

## Faculty Curriculum Vitae

Updated: June 15, 2016

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### Education

- 1996-2000 Doctor of Philosophy, Auburn University  
(Exercise Physiology)
- 1989-1992 Master of Science, University of South Carolina  
(Exercise Science)
- 1985-1989 Bachelor of Science (Cum Laude), Lander College  
(Physical Education)

### Academic Appointments and Other Significant Work Experience

- 2015 – Present Virginia Commonwealth University (Richmond, VA)  
Associate Professor, Department of Kinesiology and Health Sciences  
Director of Graduate Studies, Kinesiology and Health Sciences  
Director of Clinical Exercise Physiology, Comprehensive Pediatric Obesity  
Research and Treatment Center, Children’s Hospital of Richmond  
Chair, VCU Institutional Review Board (IRB) Panel B  
Affiliate Appointment Department of Pediatrics  
Affiliate Appointment Department of Physical Medicine and Rehabilitation
- 2012-2015 Virginia Commonwealth University (Richmond, VA)  
Associate Professor, Department of Health and Human Performance  
Graduate Program Coordinator, Health and Human Performance  
Director of Clinical Exercise Physiology, Comprehensive Pediatric Obesity  
Research and Treatment Center, Children’s Hospital of Richmond  
Vice Chair, VCU Institutional Review Board (IRB) Panel D  
Affiliate Appointment Department of Pediatrics  
Affiliate Appointment Department of Physical Medicine and Rehabilitation

2011-2012 Virginia Commonwealth University (Richmond, VA)  
Associate Professor, Department of Health and Human Performance  
Director, Health and Human Performance Laboratory  
Graduate Program Coordinator, HHP  
Affiliate Appointment Department of Pediatrics  
Affiliate Appointment Department of Physical Medicine and Rehabilitation

2009-2011 Virginia Commonwealth University (Richmond, VA)  
Associate Professor, Department of Health and Human Performance  
Director, Health and Human Performance Laboratory  
Exercise Science Program Coordinator  
Affiliate Appointment Department of Pediatrics

2005-2009 Virginia Commonwealth University (Richmond, VA)  
Assistant Professor, Department of Health and Human Performance  
Director, Health and Human Performance Laboratory  
Exercise Science Program Coordinator  
Affiliate Appointment Department of Pediatrics

2004-2005 Virginia Commonwealth University (Richmond, VA)  
Assistant Professor, Department of Exercise Science  
Director, Health and Human Performance Laboratory  
Affiliate Appointment Department of Pediatrics

2003-2004 Virginia Commonwealth University (Richmond, VA)  
Assistant Professor, Department of Exercise Science  
Director, Health and Human Performance Laboratory

2002-2003 The University of Southern Mississippi (Hattiesburg, MS)  
Assistant Director, School of Human Performance and Recreation  
Assistant Professor, School of Human Performance and Recreation  
Co-Director, Laboratory of Exercise Biochemistry

2000-2002 The University of Southern Mississippi (Hattiesburg, MS)  
Assistant Professor, School of Human Performance and Recreation

1999-2000 Lander University (Greenwood, SC)  
Instructor, Division of Physical Education and Exercise Studies  
Director, Human Performance Laboratory

1997-1999 Auburn University (Auburn, AL)  
Graduate Research Assistant  
Department of Health and Human Performance

1996-1997 Auburn, University (Auburn, AL)  
Graduate Teaching Assistant  
Department of Health and Human Performance

1992-1996 Lander University (Greenwood, SC)  
Instructor, Division of Physical Education and Exercise Studies

1989-1992 Lander University (Greenwood, SC)  
Head Athletic Trainer

### **National Certifications**

American Society of Clinical Pathology – Certified Phlebotomy Technician (PBT)  
International Society for Clinical Densitometry – Certified Clinical Densitometrist (CCD)  
American College of Sports Medicine – Health Fitness Specialist, 1996 - 2011

### **Professional Organizations**

#### National

American College of Sports Medicine

#### Regional

Southeast American College of Sports Medicine

#### State

Mississippi Alliance for Health, Physical Education, Recreation and Dance, 2002 – 2003  
South Carolina Association for Health, Physical Education, Recreation and Dance, 1985 - 1996

### **Special Awards, Fellowships, and other Honors**

Charles P. Ruch Award for Teaching Excellence, VCU School of Education - 2012  
Univ. Southern Mississippi, College of Health and Human Sciences Emerging Scholar Award - 2003  
Lander University Young Alumnus of the Year - 2003  
Recipient of the Auburn University Presidential Scholarship – 1997  
Pi Kappa Phi – 2014 - present

### **Major Committees**

#### Department

VCU Department of Health and Human Performance Promotion Committee, 2011  
VCU Department of Health and Human Performance Community Health Faculty Search, 2007  
VCU Department of Exercise Science Department Chair Search, 2006  
VCU Department of Exercise Science Researcher Search, Chair, 2006  
VCU Department of Exercise Science Program Coordinator, 2005 - 2011  
VCU Exercise Science Faculty Search Committee – Chair, 2003 – 2004  
VCU Department of Exercise Science Graduate Program Committee, 2003 – present  
USM School of Human Performance and Recreation Readmissions Committee – Chair, 2002 - 2003  
USM School of Human Performance and Recreation Graduate Programs Committee – 2001 - 2003  
LU Physical Education and Exercise Studies Division Promotion/Tenure and Merit Pay Criteria Subcommittee, 1994-1996

LU Physical Education and Exercise Studies Division Student Evaluation of Faculty Sub-committee, 1994-1996

LU Physical Education and Exercise Studies Division Human Research Committee, 1994-1996

LU Coordinator of Lander Institute for Fitness Education (LIFE) activities, 1992-1996

LU Faculty Advisor for Physical Education and Exercise Studies Majors' Club, 1992-1996

### School/College Committees

VCU College of Humanities and Sciences Graduate Academic Committee – 2013 – present

VCU School of Education Special Education Peer Review Committee, 2012

VCU School of Education Doctoral Programs Committee – 2010 - present

VCU School of Education Curriculum Committee – 2010

VCU School of Education Research and Professional Development Committee – 2007 – 2008, 2010

VCU School of Education Doctoral Admissions Committee, 2005 – 2007

VCU School of Education Associate Dean of Academic Affairs Search Committee, 2004-2005

VCU Rehabilitation and Movement Sciences Steering Committee, 2004 – present

VCU Rehabilitation and Movement Sciences Admissions Committee, 2004 - 2007

USM College of Health and Human Sciences Summer Research Grant Committee, 2002

USM Health and Human Sciences Expanded College Council, 2002 - 2003

### University Committees

Virginia Commonwealth University – Institutional Review Board, Panel B Chair, 2015 - present

Virginia Commonwealth University – Institutional Review Board, Panel D Vice Chair, 2012 - 2015

Virginia Commonwealth University – Grievance Committee, 2010 - present

Virginia Commonwealth University – Institutional Review Board, Panel D member, 2009 - present

Virginia Commonwealth University – Institutional Review Board, Exempt Review Panel, 2006 - 2009

Virginia Commonwealth University – Institutional Review Board, alternate, 2005 – present

Virginia Commonwealth University – University Council, 2004 – 2005

Virginia Commonwealth University – University Council, alternate – 2003 – 2004

The University of Southern Mississippi Grade Appeals Committee – 2002 - 2003

The University of Southern Mississippi Library Services Committee – 2002 - 2003

Lander Foundation Faculty Grants Committee, 1999-2000

Lander University Athletics Committee, 1999-2000

Lander University SACS Self-Study – Section III (Institutional Effectiveness) Committee, 1993-1996

Lander University SACS Self-Study – Chair, Section III (Institutional Effectiveness) Committee, 1995-1996

Lander University NCAA game supervisor, 1994-1996

Lander University Health Services Advisory Educational Sub-committee, 1995-1996

Lander Assessment Coordinating Team, 1993-1996

Lander University Wellness Promotion Council, 1993-1996

Lander University Academic Support Advisory Committee, 1992-1993

### **Other Significant Professional Service**

Southeast American College of Sports Medicine Member-at-large – 2015 - present

Director, Clinical Exercise Physiology VCU Healthy Lifestyles Center – 2013- present

American Society for Metabolic and Bariatric Surgery Allied Health Programs Committee – 2007 – 2011

American College of Sports Medicine CoAES Site Reviewer – 2007 – present  
T.E.E.N.S. Program – Director of Exercise Programs, 2003 – present  
Reviewer for Clinical Journal of Sports Medicine, 2003  
Reviewer for The International Journal of Sports Medicine, 2003  
Pediatric Subcommittee of the Mississippi Governor’s Council on Obesity, 2003  
Mississippi AAHPERD – Exercise Science Council – Chair, 2002  
Mississippi AAHPERD – Exercise Science Council – Chair Elect, 2001  
Participated in USM Athletics Recruitment Weekend, 2002  
Reviewer of Conference Abstracts for the Southeast American College of Sports Medicine Annual Conference, 2002, 2012  
Reviewer for Medicine and Science in Sport and Exercise, 2002, 2007, 2010, 2012  
Reviewer for American Journal of Physiology, 2002, 2003  
USM Freshman Experience Reading Program, faculty facilitator, 2001  
Faculty Advisor for SC AHPERD Student Association (SCSA), 1994-1996  
Ex-Officio member of SC AHPERD committees as SCSA Faculty Advisor, 1994-1996  
Constitution Committee for the SC Association for Sport and Physical Education, 1995-1996  
Nominating Committee for the SC Association for Sport and Physical Education, 1993-1994  
Chair of the Athletic Section of the Sports Division of the SC AHPERD, 1993-1994

### **Significant Community Service**

Museum District Association President, 2010  
Museum District Environmental Chair, 2008-2009  
American Heart Walk Team Captain, 2005, 2006, 2007  
Exercise Physiology Laboratory Experiences of Trinity Episcopal School Health Classes, 2004, 2005  
Helping One Student To Succeed (HOSTS) Program Volunteer, 1999  
President, Greenwood Chapter of the American Heart Association, 1994-1995  
Greenwood Wellness Celebration Board of Directors, 1994-1996  
Health-related physical fitness testing for Greenwood County Sheriff’s Department Bloodhound Tracking Team, 1994-1996  
Body composition assessment of elementary-aged school children, 1994-1996  
Coordinator of Greenwood American Heart Association Jump Rope for Heart, 1994  
President-Elect, Greenwood Chapter of the American Heart Association, 1993-1994  
American Red Cross CPR and First Aid certification of Abbeville County Firefighters, 1993  
Board of Directors, Greenwood Chapter of the American Heart Association, 1992-1996  
Health-related physical fitness testing for Greenwood City Police Officers, 1992-1996  
Coordinator of Greenwood American Heart Association American Heart Walk, 1992-1994

### **Bibliography**

#### **Refereed Papers and Articles**

Baugh N, McCain NL, Aboueissa AM, Driscoll C, Evans RK & Robin, JL. (2015) The relationship of eating behaviors, hunger control, and physical activity to weight loss and quality of life in

- laparoscopic adjustable gastric banding patients. *Advances in Obesity, Weight Management & Control* 3(5) 00067. DOI: 10.15406/aowmc.2015.03.00067
- Canada JM, Fronk DT, Cei LF, Carbone S, Erdle CO, Abouzaki NA, Melchior RD, Thomas CS, Christopher S, Turlington JS, Trankle CR, Thurber CJ, **Evans RK**, Dixon DL, Van Tassell BW, Arena R, Abbate A. Usefulness of C-reactive protein plasma levels to predict exercise intolerance in patients with chronic systolic heart failure. *Am J Cardiol*. 2016 Jan 1; 117(1):116-20.
- Franco RL, Privett SH, Bowen MK, Acevedo EO, Arrowood JA, Wickham EP, Evans RK. Sympathetic Activity Assessed during Exercise Recovery in Young Obese Females. *J Pediatr*. 2015 Aug; 167(2):378-83.
- Browning MG, Bean MK, Wickham EP, Stern M, Evans RK. Cardimetabolic and fitness improvements in obese girls who either gained or lost weight during treatment. *J Pediatr*. 2015 Jun; 166(6):1364-9.
- Browning MG, Evans RK. The contribution of fat-free mass to resting energy expenditure: implications for weight loss strategies in the treatment of adolescent obesity. *Int J Adolesc Med Health*. 2015;27(3):241-6
- Franco RL, Bowen MK, Arena R, Privett SH, Acevedo EO, Wickham EP, Evans RK. Sex differences in pulmonary oxygen uptake kinetics in obese adolescents. *J Pediatr*. 2014 Dec; 165(6):1161-5.
- Browning MG, Baugh NG, Wolfe LG, Kellum JK, Maher JW, Evans RK. Evaluation of Pre- and post-operative physical activity participation in laparoscopic gastric banding patients. *Obes Surgery*. 2014 Nov;24(11):1981-6.
- Mazzeo SE, Kelly NR, Stern M, Gow RW, Cotter EW, Thornton LM, Evans RK, Bulik CM. Parent skills training to enhance weight loss in overweight children: evaluation of NOURISH. *Eat Behav*. 2014 Apr; 15(2):225-9.
- Carbone S, Shah KB, Van Tassell BW, Canada JM, Evans RK, Abbate A. (2013) Obesity and Diastolic Heart Failure: Is Inflammation the Link? *Transl Med* 3:e124. doi: 10.4172/2161-1025.1000e124
- Huang CJ, Franco RL, Evans RK, Mari DC, Acevedo EO. Stress-induced microvascular reactivity in normal-weight and obese individuals. *Appl Physiol Nutr Metab*. 2014 Jan; 39(1):47-52.
- Ning Y, Yang S, Evans RK, Stern M, Sun S, Francis GL, Wickham EP. Changes in body anthropometry and composition in obese adolescents in a lifestyle intervention program. *Eur J Nutr*. 2014 Jun; 53(4): 1093-102.
- Gerke CK, Mazzeo SE, Stern M, Palmberg AA, Evans RK, Wickham EP. The stress process and eating pathology among racially diverse adolescents seeking treatment for obesity. *J Pediatr Psychol*. 2013 Aug; 38(7): 785-93.
- Franco RL, Fallow BA, Huang CJ, Acevedo EO, Arrowood JA, Evans RK. The extended time course of forearm blood flow following a maximal bout of exercise in obese and non-obese subjects. *European Journal of Applied Physiology*. In press.
- Porter JS, Stern M, Mazzeo SE, Evans RK, Laver JH. Relations among teasing, body image, self-esteem, and depression in treatment seeking obese African American adolescents. *J of Black Psych* published online 25 July 2012 DOI: 10.1177/0095798412454680.
- Mazzeo SE, Kelley NR, Stern M, Gow RW, Serder K, Evans RK, Jones RM, Bulick C. Nourishing Our Understanding of Role Modeling to Improve Support and Health (NOURISH): Design and Methods. *Cont. Clin. Trials*. 2012 Jan. 18. [Epub ahead of print].
- Huang CJ, Stewart JK, Franco RL, Evans RK, Lee ZP, Cruz TD, Webb HE, Acevedo EO. LPS-stimulated tumor necrosis factor-alpha and interleukin-6 mRNA and cytokine responses following acute psychological stress. *Psychoneuroendocrinology* 2011 Nov; 36(10): 1553-61.

- Bean MK, Mazzeo SE, Stern M, Evans RK, Bryan D, Ning Y, Wickham EP III, Laver J. Six-month dietary changes in ethnically diverse, obese adolescents participating in a multidisciplinary weight management program. *Clinical Pediatrics*. 2011 May; 50(5): 408-16.
- Kelly NR, Mazzeo SE, Evans RK, Stern M, Thacker LF, Thornton LM, and Laver JH. Physical Activity, Fitness and Psychosocial Functioning of Obese Adolescents. *Ment Health and Phys Act*. 2011 June; 4(1): 31-37.
- Huang CJ, Webb HE, Evans RK, McCleod KA, Tangsilsat SE, Kamimori GH, Acevedo EO. Psychological stress during exercise: immunoendocrine and oxidative responses. *Exp Biol Med*. 2010 Dec 1; 235(12): 1498-504.
- Huang CJ, Franco RL, Evans RK, Acevedo EO. Effects of mental challenge on neurovascular responses in healthy male subjects. *Int. J. Psychophysiology*. 2010 Dec; 78(3):225-230.
- Evans RK. Impact of physical activity participation on weight loss outcomes following weight loss surgery. *Am. J. Lifestyle Med*. 2010 Mar/Apr: 4(2): 124-9.
- Huang CJ, Webb HE, Garten RS, Kamimori GH, Evans RK, Acevedo EO. Stress hormones and immunological responses to a dual challenge in professional firefighters. *Int. J. Psychophysiology*. 2010 Mar;75(3):312-8.
- Wickham EP, Stern M, Evans RK, Bryan DL, Clore JN, and Laver JH. Prevalence of the metabolic syndrome among obese adolescents enrolled in a multidisciplinary weight management program: clinical correlates and response to treatment. *Metab Syndr and Rel Dis*. 2009 Jun;7(3):179-86
- Evans RK, Franco RL, Stern M, Wickham EP, Bryan DL, Herrick JE, Larson NY, Abell AM, Laver JL. 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. *Int J Ped Obes*. 2009;4(3):130-3.
- Bond DS, Phelan S, Wolfe LG, Evans RK, Meador JG, Kellum JM, Maher JW, Wing RR. Becoming Physically Active after Bariatric Surgery is Associated with Improved Weight Loss and Health-Related Quality of Life. *Obesity (Silver Springs)* 2009 Jan;17(1):78-83
- Evans RK, Bond D, Wolfe L, Meador J, Herrick J, Kellum J, Maher J. Participation in 150 minutes/week of moderate or higher intensity PA yields greater weight loss following gastric bypass surgery. *Surg Obes Rel Dis*. 2007; 3(5): 526-530.
- Bond D, Evans RK, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Physical activity stage of readiness predicts moderate-vigorous intensity physical activity participation among morbidly obese gastric bypass surgery candidates. *Surg Obes Rel Dis*. 2006; 2(2): 128-132.
- Bond D, Evans RK, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Improvements in health-related quality of life, physical activity readiness, and physical activity behavior among morbidly obese gastric bypass surgery candidates. *Am J Health Behav*. 2006; 30(4):422-434
- Evans RK, Bond DS, DeMaria EJ, Wolfe LG, Meador JG, Kellum JM. Initiation and progression of physical activity after laparoscopic and open gastric bypass surgery. *Surg Innov* 2004; 11: 312-317.
- Bond DS, Evans RK, Wolfe LG, Meador JG, Sugerman HJ, Kellum JM, DeMaria EJ. Impact of self-reported physical activity participation on proportion of excess weight loss and BMI among gastric bypass patients. *Am Surg*. 2004; 70: 811-814.
- Bond DS, Evans RK, DeMaria EJ, Meador JG, Warren BJ, Shannon KA, Shannon RM. A conceptual application of health behavior theory in the design and implementation of a successful surgical weight loss program. *Obes Surg*. 2004; 14: 849-856.
- Evans RK, Schwartz, DD, Gladden, LB. Effect of myocardial volume overload and congestive heart failure on lactate transport into isolated ventricular cardiac myocytes. *J Appl Physiol* 94: 1169-1176, 2003

- Magal M, Webster, MJ, Sistrunk L, Whitehead MT, Evans RK, Boyd JC. Comparison of glycerol and water hydration regimens on tennis related performance. *Med Sci Sports Exerc*, Vol. 35, No.1, pp. 150-156, 2003.
- Grassi B, Hogan MC, Kelley KM, Aschenbach WG, Hamann JJ, Evans RK, Patillo RE, Gladden LB. Role of convective O<sub>2</sub> delivery in determining VO<sub>2</sub> on-kinetics in canine muscle contracting at peak VO<sub>2</sub>. *J Appl Physiol*. 89: 1293-1301, 2000.
- Ward DS, Evans RK. Physical activity, aerobic fitness, and obesity in children. *Med Exerc Nutr and Health*. 4:3-16, 1995.
- Chandler JV, Evans RK. Profile of selected physiological variables of high school football players. *J SCAHPERD*. May 1993.
- Evans RK, Chandler JV, Hawkins JD, Sacoco C. The effect of a competitive season on the aerobic fitness of college soccer players. *Soccer Journal*, Sept/Oct: 51-54, 1989.

### Non-Peer Reviewed Articles

Evans RK, Tully CB, Wijesooriya NR. (2013) Encouraging families to be more active: Application of the 5-As model in pediatric primary care settings. *Virginia Pediatrics Newsletter* Fall 2013: 12-15.

### Abstracts Published

\*Doctoral Advisee

†Master's Advisee

+Undergraduate Advisee

- \*Browning, MG, +Lail, CR, †Malone SE, Bean, MK, Wickham, EP, Evans, RK. Effect of weight loss quality on weight management program outcomes in obese female adolescents.. Poster presented at National ACSM, Orlando, FL, May 2014.
- Bowen MK, Franco RL, Hall SL, Arena RA, Evans RK, Wickham EP. Sex differences in the oxygen uptake kinetic response to moderate intensity exercise in older adolescents. *Medicine & Science in Sports & Exercise*. 44(5):S558, May 2012
- Hall SL, Franco RL, Bowen MK, Evans RK, Wickham EP. Examining racial differences in sympathetic overactivity assessed during recovery from exercise in obese female adolescents. *Medicine & Science in Sports & Exercise*. 44(5):S302, May 2012
- Franco RL, +Fallow BA, Huang CJ, Acevedo EO, Arrowood JA, Evans RK. Forearm blood flow response to an acute maximal exercise bout in obese and normal weight males. *Medicine & Science in Sports & Exercise*. 43(5):740-741, May 2011
- \*Herrick JE, Franco RL, Stewart JK, Maher JW, Kellum JM, Evans RK. Body composition and leptin resistance following roux-en-y gastric bypass surgery in morbidly obese females. *Medicine & Science in Sports & Exercise*. 43(5):S102-103, May 2011.
- Huang CJ, Franco RL, Evans RK, Acevedo EO. Neurovascular Responses to Mental Stress in Lean and Obese Individuals. *Medicine and Science in Sports and Exercise* 43(5):S69, May 2011.
- Hall SL, Franco RL, Bowen MK, Stern M, Wickham EP, Evans RK. Reductions in functional sympathetic overactivity in obese adolescents following a weight management program. *Medicine and Science in Sports and Exercise*, Vol. 43, No. 5 Supplement, S896, May 2011



- Franco RL\*, Fallow BA+, Huang CJ, Acevedo EO, Arrowood JA, Evans RK. The extended time course of forearm blood flow following a maximal bout of exercise. *Medicine and Science in Sports and Exercise*, Vol. 42, No. 5 Supplement, S311, May 2010.
- Huang CJ, Stewart JK, Franco RL, Evans RK, Lee ZP, Cruz, TD; Acevedo EO, 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*, Vol. 42, No. 5 Supplement, S797, May 2010.
- Fallow BA+, Lipford GL\*, Harnish C, Hall SL†, Franco RL, Evans RK. Evaluation of secondary criteria for achievement of maximal oxygen consumption in children. *Medicine and Science in Sports and Exercise*, Vol. 42, No. 5 Supplement, S717, May 2010.
- Bowen MK, † Franco RL, Wickham EP, Evans RK. Agreement between BIA and DXA in estimating body composition changes in obese adolescents. *Medicine and Science in Sports and Exercise*, Vol. 42, No. 5 Supplement, S419, May 2010.
- Herrick JH\*, Franco RL\*, Stewart JK, Arrowood JA, Evans RK. 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*, Vol. 42, No. 5 Supplement, S510, May 2010.
- Huang CJ, Webb HE, Evans RK, McCleod KA, Tangsilat SE, Kamimori GH, Acevedo EO. An examination of immunoendocrine and oxidative responses utilizing a dual stress model. *Medicine and Science in Sports and Exercise*, Vol. 41, No. 5 Supplement, S400, May 2009.
- Franco RL\*, Evans RK, Welch LK+. Vascular function changes following an acute bout of resistance exercise in obese and non-obese males. *Medicine and Science in Sports and Exercise*, Vol. 41, No. 5 Supplement, S253, May 2009.
- Huang CJ, Webb HE, Evans RK, and Acevedo EO. Effects of Dual Challenge on Stress Hormones, Th1/Th2 cytokines, and lymphocyte response in firefighters. *Medicine and Science in Sports and Exercise*, Vol. 40, No. 5 Supplement, S432, May 2008.
- Evans RK, Bond D, Wolfe L, Meador J, Herrick J\*, Kellum J, Maher J. Participation in 150 minutes/week of moderate or higher intensity PA yields greater weight loss following gastric bypass surgery. *Surgery for Obesity and Related Diseases*. 2007; 3(3): 280.
- Larson NY\*, Evans RK, Bond DS, Wolfe L, Meador J, Maher J, Kellum J. Physical activity participation in the early post-gastric bypass surgery period. *Medicine and Science in Sports and Exercise*, Vol. 39, No. 5 Supplement, S338-339, May 2007.
- Franco RL\*, Evans RK, Herrick JH\*, Larson NY\*, Abell AM†, Stern M, Bryan DL, Wickham EP, Laver JH. Physical activity participation among overweight adolescents with and without the metabolic syndrome. *Medicine and Science in Sports and Exercise*, Vol. 39, No. 5 Supplement, S239, May 2007.
- Bond D, Evans RK, Wolfe L, Meador J, Maher J, Kellum J. Attainment of a minimal level of physical activity (PA) enhances physical and mental quality of life (QOL) improvements among female gastric bypass surgery (GBP) patients. *Surgery for Obesity and Related Diseases*. 2006; 2 (3), p. 351.
- Luebbers PE, Potteiger JA, Warren BJ, Clore JN, Bond DS, Evans RK, Davis MD. Glucose uptake following resistance training sessions of different intensities but of equal work volume. *Medicine and Science in Sports and Exercise*, Vol. 38, No. 5 Supplement, S187, May 2006.
- Toderico BJ\*, Evans RK, Franco RL\*, Stern M, Bryan DL, Larson NY\*, Herrick JE\*, Laver JH. Alterations in fitness and blood lipids of overweight adolescents following a 6-month weight management program. *Medicine and Science in Sports and Exercise*, Vol. 38, No. 5 Supplement, S212, May 2006.

- Evans RK, Bond D, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Physical activity stage of readiness predicts moderate-vigorous intensity physical activity participation among morbidly obese gastric bypass surgery candidates. *Surgery for Obesity and Related Diseases* 2005; 1(3), p. 289-290.
- Bond D, Evans RK, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Improvements in health-related quality of life, physical activity readiness, and physical activity behavior among morbidly obese gastric bypass surgery candidates. *Surgery for Obesity and Related Diseases*. 2005 1(3), p. 268.
- Soukup JT\*, Franco, RL†, Taylor, JC+, and Evans, RK. Effect of congestive heart failure on skeletal muscle myosin isoforms and citrate synthase activity. *Medicine and Science in Sports and Exercise*. Vol. 35, No. 5 Supplement, S221, May 2003.
- Magal, M, Sistrunk, L, Whitehead, MT, Evans, RK, Boyd JC, and Webster, MJ. Hyperhydration and rehydration with glycerol improves fluid retention and plasma volume restoration. *Medicine and Science in Sports and Exercise*. Vol. 34, No. 5 Supplement, S221, May 2002.
- Evans RK, Schwartz DD, and Gladden LB. Effect of myocardial hypertrophy on lactate transport into isolated ventricular cardiac myocytes. *Medicine and Science in Sports and Exercise*. Vol. 32, No. 5 Supplement, S226, May 2000.
- Grassi B, Hogan MC, Kelley KM, Aschenbach WG, Hamann JJ, Evans RK, Patillo RE, and Gladden LB. Faster O<sub>2</sub> delivery speeds, VO<sub>2</sub> on-kinetics in canine muscle contracting at peak VO<sub>2</sub>. *Medicine and Science in Sports and Exercise*. Vol. 31, No. 5 Supplement, S226, May 1999.
- Gladden LB, Grassi B, Kelley KM, Aschenbach WG, Hamann JJ, Evans RK, Patillo RE, and Hogan MC. Blood flow during and between tetanic contractions in canine skeletal muscle. *Medicine and Science in Sports and Exercise*. Vol. 31, No. 5 Supplement, S226, May 1999.
- Hamann JJ, Evans RK, Kremer DE, Skelton MS, and Gladden LB. Lactate influx into red blood cells of mongrels and untrained greyhounds. *Medicine and Science in Sports and Exercise*. Vol. 30, No. 5 Supplement, S226, May 1998.

### Professional Reports

- Connell, C, Evans, RK, Lofton, K, Cranford, C, Pulliam, C, Kolbo, JR. A Report on Childhood and Adolescent Obesity. Prepared for the Mississippi Governor's Council on Obesity Prevention and Management, 2003.

### **Professional Presentations**

- \*Doctoral Advisee
- †Master's Advisee
- +Undergraduate Advisee

### National/International Meetings

- Emily R. Miller; Sarah M. Farthing, MS; Melanie K. Bean; and Ronald K. Evans; and Edmond P. Wickham III. Social Jetlag, Obesity, and Cardiometabolic Risk Factors in Adolescents Participating in a Healthy Weight Program. Presented at the Endocrine Society Annual Meeting, Boston, MA, April 2016.

- Browning, MG, Lail, CR, Malone SE, Bean, MK, Wickham, EP, Evans, RK. Effect of weight loss quality on weight management program outcomes in obese female adolescents. Poster presented at National ACSM, Orlando, FL, May 2014.
- Canada J, Paulus EJ, Mizell JM, Evans RK, Tang DG, Kasirajan V, Shah KB. Maximal Exercise Response Is Reduced in Patients with the Total Artificial Heart. International Society of Heart and Lung Transplantation Annual Meeting, Montreal, Canada, April 24-27, 2013.
- Bowen MK, Franco RL, Hall SL, Arena RA, Evans RK, Wickham EP. Sex differences in the oxygen uptake kinetic response to moderate intensity exercise in older adolescents. Poster presented at the Annual Meeting of the American College of Sports Medicine, San Francisco, CA 2012
- Hall SL, Franco RL, Bowen MK, Evans RK, Wickham EP. Examining racial differences in sympathetic overactivity assessed during recovery from exercise in obese female adolescents. Poster presented at the Annual Meeting of the American College of Sports Medicine, San Francisco, CA 2012
- Franco RL, Fallow BA, Huang CJ, Acevedo EO, Arrowood JA, Evans RK. Forearm blood flow response to an acute maximal exercise bout in obese and normal weight males. Poster presented at the Annual Meeting of the American College of Sports Medicine, Seattle, WA 2011.
- Herrick JE\*, Franco RL, Stewart JK, Maher JW, Kellum JM, Evans RK. Body composition and leptin resistance following roux-en-y gastric bypass surgery in morbidly obese females. Poster presented at the Annual Meeting of the American College of Sports Medicine, Seattle, WA 2011.
- Huang CJ, Franco RL, Evans RK, Acevedo EO. Neurovascular Responses to Mental Stress in Lean and Obese Individuals. Poster presented at the Annual Meeting of the American College of Sports Medicine, Seattle, WA 2011.
- Hall SL, Franco RL, Bowen MK, Stern M, Wickham EP, Evans RK.. Reductions in functional sympathetic overactivity in obese adolescents following a weight management program. Poster presented at the Annual Meeting of the American College of Sports Medicine, Seattle, WA 2011.
- Bean MK, Mazzeo SE, Stern M, Evans RK, Bryan D, Laver JH, Wickham EP. Six-Month Dietary Changes in Obese Adolescents Participating in a Multidisciplinary Weight Management Program. Paper presented at the 11<sup>th</sup> International Congress of Behavioral Medicine, Washington, DC 2010
- Franco RL\*, Fallow BA+, Huang CJ, Acevedo EO, Arrowood JA, Evans RK. The extended time course of forearm blood flow following a maximal bout of exercise. Poster presented at the Annual Meeting of the American College of Sports Medicine, Baltimore, MD 2010.
- Huang CJ, Stewart JK, Franco RL, Evans RK, Lee ZP, Cruz, TD; Acevedo EO, Webb, H. Lipopolysaccharide stimulated tumor necrosis factor alpha and interleukin-6 cytokine and mRNA expression following acute psychological stress. Poster presented at the Annual Meeting of the American College of Sports Medicine, Baltimore, MD 2010.
- Fallow BA+, Lipford GL\*, Harnish C, Hall SL†, Franco RL, Evans RK. Evaluation of secondary criteria for achievement of maximal oxygen consumption in children. Poster presented at the Annual Meeting of the American College of Sports Medicine, Baltimore, MD 2010.
- Bowen MK, † Franco RL, Wickham EP, Evans RK. Agreement between BIA and DXA in estimating body composition changes in obese adolescents. Poster presented at the Annual Meeting of the American College of Sports Medicine, Baltimore, MD 2010.
- Herrick JH\*, Franco RL\*, Stewart JK, Arrowood JA, Evans RK. Ventilatory efficiency ( $V_E/V_{CO_2}$  slope) is not improved during progressive treadmill exercise in females 3-months after weight loss surgery. Poster presented at the Annual Meeting of the American College of Sports Medicine, Baltimore, MD 2010.
- Evans RK, Wolfe LG, Meador JG, Kellum JM, Maher JW. Gastric bypass surgery patients achieving suboptimal weight loss report less vigorous and total physical activity. Poster presented at the 26<sup>th</sup> Annual Meeting of the American Society for Metabolic and Bariatric Surgery, Dallas, TX, 2009.

- Huang CJ, Webb HE, Evans RK, McCleod KA, Tangsilsat SE, Kamimori GH, Acevedo EO. An examination of immunoendocrine and oxidative responses utilizing a dual stress model. Poster presented at the Annual Meeting of the American College of Sports Medicine, Seattle, WA, 2009.
- Franco RL\*, Evans RK, Welch LK<sup>+</sup>. Vascular function changes following an acute bout of resistance exercise in obese and non-obese males. Poster presented at the Annual Meeting of the American College of Sports Medicine, Seattle, WA, 2009
- Kelly N, Mazzeo S, Evans R, Stern M, Thacker L, Thornton L, Laver J. Physical Activity, Physical Fitness and Psychosocial Functioning in Obese Adolescents. Poster presented at the Eating Disorders Research Society, New York, NY 2009.
- Huang CJ, Webb HE, Evans RK, and Acevedo EO. Effects of Dual Challenge on Stress Hormones, Th1/Th2 cytokines, and lymphocyte response in firefighters. Poster presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2008
- Evans RK, Bond D, Wolfe L, Meador J, Herrick J\*, Kellum J, Maher J. Participation in 150 minutes/week of moderate or higher intensity PA yields greater weight loss following gastric bypass surgery. Paper presented at the Annual Meeting of the American Society for Bariatric Surgery, San Diego, CA, June, 2007.
- Franco RL\*, Evans RK, Herrick JH\*, Larson NY\*, Abell AM†, Stern M, Bryan DL, Wickham EP, Laver JH. Physical activity participation among overweight adolescents with and without the metabolic syndrome. Poster presented at the Annual Meeting of the American College of Sports Medicine, New Orleans, LA, June, 2007
- Larson NY\*, Evans RK, Bond DS, Wolfe L, Meador J, Maher J, Kellum J. Physical activity participation in the early post-gastric bypass surgery period. Poster presented at the Annual Meeting of the American College of Sports Medicine, New Orleans, LA, June, 2007.
- Bond DS, Wolfe LG, Evans RK, Meador JG, Maher JW, Kellum JM. Differences in quality of life between moderately active and inactive gastric bypass surgery patients: pre-surgery to 1-year post-surgery. Poster presented at the Annual Meeting of the American Academy of Health Behavior, Savannah, GA, March, 2007.
- Toderico BJ\*, Evans RK, Franco RL\*, Stern M, Bryan DL, Larson NY\*, Herrick JE\*, Laver JH. Alterations in fitness and blood lipids of overweight adolescents following a 6-month weight management program. Poster Presented at the Annual Meeting of the American College of Sports Medicine, Nashville, TN, June, 2006.
- Luebbers PE, Potteiger JA, Warren BJ, Clore JN, Bond DS, Evans RK, Davis MD. Glucose uptake following resistance training sessions of different intensities but of equal work volume. Poster presented at the Annual Meeting of the American College of Sports Medicine, Nashville, TN, June, 2006.
- Bond DS, Evans RK, Wolfe LG, Meador JG, Maher JW, Kellum JM. Attainment of a minimal level of physical activity enhances physical and mental quality of life improvements among gastric bypass patients. Paper presented at the 23<sup>rd</sup> Annual Meeting of the American Society for Bariatric Surgery. San Francisco, CA, June, 2006.
- Bond DS, Evans RK, Wolfe LG, Meador JG, Maher JW, Kellum JM. The relationship of being highly active to improvements in quality of life (QOL) among female gastric bypass surgery (GBS) patients. Poster presented at the Annual Meeting of the American Academy of Health Behavior (AAHB). Carmel, CA. 2006.
- Evans RK, Bond D, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Physical activity stage of readiness predicts moderate-vigorous intensity physical activity participation among morbidly obese gastric bypass surgery candidates. Paper presented at the Annual Meeting of the American Society of Bariatric Surgery, Orlando, FL, 2005.

- Bond D, Evans RK, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, and Warren B. Improvements in health-related quality of life, physical activity readiness, and physical activity behavior among morbidly obese gastric bypass surgery candidates. Poster presented at the Annual Meeting of the American Society of Bariatric Surgery, Orlando, FL, 2005
- Evans RK, Gladden LB, Stary CM, Westen E, Hogan MC. Effect of high extracellular lactate concentration or low extracellular pH on intracellular pH, intracellular calcium concentration and force production in single *Xenopus* skeletal muscles. Poster presented at the American Physiological Society's Biology of Exercise Conference, Austin, TX, 2004.
- Bond, DS, Evans RK, Wolfe L, Meador J, Sugerman H, Kellum J, DeMaria E. Impact of self-reported physical activity participation on proportion of excess weight loss and BMI among gastric bypass surgery patients. Paper presented at the Annual Meeting of the American Society for Bariatric Surgery, San Diego, CA, 2004.
- Soukup, JT\*, Franco, RL†, Taylor, JC+, and Evans, RK. Effect of congestive heart failure on skeletal muscle myosin isoforms and citrate synthase activity. Poster session presented at the annual meeting of the American College of Sports Medicine, San Francisco, CA, June, 2003
- Scheett, TP, Whitehead, MT, Franco, RL, Evans, RK, Sharman, MJ, Gómez, AL, Kraemer, WJ, and Volek, JS. Comparison Between Ketogenic and Low-Fat Diets on High-Sensitivity C-Reactive Protein (hs-CRP) and Inflammatory Cytokines in Normal-Weight Women. Poster session presented at the annual meeting of the Federation of American Societies for Experimental Biology, San Diego, CA, April, 2003.
- Magal, M, Sistrunk, L, Whitehead, MT, Evans, RK, Boyd, JC, and Webster, MJ. Hyperhydration and Rehydration with Glycerol Improves Fluid Retention and Plasma Volume Restoration. Poster session presented at the annual meeting of the American College of Sports Medicine, St. Louis, MO, June, 2002
- Evans RK, Schwartz DD, and Gladden LB. Effect of Congestive Heart Failure on Lactate Transport Into Isolated Ventricular Cardiac Myocytes. Poster session presented at the triennial American Physiological Society Integrative Biology of Exercise meeting, Portland, ME, September 2000.
- Evans RK, Schwartz DD, and Gladden LB. Effect of Myocardial Hypertrophy On Lactate Transport Into Isolated Ventricular Cardiac Myocytes. Poster session presented at the annual meeting of the American College of Sports Medicine, Indianapolis, IN, June, 2000.
- Grassi B, Hogan MC, Kelley KM, Aschenbach WG, Hamann JJ, Evans RK, Patillo RE, and Gladden LB. Faster O<sub>2</sub> Delivery Speeds, VO<sub>2</sub> On-Kinetics In Canine Muscle Contracting At Peak VO<sub>2</sub>. Poster session presented at the annual meeting of the American College of Sports Medicine, Seattle, WA, June, 1999.
- Gladden LB, Grassi B, Kelley KM, Aschenbach WG, Hamann JJ, Evans RK, Patillo RE, and Hogan MC. Blood Flow During and Between Tetanic Contractions in Canine Skeletal Muscle. Poster session presented at the annual meeting of the American College of Sports Medicine, Seattle, WA, June, 1999.
- Hamann JJ, Evans RK, Kremer DE, Skelton MS, and Gladden LB. Lactate Influx into Red Blood Cells of Mongrels and Untrained Greyhounds. Poster session presented at the annual meeting of the American College of Sports Medicine, Orlando, FL, June, 1998.

## Regional Meetings

- Browning MG, Malone SA, Evans RK. VALIDATION OF ACTIGRAPH PROVIDED ENERGY EXPENDITURE EQUATIONS DURING TREADMILL WALKING IN OBESE ADOLESCENTS. Poster presented at SEACSM, Jacksonville, FL, February 2015.
- Malone SA, Browning MG, Evans RK. ACCURACY OF STEP-COUNTING AND ENERGY EXPENDITURE ESTIMATES USING COMMERCIALY AVAILABLE PHYSICAL ACTIVITY MONITORS DURING TREADMILL WALKING IN OBESE ADOLESCENTS. Poster presented at SEACSM, Jacksonville, FL, February 2015.
- Teasley SG, Browning MG, Evans RK. PARTICIPATION IN VIGOROUS PHYSICAL ACTIVITY AS A DETERMINANT OF LONG-TERM WEIGHT LOSS OUTCOMES FOLLOWING GASTRIC BYPASS. Poster presented at SEACSM, Jacksonville, FL, February 2015.
- Salom L.P., Arrowood J.A, Franco R.L., Evans R.K. Relationships among vascular function measures at rest and after submaximal exercise. Southeast American College of Sports Medicine, Jacksonville, FL, February 2012.
- Davis P.G, Evans R.K., Sipe C.L.. The post-bariatric surgery patient: your next client? Symposium presented at the Southeast American College of Sports Medicine, Greenville, SC, February, 2011.
- 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 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 (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 RL\*, Whitehead MT, 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.
- Huang CJ, Webb HE, Evans RK, and Acevedo EO. Effects of Dual Challenge on Stress Hormones, Th1/Th2 cytokines, and lymphocyte response in firefighters. Presented at the Southeast Regional American College of Sports Medicine Conference, Birmingham, AL, 2008
- Evans RK, Bond DS, Franco RL\*, Herrick JH\*, Larson NY\*, Meador JG, Wolfe LG, Maher JW, Kellum JM. Alterations in body composition and energy expenditure 1-month post-gastric bypass surgery: A pilot study. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2007
- Franco RL\*, Evans RK, Herrick JH\*, Larson NY\*, Abell AM†, Stern M, Bryan DL, Wickham EP, Laver JH. Physical activity participation among overweight adolescents with and without the metabolic syndrome. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2007
- Herrick JE\*, Evans RK, Franco RL\*, Stern M, Bryan DL, Larson NY\*, Toderico BJ\*, Laver JH. Improvements in Blood Lipid Profile Following a 6-Month Multidisciplinary Adolescent Healthy Weight Management Program. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2006
- Toderico BJ\*, Evans RK, Franco RL\*, Stern M, Bryan DL, Larson NY\*, Herrick JE\*, Laver JH. The T.E.E.N.S. Healthy Weight Management Program: Changes in Physical Fitness Characteristics of Overweight Adolescents after 6-Months of Program Participation. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2006
- Franco RL\*, Evans RK, Gibbs PA†, Warren BJ. The T.E.E.N.S. Program: Evaluation of baseline Seven-Day Physical Activity Recall and Physical Fitness Measures in obese adolescents. Poster presented at the Southeast Regional American College of Sports Medicine Conference, Charlotte, NC, 2005.
- Franco, RL†, Soukup, JT, Taylor, JC, and Evans, RK. The Effect of Moderate Congestive Heart Failure on Myosin Heavy Chain Distribution in the Rat Diaphragm. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Atlanta, GA, January, 2003
- Magal, M, Sistrunk, L, Whitehead, MT, Evans, RK, Boyd, JC, and Webster, MJ. The effects of glycerol-induced hyperhydration on selected skill-related physical fitness variables. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Atlanta, GA, January 2002.
- Eschbach, LC, Bulla, C, Guillory, L, Evans, RK, Boyd, JC, Magal, M, Whitehead, MT, and Webster, MJ. Validity and Reliability of the Computrainer Cycle Simulator. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Atlanta Georgia – January 2002.
- Evans RK, Schwartz DD, Gladden LB. Single-Cell Measurements Of Lactate Transport Into Isolated Rat Ventricular Cardiac Myocytes. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Charlotte, NC, January 2000.
- Evans RK, Hamann JJ, Gladden LB. Lactate Influx into Red Blood Cells of Trained and Untrained Greyhounds. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Norfolk, VA, January, 1999.

Kelley KM, Aschenbach WG, Hamann JJ, Evans RK, Patillo RE, Gladden LB. Peak Metabolic Rate in Canine Gastrocnemius Muscle: Intact Arterial Versus Contralateral Shunt Perfusion. Poster session presented at the annual meeting of the Southeast American College of Sports Medicine, Norfolk, VA, January, 1999.

### State Meetings

- Larson NY\*, Evans RK, Bond DS, Wolfe L, Meador J, Maher J, Kellum J. Physical activity participation in the early post-gastric bypass surgery period. Poster presented at the VCU Institute for Women's Health Conference, Richmond, VA, April, 2007.
- Azadi N, Arrowood J, Franco R, Evans RK, Bond D, Meador J, Maher J, Kellum J. Effect of gastric bypass surgery on heart rate recovery in obese women. Poster presented at the VCU Institute for Women's Health Conference, Richmond, VA, April, 2007.
- Evans, RK and Warren, BJ. A multi-disciplinary approach to address adolescent obesity: The T.E.E.N.S. program. VAHPERD Convention, Reston, VA, 2004.
- Evans, RK and Scheett, TP. Physical Activity in Children: Assessment and Intervention. Presented to the annual meeting of the Mississippi Alliance for Health, Physical Education, Recreation and Dance, Hattiesburg, MS, December 6, 2002.
- Evans RK, Kremer DE, and Barton GV. Coaching for Success: Application of Critical Sport Science Principles. Paper presented to the annual meeting of the South Carolina Association of Health Physical Education Recreation and Dance, Myrtle Beach, SC, November, 1999.
- Evans RK. Superstars: A South Carolina Student Association Program. Presented at the annual meeting of the South Carolina Association for Health, Physical Education, Recreation and Dance, Myrtle Beach, SC, November, 1995.
- Evans RK. Importance of Community-site Programs for the American Heart Association. Presented at the annual American Heart Association Leadership Conference, Myrtle Beach, SC, September, 1995.
- Evans RK. Managing the Obese Child During Physical Education Class. Paper presented at the annual meeting of the South Carolina Association for Health, Physical Education, Recreation and Dance, Myrtle Beach, SC, November, 1993.
- Evans RK. Development of an Exercise-Based Program for Child Weight Management. Paper presented at the annual meeting of the South Carolina Association for Health, Physical Education, Recreation and Dance Myrtle Beach, SC, November, 1992.

### Professional Presentations

#### Non-Refereed

- Evans RK. Exercise following Lap-Banding. Lap-Band Surgery Support Group at VCU Stony Point Surgical Center. June, 2007
- Evans RK. Overcoming inertia: Exercise as an adjunct therapy following bariatric surgery. 24<sup>th</sup> Annual Meeting of the American Society for Bariatric Surgery. San Diego, CA. June, 2007.
- Evans RK. Department of Health and Human Performance Programs and Research. Health Promotion for People with Disabilities Task Force Meeting. Richmond, VA. January, 2007.
- Evans RK. The role of exercise in the prevention and treatment of adolescent obesity. From Jump Rope to Stethoscope, Richmond, VA. February, 2007.
- Evans, RK. Exercise Programs for improved post-surgical weight loss. Bariatric Surgery Support Group at VCU Medical Center. January, 2006.



Evans RK. Child and Adolescent Wellness: Role of Physical Activity and Physical Fitness. WIC/MARO Conference. Washington, DC. July 19, 2005.

Evans RK and Bryan D. The Role of Physical Activity and Physical Fitness Programs in the Treatment of Obesity. The Virginia Department of Health, Emergency Preparedness and Response Programs' Annual Training Meeting, Williamsburg, Virginia, March 23, 2005

Evans RK and Bond DS. Physical activity for the post-bariatric surgery patient. Bariatric Surgery Support Group at VCU Medical Center. January, 2005.

Stern M, Bryan D, Evans RK. Integrating Families into a Multi-disciplinary Intervention: Working with Obese Adolescents as an Exemplar. Presentation for the Family Support and Research Center's conference on "Effective Family Focused Interventions: Chronic and Acute Illnesses". November 12, 2004.

Laver J, Evans RK, Gaboyse RF, Stern M. The Obesity Epidemic: A multi-disciplinary protocol-based intervention. Presentation for Pediatric Grand Rounds. September 15, 2004.

Evans RK and Bond DS. Physical activity for the post-bariatric surgery patient. Bariatric Surgery Support Group at VCU Medical Center. January, 2004.

Evans RK. Physiology of Aging. Lecture for HPR 652. March, 2003

Evans RK. Career Choices in Physical Education and Exercise Studies. Ninety-Six High School, March, 1995.

Evans RK. Weight Training for Youth Soccer Players. Van Taylor Soccer Camp. Lander University, June, 1994.

Evans RK. Common Soccer Injuries. Van Taylor Soccer Camp. Lander University, June, 1994.

Evans RK. Physical Education and Exercise Studies. Higher Education Awareness Program, Lander University, December, 1994.

Evans RK. Ergogenic Aids. Ninety-Six High School, Ninety-Six, SC, October, 1993.

Evans RK. First Aid for Soccer Injuries. SC Soccer Coaching Licensure Clinic, Greenville, SC, August, 1992.

## **Grants and Contracts**

### External Grants and Contracts

Investigator (Bean, PI). Improving adolescent obesity treatment: Exploring the role of parents. **(\$275,000, Funded)**

Investigator (LaRose, PI). Low intensity weight loss for young adults: Autonomous vs. Extrinsic Motivation. **(\$3,531,253, Funded)**

Investigator (Wickham, PI). IGFBP-3 Proteolysis and Obesity-induced Insulin Resistance. Submitted as NIH R01. **(Not Funded)**

Investigator (Francis, PI). Closed loop control in adolescents using heart rate as exercise indicator (Francis, G – PI). Submitted in 2013 to the Juvenile Diabetes Research Foundation **(\$206,621 total cost, funded)**

Investigator (Wickham and Bean, PI). Comprehensive Obesity Treatment Center Grant. Children's Hospital of Richmond Foundation. **(\$1,250,000, funded)**

Investigator (Bean, PI). Fostering Beliefs for Health: Development of a Pediatric Obesity Intervention. Submitted as NIH R21. **(\$406,751 direct costs, not funded)**

Investigator (Mazzeo, PI). NOURISHing Families to Promote Healthy Eating and Exercise in Overweight Children. National Institutes of Health, 2010 **(\$2,839,390; funded)**

Investigator. Understanding Barriers in Treatment of Obesity in Adolescents 11-18 years in Central Virginia (J. Laver, PI). Virginia Premiere Insurance, Inc. **(continuously funded 2003-2012 totaling ~\$2,000,000)**

Principle Investigator. Metabolic and cardiovascular disease risk reduction following gastric bypass surgery: the role of endothelial progenitor cells in vascular health. American Society for Metabolic and Bariatric Surgery Foundation Research Award, February, 2008 **(\$48,427; funded)**

Principle Investigator. A dual stress model to evaluate endothelial function and TH1/TH2 cytokine balance in obese and non-obese subjects. American Heart Association, January, 2008 **(\$131,998; not funded)**

Investigator. (D. Wilson, PI) Pedometer walking intervention for Stage II-III breast cancer survivors using a novel delivery system to increase physical activity. National Institutes of Health, February, 2008 **(\$440,000; not funded)**

Investigator. Parent skills training to enhance weight loss in overweight adolescents. (S. Mazzeo, PI) NIH RO3 National Heart, Lung, and Blood Institute, April, 2008. **(\$149,000; funded)**

Subcontract. Charles City County All-Stars Grant (K. Massie, PI). Williamsburg Foundation Grant subcontracted by Charles City County School District, January 2008 **(\$13,000, funded)**

Principle Investigator. The effects of repeated bouts of intense exercise on the Th-1/Th-2 cytokine balance and vascular function in obese individuals. Jeffress Foundation, August, 2007 **(\$29,565.00; not funded)**

Investigator. Parent skills training to enhance weight loss in overweight adolescents. (S. Mazzeo, PI) NIH RO3 submitted to National Heart, Lung, and Blood Institute February 1, 2007. **(\$149,000; not funded, resubmitted July 1, 2007)**

Investigator. Parent skills training to enhance weight loss in overweight adolescents. (S. Mazzeo, PI) Commonwealth Health Research Board, 2006. **(\$50,000, not funded)**

Principle Investigator. Effects of Immulina supplementation on Exercise-induced muscle soreness and indicators of inflammation and tissue damage. Nordic Immotech, APS, December, 2006. **(\$12,697, not funded)**

Investigator. Parent skills training to enhance diet and exercise choices of overweight T.E.E.N.S. (S. Mazzeo, PI). NIH R21 Submitted to National Heart, Lung, and Blood Institute February 1, 2006. **(\$275,000; not funded)**

Investigator. Optimizing Non-School Hours for Adolescent Health. Collaborative effort with the Center for the Promotion of Positive Youth Development (Aleta Myers, PI), Submitted June 1, 2004 **(\$3,338,000; not funded)**

Principle Investigator, “Acquisition of a combination ratiometric and imaging fluorescence system for basic physiological investigations”. National Science Foundation, 2003. **(\$175,732; not funded)**

Co-Investigator, “Fitness assessment of Mississippi Police Corps Students”, Contracted through Mississippi Police Corps, Department of Justice, 2003. **(\$5,865; funded)**

Preceptor, “The effect of myocardial volume overload-induced congestive heart failure on myocardial MCT1 content”. American Heart Association Student Award for R. Lee Franco, 2002. **(\$2,000; funded)**

Co-Investigator, “Inquiry-based computer integrated investigations in Exercise Physiology. National Science Foundation, 2002. **(\$155,485; not funded)**

Co-Investigator, “Fitness assessment of Mississippi Police Corps Students”, Contracted through Mississippi Police Corps, Department of Justice, 2002. **(\$6,555; funded)**

Co-Investigator, “A comparison between strength vs. ballistic training and their effect on speed in college-aged males”. Power Pull, Inc., 2002. **(\$14,985; funded)**

Co-Investigator, “Assessment of health-related physical fitness and cardiovascular disease risk factors in children and youth in Southern Mississippi.” Family Network Partnership, 2002. **(\$1,500; funded)**

#### Internal Grants and Contracts

Principle Investigator. Time course of vascular function changes following an acute maximal exercise bout in obese and normal weight males. SOE Research Initiation Award, July 1, 2007. **(\$8,998.00; funded)**

Principle Investigator. “Alterations in physical fitness, physical activity behavior and attitudes, quality of life, and cardiovascular disease risk factors following gastric bypass surgery” – SOE Research Grant – **(\$5,000.00; funded)**

Principle Investigator. “Alterations in physical fitness, physical activity behavior and attitudes, quality of life, and cardiovascular disease risk factors following gastric bypass surgery” National Center for Research through VCU General Clinical Research Center:MO1 RR00065, 12/1/01-11/30/06 **(Funded)**

Principle Investigator, “The effects of congestive heart failure on circulating TNF- $\alpha$  levels and the expression of apoptotic proteins in rat skeletal muscle”. Aubrey K. and Ella Ginn Lucas Endowment, 2002. **(\$4,854; funded)**

Principle Investigator, “The effect of volume and pressure overload models of congestive heart failure on skeletal muscle morphology, cardiac function, and locomotor activity.” University of Southern Mississippi Summer Research Grants, 2001. **(\$8,000; funded)**

Principle Investigator, “The effect of volume and pressure overload models of congestive heart failure on skeletal muscle morphology, cardiac function, and locomotor activity.” Aubrey K. and Ella Ginn Lucas Endowment, 2001. **(\$4,233; funded)**

## **Courses Taught**

### Virginia Commonwealth University

HPEX 375 – Exercise Physiology  
HPEX 393 – Clinical Experience I  
HPEX 440 – Chronic Disease and Exercise Management  
HPEX 441 – Assessment and Intervention in Chronic Disease  
HEMS 601 – Movement Physiology  
HEMS 610 – Laboratory Techniques in Exercise Physiology  
HEMS 675 – Clinical Exercise Physiology  
HEMS 691 – Special Topics: Cardiovascular Exercise Physiology  
REMS 701 – Advanced Exercise Physiology I  
REMS 702 – Advanced Exercise Physiology II  
REMS 703 – Cardiovascular Exercise Physiology

### University of Southern Mississippi

HPR 308L – Exercise Physiology Laboratory  
HPR 406 – Physiology of Aging  
HPR 422 – Exercise Leadership  
HPR 601 – Exercise Physiology  
HPR 706 – Cardiovascular Physiology

### Lander University

PEES 165 Wellness for Life  
PEES 200 Applied Techniques for First Aid and Safety  
PEES 201 The School Health Program, K-12  
PEES 210 Human Anatomy and Physiology  
PEES 311 Exercise Physiology  
PEES 311L Exercise Physiology Laboratory  
PEES 316 Care and Treatment of Athletic Injuries  
PEES 330 Fitness and the Aging Process  
Activity Courses: racquetball, tennis, weight training, walk/jog aerobics