

ARTHUR WELTMAN, Ph.D.

2019-2021 Cavaliers' Distinguished Teaching Professor
Professor and Founding Chair: Department of Kinesiology
Professor: Department of Medicine
Director: Exercise Physiology Core Laboratory
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1. Educational Preparation:

<u>Degree</u>	<u>Institution</u>	<u>Date</u>
B.A.	Queens College of the City University of New York	January 1973
M.A.	University of Michigan	August 1974
Ph.D.	University of Michigan	August 1976

2. Professional Experience

Professor and Founding Chair, Department of Kinesiology, 2013-2020
Professor, Department of Kinesiology, 2013-present
Professor, Department of Medicine, Division of Endocrinology and Metabolism, 1991-present
Director, Exercise Physiology Graduate Program, 1985-2019
Director Core Exercise Physiology Laboratory, School of Medicine, 2011-present
Professor, Department of Human Services, 1991-2013
Director Core Exercise Physiology Laboratory, General Clinical Research Center; 1991-2011
Center Scholar, Center for Bio-mathematical Technology, 2000-2010
Associate Professor, Department of Human Services; 1985-1991
Associate Professor, Department of Medicine, Division of Cardiology, 1985-1991
Program Area Director, Health and Physical Education, 1985-1989
University of Virginia

Director of a U.S.O.C. Regional Research Site Laboratory and Director of Research, Education and Exercise Physiology, Center for Sports Medicine and Health Fitness, Saint Francis Medical Center, Peoria, Illinois, 1983-1985.

Adjunct Professor, Western Illinois University, 1984-1985.

Associate Professor, Department of Physical Education and Recreation, University of Colorado, 1980-1983.

Assistant Professor, Exercise Physiology Laboratory and Department of Health, Physical Education and Recreation, University of Louisville, 1976-1980.

3. Teaching

Lecture – Exercise Physiology (undergraduate and graduate level)
Practicum - Adult Fitness (graduate level)
Laboratory in Exercise Physiology (graduate level)
Practicum - Cardiac Rehabilitation (graduate level)
Practicum - Wellness and Fitness (graduate level)
Lecture - Metabolic Adaptations to Exercise (graduate level)

Other Teaching

Guest Lecturer - Medical Biochemistry: University of Virginia Medical School, 1986 – 2000, 2008-2011
Guest Lecturer - Histology: University of Virginia Medical School, 1997 – 2001
Guest Lecturer – Nursing: University of Virginia School of Nursing, 1995 - 2001
Guest Lecturer - Substance Abuse: University of Virginia, 1988 - 1995
Invited faculty member: The Executive Program, The Colgate Darden School of Business Administration, The University of Virginia, 1987-1993
Invited faculty member: Values in Education Institute, Curry School of Education, 1989
Invited faculty member: Fourth year elective in Wellness/Health Promotion, University of Virginia School of Medicine, 1991-2001
Invited faculty member and Wellness Coordinator for several programs: Executive Education, The Colgate Darden School of Business Administration, The University of Virginia, 1991-1993
Online Faculty Member – Endocrine Interventions in Aging: Growth Hormone, University of South Florida College of Medicine, 2002
Training Faculty: University of Virginia Multidisciplinary Program in Clinical Investigation, 2000-present
Training Faculty: Center for the Study of Complementary and Alternative Therapies, 2000-present
Training Faculty: Pediatric Cardiology Training Grant, 2004-present
Faculty Member: Introduction to Clinical Research, UVA Health System, 2001-present
Guest Lecturer – Medical School 1st yr Curriculum, 2011-present

4. Memberships in Professional Organizations

American College of Sports Medicine (Fellow)
The Endocrine Society
North American Society for the Study of Obesity
American Diabetes Association
The Growth Hormone IGF-I Research Society
Southeast Chapter American College of Sports Medicine

5. Books

1. Weltman, A., and C. G. Spain, Editors: The Proceedings of the 1983 White House Symposium on Physical Fitness and Sports Medicine, 1985.
2. Weltman, A. The blood lactate response to exercise: Implications for predicting endurance performance and for exercise prescription. Human Kinetics, Champaign, IL 1995

6. Chapters/Reviews/Proceedings

1. Weltman, A. Exercise and diet to optimize body composition. In: Behavioral Health: A Handbook of Health Enhancement and Disease Prevention. J. D. Matarazzo (Senior Ed.). John Wiley and Sons, NY, 1984.
2. Weltman, A. Health tips. In: The Celestial Seasonings Almanac of Wit and Wisdom. B. Moore (Ed.). Abrams, NY, 1985.
3. Weltman, A. Weight training in prepubertal children: Physiological benefit and potential damage. In: Advances in Pediatric Sport Sciences. (Vol. 3) O. Bar-Or (Ed.). Human Kinetics, Champaign, IL, 1989.
4. Weltman, A. The lactate threshold and endurance performance. In: Advances in Sports Medicine and Fitness (Vol.2) W.A. Grana and B.J. Sharkey (eds.) Yearbook Medical Publishers, Chicago, IL, 1989.
5. Weltman, A. Strength training in prepubertal children. Proceedings of the International Symposium on Hormones and Sport, Z. Laron and A. D. Rogol (eds.). Raven Press 217-245, 1989.
6. Rogol, A., J. Weltman, R. Seip, W. Evans, J. Veldhuis and A. Weltman. Effect of endurance training on the reproductive axis in women. Proceedings of the International Symposium on Hormones and Sport, Z. Laron and A. Rogol (eds.). Raven Press 141-166, 1989.
7. Rogol, A. D., J. Y. Weltman, W. S. Evans, J. D. Veldhuis and A. Weltman. Exercise and the control of anterior pituitary function. (Invited Paper) In: Hermans, G.P.H. and Mosterd, W.L. (eds) Proceedings of the 1990 FIMS World Congress of Sports Medicine, International Congress Series, Excerpta Medica, Amsterdam 1990 p 29-46.
8. Rogol, A. D., J. Y. Weltman, W. S. Evans, J. D. Veldhuis and A. Weltman. Long-term endurance training alters the hypothalamic-pituitary axes for gonadotropins and growth hormone. Endocrinology and Metabolism Clinics of North America, J.D. Veldhuis (ed). W.B. Saunders, Philadelphia, PA. December 1992 p 817-832.
9. Hartman M. L., J. A. Kanaley, and A. Weltman. Growth hormone economy in menopausal women: Effects of age. The Somatotrophic Axis and the Reproductive Process in Health and Disease, E.Y. Adashi and M.O. Thorner (eds). Springer-Verlag, New York, NY 1995 p 142-159.
10. Kanaley, J.A, M.L. Hartman, and A.Weltman. Exercise and Osteoporosis. Current Therapy in Sports Medicine, J.S. Torg and R.J. Shepard (eds) Mosby, Philadelphia, PA 1995 p 697-705
11. Weltman, A. and R.R. Pate. Principles of Training. The Injured Athlete, D.H. Perrin (ed). J.B. Lippincott, Philadelphia, PA 1999 p 63-93.
12. Fryburg, D.A., A. Weltman, L.A. Jahn, J.Y. Weltman, E. Samojlik, R.L. Hintz, and J.D. Veldhuis. Androgenic Modulation of the Growth Hormone-IGF Axis and Its Impact on Metabolic Outcomes. Sex Steroid Interactions with Growth Hormone, J.D. Veldhuis and A. Giustina (eds) Springer-Verlag, New York, NY 1999 p 82-92
13. Wideman L., J.Y. Weltman, N. Shah, S. Story, C.Y. Bowers, J.D. Veldhuis, and A. Weltman. Gender Impact on the GH Responses to Exercise. Sex Steroid Interactions with Growth Hormone, J.D. Veldhuis and A. Giustina (eds) Springer-Verlag, New York, NY 1999 p 261-276

14. Veldhuis, J.D., and A. Weltman Exercise and growth hormone secretion. In: Growth Hormone and the Heart. A. Giustina, Ed., Kluwer Academic Publishers, Norwell, Massachusetts, pp111-124, 2001
15. Weltman, A., L. Wideman, J.Y. Weltman, and J.D. Veldhuis. The growth hormone response to acute and chronic aerobic exercise The Encyclopaedia of Sports Medicine 2005
16. Veldhuis, J.D. and A. Weltman. The endocrine system in sport and medicine: The reproductive axis. The Encyclopaedia of Sports Medicine 2005
17. Weltman A. Growth Hormone. In: Hormone Use and Abuse by Athletes . Series - Endocrine Updates Volume 29: E. Ghigo, F. Lanfrano, and CJ Strausburger Eds. Springer, New York, NY 2011 pp 89-98.
18. Rynders CA, A Weltman and K Vincent. The physiology and strength constructs of running performance. Chapter 5. In Magrum E, F O'Conner, R Wilder Eds. Textbook of Running Medicine 2nd Edition, McGraw Hill, New York, NY 2014.

7. Research Publications

1. Katch, F. I., G. S. Pechar, W. D. McArdle and A. L. Weltman. Relationship between individual differences in a steady pace endurance running performance and maximal oxygen intake. Research Quarterly, 44: 205-215, 1973.
2. Katch, V., A. Weltman and E. Gold. Validity of anthropometric measurements and the segment-zone method for estimating segmental and total body volume. Medicine and Science in Sports, 6: 271-276, 1974.
3. Katch, V. and A. Weltman. Predictability of body segment volume in living subjects. Human Biology, 47: 203-218, 1975.
4. Weltman, A. and V. Katch. Preferential use of casing (girth) measures for estimating body volume and density. Journal of Applied Physiology, 38: 560-563, 1975.
5. Katch, V., A. Weltman and L. Traeger. All-out vs. paced cycling strategy for maximal work output of short duration. Research Quarterly, 47: 164-168, 1976.
6. Weltman, A. and V. Katch. Min-by-min respiratory exchange and oxygen uptake kinetics during steady-state exercise in subjects of high and low max VO_2 's. Research Quarterly, 47: 490-498, 1976.
7. Gilliam, T., V. Katch, W. Thorland and A. Weltman. Prevalence of coronary heart disease risk factors in active children 7 to 12 years of age. Medicine and Science in Sports, 9: 21-25, 1977.
8. Katch, V., A. Weltman, R. Martin and L. Gray. Optimal test characteristics for maximal anaerobic work on the bicycle ergometer. Research Quarterly, 48: 319-327, 1977.
9. Weltman, A., B. A. Stamford, R. J. Moffatt and V. L. Katch. Exercise recovery, lactate removal, and subsequent high intensity exercise performance. Research Quarterly, 48: 786-796, 1977.
10. Gilliam, T., S. Sady, W. Thorland and A. Weltman. Comparison of peak performance measures in children ages 6-8, 9-10 and 11-13. Research Quarterly, 48: 695-704, 1977.
11. Moffatt, R. J., B. A. Stamford, A. Weltman and R. Cuddihee. Effects of high intensity aerobic training on maximal oxygen uptake capacity and field test performance. Journal of Sports Medicine and Physical Fitness, 17: 351-359, 1977.
12. Weltman, A. and V. Katch. A non-population specific method for predicting total body volume and percent fat. Human Biology, 50: 151-158, 1978.

13. Weltman, A., V. Katch, S. Sady and P. Freedson. The onset of metabolic acidosis (anaerobic threshold) as a criterion measure of submaximum fitness. Research Quarterly, 49: 218-227, 1978.
14. Katch, V., T. Gilliam and A. Weltman. Active versus passive recovery from short-term supramaximal exercise. Research Quarterly, 49: 153-161, 1978.
15. Stamford, B. A., R. J. Moffatt, A. Weltman, C. Maldonado and M. Curtis. Blood lactate removal rates following maximal one-legged exercise. Journal of Applied Physiology, 45: 244-248, 1978.
16. Weltman, A., V. Katch and S. Sady. Effects of increasing oxygen availability on bicycle ergometer endurance performance. Ergonomics, 21: 427-438, 1978.
17. Katch, V., A. Weltman, S. Sady and P. Freedson. Validity of the relative percent concept for equating training intensity. European Journal of Applied Physiology, 39: 219-227, 1978.
18. Stamford, B. A., A. Weltman and C. Fulco. Anaerobic threshold and cardiovascular responses during one- versus two- legged cycling. Research Quarterly, 49: 351-362, 1978.
19. Stamford, B. A., A. Weltman, R. J. Moffatt and C. Fulco. Effects of severe prior exercise on assessment of maximal oxygen uptake during one- and two-legged cycling. Research Quarterly, 49: 363-371, 1978.
20. Stamford, B. A., A. Weltman, R. J. Moffatt and C. Fulco. Status of police officers with regard to selected cardiorespiratory and body compositional fitness variables. Medicine and Science in Sports, 10: 294-297, 1978.
21. Weltman, A., R. J. Moffatt and B. A. Stamford. Supramaximal training in females: Effects on anaerobic power output, anaerobic capacity, and aerobic power. Journal of Sports Medicine and Physical Fitness, 18: 237-245, 1978.
22. Gilliam, T., W. Thorland, S. Sady and A. Weltman. Blood lipid levels and fatness in children. Canadian Journal of Applied Sports Sciences, 3: 65-69, 1978.
23. Freedson, P., V. Katch, S. Sady and A. Weltman. Cardiac output differences in males and females during mild cycle ergometer exercises. Medicine and Science in Sports, 11: 16-19, 1979.
24. Katch, V. and A. Weltman. Interrelationship between anaerobic power output, anaerobic capacity and aerobic power. Ergonomics, 22: 325-332, 1979.
25. Moffatt, R. J., A. Weltman and B. A. Stamford. Use of one gas analyzer for determining maximal and submaximal oxygen uptake. Journal of Sports Medicine and Physical Fitness, 19: 85-90, 1979.
26. Weltman, A. and V. Katch. The relationship between the onset of metabolic acidosis (anaerobic threshold) and maximal oxygen uptake. Journal of Sports Medicine and Physical Fitness, 19: 135-192, 1979.
27. Weltman, A., B. A. Stamford and C. Fulco. Recovery from maximal effort exercise: Lactate disappearance and subsequent performance. Journal of Applied Physiology, 47: 677-682, 1979.
28. Weltman, A., S. Matter and B. A. Stamford. Caloric restriction and/or mild exercise: Effects on serum lipids and body composition. American Journal of Clinical Nutrition, 33: 1002-1009, 1980.
29. Matter, S., A. Weltman and B. A. Stamford. Normal fat versus overfat: Effects on serum lipid levels. Journal of the American Dietetic Association, 77: 149-152, 1980.
30. Matter, S., B. A. Stamford and A. Weltman. Age, diet, maximal oxygen consumption and serum lipids. Journal of Gerontology, 35: 532-536, 1980.
31. Sady, S., V. Katch, P. Freedson and A. Weltman. Changes in metabolic acidosis: Evidence for an intensity threshold. Journal of Sports Medicine and Physical Fitness, 20: 41-46, 1980.

32. Weltman, A. and V. Katch. Comparison of hydrostatic weighing at residual volume and total lung capacity. Medicine and Science in Sports and Exercise, 13: 210-213, 1981.
33. Stamford, B. A., A. Weltman, R. J. Moffatt and S. Sady. Aerobic exercise recovery at various intensities following supramaximal work. Journal of Applied Physiology, 51: 840-844, 1981.
34. Weltman, A. and J. Regan. A reliable method for the measurement of maximal endurance performance on the bicycle ergometer. Research Quarterly for Exercise and Sport, 53: 176-179, 1982.
35. Morrow, J. R., J. G. Disch, P. E. Ward, T. J. Donovan, F. I. Katch, V. L. Katch, A. L. Weltman and T. Tellez. Anthropometric, strength and performance characteristics of American world class throwers. Journal of Sports Medicine and Physical Fitness, 22: 73-79, 1982.
36. Weltman, A. Practicality of inclined treadmill VO_2 max testing for level running exercise prescription. Journal of Sports Medicine and Physical Fitness, 22: 191-198, 1982.
37. Spiedel, J. J., A. Weltman, T. C. North, J. T. Bernton and G. Melcher. Cardiovascular disease: Prevention and treatment. Rocky Mountain Medical Journal, Special Edition 49-53, 1982.
38. Weltman, A. Unfavorable serum lipid profiles in extremely overfat women. International Journal of Obesity, 7: 109-114, 1983.
39. Weltman, A. and J. Regan. Prior exhaustive exercise and subsequent maximal constant load exercise performance. International Journal of Sports Medicine, 3: 184-189, 1983.
40. Tran, Z. V., A. Weltman, G. Glass and D. Mood. The effects of exercise on blood lipids and lipoproteins: A meta-analysis of studies. Medicine and Science in Sports and Exercise, 15: 393-402, 1983.
41. Cahill, B. R., E. H. Griffith, J. Sunderlin, T. Madden and A. Weltman. Effect of pre-season conditioning (PSC) on the incidence and severity of high school football knee injuries: Comparison of a closely supervised vs. less supervised program. Illinois Medical Journal, 166: 356-358, 1984.
42. Barlow, K., A. Weltman, R. Schurrer and J. Henritze. Prediction of maximal effort bicycle ergometer endurance performance. International Journal of Sports Medicine, 6: 190-196, 1985.
43. Schurrer, R., A. Weltman and H. Brammell. Effects of physical training on cardiovascular fitness and behavior patterns in developmentally disabled adults. American Journal of Mental Deficiency, 90: 167-169, 1985.
44. Buchanan, M. and A. Weltman. The effects of pedal frequency on VO_2 and work output at lactate threshold, fixed blood lactate concentrations of 2mM and 4mM and max in competitive cyclists. International Journal of Sports Medicine, 6: 163-168, 1985.
45. Sidler, G. J., S. M. Bugaieski, J. Sunderlin and A. Weltman. Difficulty in diagnosing and treating deep vein thrombosis in a competitive basketball player: A case report. The Physician and Sportsmedicine, 13: 113-118, 1985.
46. Henritze, J., A. Weltman, R. L. Schurrer and K. Barlow. Effects of training at and above the lactate threshold (LT) on the lactate threshold and VO_2 max. European Journal of Applied Physiology, 54: 84-88, 1985.
47. Tran, Z. V. and A. Weltman. Differential effects of exercise on serum lipids and lipoproteins seen with changes in body weight: A meta-analysis. Journal of the American Medical Association, 254: 919-924, 1985.
48. Weltman, A., C. Janney, C. B. Rians, K. Strand, B. Berg, S. Tippet, J. Wise, B. R. Cahill and F. I. Katch. The effects of hydraulic resistance strength training in pre-pubertal males. Medicine and Science in Sports and Exercise, 18: 629-638, 1986.

49. Weltman, A., C. Janney, R. Huber, C. B. Rians and F. I. Katch. Comparison of hydrostatic weighing at residual volume and total lung capacity in pre-pubescent males. Human Biology, 59: 51-57, 1987.
50. Weltman, A., R. L. Seip and Z. V. Tran. Practical assessment of body composition in adult obese males. Human Biology, 59: 523-538, 1987.
51. Weltman, A., C. Janney, C. B. Rians, K. Strand and F. I. Katch. The effects of hydraulic-resistance strength training on serum lipid levels in prepubertal boys. American Journal of Diseases in Children, 141: 777-780, 1987.
52. Rians, C. B., A. Weltman, B. R. Cahill, B. C. Berg, K. Strand, C. A. Janney, J. Wise, S. R. Tippet and F. I. Katch. Strength training for prepubescent males: Is it safe? American Journal of Sports Medicine, 15: 483-489, 1987.
53. Weltman, A., D. Snead, R. Seip, R. Schurrer, S. Levine, R. Rutt, T. Reilly, J. Weltman and A. Rogol. Prediction of lactate threshold and fixed blood lactate concentrations from 3200-m running performance in male runners. International Journal of Sports Medicine, 8: 401-406, 1987.
54. Tran, Z. V. and A. Weltman. Predicting body composition of men from girth measurements. Human Biology, 60: 167-175, 1988.
55. Weltman, A., S. Tippet, C. Janney, K. Strand, C. Rians, B. R. Cahill and F. I. Katch. Measurement of isokinetic strength in pre-pubertal males. Journal of Orthopaedic and Sports Physical Therapy, 9: 345-351, 1988.
56. Weltman, A., S. Levine, R. L. Seip and Z. V. Tran. Accurate assessment of body composition in obese females. American Journal of Clinical Nutrition, 48: 1179-83, 1988.
57. Tran, Z. V. and A. Weltman. Generalized equation for predicting body density of women from girth measurements. Medicine and Science in Sports and Exercise, 21: 101-104, 1989.
58. Perrin, D. V., S. M. Lephart and A. Weltman. Specificity of training on computer obtained isokinetic measures. Journal of Orthopaedic and Sports Physical Therapy, 11: 495-498, 1989.
59. Weltman J., R. Seip, S. Levine, D. Snead, A. Rogol and A. Weltman. Prediction of lactate threshold and fixed blood lactate concentrations from 3200-m time trial running performance in untrained females. International Journal of Sports Medicine, 10: 211-216, 1989.
60. Weltman A., J. Weltman, R. Rutt, R. Seip, S. Levine, D. Snead, D. Kaiser and A. Rogol. Percentages of maximal heart rate, heart rate reserve, and VO₂ peak for determining endurance training intensity in sedentary women. International Journal of Sports Medicine, 10: 212-216, 1989.
61. Boutcher, S.H., R. L. Seip, R. K. Hetzler, E. F. Pierce, D. Snead and A. Weltman. The effects of specificity of training on rating of perceived exertion at the lactate threshold. European Journal of Applied Physiology, 59: 365-369, 1989.
62. Weltman, A., D. Snead, P. Stein, R. Seip, R. Schurrer, R. Rutt and J. Weltman. Reliability and validity of a continuous incremental treadmill protocol for the determination of lactate threshold, fixed blood lactate concentrations, and VO₂ max. International Journal of Sports Medicine, 11: 26-32, 1990.
63. Weltman, A., D. Snead, R. Seip, R. Schurrer, J. Weltman, R. Rutt and A. Rogol. Percentages of maximal heart rate, heart rate reserve, and VO₂ max for determining endurance training intensity in male runners. International Journal of Sports Medicine, 11: 218-222, 1990.
64. Pierce, E. F., A. Weltman, R. L. Seip and D. Snead. Effects of specificity of training on the lactate threshold and VO₂ peak. International Journal of Sports Medicine, 11:267-272, 1990.
65. Webster, S., R. Rutt and A. Weltman. Physiological effects of a dehydration regimen practiced by college wrestlers. Medicine and Science in Sports and Exercise, 22:229-234, 1990.

66. Kelly, T. A., R. M. Rothbart, V. J. Patrone, D. D. Watson, A. Weltman, and R. S. Gibson. Continuous wave doppler assessment of ascending aortic blood flow during exercise in normal volunteers and patients with suspected or known coronary artery disease. Journal of Applied Cardiology, 5:141-157, 1990.
67. Weltman, A., R. Seip, A. J. Bogardus, D. Snead, E. Dowling, S. Levine, J. Weltman and A. Rogol. Prediction of lactate threshold (LT) and fixed blood lactate concentrations (FBL) from 3200-m running performance in women. International Journal of Sports Medicine, 11:373-378, 1990.
68. Seip, R. L., A. Weltman, D. Goodman and A. D. Rogol. Clinical utility of cycle exercise for the physiologic assessment of growth hormone release in children. American Journal of Diseases in Children, 144: 998-1000, 1990.
69. Weltman, J.Y., R. L. Seip, A. Weltman, D. Snead, W. S. Evans, J. D. Veldhuis and A. Rogol. Effects of prior exercise testing on pulsatile release of luteinizing hormone (LH) and growth hormone (GH) in women. Journal of Applied Physiology, 69:196-200, 1990.
70. Weltman, J.Y., J.D. Veldhuis, A. Weltman, J.R. Kerrigan, W.S. Evans and A.D. Rogol. Reliability of estimates of pulsatile characteristics of luteinizing hormone (LH) and growth hormone (GH) release in women. Journal of Clinical Endocrinology and Metabolism, 71:1646-1652, 1990.
71. Hetzler, R. K., R. L. Seip, S. H. Boutcher, E. Pierce, D. Snead and A. Weltman. Effect of exercise modality on ratings of perceived exertion at various lactate concentrations. Medicine and Science in Sports and Exercise, 23:88-92, 1991
72. Seip, R. L., D. Snead, E. F. Pierce, P. Stein and A. Weltman. Perceptual responses in relation to blood lactate concentration: Effect of training state. Medicine and Science in Sports and Exercise, 23:80-87, 1991.
73. Tis, L.T., D.H. Perrin, D.B. Snead, and A. Weltman. Isokinetic strength of the trunk and hip in female runners. Isokinetics and Exercise Science 1:22-25, 1991.
74. Seip, R.L. and A. Weltman. Validity of skinfold and girth based regression equations for the prediction of body composition in obese adults. American Journal of Human Biology, 3:91-95, 1991.
75. Perrin, D.H., E.M. Haskvitz and A. Weltman. Effect of gravity correction on isokinetic average force of the quadriceps and hamstring muscle groups in women runners. Isokinetics and Exercise Science 1:99-102, 1991.
76. Anderson, M.A., J.H. Gieck, D. Perrin, A. Weltman, R. Rutt, and C. Denegar. The relationships among isometric, isotonic, and isokinetic concentric and eccentric quadriceps and hamstring force and three components of athletic performance. Journal of Orthopaedic and Sports Physical Therapy 14: 114-120, 1991.
77. Hall, G.L., R.K. Hetzler, D. Perrin, and A. Weltman. Relationship of timed sit-up tests to isokinetic abdominal strength. Research Quarterly for Exercise and Sport 63: 80-84, 1992.
78. Gutgesell M.E., A. Weltman, C. Sowa, R. Seip, A. Bulatovic, and S. Woodson. Fitness, body fat, and perceived stress in a group of primary care residents. Academic Medicine 67: 286-287, 1992.
79. Rogol A.D., A. Weltman, J.Y. Weltman, R.L. Seip, D.B. Snead, S. Levine, E.M. Haskvitz, D.L. Thompson, R. Schurrer, E. Dowling, J. Walberg-Rankin, W.S. Evans, and J.D. Veldhuis. Durability of the reproductive axis in eumenorrheic women during one year of endurance training. Journal of Applied Physiology 72:1571-1580, 1992.
80. Weltman, A., R.L Seip, D Snead, J.Y. Weltman, E.M. Haskvitz, W.S. Evans J.D. Veldhuis and A.D. Rogol. Exercise training at and above the lactate threshold in previously untrained women. International Journal of Sports Medicine 13:257-263, 1992.

81. Weltman, A., J.Y. Weltman, R. Schurrer, W.S. Evans, J.D. Veldhuis, and A.D. Rogol. Endurance training amplifies the pulsatile release of growth hormone: Effects of training intensity. Journal of Applied Physiology 72:2188-2196, 1992.
82. Snead, D.B., A. Weltman, J.Y. Weltman, W.S. Evans, J.D. Veldhuis, M.M. Varma, C.D. Teates, E.A. Dowling, and A.D. Rogol. Reproductive hormones and bone mineral density in women runners. Journal of Applied Physiology 72: 2149-2156, 1992.
83. Haskvitz, E.M., R.L. Seip, J.Y. Weltman, A.D. Rogol, and A. Weltman. The effect of training intensity on ratings of perceived exertion. International Journal of Sports Medicine 35: 377-383, 1992.
84. Evans, W.S., J.Y. Weltman, M.L. Johnson, A. Weltman, J.D. Veldhuis, and A.D. Rogol. Effects of opioid blockade on luteinizing hormone (LH) pulses and interpulse LH concentrations in normal women during the early phase of the menstrual cycle. Journal of Endocrinological Investigation 15: 525-531, 1992.
85. Snead, D.B., C.C. Stubbs, J.Y. Weltman, W.S. Evans, J.D. Veldhuis, A.D. Rogol, C.D. Teates, and A. Weltman. Dietary patterns, eating behaviors, and bone mineral density in women runners. American Journal of Clinical Nutrition 56: 705-711, 1992.
86. Thompson, D.L., D.B. Snead, and A. Weltman. The utility of generalized girth and skinfold equations to predict body composition in women runners. American Journal of Human Biology 5:283-290, 1993.
87. Thompson, D.L., J.Y. Weltman, A.D. Rogol, D.L. Metzger, J.D. Veldhuis, and, A. Weltman. Cholinergic and opioid involvement in the release of growth hormone during exercise and recovery. Journal of Applied Physiology 75: 870-878, 1993.
88. Tis, L.L., D.H. Perrin, A. Weltman, D.W. Ball, and J.H. Gieck. Effect of preload and range of motion on isokinetic torque in women. Medicine and Science in Sports and Exercise 25:1038-1043, 1993.
89. Holder, C., E. Haskvitz, and A. Weltman. The effects of assistive devices on the oxygen cost, cardiovascular stress, and perception of non-weight bearing ambulation. Journal of Orthopaedic and Sports Physical Therapy 18:537-542, 1993.
90. Seip, R.L., D. Snead, and A. Weltman. Validity of anthropometric techniques for estimating percentage body fat in obese females before and after sizeable weight loss. American Journal of Human Biology 5: 549-558, 1993.
91. Weltman, A. C.M Wood, C.J. Womack, S.E. Davis, J.L. Blumer, J. Alvarez, K. Sauer, and G.A. Gaesser. Catecholamine and blood lactate responses to incremental rowing and running exercise. Journal of Applied Physiology 76:1144-1149, 1994.
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249. Gilbertson NM, NZM Eichner, EM Heiston, JM Gaitan, ME Francois, JH Mehaffey, TE Hassinger, PT Hallowell. A Weltman, and SK Malin. A low-calorie diet with or without interval exercise training improves adiposopathy in obese women, Applied Physiology of Metabolism 44: 1057-1064, 2019.
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253. Slater LV, SS Blemker, J Hertel, SA Saliba, AL Weltman, and JM Hart. Sex affects gait adaptation after exercise in individuals with anterior cruciate ligament reconstruction. *Clinical Biomechanics* 71: 189-185, 2020.
254. Gilbertson NM, NZM Eichner, M Khurshid, EA Rexrode, S Kranz, A Weltman, PT Hallowell, and SK Malin. Effect of pre-operative aerobic exercise on cardiometabolic health and quality of life in patients undergoing bariatric surgery. *Frontiers in Physiology* 11: 1-12 Article 1018, 2020.
255. Gilbertson NM, JM Gaitan, V Osinski, EA Rexrode, JC Garmey, JH Mehaffey, TE Hassinger, S Kranz, CA McNamara, A Weltman, PT Hallowell, and SK Malin. Pre-operative aerobic exercise on metabolic health and surgical outcomes in patients receiving bariatric surgery: A pilot trial. *PLOS ONE* <https://doi.org/10.1371/journal.pone.0239130> October 2, 2020
256. Bodkin SG, AL Weltman, and J Hart. ISB clinical biomechanics award winner 2019: Knee extensor fatigue resistance in individuals following anterior cruciate ligament reconstruction. *Clinical Biomechanics* 81: 105242, 2021
257. Modesitt SC, N Eichner, JK Penberthy, BJ Horton, ME Stewart, R Lacy, and A Weltman. YYYY “Moving away from cancer” Prospective exercise trial for female rural cancer survivors: How can we step it up? *JCO Oncology Practice* 17: e16-e25, 2021.
258. Anderson KC, G Zieff, C Paterson, L Stoner, A Weltman and JD Allen. The effect of acute exercise on pre-prandial ghrelin levels in healthy adults: A systematic review and meta-analysis. *Peptides* 145: 2021.
259. Jahn LA, B Logan, KM Love, WB Horton, NZ Eichner, LM Hartline, AL Weltman, and EJ Barrett. Nitric oxide-dependent micro- and macrovascular dysfunction occurs early in adolescents with type 1 diabetes. *American Journal of Physiology: Endocrinology and Metabolism* 322: E101-E108, 2022.
260. Brown DE, S Sharma, JA Jablonski, and A Weltman. Neural network methods for diagnosing patient conditions from cardiopulmonary exercise testing data. *BioData Mining* 15:16, 2022.

8. Invited Presentations and Presentations at Scholarly Meetings

1. Katch, F. I., G. S. Pechar, W. D. McArdle and A. Weltman. Relationship between individual differences in a steady pace endurance running performance and maximal oxygen intake. American Association of Health, Physical Education and Recreation. Minneapolis, MN, March, 1973.
2. Weltman, A. and V. Katch. Predictability of segmental body volume. A mathematical approach. Michigan State Convention of Health, Physical Education and Recreation. Grand Rapids, MI, November, 1973.
3. Katch, V., A. Weltman and E. Gold. Body segment volumes of females: Relationship to anthropometric measurements. American College of Sports Medicine. Knoxville, TN, May, 1974.
4. Weltman, A. and V. Katch. Relationship between aerobic power and respiratory exchange during submaximal work. Midwest Chapter of the American College of Sports Medicine. Boyne Mountain, MI, February, 1975.
5. Katch, V., T. Gilliam, A. Weltman and W. Thorland. Prediction of total body volume and body fat via regression analysis in children ages 7 through 12. Third Canadian Symposium on Child Growth and Development. London, Ontario, March, 1976.

6. Sady, S., V. Katch, P. Freedson and A. Weltman. Exercise training: Effects on changes in metabolic acidosis in overfat females. MAHPER. Grand Rapids, MI, November, 1976.
7. Weltman, A., V. Katch, T. Gilliam and W. Thorland. A non- population specific method for predicting total body volume and percent fat. American Alliance of Health, Physical Education and Recreation. Milwaukee, WI, April, 1976.
8. Katch, V., T. Gilliam and A. Weltman. Active versus passive recovery from supramaximal exercise of short duration. American Alliance of Health, Physical Education and Recreation. Milwaukee, WI, April, 1976.
9. Gilliam, T., W. Thorland, A. Weltman and V. Katch. Prevalence of coronary heart disease risk factors in children, ages 7-12. American Alliance for Health, Physical Education and Recreation. Milwaukee, WI, April, 1976.
10. Weltman, A., V. Katch, B. A. Stamford, S. Sady and P. Freedson. Onset of metabolic acidosis (anaerobic threshold) as a criterion measure of submaximum fitness. Southeast Conference of the American College of Sports Medicine. Lexington, KY, October 1977.
11. Moffatt, R. J., B. A. Stamford, A. Weltman, C. Maldonado and M. Curtis. Blood lactate removal rates following maximal one-legged cycling. Southeast Conference of the American College of Sports Medicine. Lexington, KY, October, 1977.
12. Weltman, A., R. J. Moffatt and B. A. Stamford. Supramaximal training in females: Effects on anaerobic power output, anaerobic capacity, and aerobic power. Kentucky Alliance of Health, Physical Education and Recreation. Bowling Green, KY, November, 1977.
13. Weltman, A., B. A. Stamford, R. J. Moffatt and V. Katch. Exercise recovery, lactate removal and subsequent high intensity exercise performance. American Alliance of Health, Physical Education and Recreation. Kansas City, MO, March, 1978.
14. Stamford, B. A., A. Weltman, R. J. Moffatt and C. Fulco. Effects of severe prior exercise on assessment of maximal oxygen uptake during one- and two-legged cycling. American Alliance of Health, Physical Education and Recreation. Kansas City, MO, March, 1978.
15. Weltman, A., B. A. Stamford, R. S. Levy, S. Matter, C. Short and C. Fulco. Diet, Exercise and Lipoprotein Cholesterol. American Heart Association, Dallas, TX, November. 1978.
16. Fee, R., A. Weltman and B. A. Stamford. Relationship between selected psychological and physiological variables. Kentucky Alliance for Health, Physical Education and Recreation. Louisville, KY, November, 1978.
17. Weltman, A., B. A. Stamford and L. B. Gladden. Effects of hyperoxia on the onset of metabolic acidosis. Southeastern Chapter American College of Sports Medicine. Atlanta, GA, February, 1978.
18. Weltman, A. Measurement of maximal exercise performance and effects of severe prior exercise on maximal performance. Invited Speaker. Southeastern Chapter American College of Sports Medicine. Atlanta, GA, February, 1978.
19. Weltman, A., B. A. Stamford and C. Fulco. Exercise Recovery: Lactate disappearance and subsequent performance. American Alliance of Health, Physical Education and Recreation. New Orleans, LA, March, 1979.
20. Stamford, B. A. and A. Weltman. Effects of severe prior exercise on maximal effort performance. American Alliance of Health, Physical Education and Recreation. New Orleans, LA, March, 1979.
21. Moffatt, R. J., S. Sady, B. A. Stamford, V. Katch and A. Weltman. Lactate appearance and disappearance following severe prior exercise. American Alliance for Health, Physical Education and Recreation. New Orleans, LA, March, 1979.

22. Weltman, A., B. A. Stamford, S. Matter, R. Levy, C. Short and C. Fulco. Caloric restriction and/or mild exercise: Effects on body composition and lipoprotein cholesterol. American College of Sports Medicine. Honolulu, HI, May 1979.
23. Stamford, B. A., A. Weltman and E. Foulke. Information processing and perceived effort during bicycle ergometer work. American College of Sports Medicine. Honolulu, HI, May, 1979.
24. Weltman, A., S. Matter and B. A. Stamford. Body fat content and serum lipid levels. American Alliance for Health, Physical Education, Recreation and Dance. Detroit, MI, April, 1980.
25. Gladden, L. B., B. A. Stamford, A. Weltman and W. N. Stainsby. Effect of lactic acid on isometric developed tension in canine skeletal muscle. Federation of the American Societies for Experimental Biology. Anaheim, CA, April, 1980.
26. Weltman, A. and V. Katch. Comparison of hydrostatic weighing at residual volume and total lung capacity. American Alliance for Health, Physical Education, Recreation and Dance. Boston, MA, April, 1981.
27. Weltman, A. Nutrition, Exercise and Coronary Artery Disease. Invited Speaker. Colorado Heart Association. Colorado Springs, CO, May, 1981.
28. Weltman, A. Unfavorable serum lipid profiles in extremely overfat women. American College of Sports Medicine. Miami, FL, May, 1981.
29. Regan, J., A. Weltman and L. B. Gladden. Effects of blood lactate concentration on maximal constant load exercise performance in men. American College of Sports Medicine. Miami, FL, May, 1981.
30. Weltman, A. Effects of diet and exercise on serum lipids. Invited Speaker. Symposium on Impact of Exercise and Diet on Obesity. American College of Sports Medicine. Miami, FL, May, 1981.
31. Weltman, A. The anaerobic threshold as a predictor of endurance performance. Invited Speaker. First Symposium International de Medicina y Ciencias del Deporte. Caracas, Venezuela, October, 1981.
32. Weltman, A. Use of laboratory techniques in assessing performance. Invited Speaker. First Symposium International de Medicina y Ciencias del Deporte. Caracas, Venezuela, October, 1981.
33. Weltman, A. Relationship between body composition and serum lipid levels. Invited Speaker. American Association of Physical Anthropologists. Eugene, OR, March, 1982.
34. Weltman, A., J. Henritze, R. Schurrer and C. Feicht Sanborn. Relationship between intensity of training and the menstrual cycle in previously sedentary college women. American Alliance for Health, Physical Education, Recreation and Dance. Houston, TX, April, 1982.
35. Foster, V., A. Dickinson, A. Weltman and D. Mood. Influence of garment type on thermal and metabolic responses to exercise in two different cold environments. Rocky Mountain Chapter of the American College of Sports Medicine. Greeley, CO, May, 1982.
36. Schurrer, R. L., A. Weltman, K. Barlow and J. Henritze. Serum triglycerides and cholesterol and serum high-density lipoprotein cholesterol in competitive and noncompetitive cyclists. Rocky Mountain Chapter of American College of Sports Medicine. Greeley, CO, May, 1982.
37. Tran, Z. V., A. Weltman, G. Glass and D. Mood. The effects of exercise on blood lipids and lipoproteins: A meta-analysis of studies. American College of Sports Medicine. Minneapolis, MN, May, 1982.
38. Henritze, J., A. Weltman, R. Schurrer and K. Barlow. Effects of training above and below the onset of blood lactate accumulation (OBLA) on cardiovascular and body composition parameters in women. American College of Sports Medicine. Minneapolis, MN, May, 1982.

39. Schurrer, R., A. Weltman, J. Henritze and K. Barlow. Intensity of training and serum lipid levels. American College of Sports Medicine. Minneapolis, MN, May, 1982.
40. Barlow, K., A. Weltman, R. Schurrer and J. Henritze. Maximal oxygen consumption (VO_2 max), onset of blood lactate accumulation (OBLA) and maximal bicycle ergometer performance. American College of Sports Medicine. Minneapolis, MN, May, 1982.
41. Weltman, A., N. Henderson, H. Brammell, C. Chaffee and G. Hume. Relationship between training, serum lipids and menopause. American College of Sports Medicine. Minneapolis, MN, May, 1982.
42. Weltman, A., W. C. Byrnes and A. L. Dickinson. The lactate breaking point and the development of the individualized training program. Invited Speaker. American College of Sports Medicine. Minneapolis, MN, May, 1982.
43. Weltman, A., Z. V. Tran and G. Melcher. Diet manipulation and serum lipid and body composition changes seen with an intense diet, exercise and stress management program. American Heart Association. Dallas, TX, November, 1982.
44. Weltman, A., Z. V. Tran, R. L. Schurrer and G. Melcher. Time course of serum lipid and body composition changes seen with an intense diet, exercise and stress management program. American College of Sports Medicine. Montreal, Canada, May, 1983.
45. Tran, Z. V. and A. Weltman. Differential effects of exercise on blood lipids and lipoproteins seen with changes in body weight: A meta-analysis. American College of Sports Medicine. Montreal, Canada, May, 1983.
46. Schurrer, R. L., A. Weltman and H. L. Brammell. Effects of training on VO_2 max in developmentally disabled adults. American College of Sports Medicine. Montreal, Canada, May, 1983.
47. Weltman, A. Nutrition for athletic performance. Invited Speaker. Central Illinois Dietetic Association. Peoria, IL, April, 1984.
48. Weltman, A. Fitness evaluation centers for generating revenue for physical education departments. Invited Speaker. American Alliance for Health, Physical Education, Recreation and Dance. Anaheim, CA, April, 1984.
49. Weltman, A., J. Weltman, R. Schurrer and Z. V. Tran. A sensitive treadmill protocol for the determination of lactate threshold (LT) and fixed blood lactate concentrations of 2mM and 4mM. American Alliance for Health, Physical Education, Recreation and Dance. Anaheim, CA, April, 1984.
50. Weltman, A. Diabetes and exercise. Invited Speaker. Downstate Illinois Affiliate, American Diabetes Association. Peoria, IL, May, 1984.
51. Weltman, A. Use of the lactate threshold for exercise prescription. Invited Speaker. Branch Symposium. Saint Francis Medical Center, Peoria, IL, May, 1984.
52. Madden, T., H. Hicks, L. Sitrin, J. Sunderlin, B. R. Cahill and A. Weltman. A conservative treatment program for chondromalacia patella. National Athletic Trainers Association. Nashville, TN, June, 1984.
53. Sidler, G. J., S. M. Bugaieski, J. Sunderlin and A. Weltman. Difficulty in diagnosing and treating deep vein thrombosis in a competitive athlete: A case report. 1984 Olympic Scientific Congress. Eugene, OR, July, 1984.
54. Weltman, J., A. Weltman, R. Schurrer, Z. V. Tran and F. Katch. Prediction of VO_2 and speed at max, lactate threshold (LT) and fixed blood lactate concentrations of 2mM and 4mM from 2 mile running performance. 1984 Olympic Scientific Congress. Eugene, OR, July, 1984.

55. Buchanan, M. and A. Weltman. The effects of pedal frequency on VO_2 and work output at lactate threshold (LT), fixed blood lactate concentrations of 2 and 4mM and at max in competitive cyclists. 1984 Olympic Scientific Congress. Eugene, OR, July, 1984.
56. Weltman, A., J. Weltman, R. Schurrer and Z. V. Tran. Use of percent maximal heart rate (HR) and heart rate reserve (HRR) as indices of the lactate threshold (LT) and fixed blood lactate concentrations of 2mM and 4mM. 1984 Olympic Scientific Congress. Eugene, OR, July, 1984.
57. Weltman, A. Anaerobic Training in Children. Invited Speaker. American Alliance for Health, Physical Education, Recreation and Dance, Atlanta, GA, April, 1985.
58. Weltman, A., S. Tippet, K. Strand, C. A. Janney, C. B. Rians and B. R. Cahill. Isokinetic strength in pre-pubescent males. American College of Sports Medicine. Nashville, TN, May, 1985.
59. Janney, C. A., A. Weltman, R. Huber and C. B. Rians. Comparison of hydrostatic weighing at residual volume and total lung capacity in pre-pubescent males. American College of Sports Medicine. Nashville, TN, May, 1985.
60. Tran, Z. V. and A. Weltman. Comparison of exercise training and exercise training and diet programs on serum lipids and lipoprotein changes: A meta-analysis. American College of Sports Medicine. Nashville, TN, May, 1985.
61. Rians, C. B., A. Weltman, B. R. Cahill, B. C. Berg, S. Tippet, C. A. Janney and F. I. Katch. A safe and effective concentric strength training program for pre-pubescent males. American Orthopedic Society for Sports Medicine. Nashville, TN, June, 1985.
62. Weltman, A. Strength training in pre-pubescent males. Invited Speaker. University of Virginia Sports Medicine Conference. Charlottesville, VA, June, 1985.
63. Karns, P. B., T. Madden, A. Weltman and B. R. Cahill. A two-year examination of high school football injury rates by body part and position. National Athletic Trainers Association. San Antonio, TX, June, 1985.
64. Weltman, A. Weight training in pre-pubescent boys. Invited Speaker. Slippery Rock University Sports Medicine Symposium. Slippery Rock, PA, October, 1985.
65. Weltman, A. You're never too old for physical fitness. Invited Speaker. Virginia Association for Health, Physical Education, Recreation and Dance. Richmond, VA, December, 1985.
66. Weltman, A. Strength training for adolescents. Invited Speaker. Fifth Annual Cherry Blossom Symposium. New Concepts in Sports Medicine, Georgetown University, Washington, DC, April, 1986.
67. Tran, Z. V. and A. Weltman. Generalized equations for predicting body composition from girth measurements. American College of Sports Medicine. Indianapolis, IN, May, 1986.
68. Weltman, A., C. Janney, C. Rians, K. Strand, B. Berg, S. Tippet, J. Wise, B. Cahill and F. I. Katch. Hydraulic resistance strength training in pre-pubertal males. American College of Sports Medicine. Indianapolis, IN, May, 1986.
69. Schurrer, R., A. Weltman, J. Weltman, T. Reilly, D. Snead, R. Seip and A. Rogol. A sensitive treadmill protocol for the determination of lactate threshold and fixed blood lactate concentrations in male recreational runners. American College of Sports Medicine. Indianapolis, IN, May, 1986.
70. Seip, R. L., A. Weltman and Z. V. Tran. Practical assessment of body composition in obese males. American College of Sports Medicine. Indianapolis, IN, May, 1986.
71. Barry, J., Z. V. Tran, A. Weltman and H. Johnston. The effects of training on the lactate threshold in insulin-dependent diabetic men. American College of Sports Medicine. Indianapolis, IN, May, 1986.

72. Weltman, A. Strength training in children. Invited Speaker. University of Virginia Sports Medicine Conference. Charlottesville, VA, June, 1986.
73. Weltman, A. Exercise and cardiovascular disease. Invited Speaker. University of Virginia Sport Psychology Conference. Charlottesville, VA, June, 1986.
74. Weltman, A. "Exercise and Diabetes". Research and Therapeutic Issues in Diabetes: An International Conference. Invited Workshop Leader, Charlottesville, VA, October, 1986.
75. Kelly, T. A., V. J. Patrone, R. M. Rothbart, J. C. Moore, D. D. Watson, A. Weltman and R. S. Gibson. The utility of exercise doppler in normals and patients with coronary artery disease. American Heart Association. Dallas, TX, November, 1986.
76. Weltman, A. Exercise and coronary artery disease. Invited Speaker. Virginia Association of Health, Physical Education, Recreation and Dance. Richmond, VA, December, 1986.
77. Weltman, A., J. Weltman and A. Rogol. Effects of initiating a running program on menstrual cycle status in previously sedentary women. Invited Speakers. Southeast Chapter American College of Sports Medicine. Charleston, SC, February, 1987.
78. Weltman, A. Physiological limits of endurance performance. Invited Speaker. Southeast Chapter American College of Sports Medicine. Charleston, SC, February, 1987.
79. Seip, R. L., J. Weltman, S. Levine, R. Rutt, D. Snead, A. Rogol and A. Weltman. Comparison of level vs. inclined treadmill protocols for measurement of maximal oxygen consumption in sedentary women. Southeast Chapter American College of Sports Medicine. Charleston, SC, February, 1987.
80. Weltman, A. Is strength training suitable for prepubertal children and adolescents? Invited Speaker. McLemore Birdsong Pediatric Conference. Charlottesville, VA, April, 1987.
81. Perrin, D. H., S. M. Lephart, A. Weltman, E. N. Saliba, F. C. McCue and J. H. Gieck. Specificity of isokinetic training on quadricep and hamstring peak torque, torque acceleration energy, power and work in intercollegiate lacrosse players. American College of Sports Medicine. Las Vegas, NV, May, 1987.
82. Tran, Z. V. and A. Weltman. Generalized equations for predicting body composition from girth measurements in women. American College of Sports Medicine. Las Vegas, NV, May, 1987.
83. Snead, D., R. Schurrer, R. Seip, R. Rutt, S. Levine, J. Weltman, T. Reilly, A. Rogol and A. Weltman. Continuous vs. discontinuous treadmill protocol for the determination of lactate threshold and fixed blood lactate concentrations in male runners. American College of Sports Medicine. Las Vegas, NV, May, 1987.
84. Levine, S. L., A. Weltman, R. L. Seip and Z. V. Tran. Practical assessment of body composition in obese females. American College of Sports Medicine. Las Vegas, NV, May, 1987.
85. Weltman, A., R. Seip, S. Levine, J. Weltman, D. Snead, R. Rutt, D. Kaiser and A. Rogol. Effects of training at and above the lactate threshold in previously sedentary women. American College of Sports Medicine. Las Vegas, NV, May, 1987.
86. Rutt, R., J. Weltman, R. Schurrer, D. Snead, T. Reilly, R. Seip, A. Rogol and A. Weltman. Use of percentages of maximal heart rate, heart rate reserve and VO_2 max to determine training intensity in male runners. American College of Sports Medicine. Las Vegas, NV, May, 1987.
87. Rogol, A., J. Weltman, S. Levine, R. Seip, W. Evans and A. Weltman. Low mileage endurance training does not alter reproductive system function in previously sedentary women. The Endocrine Society. Indianapolis, IN, June, 1987.
88. Weltman, A. Amenorrhea and bone mineral content in women runners. Invited Speaker. University of Virginia Sports Medicine Conference. Charlottesville, VA, June, 1987.

89. Weltman, A. Anthropometric methods of body composition assessment. Invited Speaker. University of Virginia Sports Medicine Conference. Charlottesville, VA, June, 1987.
90. Weltman, A. Strength training in children. Invited Speaker. Virginia Alliance of Health, Physical Education, Recreation and Dance. Norfolk, VA, December, 1987.
91. Weltman, J., A. Rogol, R. Seip, S. Levine, D. Snead, R. Rutt, D. Kaiser and A. Weltman. Prediction of lactate threshold and max from a 3200 meter time trial in sedentary women. Southeast Chapter American College of Sports Medicine. Winston-Salem, NC, January, 1988.
92. Weltman, A. Body Composition Analysis: A Research Update. Anthropometric Prediction Techniques. Invited Speaker. Symposium presented at Southeast Chapter American College of Sports Medicine. Winston-Salem, NC, January, 1988.
93. Snead, D., A. Weltman, R. Seip, R. Rutt, R. Schurrer, S. Levine, J. Weltman and A. Rogol. Comparison of level running and inclined treadmill protocols for VO₂ max determination in competitive male runners. Southeast Chapter American College of Sports Medicine. Winston-Salem, NC, January, 1988.
94. Seip, R. L., J. Weltman, S. Levine, R. Rutt, D. Snead, A. Rogol and A. Weltman. Level (L) vs. inclined (I) treadmill (TM) protocols for measurement of maximal oxygen consumption (VO₂ max): Effects of intensity of training. Southeast Chapter American College of Sports Medicine. Winston-Salem, NC, January, 1988.
95. Rutt, R., J. Weltman, R. Seip, S. Levine, D. Snead, D. Kaiser, A. Rogol and A. Weltman. Use of percentages of maximal heart rate, heart rate reserve and VO₂ max to determine training intensity in sedentary women. Southeast Chapter American College of Sports Medicine. Winston-Salem, NC, January, 1988.
96. Weltman, A. Careers in Exercise Physiology: Opportunities in Business. Invited Speaker. American Alliance of Health, Physical Education, Recreation and Dance. Kansas City, MO, April, 1988.
97. Webster, S. F., R. A. Rutt and A. Weltman. Effects of typical dehydration practices on performance. American College of Sports Medicine. Dallas, TX, May, 1988.
98. Seip, R. L., D. Snead, E. Pierce, P. Stein, R. Hetzler, S. Boutcher and A. Weltman. Differentiated ratings of perceived exertion in runners and non-runners. American College of Sports Medicine. Dallas, TX, May, 1988.
99. Hetzler, R., S. Boutcher, R. Seip, E. Pierce, D. Snead and A. Weltman. Exercise modality does not effect ratings of perceived exertion at lactate threshold. American College of Sports Medicine. Dallas, TX, May, 1988.
100. Boutcher, S. H., R. K. Hetzler, R. L. Seip, E. Pierce, D. Snead and A. Weltman. Specificity of training does not affect perceived exertion at the lactate threshold. American College of Sports Medicine. Dallas, TX, May, 1988.
101. Rutt, R. A., S. Levine, R. Seip and A. Weltman. Supplemented fasting with and without supervised exercise. American College of Sports Medicine. Dallas, TX, May, 1988.
102. Stein, P., D. Snead, R. Seip, R. Rutt and A. Weltman. Reliability of lactate threshold (LT) assessment. American College of Sports Medicine. American College of Sports Medicine. Dallas, TX, May, 1988.
103. Pierce, E. F., R. L. Seip, D. Snead and A. Weltman. Specificity of training on the lactate threshold (LT) and VO₂ max. American College of Sports Medicine. Dallas, TX, may, 1988.
104. Lephart, S. M., D. H. Perrin, F. Fu, J. Gieck, W. Gomez, J. Irrgang, F. McCue and A. Weltman. Functional assessment of the anterior cruciate insufficient knee. American College of Sports Medicine. Dallas, TX, May, 1988.

105. Weltman, A., R. Seip, R. Rutt and Z. V. Tran. Estimation of body composition changes with weight loss. American College of Sports Medicine. Dallas, TX, May, 1988.
106. Weltman, A. The use of blood lactate for exercise prescription. Invited Speaker. University of Virginia Sports Medicine Conference. Charlottesville, Va, June, 1988.
107. Rogol, A., J. Weltman, W. Evans, J. Veldhuis and A. Weltman. Effect of endurance training on the reproductive axis in women. Invited Speaker. International Symposium on Hormones and Sport. Dubrovnik, Yugoslavia, August, 1988.
108. Weltman, A. Strength training in prepubertal children. Invited Speaker. International Symposium on Hormones and Sport. Dubrovnik, Yugoslavia, August, 1988.
109. Tran, Z. V., E. A. Lokey and A. Weltman. Effects of diet and exercise on lipid levels: A meta-analysis. 1988 Seoul Olympic Scientific Congress. Seoul, Korea, September, 1988.
110. Weltman, A. Bone mineral content and reproductive hormones in women runners. University of Virginia Clinical Research Center Research Symposium. Charlottesville, VA, December, 1988.
111. Seip, R. L. and A. Weltman. Effects of gender on changes in body fat distribution following weight loss in obese individuals. Southeast Chapter American College of Sports Medicine. Atlanta, GA, January, 1989.
112. Weltman, A., D. Snead and E. Dowling. Bone mineral content and athletic amenorrhea in women runners. (Symposium speakers) Southeast Chapter American College of Sports Medicine. Atlanta, GA, January, 1989.
113. Weltman, A. Steroid use among athletes. College Health Concerns: A Conference for Student Health Nurses and Other Health Care Professionals. Charlottesville, VA, March, 1989.
114. Seip, R. L. and A. Weltman. Validation of girth- and skinfold- based equations to predict % body fat in obese adults. American Alliance of Health, Physical Education, Recreation and Dance. Boston, MA, April, 1989.
115. Snead, D., L. Tis, J. Weltman, W. Evans, E. Dowling, D. Teates, A. Rogol and A. Weltman. VO_2 peak, strength, reproductive hormones, and bone mineral content in eumenorrheic and oligo/amenorrheic runners. American College of Sports Medicine. Baltimore, MD, May, 1989.
116. Tran, Z. V., A. Weltman and E. A. Lokey. Effects of exercise on lipid levels in men at high risk for coronary artery disease: A meta-analysis. American College of Sports Medicine. Baltimore, MD, May, 1989.
117. Weltman, A., R. Seip, A. J. Bogardus, D. Snead, E. Dowling, S. Levine, J. Weltman and A. Rogol. Generalized prediction of VO_2 and velocity at lactate threshold (LT), fixed blood lactate concentrations (FBLC) and peak from 3200 meter time trial performance in women. American College of Sports Medicine. Baltimore, MD, May, 1989.
118. LaRue, L, D. Snead and A. Weltman. Effects of glucose polymer ingestion on the lactate threshold, fixed blood lactate concentrations and maximal effort endurance performance. American College of Sports Medicine. Baltimore, MD, May, 1989.
119. Hall, G. H., R. K. Hetzler, D. H. Perrin and A. Weltman. Relationship of sit-up tests to abdominal strength. American College of Sports Medicine. Baltimore, MD, May, 1989.
120. Hetzler, R. K., R. Seip, E. M. Haskvitz and A. Weltman. Effects of height on the metabolic cost of walking. American College of Sports Medicine. Baltimore, MD, May, 1989.
121. Stein, P. and A. Weltman. The stability of blood lactate values at fixed workloads. American College of Sports Medicine. Baltimore, MD, May, 1989.
122. Walberg, J., C. Stubbs, R. Booth, J. Weltman, A. Rogol and A. Weltman. Effects of one year of exercise training on dietary selection and fitness. American College of Sports Medicine. Baltimore, MD, May, 1989.

123. Weltman, J., R. Seip, A. Weltman, W. Evans, J. Veldhuis and A. Rogol. Effects of prior maximal exercise on pulsatile release of luteinizing hormone (LH) and follicle stimulating hormone (FSH). American College of Sports Medicine. Baltimore, MD, May, 1989.
124. Gutgesell, M., A. Weltman, C. Sowa, R. Seip, A. Bulatovic and S. Woodson. Fitness, body composition and perceived stress in residents. International Conference on Preventive Cardiology and Annual Meeting of the AHA Council on Epidemiology. Washington, DC, June, 1989.
125. Rogol, A., A. Weltman, J. Weltman, D. Kaiser and R. Seip. Alteration in the neuroendocrine control of GH and gonadotropin secretion in previously non-exercising women following one year of running. The Endocrine Society. Seattle, WA, June, 1989.
126. Weltman, A. Carbohydrate supplementation for performance enhancement. Invited Speaker The Art and Science of Sports Medicine '89, University of Virginia Sports Psychology Conference. Charlottesville, VA, June, 1989.
127. Weltman, A. The use of steroids among athletes. Invited Speaker University of Virginia Sports Psychology Conference. Charlottesville, VA, June, 1989.
128. Boutcher, S. H., F. W. Nugent, A. Weltman and N. Zinsser. The effect of resting heart rate on cardiac reactivity to psychological stress. Society for Psychophysiological Research. New Orleans, LA, October, 1989.
129. Weltman, A. Chronic effect of exercise on the reproductive system. University of Virginia Clinical Research Center Research Symposium. Charlottesville, VA, December, 1989.
130. Weltman, A. Physiological considerations when training the child. Invited Discussant American Alliance of Health, Physical Education, Recreation, and Dance. New Orleans, LA, March, 1990.
131. Weltman, A. Athletic amenorrhea and bone loss. Invited Speaker Symposium on "Exercise in the Prevention and Treatment of Osteoporosis." American Alliance of Health, Physical Education, Recreation, and Dance. New Orleans, LA, March, 1990.
132. Gutgesell, M., A. Weltman, C. Sowa, R. Seip, A. Bulatovic and S. Woodson. Fitness, body fat and perceived stress in residents. Ambulatory Pediatric Association. Anaheim, CA, May, 1990.
133. Weltman, A., R. Schurrer, J. Weltman, W. Evans, J. Veldhuis and A. Rogol. Intensity of training affects the pulsatile release of growth hormone (GH). American College of Sports Medicine. Salt Lake City, UT, May, 1990.
134. Weltman, J., A. Weltman, R. Seip, D. Snead, W. Evans, J. Veldhuis and A. Rogol. Menstrual cycle phase alterations after 1 year of endurance training. American College of Sports Medicine. Salt Lake City, UT, May, 1990.
135. Rogol, A., A. Weltman, J. Weltman, R. Booth, W. Evans and J. Veldhuis. Effects of intensity of training on pituitary responsivity to gonadotropin-releasing hormone (GnRH). American College of Sports Medicine. Salt Lake City, UT, May, 1990.
136. Boutcher, S.H., F.W. Nugent and A. Weltman. The effect of resting bradycardia on cardiac reactivity to psychological stress. American College of Sports Medicine. Salt Lake City, UT, May, 1990.
137. Warhaftig, N., R.K. Hetzler, E. Dowling, D.L. Thompson and A. Weltman. Effects of caffeine withdrawal on free fatty acid mobilization in caffeine habituated male runners. American College of Sports Medicine. Salt Lake City, UT, May, 1990.
138. Dowling, E., N. Warhaftig, R.K. Hetzler, D.L. Thompson and A. Weltman. Caffeine withdrawal in habituated male runners: Effects on the lactate and ventilatory threshold. American College of Sports Medicine. Salt Lake City, UT, May, 1990.

139. Hetzler, R.K., S. Boutcher, N. Warhaftig, E. Dowling, D.L. Thompson and A. Weltman. Effects of caffeine withdrawal on ratings of perceived exertion and affect. American College of Sports Medicine. Salt Lake City, UT, May, 1990.
140. Seip, R.L., A. Weltman and A.D. Rogol. Reproducibility of serum growth hormone response to exercise in children. American College of Sports Medicine. Salt Lake City, UT, May, 1990.
141. Thompson, D.L., D. Snead, R.L. Seip, E. Dowling, E. Haskvitz and A. Weltman. The utility of generalized equations to predict body composition in women runners. American College of Sports Medicine. Salt Lake City, UT, May, 1990.
142. Rogol, A., A. Weltman, J. Weltman, R. Seip, W. Evans and J. Veldhuis. Physical activity and the endocrine system. Invited Presentation FIMS World Congress of Sports Medicine. Amsterdam, The Netherlands, June 1990.
143. Tis, L.L., D.H. Perrin, D.B. Snead and A. Weltman. Isokinetic strength of the trunk and hip in female runners. National Athletic Trainers Association. Indianapolis, IN, June, 1990.
144. Weltman, A. Strength training in children. Invited Speaker The Art and Science of Sports Medicine. University of Virginia. Charlottesville, VA, June 1990.
145. Weltman, A. Strength training in children: physiologic benefit and potential damage. Invited Speaker Southeast Chapter American College of Sports Medicine. Louisville, Ky, February 1991.
146. Holder, C., E. Haskvitz, and A. Weltman. The effects of assistive devices on the energy cost of non-weight bearing ambulation. Southeast Chapter American College of Sports Medicine. Louisville, KY, February 1991.
147. Weltman, A., R. Seip, D. Snead, J. Weltman, W. Evans, J. Veldhuis, and A. Rogol. The lactate threshold as a critical training intensity. American Alliance of Health, Physical Education, Recreation, and Dance. San Francisco, CA, April 1991.
148. Flanagan, S.W., D.L. Thompson, E.A. Dowling, J. Blummer, A.D. Rogol, G.A. Gaesser, and A. Weltman. Catecholamine and lactate response to graded exercise. American College of Sports Medicine. Orlando, FL, May 1991.
149. Perrin, D.H., E.M. Haskvitz and A. Weltman. Effect of gravity correction on isokinetic average force of the quadriceps and hamstring muscle groups. American College of Sports Medicine. Orlando, FL, May 1991.
150. Booth, R.A., A.R.L. Gear, H. Shaw, A.D. Rogol, and A. Weltman. Relationship between blood pressure, calcium and exercise in normotensive women. American College of Sports Medicine. Orlando, FL, May 1991.
151. Weltman, J.Y., A. Weltman, W. Evans, J. Veldhuis, and A. Rogol. Effects of 1 year run training on the nyctohemeral rhythms for 24-H LH and GH concentrations. American College of Sports Medicine. Orlando, FL, May 1991.
152. Thompson, D.L., D.B. Snead, R.L. Seip, J. Weltman, M. Varma, A.D. Rogol, and A. Weltman. Menstrual cycle status, reproductive hormones, and serum lipid levels in women runners. American College of Sports Medicine. Orlando, FL, May 1991.
153. Rogol, A.D., J. Weltman, W. Evans, A. Weltman and J. Veldhuis. Alteration in the mode of growth hormone secretion after one year of endurance training in eumenorrheic women. American College of Sports Medicine. Orlando, FL, May 1991.
154. Dowling, E.A., D. Snead, J. Weltman, M. Varma, A. Rogol, A. Weltman. The relationship between biochemical markers of bone turnover and bone mineral content in women runners. American College of Sports Medicine. Orlando, FL, May 1991.

155. Snead, D.B., C. Stubbs, J. Weltman, W. Evans, J. Veldhuis, A. Rogol, and A. Weltman. Dietary patterns, eating behaviors, and bone mineral density in women runners. American College of Sports Medicine. Orlando, FL, May 1991.
156. Haskvitz, E.M., R. Seip, J. Weltman, A. Rogol, and A. Weltman. Training intensity and ratings of perceived exertion. American College of Sports Medicine. Orlando, FL, May 1991.
157. Weltman, A. Intensity of long term endurance training affects the pulsatile release of growth hormone. Clinical Investigation 1991. A Symposium to Celebrate the Opening of the New Clinical Research Center. University of Virginia Health Sciences Center. Charlottesville, VA., May 1991.
158. Weltman, A. Perceived exertion as an indicator for exercise prescription. Invited Speaker The 18th Annual: The Art and Science of Sports Medicine 91. University of Virginia, Charlottesville, VA., June 1991.
159. Weltman, A. Use of the blood lactate response to exercise for A) predicting exercise performance, B) exercise prescription. Tutorial Presentation Southeast Chapter American College of Sports Medicine, Auburn, AL, January 1992.
160. Haskvitz, E.M. and A. Weltman. The validity of a heart watch monitor for measuring heart rate at varying walking velocities. Southeast Chapter American College of Sports Medicine, Auburn, AL, January 1992.
161. Weltman, J.Y., J.D. Veldhuis, W.S. Evans, A.D. Rogol, and A. Weltman. Relationship between body composition, fitness, and the pulsatile release of growth hormone (GH) in premenopausal women. American College of Sports Medicine, Dallas, TX, May 1992.
162. Hartman, M.L., E.M. Haskvitz, A. Weltman, and M.O. Thorner. % body fat and $\text{VO}_{2\text{max}}$ are determinants of fasting-enhanced nocturnal growth hormone secretion. American College of Sports Medicine, Dallas, TX, May 1992.
163. Wood, C.M., S.E. Davis, C.J. Womack, J. Alvarez, K. Sauer, G.A. Gaesser, and A. Weltman. Ratings of perceived exertion and the blood lactate response to exercise in competitive rowers. American College of Sports Medicine, Dallas, TX, May 1992.
164. Womack, C.J., S.E. Davis, C.M. Wood, J. Alvarez, K. Sauer, A. Weltman, and G.A. Gaesser. The blood lactate response during rowing ergometry as a predictor of rowing performance. American College of Sports Medicine, Dallas, TX, May 1992.
165. Weltman, A., D.B. Snead, J.Y. Weltman, W.S. Evans, C.D. Teates, J.D. Veldhuis, and A.D. Rogol. Effects of calcium supplementation on bone mineral density (BMD) in premenopausal women runners. American College of Sports Medicine, Dallas, TX, May 1992.
166. Haskvitz, E.M., C.G. Holder, and A. Weltman. Energy cost of resistive rocking in older adults. American Physical Therapy Association, Denver, CO, June 1992.
167. Haskvitz, E.M., C. G. Holder, and A. Weltman. Energy cost of assisted ambulation in older adults. American Physical Therapy Association, Denver, CO, June 1992.
168. Veldhuis, J.D., A. Iranmanesh, M.O. Thorner, M.L. Johnson, M. Hartman, A.D. Rogol, W.S. Evans, G. Lizarralde, R.M. Blizzard, N. Mauras, M.L. Vance, P.M. Martha, A. Weltman, and C.M. Asplin. Pathophysiology of GH secretion and clearance in man: Influence of obesity and selected metabolic signals on the pulsatile activity of the somatotrophic axis. Endocrine Society, San Antonio, TX, June 1992.
169. Weltman, A. Steroids. Invited Speaker Summer Institute on Substance Abuse Prevention II. Curry School of Education, University of Virginia, July 1992.
170. Weltman, A., C.M. Wood, C.J. Womack, S.E. Davis, J.L. Blumer, and G.A. Gaesser. Blood lactate and catecholamine response to incremental rowing and treadmill running. American Physiological Society, Colorado Springs, CO, September, 1992.

171. Weltman, A. Exercise, body composition, gender and growth hormone. Clinical Investigation 1992. General Clinical Research Center Annual Research Symposium, Health Sciences Center, University of Virginia, Charlottesville, VA, November, 1992.
172. Weltman, A., J.Y. Weltman, R. Schurrer, W.S. Evans, J.D. Veldhuis and A.D. Rogol. Endurance training amplifies the pulsatile release of growth hormone : effects of training intensity. GCRC Program Directors National Meeting, National Institutes of Health, Reston, VA, December, 1992.
173. Steed, J.C., G.A. Gaesser and A. Weltman. Ratings of perceived exertion (RPE) as markers of blood lactate concentration. American College of Sports Medicine, Seattle, WA, June 1993.
174. Matson, L.G., Z.V. Tran and A. Weltman. Effects of exercise training on lipid levels in men and women: A meta-analytic comparison. American College of Sports Medicine, Seattle, WA, June 1993.
175. Tran, Z.V., L.G. Matson and A. Weltman. Effects of resistive training on lipid levels: A meta-analysis. American College of Sports Medicine, Seattle, WA, June 1993.
176. Stokes, D.G., T.W. Schanawede, C.J. Womack, A. Weltman and G.A. Gaesser. Effects of strength training on the lactate threshold and parameters of the power-endurance hyperbola. American College of Sports Medicine, Seattle, WA, June 1993.
177. Weltman, J.Y., A. Weltman, M.L. Hartman, R.D. Abbott, A.D. Rogol, W.S. Evans and J. D. Veldhuis. Gender affects the relationship between the release of growth hormone (GH) and age, body composition, and fitness in healthy young adults. American College of Sports Medicine, Seattle, WA, June 1993.
178. Thompson, D.L., J.Y. Weltman, A.D. Rogol, D.L. Metzger, J.D. Veldhuis, and A. Weltman. Cholinergic and opiod involvement in the release of growth hormone (GH) during exercise and recovery. American College of Sports Medicine, Seattle, WA, June 1993.
179. Weltman, A. Nutritional Supplements in Sport. Invited Speaker The Twentieth Annual: The Art and Science of Sports Medicine '93. University of Virginia, Charlottesville, VA, June 1993.
180. Hartman, M.L., A. Weltman, M.O. Thorner, C Bouchard, and C.D. Teates. Growth hormone and physical training in older persons. XVth International Congress of Gerontology, Budapest, Hungary, July 1993.
181. Hartman, M.L., J.A. Kanaley, and A. Weltman. Growth hormone economy in menopausal women: Effects of age. Symposium on The Somatotrophic Axis and the Reproductive Process in Health and Disease, Serono Symposia, USA, Baltimore, MD, October 1993.
182. Thompson, D.L., J.Y. Weltman, A.D. Rogol, D.L. Metzger, and A. Weltman. The impact of opiod blockade on ratings of perceived exertion and affective ratings during moderate intensity exercise. Central States Chapter American College of Sports Medicine. Wichita, KS, October 1993.
183. Weltman, A., J.Y. Weltman, M.L. Hartman, R.D. Abbott, A.D. Rogol, W.S. Evans, and J.D. Veldhuis. Age, percentage body fat, and fitness are determinants of 24 hour growth hormone release in healthy young adults. General Clinical Research Center Annual Research Symposium, Health Sciences Center, University of Virginia, Charlottesville, VA, November, 1993.
184. Womack, C.J., S.A. Davis, E. Barrett, J. Blumer, A. Weltman, and G.A. Gaesser. The effect of training and epinephrine infusion on potential mediators of RPE. Southeast Chapter American College of Sports Medicine, Greensboro, NC, January 1994.
185. Davis, S.E., C.J. Womack, A. Weltman, E. Barrett, and G.A. Gaesser. Effects of b-blockade on the slow component of VO₂ kinetics during high-intensity constant-load exercise. Southeast Chapter American College of Sports Medicine, Greensboro, NC, January 1994.

186. Weltman, A. Exercise prescription techniques. Invited Speaker 12th Annual Refresher Course for Family Physicians, University of Virginia School of Medicine, Charlottesville, VA, May 1994.
187. Hammill, W.W., J.Y. Weltman, L. Wideman, A. Weltman, and H.P. Gutgesell. Cardiovascular response to exercise in children with aortic stenosis. Children's Medical Center Research Day. University of Virginia School of Medicine, Charlottesville, VA, May 1994.
188. Anatarman, R., A.A. Carmine, G.A. Gaesser, and A. Weltman. The effects of carbohydrate supplementation on maximal effort endurance performance. American College of Sports Medicine, Indianapolis, IN, June 1994.
189. Weltman, A., J.Y. Weltman, C.J. Womack, S.E. Davis, G.A. Gaesser, and M.L. Hartman. Effects of training on the growth hormone (GH) response to constant-load exercise. American College of Sports Medicine, Indianapolis, IN, June 1994.
190. Kanaley, J.A., J.Y. Weltman, A. Weltman, and M.L. Hartman. Effect of time of day on the growth hormone (GH) response to acute exercise. American College of Sports Medicine, Indianapolis, IN, June 1994.
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280. Weltman, A. Factors affecting GH release during aerobic exercise (Invited Symposium Speaker). American College of Sports Medicine, Seattle, WA, June 1999.
281. Weltman, A. Exercise physiology measures in growth hormone research (Invited Speaker) Eli Lilly and Company Endocrine Society Global Medical Conference, Indianapolis, IN, June 1999.
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294. Pritzlaff, C.J., L. Wideman, J.Y. Weltman, G.A. Gaesser, J.D. Veldhuis, and A. Weltman. Carbohydrate and fat oxidation during exercise and recovery: Effects of exercise intensity and gender. American College of Sports Medicine, Indianapolis, IN, June 2000
295. Powers, M. A. Weltman, L. Wideman, and B.L. Arnold. Estimating total body water (TBW) and intracellular and extracellular water (ICW, ECW) from multifrequency bioelectrical impedance. American College of Sports Medicine, Indianapolis, IN, June 2000
296. Roemmich, J.N., L. Wideman, J.Y. Weltman, A.D. Rogol, and A. Weltman. Body density by air displacement plethysmography: Validation against underwater weighing in the same children on two occasions. American College of Sports Medicine, Indianapolis, IN, June 2000
297. Weltman, A., A.D. Rogol, and J.N. Roemmich. Estimating total body water (TBW) and fat free mass (FFM) from multifrequency bioelectrical impedance (MFBIA) in children. American College of Sports Medicine, Indianapolis, IN, June 2000
298. Hartman, M.L., J.Y. Weltman, J. Patrie, J.L. Clasey, L. Wideman, C.J. Pritzlaff, J.A. Kanaley, M.E. Gutgesell, M.O. Thorner, and A. Weltman. Exercise training for one year does not increase 24-hour GH secretion in older adults. The Endocrine Society, Toronto, Canada, June 2000.
299. Brill, K., A. Weltman, A. Gentili, J. Patrie, D.A. Fryburg, J. Hanks, R. Urban, and J.D. Veldhuis. Single and joint impact of one-month of transdermal testosterone (T) and/or recombinant human growth hormone (rhGH) supplementation on body composition, strength, balance, function, and muscle IGF-I and androgen gene expression in healthy older men: A prospective randomized double-blind crossover study. The Endocrine Society, Toronto, Canada, June 2000.
300. Weltman, A., C. Pritzlaff, L. Wideman, J.Y. Weltman, R. Abbott, M Gutgesell, M.L Hartman, and J.D. Veldhuis. Gender governs the relationship between exercise intensity and growth hormone (GH) release. The Endocrine Society, Toronto, Canada, June 2000.
301. Anderson, S.M., J.T. Patrie, C.Y. Bowers, A. Weltman, and J.D. Veldhuis. Growth hormone releasing hormone (GHRH), growth hormone releasing peptide-2 (GHRP-2), and exercise induced GH secretion demonstrates variable degrees of suppressibility by GH autonegative feedback. The Endocrine Society, Toronto, Canada, June 2000.
302. Wideman, L., J.Y. Weltman, S. Anderson, M. Patterson, D. Mistry, J.D. Veldhuis, and A. Weltman. Effect of varying growth hormone (GH) infusion on GH secretion during rest and exercise in young men and women. The Endocrine Society, Toronto, Canada, June 2000.
303. Roemmich, J.N., M. Lusk, P.A. Clark, G. Wagner, C.S. Mantzoros, A. Weltman, and A.D. Rogol. Fat mass, intramuscular fat, leptin, and insulin-like growth factor-I have independent effects on fasting serum insulin concentrations in youth. The Endocrine Society, Toronto, Canada, June 2000.
304. Weltman A. Nutritional considerations of athletes. (Invited Speaker) The 27th Annual Art and Science of Sport Medicine '00. Charlottesville VA, June 2000.

305. Powers, M.E., B.L. Arnold, D.H. Perrin, A.L. Weltman, D. Mistry, D.M. Kahler, and W.J. Kraemer. The effects of creatine supplementation on intracellular and extracellular water content. National Athletic Trainers Association, Nashville, TN, June 2000.
306. Weltman, A. The growth hormone response to exercise (Invited Speaker) International Congress of Auxology. Turin, Italy, September 2000
307. Weltman, A., C. Pritzlaff, L. Wideman, J. Weltman, R. Abbott, M. Gutgesell, J. Veldhuis, and M. Hartman. The relationship between exercise intensity and growth hormone (GH) release in blunted in older men. Growth Hormone Research Society. Goteborg, Sweeden, September 2000.
308. Hartman, M.L., J.Y. Weltman, L. Wideman, W.S. Evans, M.O. Thorner, and A. Weltman. Exercise training for 1 year enhances the serum IGF-I response to GH therapy in healthy older adults. International Congress of Endocrinology, Sydney, Australia, October 2000
309. Hartman, M.L., J.L. Clasey, C. Bouchard, L. Wideman, J.Y. Weltman, J.A. Kanaley, M. Gutgesell, W.S. Evans, M.O. Thorner, and A. Weltman. The reduction of abdominal visceral fat in older adults by GH therapy is not enhanced by exercise. International Congress of Endocrinology, Sydney, Australia, October 2000
310. Weltman, A. J.Y. Weltman, L. Wideman, D.L. Wiksten, C. Pritzlaff, J.A. Kanaley, J.L. Clasey, W.S. Evans, M.O. Thorner, and M.L. Hartman. GH therapy for 1 year does not augment the effects of exercise training on fitness, strength, and function in healthy older adults. International Congress of Endocrinology, Sydney, Australia, October 2000
311. Weltman, A. The growth hormone response to exercise. (Invited Speaker). The Blackard Symposium, Medical College of Virginia/Virginia Commonwealth University and the University of Virginia, Richmond, VA, October 2000
312. Roemmich, J.N., M.Brunet, A. Friel, A. Ziauddin, A. Weltman, and A.D. Rogol. Reductions in subcutaneous fat are related to increased growth hormone release in moderately obese prepubertal boys and girls. North American Association for the Study of Obesity, Long Beach, CA November 2000.
313. Weltman, A. Body Composition Assessment in Clinical Research (Invited Speaker). Pfizer Central Research, Groton, CT, November 2000.
314. Weltman, A. The Decline of Growth Hormone Secretion with Aging: The Effects of Exercise and Hormone Supplementation (Invited Speaker). Pfizer Central Research, Groton, CT, November 2000.
- 315: Weltman, A. Higher-intensity fitness exercise – it burns more calories and improves fitness for engaging in activities of daily living. (Invited Speaker) Physical Activity and Obesity: Is lower-intensity “fat-burning” exercise or higher-intensity “fitness” exercise better for controlling obesity and its co-morbidities? American Society for Clinical Nutrition Symposium, Experimental Biology 2001, Orlando, FL, April 2001
316. Frick, K., J. Weltman, L. Wideman, S. Wahlers, M. Valerio, J. Patrie, D. Mistry, S.A. Anderson, J.D. Veldhuis, G.A. Gaesser, and A. Weltman. Effects of continuous vs intermittent exercise on caloric expenditure. American College of Sports Medicine, Baltimore, MD, June 2001.
317. Roemmich, J.N., P.A. Clark, A. Weltman, and A.D. Rogol. Longitudinal changes in total energy expenditure of boys and girls and repeat validation of the seven-day physical activity recall against doubly labeled water. American College of Sports Medicine, Baltimore, MD, June 2001.
318. Weltman, A., J. Weltman, J.D., Veldhuis, and M.L. Hartman. Body composition, physical exercise, growth hormone and obesity. (Invited Speaker) Endocrine aspects of obesity. Satellite symposium of the 5th European Congress of Endocrinology, Turin, Italy, June 2001

319. Weltman, A., J. Weltman, J.D., Veldhuis, and M.L. Hartman. Body composition, physical exercise, growth hormone and obesity. (Invited Speaker) Colorado State University, Fort Collins, CO, June 2001.
320. Anderson, S.M., L. Wideman, J.T. Patrie, A. Weltman, W.S. Evans, C.Y. Bowers, and J.D. Veldhuis. Oral estradiol supplementation relieves growth-hormone (GH)'s autonegative feedback on GH-releasing peptide-2 (GHRP-2) but not GHRH-stimulated GH secretion. The Endocrine Society, Denver, CO, June 2001.
321. Weltman, A., S.M. Anderson, L. Wideman, J.Y. Weltman, and J.D. Veldhuis. Impact of short-term estrogen supplementation in postmenopausal women on spontaneous and exercise-stimulated growth hormone (GH) secretion. The Endocrine Society, Denver, CO, June 2001.
322. Anderson, S.M., L. Wideman, J. Weltman, A. Weltman, and J.D. Veldhuis. Heightened vulnerability of postmenopausal compared with premenopausal women to GH's autonegative feedback of basal and exercise stimulated GH secretion. The Endocrine Society, Denver, CO, June 2001.
323. Anderson, S.M., L. Wideman, C.Y. Bowers, A. Weltman, and J.D. Veldhuis. Growth hormone-releasing peptide-2 (GHRP-2) –induced GH secretion declines with aging and is not restored by oral estradiol administration in postmenopausal women. The Endocrine Society, Denver, CO, June 2001.
324. Frick, K., J.Y. Weltman, L. Wideman, A. Iranmanesh, T. Mulligan, A. Gentili, S.M. Anderson, M. Gutgesell, J. Patrie, A. Weltman, and J.D. Veldhuis. Three months of recombinant human GHRH-1,44 amide administration in the older male enhances body composition and functional performance. The Endocrine Society, Denver, CO, June 2001.
325. Weltman, A., J.L. Clasey, L. Wideman, J.Y. Weltman, C. Bouchard, and M.L. Hartman. Estimation of change in abdominal visceral fat (AVF) from waist circumference (WC) measures is different in healthy older men treated with growth hormone (GH) compared with placebo (P). The Endocrine Society, Denver, CO, June 2001.
326. Weltman, J.Y., L. Wideman, K. Frick, D. Watson, S. Wahlers, M. Valerio, D. Mistry, S.M. Anderson, G.A. Gaesser, J.D. Veldhuis, and A. Weltman. Consolidated and distributed bouts of acute exercise trigger equivalent 24-h growth hormone release in healthy men. The Endocrine Society, Denver, CO, June 2001.
327. Weltman, A. Invited discussant and member of the Scientific Advisory Board. Inaugural Kronos Institute Symposium. Bar Harbor, Maine, 2001.
328. Weltman, A. Growth hormone, exercise, and the metabolic syndrome. (Invited Speaker) Laval University, (Ste-Foy), Quebec, Canada, July 2001
329. Weltman, A., D. Watson, K. Frick, J. Weltman, L. Wideman, J. Patrie, D. Mistry, S. Anderson, J.D. Veldhuis, and G.A. Gaesser. Effects of continuous vs intermittent exercise on caloric expenditure in lean and obese males. The North American Association for the Study of Obesity. Quebec, Canada, October 2001.
330. Weltman A. Relationship between exercise and growth hormone neuroendocrine function (Invited Speaker). Third International Symposium on Endocrine Interventions in Aging: Growth Hormone. Clearwater Beach, Florida October, 2001.
331. Weltman, A. Comparison of continuous and intermittent exercise on growth hormone secretion in lean and obese males. (Invited Speaker). General Clinical Research Center Symposium. University of Virginia, Charlottesville, Virginia, November, 2001.
332. Weltman, A. Exercise physiology, body composition, regional distribution of body fat, strength balance and function. (Invited Speaker) General Clinical Research Centers Annual Meeting, Baltimore, MD, April 2002.

333. Watson, D., K. Frick, J. Weltman, L. Wideman, J. Patrie, D. Mistry, S. Anderson, J.D. Veldhuis, G.A. Gaesser, and A. Weltman. Effects of continuous vs fractionalized exercise on caloric expenditure in non obese males and females. American College of Sports Medicine, St. Louis, MO, June 2002.
334. Gurgol, C.M., J.N. Roemmich, P.A. Clark, C.S. Mantzoros, A. Weltman, and A.D. Rogol. Serum leptin concentrations are related to bone mass in youth. American College of Sports Medicine, St. Louis, MO, June 2002.
335. Weltman, A, K. Brill, J.Y. Weltman, S.M. Anderson, C.Y. Bowers, and J.D. Veldhuis. GHRP-2 partially rescues impaired exercise stimulation of growth hormone (GH) release in older men. Endocrine Society, San Francisco, CA, June 2002.
336. Brill, K.T., J.Y. Weltman, S.M. Anderson, E. Mueller, C.Y. Bowers, A. Weltman, and J.D. Veldhuis. Relative rank order of discrete secretagogues actions in healthy aged men. Endocrine Society, San Francisco, CA, June 2002.
337. Frick, K.I., J.Y. Weltman, S.M. Anderson, L. Wideman, A. Iranmanesh, T. Mulligan, A. Gentili, M. Gutgesell, J.T. Patrie, A. Weltman, and J.D. Veldhuis. Impact of ninety days of recombinant human GHRH 1,44-amide administration on growth hormone (GH) secretion in older men. Endocrine Society, San Francisco, CA, June 2002.
338. Roemmich, J.N., P.A. Clark, A. Weltman, J.D. Veldhuis, and A.D. Rogol. Spontaneous nocturnal GH secretion is reduced and GH clearance is accelerated in overweight youth. Endocrine Society, San Francisco, CA, June 2002.
339. Weltman, J.Y, K. Frick, D. Watson, S.M. Anderson, D. Mistry, G.A. Gaesser, J.D. Veldhuis, and A. Weltman. Comparison of continuous and intermittent exercise on daily growth hormone secretion in obese and non-obese young men. Endocrine Society, San Francisco, CA, June 2002.
340. Weltman, A. (Invited Speaker) Achieving and Measuring Alterations in Body Composition. American Association for the Study of Liver Diseases: NASH Conference, Atlanta, GA, September 2002.
341. Weltman A., L. Wideman, J.Y. Weltman, S.M. Anderson, M. Patterson, D. Mistry, and JD Veldhuis. GH infusion does not affect metabolic and performance responses during acute exercise. GH-IGF 2002, Boston, MA, October 2002.
342. Hartman M.L., A. Weltman, G.R. Merriam, A. Zagar, and A.R. Hoffman. GH replacement improves aerobic fitness independently of dosing regimen and physical activity. GH-IGF 2002, Boston, MA, October 2002.
343. Wideman L., J.Y. Weltman, S. Anderson, M. Patterson, J. Patrie, D. Mistry, J.D. Veldhuis, and A. Weltman. Growth hormone (GH) autonegative feedback at rest and during exercise-stimulated GH release. GH-IGF 2002, Boston, MA, October 2002.
344. Weltman, A. GH secretagogue mimics and obesity. (Invited Speaker). Fourth International Symposium on Growth Hormone Secretagogues. Clearwater, FL, November 2002.
345. Veldhuis, J.D., C.Y. Bowers, W.S. Evans, A. Weltman, and A. Iranmanesh. Neuroendocrine pulsatility as a function of age and gender. (Keynote Address) Hormones, Body Composition, and Physical Performances. Turin, Italy, November 2002.
346. Weltman, A. Exercise and the GH/IGF-I axis. (Invited Speaker) Hormones, Body Composition, and Physical Performances. Turin, Italy, November 2002.
347. Weltman, A. Effects of acute and chronic exercise on growth hormone release (Invited Speaker) Kronos Speaker Series, Phoenix, AZ, April 2003.
348. Weltman, A., D. Watson-Winfield, K. Frick, J. Weltman, L. Wideman, J. Patrie, D. Mistry, S. Anderson, and G.A. Gaesser. Insulin, blood pressure, and heart rate responses to continuous

- and fractionalized exercise in lean and obese males. American College of Sports Medicine, San Francisco, CA, June 2003.
349. Watson-Winfield, D., K. Frick, J. Weltman, J. Patrie, S.M. Anderson, J.D. Veldhuis, G.A. Gaesser, and A. Weltman. Effects of continuous and fractionalized exercise on caloric expenditure in non-obese and obese females. American College of Sports Medicine, San Francisco, CA, June 2003.
 350. Irving, B.A., S.M. Anderson, J.Y. Weltman, D. Watson-Winfield, K.I. Frick, W.S. Evans, J.D. Veldhuis, and A. Weltman. Time of exercise initiation following GH infusion does not affect metabolic and performance responses during acute exercise. American College of Sports Medicine, San Francisco, CA, June 2003.
 351. Griel, A.E., A. Weltman, L. Jahn, and G.A. Gaesser. 12 weeks of exercise training reduces risk factors associated with the metabolic syndrome. American College of Sports Medicine, San Francisco, CA, June 2003.
 352. Boswell, L., D. Mistry, M. Okusa, J. Patrie, J. MacKnight, K. Frick, D. Watson, J. Weltman, J. Gieck, and A. Weltman. Creatine supplementation does not affect renal function at rest or during exercise. American College of Sports Medicine, San Francisco, CA, June 2003.
 353. Frick, K. A. Weltman, J. Weltman, L. Wideman, S.M. Anderson, J. Patrie, M. Gutgesell, and J.D. Veldhuis. Three months of recombinant human GHRH-1,44- amide administration in older females enhances body composition, exercise capacity and functional performance independently of estrogen status. American College of Sports Medicine, San Francisco, CA, June 2003.
 354. Weltman A. Nutritional supplements and ergogenic aids for enhancing performance and recovery (Invited Speaker). The Art and Science of Sports Medicine. University of Virginia, Charlottesville, VA, June 2003.
 355. Wideman, L. L.A. Consitt, R. Blommer, R. Weaver, T. You, P. Davis, and A. Weltman. The effect of exercise duration on growth hormone (GH) release in endurance trained men. The Endocrine Society, Philadelphia, PA, June 2003.
 356. Weltman, A., K.T. Brill, J.Y. Weltman, S.M. Anderson, J.T. Patrie, C.Y. Bowers, and J.D. Veldhuis. Synergy of exercise and GHRP-2 stimulation of growth hormone (GH) release in older women. The Endocrine Society, Philadelphia, PA, June 2003.
 357. Brill, K.T., J.Y. Weltman, S.M. Anderson, J.T. Patrie, E. Mueller, C.Y. Bowers, A. Weltman, and J.D. Veldhuis. Relative rank order of discrete secretagogue actions in healthy older women. The Endocrine Society, Philadelphia, PA, June 2003.
 358. Roemmich, J.N., M. Brunet, A. Weltman, and A.D. Rogol. Insulin resistance predicts weight change in obese children. The Endocrine Society, Philadelphia, PA, June 2003.
 359. Weltman, A. Growth hormone and exercise. Invited Speaker. Noll Physiological Research Center, Penn State University, State College, PA, October, 2003.
 360. Weltman, A. Obesity blunts the growth hormone response to continuous and intermittent exercise. Invited Speaker. General Clinical Research Center Symposium, University of Virginia, Charlottesville, VA, October 2003.
 361. Palmieri, R.M., J.A. Tom, J.E. Edwards, A. Weltman, E.N. Saliba, D.J. Mistry, and C.D. Ingersoll. Soleus arthrogenic muscle response is mediated by pre- and post-synaptic spinal mechanisms. American College of Sports Medicine, Indianapolis, IN, June 2004.
 362. Ingersoll, C.D., A. Weltman, J.E. Edwards, J.A. Tom, E.N. Saliba, D.J. Mistry, and R.M. Palmieri. An experimental knee joint effusion does not affect plasma catecholamine concentration. American College of Sports Medicine, Indianapolis, IN, June 2004.

363. Boswell, L.B., J.W. Weltman, D. Mistry, J. Patrie, K. Frick, D. Watson Winfield, and A. Weltman. Creatine supplementation does not affect resting or exercise stimulated growth hormone (GH) secretion. The Endocrine Society, New Orleans, LA, June 2004.
364. Watson Winfield, D. J.Y. Weltman, K. Frick, S. Anderson, D. Mistry, W.S. Evans, G.A. Gaesser, J.D. Veldhuis, and A. Weltman. Growth hormone secretion is stimulated by continuous and intermittent exercise and is affected by obesity but not gender. The Endocrine Society, New Orleans, LA, June 2004.
365. Weltman, A. C. Pritzlaff Roy, J.Y. Weltman, L. Wideman, J. Patrie, W.S. Evans, and J.D. Veldhuis. Age and gender affect the growth hormone (GH) response to exercise. The Endocrine Society, New Orleans, LA, June 2004.
366. Roemmich, J.N., P.A. Clark, J. Patrie, A. Weltman, and A.D. Rogol. Longitudinal assessment of the alterations in bone mineral content and apparent density in boys and girls as they pass through puberty. The Endocrine Society, New Orleans, LA, June 2004.
367. Weltman, J.Y., A. Weltman, A. Iranmanesh, E.E. Muller, C.Y. Bowers, and J.D. Veldhuis. Age and secretagogue type jointly determine dynamic GH responses to exogenous IGF-I negative feedback in healthy men. The Endocrine Society, New Orleans, LA, June 2004.
368. Wideman, L., L.A. Consitt, B. Swearingen, P.G. Davis, J. Patrie, and A. Weltman. Gender and exercise duration affect exercise-induced growth hormone release. The Endocrine Society, New Orleans, LA, June 2004.
369. Weltman A. and G.A. Gaesser. Diet, exercise and the metabolic syndrome (Invited Speakers). Partners in Educational Research, Curry School of Education, University of Virginia, Charlottesville, VA, February 2005.
370. Wolovick, A., S. Herndon, A. Filachek, B.C. Bennett, P.E. Allaire, A. Weltman, and M.F. Abel. Metabolic cost and center of mass motion in forced equinus gait. Gait and Movement Analysis Society, Portland, OR, April 2005.
371. Weltman, A. Overview on research on exercise and healthy aging. (Invited Speaker). University of Virginia Symposium on Research on Exercise and Healthy Aging. Charlottesville, VA, April, 2005.
372. Weltman, A. and G.A. Gaesser. Exercise and aging: The truth and the media. (Invited Speakers). International Max Planck Research School. The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE). Charlottesville, VA., May 2005.
373. Irving, B.A., J.J. Rutkowski, D.W. Brock, C.K. Davis, G.A. Gaesser, and A. Weltman. Ratings of perceived exertion and the lactate response to exercise: Borg vs Omni. American College of Sports Medicine. Nashville, TN, June 2005.
374. Weltman, A., J.D. Greenwood, E. Moses, M. Bernardino, G.A. Gaesser. Effects of exercise recovery intensity on blood lactate disappearance and subsequent swimming performance. American College of Sports Medicine. Nashville, TN, June 2005.
375. Veldhuis, J.D., J.M Patrie, K. Frick, J.Y. Weltman, and A. Weltman. Administration of recombinant human GHRH-1,44 amide for three months reduces abdominal visceral fat mass and increases physical-performance measures in postmenopausal women. The Endocrine Society, San Diego, CA, June 2005.
376. Frick, K.I., D.D. Winfield, J.Y. Weltman, J.T. Patrie, S.M. Anderson, W. Evans, D. Mistry, and A. Weltman. The growth hormone response to exercise is independent of elevated core temperature. The Endocrine Society, San Diego, CA, June 2005.
377. Weltman, A. The GH/IGF-I response to exercise and exercise training. Effect of age, regional distribution of fat, and sex steroids. (Invited Speaker). The Pituitary Society, San Diego, CA, June 2005.

378. Golofski, L., C Garrison, A. Weltman, R. M. Palmieri, C. D. Ingersoll. Differences in knee stiffness throughout the menstrual cycle in women taking oral contraception and women not taking oral contraception. National Athletic Trainers Association. Indianapolis IN. June 2005.
379. Weltman, A. Fitness, exercise training and the metabolic syndrome: Special considerations for growing children and adolescents. (Invited Speaker) Grand Rounds, Nemours Children's Clinic, Jacksonville, FL, August 2005.
380. Weltman, A. Fitness, exercise training and the metabolic syndrome: Special considerations for growing children and adolescents. (Invited Speaker) Grand Rounds, Kluge Children's Rehabilitation Center, University of Virginia, Charlottesville, VA, September 2005.
381. Brock, D., C. Davis, B. Irving, E. Barrett, A. Weltman, and G. Gaesser. Differential impact of high-carbohydrate vs. low-carbohydrate meals on endothelial function in adults with the metabolic syndrome. North American Association for the Study of Obesity, Vancouver, BC, CANADA, October 2005.
382. Irving, B.A., D. Swift, D. Brock, C. Davis, E. Barrett, G. Gaesser, and A. Weltman. Heart rate recovery from maximal exercise correlates with endothelial function in women with the metabolic syndrome. North American Association for the Study of Obesity, Vancouver, BC, CANADA, October 2005.
383. Isbell, D.C., F.H. Epstein, A. Weltman, W.J. Rogers, S.S. Berr, C.H. Meyer, D.E. Lake, K.D. Hagspiel, N.L. Harthun, and C.M. Kramer. First pass contrast-enhanced magnetic resonance imaging measures perfusion in exercising skeletal muscle in peripheral arterial disease. American Heart Association, Dallas, TX, November 2005.
384. Irving, B.A. D. W. Brock, C. K. Davis, J. Patrie, D. Swift, E.J. Barrett, G.A. Gaesser, and A. Weltman. Impact of exercise training intensity on abdominal visceral fat and associated risk factors in individuals with the metabolic syndrome. General Clinical Research Center Symposium, University of Virginia, Charlottesville, VA, November 2005.
385. Weltman, A. Body composition and hormone profile in elite athletes. (Invited Speaker) Transformation of the child athlete into a healthy young adult: Hormones, Nutrition, and Physical Performance. Turin, Italy January 2006.
386. Brock, D.W., B.A. Irving, C.K. Davis, E.J. Barrett, A. Weltman, and G.A. Gaesser. Differential impact of high-carbohydrate vs. low-carbohydrate diets on endothelial function in adults with the metabolic syndrome. Southeast Chapter of the American College of Sports Medicine. Charlotte, NC, February 2006.
387. Sawyer, B.J., J.R. Blessinger, C.K. Davis, B.A. Irving, A. Weltman, and G.A. Gaesser. Walking and running economy are weakly inversely correlated to maximal oxygen uptake in healthy males and females. Southeast Chapter of the American College of Sports Medicine. Charlotte, NC, February 2006.
388. Blessinger, J.R., B.J. Sawyer, B.A. Irving, C.K. Davis, A. Weltman, and G.A. Gaesser. Test-retest reliability of the Sensormedics Vmax ST portable measurement system. Southeast Chapter of the American College of Sports Medicine. Charlotte, NC, February 2006.
389. Irving, B.A., D.W. Brock, C.K. Davis, E.J. Barrett, G.A. Gaesser, and A. Weltman. Relationship among cardiorespiratory fitness, physical activity, abdominal visceral fat, endothelial function, and associated risk factors in women with the metabolic syndrome. Southeast Chapter of the American College of Sports Medicine. Charlotte, NC, February 2006 (Student Award Winner).
390. Weltman, A. Single and combined effects of GH and testosterone in healthy older men. (Invited Speaker). 9th KIGS/KIMS Expert Meeting, Stresa, Italy, March 2006.

391. Huerta, M.G., C.K. Davis, D.S. Lim, C. Jaques, P.C. Mendosa, A.L. Weltman, and J.L. Nadler. Oxidative stress, inflammation, and cardiovascular risk in obese children. Pediatrics Academic Societies, San Francisco, CA, April 2006.
392. Davis, C.K., B.I. Irving, D. W. Brock, E.J. Barrett, G.A. Gaesser, and A. Weltman. The effects of exercise training on microvascular properties of muscle assessed by contrast ultrasound. 18th Annual Pediatric Research Symposium, University of Virginia, Charlottesville, VA, May 2006.
393. MacKnight, J. A. Krull, A. Weltman, E. Saliba, D. Diduch, K. Pugh, J. Patrie, V. Norwood, and D. Mistry. Exercise associated muscle cramps: Effects of IV rehydration on serum chemistry and fluid balance. ACC Sports Medicine Meeting, Greensboro, NC, May 2006.
394. Weltman, A. Effects of intensity of exercise training on outcome measures in abdominally obese individuals with metabolic syndrome (Invited Speaker) Endocrine Grand Rounds, University of Virginia, Charlottesville, VA, May 2006.
395. Irving, B.A., D.W. Brock, C.K. Davis, D. Swift, E.J. Barrett, G.A. Gaesser, and A. Weltman. Relationship among fitness, activity, visceral fat, and risk factors in women with the metabolic syndrome. American College of Sports Medicine, Denver CO, June 2006.
396. Sawyer, B.J., J.R. Blessinger, C.K. Davis, B.A. Irving, A. Weltman, and G.A. Gaesser. Walking and running economy are weakly inversely related correlated to maximal oxygen consumption in healthy males and females. American College of Sports Medicine, Denver CO, June 2006.
397. Brock, D., C. Davis, B. Irving, J. Rodriguez, E. Barrett, A. Weltman, and G. Gaesser. Differential impact of high-carbohydrate vs. low-carbohydrate diets on endothelial function in adults with the metabolic syndrome. American College of Sports Medicine, Denver CO, June 2006.
398. Weltman, A. Contemporary ergogenic aids. (Invited Speaker). 34th Annual The Art and Science of Sports Medicine 2006, University of Virginia, June 2006.
399. Irving B.A., J. Weltman, C. Davis, D. Swift, D.W. Brock, E.J. Barrett, G.A. Gaesser, and A. Weltman. Effects of exercise training intensity on abdominal fat in abdominally obese individuals with the metabolic syndrome. American Diabetes Association, Washington, DC, June 2006.
400. Irving, B.A., J. Weltman, C. Davis, D. Swift, D.W. Brock, J. Patrie, E.J. Barrett, G.A. Gaesser, and A. Weltman. Effects of exercise training intensity on growth hormone (GH) secretion in abdominally obese individuals with the metabolic syndrome. The Endocrine Society, Boston, MA, June 2006.
401. Leonard JL, Weltman AL, Allaire PE, Kerrigan DC, Saliba EN, Ingersoll CD. Quadriceps and hamstrings co-contraction is not altered following isokinetic fatigue in recreationally active volunteers with a history of knee pain and mild quadriceps inhibition. National Athletic Trainers' Association Annual Convention, Atlanta, GA, June 2006.
402. Palmieri RM, Garrison JC, Leonard JL, Weltman A, Ingersoll CD. Peripheral joint cooling increases spinal reflex excitability and serum norepinephrine. National Athletic Trainers' Association Annual Convention, Atlanta, GA, June 2006.
403. Weltman, A., B.A. Irving, C.K. Davis, D. Swift, D.W. Brock, E.J. Barrett, and G.A. Gaesser. Exercise and the metabolic syndrome (Invited Speaker) 10th International Congress of Obesity Satellite Conference on Physical Activity. Brisbane, Australia, September, 2006.
404. Weltman, A. and G. A. Gaesser. Is a generic exercise program enough for weight loss in all situations. (Invited Speaker) 10th International Congress of Obesity Sydney, Australia, September, 2006.

405. Weltman, J, B. Irving, D. Brock, C. Davis, E. Barrett, G. Gaesser, and A. Weltman. Comparison of the NIH ImageJ and Slice-O-Matic Medical Imaging Software to Differentiate and Quantify Adipose and Skeletal Muscle Tissue from Computed Tomography (CT) Scans. 10th International Congress of Obesity. Sydney, Australia, September, 2006.
406. Irving, B, D. Brock, C. Davis, D. Swift, J. Weltman, J. Patrie, E. Barrett, G. Gaesser, and A. Weltman. Effects of Exercise Training Intensity on Markers of Inflammation in Abdominally Obese Individuals with the Metabolic Syndrome 10th International Congress of Obesity. Sydney, Australia, September, 2006.
407. Weltman A. Exercise and the metabolic syndrome. (Invited Speaker) University of New South Wales, Sydney, Australia, September, 2006.
408. Irving, B.A., D.W. Brock, C.K. Davis, D.L. Swift, E.J. Barrett, G.A. Gaesser, and A. Weltman. The Hypertriglyceridemic Waist (HTGW) Exacerbates Risk in Women with the Metabolic Syndrome. North American Association for the Study of Obesity. Boston, Massachusetts, October, 2006.
409. Saliba, S.A., A.M.N. Krull, J.M. MacKnight, E. Saliba, V.F. Norwood, K. F. Pugh, D.J. Mistry, and A. L. Weltman. Exercise associated muscle cramps: the effects of IV rehydration on serum electrolytes, creatine kinase, fluid balance, and substrate metabolism. Southeast Chapter of the American College of Sports Medicine. Charlotte, NC, February 2007.
410. Anderson J.D., F.H. Epstein, C.H. Meyer, P Norton, N Harthun, K.D. Hagspiel, D.C. Isbell, S.S. Berr, A. Weltman, J.M. DiMaria, J.R. Hunter, J. Christopher, and C.M Kramer. Comprehensive evaluation of peripheral artery disease using multi-modality magnetic resonance. Society for Cardiovascular Magnetic Resonance. Rome Italy, February 2007.
411. Huerta M., A. Weltman, C. Jaques, P. Mendosa, S. Steel, H.L. Viener, G. Francois, C. Wasserfall, M. Atkinson, J. Silverstein, and J. Nadler. Role of adipokines and inflammation in the development of type 2 diabetes in adolescents. Pediatric Academic Societies, Toronto, Canada, May 2007.
412. Weltman, A., B.A. Irving, D. Swift, C.K. Davis, J. Rodriguez, J. Rutkowski, K. Frick, E.J. Barrett, and G.A. Gaesser. Exercise-Induced Weight Loss and Biological Compensation in Women with the Metabolic Syndrome (MS). American College of Sports Medicine, New Orleans, LA. June 2007.
413. Irving, B.A., D. Swift, C.K. Davis, E.J. Barrett, G.A. Gaesser, and A. Weltman. Effects of exercise training on cardiometabolic risk in women with the metabolic syndrome with or without hypertension. American College of Sports Medicine, New Orleans, LA. June 2007.
414. Davis, C.K., B.A. Irving, D.W. Brock, G.A. Gaesser, E.J. Barrett, and A. Weltman. Exercise training-induced changes in skeletal muscle microvasculature assessed by contrast enhanced ultrasound. American College of Sports Medicine, New Orleans, LA. June 2007.
415. Saliba, S., D. Mistry, E. Saliba, J. Macknight, V. Norwood, J. Patrie, K. Pugh, and A. Weltman. Prophylactic IV hydration causes less production of creatine kinase and lower core temperature in university football players at risk for developing exercise associated muscle cramps. National Athletic Trainers Association. Anaheim, CA. June 2007.
416. Anderson, J.A., F.H. Epstein, C. H. Meyer, K.D. Hagspiel, H. Wang, S.S. Berr, N. L. Harthun, A. Weltman, D.C. Isbell, P.T. Norton, and C.K. Kramer. Uncoupling skeletal perfusion and metabolism in peripheral artery disease. American Heart Association, November 2007, Orlando, FL
417. Sawyer, B.J., J. Blessinger, C K. Davis, B.A. Irving, A. Weltman, and G.A. Gaesser. The slope of the VO₂-speed relationship during walking and running is positively correlated to VO₂peak in healthy males and females. Southwest Chapter of the American College of Sports Medicine, San Diego, CA January 2008

418. Weltman A. and C.D. Ingersoll. Neurac: A novel technique for neuromuscular activation. Invited Speakers, Georgetown University School of Medicine, Department of Physical Medicine and Rehabilitation, January 2008.
419. Weltman A. and O. Pedersen. Neurac: A novel technique for neuromuscular activation. Invited Speakers, United States Olympic Committee Training Center, Colorado Springs, January, 2008.
420. Anderson, J.A., F.H. Epstein, C. H. Meyer, K.D. Hagspiel, S.S. Berr, A. Weltman, H. Wang, N. L. Harthun, P.T. Norton, D.C. Isbell, and C.K. Kramer. Multi-modality magnetic resonance demonstrates factors critical to functional capacity in peripheral artery disease. Society for Cardiovascular Magnetic Resonance, Los Angeles, CA, February 2008.
421. Ford, A., S. Lucas, A. Weltman, J. Weltman, Y.M. Shim, and T.A. Platts-Mills. Asthma, obesity, and breathlessness in children. American Academy of Allergy Asthma and Immunology Annual Meeting, Philadelphia, PA. March 2008.
422. Elvestad, P., C.D. Ingersoll, V.L. Katch, F.I. Katch, and A. Weltman. The Effects of a Worksite Neuromuscular Activation Program on Sick Leave: A Pilot Study American College of Sports Medicine. Indianapolis, IN June 2008
423. Angadi, S., A. Weltman, D. Watson-Winfield, J. Weltman, K. Frick, J. Patrie, and G.A. Gaesser. Blood Pressure Responses Following Continuous Versus Fractionalized Exercise in Young Adults. American College of Sports Medicine. Indianapolis, IN June 2008
424. Saliba S, Tran J, Saliba E, MacKnight J, Kreps, C, Densmore J, and Weltman A: Incidence of Iron Depletion and Iron Deficiency Without Anemia in Asymptomatic, Apparently Healthy Intercollegiate Female Athletes. National Athletic Trainers Association, St Louis MO June 2008
425. Prokopy, M., E. Nordenschild, C.D. Ingersoll, G.A. Gaesser, F.I. Katch, and A. Weltman. Closed- Versus Open-Kinetic Chain Upper Body Training On Shoulder Strength And Throwing Velocity Of Ncaa Division I Softball Players. National Strength and Conditioning Association, Las Vegas, NV, July 2008.
426. Hallmark R., Z Liu, GA Gaesser, EJ Barrett, and A Weltman. The effects of exercise intensity on endothelial function in healthy young adults. American Physiological Society / American College of Sports Medicine joint meeting on Integrative Physiology. Hilton Head SC September 2008.
427. Angadi SS, CA Rynders, NY Weltman, GA Gaesser, and A Weltman. Relationship between VO_2 at lactate threshold (LT) and VO_2 at maximal rate of fat oxidation (FATMAX) across age, fitness status, and sex. Southeast Chapter of the American College of Sports Medicine, Birmingham, AL February 2009.
428. Rynders CA, SS Angadi, NY Weltman, GA Gaesser, and A. Weltman. VO_2 at maximal rate of fat oxidation is not related to the lactate threshold in abdominally obese women with the metabolic syndrome (MS). Southeast Chapter of the American College of Sports Medicine, Birmingham, AL February 2009.
429. Swift DL. SS Angadi, JY Weltman, EJ Barrett, JT Patrie, GA Gaesser, and A Weltman. 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, Birmingham, AL February 2009.
430. Steiner JL, A Curmaci, J Patrie, GA Gaesser, and A Weltman, Effects of carbohydrate supplementation on the RPE-blood lactate relationship. Southeast Chapter of the American College of Sports Medicine, Birmingham, AL February 2009.
431. Weltman NY, CA Rynders, GA Gaesser, EJ Barrett and A Weltman. Effects of exercise intensity on post-prandial glucose disposal in abdominally obese adults. Southeast Chapter of the American College of Sports Medicine, Birmingham, AL February 2009.

432. Hallmark R, Z Liu, GA Gaesser, EJ Barrett and A Weltman. The acute effects of exercise intensity on endothelial function in lean and obese adults. Southeast Chapter of the American College of Sports Medicine, Birmingham, AL February 2009.
433. Weltman A and A Harris. ActivCore: The newest programming option for 2009 and beyond. (Invited Speakers) International Health, Racquet, and Sportsclub Association. San Francisco, CA, March 2009.
434. Weltman, A, SS Angadi, CA Rynders, NY Weltman, and GA Gaesser. Relationship between VO_2 at lactate threshold (LT) and VO_2 at maximal rate of fat oxidation (FATMAX) across age, fitness status, and sex. American College of Sports Medicine, Seattle, WA May 2009.
435. Rynders CA, SS Angadi, NY Weltman, GA Gaesser, and A. Weltman. VO_2 at maximal rate of fat oxidation is not related to the lactate threshold in abdominally obese women with the metabolic syndrome. American College of Sports Medicine, Seattle, WA May 2009.
436. Swift DL. SS Angadi, JY Weltman, EJ Barrett, JT Patrie, GA Gaesser, and A Weltman. Effects of cardiorespiratory fitness (CRF) on endothelial function following a high-fat meal in postmenopausal women. American College of Sports Medicine, Seattle, WA May 2009.
437. Steiner JL, A Curmaci, J Patrie, GA Gaesser, and A Weltman, Effects of carbohydrate supplementation on the RPE-blood lactate relationship. American College of Sports Medicine, Seattle, WA May 2009.
438. Weltman NY, CA Rynders, GA Gaesser, EJ Barrett and A Weltman. Effects of exercise intensity on post-prandial glucose disposal in abdominally obese adults American College of Sports Medicine, Seattle, WA May 2009.
439. Hallmark R, Z Liu, GA Gaesser, JT Patrie, EJ Barrett and A Weltman. The effects of exercise intensity on endothelial function in lean and obese adults. American College of Sports Medicine, Seattle, WA May 2009.
440. Irving BA, CA Rynders, .SS Angadi, NY Weltman, GA Gaesser and A Weltman. Abdominally obese women with metabolic syndrome have higher maximal fat oxidation rates during submaximal treadmill exercise. American College of Sports Medicine, Seattle WA, June 2009
441. Angadi SS, J Rodriguez, K Frick, J Rutkowski, N Weltman, A Weltman, J Patrie, and G.A. Gaesser. Effects of glycemic index and dietary fiber on postprandial endothelial function. American College of Sports Medicine, Seattle, WA May 2009.
442. Saliba S, J Huang, BG Pietrosimone, A Weltman, and CD Ingersoll. The immediate effects of warm-up with sling exercise therapy compared with traditional shoulder exercise on the velocity and accuracy of throwing. National Athletic Trainers Association, San Antonio, TX. June 2009.
443. Weltman A. The effects of intensity of exercise on the metabolic syndrome and cardiometabolic risk. (Invited Speaker) Cardiovascular Research Center, School of Medicine, University of South Dakota, Sioux Falls, SD July 2009.
444. Weltman A. Research at the University of Virginia on Redcord (Invited Keynote Speaker) Redcord Conference 2009. Arendal Norway, September 2009.
445. Argo CK, O. Birkhan, N Shah, AMS Al-Osaimi, W Egolf-Simmons, A Weltman, and S Caldwell. Exercise deconditioning in NASH: evidence of 'metabolic obesity. EASL Special Conference on NAFLD/NASH and Related Metabolic Disease, Bologna, Italy, September, 2009.
446. DelGiorno C, A Weltman, L Damaso, K Killen, and N Mauras. Aerobic fitness in adolescents with simple obesity: Effects of lifestyle modification with and without Metformin. LWPES/ESPE Global Care in Pediatric Endocrinology. New York, NY September 2009.
447. Argo CK, OA Birkhan, NL Shah, AMS Al-Osaimi, W Simmons, AL Weltman, and SH Caldwell. Exercise capacity in NASH: evidence of severe deconditioning and 'metabolic

obesity' in both overweight and obese patients. American Association for the Study of Liver Diseases. Boston, MA. October 2009.

448. Weltman N, S Angadi, A Weltman, J Weltman, D Brock, J Rodriguez, J Patrie, K Frick, J Rutkowski, GA Gaesser. A fiber-rich breakfast attenuates postprandial triglycerides and associated impairment of endothelial function following a high-fat meal in youth. American Dietetic Association, Denver CO, October 2009. **Margaret Dullea Simko Award for Excellence at a Clinical Poster Session**

449. Gaesser G, S Angadi, C Davis, J Rodriguez, B Irving, J Patrie, A Weltman, E Barrett, and D Brock. Effects of a low-fat, high-fiber diet compared with a low-carbohydrate diet on insulin sensitivity and endothelial function in adults with the metabolic syndrome. American Dietetic Association, Denver CO, October 2009.

450. Angadi S, J Rodriguez, N Weltman, A Weltman, J Patrie, G Gaesser. Effects of glycemic index and dietary fiber on postprandial insulin and glycemic excursions. Southwest Chapter of the American College of Sports Medicine. San Diego, CA, November 2009.

451. West A, JD Anderson, FH Epstein, CH Meyer, KD Hagspiel, H Wang, SS Berr, NL Harthun, AL Weltman, JM DiMaria, JR Hunter, JM Christopher, and CM Kramer. LDL Lowering Does Not Improve Calf Muscle Perfusion or Energetics or Exercise Performance in Peripheral Arterial Disease. American Heart Association. Orlando FL, November 2009.

452. Weltman A. (Invited Presentation) Intensity vs. duration of exercise in Type 2 diabetes and obesity. Controversies in the Treatment of Type 2 Diabetes and Obesity. Williamsburg, VA, November 2009.

453. West A, JD Anderson, FH Epstein, CH Meyer, KD Hagspiel, JR Hunter, JM Dimaria, JM Christopher, SS Berr, A. Weltman, NL Harthun, and DM Kramer. Differential effects of LDL Lowering on CMR measures of calf muscle perfusion and cellular metabolism in peripheral arterial disease. Society for Cardiovascular Magnetic Resonance, Phoenix, AZ, January 2010.

454. Mothersbaugh J, CA Rynders, FI Katch, and A Weltman. Impact of a lightweight poly fiber undergarment on the energy cost of walking in overweight women. Southeast Chapter of the American College of Sports Medicine. Greenville, SC, February 2010.

455. Rynders C, K Findley, A Harris, P Wendel, and A Weltman. Changes in health-related quality of life, dietary fat intake, and fitness after a 60-day physician referred exercise program. Southeast Chapter of the American College of Sports Medicine. Greenville, SC, February 2010.

456. Swift DL, JY Weltman, JT Patrie, E J Barrett, G A Gaesser and A Weltman. Differences in postprandial endothelial function in African American and Caucasian postmenopausal women are not affected by fitness or body composition. Southeast Chapter of the American College of Sports Medicine. Greenville, SC, February 2010.

457. Modesitt S, J Via, and A. Weltman. The impact of obesity and physical activity on endometrial cancer genesis: A translational analysis. Annual Meeting of the Society of Gynecologic Oncologists. San Francisco, March 2010.

458. Zadra j, S Schnall, A.L. Weltman, and D Proffitt. Direct physiological evidence for an economy of action: Bioenergetics and the perception of spatial layout. Vision Sciences Society, Naples, FL, May 2010.

459. Mothersbaugh J, CA Rynders, FI Katch, and A Weltman. Impact of a lightweight poly fiber undergarment on the energy cost of walking in overweight women. American College of Sports Medicine. Baltimore MD, June 2010.

460. Rynders C, K Findley, A Harris, P Wendel, and A Weltman. Changes in health-related quality of life, dietary fat intake, and fitness after a 60-day physician referred exercise program. American College of Sports Medicine. Baltimore MD, June 2010.

461. Swift DL, JY Weltman, JT Patrie, E J Barrett, G A Gaesser and A Weltman. Differences in postprandial endothelial function in African American and Caucasian postmenopausal women are not affected by fitness or body composition. American College of Sports Medicine. Baltimore MD, June 2010
462. Angadi S, J Rodriguez, N Weltman, A Weltman, J Patrie, and GA Gaesser. Effects of glycemic index and dietary fiber on postprandial insulin and glycemic excursions. American College of Sports Medicine. Baltimore MD, June 2010.
463. Ritsche K, J Patrie, A. Weltman, and L. Wideman. Exercise induced growth hormone is related to 24-hour GH AUC in females. American College of Sports Medicine. Baltimore MD, June 2010.
464. Frye JL, P. Allaire, DC Kerrigan, EN Saliba, AL Weltman, and CD Ingersoll. Quadriceps and Hamstrings Co-Contraction is Not Altered Following Isokinetic Fatigue in Recreationally Active Volunteers with a History of Knee Pain and Mild Quadriceps Inhibition. National Athletic Trainers Association, Philadelphia PA, June 2010.
465. Rupp KA, NM Selkow, WR Parente, AL Weltman, CD Ingersoll, and SA Saliba. Cold Water Immersion Has No Effect on Maximal Performance in Collegiate Soccer Players. National Athletic Trainers Association, Philadelphia PA, June 2010.
466. Saliba SA, NM Selkow, J Perlman, C Kreps, A Weltman A, and Z Liu. Microvascular Perfusion Measurement in the Human Triceps Surae with Contrast Enhanced Ultrasound at Rest. National Athletic Trainers Association, Philadelphia PA, June 2010.
467. Dannelly, BD, SC Otey, T Croy, B Harrison, C Rynders, J Hertel, and A Weltman. The effectiveness of traditional and sling exercise strength training in novice women. National Strength and Conditioning Association. Orlando FL, July 2010.
468. Ryan DM, SS Angadi, CK Davis, J Rodriguez, BA Irving, JT Patrie, A Weltman, EJ Barrett, DW Brock, and GA Gaesser. Impairment of vascular endothelial function despite improvements in traditional lipid markers in low-carbohydrate vs. high-carbohydrate, high-fiber diet in adults with metabolic syndrome. Southwest Chapter of the American College of Sports Medicine, San Diego, CA, October 2010.
469. Rynders CA., C McLean, FI Katch, and A Weltman. Nylon fiber undergarment effectively augments the energy cost of uphill walking and stair climbing in women. The Obesity Society, San Diego CA, October 2010
470. West A, JD Anderson, CH Meyer, FH Epstein, KD Hagspiel, SS Berr, AL Weltman, NL Hongkun, JM DiMaria, JR Hunter, JM Christopher, and CM Kramer. Two years of LDL lowering does not improve calf muscle physiology of functional capacity in peripheral artery disease. American Heart Association, Chicago IL, November 2010.
471. Swift D, J Weltman, J Patrie, S Saliba, GA Gaesser, EJ Barrett, and A Weltman. The effect of aerobic exercise training on endothelial function in African American and Caucasian postmenopausal women. Southeast Chapter of the American College of Sports Medicine, Greenville, SC, February 2011.
472. Harrison B, N Rendos, A Weltman, J Hertel, and J Hart. No relationship between functional exercise assessment and hip and knee running biomechanics in triathletes. Southeast Chapter of the American College of Sports Medicine, Greenville, SC, February 2011.
473. Modesitt S, J Via, and A Weltman. The impact of obesity and physical activity on endometrial cancer genesis: A translational analysis. Society of Gynecologic Oncologists, Orlando, FL, March 2011
474. Swift D, JY Weltman, JT Patrie, SA Saliba, GA Gaesser, EJ Barrett, and A Weltman. The Effect of Exercise Training on Endothelial Function in African American and Caucasian

- Postmenopausal Women. Inauguration of Teresa A Sullivan as the Universities 8th President. University of Virginia, Charlottesville, VA, April 2011.
475. Zadra JR, A Weltman, and DR Proffitt. Physiological influences on spatial perception. Inauguration of Teresa A Sullivan as the Universities 8th President. University of Virginia, Charlottesville, VA, April 2011. (Award finalist)
476. Gaesser G, S Angadi, N Weltman, J Patrie, E Barrett, D Brock, C Davis, B Irving, and A Weltman. Impairment of endothelial function despite improvements in traditional lipid markers in low-carbohydrate vs. high carbohydrate, high-fiber diet in adults with metabolic syndrome. Experimental Biology 2011. Washington, DC, April 2011.
477. Angadi S, N Weltman, J Rodriguez, J Patrie, D Brock, A Weltman, and G Gaesser. Effect of age on postprandial lipemia after a high-fat meal high and low in cereal fiber. Experimental Biology 2011. Washington, DC, April 2011.
478. Rynders CA, C McLean, J Mothersbaugh, FI Katch, and A Weltman. Body shaper undergarment with resistance bands increases the energy cost of inclined walking in women. 2011 National Obesity Summit , Montreal, CANADA, April 2011.
479. Rynders CA, J Weltman, EJ Barrett, and A Weltman. High intensity exercise improves glucose tolerance in pre-diabetic adults. American College of Sports Medicine, Denver Co, June 2011.
480. Harrison B, N Rendos, A Weltman, J Hertel, and J Hart. No relationship between functional exercise assessment and hip and knee running biomechanics in triathletes. American College of Sports Medicine, Denver, CO, June 2011.
481. Swift D, J Weltman, J Patrie, S Saliba, GA Gaesser, EJ Barrett, and A Weltman. The effect of aerobic exercise training on endothelial function in African American and Caucasian postmenopausal women. American College of Sports Medicine, Denver, CO, June 2011.
482. Huggins R, B Pietrosimone, S Saliba, A Weltman, C Ingersoll. Effect of sling exercise therapy with and without vibration on quadriceps activation in partial meniscectomy patients. National Athletic Trainers Association, New Orleans, LA, June, 2011.
483. Starliper M, BC Harrison, NM Selkow, S Saliba, A Weltman, and T Grindstaff. Effects of Side-Lying Sling-Based Bridging Exercise on Transverse Abdominis Activation in Individuals with and without Recurrent Low Back Pain. National Athletic Trainers Association, New Orleans, LA, June, 2011.
484. Harrison BC, N Rendos, J Dicharry, A Weltman, J Hertel, and J Hart. Changes to frontal and transverse plane lumbo-pelvic-hip running biomechanics following cycling in triathletes. National Athletic Trainers Association, New Orleans, LA, June, 2011.
485. Jiji RS, AM West, FH Epstein, PF Antkowiak, CH Meyer, A Weltman, JM Dimaria, JR Hunter, JM Christopher and C Kramer. Reproducibility of contrast-enhanced calf perfusion MRI measure in peripheral artery disease. American Heart Association, Orlando, FL, November 2011.
486. Brady C, CA Rynders, FI Katch and A Weltman. Comparing the energy cost of two body shaper undergarments during walking. Southeast Chapter of the American College of Sports Medicine. Jacksonville, FL, February 2012.
487. Kaylor HL, CA Rynders, S Saliba, J Hertel, and A Weltman. Effects of a lower back wrap with far infrared technology on changes in skin temperature. Southeast Chapter of the American College of Sports Medicine. Jacksonville, FL, February 2012.
488. Rynders CA, JY Weltman, A Chan, EJ Barrett, and A Weltman. Effects of acute moderate- and high-intensity exercise on glucose disposal and beta cell function. Southeast Chapter of the American College of Sports Medicine. Jacksonville, FL, February 2012.

489. Weltman A. Physical activity vs exercise training for altering regional distribution of body fat. (Invited Speaker) Southeast Chapter of the American College of Sports Medicine. Jacksonville, FL, February 2012.
490. Angadi S, N Weltman, J Patrie, E Barrett, A Weltman, D Brock, C Davis, J Rodriguez, and G Gaesser. Effects of a low-carbohydrate versus high-carbohydrate, high-fiber diet on soluble adhesion molecules and endothelial function in adults with the metabolic syndrome. Experimental Biology. San Diego, CA., April 2012.
491. Rynders CA, A Chan, JY Weltman, EJ Barrett, and A Weltman. Effects of acute moderate- and high-intensity exercise on glucose disposal and beta-cell function. Experimental Biology. San Diego, CA., April 2012.
492. Rynders CA, EJ Barrett, and A Weltman. Effects of moderate and high-intensity exercise on glucose disposal and beta-cell function in pre-diabetic adults. Presidents Poster Competition, University of Virginia, Charlottesville, VA. April 2012.
493. Rynders CA, JY Weltman, C Williams, FI Katch, J Hertel, and A Weltman. Effects of a botanical supplement on recovery from delayed onset muscle soreness. American College of Sports Medicine. San Francisco CA, June 2012.
494. Angadi S, N Weltman, A Weltman, J Rodriguez, J Patrie, and G Gaesser. Dietary fiber does not attenuate postprandial glycemic responses following a high-carbohydrate meal in adults and children. American College of Sports Medicine. San Francisco CA, June 2012.
495. Sawyer BJ, DG Stokes, RH Morton, A Weltman, and GA Gaesser. Effects of strength training on parameters of the power duration relationship using linear and non-linear models. American College of Sports Medicine. San Francisco CA, June 2012.
496. Brady C, CA Rynders, FI Katch and A Weltman. Comparing the energy cost of two body shaper undergarments during walking. American College of Sports Medicine. San Francisco CA, June 2012.
497. Weltman A. Acute isoenergetic moderate and high intensity exercise improves insulin action in pre-diabetic adults. University of Virginia, School of Medicine Research Retreat. Charlottesville VA. February 2013.
498. Weltman A. Physical activity versus intensity based exercise on cardiometabolic risk. (Invited Speaker) The 5th Annual Warren Stewart Lecture, Old Dominion University, Norfolk VA. April 2013.
499. Rynders CA, JY Weltman, B Jiang, M Breton, EJ Barrett, and A. Weltman. Prior exercise affects the accuracy of common indices of insulin sensitivity derived from an OGTT in pre-diabetic adults. 5th International Congress on Prediabetes and the Metabolic Syndrome. Vienna, Austria. April 2013.
500. Gaesser G, S Angadi, C Davis, B Irving, J Rodriguez, J Patrie, A Weltman, E Barrett, D Brock, and N Weltman. Effects of an ad libitum low-fat, high-fiber and low-carbohydrate diets on caloric intake, body composition, and cardiometabolic risk markers in adult with metabolic syndrome. 5th International Congress on Prediabetes and the Metabolic Syndrome. Vienna, Austria. April 2013.
501. Rynders CA, JY Weltman, B Jiang, M Breton, EJ Barrett, and A Weltman. Acute isoenergetic moderate- and high-intensity exercise improves insulin action in pre-diabetic adults. American College of Sports Medicine. Indianapolis, IN, May 2013.
502. Weltman A, CA Rynders, JY Weltman, B Jiang, M Breton, and EJ Barrett. Aerobic power and capacity predict changes in insulin action after acute exercise in pre-diabetic adults. American College of Sports Medicine. Indianapolis, IN, May 2013.

503. Kim K-M, JM Hart, SA Saliba, AL Weltman, and J Hertel. Ankle cryotherapy does not affect postural control in patients with chronic ankle instability. American College of Sports Medicine. Indianapolis, IN, May 2013.
504. Logan BJ, LA Jahn, A Weltman, and EJ Barrett. Vascular function is not significantly impaired in comparably physically fit type 1 diabetic youth compared with healthy peers. American Diabetes Association, Chicago, IL, June 2013.
505. Kim KM, JM Hart, SA Saliba, AL Weltman, and J Hertel. Postural modulation of Hoffman reflex strongly correlates with postural control in patients with chronic ankle instability. National Athletic Trainers Association, Las Vegas, NV, June 2013.
506. Kuenze CM, J Hertel, DR Diduch, S Saliba, A Weltman, and JM Hart. Neuromuscular asymmetry following return to activity in individuals with a history of ACL reconstruction. American College of Sports Medicine. Orlando, FL, May 2014.
507. Garcia JM, MJ Towbridge, TT Huang, A Weltman, and J Sirard. Comparison and static and dynamic school furniture on physical activity and learning in children. American College of Sports Medicine. Orlando, FL, May 2014.
508. Rynders CA, J Weltman, J Patrie, LJ Roberts, E Barrett, and A Weltman. Relationship between isoprostanes/isofurans, and markers of cardiometabolic risk in prediabetic adults. American College of Sports Medicine. Orlando, FL, May 2014.
509. Rynders CA, J Weltman, B Jiang, JL Nadler, M Breton, E Barrett, and A Weltman. Relationship among 12-HETE concentrations, indices of insulin action, and beta-cell function in prediabetic adults. American Diabetes Association, San Francisco, CA, June 2014.
510. Weltman A. Exercise intensity and cardiometabolic risk. Henry Montoye Scholar Award Lecture. Southeast Chapter of the American College of Sports Medicine. Jacksonville, FL, February 2015.
511. Garcia JM, JR Sirard, NL Deutsch, and A Weltman. Influence of friends on physical activity and sedentary behavior in youth: A mixed model analysis. Southeast Chapter of the American College of Sports Medicine. Jacksonville, FL, February 2015.
512. Paisley AS, JM Garcia, JR Sirard, NL Deutsch, and A Weltman. Comparison of family and friend support on physical activity in adolescents. Southeast Chapter of the American College of Sports Medicine. Jacksonville, FL, February 2015.
513. Kameh T, JM Garcia, JR Sirard, and A Weltman. The influence of friends and social factors on physical activity and screen time in healthy and overweight adolescents. Southeast Chapter of the American College of Sports Medicine. Jacksonville, FL, February 2015.
514. Paisley AS, JM Garcia, JR Sirard, NL Deutsch, and A Weltman. Comparison of family and friend support on physical activity in adolescents. American College of Sports Medicine. San Diego, CA, May 2015.
515. Kameh T, JM Garcia, JR Sirard, and A Weltman. The influence of friends and social factors on physical activity and screen time in healthy and overweight adolescents. American College of Sports Medicine. San Diego, CA, May 2015.
516. Garcia JM, JR Sirard, NL Deutsch, and A Weltman. Influence of friends on physical activity and sedentary behavior in youth: A mixed model analysis. American College of Sports Medicine. San Diego, CA, May 2015.
517. Rice DJ, JM Garcia, JR Sirard, and A. Weltman. The association of school friends on objectively measured physical activity and sedentary behavior, and reported screen time. American College of Sports Medicine. San Diego, CA, May 2015.
518. Weltman A, CA Rynders, JY Weltman, EJ Barrett, and SK Malin. Exercise intensity modulates glucose-stimulated insulin secretion adjusted for hepatic, adipose, and skeletal muscle insulin resistance. American College of Sports Medicine. San Diego, CA, May 2015.

519. Weltman A, CA Rynders, JY Weltman, Z Liu, LJ Roberts, J Nadler, EJ Barrett, and SK Malin. Effects of exercise intensity on vascular insulin action and oxidative stress in adults with prediabetes. American Diabetes Association. Boston, MA, June 2015.
520. Tran A, JM Garcia, JR Sirard, D Whaley, N Deutsch, and A Weltman. Motivations for sports participation in middle and high school males and females. New England Chapter of the American College of Sports Medicine. Providence, RI, October 2015.
521. Agaronov A, JM Garcia, JR Sirard, D Whaley, N Deutsch, and A Weltman. Psychosocial and social influences on sedentary behavior and screen time: A mixed model analysis. New England Chapter of the American College of Sports Medicine. Providence, RI, October 2015.
522. Gonzalez JA, L Yan, PW Shaw, P Balfour, Y Yang, J Kay, J DiMaria, A Weltman, M Salerno, CH Meyer, FH Epstein, and CM Kramer. Phosphocreatine recovery time constant (PCr) at peak exercise as a potential endpoint for clinical trials in PAD. Society for Cardiovascular Magnetic Research, Los Angeles, CA January 2016.
523. Agaronov A, JR Sirard, D Whaley, N Deutsch, DJ Rice, A Weltman, and JM Garcia. Psychosocial and friend influences on screen time and objective sedentary behavior: A mixed methods analysis. American College of Sports Medicine, Boston, MA June 2016.
524. Tran A, JM Garcia, JR Sirard, D Whaley, N Deutsch, DJ Rice, and A Weltman. Motivations for sports participation in middle and high school males and females. New England Chapter of the American College of Sports Medicine. American College of Sports Medicine. Boston, MA June 2016.
525. Modesitt S (Co-PI), A Weltman (Co-PI), JK Penberthy, N. Eichner, and B Horton. Moving away from cancer: A pilot study of feasibility of lifestyle intervention programs in overweight cancer survivors. Cancer Control & Population Health Research Symposium "Advances in Cancer Population Research in Virginia". UVA Cancer Center. University of Virginia, Charlottesville VA, October 2016.
526. Gonzalez JM, Li Y, Kay J, McKenzie R, DiMaria J, Petroni G, Weltman A, Sharma A, Epstein FH, Meyer C, Annex B and Kramer CM. Determinants of Exercise Calf Muscle Perfusion in Peripheral Arterial Disease (PAD). American Heart Association, New Orleans, LA November 2016
527. Malin SK, CA Rynders, JY Weltman, EJ Barrett, J Nadler, and A Weltman. Decreased HETE-12 and -15 are associated with glucose regulation following high intensity exercise in people with prediabetes. APS Intersociety Meeting: The Integrative Biology of Exercise VII, Phoenix, AZ November 2016.
528. Gonzalez JM, Y Li, CH Meyer, FH Epstein, PC Balfour, J Kay, J DiMaria, A Weltman, B. Annex, and CM Kramer. CMR endpoints show their merit in trial of exercise therapy in PAD. Society for Cardiovascular Magnetic Resonance. Washington DC February 2017.
529. Gilbertson NM, NZM Eichner, JR Moxey, JM Gaitan, Z Liu, EJ Barrett, A Weltman and SK Malin. Two weeks of interval training improves metabolic flexibility and glucose tolerance in people with prediabetes. Southeast Chapter of the American College of Sports Medicine, Greenville, SC February 2017 (nominated for outstanding doctoral student poster presentation)
530. Eichner NZM, NM Gilbertson, C Rudy, EJ Barrett, A Weltman, U Erdbrugger, and SK Malin. Microparticles are linked to post-prandial hyperglycemia and CVD risk in adults with prediabetes. . Southeast Chapter of the American College of Sports Medicine, Greenville, SC February 2017 (first place - outstanding masters student poster presentation)
531. Gaitan JM, NZM Eichner, J Moxey, NM Gilbertson, EJ Barrett, A Weltman, and SK Malin. Short-term interval training increases fat utilization during exercise in adults with prediabetes. Southeast Chapter of the American College of Sports Medicine, Greenville, SC February 2017 (recipient of FASEB MARC travel award)

532. Heiston EM, NZM Eichner, NM Gilbertson, EJ Barrett, A Weltman and SK Malin. Effect of interval vs continuous exercise training on acylated Ghrelin and appetite in adults with prediabetes. Southeast Chapter of the American College of Sports Medicine, Greenville, SC February 2017
533. Gilbertson NM, NZM Eichner, JR Moxey, JM Gaitan, Z Liu, EJ Barrett, A Weltman and SK Malin. Two weeks of interval training improves metabolic flexibility and glucose tolerance in people with prediabetes. American College of Sports Medicine, Denver, CO June 2017
534. Eichner NZM, NM Gilbertson, C Rudy, EJ Barrett, A Weltman, U Erdbrugger, and SK Malin. Microparticles are linked to post-prandial hyperglycemia and CVD risk in adults with prediabetes. . American College of Sports Medicine, Denver, CO June 2017
535. Gaitan JM, NZM Eichner, J Moxey, NM Gilbertson, EJ Barrett, A Weltman, and SK Malin. Short-term interval training increases fat utilization during exercise in adults with prediabetes. American College of Sports Medicine, Denver, CO June 2017 (recipient of Steven Horvath travel award)
536. Heiston EM, NZM Eichner, NM Gilbertson, EJ Barrett, A Weltman and SK Malin. Effect of interval vs continuous exercise training on acylated Ghrelin and appetite in adults with prediabetes. American College of Sports Medicine, Denver, CO June 2017
537. Eichner NZM, NM Gilbertson, EM Heiston, C Rudy, EJ Barrett, A Weltman, U Erdbrugger, and SK Malin. Poor cardiorespiratory fitness is associated with higher microparticle counts in obese adults. The Obesity Society, Washington, DC November 2017.
538. Heiston EM, NZM Eichner, NM Gilbertson, JM Gaitan, EJ Barrett, A Weltman, and SK Malin. Two weeks of exercise reduces metabolic syndrome severity in obese adults with prediabetes. The Obesity Society, Washington, DC November 2017.
539. Eichner NZM, NM Gilbertson, EM Heiston, JM Gaitan, L Musante, S LaSalvia, EJ Barrett, A Weltman, U Erdbrugger, and SK Malin. Exercise intensity reduces circulating annexin V-CD105 microparticles in adults with prediabetes. Southeast Chapter of the American College of Sports Medicine, Chattanooga TN, February 2018 (Outstanding Doctoral Student Poster, 2nd place).
540. Gilberston NM, NZM Eichner, JM Gaitan, EM Heiston, JM Hehaffey, TE Hassinger, PT Hallowell, A Weltman and SK Malin. A two week low-calorie diet plus interval exercise improves metabolic flexibility and adiposopathy in obese women. Southeast Chapter of the American College of Sports Medicine, Chattanooga TN, February 2018.
541. Khurshid M, NZM Eichner, JM Gaitan, NM Gilbertson, EJ Barrett, A Weltman, and SK Malin. Arterial stiffness is reduced in an exercise dose dependent manner in adults with prediabetes. Southeast Chapter of the American College of Sports Medicine, Chattanooga TN, February 2018.
542. Heiston EM, NM Gilbertson, NZM Eichner, JM Gaitan, ME Francois, JH Mehaffey, TE Hassinger, PT Hallowell, A Weltman, and SK Malin. Two weeks of low calorie diet plus interval exercise favorably influences PPY and appetite compared to diet only in obese adults. Southeast Chapter of the American College of Sports Medicine, Chattanooga TN, February 2018.
543. Modesitt SC, N Eichner, JK Pemberthy, E Evans, M Stewart, R Lacy, and AL Weltman. Moving away from cancer exercise trial for cancer survivors: Predicting immediate drop-out rates and barriers to success remains difficult. Society for Gynecologic Oncology, New Orleans LA, March 2018.
544. Eichner NZM, NM Gilbertson, EM Heiston, JM Gaitan, L Musante, S LaSalvia, EJ Barrett, A Weltman, U Erdbrugger, and SK Malin. Exercise intensity reduces circulating annexin V-CD105 microparticles in adults with prediabetes. American College of Sports Medicine, Minneapolis MN, June 2018.

545. Khurshid M, NZM Eichner, JM Gaitan, NM Gilbertson, EJ Barrett, A Weltman, and SK Malin. Continuous exercise training reduces arterial stiffness in an exercise dose dependent manner in adults with prediabetes. American College of Sports Medicine, Minneapolis MN, June 2018. American College of Sports Medicine, Minneapolis MN, June 2018.
546. Heiston EM, NM Gilbertson, NZM Eichner, JM Gaitan, ME Francois, JH Mehaffey, TE Hassinger, PT Hallowell, A Weltman and SK Malin. Adding short-term interval training to a low calorie diet favorably influences appetite in obese adults. American College of Sports Medicine, Minneapolis MN, June 2018.
547. Slater LV, S Blemker, J Hertel, S Saliba, A. Weltman and J Hart. Biomechanical adaptations after exercise in healthy and ACL reconstructed individuals. American College of Sports Medicine, Minneapolis MN, June 2018.
548. Miller SM, NZM Eichner, NM Gilbertson, EM Heiston, A Weltman, EJ Barrett, SK Malin. Endothelial function correlates with aerobic fitness in adults with fasting hyperglycemia plus impaired glucose tolerance. American College of Sports Medicine, Minneapolis MN, June 2018.
549. Gilbertson NM, NZM Eichner, EM Heiston, M. Francois, JM Gaitan, JM Hehaffey, TE Hassinger, PT Hallowell, A Weltman and SK Malin. Low-calorie diet plus interval exercise improves metabolic flexibility and insulin sensitivity in obese women. American College of Sports Medicine, Minneapolis MN, June 2018.
550. Malin SK, N Gilbertson, NZM Eichner, E Heiston, EJ Barrett, A Weltman and S Miller. Two-weeks of interval versus continuous exercise training on endothelial function in adults with prediabetes. American Diabetes Association, Orlando, FL, June 2018.
551. Eichner NZM, NM Gilbertson, L Musante, S LaSaliva, EJ Barrett, A Weltman, U Erdbrugger and SK Malin. An oral glucose load decreases post-prandial microparticles in obese adults with and without prediabetes. American Diabetes Association, Orlando, FL, June 2018.
552. Eichner NZM, NM Gilbertson, EM Heiston, L Musante, S LaSaliva, EJ Barrett, A Weltman, E Erdbrugger, and SK Malin. Dietary sugar intake modifies extracellular vesicle response to exercise training in adults with prediabetes. ACSM Conference on Integrative Physiology of Exercise, San Diego, CA, September 2018. NZM Eichner was the recipient of a student award.
553. Gilbertson NM, NZM Eichner, EM Heiston, JM Gaitan, ME Francois, JH Mehaffey, TE Hassinger, PT Hallowell, A Weltman and SK Malin. ACSM Conference on Integrative Physiology of Exercise, San Diego, CA, September 2018.
554. Edwards DA, SK Malin, M Barrett, M Bauman, and A Weltman. Effect of high intensity aerobic training on fitness and health in adults with Parkinson's disease. Southeast Chapter of the American College of Sports Medicine, Greenville, SC, February 2019.
555. Gilbertson NM, JM Gaitan, V Osinski, EA Rexrode, JC Garmey, JH Mehaffey, TE Hassinger, S Kranz, CA McNamara, A Weltman, PT Hallowell, and SK Malin. Pre-operative exercise training reduces the length of hospital stay in patients receiving bariatric surgery. **Invited Talk, Keynote Award Winner**, Virginia Bariatric Meeting, Williamsburg VA, May 2019.
556. Eichner NZM, NM Gilbertson, EM Heiston, L Musante, S LaSalvia, A Weltman, U Erdbrugger, and SK Malin. Effect of a two-week exercise intervention on postprandial extracellular vesicles in adults with prediabetes. American College of Sports Medicine, Orlando, FL, May 2019.
557. Miller SL, NZM Eichner, NM Gilbertson, EM Heiston, A Weltman, and SK Malin. Pre-intervention endothelial function and hyperglycemia modifies flow-mediated dilation following short-term exercise training in adults with prediabetes. American College of Sports Medicine, Orlando, FL, May 2019.

558. Edwards DA, SK Malin, MJ Barrett, AW Amara, MM Bamman, and A Weltman. Effect of high intensity aerobic training on fitness and health in individuals with Parkinson's disease. American College of Sports Medicine, Orlando, FL, May 2019.
559. Gilbertson NM, JM Gaitan, V Osinski, EA Rexrode, JC Garmey, JH Mehaffey, TE Hassinger, S Kranz, CA McNamara, A Weltman, P Hallowell, and SK Malin. Pre-operative exercise reduces length of hospital stay in patients receiving bariatric surgery. **Recipient of the Rolls-Simmons Travel Award.** The Obesity Society, Las Vegas, November 2019
560. Heiston EM, SL Miller, A Weltman and SK Malin. Metabolic syndrome with prediabetes impairs metabolic but not vascular insulin sensitivity. The Obesity Society, Las Vegas, November 2019.
561. Kranz S, FO Hasan, SK Malin, A Weltman, and J Jirout. Average physical activity level of 3-4 year old children participation in all-day camps at a diet and nutrition (DAN) laboratory. Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL, February 2020.
562. Hasan FO, NR Stewart, SK Malin, A Weltman, and S Kranz. Challenges in all-day physical activity measurement in 3-4 year old children: questions to ask and learn from. Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL, February 2020.
563. Stewart NR, EM Heiston, SL Miller, AL Weltman, JT Patrie, and SK Malin. Influence of type 2 diabetes and cardiovascular disease family history on metabolic syndrome severity. **First Place Outstanding Undergraduate Student Poster Presentation** Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL, February 2020.
564. Heiston EM, SM Miller, Z Liu, A Weltman, EJ Barrett, and SK Malin. Prediabetes phenotype does not exacerbate microvascular insulin sensitivity in metabolic syndrome. **First Place Outstanding Doctoral Student Poster Presentation** Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL, February 2020.
565. Stewart NR, EM Heiston, SL Miller, AL Weltman, JT Patrie, and SK Malin. Influence of type 2 diabetes and cardiovascular disease family history on metabolic syndrome severity. American College of Sports Medicine, Virtual Meeting, June 2020.
566. Dotson BL, E Heiston, S Miller, J Patrie, A Weltman and S Malin. Insulin stimulation reduces arterial stiffness in adults with metabolic syndrome. American College of Sports Medicine, Virtual Meeting, June 2020.
567. Gilbertson NM, NZM Eichner, EA Rexrode, S Kranz, A Weltman, PT Hallowell, and SK Malin. Effect of pre-operative aerobic exercise on surgical outcomes and cardiometabolic health in bariatric surgery patients. American College of Sports Medicine, Virtual Meeting, June 2020
568. Heiston EM, SM Miller, Z Liu, A Weltman, EJ Barrett, and SK Malin. Prediabetes phenotype does not exacerbate microvascular insulin sensitivity in metabolic syndrome. American College of Sports Medicine, Virtual Meeting, June 2020.
569. Kranz S, F. Hasan, SK Malin, and A Weltman. Proportion of preschoolers meeting activity recommendations in all-day study camps at the Diet and Nutrition (DAN) Laboratory. Academy of Dietetics and Nutrition, Food & Nutrition Conference & Expo, Virtual Meeting, October 2020.
570. Curtis MA, N Kupperman, AL Weltman, and J Hertel. Workload characteristics during a collegiate Ncaa D1 men's basketball season. American College of Sports Medicine, Virtual Meeting, June 2021.
571. Hogwood AC, JO de Zevallos Munoz, K Kruse, J DeGuzman, M Buckley, A Weltman, and JD Allen. The effect of inorganic nitrate on max voluntary isometric contraction, isokinetic torque, and power in healthy female subjects across the menstrual cycle. Southeast Chapter of the American College of Sports Medicine, Greenville, SC February 2022.

572. de Zevallos Munoz JO, AC Hogwood, K Kruse, J DeGuzman, M Buckley, A DeJong, A Weltman, and JD Allen. The effect of dietary nitrate supplementation on skeletal muscle contractile properties in females and males. Southeast Chapter of the American College of Sports Medicine, Greenville, SC February 2022.
573. Kruse K, B Stephenson, A Hogwood, R Bhole, F Ayala, C Manning, A Weltman, and JD Allen. Effects of Acute Exercise Intensity on Cerebral Blood Flow and Cognitive Function in Older Adults. University of North Carolina Human Movement Science Symposium, Chapel Hill, NC. April 2022.
574. Hogwood AC. JO de Zevallos Muñoz, K Kruse, J DeGuzman, M Buckley, A Weltman, J D. Allen. Effect of Inorganic Nitrate on Maximal Voluntary Contraction and Isokinetic Torque Across the Menstrual Cycle. University of North Carolina Human Movement Science Symposium, Chapel Hill, NC. April 2022.
575. Hogwood AC, JO de Zevallos Munoz, K Kruse, J DeGuzman, M Buckley, A Weltman, and JD Allen. The effect of inorganic nitrate on muscle function in healthy female subjects across the menstrual cycle. American College of Sports Medicine, San Diego CA, May 2022.
576. Anderson K, T Mardian, JO de Zevallos Munoz, S Kranz, JD Allen and A Weltman. The effect of sex and exercise intensity on hunger ratings in adults: A pilot study. American College of Sports Medicine, San Diego CA, May 2022.
577. de Zevallos Munoz JO, AC Hogwood, K Kruse, J DeGuzman, M Buckley, A DeJong, A Weltman, and JD Allen. The effect of dietary nitrate supplementation on skeletal muscle contractile properties in females and males. American College of Sports Medicine, San Diego CA, May 2022.
578. de Zevallos Munoz JO, AC Hogwood, K Kruse, J DeGuzman, M Buckley, A DeJong, A Weltman, and JD Allen. Interaction between inorganic nitrate and sex on exercise economy and endurance capacity in young adults. American College of Sports Medicine Conference on Integrative Physiology of Exercise. Baltimore MD, September 2022.
579. Anderson K, T Mardian, N Weeldreyer, JO de Zevallos Munoz, A. Hogwood, S Kranz, JD Allen and A Weltman. Relationship among exercise intensity, blood lactate, and perception of appetite: A pilot study. American College of Sports Medicine Conference on Integrative Physiology of Exercise. Baltimore MD, September 2022.
580. Hogwood AC, JO de Zevallos Munoz, K Kruse, J DeGuzman, M Buckley, A DeJong Lemke, A Weltman, and JD Allen. The impact of inorganic nitrate on cycling performance across the menstrual cycle in young females. American College of Sports Medicine Conference on Integrative Physiology of Exercise. Baltimore MD, September 2022.

9. Grants Submitted/Funded and Contracts Received

1. Oxygen availability as the major limiting factor in aerobic endurance performance. University of Michigan Dissertation Grant, \$200 - funded 9/75.
2. Development of hydrostatic weighing facility, University of Louisville Grant, \$1,200 - funded 9/76.
3. Fitness standards and evaluation. Louisville Civil Service, \$1200 - funded 9/76 - 12/76. B. A. Stamford and A. Weltman, Co- investigators.
4. Fitness standards and evaluation. Louisville Civil Service, \$10,000 - funded 1/77 - 6/77. B. A. Stamford and A. Weltman, Co- investigators.

5. Fitness standards and evaluation. University of Louisville Department of Public Safety, \$500 - funded 1/77. A. Weltman, Principal Investigator.
6. The effects of oxygen inhalation during exercise recovery on lactate removal and subsequent high intensity exercise performance. Arts and Sciences Grant Proposal. The University of Louisville, \$1,000 - funded 7/77. A. Weltman, Principal Investigator.
7. Body fat levels of the Louisville Police Department, \$20,000 - funded 7/77 - 6/78. A. Weltman and B. A. Stamford, Co- investigators.
8. Fitness standards and evaluation. Louisville Civil Service, \$7,500 - funded 7/77 - 6/78. A. Weltman and B. A. Stamford, Co- investigators.
9. Fitness and clinical evaluation. Kentucky State Police, pilot, \$1,820 - funded 10/77. A. Weltman and B. A. Stamford, Co- investigators.
10. Fitness standards and evaluation. Louisville Civil Service, \$7,500 - funded 9/78 - 6/79. A. Weltman and B. A. Stamford, Co- investigators.
11. Relationship between maximal aerobic power and serum lipids in sedentary middle-aged men. Kentucky Heart Association, \$7,200, funded 7/79. A. Weltman, Principal Investigator.
12. Obesity and appetite control. University of Louisville Medical School, \$1,500 - funded 7/79. P. Steiner, Principal Investigator. A. Weltman, Co-investigator.
13. Long-term cardiac rehabilitation. Kentucky Heart Association, \$15,000 - funded 7/79. A. Weltman and B. A. Stamford, Co-investigators.
14. Fitness Standards and Evaluation. Louisville Civil Service, \$7,500 - funded 7/79 - 6/80. A. Weltman and B. A. Stamford, Co- investigators.
15. Fitness Standards and Evaluation - Jefferson County Police, \$7,500 - funded 7/79 - 6/80. A. Weltman and B. A. Stamford, Co- investigators.
16. Fitness Standards and Evaluation - Jefferson County Correction Officers, \$7,500 - funded 7/79 - 6/80. A. Weltman and B. A. Stamford, Co-investigators.
17. Fitness Standards and Evaluation. Jefferson County Detention Officers, \$7,500 - funded 7/79 - 6/80. A. Weltman, Principal Investigator.
18. Blood lactate, exercise intensity and anaerobic threshold. Faculty research grant, University of Louisville, \$2,000 - funded 1979. B. A. Stamford, Principal Investigator, A. Weltman, Co-investigator.
19. Lactate acid and fatigue in skeletal muscle. Faculty research grant, University of Louisville, \$2,000 - funded 1979. L. B. Gladden, Principal Investigator, A. Weltman, Co-investigator.
20. University of Colorado - Fitness Evaluation Center, Approximately \$9,000 generated in 1980 - 1981. A. Weltman, Co- director.
21. The relationship between training, serum lipids and menopause. Colorado Heart Association, \$7,700 - funded 1981. A. Weltman, Principal Investigator.
22. University of Colorado Graduate School Grant Award, \$5,000 - 1981. A. Weltman, Project Director.
23. Biomedical Research Support Grant Program Investigator, University of Colorado \$4,000 - 1981. A. Weltman, Principal Investigator.
24. The effects of garment type on physiological responses to the cold. Howe and Bainbridge, \$1,000 - funded 1981. A. Dickinson, Principal Investigator, A. Weltman, Co-investigator.
25. University of Colorado Fitness Evaluation Center, Approximately \$18,000 generated in 1981 - 1982. A. Weltman, Co- director.
26. Graduate Student Training Grant. The Florence and John Schumann Foundation, \$5,000 - funded, 1981. A. Weltman, Grant Director.
27. Fitness testing, police recruits. Denver Civil Service Commission, \$4,000 - funded, 1981. A. Weltman, Principal Investigator.

28. Effects of mild exercise on physiological responses and coronary artery disease risk factors in middle age and elderly individuals. Council on Research and Creative Work. University of Colorado, \$3,000 - funded, 1982. A. Weltman, W. C. Byrnes and G. Hume, Co-principal Investigators.
29. Rehabilitation, research and training center in cardiac rehabilitation. National Institute of Handicapped Research, \$677,000, funded, 1982. H. Brammell, Principal Investigator, A. Weltman, Consultant.
30. Biomedical Research Support Grant Program Investigator, University of Colorado - \$12,000 - 1982. With W. C. Byrnes, A. L. Dickinson, B. Hawkins and S. Wallace.
31. Fitness testing police recruits. Denver Civil Service Commission, \$1,700 - funded, 1983. A. Weltman, Principal Investigator.
32. Fitness testing, University of Colorado Police Department, \$1,200, funded 1982. A. Weltman, Contract Director.
33. Rehabilitation research and training center in cardiac rehabilitation. National Institute for Handicapped Research, \$525,000/year, funded 1983 - 1987. H. Brammell, Principal Investigator, A. Weltman, Co-investigator.
34. University of Colorado Fitness Evaluation Center, approximately \$15,000 generated for June 1982 - January 1983. A. Weltman, Co-director.
35. Fitness testing, University of Colorado, Lakewood Police Department, \$3,500 - funded 1983. A. Weltman, Principal Investigator.
36. Weight training in children, Equipment Grant, Hydra-Fitness Industries, Saint Francis Medical Center, approximately \$20,000 - funded 1984. A. Weltman, Principal Investigator.
37. Corporate Physical Examinations, Saint Francis Medical Center, approximately \$20,000 generated 1983 - 1984, A. Weltman, Contract Director.
39. Reproductive System Function in Endurance Training Women. National Institutes of Health, \$1,271,752 - funded 1986 - 1990, A. Rogol, M.D., Principal Investigator, A. Weltman, Ph.D., Co-investigator.
40. Weight training in children, Equipment Grant, Hydra-Fitness Industries, \$40,000,- funded 1985, University of Virginia. A. Weltman, Principal Investigator.
41. Adult Fitness Programs - University of Virginia, approximately \$20,000 generated for January - June 1985. A. Weltman, Program Director.
42. Use of Exercise Doppler Device in the Evaluation of Coronary Artery Disease, Quinton Instruments, \$120,000 per year, funded 1985-1986, 1986-1987. Robert Gibson, M.D., Principal Investigator, A. Weltman, Co-investigator.
43. Adult Fitness Program, University of Virginia, approximately \$92,000 generated July 1985 - June 1986. A. Weltman, Program Director (includes contracts with Darden Business School, Federal Executive Institute, City of Charlottesville, United States Park Service).
44. The effects of cardiac rehabilitation on the lactate threshold. Virginia Heart Association, \$19,750 - funded 1986-1987. A. Weltman, Principal Investigator.
45. Bone mineral content and reproductive hormones in women runners. National Institutes of Health, \$577,699 direct costs, funded 1987-1992. A. Weltman, Principal Investigator.
46. Bone mineral content and reproductive hormones in women runners. Marion Laboratories, calcium and placebo supplements approximate \$30,000 value, funded 1987-1992. A. Weltman, Principal Investigator.
47. Adult Fitness Program, University of Virginia, \$97,722 generated July 1986 - June 1987. A. Weltman, Program Director.
48. Adult Fitness Program, University of Virginia, \$77,891 generated July 1987 - June 1988. A. Weltman, Program Director.

49. Adult Fitness Program, University of Virginia, \$63,157 generated July 1988 - June 1989. A. Weltman, Program Director.
50. General Clinical Research Center Grant 1990 - 1995 National Institutes of Health RR 00847 \$1,686,929 in direct costs for 1990. A. Weltman: co-investigator, Director Core Exercise Physiology Laboratory (\$150,000 in direct costs for 1990-91).
51. Adult Fitness Program, University of Virginia, \$85,081 generated July 1989 - June 1990. A. Weltman, Program Director.
52. Adult Fitness Program, University of Virginia, \$83,000 generated July 1990 - June 1991. A. Weltman, Program Director.
53. Studies with growth hormone releasing factor. National Institutes of Health, Michael Thorner, Principal Investigator, A. Weltman, Consultant, Funded 1992-1997
54. Regulation of skeletal muscle protein metabolism in man. National Institutes of Health Competitive Renewal 1992-1997. Eugene Barrett, Principal Investigator, A. Weltman, Co-Investigator, Funded - \$180,000 in direct costs for 1993-94
55. Growth hormone and exercise in older people. National Institutes of Health, 1992-1997. Mark Hartman, Principal Investigator, A. Weltman, Co-Investigator, Funded July 1, 1992- June 30, 1998 - \$175,000 in direct costs for 1997-98
56. General Clinical Research Center Supplemental Request 1990 - 1995 National Institutes of Health RR 0847 R.M. Carey, Principal Investigator, A. Weltman, Co-Investigator \$41,555 in direct costs for the GCRC Exercise Physiology Laboratory for 1993-94, Funded
57. Adult Fitness Program, University of Virginia, \$104,000 generated July 1991 - June 1992. A. Weltman, Program Director.
58. Adult Fitness Program, University of Virginia, \$ 68,000 generated July 1992 - June 1993. A. Weltman, Program Director.
59. Cardiovascular response to isometric and aerobic exercise in children and adolescents with aortic stenosis. American Heart Association (Virginia Affiliate) W. Hammill, Principal Investigator, A. Weltman, Co-Investigator 1993-1995, \$51,000, Funded
60. The effects of oxygen saturated mineral water (Life) and Gatorade on the blood lactate response to exercise, maximal oxygen consumption, and endurance performance. Nestle Beverage Company, A. Weltman, Principal Investigator, 1994, \$42,000, funded.
61. Adult Fitness Program, University of Virginia, \$ 40,454 generated July 1993- June 1994 A. Weltman, Program Director.
62. General Clinical Research Center Grant, Competitive Renewal 1995 - 2000. National Institutes of Health RR 00847, R.M. Carey, Principal Investigator, A. Weltman, Co-investigator, Director Core Exercise Physiology Laboratory, Funded. \$2,841,409 in direct costs for December 1995 - November 1996.
63. Adult Fitness Program, University of Virginia, \$ 61,357 generated July 1994 - June 1995 A. Weltman, Program Director
64. Alterations in body composition and growth at puberty. National Institutes of Health, A.D. Rogol, Principal Investigator, A. Weltman, Co-Investigator, June 1996 - May 2001, Funded
65. Adult Fitness Program, University of Virginia, \$ 59,115 generated July 1995 - June 1996 A. Weltman, Program Director
66. A pilot study of GH-androgen anabolic synergism in aging men. National Institutes of Health, J.D. Veldhuis, Principal Investigator, A. Weltman, Co-Investigator, \$50,000 Funded, July 1997-June 1999.
67. Reversal of decline of GH secretion of aging. National Institutes of Health, M.O. Thorner, Principal Investigator, A. Weltman, Co-Investigator, Funded, January 1998-December 2003.

68. Request for a BOD POD 2000A Body Composition System (GCRC Exercise Physiology Laboratory). The Pratt Fund. A. Weltman, Principal Investigator, Funded \$ 22,400 July 1997.
69. Adult Fitness Program, University of Virginia, \$ 71,194 generated July 1996 - June 1997 A. Weltman, Program Director
70. Request for a Sensor Medics V max Metabolic System (GCRC Exercise Physiology Laboratory). The Equipment Trust Fund. A. Weltman, Principal Investigator, Funded \$32,000 May 1998
71. Phase II Double-blind, placebo controlled, multiple dose evaluation of CP-424,391 for its safety, toleration, and efficacy in calorically restricted, obese men and women. Pfizer Inc, A. Weltman, Principal Investigator, Funded \$160,020 January 1998 – June 1999.
72. Phase II Double-blind, randomized, placebo controlled, multiple dose, one month study of the safety, toleration, and thermogenic efficacy of CP-331,684 in obese subjects. Pfizer Inc, A. Weltman, Principal Investigator, Funded \$223,000 April 1999 - August 2000.
73. General Clinical Research Center Grant, Competitive Renewal 2000-2005. National Institutes of Health RR 00847, A.T. Garson, Principal Investigator, A. Weltman, Co-investigator, Director Core Exercise Physiology Laboratory, Funded. \$4,000.000 in direct costs for December 2000 - November 2001.
74. Evaluation of Peripheral Artery Disease. National Institutes of Health. C. Kramer, Principal Investigator, A. Weltman, Co-Investigator, Funded September 2003-August 2008.
75. The metabolic syndrome of aging: Effects of exercise training intensity on clinical outcomes, physical performance and function, cognitive function and quality of life. UVA Provosts office. A. Weltman, Principal Investigator. Funded. \$30,000 July 2004 – June 2005.
76. General Clinical Research Center Grant, Competitive Renewal 2006-2010. National Institutes of Health RR 00847, A.T. Garson, Principal Investigator, A. Weltman, Co-investigator, Director Core Exercise Physiology Laboratory, Funded. \$5,000.000 in direct costs per year.
77. Exercise training intensity and the metabolic syndrome. National Institutes of Health. A. Weltman, Principal Investigator, \$400,000 in direct costs July 2006-June 2008, not funded
78. Omega-3 fish oil for nonalcoholic steatohepatitis. National Institutes of Health. S. Caldwell, Principal Investigator, A. Weltman, Co-Investigator, \$400,000 in direct costs July 2006-June 2008, funded
79. Supplemental antioxidants and oxidative stress in prediabetic obese persons. American Diabetes Association. H. Vincent, Principal Investigator, A. Weltman, Co-Investigator, not funded
80. Antioxidant effects on complications of obesity. National Institutes of Health. H. Vincent, Principal Investigator, A. Weltman, Co-Investigator, \$350,000 in direct costs December 2005-November 2007, not funded
81. Predisposing factors of lower extremity injuries in physically active individuals. National Institutes of Health. C.D. Ingersoll, Principal Investigator, A. Weltman, Co-Investigator, \$590,000 in direct costs, September 2005 – August 2008, not funded
82. National integrative physiology network planning grant. National Institutes of Health. M.J. Joyner, Principal Investigator, A. Weltman Co-Investigator, \$100,000 in direct costs, May 2005-April 2006, NIH withdrew the RFA
83. Understanding the effects of therapeutic intervention on cardiovascular risk markers, insulin resistance, and intra-hepatic fat contents in obese children at risk for the metabolic syndrome. Thrasher Foundation. N Mauras (Nemours Children's Clinic) Principal Investigator, A. Weltman, Consultant Funded \$300,000, 2005-2009.

84. Pediatric Cardiology Training Grant. National Institutes of Health. P. Matherne, Principal Investigator, A. Weltman, Mentor, funded
85. University of Virginia Health System Training Grant. National Institutes of Health. M. O. Thorner, Principal Investigator, A. Weltman, Mentor, not funded.
86. Yoga and Cardiovascular disease risk in older women, National Institutes of Health, K. Innes, Principal Investigator, A. Weltman Co-Investigator, funded
87. Clinical Translational Science Award. National Institutes of Health. E.J. Barrett, Principal Investigator, A. Weltman Co-Investigator, Pending
88. Treatment of ALS with R(+) Pramipexole. National Institutes of Health, J Bennett, Principal Investigator, A. Weltman Co-Investigator, not funded
89. The effects of post exercise cold immersion on subsequent maximal exercise performance in intercollegiate football players. NFL Charities, S.A. Saliba, Principal Investigator, A. Weltman, Co-Investigator, not funded
90. Aerobic training on endothelial function in African American and Caucasian women. National Institutes of Health, D.L. Swift, Principal Investigator (Training Grant), A. Weltman, Mentor, not funded
91. Unrestricted Research Grant, Redcord, \$50,000 in direct costs. C.D. Ingersoll, Principal Investigator, A. Weltman, Co-Principal Investigator. Funded 2007-2009.
92. P-60-MD-000144-01 National Center for Minority Health and Health Disparities, National Institutes of Health, Center for Excellence in Health Disparities Research with American Indian Tribes in South Dakota, Montana, and Wyoming. B. Perryman, Principal Investigator, A. Weltman, Consultant, funded 6/30/07-6/30/10
93. R24 HS14034-04 AHRQ/DHHS Minority Research Infrastructure Support Program, G. Belcourt, Principal Investigator, A. Weltman, consultant, funded, 10/1/06 – 9/30/11
94. Unrestricted Research Gift, Athletic Coast Athletic Club, \$50,000 in Direct Costs, A. Weltman, Principal Investigator, funded 9/08-9/09
95. Metabolic supply and demand in human perception and cognitive performance 2010-2015 National Institutes of Health, D. Proffitt, Principal Investigator, A. Weltman, Co-Investigator, not funded
96. Effects of exercise intensity on glucose disposal and endothelial function 2010-2012 National Institutes of Health, A. Weltman, Principal Investigator, not funded
97. Effects of walking and strengthening exercises on gait and function in the elderly 2010-2012 National Institutes of Health, S. Saliba, Principal Investigator, A. Weltman, Co-Investigator, not funded
98. Effects of exercise intensity on glucose disposal and endothelial function in pre-diabetic adults. 2010-2012 Commonwealth Health Research Board, A. Weltman, Principal Investigator, funded \$200,000 July 2010-September 2012.
99. Comprehensive magnetic resonance in PAD. 2011-2017 National Institutes of Health, C. Kramer, Principal Investigator, A. Weltman Co-Investigator, Funded
100. Targeted treatment of arterial function in type 1 diabetes. 2011-2015 National Institutes of Health, EJ Barrett, Z Liu, and A Weltman Co-Principal Investigators, Scored not funded – In Review at JDRF at NIH suggestion
101. Dietary Amino Acids and Insulin Sensitivity in Children. 2011-2015 National Institutes of Health, N. Mauras, Principal Investigator, A Weltman Co-Investigators, Not Funded
102. Capillary Density in Peripheral Artery Disease. 2011-2015 B. Annex Principal Investigator, A. Weltman Co-Investigator, not scored, not funded

103. Development of an integrated, multi-purpose Sleep and Physical Activity Recording and Technical Analysis (SPARTA) system. NIH SBIR. A. Weltman Co-Investigator with Barron and Associates, Not funded.
104. Capillary Density in Peripheral Artery Disease. NIH, B. Annex Principal Investigator, A. Weltman Co-Investigator, resubmitted 2012, funded
105. Effects of intensity of exercise training and metformin in pre diabetic adults. NIH, A. Weltman Principal Investigator. Submitted 6-12, Scored, not funded
106. A translational study determining the impact of timing and duration of aerobic walking on blood glucose and preferences among adults recently diagnosed with type 2 diabetes. American Diabetes Association. D. Cox Principal Investigator, A. Weltman Co-Investigator, Submitted 2013, not funded.
107. Effects of intensity of acute exercise on cognitive function in children with ADHD. Hartwell Foundation, M. Kofler Principal Investigator, A. Weltman Co-Investigator. Submitted 2013, Not Funded
108. Effects of intensity of acute exercise on cognitive function in children with ADHD. NIH, M. Kofler Principal Investigator, A. Weltman Co-Investigator. Submitted 2013, Not Funded
109. The strength and balance virtual trainer (SABAL), NIH, J. Hart, Principal Investigator, A. Weltman Co-Investigator, funded 2015-2017
110. Reversal of vascular dysfunction in type 1 diabetes, NIH, EJ Barrett, Principal Investigator, A. Weltman, Co-Investigator, Submitted 2014, funded 10/14 – 9/18, \$387,000 in direct costs per year, 1,950,000 in total costs over the 4 year grant
111. Diabetes impact award – Closed loop technologies: Development and integration of novel components for an automated artificial pancreas system (DPS). NIH, M Breton, Principal Investigator, A. Weltman Co-Investigator, Submitted 2014, funded 6/15-
112. Cancer Center without Walls: Survivor Network. TIC S. Modesitt, Principal Investigator, A. Weltman Co-Principal Investigator funded 2015-2017
113. Exercise and metformin improve vascular health in adults with metabolic syndrome. NIH SK Malin Principal Investigator, A. Weltman Co-Investigator, funded 2/17 – 2/22
114. Comprehensive magnetic resonance in PAD. NIH CK Kramer Principal Investigator, A. Weltman Co-Investigator, funded 12-17-11/21
115. Study in Parkinson Disease of Exercise Phase 3 Clinical Trial SPARX3 NIH-NINDS multicenter trial. A Weltman UVA Principal Investigator, funded 4/20-3/25
116. 1R01DK125330-01 (Liu, PI) NIH/NIDDK
Effects of exercise and GLP-1R agonism on muscle microvascular perfusion and insulin action
A Weltman: Co-Investigator, Funded 07/01/20-00/30/25
117. R01DK124344 (Reusch/Regensteiner) NIH/NIDDK
Role of Microvascular insulin resistance and cardiorespiratory fitness in diabetes. A Weltman, Co-Investigator, funded 04/01/2021-03/31/2026
118. RO1 DK129510-01 Modulation of Ghrelin release by exercise intensity: The role of obesity and prediabetes status. A. Weltman Principal Investigator, funded 6/01/21-6/30/24

10. Professional Service

Grant Reviewer

National Science Foundation

National Institutes of Health/ADAMHA Consultant File
 National Institutes of Health/NIDDK - Ad Hoc Review Committee
 (RFA 90-DKHD-10) 1990
 National Institutes of Health/GCRC - Reviewer and Member of Site Visit Team -
 UCLA/Harbor General GCRC 1991
 National Institutes of Health/GCRC - Reviewer and Member of Site Visit Team - John
 Hopkins University/Francis Scott Key GCRC 1991
 National Institutes of Health/NICHD - Epidemiology and Disease Control Study Section
 - Ad Hoc Review Committee 1992
 National Institutes of Health/GCRC - Reviewer and Member of Site Visit Team -
 University of Washington GCRC 1997
 Johns Hopkins University Bayview Medical Center – Reviewer of and Member of Mock
 Site Visit Team GCRC 2001
 NIH Aging Systems and Geriatrics Study Section - May 2008-present
 NIH MoTrPAC Special Emphasis Panel (Member and Alternate Chair) – July 2016

Reviewer for Scholarly Journals

1. Journal of Applied Physiology
2. Medicine and Science in Sports and Exercise
3. Research Quarterly for Exercise and Sport
4. Journal of Cardiopulmonary Rehabilitation
5. Human Biology
6. International Journal of Sports Medicine
7. American Journal of Clinical Nutrition
8. The Physician and Sportsmedicine
9. Journal of Physical Education, Recreation and Dance
10. Canadian Journal of Applied Sports Sciences
11. Journal of the American Medical Association
12. Journal of Pediatric Exercise Science
13. International Journal of Sports Nutrition
14. Medicine Exercise Nutrition and Health
15. Nutrition Research
16. American Journal of Human Biology
17. American Journal of Physiology
18. Canadian Journal of Physiology and Pharmacology
19. Clinical Endocrinology
20. British Journal of Sports Medicine
21. Growth Hormone & IGF Research
22. Fertility and Sterility
23. European Journal of Endocrinology
24. Journal of Sports Sciences
25. Clinical Exercise Physiology
26. Preventive Medicine
27. Experimental Physiology
28. Journal of Clinical Endocrinology and Metabolism
29. Journal of Endocrinological Investigation

External Reviewer

Invited reviewer for promotion/tenure for faculty members at:

Virginia Commonwealth University, 1987, 1988.
Arizona State University, 1988, 1989.
Brown University, 1988, 1989.
Old Dominion University, 1991, 1995, 2007
University of North Carolina, 1991, 1998, 2010
University of Hawaii, 1994, 1995, 2010
University of Pittsburgh, 1995
School of Medicine - University of Virginia, 1997, 2011, 2016
Syracuse University, 1999, 2000
Johns Hopkins University, 2003
University of Michigan, 2011
University of Kentucky, 2013
Florida State University, 2015
University of San Diego, 2015
University of Toronto, 2017
University of North Florida, 2017
University of South Carolina, 2017

Other Professional Service

Member of Position Stands Committee, American College of Sports Medicine, 1979-82;
Chair Position Stands Committee, American College of Sports Medicine, 1982-83, 1984-87
Fellow - Research Consortium, AAHPERD 1977 - 1987
Member of executive board of the Southeast Chapter of the American College of Sports Medicine, 1978 - 1979
Member of Publications Committee, Southeast Chapter of the American College of Sports Medicine, 1979 - 1980
Position Stands Author: "Proper vs. improper weight loss programs". American College of Sports Medicine, 1981
President, Physical Fitness Council, American Alliance for Health, Physical Education, Recreation and Dance, 1982-83
Member of the Executive Committee of the Rocky Mountain Chapter of the American College of Sports Medicine, 1982-83
Member (Exercise Physiology representative) of a blue ribbon panel to review the roles of the Research Consortium of AAHPERD, 1983-1984
Delegate, AAHPERD Convention, Minneapolis, Minnesota, 1983
Organized Physical Fitness Council Program, AAHPERD, Anaheim, 1984
Invited Chair, Research Section, 1984 Olympic Scientific Congress, Eugene, Oregon
Member, Publications Committee, American College of Sports Medicine, 1985-1987
American Heart Association, Virginia Affiliate, Cardiac Rehabilitation Subcommittee, 1985-1988
Chairperson, Physical Fitness Section, Virginia Alliance of Health, Physical Education, Recreation and Dance, 1987

Member, Executive Committee, Southeast Chapter American College of Sports Medicine, 1988 - 1990

Member, Public Information Committee, American College of Sports Medicine, 1991-1998

Member, Ad Hoc Committee on Pronouncements, American College of Sports Medicine, 1992-1993.

Arranged and chaired Colloquia on Public Information Initiatives of ACSM - American College of Sports Medicine, Dallas, TX, May 1992

Member: American College of Sports Medicine Task Force on Election Policies, 1999-2003

Member: Scientific Advisory Board, Kronos Longevity Research Institute

Member: Steering Committee, Applied Physiology and Human Performance Laboratory group (Core Laboratories), General Clinical Research Centers, NCRR, NIH, 2003-2006

Member: Strategic Health Initiative on Aging, American College of Sports Medicine, 2006-present

Member: Scientific Advisory Board, Redcord AS

Member: Science Integration Leadership Committee, American College of Sports Medicine, 2015-present

University and Departmental Service

Member of the Advisory Committee, Department of Physical Education, University of Michigan, 1974-1975

Member of the University of Michigan committee to evaluate the status of the Department of Physical Education, 1974-1975

Member of the Undergraduate Curriculum Committee – HPER Department, University of Louisville, 1976-1980

Member of the Graduate Faculty, University of Louisville, 1976-1980

Co-director (with Dr. Stamford) Faculty and Staff Fitness Program, University of Louisville, 1976-1980

University of Louisville Graduate School representative for United Way Drive, 1978-1979

Ad Hoc Personnel Committee, Arts and Sciences, University of Louisville, 1978

Member of the Graduate Faculty - University of Colorado, 1980-1983

Program Area Director, Health and Physical Education, University of Virginia, 1985-1989

Executive Committee, Department of Human Services, University of Virginia, 1985-1989

Athletic Facilities Committee, University of Virginia, 1985-1989

Member, Wellness and Fitness Center Ad Hoc Committee, University of Virginia, 1986-1987

Member, Sports Medicine Center Task Force, University of Virginia, 1986-1989

Member, Athletic Department Master Plan Committee, University of Virginia, 1986-1987

Member, Preplanning Committee, Indoor Practice Facility, University of Virginia, 1987

Member, Academic Affairs Committee, Curry School of Education, 1987-1989

Program Committee and Executive Board, University of Virginia Wellness and Fitness Center (Institute for Quality Health), 1988-2000

Assistant Director, Center for Prevention of Disease and Injury, UVA Medical School, 1989-1994

Director: Core Exercise Physiology Laboratory, General Clinical Research Center, UVA Health System, 1990-present

Member: General Clinical Research Center Advisory Committee, UVA Health System, 1990-present

Member: General Clinical Research Center Administrative Committee, UVA Health System 1990-present

Member: School Priorities and School-wide Review Committee, Curry School of Education, 1992-93
 Member: Provost's Promotion and Tenure Committee, University of Virginia, 1992-1995
 Member: Multidisciplinary Clinical Research Training Committee, School of Medicine, 1993-1998
 Member: Advisory Committee - Multidisciplinary Training Program in Clinical Investigation, University of Virginia Health Sciences Center, 1998-present.
 Member: Human Services Task Force for Community Outreach, 1999-2000
 Chair: Curry School Grant Support Committee, 2000-2003
 Member: Spires Committee – Curry School of Education, 2001-2002.
 Member: External Funding Committee – Curry School of Education, 2001-2002.
 Advisory Board Member: Institute on Aging – University of Virginia 2002-present
 Member: Faculty Load, Hiring and Compensation Committee – Curry School of Education, 2004- 2005.
 Exercise Physiology Advisor – University of Virginia Department of Athletics, 1990-present
 Invited Speaker, Aging 101, UVA Institute on Aging, 2005, 2006
 Arranged and Hosted Conference titled “Research on Exercise and Healthy Aging” co hosted by the UVA Institute on Aging and the Curry School of Education. April 2005.
 UVA Representative to an NIH meeting on Clinical Research, May 2005.
 Member: Education Advisory Committee; Clinical and Translational Science Award Planning, University of Virginia, 2006-present
 Inaugural Chair: Curry School Standing Committee on Doctoral Studies 2010-11, Member 2011-12
 Program Leader: Youth Nex, University of Virginia
 Chair: Promotions Committee, Curry School of Education, 2013-14
 Founding Chair: Department of Kinesiology, University of Virginia 2013

11. Community Service

Numerous presentations to community groups, appearances on television and radio, and newspaper articles (including a reoccurring column “The Body Shop”) related to exercise physiology and associated disciplines

Other Community Involvement

State of Colorado: Governor's Council for Health Promotion and Physical Fitness, 1981 - 1983
 State of Colorado: Fitness Evaluation Task Force, 1981 - 1983
 Colorado Heart Association: Delegate, 1982, 1983
 Governor Lamm's representative - Handicapped Ski Program, Boulder, Colorado, 2/83
 Girls Soccer Coach (Travel Team), Charlottesville, VA 1990-1996
 Girls Soccer Coach (Olympic Development Program District Team) Virginia, 1994 - 1996
 Olympic Development Program District Director (Girls Soccer) 1994-1996
 AAU Girls Basketball Coach, Charlottesville, VA 1992-1997
 AAU Boys Basketball Coach, 1997-2002
 High School Soccer Coach (boys) – Western Albemarle High School 1999-2000.
 High School Basketball Coach (Girls) – Western Albemarle High School 2002-2003
 AAU Basketball Coach, 2005-present

Invited Consulting

Consultant - United States Olympic Team Training Camp, Houston, TX, 1978
Consultant - Fitness Central, Inc., 1978 - 1985
Consultant - Louisville Civil Service - Development of objective fitness criteria for screening police and firefighter applicants, 1978
Consultant - Frank Shorter Racing Team, 1980 - 1982
Consultant - Continental Health Center, 1980 - 1983
Consultant - Rocky Mountain Fitness and Sports Showcase, 1982
Consultant - Denver Civil Service Fitness Testing, 1981 - 1983
Consultant - Celestial Seasonings, Inc., 1982
Consultant - Arizona Heart Institute (AHI Limited), 1983 - 1986
Consultant - CV Fitness, 1983 - 1987
Consultant - Boys Clubs of America, 1984 - 1987
Consultant - St. Louis Blues Hockey Team, Body Composition Analysis, December, 1984
Consultant - University of Virginia, fall semester, 1984
Consultant - Kelly Communications, 1985 - 1991
Consultant - City of Charlottesville, 1985 - 1986
Consultant - Virginia Power, 1987 - 1994
Consultant - American Glider, 1991 - 1993
Consultant - Henrico County Department of Personnel, 1993 - 1994
Consultant - Nestle Beverage Company, 1994 - 1995
Consultant - Pfizer Inc., 1997 - Present
Consultant - Eli Lilly Inc., 1998 - Present
Consultant - Rodale Press, 2001
Consultant - Pharmacia Inc. 2001 - 2003

12. Awards

Curry School Memorial Faculty Award, University of Virginia, 1993-94
University of Virginia Center for Advanced Studies, Sesquicentennial Associate, 1996-1997
The Seven Society - Recognition for "your passion for the University and devotion to those you teach" - University of Virginia, 2003-2004
Z Society - Recognition for service to the University of Virginia. University of Virginia, 2006.
University of Michigan School of Kinesiology Career Achievement Award, 2011
Southeast Chapter of the American College of Sports Medicine - Henry J Montoye Scholar Award, 2014
University of Virginia Cavaliers Distinguished Teaching Professor 2019-2021
University of Virginia Research Award 2019-2020
University of Virginia Community Engagement Award 2019-2020
State Council for Higher Education in Virginia Outstanding Faculty Award 2020