

Colin D. Wilborn, PhD, FISSN, FNCSA, CSCS, NSCA-CPT

Associate Provost
Executive Dean & Professor
Mayborn College of Health Sciences
University of Mary Hardin-Baylor
UMHB Station, 900 College St., Box 8402
Belton, Texas 76513

Education

Doctor of Philosophy – August 2006

Baylor University
Exercise, Nutrition, & Preventive Health

Master of Science in Education – May 2003

Baylor University
Exercise Physiology

Bachelor of Science – May 2001

University of Mary Hardin-Baylor
Exercise and Sport Science / Athletic Training

Experience

Associate Provost, University of Mary Hardin-Baylor, Belton, Texas. 2024-Present

Executive Dean, Mayborn College of Health Sciences, University of Mary Hardin-Baylor, Belton, Texas. 2018-Present

Dean, School of Health Professions, University of Mary Hardin-Baylor, Belton, Texas. 2020-Present

Program Director, Strength and Conditioning Education Program, University of Mary Hardin-Baylor, Belton, Texas. 2021-Present

Interim Dean, School of Health Professions, University of Mary Hardin-Baylor, Belton, Texas. 2018-2020

Professor, University of Mary Hardin-Baylor, Master of Science in Physician Assistant Program, Belton Texas. 2024-Present

Professor, University of Mary Hardin-Baylor, Department of Exercise and Sport Science, Belton Texas. 2017-Present

Professor, University of Mary Hardin-Baylor, Doctor of Physical Therapy Program, Belton, Texas. 2017-Present

Dean, Graduate School and Research, University of Mary Hardin-Baylor, Graduate School, Belton, Texas. 2015-2018

Associate Professor of Physical Therapy, University of Mary Hardin-Baylor, Graduate School, Belton, Texas. 2015-2017

Dean, Graduate School, University of Mary Hardin-Baylor, Graduate School, Belton, Texas. 2012-2015

Vice President, International Society of Sports Nutrition. 2011-2014

Director, Bachelor of Interdisciplinary Studies, University of Mary Hardin-Baylor, Belton, Texas. 2011-2014

Interim Dean, Graduate School, University of Mary Hardin-Baylor, Graduate School, Belton, Texas. 2010-2012

Director, EXSS Graduate Program, University of Mary Hardin-Baylor, Department of Exercise and Sport Science, Belton, Texas. 2007-2014

Director, Human Performance Lab, University of Mary Hardin-Baylor, Department of Exercise and Sport Science, Belton Texas. 2006-2018

Associate Professor, University of Mary Hardin-Baylor, Department of Exercise and Sport Science, Belton Texas. 2006-2017

Weight Training Studies Coordinator, Exercise & Sport Nutrition Lab, Baylor University. MCL room 122 Waco, Texas 76798. 2003-2006

Doctoral Research Assistant, Exercise & Sport Nutrition Lab, Baylor University. MCL room 122 Waco, Texas 76798. Responsibilities include strength testing, DEXA analysis, resting energy expenditure, blood drawing and processing, max stress test, ECG, data collection and input, various administrative duties. 2003-2006

Adjunct Instructor, Baylor University, Department of Health Human Performance and recreation, Waco, Texas 76798. Instructor for Weight Training, Fitness Theory, Anatomy Lab, and Prevention and care of athletic injuries. 2003-2006

Graduate Teaching Assistant (Teacher of Record), Baylor University, Waco, Texas 76798. Instructor of record for various human performance classes. 2001-2002

Certifications

Fellow, *National Strength and Conditioning Association* (2017)

Fellow, *The International Society of Sports Nutrition* (2010)

Certified Athletic Trainer, *National Athletic Trainers Association* (2003-2016)

Certified Strength and Conditioning Specialist, *National Strength and Conditioning Association* (2001)

Certified Personal Trainer, *National Strength and Conditioning Association* (1999)

Professional Affiliations

- . **National Strength and Conditioning Association**
- . **National Athletic Trainers Association**
- . **American College of Sports Medicine**
- . **Texas American College of Sports Medicine**
- . **International Society of Sport Nutrition**

Teaching

Baylor University

- . **Beginning Weight Training**
- . **Advanced Weight Training**
- . **Fitness Theory and Practice**
- . **Anatomy and Physiology Laboratory**
- . **Prevention and Care of Athletic Injuries**

University of Mary Hardin Baylor

- . **Program Design**
- . **CSCS Seminar**
- . **Applied Physiology (Doctoral)**
- . **Critical Inquiry (Doctoral)**
- . **Evidence Based Practice (Doctoral)**
- . **Therapeutic Exercise & Modalities (Doctoral)**
- . **Advanced Research & Proposal Writing III (Doctoral)**
- . **Advanced Exercise Physiology (Graduate)**
- . **Advanced Statistics (Graduate)**
- . **Test & Measurement**
- . **Prevention & Care of Athletic Injuries**
- . **Principles of Strength Training & Conditioning**
- . **Advanced Principles of Strength Training & Conditioning (Graduate)**
- . **Readings, Issues, Trends, & Research in EXSS (Graduate)**
- . **Biomechanics (Graduate)**
- . **Research Methods (Graduate)**
- . **Lifespan Nutrition**

- . **Kinesiology**
- . **Pharmacology**
- . **Exercise Physiology**
- . **Coaching Theory**
- . **Nutrition**
- . **Motor Development**
- . **Sociology of Sport**
- . **Weight Training**

Academic Achievements and Professional Honors

- . **Nutrition Researcher of the Year**, National Strength and Conditioning Association, 2015
- . **Iron Man**, International Society of Sport Nutrition, 2014
- . **Excellence in Scholarship Award**, UMHB, 2010
- . **Who's Who Among American Teachers & Educators**, 2007 & 2009
- . **Travel Award Recipient**, National Conference for the International Society of Sport Nutrition, 2006
- . **Travel Award Recipient**, National Conference for the Federation of American Societies for Experimental Biology (FASEB), 2006
- . **Outstanding Doctoral Student in ENPH**, HHPR Graduate Faculty, 2006
- . **Outstanding Graduate Student**, SOE Faculty, 2006
- . **Student Research Award Winner**, International Society of Sport Nutrition National Conference, New Orleans, LA, 2005
- . **Travel Award Recipient**, National Conference for the Federation of American Societies for Experimental Biology (FASEB), 2005
- . **Challenge Scholarship Winner**, National Strength and Conditioning Association, 2005
- . **Travel Award Recipient**, National Conference for the Federation of American Societies for Experimental Biology (FASEB), 2004
- . **Dean's List**, University of Mary-Hardin Baylor, Fall 2001
- . **Dean's List**, University of Mary-Hardin Baylor, Spring 2000

Service

University Involvement

- . Dean Search Committee, UMHB, McLane College of Business, 2023-Present
- . SACSCOC Reaffirmation Team, UMHB, 2021-2024
- . Strategic Plan Committee, UMHB, 2021-Present
- . Associate Provost Search Committee, UMHB, 2021
- . Provost Search Committee, UMHB, 2016
- . Faculty Search Committee, Director of MAC 2016
- . Campus Master Plan Committee, UMHB, 2015-Present
- . Faculty Search Committee, DPT, 2014-Present
- . Faculty Search Committee, EXSS 2009, 2011, 2013, 2015, 2016

- . Faculty Search Committee, Director EdD program, Spring 2012
- . Strategic Plan Stewardship Team, UMHB, 2010-Present
- . Advising Seminar, UMHB, 2010
- . Presidents Council, UMHB, 2010-Present
- . Dean's Council, UMHB, 2010-Present
- . Director, Bachelor of Interdisciplinary Studies, 2011-2014
- . Faculty Research Sponsor, UMHB Scholars Day, 2009, 2011, 2013
- . Faculty Search Committee, EXSS 2010
- . Academic Leadership Seminar, UMHB, Fall 2010
- . Servant Leadership Award Committee, UMHB, 2010-Present
- . Speaker, Wellness Seminar, Nutrition, UMHB, January 2010
- . Speaker, Wellness Seminar, Nutrition, UMHB, February 2010
- . Speaker, Wellness Seminar, Nutrition, UMHB, October 2010
- . Chair, Institutional Review Board, UMHB, 2009-2011
- . Wellness Committee Member, UMHB, 2008-Present
- . Round Table Panelist, Research Scholars Day, UMHB, 2009
- . Faculty Search Committee, EXSS Sport Science, 2009
- . Leadership Temple, Human Performance Lab, UMHB, 2006-Present
- . Leadership Belton, Human Performance Lab, UMHB, 2006-Present
- . Reaching Out, UMHB, 2008
- . Graduate Education Task Force, UMHB, 2008
- . Chair MPS Review Committee, UMHB, 2007
- . Director ERP Strength and Conditioning Program, UMHB, 2007-2010
- . Faculty Search Committee (Chair), EXSS Sport Science, 2008
- . Faculty Search Committee, EXSS Sports Management, 2008
- . Chisholm Trail Basketball Tournament, UMHB, 2006-Present
- . University Strategic Planning Committee, UMHB, 2007-2010
- . Faculty Search Committee, EXSS Pedagogy, 2007
- . Co-Director CLEAR, UMHB, 2007-2014
- . Graduate Council Member, UMHB, 2007-Present
- . EXSS Graduate Program Director, UMHB, 2007-2014
- . Institutional Review Board Member, UMHB, 2007-2010
- . Director Human Performance Lab, UMHB, 2007-Present
- . Institutional Review Board Planning Committee, UMHB Fall 2006
- . Strength & Conditioning Consultant, Women's Basketball, Football, Golf, Softball
- . Doctorate Research Curriculum Planning Committee, UMHB Fall 2006
- . Undergraduate Internship Committee, Jason Whittington, Baylor 2006
- . Undergraduate Internship Committee, Jirverious Shelly, Baylor 2005
- . Undergraduate Internship Committee, Jenny Zettner, Baylor 2004
- . Co-Founder Student Sports Medicine Association, University of Mary-Hardin Baylor, Fall 2000
- . Treasurer Student Sports Medicine Association, University of Mary-Hardin Baylor, 2000

Professional Conferences

- . ARC-PA Workshop Accreditation and You, 2018

- . ACOTE Self-Study Workshop, 2017
- . SACSCOC Faculty Credentialing Workshop, 2017
- . SACSCOC Annual Meeting, 2015-2017
- . CAPTE Developing Program Workshop, 2014
- . American College of Sports Medicine National Conference, 2007-2012, 2014
- . Federation of Applied Scientist and Experimental Biologist, 2004-2006
- . Texas American College of Sports Medicine, 2002-2006, 2009-2020
- . International Society of Sport Nutrition National Conference, 2004-2019
- . International Society of Sport Nutrition Regional Conference, Baylor, 2005
- . National Strength and Conditioning Association, 2005, 2008-20224
- . South West Athletic Trainers Association, 2001

Professional

- . Chair, CASCE, National Strength and Conditioning Association, 2023-Present
- . Vice Chair, CASCE, National Strength and Conditioning Association, 2020-2023
- . Director, Board of Directors, National Strength and Conditioning Association, 2018-2020
- . Evaluator Registry, SACSCOC, 2016-Present
- . Vice Chair, Education Committee, National Strength and Conditioning Association, 2017-2020
- . Vice President, Executive Committee BOD, National Strength and Conditioning Association, 2013-2016
- . Treasurer, Executive Committee BOD, National Strength and Conditioning Association, 2013-2016
- . Board of Directors, National Strength and Conditioning Association, 2013-2016
- . Senior Associate Editor, Journal of Strength and Conditioning Research 2015-Present
- . Associate Editor, Strength and Conditioning Journal, 2015-Present
- . Associate Editor, Journal of the International Society of Sports Nutrition, 2013-Present
- . Advisory Board, International Society of Sport Nutrition, 2010-Present
- . Advisory Board, Dymatize, 2012-2015
- . Advisory Board, Totally Healthy, 2011-2013
- . Vice President, International Society of Sports Nutrition, 2011-2014
- . Chair, NSCA Research Committee, 2012-2015
- . NSCA Grants Sub Committee Chair, 2011-2013
- . NSCA Research Committee, 2010-2013
- . NSCA Grants Sub Committee, 2011
- . NSCA Student Award Judge, 2011
- . NSCA Student Grant Review Ad Hoc committee, National Strength and Conditioning Association, 2009 & 2010
- . NSCA National Conference Abstract Reviewer, National Strength and Conditioning Association, 2010
- . Section Editor Sports Supplements & Drugs, Journal of Sport Science and Medicine, 2010-2014
- . Reviewer, Journal of Dietary Supplements
- . Reviewer, Applied Physiology Nutrition and Metabolism
- . Reviewer, Performance Enhancement in Health

- . Reviewer, American Journal of Physiology
- . Reviewer, International Journal of Sport Nutrition and Exercise Metabolism
- . Reviewer, Journal of Strength and Conditioning Research
- . Reviewer, Scandinavian Journal of Medicine and Science in Sports
- . Reviewer, Lipids in Disease and Health
- . Reviewer, Amino Acids
- . NSCA National Conference Abstract Reviewer, National Strength and Conditioning Association, 2010-13
- . ISSN National Conference Abstract Reviewer, International Society of Sports Nutrition, 2010
- . Reviewer, Journal of Sports Science and Medicine
- . Reviewer, Strength and Conditioning Journal
- . Reviewer, Journal of the International Society of Sport Nutrition
- . Text Book Editorial Reviewer, Lippincott Williams and Wilkins, 2007
- . Editorial Board Member, Journal of the International Society of Sport Nutrition, 2007-Present
- . NSCA Nutrition SIG, 2006-Present

Presentations

Invited Lectures & Speaking Engagements

1. Moderator, Accreditation, **National Strength and Conditioning Association National Conference**, Washington, DC 2019.
2. Speaker, Substantive Change Report for New Programs, SACSCOC, Atlanta, GA 2016.
3. Speaker, The Role of Diet and Supplementation in the Prevention of Overtraining, **University of Texas Lynn McCraw Lecture Series**, Austin, TX 2014.
4. Speaker, Supplements for Strength & Power Athletes, **ISSN Europa**, Dallas, TX 2013.
5. Speaker, Nutritional Approach to Reduce the Impact of Overtraining, **National Strength and Conditioning Association National Conference**, Las Vegas, NV 2013.
6. Moderator, **National Strength and Conditioning Association National Conference**, Providence, RI 2012.
7. Speaker, Sport Supplements, **National Strength and Conditioning Association National Conference**, Providence, RI 2012.
8. Moderator, **International Society of Sport Nutrition National Conference**, Las Vegas, NV 2012.
9. Speaker, The Best Supplements for Performance and Body Composition, **ISSN Europa**, Hartford, CT 2012.
10. Speaker, Protein and Exercise, **ISSN Europa**, Hartford, CT 2012.
11. Speaker, **Senior Saints Summit**, Belton, TX 2012.
12. Speaker, Human Performance, **Belton Lions Club**, Belton, TX 2011.
13. Speaker, Supplements for Strength & Power Athletes, **Sport Nutrition Conference**, Mexico City, Mexico 2011.
14. Speaker, Overtraining, **Sport Nutrition Conference**, Mexico City, Mexico 2011.
15. Round Table Panelist, Regulation of Sports Supplements, **ISSN Europa**, Dallas, TX 2011.

16. Speaker, Exercise Intensity, **National Strength and Conditioning Association National Conference**, Las Vegas, NV 2011.
17. Speaker, Nutritional Approach to Combat Overtraining, **International Society of Sports Nutrition National Conference**, Las Vegas, NV 2011.
18. Speaker, Supplements for Strength & Power Athletes, ISSN **Europa**, Dallas, TX 2011.
19. Moderator, **NSCA National Conference**, Las Vegas, NV 2011.
20. Speaker, Kids Nutrition, Belton Kiwanis, Belton, TX 2011.
21. Moderator, Ergogenic Aids, **International Society of Sport Nutrition National Conference**, Clearwater, FL 2010.
22. Speaker, Nutrition Myths, **University of Mary-Hardin Baylor**, Belton, TX 2010.
23. Speaker, Nutritional Supplements for Strength and Power Athletes, **International Society of Sports Nutrition National Conference**, Las Vegas, NV 2009.
24. Speaker, Supplements for the Strength and Power Athlete, Nutrition & Conditioning Seminar sponsored by International Society of Sports Nutrition, Lubbock, TX 2009.
25. Presentation, Torabolic, GNC Corporate, Pittsburg, PA 2008.
26. Moderator, Ergogenic Aids, **International Society of Sport Nutrition National Conference**, Las Vegas, NV 2008.
27. Presentation, Maximize Your Workout, **Baylor University Fitness Fuel**, Waco, TX 2006.
28. Presentation, Nutrition, **Summitt Dental Lab**, Waco, TX 2005.
29. Guest Lecturer, Nutrient Timing, **University of Mary-Hardin Baylor**, Belton, TX 2004.
30. Guest Lecturer, Ergogenic Aids, **University of Mary-Hardin Baylor**, Belton, TX 2004.
31. Guest Lecturer, Head Injuries, **Baylor University**, Waco, TX 2004.
32. Guest Lecturer, Functional Rehabilitation, **Baylor University**, Waco, TX 2004.
33. Guest Lecturer, Blood Pressure and the Effects of Exercise, **Baylor University Department of Health, Human Performance and Recreation**, Waco, TX 2004.
34. Guest Lecturer, Plyometrics, **Baylor University**, Waco, TX 2003.
35. Guest Lecturer, Anatomical Kinesiology – The Knee, **Baylor University**, Waco, TX 2003.
36. Guest Lecturer, Introduction to Exercise Science, **University of Mary-Hardin Baylor**, Belton, TX 2002.
37. Presentation, Cholesterol and Clotted Access Thrombosis, **Waco Nephrology Group**, Waco, TX 2002.
38. Guest Lecturer, Annual Sports Medicine Clinic, **University of Mary-Hardin Baylor**, Belton, TX 2000.

Abstracts Presented at National/International Conferences (First Author)

1. **Colin D. Wilborn**, Lem W. Taylor, Cliffla A. Foster, Bill Campbell, Mallory McAdams, Kristin Dugan, Morgan Lewing. The Effects of Pre- and Post-Exercise Whey vs. Casein Protein Consumption on Body Composition and Performance Measures in Collegiate Female Athletes. **American College of Sports Medicine National Conference**. Baltimore, MA 2010
2. **Wilborn C**, Taylor L, Foster C, Swift T, Burken C, Florez M, Poole C, Bushey B, Kreider R, Willoughby D. Effects of Fenugreek, Cinnamon, & Curcumin on Post Workout Inflammatory Response. **American College of Sports Medicine National Conference**. Seattle, WA 2009.
3. **Wilborn C**. Nutritional Supplements for Strength and Power Athletes. **International Society of Sport Nutrition National Conference**. New Orleans, LA 2009.

4. **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. **International Society of Sport Nutrition National Conference**. Las Vegas, NV 2008.
5. **Colin D. Wilborn**, Lemuel W. Taylor, Darryn S. Willoughby, FACSM. Effects of Low- and High-Intensity Resistance Exercise on Skeletal Muscle Specific Transcription Factor Activity and Myosin Heavy Chain Gene Expression in Males. **American College of Sports Medicine National Conference**. New Orleans, LA 2007.
6. **Wilborn C**, Roberts M, Kerksick C, Iosia M, Taylor L, Campbell B, Harvey T, Wilson R, Greenwood M, Willoughby D, and Kreider R. Changes in Whole Blood and Clinical Safety Markers Over 50 Days of Concomitant Arachidonic Acid Supplementation and Resistance Training. **International Society of Sport Nutrition National Conference**. Las Vegas, NV 2006.
7. **Wilborn, C.** Taylor, L. Campbell, W., & Willoughby, D. FACSM. Effects of 8 Weeks of Supplementation of the Alleged Aromatase Inhibitor Novedex XT™ on Serum Steroid Hormone Profiles, Body Composition, and Clinical Safety Markers in Resistance-Trained Males. **Annual Experimental Biology Meeting**. San Francisco, CA 2006.
8. **C Wilborn**, J Beckham, T Harvey, C Kerksick, P LaBounty, B Marcello, J Wismann, C Moulton, M Roberts, B Campbell, C Rasmussen, & R Kreider (Sponsor: D Willoughby) Assessment of Resting Energy Expenditure Using a Portable Hand Held Analyzer vs. Stationary Unit. **Annual Experimental Biology Meeting**. San Francisco, CA 2006.
9. **Wilborn, C.** Taylor, L. Campbell, W., & Willoughby, D. FACSM. Effects of 8 Weeks of Supplementation of the Alleged Aromatase Inhibitor Novedex XT™ on Serum Steroid Hormone Profiles, Body Composition, and Clinical Safety Markers in Resistance-Trained Males. **Texas American College of Sports Medicine**. Dallas, TX 2006.
10. **C. Wilborn**, L. Taylor, C. Kerksick, & D. Willoughby FACSM. Effects of Heavy Resistance Training and Proprietary Whey+Casein Protein Supplementation on Muscle Strength and Mass and MHC Isoform mRNA Expression. **Texas American College of Sports Medicine**. Dallas, TX 2005.
11. **C Wilborn**, T Harvey, P LaBounty, B Marcello, B Campbell, A Thomas, J Wismann, C. Moulton, M. Roberts, D Rohle, L. Taylor, A. Vacanti, J Beckham, M Galbreath, D Fogt, C Kerksick, T Magrans, S Ounpraseuth, P Casey, C Rasmussen, M. Greenwood, R Wilson & R Kreider (Sponsor: D Willoughby) Long-Term effects of the Curves® Fitness & Weight Loss Program: Training Adaptations. **Annual Experimental Biology Meeting**. San Diego, CA 2005.
12. **Wilborn C**, Taylor L, Kerksick C, Stout J, Willoughby D, FISSN. Effects of Heavy Resistance Training and Proprietary Whey+Casein+Leucine Protein Supplementation on Muscle Strength and Mass and MHC Isoform mRNA Expression. **International Society of Sport Nutrition National Conference**. New Orleans, LA 2005.
13. **C. Wilborn**, R. Kreider, FACSM, C. Kerksick, C. Rasmussen, S. Lancaster, B. Magu, P. Smith, C. Melton, M. Greenwood, A. Almada & C. Earnest. Effect of Whey Protein Supplementation with Casein or BCAA & Glutamine on Training Adaptations I: Body Composition. Exercise and Sport Nutrition Laboratory, Baylor University Scholars Day. Waco, TX 2004.

14. **C. Wilborn**, B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, B. Marcello, J. Baer, C. Kerksick, C. Rasmussen, M. Greenwood, S. Ounpraseuth, P. Casey, R. Wilson, R. Kreider & C.P. Earnest (sponsor). Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide (CSP3) Supplementation During Training on Body Composition and Training Adaptation. **Annual Experimental Biology Meeting**. Washington D.C. 2004.
15. **C. Wilborn**, J. Baer, B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, B. Marcello, C. Kerksick, C. Rasmussen, L. Taylor, C. Mulligan, D. Rohle, D. Fogt, R. Wilson, M. Greenwood, R. Kreider. Effects of ZMA Supplementation on the Relationship of Zinc and Magnesium to Body Composition, Strength, Sprint Performance, and Metabolic and Hormonal Profiles. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, Nevada. 2004.

Abstracts Presented at National/International Conference (Co-Author)

*** Student Presentations**

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™ 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. Hayward, S., J. Mullins, S. Urbina, E. Santos, K. Villa, N. Viana, S. Perkins, J. Ander, A. Olivencia, S. McGorty, **C. Wilborn**, L. Taylor. Safety of Teacrine®, a Non-Habituating, Naturally-Occurring Purine Alkaloid Over Eight Weeks of Continuous Use. **International Society of Sports Nutrition National Conference**. Austin, TX. 2015
3. Mullins, J., J. Outlaw, S. Urbina, S. Hayward, J. Holt, B. Burks, A. Regelski, E. Fallice, M. Stone, **C. Wilborn**, L. Taylor. Safety and Efficacy of a Proprietary Thermogenic and Cutting Agent on Measures of Muscular Strength and Endurance, Body Composition, Fat Metabolism, and Hormone Levels. **International Society of Sports Nutrition National Conference**. Austin, TX. 2015.
4. Catherine J. McNeal, M.D., Ph.D., Cynthia J. Meininger, Ph.D., Deepika Reddy, M.D., **Colin Wilborn, Ph.D.**, Guoyao Wu, Ph.D. "Safety and Effectiveness of Arg in Adults with Adiposity and Insulin Resistance." **9th Workshop on the Assessment of Adequate and Safe Intake of Dietary Amino Acids (9AAAW)**, Paris, France 2015.
5. *Sara Hayward, Stacie Urbina, Jordan Outlaw, Bailey Burks, Matt Stone, Josh Holt, Eliza Faillace, Alena Regelski, Meagon Sauer, Katelyn Villa, Jacy Mullins, Abbie Smith, Cliffa Foster, Lem Taylor, **Colin Wilborn**. "Effects of Dietary Intervention on Hormonal Response During Five Days of Overreaching in Active Females." **National Strength and Conditioning Association National Conference**, Las Vegas, NV 2014.
6. *Jordan Outlaw, Sara Hayward, Stacie Urbina, Bailey Burks, Matt Stone, Josh Holt, Eliza Faillace, Alena Regelski, Meagon Sauer, Katelyn Villa, Jacy Mullins, Abbie Smith, Cliffa Foster, Lem Taylor, **Colin Wilborn**. "Effects of Dietary Intervention on Hormonal Response During Five Days of Overreaching in Active Females." **National Strength and Conditioning Association National Conference**, Las Vegas, NV 2014.

7. *Jordan Outlaw, Sara Hayward, Josh Holt, Bailey Burks, Eliza Faillace, Alena Regelski, Matt Stone, Meagon Sauer, Katelyn Villa, Jacy Mullins, Stacie Urbina, Lem Taylor, Cliffo Foster, **Colin 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**, Las Vegas, NV 2014.
8. *Sara Hayward, Stacie Urbina, Jordan Outlaw, Bailey Burks, Matt Stone, Josh Holt, Eliza Faillace, Jennifer Ander, Abbie Smith-Ryan, Cliffo Foster, Lem Taylor, **Colin Wilborn**. “Effects of Intermittent Fasting on Markers of Body Composition and Mood State.” **International Society of Sports Nutrition National Conference**, Las Vegas, NV 2014.
9. *Jordan Outlaw, Bailey Burks, Sara Hayward, Josh Holt, Matthew Stone, Brittany Stai, Brooke Cox, Lem Taylor, **Colin Wilborn**. “Effects of Post-Exercise Whey Protein vs. Whey Protein Plus Creatine Consumption.” **International Society of Sports Nutrition National Conference**, Colorado Springs, CO 2013.
10. *Jordan Outlaw, Sara Hayward, Stacie Urbina, Josh Holt, Brooke Cox, Bailey Burks, Eliza Faillace, Matthew Stone, Brittany Stai, Cliffo Foster, Chris Lockwood, Mike Roberts, **Colin Wilborn**, Lem Taylor. “Effects of a Weight Loss Supplement on Body Composition and Markers of Metabolism in Overweight Male and Female Adults.” **International Society of Sports Nutrition National Conference**, Colorado Springs, CO 2013.
11. *Sara Hayward, Brittany Stai, Stacie Urbina, Craig Jones, Josh Holt, Jordan Outlaw, Bailey Burks, Katilee Ralph, Cliffo 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.
12. *Stacie Urbina, Sara Hayward, Jordan Outlaw, Josh Holt, Bailey Burks, Brooke Cox, Eliza Faillace, Brittany Stai, Matthew Stone, Rob Wildman, Shawn Wells, Kristen Dunsmore, Abbie Smith-Ryan, Lem Taylor, Cliffo Foster, **Colin Wilborn**. “Performance and Body Composition Effects of a Pre-Workout Supplement and Post-Workout Protein Supplement in Trained CrossFit Individuals.” **International Society of Sports Nutrition National Conference**, Colorado Springs, CO 2013.
13. *Josh Holt, Sara Hayward, Jordan Outlaw, Bailey Burks, Matt Stone, Brittany Stai, Eliza Faillace, Brooke Cox, Abbie Smith-Ryan, Stacie Urbina, **Colin Wilborn**, Lem Taylor. “Effects of Traditional vs. Body Weight Resistance Exercise on Hormonal Responses in Resistance Trained Males.” **National Strength and Conditioning Association National Conference**, Las Vegas, NV 2013.
14. *Sara Hayward, Jordan Outlaw, Josh Holt, Katilee Ralph, Bailey Burks, Stacie Urbina, **Colin Wilborn**, Lem Taylor. “Assessment of Body Composition and Performance Measures During a Competitive Volleyball Season in Collegiate Female Athletes.” **National Strength and Conditioning Association National Conference**, Las Vegas, NV 2013.
15. *Craig Jones, Stacie Urbina, Brian Brabham, Cliffo Foster, Lem Taylor, **Colin Wilborn**. Comparison of Predicted vs Actual Number of Repetitions Performed in Relation to 1RM in Resistance Trained Males. **National Strength and Conditioning Association National Conference**, Providence, RI 2012.

16. *Amanda Buckley, Chelsea Scoggins, Stacie Urbina, Craig Jones, Josh Holt, Brooke Cox, Brian Brabham, **Colin Wilborn**, Lem Taylor. Changes in Body Composition and Performance Variables Following a Competitive Basketball Season in Division III Female Athletes. **National Strength and Conditioning Association National Conference**, Providence, RI 2012.
17. *Amanda Buckley, Abbie Smith, Chelsea Scoggins, Craig Jones, Josh Holt, Elizabeth Sillasen, Brooke Cox, Stacie Urbina, Bill Campbell, Cliffa Foster, Lem W Taylor, **Colin D Wilborn**. The Effects of β -Alanine on Body Composition and Performance Measures in Collegiate Females. **International Society of Sport Nutrition National Conference and Expo**, Clearwater, FL 2012.
18. Bill Campbell, Ashley Forsyth, Bre Myers, Brittany Parker, Brittany Gomez, Ava Elkins, **Colin Wilborn**, Paul La Bounty, Brandon Marcello. The Effects of Fat-Free vs. Fat-Containing Chocolate Milk Ingestion on Muscular Strength in Female Collegiate Softball Players. **International Society of Sport Nutrition National Conference and Expo**, Clearwater, FL 2012
19. *Craig Jones, Sara Hayward, Stacie Urbina, Cliffa Foster, Shawn Wells, Rob Wildman, Bill Campbell, Lem Taylor, **Colin Wilborn**. Evaluation of Ingesting Dyma-Burn Xtreme, a Thermogenic Dietary Supplement, on Hemodynamic and ECG Responses in Healthy, Young Males and Females. **International Society of Sport Nutrition National Conference and Expo**, Clearwater FL 2012.
20. *Stacie Urbina, Craig Jones, Sara Hayward, Cliffa Foster, Shawn Wells, Rob Wildman, Bill Campbell, Lem Taylor, **Colin Wilborn**. Effects of Ingesting Dyma-Burn Xtreme, a Thermogenic Dietary Supplement on Metabolic Rate and Subjective Measures of Mood State. **International Society of Sport Nutrition National Conference and Expo**, Clearwater FL 2012.
21. *Kristin Dugan, Morgan Lewing, Caleb Woodall, Mallory McAdams, Fanny Dufour, Tyler Jones, Andrew White, Cliffa Foster, Lem Taylor, **Colin Wilborn**. A Comparison of Adaptations via Either a Linear Periodization or an Undulating Periodization Model of Weight Training. **National Strength and Conditioning Association National Conference**, Las Vegas, NV 2011.
22. Bill Campbell, Ashley Forsyth, Bre Myers, Ava Elkins, Brittany Parker, Brittany Gomez, Brandon Marcello, Paul La Bounty, **Colin Wilborn**. The Effects of Fat-Free vs. Fat-Containing Chocolate Milk Ingestion on Body Composition in Collegiate Softball Players. **National Strength and Conditioning Association National Conference**, Las Vegas, NV 2011.
23. *Stacie L Urbina, Andrew White, Josh Shaw, **Colin Wilborn**, Brian Brabham. The Effects of Post-Exercise Whey vs. Casein Protein Ingestion on Muscular Strength, Muscular Endurance, and Body Composition in Older Women (50-70 Years of Age). **International Society of Sport Nutrition National Conference**, Las Vegas, NV 2011.
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Abstract Presented at Regional/State Conference

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8. **Colin Wilborn**. *Nutritional Supplements for Strength and Power Athletes*. 2nd ed. Nutritional Supplements in Sports and Exercise. Greenwood, M. Editor 2015
9. **Colin Wilborn**. *Diets and Body Composition/Exercise Performance*. Sport Nutrition and Performance Enhancing Supplements. 2013
10. **Colin Wilborn**. *The Impact of Nutrient Timing Considerations for Weight Loss and Body Composition*. Nutrient Timing: Metabolic Optimization for Health, Performance and Recovery. CRC, 2011
11. **Colin Wilborn**, Lem Taylor, Abbie Smith, Jose Antonio. *Nutrition*. Conditioning for Strength and Human Performance 2nd ed. LWW, 2012
12. Lem Taylor, **Colin Wilborn**, Abbie Smith, Jose Antonio. *Sport Supplements*. Conditioning for Strength and Human Performance 2nd ed. LWW, 2012
13. Kristin Dugan, **Colin Wilborn**. *Protein Needs of Athletes*. Training Table. CRC, 2012
14. Chris Poole, **Colin Wilborn**. *Energy Demands for Strength & Power Athletes*. Training Table. CRC, 2012
15. **Colin Wilborn** and Bill Campbell. *Supplements for Strength and Power Athletes*. NSCA's Guide to Sport And Exercise Nutrition. Human Kinetics, 2011
16. Richard Kreider, **Colin Wilborn**. *Weight Management*. Nutritional Concerns in Exercise, Recreation, and Sport. CRC Press, 2009
17. **Colin Wilborn**, Lemuel Taylor. *Basic Exercise Physiology*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations. Fitness Technologies Press, Santa Barbara, CA.

18. Mike Greenwood, **Colin Wilborn**. *Principles of Training*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). *Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations*. Fitness Technologies Press, Santa Barbara, CA.
19. **Colin Wilborn**, Richard Kreider. *Carbohydrates*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). *Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations*. Fitness Technologies Press, Santa Barbara, CA.
20. **Colin Wilborn**, Richard Kreider. *Weight Loss Strategies*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). *Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations*. Fitness Technologies Press, Santa Barbara, CA.
21. **Colin Wilborn**. *Nutrition and Exercise Resources*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). *Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations*. Fitness Technologies Press, Santa Barbara, CA.
22. **Colin Wilborn**. *Nutritional Supplements for Strength and Power Athletes*. *Nutritional Supplements in Sports and Exercise*. Greenwood, M. Editor 2008

Research Experience

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

1. The Effects of 28 Days of Curcumin Supplementation on Perceived Muscle and Joint Soreness and Circulating Markers of Inflammation in Response to Muscle-Damaging Eccentric Exercise. (Funded by: OmniActive Health Technologies) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Fall 2016.
2. The Acute Response of Nutritive vs. Non-Nutritive Sweeteners in Soft Drinks of Blood Glucose and Insulin in Regular Soft Drink Consumers. (Graduate Faculty Research Grant) **CI: Colin Wilborn**, University of Mary Hardin-Baylor, Fall 2016.
3. The Effects of Dry Needling and Dry Needling in conjunction with E-stim on Biochemical Markers of Inflammation and Perceived Pain. (Funded by DPT) **PI: Colin Wilborn**, University of Mary Hardin-Baylor. Summer 2016.
4. Effects of Electrical Stimulation on Delayed Onset Muscle Soreness and Performance: Specifically on Strength, Power, and Endurance. (Funded by DPT) **PI: Colin Wilborn**, University of Mary Hardin-Baylor. Summer 2016.
5. Twelve Weeks of Capsaicinoid Supplementation Reduces Appetite and Self-Reported Caloric Intake. (Funded by: Increnovo) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Summer 2016.
6. Effects of a Proprietary Supplement on the Acute Responses in Reaction Time, Mental Performance, and Indicators of Focus in Athletic Populations. (Funded by Nature's Bounty (NBTY), Inc.) **CI: Colin Wilborn**, University of Mary Hardin-Baylor, Summer 2016.
7. The Effects of IronAid®IPS on Performance, Fatigue and Iron Levels during 12-Weeks of Supplementation and Aerobic Training. (Funded by: ChemiNutra) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Spring 2016.
8. The Effects of Hyperox-VD Supplementation on Blood Flow of the Brachial Artery, Hemodynamics, and Blood Safety Profiles in Resistance-Trained Males. (Funded by Indus Biotech Pvt, Ltd.) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Spring 2015.

9. Effects of Salacia Reticulata on Markers of Cardio-Metabolic Health and Body Composition in Healthy Men and Women. (Funded by Increnovo) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Spring 2015.
10. Effects of Pre- vs Post-Exercise Protein Supplementation on Muscular Adaptations in Well-Trained Men. (Funded by HPL) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Spring 2015.
11. Effects of TeaCrine™ Supplementation on Mood Profiles, Hemodynamics, and Blood Safety Profiles in Healthy Adults. (Funded by Center for Applied Health Science) **CI: Colin Wilborn**, University of Mary Hardin-Baylor, Fall 2014.
12. Effects of Ingestion of Glucose, Whey Protein Isolate, and Leucine on REE, Hemodynamics, and Mood State. (Funded by Dymatize) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Fall 2014.
13. Pre- and Post-Season Body Composition Analysis of DIII Collegiate Athletes. (Funded by Human Performance Lab) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Fall 2014.
14. Effects of L-Arginine on Human Metabolism. (Funded by Scott and White) **Co-PI: Colin Wilborn**, University of Mary-Hardin Baylor & Scott and White Memorial Hospital, Spring 2014.
15. Effects of a Proprietary Thermogenic and Cutting Agent on Measures of Muscular Strength and Endurance, Body Composition, Fat Metabolism, and Hormone Levels. (Funded by Muscle Pharm) **CI: Colin Wilborn**, University of Mary Hardin-Baylor, Spring 2014.
16. Comparison of Serum Fatty Acid Content and Caloric Expenditure After a Single Bout of Moderate-Intensity and High-Intensity Treadmill Exercise in Young Females. (Funded by Human Performance Lab) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Spring 2014.
17. The Effects of Testosurge on Strength, Body Composition, and Hormonal Response to Resistance Training in Older Men. (Funded by Indus Biotech Pvt, Ltd.) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Fall 2013.
18. The Effects of Dietary Intervention on Hormonal Responses and Muscular Performance to an Overreaching Model in Females. (Supported by HPL) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Fall 2013.
19. Effects of Intermittent Fasting on Markers of Body Composition and Blood Profiles. (Supported by HPL) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Summer 2013.
20. A Double-Blind, Randomized, Placebo-Controlled, Crossover Study to Evaluate the Efficacy of Legumase for the Prevention of Gastric Distress in Healthy Male and Female Volunteers. (Funded by iSatori) **PI: Colin Wilborn**, University of Mary Hardin-Baylor, Summer 2013.
21. Effects of Raspberry Ketone Ingestion on Maximal Oxygen Consumption and Body Composition in College-Aged Individuals Involved in an 8-week Cardiorespiratory Training Program. (Supported by HPL, Supplementation provided by Labrada) **PI: Brian Brabham, CI: Colin Wilborn**, University of Mary Hardin-Baylor, Spring 2013.
22. Effect of Acute and Subacute hCG Activator Supplementation vs. Placebo in Overweight & Obese Adults. (Funded by iSatori Technologies, Inc) **PI: Lem Taylor**, Study Coordinator: Jordan Outlaw, **CI: C Wilborn**, University of Mary Hardin-Baylor, Fall 2012.
23. Effects of a CrossFit vs. Traditional Resistance Exercise Protocol on Hemodynamic and Hormonal Responses in Young Males. (Graduate Faculty Research Grant) **PI: Lem Taylor**, Study Coordinator: Josh Holt, **CI: C Wilborn**, University of Mary Hardin-Baylor, Fall 2012.

24. The Effects of Post-Exercise Protein Consumption on Body Composition and Performance Measures in Collegiate Age Female Athletes. (Supported by HPL, Supplementation provided by Dymatize) **PI: C. Wilborn**, University of Mary Hardin-Baylor, Fall 2012.
25. The Effects of Post-Exercise Whey Protein plus Creatine vs. Whey Protein Consumption on Body Composition and Performance Measures in Collegiate Age Females. (Supported by HPL, Supplementation provided by Dymatize) **PI: C. Wilborn**, University of Mary Hardin-Baylor, Fall 2012.
26. Pre- to Post-Season Strength and Performance Variable Changes in Division III Collegiate Female Volleyball Players. (Supported by HPL) **PI: L. Taylor**, Study coordinator: Sara Hayward, **CI: C Wilborn**, University of Mary Hardin-Baylor, Fall 2012.
27. Acute Effects of EXPAND on Markers of Training, Fatigue, and Mood State. (Funded by Dymatize) **PI: C. Wilborn**, University of Mary Hardin-Baylor, Summer-Fall 2012.
28. Effects of Ingestion of a Commercially Available Thermogenic Dietary Supplement on REE, Hemodynamic, and ECG Responses. (Funded by Dymatize) **PI: C. Wilborn**, University of Mary Hardin-Baylor, Spring-Summer 2012.
29. Pre- to Post-Season Strength and Performance Variable Changes in Division III Collegiate Female Basketball Players. (Supported by HPL) **PI: L. Taylor**, Study coordinator: Amanda Buckley, **CI: C Wilborn**, University of Mary Hardin-Baylor, Fall 2011-Spring 2012.
30. The effects of Beta Alanine on Body Composition and Performance Measures in Collegiate Females. (Supplementation provided by Dymatize) **PI: C. Wilborn**, University of Mary Hardin-Baylor, Spring 2012.
31. The Effects of SLIMALUMA on Appetite, Weight, Metabolism, and Bio Markers of Weight Control. (Funded by Gencor) **PI: C Wilborn**, University of Mary Hardin-Baylor, 2011.
32. A Double-Blind, Randomized, Placebo-Controlled, Crossover Study to Evaluate the Efficacy of Legumase® for the Prevention of Gastric Distress in Healthy Male and Female Volunteers. (Funded by Triarco) **PI: C Wilborn**, University of Mary Hardin-Baylor, 2011.
33. Evaluation of Ingesting a Proprietary Blend Containing D-Aspartic Acid & Fenugreek on Serum Testosterone Values in Healthy Males (Funded by Myogenix) **PI: C Wilborn**, University of Mary Hardin-Baylor, 2011.
34. Effects of Testofen on Strength, Body Composition, and Hormonal Profiles in Men. (Funded by Gencor) **PI: C Wilborn**, University of Mary Hardin-Baylor, 2011.
35. Effects of Biocreat on Strength and Body Composition. (Funded by Indus Biotech) **PI: C Wilborn**, University of Mary Hardin-Baylor.
36. Effect of Testosurge on Strength, Body Composition, and Hormonal Profiles in Males. (Funded by Indus Biotech) **PI: C Wilborn**, University of Mary Hardin-Baylor.
37. Effects of GU Power Gel on Sport Performance. (Supported by GU) **PI: C Foster**, **CI: C Wilborn**, University of Mary Hardin-Baylor.
38. Effects of a Novel Resistance Exercise Protocol on the Hormonal Response in Young Athletes. (Funded by UMHB) **PI: L Taylor**, **CI: C Wilborn**, University of Mary Hardin-Baylor.
39. Effects of Amped Up on REE and Hemodynamic Variables. (Supported by Metrx) **PI: C Wilborn**, University of Mary Hardin-Baylor.
40. Effects of a Proprietary Blend of Anti-Inflammatory on Eccentric Induced Muscle Damage. (Funded by Indus Biotech) **PI: C Wilborn**, University of Mary Hardin-Baylor.
41. Effects of Exercise Intensity on VO₂max, Body Composition, and Anaerobic Power. (Funded by UMHB) **CI: C Wilborn**, University of Mary Hardin-Baylor.

42. Effects of Varying Exercise Programs on Weight, Body Composition, and Hormonal Profiles in Subjects with BMI of 27. (Funded by UMHB) **PI: C Wilborn**, University of Mary Hardin-Baylor.
43. Effects of Fenugreek Extract on Strength, Body Composition and Hormone Profiles in Men. (Funded by Indus Biotech) **PI: C Wilborn**, University of Mary Hardin-Baylor.
44. Effects of Arginine - Alpha Ketoglutarate Supplementation on Plasma Arginine Levels and Training Adaptations (Funded by Medical Research Institute) R. Kreider (PI), **Doctoral Research Associate: C Wilborn**, Baylor University.
45. Effects of Zinc, Magnesium-Aspartate (ZMA) on Body Composition and Strength During Resistance Training. (Supported by Cytodyne Technologies, Inc.) R. Kreider (PI), **Study Coordinator: C Wilborn**, Baylor University.
46. Effects of Ribose Supplementation Prior to and Following Exercise on Performance and Recovery. (Supported by GNC and Numico-Research) R. Kreider (PI), **Doctoral Research Associate: C Wilborn**, Baylor University.
47. Effects of Methoxyflavone, Ecdysterone, and Sulfo-Polysaccharide (Myostatin Inhibitor) supplementation on Training Adaptations. (Funded by Muscletech) R. Kreider (PI), **Study Coordinator: C Wilborn**, Baylor University.
48. Effects of the Curve for Women® Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females (Funded by Curves International) R. Kreider (PI), **Doctoral Research Associate: C Wilborn**, Baylor University.
49. Effects of Calcium Supplementation on Body Composition, Metabolism, and Exercise Capacity in Post-Menopausal Women participating in the Curves for Women® Fitness and Weight Loss Program (Funded by Curves International) R. Kreider (PI), **Doctoral Research Associate: C Wilborn**, Baylor University.
50. Acute Effects of Caloric Intake and Macronutrient Type on Body Weight, Body Composition, Resting Energy Expenditure, and Total Metabolic Rate. (Funded by Curves International) R. Kreider (PI) **Doctoral Research Associate: C Wilborn**, Baylor University.
51. Biomechanical Analysis of Curves Exercise Equipment. (Funded by Curves International). J Shim (PI), **Study Coordinator: C Wilborn**, Baylor University.
52. Effects of Eight Weeks of Novedex Extreme™ Supplementation on Serum Hormone Profiles and Serum and Urinary Clinical Safety Markers in Resistance-Trained Males. (Funded by Gaspari Nutrition). **Study Coordinator: C Wilborn** under direction of D. Willoughby in the EBNL, Baylor University.
53. Effects of Low- and High-Intensity Single-Leg Resistance Exercise on the Mitogen-Activated Protein Kinase ERK1/2 and p38 Families' Signal Transduction Response in Skeletal Muscle of Untrained Males. (Funded by EBNL & ESNL) L. Taylor (PI) under direction of D. Willoughby in the EBNL, **CI: C Wilborn**, Baylor University.
54. Effects of Low- and High-Intensity Resistance Exercise on Skeletal Muscle Specific Transcription Factor Activity and Myosin Heavy Chain Gene Expression in Males. (Funded by EBNL & ESNL) (NSCA \$1,000). **PI: C. Wilborn** under direction of D. Willoughby in the EBNL, Baylor University.
55. Effects of Resistance Training and Oral Proprietary Protein Supplementation on Muscle Strength and Body Composition and Molecular Mechanisms Regulating Cytoskeletal and Myofibrillar Protein Expression. (Funded by Strong Research) PI: Darryn Willoughby, **CI: Colin Wilborn (Doctoral Research Associate)**, Baylor University.

56. Effects of Glutamine – Arginine Supplementation and Creatine on Physiological & Psychological Markers of Overtraining in Resistance Trained Men. M. Greenwood, **PI: Colin Wilborn (Doctoral Research Associate)**, Baylor University.
57. Effects of Java-Fit Coffee On Hemodynamic Function and Energy Expenditure at Rest and After Aerobic and Anaerobic Exercise in Males and Females. (Funded by Java-Fit) **CI: C Wilborn** under direction of D. Willoughby in the EBNL, Baylor University.
58. Effects of MetaCel™ Supplementation on Whole Body Creatine Retention and Training Adaptations (Funded by iSatori Global Technologies) M. Greenwood (PI), **CI: C Wilborn**, Baylor University.
59. Effects of Prophylactic Supplementation of N-Acetyl-Cysteine and Epigallocatechin Gallate (Green Tea) on Markers of Oxidative Stress, Skeletal Muscle Proteolysis and Apoptosis after Eccentric Contraction-Induced Injury in Untrained Males (Funded by NSCA, Gatorade Sports Science, and Baylor University). C. Kerksick (PI), **Doctoral Research Associate: C Wilborn**, Baylor University.
60. Effects of Arachidonic Acid Supplementation on Training Adaptations in Resistance-Trained Males. (Funded by Molecular Nutrition). R. Kreider (PI), **Doctoral Research Associate: C Wilborn**, Baylor University.