 6) Gotshalk, L.A., W.J. Kraemer, **B.C. Nindl**, S. Tokeshi, J. Volek, J.A. Bush, W.J. Sebastianelli, and M. Putukian. Contribution of upper body training on total body strength and power in young women. Presented at the Mid-Atlantic regional chapter of the American College of Sports Medicine. (November, 1997).
- 7) Marx, J.O., W.J. Kraemer, **B.C. Nindl**, L.A. Gotshalk, N.D. Duncan, J.S. Volek, K. Hakkinen, R.U. Newton. The effect of periodization and volume of resistance training in women. Presented at the Mid-Atlantic regional chapter of the American College of Sports Medicine. (November, 1997).
- 8) **Nindl, B.C.**, W.J. Kraemer, L.A. Gotshalk, S.A. Tokeshi, J.O. Marx, J.S. Volek, F.S. Harman, W.J. Sebastianelli, M. Putukian, R.U. Newton, K. Hakkinen, and S. Fleck. Androgenicity in women: relationship to the trainability of muscular strength, power, and hypertrophy following 3 months of total body periodized resistance training. Presented at the Mid-Atlantic regional chapter of the American College of Sports Medicine. (November, 1997).
- 9) Tokeshi, S.A., W.J. Kraemer, **B.C. Nindl**, L.A. Gotshalk, K. Dohi, W.J. Sebastianelli, M. Putukian, R.U. Newton, and K. Hakkinen. The effects of total body resistance training on strength and power in untrained women. Presented at the Mid-Atlantic regional chapter of the American College of Sports Medicine. (November, 1997).
- 10) **Nindl, B.C.** & W.J. Kraemer. The effects of age and training on the endocrine response to acute resistance exercise. Presented at the Twelfth annual graduate research exhibition at The Pennsylvania State University. (March, 1998).
- 11) **Nindl, B.C.**, L.A. Gotshalk, J.O. Marx, D.E. Benson, W.C. Hymer, and W.J. Kraemer. Circulating concentrations of growth hormone after resistance exercise in men and women: a comparison of two assay

- methods. Presented at the Mid-Atlantic regional chapter meeting of the American College of Sports Medicine. (October, 1998).
- 12) Marx, J.O., H. Lamont, C. Theeuwes, S. Tokeshi, **B.C. Nindl**, H. Hasegawa, W.J. Kraemer. The effects of concentric, eccentric, and combined concentric and eccentric muscle actions on short-term fatigue. Presented at the Mid-Atlantic regional chapter meeting of the American College of Sports Medicine. (October, 1998).
 - 13) **Nindl, B.C.** Exercise as an intervention strategy for osteoporosis. Invited talk presented at Osteoporosis: Management Therapies and Intervention Strategies, sponsored by The Geriatric Education Center of Pennsylvania. (October, 1998).
 - 14) **Nindl, B.C.** *Growth hormone pulsatility profile characteristics following acute heavy resistance exercise: Comparison among immunoassays.* Invited talk presented at The United States Army Research Institute of Environmental Medicine Seminar Series. (August, 1999).
 - 15) **Nindl, B.C.** *Growth Hormone Pulsatility and Bioactivity Following Resistance Exercise.* Invited talk presented at Springfield College's Fall Sports Biology Colloquium. (October, 1999).
 - 16) **Nindl, B.C.** *Growth Hormone Pulsatility and Bioactivity Following Resistance Exercise,* Invited talk presented at the University of Massachusetts at Amherst, Exercise Science Graduate Seminar. (October, 1999).
 - 17) **Nindl, B.C.** *Physical Training in Women: Results of the DoD Penn State Women's Training Study.* Invited talk at USARIEM's Current Concepts of Operational and Environmental Medicine (May, 2000).
 - 18) **Nindl, B.C.** *Physical Training in Women: Results of the DoD Penn State Women's Training Study.* Invited talk at USARIEM's Weekly Medical Laboratory Technician Training. (June, 2000).
 - 19) **Nindl, B.C.** W.J. Kraemer, S.A. Mazzetti, L.A. Gotshalk, J.S. Volek, K. Dohi, J.O. Marx, and J.A. Bush. *The influence of periodized resistance training on women's load carriage performance.* (Presented at the North Atlantic Treaty Organization RTO Human Factors & Medicine Panel Specialist Meeting on Soldier Mobility: Innovations in load carriage system design and assessment. (June 2000).
 - 20) **Nindl, B.C.** *Physical Training in Women: Results of the DoD Penn State Women's Training Study.* Symposium entitled "Effects of resistance exercise among women". Presented at the 2000 regional meeting of the New England Chapter of the American College of Sports Medicine. (November, 2000).
 - 21) **Nindl, B.C.** *Professional development for graduate students in exercise science.* Invited talk at the 2000 New England Chapter of the American College of Sports Medicine Student Meeting. (November 2000).
 - 22) **Nindl, B.C.** *Physiological Effects of Exercise and Military Operational Stress,* Invited talk given at Skidmore College (April 20, 2001).
 - 23) Kenne, E.M., **B.C. Nindl**, S.J. Montain, J.W. Castellani, C.D. Leone, P.N. Frykman, and J.F. Patton. Upper and lower body anaerobic performance during 72 hrs of military operational stress. (November, 2001).
 - 24) **Nindl, B.C.** *Growth hormone pulsatility: physiological significance and impact of exercise.* Symposium entitled "Growth hormone and exercise interactions". Presented at the 2001 regional meeting of the New England Chapter of the American College of Sports Medicine. (November 2001).
 - 25) **Nindl, B.C.** *Modeling soldier occupational physical performance through a laboratory based sustained operations study.* Symposium entitled "Occupational physiology: physical performance tests for predicting job performance". Presented at the 2001 regional meeting of the New England Chapter of the American College of Sports Medicine. (November 2001).

- 26) **Nindl, B.C.** *Somatotrophic Hormones: Physiology and Effects of Exercise*. Invited lecture given in MSCI 602: Exercise Biochemistry, Springfield College. (December 04, 2001).
- 27) **Nindl, B.C.** *Physiological consequences of sustained operations*. Invited talk at USARIEM's Current Concepts of Operational and Environmental Medicine (May, 2002).
- 28) **Nindl, B.C.** *Overnight somatotrophic hormonal responses after military operational stress*. Presented during the Signaling in Muscle Metabolism Baltic Summer School at the Copenhagen Muscle Research Centre at the University of Copenhagen in Denmark, 29 August, 2002.
- 29) **Nindl, B.C.** *Effect of exercise intensity on AMPK activation*. Presented during the Signaling in Muscle Metabolism Baltic Summer School at the Copenhagen Muscle Research Centre at the University of Copenhagen in Denmark, 29 August, 2002.
- 30) **Nindl, B.C.** *Physiological consequences of sustained operations*. Presented at the 2002 regional meeting of the Mid-Atlantic Chapter of the American College of Sports Medicine. (November 2002).
- 31) **Nindl, B.C.** *Utility of measuring IGF-I for assessing metabolic status during military operational stress*. Presented at the 2002 regional meeting of the New England Chapter of the American College of Sports Medicine. (November 2002).
- 32) **Nindl, B.C.** *A study to examine the effects of physical training on bone remodeling*. Presentation to the U.S. Army Physical Fitness School at the U.S. Army Institute of Environmental Medicine, October, 2002.
- 33) Alemany, J.A., **B.C. Nindl**, P.N. Frykman, T.A. Ross, A.J. Young, and S.J. Montain. Jump performance characteristics following 8 days of intensive military field physical training. Presented at the 2002 regional meeting of the New England Chapter of the American College of Sports Medicine. (November 2002).
- 34) Ross, T.A., J.A. Alemany, J.H. Georgelis, L.J. Marchitelli, S.J. Montain, **B.C. Nindl**, and A.J. Young. Dietary protein supplementation during military operational stress and underfeeding. Presented at the 2002 regional meeting of the New England Chapter of the American College of Sports Medicine. (November 2002).
- 35) **Nindl, B.C.** *Utility of measuring IGF-I for assessing metabolic status during military operational stress*. Metabolic Monitoring Technologies for Military Field Applications in San Antonio, TX, 8 Jan 2003.
- 36) **Nindl, B.C.** *Physical performance during military operational stress*, Invited presentation, Skidmore College, May 2003.
- 37) **Nindl, B.C.** *Grantsmanship and alternative funding*. Invited presentation at the 2003 Colonel Mary Lipscomb Hamrick Research Course, 1 May 2003.
- 38) **Nindl, B.C.** *Utility of measuring IGF-I for assessing metabolic status during military operational stress*. USARIEM Environmental Science Course, 6 May 2003.
- 39) Alemany, J.A., C.E. Pandorf, S.J. Montain, J.W. Castellani, A.P. Tuckow and **B.C. Nindl**. Reliability assessment of upper and lower body anaerobic performance. Presented at the 2004 regional meeting of the New England Chapter of the American College of Sports Medicine. (November 2004).
- 40) Stuempfle, K., **B. Nindl**, A. Tuckow, G. Kamimori, S. Case, D. Lehman, C. Stevens, D. Evans, L. Geraci, and S. Hughes. Response of stress hormones to a 100 mile race across frozen Alaska. Presented at the 2002 Mid-Atlantic Chapter of the American College of Sports Medicine. (November 2004).
- 41) **Nindl, B.C.**, *Insulin-like growth factor-I and resistance exercise*. Presented at the 2004 regional meeting of the New England Chapter of the American College of Sports Medicine. (November 2004).

- 42) **Nindl, B.C.**, *Insulin-like growth factor-I and resistance exercise*. Invited lecture given in MSCI 602: Exercise Biochemistry, Springfield College. (December 04, 2003).
- 43) **Nindl, B.C.** *Utility of measuring IGF-I for assessing metabolic status during military operational stress*. USARIEM Environmental Science Course, 6 May 2004.
- 44) **Nindl, B.C.** *Insulin-like growth factor-I: Maintaining Human Combat Performance*, May, 2004. Presentation given to Ms. Kathy McDonald, Special Assistant to the Director of DARPA.
- 45) **Nindl, B.C.** *Growth factor responses in Soldiers: Using novel physiological technologies to study exercise and operational stress*. (Invited seminar at The Central Biological Laboratory, The Pennsylvania State University, 20 Oct 2006).
- 46) **Nindl, B.C.** *Utility of measuring IGF-I as a measure of metabolic status during military operational stress: influence of energy balance and protein intake*. (Invited presentation for the Military Nutrition Division's American Institute of Biological Sciences Review, 31 Oct 2006).
- 47) **Nindl, B.C.** *Assessment of physical performance and fatigue in Warfighters*. Invited talk at Interactions among movement, physical exertion, and cognitive performance (IMPAC) conference, 5 June, 2007.
- 48) **Nindl, B.C.** *Monitoring biomarkers during military operational stress: capabilities, applications, and future directions*. (Invited seminar at the Military Institute of Aerospace Medicine, Bretigny-sur-Orge, France, 11 Sep 2007).
- 49) **Nindl, B.C.** *Military relevance of hormonal influences on bone physiology*. (Invited presentation at the State of the Science Stress Fracture Conference, 5 Feb 2008, Fort Jackson, South Carolina).
- 50) **Nindl, B.C.** *The science behind combat fitness: The U.S. Army experience*. (Invited Keynote speaker at the 2008 Singapore Army Fitness Seminar: Mission Ready, Fighting Fit, August 2008, School of Infantry Specialists, Pasir Laba Camp, Singapore)
- 51) **Nindl, B.C.** *Is IGF-I really a valid biomarker of health, fitness and training status?* Symposium presentation at the National ACSM meeting entitled Physical Activity and the Control of Cellular Anabolism: Inflammatory Cytokines vs. the GH/IGF-I Axis, 28 May 2008, Indianapolis, Indiana.
- 52) **Nindl, B.C.** *Growth hormone molecular heterogeneity and exercise*. Tutorial lecture at the National ACSM meeting, May 2008, Indianapolis, Indiana.
- 53) **Nindl, B.C.** *Insulin-like growth factor-I as a candidate biomarker: physiology, measurement and military relevance*, USARIEM seminar, Natick, MA June 2008.
- 54) **Nindl, B.C.** *The science behind combat fitness and assessment: how has the US Army paradigm changed in the global war on terror?* (Invited Keynote speaker at the Nordic Symposium of Military Sciences entitled "Requirements of training and testing for evaluation of Soldiers, 4 Nov 2008, Tuusula, Finland).
- 55) **Nindl, B.C.** *The influence of the IGF-I axis on musculoskeletal health in women*. Symposium at the annual NEACS meeting, Nov, 2009, Providence, RI.
- 56) **Nindl, B.C.** *Insulin-like growth factor-I as a candidate biomarker*: Invited lecture for MSCI 602: Exercise Biochemistry, Springfield College. (December 3, 2008).
- 57) **Nindl, B.C.** *The growth hormone/insulin-like system in athletic performance*. Invited talk at the 2009 Gordon Research Conference on Insulin-Like Growth Factors in Physiology and Disease, 27 March 2009, Ventura, CA.

- 58) **Nindl, B.C.** *Utility of monitoring insulin-like growth factor-I during military operational stress: measurement, military relevance, and future directions.* Invited talk at the 2009 SPIE Defense Security and Sensing Conference, 15 April 2009, Orlando, FL.
- 59) **Nindl, B.C.** *Physiological Demands of the Modern Soldier: Implications for Training and Selection of Military Personnel.* (Invited Keynote speaker at the Nordic Symposium of Military Sciences entitled "Personnel selection - criteria and methods - within a military context, 13 October 2009, Oslo, Norway).
- 60) **Nindl, B.C.** *Exploiting Biomedical Research for the Health and Protection of Military Personnel: The United States Army Research Institute of Environmental Medicine Model.* , National Defence University of the Finnish Defense Forces, Helsinki, Finland, 13 November 2009.
- 61) **Nindl, B.C.** *Physiological responses to resistance training.* Invited talk at the 2009 University of Jyväskylä Department of Biology of Physical Activity Neuromuscular Research Center International Symposium: Physical Fitness and training adaptations: mechanisms and practical applications, 19 November 2009, Jyväskylä, Finland.
- 62) **Nindl, B.C.** *Hormonal changes during prolonged strenuous physical activities.* Invited talk at the 2009 University of Jyväskylä Department of Biology of Physical Activity Neuromuscular Research Center International Symposium: Physical Fitness and training adaptations: mechanisms and practical applications, 19 November 2009, Jyväskylä, Finland.
- 63) **Nindl, B.C.** *The growth hormone/insulin-like growth factor-I axis in athletic performance,* Invited presentation at Springfield College, 7 Dec 2009.
- 64) **Nindl, B.C.** *Exploiting exercise science for the purpose of improving the health and performance of soldier.* Invited seminar at the Department of Kinesiology, University of North Carolina-Greensboro, 29 Jan 2010, Greensboro, North Carolina.
- 65) **Nindl, B.C.** *The Soldier-Athlete: Physical Training for Combat Fitness and Military Readiness.* Symposium presentation at the National ACSM meeting entitled Cutting edge training and testing technologies for occupations with unique physical demands, 3 June, 2010, Baltimore, MD.
- 66) **Nindl, B.C.** *Interventions to reduce musculoskeletal injury.* Presentation at the 2010 American Institute of Biological Sciences Review of the Medical Research and Materiel Command Task Area S: Physiological Mechanisms of Musculoskeletal Injury, Natick, MA, 13 October 2010.
- 67) **Nindl, B.C.** *Exploiting biomedical research for the health and protection of military personnel: The USARIEM Model,* Invited talk at Skidmore College, 18 October, 2010, Saratoga Springs, N.Y.
- 68) **Nindl, B.C.** *The growth hormone/insulin-like growth factor-I axis in athletic performance,* Invited presentation at Springfield College, 10 November, 2010, Springfield, MA.
- 69) **Nindl, B.C.** *Biomedical Research at the U.S. Army Research Institute of Environmental Medicine.* Invited presentation at the Singapore Defense Medical Environmental Research Institute, Singapore, 5 January, 2011.
- 70) **Nindl, B.C.** *From Basic Training to Combat Deployments: How do we Optimize the Physical Training Life Cycle of the Warfighter?* Invited presentation at the NSCA Blue Ribbon Panel on Military Physical Readiness, 14 January, 2011, Key West, Florida.
- 71) **Nindl, B.C.** *Task Area S Overview: Physiological Mechanisms of Musculoskeletal Injury.* Presentation at the Medical Research and Materiel Command's 2011 Program Review and Analysis, 27 Jan 2011, Natick, MA.

- 72) **Nindl, B.C.** *Optimizing the Physical Life Training Cycle of the Tactical Athlete: From Entry Level to Operational Proficiency.* Invited presentation at the NSCA 2011 Tactical Strength and Conditioning Conference, 28 April 2011, Las Vegas, Nevada.
- 73) **Nindl, B.C.** *Invited session opener*, 2011 International Congress on Soldier Physical Performance, 6 May 2011, Jyväskylä, Finland.
- 74) **Nindl, B.C.** *Hormonal biomarkers related to overreaching/overtraining: military studies and applications.* Symposium presentation at the National ACSM meeting entitled Overreaching, and overtraining in military and elite athletes: what do we know today? 1 June, 2011, Denver, CO.
- 75) **Nindl, B.C.** *Physiological and cognitive stress of modern military deployment: how has the paradigm changed from the revolutionary war to the global war of terror?* Symposium presentation at the National ACSM meeting entitled Physiological Demands and Medical Consequences of Modern Military Deployment Operations, 2 June, 2011, Denver, CO.
- 76) **Nindl, B.C.** *Efficacy of altered loading patterns to optimize skeletal adaptations in exercising humans.* Symposium presentation the National ACSM meeting entitled Mechanotransduction: How changes in load stimulate musculoskeletal adaptation, 3 June, 2011, Denver, CO.
- 77) **Nindl, B.C.** *Military Performance Division Research: Warfighter Relevance, Competencies, Current and Future Directions.* Invited Keynote Speaker, United States Army Research Institute of Environmental Medicine's 50th Anniversary Commemorative Symposium, 17 June 2011, Natick, MA.
- 78) **Nindl, B.C.** *Soldier Stress Endocrinology: Current Findings and Future Directions*, Invited Talk at the Boston Claude D. Pepper Older Americans Independence Center 2011/2012 Seminar Series, 12 July 2011.
- 79) **Nindl, B.C.** *Insulin-like growth factor-I: New Technology and Biomarker Interfaces for Optimal Exercise Adaptations in Bone and Muscle*, Invited speaker at the New England Chapter of the American College of Sports Medicine, 4 November, 2011, Providence, RI.
- 80) **Nindl, B.C.** *Overtraining and prevention strategies.* Invited presentation at the NSCA 2012 Tactical Strength and Conditioning Conference, 10 April 2012, Las Vegas, Nevada.
- 81) **Nindl, B.C.** *Specific neuromuscular training adaptations for today's warfighter: integrating findings for policy and doctrine recommendations.* Symposium presentation the National ACSM meeting entitled Extreme Conditioning, Extreme Benefits, 30 May, 2012, San Francisco, CA.
- 82) **Nindl, B.C.** *Physiological challenges and consequences of international military deployment.* Invited keynote presentation at the 1st Australian Conference on Physiological and Physical Employment Standards, 28 November 2012, Canberra, Australia.
- 83) **Nindl, B.C.** *Physical training optimization for women in combat-centric occupations.* Invited presentation at the Annual Tactical Strength and Conditioning Conference, 18 April, 2013 in Norfolk, VA.
- 84) **Nindl, B.C.** *IGF-I from molecule to man: functions, roles, and relevance to healthy lifestyles.* Tutorial presentation at the National ACSM meeting, 1 June, 2013, in Indianapolis, IN.
- 85) **Nindl, B.C.** *Physical training strategies for performance optimization in women.* Symposium presentation the Annual Mid-Atlantic ACSM meeting entitled: Human Performance Optimization and Injury Prevention: Lessons from the Military, 2 Nov, 2013, Harrisburg, PA.
- 86) **Nindl, B.C.** *Role of IGF-I in Mediating Exercise-Related Training Adaptations.* Invited keynote lecture, 8 November 2014, 15th International Rio de Janeiro Symposium on Physical Activities, Rio de Janeiro, Brazil.

- 87) **Nindl, B.C.** *Physical Training Strategies for Performance Optimization Women*. Invited keynote lecture, 9 November 2014, 15th International Rio de Janeiro Symposium on Physical Activities, Rio de Janeiro, Brazil.
- 88) **Nindl, B.C.** *Physiology of military operations: Optimizing Warfighter Performance and Mitigating Health Risk*. Invited presentation at the Annual Tactical Strength and Conditioning Conference, 15 April, 2014 in San Diego, CA.
- 89) **Nindl, B.C.** *Optimizing Physical Performance: Science and Strategies for Senior Leaders*. Invited Noon Time Lecture, 27 March 2014, Army War College, Carlisle, PA.
- 90) **Nindl, B.C.** *Physical Training Optimization for Women in Combat-Centric Occupations*. Invited presentation at the Women in Combat: Optimizing Performance, Health, and Well-being symposium, 30 May 2014, Defense Health Headquarters, Falls River, Virginia.
- 91) **Nindl, B.C.** *Optimizing Military Physical Performance: Science and Strategies for Military Leaders*. Invited presentation at Australian Defence Forces Command, 15 May 2014 in Sydney, Australia.
- 92) **Nindl, B.C.** *IGF-I as a Biomarker of Health, Fitness, and Training Status*. Invited lecture at the Wollongong School of Medicine, 18 May 2014, Wollongong, Australia.
- 93) **Nindl, B.C.** *Publishing Seminar Workshop*. Invited presentation, 18 May 2014, Department of Applied Physiology, University of Wollongong, Wollongong, Australia.
- 94) **Nindl, B.C.** *Optimizing Military Physical Performance: Science and Strategies for Military Leaders*. Invited presentation at Kapooka Army Training Center, 19 May 2014 in Wagga Wagga, Australia.
- 95) **Nindl, B.C.** *Publishing Seminar Workshop*. Invited presentation, 21 May 2014, Australian Defence Science and Technology Organization, Melbourne, Australia.
- 96) **Nindl, B.C.** *Optimizing Military Physical Performance: Science and Strategies for Military Leaders*. Invited keynote presentation, Australian Defence Science and Technology Organization Black Box Lecture Series (in honor of David Warren, inventor of the Blackbox), 22 May 2014, Melbourne, Australia.
- 97) **Nindl, B.C.** *Application of Microdialysis for Studying IGF-I Physiology in Skeletal Muscle*, 30 May 2014, Symposium presentation at the National ACSM meeting entitled Applications of Microdialysis within Exercise Paradigms, Orlando, Florida.
- 98) **Nindl, B.C.** *Physical training strategies for performance optimization in women in combat-centric occupations*, Symposium presentation at the 3rd International Congress of Soldiers' Physical Performance entitled Physical Performance, Musculoskeletal Injuries and Women in the Military: State of the Science and Recommendations for the Way Ahead, 3rd International Congress on Soldiers' Physical Performance, 19 August 2014, Boston, MA.
- 99) **Nindl, B.C.** *Optimal strength fitness is integral for successful integration of women into combat-centric military occupations*, Warfighter Readiness Roundtable: Aerobic and Strength Fitness and Influence on Military and Physical Readiness, 3rd International Congress on Soldiers' Physical Performance, 21 August 2014, Boston, MA.
- 100) **Nindl B.C.**, and B.H. Jones. *Military Health and Fitness: From Playground to Battleground*. Invited presentation, Mid-Atlantic American College of Sports Medicine, Harrisburg, PA, 31 Oct 2014.
- 101) **Nindl, B.C.** *Overreaching and overtraining in Soldiers and Athletes: What Do We Know Today?*, Symposium presentation entitled Human Performance in Our Military Elite: From Lab to Land, Mid-Atlantic American College of Sports Medicine Meeting, Harrisburg, PA, 1 Nov 2014.

- 102) **Nindl, B.C.** *Overreaching and Overtraining In Military Populations*, Invited presentation at annual meeting of The Collegiate and Professional Sports Dietitians Association, Point Clear, AL, 19 May 2015.
- 103) **Nindl, B.C.** *Building the Future Combat Super Warfighter through Human Performance Optimization and Injury Prevention Initiatives*, Symposium presentation entitled Mid-Atlantic American College of Sports Medicine Meeting, Harrisburg, PA, 7 Nov 2015.
- 104) **Nindl, B.C.** *Insulin-like growth factor-I as a Biomarker of Health and Fitness: Historical Insights and Current Perspectives*. Invited presentation, Mid-Atlantic American College of Sports Medicine Meeting, Harrisburg, PA, 6 Nov 2015.
- 105) **Nindl, B.C.** *Science and Strategies for Optimizing Military Physical Readiness and Preventing Musculoskeletal Injuries in the 21st Century*, Invited talk at the University of Pittsburgh Medical Center for Sports Medicine Orthopedic Grand Rounds, Pittsburgh, PA, 2 December, 2015.
- 106) **Nindl, B.C.** *Physiological and Optimized Physical Training Considerations for Integrating Women into Combat-Centric Occupations*. Invited talk at the 2015 Military Healthcare Symposium, Arlington, VA., 8 December 2015.
- 107) **Nindl, B.C.** *A Critical Evaluation of Military-Centric Physical Performance Optimization Programs*, Invited presentation at the Annual Tactical Strength and Conditioning Conference, San Diego, CA., 27 April, 2016
- 108) **Nindl, B.C.** *Science and Strategies for Human Performance Optimization in Military Tactical Athletes*, Invited presentation at the Department of Health and Exercise Science, The College of New Jersey, Ewing, New Jersey, 6 April 2015
- 109) **Nindl, B.C.** *State of the Science of Military Human Performance Optimization*, Invited presentation at the Center for Rehabilitation Science Research, Department of Physical Medicine and Rehabilitation at the Uniformed Services for the Health Sciences, Department of Rehabilitation, Walter Reed National Military Center, and the Department of Rehabilitation Science and Technology, Human Engineering Research Laboratories. The University of Pittsburgh State of the Science Symposia Series: Fitness and Health Outcomes: Exercise, Health and Nutrition for Wounded, Injured, and Ill Veterans, Bethesda, MD, 30 March, 2016.

RESEARCH

PRIOR GRANT SUPPORT

1. Title: Physiological Mechanisms of Musculoskeletal Injury
Role: Task Area Manager
Years: 2008-2013
Source: U.S. Army Medical Research and Materiel Command (\$32.0M)
2. Title: Establishing Normative Balance Measures in an Army Population Using the IsoBalance System
Role: Principal Investigator
Years: 2007
Source: US Army Rapid Equipping Force Grant (\$100K)
3. Title: Physical Training and Bone Remodeling: Singular vs. Combined Effects of Resistance and Aerobic Exercise
Role: Principal Investigator
Years: 2003

Source: US Army Medical Research and Materiel Command Bone Health and Military Medical Readiness Research Program Grant (\$310K)

4. Title: Measurement of IGF-I in Interstitial Fluid During Warfighter Physical Training
Role: Principal Investigator
Years: 2001
Source: US Army Medical Research and Materiel Command Technologies in Metabolic Monitoring Grant (\$193.5K)
5. Title: Measurement of Insulin-like Growth Factor-I During Military Operational Stress via a Filter Paper Blood Spot Assay
Role: Principal Investigator
Years: 2001
Source: US Army Medical Research and Materiel Command Technologies in Metabolic Monitoring Grant (\$65K)
6. Title: Relationship between bioassayable human growth hormone and bone mineral content in male and female service members
Role: Principal Investigator
Years: 2000
Source: US Army Medical Research and Materiel Command ILIR Research Grant (&25K)
7. Title: Growth hormone variants, pulsatility and resistance exercise
Role: Principal Investigator
Years: 1998
Source: American College of Sports Medicine Foundation Research Grant (\$5K)
9. Title: Growth hormone and resistance exercise
Role: Principal Investigator
Years: 1998
Source: National Strength and Conditioning Association Research Grant (\$2.5K)

OTHER RESEARCH RELATED ACTIVITIES

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| 2010-Present | Associate Editor, Medicine and Science in Sports and Exercise |
| 2012-Present | Senior Associate Editor, Journal of Strength and Conditioning Research |
| 2013-2014 | Associate Editor, Exercise and Sport Science Reviews |
| 2012-2014 | Editorial Board, Tactical Strength and Conditioning Report |
| 2003-2010 | Editorial Board, Medicine and Science in Sports and Exercise |
| 2000-Present | Associate Editor, Journal of Strength and Conditioning Research Guest Reviewer, Journal of Applied Physiology Guest Reviewer, Medicine and Science in Sports and Exercise Guest Reviewer, Journal of Strength and Conditioning Research Guest Reviewer, Experimental Biology and Medicine Guest Reviewer, British Journal of Sports Medicine Guest Reviewer, European Journal of Applied Physiology Guest Reviewer, Scandinavian Journal of Sports Medicine Guest Reviewer, International Journal of Sports Medicine Guest Reviewer, Growth Hormone and IGF-I Research Guest Reviewer, Ergonomics Guest Reviewer, Military Medicine |

LIST of CURRENT RESEARCH INTERESTS

Human Performance Optimization and Injury Prevention
Endocrine physiology (growth hormone and insulin-like growth factor-I axis)
Neuromuscular performance
Strength and power development and testing
Military physical performance
Physical training adaptations
Occupational performance
Women, performance, and physically demanding occupations
Body composition
Metabolic sensing and monitoring