

Cliffa A. Foster, Ed.D.
Dean, School of Exercise & Sport Science
Mayborn College of Health Sciences
University of Mary Hardin-Baylor
900 College Street, UMHB 8010
Belton, Texas 76513

EDUCATION

Doctor of Education

Baylor University, College of Education
Higher Education Administration

Master of Science in Education

Baylor University, Department of Health, Human Performance and Recreation
Exercise Science

Bachelor of Science

Blue Mountain College, Department of Health, Physical Education and Recreation
Physical Education

ACADEMIC AND PROFESSIONAL EXPERIENCE

Dean, School of Exercise and Sport Science, University of Mary Hardin-Baylor, College of Health Sciences, Belton, Texas. 2018 – Present

Associate Dean, Exercise and Sport Science, College of Education, University of Mary Hardin-Baylor, Department of Exercise and Sport Science, Belton, Texas. 2016 – 2018

Chairperson, Exercise and Sport Science Department, University of Mary Hardin-Baylor, Department of Exercise and Sport Science, College of Education, Belton, Texas. 1999 – 2016

Professor of Exercise and Sport Science, University of Mary Hardin-Baylor, College of Health Sciences, Belton Texas. 1997 – Present

Administrative Supervisor, Human Performance Lab, University of Mary Hardin-Baylor, School of Exercise and Sport Science, Belton Texas. 2005 – Present

Head Women's Basketball Coach, American Basketball League, New England Blizzard, Hartford, Connecticut. 1996 – 1997

Associate Athletic Director, University of Mary Hardin-Baylor, Department of Athletics, Belton, Texas. 1993 – 1996

Head Women's Basketball Coach, University of Mary Hardin-Baylor, Belton, Texas. 1989 – 1996

Assistant Professor of Exercise & Sport Science, University of Mary Hardin-Baylor, Department of Exercise and Sport Science, Belton, Texas. 1989 – 1996.

Teacher (certified) in Texas Public Schools: 1985-1989

Graduate Teaching Assistant (Teacher of Record), Baylor University, Waco, Texas
Instructor of record for various human performance classes. 1984 – 1985.

CERTIFICATIONS AND LICENSES

Texas Teacher Certification, Physical Education and Health, *Lifetime*

PROFESSIONAL AFFILIATIONS

- **American College of Sports Medicine**
- **Texas Chapter of the American College of Sports Medicine**
- **International Society of Sports Nutrition**
- **United States Triathlon Association**

TEACHING

University of Mary Hardin-Baylor (Undergraduate)

- **Exercise & Sport Psychology**
- **Kinesiology**
- **Coaching Theory**
- **Administration & Leadership**
- **Motor Development**
- **Introduction to Exercise Science**
- **Personal Health & Fitness**
- **Emergency Healthcare**
- **Activity Methods for Majors**
- **Elementary Methods for Physical Education**
- **Secondary Methods for Physical Education**
- **Weight Training**
- **Advanced Cardio Training**
- **Intermediate Swimming**
- **Triathlon Training**
- **Conditioning**
- **Lifeguard Training**
- **Water Safety Instructor Training**

(Graduate)

- **Leadership & Administration (Graduate)**
- **Exercise & Sport Psychology (Graduate)**

ACADEMIC AWARDS

- **Excellence in Teaching Award**, University of Mary Hardin-Baylor 2012, 2005
- **Johnnie Armstrong Champion of Character**, 2014
- **Bullitt Central High School Hall of Fame**, 2013
- **Academic Sabbatical**, Visiting Professor, Blue Mountain College, Blue Mountain, MS. Curriculum Reviews and Revisions in Exercise Science, 2011
- **Summer Development Research Grant-UMHB**
- **Graduate Faculty Research Grant-UMHB**
- **Honorary Member, UMHB Alumni Association**, 2007
- **PEP Grant Coalition (BISD, Scott and White, UMHB)**, \$600,000 2005
- **Texas Bicycle Coalition Grant**, 2005
- **Who's Who Among American Teachers & Educators**, 2005
- **UMHB Trustee Award for Excellence in Teaching**, 2002
- **UMHB Student Government Association Faculty Award**, 2003
- **UMHB Piper Professor Outstanding Teaching Award**, 2001
- **NAIA Distinguished Graduate National Award**, 1997
- **WBCA Coach of the Year**, 1996
- **Heart of Texas Coach of the Year**, 1994, 1995, 1996

SERVICE

University Involvement

- **Dean Search Committee**, UMHB, 2018-Present
- **Dean's Council**, 2016-Present
- **President's Council**, 2018-Present
- **Learning Management Task Force**
- **Faculty Search Committee** 2006, 2007, 2009, 2011, 2012, 2013, 2014, 2015, 2016
- **Curriculum Committee** 2013 – 2017
- **Promotion & Tenure Faculty Committee** 2009 – 2013
- **University Wellness Committee** 2009 – Present
- **EXSS Department Chair** 1999 – 2016
- **Faculty Status Committee**, (Chairperson) 1995 – 2010
- **Faculty Assembly President** 2004 – 2005
- **Faculty Assembly Executive Committee** 2003 – 2006
- **Faculty Search Committee** 2006, 2007, 2009, 2011, 2012, 2013, 2014, 2015
- **Provost Search Committee**
- **Chisholm Trail Basketball Tournament Director**, UMHB, 2006 – 2010
- **University Strategic Planning Committee**, UMHB, 2003 – 2010
- **University Quality Enhancement Task Force Committee** 2003 – 2008
- **Graduate Council Member** 2004 – 2007
- **Administrative Director Human Performance Lab**, UMHB, 2007 – Present
- **EXSS Master of Science in Education Curriculum Study** 2004
- **Doctorate Research Curriculum Planning Committee**, UMHB, Fall 2006

- **SACS Steering Committee 2001**

Community Involvement

- **Kids Against Hunger 2012 – Present**
- **Hope for the Hungry 2012 – Present**
- **Crusader 5K Run, Race Director 2006 – 2008**
- **AlzCare Assisted Living Center, Volunteer 2008 – 2012**
- **American Red Cross, Volunteer Instructor 1994 – 2014**
- **Athletes in Action, Assistant Coach, Sao Paulo, Brazil 1991**
- **Fellowship of Christian Athletes, State Board of Directors, 1990 – 1996**

PRESENTATIONS

Abstracts Presented at National/International Conferences

1. Urbina, S., E. Santos, K. Villa, A. Olivencia, H. Bennett, M. Lara, **C. Foster**, C. Wilborn, & L. Taylor. Effects of 30 Days of Cleanse TM Supplementation on Measure of Body Composition, Waist Circumference, and Markers of Gastrointestinal Distress in Females. **International Society of Sports Nutrition National Conference**. Clearwater, FL. 2016.
2. Outlaw, J., S. Hayward, J. Holt, B. Burks, E. Faillace, A. Regelski, M. Stone, M. Sauer, K. Villa, J. Mullins, S. Urbina, L. Taylor, **C. Foster**, & C. Wilborn. Comparison of Serum Fatty Acid Content and Caloric Expenditure After a Single Bout of Moderate-Intensity and High-Intensity Treadmill Exercise in Young Females. **International Society of Sports Nutrition National Conference**. Clearwater, FL. 2014.
3. Hayward, S., S. Urbina, J. Outlaw, B. Burks, M. Stone, J. Holt, E. Faillace, Je. Ander, A. Smith- Ryan, **C. Foster**, L. Taylor, & C. Wilborn. Effects of Intermittent Fasting on Markers of Body Composition and Mood State. **International Society of Sports Nutrition National Conference**. Clearwater, FL. 2014
4. Outlaw, J., S. Urbina, S. Hayward, J. Holt, B. Burks, E. Faillace, M. Stone, A. Regelski, M. Sauer, K. Villa, J. Mullins, **C. Foster**, L. Taylor, A. Smith-Ryan, & C. Wilborn. Effects of Dietary Intervention on Performance During Five Days of Overreaching in Active Females. **National Strength and Conditioning Association National Conference**. Las Vegas, NV. 2014. Clearwater, FL. 2014.
5. Hayward, S., S. Urbina, J. Outlaw, J. Holt, B. Burks, E. Faillace, M. Stone, A. Regelski, M. Sauer, J. Ander, K. Villa, J. Mullins, **C. Foster**, L. Taylor, A. Smith-Ryan, & C. Wilborn. Effects of Dietary Change on Blood Markers During Five Days of Overreaching in Active Females. **National Strength and Conditioning Association National Conference**. Las Vegas, NV. 2014.
6. Outlaw, J., S. Hayward, S. Urbina, J. Holt, B. Cox, B. Burks, E. Faillace, M. Stone, B. Stai, **C. Foster**, C. Lockwood, M. Roberts, C. Wilborn, & L. Taylor. Effects of A Weight Loss Supplement on Body Composition and Markers of Metabolism in Overweight Male and Female Adults. **Annual International Society of Sports Nutrition Meeting**. Colorado Springs, CO. 2013.
7. Stacie Urbina, Sara Hayward, Jordan Outlaw, Josh Holt¹ Bailey Burks, Brooke Cox, Eliza Faillace, Brittany Stai, Matthew Stone, Rob Wildman, Shawn Wells, Kristen Dunsmore, Abbie Smith-Ryan, Lem Taylor, **Cliffa Foster** & Colin Wilborn. Performance and Body Composition Effects of a Pre-Workout Supplement and Post-Workout Protein Intake in

Trained CrossFit Individuals. **Annual Meeting of the International Society of Sports Nutrition. Colorado Springs, CO 2013**

8. *Sara Hayward, Brittany Stai, Stacie Urbina, Craig Jones, Josh Holt, Jordan Outlaw, Bailey Burks, Katilee Ralph, Cliffa Foster, Shawn Wells, Rob Wildman, Lem Taylor, Colin Wilborn. "Effects of XPAND2x® on Anaerobic Power, Muscular Strength & Subjective Measures of Mood State." International Society of Sports Nutrition National Conference, Colorado Springs, CO 2013.
9. Taylor, L.W., A. White, M. McAdams, C. Woodall, K. Dugan, S. Roman, **C.A. Foster**, & C.D. Wilborn. Effects of Pre- and Post-Exercise Protein vs. Carbohydrate Ingestion on Training Adaptations in Collegiate Female Athletes. **Annual Meeting of the American College of Sports Medicine**. Denver, CO. 2011.
10. Taylor, L.W., C.D. Wilborn, **C.A. Foster**, & R.B. Kreider. Effects of Fenugreek, Cinnamon, & Curcumin on Post Workout Inflammatory Response. **Annual Meeting of the American College of Sports Medicine**. Baltimore, MD. 2010.
11. Wilborn, C.D., L.W. Taylor, **C.A. Foster**, B. Campbell, M. McAdams, K. Dugan, M. Lewing, T. Jones, C. Woodall, & A. White. The Effects of Pre- and Post-Exercise Whey vs. Casein Protein Consumption on Body Composition and Performance Measures in Collegiate Female Athletes. **Annual Meeting of the American College of Sports Medicine**. Baltimore, MD. 2010.
12. Jones, T., E. Constancio, L. Taylor, C. Wilborn, E. Pena, **C. Foster**, & D. Willoughby. Effects of a Novel Resistance Exercise Protocol on the Hormonal Response in Young Resistance Trained Males. **Annual Meeting of the National Strength & Conditioning Association**. Las Vegas, NV. 2009.
13. Taylor, L.W., C. Wilborn, B. Bushey, C. Poole, **C. Foster**, B. Campbell, R. Kreider, & D. Willoughby. Fenugreek Extract Supplementation has No Effect on the Hormonal Profile of Resistance-Trained Males. **Annual Meeting of the American College of Sports Medicine**. Seattle, WA. 2009.
14. Wilborn, C., L. Taylor, **C. Foster**, T. Swift, C. Burken, M. Florez, C. Poole, B. Bushey, R. Kreider, & D. Willoughby. Effects of Fenugreek, Cinnamon, and Curcumin on Post Workout Inflammatory Response. **Annual Meeting of the American College of Sports Medicine**. Seattle, WA. 2009.
15. Poole, C., B. Bushey, E. Pena, E. Constancio, T. Jones, N. Ervin, F. Dufour, B. Clemens, D. Willoughby, R. Kreider, **C. Foster**, L. Taylor, & C. Wilborn. Effects of TESTOSURGE Supplementation on Strength, Body Composition, and Hormonal Profiles During an 8-week Resistance Training Program. **Annual International Society of Sports Nutrition Meeting**. New Orleans, LA. 2009.
16. Lewing, M., E. Pena, C. Poole, F. Dufour, E. Constancio, H. Jacobson, K. Dugan, T. Jones, N. Ervin, **C. Foster**, R. Kreider, L. Taylor, & C. Wilborn. Effects of BIOCREAT Supplementation on Strength and Body Composition During an 8-week Resistance Training Program. **Annual International Society of Sports Nutrition Meeting**. New Orleans, LA. 2009.
17. Wilborn, C., B. Bushey, C. Poole, L. Taylor, **C. Foster**, B. Campbell, D. Willoughby, & R. Kreider. Effects of TORABOLIC Supplementation on Strength and Body Composition During an 8-week Resistance Training Program. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, NV. 2008.
18. Bushey, B., C. Wilborn, C. Poole, L. Taylor, **C. Foster**, & B. Campbell. *The effects of Amped Up on hemodynamic function and energy expenditure at rest*. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, NV. 2008.

19. Daigle K., Faucette, N, **Foster, C**, Owens, L, Rukavina, P. Physical Education Teaching Efficacy in Preservice Teachers: Descriptive Findings. **American Alliance for Health Physical Education, Recreation and Dance**. Fort Worth, TX 2008

Regional Presentations at Texas ACSM

1. White, A., M. McAdams, C. Woodall, K. Dugan, S. Roman, **C.A. Foster**, C.D. Wilborn & L.W. Taylor. Effects of Pre- and Post- Exercise Protein vs. Carbohydrate Ingestion on Training Adaptations in Collegiate Female Athletes. **Texas Chapter of American College of Sports Medicine**. Austin, TX. 2011.
2. Dugan, K., M. McAdams, M. Lewing, **C.A. Foster**, L.W. Taylor, & C.D. Wilborn. The Effects of Pre- and Post- Exercise Whey vs. Casein Protein Consumption on Body Composition and Performance Measures in Collegiate Female Athletes. **Texas Chapter of American College of Sports Medicine**. Houston, TX. 2010.
3. Jones, T., C. Wilborn, L. Taylor, **C. Foster**, T. Swift, C. Burken, M. Florez, C. Poole, B. Bushey, R. Kreider, & D. Willoughby. Effects of Fenugreek, Cinnamon, and Curcumin on Post Workout Inflammatory Response. **Texas Chapter of American College of Sports Medicine**. Tyler, TX. 2009.
4. Dufour, F., C. Poole, A. Crawford, **C. Foster**, L. Taylor, & C. Wilborn. The Impact of Differing Types of Physical Activity on Weight Loss, Energy Expenditure, and the Hormones Insulin, Leptin, and Cortisol. **Texas Chapter of American College of Sports Medicine**. Tyler, TX. 2009.
5. Constancio, E., C. Wilborn, L. Taylor, **C. Foster**, B. Bushey, C. Poole, E. Pena, T. Jones, & R. Kreider. Effects of a Proprietary Fenugreek Extract on Strength and Body Composition. **Texas Chapter of American College of Sports Medicine**. Tyler, TX. 2009.
6. Bushey, B., L. Taylor, C. Wilborn, C. Poole, **C. Foster**, B. Campbell, R. Kreider, & D. Willoughby. Fenugreek Extract Supplementation has No Effect on the Hormonal Profile of Resistance-Trained Males. **Texas Chapter of American College of Sports Medicine**. Tyler, TX. 2009.

PUBLICATIONS

Publications in Peer Reviewed Journals

1. Matthew S. Stone, Brian Brabham, Colin D. Wilborn, **Cliffa Foster**, Jordan Outlaw, Stacie Urbina. The Effects of Post-Exercise Whey Protein vs. Casein Protein Ingestion on Muscular Strength, Muscular Endurance, and Body Composition in Older Women (50-70 years of age). *Journal of Strength and Conditioning Research*. (2017) Submitted.
2. Stacie L. Urbina, Michael D. Roberts, Wesley C. Kephart, Katelyn B. Villa, Emily N. Santos, Alyssa M. Olivencia, Haley M. Bennett, Marissa D. Lara, **Cliffa A. Foster**, Martin Purpura, Ralf Jäger, Lem W. Taylor, Colin D. Wilborn. Twelve Weeks of Capsaicinoid Supplementation Reduces Appetite and Self-Reported Caloric Intake. *Appetite* (2017) Accepted and in press.
3. Tinsley, G.M., S. Urbina, J. Mullins, J. Outlaw, S. Hayward, M. Stone, **C. Foster**, C. Wilborn, & L. Taylor. Influence Of A Thermogenic Dietary Supplement On Safety Markers, Body Composition, Energy Expenditure, Muscular Performance And Hormone Concentrations: A Randomized, Placebo-Controlled, Double-Blind Trial. **Journal of Sports Science and Medicine** (2017). In press.

4. Outlaw, J., C. Wilborn, A. Smith, S. Urbina, S. Hayward, **C. Foster**, S. Wells, R. Wildman, & L. Taylor. Effects of Ingestion of a Commercially Available Thermogenic Dietary Supplement on Resting Energy Expenditure, Mood State and Cardiovascular Measures. **Journal of the International Society of Sports Nutrition**. In Review.
5. Taylor, L.W., C. Wilborn, C. Poole, F. Dufour, T. Jones, M. Lewing, E. Constancio, E. Pena, D. Willoughby, & **C. Foster**. Effects of a Novel Resistance Exercise Protocol on the Hormonal Response in Young Resistance Trained Males. **Journal of Strength and Conditioning Research**, In submission
6. Hayward, S., C.D. Wilborn, L.W. Taylor, S.L. Urbina, J.J. Outlaw, **C.A. Foster**, M.D. Roberts. Effects of a High Protein and Omega-3-Enriched Diet With or Without Creatine Supplementation on Markers of Soreness and Inflammation during 5 Consecutive Days of High Volume Resistance Exercise in Females. **Journal of Sports Science and Medicine** 2016 15, 704-714.
7. Lewing, M., **C. Foster**, L.W. Taylor, & C.D. Wilborn. A Comparison of Adaptations via 12 Weeks of Either a Linear Periodization or an Undulating Periodization Model of Weight Training. **International Journal of Sports Physiology and Performance**. In submission.
8. Wilborn, C., J. Outlaw, P.W. Mumford, S.L. Urbina, S. Hayward, M.D. Roberts, L.W. Taylor, & **C. Foster**. A Pilot Study Examining the Effects of 8-Week Whey Protein versus Whey Protein Plus Creatine Supplementation on Body Composition and Performance Variables in Resistance-Trained Women. **Annals of Nutrition & Metabolism**, 2016 Nov 19; 69(3-4):190-199.
9. Outlaw, J., A. Smith-Ryan, A. Buckley, S. Urbina, S. Hayward, H. Wingfield, B. Campbell, **C. Foster**, L. Taylor, & C. Wilborn. The Effects of β -Alanine on Body Composition and Performance Measures in Collegiate Women. **Journal of Strength and Conditioning Research**, 2016 Sep; 30(9):2627-37.
10. Outlaw, J., C.D. Wilborn, A. Smith-Ryan, S. Hayward, S. Urbina, L. Taylor, & **C. Foster**. Acute Effects of a Commercially-Available Pre-Workout Supplement on Markers of Training: A Double-Blind Study. **Journal of the International Society of Sports Nutrition**, 11:40, August 2014.
11. Outlaw, J., C. Wilborn, A. Smith, S. Urbina, S. Hayward, **C. Foster**, S. Wells, R. Wildman, & L. Taylor. Effects of Ingestion of a Commercially Available Thermogenic Dietary Supplement on Resting Energy Expenditure, Mood State and Cardiovascular Measures. **Journal of the International Society of Sports Nutrition**, 10:25, April 2013.
12. Wilborn, C., L. Taylor, L. Williams, P. Cribb, **C.A. Foster**, B. Campbell, M. McAdams, & K. Dugan. Effects of Pre- and Post-Exercise Whey vs. Casein Protein Consumption on Body Composition and Performance Measures in Collegiate Female Athletes. **Journal of Sports Science and Medicine**, 12(1), 74-79, March 2013.
13. Taylor, L.W., C. Poole, E. Pena, M. Lewing, R. Kreider, **C. Foster** & C.D. Wilborn,. Effects of Combined Creatine Plus Fenugreek Extract Vs. Creatine Plus Carbohydrate Supplementation on Resistance Training Adaptations. **Journal of Sport Science and Medicine**, 2011, 10: 254-260.
14. Poole, C., B. Bushey, **C. Foster**, B. Campbell, D. Willoughby, R. Kreider, L. Taylor, & C. Wilborn. The Effects of a Commercially Available Botanical Supplement on Strength, Body Composition, Power Output, and Hormonal Profiles in Resistance-Trained Males. **Journal of the International Society of Sports Nutrition**, 2010, 7(34).
15. Wilborn, C., L. Taylor, C. Poole, **C. Foster**, D. Willoughby, & R. Kreider. Effects of a Purported Aromatase & 5 α -Reductase Inhibitor on Hormone Profiles in College-Age Men. **International Journal of Sport Nutrition and Exercise Metabolism**, 2010, 20(6):457-65.

16. Wilborn, C., L. Taylor, C. Poole, B. Bushey, C. Wright, L. Williams, **C. Foster**, & B. Campbell. Effects of Ingesting a Commercial Thermogenic Product on Hemodynamic Function and Energy Expenditure at Rest in Males and Females. **Applied Physiology, Nutrition, & Metabolism**, 2009, 23(8): 2179-87.
17. Wilborn C, Bushey B, Poole C, Taylor L, **Foster C**, Campbell B, Willoughby D, Kreider R. Effects of TORABOLIC Supplementation on Strength and Body Composition During an 8-week Resistance Training Program. **Journal of the International Society of Sport Nutrition** 2008
18. Bushey B, Wilborn C, Poole C, Taylor L, **Foster C**, Campbell, B. The Effects of Amped Up on Hemodynamic Function and Energy Expenditure at Rest. **Journal of the International Society of Sport Nutrition** 2008

RESEARCH EXPERIENCE

Served as Principle Investigator, Co-Investigator, or Research Associate Completed Research Studies

1. The Effects of Dietary Intervention on Hormonal Responses and Muscular Performance to an Overreaching Model in Females. (Graduate Grant funded by UMHB) **PI: C. Foster**, Co-Investigators: C. Wilborn & S. Urbina Fall 2013
2. Performance and Body Composition Effects of a Pre-Workout Supplement and Post-Workout Protein Intake in Trained Crossfit Individuals. (Funded by Dymatize Nutrition Performance Institute, Dallas TX) **C. Foster (CO-PI)**.
3. Effects of IND-15 on Strength, Body Composition, and Anabolic Hormonal Response to Resistance Effects of Carbohydrate-Amino Acid Supplementation with Endurance Training on Aerobic Performance Markers. (Funded by HPL and EXSS). **PI: C. Foster**, Co-Investigators: C. Wilborn & L. Taylor.
4. Training. (Funded by Indus Biotech). **PI: C. Wilborn**, Co-Investigators: L. Taylor & **C. Foster**.
5. Effect of Testosurge on Strength, Body Composition, and Hormonal Profiles in Males. (Funded by Indus Biotech) **C. Foster (CO-PI)**
6. Effects of Amped Up on REE and Hemodynamic variables. (Supported by Metrx) **C. Foster (CO-PI)**
7. Effects of a Proprietary Blend of Anti-Inflammatory on Eccentric Induced Muscle Damage. (Funded by Indus Biotech) **C. Foster (CO-PI)**
8. Effects of Exercise Intensity on VO₂max, Body Composition, and Anaerobic Power. **C. Foster (PI)**
9. Effects of Varying Exercise Programs on Weight, Body Composition, and Hormonal Profiles in Subjects with BMI of 27. (Funded by UMHB (\$9,000)) **C. Foster (CO-PI)**.
10. Effects of Feenugreek Extract on Strength, Body Composition and Hormone Profiles in Men. (Funded by Indus Biotech) **C. Foster (CO-PI)**.