

MATTHEW S. GANIO, PH.D. FACSM

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EDUCATION

Ph.D. Kinesiology

University of Connecticut, Storrs, CT

M.S. Exercise Physiology

University of Georgia, Athens, GA

B.S.Ed. Exercise Science - Magna cum laude

University of Georgia, Athens, GA

PROFESSIONAL EXPERIENCE

- 2017-Present: Head, Department of Health, Human Performance and Recreation, University of Arkansas, Fayetteville, AR
- 2012-Present: Korey Stringer Institute, University of Connecticut, Storrs, CT
 - Medical & Science Advisory Board Member**
 - Chief Statistical Officer**
- 2011-Present: University of Arkansas Department of Health, Human Performance and Recreation, Fayetteville, AR
 - Associate Professor with tenure 2015-present**
 - Assistant Professor 2011-2015**
- 2012-2017: University of Arkansas Department of Health, Human Performance and Recreation, Fayetteville, AR
 - Director, Exercise Science Research Center (Formerly called Human Performance Laboratory)**
 - Advocate and facilitator of the research and teaching of ~10 exercise science professors that obtained ~\$3.5 million in grants over a 5 year period
 - Facilitate research collaborations across campus
 - Bridge communication between compliance offices, grant offices, students, and faculty
 - Maintain & support 6,000 sq ft of lab space during a period of rapid research/teaching growth
 - Maintain and track over \$1 million of equipment
 - Manage a discretionary annual budget of ~\$50,000
 - Facilitate testing for the public (pay-for-fee services)
 - Supervise support personnel
 - Work with development office to target potential donors/stakeholders
 - Advocated for and obtained an additional 1,500 sq ft of lab space
 - Obtained over \$30,000 in equipment grants for the lab
 - Oversaw \$1 million of lab and equipment renovations
 - Created online scheduling and reservation system for research and teaching
 - Overhauled the budget analysis and tracking system
 - Developed policies to increase revenue and sustain/improve research and teaching capacities
 - Developed and maintained a compliance system for ~100 students
 - Increased media exposure via web, social media, video, personal tours/interviews
 - Facilitated & created systems for increasing subject recruitment

Coordinator, Fitness for Fun Program

- Service outreach program that annually has ~30 student-trainers that provide exercise testing and programming to ~100 clients.
- Primary supervisor for graduate assistant assigned to the program

• 2012-2016: **Coordinator, Exercise Science Internship Program**

- Facilitated the placement of 150 students each year at over 30 internship sites in Northwest Arkansas
- Met with community entities about internships and assistantship opportunities leading to ~\$250,000 in contracts.
- Managed instructors and graduate assistants teaching the class
- Served as mediator and assisted in conflict resolution between students, internship supervisors, and instructors

• 2009-2011: Institute for Exercise & Environmental Medicine, University of Texas Southwestern Medical School, Department of Internal Medicine, Division of Cardiology with a Joint Appointment at Texas Health Presbyterian Hospital, Dallas, TX

Postdoctoral Research Fellow - Thermoregulatory Laboratory.

PI: Craig G. Crandall, Ph.D., FACSM

• 2010-2011: University of Connecticut Department of Kinesiology, Storrs, CT

Statistical Consultant – Human Performance Laboratory.

PI: Lawrence E. Armstrong, Ph.D., FACSM

• 2005-2009: University of Connecticut Department of Kinesiology, Storrs, CT

Graduate Research Assistant – Human Performance Laboratory.

PI: Lawrence E. Armstrong, Ph.D., FACSM

PI: Douglas J. Casa, Ph.D., ATC, FACSM, FNATA

PI: Carl M. Maresh, Ph.D., FACSM

• 2003-2004: University of Georgia Exercise Science Department, Athens, GA

Graduate Research Assistant - Exercise Physiology: Metabolism and Body Composition Lab.

PI: Kirk J. Cureton, Ph.D., FACSM

• May-Aug. 2003: United States Army Research Institute of Environment Medicine (USARIEM), Natick, MA

Research Assistant

PI: Michael Sawka, Ph.D., FACSM

• 2001-2003: University of Georgia Exercise Science Department, Athens, GA

Undergraduate Research Assistant - Exercise Physiology: Metabolism and Body Composition Lab.

PI: Kirk J. Cureton, Ph.D., FACSM

• 2000-2002: University of Georgia Exercise Science Department, Athens, GA

Research Assistant - Muscle Biology Lab. PI: Gary Dudley, Ph.D., FACSM

Research Assistant - Exercise Psychology Lab. PI: Rod Dishman, Ph.D., FACSM

HONORS & AWARDS

- Faculty Gold Medal, University of Arkansas – 2013-2014
- Outstanding Overall Faculty Member, Department of Health, Human Performance and Recreation, University

- of Arkansas – 2013-2014
- Outstanding Mentor, Office of Nationally Competitive Awards, University of Arkansas – 2013-2014
- Certificate of Appreciation for Outstanding Teaching, University of Arkansas – Fall 2013
- Rising STAR (overall service, teaching, research award) College of Education & Health Professions, University of Arkansas – 2012-2013
- Associated Student Government Outstanding Faculty Nominee, University of Arkansas – 2012-2013
- Outstanding Research Award, Department of Health, Human Performance and Recreation, University of Arkansas – 2012-2013
- New Faculty Commendation for Teaching Commitment, University of Arkansas – Fall 2012, Fall 2013
- National Space Biomedical Research Institute's (NSBRI) Gravitational Physiology Award for Beginning Investigators 2010.
- New England ACSM David Camaione Doctoral Scholarship Recipient 2008.
- NEAG School of Education Outstanding Doctoral Student Research Award 2008.
- Doctoral Dissertation Fellowship Award, University of Connecticut 2007.
- Doctoral Student Extraordinary Expense Award, University of Connecticut 2007.
- Predoctoral Fellowship Award, University of Connecticut 2007.
- Neag Graduate Student Association Scholarship & Leadership Travel Award, 2007-2009.
- Graduate Research Assistantship in Kinesiology, University of Connecticut 2005-2009.
- Graduate Research Assistantship in Exercise Science, University of Georgia 2003-2004.
- Graduate Assistantship in Physical Education, University of Georgia 2003-2004.
- Hope Scholarship, University of Georgia 2001-2003.
- Presidential Scholar, University of Georgia 2001-2002.
- Dean's List, University of Georgia 2001-2003.

PROFESSIONAL SERVICE AND DEVELOPMENT

INTERNATIONAL & NATIONAL

- Editorial Board, American Journal of Physiology (Regulatory, Integrative and Comparative Physiology) 2017-present
- Central States ACSM – Arkansas State Representative 2015-present
- Editorial Board, Journal of Strength and Conditioning and Research 2014-present
- Editorial Board, Journal of Athletic Training 2012 – present.
- American Physiological Society Member 2005-Present.
 - Water and Electrolyte Homeostasis Section Member
 - Environmental & Exercise Physiology Section Member
- American College of Sports Medicine (ACSM) Regional and National Member 2003-Present.
 - Fellow, 2015-present
 - Co-Chair – Environmental & Occupational Physiology Interest Group, 2016-present
- American Heart Association Member 2015-2016
- Obesity Society Member 2014-2016
- American Society for Nutrition Member 2014-2016
- Chair, Thematic Poster Session “Cognitive Function in Environmental Extremes”. National American College of Sports Medicine Meeting, Orlando FL: May 31, 2014.
- Journal Reviewer (30 different journals; ~25 reviews/year): American Journal of Physiology: Regulatory, Integrative and Comparative Physiology; Appetite; Applied Physiology, Nutrition, and Metabolism; Autonomic Neuroscience; BMC Public Health; Burns; Clinical Chemistry and Laboratory Medicine; Clinical Nutrition; European Journal of Applied Physiology; European Journal of Nutrition; International Journal of Sport Nutrition and Exercise Metabolism; International Journal of Sports Medicine; Journal of Applied Physiology; Journal of Athletic Training; Journal of the International Society of Sports Nutrition; Journal of Occupational

- & Environmental Hygiene; Journal of Physiology; Journal of Science and Medicine in Sport; Journal of Sport Rehabilitation; Journal of Sports Sciences; Journal of Strength and Conditioning Research; Journal of Thermal Biology; Medical Science Monitor; Medicina; Medicine and Science in Sports and Exercise; Nutrients; Pediatric Exercise Science; Physiology & Behavior; Scandinavian Journal of Medicine & Science in Sports; Sports Medicine; Temperature
- Grant Reviewer: NIH Early Career Reviewer Program (2015-present); Mitacs Accelerate (2015); Louisiana Board of Regents Research Competitiveness Subprogram (RCS) (2015); NATA Foundation Grant (2015); Uniformed Services University of the Health Sciences (2015); United States Army Research Institute of Environmental Medicine Scientific Review Committee (2012); US Army Medical Research and Materiel Command, Military Operational Medicine Research Program (2011)
 - Book Reviewer: Human Kinetics (2012)
 - National Postdoctoral Association 2010-2011.
 - Golden Key International Honour Society 2002-Present.
 - National Society of Collegiate Scholars 2002-Present.
 - Dallas Regional Science & Engineering Fair Judge (Captain) 2011.
 - Postdoctoral Certificate in Research, University of Texas Southwestern Medical School 2010.
 - Pi Lambda Theta Honor Fraternity 2001-2003.
 - Epsilon Chi Rho Exercise Science Club 2001-2003.
 - University of Georgia Graduate School Future Leaders Program 2003.

DEPARTMENTAL/COLLEGE/UNIVERSITY

Departmental:

- Faculty Peer Review Committee – 2015-present
- Faculty Promotion Committee – 2015-present
- Research Seminar Committee – Fall 2012-present
- Departmental Promotion & Tenure Committee – Spring 2015-present
- Graduate Student Research Seminar Committee – 2012-present
- Exercise Science Masters Comprehensive Exam Committee – 2015-present
- Assistant Professor Search Committee, Head – Fall 2015-Spring 2016
- Clinical Assistant Professor Search Committee, member Fall 2015-Spring 2016
- HHPR Departmental Assessment Committee – Fall 2014
- Assistant Professor Search Committee – Fall 2011-Spring 2012
- Assistant/Associate Professor Search Committee (2 positions) – Fall 2012-Spring 2013
- Departmental Reorganization Committee – Spring 2012
- Graduate Assistant to Research Assistant Committee – Fall 2012

College:

- Honor's Council – 2012-2017
- College Council At-Large Member – 2015-2017
- Task Force for the Dean's Office Structure – Fall 2016
- COEHP Interim Dean Search Committee Member – Spring 2016

University:

- UA/UAMS Human Performance Research Committee – Fall 2016
- University of Arkansas - Honors College Research Grant Reviewer - 2013-2015
- Research and Economic Development Strategic Planning Committee – 2014
- Campus Research Space Strategic Plan Committee – Summer 2013-Spring 2014
- University of Arkansas Wellness Coalition –2013-2014
- University of Arkansas Arts & Humanities Seed Grant Reviewer– 2013

- Faculty Advisor - Health, Human Performance, and Recreation Graduate Student Research Group – 2012-2014

PEDAGOGY DEVELOPMENT

- Teaching and Faculty Support Center – University of Arkansas
 - Attended Workshops: Teaching Symposium “Civility & Collegiality in Higher Education” -Winter 2013
 - Teaching Camp. Winthrop Rockefeller Institute, Petit Jean, AR – Summer 2013
 - Baum Teaching Workshop: “Teaching the Internet Generation: Where Tradition Meets the Web” - Fall 2012
 - Teaching Camp. Winthrop Rockefeller Institute, Petit Jean, AR – Summer 2012
 - Teaching Symposium: “The Tsunami Facing Higher Education” –Winter 2012
 - Baum Teaching Workshop: “Prescriptions for Learning: Refresh & Renew” – Fall 2011
- Attended Seminars:
 - “Why You’re [sic] A-game Matters for Student Learning” – Fall 2016
 - “Challenges of teaching large courses and suggestions for improving student engagement” – Spring 2015
 - “Mentoring Matters: The Value to and Expectations of Mentors” – Spring 2015
 - “Video Integration Strategies for Active Learning” – Fall 2015
 - “Best Practices for Student Engagement” – Spring 2015
 - “Retention and Graduation” – Spring 2015
 - “Visioning the Academy We Want to Be” – Spring 2015
 - “Lessons for Engaging Students from Teaching Camp 2014” – Fall 2014
 - “Constructivist Teaching Methods” – Fall 2014
 - “How Do You Know Your Students are Learning” – Spring 2014
 - “Process of Learning” – Spring 2014
 - “Using Course Evaluations to Improve Teaching” – Fall 2012
 - “Writing to Learn, Writing to Demonstrate Learning: Incorporating Writing Throughout the Curriculum—and Living to Tell About It” – Fall 2012
 - “Scholarship of Teaching and Learning Presentations” – Spring 2012
 - “The Scholarship of Assessment” – Spring 2012
 - “No Slipping Clutches Here: Engaging Students in the Classroom” – Fall 2011
 - “How the Library Can Help You Retain Students” – Fall 2011
 - “2011 UA Students – Who are We?” – Fall 2011
 - “The Privilege of Teaching” – Fall 2011
- Institute of Teaching and Learning – University of Connecticut
 - Completed Class: Teaching and Learning Fundamentals – Fall 2005
 - Attended Seminars:
 - “Personal Course Contracts” - Spring 2009
 - “It is a big deal: Helping students in distress” – Spring 2009
 - “Large classes: from engagement to assessment” – Spring 2009
 - “Inclusive Classrooms, Inclusive Teaching” – Fall 2008
 - “Peer evaluation of teaching” – Fall 2008

TEACHING EXPERIENCE

- Primary Instructor (SYLLABI & STUDENT EVALUATIONS AVAILABLE UPON REQUEST):
 - Undergraduate Classes:
 - Research Methods in Exercise Science (**Created class**)- University of Arkansas (Spring 2016, Spring 2017)
 - University Perspectives – University of Arkansas (Fall 2015)
 - Laboratory Techniques – University of Arkansas (Summer 2012, Spring 2013, Spring 2014)
 - Exercise Physiology: Theory and Application – University of Arkansas (Fall 2011, Spring 2012)

- Exercise Physiology – University of Arkansas (Fall 2012, Fall 2015)
- Physical Education Classes - University of Georgia (2003-2004): Badminton; Bowling; Fitness for Life Jogging; Softball; Tennis

Graduate Classes:

- Physiology of Exercise II - University of Arkansas (Summer 2012)
- Cardiovascular Function in Exercise – University of Arkansas (each Fall 2011-2014; every other Fall 2016-present)

• Guest Lecturer:

- Introduction to Exercise Science – “Being a Professor” – University of Arkansas (3x in Fall 2016)
- University Perspectives – “Being a Professor” – University of Arkansas (Fall 2016)
- Physiology of Exercise II (graduate course) – “Thermoregulation” - University of Arkansas (Summer 2014)
- Seminar in Exercise Science – “Research Interests” – University of Arkansas (Spring 2012, Summer 2012, Fall 2014, 2015)
- Exercise Physiology – “Heat and Hydration” – University of Arkansas (Fall 2012, Spring 2013, Fall 2013)
- Research in HHPR – “Research Lessons Learned – University of Arkansas (Summer 2012)
- Exercise Physiology – “Caffeine” - University of Arkansas (Spring 2012)
- Anatomy & Physiology – Lakehill Preparatory School, Dallas, TX (Fall 2010)
- Cardiovascular Physiology of Exercise – University of North Texas (Spring 2010)
- Mechanisms & Adaptations in Sport & Exercise - University of Connecticut (2006, 2008)
- Exercise & Sport Science for Coaches – University of Connecticut (Spring 2009, Spring 2008, Fall 2005)
- Scientific Presentations - University of Connecticut (Spring 2009)
- Assessment of Athletes - University of Connecticut (Spring 2008)
- Exercise Metabolism - University of Connecticut (Spring 2008)
- Thermal Physiology - University of Connecticut (2007)
- Pathology & Pharmacology for Athletic Trainers – University of Connecticut (Spring 2007, Fall 2007, Fall 2008)

• Lecture Teaching Assistant –

- Physiology of Stressful Environments - University of Connecticut (Fall 2008)
- Mechanisms & Adaptations in Sport & Exercise - University of Connecticut (2007)
- Physiological Systems in Human Performance - University of Connecticut (2007)
- Exercise & Sport Science for Coaches – University of Connecticut (2006)

• Laboratory Teaching Assistant

- Mechanisms & Adaptations in Sport & Exercise - University of Connecticut (2007)
- Introductory Chemistry – Wingate University (2000-2001)

• Tutor

- Introductory Chemistry – Wingate University (1999-2001)

MENTORING EXPERIENCE (YEAR GRADUATED WITH THESIS OR DISSERTATION AS HEAD OF COMMITTEE)

- 2019 -(anticipated) Aaron Caldwell (Ph.D. Exercise Science; University of Arkansas)
- 2018 -(anticipated) Nina Lee (B.S. with Honors thesis in Kinesiology; University of Arkansas)
-(anticipated) Zach Sebghati (B.S. with Honors thesis in Kinesiology; University of Arkansas)
- 2017 -Monica Ziebart (B.S. with Honors thesis in Kinesiology; University of Arkansas)
-Miriah Hadley (B.S. with Honors thesis in Kinesiology; University of Arkansas)
Grant Recipient – 2016 Honors College student research grant (see below)
-Mackenzie Cale (B.S. with Honors thesis in Kinesiology; University of Arkansas)
- 2016 -Matthew Tucker (Ph.D. Exercise Science; University of Arkansas)

- Award Recipient – 2015 Outstanding Ph.D. student in Exercise Science
 - Blake Robinson (M.S. Exercise Science; University of Arkansas)
 - Cash Arcement (B.S. with Honors thesis in Kinesiology; University of Arkansas)
 - Grant Recipient – 2016 Honors College student research grant (see below)
 - Research host for Brazil Scientific Mobility Program (BSMP) (n = 3 undergraduate students)
- 2015 -Jenna Burchfield (M.S. Exercise Science; University of Arkansas)
 - Award Recipient – 2014 Central States ACSM Masters Research Award
 - Alf (AZ) Satterfield (B.S. with Honors thesis in Kinesiology; University of Arkansas)
 - Grant Recipient – 2015 Honors College student research grant (see below)
 - Ashley Six (B.S. with Honors thesis in Kinesiology; University of Arkansas)
 - Award Recipient –2nd Place College of Education and Health Professions 2015 Research Symposium
 - Research host for Brazil Scientific Mobility Program (BSMP) (n = 1 undergraduate student)
- 2014 -Brett Schreiber (M.S. in Exercise Science; University of Arkansas)
 - Hannah Anderson (B.S. with Honors thesis in Kinesiology; University of Arkansas)
 - Grant Recipient – 2013 Student Undergraduate Research Fellowship (SURF) (see below)
 - Melina Gonzalez (B.S. with Honors thesis in Kinesiology; University of Arkansas)
 - Award Recipient – 2014 Outstanding Undergraduate student in Exercise Science
 - Grant Recipient – 2013 Honors College student research grant (see below)
 - Award Recipient –3rd Place College of Education and Health Professions 2014 Research Symposium
- 2013 -Erin Dougherty (B.S. with Honors thesis in Kinesiology; University of Arkansas)
 - Grant Recipient – 2013 Honors College student research grant (see below)
- Jenna Burchfield (B.S. with Honors thesis in Kinesiology; University of Arkansas)
 - Award Recipient – 2013 Central States ACSM Undergraduate Research Award
 - Award Recipient – 2nd Place College of Education and Health Professions 2013 Research Symposium
 - Grant Recipient – 2013 Honors College student research grant (see below)
- 2012 -Jon David Adams (M.S. in Exercise Science; University of Arkansas)
 - Award Recipient - 2012 Central States ACSM Masters Research Award
- Alexandra LaChance (M.S. in Exercise Science; University of Arkansas)

INTERNAL RESEARCH SUPPORT

- Sweating responses to exercise heat-stress in smokers versus non-smokers. 01/06/17-06/30/18
 - Role: Student Mentor PI for undergraduate, Kristen Hartzell
 - University of Arkansas Honors College
 - \$3,500
- Skin blood flow responses of smokers during physical activity in the heat. 01/06/17-06/30/18
 - Role: Student Mentor PI for undergraduate, Nathaneal Garcia
 - University of Arkansas Honors College
 - \$3,500
- Blood hormone levels in young adult women using hormonal LARCs: Associations with sexual function, sexual satisfaction, pleasure, and relationship satisfaction. 11/21/2016-11/20/2017
 - Role: Co-I
 - Collaborative Research Grant Program, University of Arkansas
 - \$2,000

- Equipment grant for Flow Mediated Dilation System 09/30/2016
Role: Co-PI
University of Arkansas Honors College Equipment Grant
\$7,730
- Equipment Grant for TrueOne 2400 Metabolic Measurement & Canopy System 07/01/2016
Role: Co-PI
University of Arkansas Honors College Equipment Grant
\$5,000
- Using Void Number to Assess Hydration in Older Adults. 05/20/16-06/30/17
Role: Student Mentor PI for undergraduate, Miriah Hadley
University of Arkansas Honors College
\$1,000
- Independent Effect of Heat Stress During Exercise on Arterial Stiffness. 02/19/16-06/30/16
Role: Student Mentor PI for undergraduate, Cash Arcement
University of Arkansas Honors College
\$1,000
- Assessing Hydration Practices 10/07/15-06/30/16
Role: Co-PI
Collaborative Research Grant Program, University of Arkansas
\$1,500
- Effects of Dehydration on Changes in Arterial Stiffness with Passive Heating. 02/01/15-06/30/15
Role: Student Mentor PI for undergraduate, Alf (AZ) Satterfield
University of Arkansas Honors College
\$1,000
- Reliability of Void Number as a Marker of Hydration Status. 2/01/14-06/30/15
Role: Student Mentor PI for undergraduate, Melina Gonzalez
University of Arkansas Honors College
\$1,000
- Effect of Heat Stress on Arterial Compliance in Smokers: A Pilot Study. 2/01/13-06/30/14
Role: Student Mentor PI for undergraduate, Erin Dougherty
University of Arkansas Honors College
\$1,000
- Hydration Biomarkers: Creating a New Hydration Assessment Technique. 2/01/13-06/30/14
Role: Student Mentor PI for undergraduate, Jenna Burchfield
University of Arkansas Honors College
\$1,000
- Green exercise as a modality to enhance talk therapy. 05/15/12-05/14/13
Role: Co-Principal Investigator
University of Arkansas College of Education and Health Professions Research Incentive Grant
\$10,000

Goal: To test the hypothesis that green exercise enhances outcomes of talk therapy versus non-green exercise.

EXTERNAL, NON-FEDERAL RESEARCH SUPPORT

- Executive functions and obesity-related behaviors in adolescents with or without obesity. 07/05/17-05/11/18
Role: Co-I
Arkansas Biosciences Institute
\$20,100
- Equipment Grant for TrueOne 2400 Metabolic Measurement & Canopy System. 07/01/16
Role: Co-PI
Arkansas Biosciences Institute
\$6,000
- Changing daily fluid intake of “low drinkers” 05/15/16-05/15/18
Role: Principal Investigator
University of Wyoming
\$14,999
- Effect of Cold-Air Inhalation on Thermoregulation. 9/01/13-06/30/14
Role: Co-PI
Core Cooler LLC
\$18,547
- Equipment Grant for TrueOne 2400 Metabolic Measurement & Canopy System. 07/01/13
Role: Co-PI
Arkansas Biosciences Institute
\$15,000
- Effect of Various Beverages on Hydration Status. 02/07/13-06/30/14
Role: Principal Investigator
The Coca-Cola Company
\$144,535
Goal: To test the effect of various beverages on hydration status.
- Effect of CTAV Vest on Thermoregulatory Physiology. 01/01/13-12/31/13
Role: Co-Principal Investigator
The Apax Group (CorTac, Inc.)
\$20,359
Goal: To test the effect of a textile on the thermoregulatory responses during exercise in the heat when wearing tactical gear.
- Smart Bra for Wireless Real Time Monitoring of EKG, Cardiac Arrhythmias and Blood Pressure with Smart Phone. 10/23/12-10/22/13
Role: Co-Principal Investigator
Women’s Giving Circle
\$7,072 direct costs (awarded money but PIs repudiated)
Goal: To produce, validate, and test the feasibility of a textile with nanotechnology to measure various physiological markers.
- Hydration biomarkers: the validation of urine color in kids. 07/01/12-6/30/13
Role: Co-Principal Investigator

Danone Research Inc.

\$101,191

Goal: To validate various hydration markers in kids.

- Effect of heat stress on arterial compliance in smokers versus non-smokers. 07/01/12-05/17/13

Role: Principal Investigator

Arkansas Biosciences Institute

\$66,480

Goal: To test the hypothesis that passive heat stress improves arterial compliance in smokers.

EXTERNAL, FEDERAL RESEARCH SUPPORT

- Perceptual Responses to Exercise Heat-Stress in Smokers Versus Non-Smokers 01/01/2017-12/31/2017

Role: Student Mentor PI for undergraduate, Kalleen Kennedy

Arkansas Dept. of Higher Education Student Undergraduate Research Fellowship (SURF)

\$4,000

- Using ‘walking breaks’ to reduce the biomechanical and cardio-metabolic risk factors related to prolonged occupational standing. 07/01/16-06/30/17

Role: Co-PI

Southwest Center for Occupational and Environmental Health (SWCOEH) via The National Institute for Occupational Safety and Health (NIOSH)

\$10,000

- Effect of Heat Stress on Thermoregulation in Smokers versus Non-Smokers. 01/06/14-05/31/14

Role: Student Mentor PI for undergraduate, Hannah Anderson

Arkansas Dept. of Higher Education Student Undergraduate Research Fellowship (SURF)

\$4,000

- Grant for research in clinical health-related research. 07/01/10-06/30/12

Role: Principal Investigator

NIGMS – National Institute of General Medical Sciences NIH Loan Repayment Program

\$9,190 paid to loan company

Goal: This grant supports health-related research that the PI is conducting by offsetting loan repayment obligations.

- Thermoregulatory function in euhydrated and dehydrated obese individuals. 06/14/10-08/14/11

Role: Principal Investigator

Ruth L. Kirschstein National Research Search Award (NRSA - NIH F32)

NIDDK - National Institute of Diabetes and Digestive and Kidney Diseases: 1F32DK089726-01

\$47,068

Goal: To test the hypothesis that obese individuals have impaired thermoregulation that is exacerbated when hypohydrated.

SERVICE-LEARNING CONTRACTS SECURED

- Washington Regional Medical Center – Center for Exercise Internship Program.

Role: Project Director

07/01/13-6/30/14 - \$10,733

- Rogers Adult Wellness Center Internship Program.

Role: Project Director

07/01/13-06/30/14 - 2 contracts totaling \$28,529

07/01/14-06/30/15 - \$18,358
07/01/15-06/30/16 - \$19,982
07/01/16-06/30/17 - \$18,956

• Mercy Northwest Arkansas Exercise Science Internship Program.

Role: Project Director
01/01/13-12/31/13 - \$18,846
01/01/14-06/30/14 - \$9,820
07/01/14-06/30/15 - \$22,186
07/01/15-06/30/16 - \$20,969
07/01/16-06/30/17 - \$23,219
07/01/17-06/30/19 - \$52,528

MANUSCRIPTS PUBLISHED (UNDERLINED INDICATES STUDENT ADVISEE)

See all publications on PubMed: <http://tinyurl.com/MatthewGanio>

1. Smith CR, Butts CL, McDermott BP, Adams JD, Tucker MA, Moyen NE, **Ganio MS**. Effect of a Cooling Kit on Physiology and Performance Following Exercise in the Heat. *Journal of Sport Rehabilitation*. In Press.
2. Tucker MA, Butts CL, Satterfield AZ, Six A, Johnson EC, **Ganio MS**. Spot sample urine specific gravity does not accurately represent small decreases in plasma volume in resting healthy males. *Journal of the American College of Nutrition*. In press.
3. Butts CL, Spisla DL, Adams JD, Smith CR, Paulsen KM, Caldwell AR, **Ganio MS**, McDermott BP. Effectiveness of Ice-Sheet Cooling Following Exertional Hyperthermia. *Military Medicine*. In press.
4. Caldwell AR, Tucker MA, Burchfield J, Moyen N, Satterfield AZ, Six A, McDermott BP, **Ganio MS**. Hydration status influences the measurement of arterial stiffness. *Clinical Physiology and Functional Imaging*. In press.
5. Tucker MA, Six A, Moyen NE, Satterfield AZ, **Ganio MS**. Effect of hypohydration on postsynaptic cutaneous vasodilation and sweating in healthy men. *American Journal of Physiology: Regulatory, Integrative and Comparative Physiology*. In press. [PMID: 28202441]
6. Armstrong LE, Lee EC, Casa DJ, Johnson EC, **Ganio MS**, McDermott BP, Vingren JL, Oh HM, Williamson KH. Exertional Hyponatremia and Serum Sodium Change During Ultraendurance Cycling. *International Journal of Sport Nutrition and Exercise Metabolism*. In press. [PMID: 27710151]
7. Caldwell AR, Robinson FB, Tucker MA, Arcement CH, Butts CL, McDermott BP, and **Ganio MS**. Effect of passive heat stress and exercise in the heat on arterial stiffness. *European Journal of Applied Physiology*. 117(8): 1679-1787. 2017. [PMID: 28612122]
8. Tucker MA, Caldwell AR, Butts CL, Robinson FB, Reynebeau HC, Kavouras SA, McDermott BP, Washington TA, Turner RC, **Ganio MS**. Effect of Hypohydration on Thermoregulatory Responses in Men with Low and High Body Fat Exercising in the Heat. *Journal of Applied Physiology*. 122(1): 142-152. 2017. [PMID: 27789773]

9. Caldwell AR, Tucker MA, Butts CL, McDermott BP, Vingren JL, Kunces LJ, Lee EC, Munoz CX, Williamson K, Armstrong LE, **Ganio MS**. Effect of Caffeine on Perceived Soreness and Functionality following an Endurance Cycling Event. *Journal of Strength and Conditioning Research*. 31(3):638-643. 2017. [PMID: 27552210]
10. Johnson EC, Pryor RR, Casa DJ, Ellis L, Maresh CM, Pescatello L, **Ganio MS**, Lee EC, Armstrong LE. Precision, accuracy, and performance outcomes of perceived exertion vs. heart rate guided run-training. *Journal of Strength and Conditioning Research*. 31(3):630-637. 2017. [PMID: 27442332]
11. Butts CL, Smith CR, **Ganio MS**, McDermott BP. Physiological and Perceptual Effects of a Cooling Garment During Simulated Industrial Work in the Heat. *Applied Ergonomics*. 59(Pt A): 442-448, 2017. [PMID: 27890156]
12. Pearson J, **Ganio MS**, Schlader ZJ, Lucas RAI, Gagnon D, Rivas E, Davis SL, Kowalske KJ, Crandall CG. Post-junctional sudomotor and cutaneous vascular responses in noninjured skin following heat acclimation in burn survivors. *Journal of Burn Care & Research*. 38(1): e284-e292, 2017. [PMID: 27359190]
13. Luhring KE, Butts CL, Smith CL, Bonacci JA, Ylanan R, **Ganio MS**, McDermott BP. Cooling Effectiveness of a Modified Cold-Water Immersion Method After Exercise-Induced Hyperthermia. *Journal of Athletic Training*. 51(11):946-951. 2016. [PMID: 27874299]
14. Butts CL, McDermott BP, Buening BJ, Bonacci JA, **Ganio MS**, Adams JD, Tucker MA, Kavouras SA. Physiologic and Perceptual Responses to Cold-Shower Cooling After Exercise-Induced Hyperthermia. *Journal of Athletic Training*. 51(3):252-257, 2016. [PMID: 26942657]
15. Kunces LJ, Johnson EC, Munoz CX, Hydren JR, Huggins RA, Judelson DA, **Ganio MS**, Vingren JL, Volek JS, Armstrong LE. Observed Dietary Practices of Recreational Ultra Endurance Cyclists in the Heat. *Journal of Strength and Conditioning Research*. 30(6):1607-1612. 2016. [PMID: 26492102]
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INVITED PRESENTATIONS (SOLE PRESENTER UNLESS OTHERWISE NOTED)

1. Kavouras SA, McDermott BP, **Ganio MS**. "Hydration for Health" *Central States American College of Sports Medicine Regional Meeting*. Fayetteville, AR: October 20, 2016.
2. "Human Performance Laboratory: Local Work with Global Implications" *Altrusa International*. Fayetteville, AR: April 30, 2015.
3. "Hydration Effects on Mental and Cognitive Processes" *37th International Symposium on Sports Sciences*. Sao Paulo, Brazil: October 3, 2014.
4. "Thermoregulatory impairments: A barrier to fulfilling exercise goals" Southeastern Conference Symposium - *Prevention of Obesity: Overcoming a 21st Century Public Health Challenge*. Atlanta, GA: September 21, 2014.

5. “Effects of Hydration on Mental and Cognitive Processes in Children and Adults” *Latin-American Scientific Series – Active and Healthy Life*. Buenos Aires, Argentina: September 11, 2014
6. “Caffeine's effect on hydration: from office worker to athlete” 26th Brazilian Conference on Exercise and Sports Medicine. Belo Horizonte, Brazil: August 22, 2014
7. “Thermoregulatory impairments: A barrier to fulfilling exercise goals” University of Arkansas Food Science Distinguished Seminar Series. Fayetteville, AR: September 23, 2013.
8. “Quercetin: The Next Big Supplement?” 2013 Hotter N’Hell Medical & Exercise Physiology Symposium. Wichita Falls, TX: August 23, 2013.
9. McDermott BP, **Ganio MS**, Kavouras SA. “Heat and Hydration in the Human Performance Laboratory: Local Testing with Global Implications” COEHP Dean’s Advisory Panel, University of Arkansas: April 13, 2013.
10. “Thermoregulatory Impairments: A Barrier to Fulfilling Exercise Recommendations” COEHP Luncheon Academic Seminar Series, University of Arkansas: January 30, 2013
11. “Scientific Evidence for Hydration and Health” International Life Sciences Institute Nor-Andino Symposium on Hydration. Bogota, Colombia: November 29, 2012.
12. “Hydration and Thirst in Everyday Life” International Life Sciences Institute Nor-Andino Symposium on Hydration. Bogota, Colombia: November 29, 2012.
13. “Thermoregulatory Impairments: A Barrier to Fulfilling Exercise Goals” Central States American College of Sports Medicine Annual Meeting. Overland Park, KS: October 21, 2011.
14. “Cycling in the Heat: Does caffeine improve performance, or just make you feel better?” 2011 Hotter N’Hell Medical & Exercise Physiology Symposium. Wichita Falls, TX: August 26, 2011.
15. “Hormonal, Cardiovascular, and Perceptual Changes with Caffeine Intake”. In symposium “Caffeine Effects on Performance, Physiology, Perception and Health”. NEACSM Annual Meeting, Providence, RI: November 13-14, 2008.
16. “Developing a Hydration Plan for Adolescent Athletics” Conard High School, West Hartford, CT October. 21, 2008
17. Effect of Short-Term Quercetin Supplementation on Maximal Oxygen Uptake in Sedentary Men and Women. In conference “Effects of Quercetin on Human Health, Physical and Cognitive Performance: Status of the Science” for AIBS review, *United States Army Research Institute of Environment Medicine (USARIEM)*. Natick, MA Sept. 22, 2008.
18. “Influence of hydration on core body temperature” In symposium “Hot Naked Athletes in the Tub: A New Look at Exertional Heat Stroke”. NEACSM Annual Meeting, Providence, RI: November 15-16, 2007.
19. “Developing a Hydration Plan for Adolescent Football” Weaver High School, Granby, CT. Aug. 22, 2006
20. “Cardiovascular, Muscular, and Skeletal System Physiology” The Running Academy, Cornwall, CT. Aug.

22-23, 2005

MEDIA EXPERIENCES

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