

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

**CONTACT INFORMATION**

130 Science Drive  
Box 90383  
Durham, NC 27708  
eric.trexler@duke.edu

**EDUCATION**

|   |                    |
|---|--------------------|
| <b>Doctor of Philosophy</b> , Human Movement Science Curriculum<br>Caroline H. and Thomas S. Royster Fellow (5-year award)<br>School of Medicine, Department of Allied Health Sciences<br>University of North Carolina, Chapel Hill, NC | <b>2015 – 2018</b> |
| <b>Master of Arts</b> , Exercise and Sport Science<br>Concentration in Exercise Physiology<br>University of North Carolina, Chapel Hill, NC   | <b>2013 – 2015</b> |
| <b>Bachelor of Science in Education</b> , Exercise Science Education<br>Honors Research Distinction<br>The Ohio State University, Columbus, OH  | <b>2009 – 2013</b> |

**PROFESSIONAL EXPERIENCE**

|   |                       |
|---|-----------------------|
| <b>Postdoctoral Research Associate</b><br>Department of Evolutionary Anthropology, Global Health Institute<br>Duke University, Durham, NC | <b>2023 – Present</b> |
| <b>Co-Founder</b><br>Stronger By Science Technologies   | <b>2021 – 2023</b>    |
| <b>Director of Education, Co-Owner</b><br>Stronger By Science   | <b>2019 – 2023</b>    |
| <b>Instructor</b><br>Department of Exercise and Sport Science<br>University of North Carolina, Chapel Hill, NC                            | <b>2016 – 2018</b>    |

Courses taught:

Spring, 2018. IDST 89.002. From Laboratory to Layperson: Scientific Literacy and Communication  
*Devised, created, and taught this original, interdisciplinary course with colleagues from physics and nutrition departments*

Fall, 2017. EXSS 288. Emergency Care of Athletic Injuries and Illnesses

Spring, 2017. EXSS 288. Emergency Care of Athletic Injuries and Illnesses

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

Fall, 2016. EXSS 288. Emergency Care of Athletic Injuries and Illnesses

**Research Assistant**

**2013 – 2018**

Department of Exercise and Sport Science  
University of North Carolina, Chapel Hill, NC

*Applied Physiology Laboratory*  
*Human Performance Center*  
*Neuromuscular Research Laboratory*  
*Sports Medicine Research Laboratory*

**Teaching Assistant**

**2013 – 2016**

Lifetime Fitness Program  
Department of Exercise and Sport Science  
University of North Carolina, Chapel Hill, NC

Courses taught:

Summer, 2016  
LFIT 113. Weight Training

Summer, 2015  
LFIT 104: Exercise and Conditioning  
LFIT 113: Weight Training

Spring, 2015  
LFIT 108. Outdoor Sports  
LFIT 113. Weight Training (two sections)  
PHYA 243. Weight Training

Fall, 2014  
LFIT 109: Racquet Sports  
LFIT 113: Weight Training (two sections)

Spring, 2014  
LFIT 108: Outdoor Sports  
LFIT 190: Ultimate Frisbee  
PHYA 238: Tennis  
PHYA 243: Weight Training

Fall, 2013  
LFIT 104: Exercise and Conditioning  
LFIT 109: Racquet Sports  
LFIT 113: Weight Training

**Director of Research and Education**  
INOV8 Elite Performance, Austin, TX

**2013 – 2015**

**Research Assistant (volunteer)**  
Exercise Science Laboratory  
College of Education and Human Ecology  
Department of Health and Exercise Science  
The Ohio State University, Columbus, OH

**2012 – 2013**

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

**HONORS AND AWARDS**

Royster Society of Fellows, Caroline H. and Thomas S. Royster Five-Year Fellow (2015 – 2018)  
Finalist, Doctoral Student Outstanding Poster Presentation, NSCA National Conference (2017)  
NSCA Challenge Scholarship Award (2017)  
Finalist, Doctoral Student Outstanding Poster Presentation, NSCA National Conference (2016)  
Winner, Master's Student Outstanding Poster Presentation, NSCA National Conference (2015)  
Department of Exercise and Sport Science Outstanding Research Award, Exercise Physiology (2015)  
Marvin E. Allen Excellence in Teaching Award (2015)  
UNC Graduate Student Opportunity Fund (2014)  
NSCA Challenge Scholarship Award (2014)  
Denman Undergraduate Research Forum, Second Place, Clinical Health Professions (2013)  
Dean's List, Ohio State College of Education and Human Ecology, 7 quarters and 2 semesters (2009 – 2013)  
Ohio State Maximus Competition, Medalist Scholarship Winner (2009)  
National Merit Commended Scholar (2008)

**PUBLICATIONS**

**TEXTBOOK CHAPTERS**

**Eric T. Trexler.** *Cardio Training and Non-Exercise Physical Activity.* NASM certification course: Physique and Bodybuilding Coaching. National Academy of Sports Medicine, 2022.

Lucas Guimarães-Ferreira, **Eric T. Trexler**, Daniel A. Jaffe, Jason M. Cholewa. *Role of Caffeine in Sports Nutrition.* Sustained Energy for Enhanced Human Functions and Activity. Elsevier, 2017.

Abbie E. Smith-Ryan, Colin D. Wilborn, **Eric T. Trexler.** *Ergogenic Aids.* Essentials of Tactical Strength and Conditioning, National Strength and Conditioning Association. Human Kinetics, 2017.

**PEER-REVIEWED RESEARCH**

1. The Effects of Intermittent Diet Breaks during 25% Energy Restriction on Body Composition and Resting Metabolic Rate in Resistance-Trained Females: A Randomized Controlled Trial. Siedler MR, Lewis MH, **Trexler ET**, Lamadrid P, Waddell BJ, Bishop SF, SanFilippo G, Callahan K, Mathas D, Mastrofini GF, Henselmans M, Varvik FT, Campbell BI. *J Hum Kinet.* 2023 Jan 30;86:117-132. doi: 10.5114/jhk/159960.
2. Influence of Resistance Training Proximity-to-Failure on Skeletal Muscle Hypertrophy: A Systematic Review with Meta-analysis. Refalo MC, Helms ER, **Trexler ET**, Hamilton DL, Fyfe JJ. *Sports Med.* 2022 Nov 5. doi: 10.1007/s40279-022-01784-y.
3. Sex Differences May Exist for Performance Fatigue but Not Recovery After Single-Joint Upper-Body and Lower-Body Resistance Exercise. Lewis MH, Siedler MR, Lamadrid P, Ford S, Smith T, SanFilippo G, Waddell B, **Trexler ET**, Buckner S, Campbell BI. *J Strength Cond Res.* 2022 Jun 1;36(6):1498-1505. doi: 10.1519/JSC.0000000000004239.
4. Influence of Acute Water Ingestion and Prolonged Standing on Raw Bioimpedance and Subsequent Body Fluid and Composition Estimates. Tinsley GM, Stratton MT, Harty PS, Williams AD, White SJ, Rodriguez C, Dellinger JR, Johnson BA, Smith RW, **Trexler ET.** *J Electr Bioimpedance.* 2022 May 20;13(1):10-20. doi: 10.2478/joeb-2022-0003.

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

5. A critical review of citrulline malate supplementation and exercise performance. Gough LA, Sparks SA, McNaughton LR, Higgins MF, Newbury JW, **Trexler ET**, Faghy MA, Bridge CA. *Eur J Appl Physiol*. 2021 Dec;121(12):3283-3295. doi: 10.1007/s00421-021-04774-6.
6. Biopsychosocial Effects of Competition Preparation in Natural Bodybuilders. Chappell AJ, Simper TN, **Trexler ET**, Helms ER. *J Hum Kinet*. 2021 Jul 28;79:259-276. doi: 10.2478/hukin-2021-0082.
7. Provision of ready-to-drink protein following bariatric surgery: An evaluation of tolerability, body composition, and metabolic rate. Hirsch KR, Blue MNM, **Trexler ET**, Ahuja S, Smith-Ryan AE. *Clin Nutr*. 2021 Apr;40(4):2319-2327. doi: 10.1016/j.clnu.2020.10.022.
8. International society of sports nutrition position stand: caffeine and exercise performance. Guest NS, VanDusseldorp TA, Nelson MT, Grgic J, Schoenfeld BJ, Jenkins NDM, Arent SM, Antonio J, Stout JR, **Trexler ET**, Smith-Ryan AE, Goldstein ER, Kalman DS, Campbell BI. *J Int Soc Sports Nutr*. 2021 Jan 2;18(1):1. doi: 10.1186/s12970-020-00383-4.
9. The Acute Effects of a Multi-Ingredient Herbal Supplement on Performance Fatigability: A Double-Blind, Randomized, and Placebo-Controlled Trial. Ryan ED, Gerstner GR, Mota JA, **Trexler ET**, Giuliani HK, Blue MNM, Hirsch KR, Smith-Ryan AE. *J Diet Suppl*. 2021;18(5):507-516. doi: 10.1080/19390211.2020.1790709.
10. Alterations in Body Composition, Resting Metabolic Rate, Muscular Strength, and Eating Behavior in Response to Natural Bodybuilding Competition Preparation: A Case Study. Schoenfeld BJ, Alto A, Grgic J, Tinsley G, Haun CT, Campbell BI, Escalante G, Sonmez GT, Cote G, Francis A, **Trexler ET**. *J Strength Cond Res*. 2020 Nov;34(11):3124-3138. doi: 10.1519/JSC.0000000000003816.
11. Physiological, Psychological and Performance-Related Changes Following Physique Competition: A Case-Series. Longstrom JM, Colenso-Semple LM, Waddell BJ, Mastrofini G, **Trexler ET**, Campbell BI. *J Funct Morphol Kinesiol*. 2020 Apr 25;5(2):27. doi: 10.3390/jfmk5020027.
12. Nutritional Recommendations for Physique Athletes. Roberts BM, Helms ER, **Trexler ET**, Fitschen PJ. *J Hum Kinet*. 2020 Jan 31;71:79-108. doi: 10.2478/hukin-2019-0096.
13. Effects of Citrulline Supplementation on Exercise Performance in Humans: A Review of the Current Literature. Gonzalez AM, **Trexler ET**. *J Strength Cond Res*. 2020 May;34(5):1480-1495. doi: 10.1519/JSC.0000000000003426.
14. Impact of resistance training program configuration on the circulating brain-derived neurotrophic factor response. Quiles JM, Klemp A, Dolan C, Maharaj A, Huang CJ, Khamoui AV, **Trexler ET**, Whitehurst M, Zourdos MC. *Appl Physiol Nutr Metab*. 2020 Jun;45(6):667-674. doi: 10.1139/apnm-2019-0419.
15. Effects of Citrulline Malate and Beetroot Juice Supplementation on Energy Metabolism and Blood Flow During Submaximal Resistance Exercise. **Trexler ET**, Keith DS, Lucero AA, Stoner L, Schwartz TA, Persky AM, Ryan ED, Smith-Ryan AE. *J Diet Suppl*. 2020;17(6):698-717. doi: 10.1080/19390211.2019.1650866.
16. Visceral adipose tissue normative values in adults from the United States using GE Lunar iDXA. Hirsch KR, Blue MNM, **Trexler ET**, Smith-Ryan AE. *Clin Physiol Funct Imaging*. 2019 Nov;39(6):407-414. doi: 10.1111/cpf.12593.
17. Effects of Citrulline Malate and Beetroot Juice Supplementation on Blood Flow, Energy Metabolism, and Performance During Maximum Effort Leg Extension Exercise. **Trexler ET**, Keith DS, Schwartz TA, Ryan ED, Stoner L, Persky AM, Smith-Ryan AE. *J Strength Cond Res*. 2019 Sep;33(9):2321-2329. doi: 10.1519/JSC.0000000000003286.

## **Eric T. Trexler, PhD**

CISSN, CSCS\*D

18. High-Fat Breakfast Meal Replacement in Overweight and Obesity: Implications on Body Composition, Metabolic Markers, and Satiety. Smith-Ryan AE, Hirsch KR, Blue MNM, Mock MG, **Trexler ET**. *Nutrients*. 2019 Apr 17;11(4):865. doi: 10.3390/nu11040865.
19. Acute Effects of Citrulline Supplementation on High-Intensity Strength and Power Performance: A Systematic Review and Meta-Analysis. **Trexler ET**, Persky AM, Ryan ED, Schwartz TA, Stoner L, Smith-Ryan AE. *Sports Med*. 2019 May;49(5):707-718. doi: 10.1007/s40279-019-01091-z.
20. Normative fat-free mass index values for a diverse sample of collegiate female athletes. Blue MNM, Hirsch KR, Pihoker AA, **Trexler ET**, Smith-Ryan AE. *J Sports Sci*. 2019 Aug;37(15):1741-1745. doi: 10.1080/02640414.2019.1591575.
21. Effects of dietary sports supplements on metabolite accumulation, vasodilation and cellular swelling in relation to muscle hypertrophy: A focus on "secondary" physiological determinants. Cholewa J, **Trexler ET**, Lima-Soares F, de Araújo Pessôa K, Sousa-Silva R, Santos AM, Zhi X, Nicastro H, Cabido CET, de Freitas MC, Rossi F, Zanchi NE. *Nutrition*. 2019 Apr;60:241-251. doi: 10.1016/j.nut.2018.10.011.
22. Influence of a multistrain probiotic on body composition and mood in female occupational shift workers. Smith-Ryan AE, Mock MG, **Trexler ET**, Hirsch KR, Blue MNM. *Appl Physiol Nutr Metab*. 2019 Jul;44(7):765-773. doi: 10.1139/apnm-2018-0645.
23. The effects of nutrient timing on training adaptations in resistance-trained females. Pihoker AA, Peterjohn AM, **Trexler ET**, Hirsch KR, Blue MNM, Anderson KC, Ryan ED, Smith-Ryan AE. *J Sci Med Sport*. 2019 Apr;22(4):472-477. doi: 10.1016/j.jsams.2018.09.236.
24. Changes in Body Composition and Neuromuscular Performance Through Preparation, 2 Competitions, and a Recovery Period in an Experienced Female Physique Athlete. Tinsley GM, **Trexler ET**, Smith-Ryan AE, Paoli A, Graybeal AJ, Campbell BI, Schoenfeld BJ. *J Strength Cond Res*. 2019 Jul;33(7):1823-1839. doi: 10.1519/JSC.0000000000002758.
25. Effects of caffeine intake on muscle strength and power: a systematic review and meta-analysis. Grgic J, **Trexler ET**, Lazinica B, Pedisic Z. *J Int Soc Sports Nutr*. 2018 Mar 5;15:11. doi: 10.1186/s12970-018-0216-0.
26. A profile of body composition, omega-3 and vitamin D in National Football League players. Blue MN, **Trexler ET**, Hirsch KR, Smith-Ryan AE. *J Sports Med Phys Fitness*. 2019 Jan;59(1):87-93. doi: 10.23736/S0022-4707.18.08122-7.
27. Post-Exercise Ingestion of Low or High Molecular Weight Glucose Polymer Solution Does Not Improve Cycle Performance in Female Athletes. Mock MG, Hirsch KR, Blue MNM, **Trexler ET**, Roelofs EJ, Smith-Ryan AE. *J Strength Cond Res*. 2021 Jan 1;35(1):124-131. doi: 10.1519/JSC.0000000000002560.
28. Validity of the 4-compartment model using dual energy X-ray absorptiometry-derived body volume in overweight individuals. Blue MNM, Hirsch KR, **Trexler ET**, Smith-Ryan AE. *Appl Physiol Nutr Metab*. 2018 Jul;43(7):742-746. doi: 10.1139/apnm-2017-0804.
29. A mathematical model of the effects of resistance exercise-induced muscle hypertrophy on body composition. Torres M, **Trexler ET**, Smith-Ryan AE, Reynolds A. *Eur J Appl Physiol*. 2018 Feb;118(2):449-460. doi: 10.1007/s00421-017-3787-6.
30. Associations between BMI Change and Cardiometabolic Risk in Retired Football Players. **Trexler ET**, Smith-Ryan AE, Defreese JD, Marshall SW, Guskiewicz KM, Kerr ZY. *Med Sci Sports Exerc*. 2018 Apr;50(4):684-690. doi: 10.1249/MSS.0000000000001492.

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

31. Case Study: Unfavorable But Transient Physiological Changes During Contest Preparation in a Drug-Free Male Bodybuilder. Pardue A, **Trexler ET**, Sprod LK. *Int J Sport Nutr Exerc Metab.* 2017 Dec;27(6):550-559. doi: 10.1123/ijsnem.2017-0064.
32. The effects of high intensity interval training on muscle size and quality in overweight and obese adults. Blue MNM, Smith-Ryan AE, **Trexler ET**, Hirsch KR. *J Sci Med Sport.* 2018 Feb;21(2):207-212. doi: 10.1016/j.jsams.2017.06.001.
33. Incidental finding of low brown adipose tissue activity in endurance-trained individuals: Methodological considerations for positron emission tomography. **Trexler ET**, McCallister D, Smith-Ryan AE, Branca RT. *J Nat Sci.* 2017 Mar;3(3):e335.
34. Physiological Changes Following Competition in Male and Female Physique Athletes: A Pilot Study. **Trexler ET**, Hirsch KR, Campbell BI, Smith-Ryan AE. *Int J Sport Nutr Exerc Metab.* 2017 Oct;27(5):458-466. doi: 10.1123/ijsnem.2017-0038.
35. Influence of segmental body composition and adiposity hormones on resting metabolic rate and substrate utilization in overweight and obese adults. Hirsch KR, Smith-Ryan AE, Blue MNM, Mock MG, **Trexler ET**. *J Endocrinol Invest.* 2017 Jun;40(6):635-643. doi: 10.1007/s40618-017-0616-z.
36. Longitudinal Body Composition Changes in NCAA Division I College Football Players. **Trexler ET**, Smith-Ryan AE, Mann JB, Ivey PA, Hirsch KR, Mock MG. *J Strength Cond Res.* 2017 Jan;31(1):1-8. doi: 10.1519/JSC.0000000000001486.
37. Utility of ultrasound for body fat assessment: validity and reliability compared to a multicompartiment criterion. Smith-Ryan AE, Blue MNM, **Trexler ET**, Hirsch KR. *Clin Physiol Funct Imaging.* 2018 Mar;38(2):220-226. doi: 10.1111/cpf.12402.
38. Fat-Free Mass Index in NCAA Division I and II Collegiate American Football Players. **Trexler ET**, Smith-Ryan AE, Blue MNM, Schumacher RM, Mayhew JL, Mann JB, Ivey PA, Hirsch KR, Mock MG. *J Strength Cond Res.* 2017 Oct;31(10):2719-2727. doi: 10.1519/JSC.0000000000001737.
39. Seasonal Effects on Body Composition, Muscle Characteristics, and Performance of Collegiate Swimmers and Divers. Roelofs EJ, Smith-Ryan AE, **Trexler ET**, Hirsch KR. *J Athl Train.* 2017 Jan;52(1):45-50. doi: 10.4085/1062-6050-51.12.26.
40. Metabolic characterization of overweight and obese adults. Hirsch KR, Smith-Ryan AE, Blue MN, Mock MG, **Trexler ET**, Ondrak KS. *Phys Sportsmed.* 2016 Nov;44(4):362-372. doi: 10.1080/00913847.2016.1248222.
41. The acute effect of exercise modality and nutrition manipulations on post-exercise resting energy expenditure and respiratory exchange ratio in women: a randomized trial. Wingfield HL, Smith-Ryan AE, Melvin MN, Roelofs EJ, **Trexler ET**, Hackney AC, Weaver MA, Ryan ED. *Sports Med Open.* 2015 Dec;1(1):11. doi: 10.1186/s40798-015-0010-3.
42. Effects of pomegranate extract on blood flow and vessel diameter after high-intensity exercise in young, healthy adults. Roelofs EJ, Smith-Ryan AE, **Trexler ET**, Hirsch KR, Mock MG. *Eur J Sport Sci.* 2017 Apr;17(3):317-325. doi: 10.1080/17461391.2016.1230892.
43. Cordyceps militaris Improves Tolerance to High-Intensity Exercise After Acute and Chronic Supplementation. Hirsch KR, Smith-Ryan AE, Roelofs EJ, **Trexler ET**, Mock MG. *J Diet Suppl.* 2017 Jan 2;14(1):42-53. doi: 10.1080/19390211.2016.1203386.

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

44. Validity and reliability of a 4-compartment body composition model using dual energy x-ray absorptiometry-derived body volume. Smith-Ryan AE, Mock MG, Ryan ED, Gerstner GR, **Trexler ET**, Hirsch KR. Clin Nutr. 2017 Jun;36(3):825-830. doi: 10.1016/j.clnu.2016.05.006.
45. Body Composition and Muscle Characteristics of Division I Track and Field Athletes. Hirsch KR, Smith-Ryan AE, **Trexler ET**, Roelofs EJ. J Strength Cond Res. 2016 May;30(5):1231-8. doi: 10.1519/JSC.0000000000001203.
46. Dietary macronutrient distribution influences postexercise substrate utilization in women: a cross-sectional evaluation of metabolic flexibility. **Trexler ET**, Smith-Ryan AE, Wingfield HL, Blue MN, Roelofs EJ, Hirsch KR. J Sports Med Phys Fitness. 2017 May;57(5):580-588. doi: 10.23736/S0022-4707.16.06284-8.
47. Effects of high-intensity interval training on cardiometabolic risk factors in overweight/obese women. Smith-Ryan AE, **Trexler ET**, Wingfield HL, Blue MN. J Sports Sci. 2016 Nov;34(21):2038-46. doi: 10.1080/02640414.2016.1149609.
48. Effects of Coffee and Caffeine Anhydrous Intake During Creatine Loading. **Trexler ET**, Smith-Ryan AE, Roelofs EJ, Hirsch KR, Persky AM, Mock MG. J Strength Cond Res. 2016 May;30(5):1438-46. doi: 10.1519/JSC.0000000000001223.
49. Effects of coffee and caffeine anhydrous on strength and sprint performance. **Trexler ET**, Smith-Ryan AE, Roelofs EJ, Hirsch KR, Mock MG. Eur J Sport Sci. 2016 Sep;16(6):702-10. doi: 10.1080/17461391.2015.1085097.
50. Body Composition, Muscle Quality and Scoliosis in Female Collegiate Gymnasts: A Pilot Study. **Trexler ET**, Smith-Ryan AE, Roelofs EJ, Hirsch KR. Int J Sports Med. 2015 Nov;36(13):1087-92. doi: 10.1055/s-0035-1555781.
51. Creatine and Caffeine: Considerations for Concurrent Supplementation. **Trexler ET**, Smith-Ryan AE. Int J Sport Nutr Exerc Metab. 2015 Dec;25(6):607-23. doi: 10.1123/ijsnem.2014-0193.
52. International society of sports nutrition position stand: Beta-Alanine. **Trexler ET**, Smith-Ryan AE, Stout JR, Hoffman JR, Wilborn CD, Sale C, Kreider RB, Jäger R, Earnest CP, Bannock L, Campbell B, Kalman D, Ziegenfuss TN, Antonio J. J Int Soc Sports Nutr. 2015 Jul 15;12:30. doi: 10.1186/s12970-015-0090-y.
53. Muscle size, quality, and body composition: characteristics of division I cross-country runners. Roelofs EJ, Smith-Ryan AE, Melvin MN, Wingfield HL, **Trexler ET**, Walker N. J Strength Cond Res. 2015 Feb;29(2):290-6. doi: 10.1519/JSC.0000000000000729.
54. Muscle characteristics and body composition of NCAA division I football players. Melvin MN, Smith-Ryan AE, Wingfield HL, Ryan ED, **Trexler ET**, Roelofs EJ. J Strength Cond Res. 2014 Dec;28(12):3320-9. doi: 10.1519/JSC.0000000000000651.
55. Effects of pomegranate extract on blood flow and running time to exhaustion. **Trexler ET**, Smith-Ryan AE, Melvin MN, Roelofs EJ, Wingfield HL. Appl Physiol Nutr Metab. 2014 Sep;39(9):1038-42. doi: 10.1139/apnm-2014-0137.
56. Metabolic adaptation to weight loss: implications for the athlete. **Trexler ET**, Smith-Ryan AE, Norton LE. J Int Soc Sports Nutr. 2014 Feb 27;11(1):7. doi: 10.1186/1550-2783-11-7.

**REFEREED ABSTRACT PUBLICATIONS & PRESENTATIONS**

1. Eric T. Trexler, Kara C. Anderson, Alexis A. Pihoker, Gena R. Gerstner, Katie R. Hirsch, Malia N. M. Blue, Austin M. Peterjohn, Eric D. Ryan, Abbie E. Smith-Ryan. Utility of a 4-Compartment dual-energy x-ray absorptiometry-derived body composition estimate in normal-weight and overweight adults. 2018 NSCA National Conference (Indianapolis, IN). 14 July 2018.

## **Eric T. Trexler, PhD**

**CISSN, CSCS\*D**

2. Katie R. Hirsch, Malia M. Blue, Eric T. Trexler, Kara C. Anderson, Alexis A. Pihoker, Austin M. Peterjohn, Abbie E. Smith-Ryan. Visceral adipose tissue norms in adults ages 18-75 years measured using dual energy x-ray absorptiometry. 2018 NSCA National Conference (Indianapolis, IN). 14 July 2018.
3. Malia N. M. Blue, Katie R. Hirsch, Eric T. Trexler, Alexis A. Pihoker, Austin M. Peterjohn, Kara C. Anderson, Abbie E. Smith-Ryan. Establishing Normative Fat Free Mass Index Values in Female Athletes. 2018 NSCA National Conference (Indianapolis, IN). 14 July 2018.
4. Alexis A. Pihoker, Austin M. Peterjohn, Eric T. Trexler, Katie R. Hirsch, Malia N.M. Blue, Kara C. Anderson, Abbie E. Smith-Ryan. Nutrient Timing in Resistance-Trained Females and Its Effects on Strength, Body Composition, and Acute Metabolic Adaptations. 2018 NSCA National Conference (Indianapolis, IN). 14 July 2018.
5. Austin M. Peterjohn, Kara C. Anderson, Katie R. Hirsch, Malia N. M. Blue, Alexis A. Pihoker, Eric T. Trexler, Abbie E. Smith-Ryan. Extracellular Fluid Volume as a Predictor of Obesity Among College Students. 2018 NSCA National Conference (Indianapolis, IN). 14 July 2018.
6. Malia N.M. Blue, Katie R. Hirsch, Eric T. Trexler, Kara C. Anderson, Alexis A. Pihoker, Austin M. Peterjohn, Abbie E. Smith-Ryan. Bone mineral density in NCAA Division I female athletes. 2018 ISSN Annual Conference (Clearwater, FL). 8 June 2018.
7. Katie R. Hirsch, Kara C. Anderson, Alexis A. Pihoker, Meredith G. Mock, Malia M.N. Blue, Austin M. Peterjohn, Eric T. Trexler, Abbie E. Smith-Ryan. The relationship between absolute and relative lean mass with cardiometabolic outcomes. 2018 ISSN Annual Conference (Clearwater, FL). 8 June 2018.

\*Winner, Doctoral Student Poster Award

8. Alexis A. Pihoker, Eric T. Trexler, Austin M. Peterjohn, Gregory L. Nuckols, Malia N. M. Blue, Katie R. Hirsch, Kara C. Anderson, Abbie E. Smith-Ryan. Characterization of Fat-Free Mass Index and Body Fat Mass Index: Relationship to Strength Performance in Resistance-Trained Females. 2018 ACSM National Conference (Minneapolis, MN). 2 June 2018.
9. Gregory L. Nuckols, Kara C. Anderson, Austin M. Peterjohn, Katie R. Hirsch, Malia N. M. Blue, Alexis A. Pihoker, Eric T. Trexler, Abbie E. Smith-Ryan. Influence of sex on the relationship between two estimates of visceral adipose tissue. 2018 ACSM National Conference (Minneapolis, MN). 2 June 2018.
10. Kara C. Anderson, Katie R. Hirsch, Malia N. M. Blue, Austin M. Peterjohn, Gregory L. Nuckols, Eric T. Trexler, Alexis A. Pihoker, Abbie E. Smith-Ryan. The Characterization of Normal Weight Obesity in College Students. 2018 ACSM National Conference. (Minneapolis, MN). 2 June 2018.
11. Katie R. Hirsch, Malia N. M. Blue, Kara C. Anderson, Eric T. Trexler, Brittney A. Luc-Harkey, Hope C. Davis, Brian Pietrosimone, Abbie E. Smith-Ryan. The Use of Dual Energy X-Ray Absorptiometry for the Identification of Knee Osteoarthritis. 2018 ACSM National Conference (Minneapolis, MN). 2 June 2018.
12. Alexis A. Pihoker, Austin M. Peterjohn, Gregory L. Nuckols, Katie R. Hirsch, Malia N. M. Blue, Kara C. Anderson, Eric T. Trexler, Abbie E. Smith-Ryan. Evaluation of relationships between body composition, maximal strength, and resting metabolism in resistance-trained females. 2018 SEACSM Regional Conference. (Chattanooga, TN). 17 February 2018.
13. Katie R. Hirsch, Malia N. M. Blue, Meredith G. Mock, Eric T. Trexler, Abbie E. Smith-Ryan. Habitual macronutrient intake, body composition, and metabolism: sex-based differences. 2018 Southeast ACSM Regional Conference. (Chattanooga, TN). 17 February 2018.

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

14. Kara C. Anderson, Katie R. Hirsch, Malia N. M. Blue, Austin M. Peterjohn, Gregory L. Nuckols, Alexis A. Pihoker, Eric T. Trexler, Abbie E. Smith-Ryan. The association between waist to hip ratio and android to gynoid fat ratio in college women with a normal BMI. 2018 SEACSM Regional Conference (Chattanooga, TN). 17 February 2018.
15. Gregory L. Nuckols, Kara C. Anderson, Austin M. Peterjohn, Katie R. Hirsch, Malia N.M. Blue, Alexis A. Pihoker, Eric T. Trexler, Abbie E. Smith-Ryan. No relationship between dual-energy X-ray absorptiometry and ultrasound estimates of visceral adipose tissue in collegiate women with normal BMI. 2018 SEACSM Regional Conference (Chattanooga, TN). 17 February 2018.
16. Eric T. Trexler, Abbie E. Smith-Ryan, J. D. DeFreese, Stephen W. Marshall, Kevin M. Guskiewicz, Zachary Y. Kerr. Body mass index changes after retirement are associated with cardiometabolic disease prevalence in retired professional football players.\* 2017 NSCA National Conference (Las Vegas, NV). 14 July 2017.  
  
\*Finalist, Doctoral Student Poster Award
17. Malia N. M. Blue, Eric T. Trexler, Katie R. Hirsch, Abbie E. Smith-Ryan. Body composition, omega-3 and vitamin D profile in National Football League players. 2017 NSCA National Conference (Las Vegas, NV). 14 July 2017.
18. Meredith G. Mock, Alexis A. Pihoker, Kara C. Anderson, Katie R. Hirsch, Malia N. M. Blue, Eric T. Trexler, Abbie E. Smith-Ryan. Influence of a Probiotic Blend on Body Composition and Health in Occupational Shift-workers. 2017 NSCA National Conference (Las Vegas, NV). 14 July 2017.
19. Alexis A. Pihoker, Katie R. Hirsch, Malia N. M. Blue, Eric T. Trexler, Kara C. Anderson, Meredith G. Mock, Abbie E. Smith-Ryan. A Comparison of Seasonal Body Composition Changes in NCAA Division I Cross-country Runners by Class and Injury Incidence. 2017 NSCA National Conference (Las Vegas, NV). 14 July 2017.
20. Eric T. Trexler, Katie R. Hirsch, Malia N. M. Blue, Meredith G. Mock, Abbie E. Smith-Ryan. Estimating body composition at baseline and tracking changes during weight loss: Validity of common methods in comparison to a criterion four-compartment model. 2017 ISSN National Conference (Phoenix, AZ). 24 June 2017.
21. Katie R. Hirsch, Malia N. M. Blue, Eric T. Trexler, Alexis A. Pihoker, Shawn Ahuja, Kara C. Anderson, Meredith G. Mock, Abbie E. Smith-Ryan. The effects of protein supplementation on body composition and metabolic rate changes following bariatric surgery. 2017 ISSN National Conference (Phoenix, AZ). 24 June 2017.
22. Alexis A. Pihoker, Meredith G. Mock, Katie R. Hirsch, Malia N. M. Blue, Kara C. Anderson, Eric T. Trexler, Abbie E. Smith-Ryan. Characterization of body composition, blood lipids, and nutrition profile in female healthcare shift-workers when stratified by protein intake. 2017 ISSN National Conference (Phoenix, AZ). 24 June 2017.
23. Eric T. Trexler, Abbie E. Smith-Ryan, J. D. DeFreese, Stephen W. Marshall, Kevin M. Guskiewicz, Zachary Y. Kerr. Body Mass Index Changes After Retirement are Associated with Cardiometabolic Disease Prevalence in Retired NFL Football Players. 2017 Human Movement Science and Biomechanics Research Symposium (Chapel Hill, NC). 31 March 2017.
24. Malia N. M. Blue, Eric T. Trexler, Katie R. Hirsch, Abbie E. Smith-Ryan. A Profile of Body Composition, Omega-3, and Vitamin D in a Subset of National Football League Players. 2017 Human Movement Science and Biomechanics Research Symposium (Chapel Hill, NC). 31 March 2017.
25. Meredith G. Mock, Alexis A. Pihoker, Kara C. Anderson, Katie R. Hirsch, Eric T. Trexler, Malia N. M. Blue, Abbie E. Smith-Ryan. Influence of a Probiotic Blend on Body Composition and Health in Occupational Shift-Workers. 2017 Human Movement Science and Biomechanics Research Symposium (Chapel Hill, NC). 31 March 2017.

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

26. Alexis A. Pihoker, Katie R. Hirsch, Malia N. M. Blue, Eric T. Trexler, Kara C. Anderson, Meredith G. Mock, Abbie E. Smith-Ryan. A Comparison of Seasonal Body Composition Changes in NCAA Division 1 Cross-Country Runners by Class and Injury Incidence. 2017 Human Movement Science and Biomechanics Research Symposium (Chapel Hill, NC). 31 March 2017.
27. Kara C. Anderson, Alexis A. Pihoker, Katie R. Hirsch, Malia N.M. Blue, Eric T. Trexler, Meredith G. Mock, Abbie E. Smith-Ryan. The Association of Body Composition and Performance among Female Gymnasts and Cross Country Runners. 2017 Human Movement Science and Biomechanics Research Symposium (Chapel Hill, NC). 31 March 2017.
28. Marcella Torres, Angela Reynolds, Eric T. Trexler, Abbie E. Smith-Ryan. A Mathematical Model of the Effects of Resistance Training on Body Composition. 2017 Biology and Medicine Through Mathematics Conference (Richmond, VA). 18 May 2017.
29. Katie R. Hirsch, Meredith G. Mock, Eric T. Trexler, Malia N.M. Blue, Abbie E. Smith-Ryan. Validation of a system-specific dual-energy x-ray absorptiometry-derived body volume equation for 4-compartment body composition calculations. 2017 ACSM National Conference (Denver, CO). 3 June 2017.
30. Katie R. Hirsch, Malia N. M. Blue, Eric T. Trexler, Meredith G. Mock, Abbie E. Smith-Ryan. Influence of segmental body composition and adiposity hormones on resting metabolic rate and substrate utilization in overweight and obese adults. 2017 SEACSM Regional Conference (Greenville, SC). 18 February 2017.
31. Alexis A. Pihoker, Katie R. Hirsch, Malia N. M. Blue, Eric T. Trexler, Kara Anderson, Meredith G. Mock, Abbie E. Smith-Ryan. Assessment of longitudinal changes in body composition over multiple years of NCAA Division I cross country running. 2017 SEACSM Regional Conference (Greenville, SC). 18 February 2017.
32. Eric T. Trexler, Malia N. M. Blue, J. Bryan Mann, Jerry L. Mayhew, Katie R. Hirsch, Meredith G. Mock, Abbie E. Smith-Ryan. Fat-free mass index in NCAA Division I college football players.\* 2016 NSCA National Conference (New Orleans, LA). 9 July 2016.  
  
\*Finalist, Doctoral Student Poster Award
33. Katie R. Hirsch, Eric T. Trexler, Meredith G. Mock, Malia N. M. Blue, Abbie E. Smith-Ryan. Implications of a high-fat, high-fiber breakfast meal replacement on body composition, metabolic markers, and satiety.\* 2016 NSCA National Conference (New Orleans, LA). 9 July 2016.  
  
\*Winner, Master's Student Poster Award
34. Meredith G. Mock, Katie R. Hirsch, Eric T. Trexler, Malia N. M. Blue, Abbie E. Smith-Ryan. Dual-energy x-ray absorptiometry and b-mode ultrasound estimation of visceral adiposity: Associations with total body composition and metabolic risk. 2016 NSCA National Conference (New Orleans, LA). 9 July 2016.
35. Andrew Pardue, Wayland Tseh, Lisa Sprod, Eric T. Trexler, Abbie E. Smith-Ryan. Case study: Longitudinal effects of contest preparation on psychological, physiological, and performance attributes on a drug-free bodybuilder. 2016 NSCA National Conference (New Orleans, LA). 9 July 2016.
36. Eric T. Trexler, Katie R. Hirsch, Bill I. Campbell, Meredith G. Mock, Abbie E. Smith-Ryan. Physiological changes following competition in male and female physique athletes: A pilot study. 2016 ISSN National Conference (Clearwater, FL). 11 June 2016.
37. Katie R. Hirsch, Meredith G. Mock, Malia N. M. Blue, Eric T. Trexler, Erica J. Roelofs, Abbie E. Smith-Ryan. The effects of post-exercise ingestion of a high molecular weight glucose on cycle performance in female cyclists. 2016 ISSN National Conference (Clearwater, FL). 11 June 2016.

## **Eric T. Trexler, PhD**

CISSN, CSCS\*D

38. Laurin Conlin, Danielle Aguilar, Bill I. Campbell, Layne Norton, Katie Coles, Eric T. Trexler, Nic Martinez. Inclusive vs. exclusive dieting and the effects on body composition in resistance trained individuals. 2016 ISSN National Conference (Clearwater, FL). 11 June 2016.
39. Katie R. Hirsch, Meredith G. Mock, Eric T. Trexler, Malia N.M. Blue, Abbie E. Smith-Ryan. Regional distribution of body composition: associations with metabolic health in overweight and obese adults. 2016 ACSM National Conference (Boston, MA). 4 June 2016.
40. Meredith G. Mock, Eric D. Ryan, Gena R. Gerstner, Katie R. Hirsch, Eric T. Trexler, Abbie E. Smith Ryan. Validity of a multi-compartment body composition model using body volume derived from dual-energy x-ray absorptiometry. 2016 ACSM National Conference (Boston, MA). 4 June 2016.
41. Katie R. Hirsch, Meredith G. Mock, Eric T. Trexler, Malia N. M. Blue, Abbie E. Smith-Ryan. Characterizing metabolic health in overweight and obese women: clinical and scientific approaches to quantify total and regional body composition. 2016 UNC Women in Science Symposium (Chapel Hill, NC). 6 April 2016.
42. Eric T. Trexler, Katie R. Hirsch, Meredith G. Mock, Abbie E. Smith-Ryan. Fat-free mass index and longitudinal body composition changes in NCAA Division I college football players. 2016 Human Movement Science Curriculum Research Symposium. (Chapel Hill, NC). 26 February 2016.
43. Katie R. Hirsch, Meredith G. Mock, Eric T. Trexler, Malia N.M. Blue, Abbie E. Smith-Ryan. Regional distribution of body composition: associations with metabolic health in overweight and obese adults. 2016 Human Movement Science Curriculum Research Symposium. (Chapel Hill, NC). 26 February 2016.
44. Katie R. Hirsch, Eric T. Trexler, Meredith G. Mock, Malia N.M. Blue, Abbie E. Smith-Ryan. Relationships between body composition, resting metabolic rate, and fuel utilization in overweight and obese women. 2016 Southeast ACSM Conference (Greenville, SC). 20 February 2016.
45. Meredith G. Mock, Katie R. Hirsch, Eric T. Trexler, Malia M.N. Blue, Abbie E. Smith-Ryan. Effect of android to gynoid ratio on fuel utilization in overweight and obese populations. 2016 Southeast ACSM Conference (Greenville, SC). 20 February 2016.
46. Eric T. Trexler, Erica J. Roelofs, Katie R. Hirsch, Meredith G. Mock, Abbie E. Smith-Ryan. Effects of coffee and caffeine anhydrous intake during creatine loading.\* 2015 NSCA National Conference (Orlando, FL). 11 July 2015.  
  
\*Winner, Master's Student Poster Award
47. Katie R. Hirsch, Erica J. Roelofs, Eric T. Trexler, Meredith G. Mock, Abbie E. Smith-Ryan. Acute effects of a mushroom blend on oxygen kinetics, peak power, and time to fatigue. 2015 NSCA National Conference (Orlando, FL). 11 July 2015.
48. Erica J. Roelofs, Katie R. Hirsch, Eric T. Trexler, Meredith G. Mock, Abbie E. Smith-Ryan. Effects of pomegranate extract on anaerobic exercise performance and resting cardiovascular responses. 2015 NSCA National Conference (Orlando, FL). 11 July 2015.
49. Timothy J. Barnette, Eric D. Ryan, Erica J. Roelofs, Eric T. Trexler, Hailee L. Wingfield, Andrew J. Tweedell, Malia N. Melvin, Craig R. Kleinberg, Eric J. Sobolewski, Abbie E. Smith-Ryan. Effect of far-infrared compression garments on recovery following acute high intensity eccentric exercise. 2015 NSCA National Conference (Orlando, FL). 11 July 2015.
50. Eric T. Trexler, Erica J. Roelofs, Katie R. Hirsch, Meredith G. Mock, Abbie E. Smith-Ryan. Effects of coffee and caffeine anhydrous on strength and sprint performance. 2015 ISSN National Conference (Austin, TX). 13 June 2015.

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

51. Erica J. Roelofs, Eric T. Trexler, Katie R. Hirsch, Meredith G. Mock, Abbie E. Smith-Ryan. Effects of pomegranate extract on anaerobic exercise and cardiovascular responses.\* 2015 ISSN National Conference (Austin, TX). 13 June 2015.  
  
\*Winner, Student Poster Award
52. Katie R. Hirsch, Meredith G. Mock, Erica J. Roelofs, Eric T. Trexler, Abbie E. Smith-Ryan. Chronic supplementation of a mushroom blend on oxygen kinetics, peak power, and time to exhaustion. 2015 ISSN National Conference (Austin, TX). 13 June 2015.
53. Abbie E. Smith-Ryan, Eric T. Trexler, Erica J. Roelofs, Katie R. Hirsch. Portable body composition assessment in overweight individuals: Novel ultrasound imaging. Translational Science 2015 (Washington, DC). 17 April 2015.
54. Eric T. Trexler, Erica J. Roelofs, Katie R. Hirsch, Abbie E. Smith-Ryan. Body composition, muscle quality, and scoliosis in female division I collegiate gymnasts. 2015 Human Movement Science and Biomechanics Research Symposium (Chapel Hill, NC). 17 April 2015.
55. Erica J. Roelofs, Eric T. Trexler, Katie R. Hirsch, Abbie E. Smith-Ryan. Effects of a division I swim season on body composition and muscle characteristics and relations to performance. 2015 Human Movement Science and Biomechanics Research Symposium (Chapel Hill, NC). 17 April 2015.
56. Katie R. Hirsch, Erica J. Roelofs, Eric T. Trexler, Meredith Mock, Abbie E. Smith-Ryan. Body composition and muscle characteristics between events and after a year of training in division I track and field athletes. 2015 Human Movement Science and Biomechanics Research Symposium (Chapel Hill, NC). 17 April 2015.
57. Meredith G. Mock, Katie R. Hirsch, Erica J. Roelofs, Eric T. Trexler, Abbie E. Smith-Ryan. Effects of macronutrient intake on substrate utilization: Potential sex differences. 2015 UNC Celebration of Undergraduate Research. 15 April 2015.
58. Eric T. Trexler, Abbie E. Smith-Ryan, Erica J. Roelofs, Katie R. Hirsch. Effects of coffee and caffeine anhydrous on strength and sprint performance. 2015 UNC Academic Research Conference (Chapel Hill, NC). 4 March 2015.
59. Eric T. Trexler, Erica J. Roelofs, Jordan J. Outlaw, Katie R. Hirsch, Abbie E. Smith-Ryan. Relationship between body composition, muscle quality, and performance in female division I collegiate gymnasts. 2015 SEACSM Annual Meeting (Jacksonville, FL). 12 February 2015.
60. Katie R. Hirsch, Erica J. Roelofs, Eric T. Trexler, Jordan J. Outlaw, Abbie E. Smith-Ryan. Differences in body composition between events and after a year of training in division I track and field athletes. 2015 SEACSM Annual Meeting (Jacksonville, FL). 12 February 2015.
61. Jordan J. Outlaw, Abbie E. Smith-Ryan, Erica J. Roelofs, Eric T. Trexler, Katie R. Hirsch. Body composition changes among division I collegiate football linemen across a year. 2015 SEACSM Annual Meeting (Jacksonville, FL). 12 February 2015.
62. Erica J. Roelofs, Abbie E. Smith-Ryan, Eric T. Trexler, Jordan J. Outlaw, Katie R. Hirsch. The effects of a division I swim season on body composition and muscle characteristic measures. 2015 SEACSM Annual Meeting (Jacksonville, FL). 12 February 2015.
63. Eric T. Trexler, Abbie E. Smith-Ryan, Hailee L. Wingfield, Malia N. Melvin, Erica J. Roelofs. High-intensity interval training: Effects of work interval duration on lean mass and maximal cycling performance. 2014 NSCA National Conference (Las Vegas, NV). 10 July 2014.

## **Eric T. Trexler, PhD**

CISSN, CSCS\*D

64. Malia N. Melvin, Abbie E. Smith-Ryan, Hailee L. Wingfield, Erica J. Roelofs, Eric T. Trexler. Muscle characteristics and body composition across player position in NCAA Division I football players. 2014 NSCA National Conference (Las Vegas, NV). 10 July 2014.
65. Hailee L. Wingfield, Abbie E. Smith-Ryan, Malia N. Melvin, Erica J. Roelofs, Eric T. Trexler, Anthony C. Hackney. The acute effect of exercise and nutrition on energy expenditure in women. 2014 NSCA National Conference (Las Vegas, NV). 10 July 2014.
66. Eric T. Trexler, Abbie E. Smith-Ryan, Hailee L. Wingfield, Malia N. Melvin, Erica J. Roelofs. Effects of dietary macronutrient distribution on resting and post-exercise metabolism. 2014 ISSN Annual Conference (Clearwater, FL). 21 June 2014.
67. Malia N. Melvin, Eric T. Trexler, Erica J. Roelofs, Hailee L. Wingfield, Abbie E. Smith-Ryan. The effects of pomegranate extract on blood flow, vessel diameter, and exercise tolerance. 2014 ISSN Annual Conference (Clearwater, FL). 21 June 2014.
68. Hailee L. Wingfield, Abbie E. Smith-Ryan, Malia N. Melvin, Erica J. Roelofs, Eric T. Trexler. 2014 ISSN Annual Conference (Clearwater, FL). 21 June 2014.
69. Abbie E. Smith-Ryan, Malia Melvin, Hailee Wingfield, Sarah Fultz, Erica Roelofs, Eric Trexler. Field-based body composition assessments in overweight individuals: novel ultrasound imaging, skinfolds, & multi-compartment criterion. 2014 ACSM Annual Meeting (Orlando, FL). 30 May 2014.
70. Erica J. Roelofs, Abbie E. Smith-Ryan, Malia N. Melvin, Hailee L. Wingfield, Eric T. Trexler, Nina Walker. Relationship between stress fractures, muscle size, quality, and body composition in Division I cross-country runners. 2014 ACSM Annual Meeting (Orlando, FL). 28 May 2014.
71. Allan J. Sommer, Alexandra L. Ianni, Jeff A. Conkle, Kevin E. Schill, Eric T. Trexler, Brian C. Focht, Steven T. Devor. Hydration efficacy of a hyperoxygenated nutritionally enhanced beverage in experienced runners. 2013 ACSM Annual Meeting (Indianapolis, IN). 1 June 2013.

### **OTHER PRESENTATIONS**

1. Eric T. Trexler et al (panel discussion). "Careers in Exercise Physiology." Guest lecture, EXSS 785 (graduate seminar). University of North Carolina (Chapel Hill, NC). 5 October 2022.
2. Eric T. Trexler. "An update on metabolic adaptation." Stronger together PNW fitness conference (Seattle, WA). 6 August 2022.
3. Eric T. Trexler. "The Energy Cost of Exercise: How to Estimate and Account for It." Invited lecture for the Sports Nutrition Association (Virtual; Australia). 29 June 2022.
4. Eric T. Trexler. "Applications of fat-free mass index in the college football setting." Invited presentation for a Division I college football team (Virtual; team redacted for confidentiality). 26 May 2022.
5. Eric T. Trexler. "Diet Breaks and Refeeds: Why, When, and How?" Invited lecture for the Sports Nutrition Association (Virtual; Australia). 31 August 2021.
6. Eric T. Trexler. "Plant-based versus animal-based protein sources for lifters." The natural peaking science based webinar (Virtual; Italy). 29 May 2021.

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

7. Eric T. Trexler. "Setting up a diet for successful fat loss." One Fitness Weekend Summit 2020 (Virtual; Mexico). 26 September 2020.
8. Eric T. Trexler, Jackson Peos, Eric Helms, and Laurin Conlin (panel discussion). "Nutrition for Performance & Physique." The ultimate evidence-based conference 2020 (Virtual; Australia). 9 May 2020.
9. Eric T. Trexler. "What Coaches, Trainers, and Athletes Should Know About Dietary Supplements." NSCA State Conference (Virtual; Kentucky, USA). 25 April 2020.
10. Eric T. Trexler. "Dietary supplements for physique and performance enhancement." One Fitness Weekend Summit 2019 (Mexico City, Mexico). 29 June 2019.
11. Eric T. Trexler. "How to use scientific research to improve your clients' results." One Fitness Weekend Summit 2019 (Mexico City, Mexico). 30 June 2019.
12. "Dietary supplements for physique and performance enhancement." Inland Empire Fitness Conference (Spokane, WA). 13 April 2019.
13. Eric T. Trexler. "Evidence-based approaches to preparation for physique sports." ISSN- Coastal Carolina University (Conway, SC). 1 December 2018.
14. Eric T. Trexler. "Scientific Bases of Nutrition of Optimal Physique and Performance in Fitness Sports." 19th International Symposium, Modern Science and Practice for Strength and Endurance Training (Jyvaskyla, Finland). 12 October 2018.
15. Eric T. Trexler. "Dietary Supplements for Physique and Performance Enhancement." Flexible Fitness & Nutrition Summit (Chicago, IL). 25 August 2018.
16. Eric T. Trexler. "Body Composition in American Football Players: Implications for Nutrition Strategies." NSCA Nutrition, Metabolism, and Body Composition Special Interest Group Meeting; 2017 NSCA National Conference (Las Vegas, NV). 14 July 2017.
17. Eric T. Trexler. "Common Body Composition Techniques: Cross-sectional and Longitudinal Validity." Data Blitz; 2017 ISSN National Conference (Phoenix, AZ). 23 June 2017.
18. Eric T. Trexler and Jacob Mota. "Research and Graduate School in Exercise Science." Guest lecture, ESS 325: Exercise and Fitness Assessment. Meredith College (Raleigh, NC, via webcam). 13 April 2017.
19. Eric T. Trexler, Katie Hirsch, and Malia Melvin. "Sports Medicine: Exercise Physiology and Sports Nutrition." Invited presentation, 2016 Health Careers Symposium for Students, Educators, and Counselors. Sponsored by University of North Carolina Health Care Volunteer Association. 20 October 2016.
20. Eric T. Trexler. "Contest Prep and Recovery: Show Me the Data!" Invited presentation, 2016 BioLayne VIP Camp. Tampa, FL. 5 August 2016.
21. Eric T. Trexler. "Nitric Oxide Precursors: Boosting N.O. to Enhance Performance and Blood Flow." Invited presentation, ISSN Sports Nutrition and Athletic Performance Workshop. Coastal Carolina University (Conway, SC). 19 March 2016.
22. Eric T. Trexler. Royster Advanced Mentoring Program Panel Discussion. Invited panelist. University of North Carolina (Chapel Hill, NC). 25 February 2016.
23. Eric T. Trexler. "Respiration, Part 2." Guest lecture, EXSS 376: Exercise Physiology. University of North Carolina (Chapel Hill, NC). 26 October 2015.

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

24. Eric T. Trexler. "Respiration, Part 1." Guest lecture, EXSS 376: Exercise Physiology. University of North Carolina (Chapel Hill, NC). 21 October 2015.
25. Eric T. Trexler. "Education and Careers in Exercise Science." Guest lecture, Exercise Science Association, Temple University (Philadelphia, PA, via webcam). 19 October 2015.
26. Eric T. Trexler. "Graduate School in Exercise Science." Guest lecture, EXSS 415: Personal Fitness Leadership. Coastal Carolina University (Conway, SC, via webcam). 23 June 2015.
27. Eric T. Trexler. "Meal Frequency." Guest lecture, EXSS 360: Sports Nutrition. University of North Carolina (Chapel Hill, NC). 2 October 2014.
28. Eric T. Trexler. "Tips for Teaching Weight Training." 2014 LFIT Teaching Assistant Orientation Workshop. Chapel Hill, NC. 14 August 2014.
29. Eric T. Trexler. "Ergogenic Aids for Strength and Physique Sports." INOV8 Elite Performance Camp (Lexington, KY). 15 February 2014.
30. Eric T. Trexler. "Fitness and Nutrition: Search For Simplicity." Continental Message Solution, Inc. (Columbus, OH). 9 April 2013.
31. Eric T. Trexler, Dmitry Tumin, John Downing, and Luis Salomon. "The Basic Fundamentals of Strength Training." On behalf of Buckeye Barbell Club, in conjunction with the National Society of Collegiate Scholars (Columbus, OH). 12 January 2013.
32. Eric T. Trexler. "Nutrition Strategies for Optimizing Body Composition." CHAARG (Columbus, OH). 5 October 2012.
33. Eric T. Trexler. "Nutrition Principles for Powerlifting." OSU Barbell Club (Columbus, OH). 1 October 2012.
34. Eric T. Trexler. "Safe and Effective Squat and Deadlift Technique." CHAARG (Columbus, OH). 7 February 2012.

**COMMITTEES AND MENTORSHIP**

**DOCTORAL DISSERTATION COMMITTEES – MEMBER**

**Department of Exercise Science and Health Promotion at Florida Atlantic University:**

Zac Robinson (Graduation date TBD)

*The effect of resistance training volume on individual-level skeletal muscle adaptations*

**MASTER'S THESIS COMMITTEES – MEMBER**

**Department of Exercise Science and Health Promotion at Florida Atlantic University:**

Rebecca Cerminaro (2021)

*The longitudinal relationship between repetitions in reserve and average concentric velocity in the back squat and bench press*

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

Landyn Hickmott (2020)

*Relationship between velocity and repetitions in reserve in the back squat, bench press, and deadlift*

**Department of Exercise and Sport Science at UNC Chapel Hill:**

Alexis Pihoker (2018)

*Nutrient timing in resistance-trained women*

Meredith Mock (2017)

*The effects of probiotics on body composition, exercise tolerance, and mood in shift workers*

**MENTORSHIP**

***Graduate Students***

Zac Robinson (Florida Atlantic University) – 2022

Rebecca Cerminaro (Florida Atlantic University) – 2021

Landyn Hickmott (16Florida Atlantic University) – 2020

Madelin Siedler (University of South Florida) – 2020

Megan Lewis (University of South Florida) – 2020

Jaymes Longstrom (University of South Florida) – 2019

Lauren Colenso-Semple (University of South Florida) – 2019

Alexis Pihoker (UNC Chapel Hill) – 2018

Meredith Mock (UNC Chapel Hill) – 2017

***Undergraduate Students***

Royster Advanced Mentoring Program (UNC Chapel Hill)

2017-2018 Mentee: Vanessa Bright

2016-2017 Mentee: Michael Bass

2015-2016 Mentee: Oluwole Thompson

Dale Keith (UNC Chapel Hill) – 2018

Casey Greenwalt (UNC Chapel Hill) – 2018

Assem Patel (UNC Chapel Hill) – 2018

Shawn Ahuja (UNC Chapel Hill) – 2017

Andrew Pardue (UNC Wilmington) – 2017

**GRANT-FUNDED PROJECTS**

**AS CO-PRINCIPAL INVESTIGATOR**

National Strength and Conditioning Association

Title: Performance effects of citrulline malate and beetroot juice supplementation

Role: Co-Principal Investigator (with primary faculty advisor)

Period: Jan 2018-Dec 2019

Amount: \$15,000.00

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

Biolayne Foundation

Title: An Evaluation of physiological post-competition changes in physique athletes  
Role: Co-Principal Investigator (with primary faculty advisor)  
Period: August 2014-June 2015  
Amount: \$10,000.00

National Strength and Conditioning Association

Title: Effects of creatine, coffee, and caffeine on strength and sprint performance.  
Role: Co-Principal Investigator (with primary faculty advisor)  
Period: June 2014-July 2015  
Amount: \$7,500.00

**AS RESEARCH ASSISTANT**

Naturex

Title: The acute and chronic influence of a botanical supplement on muscle strength and size.  
Role: Primary Study Coordinator  
Period: May 2015-May 2018  
Amount: \$289,777.00

Premier Nutrition

Title: Effects of protein supplementation following bariatric surgery: a feasibility study  
Role: Primary Study Coordinator  
Period: September 2016-August 2018  
Amount: \$43,200.00

NIH R21 – NICHD/NCMRR

Title: High intensity interval training for knee osteoarthritis  
Role: Research Assistant  
Period: July 2017-August 2019  
Amount: \$250,000.00

NIH R21

Title: Interval exercise training in cancer survivors before allogenic stem cell transplant.  
Role: Research Assistant  
Period: August 2015-July 2018  
Amount: \$418,000.00

NIH R01

Title: Sensitive and specific detection of BAT tissue and activity by magnetic resonance with hyperpolarized Xe-129  
Role: Research Assistant  
Period: August 2015-July 2019  
Amount: \$1,821,849.20

Rehabilitation Research Resource to Enhance Clinical Trials

Title: High intensity interval training for knee osteoarthritis  
Role: Research Assistant  
Period: May 2016-May 2018  
Amount: \$40,000.00

National Strength and Conditioning Association

Title: Nutrient timing in resistance-trained women

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

Role: Research Assistant  
Period: August 2017-May 2018  
Amount: \$7,500.00

Omniactives Health Inc.  
Title: A Randomized, Double-Blind, Placebo Controlled Study to Evaluate the Effects of a Dietary Supplement on Sexual Health Performance, Function and Quality of Life.  
Role: Research Assistant  
Period: January 2017-December 2018  
Amount: \$75,000.00

National Strength and Conditioning Association  
Title: Influence of probiotics on body composition and health in high-stress, sleep-deprived workers  
Role: Research Assistant  
Period: August 2016-May 2018  
Amount: \$7,500.00

NIH KL2 Career Development Award (1KL2TR001109)  
Title: A translational approach to home-based high-intensity interval training in UNC Family Medicine patients.  
Role: Research Assistant  
Period: May 2014 – May 2017  
Amount: \$25,000 research funds per year

Scivation, Inc.  
Title: Breakfast meal replacement use on body composition and health related quality of life in overweight men and women  
Role: Research Assistant  
Period: March 2015- March 2016  
Amount: \$115,500.00

UNC Nutrition Obesity Research Center (DK056350)  
Title: The acute effects of high intensity interval training on body composition and metabolic and cardiovascular health in overweight/obese men and women  
Role: Research Assistant  
Period: March 2012-March 2014  
Amount: \$33,000.00

Scivation Inc.  
Title: Effect of a mushroom blend on oxygen kinetics and exercise performance.  
Role: Research Assistant  
Period: June 2014-May 2015  
Amount: \$103,952.00

Stiebs Inc  
Title: The effects of a low-dose pomegranate extract on flow mediated dilation and salivary nitrate  
Role: Research Assistant  
Period: February 2015-August 2015  
Amount: \$16,870.00

UNC Junior Faculty Development Award  
Title: Portable measurement of maximal oxygen consumption for an interval exercise intervention.  
Role: Research Assistant  
Period: January 2014-December 31st, 2014  
Amount: \$7,500.00

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

Rhodia, Inc

Title: Effect of the Far infrared emitting fabric on Recovery from Exercise-Induced Muscle Damage

Role: Research Assistant

Period: August 2013-January 2015

Amount: \$131,000.00

Dymatize Enterprises

Title: The acute effects of pomegranate juice on aerobic and anaerobic performance and flow mediated dilation.

Role: Research Assistant

Period: May 2013-May 2014

Amount: \$20,000.00

National Strength and Conditioning Association

Title: An acute metabolic evaluation of an exercise and nutrition intervention

Role: Research Assistant

Period: June 2013-July 2014

Amount: \$5,000.00

**SERVICE AND EXTRACURRICULAR INVOLVEMENT**

**PROFESSIONAL MEMBERSHIPS AND CERTIFICATIONS**

International Society of Sports Nutrition (ISSN)

**2014 – Present**

Certified sports nutritionist (CISSN)

**2014 – Present**

National Strength and Conditioning Association (NSCA)

**2013 – Present**

Certified Strength and Conditioning Specialist with Distinction (CSCS\*D)

**2013 – Present**

Executive Council Member, Bodybuilding and Fitness

**2018 – 2020**

Competition Special Interest Group

Student Representative; Nutrition, Metabolism, and

**2016 – 2018**

Body Composition Special Interest Group

Collaborative Institutional Training Initiative (CITI)

**2013 – 2018**

Biomedical Responsible Conduct of Research

Good Clinical Practice for Clinical Trials

Human Research – Group 1 Biomedical Research

American Red Cross

**2013 – Present**

Certified in Adult CPR/AED and First Aid

**2013 – Present**

Instructor for CPR/AED for professional rescuers

**2016 – 2018**

Certified in CPR/AED for professional rescuers

**2016 – 2018**

American College of Sports Medicine (ACSM)

**2012 – 2015**

National Federation of State High School Associations (NFHS)

**2013**

Coaching Certifications:

NFHS Fundamentals of Coaching

NFHS Concussions in Sports

NFHS First Aid for Coaches

**Eric T. Trexler, PhD**  
CISSN, CSCS\*D

**EXTERNAL PEER REVIEWER**

|  |      |
|--|------|
| Sports Medicine  | 2018 |
| Performance Enhancement & Health                                 | 2018 |
| The Physician and Sportsmedicine                                 | 2018 |
| Journal of Strength and Conditioning Research                    | 2017 |
| International Journal of Sport Nutrition and Exercise Metabolism | 2017 |
| Abstract reviewer, NSCA National Conference                      | 2017 |
| Judge (undergraduate posters), NSCA National Conference          | 2017 |
| Abstract reviewer, NSCA National Conference                      | 2016 |
| Judge (undergraduate posters), NSCA National Conference          | 2016 |
| Journal of the International Society of Sports Nutrition         | 2015 |
| International Journal of Sports Medicine                         | 2015 |
| European Journal of Sport Science                                | 2015 |
| Abstract reviewer, NSCA National Conference                      | 2015 |

**EXTRACURRICULAR INVOLVEMENT**

|   |             |
|---|-------------|
| Special Olympics North Carolina<br>Assistant powerlifting coach (volunteer)   | 2014 – 2018 |
| Royster Advanced Mentoring Program<br>Mentor for undergraduate students   | 2015 – 2018 |
| UNC Graduate and Professional Student Federation  | 2013 – 2018 |
| External Appointment- UNC Campus Recreation Board   | 2016 – 2018 |
| Senator representing Human Movement Science Curriculum  | 2015 – 2018 |
| Senator representing the Department of Exercise and Sport Science   | 2013 – 2015 |
| Journal of the International Society of Sports Nutrition<br>Editorial Assistant (volunteer)   | 2014 – 2015 |
| Medical Dialogue<br>Leader of monthly seminar on exercise and nutrition<br>for members of “Medical Dialogue,” a club designed for<br>undergraduate pre-med students | 2014 – 2017 |
| Ohio State Barbell Club   | 2012 – 2013 |
| Ohio State Exercise Science Club  | 2011 – 2013 |