

CURRICULUM VITAE

Siddhartha Angadi, Ph.D., FACSM (Department of Kinesiology)

EDUCATION

- 2012 PhD., Physical Activity, Nutrition and Wellness
 Arizona State University
- 2012 – 2013 Post-doctoral scholar
 University of California, Los Angeles. Exercise and Metabolic Disease Research
 Lab

CURRENT/PAST ACADEMIC APPOINTMENTS

- 2020 - present Assistant Professor, Department of Kinesiology, School of Education and Human
 Development, University of Virginia, Charlottesville VA
- 2018 - 2020 Research Assistant Professor, Department of Radiology, Phoenix Children's
 Hospital, Phoenix, AZ
- 2017 - 2020 Research Affiliate, University of Arizona Cancer Center, University of Arizona,
 Phoenix, AZ
- 2015 - 2020 Barrett Honors Faculty, Arizona State University, AZ
- 2014 - 2020 Research Associate, Division of Cardiovascular Diseases, Mayo Clinic,
 Scottsdale, Arizona
- 2013 - 2020 Assistant Professor, College of Health Solutions, Arizona State University, AZ

PROFESSIONAL ACTIVITIES

MEMBERSHIPS & FELLOWSHIPS

2007 – present	American College of Sports Medicine
2012 – present	American Heart Association
2013 – present	American Physiological Society
2017 – present	Fellow American College of Sports Medicine

SCHOLARSHIP

GRANTS AND CONTRACTS (Total funding as PI/Multi-PI since 2013 - \$863,854

Total funding on grants as Co-I since 2013 - \$ 5,356,306)

Funded grants (Current as PI or Co-I; grants without effort listed do not allow salary expenses)

1. Grain Foods Foundation. *Exercise and diet in heart failure with preserved ejection fraction*. Angadi SS (PI). 8/2021 – 8/2023. \$250,000. Effort: 1.75 months.
2. 3 Cavaliers Grant. *Exercise, chemotherapy, and cardiovascular risk in ovarian cancer*. Angadi SS (PI). 5/2021 – 11/2022. \$60,000.
3. Cancer Population health grant. *A Feasibility Study to Examine Two Remotely monitored Exercise Interventions on Breast Cancer Patients Undergoing Cardiotoxic Chemotherapies*. Angadi, Krukowski, Zoellner (Multi-PI). 1/2023 – 6/2024. \$49,512
4. R01AG075556. *PRIME HfrEF: Novel Exercise for Older Patients with Heart Failure with Reduced Ejection Fraction*. Allen (PI) Angadi (Co-I). 8/2022 – 7/2027. \$3,042,564. Effort: 1.8 months.

Grants Pending

5. R44HL142491-02. *A Novel, Low-Cost Mobile Metabolic Measurement (M3) System*. Parker (PI) Angadi (Site PI). \$450,000. Effort: 2 months. Impact score 21. Council meets late October.

Completed Projects (as PI)

1. Arizona Biomedical Research Commission. ADHS 16-162410. *Assessment of liver and cardiometabolic disease risks in overweight and obese youths by advanced Ultrasound and MRI techniques*. 3/2017 – 2/2021. Multi – PI: Bailey S, Angadi SS. \$225,000.
2. Dignity-ASU Strategic issues submission. *The ASU-Dignity Health, Type 2 Diabetes Medical and Behavioral Lifestyle management program*. 9/2018 – 6/2021. Multi – PI: Angadi SS, Kessler R, Paul E. \$248,392.
3. Cancer Center Supplement for Investigator-Initiated Studies Marley Funds (Mayo Clinic – AZ). *Exercise Preconditioning to Mitigate Anthracycline Toxicity in Cardiac and Skeletal Muscle in a Rodent Model of Breast Cancer Chemotherapy: A Secondary Electron Microscopy Analysis*. 1/2016 – 12/2016. Multi – PI: Angadi SS & Mookadam F. \$19,962.
4. Mayo Clinic, AZ. *Safe and cost-effective cardiovascular screening prior to kidney transplant*. 4/2016 – 9/2017. Multi-PI: Chakkera H (Mayo Clinic, AZ) & Angadi SS (ASU). \$8,000.
5. Mayo Department of Medicine – Extramural chair award. *Aerobic interval exercise preconditioning to prevent cardiometabolic and neuropsychological complications of anthracycline based breast cancer chemotherapy*. 2/2015 – 6/2018. Multi – PI: Angadi SS (ASU) & Mookadam F (Mayo Clinic, AZ). \$40,000.
6. Virginia Piper Foundation – Supplementary award. *Aerobic interval exercise preconditioning to prevent cardiometabolic and neuropsychological complications of anthracycline based breast cancer chemotherapy*. 11/2015 – 6/2018. Multi – PI: Angadi SS & Dickinson JM. Supplementary funding to recruit patients from the University of Arizona Cancer Center in Phoenix, AZ. \$12,500.

Completed Projects (as Co-I)

7. ASU-Mayo Seed Grant program. *Cost-effective strategies to improve rehabilitative medicine for heart failure patients with preserved ejection fraction*. 11/2015 – 12/2017. Multi – PI: Dickinson JM, Mookadam F. Co-I: Angadi SS. \$53,142.

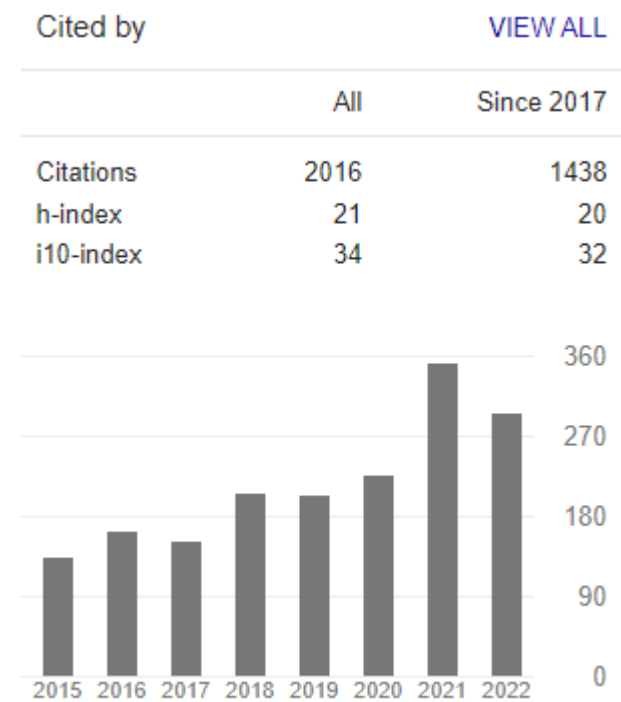
8. R01 CA198915-03. NIH- NCI. WalkIT: *Neighborhood walkability and moderation of adaptive walking interventions*. 8/2015 – 7/2020. PI: Adams MA; Co-I: Angadi SS. \$ 2,200,000.
9. Phoenix VA-IPA. *Exercise training and obstructive sleep apnea*. 7/2016 – 6/2019. PI: Youngstedt S; Co-I: Angadi SS. \$20,600.
10. ASU-Mayo Seed Grant Program. *Diet, Vascular Health, and Gut Microbiome in Heart Failure*. 1/2017 – 12/2019. PIs: Gaesser GA (ASU) & Mookadam F (Mayo Clinic, AZ); Co-I: Angadi SS. \$50,000.

Grants submitted (not funded since 2020)

11. R01CA277758-01A1. NCI. Exercise training for the prevention of cardiotoxicity during breast cancer chemotherapy. 12/2022 – 12/2027. Impact score: 38. Percentile: 31. \$3,850,130.
12. R01HL150448-01A1. NHLBI. Interval exercise and essential amino acid supplementation for comprehensive rehabilitation in heart failure with preserved ejection fraction. PI: Angadi SS. 8/2020 – 8/2025. Impact score: 57. Percentile:45. \$2,422,489.
13. R01AG073433. NHLBI. Interval Exercise and essential amino acid supplementation for comprehensive rehabilitation in heart failure with preserved ejection fraction. 10/2021 – 10/2026. PI: Angadi SS. Not discussed (changed study section from ASG to CCHS). \$2,474,604.
14. R01HL163624-01. NHLBI. Exercise Training for the prevention of cardiotoxicity during breast cancer chemotherapy. PI: Angadi SS. Not discussed. \$3,829,885.
15. WalkIT PreDiab: Steps to Health. NHLBI. PI – Adams, Co-I: Angadi SS. (UVA Sub-contract). Not discussed. \$131,750.
 - a. WalkIT PreDiab: Steps to Health. NHLBI. PI – Adams, Co-I: Angadi SS. (UVA Sub-contract). Not discussed. \$86,191.
16. R43 HL160231-01. Differential Pulse Arrival Time (DEPART) System. SBIR. Co-I: Angadi SS. (UVA Sub-contract). Not discussed. \$58,461.
 - a. R43HL160231-01A1. Differential Pulse Arrival Time (DEPART) System. SBIR. Co-I: Angadi SS. (UVA Subcontract). Not discussed. \$49,635.

Publication metrics

Google Scholar profile: <https://scholar.google.com/citations?user=E81dyR8AAAAJ&hl=en>



PEER-REVIEWED PUBLICATIONS.

Student contributors are underlined. In physiology (and its sub-specialties like exercise or cardiovascular physiology) the first author is typically the individual who conducted the bulk of the work and wrote a substantial portion of the manuscript. However, the last author is typically the principal investigator who secured funding, provided leadership, and provided high-level guidance with regards to writing and interpretation for the project.

1. Hando, B. R., Scott, W. C., Bryant, J. F., Tchandja, J. N., Scott, R. M., & **Angadi, S. S.** The use of force plate vertical jump scans to identify special warfare trainees at risk for musculoskeletal injury: A large cohort study. *American Journal of Sports Medicine*. 2022;50(6):1687-1694. <https://doi-org/10.1177/03635465221083672>
2. Hasan, F., Hamilton, K., **Angadi S.S.**, Kranz. S. Effects of vinegar/acetic acid intake on appetite measures and energy consumption: A systematic literature review. *Translational Journal of the American College of Sports Medicine*. 2022;7(3):e000205. <https://doi.org/10.1249/TJX.0000000000000205>
3. Drewnowski, A., Maillot, M., Papanikolaou, Y., Jones, J.M., Rodriguez, J., Slavin, J., **Angadi S.S.**, Comerford K.B. *A New Carbohydrate Food Quality Scoring System to Reflect Dietary Guidelines: An Expert Panel Report*. *Nutrients*. 2022;14(7):1485. <https://doi.org/10.3390/nu14071485>
4. Jarrett, C. L., Tucker, W. J., D'Lugos, A. D., **Angadi, S.S.**, & Gaesser, G.A. Postexercise hypotension is delayed in overweight and obese men with hypertension. *Frontier in Physiology*. 2022. 3:819616. <https://doi.org/10.3389/fphys.2022.819616>
5. Kanter M., **Angadi S.S.**, Miller-Jones J., & Beals K.A. Limitations of the glycaemic index and the need for nuance when determining carbohydrate quality. *Cardiovascular Research*. 2022;118(5):e38-e39. <https://doi.org/10.1093/cvr/cvab312>
6. Jablonski J.A., **Angadi S.S.**, Sharma S., & Brown D.E. Enabling Clinically Relevant and Interpretable Deep Learning Models for Cardiopulmonary Exercise Testing. *IEEE Healthcare Innovations and Point of Care Technologies (HI-POCT)*. 2022;50-53. <http://10.1109/HI-POCT54491.2022.9744068>
7. Whalen L.B., Wright W.Z., Kundur P., **Angadi S.S.**, & Modesitt, S.C. Beneficial effects of exercise on chemotherapy-induced peripheral neuropathy and sleep disturbance: A review of

- literature and proposed mechanisms. *Gynecologic Oncology Reports*. 2022;39:100927. <https://doi.org/10.1016/j.gore.2022.100927>
8. Adams M.A., Todd M., **Angadi S.S.**, Hurley J.C., Stecher C., Berardi V., Phillips C.B., McEntee M.L., Hovell M.F., & Hooker S.P. Adaptive goals and reinforcement timing to increase physical activity in adults: A factorial randomized trial. *American Journal of Preventive Medicine*. 2022;62(2): e57-e68. <https://doi.org/10.1016/j.amepre.2021.09.014>
 9. Villanueva I.R., Campbell J.C., Medina S.M., Jorgensen T.M., Wilson S.L., **Angadi S.S.**, Gaesser G.A., & Dickinson J.M. Comparison of constant load exercise intensity for verification of maximal oxygen uptake following a graded exercise test in older adults. *Physiology Reports*. 2021;9(18), e15037. <https://doi.org/10.14814/phy2.15037>
 10. Tucker W.J., Jarrett C.L., D'Lugos A.C., **Angadi S. S.**, & Gaesser G.A. Effects of indulgent food snacking, with and without exercise training, on body weight, fat mass, and cardiometabolic risk markers in overweight and obese men. *Physiology Reports*. 2021;9(22): e15118. <https://doi.org/10.14814/phy2.15118>
 11. Mazo C.E., D'Lugos A.C., Sweeney K.R., Haus J. M., **Angadi S.S.**, Carroll C.C., & Dickinson J.M. The effects of acute aerobic and resistance exercise on mTOR signaling and autophagy markers in untrained human skeletal muscle. *European Journal of Applied Physiology*. 2021;121(10):2913-2924. <https://doi.org/10.1007/s00421-021-04758-6>
 12. Hando B.R., Scott W.C., Bryant J.F., Tchandja J.N., Scott R.M., & **Angadi S.S.** Association between markerless motion capture screenings and musculoskeletal injury risk for military trainees: A large cohort and reliability study. *Orthopaedic Journal of Sports Medicine*. 2021;9(10):23259671211041656. <https://doi.org/10.1177/23259671211041656>
 13. Hamilton B.R., Lima G., Barrett J., Seal L., Kolliari-Turner A., Wang G., Karanikolou A., Bigard X., Löllgen H., Zupet P., Ionescu A., Debruyne A., Jones N., Vonbank K., Fagnani F., Fossati C., Casasco M., Costantinou D., Wolfarth B., *...Pitsiladis Y.P. Integrating transwomen and female athletes with differences of sex development (DSD) into elite competition: The FIMS 2021 Consensus Statement. *Sports Medicine*. 2021;51(7):1401-1415. <https://doi.org/10.1007/s40279-021-01451-8> * **Angadi S.S.**, was part of the writing group and contributed to sections related to sex hormones and cardiovascular physiology. Since APA 7 truncates authors past #20 (the consensus statement writing group had 70-authors) my name is not visible in this author block.

14. Gaesser G.A., Miller Jones J., & **Angadi S.S.** Perspective: Does glycemic index matter for weight loss and obesity prevention? Examination of the evidence on “fast” compared with “slow” carbs. *Advances in Nutrition*. 2021;12(6):2076-2084.
<https://doi.org/10.1093/advances/nmab093>
15. Gaesser G.A., & **Angadi S.S.** Obesity treatment: Weight loss versus increasing fitness and physical activity for reducing health risks. *iScience*. 2021;24(10):102995.
<https://doi.org/10.1016/j.isci.2021.102995>
16. **Angadi S.S.**, Bushroo C.M., & Chakkera H.A. Changes in peak oxygen uptake (VO₂peak) following renal transplant: Results after 3-year follow-up. *Translational Sports Medicine*. 2021;4(6):845-848. <https://doi.org/10.1002/tsm2.288>
17. Tucker W.J., **Angadi S.S.**, Haykowsky M.J., Nelson M.D., Sarma S., & Tomczak C.R. Pathophysiology of exercise intolerance and its treatment with exercise-based cardiac rehabilitation in heart failure with preserved ejection fraction. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 2020;40(1):9-16.
<https://doi.org/10.1097/HCR.0000000000000481>
18. Phillips C.B., Hurley J.C., **Angadi S.S.**, Todd M., Berardi V., Hovell M.F., & Adams M.A. Delay discount rate moderates a physical activity intervention testing immediate rewards. *Behavioral Medicine*. 2020;46(2):142-152. <https://doi.org/10.1080/08964289.2019.1570071>
19. Whisner C.M., **Angadi S.S.**, Weltman N.Y., Weltman A., Rodriguez J., Patrie J.T., & Gaesser G.A. Effects of low-fat and high-fat meals, with and without dietary fiber, on postprandial endothelial function, triglyceridemia, and glycemia in adolescents. *Nutrients*. 2019;11(11):2626. <https://doi.org/10.3390/nu11112626>
20. Gaesser G.A., Rodriguez J., Patrie J.T., Whisner C.M., & **Angadi S.S.** Effects of glycemic index and cereal fiber on postprandial endothelial function, glycemia, and insulinemia in healthy adults. *Nutrients*. 2019;11(10):2387. <https://doi.org/10.3390/nu11102387>
21. D’Lugos A.C., Fry C.S., Ormsby J.C., Sweeney K.R., Brightwell C.R., Hale T.M., **Angadi S.S.**, & Dickinson, J.M. Chronic doxorubicin administration impacts satellite cell and capillary abundance in a muscle-specific manner. *Physiology Reports*. 2019;7(7):e14052.
<https://doi.org/10.14814/phy2.14052>
22. Adams M.A., Hurley J.C., Phillips C.B., Todd M., **Angadi S.S.**, Berardi V., Hovell M. F., & Hooker S. Rationale, design, and baseline characteristics of WalkIT Arizona: A factorial

- randomized trial testing adaptive goals and financial reinforcement to increase walking across higher and lower walkable neighborhoods. *Contemporary Clinical Trials*, 2019;81: 87-101. <https://doi.org/10.1016/j.cct.2019.05.001>
23. Zeigler Z.S., Swan P.D., Buman M.P., Mookadam F., Gaesser G. A., & **Angadi S.S.** Postexercise hemodynamic responses in lean and obese men. *Medicine & Sciences in Sports and Exercise*. 2018;50(11):2292-2300. <https://doi.org/10.1249/MSS.0000000000001684>
 24. Tucker W.J., Sawyer B.J., Jarrett C.L., Bhammar, D.M., Ryder J.R., **Angadi S.S.**, & Gaesser G.A. High-intensity interval exercise attenuates but does not eliminate endothelial dysfunction after a fast food meal. *American Journal of Physiology Heart and Circulatory Physiology*. 2018;314(2):H188-H194. <https://doi.org/10.1152/ajpheart.00384.2017>
 25. Tucker W.J., Lijauco C.C., Hearon C.M. Jr., **Angadi S.S.**, Nelson M.D., Sarma S., Gerche A. L., & Haykowsky M.J. Mechanisms of the improvement in peak VO₂ with exercise training in heart failure with reduced or preserved ejection fraction. *Heart Lung and Circulation*. 2018;27(1):9-21. <https://doi.org/10.1016/j.hlc.2017.07.002>
 26. Harper J., Lima G., Kolliari-Turner A., Malinsky F.R., Wang G., Martinez-Patino M.J., **Angadi S.S.**, Papadopoulou T., Pigozzi F., Leighton S., Barrett J., & Pitsiladis Y.P. The fluidity of gender and implications for the biology of inclusion for transgender and intersex athletes. *Current Sports Medicine Reports*. 2018;17(12):467-472. <https://doi.org/10.1249/JSR.0000000000000543>
 27. Gaesser G.A., Tucker W.J., Sawyer B.J., Bhammar D.M., & **Angadi S.S.** Cycling efficiency and energy cost of walking in young and older adults. *Journal of Applied Physiology*. 2018;124(2):414-420. <https://doi.org/10.1152/jappphysiol.00789.2017>
 28. Chakkerla H.A., **Angadi S.S.**, Heilman R.L., Kaplan B., Scott R.L., Bollempalli H., Cha S.S., Khamash H.A., Huskey J.L., Mour G.K., Sukumaran Nair S., Singer A.L., Reddy K.S., Mathur A.K., Moss A.A., Hewitt W.R., Qaqish I., Behmen S, Keddis M.T., ... Steidley D.E. Cardiorespiratory fitness (peak oxygen uptake): Safe and effective measure for cardiovascular screening before kidney transplant. *Journal of the American Heart Association*. 2018;7(11). <https://doi.org/10.1161/JAHA.118.008662>
 29. Dickinson J.M., D'Lugos A.C., Mahmood T.N., Ormsby J.C., Salvo L., Dedmon W.L., Patel S.H., Katsma M.S., Mookadam, F., Gonzales R.J., Hale T.M., Carroll C.C., & **Angadi S.S.** Exercise protects skeletal muscle during chronic doxorubicin administration. *Medicine &*

Science in Sports and Exercise. 2017;49(12):2394-2403.

<https://doi.org/10.1249/MSS.0000000000001395>

30. **Angadi S.S., Jarrett C.L., Sherif M., Gaesser G.A., & Mookadam F.** The effect of exercise training on biventricular myocardial strain in heart failure with preserved ejection fraction. *ESC Heart Failure*. 2017;4(3):356-359. <https://doi.org/10.1002/ehf2.12149>
31. **Angadi S.S., & Gaesser G.A.** Body-mass index and all-cause mortality. *Lancet*. 2017;389(10086):2285. [https://doi.org/10.1016/S0140-6736\(17\)31438-1](https://doi.org/10.1016/S0140-6736(17)31438-1)
32. **Adams M.A., Hurley J. C., Todd M., Bhuiyan N., Jarrett C.L., Tucker W.J., Hollingshead K. E., & Angadi S.S.** Adaptive goal setting and financial incentives: a 2 x 2 factorial randomized controlled trial to increase adults' physical activity. *BMC Public Health*. 2017;17(1):286. <https://doi.org/10.1186/s12889-017-4197-8>
33. **Tucker W.J., Angadi S.S., & Gaesser G.A.** Excess postexercise oxygen consumption after high-intensity and sprint interval exercise, and continuous steady-state exercise. *The Journal of Strength and Conditioning Research*. 2016;30(11):3090-3097. <https://doi.org/10.1519/JSC.0000000000001399>
34. **Sawyer B.J., Bhammar D.M., Angadi S.S., Ryan D.M., Ryder J.R., Sussman E.J., Bertmann F.M.W., & Gaesser G.A.** Predictors of fat mass changes in response to aerobic exercise training in women. *The Journal of Strength and Conditioning Research*. 2015;29(2):297-304. <https://doi.org/10.1519/JSC.0000000000000726>
35. **Roberts C.K., Lee M.M., Katiraie M., Krell S.L., Angadi S.S., Chronley M.K., Oh C.S., Ribas V., Harris R.A., Hevener A.L., & Croymans D.M.** Strength fitness and body weight status on markers of cardiometabolic health. *Medicine & Science in Sports and Exercise*. 2015;47(6):1211-1218. <https://doi.org/10.1249/MSS.0000000000000526>
36. **Hurley, J.C., Hollingshead K.E., Todd M., Jarrett C.L., Tucker W.J., Angadi S.S., & Adams M.A.** The Walking Interventions Through Texting (WalkIT) Trial: Rationale, design, and protocol for a factorial randomized controlled trial of adaptive interventions for overweight and obese, inactive adults. *JMIR Research Protocols*. 2015;4(3):e108. <https://doi.org/10.2196/resprot.4856>
37. **Gaesser G.A., Tucker W.J., Jarrett C.L., & Angadi S.S.** Fitness versus fatness: Which influences health and mortality risk the most? *Current Sports Medicine Reports*. 2015;14(4): 327-332. <https://doi.org/10.1249/JSR.0000000000000170>

38. Gaesser G.A., & **Angadi S.S.** Navigating the gluten-free boom. *Journal of the American Academy of Physician Assistants*. 2015;28(8):1-7.
<https://doi.org/10.1097/01.JAA.0000469434.67572.a4>
39. **Angadi S.S.**, Mookadam F., Lee C.D., Tucker W.J., Haykowsky M.J., & Gaesser G.A. High-intensity interval training vs. moderate-intensity continuous exercise training in heart failure with preserved ejection fraction: a pilot study. *Journal of Applied Physiology*. 2015;119(6):753-758. <https://doi.org/10.1152/jappphysiol.00518.2014>
40. **Angadi S.S.**, Bhammar D.M., & Gaesser G.A. Postexercise hypotension after continuous, aerobic interval, and sprint interval exercise. *The Journal of Strength and Conditioning Research*. 2015;29(10):2888-2893. <https://doi.org/10.1519/JSC.0000000000000939>
41. Roberts C.K., Izadpanah A., **Angadi S.S.**, & Barnard R.J. Effects of an intensive short-term diet and exercise intervention: comparison between normal-weight and obese children. *American Journal of Physiology Regulatory, Integrative and Comparative Physiology*. 2013;305(5):R552-557. <https://doi.org/10.1152/ajpregu.00131.2013>
42. Pesta D.H., **Angadi S. S.**, Burtcher M., & Roberts C.K. The effects of caffeine, nicotine, ethanol, and tetrahydrocannabinol on exercise performance. *Nutrition and Metabolism*. 2013;10(1):71. <https://doi.org/10.1186/1743-7075-10-71>
43. Herrmann S.D., & **Angadi S.S.** Children's physical activity and sedentary time and cardiometabolic risk factors. *Clinical Journal of Sport Medicine*. 2013;23(5):408-409.
<https://doi.org/10.1097/01.jsm.0000433154.58936.a8>
44. Gaesser G.A., & **Angadi S.S.** Gluten-free diet: imprudent dietary advice for the general population? *Journal of the Academy of Nutrition and Dietetics*. 2012;112(9):1330-1333.
<https://doi.org/10.1016/j.jand.2012.06.009>
45. Bhammar D.M., **Angadi S.S.**, & Gaesser G.A. Effects of fractionized and continuous exercise on 24-h ambulatory blood pressure. *Medicine & Science in Sports and Exercise*. 2012;44(12):2270-2276. <https://doi.org/10.1249/MSS.0b013e3182663117>
46. Rynders C.A., **Angadi S.S.**, Weltman N.Y., Gaesser G.A., & Weltman A. Oxygen uptake and ratings of perceived exertion at the lactate threshold and maximal fat oxidation rate in untrained adults. *European Journal of Applied Physiology*. 2011;111(9):2063-2068.
<https://doi.org/10.1007/s00421-010-1821-z>

47. Gaesser G.A., **Angadi S.S.**, & Sawyer B.J. Exercise and diet, independent of weight loss, improve cardiometabolic risk profile in overweight and obese individuals. *The Physician and Sportsmedicine*. 2011;39(2):87-97. <https://doi.org/10.3810/psm.2011.05.1898>
48. Gaesser G.A., & **Angadi S.S.** High-intensity interval training for health and fitness: can less be more? *Journal of Applied Physiology*. 2011;111(6):1540-1541. <https://doi.org/10.1152/jappphysiol.01237.2011>
49. **Angadi S.S.**, Weltman A., Watson-Winfield D., Weltman J., Frick K., Patrie J., & Gaesser G. A. Effect of fractionized vs continuous, single-session exercise on blood pressure in adults. *Journal of Human Hypertension*. 2010;24(4):300-302. <https://doi.org/10.1038/jhh.2009.110>
50. **Angadi S.S.**, & Gaesser G.A. Pre-exercise cardiology screening guidelines for asymptomatic patients with diabetes. *Clinics in Sports Medicine*. 2009;28(3):379-392. <https://doi.org/10.1016/j.csm.2009.02.002>

Articles in Press

51. Hunter S.K, **Angadi S.S.**, Bhargava A., Harper J., Hirschberg A.L., Levine B.D., Moreau K., Nokoff A.J., Stachenfeld., N.S., Berman S. The Biological Basis of Sex Differences in Athletic Performance: Consensus Statement for the American College of Sports Medicine. In press. *Translational Journal of the American College of Sports Medicine*.

BOOK CHAPTERS

1. Pesta D.H., **Angadi S.S.**, Burtcher M., & Roberts C.K. The effects of caffeine, nicotine, alcohol, and marijuana on exercise performance. In C. M. Kerksick & E. Fox (Eds.), *Sport Nutrition for Child and Adolescent Athletes*. Taylor & Francis Group; 2016:135-152.
2. Gaesser G. A., **Angadi S.S.**, Tucker W.J., Jarrett C.L., & Sawyer B.J. Exercise and diet improve cardiometabolic risk in overweight and obese individuals without weight loss. In R. R. Watson & B. B. Dokken (Eds.), *Glucose Intake and Utilization in Pre-diabetes and Diabetes: Implications for Cardiovascular disease*. Elsevier; 2014:355-363.

3. Sawyer B.J., **Angadi S.S.**, & Gaesser G.A. Health benefits of physical activity are independent of weight loss. In E. Glovsky (Ed.), *Wellness, not weight: Health at every size and motivational interviewing*. Cognella, Academic Publishing: 2013:pp. 93-102.
4. Tucker W.J., **Angadi S.S.**, & Martin K. Dietary mushrooms: An excellent source for nutraceuticals capable of reducing risk factors for cardiovascular disease. In M. T. Ravi Subbiah (Ed.), *Nutrigenomics: Application to the development of nutraceuticals and cosmeceuticals*. Nova Science Publishers, Incorporated. 2013.

ABSTRACTS PRESENTED AT INTERNATIONAL AND NATIONAL MEETINGS

(Student collaborators underlined)

1. Leicht Z.S., Weeldreyer N.R., Adams M.A., & **Angadi S.S.** VO₂peak In a Large Cohort of Insufficiently Active Adults in the Southwest United States. Presented at the American College of Sports Medicine Integrative Physiology of Exercise Conference, Baltimore, MD. 2022.
2. Weeldreyer N.R., Leicht Z.S., Adams M.A., & **Angadi S.S.** Cross-sectional analyses of sex differences in VO₂peak among insufficiently active adults in the American southwest. Presented at the ACSM Integrated Physiology of Exercise Conference. Baltimore MD. 2022.
3. Youngstedt S., **Angadi S.S.**, Petrov M., & Patel S. A model for chronic napping in older adults at risk for Alzheimer's disease. Presented at Sleep, Charlotte, NC. 2022.
4. Adams M.A., McEntee M.L., Todd M., Philips C., & **Angadi S.S.** Financial reinforcement, and adaptive goal setting for physical activity: 24-month maintenance effect. Baltimore, MD. 2022.
5. Hasan F., Gaylinn B., Malin S., Weltman A., **Angadi S.S.**, Patrie J., & Kranz S. The Effects of Vinegar/Acetic Acid Intake on Appetite Measures and Energy Consumption: A Systematic Literature Review. *Current Developments in Nutrition* 6 (Supplement_1), 285-285.
6. Weeldreyer N.R., Kessler R., Lee C.D., Gaesser G.A., & **Angadi S.S.** Impact of a clinic-based, pragmatic lifestyle intervention for the management of Type 2 Diabetes Mellitus. Accepted to American College of Sports Medicine Annual Meeting. San Diego, CA. 2022.

7. Petrov M.E., Kasraien K., Jiao N., Youngstedt S., Mookadam F., & **Angadi S.S.** Short sleep duration, greater cognitive arousal, and eveningness are associated with reduced left ventricular function in insomnia disorder. American Heart Association Annual Meeting. Virtual. 2021.
8. Weeldreyer N.R., Wendt A.G., Tran A.G.T.T., Jorgensen T.M., Wilson S.L., & **Angadi S.S.** Interval exercise preconditioning and cardiac function following dose-dense doxorubicin therapy in breast cancer-preliminary results. American College of Sports Medicine Annual Meeting. Virtual. 2021.
9. Dickinson J.M., Villaneuva I.R., Campbell J.N., Medina S.M., Jorgensen T.M., **Angadi S.S.**, & Gaesser G.A. The impact of verification phase intensity for determination of VO₂max in older adults. American College of Sports Medicine Annual Meeting. Virtual.
10. Petrov, M. E., Youngstedt, S. D., Mookadam, F., Jiao, N., Lim, L.M., Wong, B., & **Angadi, S. S.** (2020). Insomnia is Associated with Greater Arterial Stiffness and Cardiac Dysfunction. Sleep Conference. Virtual. 2020.
11. Ortega-Santos C., Tucker W.J., Brown C., Laubitz D., Barberan A., Gaesser G.A., **Angadi S.S.**, & Whisner C.M. The impact of exercise on gut microbiota diversity during a period of increased caloric intake characteristic of the winter holiday period. American Society of Nutrition Conference. Baltimore, MD. 2019.
12. Philips C., Hurley J.C., Todd M., **Angadi S.S.**, Berardi V., Hovell M.F., & Adams M.A. Delay discount rate moderates a physical activity intervention testing immediate rewards. Society of Behavioral Medicine Annual Meeting. New Orleans, LA. 2018.
13. Hurley J. C., Hao L., Abduljabbar M.A., **Angadi S.S.**, & Adams M.A. Walkability moderates intervention on moderate-to-vigorous physical activity and body mass index. Society of Behavioral Medicine Annual Meeting. New Orleans, LA. 2018.
14. Adams M.A., Berardi V.J., Philips C., Hurley J.C., Todd M., Hovell M. F., & **Angadi S.S.** Effects of continuous reinforcement vs. variable magnitude and probability reinforcement on adults' physical activity. Society of Behavioral Medicine Annual Meeting. New Orleans, LA. 2018.
15. Wilson S.L., D'Lugos A.C., Jorgenson T., Harper J., Dickinson J.M., Gaesser G.A., & **Angadi S.S.** Cardiovascular changes during transition from male to female transgender athlete. American College of Sports Medicine Annual Meeting. Minneapolis MN. 2018.

16. Bushroe C.M., Chakkera H.A., & Angadi S.S. Changes in peak oxygen uptake (VO₂peak) following renal transplant: Results after 3-year follow-up. Experimental Biology Annual Meeting. San Diego, CA. 2018.
17. **Angadi S.S., Jarret C.L., Tucker W.J., Sawyer B.J., Zeigler Z.S., & Gaesser G.A.** Cardiorespiratory fitness and adiposity do not predict vascular reactivity in sedentary men and women. American College of Sports Medicine Annual Meeting. Denver, CO. 2017.
18. Zeigler Z., Swan P., Angadi S.S., Mookadam F., Buman M., & Gaesser G.A. Hemodynamic response to acute and chronic exercise in obese and lean prehypertensive men. American College of Sports Medicine Annual Meeting. Denver, CO. 2017.
19. Jarrett C L., Tucker W.J., D'Lugos A.C., Dickinson J.M., Angadi S.S., & Gaesser G.A. Changes in endothelial function following fat sugar snacking with and without exercise training. American College of Sports Medicine Annual Meeting (Medicine and Science in Sports and Exercise 49(5S):41). Denver, CO. 2017.
20. Tucker W.J., Jarrett C.L., D'Lugos A.C., Dickinson J.M., Angadi S.S., & Gaesser G.A. Effect of fat-sugar snacking, with and without Exercise training, on body composition and cardiometabolic fitness. American College of Sports Medicine Annual Meeting (Medicine and Science in Sports and Exercise 49(5S):987-988). Denver, CO. 2017.
21. **Angadi S.S., Jarrett C.L., Panknin T., D'Lugos A.C., Hale T.M., Gonzales R.J., Carroll C.C., & Dickinson J.M.** High-intensity interval exercise preconditioning protects against doxorubicin mediated cardiotoxicity. Cell-Symposia-Exercise Metabolism Conference, Gothenburg, Sweden. 2017.
22. Whisner C.M., Dickinson J.M., D'Lugos A.C., Harper J., Gaesser G.A., & Angadi S.S. Musculoskeletal changes in a transathlete across a male-to-female hormone transition. 10th International Symposium on Nutritional Aspects of Osteoporosis, Hong Kong. 2017.
23. Tat T., So M., Vijayavel N., Raman P., Dickinson J.M., **Angadi S.S., & Gonzales R.J.** Doxorubicin dose dependently attenuates cyclooxygenase-2 in female human coronary vascular smooth muscle cells. Experimental Biology Annual Meeting (FASEB Journal, 31:86.2.). Chicago, IL. 2017.
24. Awwad I., D'Lugos A.C., Carroll C.C., Gonzales R.J., Sweazea K.L., Dickinson J.M., Angadi S.S., & Hale T.M. Exercise preconditioning as a means to protect the kidney against

- doxorubicin-induced oxidative stress. Experimental Biology Annual Meeting (FASEB Journal, 31:819.1). Chicago, IL. 2017.
25. D'Lugos A.C., Mahmood T.N., Salvo L., Ormsby J.C., Dedmon W.L., Cosgrove C.G., Astill B.D., Patel S.H., Katsma M.S., Hale T.M., Gonzales R.J., Carroll C.C., **Angadi S.S.**, & Dickinson J.M. High intensity exercise preserves myocellular size and mTOR signaling during doxorubicin treatment. Alternative Muscle Club Meeting. San Diego, CA. 2016.
 26. Adams M.A., Todd M., Hurley J.C., **Angadi S.S.**, Hovell M., & Bhuiyan N. Testing perpetually adaptive goal setting and immediate rewards for increasing physical activity: A 2x2 factorial randomized controlled trial. International Congress on Physical Activity and Public Health. Bangkok, Thailand. 2016.
 27. Adams M.A., Todd M., Hurley J.C., **Angadi S.S.**, Hovell M., & Bhuiyan N. Testing perpetually adaptive goal setting and immediate rewards for increasing moderate-to-vigorous physical activity: A 2x2 factorial randomized controlled trial. American Public Health Association. Denver, Colorado. 2016.
 28. Mullen, S. P., Cohen, J. D., Bullard, T., Woods, J., Wilund, K., Schroyer, R., **Angadi, S. S.**, Buman M., & Wong B. Effects of exercise combined with thermal therapy on blood pressure and psychosocial outcomes: A pilot RCT. Society of Behavioral Medicine Annual Meeting. Washington, DC. 2016.
 29. Chakkerla H., Lee C.D., Dickinson J.M., Kaplan B., Qaqish I., Behmen S., Heilman R., Khamash H., Huskey J., Nair S., Scott R., Steidley E., Temkit M., & **Angadi S.S.** VO₂peak outperforms Troponin T for risk prediction of cardiovascular disease and all-cause mortality in patients with end stage renal disease. American Transplant Congress. Boston, MA. 2016.
 30. Jarrett C.L., Tucker W.J., Hurley J.C., Todd M., Hollingshead K., Adams M.A., & **Angadi S.S.** Effects of a mHealth adaptive interventions on vascular markers health and cardiorespiratory fitness. American Heart Association EPI | Lifestyle Annual Meeting. Phoenix, AZ. 2016.
 31. Hook B.E., Jarrett C.L., Tucker W.J., Herbold J.L., Hurley J.C., Todd M., Bhuiyan N., Fernandes J.A., Adams M.A., & **Angadi S.S.** Changes in glycemia and blood lipids following a 4 month mhealth walking intervention. American Heart Association EPI | Lifestyle Annual Meeting. Phoenix, AZ. 2016.

32. Herbold J., Hook B.E., Jarrett C.L., Tucker W.J., Bhuiyan N., Fernandes J.A., Todd M., Adams M.A., & **Angadi S.S.** Effects of the Walking Intervention Through Texting Trial on novel markers of vascular stiffness and remodeling. American Heart Association EPI | Lifestyle Annual Meeting. Phoenix, AZ. 2016.
33. Gonzales R.J., Raman P., Vijayavel N., Kerrigan C., Echeverria J., Dickinson J.M., Hale T.M., Carroll C., & **Angadi S.S.** Doxorubicin reduces proinflammatory mediator expression in brain and pial arteries from ovariectomized female rats. American Physiological Society Conference: Cardiovascular and Metabolic diseases: Physiology and Gender. Phoenix, AZ. 2015.
34. Jarrett C.L., Moustafa S., Mookadam F., Gaesser G.A., & **Angadi S.S.** Biventricular strain after moderate-intensity and high-intensity interval training in heart failure with preserved ejection fraction. American College of Sports Medicine Annual Meeting. San Diego, CA. 2015.
35. **Angadi S.S.**, Mookadam F., Lee C., Bright G., Royter A., Walish J., Zakas D., Thompson P., & Gaesser G.A. High intensity interval training improves diastolic dysfunction in patients with heart failure and preserved ejection fraction. American Heart Association Annual Meeting. Los Angeles, CA. 2012.
36. Ryan D., Sawyer B., **Angadi S.S.**, Chisum J., & Gaesser G.A. Effect of high-intensity interval training on 2-km ergometer time-trial performance in female high school rowers. American College of Sports Medicine Annual Meeting. San Francisco, CA. 2012.
37. **Angadi S.S.**, Weltman N.Y., Weltman A., Rodriguez J., Patrie J., & Gaesser G.A. Dietary fiber does not attenuate postprandial glycemic responses following a high-carbohydrate meal adults and children. American College of Sports Medicine Annual Meeting. San Francisco, CA. 2012.
38. Bhammar D., Sawyer B., **Angadi S.S.**, & Gaesser G.A. Accuracy of Sensewear Pro armband in estimating energy expenditure during steady-state and non steady-state physical activity. American College of Sports Medicine Annual Meeting. San Francisco, CA. 2012.
39. Bhammar D., Sawyer B., **Angadi S.S.**, Ryder J., Ryan D., & Gaesser G.A. Air displacement plethysmography weakly predicts changes in percent body fat in comparison to dual x-ray absorptiometry after aerobic exercise training in women. Experimental Biology Annual Meeting. San Diego, CA. 2012.

40. Sawyer B., Bhammar D., **Angadi S.S.**, Ryan D., Ryder J., & Gaesser G.A. Heterogeneity in total body fat change after aerobic exercise training is similar in women with lower and higher amounts of body fat. Experimental Biology Annual Meeting. San Diego, CA. 2012.
41. **Angadi S.S.**, Weltman N.Y., Patrie J., Barrett E., Brock D., Irving B.A., Davis C., Rodriguez J., & Gaesser G.A. Effects of a low-carbohydrate vs. high-carbohydrate, high-fiber diet on soluble cell adhesion molecules and endothelial function in adults with metabolic syndrome. Experimental Biology Annual Meeting. San Diego, CA. 2012.
42. Ryan D., Sawyer B. J., **Angadi S.S.**, Patrie J., Browning R., & Gaesser G.A. Percent body fat is negatively correlated to walking efficiency in a group of obese and nonobese men and women. American College of Sports Medicine Annual Meeting. Denver, CO. 2011.
43. Carr N., Ryan D., **Angadi S.S.**, Sawyer B.J., Chisum J., & Gaesser G.A. Predictors of 2-kilometer time trial performance in female high school rowers. American College of Sports Medicine Annual Meeting. Denver, CO. 2011.
44. Vezina J.W., Meckes N., Hermann S.D., **Angadi S.S.**, Sawyer B.J., & Ainsworth B.A. Oxygen cost of care-oriented activities in an adult population. American College of Sports Medicine Annual Meeting. Denver, CO. 2011.
45. Bhammar D., **Angadi S.S.**, & Gaesser G.A. Effects of fractionized and continuous exercise on ambulatory blood pressure in prehypertensive adults. American College of Sports Medicine Annual Meeting. Denver, CO. 2011.
46. Hahn D., **Angadi S.S.**, & Gaesser G.A. Effects of moderate intensity continuous and high intensity interval exercise on post-exercise oxygen uptake. American College of Sports Medicine Annual Meeting. Denver, CO. 2011.
47. **Angadi S.S.**, Furmanek C., Hahn D., & Gaesser G.A. Post-exercise hypotension after moderate intensity continuous and high-intensity interval exercise. American College of Sports Medicine Annual Meeting. Denver, CO. 2011.
48. Sawyer B.J., Irving B.A., Patrie J., **Angadi S.S.**, & Gaesser G.A. Percent body fat is positively correlated to walking and running economy/efficiency in healthy adults. American College of Sports Medicine Annual Meeting. Baltimore, MD. 2010.
49. **Angadi S.S.**, Rodriguez J., Weltman N.Y., Weltman A., Patrie J., & Gaesser G.A. Effects of glycemic index and dietary fiber on postprandial insulin and glycemic excursions. American College of Sports Medicine Annual Meeting. Baltimore, MD. 2010.

50. **Angadi S.S.**, Davis C.K., Rodriguez J., Irving B.A., Patrie J., Weltman A., Barret E., Brock D., & Gaesser G.A. Impairment of vascular endothelial function despite greater fat loss on low-carbohydrate vs. high-carbohydrate, high-fiber diet in adults with metabolic syndrome. Sports Cardiovascular and Nutrition Meeting. San Diego, CA. 2010.
51. Bovbjerg V.E., Crowther J.Q., Gaesser G.A., Gonder-Frederick L.A., Nadler J.L., Siadat M.S., Conaway M.R., Botchwey N.H., **Angadi S.S.**, & Wolf A.M. Predictors of retention among participants in a diabetes and obesity lifestyle intervention: Improving Control with Activity and Nutrition. American Diabetes Association 69th Scientific Sessions. New Orleans, Louisiana. 2009.
52. Weltman N.Y., **Angadi S.S.**, Weltman A., Brock D., Rodriguez J., Patrie J., Frick K., & Gaesser G.A. A fiber-rich breakfast cereal attenuates postprandial triglyceridemia and associated impairment of endothelial function following a high-fat meal in youth. American Dietetics Association Conference. Denver, CO. 2009.
53. Rynders C.A., **Angadi S.S.**, Weltman N.Y., Gaesser G.A., & Weltman A. VO₂ at maximal rate of fat oxidation is not related to the lactate threshold in abdominally obese women with metabolic syndrome. American College of Sports Medicine Annual Meeting. Seattle, WA. 2009.
54. **Angadi S.S.**, Rynders C.A., Weltman N.Y., Gaesser G.A., & Weltman A. Relationship between VO₂ at lactate threshold (LT) and VO₂ at maximal rate of fat oxidation (FATmax) across age, fitness status and sex. American College of Sports Medicine Annual Meeting. Seattle, WA. 2009.
55. Swift D.L., **Angadi S.S.**, Weltman J.Y., Barrett E.J., Patrie J., Gaesser G.A., & Weltman A. Effects of cardiorespiratory fitness (CRF) on endothelial function following a high-fat meal in postmenopausal women. American College of Sports Medicine Annual Meeting. Seattle, WA. 2009.
56. Irving B.A., Rynders C.A., **Angadi S.S.**, Weltman N.Y., Gaesser G.A., & Weltman A. Abdominally obese women with metabolic syndrome have higher maximal fat oxidation rates during sub-maximal treadmill exercise. American College of Sports Medicine Annual Meeting. Seattle, WA. 2009.
57. **Angadi S. S.**, Rodriguez J., Frick K., Rutkowski J., Weltman N., Weltman A., & Gaesser G.A. Effects of glycemic index and dietary fiber on postprandial endothelial function.

Featured Science Symposium, “Effects of exercise and diet on inflammation and vascular endothelial function,” American College of Sports Medicine Annual Meeting. Seattle, WA. 2009.

58. **Angadi S.S.**, Weltman A., Watson-Winfield D., Weltman J., Frick K., Patrie J., & Gaesser G.A. Blood pressure responses following continuous versus fractionalized exercise in young adults. American College of Sports Medicine Annual Meeting. Indianapolis, IN. 2008.
59. Contractor A.A., **Angadi S.S.**, & Franklin B.A. Physical activity levels in Indian children. American College of Sports Medicine Annual Meeting. Indianapolis, IN. 2008.
60. Contractor A.A., Salgaonkar P., Shah J., Subramaniam S., **Angadi S.S.**, & Panda R. One-year follow-up of patients with triple vessel disease (recommended CABG) on intense medical management. Indian Heart Association Conference. 2005.

ABSTRACTS PRESENTED AT REGIONAL MEETINGS

(Student collaborators underlined).

61. Leicht Z.S., Weeldreyer N.R., Adams M.A., & **Angadi S.S.** Cardiorespiratory Fitness as a Predictor of Hypertension Status in Insufficiently Active Adults. Submitted to the Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, SC. 2023.
62. Leicht Z.S., Weeldreyer N.R., Adams M.A., & Angadi S.S. VO₂peak In a Large Cohort of Insufficiently Active Adults in the Southwest United States. Presented at the University of North Carolina Human Movement Science Research Symposium. Chapel Hill, NC. 2022.
63. Weeldreyer N.R., Leicht Z.S., Adams M.A., & **Angadi S.S.** Changes in Blood Pressure Across the Lifespan Among Insufficiently Active Adults in the American Southwest. Submitted to the Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, SC. 2023.
64. Weeldreyer N.R., Martin M., McEntee M., Marvasti F.F., Kessler R., Gaesser G.A., & **Angadi S.S.** Impact of a clinic-based, pragmatic lifestyle intervention for the management of type 2 diabetes mellitus. Presented at the Hunter Student Research Conference. Charlottesville, VA. 2022.
65. Weeldreyer N.R., Martin M., McEntee M., Marvasti F.F., Kessler R., Gaesser G.A., & **Angadi S.S.** Impact of a clinic-based, pragmatic lifestyle intervention for the management of

type 2 diabetes mellitus. Presented at the Southeast American College of Sports Medicine Annual Meeting. Greenville, SC. 2022.

66. Wilson S.L., D'Lugos A.C., Jorgenson T., Harper J., Dickinson J.M., Gaesser G.A., & Angadi S.S. Cardiometabolic changes during the transition of a male to female transgender athlete. Southwest Chapter of the American College of Sports Medicine Annual Meeting. Long Beach, CA. 2017.
67. Khokar B., Perez O., D'Lugos A.C., Carroll C.C., Gonzales R.J., Sweazea K.L., Dickinson J.M., Angadi S.S., & Hale T.M. Impact of high intensity interval training on doxorubicin-induced pathological cardiac remodeling in female Sprague Dawley rats. Arizona Physiological Society. Tucson, AZ. 2016.
68. Perez O., Khokar B., Abidali H., D'Lugos A.C., Dickinson J.M., Angadi S.S., & Hale T.M. Impact of high intensity interval training on doxorubicin-induced cardiotoxicity in female Sprague Dawley rats. Arizona Physiological Society. Tucson, AZ. 2016.
69. D'Lugos A.C., Mahmood T., Cosgrave C., Dedmon W. L., Astill B. D., Patel S., Katsma M., Gonzales R.J., Hale T.M., Carroll C.C., Angadi S.S., & Dickinson J.M. High intensity exercise preserves myocellular size throughout doxorubicin treatment. Arizona Physiological Society. Glendale, AZ. 2015.
70. Mahmood T.M., D'Lugos A.C., Cosgrave C., Dedmon W.L., Astill B.D., Patel S., Katsma M., Gonzales R., Hale T.M., Carroll C.C., Angadi S.S., & Dickinson J.M. High intensity exercise protects skeletal muscle from complications of doxorubicin treatment. Arizona Physiological Society. Glendale, AZ. 2015.
71. O'Niell L., Jarrett C.L., Crawford M., Carroll C.C., Hale T.M., Dickinson J.M., Angadi, S.S., & Sweazea K.L. Evaluation of the vasoprotective effects of high-intensity exercise prior to anthracycline chemotherapy. Arizona Physiological Society. Glendale, AZ. 2015.
72. Dedmon W.L., Astill B.D., Cosgrave C., Katsma M., Arthur K.A., Broderick T.L., Hale T.M., Angadi S.S., Dickinson J.M., & Carroll C.C. The effect of high-intensity, short-duration exercise training on tissue size and animal survival during treatment with doxorubicin. Midwestern University Student Research Day. Glendale, AZ. 2015.
73. Jarrett C.L., Tucker W.J., Hollingshead K., Hurley J.C., Todd M., Gaesser G.A., Adams M.A., & Angadi S.S. Preliminary effects of mHealth adaptive interventions on vascular

markers and cardiorespiratory fitness. Southwest Chapter of the American College of Sports Medicine Annual Meeting. Costa Mesa, CA. 2014.

74. **Angadi S.S., Tucker W.J.,** Mookadam F., Lee C.D., & Gaesser G.A. High-intensity interval training improves VO₂peak in heart failure with preserved ejection fraction. Southwest Chapter of the American College of Sports Medicine Annual Meeting. Costa Mesa, CA. 2013.
75. Jarrett C.L., Sawyer B.J., Bhammar D.M., Tucker W.J., Ryder J.R., **Angadi S.S.,** & Gaesser G.A. Improvement in aerobic fitness following a moderate-intensity exercise program is independent of step count among sedentary adult females. Southwest Chapter of the American College of Sports Medicine Annual Meeting. Costa Mesa, CA. 2013.
76. Ryan D., Sawyer B., **Angadi S.S.,** Chisum J., & Gaesser G.A. Effect of high-intensity interval training on 2-km ergometer time-trial performance in female high school rowers. Southwest Chapter of the American College of Sports Medicine Annual Meeting. Costa Mesa, CA. 2011.
77. **Angadi S.S.,** Weltman N.Y., Weltman A., Rodriguez J., Patrie J., & Gaesser G.A. Dietary fiber does not attenuate postprandial glycemic responses following a high-carbohydrate meal adults and children. Southwest Chapter of the American College of Sports Medicine Annual Meeting. Costa Mesa, CA. 2011.
78. Bhammar D., Sawyer, B., **Angadi S.S.,** & Gaesser G.A. Accuracy of SenseWear™ Armband in estimating energy expenditure in young and older adults during a controlled exercise trial. Southwest Chapter of the American College of Sports Medicine Annual Meeting. Costa Mesa, CA. 2011.
79. Sawyer B., Bhammar D., **Angadi S.S.,** & Gaesser G.A. Ability of the Sensewear™ arm band to predict energy expenditure during free-living activities. Southwest Chapter of the American College of Sports Medicine Annual Meeting. Costa Mesa, CA. 2011.
80. **Angadi S.S.,** Rodriguez J., Weltman N.Y., Weltman A., Patrie J., & Gaesser G.A. Effects of glycemic index and dietary fiber on postprandial insulin and glycemic excursions. Southwest Chapter of the American College of Sports Medicine Annual Meeting. San Diego CA. 2009.
81. Sawyer B.J., Irving B.A., Patrie J., **Angadi S.S.,** & Gaesser G.A. Percent body fat is positively correlated to walking and running economy/efficiency in healthy men and women.

Southwest Chapter of the American College of Sports Medicine Annual Meeting. San Diego CA. 2009.

82. Rynders C.A., **Angadi S.S.**, Weltman N.Y., Gaesser G.A., Weltman A. VO₂ at maximal rate of fat oxidation is not related to the lactate threshold in abdominally obese women with metabolic syndrome. Southeast Chapter of the American College of Sports Medicine Annual Meeting. Birmingham, AL. 2009.
83. **Angadi S.S.**, Rynders C.A., Weltman N.Y., Gaesser G.A., & Weltman A. Relationship between VO₂ at lactate threshold (LT) and VO₂ at maximal rate of fat oxidation (FATmax) across age, fitness status and sex. Southeast Chapter of the American College of Sports Medicine Annual Meeting. Birmingham, AL. 2009.
84. Swift D.L., **Angadi S.S.**, Weltman J.Y., Barrett E.J., Patrie J., Gaesser G.A., & Weltman A. Effects of cardiorespiratory fitness (CRF) on endothelial function following a high-fat meal in postmenopausal women. Southeast Chapter of the American College of Sports Medicine Annual Meeting. Birmingham, AL. 2009.

TEACHING AND MENTORSIP

Graduate Committee or Honors committee Chair (years mentored in parentheses; * indicates students mentored at previous institution)

1. Nathan Weeldreyer, MS, BS – Doctoral chair (2020 – present) Currently in year 3 of the doctoral program in Kinesiology at the University of Virginia.
2. Zachary Leicht, MS, BS – Doctoral chair (2022 – present). Currently in year 1 of the doctoral program in Kinesiology at the University of Virginia
3. Jeison Guzman, BS – Masters chair (2021 – present). Currently in year 2 of the Master's program in Kinesiology at the University of Virginia.
4. Joshua Beaumont, PhD, MS, ABD* – Currently in year 4 of the doctoral program at ASU (2018 - present; Originally Chair; now I serve as co-chair since I am at the University of Virginia).
5. Benjamin Hook, BE* – Honors committee chair (2014-2015). Graduated and accepted to medical school at the University of South Carolina, 2018.
6. Timothy Panknin, BS* – Honors committee chair (2015-2017). Recipient of Sun Devil Athletics Grant.
7. Matt D'Lizia, MD* – Scholarly Project chair for University of Arizona College of Medicine (2014-2016) – Downtown Phoenix. Accepted to surgical residency in Urology.

Graduate or Honors committee member (years mentored in parentheses; * indicates students mentored at previous institution)

1. James Jablonski, PhD – School of Data Science, University of Virginia.
2. Wesley Tucker, PhD* – Tenure Track Assistant Professor, Texas Women's University (2013-2016).
3. Catherine Jarrett, PhD* – Tenure Track Assistant Professor, Washington State University (2013 – 2017).
4. Johnathan Kurka, PhD* – Senior research analyst at ASU (2013 – 2017).
5. Michelle Flores, MS* – Practicing professional (2014-2016).
6. Zachary Zeigler, PhD* – Tenure Track Assistant Professor, Grand Canyon University, AZ (2015-2018).

7. Liam O'Neill, BS* – Accepted to medical school (2015-2017).

Graduate/Undergraduate research volunteers at University of Virginia 2020-2022

1. Sydney Collins (MS)
2. Gabrielle Delbiondo
3. Caylan Roy

Undergraduate advising – Currently have 19 advisees in the Kinesiology at the School of Education and human development.

TEACHING (* indicates teaching at previous institution)

KINE 3410 – Exercise Physiology (Undergraduate - 3 credits – Fall 2020/2021). This class is an introduction to exercise physiology typically taken by third years and lays the foundations for their education in exercise science. Large class with enrollment up to 150 students.

KINE 3450 – Exercise and Nutrition Medicine (Undergraduate - 3 credits – Spring 2021/2022). This class is part of the coursework for the university-wide, health and wellness minor. Students come from varied backgrounds (science and humanities) and learn the fundamentals about lifestyle medicine for better health. Large class with enrollment up to 150 students.

KINE 5470 – Metabolic adaptations to Exercise (Graduate - 3 credits – Spring 2021/2022). Re-imagined this course and have been teaching this since 2021. The course focuses on examining systemic changes across various organ systems as a result of exercise training.

EXW 315* – Physiological Foundations of Movement (3 credits – Fall 2013, Spring/Fall – 2014, Fall 2015 & 2016) – This class is an introduction to exercise physiology typically taken by juniors and lays the foundations for their education in exercise science. The class typically has > 100 students per section.

EXW 565* – Cardiopulmonary Physiology (3 credits – Spring 2015, Fall/Spring 2016, Fall 2017) – I developed and taught this class for the recently designed MS in Clinical Exercise Physiology. Students take this class during their first year in the program and it lays the groundwork for their coursework and internship hours in cardiopulmonary rehabilitation.

EXW 560* – Cardiopulmonary rehabilitation (3 credits – Spring 2016, 2017, 2018) – I developed and taught this class for MS in Clinical Exercise Physiology program. It covers state of the art techniques in cardiopulmonary rehabilitation (both in-patient and out-patient).

SCHOLARLY PRESENTATIONS

International and national peer-reviewed presentations

1. Invited symposium at the Military Health System Research Symposium. Lecture titled, “Using Novel Technologies to Predict Musculoskeletal Injuries in a Tactical Warfare Training Environment: Results from Air Force Special Warfare Training & Recommendations for Implementation.” 2022.
2. Invited speaker and panelist at the World Congress of Sports Medicine in Rio de Janeiro. Keynote lecture during the session on Clinical and Physiological adaptations in transgender athletes. Lecture titled, “Cardiovascular adaptations in a male-to-female transgender athlete before and during estrogen therapy for gender reassignment.” 2018.
3. Speaker at the Mayo Clinic Updates in Cardio-oncology: Challenges and new frontiers conference. Invited lecture. Exercise preconditioning for the prevention of cardiac and skeletal muscle toxicity during anthracycline chemotherapy. 2018.
4. American Academy of Child and Adolescent Psychiatry. Panelist in symposium titled, “Obesity: Challenging the assumptions of weight-focused approaches to health in children and teens.” 2015.
5. Featured Science session at the American College of Sports Medicine Annual conference at Indianapolis. Session titled, “Obesity: Beautiful hypotheses, Unpleasant facts.” Talk titled, “Weight loss: Do the benefits outweigh the risks?” 2013.

6. Featured Science session at the American College of Sports Medicine Annual conference at Seattle. Session titled, “Effects of exercise and diet on inflammation and vascular endothelial function.” 2009.

Invited Lectures and Conference Symposia (Regional)

7. Arizona Society of Cardiovascular Rehabilitation. Presentation titled, “Updates in cardio-oncology.” 2022.
8. Central Michigan University. Presentation titled, Changing paradigms in Obesity. Invited lecture. 2022.
9. Texas Women’s University. Presentation titled, “Health benefits of diet and exercise independent of weight loss.” 2022.
10. Southeast Chapter American College of Sports Medicine. Presentation titled, “Exercise in heart failure: Time to HIIT and PRIME the heart and skeletal muscle?” 2022.
11. Central Michigan University. Cardiorespiratory fitness, adiposity, and mortality. Invited lecture. 2020.
12. Arizona Society of Cardiovascular rehabilitation. Presentation titled, “Hormones and cardiovascular disease risk across the sexes: What does the exercise physiologist need to know?” 2019.
13. University of Kansas. Presentation titled, “Obesity – thinking past just weight.” Invited lecture. 2017.
14. Medical College of Wisconsin. Presentation titled, “Obesity – thinking past just weight.” Invited lecture. 2017.
15. University of Texas at Arlington. Presentation titled, “Exercise preconditioning for the prevention of cardiac and skeletal muscle toxicity during anthracycline chemotherapy.” Invited lecture. 2017.
16. TGI Fridays Presentations for Arizona dietetic interns. Presentations titled, “Lifestyle as medicine: Managing cardiometabolic health with diet and exercise.” 2015 – 2017.
17. Kinesiology Institute. Presentation titled, “Fitness vs Fatness. What predicts mortality the best?” 2017.
18. Arizona Society of Cardiovascular and Pulmonary Rehabilitation. Presentation titled, “Exercise is cardiovascular medicine.” 2017.

19. University of Arizona College of Medicine, Phoenix. Presentation titled, “Exercise as vascular medicine: A systemic approach to treating cardiovascular disease.” Invited Presentation. 2017.
20. Presented as speaker at the plenary session at the Southwest Nephrology conference. Presentation titled, “Managing Obesity and cardiometabolic risk with lifestyle: Time for a paradigm shift?” 2016.
21. University of Arizona, Department of Basic Medical Sciences Seminar Series. Presentation titled, “Managing cardiometabolic risk with diet and exercise: Time for a paradigm shift?” 2016.
22. Building Healthy Lifestyles Conference. Presentation titled, “Traditional treatments for obesity – is the cure worse than the condition?” 2015.
23. Mayo Clinic Grand Rounds, Arizona. Presentation titled, “Managing cardiometabolic risk with diet and exercise: Time for a paradigm shift?” 2015.
24. Southwest Chapter American College of Sports Medicine. Symposium titled, “Exercise for the prevention of cardiometabolic complications of breast cancer chemotherapy.” 2015.
25. Southwest Chapter American College of Sports Medicine. Presentation titled, “Exercise for the management of early and advanced cardiovascular disease, in symposium titled, Lifestyle for the cardiometabolic management of disease.” 2014.
26. Building Healthy Lifestyles Conference. Presentation titled, “Exercise as Vascular medicine: A systemic approach to treating cardiovascular disease.” 2014.
27. Southwest Chapter American College of Sports Medicine. Presentation titled, “Weight loss: Do the benefits outweigh the risks?” 2013.
28. 20th Annual Arizona Society for Cardiovascular and Pulmonary Rehabilitation conference. Presentation titled, “The Obesity paradox.” 2012.
29. Lifestyle Medicine Initiative UCLA. Presentation titled, “Obesity – Beautiful hypotheses, Ugly facts.” 2012.
30. 19th Annual Arizona Society for Cardiovascular and Pulmonary Rehabilitation conference. Presentation titled, “High-intensity interval training in congestive heart failure.” 2011.

SERVICE TO PROFESSIONAL PUBLICATIONS

Guest Editor/Editorial Board Member

1. Guest editor – Journal of Diabetes Research (Special Issue: Exercise training and metabolic control in type 2 diabetes); 2015. Impact Factor – 4.061.
2. Guest editor – Nutrients (Special Issue: Diet and Endothelial function); 2018-2019.
3. Associate Editor – BMC Cardiovascular Disorders. Hypertension and Vascular biology section. 2020 onwards. Impact factor – 2.298
4. Review Editor – Frontiers in Physiology. Exercise Physiology Section. 2022 onwards. Impact Factor – 4.755

AD-HOC MANUSCRIPT REVIEWER

1. Journal of Diabetes Research
2. Diabetes Research and Clinical Practice
3. Journal of Physical Activity and Health
4. Journal of Clinical Endocrinology and Metabolism
5. PLoSOne
6. European Society of Cardiology: Heart failure
7. Journal of Neurocardiovascular Disease
8. BioMed Central Public Health
9. Journal of Pediatrics
10. Pediatric Research
11. Medicine and Science in Sport and Exercise
12. Pediatric Obesity
13. Journal of Applied Physiology
14. European Journal of Applied Physiology
15. Journal of the American Heart Association
16. American Journal of Cardiology
17. Diabetes Care

SERVICE ON STUDY SECTIONS

1. Ad-hoc member of Rehabilitation Research & Development Service – Chronic Medical Conditions & Aging (RRD6) for Veterans Affairs. Study section meets twice a year. Typically 20-30 grants are reviewed during each meeting. 2020 – present.
2. Ad-hoc member of Transformational Project Award Clinical Sciences Section. American Heart Association. 2020 – present.

FACULTY SERVICE

1. Member of search committee for Lifetime Physical Activity director. 2021.
2. Member of search committee for tenure track position in Curriculum Instruction and Special Education. 2021.
3. Oversaw migration and setup of the exercise biochemistry lab (2022). Currently manage all day-to-day operations, compliance, and safety procedures of the same. 2022 – present day.

MEDIA CONTACTS / ARTICLES (Scientific dissemination in popular press)

2022

- 1) Keep moving: How regular exercise lowers chance of COVID hospitalization.
<https://news.virginia.edu/content/keep-moving-how-regular-exercise-lowers-chances-covid-hospitalization>
- 2) Can You Be Overweight & Healthy? A New Study Says It's Possible.
<https://blog.uvahealth.com/2022/03/16/overweight-and-healthy/>

2021

- 1) Why Exercise Is More Important Than Weight Loss for a Longer Life.
<https://www.nytimes.com/2021/09/29/well/move/exercise-weight-loss-longer-life.html>
- 2) The Year in Fitness: Shorter Workouts, Greater Clarity, Longer Lives.
<https://www.nytimes.com/2021/12/29/well/move/short-workouts-mind-body.html>
- 3) UVA Scientists Say Exercise Is Better Than Weight Loss to Prevent Diseases and Death.
<https://www.wvtf.org/news/2021-09-29/uva-scientists-say-exercise-is-better-than-weight-loss-to-prevent-diseases-and-death>

2019

- 1) Working on your fitness: Less might just be more when it comes to physical activity.
<https://asunow.asu.edu/20190103-solutions-less-might-just-be-more-when-it-comes-physical-activity>
- 2) Ditch hours of working out: 150 minutes of physical activity per week can do wonders.
<https://bit.ly/2FdybQ9>

2018

- 1) This scientist is racing to discover how gender transitions alter athletic performance. *Science*.
<https://www.sciencemag.org/news/2018/07/scientist-racing-discover-how-gender-transitions-alter-athletic-performance-including>

2017

- 1) Heat and health precautions go hand in hand, says ASU professor -
<https://asunow.asu.edu/20170616-arizona-impact-heat-and-health-precautions-go-hand-hand-says-asu-professor>

2016

- 2) Via Cronkite news - Scottsdale company hopes simple formula fuels growth in sports nutrition market; <https://cronkitenews.azpbs.org/2016/02/01/scottsdale-company-hopes-simple-formula-fuels-growth-in-sports-nutrition-market/>

2015

- 3) Cited in “4 reasons a gluten-free diet is nonsense,” by Dieter Holger, *Inquisitr* August 30, 2015.
- 4) Cited in “the gluten-free craze is out of hand. Here are 8 facts to counter the madness,” by Julia Belluz, *Vox.com*, June 8, 2015.
- 5) Cited in article, *Food Business News*, July 29, 2015. No evidence gluten-free diets lead to weight loss. By Jeff Gelski
- 6) Cited in *Huff Post Healthy Living*, July 28, 2015. Should you go gluten free? Take this quiz to find out. By Kate Bratskeir.
- 7) Cited in *FoodWorldNews*, July 30, 2015. No evidence gluten-free diets lead to weight loss. By Jackie.
- 8) Cited in *PRNewswire*, July 27, 2015. Stop the gluten-free diet—New research reinforces that there is no benefit.
- 9) Cited in *Kitchenboy*, July 29, 2015. New research reinforces gluten-free diet has no real benefit.
- 10) Cited in *Healthline*, Aug 1, 2015. A gluten-free diet may not do you any good, experts say. By Ann Pietrangelo.
- 11) Cited in *FoodWorldNews*, Nov 3, 2015, ‘Gluten-free diet may not be applicable to all individuals, researcher says,’ by Abbie Uychiat.

2014

- 12) Research featured in article, “Exercising but Gaining Weight,” by Gretchen Reynolds, *New York Times*, November 12, 2014 (based on the manuscript, “Predictors of fat mass changes in response to aerobic exercise training in women,” by Sawyer et al., *J Strength and Conditioning Research*, October 28, 2014)
[<http://well.blogs.nytimes.com/2014/11/12/exercising-but-gaining-weight/>]

Additional coverage of the New York Times article above:

- 13) “Working out may still lead to fat gain, study says,” CBS News, November 14, 2014.
[<http://www.cbsnews.com/videos/working-out-may-still-lead-to-fat-gain-study-says/>]

- 14) "ASU study: Exercise alone could lead to weight gain," ABC 15 Arizona, November 17, 2014. [<http://www.abc15.com/news/region-phoenix-metro/central-phoenix/asu-study-exercise-alone-could-lead-to-weight-gain>]
- 15) "Exercising and Gaining Weight? Here's What to Do," by Morgan Kom, Yahoo Health, November 14, 2014. [<https://www.yahoo.com/health/exercising-and-gaining-weight-heres-what-to-do-about-102553555662.html>]
- 16) "Can working out actually cause weight gain in women?" Tech Times, November 14, 2014. [<http://www.techtimes.com/articles/20230/20141114/can-working-out-actually-cause-weight-gain-in-women.htm>]
- 17) "Weight loss and exercise: Why do women gain weight when the work out?" Headlines and Global News. [<http://www.hngn.com/articles/49459/20141114/weight-loss-exercise-why-women-gain-when-work-out.htm>]
- 18) "Can you lose weight from working out without dieting?" Cosmopolitan, November 13, 2014. [<http://www.cosmopolitan.com/health-fitness/news/a33165/can-you-lose-weight-from-working-out-without-dieting/>]
- 19) "Scientists tackle the puzzle of why exercise leads to weight gain," The Age, November 13, 2014. [<http://www.theage.com.au/lifestyle/diet-and-fitness/scientists-tackle-the-puzzle-of-why-exercise-leads-to-weight-gain-20141112-11lnag.html>]
- 20) "That weight gain after exercise may not be muscle says new study," EmaxHealth, November 17, 2014. [<http://www.emaxhealth.com/8782/weight-gain-after-exercise-may-not-be-muscle-says-new-study>]
- 21) "Can exercise make you gain weight?" Women's Health, November 18, 2014. [<http://www.womenshealthmag.com/weight-loss/exercise-weight-gain>]
- 22) "Exercising may make you gain weight, study says." Design&Trend, November 12, 2014. [<http://www.designntrend.com/articles/25049/20141112/exercising-make-gain-weight-study.htm>]
- 23) "Exercising can cause weight gain." News Everyday, November 12, 2014. [<http://www.newseveryday.com/articles/2056/20141112/exercising-cause-weight-gain.htm>]
- 24) "Exercise alone may well be useless for weight loss." CalorieLab, November 20, 2014. [<http://calorielab.com/news/2014/11/20/exercise-may-be-useless-for-weight-loss/>]

- 25) “Is exercise causing you to gain weight?” Dumb Out, November 12, 2014.
[<http://www.dumb-out.net/exercise-causing-gain-weight/11845>]
- 26) “Working out may lead to weight gain in women.” BetaWired, November 15, 2014.
[<http://www.betawired.com/working-out-may-lead-to-weight-gain-in-women/1414846/>]

LAY PUBLICATIONS & COMMUNITY DISSEMINATION

1. Contributed a chapter titled, “Exercise as cardiovascular medicine,” to the book titled “On my way to heaven... just not yet,” by Ralph Kaufer. A memoir by a patient about living for 40+ years with ischemic heart disease. Amazon link - <https://amzn.to/2keB9sO>
2. Wrote an article on the benefits of exercise regarding cardiovascular health for Zocalo public square and featured on Time.com (<http://time.com/3975136/healthy-living-ideas/>).
3. Spoke at the Chandler Science Café on how good health is possible at any size (Nov 2014). Science Cafés are live events that are open to the public and feature a conversation with a scientist.