

# Kyle Timmerman, PhD, FACSM

Associate Professor  
Department of Kinesiology and Health  
Miami University

## EDUCATION

Postdoc Protein Metabolism, University of Texas Medical Branch, 2007-2010  
Ph.D. Exercise Physiology, Purdue University, 2007  
M.S. Exercise Physiology, Purdue University, 2003  
B.A. Zoology and Exercise Science, Miami University, 2000  
B.S. Psychology, Miami University, 2000

## PROFESSIONAL EXPERIENCE

Associate Professor Miami University, Department of Kinesiology and Health  
2017 - Present  
Assistant Professor Miami University, Department of Kinesiology and Health  
2012 - 2017  
Assistant Research Professor University of Texas Medical Branch (Galveston, TX), Division of Rehabilitation Sciences  
2010 - 2012  
Fellow University of Texas Medical Branch (Galveston, TX), Sealy Center on Aging  
2008 - 2012  
Postdoctoral Researcher University of Texas Medical Branch (Galveston, TX), Sealy Center on Aging  
2007-2010  
Graduate Assistant Purdue University (West Lafayette, IN), Department of Health and Kinesiology  
2000-2007

## SCHOLARSHIP

**Publications:** \*= Miami University Undergraduate Student, † = Miami University Graduate Student.

1. **Timmerman KL**, Ballard KD, Volk GA†, Deal MA\*, Meisler AJ\*, Karrow JM\*, Good AP\*, Reynolds SR\*. Altering Physical Activity Influences Insulin Responses to Glucose Ingestion. **Accepted for Publication 9/3/2018:** *Int. J. Sports Med.* (Impact Factor: 2.453). Citations: N/A. Contribution: 60%. Acceptance Rate: ~20%. **Quartile Rank:** 1<sup>st</sup> (Sports Science).
2. Markofski MM, Jennings K, **Timmerman KL**, Dickinson JM, Fry CS, Borack MS, Reidy PT, Rasmussen MM, Volpi E. Effect of essential amino acid supplementation and aerobic exercise training for 24 weeks on physical function and muscle metabolism in healthy, independent older adults: a randomized clinical trial. Accepted March 2018 *J. Gerontol. Med. Sci.* (2018 Impact Factor: 4.902). Citations: 0. Contribution: 30%. Acceptance Rate~ 25%. **Quartile Rank:** 1<sup>st</sup> (Aging).
3. Ballard KD, Duguid RM†, Berry CW†, Dey P, Bruno RS, Ward RM, **Timmerman KL**. Effects of prior aerobic exercise on sitting-induced vascular dysfunction in healthy men. *Eur. J. Appl Physiol.* 2017; 117(12): 2509-2518. (Impact Factor: 2.13). Citations: 0. Contribution: 10%. Acceptance Rate: 20-25%. **Quartile Rank:** 1<sup>st</sup> (Sports Science).
4. **Timmerman KL**, Connors ID†, Deal MA\*, Mott RE\*. Skeletal muscle TLR4 and TACE are associated with body fat percentage in older adults. *Appl. Physiol. Nutr. Metab.* 2016; 41(4): 446-51. (2-year Impact Factor: 2.34). Citations: 1. Contribution: 80%. Acceptance Rate: ~30%. **Quartile Rank:** 1<sup>st</sup> (Medicine).
5. **Timmerman KL**, Amonette WE, Markofski MM, Ansinelli HA†, Gleason EA†, Rasmussen BB, Mossberg KA. Blunted IL-6 and IL-10 response to maximal aerobic exercise in patients with traumatic brain injury. *Eur. J. Appl. Physiol.* 2015; 115(1): 111-8. (2013 Impact Factor: 2.298). Citations: 7. Contribution: 85%. Acceptance Rate: 20-25%. **Quartile Rank:** 1<sup>st</sup> (Sports Science).
6. Markofski MM, Dickinson JM, Drummond MJ, Fry CS, Fujita S, Gundermann DM, Glynn EL, Jennings K, Paddon-Jones D, Reidy PT, Sheffield-Moore M, **Timmerman KL**, Rasmussen BB, Volpi E. Effect of age on basal muscle protein synthesis and mTORC1 signaling in a large cohort of young and older men and women. *Exp. Gerontol.* 2015; 65: 1-7. (2014 Impact Factor: 3.49). Citations: 41. Contribution: 10%. Acceptance Rate: 41%. **Quartile Rank:** 1<sup>st</sup> (Endocrinology).

7. Reidy PT, Walker DK, Dickinson JM, Gundermann DM, Drummond MJ, **Timmerman KL**, Cope MB, Mukherjea R, Jennings K, Volpi E, Rasmussen BB. Soy-dairy protein blend and whey protein ingestion after resistance exercise increases amino acid transport and transporter expression in human skeletal muscle. *J. Appl. Physiol.* 2014; 116(11): 1353-64. (2013 Impact Factor: 3.4). Citations: 48. Contribution: 15%. Acceptance Rate: 30-34%. **Quartile Rank: 1<sup>st</sup>** (Physiology).
8. **Timmerman KL** and Volpi E. Endothelial function and the regulation of muscle protein anabolism in older adults. *Nutr Metab Cardiovasc Dis.* 2013; Dec(23 Suppl 1):S44-50. (2012 Impact Factor: 3.978). Citations: 27. Contribution: 90%. Acceptance Rate: 20%. **Quartile Rank: 1<sup>st</sup>** (Endocrinology, Diabetes and Metabolism).
9. Markofski MM, Carillo AE, **Timmerman KL**, Jennings K, Coen PM, Pence BD, Flynn MG. Exercise training modifies ghrelin and adiponectin concentrations and is related to inflammation in older adults. *J Gerontol A Biol Sci Med Sci.* 2013; [Epub ahead of print]. (2012 Impact Factor: 4.314). Citations: 29. Contribution: 33%. Acceptance rate: ~25%. **Quartile Rank: 1<sup>st</sup>** (Aging).
10. Drummond MJ, **Timmerman KL**, Markofski MM, Walker DK, Dickinson JM, Jamaluddin M, Brasier AR, Rasmussen BB, Volpi E. Short-term bed rest increases TLR4 and IL-6 expression in skeletal muscle of older adults. *Am J Physiol Regul Integr Comp Physiol.* 2013; 305(3):R216-23. (2012 Impact Factor: 3.284). Citations: 53. Contribution: 45%. Acceptance Rate: No data provided by this journal. **Quartile Rank: 1<sup>st</sup>** (Physiology)
11. Glynn EL, Fry CS, **Timmerman KL**, Drummond MJ, Volpi E, Rasmussen BB. Addition of carbohydrate or alanine to an essential amino acid mixture does not enhance human skeletal muscle protein anabolism. *J Nutr.* 2013; 143(3):307-14. (2012 Impact Factor: 4.2). Citations: 44. Contribution: 33%. Acceptance Rate: ~25%. **Quartile Rank: 1<sup>st</sup>** (Nutrition and Dietetics).
12. Reidy PT, Walker DK, Dickinson JM, Gundermann DM, Drummond MJ, **Timmerman KL**, Fry CS, Borack MS, Cope MB, Mukherjea R, Jennings K, Volpi E, Rasmussen BB. Protein blend ingestion following resistance exercise promotes human muscle protein synthesis. *J Nutr.* 2013;143(4): 410-6. (2012 Impact Factor: 4.2). Citations: 107. Contribution: 10%. Acceptance Rate: ~25%. **Quartile Rank: 1<sup>st</sup>** (Nutrition and Dietetics).
13. Dickinson JM, Drummond MJ, Fry CS, Gundermann DM, Walker DK, **Timmerman KL**, Volpi E, Rasmussen BB. Rapamycin does not affect post-absorptive protein metabolism in human skeletal muscle. *Metabolism: Clinical and Experimental.* 2013;62(1): 144-51. (2012 Impact Factor: 3.096). Citations: 12. Contribution: 10%. Acceptance Rate: No data provided by this journal. **Quartile Rank: 1<sup>st</sup>** (Endocrinology, Diabetes and Metabolism).
14. Fry CS, Drummond MJ, Glynn EL, Dickinson JM, Gundermann DM, **Timmerman KL**, Walker DK, Volpi E, Rasmussen BB. Skeletal muscle autophagy and protein breakdown are similar in younger and older adults. *J Gerontol A Biol Sci Med Sci.* 2012; 68(5): 599-607. (2012 Impact Factor: 4.314). Citations: 97. Contribution: 10%. Acceptance Rate: ~25%. **Quartile Rank: 1<sup>st</sup>** (Aging).
15. Walker DK, Fry CS, Drummond MJ, Dickinson JM, **Timmerman KL**, Gundermann DM, Jennings K, Volpi E, Rasmussen BB. PAX7+ satellite cells in young and older adults following resistance exercise. *Muscle Nerve.* 2012;46(1):51-9. (2012 Impact Factor: 2.314). Citations: 30. Contribution: 15%. Acceptance Rate: ~33%. **Quartile Rank: 2<sup>nd</sup>** (Physiology).
16. **Timmerman KL**, Dhanani S, Glynn EL, Fry CS, Drummond MJ, Rasmussen BB, and Volpi E. A moderate increase in physical activity enhances nutritive flow and the muscle protein anabolic response to a mixed meal in older adults. *Am J Clin Nutr.* 2012;95(6):1403-12. (2012 Impact Factor: 6.5). Citations: 88. Contribution: 75%. Acceptance Rate: ~25%. **Quartile Rank: 1<sup>st</sup>** (Nutrition and Dietetics).
17. Gundermann DM, Fry CS, Dickinson JM, Walker DK, **Timmerman KL**, Drummond MJ, Volpi E, Rasmussen BB. Reactive hyperemia is not responsible for stimulating muscle protein synthesis following blood flow restriction exercise. *J Appl Physiol.* 2012;112(9):1520-8. (2012 Impact Factor: 3.484). Citations: 61. Contribution: 15%. Acceptance Rate: 30-34%. **Quartile Rank: 1<sup>st</sup>** (Physiology).
18. Drummond MJ, Dickinson JM, Fry CS, Walker DK, Gundermann DM, Reidy PT, **Timmerman KL**, Markofski MM, Paddon-Jones D, Rasmussen BB, Volpi E. Bed rest impairs skeletal muscle amino acid transporter expression, mTORC1 signaling, and protein synthesis in response to essential amino acids in older adults. *Am J Physiol Endocrinol Metab.* 2012; 302(9):E1113-22. (2012 Impact Factor: 4.514). Citations: 125. Contribution: 15%. Acceptance Rate: ~30%. **Quartile Rank: 1<sup>st</sup>** (Endocrinology, Diabetes and Metabolism).
19. Walker DK, Dickinson JM, **Timmerman KL**, Drummond MJ, Reidy PT, Fry CS, Gundermann DM, Rasmussen BB. Exercise, Amino Acids and Aging in the Control of Human Muscle Protein Synthesis. *Med Sci Sports Exerc.* 2011;43(12):2249-

58. (2011 Impact Factor: 4.1) Citations: 122. Contribution: 30%. Acceptance Rate: 23%. **Quartile Rank:** 1<sup>st</sup> (Sports Science).
20. Drummond MJ, Fry CS, Glynn EL, **Timmerman KL**, Dickinson JM, Walker DK, Gundermann DM, Volpi E, Rasmussen BB. Skeletal Muscle Amino Acid Transporter Expression is Increased in Young and Older Adults Following Resistance Exercise. *J Appl Physiol*. 2011;111(1):135-42. (2011 Impact Factor: 3.753). Citations: 77. Contribution: 15%. Acceptance Rate: 30-34%. **Quartile Rank:** 1<sup>st</sup> (Physiology).
21. Dickinson JM, Fry CS, Drummond MJ, Gundermann DM, Walker DK, Glynn EL, **Timmerman KL**, Dhanani S, Volpi E, Rasmussen BB. Mammalian target of rapamycin complex 1 activation is required for the stimulation of human skeletal muscle protein synthesis by essential amino acids. *J Nutr*. 2011; 141(5):856-62. (2011 Impact Factor: 3.916). Citations: 167. Contribution: 10%. Acceptance Rate: ~25%. **Quartile Rank:** 1<sup>st</sup> (Nutrition and Dietetics).
22. Fry CS, Drummond MJ, Glynn EL, Dickinson JM, Gundermann DM, **Timmerman KL**, Walker DK, Dhanani S, Volpi E, Rasmussen BB. Aging impairs contraction-induced human skeletal muscle mTORC1 signaling and protein synthesis. *Skeletal Muscle*. 2011;1(1):11. (2011 Impact Factor: 3.5). Citations: 212. Contribution: 15%. Acceptance Rate: 49%. **Quartile Rank:** 1<sup>st</sup> (Orthopedics and Sports Medicine).
23. **Timmerman KL**, Rasmussen BB. Does a Reduction in Anabolic Signaling Contribute to Muscle Wasting in Chronic Heart Failure? *J Appl Physiol*. 2011;110(4):869-70. (2011 Impact Factor: 3.753). Citations: 4. Contribution: 75%. Acceptance Rate: 30-34%. **Quartile Rank:** 1<sup>st</sup> (Physiology).
24. Glynn EL, Fry CS, Drummond MJ, **Timmerman KL**, Dhanani S, Volpi E, Rasmussen BB. Excess leucine intake enhances muscle anabolic signaling but not net protein anabolism in young men and women. *J Nutr*. 2010 Nov;140(11):1970-6. (2010 Impact Factor: 3.916). Citations: 174. Contribution: 25%. Acceptance Rate: ~25%. **Quartile Rank:** 1<sup>st</sup> (Nutrition and Dietetics).
25. **Timmerman KL**, Lee JL, Fujita S, Dhanani S, Dreyer HC, Fry CS, Drummond MJ, Sheffield-Moore M, Rasmussen BB, Volpi E. Pharmacological vasodilation improves insulin-stimulated muscle protein anabolism but not glucose utilization in older adults. *Diabetes*. 2010;59(11):2764-71. (2011 Impact Factor: 8.3). Citations: 96. Contribution: 70%. Acceptance Rate: ~30%. **Quartile Rank:** 1<sup>st</sup> (Endocrinology, Diabetes and Metabolism).
26. **Timmerman KL**, Lee JL, Dreyer HC, Dhanani S, Glynn EL, Fry CS, Drummond MJ, Sheffield-Moore M, Rasmussen BB, and Volpi E (2010). Insulin stimulates skeletal muscle protein synthesis via an indirect mechanism involving endothelial-dependent vasodilation and mTORC1 signaling. *J Clin Endocrinol Metab*: 95(8):3848-57. (2012 Impact Factor: 6.43). Citations: 117. Contribution: 65%. Acceptance Rate: ~25%. **Quartile Rank:** 1<sup>st</sup> (Endocrinology, Diabetes and Metabolism).
27. Fry CS, Glynn EL, Drummond MJ, **Timmerman KL**, Fujita S, Abe T, Dhanani S, Volpi E, Rasmussen BB. Blood flow restriction exercise stimulates mTORC1 signaling and muscle protein synthesis in older men. *J Appl Physiol*: 2010;108(5):1199-209. (2010 Impact Factor: 4.232). Citations: 236. Contribution: 20%. Acceptance Rate: 30-34%. **Quartile Rank:** 1<sup>st</sup> (Physiology).
28. Drummond MJ, Glynn EL, Fry CS, **Timmerman KL**, Volpi E, Rasmussen BB. An increase in essential amino acid availability upregulates amino acid transporter expression in human skeletal muscle. *Am. J. Physiol. Endocrinol. Metab*. 2010;298(5): E1011-8. (2010 Impact Factor: 4.686). Citations: 155. Contribution: 20%. Acceptance Rate: ~30%. **Quartile Rank:** 1<sup>st</sup> (Endocrinology, Diabetes and Metabolism).
29. Phillips MD, Flynn MG, McFarlin BK, Stewart LK, **Timmerman KL** (2010). Resistance training at eight-repetition maximum reduces the inflammatory milieu in elderly women. *Med Sci Sports Exerc*. 2010;42(2): 314-25. (2011 Impact Factor: 4.1). Citations: 82. Contribution: 20%. Acceptance Rate: 23%. **Quartile Rank:** 1<sup>st</sup> (Sports Science).
30. Fujita S, Glynn EL, **Timmerman KL**, Rasmussen BB, Volpi E (2009). Supraphysiological hyperinsulinaemia is necessary to stimulate skeletal muscle protein anabolism in older adults: evidence of a true age-related insulin resistance of muscle protein metabolism. *Diabetologia*. 2009;52(9):1889-98. (2009 Impact Factor: 6.551). Citations: 91. Contribution: 30%. Acceptance Rate: <15%. **Quartile Rank:** 1<sup>st</sup> (Endocrinology, Diabetes and Metabolism).
31. Drummond MJ, Fry CS, Glynn EL, Dreyer HC, Dhanani S, **Timmerman KL**, Volpi E, Rasmussen BB. Rapamycin administration in humans blocks the contraction-induced increase in skeletal muscle protein synthesis. *J Physiol*. 2009; 587(Pt 7):1535-46. (2010 Impact Factor: 5.1). Citations: 304. Contribution: 10%. Acceptance Rate: 28%. **Quartile Rank:** 1<sup>st</sup> (Physiology).
32. **Timmerman KL**, Flynn MG, Coen PM, and Markofski MM. Exercise training-induced lowering of inflammatory (CD14+CD16+) monocytes: a role in the anti-inflammatory influence of exercise? *J Leukoc Biol*. 2008;84(5): 1271-8.

(2008 Impact Factor: 4.605). Citations: 203. Contribution: 65%. Acceptance Rate: No data provided by this journal. **Quartile Rank:** 1<sup>st</sup> (Immunology).

33. **Timmerman KL** and Volpi. Amino acid metabolism and regulatory effects in aging. *Current Opinions in Clinical Nutrition and Metabolic Care*. 2008;11(1):45-9. (Impact Factor: 4.519). Citations: 72. Contribution: 80%. Acceptance Rate: **Invited Submissions Only. Quartile Rank:** 1<sup>st</sup> (Nutrition and Dietetics).
34. Phillips MD, Flynn MG, McFarlin BK, Stewart LK, **Timmerman KL**, Ji H. Resistive exercise blunts LPS-stimulated TNF- $\alpha$  and IL-1 $\beta$ . *International Journal of Sports Medicine*. 2008;29(2):102-9. Citations: 26. Contribution: 20%. Acceptance Rate: No data provided by this journal. Acceptance Rate: 21%. **Quartile Rank:** 1<sup>st</sup> (Orthopedics and Sports Medicine).
35. Stewart LK, Flynn MG, Campbell WW, Craig BA, Robinson JP, **Timmerman KL**, McFarlin BK, Coen PM, Talbert E. The influence of exercise training on inflammatory cytokines and C-reactive protein. *Med Sci Sports Exerc*. 2007;39(10):1714-9. Citations: 285. Contribution: 20%. Acceptance Rate: 23%. **Quartile Rank:** 1<sup>st</sup> (Sports Medicine).
36. McFarlin BK, Flynn MG, Mahon AK, Stewart LK, **Timmerman KL**, Lyle RM, Campbell WW. Energy Restriction with Different Protein Quantities and Source in Postmenopausal Women: Implications for Innate Immunity. *Obesity*. 2006;14(7):1211-8. Citations: 7. Contribution: 15%. Acceptance Rate: ~30%. **Quartile Rank:** 1<sup>st</sup> (Endocrinology, Diabetes and Metabolism).
37. McFarlin, BK, Flynn MG, Campbell WW, Craig BA, Robinson JP, Stewart LK, **Timmerman KL**, Coen PA. Physical activity status, but not age, influences inflammatory biomarkers and toll-like receptor 4. *Journal of Gerontology: Medical Sciences*. 2006;61A(4):388-393. Citations: 172. Contribution: 15%. Acceptance Rate: ~23%. **Quartile Rank:** 1<sup>st</sup> (Aging).
38. McFarlin BK, Flynn MG, Phillips MD, Stewart LK, **Timmerman KL**. Chronic resistance exercise training improves natural killer cell activity in older women. *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*. 2005;60(10):1315-8. Citations: 78. Contribution: 15%. Acceptance Rate: ~25%. **Quartile Rank:** 1<sup>st</sup> (Aging).
39. Stewart LK, Flynn MG, Campbell WW, Craig BA, Robinson JP, McFarlin BK, **Timmerman KL**, Coen PM, Felker J, Talbert E. Influence of exercise training and age on CD14+ cell-surface expression of toll-like receptor 2 and 4. *Brain Behav Immun*. 2005;19(5):389-97. Citations: 178. Contribution: 15%. Acceptance Rate: ~35%. **Quartile Rank:** 1<sup>st</sup> (Immunology).
40. McFarlin BK, Flynn MG, Campbell WW, Stewart LK, **Timmerman KL**. TLR4 is lower in resistance-trained older women and related to inflammatory cytokines. *Med Sci Sports Exerc*. 2004;36(11):1876-83. Citations: 130. Contribution: 15%. Acceptance Rate: 23%. **Quartile Rank:** 1<sup>st</sup> (Sports Science).
41. McFarlin BK, Flynn MG, Stewart LK, **Timmerman KL**. Carbohydrate intake during endurance exercise increases natural killer cell responsiveness to IL-2. *J Appl Physiol*. 2004;96:271-275. Citations: 50. Contribution: 15%. Acceptance Rate: 30-34%. **Quartile Rank:** 1<sup>st</sup> (Physiology).
42. Flynn MG, McFarlin BK., Phillips MD, Stewart LK, **Timmerman KL**. Toll-like receptor 4 and CD14 mRNA expression are lower in resistive exercise trained, elderly women. *J. Appl. Physiol*. 2003;95(5):1833-1842. Citations: 120. Contribution: 15%. Acceptance Rate: 30-34%. **Quartile Rank:** 1<sup>st</sup> (Physiology).

**Manuscripts in Review/Preparation \* = Miami Undergraduate, † = Graduate Student.**

1. **Timmerman KL**, Deal MA\*, Connors ID†, Meisler A\*, Karrow J\*, Tagariello L\*, Volk G\*, Mott RE\*. Physical activity level is endogenous antioxidant expression and oxidative damage in older adults. **In Preparation for Eur. J. Appl. Physiol.** Contribution 60%.
2. Loss KD†, Owens KL\*, Tyree LM\*, Ondrejko RL†, **Timmerman KL**. Correlates among objective and subjective measurements of physical activity in older adults. **In Preparation for the Journal of Physical Activity and Health.** Contribution: 30%.
3. **Timmerman KL**, Horn TS, Ondrejko RL†, Owens KL\*, Tyree LM\*. Exercise self-efficacy is a stronger predictor of satisfaction with life than physical activity level. In preparation for *Journal of Aging and Physical Activity*. Contribution: 60%.

**Abstracts and Oral Presentations: \* = Miami Undergraduate, † = Graduate Student.**

1. Thomas CA†, Warren VE†, Frindt KM\*, Herman KR\*, Shine JL\*, Ballard KD, **Timmerman KL**. Associations among age, physical activity, and serum resistin and adiponectin levels. Midwest American College of Sports Medicine Conference, Minneapolis, MN. **Poster Presentation**, 2018.
2. Warren VE†, Loss KD†, **Timmerman KL**. Correlations among subjective vs. objective physical activity, habitual nutrient intake, and prescription medication use in older adults. National American College of Sports Medicine Conference, Minneapolis, MN. **Poster Presentation**, 2018.

3. **Timmerman KL**, Ballard KD. Aging- and Obesity-related inflammation: consequences and countermeasures. Midwest American College of Sports Medicine Conference, Grand Rapids, MI. **Symposium Presentation**, 2017.
4. Warren VE†, Loss KD†, **Timmerman KL**. Correlations among subjective vs. objective physical activity, habitual nutrient intake, and prescription medication use in older adults. Midwest American College of Sports Medicine Conference, Grand Rapids, MI. **Oral Presentation**, 2017.
5. Thomas CA†, Frindt KM\*, Herman KR\*, Shine JL\*, **Timmerman KL**. Associations among age, physical activity, and serum resistin and adiponectin levels. Midwest American College of Sports Medicine Conference, Grand Rapids, MI. **Oral Presentation**, 2017.
6. Cashman CJ\*, Rigot MC\*, Warren VE\*, **Timmerman KL**. Predictors of lean body mass and function in older adults. Midwest American College of Sports Medicine Conference, Grand Rapids, MI. **Poster Presentation**, 2017.
7. Volk GA\*, Deal MA\*, Meisler AJ\*, Karrow JM\*, Good AP\*, Ballard KD, **Timmerman KL**. Altering physical activity influences insulin responses to glucose ingestion. Midwest American College of Sports Medicine Conference, Grand Rapids, MI. **Poster Presentation**, 2017.
8. Tyree LM\*, Owens KL\*, Horn TS, **Timmerman KL**. Comparative influence of exercise self-efficacy and physical activity on depression in older adults. National American College of Sports Medicine Conference, Denver, CO. **Poster Presentation**, 2017.
9. Warren VE†, Rigot MC\*, Loss KD†, Osbun CA\*, **Timmerman KL**. Correlates among physical activity, physical function, and cognitive function in older adults. National American College of Sports Medicine Conference, Denver, CO. **Poster Presentation**, 2017.
10. Volk GA\*, Deal MA\*, Meisler AJ\*, Karrow JM\*, Good AP\*, Ballard KD, **Timmerman KL**. Effects of varying physical activity level on glucose tolerance testing. National American College of Sports Medicine Conference, Denver, CO. **Poster Presentation**, 2017.
11. Loss KD†, Tyree LM\*, Owens KL\*, Warren VE†, **Timmerman KL**. The relationship of physical activity level (self-reported versus objectively measured) with depression, satisfaction with life, and cognitive function in older adults. Correlates among physical activity, physical function, and cognitive function in older adults. National American College of Sports Medicine Conference, Denver, CO. **Poster Presentation**, 2017.
12. Deal MA\*, Karrow JM\*, Meisler A\*, Volk GA\*, **Timmerman KL**. Physical activity level is associated with endogenous antioxidants in older adults. MidWest American College of Sports Medicine Conference, Ft. Wayne, IN. **Poster Presentation**, 2016.
13. Volk GA\*, Deal MA\*, Ballard KD, **Timmerman KL**. Effects of varying physical activity level on glucose tolerance testing. MidWest American College of Sports Medicine Conference, Ft. Wayne, IN. **Poster Presentation**, 2016.
14. Keller RA\*, Moore JM\*, Richards JA\*, Jonas SM\*, **Timmerman KL**. Correlations among physical activity level, diet, and prescription medication use in older adults. MidWest American College of Sports Medicine Conference, Ft. Wayne, IN. **Poster Presentation**, 2016.
15. Loss KD†, Tyree LM\*, Owens KL\*, Warren VE†, **Timmerman KL**. Relationships among physical activity, depression, and cognitive function in older adults. MidWest American College of Sports Medicine Conference, Ft. Wayne, IN. **Poster Presentation**, 2016.
16. Tyree LM\*, Owens KL\*, Horn TS, **Timmerman KL**. Comparative influence of exercise self-efficacy and physical activity on depression in older adults. MidWest American College of Sports Medicine Conference, Ft. Wayne, IN. **Poster Presentation**, 2016.
17. Jonas SM\*, Gurevich AR\*, Richards JA\*, Jonas SM\*, Keller RA\*, Caradonna AR\*, Ondrejko RL†, Phillips B†, **Timmerman KL**. Correlates among physical activity, physical function, diet, depression, and satisfaction with life in older adults. National American College of Sports Medicine Conference, Boston, MA. **Poster Presentation**, 2016.
18. Gurevich AR\*, Richards JA\*, Jonas SM\*, Keller RA\*, Caradonna AR\*, Ondrejko RL†, Phillips B†, **Timmerman KL**. Correlations between omega-6:omega-3 fatty acid ratio and physical and cognitive function in older adults. National American College of Sports Medicine Conference, Boston, MA. **Poster Presentation**, 2016.
19. Richards JA\*, Jonas SM\*, Keller RA\*, Caradonna AR\*, Ondrejko RL†, Phillips B†, **Timmerman KL**. Correlations among physical activity level, diet, and prescription medication use in older adults. National American College of Sports Medicine Conference, Boston, MA. **Poster Presentation**, 2016.

20. Deal MA\*, Connors ID†, Tagariello LC\*, Meisler A, Karrow JM\*, Volk G, **Timmerman KL**. Physical activity and fitness level are associated with superoxide dismutase in older adults. National American College of Sports Medicine Conference, Boston, MA. **Poster Presentation**, 2016.
21. Tagariello LC\*, Deal MA\*, Connors ID†, Meisler A\*, Karrow J\*, Volk G\*, Mott RE\*, Timmerman KL. Associations among physical activity level and skeletal muscle endogenous antioxidant content in older adults. Miami University Undergraduate Research Forum. **Poster Presentation**, Spring 2016.
22. Tyree LM\*, Owens KL\*, **Timmerman KL**. The relationship of physical activity level (self-reported and objectively measured) with depression, satisfaction with life, and cognitive function in older adults. Miami University Undergraduate Research Forum, Oxford, OH. **Poster Presentation**, Spring 2016.
23. Owens KL\*, Tyree LM\*, Horn TS, Ondrejko RL†, **Timmerman KL**. Exercise self-efficacy is a stronger predictor of satisfaction with life than physical activity level. Miami University Undergraduate Research Forum, Oxford, OH. **Poster Presentation**, Spring 2016.
24. Deal MA\*, Connors ID†, Tagariello LC\*, Karrow JM\*, **Timmerman KL**. Physical activity and fitness level are associated with superoxide dismutase in older adults. Midwest American College of Sports Medicine Conference, Fort Wayne, IN. **Poster Presentation**, 2015.
25. Keller RA\*, Ondrejko RL†, Kipp JD\*, Connors ID†, **Timmerman KL**. Correlates among physical activity, functional capacity, diet, and medication use in older adults. Midwest American College of Sports Medicine Conference, Fort Wayne, IN. **Poster Presentation**, 2015.
26. Rigot M\*, Ondrejko RL†, Connors ID†, Phillips B†, **Timmerman KL**. 6-minute walk test is correlated with mental health and well-being in adults aged 65-95 years. Midwest American College of Sports Medicine Conference, Fort Wayne, IN. **Poster Presentation**, 2015.
27. Ondrejko RL†, Connors ID†, Kipp JD\*, Maier ME\*, Freson KM\*, Mossman S\*, Morrison AM\*, Mott RE\*, Bishop AM\*, **Timmerman KL**. Correlates among physical activity, physical function, depressive symptoms, and cognitive function in older adults. American College of Sports Medicine National Conference, San Diego, CA. **Poster Presentation**, 2015
28. Connors ID†, Mott RE\*, Trivedi RH†, Morrison AM\*, Bishop AM\*, **Timmerman KL**. Skeletal muscle TLR4 and TACE expression is associated with body fat percentage, but not physical activity level in older adults. American College of Sports Medicine National Conference, San Diego, CA. **Poster Presentation**, 2015.
29. **Timmerman KL**. Sarcopenic Obesity: Consequences, Causes, and Countermeasures. The Obesity Society: Obesity Week National Conference, Boston, MA. **Invited Symposium Presentation**, 2014.
30. Connors ID†, Mott RE\*, Trivedi RH†, Morrison AM\*, Bishop AM\*, **Timmerman KL**. Body fat percentage is associated with skeletal muscle TLR4 and TACE expression in healthy older adults. Midwest American College of Sports Medicine Conference, Merrillville, IL. **Oral Presentation**, 2014.
31. Ondrejko RL†, Connors ID†, Kipp JD\*, Maier KM\*, Freson KM\*, Mossman S\*, Morrison AM\*, Bishop AM\*, **Timmerman KL**. Correlates among physical activity, physical function, depressive symptoms, and cognitive function in older adults. Midwest American College of Sports Medicine Conference, Merrillville, IL. **Oral Presentation**, 2014.
32. Connors ID†, Mott RE\*, Trivedi RH†, Combs LC\*, Heilbronn CB\*, Strack MJ\*, Bishop AM\*, Weigand KO\*, **Timmerman KL**. Relationship between cardiorespiratory fitness level and TNF-alpha protein expression in older adults. American College of Sports Medicine National Conference, Orlando, FL, **Oral Presentation**, 2014.
33. Connors ID†, Mott RE\*, Trivedi RH†, Combs LC\*, Heilbronn CB\*, **Timmerman KL**. Skeletal muscle TLR4 expression is associated with body fat percentage, but not physical activity level in older adults. Experimental Biology National Conference, San Diego, CA, **Poster Presentation**, 2014.
34. Mott RE\*, Combs LC\*, Strack MJ\*, Connors ID†, Trivedi RH†, Heilbronn CB\*, Weigand KO\*, Bishop AM\*, **Timmerman KL**. Relationships among self-reported physical activity, maximal oxygen consumption, and lean body mass in older adults. Midwest American College of Sports Medicine Conference, Merrillville, IL. **Poster Presentation**, 2013.
35. **Timmerman KL**, Amonette WE, Markofski MM, Ansinelli HA†, Gleason EA†. Impaired IL-6 and IL-10 Response to Aerobic Exercise in Patients Recovering from Traumatic Brain Injury. American College Of Sports Medicine National Conference, Indianapolis, IN. **Poster Presentation**, 2013.
36. **Timmerman KL**, Dhanani S, Fry CS, Glynn EL, Markofski MM, Rasmussen BB, Volpi E. Nitrate treatment and the skeletal muscle protein anabolic effects of mixed nutrient intake in Older adults. Gerontological Society of America, San Diego, CA. **Poster Presentation**, 2012.

37. **Timmerman KL**, Markofski MM, West JN, Timmerman JZ, Dickinson JM, Walker DK, Gundermann DM, Reidy PT, Rasmussen BB, Volpi E. Aerobic exercise training reduces skeletal muscle toll-like receptor 4 and inflammation in older adults. American College of Sports Medicine, San Francisco, CA. **Poster Presentation**, 2012.
38. **Timmerman KL**, West JN, Markofski MM, Dhanani S, Rasmussen BB, Choksi KB, Barbagelata NA, Volpi E. Chronic heart failure is associated with elevated skeletal muscle inflammation and toll-like receptor 4 signaling. Experimental Biology, San Diego, CA. **Poster Presentation**, 2012.
39. **Timmerman KL**. Inflammaging: Can we titrate physical activity to optimize immune function. American College of Veterinary Internal Medicine. Denver, CO. **Invited Oral Presentation**, 2011.
40. **Timmerman KL**, Markofski MM, Dhanani S, Fry CS, Dickinson JM, Walker DK, Rasmussen BB, Volpi E. Pharmacologically increasing blood flow does not influence skeletal muscle protein metabolism in healthy older adults. Experimental Biology National Conference. Washington D.C. **Oral Presentation**, 2011.
41. **Timmerman KL**. Age-related responsiveness to amino acids and other anabolic stimuli. Institute of Food Technologists: Wellness 11. Chicago, IL. **Oral Presentation**, 2011.
42. **Timmerman KL**, Dhanani S, Glynn EL, Fry CS, Drummond MJ, Rasmussen BB, Volpi E. Aerobic Exercise Enhances The Muscle Protein Anabolic Effect Of A Mixed Meal In Older Adults. Experimental Biology National Conference. Anaheim, CA. **Oral Presentation**, 2010.
43. Drummond MJ, Fry CS, Glynn EL, **Timmerman KL**, Volpi E, and Rasmussen BB. Amino Acid Transporter Expression is Increased in Human Skeletal Muscle Following Essential Amino Acid Ingestion, Experimental Biology National Conference. Anaheim, CA. **Oral Presentation**, 2010.
44. Drummond MJ, Fry CS, Glynn EL, **Timmerman KL**, Dickinson JM, Walker D, Gunderman DM, Volpi E, and Rasmussen BB. Aging is associated with a dysregulated human skeletal muscle microRNA-499 and -208b expression following resistance exercise. Experimental Biology, Anaheim, CA, 2010.
45. Fry CS, Drummond MJ, Glynn EL, Dickinson JM, Gunderman DM, **Timmerman KL**, Dhanani S, Volpi E, and Rasmussen BB. Skeletal muscle protein synthesis and mTORC1 signaling following resistance exercise in young and older men and women. Experimental Biology, Anaheim, CA, 2010.
46. **Timmerman KL**. Anti-inflammatory Effects of Resistance Training. NSCA-ACSM Symposium. American College of Sports Medicine National Conference May. Seattle, Washington. **Oral Presentation**, 2009.
47. **Timmerman KL**, Lee JL, Dhanani S, Dreyer HC, Glynn EL, Fry CS, Drummond MJ, Rasmussen BB, Volpi E. The anabolic effect of insulin is dependent on its ability to increase blood flow and muscle perfusion in human subjects. Experimental Biology, New Orleans, **Oral presentation**, 2009.
48. Drummond MJ, Fry CS, Glynn EL, Dreyer HC, Dhanani S, **Timmerman KL**, Volpi E, and Rasmussen BB. Rapamycin prevents the post-exercise increase in protein synthesis and alters cell signaling in human skeletal muscle. Experimental Biology, New Orleans, 2009.
49. Fry CS, Glynn EL, Drummond MJ, **Timmerman KL**, Fujita S, Abe T, Sato Y, Dhanani S, Volpi E, and Rasmussen BB. Effects of resistance exercise with blood flow restriction on muscle protein synthesis and mTOR signaling in older men. Experimental Biology, New Orleans, 2009.
50. Glynn EL, Fry CS, **Timmerman KL**, Dhanani S, Drummond MJ, Volpi E, Rasmussen BB. Higher leucine content in an essential amino acid mixture enhances human skeletal muscle mTOR signaling. Experimental Biology, New Orleans, 2009.
51. **Timmerman KL**, Lee J, Dhanani S, Dreyer HC, Glynn EL, Fry CS, Drummond MJ, Volpi E. The anabolic effect of insulin is dependent on its ability to increase blood flow and muscle perfusion in young, healthy subjects. Protein Turnover & Proteomics Symposium. **Poster Presentation**, Padua, Italy, 2008.
52. **Timmerman KL**, Fujita S, Sheffield-Moore M, Rasmussen BB, Volpi E. Supraphysiological insulin concentrations overcome insulin resistance of skeletal muscle protein synthesis in older subjects. Poster presentation at Annual Forum on Aging. University of Texas Medical Branch. Galveston, Texas, 2007.
53. **Timmerman KL**. Mechanisms underlying the anti-inflammatory effects of exercise training. Claude D. Pepper Older Americans Independence Center. **Invited Oral Presentation**. University of Texas Medical Branch. Galveston, TX, 2007.
54. **Timmerman KL**, Flynn MG, FACSM, Coen PM, Markofski MM, Pence B, Woodall N. The Influence of Physical Activity Level on Monocyte Subpopulations. ACSM Conference on the Integrative Physiology of Exercise. Indianapolis, IN, 2006.

## Editorships:

International Journal of Kinesiology and Sports Science; Editorial Panel (2013 – Present).

## Research Funding:

### External Grants:

1. **Timmerman KL** (Co-PI), Ballard KD (Co-PI), Miller ME (2018). Influence of low-fat and high-fat dairy consumption on skeletal muscle and systemic inflammation in overweight, pre-diabetic adults. National Dairy Council. \$188,901 (Pre-Proposal Accepted May 2018; Invited to Submit Full Proposal: July 2018).
2. Ballard KD (PI), **Timmerman KL** (Co-I), Miller BE (Co-I), Bruno R (Co-I) (2018). Impact of Alterations in Habitual Physical Activity on Vascular Endothelial Function and Insulin Sensitivity in Obese and Non-obese Adults. National Institutes of Health AREA (R15) Submission. \$452,454 (In Review. Submitted Feb. 2018).
3. **Timmerman KL (PI)**, Miller ME (Co-I) (2017). Influence of aerobic training and weight loss on skeletal muscle inflammatory markers and muscle protein balance in older adults. National Institutes of Health AREA (R15) Submission. \$433,500 (**Funded**). Impact Score: 22; Percentile Rank: 7%.
4. **Timmerman KL** (Co-PI), Ballard KD (Co-PI) (2017). Influence of increased dairy consumption on skeletal muscle and systemic inflammation in overweight and obese pre-diabetic adults. National Dairy Council. \$184,000 (Not Funded).
5. **Timmerman KL** (2016). Independent and combined influence of weight loss with or without exercise training on skeletal muscle inflammation in obese, older adults. The Obesity Society/Weight Watchers Karen Miller-Kovach Research Grant. (Letter of Intent). \$50,000. (Not Funded).
6. **Timmerman KL** (2016). Influence of Aerobic Training and Weight Loss on Skeletal Muscle Inflammatory Markers and Muscle Protein Balance in Older Adults. National Institutes of Health AREA (R15) Submission. \$299,693. (Not Funded: Received Impact Score of 30 and Percentile Rank = 16%. Resubmitted in Spring 2017).
7. **Timmerman KL** (2015). Connections among physical activity, skeletal muscle inflammation, and anabolic resistance in older adults. American Federation of Aging Research (Letter of Intent) \$10,000. (Not Funded).
8. **Timmerman KL** (2014). The influence of soy protein supplementation on skeletal muscle inflammation and anabolic responsiveness. DuPont Young Investigator Award: Nominated by DuPont Nutrition and Health to Submit an Application. \$50,000. Passed Pre-review. (Went to Full Review: Not Funded).
9. **Timmerman KL** (2014). The influence of physical activity level on skeletal muscle inflammation and muscle protein balance in healthy, older adults. National Institutes of Health AREA (R15) Submission. \$299,938. (Not Funded).
10. **Timmerman KL** (2014). TACE: a regulator of muscle protein balance and inflammation in older adults. American College of Sports Medicine Foundation Grant. \$10,000 (Not Funded).
11. **Timmerman KL** (2013). Connections among physical activity, skeletal muscle inflammation, and anabolic resistance in older adults. American Federation of Aging Research (Letter of Intent) \$10,000. (Not Funded).
12. **Timmerman KL** (2013). Exercise, inflammation, and skeletal muscle protein balance—it takes a Toll. American Diabetes Association Research Accelerator Award. \$1,575,000 (Not Funded).
13. **Timmerman KL** (2013). Effect of soy isoflavones on skeletal muscle inflammation and insulin resistance. National Institutes of Health AREA (R15) Submission. \$355,000 (Not Funded).
14. **Timmerman KL** (2011). Influence of exercise training on skeletal muscle inflammation in heart failure patients. National Institutes of Health Career Development (K01) Submission. \$600,925. (Not Funded).
15. **Timmerman KL** (2010). The influence of exercise training on TLR4 and inflammation. Claude D. Pepper Older Americans Independence Center Pilot Program. \$23,000 (**Funded**).

### Internal Grants:

1. **Timmerman KL** (2017). Influence of aerobic training and weight loss on skeletal muscle inflammatory markers and muscle protein balance in older adults. Committee on Faculty Research: Graduate Assistantship. (Not Funded).
2. **Timmerman KL** (2017). The influence of diet-induced weight loss and/or exercise training on skeletal muscle inflammation and anabolic resistance in obese, older adults. Salary for Summer 2017. (**Funded**).
3. **Timmerman KL**, Miller B, Ballard KD, Shi H, Ward RM (2016). Influence of weight loss on skeletal muscle inflammation and anabolic resistance in obese, older adults. EHS Interdisciplinary Research Grant. \$10,000 (**Funded**).



4. **Timmerman KL** (2014). Mechanisms underlying impaired muscle protein maintenance in older adults. Assigned Research Appointment-Off Campus Fall 2014 – 2015 **(Funded)**.
5. **Timmerman KL** (2014). Mechanisms underlying impaired muscle protein maintenance in older adults. College of Education Health and Society: Research Grant Seed Grant. \$4,920 **(Funded)**.
6. **Timmerman KL** (2013). The influence of physical activity level on skeletal muscle inflammation in older adults. Committee on Faculty Research: Summer Research Appointment. Salary for Summer 2013. **(Funded)**.
7. **Timmerman KL** (2013). The influence of physical activity level on skeletal muscle inflammation in older adults. Committee on Faculty Research: Graduate Assistantship. **(Funded)**.
8. **Timmerman KL** (2013). The influence of physical activity level on skeletal muscle inflammation in older adults. Committee on Faculty Research: Grants to Promote Research. \$2,947 **(Funded)**.
9. **Timmerman KL** (2013). The influence of physical activity level on skeletal muscle inflammation in older adults. College of Education, Health and Society: Research Seed Grant \$4,827. **(Funded)**
10. **Timmerman KL** (2013). College of Education, Health, and Society Mentoring Grant. \$500. **(Funded) Purpose:** Funds were used for visit to Ball State’s Human Performance Laboratory to facilitate interaction and potential collaborative efforts with highly respected and well-funded researchers in muscle physiology.

#### Honors and Awards:

- Awarded Fellow (Research Pathway) status with the American College of Sports Medicine (2018)
- Elected to Board of Directors (Member-at-Large) for Midwest American College of Sports Medicine (2017)
- Nominated for DuPont Industries Young Investigators Award (2014)
- Named to Translational Research Scholars Program, University of Texas Medical Branch (2011)
- Named Sealy Center on Aging Fellow, University of Texas Medical Branch (2008)
- AARP Scholars Program Awardee (2006)
- Carol J. Widule Outstanding Scholar Awardee, Purdue University (2006)
- Dale Hanson Mentorship Awardee, Purdue University (2006)

#### TEACHING (Load: 3/2 or 2/2 since 2012)

Semester	Format	Course Number	Title	Credit Hours	Enrollment	%Course Taught	Instructor Effectiveness (Out of 4)
Spring 18	Lecture	KNH 382	Exerc. Testing & Prescription	4	30	100	3.76
Spring 18	Lecture	KNH 668	Adv. Phys. And Biophysics of Human Activity	3	24	100	3.56
J-term 18	Online	KNH 209	Medical Terminology	3	18	100	3.67
Fall 17	Lecture	KNH 621	Research Foundations in Kines. & Health	3	25	100	3.56
Fall 17	Lecture (2 sections)	KNH 382	Exerc. Testing & Prescription	4	56	100	3.49
Summer 17	Online	KNH 382	Exerc. Testing & Prescription	4	10	100	4.00
Spring 17	Lecture (2 sections)	KNH 382	Exerc. Testing & Prescription	4	65	100	3.47
Spring 17	Seminar	KNH 453/553X	Curr. Topics in Exerc. Sci.	3	8	100	4.00
J-term 17	Online	KNH 209	Medical Terminology	3	14	100	3.50
Fall 16	Lecture	KNH 382	Exerc. Testing & Prescription	4	33	100	3.83
Fall 16	Seminar	KNH 453/553X	Curr. Topics in Exerc. Sci.	3	19	100	3.75
Summer 16	Online	KNH 382	Exerc. Testing & Prescription	4	20	100	3.70
Spring 16	Lecture	KNH 468	Phys. And Biophysics of Human Activity	3	36	100	3.43
Spring 16	Seminar	KNH 453/553X	Curr. Topics in Exerc. Sci.	3	14	100	3.71
Spring 16	Lecture	KNH 668	Adv. Phys. And Biophysics of Human Activity	3	14	100	3.44
J-term 16	Online	KNH 209	Medical Terminology	3	17	100	2.83
Fall 15	Lecture	KNH 621	Research Foundations in Kines. & Health	3	30	100	3.10
Fall 15	Lecture	KNH 382	Exerc. Testing & Prescription	4	33	100	3.47
Summer 15	Online	KNH 382	Exerc. Testing & Prescription	4	15	100	3.63
Spring 15	Lecture	KNH 468	Phys. And Biophysics of Human Activity	3	27	100	3.47
Spring 15	Lecture	KNH 382	Exerc. Testing & Prescription	4	33	100	3.50
J-term 15	Online	KNH 209	Medical Terminology	3	17	100	3.00
Fall 14	<i>Research Appointment</i>						

Summer 14	Online	KNH 382	Exerc. Testing & Prescription	4	18	100	3.50
Spring 14	Lecture (2 sections)	KNH 382	Exerc. Testing & Prescription	4	66	100	3.55
Spring 14	Seminar	KNH 453/553X	Curr. Topics in Exerc. Sci.	3	10	100	3.50
Fall 13	Lab	KNH 682	Lab Techniques in Ex. Sci.	2	9	20	N/A
Fall 13	Lecture (2 sections)	KNH 382	Exerc. Testing & Prescription	4	67	100	3.59
Spring 13	Lecture (2 sections)	KNH 382	Exerc. Testing & Prescription	4	62	100	3.50
Fall 12	Lecture (2 sections)	KNH 382	Exerc. Testing & Prescription	4	61	100	3.50

## **SERVICE**

### **Service to the Profession**

#### 1. Participation in State or Regional, National, or International Programs

##### Board Membership

- **Co-chair**, American College of Sports Medicine Interest Group: Physiological & Biological Mechanisms Underlying Health & Performance. (2016 – Present)
- **Member-at-large**, Board of Directors for the Midwest Chapter of the American College of Sports Medicine. (2016 – Present).

##### Chair or Co-Chair Scientific Sessions

- American College of Sports Medicine, Midwest Conference (2015). Chaired Session: The nitrate-nitrite-nitric oxide pathway: who benefits from beet juice? (Symposium).
- Experimental Biology National Conference (2014). Chaired Session: Obesity: Physical Activity and Chronic Disease (Symposium).
- American College of Sports Medicine, National Conference (2013). Session: Training Strategies and Performance (Thematic Poster Session)
- American College of Sports Medicine, Midwest Conference (2013). Chaired Session: Physical Activity Assessment in Pregnancy? (Free Communication Session)

#### 2. Invited to Review Abstracts for Conference

- American College of Sports Medicine, Midwest Conference (MWACSM 2018)
- American College of Sports Medicine, Midwest Conference (MWACSM 2017)
- American College of Sports Medicine, Midwest Conference (MWACSM 2016)
- American College of Sports Medicine, Midwest Conference (MWACSM 2015)
- American College of Sports Medicine, Midwest Conference (MWACSM 2014)
- American College of Sports Medicine, Midwest Conference (MWACSM 2013)

#### 3. Invited Conference Discussant

Lifestyle Interventions and Independence For Elders (LIFE) Symposium

Role: Invited Discussant (March 26<sup>th</sup> – 27<sup>th</sup> 2012)

#### 4. Manuscript Reviews:

- Medicine and Science in Sports and Exercise
- Journal of Strength and Conditioning Research
- Nutrients
- Journal of Gerontology: Medical Sciences
- Journal of Gerontology: Biological Sciences
- Journal of Clinical Nutrition
- Sports Medicine

- International Journal of Kinesiology & Sports Science
- The Journal of Gerontology
- European Journal of Endocrinology
- BioMed Central Physiology
- The Journal of Nutrition
- European Journal of Applied Physiology
- The Journal of Applied Physiology
- Nutrition Research
- Medicines

#### 5. Membership in Professional Societies

- American College of Sports Medicine
- The Obesity Society
- American Diabetes Association

### **Service to the University**

#### 1. Departmental Service

- Kinesiology Program Area Leader (2016-Present)
  - Coordinate course schedules for Kinesiology faculty
  - Develop and coordinate annual assessment of Student Learning Objectives
  - Attend Chair's Advisory Committee meetings
  - Meet with prospective students
- KNH Search Committee for Assistant/Associate Professor in Nutrition (2018)
  - Co-Chair for position targeted to begin August 2019
- KNH Search Committee for Visiting Assistant Professor in Kinesiology (2018)
  - Committee member for position beginning August 2018
- KNH Search Committee for Assistant/Associate Professor in Public Health (2017)
  - Role: Committee member, successful search (Phillip Smith, start date: August 2018)
- KNH Search Committee for Assistant/Associate Professor in Public Health (2016)
  - Role: Committee member, successful search (Paul Branscum started August 2017)
- KNH Search Committee for Assistant Professor in Exercise Science (2014)
  - Role: Chaired successful search (Dr. Kevin Ballard started August 2015)
- KNH Search Committee for Visiting Assistant Professor (2014)
  - Role: Committee member, successful search (Lamia Scherzinger started August 2014)
- KNH Personnel Committee (Elected: 2014 – 2016)
- KNH Governance Committee (Elected: 2014 –present)
- KNH Graduate Committee (Elected: 2013 – 2014, 2016-present)

#### 2. Divisional Service

- EHS Grants and Research Fellow (Beginning Fall Semester 2018)
- EHS Leadership Scholars Committee (2013-present)
- Dean's Faculty Advisory Council (Alternate) (2015-2017)
- Make it Miami Participant (2014-present)

#### 3. University Service

- University Institutional Review Board Member (2017 – present)
- Office of Research for Undergraduates Committee Member (2015-Present)
- University Appeals Board (2015-2017)

## 1. Community Research Presentations

- Timmerman KL (2018). "Inflammation: The Good, the Bad, and the Ugly." Institute for Learning in Retirement. Oxford, Ohio.
- Timmerman KL (2018). "Physical Activity, Cognitive Function, and Prescription Medication Use. MU2U Coffee Talk at the Knolls of Oxford.
- Timmerman KL (2018). Physical Activity, Age, and Inflammation. Kiwanis Club. Oxford, Ohio.
- Timmerman KL (2017). Benefits of a Physically Active Lifestyle in Older Adults. Miami University-Hughes Society Meeting, Cincinnati, Ohio.
- Timmerman KL (2017). Benefits of a Physically Active Lifestyle in Older Adults. Miami University-Hughes Society Meeting, Columbus, Ohio.
- Timmerman KL (2016). "Benefits of a Physically Active Lifestyle in Older Adults. MU2U Coffee Talk at the Knolls of Oxford. Oxford, Ohio.
- Timmerman KL (2016). "Benefits of a Physically Active Lifestyle in Older Adults." Hyde Park Health Center. Cincinnati, Ohio.
- Timmerman KL (2015). "Impact of Physical Activity on Health and Chronic Disease". Oxford Senior Center. Oxford, Ohio.
- Timmerman KL (2015). "The Role of Physical Activity in Healthy Aging". Kiwanis Club. Oxford, Ohio.
- Timmerman KL (2015). "The Role of Physical Activity in Healthy Aging". Institute for Learning in Retirement. Oxford, Ohio.

## 2. Community Affiliation

- Knolls of Oxford – Miami University Affiliation Committee (Invited, 2013 – present)
  - The role of this committee is to facilitate interactions between the Knolls of Oxford Retirement Community and faculty and students from Miami University.