

EDUCATION

Ph.D in Kinesiology (Exercise Physiology + Nutrition)	Fall 2019 – December 2023
GPA: 4.05	
Georgia State University, Atlanta, GA	
Master of Science in Health & Human Performance	Summer 2019
GPA: 4.00	
Georgia College & State University, Milledgeville, GA	
Bachelor of Science, Exercise Science	Summer 2018
GPA: 3.79	
Georgia College & State University, Milledgeville, GA	

PROFESSIONAL CERTIFICATIONS

- **Basic Life Support – CPR/AED/First Aid** – American Red Cross; Expires November 2026
- **Certified Phlebotomy Technician** – National Healthcare Certification Organization; Expires Fall 2026
- **Certified Sports Nutritionist** – International Society of Sports Nutrition (ISSN); May 2020 – Present
- **Certified Strength & Conditioning Specialist** – National Strength & Conditioning Association (NSCA CSCS); May 2018 – Present
- **Certified Exercise Physiologist** – American College of Sports Medicine (ACSM); September 2020 – Present

RESEARCH AND PROFESSIONAL INTERESTS

- Sports nutrition, nutrient timing, and ergogenic aids
- Hormonal influence on metabolism and endurance performance
- Preventative nutrition approaches
- Biochemical responses to exercise and nutritional interventions

PUBLICATIONS IN PRINT/ACCEPTED

- **Kurtz, J.A.**, Hagele, A., M, Harty, P., Kersick, C., (2026). Where Is the Data? Examining the Lack of Longitudinal Data for Ingredients Purported to Enhance Blood Flow. *Journal of the International Society of Sports Nutrition* (in submission).
- Wentz, L. M., Radman, S., Farris, A., Farris, Z., & **Kurtz, J. A.** (2026). Rock climbing and nutrition: How diet and anthropometric factors influence performance. *Journal of Strength and Conditioning Research*. (Accepted, Under Review).
- Gonzalez, D. E., Dickerson, B. L., Roberts, B., **Kurtz, J. A.**, Waldman, H. S., Gonzalez, A. M., McAllister, M. J., Heileson, J., Bloomer, R. J., Arent, S., Candow, D. G., Stout, J. R., Hecht, K. A.,

Campbell, B., Kerksick, C. M., Kalman, D., Antonio, J., Kreider, R. B. (2025). International Society of Sports Nutrition position stand: Effects of dietary antioxidants on exercise and sports performance. *Journal of the International Society of Sports Nutrition* (Accepted, under review).

- **Kurtz, J.A.**, Singleton, M.K., Gonzalez, D., Jager, R., Vasenina, E., Schwarz, A., Howard, J., Antonio, J. (2025). Targeted Supplementation and Nutritional Strategies for Healthy Aging: A Review of Physiological and Molecular Benefits. *Current Nutrition Reports* (Accepted, under review).
- **Kurtz, J. A.**, Faszczewski, K. S., Rogatzki, M. J., Battista, R. A., Skinner, J. W., Zwetsloot, J. J., & Cole, K. J. (2025). Implementing Specifications Grading in an Exercise Science Department: Reflections and Recommendations. *International Journal of Kinesiology in Higher Education*, 1-13.
- **Kurtz, J. A.**, Feresin, R. G., Grazer, J., Otis, J., Wilson, K. E., Doyle, J. A., & Zwetsloot, K. A. (2025). Effects of Quercetin and Citrulline on Nitric Oxide Metabolites and Antioxidant Biomarkers in Trained Cyclists. *Nutrients*, 17(2), 224. <https://doi.org/10.3390/nu17020224>
- **Kurtz, A. J.**, Grazer, J., Wilson, K., Feresin, G. R., Doyle A., J., Middleton, R., Devis, E., VanDusseldorp, A. T., Faszczewski, K., Otis, J. The effect of quercetin and citrulline on cycling time trial Performance. 2024. *Journal of the International Society of Sports Nutrition*.
- Brini, S., Granacher, U., Gonzalez, C. J., Badicu, G., Yagin, H. F., Clemente, M. F., Gonzalez, R. J., **Kurtz, A. J.**, Elkholi, M. S., Alotaibi, H., Ardigo, P. L. 2024. Influence of daytime napping on hormonal and psychometric variables of professional male basketball players during increased game frequency period crossing Ramadan intermittent fasting: A crossover research design with repeated assessments. *Journal of Men's Health*.
- **Kurtz, J. A.**, VanDusseldorp, T., Uken, B., Otis, J. 2023. Quercetin in Sports and Exercise: a review. *The International Journal of Exercise Science*.
- Brini, S., Ardigo, L. P., Clemente, F, M., Raya-Gonzalez, J., **Kurtz, J. A.**, Casazza, G, A. Castagna, C., Bouassida, A., Nobari, H. 2023. Increased game frequency period crossing Ramadan intermittent fasting decreases fat mass, sleep duration, and recovery in male professional basketball players. 2023. *PeerJ*.
- Brini, S., Granacher, U., Calleja, G., Clemente, F, M., Raya-Gonzalez, J., **Kurtz A. J.**, Yagin, F, H., Nobari, H., Castagna, C., Artidgo, L. 2023. The effects of 45-min daytime nap opportunity during an increased basketball game frequency period crossing Ramadan intermittent fasting on testosterone/cortisol ratio, weekly internal load, and psychometric parameters. *Helyon*.
- Zapata-Muriel, A., Echeverry, P., VanDusseldorp, T., **Kurtz, J.A.**, Monsalves-Alvarez, A. 2022. Measured versus label declared macronutrient and calorie content in Colombian commercially available whey proteins. *The Journal of the International Society of Sports Nutrition*.
- Salhi, I., Aabderrahman, B Abderraouf., Triki, R., Clark, C. T. C., Gaed, Sabri, Gaed., Hackney, A. C., Saeidi, A., Laher, I., **Kurtz, J. A.**, VanDusseldorp, T. A., Zouhal, H. 2021. Gastrointestinal hormones, morphological characteristics, and physical performance in elite soccer players. *International Journal of Sports Physiological and Performance*.

- **Kurtz, J. A.**, VanDusseldorp, T., Doyle, J. A., Otis, J. S. 2021. Taurine in sports and exercise. *Journal of the International Society of Sports Nutrition*.
- **Kurtz, J. A.**, Grazer, J., VanDusseldorp, T., Carroll, E., O'Donoghue, L., Clark, M., Reese, J. 2021. The effect of altitude on the anaerobic energy system during a maximal 60 second sprint on a cycle ergometer. *Journal of Exercise Science and Nutrition*.
- Dahn, J., **Kurtz, J.**, Nucci, J., Doyle, J., Feresin, R. Assessment of Sport Nutrition Knowledge of NCAA Division I Collegiate Athletes. 2020. *Journal of the Academy of Nutrition and Dietetics*, 120(9), A75.
- **Thesis: Kurtz, J. A.**, Grazer, J., Alban, B., & Martino, M. 2019. Ability for tennis specific variables and agility for determining the Universal Tennis Ranking (UTR). *The Sport Journal*.

REFERREED PRESENTATIONS

- Kurtz, J. A. (2025, June). *What's the talk with quercetin? Potential benefits for exercise performance and recovery*. Invited presentation at the International Society of Sports Nutrition Annual Expo Conference.
- Invited speaker for two KIN 2005 courses, September 2025
- Invited speaker for two KIN 2005 courses, February 2026
- Invited research speaker at Bangor University, July 2025
- **Kurtz, J. A.**, Faszczewski, K. S. Transforming Assessment in Higher Education: Integrating Specifications Grading to Align Learning Outcomes and Enhance Student Mastery. Lecture-style, presented at 2025 American Kinesiology Association Annual Workshop, Newport Beach, CA.

ABSTRACTS/ POSTER PRESENTATIONS

- **Kurtz, A. J.**, Grazer, J., Wilson, K., Feresin, G. R., Doyle A, J., Middleton, R., Devis, E., VanDusseldorp, A. T., Faszczewski, K., Otis, J. The effect of quercetin and citrulline on cycling time trial Performance. Poster presentation at 2024 ISSN Annual Conference and Expo.
- Kurtz, J., VanDusseldorp, T., Easter, J., Alesi, M., Baily, A., Stratton, M., Katsoudas., C., Tran, K., Lee, M., Hester, G. Efficacy and Safety of an Enzymatically Enhanced Spinach Supplement, Solarplast®, in Non-Smokers and Smokers, Poster Presentation at 2021 ISSN Annual Conference and Expo
 - 3rd Place – Doctoral Student Poster Competition (out of 39)
- Kurtz, J., Grazer, J., VanDusseldorp, T., O'Donoghue, L., Clark, M., Reese, Effect of altitude on the anaerobic energy system during a maximal sixty-second sprint on a cycle ergometer, Poster Presentation at 2019 NCUR Undergraduate Research Conference.

RESEARCH GRANTS/OTHER FUNDING

- **2025 – American Sports and Performance Dietitians Association (ASPDA)**
Title: The Effects of Ginger Supplementation on Immune Recovery and Endurance Performance
Requested: \$20,000 | *Funded:* \$20,000 (June 2025)
- **2025 – Appalachian State University Harkrader Family Foundation Faculty Research Award**
Title: The Effects of Acute Dietary Nitrate Ingestion on Power, Speed, and Strength in Women: A Multi-Institutional Study
Requested: \$2,120 | *Funded:* \$2,125 (May 2025)
- **2025 – NSCA Young Investigator Research Award**
Title: Effect of Creatine on Neurocognition and Performance Recovery Following an Ultra-Endurance Race
Requested: \$19,999 | *Funded:* \$19,999 (May 2025)
- **2025 – ORAU Ralph E. Powe Junior Faculty Enhancement Award**
Title: The Effect of Creatine on Neurocognition and Performance Recovery Following an Ultra-Endurance Race
Requested: \$5,000 | *Status:* Pending
- **2025 – International Travel Award to Loughborough University**
Title: Global Collaboration on Beetroot Juice Supplementation: Advancing Women's Health and Performance Research Through International Partnerships
Funded: \$2,998
- **2023 – University Research Council (URC) Grant**
Title: The Effects of Quercetin on Lower-Body Muscle Damage
Requested: \$3,000 | *Funded:* \$3,000
- **2023 – PureGreen Industry Extramural Funding (Co-PI)**
Title: The Effect of Ginger on Cycling Performance and Proteomics/Cytokine Plasma Proteins
Funded: \$30,000
- **2023 – University Research Council (URC) Grant (Co-PI)**
Title: The Combined Effects of Quercetin and Ginger on Cycling Performance and Recovery Oxidative Stress and Inflammation
Funded: \$3,000
- **2023 – Teaching Quality Framework Grant (CETLSS)**
Project: Understanding and Implementing Specifications Grading in the Department of Public Health and Exercise Science
Funded: \$500
- **2023 – Course Redesign Workshop Grant (CETLSS)**
Project: Redesign of ES 4555 Nutritional Aspects of Exercise and Sport
Funded: \$1,000

TEACHING EXPERIENCE

Assistant Professor – Beaver College of Health Sciences, Appalachian State University

Fall 2024 – Present – Full Time

- 1 in-person – Fall 2025 (Advanced Nutritional Aspects of Exercise and Sport, ES 4555)
- 2 in-person – Fall 2025 (Exercise Physiology Laboratory, 3003)
- 1 in-person – Spring 2025 (Nutritional Aspects of Exercise and Sport, ES 4555)
- 1 in-person – Spring 2025 (Exercise Physiology, ES 3002)
- 2 in-person – Spring 2024 (Exercise Physiology Laboratory, 3003)
- 2 in-person – Fall 2024 (Exercise Physiology Laboratory, 3003)
- 2 in-person – Fall 2023 (Exercise Physiology Laboratory, 3003)
- 1 in-person – Fall 2024 (Advanced Nutritional Aspects of Exercise and Sport, ES 5555)
- 1 in-person – Fall 2024 (Nutritional Aspects of Exercise and Sport, ES 4555)
- 1 in-person – Spring 2024 (Nutritional Aspects of Exercise and Sport, ES 4555)
- 2 in-person – Fall 2024 (Exercise Physiology, ES 3002)
- 6 in-person – Fall 2023-Fall 2024 (Exercise Physiology Laboratory, 3003)

Instructor – Beaver College of Health Sciences, Appalachian State University

Fall 2023 – Spring 2024 – Full Time

- 1 in-person – Spring 2024 (Exercise Physiology, ES 3002)
- 2 in-person – Spring 2024 (Exercise Physiology Laboratory, ES 3003)
- 1 in-person – Spring 2024 (Nutritional Aspects of Exercise and Sport, ES 4555)
- 1 in-person – Fall 2023 (Exercise Physiology, ES 3002)
- 2 in-person – Fall 2023 (Exercise Physiology Laboratory, ES 3003)

Introductory Physiology Lecturer – College of Education, Georgia State University

Full Time

- 1 in-person – Spring 2023
- 1 in-person – Fall 2022
- 1 hybrid – Spring 2022

Graduate Teaching Assistant – College of Education, Georgia State University

Full Time

- January 2020 – Spring 2023

Basic Physiology Laboratory Sections (19)

- 3-in person – Spring 2023
- 3-in person – Fall 2022
- 1 in-person – Summer 2022
- 1 online – Summer 2021
- 3 online – Spring 2021
- 3 online – Fall 2020
- 1 online – Summer 2020
- 4 in-person – 2020

Anatomy & Physiology Laboratory Sections

- 1-in person – Fall 2022

Exercise Physiology Laboratory Sections (10)

- 1 in-person – Summer 2022
- 3 in-person – Spring 2022
- 2 in-person Summer 2021
- 2 hybrid – Spring 2021
- 2 in-person – Fall 2020

SERVICE

Departmental Service

- January 1, 2025–Present – Director, Kinesiology Departmental Honors Program; grew program enrollment from 5 to 19 students.
- September 22, 2025 – Invited guest teaching for two KINS 2002 courses.
- Summer–Fall 2025 – Assisted with NSCA CASCE Accreditation.
- Spring 2025 – Assisted colleagues with developing a Department Graduate School handbook.
- November 2024–April 2025 – Member of Departmental Chair Search Committee.
- Spring 2024–Present – Faculty mentoring with specifications grading.
- Served on two undergraduate honors thesis committees (date not specified).
- Spring 2024- spring 2025 – Attended five thesis presentations
- April 10, 2024 – Interprofessional Education IPE departmental service activity.

College Service

- Represented the College of Health Sciences at the graduate-level hooding ceremony (Spring 2024, 2025).
- Represented Appalachian State University at the undergraduate graduation ceremony (Spring 2024).

University Service

- Invited Peer Assisted Review Enterprise Reviewer for NIH R15 grant: *Regulation Between p53 and Nucleotide Metabolism* (2025).
- October 4, 2024 – Spoke at Early Career Workshop for first-year hires.
- August 13, 2024 – Guest speaker at New Faculty Orientation, presenting on specifications grading.
- Collaborated with CETLSS to design ASULearn course templates supporting specifications grading (2024).
- Scholarship Review Committee (February 2024 – April 2024)

Professional / National Service

- 2025 – Accepted as CASCE Accreditation reviewer.
- Serves actively on the NC State NSCA State Advisory Board, representing Appalachian State University to enhance student engagement with NSCA and strengthen applied learning experiences related to CSCS preparation.
- Reviewer and editorial service for multiple journals:
 - Member of the *International Journal of Exercise Science* manuscript review committee.
 - Edited two manuscripts for the *International Journal of Exercise Science* (2024).
- Manuscript reviewer for high-impact journals, including *Scientific Reports*, *Nutrition Reviews*, *the International Journal of Sports Nutrition*, and *Journal of Sport Sciences for Health* (2024–2025).
- Reviewed five NSCA senior investigator grants (2024).
- Serves on the International Journal of Exercise Science manuscript review committee
- Reviewed two manuscripts for the International Journal of Exercise Science (Fall 2023)

PROFESSIONAL AFFILIATIONS

- American College of Sports Nutrition September 2020 – Present
- International Society of Sports Nutrition October 2019 – Present
- National Strength & Conditioning Association May 2018 – Present

OTHER RELATED TRAINING

- CITI Good Clinical Practice Course
 - Expires: 10/13/2029
 - Record ID: 72930324
- CITI Good Manufacturing Practices (GMP)
 - Expires: 10/13/2020