

Nathaniel D.M. Jenkins, Ph.D., FAHA

Curriculum Vitae

Assistant Professor, Health and Human Physiology
Faculty Member, Abboud Cardiovascular Research Center
Faculty Member, Fraternal Order of Eagles Diabetes Research Center
Director, Integrative Laboratory of Applied Physiology and Lifestyle Medicine
University of Iowa
114 Iowa Bioscience Innovation Facility
Iowa City, IA 52242
Phone: (319) 467-3091
Email: nathaniel-jenkins@uiowa.edu

Education

- Ph.D. May 2016 Exercise Physiology & Nutrition, University of Nebraska-Lincoln
Dissertation Title: Neuromuscular adaptations to 3 and 6 weeks of high- versus low-load resistance training.
- M.S. May 2013 Exercise Physiology & Nutrition, University of Nebraska-Lincoln
Thesis Title: Test-retest reliability for voluntary and evoked measures of peak torque, electromechanical delay, and rate of torque development in older men.
- B.A. May 2011 Major: Health and Exercise Science, Minor: Athletic Training, Magna Cum Laude, Messiah College

Professional Development

- NSCA Certified Strength and Conditioning Specialist, Recertified with Distinction (CSCS,*D), May 26th, 2011
- NSCA Certified Personal Trainer, Recertified with Distinction (NSCA-CPT,*D), March 19th, 2009
- Alan Alda Center for Communicating Science Workshop, Sponsored by Oklahoma State University's Vice President for Research, January 9 - 10th, 2018
- American Heart Association Research Leaders Academy (Invited Attendee), Baltimore, MD, September 19th - 21st, 2019
- American Heart Association Research Leaders Academy (Invited Speaker and Attendee), San Diego, CA, September 12th - 14th, 2022

Professional Experience

- **Associate Professor with Tenure, University of Iowa, Department of Health and Human Physiology,** Promotion Pending (Beginning July 1, 2024)
- **Assistant Professor, University of Iowa, Department of Health and Human Physiology;** August 2020 - Present.
 - HHP 3400 - Applied Exercise Physiology (*Undergraduate Curriculum*), Course Director
 - HHP 4150 - Clinical Exercise Physiology (*Undergraduate/Graduate Curriculum*), Course Contributor
 - HHP 4200 - Metabolic Exercise Testing and Prescription (*Undergraduate/Graduate Curriculum*), Course Contributor

- HHP 4210 – Musculoskeletal Exercise Testing and Prescription (*Undergraduate/Graduate Curriculum*), Course Contributor
- HHP 4410/6410 – Advanced Exercise Physiology (*Undergraduate/Graduate Curriculum*), Course Contributor
- **Faculty Member**, Fraternal Order of Eagles Diabetes Research Center; Summer 2023 – Present
- **Faculty Mentor**, Behavioral-Biomedical Interface T32 Training Program; Summer 2021 – Present
- **Faculty Member**, Abboud Cardiovascular Research Center; Fall 2020 – Present
- **Associate Professor (tenured, continuous appointment), Oklahoma State University (OSU), School of Kinesiology, Applied Health, and Recreation**; July 2020 – August 1, 2020
- **Visiting Assistant Professor, University of Iowa, Department of Health and Human Physiology**; April 2020 – August 2020
- **Assistant Professor (tenure-track), Oklahoma State University (OSU), School of Kinesiology, Applied Health, and Recreation**; August 2016 – July 2020
 - HHP 3663 – Biomechanics (*Undergraduate Curriculum*)
 - HHP 4010/5010 – Fundamentals of Physical Activity in Public Health (*Undergraduate/Graduate Curriculum*)
 - HHP 4123 – Principles of Strength and Conditioning (*Undergraduate Curriculum*)
 - HHP 4773 – Exercise Testing and Prescription (*Undergraduate Curriculum*)
 - HHP 5523 – Current Readings in Health (*Graduate Curriculum*)
 - HHP 5873 – Human Bioenergetics (*Graduate Curriculum*)
 - HHP 6083 – Biomedical Signal Acquisition (*Graduate Curriculum*)
- **Joint Appointment, Assistant Professor (tenure-track), Oklahoma State University (OSU), Department of Nutritional Sciences**; May 2018 – July 2020
- **Graduate Assistant, University of Nebraska-Lincoln, Department of Nutrition and Health Sciences**; August 2012 – May 2016
 - NUTR 250 – Human Nutrition and Metabolism (*Undergraduate Curriculum*)
 - NUTR 484/884 Lab – Physiology of Exercise (*Undergraduate/Graduate Curriculum*)
 - NUTR 486/886 Lab – Exercise Testing and Exercise Programming in Adult Fitness and Cardiac Rehabilitation (*Undergraduate/Graduate Curriculum*)
- **Graduate Assistant, Oklahoma State University, Department of Health and Human Performance**; August 2011 – July 2012
 - HHP 2602 – First Aid (*Undergraduate Curriculum*)
 - HHP 4010 – Principles of Strength and Conditioning (*Undergraduate Curriculum*)
- **Supplemental Instructor, Exercise Physiology, Messiah College**, January 2011 – May 2011
- **Teacher's Assistant, Research and Kinesiology, Messiah College**, September 2010 – May 2011

Funding

Resubmission Pending

1. **Jenkins, N.D.M. (PI)** *Adverse Childhood Experiences and Premature Vascular Aging: The Role of SIRT1*. Transformational Project Award to American Heart Association. Submitted February 2023. Total Amount Requested \$300,000. ~Award Dates: October 2023–September 2028. A0 Percentile Score: 28%.

Funded (Extramural)

1. **Jenkins, N.D.M. (PI)** *Interactions of Adverse Childhood Experiences, Sleep Disruption, and Mechanistic Links to Vascular Dysfunction in Emerging Adults*. R01HL167788. Total Awarded: \$3,341,973. Award Dates:

December 2023–November 2028. Impact score: 20, Percentile Score: 4%

2. **Jenkins, N.D.M. (PI)** *The effects of early life psychosocial stress on vascular insulin sensitivity and glucose metabolism: the role of premature vascular aging.* Animal Models to Understand Social Dimensions of Aging, NIA Social Animal Research Network. Award Amount: (\$19,999). 2023-2024.
3. **Jenkins, N.D.M. (PI)** *Determining the effect of cognizin dose on cognitive performance and substrate metabolism in young adults.* Funded by Woodbolt Distribution, LLC. Total Award Amount (\$169,682). 2023-2024.
4. **Jenkins, N.D.M. (PI)** *Ability of organic guayusa extract (AmaTea) to augment desire to train, training load, and physiological performance in physically-active women performing a high-intensity exercise training program.* Applied Food Sciences, Inc. Award Amount: (\$281,250). 2022-2023.
5. **Jenkins, N.D.M. (PI)** *The Effects of Commercial Energy Drinks on Physiological and Cognitive Performance and Function.* Funded by Woodbolt Distribution, LLC. Award Amount: (\$202,768). 2021-2022.
6. **Jenkins, N.D.M. (PI).** *The role of genetic polymorphisms on the pharmacokinetics and pharmacodynamics of caffeine: implications for cardiometabolic function.* OCAST Oklahoma Health Research Award. Award Amount: (\$133,806.00). August 1, 2019 – July 31, 2021. *Ranked in the top 1% (#2) of all 2019 submissions; Relinquished upon accepting position at U. Iowa.
7. **Jenkins, N.D.M. (PI).** *The effects of exercise in young adult women with ACEs: an integrative pilot study.* Center for Integrative Research on Childhood Adversity COBRE Y2 2017-2018. National Institute of General Medical Sciences of the National Institutes of Health under Award Number P20GM109097. Award Amount: (\$50,000.00). 2018-2020. ClinicalTrials.gov Identifier: NCT03521401.
8. **Jenkins, N.D.M. (PI)** Co-Investigator: Emerson, S. *The clinical utility of progressive resistance training for improving cardiovascular disease risk in post-menopausal women.* AWRP 2018 AHA Institutional Research Enhancement Award (AIREA). American Heart Association. Award Amount: (\$153,933.00). 2018-2021. Award Number: 18AIREA33960528. ClinicalTrials.gov Identifier: NCT03752060.
9. **Jenkins, N.D.M. (PI)** International Co-Investigator: El-Sohemy, A. *Genetic polymorphisms and the effects of caffeine on neuromuscular function.* National Strength and Conditioning Association Foundation (NSCAF) International Collaboration Grant. Award Amount: (\$32,214.00).
10. **Jenkins, N.D.M (Co-PI)** and DeFreitas, J.M (Co-PI). Service Contract from the Molecular and Applied Physiology Laboratory at Auburn University. For: Neuromuscular data collection and analyses. Award Amount: (\$3,000.00). 2016.

Funded (Co-I OR Faculty Mentor/Co-I [PhD Student PI])

11. **Jenkins, N.D.M. (Co-I; 10% Effort);** Thomas, E.B.K. (PI). *ACT for health promotion among rural Veterans.* US Department of Veterans Affairs. FY24 Award Amount (\$289,619). 2023–2024
12. **Jenkins, N.D.M. (Faculty Mentor/Co-I),** PI: Banks, N.F. *Effects of flywheel versus traditional resistance training on measures of hypertrophy, strength, and neuromuscular function.* National Strength and Conditioning Association Foundation (NSCAF) Doctoral Student Grant. Award Amount: (\$14,778.54). 2020–2021.
13. **Jenkins, N.D.M. (Faculty Mentor/Co-I),** PI: Colquhoun, R.J. *Do eccentric contractions preferentially recruit, damage, and alter behavior of high threshold motor units?* National Strength and Conditioning Association Foundation (NSCAF) Doctoral Student Grant. Award Amount (\$11,776.25). 2018–2019.

Funded (Other Extramural Awards)

14. **Principal Investigator: Jenkins, N.D.M.** National Institutes of Health Loan Repayment Program (NIH LRP). *Mitigating Cardiovascular Disease Risk in Humans.* Extramural Clinical Research LRP. National Heart, Lung, and Blood Institute (NHLBI). 2019-2021. Award ID: 1L30HL149066-01

15. **Principal Investigator: Jenkins, N.D.M.** National Institutes of Health Loan Repayment Program (NIH LRP). *Identifying the Pathophysiological and Biobehavioral Mechanisms Linking Early Life Adversity with Cardiometabolic Risk*. Extramural Clinical Research LRP. National Heart, Lung, and Blood Institute (NHLBI). 2023-2025. Award ID: 2L30HL149066-02

Funded (Intramural/Pilot Funding)

16. **Jenkins, N.D.M. (PI)** *Does Altered Neural Stress Regulatory System Activity and Hematopoiesis Explain the Link between Adverse Childhood Experiences and Peripheral Vascular Dysfunction?* University of Iowa Office for the VPR Early Career Scholar Award. Award Amount: (\$30,000). 2023-2024.
17. **Jenkins, N.D.M. (PI)** *Interactions of Adverse Childhood Experiences, Sleep Disruption, and Mechanistic Links to Cardiometabolic Disease Risk in Adolescents and Young Adults*. University of Iowa Injury Prevention Research Center Pilot Project Award. Award Amount: (\$22,500). 2022-2023.
18. **Jenkins, N.D.M. (Co-PI); Voss M (PI)**. *Move-ome: Mapping 24-hour Activity Cycles in MidLife to Promote Lifelong Cognitive Health and Resilience*. Funded by Office of the Vice President for Research, Jumpstarting Tomorrow Seed Grant Program. Role: Award Amount: (\$75,000). 2022-2024.
19. **Jenkins, N.D.M. (Co-PI)** *The Impact of Acute Kidney Injury Requiring Renal Replacement Therapy on the Incidence and Recovery from Critical Illness Muscle Wasting*. Principle Investigator: Griffin, B. CTSA Inter-Institutional Pilot Project Award. \$75,000 Awarded. 2021-2023.

Articles in Refereed Scientific Journals

Overview

Total Publications (Published/In Press, Including Letters): 103

***First and/or Senior Author Publication: 56**

Total Peer-Reviewed/Published Abstracts: 120+

Citation History (since 2013, year of first publication): 2475

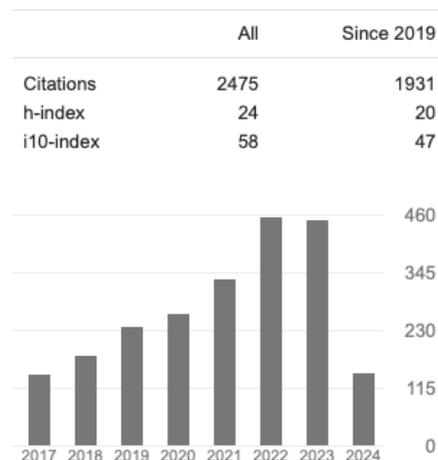
H-index: 24

i10-index: 58

*Indicates senior authorship;

^Denotes doctoral or masters student from my laboratory;

#Denotes undergraduate student from my laboratory



In Review

- Shah, S., Vallejo, J., Colecraft, H., Carson, A., Kershaw, K., Lohr, J., Palaniappan, L., Cooper-Reelhorn, E., **Jenkins, N.D.M.**, Wright, D. Strategies to Improve Diversity and Gender in Biomedical Sciences: A Science Advisory from the American Heart Association Research Committee. *Circulation*. IF: 39.92
- Jones, R., Robinson, A.T., Beach, L.B., Lindsey, M.L., Kirabo, A., Hinton, Jr., A., Erlandson, K., **Jenkins, N.D.M.*** Exercise to prevent accelerated vascular aging in people living with HIV and receiving suppressive antiretroviral treatment. *Circulation Research*. IF: 23.21
- Rogers, E.M.^*, Banks, N.F.^, Trachta, E.R.#, Wolf, M.S.#, Berry, A.C.#, Stanhewicz, A.E., Carr, L.J., Barone Gibbs, B., **Jenkins, N.D.M.*** Resistance exercise breaks as a strategy to augment insulin-mediated vasodilation during prolonged sitting. *Exp Physiol*.
- Helwig, N.J.^, Shreffler, K., Schwager, L.E., Thomas, E.B.K., Jones, E., **Jenkins, N.D.M.*** Adverse childhood experiences are associated with first trimester hypertension and hypertensive disorders in pregnancy in a diverse cohort of women.

Published

1. Banks, N.F.[^] and Rogers, E.M.[^] (co-first authors), Helwig, N.J.[^] Schwager, L.E.[^] Schulte, S.L.[#], Alpers, J.P.[#], Trachta, E.R.[#], Lockwood, C.M., **Jenkins, N.D.M.*** Effects of acute energy drink consumption on exercise performance and cardiovascular hemodynamic and electrical parameters: a randomized, double-blind, placebo-controlled, crossover trial. *J Int Soc Sports Nutr.* In Press. doi.org/10.1080/15502783.2023.2297988
2. Banks, N.F.^{^*}, Rogers, E.M.[^], Stanhewicz, A.E., Whitaker, K.M., **Jenkins, N.D.M.*** Resistance exercise training lowers blood pressure and improves vascular function in individuals with elevated blood pressure and stage I hypertension. *Target: Am J Physiol Heart Circ Physiol.* In Press, Nov 16, 2023.
3. Rogers, E.M.[^], Banks, N.F.[^], Trachta, E.R.[#], Barone Gibbs, B., Carr, L.J., **Jenkins, N.D.M.*** Acceptability of performing resistance exercise breaks in the workplace to break up prolonged sedentary time: A randomized control trial in US office workers and students. *Workplace Health and Safety.* In Press, Oct 27, 2023.
4. Banks, N.F.^{^*}, Rogers, E.M.[^], Berry, A.C.[#], **Jenkins, N.D.M.*** Progressive Isoinertial Resistance Exercise Promotes More Favorable Cardiovascular Adaptations than Traditional Resistance Exercise in Young Adults. *Am J Physiol Heart Circ Physiol.* In Press, doi.org/10.1152/ajpheart.00402.2023. IF: 5.125
5. Keirns, B., Sciarrillo, C.M., Poindexter, K.L., Dixon, M.D., Medlin, A.R., Koemel, N.A., Hart, S.M.[#], Geist, C.H., **Jenkins, N.D.M.*****, Lucas, E.A., Emerson, S.R. Postprandial Triglycerides Across the Aging Spectrum: A Secondary Analysis Utilizing an Abbreviated Fat Tolerance Test. *Nutrition, Metabolism, and Cardiovascular Diseases.* <https://doi.org/10.1016/j.numecd.2023.08.017>. IF: 3.9
6. Rogers, E.M.[^], Banks, N.F.[^], **Jenkins, N.D.M.*** (2023) Acute effects of daily step-count on postprandial metabolism and resting fat oxidation: a randomized controlled trial. *J Appl Physiol.* doi.org/10.1152/jappphysiol.00052.2023 IF: 3.3
7. Tahsin, C.T., Michopoulos, V., Powers, A., Park, J., Ahmed, Z., Cullen, K., **Jenkins, N.D.M.**, Keller-Ross, M., Fonkoue, I.T. (2023) Sleep efficiency and PTSD symptom severity predict vascular function in young, trauma-exposed women. *Am J Physiol Heart Circ Physiol.* doi.org/10.1152/ajpheart.00169.2023 IF: 5.125
8. Gallagher, J., Bayman, E.O., Cadmus-Bertram, L.A., **Jenkins, N.D.M.**, Pearlman, A., Whitaker, K.M., Carr, L.J. (2023) Barriers and preferences of physical activity in rural men: A nationwide sample. *Preventing Chronic Disease.* In Press.
9. Rogers, E.M.[^], Banks, N.F.[^], **Jenkins, N.D.M.*** (2023) The effects of sleep disruption on metabolism, hunger, and satiety, and the influence of psychosocial stress and exercise: a narrative review. *Diabetes/Metabolism Research & Reviews.* doi.org/10.1002/dmrr.3667 IF: 8.128
10. Schwager, L.E.[^], Helwig, N.J.[^], Rogers, E.M.[^], Banks, N.F.[^], Alpers, J.P.[#], Schulte, S.L.[#], Lockwood, C.M., **Jenkins, N.D.M.*** (2023) Novel energy drink improves cognitive function and mood, without influencing myocardial oxygen demand or repolarization in young adult gamers: a randomized, double-blind, placebo-controlled, crossover trial. *J Am Nutr Assoc.* doi.org/10.1080/27697061.2023.2207096 IF: 3.571
11. Robinson, A.T., **Jenkins, N.D.M.**, Sanchez, S.O., Haack, K.K.V., Lee, D.L., Mathis, K.W., Warrington, J.P. (2023) Supporting and Promoting Black Physiologists: How Can the APS Help? Invited Editorial: *AJP: Heart Circ Heart Physiol.* doi.org/10.1152/ajpheart.00082.2023 IF: 5.125
12. Rogers, E.M.[^], Banks, N.F.[^], Tomko, P.M., Sciarrillo, C.M., Emerson, S.R., Taylor, A. Teague, T.K., **Jenkins, N.D.M.*** (2023) Structured, progressive exercise training improves cardiovascular psychophysiological outcomes in young adult women with a history of Adverse Childhood Experiences. *J Appl Physiol*, In Press. doi.org/10.1152/jappphysiol.00524.2022 IF: 3.88
13. Rogers, E.M.[^], Banks, N.F.[^], **Jenkins, N.D.M.***. (2022) Test-retest reliability of and differences in skeletal muscle metabolic and microvascular function using near-infrared spectroscopy with vascular occlusion in young versus middle-aged and older adult women. *Experimental Physiology*, In Press. doi.org/10.1113/EP090540. IF: 2.858

14. **Jenkins, N.D.M.***, Robinson, A.T. (2022) How do adverse childhood experiences get under the skin to promote cardiovascular disease? A focus on vascular health. *Function*. doi.org/10.1093/function/zqac032 IF: Forthcoming, New APS Open Access Journal.
15. Teixeira, J.P., Mayer, K.P., Griffin, B.R., George, N., **Jenkins, N.D.M.**, Pal, C.A., González-Seguel, F.A., Neyra, J.A. Intensive Care Unit–Acquired Weakness in Patients With Acute Kidney Injury: A Contemporary Review. *Am J Kidney Diseases*. 81(3): 336-251, 2023. doi.org/10.1053/j.ajkd.2022.08.028. IF: 11.07
16. Banks, N.F.^, Rogers, E.M.^, Church, D.D., Ferrando, A.A., **Jenkins, N.D.M.***. (2022) The contributory role of vascular health in age-related anabolic resistance. *J Cachexia Sarcopenia Muscle*. doi.org/10.1002/jcsm.12898. IF: 12.910
17. **Jenkins, N.D.M.***, Rogers, E.M.^, Banks, N.F.^, Tomko, P.M., Sciarrillo, C.M., Emerson, S.R., Taylor, A. Teague, T.K. (2021) Childhood psychosocial stress is linked with impaired vascular endothelial function, lower SIRT1, and oxidative stress in young adulthood. *Am J Physiol Heart Circ Physiol*, 321(3): H532-H541. doi.org/10.1152/ajpheart.00123.2021. IF: 5.125
18. Magrini MA^, Colquhoun RJ^, Ferrell MC#, Fleming SR#, Mota JA, Siedlik JA, Poidomani NM, **Jenkins NDM**, DeFreitas JM. The Influence of Motor Unit Number and Muscle Activation on Early Phase Rate of Torque Development in Younger and Older Men. *J Mot Behav*. 2021. doi: 10.1080/00222895.2021.2001412. Epub ahead of print. PMID: 34763617. IF: 1.36
19. Sciarrillo, C.M., Koemel, N.A., Keirns, B.H., Banks, N.F.^, Rogers, E.M.^, Rosenkranz, S.K., Kurti, S.P., **Jenkins, N.D.**, Emerson, S.R. Who would benefit most from postprandial lipid screening? *Clin Nutr*. 40(7): 4762-4771, 2021. doi.org/10.1016/j.clnu.2021.04.022. IF: 7.643
20. Dixon, M.D., Koemel, N.A., Sciarillo, C.M., Lucas, E.A., **Jenkins, N.D.M.**, Emerson, S.R. The reliability of an abbreviated fat tolerance test: A comparison to the oral glucose tolerance test. *Clin Nutr ESPEN*. 43: 428-435, 2021. doi.org/10.1016/j.clnesp.2021.03.010.
21. Guest, N.S., VanDusseldorp, T.A., Nelson, M.T., Grgic, J., Schoenfeld, B.J., **Jenkins, N.D.M.**, Arent, S.M., Antonio, J., Stout, J.R., Trexler, E.T., Smith-Ryan, A.E., Goldstein, E.R., Kalman, D.S., Campbell, B.I. International society of sports nutrition position stand: caffeine and exercise performance. *J Int Soc Sports Nutr*. 18(1):1, 2021. doi.org/10.1186/s12970-020-00383-4. IF: 4.948
22. Banks, N.F.^, Rogers, E.M.^, **Jenkins, N.D.M.*** Electromyographic amplitude versus torque relationships are different in young versus postmenopausal females and are related to muscle mass after controlling for bodyweight. *Eur J Appl Physiol*. October 2020. doi.org/10.1007/s00421-020-04532-0. IF: 3.346
23. **Jenkins, N.D.M.***, Rogers, E.M.^, Banks, N.F.^, Muddle, T.W.D.^, Colquhoun, R.J. Increases in motor unit action potential amplitudes are related to muscle hypertrophy following eight weeks of high-intensity exercise training in females. *Eur J Sports Sci*. Nov: 1-11, 2020. doi.org/10.1080/17461391.2020.1836262. IF: 3.98
24. Koemel, N.A., Sciarrillo, C.M., Bode, K.M., Dixon, M.D., Lucas, E.A., **Jenkins, N.D.M.**, Emerson, S.R. Postprandial metabolism and vascular function: impact of aging and physical activity level. *Int J Sport Nutr Exerc Metab*. Sep: 1-8, 2020. doi.org/10.1123/ijsnem.2020-0063. IF: 4.619
25. **Jenkins, N.D.M.***, Banks, N.F.^, Rogers, E.^, Sciarrillo, C.M., Koemel, N.A., Colquhoun, R.J.^, Emerson, S.R. Resistance exercise attenuates postprandial metabolic responses to a high-fat meal similarly in younger and older men. *Nutr Res*. 83: 73-85, 2020. doi.org/10.1016/j.nutres.2020.08.012. IF: 3.876
26. Bergstrom, H.C., Housh, T.J. Dinyer, T.K., Byrd, M.T., **Jenkins, N.D.M.**, Cochrane-Snyman, K.C., Succi, P.J., Schmidt, R.J., Johnson, G.O., Zuniga, J.M. Neuromuscular responses of the superficial quadriceps femoris muscles: muscle specific fatigue and inter-individual variability during severe intensity treadmill running. *J Musculoskel Neuronal Interact*. 20(1): 77-87, 2020. IF: 1.86

27. Luera, M.J., Dowling, B., **Jenkins, N.D.M.*** Differences in rotational kinetics and kinematics for professional baseball pitchers with higher- versus lower-pitch velocities. *J Appl Biomech*. Epub Ahead of Print, March 2020. doi.org/10.1123/jab.2019-0235 IF: 1.4
28. Dinyer, T.K., Byrd, T., Cochrane-Snyman, K.C., **Jenkins, N.D.M.**, Housh, T.J., Schmidt, R.J., Johnson. G.O., Bergstrom, H.C. Time course of changes in neuromuscular responses during rides to exhaustion above and below critical power. *J Musculoskel Neuronal Interact*. 19(3): 266-275, 2019. IF: 1.86
29. **Jenkins, N.D.M.***, Miramonti, A.A., Hill, E.C., Smith, C.M., Cochrane-Snyman, K.C., Housh, T.J., Cramer, J.T. Mechanomyographic amplitude is sensitive to load-dependent neuromuscular adaptations in response to resistance training. *J Strength Cond Res*. Epub Ahead of Print, August 2019. doi.org/10.1519/JSC.0000000000003276 IF: 3.2
30. Snyman, K.C., Housh, T.J., Smith, C.M., Hill, E.C., **Jenkins, N.D.M.** Treadmill Running Using an RPE-Clamp Model: Mediators of Perception and Implications for Exercise Prescription. *Eur J Appl Physiol*. Epub Ahead of Print, August 2019. doi.org/10.1007/s00421-019-04197-4 IF: 3.0
31. Tomko, P.M.^, Banks, N.F.^, Colquhoun, R.J.^, Magrini, M.A., Muddle, T.W.D.^, **Jenkins, N.D.M.*** Maximal contraction methods influence the magnitude and reliability of global electromyographic signal characteristics. *J Electromyogr Kinesiol*. 48: 121-127, 2019. doi.org/10.1016/j.jelekin.2019.07.002 IF: 2.5
32. Banks, N.^, Tomko, P.M.^, Sciarrillo, C., Colquhoun, R.J.^, Emerson, S.R., **Jenkins, N.D.M.*** Both ADORA2A and CYP1A2 genotypes influence the effects of caffeine on post-prandial glycemia. *Scientific Reports*. 9: 10532, 2019. doi.org/10.1038/s41598-019-46931-0 IF: 4.996
33. Moghaddam, M., Estrada, C.A., Muddle, T.W.D.^, Magrini, M.A., **Jenkins, N.D.M.**, Jacobson, B.H. Similar anaerobic and aerobic adaptations following two high intensity interval training configurations: 10s:5s versus 20s:10s work-to-rest ratio. *J Strength Cond Res*. Epub Ahead of Print, February 27, 2019. IF: 3.2
34. Muddle, T.W.D.^, Magrini, M.A., Colquhoun, R.J.^, Luera, M.J., Tomko, P.M.^, **Jenkins, N.D.M.*** Impact of fatiguing submaximal high- versus low-torque isometric exercise on muscle swelling and echo intensity. *J Strength Cond Res*. 33(4):1007-1019, 2019. doi.org/10.1519/JSC.0000000000003033 IF: 3.2
35. McKay, B.D., Miramonti, A.A., Gillen, Z.M., Leutzinger, T.J., Mendez, A.I., **Jenkins, N.D.M.**, Cramer, J.T. Normative reference values for high school-aged American football players: Pro-agility drill and 40-yard dash split times. *J Strength Cond Res*. Epub Ahead of Print, November 2018. doi.org/10.1519/JSC.0000000000002930 IF: 3.2
36. Colquhoun, R.J.^, Tomko, P.M.^, Magrini, M.A., Muddle, T.W.D.^, **Jenkins, N.D.M.*** The influence of input excitation on the inter- and intra-day reliability of the motor unit firing rate versus recruitment threshold relationship. *J Neurophysiol*, 120(6): 3131-3139, 2018. doi.org/10.1152/jn.00490.2018 IF: 2.5
37. **Jenkins, N.D.M.***, Colquhoun, R.J.^, Tomko, P.M.^, Gradnigo, T.#, Magrini, M.A., Muddle, T.W.D.^, Fleming, S.#, Ferrell, M.C.#, El-Sohemy, A. Genetic variant in the β 2-adrenergic receptor (Arg16Gly) influences fat free mass, muscle strength, and motor unit behavior in young men. *Exp Physiol*, 103(12): 1645-1655, 2018. doi.org/10.1113/EP087145 IF: 2.7
38. Tomko, P.M.^, Colquhoun, R.J.^, Magrini, M.A., Muddle, T.W.D.^, **Jenkins, N.D.M.*** Global electromyographic signal characteristics depend on maximal isometric contraction method in the knee extensors. *J Electromyogr Kinesiol*. 42: 111-116, 2018. doi.org/10.1016/j.jelekin.2018.07.002
39. Tomko, P.M.^, Muddle, T.W.D.^, Magrini, M.A., Luera, M.J., Colquhoun, R.J.^, **Jenkins, N.D.M.*** Reliability and differences in quadriceps femoris muscle morphology using ultrasonography: The effects of body position and time. *Ultrasound*, 26(4): 214-221, 2018. doi.org/10.1177/1742271X18780127.
40. Muddle, T.W.D.^, Magrini, M.A., Colquhoun, R.J.^, DeFreitas, J.M., **Jenkins, N.D.M.*** Effects of fatiguing submaximal high- versus low-torque isometric exercise on motor unit recruitment and firing behavior. *Physiol Rep*. 6(8): e13675, 2018. doi.org/10.14814%2Fphy2.13675

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Research Presentations and Published Abstracts (*Indicates senior authorship)

- Carlson, A.S., Schwager, L.E., Diesel, S., Adamowicz, J., Harris, J., Thomas, E.B.K., Jenkins, N.D.M. Ongoing, chronic stress exposure is related to impaired vascular endothelial function among young adults irrespective of subjective appraisal of stressor severity. Accepted for Presentation at (2024) APS Summit.
- West, K.S., Schwager, L.E., Diesel, S., Carlson, A.S., Fonkoue, I.T., Thomas, E.B.K., Jenkins, N.D.M. Poor sleep quality contributes to vascular endothelial dysfunction in young adults with Adverse Childhood Experiences. Accepted for Presentation at (2024) APS Summit.
- Wattero, R., Tahsin, C.T., Tahmin, C.I., Ahmed, Z., Mohamed, A., Corbin, C., **Jenkins, N.D.M.**, Bliwise, D., Fonkoue, I.T. Objective sleep efficiency is negatively associated with resting heart rate in young trauma-exposed women with poor sleep. Accepted for Presentation at (2024) APS Summit.
- Schwager, L.E., Rogers, E.M., Banks, N.F., Teague, T.K., Taylor, A., Tan, C., **Jenkins, N.D.M.** Altered histone deacetylase versus histone acetyltransferase activity in peripheral blood mononuclear cells from apparently healthy young adults with prior exposure to Adverse Childhood Experiences. Accepted for Presentation at (2024) APS Summit.
- Hart, T., Schwager, L.E., Zucker, A., Diesel, S., Carlson, A.S., Flores, M., Harris, J.L., Rogers, E.M., Thomas, E.B.K., Banks, N.F., **Jenkins, N.D.M.** Anxiety symptom severity is associated with increased arterial blood pressure and arterial blood pressure variability in apparently healthy young adults. Submitted for Presentation at (2024) APS Summit. ***2024 Horwitz and Horowitz Undergraduate Research Award; *2024 Outstanding Undergraduate Abstract Award; Data NCARnation Trainee Presentation Award Finalist**
- West, K., Zucker, A.C., Helwig, N.J., Hart, T.J., Venenga, J.S., Engstrom, P.M., Flores, M., Schwager, L.E., Jenkins, N.D.M. Pre-exercise caffeine supplementation prevents exercise-training induced attenuation of exercising blood pressure. Presented at 2023 Midwest ACSM and Submitted for Presentation at 2024 ACSM Annual Meeting. ***2nd Place, 2023 MWACSM Nutrition Award**
- Schwager, L.E., Diesel, S., Flores, M., Schneider, A., Harris, J., Pierce, G.L., Liu, J., Fonkoue, I., Thomas, E.B.K., **Jenkins, N.D.M.** Reduced sleep efficiency mediates the association of adverse childhood experience exposure with impaired vascular endothelial function in young adults. (2023) APS Summit. *Physiology*, 38(S1): 5728456.
- Tahsin, C.T., Park, J., Cullen, K., **Jenkins, N.D.M.**, Lowe, D., Keller-Ross, M., Fonkoue, I. Sleep quality and PTSD symptoms predict vascular dysfunction in young, trauma-exposed women. (2023) APS Summit. *Physiology*, 38(S1): 5726898.

9. Ahmed, Z., Michopoulos, V., Banuelo, S.M., Fox, K., Mohamed, A., Wattero, R., **Jenkins, N.D.M.**, Cullen, K., Osborn, J., Fonkoue, I. Premenopausal women with PTSD display blunted vagal control of the heart and elevated central hemodynamics. (2023) APS Summit. *Physiology*, 38(S1): 5728859.
10. Banks, N.F., Berry, A., Rogers, E.M., **Jenkins, N.D.M.** Neither traditional nor flywheel resistance training increase carotid-femoral pulse wave velocity in healthy young adults. (2023) ACSM Annual Meeting, *Accepted and Forthcoming*.
11. Rogers, E.M., Banks, N.F., Berry, A., **Jenkins, N.D.M.** Skeletal muscle microvascular responses to resistance training. (2023) ACSM Annual Meeting, *Accepted and Forthcoming*.
12. Zucker, A., Schwager, L.E., Hart Jr., T.W., Flores, M., Moon, C., Thomas, E.B.K., **Jenkins, N.D.M.** Preliminary Study of the Links Between Adverse Childhood Experiences and Actigraphy-Measured Sleep Characteristics in Young Adults. (2023) SLEEP. *Sleep*, 46(S1): A70-71.
13. Hart Jr., T.W., Schwager, L.E., Zucker, A., Flores, M., Moon, C., Thomas, E.B.K., **Jenkins, N.D.M.** Associations Among Childhood Stress, Actigraphy-Measured Sleep Efficiency, and Fasting Glucose Concentrations in Young Adults. (2023) SLEEP. *Sleep*, 46(S1): A65.
14. Schwager, L.E., Hart Jr., T.W., Zucker, A., Flores, M., Diesel, S., Moon, C., Thomas, E.B.K., **Jenkins, N.D.M.** Decreased Sleep Efficiency May Link Adverse Childhood Experiences with Increased Visceral Adiposity. (2023) SLEEP. *Sleep*, 46(S1): A62.
15. Flores, M., Schwager, L.E., Moon, C., Thomas, E.B.K., **Jenkins, N.D.M.** Perceived stress partially mediates the association between adverse childhood experiences and sleep quality in young adults. (2023) SLEEP. *Sleep*, 46(S1): A69.
16. Helwig, N.J., Shreffler, K., Schwager, L.E., Thomas, E.B.K., **Jenkins, N.D.M.** Adverse childhood experiences are linked to high blood pressure during the first trimester and hypertensive complications during pregnancy in young adult women. (2022) AHA Scientific Sessions. *Circulation*, 146: A10261.
17. **Jenkins, N.D.M.**, Kline, C.E., Barone Gibbs, B., Catov, J.M., Feghali, M., Santillan, M.K., Thomas, E.B.K., Jones, M.A., Whitaker, K.M. Adverse childhood experiences are associated with elevated blood pressure and disturbed sleep in the first trimester of pregnancy in apparently healthy, young adult women. (2022) AHA Scientific Sessions. *Circulation*, 146: A11891.
18. Helwig, N.J., Schwager, L.E., Rogers, E.M., Banks, N.F., Lockwood, C.M., **Jenkins, N.D.M.** Novel Energy Drink Improves Mood and Raises Blood Pressure, but has No Effect on Cardiac QTc Interval or Rate-Pressure Product in Young Adult Gamers. (2022) Texas ACSM. *Int J Exerc Sci*, 2(14): 143.
19. Schwager, L.E., Helwig, N.J., Rogers, E.M., Banks, N.F., Alpers, J.A., Schulte, S.L., Lockwood, C.M., **Jenkins, N.D.M.** Novel energy drink improves cognitive function and gaming performance in young adults gamers: A randomized, double-blind, placebo-controlled, crossover trial. Presented at (2022) Experimental Biology. *FASEB J*, 36(S1): L7822.
20. **Jenkins, N.D.M.**, Rogers, E.M., Banks, N.F., Tomko, P.M., Sciarrillo, C.M., Emerson, S.R., Taylor, A., Teague, T.K. Structured, Progressive Exercise Training Improves Cardiovascular Psychophysiological Outcomes in Young Adult Women with a History of Adverse Childhood Experiences. Presented at (2022) Experimental Biology. *FASEB J*, 36(S1): R6215.
21. Rogers, E.M., Banks, N.F., **Jenkins, N.D.M.** Dose-response relationship between daily steps and fat metabolism in young adults. (2022) American College of Sports Medicine. *Med Sci Sports Exerc*, 54(92): 469.
***2022 Michael L. Pollock Award**
22. Banks, N.F., Rogers, E.M., Sciarrillo, C.M., Koemel, N.A., Keirns, B.H., Helwig, N.J., Emerson, S.R., **Jenkins, N.D.M.** Neither Resistance or Aerobic Training Improve Postprandial Lipemia or Glycemia in Post-Menopausal Women. (2022) American College of Sports Medicine. *Med Sci Sports Exerc*, 54(92): 67.
***2022 Gail E. Butterfield Nutrition Award**
23. **Jenkins, N.D.M.**, Rogers, E.M., Banks, N.F., Sciarrillo, C.M., Tomko, P.M., Emerson, S., Taylor, A., Teague, K. Adverse childhood experiences are linked to disrupted sleep and diurnal cortisol concentrations in young adult women. (2022) AHA EpiLifestyle. *Circulation*, 145(S1): AMP46.
24. Jones, M.A., **Jenkins, N.D.M.**, Gabriel, K.P., Keefe, C.I., Jacobs Jr., D.R., Kershaw, K.N., Whitaker, K.M. Associations of Adverse Childhood Family Environment with Adult Sedentary Behavior and Physical

- Activity: The Coronary Artery Risk in Young Adults (CARDIA) Study. Accepted for Presentation. (2022) AHA EpiLifestyle. *Circulation*, 145(S1): AMP.
25. Rogers, E.M., Banks, N.F., Sciarrillo, C.M., Koemel, N.A., Keirns, B.H., Helwig, N.J., Emerson, S.R., **Jenkins, N.D.M.** Resistance Training Improves Cardiorespiratory Fitness and Maximal Fat Oxidation Similarly to Aerobic Training, but Uniquely Decreases Visceral Adipose Tissue in Previously Sedentary Postmenopausal Women. Accepted for Presentation. (2022) AHA EpiLifestyle. *Circulation*, 145(S1): AMP.
 26. **Jenkins, N.D.M.**, Rogers, E.M., Banks, N.F., Sciarrillo, C.M., Emerson, S., Taylor, A., Teague, K. Circulating Sirt1 And Endothelial Function Are Lower, But Are Not Improved By 8-weeks Of Exercise Training, In Young Adult Females With A History Of Adverse Childhood Experiences. (2021) AHA EpiLifestyle. *Circulation*, 143:AMP17.
 27. Sciarrillo, C.M., Rosenkranz, S.K., Kurti, S.P., Koemel, N.A., **Jenkins, N.D.M.**, Emerson, S.R. Who would benefit most from postprandial lipid screening? Presented (virtually) at 2020 American Society of Nutrition Annual Meeting. Seattle, WA.
 28. Fleming, S.F., Colquhoun, R.J., Magrini, M.A., Banks, N.F., Rogers, E.M., **Jenkins, N.D.M.** Acute maximal eccentric and concentric exercise cause similar and substantial central and peripheral fatigue of the elbow flexors. Accepted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
 29. Brannon, A.N., Colquhoun, R.J., Magrini, M.A., Fleming, S.R., Banks, N.F., Rogers, E.M., **Jenkins, N.D.M.** Maximal eccentric exercise induces greater decreases in strength and greater soreness compared to concentric and submaximal eccentric exercise. Accepted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
 30. Smith, C.M., Rogers, E.M., Banks, N.F., Muddle, T.W.D., Bryan, H.F., Colquhoun, R.J., **Jenkins, N.D.M.*** Changes in body composition and strength after an 8-week exercise training intervention in women with adverse childhood experiences. Accepted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
 31. Rogers, E.M., Banks, N.F., Muddle, T.W.D., Colquhoun, R.J., **Jenkins, N.D.M.*** Examination of motor unit action potential amplitude as a non-invasive indicator of motor-unit specific hypertrophy in females. Accepted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
 32. Bryan, H.F., Banks, N.F., Rogers, E.M., **Jenkins, N.D.M.*** An acute bout of resistance exercise increases skeletal muscle oxygen consumption rate in the post-prandial period. (2020) NSCA Annual Meeting. Las Vegas, NV.
 33. Banks, N.F., Rogers, E.M., Muddle, T.W.D., Colquhoun, R.J., **Jenkins, N.D.M.*** Physiological factors explaining the differences between the electromyographic amplitude versus torque relationship in younger versus post-menopausal females. Submitted for Presentation at 2020 NSCA Annual Meeting. Las Vegas, NV.
 34. Rogers, E.M., Banks, N.F., Bryan, H.F., Smith, C.M., **Jenkins, N.D.M.*** Reliability of non-invasive vascular function tests and their responsiveness to a high-fat meal in females. Accepted for Presentation at 2020 ACSM Annual Meeting. San Francisco, CA
 35. Bryan, H.F., Banks, N.F., Rogers, E.M., Smith, C.M., **Jenkins, N.D.M.*** Age- and sex-related differences in skeletal muscle oxygen consumption rate and microvascular reactivity. Accepted for Presentation at 2020 ACSM Annual Meeting. San Francisco, CA.
 36. Banks, N.F., Rogers, E.M., Bryan, H.F., Smith, C.M., Emerson, S.R., **Jenkins, N.D.M.*** Effect of a commercially-available nitric oxide enhancing supplement on cardiometabolic function. Accepted for Presentation at 2020 ACSM Annual Meeting. San Francisco, CA.
 37. Magrini, M.A., Colquhoun, R.J., Fleming, S.R., Ferrell, M.C., **Jenkins, N.D.M.**, DeFreitas, J.M. Physiological determinants of the rate of torque development in older men: A pilot study. Accepted for presentation at 2020 ACSM Annual Meeting. San Francisco, CA.
 38. Muddle, T.W.D., Colquhoun, R.J., Banks, N.F., Rogers, E.M., Bryan, H.F., **Jenkins, N.D.M.** The impact of fatiguing, intermittent isometric contractions on muscle force variability. Accepted for presentation at 2020 ACSM Annual Meeting. San Francisco, CA.
 39. Chiaf, A., Tiemeyer, S., **Jenkins, N.D.M.**, Wetherill, M., Hartwell, M., Teague, K., Tan, C., Crockett, E., Hays-Grudo, J., Morris, A., Shreffler, K., Croff, J. Influence of MTHFR 677 single nucleotide polymorphism

- on folate status in alcohol-consuming women of childbearing potential. Submitted for Presentation at 2019 American Public Health Association Annual Meeting. Philadelphia, PA.
40. Banks, N.F., Tomko, P.M., Colquhoun, R.J., Muddle, T.W.D., Emerson, S.E., **Jenkins, N.D.M.*** Genetic variants in the β 2-adrenergic receptor do not influence caffeine's effect on glucose responses to a carbohydrate feeding. Presented at 2019 NSCA Annual Meeting. Washington, D.C.
 41. Fleming, S.R., Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Banks, N.F., Ferrell, M.C., **Jenkins, N.D.M.*** Effects of caffeine supplementation on maximal strength is not influenced by CYP1A2 genotype. Presented at 2019 NSCA National Conference, Washington, D.C.
 42. Ferrell, M.C., Magrini, M.A., Colquhoun, R.J., Fleming, S.R., **Jenkins, N.D.M.**, DeFreitas, J.M. Examination of rate of torque development, rate of activation, and muscle size in young and older men. Presented at 2019 NSCA Annual Meeting. Washington, D.C.
 43. Bryan, H.F., Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Fleming, S.R., Banks, N.F., Ferrell, M.C., **Jenkins, N.D.M.*** Quadriceps cross-sectional area is related to voluntary and evoked, but not rapid torque production. Presented at 2019 NSCA National Conference, Washington, D.C.
 44. Rogers, E.R., **Jenkins, N.D.M.*** The influence of player position on match play loading in elite female soccer players. Presented at 2019 NSCA Annual Meeting. Washington, D.C.
 45. Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Fleming, S.R., Banks, N.F., Ferrell, M.C., **Jenkins, N.D.M.*** Acute caffeine supplementation does not alter motor unit behavior, regardless of CYP1A2 genotype. Presented at 2019 NSCA Annual Meeting. Washington, D.C.
 46. Magrini, M.A., Colquhoun, R.J., Ferrel, M.C., Fleming, S.R., **Jenkins, N.D.M.**, DeFreitas, J.M. The effects of velocity and muscle size on knee extensions mean power in younger and older men. Presented at 2019 NSCA Annual Meeting. Washington, D.C.
 47. Koemel, N.A., Sciarrillo, C.M., Tomko, P.M., Bode, K.M., **Jenkins, N.D.M.**, Emerson, S.R. Impact of age and physical activity on postprandial metabolic responses. *Curr Dev Nutr.* 3(1): 28, 2019. Presented at 2019 American Society for Nutrition Annual Meeting. Baltimore, MD.
 48. Tomko, P.M., Colquhoun, R.J., Banks, N.F., Sciarrillo, C.M., Koemel, N.A., Emerson, S.R., **Jenkins, N.D.M.*** A single resistance exercise session reduces high fat meal-induced impairments in conduit artery function and microvascular reactivity. *FASEB J.* 33(1s), 2019. Presented at 2019 Experimental Biology Annual Meeting. Orlando, FL.
 49. Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Fleming, S.R., Ferrell, M.C., Banks, N.F., Gradnigo, T., **Jenkins, N.D.M.*** Reliability of motor unit behavior during a maximal voluntary isometric contraction of the knee extensors. *Med Sci Sports Exerc.* 51(6): 340-341, 2019. Presented at 2019 ACSM Annual Meeting. Orlando, FL.
 50. Banks, N.F., Tomko, P.M., Colquhoun, R.J., Muddle, T.W.D., Emerson, S.E., **Jenkins, N.D.M.*** ADORA2A, but not CYP1A2, genotype influences caffeine's effect on glucose responses to a carbohydrate feeding. *Med Sci Sports Exerc.* 51(6): 716, 2019. Presented at 2019 ACSM Annual Meeting. Orlando, FL.
 51. Bergstrom, H.C., Housh, T.J., Dinyer, T.K., Byrd, T., Succi, P.J., **Jenkins, N.D.M.**, Cochrane-Snyman, K.C., Schmidt, R.J., Johnson, G.O. Time course of changes in perceptual, respiratory, and neuromuscular responses in the severe intensity domain. *Med Sci Sports Exerc.* 51(6): 387-388, 2019. Presented at 2019 ACSM Annual Meeting. Orlando, FL.
 52. Tomko, P.M., Colquhoun, R.J., Magrini, M.A., Fleming, S., Gradnigo, T., Ferrell, M.C., Muddle, T.W.D., **Jenkins, N.D.M.*** Caffeine alters mood, but does not influence cognitive flexibility and processing speed in college-aged males. *J Strength Cond Res.* 33(2): e181, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
 53. Colquhoun, R.J., Tomko, P.M., Magrini, M.A., Fleming, S., Ferrell, M.C., Gradnigo, T., Muddle, T.W.D., **Jenkins, N.D.M.*** Examination of the responder/non-responder response in maximal torque production following acute caffeine ingestion. *J Strength Cond Res.* 33(2): e140, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
 54. Colquhoun, R.J., Magrini, M.A., Tomko, P.M., Eusufzai, R., Ferrell, M.C., Muddle, T.W.D., **Jenkins, N.D.M.*** Changes in motor unit behavior during a 12-week competition period in collegiate powerlifters. *J Strength Cond Res.* 33(2): e48, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.

55. Anthony, C.C., **Jenkins, N.D.M.*** Effects of high-load squats on the time course of vertical jump performance. *J Strength Cond Res.* 33(2): e196-197, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
56. Moghaddam, M., Muddle, T.W.D., Estrada, C., Magrini, M.A., **Jenkins, N.D.M.**, Jacobson, B. Effects of ultrashort vs. short high intensity interval training on muscle hypertrophy. *J Strength Cond Res.* 33(2): e211, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
57. Dinyer, T.K., Byrd, T., Cochrane-Snyman, K.C., **Jenkins, N.D.M.**, Housh, T.J., Schmidt, R.J., Johnson, G.O., Bergstrom, H.C. Time course of changes in neuromuscular responses during rides to exhaustion above critical power. *J Strength Cond Res.* 33(2): e166, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
58. Magrini, M.A., Barrera-Curiel, A, Colquhoun, R.J., Hernandez-Sarabia, J.A., Tomko, P.M., **Jenkins, N.D.M.**, Thiele, R.M., DeFreitas, J.M. Age-related differences in isometric, dynamic and a stretch-shortening cycle electromechanical delay assessment. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
59. Magrini, M.A., Barrera-Curiel, A, Colquhoun, R.J., Ferrell, M.C., Hernandez-Sarabia, J.A., Tomko, P.M., **Jenkins, N.D.M.**, Thiele, R.M., DeFreitas, J.M. Torque producing muscular architectural characteristics do not account for any variance in the reactive leg drop performance. *J Strength Cond Res.* 33(2): e163, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
60. Miramonti, A.A., **Jenkins, N.D.M.**, Hill, E.C., Smith, C.M., Housh, T.J., Bovaird, J. Electromyographic and mechanomyographic amplitude response patterns during isometric vs. concentric dynamic external resistance leg extension muscle actions. *J Strength Cond Res.* 33(2): e20, 2019. Presented at 2018 NSCA Annual Meeting. Indianapolis, IN.
61. Colquhoun, R.J., Magrini, M.A., Haun, C.T., Muddle, T.W.D., Tomko, P.M., Luera, M.J., Mackey, C.S., Vann, C.G., Martin, J.S., Young, K.S., DeFreitas, J.M., Roberts, M.D., **Jenkins, N.D.M.*** Relationships between motor unit behavior during maximal effort contractions and muscle phenotype. *Med Sci Sports Exerc.* 50(5S): 201, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN.
62. Barrera-Curiel, A., Magrini, M.A., Thiele, R.M., Hernandez-Sarabia, J., Colquhoun, R.J., Tomko, P.M., **Jenkins, N.D.M.**, DeFreitas, J.M. Antagonist coactivation during a reactive leg drop in young and older adults. *Med Sci Sports Exerc.* 50(5S): 556-557, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN.
63. Magrini, M.A., Barrera-Curiel, A., Thiele, R.M., Hernandez-Sarabia, J., Colquhoun, R.J., Tomko, P.M., **Jenkins, N.D.M.**, DeFreitas, J.M. Both slower sensory response time and electromechanical delay explain age-related differences in the reactive leg drop. *Med Sci Sports Exerc.* 50(5S): 571, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN.
64. Moghaddam, M., Muddle, T.W.D., Estrada, C.A., Magrini, M.A., **Jenkins, N.D.M.**, Jacobson, B.H. Comparison of ultrashort versus short high-intensity interval training for body composition, anaerobic, and aerobic performance. *Med Sci Sports Exerc.* 50(5S): 147, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN
65. Tomko, P.M., Miramonti, A.A., Hill, E.C., Smith, C.M., Cochrane-Snyman, K.C., Colquhoun, R.J., Housh, T.J., Cramer, J.T., **Jenkins, N.D.M.*** Mechanomyographic amplitude is sensitive to neuromuscular adaptations following high- versus low-load resistance training. *Med Sci Sports Exerc.* 50(5S): 423-433, 2018. Presented at 2018 ACSM Annual Meeting. Minneapolis, MN.
66. Muddle, T.W.D., Magrini, M.A., Colquhoun, R.J., Luera, M.J., DeFreitas, J.M. **Jenkins, N.D.M.*** Effects of fatiguing high- vs. low-force isometric contractions on motor unit recruitment and firing behavior. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV.
67. Muddle, T.W.D., Magrini, M.A., Colquhoun, R.J., Luera, M.J., **Jenkins, N.D.M.*** Effects of fatiguing high- vs. low-force isometric contractions on acute muscle swelling and echo intensity. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV.
68. Colquhoun, R.J., Magrini, M.A., Estrada, C.A., Hernandez-Sarabia, J.A., Muddle, T.W.D., **Jenkins, N.D.M.**, DeFreitas, J.M. Changes in motor unit action potential morphology from high- and low-load

resistance exercise to failure. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV. ***2017 Doctoral Research Presentation Award**

69. Mackey, C.S., Muddle, T.W., Anthony, C.C., **Jenkins, N.D.M.*** Comparison of peak power during the vertical jump and Wingate in ROTC cadets. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV.
70. Snyman, K.C., Housh, T.J., Smith, C.M., Hill, E.C., **Jenkins, N.D.M.** Implications for training: regulating exercise intensity above the gas exchange threshold using an RPE-clamp model. Presented at 2017 NSCA Annual Meeting, Las Vegas, NV.
71. Colquhoun, R.J., Haun, C.T., Mumford, P.W., Roberson, P.A., Pascoe, D.D., Feeny, M.P., Young, K.C., Martin, J.S., Roberts, M.D., Muddle, T.W.D., Riffe, J.J., Luera, M.J., Magrini, M.A., Mackey, C.S., Stock, M.S., **Jenkins, N.D.M.**, DeFreitas, J.M. The effects of a muscle biopsy on motor unit firing properties. *Med Sci Sports Exerc.* 49(5S): 612-613, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
72. Luera, M.J., Magrini, M.A., Muddle, T.W.D., Colquhoun, R.J., DeFreitas, J.M., Dowling, B., **Jenkins, N.D.M.*** Professional pitchers achieve higher fastball velocities but lower varus elbow torque than high school pitchers. *Med Sci Sports Exerc.* 49(5S): 736, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
73. Muddle, T.W.D., Magrini, M.A., Colquhoun, R.J., Thiele, R.M., **Jenkins, N.D.M.*** Comparison of quadriceps femoris muscle morphology using ultrasonography during two different body positions. *Med Sci Sports Exerc.* 49(5S): 466, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
74. Magrini, M.A., Colquhoun, R.J., Barrera-Curiel, A., Thiele, R.M., Muddle, T.W.D., DeFreitas, J.M., Smith, D.B., **Jenkins, N.D.M.*** Relationships among and differences between muscle quality and functional performance in younger and older women. *Med Sci Sports Exerc.* 49(5S): 51-52, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
75. Anthony, C.C., Mackey, C.S., Muddle, T.W.D., Riffe, J.J., **Jenkins, N.D.M.*** Relationships among aerobic capacity, cardiovascular fatigue thresholds, and 1.5 mile run times in ROTC cadets. *Med Sci Sports Exerc.* 49(5S): 279, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
76. Martin, J.S., Mumford, P.W., Haun, C.T., Roberson, P.A., Colquhoun, R.J., Feeny, M.P., Luera, M.J., Mackey, C.S., Muddle, T.W.D., Riffe, J.J., Young, K.C., Pascoe, D.D., DeFreitas, J.M., **Jenkins, N.D.M.**, Roberts, M.D. Effects of a pre-workout supplement on hyperemia following leg extension resistance exercise at different intensities. *Med Sci Sports Exerc.* 49(5S): 83, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
77. Bergstrom, H.C., Housh, T.J., Eastman, J.E., Byrd, M.T., **Jenkins, N.D.M.**, Cochrane, K.C., Schmidt, R.J., Johnson, G.O. Is there an oxygen pulse threshold during treadmill running? *Med Sci Sports Exerc.* 49(5S): 143, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
78. McKay, B.D., Miramonti, A.A., **Jenkins, N.D.M.**, Gillen, Z., Leutzinger, T.J., Cramer, J.T. Test-retest reliability of the 40-yd dash and vertical jump assessments in youth athletes. *Med Sci Sports Exerc.* 49(5S): 1082, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
79. Gillen, Z.M., Cramer, J.T., Miramonti, A.A., **Jenkins, N.D.M.**, McKay, B.D., Leutzinger, T.J. Power push-up tests performed from the knees and toes in young male athletes. *Med Sci Sports Exerc.* 49(5S): 758, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
80. Miramonti, A.A., Cramer, J.T., **Jenkins, N.D.M.**, Gillen, Z.M., McKay, B.D., Leutzinger, T.J. Effects of speed and agility training on combine performance in young male athletes. *Med Sci Sports Exerc.* 49(5S): 968, 2017. Presented at 2017 ACSM Annual Meeting. Denver, CO.
81. **Jenkins, N.D.M.**, et al. Effects of ruminic acid rich conjugated linoleic acid supplementation on handgrip performance and cognitive function in older men. *J Strength Cond Res.* 30(S2): S1-S210, 2016. Presented at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA.
82. McKay, B.D., Cramer, J.T., **Jenkins, N.D.M.**, et al. Normative reference values for high school American football combine test results: Effects of allometric scaling to normalize for body mass. *J Strength Cond Res.* 30(S2): S1-S210, 2016. Presented at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA.

83. Hill, E.C., Housh, T.J., Smith, C.M., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Gender-related differences in muscle fatigue. *J Strength Cond Res.* 30(S2): S1-S210, 2016. Presented at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA.
84. Smith, C.M., Housh, T.J., Hill, E.C., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Neuromuscular Responses during Fatiguing Intermittent Isometric Muscle Actions. *J Strength Cond Res.* 30(S2): S1-S210, 2016. Presented at the National Strength and Conditioning Association Annual Meeting, New Orleans, LA.
85. **Jenkins, N.D.M.**, et al. Are voluntary activation determined by the interpolated twitch technique and mechanomyographic amplitude synonymous? *Med Sci Sports Exerc.* 48(5S1): 897, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
86. Bergstrom, H.C., Housh, T.J., **Jenkins, N.D.M.**, et al. Neuromuscular and Perceptual Responses, but not Metabolic, Consistently Driven to Peak during Severe Intensity Running. *Med Sci Sports Exerc.* 48(5S1): 120, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
87. Cochrane, K.C., Housh, T.J., Smith, C.M., Hill, E.C., **Jenkins, N.D.M.**, et al. Physiological responses underlying the perception of effort during moderate and heavy intensity cycle ergometry. *Med Sci Sports Exerc.* 48(5S1): 116, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
88. Smith, C.M., Housh, T.J., Hill, E.C., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Effects of Varied Intensity on Torque and Neuromuscular Parameters during Intermittent Isometric Muscle Actions. *Med Sci Sports Exerc.* 48(5S1): 112, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
89. Hill, E.C., Housh, T.J., Smith, C.M., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Effects of Work-to-Rest Ratios on Peak Torque and Neuromuscular Responses during Submaximal, Isometric Muscle Actions. *Med Sci Sports Exerc.* 48(5S1): 411, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
90. Miramonti, A.A., Housh, T.J., **Jenkins, N.D.M.**, et al. Relationships Among Cognitive Function and Handgrip Strength and Endurance in Older Men and Women. *Med Sci Sports Exerc.* 48(5S1): 35, 2016. Presented at the National American College of Sports Medicine Annual Meeting, Boston, MA.
91. **Jenkins, N.D.M.**, et al. Muscle size, muscle strength, electromyography, mechanomyography, and voluntary activation during four weeks of high- versus low-load resistance training. *J Strength Cond Res.* 30(S1): s1 - s171, 2016. Presented Orally at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL.
92. **Jenkins, N.D.M.**, et al. Muscle activation, muscle swelling, and exercise volume during three sets to failure at 80% versus 30% 1RM resistance exercise. *J Strength Cond Res.* 30(S1): s1 - s171, 2016. Presented at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL. ***2015 Doctoral Research Presentation Award**
93. Hill, E.C., Camic, C.L., Housh, T.J., Monaghan, M.M., Cochrane, K.C., Smith, C.M., **Jenkins, N.D.M.**, et al. Effects of velocity on isometric peak torque and neuromuscular responses to repeated, maximal, eccentric muscle actions. *J Strength Cond Res.* 30(S1): s1 - s171, 2016. Presented at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL.
94. Smith, C.M., Housh, T.J., Herda, T.J., Zuniga, J.M., Ryan, E.D., Camic, C.L., Bergstrom, H.C., Smith, D.B., Weir, J.P., Cramer, J.T., Conchrane, K.C., Hill, E.C., **Jenkins, N.D.M.**, et al. Effects of the innervation zone on electromyographic time and frequency domain parameters during a fatiguing isometric muscle action of the vastus medialis. *J Strength Cond Res.* 30(S1): s1 - s171, 2016. Presented at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL.
95. Cochrane, K.C., Housh, T.J., Hill, E.C., Smith, C.M., **Jenkins, N.D.M.**, et al. Perceptual and physiological responses during cycle ergometry at a constant perception of effort. *J Strength Cond Res.* 30(S1): s1 - s171. Presented at the National Strength and Conditioning Association Annual Meeting, Orlando, FL.
96. Switalla, J.R., Bergstrom, H.C., Housh, T.J., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Metabolic, cardiovascular, and perceptual responses during severe intensity treadmill: Limiting factors of exercise performance? 30(S1): s1 - s171, 2016. Presented at the 2015 National Strength and Conditioning Association Annual Meeting, Orlando, FL.

97. Smith, C.M., Herda, T.J., Zuniga, J.M., Ryan, E.D., Camic, C.L., Bergstrom, H.C., Smith, D.B., Weir, J.P., Cramer, J.T., Cochrane, K.C., Hill, E.C., **Jenkins, N.D.M.**, et al. Effects of the innervation zone on electromyographic responses during fatiguing isometric muscle actions. *Med Sci Sports Exerc.* 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.
98. Hill, E.C., Camic, C.L., Housh, T.J., Monaghan, M.M., Cochrane, K.C., Smith, C.M., **Jenkins, N.D.M.**, et al. Effects of velocity on peak torque and neuromuscular responses during repeated, maximal, eccentric muscle actions. *Med Sci Sports Exerc.* 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.
99. Cochrane, K.C., Housh, T.J., **Jenkins, N.D.M.**, et al. Electromyographic, mechanomyographic, and metabolic responses during cycle ergometry at a constant rating of perceived exertion. *Med Sci Sports Exerc.* 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.
100. Bergstrom H.C., Housh, T.J., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Factors underlying the perception of effort during constant heart rate running. *Med Sci Sports Exerc.* 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.
101. **Jenkins, N.D.M.**, Yeo, N., Miller, J.M., Smith, C.M., Hill, E.C., Cochrane, K.C., Bergstrom, H.C., Housh, T.J., Cramer, J.T. Electromyographic and mechanomyographic responses during three sets to failure of low- versus high-load resistance training. *Med Sci Sports Exerc.* 47(5s): 1-970, 2015. Presented at the National American College of Sports Medicine Annual Meeting, San Diego, CA.
102. Cochrane, K.C., Housh, T.J., Bergstrom, H.C., **Jenkins, N.D.M.**, et al. Comparison of Perceptual and Physiological Fatigue Thresholds During Cycle Ergometry. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
103. Bergstrom, H.C., Housh, T.J., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Sustainability, physiological, and perceptual responses at the critical heart rate during treadmill running. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
104. Traylor, D.A., Housh, T.J., Jesch, J., Schmidt, R.J., Cramer, J.T., Johnson, G.O., Bergstrom, H.C., **Jenkins, N.D.M.**, et al. Short-term training increases average power but not peak torque of the forearm flexors in females. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
105. **Jenkins, N.D.M.**, Buckner, S.L., Goldsmith, J., Bergstrom, H.C., Cochrane, K.C., Weir, J.P., Housh, T.J., Cramer, J.T. Effects of six weeks of aerobic exercise and CLA supplementation on peak oxygen uptake, gas exchange threshold, and respiratory compensation point. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented Orally at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
106. **Jenkins, N.D.M.**, Buckner, S.L., Goldsmith, J., Cochrane, K.C., Bergstrom, H.C., Schmidt, R.J., Johnson, G.O., Housh, T.J., Cramer, J.T. Reliability and comparisons of handgrip strength, leg extension muscle function, and balance in older men. *J Strength Cond Res.* 28(S2): s1-s130, 2014. Presented at the 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
107. Bergstrom, H.C., Housh, T.J., Cochrane, K.C., **Jenkins, N.D.M.**, Buckner, S.L., Baker, B., Schmidt, R.J., Johnson, G.O., Cramer, J.T. Neuromuscular responses during continuous exercise at, above, and below critical power. *Med Sci Sports Exerc.* 46(5s): 456-461, 2014. Presented at the National American College of Sports Medicine Annual Meeting, Orlando, FL.
108. Buckner, S.L., **Jenkins, N.D.M.**, Ryan, E.D., Herda, T.J., Costa, P.B., Housh, T.J., Cramer, J.T. Differences between passive angle-torque curves sampled from an isokinetic dynamometer versus a load cell. *Med Sci Sports Exerc.* 46(5s): 456-461, 2014. Presented at the National American College of Sports Medicine Annual Meeting, Orlando, FL.
109. **Jenkins, N.D.M.**, Buckner, S.L., Bergstrom, H.C., Cochrane, K.C., Palmer, T.B., Schmidt, R.J., Johnson, G.O., Housh, T.J., Cramer, J.T. Age-related differences in rates of torque development and rates of rise in electromyographic amplitude. *Med Sci Sports Exerc.* 46(5s): 456-461, 2014. Presented at the National American College of Sports Medicine Annual Meeting, Orlando, FL.

110. Cochrane, K.C., Housh, T.J., Bergstrom, H.C., **Jenkins, N.D.M.**, et al. Comparison of Perceptual and Physiological Fatigue Thresholds During Cycle Ergometry. Presented at the Southwest American College of Sports Medicine Annual Meeting, San Diego, CA.
111. Bergstrom, H.C., Housh, T.J., Traylor, D.A., Lewis Jr., R.W., Cochrane, K.C., **Jenkins, N.D.M.**, et al. Metabolic, cardiovascular, and perceptual responses to a thermogenic nutritional supplement at rest, during exercise, and recovery in men. *J Strength Cond Res.* 27(S2): s1-s144, 2013. Presented at the 2013 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
112. Cochrane, K.C., Housh, T.J., Bergstrom, H.C., Traylor, D.A., Lewis Jr., R.W., **Jenkins, N.D.M.**, et al. Age-related differences in body weight, height, body mass index, and upper body skinfolds between young wrestlers and non-athletes. *J Strength Cond Res.* 27(S2): s1-s144, 2013. Presented at the 2013 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
113. **Jenkins, N.D.M.**, Traylor, D.A., Housh, T.J., Cochrane, K.C., Bergstrom, H.C., Lewis, R.W., Schmidt, R.J., Johnson, G.O., Cramer, J.T. Effects of anatabine on markers of eccentric-induced muscle damage and delayed-onset muscle soreness. *J Strength Cond Res.* 27(S2): s1-s144, 2013. Presented at the 2013 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
114. **Jenkins, N.D.M.**, Traylor, D.A., Housh, T.J., Bergstrom, H.C., Cochrane, K.C., Lewis, R.W., Schmidt, R.J., Johnson, G.O., Cramer, J.T. Effects of eccentric-induced muscle damage on the time courses of recovery for peak torque and rates of torque development. *J Strength Cond Res.* 27(S2): s1-s144, 2013. Presented at the 2013 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.
115. Palmer, T.B., **Jenkins, N.D.M.**, Cramer, J.T. Slow, medium, and fast stretching velocities during passive musculotendinous stiffness assessments of the hamstrings. *Med Sci Sports Exerc.* 45(5s): 696-701, 2013. Presented at the National American College of Sports Medicine Annual Meeting, Indianapolis, IN.
116. Traylor, D.A., ..., **Jenkins, N.D.M.**, Cochrane, K.C. Effects of very short-term training on peak torque, power, and neuromuscular responses of the forearm flexors. *Med Sci Sports Exerc.* 45(5s): 501-513, 2013. Presented at the National American College of Sports Medicine Annual Meeting, Indianapolis, IN.
117. Bergstrom, H.C., ... **Jenkins, N.D.M.**, et al. Physiological responses to a thermogenic nutritional supplement during rest, exercise, and recover in women. *Med. Sci. Sports Exerc.* 45(5s): 243-246, 2013. Presented at the National American College of Sports Medicine Annual Meeting, Indianapolis, IN.
118. **Jenkins, N.D.M.**, Palmer, T.B., Bergstrom, H.C., Cochrane, K.C., Traylor, D.A., Lewis, R.W., Cramer, J.T. Rate of torque development versus rate of velocity development during voluntary and evoked muscle actions. *Med Sci Sports Exerc.* 45(5s): 175-187, 2013. Presented at the National American College of Sports Medicine Annual Meeting, Indianapolis, IN.
119. Fiddler, R.E., Thompson, B.J., **Jenkins, N.D.M.**, Conchola, E.C., Smith, D.B. A Comparison of the rate of velocity development of the knee extensors between NCAA Division-1 female soccer player starters and nonstarters. *J Strength Cond Res.* 27(S1): s1-s129, 2013. Presented at the 2012 National Strength and Conditioning Association Annual Meeting, Providence, RI.
120. Palmer, T.B., **Jenkins, N.D.M.**, Cramer, J.T. *J Strength Cond Res.* 27(s1): e1-e129, 2013. Comparison of manual versus automated techniques for assessing musculotendinous stiffness of the posterior muscles of the hip and thigh. *J Strength Cond Res.* 27(S1): s1-s129, 2013. Presented at the 2012 National Strength and Conditioning Association Annual Meeting, Providence, RI.
121. **Jenkins, N.D.M.**, Palmer, T.B., Cramer, J.T. Comparisons of torque, rate of torque development, electromechanical delay, and EMG responses to evoked and voluntary isometric muscle actions. *J Strength Cond Res.* 27(S1): s1-s129, 2013. Presented at the 2012 National Strength and Conditioning Association Annual Meeting, Providence, RI.
122. **Jenkins, N.D.M.**, Thompson, B.J., Sobolewski, E.J., Conchola, E.C., Hawkey, M.J., Fiddler, R.E., Warren, A.J., O'Brien, M., Akehi, K., Everett, L.K., Klufa, J.L., Craig, M.L., Volberding, J.L., Boyes, H.R., Kline, C., Costa, P.B., Ryan, E.D., Smith, D.B., Cramer, J.T. Hamstring-to-quadriceps ratios in National Collegiate Athletic Association (NCAA) Division 1 women's soccer players compared to non-athlete controls. *Med Sci Sports Exerc.* 44(5s): 2012. Oral Presentation, National American College of Sports Medicine Annual Meeting, San Francisco, CA

123. Hawkey, M.J., Thompson, B.J., Conchola, E.C., Fiddler, R.E. Fiddler, **Jenkins, N.D.M.**, et al. The influence of acute exercise on torque decline between positions in collegiate female soccer players. *Med Sci Sports Exerc.* 44(5s): 2012. Presented at the National American College of Sports Medicine Annual Meeting, San Francisco, CA.
124. Hawkey, M.J., Thompson, B.J., Conchola, E.C., Fiddler, R.E. Fiddler, **Jenkins, N.D.M.**, et al. The influence of acute exercise on torque decline between positions in collegiate female soccer players. Presented at the Central States American College of Sports Medicine Annual Meeting, Overland Park, KS.
125. **Jenkins, N.D.M.**, Thompson, B.J., Sobolewski, E.J., Conchola, E.C., Hawkey, M.J., Fiddler, R.E., Warren, A.J., O'Brien, M., Akehi, K., Everett, L.K., Klufa, J.L., Craig, M.L., Volberding, J.L., Boyes, H.R., Kline, C., Costa, P.B., Ryan, E.D., Smith, D.B., Cramer, J.T. Hamstring-to-quadriceps ratios in National Collegiate Athletic Association (NCAA) Division 1 women's soccer players compared to non-athlete controls. Presented at the Central States American College of Sports Medicine Annual Meeting, Overland Park, KS.
126. **Jenkins, N.D.M.**, Kieffer, H.S. The effects of a pre-season functional resistance training program vs. pre-season traditional resistance program on athletic performance in DIII men's baseball players. *Med Sci Sports Exerc.* 43(5s): 835, 2011. Presented at the National American College of Sports Medicine Annual Meeting, Denver, CO

Book Chapters

1. Hurd, J., **Jenkins, N.D.M.** Sport Specific Program Design Guidelines. *Strength Training for Football*. Human Kinetics; Champaign, IL. Published September 2019.
2. Campbell, B., **Jenkins, N.D.M.** Performance Enhancing Substances and Methods (Chapter 11). *Essentials of Strength Training and Conditioning*. 5th Edition. Human Kinetics; Champaign, IL. Forthcoming.

Textbooks

3. **Jenkins, N.D.M.**, Banks, N.F., Rogers, E.M. *Principles of Strength and Conditioning Laboratory Manual*. Kendall Hunt; Dubuque, IA. ISBN: 9781792411557.

Invited Presentations

1. **Jenkins, N.D.M.** Early Life Psychosocial Stress and Premature Cardiometabolic Disease: Role of Accelerated Vascular Aging. North American Artery Society. June 14-15, 2024.
2. **Jenkins, N.D.M. (Chair and Speaker), Robinson, A.T., Kershaw, K.** Physiology of Adversity: Interactions of Structural, Psychosocial, and Lifestyle Determinants on Cardiovascular and Metabolic Health. Foundational Scientific Session. American Physiological Society Summit. April 4-7, 2024.
3. **Jenkins, N.D.M.** Use of continuous wave near-infrared spectroscopy for measurement of skeletal muscle perfusion and oxygen kinetics during exercise and vascular occlusion. University of North Carolina-Chapel Hill, Department of Exercise and Sport Science. July 11, 2023.
4. **Robinson, A.T. and Jenkins, N.D.M.** Invited Speakers. Bias: how race and gender stereotypes impact advancement in STEMM. Diversity Equity and Inclusion WIPC Workshop. American Physiological Society Summit. April 20, 2023.
5. **Jenkins, N.D.M.** A non-linear academic career journey informed by lived experiences. Behavioral-Biomedical Interface (T32) Program Seminar Series. March 23, 2023.
6. **Jenkins, N.D.M.** Invited Speaker. Adverse Childhood Experiences and Adult Cardiovascular Risk: Are Vascular Dysfunction and Sleep Disruption on the Causal Pathway? University of Minnesota Medical School, Division of Rehabilitation Sciences RSC Seminar. October 20th, 2022.
7. **Jenkins, N.D.M., Caceres, B., Tanenbaum, G., Below, J.E.** Invited Speaker. Open Science to Benefit Scientific Progress: Conversations Regarding Current Culture and Policy with an Eye Toward the Future. American Heart Association Research Leaders Academy, September 15, 2022.
8. **Jenkins, N.D.M.** Effects of Early Life Stress on Cardiometabolic Health and Cognitive Impairment: Mediating Role of Lifestyle Behaviors. Sponsored by the MOVE-OME with funding provided by the

University of Iowa Office of the VPR.

9. **Jenkins, N.D.M.** Invited Speaker. *Caffeine's effect on neuromuscular function: Implications for exercise and sport.* 2019 Mid-Atlantic Regional Chapter (MARC) of the American College of Sports Medicine (ACSM) Conference. November 1, 2019.
10. Guest., N., **Jenkins, N.D.M.**, El-Sohemy, A. Invited Speaker. *CPSDA Expert Session: Caffeine's Mechanism of Action and Practical Implications for Endurance, Strength and Power Sports.* The Collegiate and Professional Sports Dietitians Association (CPSDA) Expert Sessions Webinars. September 10, 2019.
11. **Jenkins, N.D.M.** Invited Speaker. *Utilizing Resistance Exercise to Improve Post-Meal Metabolic Responses.* National Strength and Conditioning Association Annual Meeting and Exhibition, Washington, D.C. July 13, 2019.
12. **Jenkins, N.D.M.** Invited Speaker. *Advancing our understanding of cardiometabolic risk factors and exercise prescription for cardiometabolic health in an understudied, at-risk population... women! Go Red for Women: Circle of Red Event.* American Heart Association, Tulsa-Chapter. March 28, 2019.
13. **Jenkins, N.D.M.** Invited Speaker. *I'm not that kind of doctor, but if I were... Exercise prescription for cardiometabolic health.* OSU Medicine Heart Walk Company Kickoff. Sponsored by the American Heart Association, Tulsa-Chapter and hosted by Oklahoma State University Center for Health Sciences. March 5, 2019.
14. **Jenkins, N.D.M.** Invited Speaker. Oklahoma State University Center for Health Sciences Research Seminar Series: *Unraveling the acute and chronic response to resistance training with high- versus low-loads: Current body of evidence, practical applications for health care professionals, and future directions.* January 12, 2018.
15. **Jenkins, N.D.M.** Invited Speaker. Graduate and Early Career Day Preconference Symposia: *Your First Year as a Professor.* American College of Sports Medicine Annual Meeting: May 30, 2017.
16. **Jenkins, N.D.M.** Invited Speaker. Nutritional supplementation for strength in men and women. Session 1: *Do men and women have the same nutritional supplement needs during resistance and aerobic training?* National Strength and Conditioning Association Annual Meeting and Exhibition, New Orleans, LA: July 7, 2016.

Graduate Student Mentorship

Doctoral Student Committees

- 2023 – Present **Kylee West:** Advisor, Dissertation Committee Chair; In Progress
Doctoral Awards:
- *2nd Place, 2nd Place, 2023 MWACSM Nutrition Award*
- 2022 – Present **Alyssa Schneider** (Psych and Brain Sci): Dissertation Committee; In Progress
 2022 – Present **Sara Diesel** (Psych and Brain Sci): Dissertation Committee; In Progress
 2022 – 2027 **Mark Flores:** Advisor, Dissertation Committee Chair; In Progress
Doctoral Awards:
- *Lulu Merle Johnson Fellowship, Graduate College University of Iowa, 2022 – 2027*
- 2021 – 2023 **Alexandra (Courtney) Fietsam:** Dissertation Committee; PhD Awarded
 2018 – 2023 **Nile Banks:** Advisor, Dissertation Committee Chair; Defended April 3, 2023
Title: Examining putative vascular mechanisms for the blood pressure lowering effect of resistance training in middle-aged adults with elevated blood pressure and stage I hypertension.
Doctoral Awards:
- *Graduate Student Research Grant, NSCA Foundation 2019;*
 - *Gail E. Butterfield Nutrition Award, ACSM 2022;*
 - *Graduate College Post-Comprehensive Research Fellowship, University of Iowa 2022*
- 2019 – 2023 **Emily Rogers:** Advisor, Dissertation Committee Chair; Defended April 10, 2023
Title: Efficacy and acceptability of resistance exercise breaks to augment insulin-mediated vasodilation during prolonged sitting periods.

Doctoral Awards:

- *Outstanding Student Research Banner Campaign, University of Iowa, January-March, 2023*
- *Graduate Research Grant, ACSM Foundation 2022;*
- *Michael L. Pollock Travel Award, ACSM 2022;*
- *Graduate College Summer Research Fellowship, University of Iowa 2022*

2017 – 2019

Ryan J. Colquhoun: Advisor, Dissertation Committee; PhD Awarded

Title: The influence of CYP1A2 genotype on neuromuscular function following acute caffeine administration.

Current Position: Assistant Professor, U of South Alabama, Fall 2019 – Present

Doctoral Awards:

- *Doctoral Research Presentation Award, NSCA 2017*

2016 – 2019

Mitchel A. Magrini: Dissertation Committee; PhD Awarded

Current Position: Assistant Professor, Creighton University, Fall 2019 – Present

2016 – 2019

Masoud Moghaddam: Dissertation Committee; PhD Awarded

Current Position: Assistant Professor, Salisbury University, Fall 2019 – Present

2016 – 2019

Micheal J. Luera: Dissertation Committee; PhD Awarded

Current Position: Assistant Professor, Tarleton State University, Fall 2019 – Present

Behavioral-Biomedical Interface Training Program Mentorship

Summer 2021

Jenna Adamowicz, PhD Student, Clinical Psychology

Summer 2022

Jordan Harris, PhD Student, Clinical Psychology

Fall 2022

Sara Diesel, PhD Student, Clinical Psychology

2022-2023

Alyssa Schneider, PhD Student, Clinical Psychology

Spring 2024

Alexis Hosch, PhD Student, Clinical Psychology

MS Thesis

2023 – 2025

Anna Zucker: Thesis Committee Chair, In Progress

2022 – 2024

Amber Schmitz (UNC-Chapel Hill): Ex Officio Committee Member, In Progress

2022 – 2023

Paola Hernandez: Thesis Committee; Defended

2021 – 2023

Nathaniel Helwig: Thesis Committee Chair; Defended

2018 – 2020

Nicholas Koemel: Thesis Committee; MS Awarded

2018 – 2020

Madison Krehbiel: Thesis Committee; MS Awarded

2017 – 2019

Cecilia Lane: Thesis Committee; MS Awarded

2017 – 2019

Madison Raleigh: Thesis Committee; MS Awarded

2017 – 2018

Emily Rogers: Thesis Committee Chair; MS Awarded

2016 – 2018

Will Heim: Thesis Committee Chair; MS Awarded

MS – Non-Thesis

2017 – 2019

Brooke Carlson: Committee; MS Awarded

2017 – 2019

Abbie Woods: Committee; MS Awarded

2017 – 2019

Rodrigo Tello: Committee; MS Awarded

2017 – 2019

Hannah Settle: Committee; MS Awarded

2017 – 2019

Clayton Cloud: Committee; MS Awarded

2017 – 2019

Alyssa Cheatham: Committee; MS Awarded

2018 – 2020

Tony Rossi: Committee; MS Awarded

Undergraduate Student Mentorship

BS – Directed Individual/Independent Study

2023 – Present

Isabell Jenness: Volunteer RA; Degree in Progress (Pre-PT)

2022 – 2023

Anna Zucker: Independent Study and RA; BS Awarded (Pursuing MS in Jenkins' Lab)

2022 – Present	Thomas Hart: Independent Study and RA; Degree in Progress (Pre-Med)
2022 – Present	Alexander Berry: BS Awarded. Study Coordinator Jenkins' Lab (Spring/Summer 2023). MS/PhD at Auburn with B. Gladden and M. Roberts, Fall 2023
2022 – Present	Preston Engstrom: Independent Study; Degree in Progress (Pre-Dentistry)
2022 – Present	Morgan Wolf: Independent Study; Degree in Progress
2022 – Present	Jager Charleston: Independent Study; Degree in Progress
2022 – Present	Jacob Venenga: Independent Study and RA; Degree in Progress (Pre-Med)
2022 – Present	Xavier Faucon: Independent Study and RA; Degree in Progress
2021 – 2023	Emma Trachta: Independent Study; Degree in Progress (Pre-Dentistry)
2021 – 2022	Sydni Shulte: BS in Human Physiology with Honors (applying to PA programs)
2020 – 2022	Justin Alpers: Independent Study, Honors; BS in Human Physiology with Honors (Currently in Doctor of Physical Therapy Program, U. Iowa)
2020	Claire Smith: Research Internship; BS Awarded (Pursuing MS in Kinesiology at Oklahoma State University)
	Sam Nielson: Undergraduate Research Assistant; BS Awarded (Completed MS in Nutritional Sciences at Oklahoma State U.)
2019 – 2020	Keaton Patterson: Freshman Research Scholar; Completed
2018 – 2019	Trey Gradnigo: Freshman Research Scholar, Research Internship; BS with Honors
2017 – 2020	Awarded (Pursuing MD at U. of Oklahoma College of Medicine)
	Brya D'Abrosco: Honors; BS with Honors Awarded
2017 – 2018	

Awards and Honors

- Young Alumnus of the Year.** Messiah University, 2024
- Shih-Chun Wang Young Investigator Award.** American Physiological Society, 2024
- Environmental & Exercise Physiology Section New Investigator Award.** American Physiological Society, 2024
- National Institutes of Health Clinical LRP Award *Competitive Renewal*,** National Heart, Lung and Blood Institute, August 2023 – 2025
- Early Career Scholar Award,** Office of the Vice President for Research, University of Iowa, 2023
- Fellow,** American Heart Association, Conferred by the Council on Lifestyle and Cardiometabolic Health, 2021
- Early Tenure,** Awarded Two Years Early, College of Education and Human Sciences, Oklahoma State University, 2020
- National Institutes of Health Clinical LRP Award,** National Heart, Lung and Blood Institute, August 2019 – 2021
- Terry J. Housh Outstanding Young Investigator Award,** National Strength and Conditioning Association, July 2018
- Distinguished Researcher,** College of Education, Health & Aviation, Oklahoma State University, May 2018
- MARC Program Presentation Travel Award for ACSM,** The Federation of American Societies for Experimental Biology, May 2016
- Outstanding Graduate Teaching Assistant Award,** College of Education and Human Sciences, University of Nebraska-Lincoln, 2016
- Doctoral Student Outstanding Poster Presentation,** National Strength and Conditioning Association, July 2015
- Minority Scholarship,** National Strength and Conditioning Association Foundation, July 2015
- Graduate Student Conference Travel Grant,** University of Nebraska-Lincoln, May 2015
- MARC Program Presentation Travel Award for ACSM,** The Federation of American Societies for

- Experimental Biology, May 2015
17. **Dean's Fellowship**, University of Nebraska-Lincoln, August 2014-May 2015
 18. **Minority Scholarship**, National Strength and Conditioning Association Foundation, July 2014
 19. **Graduate Student Conference Travel Grant**, University of Nebraska-Lincoln, May 2014
 20. **MARC Program Presentation Travel Award for ACSM**, The Federation of American Societies for Experimental Biology, May 2014
 21. **University of Nebraska-Lincoln Othmer Fellowship**, August 2013-May 2016
 22. **MARC Program Presentation Travel Award for ACSM**, The Federation of American Societies for Experimental Biology, May 2013
 23. **Challenge Scholarship**, National Strength and Conditioning Association Foundation, July 2013
 24. **Challenge Scholarship**, National Strength and Conditioning Association Foundation, July 2012
 25. **Chancellor's Fellowship**, University of Nebraska-Lincoln, August 2012-May 2013
 26. **College Bowl Competitor - 5th Place**, National American College of Sports Medicine, Baltimore, MD, June 2010
 27. **Achievement Award**, Department of Health and Human Performance, Messiah College, 2009-2010
 28. **College Bowl Champion**, Mid-Atlantic Regional Chapter American College of Sports Medicine, Harrisburg, PA, November 2009

Service

Professional Committee Membership and Service

- | | |
|--------------|---|
| 2024 | Ad Hoc Reviewer, Cardiovascular and Respiratory Diseases Study Section |
| 2024 | Mentor, Mentoring on the Go, APS EEP Section, APS Summit 2024 |
| 2024 | American Heart Association Career Development Award Clinical Peer Review Committee |
| 2023 | Ad Hoc Reviewer, Cardiovascular and Respiratory Diseases Study Section |
| 2022, 2023 | Midwest ACSM Abstract Reviewer |
| 2022 | American Heart Association Long COVID Executive Committee |
| 2019 - Pres. | Textbook Content Reviewer; Human Kinetics (3-4 texts per year) |
| 2021 - 2022 | American Heart Association, Sexual Harassment Task Force, Member |
| 2020 - 2021 | American Heart Association, Open Science Committee, Member |
| 2020 - 2024 | American Heart Association, Research Committee , Member |
| 2019 - 2022 | American Heart Association, Research Portfolio Management Sub-committee, Member |
| 2020 | American Heart Association, American Heart Association Rapid Response Grants: COVID-19 and Its Cardiovascular Impact, Reviewer, Grant Proposals |
| 2019 - 2020 | National Strength and Conditioning Association, Scientific Programs Sub-Committee, Chair |
| 2017 - 2020 | National Strength and Conditioning Association, Research Committee, Member |
| 2018 - 2019 | National Strength and Conditioning Association, Scientific Content Sub-Committee, Chair |
| 2016, 2017 | Masters and Doctoral Student Podium Competition Reviewer, National Strength and Conditioning Association National Conference, 2016, 2017 |
| 2015 | Undergraduate and Masters Student Poster Competition Reviewer, National Strength and Conditioning Association National Conference |
| 2015 - 2024 | Abstract Reviewer, National Strength and Conditioning Association National Conference, 2015, 2016, 2017, 2018, 2020, 2022, 2023, 2024 |
| 2018 | Grant Reviewer, National Strength and Conditioning Association Foundation Doctoral and International Collaboration Grants |

Editorial Board

- Editorial Board, *Am J Physiol Heart Circ Physiol* 2023 – Present
- Editorial Board (Review Editor), *Frontiers in Nutrition*, September 2019 – 2021
- Associate Editor, *Journal of Strength and Conditioning Research*, March 2017 – Present

Ad Hoc External Review

- *Redox Biology*
- *Function*
- *Diabetes/Metabolism Research and Reviews*, May 2020 – Present
- *Human Movement Sciences*, May 2020 – Present
- *Physiological Reports*, March 2020 – Present
- *Scientific Reports*, February 2020 – Present
- *Journal of Applied Physiology*, November 2019 – Present
- *Clinical Obesity*, September 2019 – Present
- *Aging Clinical and Experimental Research*, September 2019 – Present
- *Physiological Measurement*, May 2019 – Present
- *BMJ Open*, April 2019 - Present
- *International Journal of Sports Medicine*, March 2019 – Present
- *BMC Open*, March 2019 – Present
- *Applied Physiology, Nutrition, and Metabolism*, November 2018 – Present
- *Frontiers in Nutrition*, June 2018 – Present
- *Obesity*, May 2018 – Present
- *American Journal of Physiology: Regulatory, Integrative and Comparative Physiology*, April 2018 - Present
- *Journal of Electromyography and Kinesiology*, January 2018 – Present
- *Experimental Gerontology*, July 2017 – Present
- *PLoS ONE*, April 2017 – Present
- *Transactions in Biomedical Engineering*, February 2017 – Present
- *Journal of Neuroscience Research*, February 2017 – Present
- *Journal of Dietary Supplements*, January 2017 – Present
- *Journal of Science and Medicine in Sport*, December 2016 – Present
- *Journal of Sport and Health Science*, December 2016 – Present
- *Acta Paediatrica*, November 2016 – Present
- *Biomedical Physics and Engineering Express*, June 2016 – Present
- *European Journal of Clinical Nutrition*, May 2016 – Present
- *Muscle and Nerve*, February 2016 – Present
- *European Journal of Applied Physiology*, December 2015 – Present
- *International Journal of Sport Nutrition and Exercise Metabolism*, November 2015 – Present
- *Medicine and Science in Sports and Exercise*, August 2015 – Present
- *Journal of Neurophysiology*, July 2015 – Present
- *Journal of Sports Sciences*, January 2015 – Present
- *Ultrasound in Medicine and Biology*, September 2014 – Present
- *International Journal of Medical Sciences*, August 2014 – Present
- *Journal of Strength and Conditioning Research*, February 2014 – Present

University Committee Membership and Service

- 2022 – 2024 Gisolfi Seminar Coordinator, Department of Health and Human Physiology
2022 – 2025 Co-Chair, Diversity, Equity, and Inclusion Committee, Department of Health and Human

	Physiology
2021 - 2022	Search Committee Member, Assistant Professor (Tenure Track), Department of Health and Human Physiology (Successful Search)
2021 - 2022	Awards Committee, Department of Health and Human Physiology
2020 - 2022	Social Media Committee, Department of Health and Human Physiology
2019 - 2020	Member, Faculty Development and Research Committee. School of Kinesiology, Applied Health, and Recreation, Oklahoma State University.
2019 - 2020	Member, Faculty Development and Research Committee. College of Education, Health, and Aviation, Oklahoma State University.
2019 - 2020	Culture Committee, New College Growth Initiative, Oklahoma State University.
2020	Oklahoma State University Graduate College, "Building Your Network of Mentors" Lunch n Learn Faculty Facilitator
2019	Oklahoma State University, Three Minute Presentation (3MP) Competition Judge
2019	Strategic Committee on Research Excellence (SCORE) Promising Young Investigators Focus Group for Improving Research Infrastructure at OSU.
2018	Search Committee Chair. Assistant Professor of Applied Exercise Science. School of Kinesiology, Applied Health, and Recreation, OSU. (Successful Search)
2018 - 2020	Education and Curriculum Working Group. Brain Initiative. OSU.
2017 - 2019	Chair, Student Affairs. School of Kinesiology, Applied Health, and Recreation, OSU.
2017 - 2019	Student Affairs Committee. College of Education, Health, and Aviation, OSU.
2017	Search Committee. Assistant Professor of Applied Exercise Science. School of Kinesiology, Applied Health, and Recreation, OSU. (Successful Search)
2017 - 2019	Oklahoma State University Powerlifting Club, Faculty Advisor.

Affiliations/Memberships

- The American Physiological Society
- The American Heart Association
- North American Artery Society
- Sleep Research Society
- National Strength and Conditioning Association
- American College of Sports Medicine
- Phi Epsilon Kappa Fraternity