

Jennifer Kurtz Bontrager, PhD, CSCS, CISSN, ACSM-EP-C

Laramie, WY 82072 | 720-436-2084 | jkurtz5@uwyo.edu www.linkedin.com/in/jenniferkurtz06

EDUCATION

- **Ph.D., Kinesiology (Exercise Physiology & Nutrition)** | 2019–2023
Georgia State University, Atlanta, GA | GPA: 4.05
- **M.S., Health & Human Performance** | 2019
Georgia College & State University, Milledgeville, GA | GPA: 4.00
- **B.S., Exercise Science** | 2018
Georgia College & State University, Milledgeville, GA | GPA: 3.79

PROFESSIONAL CERTIFICATIONS

- **Basic Life Support – CPR/AED/First Aid** – American Red Cross; Expires November 2026
- **Certified Phlebotomy Technician** – National Healthcare Certification Organization; Expires Fall 2029
- **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.**, Singleton, K.M., Vasenina, E. et al. (2026) Targeted Supplementation and Nutritional Strategies for Healthy Aging: A Review of Physiological and Molecular Benefits. *Current Nutrition Reports*. 15, 53. <https://doi.org/10.1007/s13668-026-00776-y>
- **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 editorial review).
- Gonzalez, D. E., Dickerson, B. L., Roberts, B., **Kurtz, J. A.**, Waldman, H. S., Gonzalez, A. M., McAllister, M. J., Heilesen, 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. International Society of Sports Nutrition position stand: Effects of dietary antioxidants on exercise and sports performance. *Journal of the International Society of Sports Nutrition*. (2026) Dec 31;23(1):2629828. doi: 10.1080/15502783.2026.2629828. Epub 2026 Feb 17. PMID: 41701327; PMCID: PMC12915426.
- **Kurtz, J. A.**, Fasczewski, K. S., Rogatzki, M. J., Battista, R. A., Skinner, J. W., Zwetsloot, J. J., &

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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, J., Middleton, R., Devis, E., VanDusseldorp, A. T., Fasczewski, 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., Artidigo, 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., Carrol, 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

Jennifer Kurtz Bontrager, PhD, CSCS, CISSN, ACSM-EP-C

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- 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, Appalachian State University
- Invited speaker for two KIN 2005 courses, February 2026, Appalachian State University
- Invited research speaker at Bangor University, July 2025
- **Kurtz, J. A.,** Fasczewski, 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., Fasczewski, 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

- 2026 – University of Wyoming, **Pre-proposal Request: FY26 DEFENSE ESTABLISHED PROGRAM TO STIMULATE COMPETITIVE RESEARCH (DEPSCoR) CAPACITY BUILDING (CB)**
 - **Requested:** September 1, 2026
- 2026 – University of Wyoming, **Expression of Interest: Clinical and Translational Research Pilot Project**
Title: Quercetin Supplementation for Neuromuscular Performance and Sleep in Menopausal Women
Applied: August 21st 2026
- 2026 – University of Wyoming: **WY INBRE 5 YEAR 2 - Pilot Project Type 1 (PP-1)- Request for Letters of Intent**
Title: Quercetin Supplementation for Neuromuscular Performance and Sleep in Menopausal Women
Applied: August 24th 2026
- 2025 – **American Sports and Performance Dietitians Association (ASPD)**
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

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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, Appalachian State University**

Title: The Effect of Creatine on Neurocognition and Performance Recovery Following an Ultra-Endurance Race

Requested: \$5,000 | Funded: \$5,000

- **2025 – International Travel Award to Loughborough University, Appalachian State 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, Appalachian State University**

Title: The Effects of Quercetin on Lower-Body Muscle Damage

Requested: \$3,000 | Funded: \$3,000

- **2023 – PureGreen Industry Extramural Funding (Co-PI, Appalachian State University)**

Title: The Effect of Ginger on Cycling Performance and Proteomics/Cytokine Plasma Proteins

Funded: \$30,000

- **2023 – University Research Council (URC) Grant (Co-PI, Appalachian State University)**

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, Appalachian State University)**

Project: Understanding and Implementing Specifications Grading in the Department of Public Health and Exercise Science

Funded: \$500

- **2023 – Course Redesign Workshop Grant (CETLSS, Appalachian State University)**

Project: Redesign of ES 4555 Nutritional Aspects of Exercise and Sport

Funded: \$1,000

TEACHING EXPERIENCE

Assistant Professor –College of Health Sciences, University of Wyoming

Fall 2026 – Present

- Advanced Exercise Testing and Prescription (Fall 2026, KIN 4056/5056)
- Advanced Sports Nutrition & Performance Bioenergetics (New course: 2027)

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

Fall 2024 – June 2026

- Exercise Physiology (ES 3002): 5 in-person sections
- Exercise Physiology Laboratory (ES 3003): 10 in-person sections
- Nutritional Aspects of Exercise and Sport (ES 4555): 3 in-person sections

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- Advanced Nutritional Aspects of Exercise and Sport (ES 5555): 2 in-person sections

Instructor – Beaver College of Health Sciences, Appalachian State University

Fall 2023 – Spring 2024 – Full Time

- Exercise Physiology (ES 3002): 2 in-person sections
- Exercise Physiology Laboratory (ES 3003): 4 in-person sections
- Nutritional Aspects of Exercise and Sport (ES 4555): 1 in-person section

Introductory Physiology Lecturer – College of Education, Georgia State University

Fall 2022–Spring 2023 – Full Time

- 3 Kin (2220): 2 in-person and 1 hybrid

Graduate Teaching Assistant – College of Education, Georgia State University

Full Time – January 2020 – Spring 2023

- Laboratory Instruction: 19 Basic Physiology, 1 Anatomy & Physiology, and 10 Exercise Physiology laboratory sections taught (2020–2023); 30 total sections across in-person, online, and hybrid formats

PROFESSIONAL NATIONAL SERVICE

- 2026-Present, Associated Editor Journal of International Society of Sports Nutrition
- 2025-2026, CASCE Accreditation reviewer.
- 2023-2026, Served 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 5 manuscripts for the *International Journal of Exercise Science* (2023-2024).
- 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 four NSCA senior investigator grants (2024).
- 2024-Present, International Journal of Exercise Science manuscript review committee

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: 10/13/2029