

Evan C. Johnson, PhD, FACSM

University of Wyoming
Division of Kinesiology & Health
1000 E. University Ave.
Laramie WY, 82071

Phone: (307) 766-5282
Fax: (307) 766-4098
Mobile: (202) 431-4065
Email: evan.johnson@uwyo.edu

Objective

To be a team member able to contribute to the success of a team through positive communication, careful analysis, data centered decision making. and, enhancement of the educational environment & future success for all employees, and the entire community.

Education

Year	Institution	Degree
2015	The University of Arkansas	Post-Doc
2014	The University of Connecticut	Ph.D.
2008	The University of Connecticut	M.A.
2004	The George Washington University	B.S.

Professional Experience

The University of Wyoming – Division of Kinesiology & Health

- Undergraduate Coordinator, 2021 – 2024
- Associate Professor, 2020 – Pres.
- Assistant Professor, 2015 – 2020

The University of Arkansas

- Postdoctoral Fellow, Mentor: Stavros A Kavouras, Ph.D., FACSM, Feb. 2014 – June 2015

The University of Connecticut

- Doctoral Student & Graduate Research Assistant, Aug. 2010 – Jan. 2014
- Master's Student & Graduate Research Assistant, Aug. 2006 – May 2008

Naval Health Research Center – Department of Warfighter Performance

- Research Scientist, Aug. 2008 – June 2010

Career Accomplishments

Development and implementation of “QuickStart” master’s program which allows students with an undergraduate degree from the University of Wyoming to complete a master’s degree in Kinesiology in a single year. This has resulted in a 15% increase in graduate enrollment within our major.

Development and implementation of the “Experiential Learning Opportunity” (ELO) master’s capstone project. Students complete a final project associated with an ongoing internship, typically aligned with the master’s students’ future pre-health graduate program (e.g., medical school, physician’s assistant school, etc.). In combination with the “QuickStart” program this has enabled >10 students since 2020 to be accepted into their professional school of choice upon completion of their master’s degree.

Development and implementation of a “campus climate survey”. Before writing the strategic plan with the Office of Diversity Equity and Inclusion, I lobbied to develop a survey to gauge what issues our community felt needed to be addressed. I anticipated there would be resistance from our university stake holders due to cost (\$20,000) and it being “one more survey”. To address these concerns, I held “Town Hall” style meetings across campus to build support for the survey. The result was a high survey response rate and several actionable areas to be included on our strategic plan.

Successful funding applications supporting the graduate education of five master's students who are classified as Underrepresented Domestic Minority Students. This program has expanded our reach for student recruitment and enabled the formation of relationships with Hispanic-Serving Institutions, Historically Black Colleges and Universities, Tribal Colleges, and Universities, and Asian American and Pacific Islander Serving Institutions. The most prominent result has been a visible improvement in the "culture of success" for all graduate students in our division.

Awards and Honors

2025	Outstanding Service Award, College of Health Sciences	– University of Wyoming
2024	Selected into American Kinesiology Association Leadership Institute	
2024	Graduate Faculty Mentor Award, School of Graduate Education	– University of Wyoming
2024	"Last Lecture" Speaker, Mortarboard Cap & Gown Chapter	– University of Wyoming
2022	Presidential Fellowship	– University of Wyoming
2021	Outstanding Professor, Mortarboard Cap & Gown Chapter	– University of Wyoming
2020	Fellow of the American College of Sports Medicine	
2018	New Investigator Award, College of Health Sciences	– University of Wyoming
2015	Young Researcher Award	– Hydration for Health
2013	Doctoral Student Presentation Award Finalist	– NEACSM
2013	Outstanding Doctoral Student, Department of Kinesiology	– University of Connecticut
2004	Academic Excellence in Exercise and Sport	– George Washington University

Research and Scholarship

- \$1,499,259 in total grant funding (see table below for breakdown of categories and roles)

Category	Role in Project		
	Principal Investigator, or Co-PI	Co-Investigator	Lead Research Scientist
Research	\$494,110		\$730,000
Education	\$85,000	\$10,000	
Diversity, Equity, & Inclusion	\$180,149		

- Successful Grants and Funding:
 0. Year, Investigator (role), Title, Grant Agency, Internal or External to the University of Wyoming, \$amount funded, Category of Action
 1. 2023, Schmitt (PI), Johnson (Co-I), On-Line Asynchronous Classroom Curriculum Development, Wyoming NASA Space Grant Consortium, External at State Level, \$10,000, Undergraduate Student Education
 2. 2022, Johnson, Dai, Simonton (co-PI), Under-Represented Domestic Minority Graduate Student Scholarship, University of Wyoming Office of Academic Affairs, Internal, \$35,140 Graduate Student Education
 3. 2022, Johnson (PI), Laramie and the University of Wyoming as the Premier Location for Endurance Athletes Seeking to Improve Performance & Possibly for a Fee-for-service Model, University of Wyoming Presidential Fellowship Seed Grant, Internal, \$5,000, Research and Economic Development Planning
 4. 2022, Miller, Johnson, (Co-PI along with doctoral student), Creating a Modular Heat Chamber for Occupational Heat Acclimation and Thermoregulatory Research, Wyoming SBIR/STTR Initiative, Internal, \$5,000, Research & Development
 5. 2022, Johnson, (PI), Modular Heat Chamber Evaluation for Thermoregulation Research and Occupational Heat Acclimation Training, Institute of Translational Health Sciences Early Investigator Catalyst Award, External, \$5,000, Research

6. 2021, Johnson, Dai, Simonton (co-PI), Under-Represented Domestic Minority Graduate Student Scholarship, University of Wyoming Office of Academic Affairs, Internal, \$105,420, Graduate Student Education
7. 2020, Johnson (PI), Relationship between Exercise Behaviors and Nocturia in Geriatric Populations, Washington, Wyoming, Alaska, Montana, and Idaho (WWAMI) Medical School Consortium, Internal, \$4,000, Research & Research Collaboration.
8. 2020, Moyce, Johnson, Curl (co-PI), NHANES Evaluation Pertaining to High-risk Renal-function Organophosphates & Nutrition, INBRE Regional Alliance of INBRE Networks (RAIN), External & Internal, \$60,000, Research
9. 2019, Smith, Johnson (co-PI), Division of Kinesiology & Health Distance Education Innovative Funds, UW Outreach, Internal, \$75,000, Teaching
10. 2018, Readdy, Bruns, Schmitt, Dai, Smith, Johnson (co-PI), Graduate Student Recruitment Initiative, UW Graduate Education, Internal, \$10,000, Graduate Student Recruitment
11. 2018, Bruns, Schmitt, Johnson (co-PI), Laxco™ LMI 6000 Series Inverted Microscope with the SeBaCam Digital Microscope Camera and Software, INBRE Equipment Grant, Internal, \$10,438, Equipment
12. 2018, Johnson (PI), Stavros Kavouras research trip to visit the University of Wyoming, INBRE External Scientific Advisor Program, Internal, \$3,000, Research Collaboration
13. 2017, Johnson (PI), Hematological Risk Factors Related to Acute Renal and Cardiovascular Injury during High Intensity Interval Training (HIIT), Wyoming INBRE Thematic Project Program, Internal, \$100,000, Research
14. 2017, Johnson (PI), Efficacy of Pre-season Heat Acclimatization for Wildland Firefighters, Mountain & Plains Education and Research Center, External, \$14,500, Research
15. 2017, Johnson (PI), Lund University Copeptin Analysis, Travel to Lund University in Malmo Sweden, University of Wyoming International Travel Grant, Internal, \$2,000, Research and Graduate Student Recruitment
16. 2016, Johnson, Dai (co-Mentors), Under-Represented Domestic Minority Graduate Student Scholarship, University of Wyoming Office of Academic Affairs, Internal, \$39,589, Graduate Student Education
17. 2016, Johnson (PI), Use of Near Infrared Spectroscopy to Measure Urine Absorbance as a Marker of Hydration Status, DANONE Research, External, \$6,172, Research
18. 2015, Johnson (PI), Urine Color as a Marker of Change in Daily Water Intake, DANONE Research, External, \$279,000, Research
19. 2014, Kavouras (PI) Johnson (post-doc researcher), Assessing Dietary Water Intake: A Validation Study, DANONE Research, External, \$325,000, Research
20. 2013, Armstrong & Casa (co-PIs), Johnson (lead doctoral student), Effects of two six-week exercise prescriptions on running performance and clinical manifestations of cardio-metabolic disease, TIMEX Inc., External, \$20,000, Research
21. 2011 Rodriguez (PI) Johnson (lead doctoral student), Jerky as a Novel Recovery Nutrition Snack for Endurance Athletes: Effects on Whole Body Protein Utilization and Markers of Hydration Status, The Beef Checkoff, \$100,000, Research
22. 2010, Armstrong (PI) Johnson (lead doctoral student), Modified Water Intake of Women: Behavioral and Physiological Responses, DANONE Research, External, \$250,000, Research
23. 2010, Armstrong (PI) Johnson (supporting doctoral student), Body Fluid Osmolality During Progressive Dehydration, OsmoOne, External, \$35,000, Research

Publications

Peer-Reviewed Journal

- 67 Publications (16 as lead or corresponding author)

- [Google Scholar Metrics](#)

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|--------------|------|-------------------|
| ○ Citations: | 2833 | 1723 (since 2020) |
| ○ h-index: | 31 | 24 (since 2020) |
| ○ i10-index | 53 | 45 (since 2020) |

- For a full list see also PubMed link

<https://www.ncbi.nlm.nih.gov/myncbi/1lWzt-5ywsz5s/bibliography/public/>

- * Student Advisee

1. Yoder HA, Mulholland AM, **Johnson EC**, Winchester LJ, Wingo JE. Physiological Responses to Heat Stress in Groundskeepers: An Observational Field Study. *Appl Physiol Nutr Metab*. Accepted 2025 Aug 1.
2. Krisher L, Hernandez KV, Li Y, Butler-Dawson Jaramillo JD, Yoder HA, Miller KE, **Johnson EC**, James KA, Dally M, Carlton EJ, Alessio DP, Cruz A, Schaeffer J, Adgate JL, Newman LS, Heat Exposure, Heat Strain, and Off-Work Recovery of Guatemalan Sugarcane Workers. *Am J Physiol Regul Integr Comp Physiol*. Accepted 2025 Mar 31.
3. Nelson CF, Wyatt CR, **Johnson EC**, Todd WD, Schmitt EE. Acute and lifelong Endurance Exercise Yields Differential Effects During Circadian Disruption in Mice. *Medicine & Science in Sports & Exercise*. Accepted 2025 Jan 2.
4. Miller KE*, Walters J, Bautista J*, Smith BR*, Schmitt EE, Bruns DR, Robinson TJ, Schlader ZJ, **Johnson EC**. Validity and Test-Retest Reliability of a Hand-Held Ultrasound Device in Measuring Kidney Metrics in Healthy Young Adults. *Journal of Diagnostic Medical Sonography*. 2024;0(0).
5. Armstrong LE, **Johnson EC**, Adams WM, Jardine JF. Hyperthermia and Exertional Heatstroke During Running, Cycling, Open Water Swimming, and Triathlon Events. *Open Access J Sports Med*. 2024 Sep 24; 15:111-127.
6. Le Page A, **Johnson EC**, Greenberg J. Is Mild Dehydration a Risk for Progression of Childhood Chronic Kidney Disease? *Pediatr Nephrol*. 2024 Nov;39(11):3177-3191.
7. Seal AD, Colburn AT, **Johnson EC**, Péronnet F, Jansen LT, Adams J.D., Bardis CN, Guelinckx I, Perrier ET, Kavouras SA. Total Water Intake Guidelines are Sufficient for Optimal Hydration in United States Adults. *Eur J Nutr*, 2023 Feb;62(1):221-226.
8. Johnson AJ*, Schmitt EE, French JR, **Johnson EC**. Uneven but conservative pacing is associated with performance during up and downhill running. *Int J Sports Physiol Perform*. 2022 Aug 1;17(8):1170-1178.
9. Keener MM*, Critchley ML*, Layer JS*, **Johnson EC**, Barrett SF, Dai B, The Effect of Stirrup Length on Impact Attenuation, and its Association with Muscle Strength. *J Strength Cond Res*, 2021 Nov 1;35(11):3056-3062.
10. Butler-Dawson J, Krisher L, Dally M, James KA, Johnson RJ, Jaramillo D, Yoder H*, **Johnson EC**, Pilloni D, Asensio C, Cruz A, Newman LS. Sugarcane Workweek Study: Risk Factors for Daily Changes in Creatinine. *Kidney Int Rep*. 2021 Sep;6(9):2404-2414.
11. Adams JD, Arnaoutis G, **Johnson EC**, Jansen LT, Bougatsas D, Capitan-Jimenez C, Mauromoustakos A, Panagiotakos DB, Perrier ET, Guelinckx I, Kavouras SA. Combining urine color and void number to assess hydration in adults and children. *Eur J Clin Nutr*. 2021 Aug;75(8):1262-1266.
12. Colburn AT, **Johnson EC**, Péronnet F, Jansen LT, Capitan-Jimenez C, Adams JD, Guelinckx I, Perrier ET, Mauromoustakos A, Kavouras SA. Validity and Reliability of a Water Frequency Questionnaire to Estimate Daily

13. Krisher L, Butler-Dawson J, Yoder HA*, Pilloni D, Dally M, **Johnson EC**, Jaramillo D, Cruz A, Asensio C, Newman LS. Electrolyte beverage intake to promote hydration and maintain kidney function in Guatemalan sugarcane workers laboring in hot conditions. *J. Occup. Environ. Med.* 2020 Dec;62(12): e696-e703.
14. **Johnson EC**, Adams WM. Water Intake, Body Water Regulation and Health. *Nutrients.* 2020 Mar 6;12(3). (Special issue, guest editor overview)
15. Muñoz CX, **Johnson EC**, Kunces LJ, McKenzie AL, Wininger M, Butts C, Caldwell A, Seal A, McDermott BP, Vingren J, Colburn AT, Wright SS, Lopez V, Armstrong LE, Lee EC. Impact of nutrient intake on hydration biomarkers following exercise and rehydration using a clustering-based approach. *Nutrients.* 2020 Apr 30;12(5):1276.
16. Butler-Dawson J, Dally M, Johnson RJ, **Johnson EC**, Krisher L, Sánchez-Lozada LG, Griffin BR, Brindley S, Newman LS, Association of copeptin, a surrogate marker of arginine vasopressin, with decreased kidney function in sugarcane workers in Guatemala. *Ann Nutr Metab.* 2020;76(1):30-36.
17. Gostas DE, Larson-Meyer DE, Yoder HA*, Huffman AE*, **Johnson EC**. Dietary Relationship with 24 h Urinary Iodine Concentrations of Young Adults in the Mountain West Region of the United States. *Nutrients.* 2020 Jan 1;12(1).
18. **Johnson EC**, Huffman AE*, Yoder HA*, Bordelon NM*, Sewczak-Claude G, Smith DT, Educational Intervention Changes College Students' Attitudes Toward Prescription Opioid Drug Use. *Subst Use Misuse.* 2020;55(3):367-376.
19. Pryor JL, **Johnson EC**, Yoder HA*, Looney DP, Keeping Pace: A Practitioner-Focused Review of Pacing Strategies in Running. *Strength Cond J.* 2020 42(1):67-75. (Invited Review)
20. **Johnson EC**, Huffman AE*, Yoder HA*, Dolci A, Perrier ET, Larson-Meyer DE, Urinary Markers of Hydration during 3-day Water Restriction and Graded Rehydration. *Eur J Nutr.* 2020 Aug;59(5):2171-2181.
21. Veilleux JC, Caldwell AR, **Johnson EC**, Kavouras S, McDermott BP, Ganio MS. Examining the links between hydration knowledge, attitudes and behavior. *Eur J Nutr.* 2020 Apr;59(3):991-1000.
22. Larson-Meyer DE, Douglas C, Thomas J, **Johnson EC**, Barcal J, Heller J, Hollis B, Halliday T. Validation of a Vitamin-D Specific Questionnaire to Determine Vitamin D Status in Athletes. *Nutrients.* Nov 11;11(11).
23. Schmitt EE, **Johnson EC**, Yusifova M, Bruns DR, The Renal Molecular Clock: Broken by Aging and Restored by Exercise. *Am J Physiol Renal Physiol.* 2019 Nov 1;317(5):F1087-F1093. (Review)
24. Butler-Dawson J, Krisher L, Yoder H*, Dally M, Sorensen C, Johnson RJ, Asensio C, Cruz A, **Johnson EC**, Carlton EJ, Tenney L, Asturias EJ, Newman LS. Evaluation of heat stress and cumulative incidence of acute kidney injury in sugarcane workers in Guatemala. *Int Arch Occup Environ Health.* 2019 Oct;92(7):977-990.
25. Armstrong LE, **Johnson EC**, Water Intake, Water Balance, and the Elusive Daily Water Requirement. *Nutrients.* 2018 Dec; 10(12): 1928. (Invited Review)
26. Pryor JL, **Johnson EC**, Roberts WO, Pryor RR. Application of evidence-based recommendations for heat acclimation: Individual and team sport perspectives. *Temperature.* 2018 Oct 13;6(1):37-49. (Invited Review)
27. Bougatsas D, Arnaoutis G, Panagiotakos DB, Seal AD, **Johnson EC**, Bottin JH, Tsiouridi S, Kavouras SA. Fluid consumption pattern and hydration among 8-14-year-old children. *Eur J Clin Nutr.* 2018 Mar;72(3):420-427.
28. Adams JD, Kavouras SA, **Johnson EC**, Ganio MS, Gray M, McDermott BP, McKenzie AL, Lee EC, Armstrong LE. Gastrointestinal Bleeding Following a 161-Km Cycling Race in the Heat: A Pilot Study. *AsJSM.* 2018 Mar;9(1).

29. Tucker MA, Butts CL, Satterfield AZ, Six A, **Johnson EC**, Ganio MS. Spot sample urine specific gravity does not accurately represent small decreases in plasma volume in resting healthy males. *J Am Coll Nutr.* 2018 Jan;37(1):17-23.
30. **Johnson EC**, Péronnet F, Jansen LT, Capitan-Jiménez C, Adams JD, Guelinckx I, Jiménez L, Mauromoustakos A, Kavouras SA. Validation Testing Demonstrates Efficacy of a 7-Day Fluid Record to Estimate Daily Water Intake in Adult Men and Women When Compared with Total Body Water Turnover Measurement. *J Nutr.* 2017 Oct;147(10):2001-2007.
31. **Johnson EC**, Bardis CN, Jansen LT, Adams J.D., Kirkland TW, Kavouras SA. Reduced water intake deteriorates glucose regulation in patients with type 2 diabetes. *Nutr Res.* 2017 Jul;43:25-32.
32. Kavouras SA, Bougatsas D, **Johnson EC**, Arnaoutis G, Tsiouridi S, Panagiotakos DB. Water intake and urinary hydration biomarkers in children. *Eur J Clin Nutr.* 2017 Apr;71(4):530-535.
33. Adams JD, Kavouras SA, **Johnson EC**, Jansen LT, Capitan-Jimenez C, Robillard JI, Mauromoustakos A. The Effect of Storing Temperature and Duration on Urinary Hydration Markers. *Int J Sport Nutr Exerc Metab.* 2017 Feb;27(1):18-24.
34. Armstrong LE, Lee EC, Casa D, **Johnson EC**, Ganio MS, McDermott B, Vingren J, Oh HM, Williamson KH. Exertional Hyponatremia and Serum Sodium Change during Ultraendurance Cycling. *Int J Sport Nutr Exerc Metab.* 2017 Apr;27(2):139-147.
35. **Johnson EC**, Pryor RR, Casa DJ, Ellis L, Maresh CM, Pescatello, LS, Ganio MS, Lee EC, Armstrong LE. Precision, accuracy, and performance outcomes of perceived exertion versus heart rate guided run-training. *J Strength Cond Res.* 2017 Mar;31(3):630-637.
36. Armstrong LE, **Johnson EC**, Bergeron MF. COUNTERVIEW: Is Drinking to Thirst Adequate to Appropriately Maintain Hydration Status During Prolonged Endurance Exercise? No. *Wilderness Environ Med.* 2016 Jun;27(2):195-8. (Invited Review)
 - a. Armstrong LE, **Johnson EC**, Bergeron MF. REBUTTAL from "No". *Wilderness Environ Med.* 2016 Jun;27(2):200-2. (Invited Review - Rebuttal)
37. Kunces LJ, **Johnson EC**, Muñoz CX, Hydren JR, Huggins RA, Judelson DA, Ganio MS, Vingren JL, Volek JS, Armstrong LE. Observed Dietary Practices of Recreational Ultraendurance Cyclists in the Heat. *J Strength Cond Res.* 2016 Jun;30(6):1607-12.
38. **Johnson EC**, Armstrong LE, Muñoz CX, Jimenez L, Le Bellego L, Kupchak BR, Kraemer WJ, Casa DJ, Maresh CM. Hormonal and thirst modulated maintenance of fluid balance in young women with different levels of habitual fluid consumption. *Nutrients.* 2016 May;8, 302.
39. Adams JD, Kavouras SA, Robillard JI, Bardis CN, **Johnson EC**, Ganio MS, McDermott BP, White MA. Fluid Balance of Adolescent Swimmers During Training. *J Strength Cond Res.* 2016 Mar;30(3):621-5.
40. Armstrong LE, **Johnson EC**, McKenzie AL, Ellis LA, Williamson KH. Endurance Cyclist Fluid Intake, Hydration Status, Thirst, and Thermal Sensations: Gender Differences. *Int J Sport Nutr Exerc Metab.* 2016 Apr;26(2):161-7.
41. Kavouras SA, **Johnson EC**, Bougatas D, Arnaoutis G, Panagiotakos DB, Perrier E, Klein A. Validation of the Urine Colour Scale in Children. *Eur J Nutr.* 2016 Apr;55(3):907-15.
42. Armstrong LE, **Johnson EC**, McKenzie AL, Muñoz CX. An Empirical Method to Determine Inadequacy of Dietary Water. *Nutrition.* 2016 Jan;32(1):79-82. (Review)
43. Perrier ET, **Johnson EC**, McKenzie AL, Ellis LA, Armstrong LE. Urine colour change as an indicator of change in daily water intake: a quantitative analysis. *Eur J Nutr.* 2016 Aug;55(5):1943-9.

44. Muñoz CX, **Johnson EC**, McKenzie AL, Guelinckx I, Graverholt G, Casa DJ, Maresh CM, Armstrong LE. Habitual total water intake and dimensions of mood in healthy young women. *Appetite*. 2015 Sep;92:81-6.
45. **Johnson EC**, Muñoz CX, Le Bellego L, Klein A, Casa DJ, Maresh CM, Armstrong LE. Markers of the hydration process during fluid volume modification in women with habitual high or low daily fluid intakes. *Eur J Appl Physiol*. 2015 Jan 7.
46. **Johnson EC**, Pryor JL, Casa DJ, Belval LN, Vance JS, Demartini JK, Maresh CM, Armstrong LE. Bike and run pacing on downhill segments predict Ironman triathlon relative success. *J Sci Med Sport*. 2015 Jan;18(1):82-7.
47. Moyon NE, Ganio MS, Wiersma LD, Kavouras SA, Gray M, McDermott BP, Adams JD, Binns AP, Judelson DA, McKenzie AL, **Johnson EC**, Muñoz CX, Kunces LJ, Armstrong LE. Hydration Status Affects Mood State and Pain Sensation during Ultra-endurance Cycling. *J Sports Sci*. 2015 Mar 20:1-8.
48. Pryor JL, **Johnson EC**, Del Favero J, Monteleone A, Armstrong LE, Rodriguez NR. Hydration status and sodium balance of endurance runners consuming post-exercise supplements of varying nutrient content. *Int J Sport Nutr Exerc Metab*. 2015 Mar 26.
49. Kupchak BR, McKenzie AL, Luk HY, Saenz C, Kunces LJ, Ellis LA, Vingren JL, Lee EC, Ballard KD, **Johnson EC**, Kavouras SA, Ganio MS, Wingo JE, Williamson KH, Armstrong LE. Effect of cycling in the heat for 164 km on procoagulant and fibrinolytic parameters. *Eur J Appl Physiol*. 2015 Jan 22.
50. Armstrong LE, **Johnson EC**, McKenzie AL, Ellis LA, Williamson KH. Ultraendurance cycling in a hot environment: Thirst, fluid consumption and water balance. *J Strength Cond Res*. 2015 Apr;29(4):869-76.
51. Armstrong LE, **Johnson EC**, Ganio MS, Judelson DA, Vingren JL, Kupchak BR, Muñoz CX, McKenzie AL, Williamson KH. Effective body water and body mass changes during summer Ultra-endurance road cycling. *J Sports Sci*. 2015;33(2):125-35.
52. Armstrong LE, **Johnson EC**, Kunces LG, Ganio MS, Judelson DA, Kupchak BR, Vingren JL, Muñoz CX, Huggins RA, Hydren JR, Moyon NE, Williamson KH. Drinking to thirst versus drinking ad libitum during road cycling. *J Athl Train*. 2014 Sep-Oct;49(5):624-31.
53. Armstrong LE, Ganio MS, Klau JF, **Johnson EC**, Casa DJ, Maresh CM. Novel hydration assessment techniques employing thirst and a water intake challenge in healthy men. *Appl Physiol Nutr Metab*. 2014 Feb;39(2):138-44.
54. Muñoz CX, **Johnson EC**, Demartini JK, Huggins RA, McKenzie AL, Casa DJ, Maresh CM, Armstrong LE. Assessment of hydration biomarkers including salivary osmolality during passive and active dehydration. *Eur J Clin Nutr*. 2013 Dec;67(12):1257-63.
55. **Johnson EC**, Kolkhorst FW, Richburg A, Schmitz A, Martinez J, Armstrong LE. Specific exercise heat stress protocol for a triathlete's return from exertional heat stroke. *Curr Sports Med Rep*. 2013;12(2):106-109. (Data / Case Report)
- a. **Johnson EC**, Kolkhorst FW, Schmitz A, Armstrong LE. Authors' Response to letter to the editor about case report, "Specific exercise heat stress protocol for a triathlete's return from exertional heat stroke". *Curr Sports Med Rep*. 2013 Sep-Oct;12(5):347-8.
56. Armstrong LE, **Johnson EC**, McKenzie AL, Muñoz CX. Interpreting common hydration biomarkers on the basis of solute and water excretion. *Eur J Clin Nutr*. 2013;67(3):249-253.
57. **Johnson EC**, Armstrong LE. Switching Habitual Small and Large Volume Drinkers: Outcomes and Lessons Learned. *Nutrition Today*. 2013;48(3S): S1-S4.

58. Armstrong LE, **Johnson EC**, Muñoz CX, Le Bellego L, Klein A, McKenzie AL, Casa DJ, Maresh CM. Evaluation of Uosm:Posm ratio as a hydration biomarker in free-living, healthy young women. *Eur J Clin Nutr.* 2013;67(9): 934-938.
59. Armstrong LE, Anderson JM, Casa DJ, **Johnson EC**. Exertional heat stroke and the intestinal microbiome. *Scand J Med Sci Sports.* 2012;22(4):581-582. (Letter to the Editor)
60. Armstrong LE, **Johnson EC**, Muñoz CX, Swokla B, Le Bellego L, Jimenez L, Casa DJ, Maresh CM. Hydration biomarkers and dietary fluid consumption of women. *J Acad Nutr Diet.* 2012;112(7):1056-1061.
61. Ganio MS, **Johnson EC**, Klau JF, Anderson JM, Casa DJ, Maresh CM, Volek JS, Armstrong LE. Effect of ambient temperature on caffeine ergogenicity during endurance exercise. *Eur J Appl Physiol*(2011) 111:1135–1146.
62. Ganio MS, **Johnson EC**, Lopez RM, Stearns RL, Emmanuel H, Anderson JM, Casa DJ, Maresh CM, Volek JS, Armstrong LE. Caffeine lowers muscle pain during exercise in hot but not cool environments, *Physiol. Behav.* 2011;102(3-4): 429-435.
63. **Johnson EC**, Ganio MS, Lee EC, Lopez RM, McDermott BP, Casa DJ, Maresh CM, Armstrong LE. Perceptual responses while wearing an American football uniform in the heat. *J Athl Train.* 2010; 45(2):107-116.
64. Armstrong LE, **Johnson EC**, Casa DJ, Ganio MS, McDermott BP, Yamamoto LM, Lopez RM, Emmanuel H. The American football uniform: uncompensable heat stress and hyperthermic exhaustion. . *J Athl Train.* 2010; 45(2):117-127.
65. Ganio MS, Armstrong LE, **Johnson EC**, Klau JF, Ballard KD, Michniak-Kohn B, Kaushik D, Maresh CM. Effect of quercetin supplementation on maximal oxygen uptake in men and women. *J. Sports Sci.* 2010;28(2): 201-208.
66. **Johnson EC**, Armstrong LE, Heat and Hydration Considerations for Junior and Collegiate Tennis Players. *Strength & Conditioning Journal* 2009;31 (4), 27-34.

Refereed Book and Monograph Chapters

1. **Johnson EC**, Miller K, Body Fluids and Water Balance. IN: *Biochemical, Physiological, and Molecular Aspects of Human Nutrition* (5th Edition), in press scheduled for 2025.
2. Muñoz CX, **Johnson EC**, Hydration concerns for athletes. IN: *Nutrition and Enhanced Sports Performance: Muscle Building, Endurance and Strength* (2nd Edition), 2019.
3. **Johnson EC**, Kovacs M, Curtis R, Individual Sports. IN: *Sport and Physical Activity in the Heat: Maximizing Performance and Safety.* 2018.
4. **Johnson EC**, Kavouras SA. Is it possible to be well hydrated and still experience exertional heat illness? IN: *Quick Questions in Heat-Related Illness and Hydration: Expert Advice in Sports Medicine.* 2015.
5. Armstrong LE, McKenzie AL, **Johnson EC**. The Importance of Research for Evidence-Based Practice. IN: *American College of Sports Medicine – Research Methods.* 2015.

Oral Scientific Presentations (only presentations that I personally delivered)

1. **Johnson EC**, Torres M*, Altitude and Sports Performance. American College of Sports Medicine “From Around the Field” webinar. March 2025.
2. **Johnson EC**, Water: Improving Aging & Mood. American Society of Nutrition, Chicago, IL. July 2024.
3. **Johnson EC**, Hydration and Geroscience: How does water influence aging biology, chronic disease, and health? Federation of European Nutrition Societies, Belgrade, Serbia. November 2023.
4. **Johnson EC**, Sex, and habitual water intake are related to dimensions of mood, American College of Sports Medicine, San Diego, CA, 2022.
5. **Johnson EC**, Water Consumption and Physiological Dysfunction: Inverse Relationship or simply Correlation? Water Talks for World Water Day, Arizona Wellbeing Commons / Arizona State University, Online, March 2022.
6. **Johnson EC**, Hippocrates was right. Now what? Water as a part of healthy aging, Hydration for Health Conference, Online, June 2021.
7. **Johnson EC**, Functional Waters, Performance & Health: Facts & Myths, Hydration for Health Conference, Online, June 2020.
8. **Johnson EC**, Feasibility of Heat Acclimation in Wildland Firefighters, Western Agriculture Safety and Health Conference, Seattle, WA, August 2019.
9. **Johnson EC**, Scientific principles of study design; How does experimental format determine interpretation of results? Hydration for Health Conference, Evian-les-Bains, France, June 2019.
10. **Johnson EC**, Everyday Hydration, I should care? Rocky Mountain American College of Sports Medicine, Colorado Springs, Colorado, March 2018.
11. **Johnson EC**, High Intensity Exercise, Cardiac Output, & Renal Injury. American College of Sports Medicine; Denver, CO, May 2017.
12. **Johnson EC**, The Impact of Fluid Intake on Glucose Metabolism. American College of Sports Medicine; Boston, MA, May 2016.
13. **Johnson EC**, Bardis CN, Adams J.D., Jansen L, Kirkland TW, Murray W, Kavouras SA, Reduced water intake exacerbates cortisol-mediated insulin resistance in patients with type II diabetes. Hydration for Health Conference; Evian, France; July 2015.
14. **Johnson EC**, Pryor, JL, Belvi, LN, Casa DJ, Maresh CM, Armstrong, LE, The importance of even pacing during an ultra-endurance triathlon competition. Chinese Delegation visit to University of Connecticut Human Performance Laboratory; Storrs, CT; October 2013.
15. **Johnson EC**, Munoz, CX, Le Bellego, L, Klein A, Jimenez, L, Casa DJ, Maresh CM, Armstrong, LE, Effects of switching small and high drinker on physiological markers in free-living conditions. Hydration For Health Scientific Conference; Evian, France; July 2012.
16. **Johnson EC**, Kolkhorst FW, Richburg A, Schmitz A, Martinez J, Armstrong LE, Exertional Heatstroke in Triathlon: What does Heat Tolerance Testing Tell Us? American College of Sports Medicine Annual Conference; Denver, CO; 2011.

- Also presented;
- As an invited speaker at the University of Arkansas, February 2012
 - As an invited speaker for “Grand Rounds” University of Connecticut, November 2011.

17. **Johnson EC**, Ganio MS, Lee EC, Lopez RM, McDermott BP, Casa DJ, Maresh CM, Armstrong LE. Perceptual Responses While Wearing an American Football Uniform in the Heat. American College of Sports Medicine Annual Conference; Seattle, WA; 2009.

Scientific Poster Presentations (First Author)

1. **Johnson EC**, How to simply add lecture recordings of your course: Helping non-traditional students, without discouraging lecture attendance. American Kinesiology Association, Annual Workshop, Newport Beach, CA, January 2025.
2. **Johnson EC**, Feasibility of Heat Acclimation in Wildland Firefighters, American College of Sports Medicine, Boston, MA, 2024.
3. **Johnson EC**, Efficacy of Online vs. In-person Learning (Validation of Assessment Questions), American College of Sports Medicine; San Diego, 2022.
4. **Johnson EC**, Relationship Between Self-Reported Exercise Behaviors and Nocturia in Geriatric Populations, American College of Sports Medicine; San Diego, 2022.
5. **Johnson EC**, Markers of Acute Kidney Injury Following a Bout of High-Volume Functional Resistance Exercise, American College of Sports Medicine; Online, 2021.
6. **Johnson EC**, High Intensity Functional Resistance Training What is it? Are there risks, benefits, or both?, NIH IDEa Western Regional Conference, Las Vegas, NV, October 2019.
7. **Johnson EC**, Zamora M, Loseke JD, Hibbs CJ, Schmitt EE, Tucker R, Smith DT, Feasibility of Heat Acclimation in Wildland Firefighters, Western Agriculture Safety and Health Conference, Seattle, WA, August 2019.
8. **Johnson EC**, Huffman AE, Yoder HA, Dolci A, Perrier ET, Larson-Meyer DE, Small Differences in Rehydration Volume Affect 24h Urinary Concentration, Experimental Biology, San Diego, CA; 2018.
9. **Johnson EC**, Huffman AE, Sewczak-Claude G, Smith DT, Gender, Past Prescription, and Knowledge of Abuse Impact College Students' Feelings on Prescription Pain Killers. American College of Sports Medicine; Denver, CO; 2017.
10. **Johnson EC**, Peronnet F, Vidal T, Adams JD, Jansen LT, Capitán-Jimenez C, Kavouras SA. Water Turnover, Urinary Markers of Hydration, And Mood In Men And Women. American College of Sports Medicine; Boston, MA; 2016.
11. **Johnson EC**, Adams JD, Jansen LT, Capitán-Jimenez C, Kavouras SA., The Influence of Beverage Choice on Body Weight Over 4-Weeks. Experimental Biology; San Diego, CA; 2016.
12. **Johnson EC**, Bardis CN, Adams J.D., Kirkland TW, Summers LG, Murray W, Robillard J, Kavouras SA. Blood glucose kinetics are related to hydration status in men with type II diabetes. American College of Sports Medicine; San Diego, CA; Thematic poster presentation 2015.
13. **Johnson EC**, Cardenas VM, Kavouras SA. Water intake and hyperinsulinemia in a national sample of U.S. adults: An analysis of NHANES Data. Experimental Biology; Boston MA; 2015.
14. **Johnson EC**, Pryor, RR, Casa DJ, Maresh, CM, Wu Y, Pescatello, LS, Lee EC, Ganio MS, Armstrong, LE. Cardio-metabolic and performance outcomes of run training based on perceived exertion versus heart rate. American College of Sports Medicine; Orlando, FL; 2014.

15. **Johnson EC**, Munoz CX, Kunces LJ, Stearns RL, Volk BM, Casa DJ, Armstrong LE. Relation between pre-exercise hydration perceptions and outcomes: Are thoughts related to action? American College of Sports Medicine Annual Conference; Indianapolis, IN; 2013.
16. **Johnson EC**, Del Favero J, Monteleone A, Pryor JL, Armstrong LE, Rodriguez NR. Hydration status and sodium balance of endurance runners consuming post-exercise supplements with varying macronutrient contents. Experimental Biology Annual Conference; Boston, MA; 2013.
17. **Johnson EC**, Muñoz CX, Le Bellego L, Klein A, Jimenez L, Kupchak BR, Kraemer WJ, Casa DJ, Maresh CM, Armstrong LE. Vasopressin not aldosterone is associated with changes in body mass and urine volume during a controlled 4 d fluid intake intervention. Experimental Biology Annual Conference; San Diego, CA; 2012.
18. **Johnson EC**, Muñoz CX, Le Bellego L, Klein A, Jimenez L, Casa DJ, Maresh CM, Armstrong LE. Changes from High and Low Habitual Fluid Intake Alter Urinary Osmolality and Thirst. Thematic Poster - American College of Sports Medicine Annual Conference; San Francisco, CA; 2012.
19. **Johnson EC**, May CA, Wong JM, Jameson JT, Hodgdon JA, Heaney JH. Threats to Performance: An Observational Study of Factors that Contribute to Hypothermia during Warfighter Training. American College of Sports Medicine Annual Conference; Baltimore, MD; 2010.

Scientific Poster Presentations (Contributing Author)

1. J Bautista, KE Miller, JA Beckley, D Nye, BR Smith, EC Johnson, The Influence Of Perception And Comfort On Fluid Rehydration Preference: A Pilot Study – American College of Sports Medicine Annual Conference, Boston, MA. 2024.
2. Kevin Miller, Jenna Beckley, Dillon Nye, Bailee R Smith, Jimmy G Bautista, Timothy J Robinson, Emily Schmitt, Danielle R Bruns, Zachary J Schlader, Christopher Bell, Evan C Johnson. Constructing A Makeshift Heat Chamber Suitable For Thermoregulatory Research And Heat Acclimation Training – American College of Sports Medicine Annual Conference, Boston, MA. 2024.
3. M Torres, EC Johnson, AC Baptista, W Prado, DG Christofaro, JP Botero. Physical Fitness In Chronic Kidney Disease Patients: A Cross-sectional Study, – American College of Sports Medicine Annual Conference, Boston, MA. 2024.
4. T Kortlever, N McLaughlin, K Miller, J Kuehmichel, E Johnson. Fluid Intake And Prevalence Of Nocturia In Geriatric Populations. – American College of Sports Medicine Annual Conference, San Diego, CA. 2022.
5. JJ Kuehmichel, EC Schmitt, BD Kern, EC Johnson. Efficacy Of Online Vs. In-person Learning. – American College of Sports Medicine Annual Conference, San Diego, CA. 2022.
6. Hillary A Yoder, Jaime Butler-Dawson, Lyndsay K Krisher, Diana Jaramillo, Evan C Johnson, Jonathan E Wingo, Lee S Newman. Cardiovascular Strain During Sugarcane Cutting Is Not Related To Markers Of Acute Kidney Injury. – American College of Sports Medicine Annual Conference, Virtual Meeting. 2021.
7. TL Wallhead, MS Hagger, J Gentle, B Mandaric, E Neil, G Masucci, Janelle Simpson, Danni Liffmann-Kruger, Evan C Johnson. The Influence of a Free Adult Outdoor Fitness Program on Leisure-Time Physical Activity Using the Trans-Contextual Model of Motivation. North American Society for the Psychology of Sport and Physical Activity Virtual Conference. 2021.
8. CX Munoz, A Acosta, L Edwards, EC Johnson, LJ Kunces, JL Vingren, Lawrence E Armstrong, Elaine C Lee, Jenna M Bartley. Exploration Of Hydration Practices And Prolonged Endurance Exercise Effects On Plasma Apelin Concentration. American College of Sports Medicine Annual Conference, Abstract Accepted; Meeting Cancelled due to COVID. 2020.
9. J Loseke, EE Schmitt, ME Dillon, M Zamora, CJ Green, DT Smith, Johnson EC. Exercise Heat Exposure Induced Changes In Genetic Expression Before And After Heat Acclimation In Humans. American College of Sports Medicine Annual Conference, Abstract Accepted; Meeting Cancelled due to COVID. 2020.

10. HyunGyu Suh, Evan Johnson, Costas Bardis, Lisa Jansen, JD Adams, Catalina Capitan-Jimenez, Clementine Morin, Erica Perrier, Stavros Kavouras. Plain Water Intake Is Positively Associated with Physical Activity and Ambient Temperature in Free-Living Adults. American Society of Nutrition Annual Meeting. 2020.
11. CX Munoz, EC Johnson, LJ Kunces, AL McKenzie, M Wininger, C Butts, Aaron Caldwell, Adam Seal, Brendon P McDermott, Jakob L Vingren, James Boyette, Colin Melford, Abigail Colburn, Skylar Wright, Ekow Dadzie, Virgilio Lopez, Lawrence E Armstrong, Elaine C Lee. Impact of Nutrient Intake During Exercise on Hydration Markers Following Exercise and Rehydration. American College of Sports Medicine Annual Conference, Orlando, FL. 2019.
12. HA Yoder, AE Huffman, CL Keeter, S McCullough, ET Perrier, A Dolci, Johnson EC. Self-Reported Changes in Thirst and Alertness during Variable Prescribed Fluid Intake. American College of Sports Medicine Annual Conference, Orlando, FL. 2019.
13. AR Caldwell, ME Rosa-Caldwell, C Keeter, EC Johnson, F Peronnet The Relationship between% BML, Urine Color, Thirst Level and Urine Indices of Hydration Status. Hydration 4 Health Annual Meeting, Evian, France. 2019.
14. CX Munoz, EC Johnson, LJ Kunces, AL McKenzie, C Butts, A Caldwell, Adam Seal, Brendon P McDermott, Jakob L Vingren, James Boyette, Colin Melford, Abigail Colburn, Skylar Wright, Ekow Dadzie, Virgilio Lopez, Lawrence E Armstrong, Elaine C Lee. Hydration Biomarker and Plasma Copeptin Variability in Response to Partial Rehydration After Exercise-Induced Dehydration. American College of Sports Medicine Annual Conference, Minneapolis, MN. 2018.
15. A Seal, E Johnson, F Perronet, L Jansen, LD Summers, JD Adams, Erica Perrier, Isabelle Guelinckx, Stavros Kavouras. Effectiveness of total water intake guidelines in maintaining lowered urine osmolality. Experimental Biology, San Diego, CA; 2018.
16. HA Yoder, J Butler-Dawson, LK Krisher, LS Newman, EC Johnson. Cross-shift Body Mass Change and Associated Health Outcomes Related to Chronic Kidney Disease in Sugarcane Workers in Guatemala. Experimental Biology, San Diego, CA; 2018.
17. HG Suh, MR Narcisse, EC Johnson, V Cardenas, LT Jansen, SA Kavouras. Water Intake And Hydration State Is Associated With Insulin Resistance In Healthy Adults: NHANES 2009-2012. American College of Sports Medicine Annual Conference, Denver, CO. 2017.
18. SA Kavouras, EC Johnson, JD Adams, LT Jansen, C Capitan-Jiménez, Daniel L Nixon, Ainsley Huffman. Number Of Visits To The Bathroom As An Index Of Elevated Urine Osmolality. American College of Sports Medicine Annual Conference, Boston, MA. 2016.
19. MA Tucker, CL Butts, NE Moyan, EC Johnson, JD Adams, AZ Satterfield, Ashley Six, Matthew S Ganio. Effect of Fluid Intake on Changing Blood Volume in Healthy Males. American College of Sports Medicine Annual Conference, Boston, MA. 2016.
20. SA Kavouras, EC Johnson, JD Adams, LT Jansen, C Capitan-Jiménez, Erica Perrier, François Péronnet, Isabelle Guellincx. Validity and reliability of a 7-day fluid diary to estimate average daily water intake. Experimental Biology, San Diego, CA; 2016.
21. HG Suh, MR Narcisse, EC Johnson, LT Jansen. Higher water intake and better hydration state is associated with lower risk of insulin resistance in healthy adults: NHANES 2009-2012. Hydration 4 Health Conference. Evian, France, 2016.
22. LT Jansen, D Bougatsas, EC Johnson, G Arnaoutis, S Tshipouridi, DB Panagiotakos. Water intake and urinary hydration biomarkers in children. Hydration 4 Health Conference. Evian, France, 2016.

23. AD Seal, D Bougatsas, G Arnaoutis, DB Panagiotakos, EC Johnson, JH Bottin, S Tsipouridi. A fluid consumption pattern based on plain water and milk is associated with better hydration. Hydration 4 Health Conference. Evian, France, 2016.
24. JD Adams, JI Robillard, C Capitan, EC Johnson, SA Kavouras. Freezing Urine Samples Decreases the Values of Hydration Markers: A Methodological Study. American College of Sports Medicine Annual Conference, San Diego, CA, 2015.
25. LT Jansen, JI Robillard, JD Adams, EC Johnson, CN Bardis, LynnDee G Summers, Ainsley Huffman, Thomas Vidal, Mikell L Hammer, Stavros A Kavouras. Fluid Balance of Adolescent Swimmers During Training. American College of Sports Medicine Annual Conference, San Diego, CA, 2015.
26. JD Adams, C Bardis, E Johnson, LD Summers, W Murray, S Kavouras. Hypohydration Does Not Alter Dynamic Balance in Type II Diabetics. Experimental Biology, Boston MA; 2015.
27. MA Tucker, CL Butts, NE Moyon, EC Johnson, JD Adams, AZ Satterfield, MS Ganio. effect of fluid intake on changing blood volume in healthy males. Hydration 4 Health Conference. Evian, France, 2015.
28. LT Jansen, JD Adams, Y Sekiguchi, J Fry, A Schroeder, EC Johnson. Effects of plasma osmolality on glucose regulation in healthy males—a pilot study. Hydration 4 Health Conference. Evian, France, 2015.

Teaching and Advising

Course Number	Course Name	Year	Credit Hours
KIN 4043	Drugs and Exercise Performance	2015	3
KIN 3021	Physiology of Exercise	2016	4
KIN 3021	Physiology of Exercise (summer)	2016	4
KIN 4043	Drugs and Exercise Performance	2016	3
KIN 5040	Advanced Exercise Physiology	2016	3
KIN 3021	Physiology of Exercise	2017	3
KIN 5586	Professional Skills for the Research Scientist	2017	3
KIN 5040	Advanced Exercise Physiology	2017	3
KIN 3021	Physiology of Exercise	2018	3
KIN 3021	Physiology of Exercise (summer)	2018	3
KIN 4043	Drugs and Exercise Performance	2018	3
KIN 3021	Physiology of Exercise	2019	3
KIN 3021	Physiology of Exercise (summer)	2019	3
KIN 3021	Physiology of Exercise	2020	3
KIN 5586	Professional Skills for the Research Scientist	2020	3
KIN 3021	Physiology of Exercise (summer)	2020	3
KIN 4043	Drugs and Exercise Performance	2020	3
KIN 3021	Physiology of Exercise	2021	3
KIN 5041	Environmental Physiology	2021	3
KIN 3021	Physiology of Exercise (summer)	2021	3
KIN 5043	Drugs and Exercise Performance	2021	3
KIN 3021	Physiology of Exercise	2022	3
KIN 1006	Introduction to Kinesiology	2022	1
KIN 3021	Physiology of Exercise (summer)	2022	3
KIN 3021	Physiology of Exercise	2022	3
KIN 4043	Drugs and Exercise Performance	2022	3
KIN 5041	Environmental Exercise Physiology	2023	3
KIN 5586	Collection & Analysis of Research Data in Health Sciences	2024	3
KIN 3021	Physiology of Exercise	2024	3
KIN 4043	Drugs and Exercise Performance	2024	3
KIN 5041	Environmental Exercise Physiology	2025	3

Graduate Student Research Supervision (Committee Chair)

1. Libby Berryhill-Worshek, University of Wyoming, master's Student, A Comparison of the Health Benefits of Run-Training and Racing a Marathon versus a 5K, WY 2026
2. Michael Torres, University of Wyoming, master's Student, Altitude and Muscle Hypertrophy, WY 2025
3. Jimmy Bautista, University of Wyoming, master's student, Live-High, Train Low for Long-term Moderate Altitude Athletes. WY 2024
4. Bailee Smith, University of Wyoming, master's student, Urine Color during Land- vs. Water-based Exercise. WY 2024
5. Kevin Miller, University of Wyoming, Doctoral student, Use of Renal Ultrasound to Diagnose and Measure Acute Kidney Injury following Exercise in the Heat. WY, 2024
6. Faith Hoffman, University of Wyoming, master's student, The Value of Women as Rodeo Coaches at the Collegiate Level. Discontinued Program to accept a head coaching job in rodeo.
7. Amber Girtz, University of Wyoming, master's student, Exercise and Cancer Rehabilitation. WY 2023
8. Jared Nelson, University of Wyoming, master's student, Enabling Novel Exercise Prescription for Post-clinical Care through Current Healthcare Insurance. WY 2023
9. Lyndsay Krisher, Colorado School of Public Health, Individual and household determinants of daily creatinine change among sugarcane workers. CO 2022
10. Joshua Keumichael, University of Wyoming, master's student, Influence of Physical Activity and Water Intake on Urine Color, WY, 2022
11. Aaron Kohler, University of Wyoming, master's student, Implementation of a Narcan Risk-reduction Plan in Laramie, WY, 2021
12. Tyler Blechschmid, University of Wyoming, master's student, Exercise as a Treatment for Nocturia in Older Adults, 2021
13. Andrew Johnson, University of Wyoming, master's student, Up- and Down-hill Running Velocity Ratio as a Predictor of Group and Individual Success, 2021
14. Joshua Loseke, University of Wyoming, master's student, Genetic Expression of Hypoxia Inducible Factor during Heat Acclimation in Humans, 2020
15. Carson Keeter, University of Wyoming, master's student, Thirst and Mood in response to water restriction, Discontinued Program
16. Nicole Sauls, University of Wyoming, master's student, Acute kidney injury and high intensity interval training, 2019
17. Miranda Zamora, University of Wyoming, master's student, Heat acclimatization and injury risk within wildland firefighters, 2019
18. Hillary Yoder, University of Wyoming, master's student, Incidence of chronic kidney disease in Guatemalan sugarcane field workers, 2018
19. Ryan Putnam, University of Wyoming, master's student, Measurement of total body water in chronic low water consumers, 2018

20. Ainsley Huffman, University of Wyoming, master's student, Quantification of water intake to return to hydration, 2017

Graduate Student Research Supervision (Committee Member)

1. Lucy Wetherall, University of Wyoming, Psychology, master's Student, 2026.
2. Emma Mehl, University of Wyoming, Kinesiology, master's Student, 2025.
3. Cole Nelson, University of Wyoming, Kinesiology, master's Student, 2024.
4. Kylie Earhart, University of Wyoming, Kinesiology, master's Student, 2023.
5. Caitlin Falco, University of Wyoming, Psychology, Doctoral Student, 2023.
6. Lyndsay Krisher, University of Colorado, Public Health, Doctoral Student, 2023.
7. Hayden Kastens, University of Wyoming, Statistics, master's Student, 2023.
8. Nick Marcello, University of Wyoming, Kinesiology, master's Student, 2022.
9. Mariah Crowe, University of Wyoming, Kinesiology, master's Student, 2021.
10. Demetre Gostas, University of Wyoming, Family & Consumer Science, 2019.
11. Corey Douglas, University of Wyoming, Family & Consumer Science, 2019.
12. Michaela Keener, University of Wyoming, Kinesiology, master's Student, 2018.
13. Meghan Critchley, University of Wyoming, Kinesiology, master's Student, 2018.
14. Kyle Bochanski, University of Wyoming, Kinesiology, master's Student, 2017.
15. Cassie Ayres, University of Wyoming, Kinesiology, master's Student, 2017.
16. Scarlett Barnes, University of Wyoming, Kinesiology, master's Student, 2017.
17. Candace Garner, University of Wyoming, Kinesiology, master's Student, 2016.

Undergraduate and High School Research Supervision

1. Brice Nimmo, University of Wyoming, Improved Recovery during Live-High, Train-Low Training, 2025
2. Beknazar Alikulov, University of Wyoming, Urine Color Scale Cross-Methodological Validation, 2023
3. Tara Kortlever, University of Wyoming, Influence of Nocturia on Daily Water Intake, 2023
4. Allyson Abke, University of Wyoming, Dietary Intake and Skeletal Muscle Damage Following High Intensity Functional Resistance Training, 2021
5. Brittney Wells, University of Wyoming, Acute Blood Pressure Response following High Intensity Training, 2020
6. Emelda Malm-Anan, University of Wyoming, Breastfeeding Education of Parents of Newborns, 2020
7. Aaron Koehler, University of Wyoming, Development and Implementation of a Narcan Emergency Plan within the Division of Kinesiology & Health, 2020

8. Lauren Elliot, University of Wyoming, Effects of volume of water intake on skeletal muscle damage and perceived muscle soreness following a bout of high intensity exercise, 2019
9. Travis Kolbo, University of Wyoming, Comparison of Doubly Labeled Water and Bioelectrical Impedance Analysis in Total Body Water and Total Body Water Turnover, 2018
10. Brandon Strannigan, University of Wyoming, Renal Injury Risk from Non-Steroidal Anti-Inflammatory Drug Use and High Intensity Training, 2018
11. Shane McCullough, University of Wyoming, Intra Rater Reliability of the Urine Color Chart, 2017
12. Matthew Moore, University of Wyoming, The Dos and Don'ts for Planning and Enacting a Professional Meeting, 2017
13. Tinsley Binning, Laramie High School STEM, An educational intervention to evaluate the likelihood of requesting opioid verses alternative therapy following injury visualization, 2016

Undergraduate and Graduate Student Advisee Research Awards

1. Michael Torres
 - Rocky Mountain ACSM Master's Student Poster Presentation Award, 2025
 - ACSM – Gatorade Sport Science Institute, Diversity in Sports Science Award, 2023
2. Jimmy Bautista
 - Rocky Mountain ACSM Master's Student Research Grant, 2023
3. Kevin Miller
 - Rocky Mountain ACSM Doctoral Student Research Grant, 2022
4. Joshua Keumichael
 - Rocky Mountain ACSM Master's Student Poster Presentation, Golden CO, 2022
5. Tara Kortlever
 - INBRE Undergraduate Research Fellow Fall 2021
 - INBRE Undergraduate Research Fellow Spring 2022
6. Allyson Abke
 - INBRE Undergraduate Research Fellow Summer 2021
7. Miranda Zamora-Williams
 - Outstanding Masters' Student Research Award, University of Wyoming. 2020
8. Brittney Wells
 - American Kinesiology Association National Undergraduate Scholar Honorable Mention, 2020
 - Top Undergraduate Research Award, Rocky Mountain American College of Sports Medicine. 2019
 - INBRE Undergraduate Research Fellow Spring 2019
 - INBRE Undergraduate Research Fellow Summer 2019
 - 2nd Place for student research presentations at NIH IDeA Western Regional Conference. 2019
9. Lauren Elliot
 - Top Undergraduate Poster Presentation, University of Wyoming College of Health Sciences Research Day. 2019
 - Undergraduate Commencement Speaker Competition Winner, University of Wyoming. 2019

10. Nicole Sauls

- Top Graduate Student Poster Presentation, Rocky Mountain American Society of Biomechanics. 2019
- Outstanding Master's Student Podium Presentation, National Strength and Conditioning Association. 2019
- Top Graduate Poster Presentation, University of Wyoming College of Health Sciences Research Day. 2019

11. Hillary Yoder

- Outstanding Masters' Student Research Award, University of Wyoming. 2019
- Young Researcher Award Nominee, Hydration for Health. 2018 & 2021
- International Excellence Award, University of Wyoming Global Engagement. 2018
- Master's Scholar, American Kinesiology Association. 2018
- Vernon K Gale Memorial Award, College of Health Sciences. 2017

Service

University Service

- 2025 – 2026 Faculty Senate, Chair-Elect
- 2024 - 2025 Reappointment, Tenure & Promotion Review Committee – Elected Chair
- 2024 -2025 Faculty Senate, CHS Rep.
- 2023 – 2024 Reappointment, Tenure & Promotion Review Committee – CHS Rep.
- 2022 – Pres. Diverse Graduate Student Mentorship Program - Mentor
- 2017 – 2019 Council on Diversity, Equity, and Inclusion (CDEI) - Faculty Rep.
- 2018 – 2019 CDEI - Executive Board Member – Chair Campus Climate Survey
- 2015 – 2017 Multicultural Student Leadership Initiative - Faculty Representative

College of Health Sciences Service

- 2020 – 2023 Reappointment, Tenure, & Promotion Committee – Member & Chair
- 2017 – 2021 Student Affairs Committee – Chair

Division of Kinesiology & Health Service

- 2019 – Pres. Graduate Distance Program Development Co-PI
- 2018 – Pres. Graduate Student Recruitment Committee member
- 2017 – Pres. Building Renovation Committee member
- 2016 – 2024 Undergraduate Curriculum Director
- 2015 – 2016 Tenure and Promotion Guideline Evaluation subcommittee member

Professional Service

- 2024 – Pres. [SWIVL](#) (educational technology company) Product Innovation Team
- 2022 – Pres. American College of Sports Medicine, Leadership & Diversity Training Program
- 2021 – 2023 American College of Sports Medicine, Rocky Mountain Region, President
- 2020 – Pres. Hydration for Health Scientific Committee
- 2020 – Pres. American College of Sports Medicine, Student Bowl Planning Committee
- Aug-Oct 2020 American College of Sports Medicine, Fellowship Task Force

- 2016-2019 American College of Sports Medicine, Rocky Mountain Region, Wyoming Rep.

Community Service

- Board Member, Board of Health, City of Laramie, WY, 2023 – Present