

JOEL T. CRAMER

Curriculum Vita

Education:

Ph.D.	May 2003	Exercise Physiology, University of Nebraska-Lincoln
M.P.E.	May 2001	Exercise Physiology, University of Nebraska-Lincoln
B.A.	Aug 1997	Exercise Science, Creighton University, Omaha, NE

Academic Experience:

- **Professor and Interim Vice Provost for Faculty Excellence, University of Central Florida (UCF); Aug 2024 – present**
 - Twelve-month appointment (100% administrative). Direct report to the Provost; with 70,000 students and 2,000 full-time faculty, this position oversees campus-wide initiatives on awards and recognition; recruitment and retention; promotion and tenure; annual evaluations; policies, procedures, regulations, and guidelines; faculty development; faculty center for teaching and learning; and faculty information systems.
 - *Major Initiatives In Progress:*
 - Campus-wide faculty information system (i.e., Interfolio®) integration
 - Annual evaluation standards and procedures, promotion & tenure criteria, bylaws
 - Recruitment, retention, and development of faculty and administrators
 - Strategic planning for Faculty Excellence in the Big 12 and beyond
- **Professor and Senior Associate Dean for Academic and Faculty Affairs (tenured, continuous appointment), College of Health Professions and Sciences, University of Central Florida (UCF); July 2022 – Aug 2024.**
 - Twelve-month appointment (100% administrative). Direct report to the Dean, chief operating officer to oversee the day-to-day administration of the College, including academic program quality; analytics and integrated planning; compliance, ethics, and risk; facilities and space; faculty excellence; graduate affairs; operational excellence and assessment support; and technology.
 - *Accomplishments:*
 - Organized proposal for new MS in Health Sciences; internal reviews; external reviews; Board of Trustees (BOT); Board of Governors (BOG)

- Currently organizing University-level proposal for 9 new graduate programs to be housed in the College of Health Professions and Sciences; startup / revenue model
- Drafted UCF's first College-level workload guidelines document; held town halls; faculty survey feedback; achieved faculty consensus
- Drafted first College bylaws; currently under review with Faculty Council
- Updated and organized all College-wide policies and procedures
- Led two new faculty orientations for hires in Fall 2022 and Fall 2023; 20+ new faculty
- Streamlined committee election process
- Building positive culture, trust, and safe communication for College faculty and staff
- **Professor and Associate Dean of Academic and Faculty Affairs (tenured, continuous appointment), College of Health Sciences, The University of Texas at El Paso (UTEP); Aug 2020 – June 2022.**
 - Twelve-month appointment (75% administrative, 25% academic). Direct report to the Dean, with responsibilities to support strategic planning, implementation, monitoring, and evaluation of priorities that advance the national presence and success of the College, within the context of recently earned R1 designation as a top tier doctoral university.
 - *Accomplishments:*
 - Led University-wide task force on *contract lifecycle management*, standardizing a digital platform for designated signatories: Legal Affairs, Academic Affairs, Business Affairs, Research and Sponsored Programs, and Institutional Advancement
 - Drafted new guidelines adopted by faculty for College-level annual evaluation criteria
 - Created new websites for College Policies and Templates and Faculty Development (requires SSO) to make transparent all policies, guidelines, and workflows.
 - Developed and managed new annual evaluation process within *Watermark Faculty Success®* (formerly *Digital Measures, Activity Insight*)
 - Provided in-person and virtual training sessions for faculty and administration
 - Drafted new guidelines adopted by faculty for post-tenure reviews
 - Drafted new guidelines adopted by faculty for standing committees in the College
 - Drafted new guidelines on tenure and/or promotion to include non-tenure-track faculty
 - Wrote templates for Dean's annual evaluation and tenure/promotion reviews
 - Led College-specific program demand, cost, yield, revenues, and margins from Ruffalo Noel Levitz (RNL®) overview
 - Led/organized Academic Program Reviews (APRs) for Kinesiology, Public Health
 - Oversaw SACSCOC and College-specific external accreditations of academic programs: Physical Therapy, Occupational Therapy, Speech-Language Pathology, Clinical Laboratory Science, Masters in Public Health, and Social Work
 - HSCI 3322: Sports Nutrition; CHSC 6399: Dissertation; KIN 5397: Graduate Projects; CHSC 6390: Directed Study; CHSC 6385: Independent Study; KIN 4350: Internship
- **Professor (tenured, continuous appointment), University of Nebraska-Lincoln (UNL), Department of Nutrition and Health Sciences; 2012 – 2020.**
 - Earned tenure in 2014, earned promotion to Professor in 2018
 - NUTR 250: Human Nutrition and Metabolism; NUTR 858: Exercise, Sports & Performance Nutrition; NUTR 494/894: Essentials of Strength Training & Conditioning; NUTR 921: Interdepartmental Nutrition Seminar
- **Adjunct Associate Professor, School of Medical and Health Sciences, Edith Cowan University, Perth, Australia; June 1, 2016 – May 31, 2019**
 - Honorary appointment; On-campus access to buildings and resources

- **Associate Professor (tenure-track), Oklahoma State University (OSU), Department of Health and Human Performance; 2011–2012**
 - HHP 2654: Applied Anatomy, HHP 5823: Advanced Applied Anatomy, HHP 5053: Research Design
- **Assistant Professor (tenure-track), University of Oklahoma (OU), Department of Health and Exercise Science; 2005–2011**
 - HES 3843 Biomechanics, HES 3990 Independent Study, HES 3980 Honors Research, HES/IE 5823 Physiology of Exercise, HES 5953 Scientific Investigations, HES 6844 Neuromuscular Physiology, HES 5963 Statistical Applications, HES 6970 Seminar, HES 5980 Research for Master's Thesis, HES 5990/6990 Independent Study, HES 6980 Research for Doctor's Dissertation, HES 6960 Directed Readings
- **Assistant Professor (tenure-track), University of Texas at Arlington (UTA), Department of Kinesiology; 2003–2005**
 - KINE 3315 Physiology of Exercise, KINE 5320 Advanced Physiology of Exercise, KINE 5300 Research Methods in Kinesiology, KINE 5328 Neuromuscular Physiology of Exercise, KINE 5305 Applied Statistics in Kinesiology
- **Graduate Assistant, University of Nebraska-Lincoln (UNL), Department of Health and Human Performance, Center for Youth Fitness and Sports Research; 1999–2003**
 - HHP 207 Human Anatomy Laboratory (cadaver based), HHPG 484/884 Physiology of Exercise Laboratory, HHPG 486/886 Exercise Testing and Programming Laboratory
- **Graduate Assistant, UNL Department of Curriculum and Instruction, Summer 1999**
 - Webmaster for departmental and faculty web pages
- **Graduate Instructor, UNL Office of Campus Recreation; 1998–1999**
 - FIT 102D Weight Training I, FIT 112D Weight Training II, FIT 102E Aerobic Fitness I; Infant, Child, and Adult CPR and First Aid Instructor, Fall 1998–Spring 1999

Consulting and Other Professional Experience:

- **Consultant, Regeneron Pharmaceuticals; 2018–2019**
 - Clinical trial protocol development; Analysis and interpretation of clinical trial results; Investigator training for measurement protocols of clinical trial outcome variables
- **Legal Consultations and Expert Witness Designations, 2010–2013**
 - Expert witness for defendant, class action complaint, United States District Court, Northern District of California; Tucker Durnford (plaintiff) vs. MusclePharm Corp. (defendant); Civil Action No. 09CV1333 W
 - Expert witness for defendant, class action complaint, United States District Court, District of Nevada; Nika Raet Bey (plaintiff) vs. MusclePharm Corp. (defendant); Case No. 2:14-CV-00655-JAD-GWF
 - Expert consultant for defendant, class action complaint, United States District Court, Central District of California; Jake Bruaner (plaintiff) vs. MusclePharm Corp. (defendant); Case No. 2:14-CV-08869-FMO-AGR
 - Expert consultant for defendant, class action complaint, United States District Court, Central District of California; Gabe Watkins (plaintiff) vs. Vital Pharmaceuticals, Inc. and General Nutrition Centers, Inc. (defendants); Case No. CV12-9374 SJO (JCx)
 - Expert consultant for defendant, class action complaint, superior court of the state of California, County of Los Angeles; Londora Thomas (plaintiff) vs. Vital Pharmaceuticals, Inc. (defendant); Case No. BC440964

- Expert witness for defendant, class action complaint, superior court of the state of California, County of San Diego; Matthew Margolin (plaintiff) vs. Vital Pharmaceuticals, Inc. (defendant); Case No. 37-2010-00051561-CU-BT-NC
- Expert witness for defendant, class action complaint, United States District Court, Southern District of California; Zack Aaronson (plaintiff) vs. Vital Pharmaceuticals, Inc. (defendant); Civil Action No. 09CV1333 W
- Expert witness for defendant, class action complaint, United States District Court, Southern District of Florida, Fort Lauderdale Division; Adam Mirabella (plaintiff) vs. Vital Pharmaceuticals, Inc. (defendant); Case No. 0:12-CD-62086-WJZ
- Expert witness for defendant, civil action, United States District Court, Southern District of California; Hansen Beverage Company (plaintiff) vs. Vital Pharmaceutical, Inc. (defendant); Case No. 08-CV-1545 IEG WJG
- Expert for defendant, Label claims challenged by the National Advertising Division of the Council of Better Business Bureaus, Inc.; National Advertising Division vs. Celsius, Inc.
- **Consultant, Abbott Nutrition; 2010–2015, 2016**
 - Clinical trial protocol development; Analysis and interpretation of clinical trial results; Investigator training for measurement protocols of clinical trial outcome variables
- **Manager, General Nutrition Center, Stockyards Plaza, Omaha, NE; 1997–1998**
 - Managed employee schedules, inventory, product purchasing, sales, and service
- **Assistant Strength Coach, Creighton University Athletic Department; 1993–1997**
 - Facility management, periodized strength and conditioning programs for tennis, softball, baseball, volleyball, basketball, soccer, and rowing
 - Member of NCAA Men's Rowing Team at Creighton University, 1994 – 1996

Awards:

- **2020 Certificate of Recognition for Contributions to Students**, Division of Student Affairs, University of Nebraska-Lincoln Teaching Council, UNL Parents Association.
 - UNL Parents Association solicited parents of university students to consult with their student(s), and to nominate a faculty or staff member who *"has made a significant contribution to their lives while at the University"*.
- **2019 Omicron Delta Kappa, Faculty Initiate**. Circle at University of Nebraska-Lincoln.
- **2018 Retiring Board Member, Service Recognition**. Three years of service, elected to the Board of Directors, served 2 years as Secretary/Treasurer. NSCA National Conference, Indianapolis.
- **2018 Recognition of Excellent Performance for outstanding dedication to our college and its students**. UNL College of Education and Human Sciences, Student Advisory Board.
- **Dannon Institute, Academic Mid-Career Nutrition Leadership Institute; June 2016**
Selected for 5-day intensive training program for determining characteristics of senior leaders in higher education; Explore fit for administrative roles in academic departments and schools
- **2015 William J. Kraemer Outstanding Sport Scientist of the Year Award**. NSCA National Conference, Orlando.
- **2011 Nutritional Research Award**. NSCA National Conference, Las Vegas.
- **2011 JSCR Editorial Excellence Award**. NSCA National Conference, Las Vegas.
- **2009 Top Reviewer Award**. Journal of Neuroscience Methods, Elsevier, Camden, London.
- **2009 President's Award**. NSCA National Conference, Las Vegas.

- **2005 Young Investigator of the Year Award.** NSCA National Conference, Las Vegas.
- **2000 Student Research Award.** NSCA National Conference, Orlando.
- **2000 Bronze Award of Appreciation.** NSCA Certification Commission, Orlando.

External Funding (Cumulative Total Awarded = \$3,863,065):

1. Shoemaker ME, PI; **Cramer JT, PI (mentor, sub-I)**; South Dakota State University – American Heart Associate (AHA), April 2024 – March 2027. FP00008598. \$10,597 *under review*.
Student-Led Nutrition and Physical Activity Program to Reduce Cardiovascular Disease and Sarcopenia Outcomes.
2. Park, Joon-Hyuk, PI; Stout JR, Xie, Mangum, Thiamwong, **Cramer JT co-I** – University of Central Florida, National Institutes of Health (NIH), R03, Dec 2023 – Dec 2025. SF-42400000900, FP0000706. \$296,058 *not funded*.
Validity of a VArIable Resistance Suit (VARS) as an effective, safe and home-based resistance training device for sarcopenia prevention and intervention.
3. **Cramer JT, PI**; Shoemaker ME, Balcorta S; Santos A, Gonzales R, Salazar J, Duarte-Gardea M, Smith CM, Segovia M, Boyle J – Paso del Norte Health Foundation HEAL 2022, El Paso, TX. Jul 2022 – Jun 2024. *Est.* \$365,638 *not funded*.
Plata y Oro HEAL (Silver & Gold) HEAL Program: *HEAL* stands for *Healthy Eating & Active Lifestyles*. The program targets two age groups: *Plata* will serve middle-aged adults from 45-64 years, while *Oro* will serve seniors ages 65 and older and will be a joint effort between students/faculty at UTEP and clients/ staff of Centro de Salud Familiar La Fe.
4. Troutman D, PI; Karoff R, PI; Blum T, **Cramer JT (peer member)**, Boyle J, Garza KM, Spencer CT, Rivera JA – The University of Texas System Lumina Grant, Austin, TX. Jan 2022 – Dec 2023. \$550,000, *Funded*. Kinesiology subcontract at UTEP, \$10,000.
Data Agency, Action, and Insight: Redesigning Student Pathways to Ensure Equity through a PAIR cohort to transform curricular pathways resulting in more equitable student access, progression, and completion.
5. **Cramer JT, PI**; Shoemaker ME; Duarte-Gardea M, Smith CM – National Cattlemen’s Beef Association (NCBA), Denver, CO. Jan 2022 – Jan 2024. \$209,680, *not funded*.
Glucose, insulin, and metabolic responses after meals containing beef versus vegan-based alternatives in diabetic, Hispanic men and women: Bench to bedside translational research bridging physiological outcomes with online nutrition education.
6. **Cramer JT, PI**; Shoemaker ME; Duarte-Gardea M; Guevara R; Smith CM; Wagler A; Weir JP – National Institutes of Health (NIH), R16, Support for Research Excellence (SuRE) Award, PAR-21-169, April 2022 – April 2026. \$597,788, *not funded*. Priority/impact score: 47.
Sunshine Vitamin Paradox in the Sun City: Roles of Vitamin D and Metabolic Syndrome on COVID-19 Severity in the Hispanic/Latinx Population.
7. Shoemaker ME, PI; **Cramer JT, PI (mentor)**; Duarte-Gardea M, Smith CM, Salmon O – National Cattlemen’s Beef Association (NCBA), Denver, CO. May 2021 – May 2022. \$44,269 *funded*.
Does vitamin D and iron status mitigate systemic inflammation and improve skeletal muscle health? Interactions among nutrients from an animal source food matrix.
8. Field CA, PI; **Cramer JT, Co-PI**; Echegoyen LE, Lechuga J, Ramos R, Torres ML, Umucu E, Wholeben MA – National Institutes of Health (NIH), National Institute on Alcohol Abuse

- and Alcoholism (NIAAA), U54, RFA-AA-20-010, July 2021 – July 2026. \$4,308,660, *not funded*. Priority/impact score: 50.
Latino Alcohol and Health Disparities Research Center: Collaborative Partnership between Research Centers in Minority Institutions and Alcohol Research Centers.
9. **Cramer JT, Principal Investigator;** Smith C, Shoemaker M. – Abbott Nutrition, Columbus, OH. Nov 2020 – Nov 2021. \$10,000, *awarded*. OR20210187
Abbott Lab Service Agreement 11/2020: BL39 clinical study.
 10. **Cramer, J.T., Principal Investigator;** McKay, B.; Gillen, Z.; Shoemaker, M. – Abbott Nutrition, Columbus, OH. July 2018 – Aug 2020. \$212,032 requested, \$6,700 addendum, \$218,732 *awarded*. NCT03701867
BL39 A pilot study to explore muscle energy metabolism and metabolic flexibility in older men and women.
 11. Gillen, Z.M., Principal Investigator; **Cramer, J.T., Co-PI (mentor);** Shoemaker, M. – National Strength and Conditioning Association Foundation (NSCAF), Colorado Springs, CO. July 2019 – July 2020. \$12,600 requested, \$12,600 *awarded*.
Muscle Strength, Size, and Neuromuscular Function in Pre-Pubescent and Post-Pubescent Boys and Girls.
 12. **Cramer, J.T., Principal Investigator;** Shoemaker, M.; Gillen, Z. – National Cattlemen’s Beef Association (NCBA), Denver, CO. Apr 2019 – Aug 2019. \$15,800 requested, \$15,800 *awarded*.
Will Beef Help Our Children Grow Healthy and Strong? Impacts of Beefs Nutrient Matrix on the Convergence Among Health, Growth, and Physical Performance in Children and Adolescents.
 13. **Cramer, J.T., Principal Investigator;** Shoemaker, M.; Gillen, Z. – Nebraska Beef Council (NBC), Kearney, NE. Oct 2018 – Sept 2019. \$35,981 requested, \$35,981 *awarded*.
Will Beef Make Your Child a Better Athlete? Disseminating the Research on the Relationships Between Iron Status and Athletic Performance in Young Nebraska Athletes.
 14. Torquati, J., Principal Investigator; **Cramer, J.T., Co-PI;** Hollist, C., Nelson, J., Wheeler, L., Williams, N. – DHHS-NIH-National Institutes of Health, R21, RFP Title: PA-18-482, Nebraska Center for Research on Children, Youth, Families and Schools, Center for Brain, Biology and Behavior; September 2019 – August 2021. \$407,650 requested, *not funded*.
Exploration of the Effects of Nature Walks on Children's Attention and Self-Regulation in School.
 15. **Cramer, J.T., Principal Investigator;** Koehler K.; Fischer, J.A.; Miramonti, A.; Gillen, Z.; McKay, B. – Abbott Nutrition, Columbus, OH. June 2017 – June 2018. \$222,215 requested, \$222,215 *awarded*; \$110,000 cost-share budget addendum; \$332,215 total. NCT03185884
AL25 Carbohydrates and Children: Proof of Concept Clinical Trial
 16. Koehler K., Principal Investigator; **Cramer, J.T., Co-principal Investigator,** Fischer, J.A., Co-PI – Nebraska Beef Council, October 2017 - September 2018. \$58,996 requested, \$58,996 *awarded*. University of Nebraska-Lincoln.
Will Beef Make your Child a Better Athlete? Exploring the Associations among Beef Intake, Iron Status, and Athletic Performance in Nebraska Youth Athletes.
 17. Torquati, J., Principal Investigator; **Cramer, J.T., Co-PI;** Hollist, C., Williams, N. – DHHS-NIH-National Institutes of Health, R21, RFP Title: PA-16-161, Nebraska Center for Research on Children, Youth, Families and Schools, September 2017 – August 2019. \$406,889 requested, *not funded*.

- Exploration of the Effects of Nature Walks on Children's Attention and Self-Regulation in School.
18. Hart, P., Principal Investigator; Evans, D., Co-PI; Woodling, K., Co-I; **Cramer, J.T., Co-I**; McKay, B., Co-I. – Abbott Nutrition, Columbus, OH. April 2017. Investigator Initiated Study (IIS). Ohio State University Medical Center, Columbus, OH. \$200,000.
Investigating Oral Nutrient Supplementation with Light Resistance Therapy vs. Standard of Care. NCT03244683
 19. **Cramer, J.T., Principal Investigator**; Koehler K.; Fischer, J.A.; Miramonti, A.; Gillen, Z.; McKay, B. – United States Department of Agriculture (USDA), National Institute for Food and Agriculture (NIFA), Multistate Hatch Project, October 2017 – September 2021.
\$396,472 requested, *not funded*.
NC1196 Physical Activity to Improve Health and Obesity Risk in Nebraska's Children and Youth: Objective Physical Activity Measurement Strategies in Afterschool Programs and Childcare Settings.
 20. Gillen, Z., Principal Investigator; **Cramer, J.T., Faculty Mentor** – American College of Sports Medicine, Paffenbarger-Blair Fund for Epidemiological Research on Physical Activity, June 2017 – May 2018. \$8,742 requested, *not funded*.
Are Afterschool Programs an Opportunity for Physical Activity? Direct, 7-day, Continuous Measurements of Physical Activity in a Diverse Sample of Adolescent Students Engaged in a Community Learning Center Afterschool Program.
 21. **Cramer, J.T., Principal Investigator** - Nebraska Extension Partnership Award, January 2017 – December 2017. \$8,742 awarded.
Physical Activity and Obesity Prevention: Evaluating Methodological Factors in Objective Assessments of Physical Activity During an After-School Program at a Diverse, Underprivileged Middle School.
 22. Koehler K., Principal Investigator; **Cramer, J.T., Co-principal Investigator** – Nebraska Beef Council, October 2016 - September 2017. \$57,090 requested, \$57,090 awarded.
University of Nebraska-Lincoln.
Will Beef Make your Child a Better Athlete? Exploring the Associations among Beef Intake, Iron Status, and Athletic Performance in Nebraska Youth Athletes.
 23. Koehler K., Principal Investigator; **Cramer, J.T., Co-principal Investigator** - United States Department of Agriculture (USDA), National Institute for Food and Agriculture (NIFA), Accession No. 1009500. Hatch Project. May 2016 – September 2020. Approved.
Interactions Among Exercise, Nutrition, and Musculoskeletal Health.
 24. Koehler K., Principal Investigator; **Cramer, J.T., Co-principal Investigator**; Chung S., Co-principal Investigator – Malaysian Palm Oil Board, June 2016. \$146,600 requested, *not funded*. University of Nebraska-Lincoln.
Promoting fatty acid oxidation while preserving metabolism and muscle function during weight loss through tocotrienol supplementation.
 25. **Cramer, J.T., Principal Investigator**; Housh, T.J., Co-principal Investigator – Stepan Lipid Nutrition, July 2015 - July 2016. \$150,447 requested, \$150,447 awarded. University of Nebraska-Lincoln.
Rumenic acid rich conjugated linoleic acid for improving anti-ageing properties regarding joint function and cognitive decline.
 26. **Cramer, J.T., Principal Investigator**; Housh, T.J., Co-principal Investigator – Stepan Lipid Nutrition, August 2013 - August 2014. \$339,566.74 requested, \$339,566.74 awarded.
University of Nebraska-Lincoln.

- Effects of conjugated linoleic acid on physical performance.
27. **Cramer, J.T., Principal Investigator.** United States Department of Agriculture (USDA), National Institute for Food and Agriculture (NIFA), Accession No. 1000080, Project No. NEB36-078, Hatch Project. November 19, 2013 – May 5, 2016. Approved. University of Nebraska-Lincoln.
- Interactions among exercise, nutrition, and neuromuscular function across the lifespan.
28. **Cramer, J.T., Principal Investigator;** Housh, T.J., Co-principal Investigator – Abbott Nutrition, Abbott Laboratories, December 2012 - December 2013. \$174,600 requested, \$174,600 awarded. University of Nebraska-Lincoln.
- Service agreement.
29. **Cramer, J.T., Principal Investigator;** Honaker, J.A., Co-principal Investigator; Housh, T.J., Co-principal Investigator; Carr, T.P., Co-principal Investigator – Rural Futures Institute Competitive Grants Program, Research and Engagement Development Grants, Oct 2012. \$150,020 requested, *not funded*. University of Nebraska-Lincoln.
- Prevalence of sarcopenia in rural versus urban older adults in Nebraska: A pilot study.
30. **Cramer, J.T., Principal Investigator;** Housh, T.J., Co-principal Investigator – Rock Creek Pharmaceuticals, Inc., Gloucester, MA, Aug 2012 - Aug 2013. \$377,456 requested, \$377,456 awarded. University of Nebraska-Lincoln.
- A single site, double-blind, randomized, placebo-controlled, crossover trial to evaluate the potential effects of the dietary supplement anatabine on delayed onset muscle soreness in the forearm flexors.
31. **Cramer, J.T., Principal Investigator;** Co-principal Investigators: Clarke S., Hermann J., Lucas E., O'Brien M., Smith B., Smith D., Warren A. Abbott Laboratories / Abbott Nutrition, Investigator Initiated Study Proposal, Columbus, OH, Dec 2011- July 2012. \$176,250 requested, *not funded*. Oklahoma State University.
- Effects of nutritional supplementation on knee strength, stiffness, muscle mass, and markers of joint stress.
32. **Cramer, J.T., Principal Investigator;** Stout, J.R., Co-principal Investigator; Herda, T.J., Graduate Student Co-investigator; Walter, A.A., Graduate Student Co-investigator; Costa, P.B., Graduate Student Co-investigator; Valdez, A.M., Graduate Student Co-investigator – Abbott Laboratories / Abbott Nutrition, Columbus, OH, Jan 2011- Aug 2011. \$276,147 requested, \$276,147 awarded. University of Oklahoma.
- Evaluation of an oral nutritional supplement containing AN777 in malnourished and frail subjects.
33. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator.** Abbott Laboratories / Abbott Nutrition, Cincinnati, OH, 2011-2012. \$116,840 requested, *not funded*. University of Central Florida.
- The effects of 12-weeks of beta-alanine added to an oral nutritional supplement (high protein Ensure) on physical working capacity, body composition, and muscle function in elderly men.
34. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator.** MusclePharm Inc., 2010-2011, \$56,030 requested, \$56,030 awarded. University of Oklahoma.
- The effects of MusclePharm Assault™ and high-intensity interval training on aerobic and anaerobic power, repeated sprint ability, body composition and training volume.
35. **Cramer, J.T., Principal Investigator;** Stout, J.R., Co-principal Investigator; Herda, T.J., Graduate Student Co-investigator; Walter, A.A., Graduate Student Co-investigator; Costa,

- P.B., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2010-2011. \$142,500 requested, \$142,500 awarded. University of Oklahoma.
Effects of whey protein supplementation on body composition, muscular strength, and mobility in older adults.
36. Kerksick, C.M., Principal Investigator; **Cramer, J.T., Co-investigator**; Stout, J.R., Co-investigator; Beck, T.W., Co-investigator. Champion Nutrition, Inc. 2009. \$37,444.
Impact of caffeine, green tea and carnitine supplementation on weight loss in college-aged males and females.
37. **Cramer, J.T., Principal Investigator**; Beck, T.W., Co-principal Investigator; Stout, J.R., Co-principal Investigator; Ryan, E.R., Graduate Student Co-investigator; Herda, T.J., Graduate Student Co-investigator; Walter, A.A., Graduate Student Co-investigator; Costa, P.B., Graduate Student Co-investigator; DeFreitas, J.M., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2008-2009. \$198,422 requested, \$198,422 awarded. University of Oklahoma.
Effects of two different whey protein supplements on thigh muscle cross-sectional area, muscular strength, endurance and body composition during 8 weeks of resistance training.
38. Stout, J.R., Principal Investigator; Smith, A.E., Graduate Student Investigator; **Cramer, J.T., Co-principal Investigator**. Corr-Jensen Labs, Inc., Denver, CO, 2008-2009. \$50,251 requested, \$50,251 awarded. University of Oklahoma.
The effects of GameTime™ and high-intensity training on critical velocity, aerobic power, endurance capacity and safety.
39. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator**; Beck, T.W., Co-principal Investigator; Co-principal Investigator. Abbott Laboratories, Cincinnati, OH, 2008-2009. \$366,145 requested, \$366,145 awarded. University of Oklahoma.
A pilot study to evaluate the effect of beta-hydroxy-beta-methylbutyrate in elderly subjects.
40. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator**; Beck, T.W., Co-principal Investigator. Elite Fx, Inc., Delray Beach, FL, 2008-2009. \$24,424 requested, \$24,424 awarded. University of Oklahoma.
The acute effects of different Celsius® formulas on resting energy expenditure in healthy adults.
41. Kerksick, C.M., Principal Investigator; **Cramer, J.T., Co-investigator**; Stout, J.R., Co-investigator; Roberts, M.D., Co-investigator; Dalbo, V.J., Co-investigator; and Beck, T.W., Co-investigator – Royal Body Care Life Sciences, Inc., Plano, TX, 2008-2009. \$50,037 requested, \$50,037 awarded. University of Oklahoma.
Impact of Microhydrin® on body water and metabolic indicators of ventilatory threshold.
42. Ryan, E.R., Graduate Student Principal Investigator; **Cramer, J.T., Faculty Principal Investigator** – National Strength and Conditioning Foundation, Research Grant Program, Colorado Springs, CO. 2008. \$5,000 requested, \$5,000 awarded. University of Oklahoma.
The acute effects of passive stretching on neuromuscular function and flexibility: A comparison of young and old adults.
43. **Cramer, J.T., Principal Investigator**; Stout, J.R., Co-principal Investigator; Beck, T.W., Co-principal Investigator; Ryan, E.R., Graduate Student Co-investigator; Herda, T.J., Graduate Student Co-investigator; Walter, A.A., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2008. \$45,000 requested, \$45,000 awarded. University of Oklahoma.

- The acute effects of a thermogenic pepper blend or TPB on endurance measures and muscular strength.
44. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator**; Beck, T.W., Co-principal Investigator. Elite Fx, Inc., Delray Beach, FL, 2007-2008. \$181,522 requested, \$181,522 awarded. University of Oklahoma.
The effects of an energy drink and exercise on cardiovascular fitness, strength, body composition and nutritional profile in healthy adult men and women.
45. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator**. FSI Nutrition, Inc., Omaha, NE, 2007. \$23,580 requested, \$23,580 awarded. University of Oklahoma.
Effects of non-essential amino acid supplementation on endurance performance measures.
46. Moon, J.R., Principal Investigator; Smith, A.E., Tobkin, S.E., Kendall, K.L., Graef, J.L., Roberts, M.D., Dalbo, V.J., **Cramer, J.T.**, Beck, T.W., and Stout, J.R., Co-investigators. ImpediMed, Inc. 2008. \$10,000 requested, \$10,000 awarded. University of Oklahoma.
Tracking changes in total body water and the validity of hydrometry for predicting percent body fat in men and women using bioimpedance spectroscopy: A deuterium oxide and four-compartment model validation.
47. **Cramer, J.T., Principal Investigator**; Stout, J.R., Co-investigator; Bembien, M.G., Co-investigator; Bembien, D.A., Co-investigator; Ryan, E.R., Graduate Student Co-investigator; and Herda, T.J., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2007. \$85,000 requested, \$85,000 awarded. University of Oklahoma.
The effects of creatine supplementation on power output, vertical jump, muscle strength and endurance investigated in a randomized, placebo-controlled, parallel study.
48. Moon, J.R., Principal Investigator; Tobkin, S.E., Roberts, M.D., Dalbo, V.J., Bembien, M.G., **Cramer, J.T.**, and Stout, J.R., Co-investigators. ImpediMed, Inc. 2007. \$11,577.50 requested, \$11,577.50 awarded. University of Oklahoma.
Validity of the ImpediMed ImpTM SFB7 to estimate total body water, intracellular water, extracellular water, and body fat percentage in men and women.
49. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-investigator**; Bembien, M.G., Co-investigator; and Bembien, D.A., Co-investigator – Phillips Performance Nutrition, LLC., 2007. \$122,090 requested, \$122,090 awarded. University of Oklahoma.
The effects of a meal replacement and exercise on cardiovascular fitness, strength, body composition, and nutritional profile in healthy adult men and women.
50. **Cramer, J.T., Principal Investigator**; Stout, J.R., Co-investigator; Bembien, M.G., Co-investigator; Bembien, D.A., Co-investigator; Ryan, E.R., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2006-2007. \$70,000 requested, \$70,000 awarded. University of Oklahoma.
The effect of a dietary supplement on energy expenditure before, during and following low intensity exercise investigated in a randomized, placebo-controlled, double-blind, cross-over study.
51. **Cramer, J.T., Principal Investigator**; Ryan, E.D., Graduate Student Co-investigator; Egan, A.D., Graduate Student Co-investigator – EPIC Nutrition, LLC. Jupiter, FL, 2006. \$14,652 requested, \$14,652 awarded. University of Oklahoma.
Effects of oral adenosine triphosphate supplementation (5-TETRA) on muscle strength, power output, endurance, and neuromuscular function.

52. Ryan, E.R., Graduate Student Co-Principal Investigator; **Cramer, J.T., Co-Principal Investigator** – NSCA, Doctoral Student Grant Program, 2006. \$5,000 requested, *not funded*. University of Oklahoma.
Time course for the acute effects of 2, 4, and 8 minutes of passive stretching on peak torque, percent voluntary activation, range of motion, electromyography, and mechanomyography of the plantarflexors.
53. Carlile, M., Principal Co-investigator; Culbertson, J.Y., Principal Co-investigator; **Cramer, J.T., Statistician**; Weir, J.P., Statistician – Centers for Disease Prevention and Control, National Center for Injury Prevention and Control, 2006. \$32,320 requested, *not funded*. Baylor Institute for Rehabilitation, Dallas, TX.
Texas motorcycle helmet law repeal and traumatic brain injury: Analysis of financial impact.
54. **Cramer, J.T., Principal Investigator**; Stout, J.R., Co-investigator – EAS, Inc. Golden, CO, 2004-2005. \$13,961 requested, \$13,961 awarded. The University of Texas at Arlington.
The effects of creatine supplementation and three days of isokinetic training on muscle strength, power output, and neuromuscular function.
55. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-investigator** – EAS, Inc., Golden, CO, 2004-2005. \$54,000 requested, \$54,000 awarded. Florida Atlantic University.
The combined effects of creatine monohydrate and beta-alanine supplementation on neuromuscular fatigue, oxygen uptake kinetics, and lactate threshold.
56. Housh, T.J., Principal Co-investigator; Johnson, G.O., Principal Co-investigator; **Cramer, J.T., Co-investigator**; Coburn, J.W., Co-investigator, Beck, T.W., Co-investigator – Numico Research, Boca Raton, FL, 2003-2004, \$77,000 requested, \$77,000 awarded. University of Nebraska-Lincoln.
Effect of leucine and whey protein supplementation during 8 weeks of dynamic constant external resistance training on leg extensor strength and muscle cross-sectional area.
57. **Cramer, J.T., Principal Investigator** – NSCA Student Research Grant, Colorado Springs, CO, 2002-2003, \$2,446 requested, \$2,446 awarded. University of Nebraska-Lincoln.
The acute effects of static stretching on peak torque, mean power output, mechanomyography, and electromyography of the stretched and unstretched limbs during maximal, eccentric isokinetic muscle actions.
58. Housh, T.J., Principal Co-investigator; Johnson, G.O., Principal Co-investigator; **Cramer, J.T., Co-investigator**; Coburn, J.W., Co-investigator, Beck, T.W., Co-investigator – Numico Research, Boca Raton, FL, 2001-2002, \$48,250 requested, \$48,250 awarded. University of Nebraska-Lincoln.
The effects of 8-week endurance training combined with a D-ribose containing repletion drink on endurance performance, aerobic capacity, and body composition.
59. Massey, L.L., Co-principal Investigator; **Cramer, J.T., Co-principal Investigator, Faculty Mentor/Sponsor** – Michael L. Pollock Memorial Grant, Life Fitness Academy, \$5,000 requested, *not funded*. 2003-2004. University of Texas at Arlington.
Strength, power, and neuromuscular adaptations following a short-term strength training program at slow and fast velocities in men and women.
60. **Cramer, J.T., Co-principal Investigator**; Earnest, C., Co-principal Investigator – Fitness Trainer Inc., \$4,500 requested, *not funded*. 2003/2004. University of Texas at Arlington.
Activation of the anterior deltoid, gluteus medius, gluteus maximus, rectus femoris, and vastus lateralis muscles during steady-state exercise at four different intensities on a Gazelle Pro PlusTM device.

61. **Cramer, J.T., Principal Investigator** – VitalState Inc., Montreal, QB, \$5,680 requested, *not funded*. 2003. University of Texas at Arlington.
The effects of creatine supplementation and two days of isokinetic strength training on maximal torque production.

Internal Funding (Total = \$49,748):

1. **Cramer, J.T., Principal Investigator** – IANR Research Travel Grant, Agricultural Research Division, University of Nebraska-Lincoln, Lincoln, NE, 2013, \$500.
Presentation entitled *The Effects of Supplementation with Leucine and Other Amino Acids on Strength and Protein Synthesis*. July 10, 2013. Las Vegas, NV.
2. **Cramer, J.T., Principal Investigator** – Big XII Faculty Fellowship, Senior Vice President and Provost, University of Oklahoma, Norman, OK, 2007, \$2,612.06 requested, \$2,612.06 awarded.
Request for travel expenses during a two-week study at the University of Nebraska-Lincoln entitled, *The effects of muscle fatigue and joint angle on the innervation zone location and EMG amplitude and frequency determined from a linear electrode array*.
3. Chowdhury, F.Z., Principal Investigator; **Cramer, J.T., Faculty Mentor** – Undergraduate Research Opportunities Program (UROP), 2006. \$500 requested, \$500 awarded. Honors College, University of Oklahoma.
Positioning of Electrodes and Locating the Innervation Zone during Surface EMG Recordings in Vastus Medialis Muscle.
4. **Cramer, J.T., Principal Investigator** – College of Arts & Sciences Information Technology Funding Program, College of Arts & Sciences, University of Oklahoma, Norman, OK, 2006, \$22,919.90 requested, \$20,628 awarded.
Request for funding from the College of Arts & Sciences Information Technology Committee for 10 mobile workstations to be used for graduate instruction in the Biophysics Laboratory.
5. **Cramer, J.T., Principal Investigator** – Junior Faculty Research Program, Office of the Vice President for Research, University of Oklahoma, Norman, OK, 2006, \$6,000 requested, \$6,000 awarded.
Comparisons among wavelet- and Fourier-based transforms to determine the most accurate and sensitive frequency estimates for surface electromyographic and mechanomyographic signals.
6. **Cramer, J.T., Principal Investigator** – College of Arts and Sciences Faculty Enrichment Grant, University of Oklahoma, Norman, OK, 2006 (\$1,000), 2007 (\$1,200).
Used for travel expenses to national and international conferences.
7. **Cramer, J.T., Principal Investigator** – College of Arts and Sciences Travel Assistance Grant, University of Oklahoma, Norman, OK, 2005 (\$1,000), 2006 (\$1,059).
Used for travel expenses for annual meetings and conferences.
8. **Cramer, J.T., Principal Investigator** – Graduate College Travel Assistance Grant, University of Oklahoma, Norman, OK, 2005 (\$1,200), 2006 (\$570).
Used for travel expenses for annual meetings and conferences.
9. **Cramer, J.T., Principal Investigator** – College of Arts and Sciences Faculty Enrichment Grant, University of Oklahoma, Norman, OK, 2006, \$1,000 requested, \$1,000 awarded.
Used to purchase Biopac equipment for the Neuromuscular Laboratory.
10. **Cramer, J.T., Principal Investigator** – College of Arts and Sciences Faculty Enrichment Grant, University of Oklahoma, Norman, OK, 2005, \$995 requested, \$995 awarded.

Used to purchase LabVIEW Advanced Signal Processing Toolkit software v 7.5 and RAM memory for laboratory computers.

11. **Cramer, J.T., Principal Investigator** – Research Enhancement Program (REP) Grant, The University of Texas at Arlington, TX, 2004/2005, \$9,984 requested, \$9,984 awarded.
The acute effects of different volumes of stretching on the force deficit and neuromuscular activation strategies: a dose-response study.
12. **Cramer, J.T., Principal Investigator** – UNL Parents Association, 1999, \$10,000 requested, \$2,000 awarded.
To purchase weightlifting equipment designed for those with disabilities for the UNL Office of Campus Recreation's weight lifting facility.

Books:

1. Housh, T.J., **Cramer, J.T.**, Weir, J.P., Beck, T.W., and G.O. Johnson. Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness. Holcomb Hathaway Publishers, 2016. ISBN: 9781621590460 (print). ISBN: 9781621590477 (ebook).
2. Housh, T.J., **Cramer, J.T.**, Weir, J.P., Beck, T.W., and G.O. Johnson. Physical Fitness Laboratories on a Budget. Holcomb Hathaway Publishers, 2009. ISBN: 978-1-890871-90-1.

Book Chapters:

1. Herda, A.A. and **J.T. Cramer**. Research in exercise science. Introduction to Exercise Science (6th edition). D.J. Housh and J.M. Eckerson (Editors). Taylor & Francis. 2026. ISBN-13: 978-1-934432-46-5.
2. Herda, T.J. and **J.T. Cramer**. Bioenergetics of Exercise and Training. Essentials of Strength Training and Conditioning, 4th Edition. G.G. Haff and N.T. Triplett (Eds.). National Strength and Conditioning Association. Human Kinetics. 2016. ISBN: 978-1-4925-0162-6.
3. **Cramer, J.T.** and T.W. Beck. Reading and interpreting the literature in exercise science. Introduction to Exercise Science (4th edition). T.J. Housh, D.J. Housh, and G.O. Johnson (Editors). Holcomb Hathaway Publishers. 2012. ISBN-13: 978-1-934432-46-4.
4. Ryan, E.D. and **J.T. Cramer**. Fitness testing protocols and norms. Essentials of Personal Training, 2nd Edition. J.W. Coburn and M.H. Malek (Eds.). National Strength and Conditioning Association. Human Kinetics. 2012. ISBN-13: 978-0-7360-8415-4.
5. **Cramer, J.T.** and A.E. Smith. Endurance training. Science of Strength and Conditioning Series: NSCA's Guide to Program Design. J.R. Hoffman (Ed.). National Strength and Conditioning Association. Human Kinetics. 2012. ISBN-13: 978-0-7360-8402-4.
6. **Cramer, J.T.** Bioenergetics of Exercise and Training. Essentials of Strength Training and Conditioning, 3rd Edition. T.R. Baechle and R.W. Earle (Eds.). National Strength and Conditioning Association. Human Kinetics. 2008. ISBN-13: 978-0-7360-5803-2.
7. **Cramer, J.T.** Creatine supplementation in endurance sports. Essentials of Creatine in Sports and Health. International Society of Sports Nutrition. Humana Press, Inc. 2008. ISBN-13: 978-1-59745-573-2.
8. **Cramer, J.T.** and T.W. Beck. Reading and interpreting the literature in exercise science. Introduction to Exercise Science (3rd edition). T.J. Housh, D.J. Housh, and G.O. Johnson (Editors). Holcomb Hathaway Publishers. 2008. ISBN-13: 978-1-890871-81-9.
9. Weir, J.P. and **J.T. Cramer**. Principals of musculoskeletal exercise programming. ACSM Resource Manual for Exercise Testing and Prescription (5th edition). L.A. Kaminsky (Senior Ed.), S. Glass (Section Ed.). American College of Sports Medicine. Lippincott Williams and Wilkins. 2005. ISBN: 0-7817-4591-8

10. **Cramer, J.T.** and J.W. Coburn. Fitness testing and evaluation. Essentials of Personal Training. T.R. Baechle and R.W. Earle (Eds.). National Strength and Conditioning Association. Human Kinetics. 2004. ISBN: 0-7360-0015-1

Articles Published in Refereed Scientific Journals († Senior/corresponding author):

1. Shoemaker ME, Pereira SL, Mustad VA, Gillen ZM, McKay BD, Lopez-Pedrosa JM, Rueda R, **Cramer JT**. A pilot study evaluating differences in muscle tissue saturation and blood flow between older adults with and without sarcopenia. Front Endocrinol, 2025;16:1644712. <https://doi.org/10.3389/fendo.2025.1644712>. NCT03701867. [Impact factor: 4.6]
2. Kadhim IF, Banarjee C, Fu J, Choudhury R, Mangum LC, Fukuda DH, Stout JR, **Cramer JT**, Park JH. Resistance Training using VArIable Resistance Suit (VARS) Increased Isometric and Isokinetic Muscle Strength. IEEE Trans Neural Syst Rehab Eng, 2024;32:2835-2844. <https://doi.org/10.1109/TNSRE.2024.3435798> [Impact factor: 6.22]
3. Shoemaker ME, Smith CM, Gillen ZM, **Cramer JT**. Sex Differences in Test-Retest Reliability of Near-Infrared Spectroscopy During Postocclusive Reactive Hyperemia of the Vastus Lateralis. J Strength Cond Res. 2024 Feb 1;38(2):e40-e48. <https://doi.org/10.1519/JSC.0000000000004619>. [Impact factor: 2.06]
4. Shoemaker ME, Gillen ZM, Fukuda DH, **Cramer JT**†. Metabolic Flexibility and Inflexibility: Pathology Underlying Metabolism Dysfunction. J Clin Med. 2023 Jul 3;12(13):4453. <https://doi.org/10.3390/jcm12134453> [Impact factor: 4.96]
5. Shoemaker ME, Salmon OF, Smith, CM, Duarte, MO, **Cramer JT**†. Influences of Vitamin D and Iron Status on Skeletal Muscle Health: A Narrative Review. Nutrients. 2022 Jun 29;14(13):2717. <https://doi.org/10.3390/nu14132717>. [Impact factor: 5.719]
6. Shoemaker ME, Pereira SL, Mustad VA, Gillen ZM, McKay BD, Lopez-Pedrosa JM, Rueda R, **Cramer JT**†. Differences in Muscle Energy Metabolism and Metabolic Flexibility between Sarcopenic and Non-sarcopenic Older Adults. J Cachexia Sarcopenia Muscle, 2022, Apr;13(2):1224-1237. DOI: [10.1002/jcsm.12932](https://doi.org/10.1002/jcsm.12932), *Clarivate Analytics: 1/53 Geriatrics & Gerontology, 9/169 Medicine, General & Internal*. NCT03701867. [Impact factor: 12.910]
7. Pereira SL, Shoemaker ME, Gawel S, Davis GJ, Luo M, Mustad VA, **Cramer JT**. Biomarker Changes in Response to a 12-Week Supplementation of an Oral Nutritional Supplement Enriched with Protein, Vitamin D and HMB in Malnourished Community Dwelling Older Adults with Sarcopenia. Nutrients. 2022; 14(6):1196. <https://doi.org/10.3390/nu14061196> NCT01191125. [Impact factor: 5.719]
8. Shoemaker ME, Huynh, LM, Smith, CM, Mustad, VA, Duarte, MO, **Cramer JT**†. Immunomodulatory effects of vitamin D and prevention of respiratory tract infections and COVID-19. Topics in Clinical Nutrition, 2022 Jul-Sep;37(3):203-217. <https://doi.org/10.1097/TIN.0000000000000284>. [Impact factor: 0.508]
9. Dharamsi MS, Bastian DA, Balsiger HA, **Cramer JT**, Belmares R. Efficacy of Video-Based Forearm Anatomy Model Instruction for a Virtual Education Environment. Journal of Medical Education and Curricular Development, 2022, *in press*, <https://doi.org/10.1177/23821205211063287> [Impact factor: n/a]
10. Gillen ZM, Mustad VA, Shoemaker ME, McKay BD, Leutzinger TJ, Lopez-Pedrosa JM, Rueda R, **Cramer JT**†. Impact of slow versus rapid digesting carbohydrates on substrate oxidation in pre-pubertal children: A randomized crossover trial. Clin Nutr,

- 2021, ISSN 0261-5614, doi.org/10.1016/j.clnu.2021.05.004. NCT03185884. [Impact Factor: 6.630]
11. Gillen ZM, Housh TJ, Schmidt RJ, Herda TJ, De Ayala RJ, Shoemaker ME, **Cramer JT†**. Comparisons of muscle strength, size, and voluntary activation in pre- and post-pubescent males and females. Eur J Appl Physiol. 2021 May 25. doi: 10.1007/s00421-021-04717-1. Online ahead of print. PMID: 34032904 [Impact Factor: 2.620]
 12. Herda AA, Smith-Ryan AE, Kendall KL, **Cramer JT**, Stout JR. Evaluation of High-Intensity Interval Training and Beta-Alanine Supplementation on Efficiency of Electrical Activity and Electromyographic Fatigue Threshold. J Strength Cond Res. 2021 Jun 1;35(6):1535-1541. doi: 10.1519/JSC.0000000000004038. PMID: 34027920 Clinical Trial. [Impact Factor: 2.973]
 13. Hill EC, Housh TJ, Keller JL, Smith CM, Anders JV, Schmidt RJ, Johnson GO, **Cramer JT**. Patterns of responses and time-course of changes in muscle size and strength during low-load blood flow restriction resistance training in women. Eur J Appl Physiol. 2021 May;121(5):1473-1485. doi: 10.1007/s00421-021-04627-2. Epub 2021 Feb 27. [Impact Factor: 2.620]
 14. Shoemaker ME, Gillen ZM, McKay BD, Leutzinger TJ, Mustad VA, **Cramer JT†**. Endogenous versus exogenous carbohydrate oxidation measured by stable isotopes in pre-pubescent children plus ¹³C abundances in foods consumed three days prior. Metabol Open. 2020 Jul 15;7:100041. doi: 10.1016/j.metop.2020.100041. [Impact Factor: 6.159]
 15. Gillen ZM, Shoemaker ME, Bohannon NA, Gibson SM, **Cramer JT†**. Comparing the torque- and power-velocity relationships between children and adolescents during isokinetic leg extension muscle actions. Hum Mov Sci. 2020 Dec;74:102678. doi: 10.1016/j.humov.2020.102678. Epub 2020 Oct 30. PMID: 33137582 [Impact Factor: 2.096]
 16. Gillen ZM, Shoemaker ME, McKay BD, Bohannon NA, Gibson SM, **Cramer JT†**. Peak Torque Explains More Unique Variability in Growth Measurements than Rate of Torque Development in Young Boys and Girls. J Strength Cond Res. 2020 Sep;34(9):2507-2514. doi: 10.1519/JSC.0000000000003728. PMID: 32639374 [Impact Factor: 2.973]
 17. Herda AA, **Cramer JT**, Stout JR. Body composition in aging men and women: Gender- and age-related differences. Gazzetta Medica Italiana Archivio Per Le Scienze Mediche. In press, 2020. [Impact Factor: n/a]
 18. Herda AA, McKay BD, Herda TJ, Costa PB, Stout JR, **Cramer JT**. Self-selected resistance exercise with self-paced walking with and without protein supplementation improves body composition, muscle strength, and mobility in older adults: A randomized trial. J Aging Phys Activity, 2020 Jun 30;29(1):17-26. doi: 10.1123/japa.2019-0468. PMID: 32604068 Clinical Trial. [Impact Factor: 1.795]
 19. Bohannon NA, Gillen ZM, Shoemaker ME, Gibson SM, **Cramer JT†**. Test-retest reliability of static and counter-movement power push-ups tests in 6-16-year-old male athletes. J Strength Cond Res, 2020 Sep;34(9):2456-2464. doi: 10.1519/JSC.0000000000003684. PMID: 32865943 [Impact Factor: 3.017]
 20. Gillen ZM, Shoemaker ME, McKay BD, Bohannon NA, Gibson SM, **Cramer JT†**. Influences of the stretch-shortening cycle and arm swing on vertical jump performance in children and adolescents. J Strength Cond Res, 2020 May 28. doi:

- 10.1519/JSC.0000000000003647. Online ahead of print. PMID: 32483060 [Impact Factor: 3.017]
21. Shoemaker ME, Gillen ZM, McKay BD, Fisher JA, Hansen C, Bohannon NA, Gibson SM, Koehler K, **Cramer JT**†. Effects of sports nutrition education on athletic performance and iron status in high school-aged youth athletes. J Clin Nutr Food Sci, 2019 2(2): 010-018. ISSN: 2641-2292 [Impact Factor: n/a]
22. Gillen ZM, Jahn LE, Shoemaker ME, McKay BD, Mendez AI, Bohannon NA, **Cramer JT**†. Effects of eccentric preloading on concentric vertical jump performance in youth athletes. J Appl Biomech. 2019 Oct 1;35(5):327-335. [Impact Factor: 1.392]
23. Shoemaker ME, Gillen ZM, McKay BD, Bohannon NA, Gibson SM, Koehler K, **Cramer JT**†. Sex-specific relationships among iron status biomarkers, athletic performance, maturity, and dietary intakes in pre-adolescent and adolescent athletes. J Int Soc Sports Nutr. 2019 Sep 18;16(1):42. [Impact Factor: 3.508]
24. Jenkins NDM, Miramonti AA, Hill EC, Smith CM, Cochrane-Snyman KC, Housh TJ, **Cramer JT**. Mechanomyographic amplitude is sensitive to load-dependent neuromuscular adaptations in response to resistance training. J Strength Cond Res. 2019 Aug 23. [Epub ahead of print]. [Impact Factor: 3.017]
25. Hill EC, Housh TJ, Keller JL, Smith CM, Anders JV, Schmidt RJ, Johnson GO, **Cramer JT**. Low-load blood flow restriction elicits greater concentric strength than non-blood flow restriction resistance training but similar isometric strength and muscle size. Eur J Appl Physiol. 2019 Dec 17 [Epub ahead of print]. [Impact Factor: 2.401]
26. Gillen ZM, Shoemaker ME, McKay BD, Bohannon N, Gibson S, **Cramer JT**†. Muscle Strength, Size, and Neuromuscular Function Before and During Adolescence. Eur J Appl Physiol. 2019 Jul;119(7):1619-1632. [Impact Factor: 2.401]
27. Shoemaker ME, Gillen ZM, McKay BD, Bohannon N, Gibson S, **Cramer JT**†. High prevalence of poor iron status among 8 to 16-year-old youth athletes: Interactions among biomarkers of iron, dietary intakes, and biological maturity. J Am Coll Nutr. 2019 Jul 24:1-8. doi: 10.1080/07315724.2019.1621229. [Epub ahead of print], [Impact Factor: 2.360].
28. Gillen ZM, Shoemaker ME, McKay BD, **Cramer JT**†. State Population Influences Athletic Performance Combine Test Scores in High School-Aged American Football Players. Int J Exerc Sci. 2019 Jan 1;12(6):256-262. [Impact Factor: na]
29. Gillen ZM, Shoemaker ME, McKay BD, **Cramer JT**†. Performance Differences between National Football League and High School American Football Combine Participants. Res Q Exerc Sport. 2019 Jun;90(2):227-233. [Impact Factor: 2.268]
30. Mendez AI, Miramonti AA, Gillen ZM, McKay BD, Leutzinger TJ, **Cramer JT**†. Stature, Body Mass, and Body Mass Index in High School American Football Players: Appropriate Determinants of Obesity Prevalence? J Strength Cond Res. 2018 Nov;32(11):3119-3126. [Impact Factor: 2.060]
31. Leutzinger TJ, Gillen ZM, Miramonti AM, McKay BD, Mendez AI, **Cramer JT**†. Anthropometric and Athletic Performance Combine Test Results Among Positions Within Grade Levels of High School-Aged American Football Players. J Strength Cond Res. 2018 May;32(5):1288-1296. [Impact Factor: 2.060]
32. McKay BD, Miramonti AA, Gillen ZM, Leutzinger TJ, Mendez AI, Jenkins NDM, **Cramer JT**†. Normative Reference Values for High School-Aged American Football Players: Proagility Drill and 40-Yard Dash Split Times. J Strength Cond Res. 2018 Nov 8. [Epub ahead of print] [Impact Factor: 2.060]

33. McKay BD, Miramonti AA, Gillen ZM, Leutzinger TJ, Mendez AI, Jenkins NDM, **Cramer JT**†. Normative reference values for high school-aged American football players. J Strength Cond Res. 2018 Feb 27. [Epub ahead of print] [Impact Factor: 2.060]
34. Gillen ZM, Miramonti AA, McKay BD, Leutzinger TJ, **Cramer JT**†. Test-Retest Reliability and Concurrent Validity of Athletic Performance Combine Tests in 6-15-year old Male Athletes. J Strength Cond Res. 2018 Oct;32(10):2783-2794. [Impact Factor: 2.060]
35. Gillen ZM, Miramonti AA, McKay BD, Jenkins NDM, Leutzinger TJ, **Cramer JT**†. Reliability and Sensitivity of the Power Push-up Test for Upper-Body Strength and Power in 6-15-Year-Old Male Athletes. J Strength Cond Res. 2018 Jan;32(1):83-96. [Impact Factor: 2.060]
36. Jenkins NDM, **Cramer JT**†. (2017). Reliability and minimum detectable change for common clinical physical function tests in sarcopenic men and women. Journal of the American Geriatrics Society, Apr;65(4):839-846. doi: 10.1111/jgs.14769. [Impact Factor: 3.842]
37. Jenkins NDM, Miramonti AA, Hill EC, Smith CM, Cochrane-Snyman KC, Housh TJ, **Cramer JT**†. (2017). Greater Neural Adaptations following High- vs. Low-Load Resistance Training. Frontiers in Physiology, May 29;8:331. doi: 10.3389/fphys.2017.00331. [Impact Factor: 4.134]
38. **Cramer JT**†, Cruz-Jentoft AJ, Landi F, Hickson M, Zamboni M, Pereira S, Hustead D, Mustad VA. (2016). Impacts of high-protein oral nutritional supplements among malnourished men and women with sarcopenia: A multi-center, randomized, double-blinded, controlled trial. Journal of the American Medical Directors Association, Nov 1;17(11):1044-1055. doi: 10.1016/j.jamda.2016.08.009. [Impact Factor: 6.616]
39. McKay BD, Yeo NM, Jenkins NDM, Miramonti AA, **Cramer JT**†. (2017). Exertional rhabdomyolysis in a 21-year-old, healthy female: A case report. Journal of Strength and Conditioning Research, May;31(5):1403-1410. doi: 10.1519/JSC.0000000000001824. [Impact Factor: 2.060]
40. Miramonti AA, Jenkins NDM, Oza PD, Weir JP, **Cramer JT**†. (2017). Mechanomyographic responses during recruitment curves in the soleus muscle. Muscle & Nerve, Jul;56(1):107-116. doi: 10.1002/mus.25432. [Impact Factor: 2.713]
41. Palmer TB, Jenkins NDM, Thompson BJ, **Cramer JT**. (2017). Influence of stretching velocity on musculotendinous stiffness of the hamstrings during passive manually-applied, straight-leg raise assessments. Musculoskelet Sci Pract. Aug;30:80-85. doi: 10.1016/j.msksp.2016.12.018. Epub 2017 Jan 5. [Impact Factor: 1.287]
42. Hill EC, Housh TJ, Smith CM, Cochrane KC, Jenkins NDM, **Cramer JT**, Schmidt RJ, Johnson GO. (2016). Effect of sex on torque, recovery, EMG, and MMG responses to fatigue. Journal of Musculoskeletal and Neuronal Interactions, Dec 14;16(4):310-317.
43. Costa PB, Herda TJ, Herda AA, **Cramer JT**. (2016). Effects of short-term dynamic constant external resistance training and subsequent detraining on strength of the trained and untrained limbs. Sports, 4(1), 7; doi:10.3390/sports4010007. [Impact Factor: na] [http://www.mdpi.com/journal/sports/special_issues/strength-conditioning]
44. **Cramer JT**†, Jenkins NDM, Mustad VA, Weir JP. (2015). Isokinetic dynamometry in healthy versus sarcopenic and malnourished elderly: Beyond simple measurements of muscle strength. Journal of Applied Gerontology, May 5. pii: 0733464815584669. [Epub ahead of print]. [Impact Factor: 1.258]

45. Jenkins NDM, Housh TJ, Miramonti AA, McKay BD, Yeo NM, Smith CM, Hill EC, Cochrane KC, **Cramer JT**†. (2016). Effects of rumenic acid rich conjugated linoleic acid supplementation on cognitive function and handgrip performance in older men and women. Experimental Gerontology, Nov;84:1-11. [Impact Factor: 3.350]
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Research Abstracts and Presentations:

1. **Cramer JT†**. Workload Guidelines to Improve Equity, Inclusion, and Accessibility for Faculty in Health Sciences. Session on *Improving Diversity, Equity, Inclusion, and Accessibility (DEIA)*. Association for Schools Advancing Health Professions (ASAHP) National Conference in Fort Lauderdale, FL, as oral presentation. October 2023.
2. Gillen ZM, Shoemaker ME, Bohannon NA, Gibson SM, **Cramer JT†**. Comparisons of torque, power, and neuromuscular function during isokinetic muscle actions in children versus adolescents. Accepted for presentation at the National Strength and Conditioning Association National Conference in Las Vegas, NV, as a Poster presentation. July 2020. **Meeting cancelled due to COVID-19.*
3. Shoemaker ME, Gillen ZM, Bohannon NA, Gibson SM, **Cramer JT†**. Vastus lateralis muscle oxygenation measured by near-infrared spectroscopy during voluntary isometric leg extension muscle actions. Accepted for presentation at the National Strength and Conditioning Association National Conference in Las Vegas, NV, as a Poster presentation. July 2020. **Meeting cancelled due to COVID-19.*
4. Gillen ZM, Shoemaker ME, Bohannon NA, Gibson SM, **Cramer JT†**. Strength and power as indicators of differences in fiber type contributions in children and adolescents. Accepted for presentation at the Annual Meeting of the American College of Sports Medicine in San Francisco, CA, as a Thematic Poster presentation. May 2020. Medicine and Science in Sports and Exercise, 52(5): S196, 2020. **Meeting cancelled due to COVID-19.*
5. Shoemaker ME, Gillen ZM, Bohannon NA, Gibson SM, **Cramer JT†**. Vastus lateralis muscle oxygenation measured by near-infrared spectroscopy during voluntary isometric leg extension muscle actions. Accepted for presentation at the Annual Meeting of the American College of Sports Medicine in San Francisco, CA, as a Thematic Poster presentation. May 2020. Medicine and Science in Sports and Exercise, 52(5): S123, 2020. **Meeting cancelled due to COVID-19.*
6. Bohannon NA, Gillen ZM, Shoemaker ME, Gibson SM, **Cramer JT†**. Effects of eccentric pre-loading on vertical jump performance in 9-17-year-old female athletes. Accepted for presentation at the Annual Meeting of the American College of Sports Medicine in San

- Francisco, CA, as a Poster presentation. May 2020. *Medicine and Science in Sports and Exercise*, 52(5): S197, 2020. *Meeting cancelled due to COVID-19.
7. Mustad VA, Pereira S, Lopez JM, Gillen ZM, Shoemaker ME, **Cramer JT†**. Impaired metabolic flexibility in sarcopenic men and women. 10th International Conference on Frailty & Sarcopenia Research (ICFSR), Toulouse, France; Online poster presentation (P261) on March 12, 2020. *Journal of Frailty & Aging*, 9(Suppl 1): S164, 2020.
 8. Gillen ZM, Shoemaker ME, McKay BD, Bohannon NA, Gibson SM, **Cramer JT†**. Peak torque, but not rate of torque development, explains unique variability in growth measurements in boys and girls. Presented at the National Strength & Conditioning Association National Conference in Washington D.C., as a Poster presentation. July 2019.
 9. Shoemaker ME, Gillen ZM, McKay BD, Bohannon NA, Gibson SM, **Cramer JT†**. Vertical jump power differences in male and female high school athletes can be accounted for by height and muscle-mass related variables. Presented at the National Strength & Conditioning Association National Conference in Washington D.C., as a Poster presentation. July 2019.
 10. Shoemaker ME, Gillen ZM, McKay BD, Bohannon NA, Mendez AI, **Cramer JT†**. Effects of an online sports nutrition curriculum on biomarkers of iron status in youth athletes. Presented at the Annual Meeting of the American College of Sports Medicine in Orlando, FL, as a Thematic Poster presentation. June 2019. *Medicine and Science in Sports and Exercise*, 49(5): S702, 2019.
 11. Gillen ZM, Shoemaker ME, McKay BD, Bohannon NA, Mendez AI, Jahn LE, **Cramer JT†**. Effects of arm swing and overhead target on vertical jump performance in children and adolescents. Presented at the Annual Meeting of the American College of Sports Medicine in Orlando, FL, as a Thematic Poster presentation. May 2019. *Medicine and Science in Sports and Exercise*, 49(5): S482, 2019.
 12. Shoemaker ME, Gillen ZM, McKay BD, Bohannon NA, Gibson SM, **Cramer JT†**. Does online sports nutrition education improve athletic performance in high school athletes? Presented at the Annual Symposium of Sports, Cardiovascular, and Wellness Nutrition (SCAN) in Phoenix, AZ, as a Poster presentation. April 2019.
 13. McKay BD, **Cramer JT†**, Gillen ZM, Shoemaker ME. Determining the relationships between maturity offset and sprint performance in female youth athletes. NSCA National Conference, Indianapolis, ID, July 15, 2018. *J Strength Cond Res*, *in press*.
 14. Gillen ZM, Shoemaker ME, McKay BD, **Cramer JT†**. Magnitudes of Differences Between High School and Professional American Football Recruiting Combine Scores. NSCA National Conference, Indianapolis, ID, July 15, 2018. *J Strength Cond Res*, *in press*.
 15. Shoemaker ME, Gillen ZM, McKay BD, Koehler K, **Cramer JT†**. Iron Status in Adolescent Athletes: Influences of Gender and Sport Participation. NSCA National Conference, Indianapolis, ID, July 15, 2018. *J Strength Cond Res*, *in press*.
 16. Mendez AI, Bohannon NA, Gillen ZM, Jahn LE, McKay BD, Shoemaker ME, **Cramer JT†**. Comparison of Smartphone Accelerometer with Force Plates for Use with Vertical Jump. University of Nebraska-Lincoln Spring Research Fair. 2018.
 17. Bohannon NA, Gillen ZM, Mendez AI, Jahn LE, McKay BD, Shoemaker ME, **Cramer JT†**. Can Smartphone Accelerometers Be Used to Calculate Power and Force During a Power Push-Up Exercise? University of Nebraska-Lincoln Summer Research Symposium. 2018.
 18. McKay BD, **Cramer JT†**, Miramonti AA, Jenkins NDM, Gillen ZM, Leutzinger TJ. Test-retest Reliability Of The 40-yd Dash And Vertical Jump Assessments In Youth Athletes. *Medicine & Science in Sports & Exercise*. 49(5S): 1082, 2017.

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22. Jenkins NDM, Housh TJ, Miramonti AA, Smith C, Hill E, Cochrane K, **Cramer JT**†. Effects of Rumenic Acid Rich Conjugated Linoleum Acid Supplementation on handgrip Performance and Cognitive Function in Older Men. Journal of Strength and Conditioning Research, National Strength and Conditioning Association 2016 Conference Abstracts, 30(S1):S108-109.
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24. Jenkins ND, Miramonti A, Smith C, Hill EC, Cochrane KC, Housh TJ, **Cramer JT**†. Are Voluntary Activation Determined By The Interpolated Twitch Technique And Mechanomyographic Amplitude Synonymous?: 3152 Board #217 June 3, 3: 30 PM - 5: 00 PM. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):897. doi: 10.1249/01.mss.0000487687.18681.bf. PubMed PMID: 27361721.
25. Hill EC, Housh TJ, Smith CM, Cochrane KC, Jenkins ND, Miramonti AA, **Cramer JT**, Schmidt RJ, Johnson GO. Effects of Work-to-Rest Ratios on Peak Torque and Neuromuscular Responses during Submaximal, Isometric Muscle Actions.: 1513 Board #166 June 2, 8: 00 AM - 9: 30 AM. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):411. doi: 10.1249/01.mss.0000486238.86755.09. PubMed PMID: 27360432.
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27. Cochrane K, Housh TJ, Smith CM, Hill EC, Jenkins ND, Miramonti A, Schmidt RJ, Johnson GO, **Cramer JT**, Coburn JW. Physiological Responses Underlying The Perception Of Effort During Moderate And Heavy Intensity Cycle Ergometry: 417 Board #254 June 1, 9: 30 AM - 11: 00 AM. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):116. doi: 10.1249/01.mss.0000485348.14253.d5. PubMed PMID: 27359672.
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- RJ, Johnson GO, **Cramer JT**†. Relationships Among Cognitive Function and Handgrip Strength And Endurance In Older Men And Women: 185 Board #22 June 1, 9: 30 AM - 11: 00 AM. *Med Sci Sports Exerc.* 2016 May;48(5 Suppl 1):35. doi: 10.1249/01.mss.0000485116.08418.a3. PubMed PMID: 27359440.
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34. Cochrane KC, Housh TJ, Bergstrom HC, Jenkins NDM, Buckner SL, **Cramer JT**, Johnson GO, Schmidt RJ. (2014). Comparison of perceptual and physiological fatigue thresholds during cycle ergometry. *Journal of Strength and Conditioning Research*, 28(12 Suppl):57-58.
35. Jenkins NDM, Buckner SL, Bergstrom HC, Cochrane KC, Palmer TB, Schmidt RJ, Johnson GO, Housh TJ, **Cramer JT**. (2014). Age-related differences in rates of torque development and rates of rise in electromyographic amplitude. *Medicine & Science in Sports & Exercise*. 46(Suppl 5):459.
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37. Costa PB, Herda TJ, Herda AA, Cramer JT. (2014). Effects of short-term resistance training and subsequent detraining on body and thigh composition. *Medicine & Science in Sports & Exercise*. 46(Suppl 5):817.
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- responses to a thermogenic nutritional supplement at rest, during exercise, and recovery in men. *Journal of Strength and Conditioning Research*, 27(Suppl. 2):S59-S60.
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58. Smith AE, Stout JR, Kendall KL, Fukuda DH, **Cramer JT**, Moon JR. Muscle quality measurement techniques: Changes among age-stratified elderly adults. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s611, May-June 2012.
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61. Ryan ED, Herda TJ, Costa PB, Walter AA, **Cramer JT**†. The influence of aging on the stretching-induced force deficit. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s456, May-June 2012.
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224. **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Ebersole, K.T., Bull, A.J., and S.R. Perry. (2000). Mechanomyographic responses of the superficial muscles of the quadriceps femoris to maximal, concentric isokinetic muscle actions. *Medicine & Science in Sports & Exercise*, 32(5 suppl.): S57. (Poster Presentation at the ACSM Annual Convention, 2000, Indianapolis.)
225. Bull, A.J., **Cramer, J.T.**, Housh, T.J., and G.O. Johnson. (2000). The effect of mathematical modeling on the estimation of critical velocity. *Medicine & Science in Sports & Exercise*, 32(5 suppl.): S359. (Poster Presentation at the ACSM Annual Convention, 2000, Indianapolis.)
226. Weir, J.P., Housh, T.J., Johnson, G.O., Housh, D.J., Ebersole, K.T., and **J.T. Cramer**. (1999). Allometric assessment of isokinetic arm strength in children: No age or gender effects. *Journal of Strength and Conditioning Research*, 13(3). (Poster Presentation at the NSCA Annual National Conference, 1999, Kansas City.)

Doctoral Student Committees:

1. Shoemaker, M.E. (2017 – 2022). Inflammaging: Inflammatory biomarkers associated with nutrition, metabolism, and muscle tissue oxygenation relative to sarcopenic status in older adults. Committee members: **Cramer, J.T. (Chair)**, Duarte-Gardea, M., Smith, C.M.
 - a. Assistant Professor (tenure-track), South Dakota State University, Fall 2022
2. Gillen, Z.M. (2016 – 2020). Comparisons of Muscle Size, Strength, and Neuromuscular Function in Pre- and Post-Pubescent Males and Females. Committee members: **Cramer, J.T. (Chair)**, Housh, T.J., Johnson, G.O., Schmidt, R.J., Deayala, E.R.
 - a. Assistant Professor (tenure-track), Mississippi State University, Fall 2020
3. Keller, J. (2016 – 2020). The Sex-Specific Contributions of Neuromuscular and Muscle Blood Flow Responses to Performance Fatigability Following Fatiguing Bilateral Muscle Actions Above and Below Critical Force. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J., Housh, D.J.
 - a. Assistant Professor (tenure-track), University of South Alabama, Fall 2020
 - b. Assistant Professor (tenure-track), University of North Texas, Fall 2024
4. Smith, C.M. (2015 – 2019). The effects of variable resistance training and dynamic constant external resistance training on force and neuromuscular adaptations as a result of four weeks of leg press training. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J., Housh, D.J.
 - a. Assistant Professor (tenure-track), University of Texas El Paso, Fall 2019
 - b. Assistant Professor (tenure-track), Baylor University, Fall 2022
5. Hill, E.C. (2015 – 2019). The Effects of 4 Weeks of Blood Flow Restriction and Low-Intensity Resistance Training on Muscle Strength, Power, Hypertrophy, and Neuromuscular Adaptation. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J., Housh, D.J.
 - a. Assistant Professor (tenure-track), University of Central Florida, Fall 2019
6. Jenkins, N.D.M. (2013 – 2016). Neuromuscular adaptations to 3- and 6-weeks of high-versus low-load resistance training. Committee members: **Cramer, J.T. (Chair)**, Housh, T.J., Johnson, G.O., Housh, D.J., Schmidt, R.J.
 - a. Assistant Professor (tenure-track), Oklahoma State University, Fall 2016
 - b. Assistant Professor (tenure-track), University of Iowa, Fall 2020

7. Cochrane, K. (2012 – 2016). Physiological responses at the rating of perceived exertion at and above the gas exchange threshold during treadmill running. Committee members: Housh, T.J. (Chair), Johnson, G.O., Housh, D.J., Schmidt, R.J., **Cramer, J.T.**
 - a. Assistant Professor, California State Polytechnic University, Pomona, Fall 2016
 - b. Assistant Professor, San Jose State University, Fall 2018
 - c. Assistant Professor & Program Coordinator, Concordia University Chicago, 2019
 - d. Lecturer, University of California Irvine, Fall 2019
8. Abbey, B. (unknown – 2014). School wellness policies and practices and the association with body mass index (BMI) in children. Committee members: Franzen-Castle, L. (Chair), Bartee, T., De Guzman M., **Cramer, J.T.**
 - a. Assistant Professor, University of Nebraska-Kearney, Fall 2013
 - b. Associate Professor (tenured), University of Nebraska-Kearney, Fall 2019
9. Bergstrom, H.C. (2010 – 2014). Physiological responses at the critical heart rate during treadmill running. Committee members: Housh, T.J. (Chair), Johnson, G.O., Housh, D.J., Schmidt, R.J., **Cramer, J.T.**
 - a. Assistant Professor (tenure-track), University of Kentucky, Fall 2014
 - b. Associate Professor (tenured), University of Kentucky, Fall 2020
10. Fukuda, D.H. (2009 – 2012). A systematic approach for the classification of age-related muscle loss and elderly obesity using field-based testing methods and isoperformance curves. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Taylor, E.L., Hope, T.
 - a. Assistant Professor (tenure-track), Creighton University, Fall 2012
 - b. Assistant Professor (tenure-track), University of Central Florida, Fall 2013
 - c. Associate Professor (tenured), University of Central Florida, Fall 2018
 - d. Professor (tenured), University of Central Florida, Fall 2023
11. Kendall, K.L. (2009 – 2012). Validity of laboratory and field methods for predicting fat free mass in elite male rowers. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Taylor, E.L., Hope, T.
 - a. Assistant Professor (tenure-track), Georgia Southern University, Fall 2012
 - b. Chief Science Officer, Bodybuilding.com, Summer 2015
 - c. Assistant Professor, Edith Cowan University, Summer 2017
12. Walter, A.A. (2008 – 2012). Comparison of models in determining sarcopenia status in older adults. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Beck, T.W., Taylor, E.L., Hope, T.
 - a. Clinical Research Coordinator, University of Kansas Eye Institute, Spring 2012
 - b. Assistant Professor (non-tenure-track), University of Kansas, Fall 2013 (tenure-leading, Fall 2018)
 - c. Assistant Professor (tenure-track), University of Kansas, Fall 2018
 - d. Associate Professor (tenured), University of Kansas, Fall 2025
13. Costa, P.B. (2007 – 2011). The effects of short-term resistance training and subsequent detraining on neuromuscular performance, muscle cross-sectional area, and leg volume. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Beck, T.W., Kerkick, C.M., Hope, T.
 - a. Assistant Professor (tenure-track), California State University San Bernardino, Fall 2011
 - b. Associate Professor (tenure-track), California State University Fullerton, Fall 2014
 - c. Professor (tenured), California State University Fullerton, Fall 2020

14. Herda, T.J. (2007 – 2011). The effects of aging on skeletal muscle morphology and neuromuscular function of the leg extensors. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Beck, T.W., Kerksick, C.M., Hope, T.
 - a. Assistant Professor (tenure-track), University of Kansas, Fall 2011
 - b. Associate Professor (tenured), University of Kansas, Fall 2017
 - c. Professor (tenured), University of Kansas, Fall 2022
15. Smith, A.E. (2008 – 2011). Exercise-induced oxidative stress: Examining the antioxidant capabilities of beta-alanine supplementation. Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Kerksick, C.M., Hull, H.
 - a. Assistant Professor (tenure-track), University of North Carolina Chapel Hill, Fall 2011
 - b. Associate Professor (tenured), University of North Carolina Chapel Hill, Fall 2017
 - c. Professor (tenured), University of North Carolina Chapel Hill, Fall 2022
16. Lockwood, C.A. (2007 – 2010). Effect of whey protein quality on physiological response to chronic resistance exercise in trained men: A double-blind, placebo-controlled, randomized trial. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Kerksick, C.M., Wheeler, R.
 - a. Assistant Professor, Mary Hardin Baylor University, Summer 2019
17. Roberts, M.D. (2006 – 2010). The effects of aging on markers of satellite cell activity after three sequential bouts of resistance exercise. Committee members: Kerksick, C.M. (Chair), **Cramer, J.T.**, Stout, J.R., Beck, T.W., Henry, D.
 - a. Post-doctoral Fellowship, University of Missouri (Frank Booth), Fall 2010
 - b. Assistant Professor (tenure-track), Auburn University, Fall 2013
 - c. Associate Professor (tenured), Auburn University, Fall 2017
18. Moon, J.R. (2006 – 2009). Validity of bioimpedance for the assessment of total body and segmental fat-free mass in older men and women and a comparison of methods used to classify sarcopenia. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Kerksick, C.M., Hope, T.
 - a. Assistant Professor and Chair, United States Sports Academy, Fall 2009
 - b. Chief Science Officer, MusclePharm, Summer 2012
 - c. Program Director, Associate Professor, American Public University, Fall 2015
 - d. Executive Director of Research & Education, ImpediMed, Fall 2016
 - e. Faculty, United States Sports Academy, Fall 2009 – present
 - f. Faculty, Concordia University Chicago, Sep 2015 – present
 - g. Co-Founder & Chief Science Officer, FitTrace, Sep 2015 – present
19. Ryan, E.D. (2005 – 2009). Acute versus chronic effects of passive stretching on voluntary and evoked neuromuscular function, the length-tension relationship, joint range of motion, and musculotendinous stiffness in the plantar flexors. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Bembien, M.G., Bembien, D.A., and Shehab, R.
 - a. Assistant Professor (tenure-track), Oklahoma State University, Fall 2009
 - b. Assistant Professor (tenure-track), Stallings Fellow, University of North Carolina Chapel Hill, Fall 2011
 - c. Associate Professor (tenured), Stallings Fellow, University of North Carolina Chapel Hill, Fall 2017
 - d. Professor (tenured), University of North Carolina Chapel Hill, Fall 2022
20. Karabulut, M. (2004 – 2008). Neuromuscular, hormonal, serum inflammatory marker, and bone structure changes in middle-aged men following two different resistance training

- protocols. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Toothaker, L., Anderson, M., **Cramer, J.T.**
- a. Assistant Professor (tenure-track), University of Texas at Brownsville, Fall 2008
 - b. Associate Professor (tenured), University of Texas Rio Grande Valley, Fall 2014
21. Hartman, M.J. (2003 – 2007). Age-related changes in skeletal muscle activation following short-term resistance training. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Knehans, A., Anderson, M., **Cramer, J.T.**
- a. Assistant Professor, Florida Atlantic University, Fall 2007
 - b. Assistant Professor, Texas Wesleyan University, Fall 2008
 - c. Scientific Advisor, AdvoCare, Summer 2011
 - d. Director of Research and Development, AdvoCare, May 2012
 - e. Vice President of Research and Development, Plexus Worldwide, Sep 2019
22. Fjeldstad, A.S. (2003 – 2007). Effects of metabolic syndrome (MS) features on arterial elasticity of the large and small arteries in apparently healthy adults. Committee members: Bemben, D.A. (Chair), Bemben, M.G., Gardner, A., Knapp, R., **Cramer, J.T.**
- a. Post-doctoral Fellowship, University of Utah, Fall 2007
 - b. Research Fellow, University of Utah Hospitals and Clinics, Fall 2011
 - c. Assistant Professor (non-tenure-track), Virginia Commonwealth University, Fall 2016
23. Fjeldstad-Pardo, C. (2003 – 2007). Effect of four months of resistance training with and without vibration on postural balance in premenopausal women diagnosed with multiple sclerosis. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Knehans, A., Anderson, M., **Cramer, J.T.**
- a. Senior Researcher, NeuroScience Institute, Oklahoma City, OK, Fall 2007
 - b. Clinical Research Scientist, Oklahoma Medical Research Foundation, Mar 2011
24. Hull, H.R. (2003 – 2007). Impact of maternal weight on body composition and weight of the infant. Committee members: Dinger, M. (Co-Chair), Fields, D. (Co-Chair), Knehans, A., **Cramer, J.T.**
- a. Post-doctoral Fellowship, Columbia University, Fall 2008
 - b. Assistant Professor (tenure-track), University of Oklahoma Health Sciences Center, Fall 2010
 - c. Assistant Professor (tenure-track), University of Kansas Medical Center, Fall 2011
 - d. Associate Professor (tenured), University of Kansas Medical Center, Fall 2017
25. Lamont, H.S. (2002 – 2006). The effects of whole body vibration-induced post-activation potentiation on indices of isometric and dynamic force production during and following a six-week periodized back squat protocol. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Shehab, R., Anderson, M., **Cramer, J.T.**
- a. Visiting Assistant Professor, University of Mississippi, Fall 2006
 - b. Assistant Professor, University of Mississippi, Fall 2007
 - c. Assistant Professor, East Tennessee State University, Fall 2010
 - d. Assistant Professor, California Lutheran University, Fall 2012
 - e. Associate Professor, Coastal Carolina University, Fall 2015

Masters Student Committees:

1. Bejarano, S.P. (2020 – 2022). A guide towards creating a more gratifying experience at Stretch Zone ®. Committee members: **Cramer, J.T. (Chair)**, Smith, C.M., Eggleston, J.D.

2. McKay, B.D. (2017 – 2019). Oxygenation and activation of the vastus lateralis during dynamic constant external resistance leg extension muscle actions in older women with and without sarcopenia. Committee members: **Cramer, J.T. (Chair)**, Housh, T.J., Schmidt, R.J.
3. Jahn, L.E. (2016 – 2018). Effects of static, countermovement, and drop jump performance on power and rate of force development in 6-16-year-old boys. Committee members: **Cramer, J.T. (Chair)**, Koehler, K., Takahashi, S.
4. Smith, C.M. (2014 – 2016). Time Course of Changes in Neuromuscular Parameters during Fatiguing High-Load and Low-Load Concentric Dynamic Constant External Resistance Leg Extension Muscle Actions. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J.
5. Hill, E.C. (2014 – 2016). Electromyographic and mechanomyographic time and frequency responses during fatiguing, submaximal, isokinetic muscle actions of the biceps brachii. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J.
6. Lewis, R. (2011 – 2013). The effects of intermittent isometric fatigue on concentric, eccentric, and isometric torque. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J.
7. Jenkins, N.D.M. (2011 – 2013). Test-retest reliability of voluntary and evoked muscle actions to study neuromuscular function in elderly men. Committee members: **Cramer, J.T. (Chair)**, Housh, T.J., Johnson, G.O., Schmidt, R.J.
8. Hoge, K.M. (2008 – 2010). The acute effects of two different stretching protocols on musculotendinous stiffness and range of motion. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Beck, T.W.
9. Fukuda, D. (2008 – 2010). The effects of creatine loading and gender on anaerobic running capacity. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
10. Kendall, K.L. (2007 – 2009). The effects of 6-weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college-aged men. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
11. Graef, J.L. (2007 – 2009). The effects of 6 weeks of high-intensity interval training and creatine supplementation on cardiorespiratory fitness in college-aged men. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
12. DeFreitas, J.M. (2007 – 2009). A reexamination of the efficiency of electrical activity technique for identifying the time course of neural versus hypertrophic contributions to training-induced strength gains. Committee members: **Cramer, J.T. (Co-Chair)**, Beck, T.W. (Co-Chair), Stout, J.R.
13. Walter, A.A. (2006 – 2008). Effects of short-term high-intensity interval training and β -alanine loading on physiological and performance changes. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
14. Smith, A.E. (2006 – 2008). The effects of 6 weeks of β -alanine supplementation and high intensity interval training on metabolism, performance and the onset of neuromuscular fatigue. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
15. Herda, T.J. (2005 – 2007). Comparisons of the acute effects of passive stretching and vibration on the neuromuscular function of the triceps surae. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Bembien, M.G.
16. Sherk, V. (2005 – 2007). Bone density attributes in lower-body amputees. Bembien, D.A. (Chair), Bembien, M.G., **Cramer, J.T.**

17. Giovannetti, J.M. (2005 – 2007). Relationship between estimated aerobic fitness and injury rates among active duty at Tinker air force base based upon two separate measures of estimated cardiovascular fitness. Committee members: Bemben, M.G. (Chair), Bemben, D.B., **Cramer, J.T.**
18. Weirich, G.F. (2004 – 2006). Influences of strength, flexibility, body composition, and bone mineral density on balance in young, middle-aged, and older women. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Taylor, E.L., **Cramer, J.T.**
19. Mathe, E.F. (2004 – 2006). Effects of whole body vibration on the ability to exert muscular force in young, middle, and older men. Committee members: Bemben, M.G. (Chair), Bemben, D.A., **Cramer, J.T.**
20. Marek, S.M. (2003 – 2005). The thermal effects of pulsed shortwave diathermy on force production, electromyography, and Mechanomyography. *Thesis proposed on November 5, 2004.* Committee members: **Cramer, J.T. (Co-Chair)**, Fincher, A.L. (Co-Chair), and Trowbridge, C.A.
21. Culbertson, J.M. (2003 – 2005). The effects of creatine supplementation and three days of isokinetic training on muscle strength, power output, and neuromuscular function. *Thesis proposed on January 28, 2005.* Committee members: **Cramer, J.T. (Chair)**, Trowbridge, C.A., Wilson, J.R., and Stout, J.R.
22. Purkayastha, S. (2003 – 2005). EMG-to-work ratios during isotonic and isokinetic leg extension exercises. *Non-thesis, manuscript submission.* Mentor: **Cramer, J.T.**

Undergraduate Student Mentorship:

1. Gibson, Sydney. (2018 – 2020). Validating the common smart phone for measuring push-up performance in youth athletes. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
2. Bohannon, Nicholas. (2017 – 2020). Validating the common smart phone for measuring push-up performance in youth athletes. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
3. Mendez, Alegra Isabel. (2016 – 2018). Validating the common smart phone for measuring vertical jump performance in youth athletes. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
4. McKay, B. (2015 – 2017). *McNair Scholar, 2016-2017.* UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
 - a. Comparing the effects of low- vs. high-load weight training on muscle activation and swelling in the biceps brachii muscle.
 - b. Exertional rhabdomyolysis in a 21-year-old, healthy female after performing three sets of the biceps curl exercise to failure with 30% 1RM: A case report.
 - c. Finding normative reference values for high school combine test results.
 - d. Test-retest reliability and minimal detectable changes of combine performance tests in 5 – 15 year old athletes.
5. Leutzinger, Todd. (2016 – 2017). Finding Normative Reference Values for High School Combine Test Results. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
6. Yeo, N. (2015 – 2016). Comparing the effects of low- vs. high-load weight training on muscle activation and swelling in the biceps brachii muscle. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**

7. Miller, J. (2014 – 2015). Contributions of morphological and neuromuscular factors to the time course of strength adaptations in response to high- and low-load resistance training. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
8. Yeo, N. (2014 – 2015). Comparing the neural and hypertrophic factors underlying increases in muscle strength after low-weight vs. high-weight resistance training programs. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
9. Fischman, K.A. (2013 – 2014). Effects of conjugated linoleic acid on physical performance. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
10. Ungar, J. (2013). The effects of intermittent isometric fatigue on concentric, eccentric, and isometric torque. Honors Credit for NUTR 250. Faculty Mentor: **Cramer, J.T.**
11. Sims, M.T. (2011 – 2012). Anatomy, injury, and surgery of the knee joint. Honors Faculty Mentor: **Cramer, J.T.**
12. Chowdhury, F.Z. (a.k.a., Navin; 2006 – 2007). Positioning of electrodes and locating the innervation zone during surface EMG recordings in vastus medialis muscle. Honors Thesis and UROP Faculty Mentor: **Cramer, J.T.**

Invited Presentations:

1. **Cramer, J.T.** Keynote/Plenary Address entitled *Emerging evidence on impaired metabolic flexibility with sarcopenia: Possible role in loss of physical function*. Starting the Satellite Symposium entitled, *Muscle matters: New insights on the interplay between nutrition, immunity, inflammation and metabolism*. ESPEN 2021 Congress, European Society for Clinical Nutrition and Metabolism (ESPEN), Abbott Nutrition Health Institute (ANHI), with virtual, real-time translation to Spanish, Sept 11, 2021.
2. **Cramer, J.T.** New mechanisms related to muscle loss in at-risk clinical populations. *Keynote/Plenary Address*. Strength Ambassador Program, European Society for Clinical Nutrition and Metabolism (ESPEN), Abbott Nutrition Health Institute, Spain (virtual, real-time translation to Spanish), Sept 18, 2020. <https://anhi.org/conferences/virtual-strength-ambassador-program>
3. **Cramer, J.T.**, Renaud, J. Exercise and Nutrition for Healthy Aging. *Live and Learn*, Public Access Television Program, Lincoln, NE: April 26, 2019. Airing in May, 2019.
4. **Cramer, J.T.** What is Sarcopenia? Exercise and Nutrition for Healthy Aging. Oral/slide Presentation at Aging Partners Outreach Breakfast, Lincoln, NE: Feb 13, 2019.
5. **Cramer, J.T.** Carbohydrates for Performance Across Adolescence and Adulthood. Oral/slide Presentation at 117th Abbott Nutrition Research Conference, Carbohydrates Through the Lifecycle and Across Tissues, Columbus, OH: June 21, 2018.
6. **Cramer, J.T.** High- vs. low-load resistance training to failure: Current state of knowledge on maximizing strength versus hypertrophy. Oral/slide Presentation at Edith Cowan University, Perth, Australia: May 18, 2017.
7. **Cramer, J.T.** Organizational Update for the National Strength and Conditioning Association (NSCA). Oral/slide Presentation at the JCSMS Conference, Columbus, OH: February 17, 2017.
8. **Cramer, J.T.** High- vs. Low-load Resistance Training to Failure: Current State of Knowledge on Maximizing Strength vs. Hypertrophy. Oral/slide Presentation at the ISSN Conference & Exhibition, Clearwater Beach, FL: June 10, 2016.
9. **Cramer, J.T.** Protein and amino acid supplementation for strength, protein synthesis, and hypertrophy. Session 1: The effects of supplementation with leucine and other amino acids

- on strength and protein synthesis. Oral/slide Presentation at the NSCA Conference & Exhibition, Las Vegas, NV: July 11, 2013.
10. **Cramer, J.T.** Exercise and Nutrition for Healthy Aging. Oral/slide Presentation for the Nebraska Academy of Nutrition and Dietetics – Lincoln District, Madonna Rehabilitation Hospital, Lincoln, NE: January 29, 2013.
 11. **Cramer, J.T.** Exercise and Nutrition for Healthy Aging: Identifying and Treating Sarcopenia. Oral/slide Presentation for the Lincoln Chapter of Kiwanis, Cotner Center, Lincoln, NE: January 22, 2013.
 12. **Cramer, J.T.** Exercise and Nutrition for Healthy Aging: Identifying and Treating Sarcopenia. Oral/slide Presentation for UNL Extension Education Conference, Grand Island, NE: October 17, 2012.
 13. **Cramer, J.T.** Assessing mobility for oral nutritional supplement efficacy. Oral/slide Presentation for Abbott Laboratories, Abbott Nutrition, Columbus, OH: November 30, 2010.
 14. **Cramer, J.T.** Part 1: Sports Nutrition Needs and Supplementation for Endurance Athletes. Oral/slide Presentation at the NSCA Conference & Exhibition, Orlando, FL: July 15, 2010.
 15. **Cramer, J.T.** Part 3: The Future of Nutritional Supplementation for Exercise Performance. Oral/slide Presentation at the NSCA Conference & Exhibition, Las Vegas, NV: July 10, 2009.
 16. **Cramer, J.T.** Nutritional Supplementation After Resistance Training: Science and Recommendations (25 min). In Session: Nutritional Supplementation Before, During, & After Resistance Training: Science and Recommendations. Oral/slide Presentation at the NSCA Conference & Exhibition, Las Vegas, NV: July 10, 2008.
 17. **Cramer, J.T.** Safety Aspects of Creatine Supplementation (45 min). In Session: Creatine Supplementation in Exercise and Sport. Oral/slide Presentation at the NSCA Conference & Exhibition, Atlanta, GA: July 13, 2007.
 18. **Cramer, J.T.** Leucine and Whey Protein: Anabolic Nutrients (45 min). Oral/slide Presentation at the International Society of Sports Nutrition 2 day workshop, Colorado Springs, CO: November 4, 2006.
 19. **Cramer, J.T.** The noninvasive assessment of muscle function: from past to present (50 min). Oral/slide Presentation at the Northland Chapter ACSM Regional Meeting, St. Cloud, MN: April, 2006.
 20. **Cramer, J.T.** The noninvasive assessment of muscle function in older vs. younger adults (50 min). Oral/slide Presentation at the Central States Chapter ACSM Regional Meeting, Kansas City, MO: October, 2005.
 21. **Cramer, J.T.** Supplemental Caffeine and Capsaicin for Enhanced Energy Expenditure and Exercise Performance (50 min). Oral/slide Presentation at the NSCA National Convention Pre-conference Symposium, sponsored by GNC, Inc. Las Vegas, NV: July, 2005.
 22. **Cramer, J.T.** Research Tutorial: The Effects of Stretching on Strength, Power, and Performance (50 min). Oral/slide Presentation at the NSCA National Convention. Las Vegas, NV: July, 2005.
 23. **Cramer, J.T.** Bioenergetics of Exercise and Training (75 min). Oral/slide Presentation at the NSCA Certification Commission's Essentials of Strength Training and Conditioning Symposium. Phoenix, AZ: August, 2004. *Videotaped for DVD release/sales.*
 24. **Cramer, J.T.** Bioenergetics of Exercise and Training (75 min). Oral/slide Presentation at the NSCA Certification Commission's Essentials of Strength Training and Conditioning Symposium. Las Vegas, NV: July, 2002. *Audiotaped for CD/cassette release/sales.*

25. Baechle, T.R. and **J.T. Cramer**. Resistance Training for Seniors (60 min). Keynote address for the 3rd Annual Living Longer Living Stronger: Strength Through the Ages seminar hosted by Council of the Aging (COTA) Victoria. Melbourne, Australia: August, 2001.
26. **Cramer, J.T.** Metabolic and nutritional aspects of exercise and training (90 min). Oral/slide Presentation at the NSCA Certification Commission's Essentials of Strength Training and Conditioning Symposium. Orlando, FL: June, 2000. *Audiotaped for CD/cassette release/sales.*
27. **Cramer, J.T.** and K. Beyer. Exercise science: Being aware of industry opportunities (50 min). Oral/slide Presentation at the Nebraska Association for Health, Physical Education, Recreation, and Dance (NAHPERD) Annual Meeting. Lincoln, NE: November, 1998.

Institutional Committee Membership and Service:

- Faculty Development Committee (Ex Officio), College of Health Sciences, UTEP. Sep 2021
- Community Partnerships for Experiential Learning Committee (Ex Officio), College of Health Sciences, UTEP. Sep 2021
- Agreement Process Improvement Team (appointed), UTEP. April, 2021
- Strategic Enrollment Planning (appointed), UTEP. Sep, 2020
- Promotion & Tenure Committee (elected), College of Education & Human Sciences, UNL. Aug 2020.
- Chair (appointed), Conflict of Interest in Research Committee, UNL. May 2017 – July 2020.
- Chair (elected), Dean's Faculty Advisory Council, College of Education & Human Sciences, UNL. May 2017 – May 2020.
- Faculty Marshal Corps (appointed), Commencement Ceremonies, UNL. May 2016 – 2020.
- Safety Committee (appointed), Nutrition & Health Sciences, UNL. Aug 2019 – 2020.
- Academic Standards Committee (elected), UNL. August 2016 – 2020.
- Faculty Senate (elected), UNL. May 2017 – 2020.
- Program Director (appointed), Strength & Conditioning Curriculum, NSCA Education Recognition Program (ERP), Nutrition & Health Sciences, UNL. Oct 2017 – 2020.
- Liaison Committee (elected), IANR Vice Chancellor's Office, UNL. Aug 2017 – 2020.
- N|150 Commission (appointed), Strategic Planning, UNL. Jan 2018 – 2019.
- Exercise Physiology & Nutrition Rep (appointed), Academic Program Review Steering Committee, Nutrition & Health Sciences, UNL. Aug 2017 – 2018.
- University Health Center Board of Directors (appointed), UNL. August 2016 – 2019.
- Mental Health Task Force (appointed), UNL. August 2016 – 2017.
- Conflict of Interest in Research Committee (appointed), UNL. Feb 2016 – 2017.
- Promotion & Tenure Committee, Nutrition & Health Sciences, UNL. 2014 – 2020.
- Chair (elected), Graduate Committee, Nutrition & Health Sciences, UNL. May 2013 – 2018.
- Graduate Faculty (appointed), Nutrition & Health Sciences, UNL. Aug 2012 – 2020.
- Endowed Chair Selection Committee, College of Education, OSU. Aug 2011 – Dec 2011.
- Institutional Review Board #2, OU. Aug 2010 – Jul 2011.
- Chair of the Graduate Committee, Health and Exercise Science, OU. Jun 2008 – Jul 2011.
- Committee A, Health and Exercise Science, OU. Jul 2007 – Aug 2009.
- Ambassador to the Program for Instructional Innovation, OU. Oct 2007 – Jul 2011.
- Program Director: NSCA Education Recognition Program (ERP) in Strength and Conditioning, Health and Exercise Science, OU. Aug 2006 – Aug 2009.

- CSCS Sponsor: NSCA Education Recognition Program (ERP) in Personal Training, Health and Exercise Science, OU. Aug 2006 – Aug 2009.
- Committee A, Health and Exercise Science, OU. Aug 2005 – Dec 2005.
- Graduate Committee, Health and Exercise Science, OU. 2005 – 2011.
- Search Committee (x2), Exercise Physiology, Assistant Professor (tenure track), Health and Exercise Science, OU. 2005 – 2006.
- Search Committee (x2), Health Promotion, Assistant Professor (tenure track), Health and Exercise Science, OU. 2005 – 2006.
- Research Committee: College of Education. University of Texas at Arlington. 2003 – 2005.
- Research Advisory Board, UTA. 2003 – 2005.
- Search Committee, Athletic Training, Clinical Coordinator, UTA. 2003 – 2004.
- Dean's Advisory Board, College of Education, UTA. 2003 – 2005.
- Graduate Committee, Department of Kinesiology, UTA. 2003 – 2005.
- Research Enhancement Committee, Department of Kinesiology, UTA. 2003 – 2005
- Search Committee, Strength & Conditioning Director, Campus Recreation, UNL. Jul 2000.

Professional Committee / Board Membership and Service:

- Leadership Committee, Association for Schools Advancing Health Professions (ASAHP, *appointed position*). 2023 – pres.
- Academic/Research Member, Board of Directors (*elected position*). NSCA. 2015 –18.
- Secretary Treasurer, Board of Directors (*appointed position*). NSCA. 2015 – 17.
- President, Board of Directors (*elected position*). Lincoln Youth Football (LYF) League, Inc. (LYF). Community of Lincoln, Nebraska. Jan 2018 – Aug 2021.
- Secretary Treasurer, Board of Directors (*elected position*). Lincoln Midget Football (LMF) League, Inc. Community of Lincoln, Nebraska. Jan 2017 – Jan 2018.
- Senior Associate Editor, *Journal of Strength and Conditioning Research*. 2012 – pres.
- Chair, Research Committee (*elected position*), NSCA. July 2007 – July 2010.
- Chair, Scientific Programs Subcommittee (*elected position*), NSCA. July 2006 – July 2009.
- Administrative Council, Strength & Conditioning Interest Group. ACSM: July 2006 – 2008.
- Secretary Treasurer (*elected position*). Central States Chapter-ACSM: Oct 2005 – Feb 2008.
- Research Committee (*elected position*). NSCA: July 2005 – July 2008.
- CSCS Exam Development Committee (*appointed position*). NSCA Certification Commission. Nov 1999 – Nov 2006.
- Student Research Award Subcommittee (*appointed position*), NSCA. June 2002 – 2005.
- Awards Committee (*appointed position*), NSCA. June 2000 – 2004.
- CSCS and NSCA-CPT Exams-on-Request site host:
 - NSCA-CPT Exam site host, Lincoln, NE, Feb. 6, 1999
 - CSCS Exam site host, Lincoln, NE, Feb. 5, 2000
 - NSCA-CPT Exam site host, Lincoln, NE, Feb. 12, 2000
 - CSCS & NSCA-CPT Exams site host, Lincoln, NE, Aug. 3, 2002
 - CSCS & NSCA-CPT Exams site host, Arlington, TX, May 23, 2004
 - CSCS & NSCA-CPT Exams site host, Norman, OK, December 16, 2006
 - CSCS Exam site host, Kansas City, MO, October 21, 2006
 - CSCS & NSCA-CPT Exams site host, Norman, OK, May 20, 2007

Editorial Boards and External Scientific Reviews:

- Associate Editor/Editorial Board, *Journal of Clinical Medicine*. (past)
- Senior Associate Editor (past) / Editorial Board, *Journal of Strength and Conditioning Research*.
- Editorial Board, *Journal of Nutritional Science & Food*. (past)
- Editorial Board, *Journal of Sports Science & Medicine*. (past)
- Editorial Board, *Lipids*. (past)
- Editorial Board, *Sports*. (past)
- Abstract Reviewer, NSCA: 2001–present.
- Grant Reviewer, NSCA: 2010–present.
- External Reviewer, *Acta Physiologica Scandinavica*.
- External Reviewer, *BMC Research Notes*.
- External Reviewer, *PLoS ONE*.
- External Reviewer, *Frontiers in Physiology*.
- External Reviewer, *European Journal of Pediatrics*.
- External Reviewer, *Appetite*.
- External Reviewer, *Journal of Aging and Health*.
- External Reviewer, *Clinical Nutrition*.
- External Reviewer, *Scandinavian Journal of Medicine & Science in Sport*.
- External Reviewer, *European Geriatric Medicine*.
- External Reviewer, *Experimental Gerontology*.
- External Reviewer, *Age & Ageing*.
- External Reviewer, *Journal of the American Geriatrics Society*.
- External Reviewer, *Sports Medicine*.
- External Reviewer, *Journal of Athletic Training*.
- External Reviewer, *Journal of Neuroscience Methods*.
- External Reviewer, *Physiological Measurement*.
- External Reviewer, *American Journal of Clinical Nutrition*.
- External Reviewer, *Journal of American Medical Directors Association*.
- External Reviewer, *Journal of Applied Physiology*.
- External Reviewer, *Muscle & Nerve*.
- External Reviewer, *Journal of Sports Science*.
- External Reviewer, *European Journal of Applied Physiology*.
- External Reviewer, *Medicine & Science in Sports & Exercise*.
- External Reviewer, *Scandinavian Journal of Medicine & Science in Sport*.
- External Reviewer, *American Journal of Clinical Nutrition*.
- External Reviewer, *Pediatrics and Exercise Science*.
- External Reviewer, *Journal of Rehabilitation Research and Development*.
- External Reviewer, *International Sports Medicine Journal*.
- External Reviewer, *Research Quarterly for Exercise and Sport*.
- External Reviewer, *Strength and Conditioning Journal*.
- External Reviewer, *Journal of the International Society of Sports Nutrition*.
- External Reviewer, *Journal of Strength and Conditioning Research*.

Professional Credentials:

- **Licensed Limited Radiographer, State of Nebraska.** License No. 1406. Bone Densitometry, Forearm, Lumbar Spine, Proximal Femur. American Registry of Radiologic Technologists (ARRT), Department of Health & Human Services of Nebraska, Division of Public Health. September 9, 2013 – December 1, 2020.
- **Fellow of the American College of Sports Medicine (FACSM).** May 30, 2008.
- **Fellow of the International Society of Sports Nutrition (FISSN).** March 5, 2007.
- **Fellow of the National Strength and Conditioning Association (FNSCA).** Dec 1, 2006.
- **Certified Strength and Conditioning Specialist, Recertified with Distinction (CSCS,*D).** NSCA. February 5, 1998. Recertified with Distinction through December 31, 2020.
- **NSCA Certified Personal Trainer, Recertified with Distinction (NSCA-CPT,*D).** NSCA. Dec 2, 1995. Recertified with Distinction through December 31, 2020.

Professional Memberships:

- **Nebraska Radiological Society, American College of Radiology (ACR);** 2014 – 2020.
- **International Society of Sports Nutrition (ISSN);** 2004 – pres.
- **National Strength and Conditioning Association (NSCA);** 1994 – pres.
- **International Society of Electrophysiology and Kinesiology (ISEK);** 2003-2004.
- **American College of Sports Medicine (ACSM);** 1998 – pres.
- **American Alliance for Health, Physical Education, Recreation and Dance;** 2004
- **Nebraska Alliance for Health, Physical Education, Recreation and Dance;** 1998 – 2001