
Ellen M. Evans, PhD

Updated November 29, 2017

Current Position

Associate Dean for Research and Graduate Education

College of Education

Professor, Department of Kinesiology

Director, Center for Physical Activity and Health

Adjunct Professor, Department of Foods and Nutrition, University of Georgia

Affiliate, Institute of Gerontology, University of Georgia

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University of Georgia, Athens GA 30605-6554

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Education

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| 1998 | Ph.D. | University of Georgia; Exercise Science [Mentor – Kirk J. Cureton, Ph.D.] |
| 1990 | M.S. | University of Illinois-Urbana; Exercise Physiology |
| 1987 | B.S. | Western Illinois University; Physical Education |

Academic Positions/Employment

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| 2017- | Associate Dean for Research and Graduate Education, College of Education. |
| 2016-2017 | Graduate Coordinator, Department of Kinesiology, University of Georgia, Athens GA |
| 2016-2017 | Faculty Senate President, College of Education, University of Georgia, Athens GA |
| 2014-2017 | Program Coordinator, Exercise Science Program, University of Georgia, Athens GA |
| 2014-current | Professor, Department of Kinesiology, University of Georgia, Athens GA |
| 2010-2014 | Associate Professor, Department of Kinesiology, University of Georgia, Athens GA |
| 2009-2010 | Associate Department Head, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana IL |
| 2008-2010 | Associate Professor, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana IL
Director of the Bone and Body Composition Laboratory
Director of the Lifetime Fitness Program
Division of Nutritional Sciences (<i>affiliate</i>)
Department of Internal Medicine, College of Medicine (<i>affiliate</i>) |
| 2001-2008 | Assistant Professor, Department of Kinesiology and Community Health, University of Illinois at Urbana-Champaign, Urbana IL |
| 1998-2001 | Postdoctoral Research Fellow, Division of Geriatrics and Gerontology, Department of Internal Medicine, Washington University School of Medicine, St. Louis, MO (Mentors: Wendy M. Kohrt, Ph.D. & John O. Holloszy, M.D.) |
| 2000 | Adjunct Instructor, Department of Nutrition and Dietetics, Saint Louis University, MO |
| 1995-1998 | Teaching and Research Assistant, Metabolism and Body Composition Laboratory, Department of Exercise Science, University of Georgia, Athens, GA |
| 1993-1995 | Graduate Assistant, Department of Exercise Science, The University of Georgia, Athens, GA |
| 1990-1992 | Assistant Director, Division of Campus Recreation, University of Illinois, Urbana, IL |
| 1988-1990 | Fitness Director, The Champaign-Urbana Fitness Center, Champaign, IL |
| 1987-1988 | Graduate Assistant, Department of Kinesiology, University of Illinois, Urbana, IL |

Honors and Awards

Fellow, National Academy of Kinesiology (2016)
 Women's Leadership Fellowship Program, University of Georgia (2015-2016)
 College of Applied Health Studies Excellence in Guiding Undergraduate Research Award, UIUC (2009)
 Faculty Award (Graduate Student Mentorship), Nutritional Sciences Graduate Student Association, Division of Nutritional Sciences, UIUC (2008)
 Fellow, NAASO, The Obesity Society (2007)
 National Institute on Aging Summer Institute on Aging Research (2003)
 Fellow, American College of Sports Medicine (2002)
 National Research Service Award, National Institutes of Health (1999-2001)
 Valedictorian, Western Illinois University, Macomb, IL (1987)
 Lincoln Academy of Illinois Student Laureate (all campus academic/leadership award; 1987)
 Illinois Association of Health, Physical Education and Recreation Outstanding Student (1987)
 Western Illinois University Leadership Scholarship (1983)

Research Activities

Grants Received

Federal Government

1. **Evans EM.** 1999-2001. NIH National Research Service Award [NRSA (Individual); F32 AG05874]. *Adaptations to endurance exercise in healthy elderly.* \$61,932. Principal Investigator.
2. **Evans EM.** 1999-2000. NIH/NIA (P60 AG13629). *Adaptations to endurance exercise in healthy elderly.* Pilot project of the Washington University Claude D. Pepper Older Americans Independence Center (OAIC), John O. Holloszy, MD, OAIC Director; \$25,000 (1999-2000). Principal Investigator.
3. Hillman C, McAuley E, Kramer A, **Evans EM.** 2003-2006. NIH/NIA (R01 AG021188-01). *Exercise, executive processes, and the aging brain.* \$650,000. Co-Investigator.
4. **Evans EM,** McAuley E, Rosengren K. 2004-2006. NIH/NIA (R01 AG020118-02S1; Competitive Supplement [Bone & Body Composition Outcomes]). *Age, gait and efficacy (AGE) in older women.* \$125,000. Co-Principal Investigator.
5. Donovan S, Erdman J, **Evans EM.** 2005-2008. USDA CSREES. *Training in human nutrition: soy and human health.* \$138,000. Co-Investigator.
6. Chapman-Novakofski K, **Evans EM.** 2006-2007. USDA Higher Education Challenge Grants, Undergraduate Faculty Teaching Partnerships. *Pilot program for project PEER: Peer education, Exercising and Eating Right.* \$5,000. Co-Investigator
7. **Evans EM,** Georgiadis J, Ebersole K. 2007-2011. NIH R21 HL090455. *Muscle quality, exercise and weight loss in older women: A quantitative MRI study.* \$450,000. Co-Principal Investigator.
8. **Evans EM,** McAuley E, Chapman-Novakofski K, Motl R. 2008-2013. USDA CSREES, National Research Initiative (NRI). *Project PEER: Peer education, Exercising and Eating Right.* \$960,000. Principal Investigator.
9. Donovan S and 12 others (**Evans EM**). 2008-2011. USDA National Needs Fellowship. *Training in human nutrition: obesity prevention from cell to community.* \$234,000, Co-Investigator/Preceptor.
10. Thorpe M, **Evans EM,** McAuley E. 2009-2014. NIH/NHLBI NRSA for Individual Predoctoral MD/PhD Fellows, [Matthew Thorpe, Principal Investigator (Medical Scholars Student) and Edward McAuley Co-Principal Investigator and Co-Mentor]. *Peer Education and Eating Right (PEER): Weight Gain Prevention in Female Freshman.* \$400,799, Co-Principal Investigator.
11. Guest D, **Evans EM,** McAuley E, Rogers L. 2010-2012. NIH/NCI R01CA136859-01A12 Research Supplements to Promote Diversity in Health-Related Research, Co-Mentor [Dolores Guest, Trainee, Laura Rogers, Principal Investigator and Edward McAuley, co-Principal Investigator]. *Enhancing physical activity after breast cancer.* \$105,389. Co-Principal Investigator.

12. Wilund K, Fernhall B, **Evans EM**, McAuley E, Xuming He, Phillips S. 2010-2015. NIH/NIDDK. *Intradialytic protein supplementation and exercise training in dialysis patients*. \$2,020,729. Co-Investigator
13. Schmidt MD, **Evans EM**, MacKillop J, Rathbun S. April 2012-March 2014. NIH/NHLBI. *Psychological predictors of compensatory responses to an exercise intervention*. \$408,375. Co-Investigator.
14. Johnson MA, Davis M, Chumbler NR, **Evans EM**, Campbell LF, Fischer JG, Baile CA. October 2013-September 2015. USDA/NIFA Higher Education Challenge Grant. *Graduate interdisciplinary certificate in childhood obesity: Strategic planning conference*. \$29,237. Co-Project Director.

Industry and Foundation

1. **Evans EM**. 1997-1998. The Life Fitness Corporation; Life Fitness Academy. *The effects of diet and exercise on body composition assessed using a four-component model*. \$2,500. Principal Investigator
2. Erdman J, **Evans EM**. 2002. Masterfoods, USA. *Nutritional management for weight loss in women*. \$88,147. Co-Investigator.
3. Erdman J, **Evans EM**. 2002. Masterfoods, USA. *Nutritional management for weight loss in women: Follow-up study (exercise)*. \$31,275. Co-Investigator.
4. Layman DK, Kris-Etherton P, Evans EM. 2003-2005. National Cattleman's Beef Association. *Increasing dietary protein improves long-term weight management*. \$588,663, Co-Principal Investigator.
5. Erdman J, **Evans EM**. 2003. Masterfoods, USA. *Nutritional management for weight loss in men*. \$101,432. Co-Principal Investigator.
6. **Evans EM**. 2004. International Society of Clinical Densitometry. *Accuracy in determining bone density with changes in body fatness using DXA*. \$10,000. Principal Investigator.
7. Erdman J, **Evans EM**. Masterfoods, USA. 2005-2007. *Cholesterol reduction in men and women consuming cocoa products with added sterol esters*. \$158,486. Co-Investigator
8. Chapman-Novakofski K, **Evans EM**. 2006. Gatorade Sports Science Institute. *Nutrition and bone health in adolescent female athletes*. \$1,500. Co-Principal Investigator.
9. **Evans EM**, Deterding R, Harvey S., Son J. 2007-2008. Big Ten Recreational Sports Research Grant. *Girl POWERED for all colors: Preventing OverWeight with Effective Recreation, Exercise and Diet*. \$1,875. Co-Principal Investigator.
10. **Evans EM**, Erdman J. 2005. Soy Health Research Program Incentive Grant Program. *The effects of weight loss diets differing in protein content and source on body composition and risk for Type 2 diabetes mellitus and cardiovascular disease in postmenopausal women at risk for metabolic syndrome*. \$10,000. Principal Investigator.
11. **Evans EM**, Layman DK, McAuley E. 2006. National Dairy Council, NIH R01 Incentive Grant. *The interactive effects of a weight loss diet with whey protein and exercise on body composition, physical function and quality of life in older women*. \$10,000. Principal Investigator.
12. Chapman-Novakofski K, Castelli D, **Evans EM**. 2007-2008. American Dietetic Association Foundation. *The HOT project: Healthy outcomes for teens*. \$35,000 [matching funds from Hispanic youth through the Diabetes Education for Hispanic Communities Research Program of Illinois Extension \$10K, National Soy Research Laboratory \$10K, Illinois Soybean Board \$5K] project total \$60,000. Co-Investigator.
13. **Evans EM**, Layman D, Ebersole K, McAuley E. 2007-2009. National Dairy Council. *Higher protein diet and exercise for optimal weight loss in frail elderly women*. \$45,000. Principal Investigator.
14. **Evans EM**, Georgiadis J. 2008-2009. Charles Morgan Carraway and Joanne M Carraway Charitable Foundation. *Higher protein weight loss diet effects on muscle and bone quality assessed by MRI in older women*. \$75,298. Principal Investigator.
15. **Evans EM**, Cureton KJ, O'Connor PJ. 2010-2013. Kellogg Company. *Randomized, controlled, parallel trial to evaluate the chronic consumption of 9 mg of dihydrocapsiate (DCT) on energy expenditure, fat oxidation and body weight in women*. \$875,579. Principal Investigator.
16. **Evans EM**, Cureton KJ, Layman DK. Egg Nutrition Center, 2011-2013. *The E-PHIT study: eggs, protein intake, and cycling: A diabetes prevention program for women*. \$200,000. Principal Investigator.

17. **Evans EM**, Johnson MA, O'Connor PJ, McCully K. 2012-2014. National Cattlemen's Beef Association. *Effects of a higher protein weight loss diet and exercise on body composition, physical function, and fatigue in overweight older women.* \$272, 489. Principal Investigator.

Internal – University of Illinois (2001-2010)

1. **Evans EM**. 2002-2003. University of Illinois at Urbana-Champaign, Research Board. *In-vivo validation of whole body composition estimates from fan-beam dual energy x-ray absorptiometry (DXA).* \$26,159. Principal Investigator.
2. Gallagher T, **Evans EM**. 2002-2003. University of Illinois at Urbana-Champaign, MJ Neer Research Award. *Impact of osteoporosis risk assessment on women's primary prevention behaviors.* \$8,000 . Co-Investigator.
3. **Evans EM**. 2002. University of Illinois at Urbana-Champaign, Aging Initiative Incentive Grant. *Exercise and disease prevention in postmenopausal women.* \$10,000. Principal Investigator.
4. **Evans EM**, McAuley E. 2003-2004. University of Illinois at Urbana-Champaign, Research Board. *Activity, Gait & Efficacy (AGE) in older women: Bone health outcomes.* \$25,291. Principal Investigator.
5. Zhu W, **Evans EM**. 2003-2004. University of Illinois at Urbana-Champaign, Research Board. *Determining MET values for selected physical activities of individuals with disabilities: A pilot study for a NIH Grant call.* \$19,820. Co-Investigator.
6. Zhu W, **Evans EM**, and others. 2003-2004. University of Illinois at Urbana-Champaign, MJ Neer Research Award. *Development, calibration and cross-validation of wheeltrak: A device to measure the physical activity of wheelchair users.* \$15,000. Co-Investigator.
7. **Evans EM**, Castelli DM. 2003. University of Illinois at Urbana-Champaign, Provost Initiative on Teaching. *Can a web-supported inquiry-based learning model and teacher development alter acquisition of applied physiology knowledge.* \$5,705. Co-Principal Investigator.
8. **Evans EM**. 2004-2005. University of Illinois at Urbana-Champaign, MJ Neer Research Award. *Habitual physical activity and body composition in spinal cord injured individuals.* \$15,000. Principal Investigator.
9. Hedrick B, **Evans EM**, and others. 2004-2005. University of Illinois at Urbana-Champaign, MJ Neer Research Award. *A longitudinal study of exercise/physical activity intervention in individuals with disabilities.* \$14,956. Co-Investigator.
10. **Evans EM**, Rosengren K. 2005-2006. University of Illinois at Urbana-Champaign, Research Board. *The effect of fatigue on balance and gait function in the elderly: Impact of training mode and body composition.* \$14,778. Co-Principal Investigator.
11. Wilund K, **Evans EM**. 2005-2006. University of Illinois at Urbana-Champaign, Initiative on Aging, *Effect of dietary macronutrient content on markers of cholesterol absorption and synthesis.* \$10,000. Co-Investigator.
12. Mojtahedi MC, **Evans EM**. 2005. University of Illinois at Rockford, Project Export (Graduate Student Competition). *Effect of physical activity on risk for obesity, type 2 diabetes mellitus and cardiovascular disease in individuals with spinal cord injury: A cross-sectional study.* \$5,385. Co-Investigator.
13. **Evans EM**. 2005-2006. University of Illinois at Urbana-Champaign, MJ Neer Research Award. *Effect of physical activity on fat location, risk for type 2 diabetes mellitus and cardiovascular disease in individuals with spinal cord injury.* \$14,988. Principal Investigator.
14. **Evans EM**. 2005-2006. University of Illinois at Urbana-Champaign, College of Applied Life Studies, Schneider Charitable Trust [noncompetitive award]. *Effect of physical activity on fat location, risk for type 2 diabetes mellitus and cardiovascular disease in individuals with spinal cord injury.* \$6,666. Principal Investigator.
15. Ebersole K, **Evans EM**. 2006-2007. University of Illinois at Urbana-Champaign, Research Board. *Age and limb differences in the physiological determinants of voluntary movement control.* \$18,500. Co-Principal Investigator.
16. **Evans EM**, Valentine RJ, Woods JA. 2006-2007. University of Illinois at Urbana-Champaign, Research Board. *Magnetic resonance imaging (MRI) of fat in mice: A pilot study;* \$11,775. Principal Investigator.

17. **Evans EM**, Harvey S, Deterding R. 2007-2008. University of Illinois at Urbana-Champaign, Research Board. *Girl POWERED: Preventing OverWeight with Effective Recreation, Exercise and Diet*. \$6,675. Co-Principal Investigator.
18. Castelli DM, **Evans EM**, Arngrimmson SA. 2007-2008. University of Illinois at Urbana-Champaign, Research Board. *The relative impact of physical activity, cardiorespiratory fitness, and adiposity on inflammation and cognition in children*. \$19,745. Co-Principal Investigator.
19. **Evans EM**, Harvey S, Deterding R, Son J. 2007-2008. University of Illinois at Urbana-Champaign, Mothers Association. (Deterding PI, Harvey and Son co-PI), *Girl POWERED for all Colors: Preventing OverWeight with Effective Recreation, Exercise and Diet*. \$1,000. Co-Principal Investigator.
20. **Evans EM**. 2009-2010. University of Illinois at Urbana-Champaign, Academy for Entrepreneurial leadership. *FIT-PALS: Financial Ideas & Tactics for Physical Activity Leadership Strategies*. \$15,000. Principal Investigator.
21. Wilund K, **Evans EM**, Fernhall B, McAuley E. 2009-2010. University of Illinois at Urbana-Champaign, MJ Neer Research Award. *Efficacy of intradialytic protein supplementation in hemodialysis patients*. \$15,000, (funded 2009-2010). Co-Investigator.
22. **Evans EM**, McAuley E, Dantzer R. 2009-2010. University of Illinois at Urbana-Champaign, MJ Neer Research Award. *Exercise, inflammation and fatigue in older women*. \$15,000. Principal Investigator
23. **Evans EM**. 2010. University of Illinois at Urbana-Champaign, Research Board. Principal Investigator, *Vitamin D, body composition, and physical functional performance in older adults*. \$14,778. Principal Investigator.

Internal – University of Georgia

1. **Evans EM**. 1998-1999 (doctoral student). University of Georgia, College of Education Outreach Research Grant. *The effects of diet and exercise on body composition assessed using a four-component model*. \$8,550. Principal Investigator.
2. Meagher R, **Evans EM**, Baile C, Arnold J. 2012-2013. University of Georgia, Office of Vice President of Research, Obesity Initiative Pilot Grant Project. *Exercise-induced epigenetic modifications in obese aging women*. \$25,000. Co-Principal Investigator.
3. Johnson MA, Ketterly J, **Evans EM**. 2012. University of Georgia, Vice President for Instruction, Summer 2012 Innovative Instruction Faculty Grants. *Sports Nutrition*. \$5,000. Co-Investigator.
4. **Evans EM**, Gay JL, Wilson M, Campbell L. 2012. University of Georgia, College of Education. *Dawgs MOVE: Managing Obesity Via Exercise*. \$5,000. Principal Investigator.
5. Johnson MA, Baile C, **Evans EM**, Fischer JG, Campbell LF, Davis, M, Chumbler NR. 2013. University of Georgia, Office of Vice President of Research, State-of-the-Art Conference Program. *Research-based Graduate Interdisciplinary Instruction in Obesity and Weight Management*. \$21,270. Co-Investigator.
6. **Evans EM**. 2013. University of Georgia, Vice President for Instruction, Summer 2013 Innovative Instruction Faculty Grants. *Exercise Is Medicine*. \$5,000. Principal Investigator.
7. Schmidt MD, **Evans EM**, MacKillop J, Rathburn S. 2013-2014. University of Georgia, Office of Vice President of Research, Obesity Initiative Pilot Grant Project. *Validity of a novel approach to measure free-living energy expenditure in weight management studies*. \$25,000. Co-Investigator.
8. **Evans EM**, Gay JL, Campbell L, Johnson MA. 2013. University System of Georgia. *DawgsWORK: Worksite Obesity Reduction Know-how*. \$10,000. Principal Investigator.
9. vanDellen M, Beam LA (graduate student), **Evans EM**. 2017. *Examining Participation and Retention in Recreational Sports Ramsey Fitness Classes Using an Interpersonal Self-Regulation Framework*. . Student Affairs Faculty Research Grant Award. \$4,823. Co-Investigator/Consultant.
10. Gay JL, **Evans EM**. 2017. *Impact of Studying on Vitamin D Levels among College Students*. Student Affairs Faculty Research Grant Award. \$4,750. Co-Investigator/Consultant.
11. **Evans EM**, vanDellen M, Bryant C, Buckworth J, Schmidt MD. 2017. *Project CHAMPS: Couples Healthfully Aging as Movement Partners Study*. Owens Institute of Behavioral Research Pilot Grant, Program. \$10,000. Principal Investigator.

Publications (peer reviewed; underline indicates senior author)*Book Chapters:*

1. Mojtahedi MC and Evans EM. (2012). Anthropometry in athletes with spinal cord injury. In: Preedy VR (Ed.) *Handbook of Anthropometry: Physical Measures of Human Form in Health and Disease*. Springer: New York, USA, 2012, pp 1889-1902.
2. Evans EM, Guest DD, Valentine RJ, Brady AE. (2013). Chapter 8: Healthy lifestyles in old age: Integrating physical activity with nutrition to maintain a healthy body composition and prevent disability, In: Chodzko-Zajko W (Ed.) *ACSM's Exercise for Older Adults* (pp. 147-170). Baltimore, USA: Lippincott Williams & Wilkins.
3. Brady AO, Berg AC, Johnson MA, Evans EM. (2015). Physical activity and exercise: Important complements to nutrition in older adults, In C.W. Bales, J. Locher, E. Saltzman (Eds). *Handbook of Clinical Nutrition in Aging*, (pp. 355-374). Third Edition. New York, USA: Springer. [Invited Chapter].
4. Kennedy-Armbruster C, Evans EM, Reed RA. Chapter 4: Exercise prescription for the apparently healthy. American College of Sports Medicine's Clinical Exercise Physiology. 1st Edition. Baltimore (MD): Wolters Kluwer. [Submitted: September 19, 2016; Invited chapter; In Review].

Journal Articles (peer-reviewed):

1. Prior BM, Cureton KJ, Modlesky CM, Evans EM, Sloniger MA, Lewis RL. In vivo validation of whole-body composition estimates from dual-energy X-ray absorptiometry. *J Appl Physiol*. 83(2): 623-630, 1997.
2. Sloniger MA, Cureton KJ, Prior BM, Evans EM. Anaerobic capacity and muscle activation during horizontal and uphill running. *J Appl Physiol*. 83(1): 262-269, 1997.
3. Sloniger MA, Cureton KJ, Prior BM, Evans EM. Lower-extremity muscle activation during horizontal and uphill running. *J Appl Physiol*. 83(6): 2073-2079, 1997.
4. Evans EM, Cureton KJ. Metabolic, circulatory and perceptual responses to bench stepping in water. *J Strength Cond Res*. 12(2): 95-100, 1998.
5. Modlesky CM, Evans EM, Millard-Stafford ML, Collins MA, Lewis RD, Cureton KJ. Impact of bone mineral estimates on percent fat estimates from a four-component model. *Med Sci Sports Exerc*. 31(12): 1861-1868, 1999.
6. Evans EM, Saunders MJ, Spano MA, Arngrimsson SA, Lewis, RD, Cureton KJ. Body composition changes with diet and exercise in obese women: a comparison of estimates from clinical methods and a four-component model. *Am J Clin Nutr*. 70(1): 5-12, 1999.
7. Evans EM, Saunders MJ, Spano MA, Arngrimsson SA, Lewis, RD, Cureton KJ. Effects of diet and exercise on the density and composition of the fat free mass in obese women. *Med Sci Sports Exerc*. 31(12): 1778-1787, 1999.
8. Arngrimsson, SA, Evans EM, Saunders MJ, Lewis RD, Cureton KJ. Validation of body composition estimates in male and female distance runners using estimates from a four-component model. *Am J Hum Bio*. 12(3): 301-314, 2000.
9. Saunders MJ, Evans EM, Arngrimsson SA, Flowers GW, Allison JD, Warren GL, Cureton KJ. Muscle activation and the slow component rise in oxygen uptake during cycling. *Med Sci Sports Exerc*. 32(12): 2040-2045, 2000.
10. Evans EM, Arngrimsson, SA, Cureton, KJ. Body composition estimates from multicomponent models using BIA to determine body water. *Med Sci Sports Exerc*. 33(5): 839-845, 2001.
11. Millard-Stafford ML, Collins MA, Evans EM, Snow TK, Cureton KJ, Roskopf LB. Use of air displacement plethysmography for estimating body fat in a four-component model. *Med Sci Sports Exerc*. 33(8): 1311-1317, 2001.
12. Prior BM, Modlesky CM, Evans EM, Sloniger MA, Saunders, MJ, Lewis RD, Cureton KJ. Muscularity and the density of the fat-free mass in athletes. *J Appl Physiol*. 90(4): 1523-1531, 2001.

13. **Evans EM**, Van Pelt RE, Binder EF, Williams DB, Ehsani AA, Kohrt WM. Effects of HRT and exercise training on body composition, glucose tolerance, and insulin action in older women. *J Appl Physiol.* 90(6): 2033-2040, 2001.
14. Van Pelt RE, **Evans EM**, Schectman, KB, Kohrt WM. Waist circumference vs. BMI for prediction of disease risk in postmenopausal women. *Int J Obes Relat Metab Disord.* 25(8): 1183-1188, 2001.
15. **Evans EM**, Prior BM, Arngrimsson SA, Modlesky CM, Cureton KJ. Relation of bone mineral density and content to mineral content and density of the fat-free mass. *J Appl Physiol.* 91: 2166-2172, 2001.
16. Van Pelt RE, **Evans EM**, Schechtman KB, Ehsani AA, Kohrt WM. Contributions of total and regional fat mass to risk for cardiovascular disease in older women. *Am J Physiol Endocrinol Metab.* 282: E1023-E1028, 2002.
17. Saunders MJ, **Evans EM**, Arngrimsson SA, Allison JD, Cureton KJ. Endurance training reduces end-exercise VO₂ and muscle use during submaximal cycling. *Med Sci Sports Exer.* 35(2): 257-262, 2003.
18. Chapman-Novakofski K, **Evans EM**, Gallagher T. Preventing osteoporosis. *J Nutr Elderly.* 22(4): 83-97, 2003.
19. Hannum SM, Carson LA, **Evans EM**, Canene KA, Petr EL, Bui LM, Erdman JW. Portion-controlled diet enhances weight loss in women. *Obes Res.* 12(3): 538-46, 2004.
20. Collins MA, Millard-Stafford ML, **Evans EM**, Snow TK, Cureton KJ, Roskopf LB. Effect of race and musculoskeletal development on the accuracy of air displacement plethysmography. *Med Sci Sports Exer.* 36(6):1070-1077, 2004.
21. Buck SM, Hillman CH, **Evans EM**, Janelle CM. Emotional responses to pictures of one's self in healthy college age females. *Motivation and Emotion*, 28, 279-295, 2004.
22. **Evans EM**, Racette SB, Peterson LR, Villareal DT, Greiwe, JS, Holloszy JO. Aerobic power and insulin action improve in response to endurance exercise training in healthy 77-87 Yr Olds. *J App Physiol.* 98(1):40-5, 2005.
23. **Evans EM**, Prior BM and Modlesky CM. A mathematical model to estimate body composition in taller individuals using DXA. *Med Sci Sports Exer.* 37(7):1211-1215, 2005.
24. Layman DK, **Evans EM**, Baum JI, Seyler JE, Erickson DJ, Boileau RA. Dietary protein and exercise have additive effects on body composition during weight loss in adult women *J Nutr.* 135(8):1903-1910, 2005.
25. **Evans EM**, Rowe DA, Misic MM, Prior BM, Arngrimsson SA. Skinfold prediction equation for collegiate athletes developed using a four-component model. *Med Sci Sports Exer.* 37(11):2006-2011, 2005.
26. Hannum SM, Carson LA, **Evans EM**, Petr EL, Wharton CM, Bui L, Erdman, JW. Use of packaged entrees as part of a weight-loss diet in overweight men: an 8-week randomized clinical trial. *Diabetes Obes Metab.* 8(2):146-55, 2005.
27. **Evans EM**, Ross KM, Heinrichs KL, McAuley E, Rosengren KS. Ultrasound of the calcaneus and bone mineral density differs in older black and white women but is not impacted by current physical activity. *Osteoporos Int.* Epub Sep 15 2005; 16(12):1755-1760, 2005.
28. Racette SB, **Evans EM**, Weiss EP, Hagburg JM, Holloszy, JO. Abdominal adiposity is a stronger predictor of insulin resistance than fitness among 50 to 95 year-olds. *Diabetes Care.* 29(3):673-8, 2006.
29. **Evans EM** and Racette SB. Menopause and risk for obesity: how important is physical activity? [Editorial] *J Womens Health (Larchmt).* Mar;15(2):211-3, 2006.
30. Snook EM, Mojtahedi MC, **EM Evans**, McAuley E, RW Motl. Physical activity and body composition among people with multiple sclerosis. *Int J MS Care.* 7:137-142, 2005/2006.
31. **Evans EM**, Rowe DA, Racette SB, Ross KM, McAuley E. Is the current BMI obesity classification appropriate for black and white postmenopausal women? *Int J Obes.* 30:837-843, 2006.
32. Mojtahedi MC, Plawewski KL, Chapman-Novakofski, KM, McAuley E, **Evans EM**. Older black women differ in calcium intake source compared to age and socioeconomic matched white women. *J Am Diet Assoc.* 106:1102-1107, 2006.
33. Misic MM, **Evans EM**. Derivation of whole body bone measures through summation of individual DXA scans; *J Clin Densitom.* Summer;9(2):184-90, 2006.

34. Pothiwala P, **Evans EM**, Chapman-Novakofski KM. Ethnic variation in risk for osteoporosis among women: a review of biological and behavioral factors. *J Womens Health*. 15(6): 709-719, 2006.
35. **Evans EM**, Mojtahedi, MC, Kessinger RB, Misic MM. Simulated change in body fatness affects Hologic QDR 4500A whole body and central DXA bone measures. *J Clin Densitom*, Jul-Sep;9(3):315-22, 2006.
36. Misic MM, Rosengren KS, Woods JA, **Evans EM**. Muscle quality, aerobic fitness and fat mass predict lower extremity physical function in community-dwelling adults. *Gerontol*; 53:260-266, 2007.
37. Vieira VJ, Valentine RJ, McAuley E, **Evans EM**, Woods JA. Independent relationship between heart rate recovery and CRP in older adults. *J Am Gerontol Soc*; 55:747-751, 2007.
38. **Evans EM**, Racette SB, VanPelt RE, Peterson LR, Villareal DT. Soy protein isolate and exercise impact bone turnover but not bone mineral density in postmenopausal women. *Menopause*; 14(3):481-488, 2007.
39. Heffernan KS, Jae SY, Lee M, Mojtahedi MC, **Evans EM**, Zhu W, Fernhall B. Gender differences in QTc interval in individuals with spinal cord injury. *Spinal Cord*. 45(7):518-21, 2007.
40. Thorpe MP, Mojtahedi MC, Chapman-Novakofski KM, McAuley E, **Evans EM**. A positive association of lumbar spine bone mineral density with dietary protein is suppressed by a negative association with protein sulfur. *J Nutr*, 138:80-85, 2008.
41. Wilund KR, Tomayko EJ, **Evans EM**, Kim K, Ishaque MR, Fernhall B. Physical activity, coronary artery calcium, and bone mineral density in elderly men and women: a preliminary investigation. *Metabolism Clin Exp* 57: 584-591, 2008.
42. Mojtahedi MC, Valentine RJ, Arngrímsson SA, Wilund KR, **Evans EM**. The association between regional body composition and metabolic outcomes in athletes with spinal cord injury. *Spinal Cord*, 46: 192-197, 2008.
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Abstracts & Conference Presentations

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177. Fedewa MV, Das BM, Schmidt MD, **Evans EM**. Fasting insulin and sedentary time in overweight and obese freshmen students: Potential bi-directional relationships. Presented at the national meeting of the *American College of Sports Medicine*, Indianapolis, IN, June 2013.
178. Lucas JM, Schmidt MD, Das BM, **Evans EM**. Agreement between self-reported and objective sitting times varies by day of week among college freshmen. Presented at the national meeting of the *American College of Sports Medicine*, Indianapolis, IN, June 2013.
179. Wilson KE, Das BM, **Evans EM**, Dishman RK. Behavioral approach and inhibition systems as personality correlates of physical activity in college women. Presented at the annual meeting of *North American Society for the Psychology of Sport and Physical Activity*, New Orleans, LA, June 2013.
180. Fedewa, MV, Das BM, Schmidt MD, **Evans EM**. Under the radar: The skinny on obesity in normal weight first year college women. Presented at the annual meeting of *The Obesity Society*, Atlanta, GA, November 2013.
181. Ward-Ritacco CL, Adrian AL, O'Connor PJ, Johnson MA, Rogers LQ, **Evans EM**. Fatigue and physical function in postmenopausal breast cancer survivors and age and adiposity matched controls: relationships with body composition and physical activity. Presented at the *American Institute for Cancer Research Conference Annual Research Conference on Food, Nutrition, Physical Activity and Cancer*. Bethesda, MD, November 2013.
182. Mahar TF, Fedewa MV, Acitelli RM, Ward-Ritacco CL, Das BM, Schmidt MD, **Evans EM**. Physical activity influences the relationship between BMI and adiposity differentially in young and middle age women. Presented at the annual meeting of *Southeast American College of Sports Medicine*. Greenville, SC, February 2014. *Meeting cancelled due to weather.
183. Lucas JM, Schmidt MD, Das BM, **Evans EM**. Sedentary behavior measurement approaches among college students. Presented at the annual meeting of *Southeast American College of Sports Medicine*. Greenville SC, February 2014. *Meeting cancelled due to weather.
184. Acitelli RM, Ward-Ritacco CL, Brady AO, **Evans EM**. Differential effects of adiposity and physical activity on physical dimensions of health related quality of life in middle- aged and older women. Presented at the annual meeting of *Southeast American College of Sports Medicine*. Greenville SC, February 2014. *Meeting cancelled due to weather.
185. Johnson KB, Berg AC, Acitelli RM, Straight CR, Lay W, Peterson LQ, Huffman K, Pritchett K, Johnson MA, **Evans EM**. Weight management in older adults: a collaboration of the UGA Departments of Kinesiology and Foods and Nutrition. Presented at the *Southeastern Student Mentoring Conference in Gerontology and Geriatrics*, Athens, GA, March 2014.
186. Das BM, **Evans EM**. Understanding weight management perceptions in first-year college students using the Health Belief Model. Presented at the annual meeting of *American College of Sports Medicine*, Orlando, FL, May 2014.
187. Schmidt MD, Lyon KM, Hathaway ED, Fedewa MV, **Evans EM**. Effects of moderate intensity walking on daily and 3 hour dietary intake. Presented at the annual meeting of *American College of Sports Medicine*, Orlando, FL, May 2014.
188. Mahar TF, Fedewa MV, Acitelli RM, Das BM, Schmidt MD, **Evans EM**. Race and sedentary time influence body image in female college freshmen. Presented at the annual meeting of *American College of Sports Medicine*, Orlando, FL, May 2014.

189. Torres CX, Fedewa MV, Ward-Ritacco CL, Adrian AL, **Evans EM**. Adiposity associated with functional walking performance in middle-aged women with and without Arthritis. Presented at the annual meeting of *American College of Sports Medicine*, Orlando, FL, May 2014.
190. Straight CR, Brady AO, Ward-Ritacco CL, **Evans EM**. Relative contributions of adiposity and muscle quality to physical function in middle-aged and older women. Presented at the annual meeting of *American College of Sports Medicine*, Orlando, FL, May 2014.
191. Fedewa MV, Das BM, Schmidt MD, **Evans EM**. Oral contraceptive use, adiposity, and physical activity associated with C-reactive protein in young healthy women. Presented at the annual meeting of *American College of Sports Medicine*. Orlando, FL, May 2014.
192. Lucas JM, Schmidt MD, Das BM, **Evans EM**. Measures of physical activity and their associations with cardiometabolic risk in college students. Presented at the annual meeting of *American College of Sports Medicine*. Orlando, FL, May 2014.
193. Ward-Ritacco CL, Adrian AL, O'Connor PJ, Johnson MA, Rogers LQ, **Evans EM**. Feelings of energy are associated with physical activity and sleep quality, but not adiposity, in middle-aged postmenopausal women. Presented at the annual meeting of *American College of Sports Medicine*. Orlando, FL, May 2014.
194. Acitelli RM, Ward-Ritacco CL, Adrian AL, O'Connor PJ, Johnson MA, Rogers LQ, **Evans EM**. Physical function in middle-aged postmenopausal women: Relationships with adiposity, physical activity and muscle quality. Presented at the annual meeting of *American College of Sports Medicine*. Orlando, FL, May 2014.
195. Adrian AL, O'Connor PJ, Ward-Ritacco CL, **Evans EM**. Physical activity, heat pain and conditioned pain modulation in women with and without disabling pain. Presented at the annual meeting of *American College of Sports Medicine*. Orlando, FL, May 2014.
196. Freese EC, Acitelli RM, Gist NH, Loy BD, O'Connor PJ, Cureton KJ, **Evans EM**. Effects of sprint interval training and a high-protein diet on symptoms of energy. Presented at the annual meeting of *American College of Sports Medicine*. Orlando, FL, May 2014.
197. Berg AC, Johnson KB, Acitelli RM, Straight CR, Lay W, Peterson LQ, Johnson MA, **Evans EM**. Weight management for older adults: a collaboration of the UGA departments of Kinesiology and Foods and Nutrition. Presented at the *2014 Southeastern Conference Symposium*, Atlanta, GA, September 2014.
198. Straight CR, Brady AO, **Evans EM**. Adverse impact of obesity and low muscle quality on lower-extremity physical function in older women. Presented at the annual meeting of *The Obesity Society*, Boston, MA, November 2014.
199. Fedewa MF, Hathaway ED, Das BM, Schmidt MD, **Evans EM**. Physical activity, not sedentary time, is inversely associated with insulin resistance in young healthy women. Presented at the annual meeting of the *Southeast American College of Sports Medicine*, Jacksonville, FL, February 2015.
200. Hathaway ED, Fedewa MV, Higgins S, **Evans EM**, Schmidt MD. Objective classification of physical activity intensity in overweight or obese college-age females over a continuous 24-hour period. Presented at the annual meeting of the *Southeast American College of Sports Medicine*, Jacksonville, FL, February 2015.
201. Brady AO, Straight CR, **Evans EM**. Hand grip strength relative to body mass index is a significant predictor of physical function in older adults. Presented at the annual meeting of the *Southeast American College of Sports Medicine*, Jacksonville, FL, February 2015.
202. Higgins S, Fedewa MV, Hathaway ED, Schmidt MD, **Evans EM**. Light physical activity is positively associated with aerobic capacity in young overweight sedentary women. Presented at the annual meeting of the *Southeast American College of Sports Medicine*, Jacksonville, FL, February 2015.
203. Acitelli RM, Ward-Ritacco CL, O'Connor PJ, **Evans EM**. Adiposity and physical activity correlates of feeling of energy and fatigue in middle-aged postmenopausal women. Presented at the annual meeting of the *Southeast American College of Sports Medicine*, Jacksonville, FL, February 2015.
204. Fedewa MF, Hathaway ED, Higgins S, Das BM, Forehand RL, Schmidt MD, **Evans EM**. Interactive effect of oral contraceptive use, weight status, and physical activity on C-reactive protein levels in

- young women. Presented at the annual meeting of the *American College of Sports Medicine*, San Diego, CA, May 2015.
205. Straight CR, Brady AO, **Evans EM**. Can a simple transfer task predict global lower-extremity physical function in community-dwelling older women? Presented at the annual meeting of the *American College of Sports Medicine*, San Diego, CA, May 2015.
 206. Torres CX, Straight CR, Brady AO, **Evans EM**. Independent association between depressive symptomatology and physical function in community-dwelling older women. Presented at the annual meeting of the *American College of Sports Medicine*, San Diego, CA, May 2015.
 207. Acitelli RM, Fedewa MV, Das BM, **Evans EM**. Associations of adiposity and physical activity on health related quality of life in college females. Presented at the annual meeting of the *American College of Sports Medicine*, San Diego, CA, May 2015.
 208. Higgins S, Fedewa MV, Hathaway ED, Schmidt MD, **Evans EM**. Light physical activity is positively associated with aerobic capacity in young overweight sedentary women. Presented at the annual meeting of the *American College of Sports Medicine*, San Diego, CA, May 2015.
 209. **Evans EM**, Rowe DA, Das BM, McConnell W, Fedewa MV, Schmidt MD. Association between breakfast eating frequency, physical activity and sedentary time in college freshmen. Presented at the annual meeting of the *International Society of Behavioral Nutrition and Physical Activity*, Edinburgh, Scotland, June 2015.
 210. Toledo MJ, Das BM, **Evans EM**, Fedewa MF, Forehand RL, Hathaway ED, Jenkins N, Schmidt MD. Feasible clinical measures of body composition and physical activity to assess cardiometabolic risk in college-age females. Presented at the annual meeting of the *Southwest American College of Sports Medicine*, Costa Mesa, CA, October 2015.
 211. Wagle S, Hathaway ED, Das BM, **Evans EM**, Schmidt MD. Substituting sitting with standing or stepping to reduce cardiometabolic risk: an isotemporal analysis. Presented at the *International Sedentary Behavior Conference*, Urbana-Champaign, IL, October 2015.
 212. Fedewa MV, Hathaway ED, Higgins S, Forehand RL, Schmidt MD, **Evans EM**. Moderate intensity exercise training reduces C-reactive protein level in young overweight women. Presented at the annual meeting of the *Southeast American College of Sports Medicine*, Greenville SC, February 2016.
 213. Hathaway ED, Fedewa MV, Higgins S, vanDellen MR, **Evans EM**, Schmidt MD. Association between exercise engagement beliefs and changes in non-exercise activity thermogenesis. Presented at the annual meeting of the *Southeast American College of Sports Medicine*, Greenville SC, February 2016.
 214. Berg AC, Johnson KB, Straight CR, Acitelli RM, O'Connor PJ, **Evans EM**, Johnson MA. Changes in eating behaviors are associated with intentional weight loss following intervention in older women. Presented at the annual meeting of *Experimental Biology*, San Diego, California, April 2016.
 215. Reed RA, Straight CR, Rees EA, Berg AC, Johnson KB, Johnson MA, **Evans EM**, O'Connor, PJ. Vitality after intentional weight loss in older women is associated with exercise and improved sleep. Presented at the annual meeting of the *American College of Sports Medicine*, Boston MA, June 2016.
 216. Straight CR, Acitelli RM, Berg AC, Johnson MA, **Evans EM**. Intermuscular adipose tissue, muscle quality and physical function following weight loss in overweight older women. Presented at the annual meeting of the *American College of Sports Medicine*, Boston MA, June 2016.
 217. Higgins S, Fedewa MV, Hathaway ED, Schmidt MD, **Evans EM**. Sprint interval and moderate-intensity continuous cycle training differentially affect adiposity and fitness in overweight women. Presented at the annual meeting of the *American College of Sports Medicine*, Boston MA, June 2016.
 218. Schmidt MD, Fedewa MV, Hathaway ED, Rees E, Rathbun SL, **Evans EM**. Relative changes in diet and NEAT in response to initiating a walking exercise program. Presented at the annual meeting of the *American College of Sports Medicine*, Boston MA, June 2016.
 219. **Evans EM**, Berg AC, Acitelli RM, Straight CR, Johnson MA. Effects of a higher protein weight loss diet and exercise training on body composition and strength in overweight older women. Presented at the annual meeting of the *International Society of Behavioral Nutrition and Physical Activity*, Cape Town, South Africa, June 2016.

220. **Evans EM**, Acitelli RM, Straight CR, Berg AC, Johnson MA. Associations of body composition and muscle strength with lower extremity physical function in older overweight women before and after weight loss. Presented at the annual meeting of the *International Society of Behavioral Nutrition and Physical Activity*, Cape Town, South Africa, June 2016.
221. Higgins S, Kindler JM, Mahar TF, Hathaway ED, Laing EM, Schmidt MD, **Evans EM**, Lewis RD. Sedentary time and diaphyseal cortical bone outcomes in American adolescents. Poster presentation at the *American Society of Bone Mineral Research Annual Meeting*, Atlanta GA, September 2016.

Invited Presentations, Symposiums and Tutorials

1. University of Illinois at Urbana-Champaign, Division of Nutritional Sciences Seminar series, “The Menopausal Transition: Body Composition Changes and the Therapeutic Benefits of Exercise for Disease Prevention”, Urbana IL, March 2002.
2. University of Illinois at Urbana-Champaign, Initiative on Aging Seminar series, “Menopause and Obesity: Do Pears Become Apples?”, Urbana IL, February 2003.
3. National meeting of the International Society of Clinical Densitometry (ISCD), “Body Fatness Affects DXA BMD Measures: A Simulation Study”, New Orleans LA, February 2005. Small Projects Grant Recipient.
4. University of Kentucky, Department of Kinesiology and Health Promotion Seminar series, “Menopause, Obesity and Physical Activity: Do Pears Become and Apples and Why?”, Lexington KY, April 2005.
5. University of Illinois at Urbana-Champaign, Division of Nutritional Sciences Obesity Seminar series, “Menopause and Central Obesity: Do Pears Become Apples?” Urbana IL, February 2005.
6. University of Illinois at Urbana-Champaign, Illinois Center for Soy Foods & National Soybean Research Lab; Obesity Management Forum: Role of Soy Foods, “Soy, Bone Density, and Body Composition during Weight Loss”, Champaign IL, May 2005.
7. University of Illinois at Urbana-Champaign, Initiative on Aging Seminar series, “Fitness or Fatness: Which One is Most Important for Grandma’s Function?”, Urbana IL, November 2005.
8. The Solae Company, Company Town Hall Meeting (all employees and scientists), “Soy Protein: Nutrition for Healthier Living”, St. Louis MO, August 2006.
9. The Solae Company, Research and Development Division, “The Effects of Diets Differing in Macronutrient Content and Protein Source on Adiposity, Serum Lipids and Insulin Resistance in Men at Risk for the Metabolic Syndrome”, St. Louis MO, August 2006.
10. Illinois Department of Human Health, Diabetes Prevention and Control Program, “Exercise and the Type 2 Diabetic: Physiological Basis of Physical Activity as Therapy”, Springfield IL, January 2007.
11. **Evans EM** and Harvey IS. 2006 William and Flora Hewlett International Conference – International Forum on the Diabetes Epidemic: Cultural, Educational, and Medical Perspectives on Building Synergies for the Mexican and US Populations. “Physical Activity in the Community: Cultural Differences on Attitudes and Involvement”, Champaign IL, September 2007.
12. University of Illinois at Urbana-Champaign, Department of Mechanical and Structural Engineering, Bio-Interest Group, “Optimal Body Composition in the Aged: Lessons to Be Learned from Imaging Methodologies”, Urbana IL, February 2008.
13. Illinois Dietetics Association, “Body Composition Changes, Disease Risk Competition and the Fitness vs. Fatness Debate: Therapeutic Benefits of Exercise for the Aging Female”, Oak Brook IL, March 2008.
14. University of Missouri, Department of Nutritional Sciences, “Optimal Body Composition for Successful Aging in the Female: Interventions to Reduce Competing Disease Risks”, Columbia MO, April 2008.
15. The 5th European Youth Heart Study Symposium [Children, Physical Activity and Nutrition], “Interdisciplinary Translational Approaches to Enhance Weight Management in the Child to Young Adult”, Selfoss Iceland, October 2008.

16. Department of Exercise and Sport Science, “Optimal Body Composition for Successful Aging in the Female: The Fitness Fatness Debate, Reykjavík Iceland, October 2008.
17. Western Illinois University Department of Kinesiology, Graduate Lecture, “Menopause and Risk for Obesity and Metabolic Syndrome: Role of Physical Activity in Disease Prevention, Macomb IL, October 2008.
18. The Cheryl Cohen Inaugural Lecture, Distinguished Alumni, “Optimal Body Composition for Successful Aging in Women: Interventions to Reduce Competing Disease Risks”, Department of Kinesiology, Western Illinois University, Macomb IL, October 2008.
19. Chapman-Novakofski KM and **Evans EM**. American Dietetic Association Food & Nutrition Conference & Expo. “Translating Nutrition and Physical Activity Research into Community-based Programs for Bone Health”. Chicago IL, October 2008.
20. Northern Illinois University Department of Kinesiology, Research Seminar, “Physical Activity, Fitness, & Body Composition Influences on Physical Function”, Dekalb IL, March 2009.
21. Northern Illinois University Department of Kinesiology, Research Seminar, “Current Topics in Body Composition Research: Techniques, Tools and the Future”, Dekalb IL, March 2009.
22. **Evans EM** and Hall KS. “Physical Functional Health in Older Women: Physical Activity, Body Composition & Psychosocial Influences”. Tutorial, American College of Sports Medicine National Meeting, May 2009.
23. University of Georgia, Department of Kinesiology, “Body Composition and Health Status in Older Women: Interventions to Reduce Competing Disease Risks”, Athens GA, April 2010.
24. **Evans EM** and Milhalko S. “Breast Cancer Survivors, Weight Management and Physical Activity: Physiological and Psychosocial Implications”, Tutorial, Regional Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville SC, February 2011.
25. Saunders MJ and **Evans EM**. “From Athletes to Older Adults: Dietary Protein and Exercise Interact for Optimal Physical Performance”, Symposium, Regional Meeting of the Southeast Chapter of the American College of Sports Medicine Meeting, Greenville SC, February 2011.
26. **Evans EM** and McCully K. University of Georgia, Department of Foods and Nutrition, “Kinesiology: Multidisciplinary Research and Training Opportunities at UGA”, Athens GA, August 2011.
27. Das BM and **Evans EM**. “Prove It, Translate It, Sustain It”. Tutorial, Regional Meeting of the Southeast Chapter of the American College of Sports Medicine Meeting, Jacksonville FL, February 2012.
28. O’Brien AE and **Evans EM**. “Disordered Body Composition, Muscle Quality, and Physical Function in Older Adults: Defining, Measuring, and Improving”. Symposium, Regional Meeting of the Southeast Chapter of the American College of Sports Medicine Meeting, Jacksonville FL, February 2012.
29. **Evans EM, et al**. “Scientific Career Advancement for Early Stage Investigators”. Panel Presentation, American Society for Nutrition, Experimental Biology, 2012, San Diego CA, April 2012.
30. **Evans EM**, Reibe D, Garber C, Rowe DA. “Physical Activity, Fitness and Fatness: Interactive Implications for Physical Function and Quality of Life in Older Adults”. Symposium presented at the 8th World Congress on Active Ageing, Glasgow, Scotland, August 2012.
31. O’Brien AE, Straight CR, **Evans EM**. “Definition and Measurement of Muscle Quality in Older Adults: Spanning the Spectrum from Clinical Practice to Research”. Symposium presented at the Southeast American College of Sports Medicine, Greenville, SC, February 2013.
32. Das BM, Fedewa MV, **Evans EM**. “The Freshman 15: Fallacies, Findings, Factors, and Fixes”. Symposium presented at the Southeast American College of Sports Medicine, Greenville, SC, February 2013.
33. **Evans EM**. “Dietary Protein and Exercise: Keys to Manage your Body Composition and Fuel your Life for Optimal Performance in Midlife”. Invited Lecture at the Kellogg Company, Global Nutrition Science Team, Battle Creek MI, March 2015.

34. **Evans EM.** “Dietary Protein and Physical Movement: Keys to Keep Women Strong for Peak Performance Everyday”. Invited Lecture at the Kellogg Company, Global Nutrition Science Team, Battle Creek MI, March 2016.

Teaching, Mentoring & Instructional Activities

Formal Teaching: Recurring Courses

- 1996-1998 University of Georgia, Department of Exercise Science
 Introduction to Exercise Science (undergraduate)
 Fitness Programming (undergraduate and graduate)
 Exercise Physiology Laboratories (undergraduate and graduate)
- 2000 Saint Louis University, Department of Nutrition and Dietetics
 Cardiovascular and Metabolic Physiology (graduate)
- 2001-2010 University of Illinois, Department of Kinesiology and Community Health
 KIN 150: Bioscientific Foundations of Human Movement (undergraduate)
 KIN 386: Instructional Strategies for the Older Adult
 KIN 452: Applied and Clinical Exercise Physiology (undergraduate and graduate)
 KIN 453: Advanced Exercise Prescription (undergraduate and graduate)
- 2010-present University of Georgia, Department of Kinesiology
 First Year Odyssey Seminar (FYOS): Exercise Is Medicine, Exercise and Aging
 KINS 2500: Exercise Is Medicine
 KINS 4130/6130: Exercise Prescription for Special Populations
 KINS 4320/6320: Physical Activity & Aging
 KINS 4640/6640: Scientific Principles of Conditioning and Fitness
 KINS 4630: Exercise Physiology
 KINS 4700/6700: Weight Management Coaching
 KINS 6500: Physical Activity & Obesity Across the Lifespan
 KINS 7310: Clinical Exercise Physiology

Research Mentor:

University of Illinois – Department of Kinesiology and Community Health

Post-Doctoral Research Associates & Visiting Scholars

1. Sigurbjörn Arngrímsson, PhD: Visiting Scholar, Division of Sport and Physical Education Iceland University of Education, Iceland, August 2006 – December 2007.
2. Dolores D. Guest, PhD, RD: Post-doctoral Research Associate, August 2009 – December 2011; Clinical Research Assistant, Department of Clinical Research, The Parkinson's Institute & Clinical Center, Sunnyvale CA.

Director of Research – Doctoral Students

1. Mark Masic, M.S.: “Body composition and lower extremity physical function in women: the impact of asymmetry, age and physical activity”, August 2004 - May 2007; Assistant Professor of Kinesiology, Northern Illinois University, DeKalb IL.
2. Rudy Valentine, M.S.: “Fat, Physical Activity, Inflamm-aging, Function and Fatigue”, January 2006 – December 2010; Post-doctoral Research Associate, Boston University.
3. Amanda Nelson, M.S.: “Neuroplastic adaptations to exercise training and detraining”, Dissertation Chair (Gary Iwamoto, Director of Dissertation Research), August 2003 – May 2007; Assistant Professor, Department of Human Biology, University of Wisconsin – Green Bay.

Director of Research – Masters Students

1. Nicholas Katrichis: “Measurement of body composition in wide individuals using DXA”, 2004.
2. Holly Wilson: “Bone health in elite female basketball players”, 2004.
3. Tyler Fagan: “Accuracy in determining soft tissue composition and bone density with changes in body fatness using DXA”, 2004.
4. Vicky Zachariadou: “Bone health in young adult females with persistent asthma”, 2004, Fulbright Scholar.
5. Antonio Galvan: “The effect of training mode on balance and gait in older individuals”, 2004.
6. Kristine Ross: “Natural killer cell activity in older adults of varying fitness levels”, Co-Mentor, Advisory and Thesis Committee Member, 2004.
7. Kristin Brouillet: “The effect of training mode on balance and gait in older individuals”, 2006.
8. Kerri Mullen: “The impact of physical activity and gender on the relation between bone status and coronary artery calcification”, 2006.
9. Gunnhildur Hinriksdottir: “Impact of age and physical activity on the relation between soft tissue composition and bone health in women”, 2007
10. Anne Parrett: “The relative impact of physical activity, cardiorespiratory fitness, and Adiposity on inflammation and cognition in children”, 2009.
11. Abby Richey: “The relationship between body composition and bone in preadolescent children”, 2009.
12. Amber Yudell: “Vitamin D, body composition, & physical functional performance in older adults”, 2010.

Director of Research – Division of Nutritional Sciences

1. Mina Mojtahedi, M.S.: “Protein intake and exercise effects on body composition and physical function in older overweight women”, August 2003 - May 2010; Fulbright Scholar
2. Matt Thorpe: “Protein intake and exercise effects on bone quantity and quality in older overweight women”, June 2007 – August 2010; Medical Scholars (MD/PhD) Student
3. Daina Mallard: “Impact of race and diet quality on bone health and body composition in young adult women”, August 2007 – May 2009; Kraft Minority Fellow

University of Georgia – Department of Kinesiology:

Post-Doctoral Research Associates & Visiting Scholars

1. Bhibha Das, MPH, PhD: Post-doctoral Research Associate, August 2011 – August 2013, Assistant Professor, East Carolina University, Greenville, NC.
2. Rebecca Larson, PhD: Post-doctoral Research Associate, August 2011 – August 2012. Assistant Professor, Oklahoma University, Norman OK.

Director of Research – Doctoral Students

1. Anne O’Brien: “Body composition and physical function: Physical function and perceptions across the functional spectrum in community-dwelling older women”, January 2011 – August 2012; Assistant Professor, Department of Kinesiology, University of North Carolina, Greensboro, NC.
2. Christie Ward-Ritacco, MS: “Adiposity, physical activity, fatigue, and physical function in postmenopausal breast cancer survivors”, June 2009 – December 2013; Assistant Professor, Department of Kinesiology, University of Rhode Island, RI.
3. Chad Straight, MS: “Characterizing the impact of muscle quality on lower-extremity physical function in overweight and obese older women following a weight loss and exercise intervention”, August 2011 – August 2015; Postdoctoral Research Associate, Department of Kinesiology, University of Massachusetts.
4. Michael Fedewa, MS: Project SPINDawgs Sprint Interval and Nutrition intervention: Potential interactive effects with oral contraceptives on risk for metabolic syndrome in overweight young

women, August 2011 – August 2015; Assistant Professor, Department of Kinesiology, University of Alabama, Tuscaloosa AL.

5. Rachele Acitelli, MS: Project Girl TALK: Targeting physical Activity for Longterm Know-how in Girls, August 2013 – August 2016; Postdoctoral Research Associate, Department of Kinesiology, University of Georgia (Mentor: Patrick O'Connor).
6. Simon Higgins, BS: Defining the relationship among physical activity, muscle force capacity, and bone in late adolescents: The Strong Bones Study. August 2013 – present.
7. Carlos Torres, MS: Dissertation TBD, August 2013-present.
8. Erika Rees, MPH (co-mentor w/ Mike Schmidt): Dissertation TBD, June 2014 – present.
9. Megha Arjun, MS: Dissertation TBD, August 2015 – present.
10. Rachel Salyer, BS: Dissertation TBD, August 2016 – present.

Director of Research – Masters Students

1. Jessica Binkowski: “The associations among bone composition, historical and recent physical activity, and bone status in postmenopausal women”, August 2011 – August 2013.
2. Lauren Peterson: “The effect of functional exercise training on physical function assessed using the Functional Movement Screen in middle-aged postmenopausal women”, August 2013-May 2014.
3. Catherine Beck: “Dietary carbohydrate, physical activity, and risk for metabolic syndrome in college-aged females”, August 2013 – May 2015.
4. Thomas Mahar (co-mentor with Mike Schmidt): “The reliability and validity of questionnaire measures of sedentary time in adolescents”, August 2014 – August 2016.
5. Chester Sokolowski: Thesis TBD, August 2016 – present.

Service

National Professional Memberships and Service

American College of Sports Medicine, member since 1993

Member, Continuing Professional Education/Certification Committee, May 2002 – May 2004

Member, Obesity Prevention & Treatment Ad Hoc Committee, June 2008 – May 2014

Member, Exercise Is Medicine On Campus Committee, May 2015 - present

International Society for Behavior Nutrition and Physical Activity, member since 2014

Grant Reviewing

National Institutes of Health, Grant Reviewer, Special Emphasis Panel, May 2009

American Heart Association, Grant Reviewer, November 2012, March 2013, March 2014

Department of Veterans Affairs, Grant Reviewer, May 2013

Ad-Hoc Journal Reviewer

Medicine and Science in Sports & Exercise, 1998 – present

Obesity Research, 2001 - present

Journal of Aging and Physical Activity, 2001 – present

International Journal of Sports Medicine and Exercise Metabolism, 2002 – present

International Journal of Obesity, 2005 – present

American Journal of Clinical Nutrition, 2006 – present

Public Service

Director, Lifetime Fitness Program, Department of Kinesiology, University of Illinois; 2003 – 2010

“Menopause and Central Obesity: Do Pears Become Apples? Presented at Provena Hospital’s Healthy Women’s Series, Urbana IL, April 2003.

“Aging and Physical Activity: Benefits for All Bodies”. Presented to the Urbana Torch Club, Urbana IL, March 2004.

“Can Exercise Reduce the Risk for Obesity and Osteoporosis in Midlife Women?” Presented to the Social Science Club of Champaign and Urbana, March 2005.

“Aging and Physical Activity: Benefits for All Bodies”. Presented to the American Cancer Society Man to Man Program, October 5 2006.

“Basic Bone Physiology for Better Bone Health”. Presented to the Community Medical School UIUC College of Medicine, April 2007.

“Body Composition and Successful Aging: The Critical Role of Physical Activity for Optimal Fat, Lean and Bone Mass, *Part I & II*, Osher Lifelong Learning Institute (OLLI), University of Illinois, May 2008.

“Physical Activity and Fitness, Body Composition and Physical Function in Older Men and Women”, Lifetime Fitness Program, December 2008.

“Physical Fitness and Weight Status: Implications for Disability in Older Females”, Osher Lifelong Learning Institute (OLLI), University of Illinois, January 2009.

“Women’s Health: Breast Cancer, Obesity and Physical Activity”, Osher Lifelong Learning Institute (OLLI), University of Illinois, January 2009.

Evans, EM, O’Brien AE, Ward CL. (2011, July). “Physical Activity, Weight Status, & Disability”, Osher Lifelong Learning Institute (OLLI), University of Georgia, July, 2011.

University Service

University of Illinois

Department of Kinesiology and Community Health

Member of Advisory Committee: Department of Kinesiology, Fall 2003 – 2010 (voted)

Member of Search Committee Exercise Physiology Position: Spring 2002 (appointed)

Director of the Lifetime Fitness Program service program, Department of Kinesiology: 2003 - 2010

Member of Search Committee, Academic Professional Computer Support Position: 2005 (appointed)

Exercise Physiology Concentration Coordinator: Fall 2008 – 2009 (appointed)

Member of the Promotion and Tenure Committee: Fall 2008 – 2010 (voted)

Associate Department Head for Undergraduate Studies: Fall 2009 – 2010 (appointed)

Division of Nutritional Sciences

Member of Executive Committee: Fall 2003 – 2008 (voted)

Member of Search Committee, Obesity Position (Food Science & Human Nutrition): Fall 2004 & Fall 2005

Member, Director Transition Committee: Fall 2008

University

Member of Executive Committee, Aging Initiative: Spring 2003 – Spring 2006 (appointed)

Member, Graduate College Executive Committee: Fall 2008 – Spring 2010 (appointed)

Member, Graduate College Program Sub-committee: Fall 2008 – Spring 2009 (appointed)

University of Georgia

Department of Kinesiology

Director, Center for Physical Activity and Health, Fall 2010 – present

Director, Clinical Exercise Physiology Program, Fall 2010 – August 2013

Sport Management Search Committee, Spring 2012

Obesity Faculty Search Committee Chair, Spring 2013

Clinical Exercise Physiology Search Committee Chair, Fall 2014 & Spring 2015

Promotion and Tenure Guidelines Review Committee Chair, Spring 2015

College of Education

Research Advisory Board, Spring 2011 – May 2013

Dean Search Committee, Fall 2012

Faculty Senate, Fall 2015 - present

University

Obesity Initiative

Exercise and Obesity Team Leader, Fall 2011 – present

Healthy Dawg Committee, Fall 2012 – Fall 2014

Healthy Weight Management Instruction Steering Committee, Fall 2012 – present

Provost Promotion and Tenure Evaluation Committee, Spring 2015

Provost Faculty Post-Tenure Review Evaluation Committee, Fall 2015

Consultancy

Research Design and Statistical Analysis Consultant, Senior Health Assessment Program (SHAPE) and Waterfront Research Projects (PI: Carol Kennedy-Armbruster, Department of Kinesiology, Indiana University, United States Navy (DOD), (2012-1013).

Exercise Consultant, Kellogg Company, Global Nutrition Science Team, Higher Protein Diets and Fitness/Exercise Prescription Topics, (2013-2016).