

JEFFREY R. STOUT
CURRICULUM VITAE

WORK ADDRESS:

Department of Health and Exercise Science
University of Oklahoma
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PROFESSIONAL PREPARATION:

BA	1989	Exercise Science, Concordia University - Seward, Nebraska
MPE	1992	Exercise Physiology, University of Nebraska – Lincoln
PhD	1995	Exercise Physiology, University of Nebraska – Lincoln

PROFESSIONAL CERTIFICATIONS AND FELLOWSHIPS

- **Fellow of the American College of Sports Medicine (FACSM)**, American College of Sports Medicine (ACSM), May 29, 2000.
- **Fellow of the International Society of Sports Nutrition (FISSN)**, August 20, 2004.
- **Fellow of the National Strength and Conditioning Association (FNCSA)**, January 8, 2007.
- **Certified Strength and Conditioning Specialist with Distinction (CSCS*D)**. National Strength and Conditioning Association (NSCA) Certification Commission. February 4, 2000-present.
- **National Strength and Conditioning Association Certified Personal Trainer with Distinction (NSCA-CPT*D)**. NSCA Certification Commission. February 4, 2000-2003.

AWARDS

- **Teacher's College Scholarship Award**: University of Nebraska - Lincoln, 1994.
- **William F. Kelley, Achievement Award for Outstanding Academic Achievement**: Creighton University, 1997.
- **Young Investigator of the Year Award**. National Strength and Conditioning Association, 2001.
- **Editorial Excellence Award**. The Journal of Strength and Conditioning Research, 2001.
- **Alumnus of the Year Award**. Concordia University, 2004.
- **Awarded "Superior Meritorious"** 2004-2005 academic year: Florida Atlantic University, College of Education, 2005.
- **Research Achievement Award in Nutrition**. National Strength and Conditioning Association, 2008.

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PROFESSIONAL EXPERIENCE

ACADEMIC:

Assistant Professor (Tenure Track) – Health and Exercise Science Department
University of Oklahoma – Norman, OK (**2006 – Current**)
Director: Metabolic and Body Composition Laboratories

Courses Taught: HES 3990 Independent Study
HES 4823 Sport and Exercise Nutrition
HES 4990 Independent Study
HES 5980 Research Master’s Thesis
HES 5990 Independent Study
HES 6834 Human Body Composition
HES 6970 Doctoral Seminar
HES 6990 Independent Study

Committees: Departmental Undergraduate Curriculum Committee
OU NSCA-ERP Certified Personal Training- *Sponsor*
OU NSCA-ERP Certified Strength and Conditioning Specialist -*Co-Director*

Assistant Professor (Tenure Track) – Department of Exercise Science and Health Promotion,
Florida Atlantic University - Davie, FL (2004 – 2006)

Courses Taught: Stress Management, Kinesiology, Leadership II, Advanced Strength and
Conditioning, Advanced Sports Nutrition

Committees: Departmental Graduate Curriculum Committee
-Developed new Strength and Conditioning track
-Developed new graduate course (Advanced Sports Nutrition)

FAU NSCA-ERP Certified Strength and Conditioning Specialist- *Sponsor*
FAU NSCA-ERP Certified Strength and Conditioning Specialist- *Director*

Assistant Professor (Tenure Track)- Department of Exercise Science,
Creighton University – Omaha, NE. (1995 – 2000)

Courses Taught: Basic Statistics and Research Design, Exercise Physiology with Lab,
Biomechanics, Directed Independent Research, Directed Independent
Study

Research: *Co-Director* of the Human Performance Research Laboratory

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Adjunct Professor - Biomedical Sciences Department
Creighton University – Omaha, NE. (1998– 2000)

Research: Collaborated on research projects with faculty and students in Pharmacy and Physical Therapy
Committee: Served on admissions review committee for the Department of Physical Therapy

Graduate Assistant – Department of Health and Human Performance,
University of Nebraska - Lincoln, NE (1991-1995)

Courses Taught: Physiology of Exercise Laboratory, Healthy Lifestyles, Motor Performance, Weight Training

Instructor – Department of Health and Human Performance,
Nebraska Wesleyan University - Lincoln, NE (1994)

Courses Taught: Physiology of Exercise

Instructor – College of Nursing,
University of Nebraska - Lincoln, NE (1991)

Courses Taught: Human Anatomy Lab (with cadavers)

NON-ACADEMIC:

Sr. Director of Sports Science – Department of Scientific Affairs,
NUMICO Research – Boca Raton, FL (2000-2003)

- Directed the scientific information and research efforts
- Evaluated and co-developed the research design for determining the efficacy and safety of products
- Grant awards committee
- Clinical trials management
- Implemented FDA's good clinical practice (GCP)
- Managed 5 Sports Scientists in the Netherlands

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Master's Student Thesis Committees

Culbertson, JM. (2003 – 2005). The effects of creatine supplementation and three days of isokinetic training on muscle strength, power output, and neuromuscular function. Committee members: Cramer, J.T. (Chair), Trowbridge, CA., Wilson, JR., and **Stout, JR.**

Goodwin, PN. (2003 – 2004). The relationship among commuting, dietary, and exercise behaviors in college students. Committee members: Whitehurst, M. (Chair), **Stout, JR.**, and Boone, JS.

Gross, MJ. (2004 – 2006). Does a lack of formal training in exercise prescription influence the dietitians' decision to recommend exercise? Committee members: Whitehurst, M (Chair), **Stout, JR.**, and Boone, JS.

Moon, JR. (2004 – 2006). The validity of the BOD POD™ estimating percent fat in high school athletes. Committee members: O'Kroy, JA.(Chair), **Stout, JR.**, and Zoeller, R.

Herda, TJ. (2005 – 2007). Comparisons of the acute effects of passive stretching and vibration on the neuromuscular function of the triceps surae. Committee members: Cramer, JT. (Chair), **Stout, JR.**, Bemben, MG.

Smith, AE. (2007-2008). The effects of 6 weeks of β -alanine supplementation and high intensity interval training on metabolism, performance and the onset of neuromuscular fatigue. Committee members: **Stout, JR.** (Chair), Cramer, JT., and Beck, T.

Walters AA. (2007-2008). Effects of short term high-intensity interval training and β -alanine loading on physiological and performance changes. Committee members: **Stout, JR.** (Chair), Cramer, JT., and Beck, T.

Graef, JL. (2008-2009). The effects of 6 weeks of high-intensity interval training and creatine supplementation on cardiorespiratory fitness in college aged men. Committee members: **Stout, JR.** (Chair), Cramer, JT., and Beck, T.

Kendall, KL. (2008-2009). The effects of 6 weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college aged men. Committee members: **Stout, JR.** (Chair), Cramer, JT., and Beck, T.

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Doctoral Student Committees

Bank, LS. (2003-2005). The relationship between dietary calcium and anthropometric measurements in pre-menopausal Caucasian women. Committee members: **Stout, JR.** (Chairman), Perko, MA., Ghaddar, S., and Tanasescu M.

Ryan, ED. (2005 – 2009). Acute and chronic effects of passive stretching on voluntary and evoked muscle force, the length-tension relationship, ankle joint range of motion, and musculotendinous stiffness in the plantar flexors. Committee members: Cramer, JT. (Chairman), **Stout, JR.**, Bemben, MG., Bemben, DA., and Shehab, R.

Moon, JR. (2006 – 2010). Committee members: **Stout, JR.** (Chairman), Cramer, JT., Bemben, MG., and Beck, T.

Roberts, MD. (2006 – 2010). Committee members: Kerksick, C. (Chairman), Cramer, JT., **Stout, JR.**, and Henry, D.

Dalbo, VJ. (2006 – 2010). Committee members: Kerksick, C. (Co-Chairman), **Stout, JR.** (Co-Chairman), Cramer, JT., and Henry, D.

BOOK PUBLICATIONS

1. **Stout, JR., J. Antonio, , and D. Kalman.** (Editors& Co-Author). Essentials of Creatine in Sports and Health. Totowa, NJ: Humana Press. (2008).
2. Antonio, J., D. Kalman, and **JR. Stout.** (Editors& Co-Author). Essentials of Sports Nutrition and Supplements. Totowa, NJ: Humana Press. 875 p. (2008). ISBN: 978-1-58829-611-5
3. Antonio, J. & **JR. Stout.** Fit Kids for Life: A Parent's Guide to Optimal Nutrition and Training for Young Athletes. New York, NY: Basic Health Media (2004).
4. Antonio, J. & **JR. Stout.** Supplements for Endurance Athletes. Champaign, IL: Human Kinetics (2002).
5. Antonio, J. & **JR. Stout.** Supplements for Strength-Power Athletes, Champaign, IL: Human Kinetics (2002).
6. Antonio, J. & **JR. Stout.** Sports Supplement Encyclopedia. Boca Raton, FL: Nutricia USA (2002).
7. Antonio, J. & **JR. Stout** (Editors& Co-Author). Sports Supplements, Baltimore, MD: Lippincott Williams & Wilkins (2001).

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BOOK CHAPTERS

1. Hoffman, JR., and **JR. Stout**, *Performance-Enhancing Substances. Essentials of Strength Training and Conditioning* (3rd ed). TR. Baechle and RW. Earle (Eds). Champaign, IL: Human Kinetics (2008).
2. Batheja, A., and **JR. Stout**. *Nutritional Supplements for Strength and Lean Body Mass. Sports Nutrition Review*. G. Ferraro and C. Steele (Eds). Mile High Publishing, 2004.
3. Antonio, J., and **JR. Stout**. *Nutrient Timing. Sports Nutrition Review*. G. Ferraro and C. Steele (Eds). Mile High Publishing, 2004.
4. Bradley-Popovich, G., **JR. Stout**, and J. Antonio. *Sports Supplements: Evolution and Revolution. Sports Supplements*. J. Antonio and J.R. Stout (Eds). Lippincott Williams and Wilkins, 2001.
5. Batheja, A., **JR. Stout**. *Food: The Ultimate Drug. Sports Supplements*. J. Antonio and J.R. Stout (Eds). Lippincott Williams and Wilkins, 2001.

RESEARCH PUBLICATIONS (refereed journals): * Graduate Student

1. **Stout, JR.**, BS. Graves, AE. Smith MJ. Hartman, JT. Cramer, TW. Beck, and RC. Harris. Beta-alanine supplementation delays the onset of fatigue in elderly (55-92 years). *Medicine and Science in Sports and Exercise*. (In Review)
2. *Smith, AE., AA. Walter, KL. Kendall, JL. Graef, JR. Moon, CM. Lockwood, TW. Beck, JT. Cramer, and **JR. Stout**. Beta-alanine supplementation and high-intensity interval training influences performance. *Medicine and Science in Sports and Exercise*. (In Review)
3. *Smith, AE., JR. Moon, KL. Kendall, JL. Graef, AA. Walter, TW. Beck, JT. Cramer, and **JR. Stout**. Effect of beta-alanine supplementation and high-intensity interval training on neuromuscular fatigue and muscle function. *European Journal of Applied Physiology*. (In Press)
4. Beck, TW., JM. DeFreitas; JT. Cramer, **JR. Stout**. A comparison of adaptive and notch filtering for removing electromagnetic noise from monopolar surface electromyographic signals. *Medical and Biological Engineering and Computing*. (In Review)
5. *Graef, JL., AE. Smith, AA. Walter, KL. Kendall, JR. Moon, CM. Lockwood, TW. Beck, JT. Cramer, **JR. Stout**. The relationships among endurance performance

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measures as estimated from VO₂peak, ventilator threshold, and electromyographic fatigue threshold: a relationship design. *Dynamic Medicine*. (In Press)

6. *Ryan, ED., TJ. Herda, PB. Costa, JM. DeFreitas, TW. Beck, **JR. Stout**, and JT. Cramer. The relationship between plantar flexor muscle cross-sectional area and musculotendinous stiffness. *Clinical Biomechanics*. (In Review)
7. *Dalbo, VJ., JR. Moon, MD. Roberts, CM. Kerksick, and **JR. Stout**. Validation of non-exercise VO₂max prediction equations in a heterogeneous sample of men and women. *Journal of Sports Sciences*. (In Review)
8. *Roberts, MD., VJ. Dalbo, SE. Hassell, **JR. Stout**, and CM. Kerksick. Efficacy and safety of a popular thermogenic drink after 28 days of ingestion. *Journal of the International Society of Sports Nutrition*. (In Review)
9. *Moon, JR., SE. Tobkin, AA. Walter, AE. Smith, VJ. Dalbo, JT. Cramer, and **JR. Stout**. Anthropometric estimations of percent body fat in NCAA division 1 female athletes: a four-compartment model validation. *Journal of Strength and Conditioning Research*. (In Review)
10. *Moon, JR., SE. Tobkin, AA. Walter, AE. Smith, VJ. Dalbo, JT. Cramer, and **JR. Stout**. Validity of laboratory methods for estimating percent body fat in college female athletes. *European Journal of Applied Physiology*. (In Review)
11. *Ryan, ED., TW. Beck, TJ. Herda, HR. Hull, MJ. Hartman, PB. Costa, JM. DeFreitas, **JR. Stout**, and JT. Cramer. The time course of musculotendinous stiffness responses following different durations of passive stretching. *Journal of Orthopaedic & Sports Physical Therapy*. (In Press)
12. *Ryan, ED., TW. Beck, TJ. Herda, HR. Hull, MJ. Hartman, **JR. Stout** and JT. Cramer. Do practical durations of stretching alter muscle strength? A dose-response study. *Medicine and Science in Sports and Exercise*. 40(8):1529-1537,2008.
13. *Herda, TJ., ED. Ryan, PB. Costa, JM. DeFreitas, TW Beck, **JR. Stout**, and JT. Cramer. Reliability of mechanomyographic amplitude recorded during isometric step versus ramp muscle actions. *Journal of Neuroscience Methods*. 171(1):104-109, 2008.
14. *Moon, JR., SE. Tobkin, AE. Smith, MD. Roberts, ED, Ryan, VJ. Dalbo, CM. Lockwood, AA. Walter, JT. Cramer TW. Beck and JR. Stout. Percent body fat estimations in college men using field and laboratory methods: a three-compartment model approach. *Dynamic Medicine*. 21:7, 2008.
15. *Herda TJ., TW. Beck, ED. Ryan, AE. Smith, AA. Walter, MJ. Hartman, **JR. Stout**, and JT. Cramer. Effects of creatine monohydrate and polyethylene glycosylated creatine

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supplementation on muscular strength, endurance and power output. *Journal of Strength and Conditioning Research*. (In Press)

16. *Ryan ED, TW. Beck, TJ. Herda, AE. Smith, AA. Walter, **JR. Stout**, and JT. Cramer. Acute effects of a thermogenic nutritional supplement on energy expenditure and cardiovascular function at rest, during low-intensity exercise, and recovery from exercise. *Journal of Strength and Conditioning Research*. (In Press)
17. *Herda, TJ., JT. Cramer, ED. Ryan, MP. McHugh, and **JR. Stout**. Acute effects of static versus dynamic stretching on isometric peak torque, electromyography, and mechanomyography of the biceps femoris muscle. *Journal of Strength and Conditioning Research*. 22(3):809-817, 2008.
18. *Herda, TJ., ED. Ryan, **JR. Stout**, and JT. Cramer. Effects of adenosine triphosphate supplementation on muscle strength, power output, and endurance. *International Journal of Sport Nutrition and Exercise Metabolism*. 5:3 (29 January), 2008
19. Beck TW., TJ. Housh, JT. Cramer, JR. Stout, ED. Ryan, TJ. Herda, PB. Costa, and JM. Defreitas. Electrode placement over the innervations zone affects the low-, not the high-frequency portion of the EMG frequency spectrum. *Journal of Electromyography and Kinesiology*. May 12, 2008 [Epub ahead of print].
20. *Lockwood, CM., SE. Tobkin, JR. Moon, AA. Walter, AE. Smith, VJ. Dalbo, JT. Cramer and **JR. Stout**. *Ad libitum* diet plus minimal nutrition intervention with meal replacement improves body composition and exercise benefits in overweight adults: a randomized controlled trial. *Nutrition and Metabolism (London)*. 5:11, 2008.
21. *Herda, TJ., ED. Ryan, AE. Smith, AA. Walter, **JR. Stout**, and JT. Cramer. Acute effects of passive stretching versus vibration on the neuromuscular function of the plantar flexors. *Scandinavian Journal of Medicine and Science in Sports*. June 17, 2008 [Epub ahead of print].
22. *Moon, JR., SE. Tobkin, MD. Roberts, VJ Dalbo, CM. Kerksick, MG. Bemben, JT. Cramer and **JR. Stout**. Total body water estimations in healthy men and women using bioimpedance spectroscopy: A deuterium oxide comparison. *Nutrition and Metabolism (London)*. 5(1):7, 2008.
23. *Walter, AA., AE. Smith, TJ. Herda, ED. Ryan, JR. Moon, JT. Cramer, and **JR. Stout**. Effects Of Creatine Loading On electromyographic fatigue threshold during cycle ergometry in college-aged men. *International Journal of Sports Nutrition and Exercise Metabolism*. 18(2):142-151 2008.
24. *Dalbo, VJ, MD. Roberts, **JR. Stout** and CM. Kerksick. Putting the myth of creatine supplementation leading to muscle cramps and dehydration to rest. *British Journal of Sports Medicine*. 42(7):567-573, 2008.

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25. Hoffman, JR., NA. Ratamess, AD. Faigenbaum, R. Ross, J. Kang, and **JR. Stout**. Effect of Short Duration beta-alanine supplementation on anaerobic performance measures in college football players. *Nutrition Research* 28:31-35, 2008.
26. *Moon JR., SE. Tobkin, PB. Costa, M. Smalls, WK. Mieding, **JR. Stout**, RF. Zoeller, and JA. O’Kroy. Validity of the Bod Pod for assessing body composition in athletic high school boys. *Journal of Strength and Conditioning Research*. 22:263-268, 2008.
27. *Dalbo, VJ., MD. Roberts, **JR. Stout**, and CM. Kerksick. Acute effects of ingesting a commercial thermogenic drink on changes in energy expenditure and markers of lipolysis. *Journal of the International Society of Sports Nutrition*. 5:6 (20 February), 2008.
28. *Ryan, ED, TJ. Housh, TW. Beck, TJ. Herda, MJ. Hartman, **JR. Stout**, and JT. Cramer. Mechanomyographic amplitude and mean power frequency responses during isometric ramp vs. step muscle actions. *Journal of Neuroscience Methods*. 168(2):293-305, 2008
29. *Smith, AE., AA. Walter, TJ. Herda, ED. Ryan, JR. Moon, JT. Cramer, and **JR. Stout**. Effects Of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged women. *Journal of the International Society of Sports Nutrition*. Nov 26;4(1):20, 2007.
30. *Moon JR., HR. Hull, SE. Tobkin, M. Teramoto, M. Karabulut, M. Roberts, ED. Ryan, SJ. Kim, JT. Cramer, and **JR. Stout**. Validity of laboratory and field methods for estimating percent fat in college-age women. *International of the International Society of Sports Nutrition* 4:16 (7 November), 2007
31. **Stout, JR.,** BS. Graves, JT. Cramer, ER. Goldstein, PB. Costa, AE. Smith, and AA. Walter. Effects of creatine supplementation on the onset of neuromuscular fatigue threshold and muscle strength in elderly men and women (64 -86 years). *Journal of Nutrition, Health and Aging*. 11(6):459-64, 2007
32. Buford, TW., RB. Kreider, **JR. Stout**, M. Greenwood, B. Campbell, M. Spano, T. Ziegenfuss, H. Lopez, J. Landis, and J. Antonio. International society of sports nutrition position stand: creatine supplementation and exercise. *Journal of the International Society of Sports Nutrition*. 4:6 (30 August), 2007.
33. Cramer JT., **JR. Stout**, JY. Culbertson, and AD. Egan. Effects of creatine supplementation and three days of resistance training on muscular strength, power output, and neuromuscular function. *Journal of Strength and Conditioning Research*. 21(3):668-77, 2007.

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34. *Ryan, ED., JT. Cramer, TJ. Housh, TW. Beck, TJ. Herda, MJ. Hartman, and **JR. Stout**. Inter-individual variability among the mechanomyographic and electromyographic amplitude and mean power frequency responses during isometric ramp muscle actions. *Journal of Electromyography and Clinical Neurophysiology*. 47(3):161-73, 2007.
35. Willoughby D., **JR. Stout**, and CD. Wilborn. Effects of heavy resistance training and timed ingestion of protein and amino acid supplementation on muscle anabolism, mass and strength. *Amino Acids* 32(4):467-477, 2007.
36. **Stout, JR.**, JT. Cramer, R. Zoeller, J., and D. Torok. Effects of beta-alanine supplementation on the onset of neuromuscular fatigue and ventilatory threshold in women. *Amino Acids* 32(3):381-6, 2007.
37. Zoeller, R., **JR. Stout**, J. O’Kroy, and D. Torok. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on oxygen uptake, ventilatory and lactate thresholds and time to exhaustion. *Amino Acids* 33:505-510, 2007.
38. **Stout, JR.** JT. Cramer, M. Mielke, J. O’Kroy, D. Torok, and RF. Zoeller. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on physical working capacity at neuromuscular fatigue threshold. *Journal of Strength and Conditioning Research* 20(4):928-931, 2006.
39. Hoffman, JR., NA. Ratamess, J. Kang, G. Mangine, AD. Faigenbaum, E. Breitbart, and **JR. Stout**. Effect of creatine and beta-alanine supplementation on strength, power and endocrine changes in strength/power athletes. *International Journal of Sport Nutrition and Exercise Metabolism*. 16(4): 430-46 2006.
40. Eckerson, JM., **JR. Stout**, GA. Moore, NJ. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. Effect of creatine phosphate supplementation on anaerobic working capacity and body weight after two and six days of loading in men and women. *Journal of Strength and Conditioning Research* 19(4): 765-763, 2005.
41. Hoffman, JR., **JR. Stout**, M. Falvo, J. Kang, and NA. Ratamess. The effect of low-dose, short duration creatine supplementation on anaerobic exercise performance. *Journal of Strength and Conditioning Research* 19(2):260-264, 2005.
42. **Stout, JR.** Beta-alanine: the new kid on the ergogenic block. *Strength and Conditioning Journal* 27(6):90-91, 2005.
43. Housh, TJ., GO. Johnson, DJ. Housh, JT. Cramer, JM. Eckerson, **JR. Stout**, AJ. Bull, and SR. Rana. Accuracy of near-infrared interactance instruments and population-equations for estimating body composition in young wrestlers. *Journal of Strength and Conditioning Research* 18: 556-560, 2004.

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44. Eckerson, JM., **JR. Stout**, GA. Moore, NJ. Stone, K. Nishimura and K. Tamura. Effect of two and five days of creatine loading on anaerobic working capacity in women. *Journal of Strength and Conditioning Research* 18:168-173, 2004.
45. Kreider RB, AL. Almada, J. Antonio, C. Broeder, C. Earnest, M. Greenwood, T. Incledon, DS. Kalman, SM. Kleiner, B. Leutholtz, LM. Lowery, R. Mendel, **JR. Stout**, DS. Willoughby, TN. Ziegenfuss. ISSN exercise & sport nutrition review: Research & recommendations. *Sports Nutrition Review Journal* 1(1):1-44, 2004.
46. **Stout, JR.**, JM Eckerson, E. May, C. Coulter, and GE. Bradley-Popovich. Effects of exercise and creatine supplementation on Myasthenia Gravis: a case study. *Medicine and Science in Sports and Exercise* 33: 869-872, 2001.
47. Bradley-Popovich GE, G. Karageorgos, JK. Eckerson, **JR. Stout**, and JR. Gale. Oral creatine supplementation in AIDS-related muscle wasting [lead article]. *Positive Communication* Spring: 15-22, 2001.
48. Dash, AK., DW. Miller, H. Huai-Yan, J. Carnazzo, and **JR. Stout**. Evaluation of the creatine monohydrate transport using caco-mono-layers as an in-vitro model for intestinal absorption. *Journal of Pharmaceutical Science* 90:1593-1598, 2001.
49. Antonio, J., M. Sanders, L. Ehler, J. Uelmen, J. Raether, and **J Stout**. Effects of exercise training and amino-acid supplementation on body composition and physical performance in untrained women. *Nutrition* 16:1043-1046, 2000.
50. Housh, TJ., GO. Johnson, DJ. Housh, **JR. Stout** and JM. Eckerson. Estimation of body density in young wrestlers. *Journal of Strength and Conditioning Research* 14:477-482, 2000.
51. **Stout, JR.**, JM. Eckerson, G. Moore, K. Ebersole, S. Perry, TJ. Housh and A. Bull. The effect of creatine loading on neuromuscular fatigue threshold. *Journal of Applied Physiology* 88:109-112, 2000.
52. Ebersole, KT., **JR. Stout**, JM. Eckerson, TJ. Housh, TK. Evetovich, and DB. Smith. The effect of pyruvate supplementation on critical power. *Journal of Strength and Conditioning Research* 14:132-134, 2000.
53. **Stout, JR.**, JM. Eckerson, TJ. Housh, and KT. Ebersole. The effects of creatine supplementation on anaerobic working capacity. *Journal of Strength and Conditioning Research* 13:135-138, 1999.
54. **Stout, JR.**, JM. Eckerson, D. Noonan, G. Moore, and D. Cullen. Effects of 8 weeks of creatine supplementation on exercise performance and fat-free weight in football players during training. *Nutrition Research* 19:217-225, 1999.

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55. Gwartney, DL., and **JR. Stout**. Androstenedione: physical and ethical considerations relative to its use as an ergogenic aid. *Strength and Conditioning Journal* 21:65-66, 1999.
56. Eckerson, JM., **JR. Stout**, TK. Evetovich, TJ. Housh, GO. Johnson, and N. Worrell. The validity of self-assessment techniques for estimating percent fat in men and women. *Journal of Strength and Conditioning Research* 12:243-247, 1998.
57. **Stout, JR.**, TJ. Housh, GO. Johnson, TK. Evetovich and DB Smith. Mechanomyography and oxygen consumption during incremental cycle ergometry. *European Journal of Applied Physiology* 76:353-367, 1997.
58. Eckerson, JM., TK. Evetovich, **JR. Stout**, GO. Johnson, TJ. Housh, DJ. Housh, KT. Ebersole, and DB. Smith. Validity of bioelectrical impedance equations for estimating fat-free weight in high school female gymnasts. *Medicine and Science in Sports and Exercise* 29:962-968, 1997.
59. Evetovich, TK., TJ. Housh, JM. Eckerson, GO. Johnson, DJ. Housh, **JR. Stout**, DB. Smith, and KT. Ebersole. Validity of bioelectrical impedance equations for estimating fat-free mass in young males. *Journal of Strength and Conditioning Research* 11:155-158, 1997.
60. Smith, DB., TJ. Housh, **JR. Stout**, GO. Johnson, TK. Evetovich, and KT. Ebersole. Mechanomyographic responses to maximal eccentric isokinetic muscle actions. *Journal of Applied Physiology* 82:1003-1007, 1997.
61. Smith, DB., GO. Johnson, **JR. Stout**, TJ. Housh, DJ. Housh and TK. Evetovich. Validity of near-infrared interactance for estimating percent body fat in female high school gymnast. *International Journal of Sports Medicine* 18:531-537, 1997.
62. Housh, TJ., GO. Johnson, DJ. Housh, **JR. Stout**, DB. Smith, and KT. Ebersole. Isokinetic peak torque and estimated muscle cross-sectional area in high school wrestlers. *Journal of Strength and Conditioning Research* 11:45-49, 1997.
63. Housh, TJ., TK. Evetovich, **JR. Stout**, DJ. Housh, GO. Johnson MC. Briese, and SR. Perry. Longitudinal assessment of anthropometric growth in high school wrestlers. *Journal of Strength and Conditioning Research* 11:159-162, 1997.
64. Evetovich, TK., TJ. Housh, **JR. Stout**, GO. Johnson, DB. Smith, and KT. Ebersole. Mechanomyographic responses to concentric isokinetic muscle contractions. *European Journal of Applied Physiology* 75:166-169, 1997.

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65. Housh, TJ., GO. Johnson, DJ. Housh, JM. Eckerson, and **JR. Stout**. Validity of skinfold equations for estimating percent fat in high school female gymnasts. *Medicine and Science in Sports and Exercise* 28:1331-1335, 1996.
66. Housh, TJ., GO. Johnson, **JR. Stout**, DJ. Housh. Age, fat-free weight, and isokinetic peak torque in high school female gymnasts. *Medicine and Science in Sports and Exercise* 28:610-613, 1996.
67. Housh, TJ., HA. deVries, GO. Johnson, SA. Evans, DJ. Housh, **JR. Stout**, and RM. Bradway. Neuromuscular fatigue thresholds of the vastus lateralis, vastus medialis and rectus femoris muscles. *Electromyography and Clinical Neurophysiology* 36:247-255, 1996.
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4. *Smith, AE., JL. Graef, AA. Walter, KL. Kendall, CM. Lockwood, JR. Moon, TW. Beck, JT. Cramer, and **JR. Stout**. Effects of 3 weeks of high-intensity interval training and beta-alanine supplementation on endurance performance and aerobic metabolism in college-aged men. Presented at the NSCA National Conference in Las Vegas, NV. July 10th, 2008.
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87. Johnson, GO., HA. deVries, TJ. Housh, SA. Evans, DJ. Housh, **JR. Stout**, TK. Vancura, and RM. Bradway. Electromyographic fatigue threshold of the superficial muscles of the quadriceps femoris. *Medicine and Science in Sports and Exercise* 26(Supplement): A1068, 1994.
88. Johnson, GO., JP. Weir, **JR. Stout**, TJ. Housh, DJ. Housh, SA. Evans, and JM. Eckerson. Isokinetic peak torque of female high school gymnasts. *Research Quarterly for Exercise and Sport* 65(Supplement): A27, 1994.
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90. Eckerson, J, **J. Stout**, D. Housh, S. Evans, G. Johnson, T. Housh. Validity of near-infrared interactance for estimating percent fat in female gymnasts. *Medicine and Science in Sports and Exercise* 26(Supplement): A233, 1994.
91. Housh, TJ., GO. Johnson, **JR. Stout**, JM. Eckerson, DJ. Housh, and ML. Housh. Validity of bioelectrical impedance and near-infrared interactance for estimating percent body fat in youth wrestlers. *Journal of Strength and Conditioning Research* 7: 251, 1993.
92. Johnson, GO., TJ. Housh, and **JR. Stout**. The validity of bioelectrical impedance, near-infrared interactance and skinfold equations for estimating percent fat in female gymnasts. *Medicine and Science in Sports and Exercise* 25(Supplement): S162, 1993.
93. Eckerson, J., **J. Stout**, T. Housh, and G. Johnson. Validity of skinfold, bioelectrical impedance, and near-infrared interactance equations for assessing changes in fat-free weight. *Medicine and Science in Sports and Exercise* 25(Supplement): S59, 1993.
94. Belford, M., **J. Stout**, J. Eckerson, T. Housh, and G. Johnson. The validity of bioelectrical impedance, near-infrared interactance and skinfold equations for estimating body composition in females. *Medicine and Science in Sports and Exercise* 25(Supplement): S162, 1993.
95. Johnson, GO., TJ. Housh, and **JR. Stout**. Growth in high school wrestlers. *Research Quarterly for Exercise and Sport* 64(Supplement):A31, 1993.

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96. Eckerson, J., **J. Stout**, T. Housh, and G. Johnson. Validity of bioelectrical impedance and skinfold equations for estimating body composition in males. *Research Quarterly for Exercise and Sport* 64(Supplement): A28, 1993.

Invited International and National Oral Presentations:

1. **Stout, JR.** Nutritional supplementation during resistance exercise. NSCA National Conference. Las Vegas, NV. July 10, 2008.
2. **Stout, JR.** Sports Nutrition 101: How to Fuel Your Body for Optimal Performance. Athletic Business Conference and Expo, Orlando, FL. December, 1st 2007.
3. **Stout, JR.** Fit Kids for Life: A guide to Optimal Nutrition for Young Athletes. International Youth Sports Congress, Orlando, FL. November, 29, 2007.
4. **Stout, JR.** Effects of Beta-Alanine on Exercise Performance in Men and Women. NSCA National Conference. Atlanta, GA. July 10, 2007.
5. **Stout, JR.** Nutritional Strategies to Accelerate Rehabilitation. NATA National Conference. Anaheim, CA. June 31st, 2007.
6. **Stout, JR.** Effects of Beta-Alanine on Exercise Performance in Men and Women. Oklahoma Strength and Conditioning Association State Clinic. Norman, OK. February 10th 2007.
7. **Stout, JR.** Protein Timing for Muscle Hypertrophy. ISSN Annual Conference. Las Vegas, NV, 2006.
8. **Stout, JR.** Ethical ways to Enhance Performance through Supplementation. NSCA Winter Conference. Dallas, TX, 2006.
9. **Stout, JR.** The Marriage of Marketing and Science in Sports Nutrition. Symposia on Sports Drinks, Protein, and Peptides. Winter Olympics, Torino, Italy, 2006.
10. **Stout, JR.** Protein Timing for the Strength and Power Athlete. NSCA National Conference. Las Vegas, NV, 2005.
11. **Stout, JR.** Should Young Athletes Take Supplements? NSCA National Conference. Las Vegas, NV, 2005.
12. **Stout, JR.** Nutrient Timing. ISSN-IHP Personal Training and Sports Nutrition Mini-Symposium. Boca Raton, FL, 2004.
13. **Stout, JR.** Nutrition Needs of Young Athletes. *International Society of Sports Nutrition* Annual Conference. Las Vegas, NV, 2004
14. **Stout, JR.** Sports Nutrition Needs of Young Athletes. NSCA National Conference, Personal Trainers Luncheon. Indianapolis, IN, 2003.
15. **Stout, JR.** Nutrition Needs of Athletes. *Northland American College of Sports Medicine*. Wayne, NE, 2003
16. **Stout, JR.** Pre and Post Exercise Nutrition. NSCA Sport Specific Conference. San Antonio, TX, 2002.
17. **Stout, JR.** Sports Nutrition for the 21st Century. NSCA Pre-conference Symposia. San Antonio, TX, 2002,
18. **Stout, JR.** History of Sports Nutrition. Colloquium: Sports Nutrition for the 21st Century. *American College of Sports Medicine* national conference. Indianapolis, IN, 2000.

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GRANTS AWARDED

1. "The effects of GameTime™ and High-intensity training on critical velocity, aerobic power, endurance capacity and safety." Principal Investigator. Corr-Jensen Labs, Inc. (2008)
2. "A pilot study to evaluate the effect of beta-hydroxy-beta-methylbutyrate in elderly subjects." Principal Investigator. ABBOTT Labs, Inc. (2008)
3. "Effects of two different whey protein supplements on thigh muscle cross-sectional area, muscular strength, and body composition during 8 weeks of resistance training." Co-Principal Investigator. General Nutrition Corporation (2008)
4. "Impact of Micrhydriin on body water and metabolic indicators of ventilatory threshold." Co-Principal Investigator. Royal Body Care Life Sciences, Inc. (2008)
5. "The acute effects of a thermogenic pepper blend or TPB on endurance performance and muscular strength." Co-Principal Investigator. General Nutrition Corporation (2008)
6. "The effects of an energy drink and exercise on cardiovascular fitness, strength, body composition and nutritional profile in healthy adult men and women." Principal Investigator. Celsius, Inc. (2007)
7. "Effects of non-essential amino acid supplementation on endurance performance measures." Principal Investigator. FSI Nutrition, Inc. (2007)
8. "The effects of creatine supplementation on power output, muscle strength, and endurance investigated in a randomized, placebo-controlled, parallel study." Co-Principal Investigator. General Nutrition Corporation (2007)
9. "The acute and chronic effects of ingesting Celsius™ over an eight week period on markers of weight loss and fat metabolism." Co-Principal Investigator. Elite Fx, Inc (2007)
10. "The effects of a meal replacement and exercise on cardiovascular fitness, strength, body composition, and nutritional profile in healthy adult men and women." Principal Investigator. Phillips Performance Nutrition, LLC (2007)

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11. "The effect of a dietary supplement on energy expenditure before, during and following low intensity exercise investigated in a randomized, placebo-controlled, double-blind, cross-over study. Co-Principal Investigator. General Nutrition Corporation (2007)
12. "Effects of oral adenosine triphosphate supplementation (5-TETRA) on muscle strength, power output, endurance and neuromuscular function. Co-Principal Investigator. (2006) EPIC Nutrition, LLC.
13. "Effect of creatine and β -Alanine supplementation on strength and power changes in collegiate football players." Co-Principal Investigator. Experimental and Applied Sciences, Inc. (2005)
14. "The effects of creatine supplementation and three days of isokinetic training on muscle strength, power output, and neuromuscular function." Co-Principal Investigator. Experimental and Applied Sciences, Inc. (2005).
15. "The combined effects of creatine monohydrate and beta-Alanine supplementation on neuromuscular fatigue, oxygen uptake kinetics, and lactate threshold." Principal Investigator. Experimental and Applied Sciences Inc., 2004.
16. "Evaluation of the oral bioavailability of creatine formulations." Co-Principal Investigator. Grant funded by FSI Nutrition (1999).
17. "The effects of creatine supplementation on neuromuscular fatigue threshold in female athletes. Principal Investigator. Equipment grant funded by FSI Nutrition (1998).
18. "Acute effects of tyrosine on strength and endurance in female athletes." Principal Investigator. Travel grant funded by Experimental and Applied Sciences Inc. (1997).
19. "The effects of Endurox supplementation on the parameters of the Critical Power Test." Principal Investigator. Travel grant funded by Experimental and Applied Sciences Inc. (1997).
20. "The Effects of creatine supplementation on anaerobic working capacity." Principal Investigator. Grant funded by Experimental and Applied Sciences, Inc. (1996).
21. "The effects of pyruvate supplementation on the parameters of the Critical Power Test." Principal Investigator. Grant funded by Experimental and Applied Sciences, Inc. (1997).
22. "The effects of creatine supplementation on strength and body composition in football players during training." Co-Principal Investigator. Grant funded by Experimental and Applied Sciences, Inc. (1996).

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PROFESSIONAL SERVICE

2003 – Current *International Society of Sports Nutrition*

- President (2006-2009)- Elected Position.
- On advisory board
- Committee chairman for creating fellowship guidelines

2008 – Current *National Strength and Conditioning Foundation*

- Vice president – Elected Position

2005 – Current *National Strength and Conditioning Association*

- Vice President of Board of Directors (2008-2011) – Elected Position
- On research and grants committee
- Strategic planning committee
- Sports Nutrition Education Program

EXTERNAL REVIEWER

1996-Current Editorial Board for the *Journal of Strength and Conditioning Research*

1996-Current Reviewer for *Medicine and Science in Sports and Exercise*

2006-Current *American Journal of Physiology*

1997-2001 Reviewer for *Journal of Orthopedic and Sports Physical Therapy*

1998-Current Reviewer for *Strength and Conditioning*

1999-Current Reviewer for *Journal of Applied Physiology*

1999-Current Reviewer for *Muscle & Nerve*

1999-Current Nutrition Section Editor for *Journal of Sports Science and Medicine*

SCHOLARSHIPS:

- National Dean's List, 1988.
- Track and Field Scholarship: Concordia University, 1988.
- Graduate Teaching and Research Assistantship: University of Nebraska-Lincoln, 1991-1995.
- Eugene C. Gross Memorial Scholarship: University of Nebraska-Lincoln, 1993.

**JEFFREY R. STOUT
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PROFESSIONAL AFFILIATIONS

American College of Sports Medicine

National Strength and Conditioning Association

International Society of Sports Nutrition