

# Evan C. Johnson, PhD, FACSM

University of Wyoming  
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## Objective

To be a team member able to contribute to the success of a major university through the development and implementation of strategy, consensus-building, positive communication, and enhancement of the educational environment and future success for students, 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 – Pres.
- 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.

### *Career Accomplishments (cont.)*

Development and implementation of a Pre-Kinesiology Preparation year in response to a steep increase in “unqualified” students entering the Kinesiology major, likely due to the impact of the COVID-19 pandemic on primary school math education. As opposed to turning the students away to a different major, with the guidance from our full-time academic advisor, faculty, and the registrar’s office, we have developed a preparatory year curriculum intentionally composed of courses that, A) prepare students to move into a standard Kinesiology major upon successful completion, or B) allow students to change to a different major without delaying graduation.

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**

|      |   |                                |
|------|---|--------------------------------|
| 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,<br>or Co-PI | Co-Investigator | Lead Research<br>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 Oroganophosphates & 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

- 64 Publications (11 as lead or corresponding author)
  - [Google Scholar Metrics](#)
    - Citations: 2463 1639 (since 2019)
    - h-index: 30 23 (since 2019)
    - i10-index 49 41 (since 2019)
  - For a full list see also PubMed link
    - <https://www.ncbi.nlm.nih.gov/myncbi/1IWzt-5ywsz5s/bibliography/public/>
  - Complete list, \* Student Advisee
1. Le Page A, **Johnson EC**, Greenberg J. Is Mild Dehydration a Risk for Progression of Childhood Chronic Kidney Disease? *J. Pediatr. Nephrol.* 2024 Apr 18;. doi: 10.1007/s00467-024-06332-6.
  2. 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.
  3. 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.
  4. 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.
  5. 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.
  6. 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.

7. 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 Total Water Intake in Adults. *Front Nutr.* 2021;8:676697.
8. Caldwell AR, Rosa-Caldwell ME, Keeter C, **Johnson EC**, Péronnet F, Ganio MS. Effects of a 14-Day Hydration Intervention on Individuals with Habitually Low Fluid Intake. *Ann Nutr Metab.* 2020;76 Suppl 1:67-68. doi: 10.1159/000515375. Epub 2021 Mar 29. (Published abstract)
9. Yoder HA\*, Huffman AE\*, McCullough S\*, **Johnson EC**. Self-Reported Changes in Thirst and Alertness during Variable Prescribed Fluid Intake. *Ann Nutr Metab.* 2021;77 Suppl 4:28-29. (Published abstract)
10. Lartey D, Greenwood M, Linse G, Moyce S, Curl C, Spivak M, **Johnson EC**. Estimating Differences in Risk of Chronic Kidney Disease Based on Water Intake in a National Sample. *Ann Nutr Metab.* 2021;77 Suppl 4:30-32. (Published abstract)
11. **Johnson EC**. Hippocrates Was Right: Now What? Water As a Part of Healthy Aging. *Ann Nutr Metab.* 2021;77 Suppl 4:21-22. doi: 10.1159/000520394. Epub 2022 Feb 28. (Published abstract)
12. **Johnson EC**, Gandy J. Eleventh Annual Hydration for Health Scientific Conference: From Water Resources to Metabolic Health and Drinking Behavior. *Ann Nutr Metab.* 2020;76 Suppl 1:1-3. (Conference proceedings)
13. Wallhead TL, Hagger MS, Gentle J, Mandaric B, Masucci G, Simpson J, Liffmann-Kruger D, **Johnson EC**. The Influence of a Free Adult Outdoor Fitness Program on Leisure-Time Physical Activity Using the Trans-Contextual Model of Motivation. *J Sport Exerc Psychol.* 2021 May; S95-S95. (Published abstract).
14. Krisher L, Butler-Dawson J, Yoder HA\*, Piloni 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.
15. **Johnson EC**, Adams WM. Water Intake, Body Water Regulation and Health. *Nutrients.* 2020 Mar 6;12(3). (Special issue, guest editor overview)
16. 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.
17. 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.
18. 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).
19. **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.

20. 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)
21. **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.
22. 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.
23. 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).
24. 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)
25. 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.
26. Armstrong LE, **Johnson EC**, Water Intake, Water Balance, and the Elusive Daily Water Requirement. *Nutrients*. 2018 Dec; 10(12): 1928. (Invited Review)
27. 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)
28. Bougatsas D, Arnaoutis G, Panagiotakos DB, Seal AD, **Johnson EC**, Bottin JH, Tsipouridi S, Kavouras SA. Fluid consumption pattern and hydration among 8-14-year-old children. *Eur J Clin Nutr*. 2018 Mar;72(3):420-427.
29. 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).
30. 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.
31. **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.
32. **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.

33. Kavouras SA, Bougatsas D, **Johnson EC**, Arnaoutis G, Tsipouridi S, Panagiotakos DB. Water intake and urinary hydration biomarkers in children. *Eur J Clin Nutr*. 2017 Apr;71(4):530-535.
34. 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.
35. 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.
36. **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.
37. 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)
38. 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.
39. **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.
40. 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.
41. 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.
42. 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.
43. 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)
44. 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.
45. 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.



46. **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.
47. **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.
48. Moyen 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.
49. 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.
50. 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.
51. 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.
52. 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.
53. Armstrong LE, **Johnson EC**, Kunces LG, Ganio MS, Judelson DA, Kupchak BR, Vingren JL, Muñoz CX, Huggins RA, Hydren JR, Moyen NE, Williamson KH. Drinking to thirst versus drinking ad libitum during road cycling. *J Athl Train*. 2014 Sep-Oct;49(5):624-31.
54. 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.
55. 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.
56. **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.
57. 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.

58. **Johnson EC**, Armstrong LE. Switching Habitual Small and Large Volume Drinkers: Outcomes and Lessons Learned. *Nutrition Today*. 2013;48(3S): S1-S4.
59. 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.
60. 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)
61. 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.

#### Refereed Book and Monograph Chapters

1. **Johnson EC**, Miller K, Body Fluids and Water Balance. IN: Biochemical, Physiological, and Molecular Aspects of Human Nutrition (5<sup>th</sup> Edition), in press scheduled for 2024.
2. Muñoz CX, **Johnson EC**, Hydration concerns for athletes. IN: Nutrition and Enhanced Sports Performance: Muscle Building, Endurance and Strength (2<sup>nd</sup> 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.

#### Scientific Presentations (only presentations that I personally delivered)

- 5 Peer-Reviewed Conference Presentations
  - 13 Invited Presentations
  - 20 Conference Poster Presentations
  - Scientific Podium Presentations
1. **Johnson EC**, Water: Improving Aging & Mood. American Society of Nutrition, Chicago, IL. July 2024.
  2. **Johnson EC**, Hydration and Geroscience: How does water influence aging biology, chronic disease, and health? Federation of European Nutrition Societies, Belgrade, Serbia. November 2023.
  3. **Johnson EC**, Sex, and habitual water intake are related to dimensions of mood, American College of Sports Medicine, San Diego, CA, 2022.

4. **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.
5. **Johnson EC**, Hippocrates was right. Now what? Water as a part of healthy aging, Hydration for Health Conference, Online, June 2021.
6. **Johnson EC**, Functional Waters, Performance & Health: Facts & Myths, Hydration for Health Conference, Online, June 2020.
7. **Johnson EC**, Feasibility of Heat Acclimation in Wildland Firefighters, Western Agriculture Safety and Health Conference, Seattle, WA, August 2019.
8. **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.
9. **Johnson EC**, Everyday Hydration, I should care? Rocky Mountain American College of Sports Medicine, Colorado Springs, Colorado, March 2018.
10. **Johnson EC**, High Intensity Exercise, Cardiac Output, & Renal Injury. American College of Sports Medicine; Denver, CO, May 2017.
11. **Johnson EC**, The Impact of Fluid Intake on Glucose Metabolism. American College of Sports Medicine; Boston, MA, May 2016.
12. **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.
13. **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.
14. **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.
15. **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.
16. **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 (only those I presented as first author), complete list available upon request.

1. **Johnson EC**, Feasibility of Heat Acclimation in Wildland Firefighters, American College of Sports Medicine, Boston, MA, 2024.
2. **Johnson EC**, Efficacy of Online vs. In-person Learning (Validation of Assessment Questions), American College of Sports Medicine; San Diego, 2022.
3. **Johnson EC**, Relationship Between Self-Reported Exercise Behaviors and Nocturia in Geriatric Populations, American College of Sports Medicine; San Diego, 2022.
4. **Johnson EC**, Markers of Acute Kidney Injury Following a Bout of High-Volume Functional Resistance Exercise, American College of Sports Medicine; Online, 2021.
5. **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.
6. **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.
7. **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.
8. **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.
9. **Johnson EC**, Peronnet F, Vidal T, Adams JD, Jansen LT, Capitain-Jimenez C, Kavouras SA. Water Turnover, Urinary Markers of Hydration, And Mood In Men And Women. American College of Sports Medicine; Boston, MA; 2016.
10. **Johnson EC**, Adams JD, Jansen LT, Capitain-Jimenez C, Kavouras SA., The Influence of Beverage Choice on Body Weight Over 4-Weeks. Experimental Biology; San Diego, CA; 2016.
11. **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.
12. **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.
13. **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.
14. **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.
15. **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.

16. **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.
17. **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.
18. **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.
19. Armstrong LE, **Johnson EC**, Casa DJ, Ganio MS, McDermott B, Yamamoto L, Lopez RM, Emmanuel H. Thermal, Cardiovascular, Performance, & Anthropomorphic Evaluation of the American Football Uniform. International Conference of Environmental Ergonomics; Boston, MA; 2009.
20. Heaney JH, Hascall JL, Wong JM, **Johnson EC**, Miller PW. Use of a Heat Tolerance Test to Evaluate Return to Duty Status in U.S. Navy and Marine Corps Personnel. International Conference of Environmental Ergonomics; Boston, MA; 2009.

## Teaching and Advising

### Courses Delivered

- (UG) - Introduction to Kinesiology and Health
- (UG) - Physiology of Exercise Lecture & Laboratory
- (UG) - Drugs and Exercise Performance
- (Grad) - Advanced Exercise Physiology
- (Grad) - Professional Skills for the Research Scientist
- (Grad) - Environmental Exercise Physiology
- (Grad) - Research Data Collection in Health Sciences

### Graduate Student Research Supervision

- Major Advisor to 1 Ph.D., and 14 M.S. graduates
- Graduate student awards
  - University of Wyoming – Outstanding Master’s Thesis Award Winner, 2019 & 2020
  - University of Wyoming – College of Health Sciences - Research Day
    - Outstanding Masters’ Student Research Presentation Award, 2019 & 2020
    - Top Graduate Poster Presentation, 2019
  - American Kinesiology Association. Master’s Scholar, 2018
  - International Excellence Award, University of Wyoming Global Engagement, 2018
  - Vernon K Gale Memorial Award, University of Wyoming College of Health Sciences, 2017
  - Hydration for Health Initiative
    - Young Researcher Award Nominee, 2018 & 2021
  - ACSM – Gatorade Sport Science Institute, Diversity in Sports Science Award, 2023
  - Rocky Mountain ACSM
    - Master’s Student Research Grant, 2023
    - Doctoral Student Research Grant, 2022
    - Master’s Student Poster Presentation Award, 2019 & 2022
  - Rocky Mountain Chapter of the American Society of Biomechanics
    - Top Graduate Student Poster Presentation
  - National Strength and Conditioning Association
    - Outstanding master’s Student Podium Presentation 2019

### Undergraduate Student Research Supervision

- 12 students
- Undergraduate student research awards and fellowships
  - Undergraduate Commencement Speaker, University of Wyoming. 2019
  - Undergraduate Scholar Honorable Mention American Kinesiology Association, 2020
  - INBRE Undergraduate Research Fellow Spring 2019, Summer 2019, Fall 2021, Spring 2022
  - Student Research Presentation Award, IDeA Western Regional Conference. 2019
  - Top Undergraduate Poster, College of Health Sciences Research Day. 2019

## Service

### University Service

- 2024 - 2025 Reappointment, Tenure & Promotion Review Committee – Elected Chair
- 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. Diversity, Equity, and Inclusion Chair
- 2017 – Pres. Building Renovation Committee member
- 2016 - Pres. Undergraduate Curriculum Director
- 2015 – Pres. 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
- 2017 – Pres. ACSM Environmental and Occupational Physiology Interest Group
- 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