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**R. LEE FRANCO, Ph.D., ACSM EP-C**

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**Curriculum Vitae**

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**Present Employer**

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College of Humanities and Sciences  
Department of Kinesiology and Health Sciences  
Virginia Commonwealth University  
1020 West Grace Street  
Richmond, VA 23284

(804) 828-1948 (Office)  
email: francorl@vcu.edu

**Academic Education**

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- Ph.D. Virginia Commonwealth University, 2009  
School of Education, Department of Health and Human Performance  
*Major field of study:* Rehabilitation and Movement Science  
*Emphasis:* Exercise Physiology
- M.S. The University of Southern Mississippi, 2004  
School of Health, Department of Human Performance and Recreation  
*Major field of study:* Exercise Science
- B.S. The University of Southern Mississippi, 2001  
School of Health, Department of Human Performance and Recreation  
*Major field of study:* Exercise Science

**Professional Appointments**

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- 2011-present Virginia Commonwealth University (Richmond, VA)  
Assistant Professor, Department of Kinesiology and Health Sciences Director,  
Exercise Physiology Research Laboratory (2012 – present)  
Assistant Director, VCU RUN LAB (2014 – present)  
Exercise Science Program Coordinator (2011 – present)  
Affiliate Appointment, Department of Physical Medicine and  
Rehabilitation
- 2009-2011 Virginia Commonwealth University  
Assistant Professor (Non-Tenure Track)  
Department of Health and Human Performance
- 2006-2009 Virginia Commonwealth University  
Collateral Faculty  
Coordinator of Clinical Experiences (2008-2009)  
Department of Health and Human Performance
- 2004-2006 Virginia Commonwealth University  
Graduate Research Assistant  
Department of Health and Human Performance
- 2001-2004 The University of Southern Mississippi (Hattiesburg, MS)  
Graduate Research Assistant  
School of Health

## Honors and Awards

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VCU Student Organization Development University Faculty Advisor of the Year, 2013  
 Honor Society of Phi Kappa Phi - Faculty Membership, VCU Chapter #193, 2012  
 American Heart Association's Award: Student Scholar in Cardiovascular Disease and  
 Stroke, 2002  
 Golden Key Honor Society, 2001

## Certifications

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ACSM Certified Exercise Physiologist (formerly recognized as HFS/HFI), 2001 - present  
 encore Operator Training Certification designated by the American Society of  
 Radiologic Technologists

## TEACHING EXPERIENCE

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### Courses Taught (*course size: 6 to 94 students*)

#### Virginia Commonwealth University

REMS 701      Advanced Exercise Physiology  
 REMS 705      Metabolic Aspects of Physical Activity  
 HEMS 691      Topic: Cardiovascular Physiology (4 weeks: 1 of 3 subsections)  
 HEMS 604      Sport Nutrition  
 HEMS 610      Laboratory Techniques in Rehabilitation and Movement Science  
 HPEX 496      Clinical Experience IV: Community Health and Exercise Science  
 HPEX 495      Clinical Experience III: Community Health and Exercise Science  
 HPEX 441      Assessment and Exercise Intervention in Health and Disease  
 HPEX 440      Chronic Disease and Exercise Management  
 HPEX 393      Field Experience I: Community Health and Exercise Science  
 HPEX 375      Exercise Physiology  
 HPEX 350      Sport Nutrition  
 HPEX 200      Strength, Endurance and Flexibility Training  
 HPEZ 375L      Physiology of Exercise Laboratory  
 UNIV 291      Bike Athlete Performance (*online* in conjunction with the UCI Road  
 World Cycling Championship in Richmond, VA 2015)

#### The University of Southern Mississippi

HPR 302      Techniques to Evaluating Fitness  
 HPR 105      Concepts in Physical Fitness  
 HPR 308L      Exercise Physiology Laboratory

## Thesis/Dissertation Committees

### *Dissertation Committees*

Chair:      E. Blake Crabb, Rehabilitation and Movement Science  
             Anson M. Blanks, Rehabilitation and Movement Science

Member:    Aaron Slusher, Rehabilitation and Movement Science  
             Matt Browning, Rehabilitation and Movement Science  
             Heather Caslin, Integrative Life Sciences  
             Chris Harnish, Rehabilitation and Movement Science  
             Anna Holmdahl, Rehabilitation and Movement Science  
             E. Motunrayo Kolawole, Integrative Life Sciences

### *Thesis Committees*

Chair: Stacey L. Hall, Health and Movement Science  
Mary K. Bowen, Health and Movement Science  
Heather L. Caslin, Health and Movement Science

Member: Amanda C. Irby, Health and Movement Science  
Lorena Salom, Health and Movement Science

## **Undergraduate Research Mentoring**

Virginia Commonwealth University Honor's College Undergraduate Research and Creative Scholarship Summer Fellowship Award (\$3,500)

- Paige Montford, 2012
- Jarred Boyd, 2011
- Ryan H. Beck, 2010
- Bennett A. Fallow, 2009

VCU Undergraduate Research Mentor Programs, 2012

HERO (Health Educational Research Opportunities), 1 Student: Puerto Rico

IMSD (Initiative for Maximizing Student Diversity), 1 Student: VCU

MARC (Minority Access to Research Careers), 1 Student: VCU

VCU Department of Kinesiology and Health Sciences Student Internship Supervisor:

100 hours: 2009 (2), 2014 (1), 2015 (1)

300 hours: 2010 (1), 2011 (1), 2012 (4), 2014 (1), 2015 (3), 2016 (6)

## **Advising Responsibilities**

Virginia Commonwealth University:

Rehabilitation and Movement Science (Ph.D. track)

3 Advisees

Health and Movement Science (M.S. track)

5 Advisees

Health, Physical Education, and Exercise Science (B.S. track)

120 Advisees: 2006 - 2012 (Department hired full-time advisors: 2012)

## **Professional Progress of Former Graduate Students**

- **Mary Bowen, M.S.** - Coordinator of Surgical Education, Louisiana State University, Department of Surgery, 2013-2015. Adjunct Instructor at Virginia Commonwealth University (HPEX 441, Assessment and Exercise Intervention in Health and Disease), 2016.
- **Heather L. Caslin, M.S.** - Integrative Life Sciences PhD program, Virginia Commonwealth University, Advisor: John Ryan
- **E. Blake Crabb, M.S.** – Accepted Assistant Professor position at Western Kentucky University, Fall 2016.
- **Stacey L. Previtt, M.S.** - Adjunct Instructor at Hampton University (PHT 606, Exercise Physiology) and Virginia Commonwealth University (HPEX 441, Assessment and Exercise Intervention in Health and Disease; HPEX 350, Sport Nutrition)

## RESEARCH EXPERIENCE

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### Manuscripts Published

Note: † Mentored Graduate Student. \*Mentored Undergraduate Student. Corresponding Author.

- #**Franco R.L.**, #Browning M.G., Herrick J.E., Arrowood J.A., Evans R.K. Assessment of Cardiopulmonary Responses to Treadmill Walking Following Gastric Bypass Surgery. *Obesity Surgery*. DOI 10.1007/s11695-016-2259-0, 2016. #*authors contributed equally*
- Crabb E.B.†, **Franco R.L.**, Caslin H.L.†, Blanks A.M.†, Bowen M.K.†, Acevedo E.O. The Effect of Physical Versus Mental Stress on Soluble Adhesion Molecule Expression. *Life Sciences*. DOI 10.1016/j.lfs.2016.05.042, 2016.
- Browning M.G., **Franco R.L.**, Cyrus J.C., Celi F., Evans R.K. Changes in Resting Energy Expenditure in Relation to Body Weight and Composition Following Gastric Restriction: A Systematic Review. *Obesity Surgery*. 26(7): 1607-1615, 2016.
- Crabb E.B.†, **Franco R.L.**, Bowen M.K.†, Huang C.J., Caslin H.L.†, Acevedo E.O. G Protein-Coupled Receptor Kinase-2 in Peripheral Blood Mononuclear Cells Following Acute Mental Stress. *Life Sciences*. 145: 184-189, 2016.
- Caslin H.L.†, **Franco R.L.**, Crabb E.B.†, Huang C.J., Bowen M.K.†, Acevedo E.O. The Effect of Obesity on Inflammatory Cytokine and Leptin Production following Acute Mental Stress. *Psychophysiology*. 53(2): 151-158, 2015.
- Franco R.L.**, Privett S.H.†, Bowen M.K.†, Acevedo E.O., Arrowood J.A., Wickham E.P., Evans R.K. Sympathetic Activity Assessed during Exercise Recovery in Young Obese Females. *Journal of Pediatrics*. 167(2): 378-383, 2015.
- Franco R.L.**, Bowen M.K.†, Arena R., Privett S.L.†, Acevedo E.O., Wickham E.P., Evans R.K. Sex Differences in Oxygen Uptake Kinetics in Obese Adolescents. *Journal of Pediatrics*. 165(6): 1161-1165, 2014.
- Huang C.J., **Franco R.L.**, Evans R.K., Mari D.C., Acevedo E.O. Stress-induced Microvascular Reactivity in Normal-Weight and Obese Individuals. *Applied Physiology, Nutrition, and Metabolism*, 39: 47-52, 2014.
- Huang C.J., Beasley K.N., Acevedo E.O., **Franco R.L.**, Jones T.L., Mari D.C., Shibata Y. Chitin Enhances Obese Inflammation *ex vivo*. *Human Immunology*. 75(1): 41-46, 2014.
- Franco R.L.**, Fallow B.A.\*, Huang C.J., Acevedo E.O., Arrowood J.A., Evans R.K. Forearm Blood Flow Response to an Acute Maximal Exercise Bout in Obese and Normal Weight Males. *European Journal of Applied Physiology*, 113(8): 2015-2023, 2013.
- Huang C.J., Stewart J.K., **Franco R.L.**, Evans R.K., Lee Z.P., Dawson-Cruz T., Webb H.E., Acevedo E.O. LPS-stimulated tumor necrosis factor-alpha and interleukin-6 mRNA and cytokine responses following acute physiological stress. *Psychoneuroendocrinology*, 36(10): 1553-1561, 2011.
- Huang C.J., **Franco R.L.**, Evans R.K., Acevedo E.O. Effects of mental challenge on neurovascular responses in healthy male subjects. *International Journal of Psychophysiology*, 78(3): 225-240, 2010.
- Evans R.K., **Franco R.L.**, Stern M., Wickham E.P., Bryan D.L., Herrick J.E., Larson N.Y., Abell A.M., Laver J.L. Evaluation of a 6-month multi-disciplinary healthy weight management program targeting urban, overweight adolescents: effects on physical fitness, physical activity and blood lipid profile. *Intl Journal of Pediatric Obesity*, 13: 1-4, 2008.

## Manuscripts in Review/Revision

Note: † Mentored Graduate Student. \*Mentored Undergraduate Student. Corresponding Author.

Lipford G.F., Evans R.K., Acevedo E.O., Wolfe L.G., **Franco R.L.** Excess Blood Flow Responses to Acute Resistance Exercise in Obese and Non-Obese Individuals. *Journal of Strength and Conditioning* (2016). Revise and Resubmit.

Morgan J., **Franco R.L.**, Blanks A.M.†, Caslin H.L.†, Patterson V.T., Schwartz C.S.\*, Williams III, D.S.B. Effects of a 16-Week Training Program on the Relationship Between Lower Extremity Stiffness and Oxygen consumption in Half-Marathon Participants. *Journal of Sports Sciences* (2016). Initial Review.

## National/International Presentations

Note: † mentored Master and PhD graduate students. \*Mentored Undergraduate student.

Morgan J., **Franco R.L.**, Harrison K., Blanks A.M.†, Caslin H.L.†, Williams D.S. The Relationship Between Transverse Plane Hip Rotation and Injury in Recreational Runners Training for a Half-Marathon. *American Physical Therapy Association NEXT Conference*. (June 2016, Nashville TN)

Blanks A.M.†, Bowen M.K.†, Caslin H.L.†, Schwartz C.S. \*, Acevedo E.O., **Franco R.L.** Exercise Recovery Index as an Assessment of Sympathetic Activity in Obese and Non-Obese Males. *Medicine and Science in Sports and Exercise*. (June 2016, Boston MA)

Morgan J., **Franco R.L.**, Harrison K., Blanks A.M.†, Caslin H.L.†, Williams D.S. Stride Frequency And Injury Rates in Recreational Runners Training for a Half-Marathon. *Medicine and Science in Sports and Exercise*. (June 2016, Boston MA)

Crabb E.B.†, Caslin H.L.†, Bowen M.K.†, Blanks A.M.†, Teasley S.G.\*, Acevedo E.O., **Franco R.L.** Cell Adhesion Molecules in Response to Physical and Mental Stress. *Medicine and Science in Sports and Exercise*, 47(5): S871-880.

Verghis R.N.†, **Franco R.L.**, Browning M.G.†, Caslin H.L.†, Crabb E.B.†, Williams D.S. Oxygen On-kinetics During Progressive Exercise in Men and Women: Influence of Fitness and Fatness. *Medicine and Science in Sports and Exercise*, 47(5): S365-367.

Crabb E.B.†, Caslin H.L.†, Huang C.J., Bowen M.K.†, Acevedo E.O., **Franco R.L.** The Relationship Between  $\beta$ ARK-1 and TNF- $\alpha$  in Obese Individuals Following Acute Mental Stress. *Medicine and Science in Sports and Exercise*, 46(5): S706, 2014.

Caslin H.L.†, Crabb E.B.†, Huang C.J., Bowen M.K.†, Acevedo E.O., **Franco R.L.** Impact of Obesity on Norepinephrine and TNF- $\alpha$  Following Mental Stress. *Medicine and Science in Sports and Exercise*, 46(5): S706, 2014.

Bowen M.K.†, **Franco R.L.**, Arena R., Caslin H.L.†, Evans R.K., Wickham E.P. Pulmonary Oxygen Uptake Off-Kinetics and Fitness in Obese Adolescents. *Medicine and Science in Sports and Exercise*, 45(5): S490, 2013.

Caslin H.L.†, Bowen M.K.†, An K., Acevedo E.O., **Franco R.L.** Fitness and HR Reactivity to Mental Stress: Impact of Obesity. *Medicine and Science in Sports and Exercise*, 45(5): S393, 2013.

Williams Z.V., Evans R.K., Stern M., **Franco R.L.**, Wickham E.P. Improved Cardiovascular Risk Profile as a Measure of Success for Adolescent Weight Management Participants. *Medicine and Science in Sports and Exercise*, 45(5): S402, 2013.

- Pittinger E.S., Shabata Y., Acevedo E.O., **Franco R.L.**, Jones T.L., Huang C.J. In Vitro Leptin Elicits Greater Effects on Interleukin-6 Production in Obese Subjects, Independent of Glucocorticoid Sensitivity. *Medicine and Science in Sports and Exercise*, 45(5): S193, 2013.
- Bowen M.K. †, **Franco R.L.**, Hall S.L. †, Arena R.A., Evans R.K., Wickham E.P. Sex Differences in the Oxygen Uptake Kinetic Response to Moderate Intensity Exercise in Obese Adolescents. *Medicine and Science in Sports and Exercise*, 44(5): S389, 2012.
- Hall S.L. †, **Franco R.L.**, Bowen M.K. †, Evans R.K., Wickham E.P. Examining Racial Differences in Sympathetic Overactivity Assessed During Recovery from Exercise in Obese Female Adolescents. *Medicine and Science in Sports and Exercise*, 44(5): S173, 2012.
- Huang C.J., McAlpine D.A., Webb H.E., **Franco R.L.**, Tangsilsat S.E., Beasley K.N., Kamimori G.H., Acevedo E.O. Impact of Cardiovascular Fitness on Pentraxin 3 Levels in Response to Concurrent Stressors. *Medicine and Science in Sports and Exercise*, 44(5): S537, 2012.
- Gonzalez M.\*, Bowen M.K. †, Caslin H.L. †, Acevedo E.O., **Franco R.L.** Effect of Physical Fitness on Cardiovascular Reactivity to Acute Psychological Stress. *Annual Biomedical Research Conference for Minority Students*, San Jose, CA 2012.
- Franco R.L.**, Fallow B.A.\*, Huang C.J., Acevedo E.O., Arrowood J.A., Evans R.K. Forearm Blood Flow Response to an Acute Maximal Exercise Bout in Obese and Normal Weight Males. *Medicine and Science in Sports and Exercise*, 43(5): S513, 2011.
- Hall S.L. †, **Franco R.L.**, Bowen M.K. †, Stern M., Wickham E., Evans R. Reductions in Functional Sympathetic Overactivity in Obese Adolescents Following a Weight Management Program. *Medicine and Science in Sports and Exercise*, 43(5): S623, 2011.
- Huang C.J., **Franco R.L.**, Evans R.K., Acevedo E.O. Neurovascular Responses to Mental Stress in Lean and Obese Individuals. *Medicine and Science in Sports and Exercise*, 43(5): S48, 2011.
- Herrick J.E., **Franco R.L.**, Stewart J.K., Maher J.W., Kellum J.M., Evans R.K. Body Composition and Leptin Resistance Following Roux-en-y Gastric Bypass Surgery in Morbidly Obese Females. *Medicine and Science in Sports and Exercise*, 43(5): S71, 2011.
- Franco R.L.**, Fallow B.A.\*, Huang C.J., Acevedo E.O., Arrowood J.A., Evans R.K. The Extended Time Course of Forearm Blood Flow Following a Maximal Bout of Exercise. *Medicine and Science in Sports and Exercise*, 42(5): S311, 2010.
- Huang C.J., Stewart J.K., **Franco R.L.**, Evans R.K., Lee Z.P., Cruz T.D., Acevedo E.O., Webb H. Lipopolysaccharide Stimulated Tumor Necrosis Factor Alpha and Interleukin-6 Cytokine and mRNA Expression Following Acute Psychological Stress. *Medicine and Science in Sports and Exercise*, 42(5): S797, 2010.
- Fallow B.A., Lipford G.L., Harnish C., Hall S.L. †, **Franco R.L.**, Evans R.K. Evaluation of Secondary Criteria for Achievement of Maximal Oxygen Consumption in Children. *Medicine and Science in Sports and Exercise*, 42(5): S717, 2010.
- Bowen M.K. †, **Franco R.L.**, Wickham E.P., Evans R.K. Agreement Between BIA and DXA in Estimating Body Composition Changes in Obese Adolescents. *Medicine and Science in Sports and Exercise*, 42(5): S419, 2010.
- Herrick J.H., **Franco R.L.**, Stewart J.K., Arrowood J.A., Evans R.K. Ventilatory Efficiency ( $V_E/V_{CO_2}$  slope) is Not Improved During Progressive Treadmill Exercise in Females 3-Months After Weight Loss Surgery. *Medicine and Science in Sports and Exercise*, 42(5): S510, 2010.
- Franco R.L.**, Evans R.K., Welch L.K.\* Vascular Function Changes Following an Acute Bout of Resistance Exercise in Obese and Non-Obese Subjects. *Medicine and Science in Sports and Exercise*,

41(5): S253, 2009.

**Franco R.L.**, Evans R.K., Herrick J.H., Larson N.Y., Abell A.M., Stern M., Bryan D.L., Wickham E.P., Laver J.H. Physical Activity Participation Among Overweight Adolescents With and Without the Metabolic Syndrome. *Medicine and Science in Sports and Exercise*, 39(5): S239, 2007.

Toderico B.J., Evans R.K., **Franco R.L.**, Stern M., Bryan D.L., Larson N.Y., Herrick J.E., Laver J.H. Alterations in Fitness and Blood Lipids of Overweight Adolescents Following a 6-Month Weight Management Program. *Medicine and Science in Sports and Exercise*, 38(5): S212, 2006.

Soukup, J.T., **R.L. Franco**, J.C. Taylor, R.K. Evans. Effect of Congestive Heart Failure on Skeletal Muscle Myosin Isoforms and Citrate Synthase Activity. *Medicine and Science in Sports and Exercise*, 35(5): S221, 2003.

## Regional Presentations

Note: † mentored Master and PhD graduate students. \*Mentored Undergraduate student.

Blanks A.M. †, Bowen M.K. †, Caslin H.L. †, Schwartz C.S. \*, Acevedo E.O., **Franco R.L.** Exercise Recovery Index as an Assessment of Sympathetic Activity in Obese and Non-Obese Males. *Southeast Region American College of Sports Medicine* (Thematic Poster), Greenville, SC, February 2016.

Crabb E.B. †, Caslin H.L. †, Bowen M.K. †, Blanks A.M. †, Teasley S.G. \*, Acevedo E.O., **Franco R.L.** Differential Response of Soluble Cell Adhesion Molecules to Physical and Mental Stress. *Southeast Region American College of Sports Medicine*, Jacksonville, FL, February 2015.

Verghis R.N. †, **Franco R.L.**, Browning M.G. †, Caslin E.B. †, Williams D.S. Oxygen On-Kinetics During Progressive Exercise in Men and Women: Influence of Fitness and Fatness. *Southeast Region American College of Sports Medicine*, Jacksonville, FL, February 2015.

Patterson V.T. †, **Franco R.L.**, Morgan J., Caslin H.L. †, Crabb E.B. †, Schwartz C.S. \*, Williams D.S. Relationship of Adiposity and Running Kinematic Variables in Females. *Southeast Region American College of Sports Medicine*, Jacksonville, FL, February 2015.

Morgan J., **Franco R.L.**, Patterson V.T., Williams D.S. Lower Extremity Stiffness Influences Running Performance in Recreational Runners. *Southeast Region American College of Sports Medicine* (Thematic Poster), Jacksonville, FL, February 2015.

Crabb E.B. †, Caslin H.L. †, Huang C.J., Bowen M.K. †, Acevedo E.O., **Franco R.L.** The Relationship Between  $\beta$ ARK-1 and TNF- $\alpha$  in Obese Individuals Following Acute Mental Stress. *Accepted for Southeast Region American College of Sports Medicine*, Greenville, SC, February 2014 (meeting cancelled due to inclement weather)

Caslin H.L. †, Crabb E.B. †, Huang C.J., Bowen M.K. †, Acevedo E.O., **Franco R.L.** Impact of Obesity on Norepinephrine and TNF- $\alpha$  Following Mental Stress. *Accepted for Southeast Region American College of Sports Medicine*, Greenville, SC, February 2014 (meeting cancelled due to inclement weather)

Bowen M.K. †, **Franco R.L.**, Arena R., Caslin H.L. †, Evans R.K., Wickham E.P. Pulmonary Oxygen Uptake Off-Kinetics and Fitness in Obese Adolescents. *Southeast Region American College of Sports Medicine*, Greenville, SC, February 2013.

- Caslin H.L. †, Bowen M.K. †, Acevedo E.O., **Franco R.L.** Fitness and Heart Rate Reactivity to Mental Stress: Impact of Obesity. *Southeast Region American College of Sports Medicine*, Greenville, SC, February 2013.
- Williams Z.V., Evans R.K., Stern M., **Franco R.L.**, Wickham E.P. Improved Cardiovascular Risk Profile as a Measure of Success for Obese Adolescents Participating in a 3-Month Weight Management Program. *Southeast Region American College of Sports Medicine*, Greenville, SC, February 2013.
- Pittinger L.S., Shibata Y., Acevedo E.O., **Franco R.L.**, Jones T.L., Huang C.J. In Vitro Leptin Effects on Interleukin-6 Production in Obese Subjects, Independent of Glucocorticoid Sensitivity. *Southeast Region American College of Sports Medicine*, Greenville, SC, February 2013.
- Salom L.P., Arrowood J.A., **Franco R.L.**, Evans R.K. Relationships among vascular function measures at rest and after submaximal exercise. *Southeast Region American College of Sports Medicine*, Jacksonville, FL, February 2012.
- Hall S.L. †, **Franco R.L.**, Bowen M.K. †, Stern M, Wickham E.P., Evans R.K. Reductions in functional sympathetic overactivity in obese adolescents following a weight management program. *Southeast Region American College of Sports Medicine*, Jacksonville, FL, February 2012.
- Scheps A.C., Hall S.L. †, Bowen M.K. †, **Franco R.L.**, Evans R.K. Evaluation of mode dependency of the VE/VCO<sub>2</sub> slope in obese adolescents. *Southeast Region American College of Sports Medicine*, Greenville, SC, February 2011.
- Bowen M.K. †, **Franco R.L.**, Wickham E.P., Evans R.K. Agreement between bioelectrical impedance (BIA) and dual energy x-ray absorptiometry (DXA) in estimating body composition changes in obese adolescents. *Southeast Region American College of Sports Medicine*, Greenville, SC, February, 2010.
- Vesely S.D.\* , **Franco R.L.**, Fallow B.A.\* , Herrick J.E., Larson N.Y., Arrowood J., Evans R.K. Assessment of changes in cardiorespiratory fitness parameters of morbidly obese females following gastric bypass surgery. *Southeast Region American College of Sports Medicine*, Birmingham, AL, February, 2009.
- Bowen M.K.\* , **Franco R.L.**, Maher J.W., Kellum J.M., Evans R.K. Evaluation of agreement between bioelectrical impedance (BIA) and dual energy x-ray (DXA) in estimating body composition changes following gastric bypass surgery. *Southeast Region American College of Sports Medicine*, Birmingham, AL, February, 2009.
- Williams Z.V., Abell A.M., **Franco R.L.**, Larson N.Y., Evans R.K. Effects of physical activity compliance on body weight status and physical fitness of obese adolescents participating in a weight management program. *Southeast Region American College of Sports Medicine*, Birmingham, AL, February, 2009.
- Blackwell W.M., Herrick J.E., **Franco R.L.**, Lipford G.F., Wickham E.P., Evans R.K. Relationships among serum leptin, body weight status, and cardiorespiratory fitness in obese African American female adolescents enrolled in a weight management program. *Southeast Region American College of Sports Medicine*, Birmingham, AL, February, 2009.



- Oberholtzer K., **Franco R.L.**, Whitehead M.T., Evans R.K., Soukup J., Webster M.J., Scheett T.P. Effect of the police corps law enforcement training program on blood lipids and body composition. *Southeast Region American College of Sports Medicine*, Birmingham, AL, February, 2009.
- Rogers M., **Franco R.L.**, Whitehead M.T., Evans R.K., Soukup J., Webster M.J., Scheett T.P. Effect of the police corps law enforcement training program on aerobic and anaerobic power. *Southeast Region American College of Sports Medicine*, Birmingham, AL, February, 2009.
- Driggers H., **Franco R.L.**, Whitehead M.T., Evans R.K., Soukup J., Webster M.J., Scheett T.P. Muscular strength, muscular endurance and flexibility responses to the police corps law enforcement training program. *Southeast Region American College of Sports Medicine*, Birmingham, AL, February, 2009.
- Franco R.L.**, Evans R., Herrick J., Larson N., Abell A., Stern M., Bryan D., Wickham E., Laver J. Physical activity participation among overweight adolescents with and without the metabolic syndrome. *Southeast Region American College of Sports Medicine*, Charlotte, NC, February, 2007.
- Evans R., Bond D., **Franco R.L.**, Herrick J., Larson N., Meador J., Wolfe L., Maher J., Kellum J. Alterations in body composition and energy expenditure 1-month post-gastric bypass surgery: A pilot study. *Southeast Region American College of Sports Medicine*, Charlotte, NC, February, 2007.
- Toderico B.J., Evans R.K., **Franco R.L.**, Stern M., Bryan D.L., Larson N.Y., Herrick J.E., Laver J.H. The T.E.E.N.S. Healthy Weight Management Program: Changes in physical fitness characteristics of overweight adolescents after six months of participation. *Southeast Region American College of Sports Medicine*, Charlotte, NC, February, 2006.
- Herrick J.E., Evans R.K., **Franco R.L.**, Stern M., Bryan D.L., Larson N.Y., Toderico B.J., Laver J.H. Improvements in blood lipid profile following a 6-month multi-disciplinary adolescent healthy weight management program. *Southeast Region American College of Sports Medicine*, Charlotte, NC, February, 2006.
- Franco R.L.**, R.K. Evans, P.A. Gibbs, B.J. Warren. The T.E.E.N.S. Program: Evaluation of baseline seven-day physical activity recall and physical fitness measures in obese adolescents. *Southeast Region American College of Sports Medicine*, Charlotte, NC, January, 2005.
- Franco R.L.**, J.T. Soukup, J.C. Taylor, R.K. Evans. The effect of moderate congestive heart failure on myosin heavy chain distribution in the rat diaphragm. *Southeast Region American College of Sports Medicine*, Atlanta, GA, January, 2003.

## State Presentations

Note: † mentored Master and PhD graduate students. \*Mentored Undergraduate student.

- Azadi N., Arrowood J., **Franco R.L.**, Evans R., Bond D., Meador J., Maher J., Kellum J. Effect of gastric bypass surgery on heart-rate recovery in obese women. *VCU Institute for Women's Health National Center of Excellence Research Day*, Richmond, VA, April 2007.

## Invited Research Lectures

Grand Rounds: VCU Health, School of Medicine, Physical Medicine and Rehabilitation.  
*Pulmonary VO<sub>2</sub> On-Kinetics: A Novel Measure, 26 Years Later.* April 2016.

## Grants in Review

Sponsor, “CCR2 Response Following Acute and Chronic Administration of an IL-1 Receptor Antagonist in STEMI Patients”. American Heart Association Mid-Atlantic Affiliate Winter 2016 Predoctoral Fellowship, July 1, 2016 – June 30, 2018. Student: Anson Blanks  
**(\$51,900)**

Investigator (Acevedo, PI). "The role of  $\alpha_{1a}$ - and  $\beta_2$ -adrenergic Receptors as Potential Mediators of Inflammation in Obese and Pre-hypertensive Individuals". Virginia Commonwealth University Center for Clinical and Translational Research Endowment Fund, 2016.  
**(\$62,742)**

## Grants Funded

**Principle Investigator**, “The effects of acute stress on NF- $\kappa$ B binding activity and LPS-stimulated pro-inflammatory cytokine concentration and mRNA expression in obese and non-obese subjects”. Virginia Commonwealth University Presidential Research Initiative Program Award, October 15, 2010 – June 2012.  
**(\$50,000)**

Investigator, “Time course of vascular function changes following an acute maximal exercise bout in obese and normal weight males”. VCU School of Education Research Initiation Award, July 1, 2007.  
**(\$8,998)**

Investigator, “Alterations in physical fitness, physical activity behavior and attitudes, quality of life and cardiovascular disease risk factors following gastric bypass surgery”. VCU School of Education Research Initiation Award, July 1, 2006.  
**(\$5,000)**

Co-Investigator, “The effect of myocardial volume overload-induced congestive heart failure on myocardial MCT1 content”. American Heart Association Student Award, 2002.  
**(\$2,000)**

## Other Proposals

Co-Investigator (Acevedo, PI). Stress, Sex and Obesity: Interactive Effects on Inflammatory Cellular Mechanisms. National Institute of Health (R01), 2014.  
**(\$875,811)**

Co-Investigator (Acevedo, PI). Gender, Anxiety, and Obesity: Interaction with Inflammatory Cellular Mechanisms. National Institute of Health (R01), 2013  
**(\$1,118,050)**

- Co-Investigator (Acevedo, PI). Inflammatory Reactivity in Women & Men: Biological Pathways & Gene Association. National Institutes of Health (R21), 2012  
**(\$419,372)**
- Co-Investigator (Wilson, PI). Community-based Exercise for Prostate Cancer Patients. National Institutes of Health (R01), 2012  
**(\$693,952; Scored)**
- Co-Investigator (Acevedo, PI). Does Obesity Impact Differences in Cardiovascular and Inflammatory Reactivity between Men and Women?, National Institutes of Health (R21), 2011  
**(\$398,697)**
- Principle Investigator**, “Effects of a progressive running program on body weight status, cardiorespiratory fitness, and cardiovascular risk factors of obese adolescents”. Saucony Run for Good Foundation, December, 2008.  
**(\$10,000)**
- Investigator, “Effects of Immulina supplementation on Exercise-induced muscle soreness and indicators of inflammation and tissue damage”. Nordic Immotech, APS, December, 2006.  
**(\$12,697)**

## **SERVICE EXPERIENCE**

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### **Professional Service**

#### *Northwestern State University*

Member of Human Subjects Institutional Review Board, 2008 - 2009

#### *Virginia Commonwealth University*

Faculty Advisor for Exercise Science Club at VCU, 2008 - present

Coordinator of *Health and Physical Activity Lecture Series*

University Student Choice Award, 2011

Faculty Advisor for Southeast ACSM Student Bowl, 2009 – present

Team Coordinator for AV team at Southeast ACSM, 2009 – present

Faculty Facilitator at Southeast ACSM Mentoring Breakfast, 2015

Exercise Consultant with Adolescent Obesity (T.E.E.N.S.) Program

VCU Health Systems, Department of Pediatrics, 2004 – 2010

Exercise Program Coordinator: T.E.E.N.S. Program

VCU Health Systems, Department of Pediatrics, 2005

#### **Moderator/Chair**

SEACSM Conference (regional), Greenville, SC: Body Composition/Energy Balance/Weight Control/Metabolism/Carbohydrate, Lipid, Protein, Competitive Athletes/Cardiovascular Physiology (poster free communication), 2016

ACSM Conference (national), San Diego, CA: Bone Mineral Density in Athletes (thematic poster), 2015

SEACSM Conference (regional), Jacksonville, FL: ACTIVEARTH: Active Transportation for Health, the Economy, and the Environment (tutorial), 2015

SEACSM Conference (regional), Greenville, SC: Go the Distance, Develop an Experiential Sports Physiology and Marathon Course, 2013

**Peer-Reviewer for Conference Abstracts**

SEACSM Conference, Jacksonville, FL: Doctoral Student Awards (Posters), 2014  
SEACSM Conference, Greenville, SC: General Poster Presentations, 2013

**Peer-Reviewer for Academic Journals**

BMC Pediatrics  
Clinical Journal of Sports Medicine  
European Journal of Sport Science  
Medicine and Science in Sports and Exercise  
Psychophysiology  
Research in Sports Medicine  
World Journal of Pediatrics  
Yoga & Physical Therapy

**Committee Member**

Undergraduate Research Opportunities Program (UROP) Committee 2011 - present  
University Undergraduate Research Committee 2012 – 2014  
University College Academic Committee (UCAC) 2011 – 2014  
University Degree Audit Project Management Team 2011 - 2013  
College of Humanities and Sciences Tech Committee 2015 - present  
SOE Curriculum and Academic Resources Committee (CARC) 2011 - 2012  
School of Education Student Scholarships Selection Committee 2012  
School of Education Faculty Organization Awards Selection Committee 2011  
Department of Kinesiology and Health Sciences, Rehabilitation and Movement Science,  
Ph.D. Admissions Committee, 2013 - Present  
Department of Kinesiology and Health Sciences, Health and Movement Science, M.S.  
Admissions Committee, 2011 - Present

**Administrative Searches**

Vice-Provost for Student Affairs Search Committee, Virginia Commonwealth University,  
2013-2014  
Department of Health and Human Performance Chair Search Committee, School  
of Education, 2006

**Faculty/Staff Searches (\*Committee Chair)**

Department of Kinesiology and Health Sciences Faculty Search Committee,  
2015-2016  
Department of Kinesiology and Health Sciences Faculty Search Committee, 3 positions,  
2014-2015  
Department of Health and Human Performance Faculty Search Committee, 2 positions,  
2013-2014  
\*Department of Health and Human Performance Advisor Search Committee, 2 positions,  
2013-2014  
School of Education Physical Education Faculty Search Committee, 2013-2014  
School of Education Center for Sport Leadership Faculty Search Committee, 2010-2011

**Faculty Services**

***Virginia Commonwealth University***

Performance Assessment for Men's Basketball, 2014 – present  
Performance Assessment for Women's Basketball, 2015  
Performance Assessment for Men's Soccer, 2014  
Participated in VCU's Office of Undergraduate Admission Open House, 2009  
Participated in VCU's Office of Undergraduate Admission Block Party, 2011  
Guest Lecturer, REMS/HEMS 601: Movement Physiology, 2009

Guest Lecturer, PSYC 335: Psychology of Women, 2008  
Body Composition Assessment for Psychology Department NOURISH Program, 2008  
Body Composition Assessment for US Army R.O.T.C., 2006

***University of Mississippi***

Body Composition Assessment for University of Mississippi Rebelettes, 2002

***University of Southern Mississippi***

Certification Examiner: American College of Sports Medicine  
Health Fitness Instructor Examination, 2003

Supplemental Instructor: Student Support Services, Exercise Physiology, 2001  
Exercise Physiologist Intern, Wesley Wellness Center, 2001

**Community Service**

Richmond Road Runners, Frostbite 15K, Race Director, 2014-present  
American Heart Association Heart Walk, Team Captain, Richmond, VA 2008-2015  
Coordinated the volunteer of Exercise Physiology Research Lab for RRRC Impossible 5k  
VCU Broad Street Mile, RUN Lab Seminar: Nutrition, Richmond, VA 2014  
Richmond Road Runners, Frostbite 15K, Co-Race Director, 2013  
Sportsbackers Monument Avenue 10k, VCU Water Stop, Team Captain, 2012, 2013  
Medical College of Virginia Health Fair at Armstrong High School, Benefits of a Healthy  
Lifestyle, Team Captain, Richmond, VA 2012  
SwimQuest Aquatic Center Guest Lecturer, Co-presenter: Dr. E.O. Acevedo, "Nutrition for  
Swimmers", Chesterfield, VA, 2009  
Ukrop's Fresh Approach Guest Lecturer: "Importance of Physical Activity and its Benefit in  
Regulating Weight Management", Richmond, VA 2006 – 2008

**Professional Memberships**

American College of Sports Medicine  
Southeast Regional Chapter of the American College of Sports Medicine