

## **Candi D. Ashley, Ph.D.**

### **Education**

- August 1995 University of Alabama  
Doctor of Philosophy in Human Performance Studies
- May 1991 Memphis State University  
Master of Science in Fitness and Wellness
- May 1985 Millsaps College  
Bachelor of Business Administration in Accounting

### **Academic Positions**

- October 2002 to present Associate Professor: Exercise Science, School of Physical Education, Wellness, and Sport Studies, University of South Florida, Tampa, Florida.
- October 2003 to present Associate Professor: Joint Appointment, Department of Environmental and Occupational Health, College of Public Health, University of South Florida, Tampa, Florida
- August 1996 to October 2002 Assistant Professor: Wellness Leadership Program, School of Physical Education, Wellness, and Sport Studies, University of South Florida, Tampa, Florida
- August 1995 to July 1996 Visiting Assistant Professor: Department of Health, Physical Education, and Sport Sciences, College of Education, Arkansas State University, Jonesboro, Arkansas

### **Service on Doctoral Dissertation Committees**

- December 2008 to Present Long, Ron. Heat stress exposure. Department of Environmental and Occupational Health, College of Public Health. (Member.)
- September 2004 to May 2006 Wan, Margaret. Physiological monitoring of heat strain. Department of Environmental and Occupational Health, College of Public Health. (Member).
- August 2002 to May 2006 Luecke, Christina. Gender differences of heat stress. Department of Environmental and Occupational Health, College of Public Health. (Co-chair).

# CURRICULUM VITAE

## **BILL I. CAMPBELL, Ph.D, FISSN, CSCS**

Assistant Professor – Exercise Physiology  
Director – Exercise and Performance Nutrition Laboratory  
School of Physical Education and Exercise Science  
University of South Florida

### **EDUCATION**

**Doctor of Philosophy** – August 2007  
Exercise, Nutrition, and Preventive Health  
Specialization in Exercise Biochemistry  
Baylor University

**Master of Science in Education** – December 2004  
Exercise Physiology  
Baylor University

**Bachelor of Science** – May 1997  
Marketing  
Messiah College

### **PROFESSIONAL EXPERIENCE**

**Assistant Professor**, Exercise Science  
University of South Florida, August 2007 - present

**Director, Exercise and Performance Nutrition Laboratory**  
University of South Florida, August 2007 - present

**Exercise and Biochemical Nutrition Laboratory Coordinator**  
Baylor University, September 2006 – August 2007  
Coordinating clinical chemistry analyses including ELISA, HPLC, and automated hematological analyzers.

**Graduate Research Assistant**  
Baylor University, August 2002 – August 2007  
Responsible for overseeing all aspects of data collection for all funded studies in the Exercise and Sport Nutrition Laboratory.

## **Sports Supplements Studies Coordinator**

Baylor University, November 2003 – December 2006

Responsible for overseeing all aspects of Sports Supplements studies, including data management, inventory, and media relations.

## **TEACHING**

### **Graduate Courses**

- Neuromuscular Aspects of Exercise Physiology, University of South Florida
- Topics in Strength and Conditioning, University of South Florida
- Cardiovascular Aspects of Exercise Physiology, University of South Florida
- Sports Nutrition and Exercise Metabolism, University of South Florida
- Clinical Nutrition (Team Taught), University of South Florida College of Medicine

### **Undergraduate Courses**

- Strength and Conditioning (PET 4093), University of South Florida
- Biomechanics (PET 3312), University of South Florida
- Nutrition for Fitness and Sport (PET 3361), University of South Florida
- Individualized Fitness/Wellness Programming (PET 4406), University of South Florida
- Exercise Physiology Laboratory (HP 2420), Baylor University, Spring 2007
- Techniques of Strength and Conditioning (HP 4354), Baylor University, Fall 2006
- Human Anatomy & Physiology Laboratory (HP 1420), Baylor University, 2005-2006
- Beginning Weight Training (HP 1194), Baylor University, Summer 2005

## **RESEARCH AND SCHOLARSHIP**

### **Research Interests**

Effects of exercise training and nutritional interventions on the physiological adaptations and biochemical mechanisms regulating skeletal muscle hypertrophy. The effects of exercise training and nutritional interventions on weight loss, weight maintenance, and metabolism.

### **PUBLICATIONS**

#### **Edited Books**

**Bill Campbell** and Marie Spano. *Nutrition: National Strength and Conditioning Association Professional Application Series*. Human Kinetics, Champaign, IL, In Press for 2010.

#### **Books**

Alejo B, Antonio J, **Campbell B**. *Double Play – Training and Nutrition Advice from the World's Experts in Baseball*. Basic Health Publications, Spring 2008. ISBN: 978-1-59120-180-9.

## Selected Book Chapters

1. **Bill Campbell** and Richard Kreider. *Protein*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). *Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations*. Fitness Technologies Press, Santa Barbara, CA. ([www.exerciseandsportnutrition.com](http://www.exerciseandsportnutrition.com)). ISBN 978-0-9742965-9-3.
2. **Bill Campbell** and Richard Kreider. *Amino Acids*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). *Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations*. Fitness Technologies Press, Santa Barbara, CA. ([www.exerciseandsportnutrition.com](http://www.exerciseandsportnutrition.com)). ISBN 978-0-9742965-9-3.
3. **Bill Campbell** and Richard Kreider. *Lipids*. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). *Exercise & Sport Nutrition: Principles, Promises, Science & Recommendations*. Fitness Technologies Press, Santa Barbara, CA. ([www.exerciseandsportnutrition.com](http://www.exerciseandsportnutrition.com)). ISBN 978-0-9742965-9-3.

## Selected Publications in Refereed Journals

1. Kerksick C, Wilborn C, **Campbell B**, Harvey T, Marcello B, Parker A, Byers A, Greenwood L, Almada A, Kreider R, Greenwood M. *The effects of creatine monohydrate supplementation with and without D-pinitol on resistance training adaptations*. Journal of Strength and Conditioning Research. 23(9): 2673-2682, December 2009.
2. Kreider RB and **Campbell B**. *Protein for Exercise and Recovery*. The Physician and Sports Medicine. 37(2): June 2009.
3. Kerksick C, Thomas A, **Campbell B**, et al. *Effects of a popular weight loss and exercise program on weight loss, body composition, energy expenditure and health in obese women*. Nutrition and Metabolism. 6:23: (14 May 2009).
4. **Campbell B** and Kreider RB. *Conjugated Linoleic Acids*. Current Sports Medicine Reports. July-August, 7(4): 237-41, 2008.
5. Roberts MD, Iosia M, Kerksick CM, Taylor LW, **Campbell B**, et al. *Effects of arachidonic acid supplementation on training adaptations in resistance-trained males*. Journal of the International Society of Sports Nutrition. 4:21 (28 November 2007).
6. **Campbell B**, Kreider RB, Ziegenfuss T, et al. *International society of sports nutrition position stand: protein and exercise*. Journal of the International Society of Sports Nutrition. 4:8 (26 September 2007).
7. **Campbell B**, Roberts M, Kerksick C, Wilborn C, et al. *Pharmacokinetics, safety, and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men*. Nutrition. 22(9):872-81 (September 2006).
8. **Campbell B**, La Bounty P, Roberts M. *The ergogenic potential of arginine*. Journal of the International Society of Sports Nutrition. 1:35-38 (31 December 2004).

## Selected Published Abstracts & Presentations

1. **Campbell B**, La Bounty P, Oetken A, Greenwood M, Kreider R, Willoughby D. Responses of serum IGF-1 after an acute bout of lower-body resistance exercise. **Presented at National Strength and Conditioning Association Annual Conference**, Las Vegas, NV, 2009.

2. **Campbell B**, La Bounty P, Oetken A, Greenwood M, Kreider R, and Willoughby D. The anabolic hormone response to a lower-body resistance exercise bout in conjunction with oral BCAA supplementation. **Presented at International Society of Sports Nutrition Annual Conference**, New Orleans, LA 2009.
3. **Campbell B**, La Bounty P, Oetken A, Kreider R, Greenwood M, Willoughby D. The effects of branched chain amino acid supplementation on total lower body workout volume. **Medicine & Science in Sports & Exercise**. 41(5), S422 #2314, 2009.
4. **Campbell B**, La Bounty P, Oetken A, Willoughby D. *The effects of lower-body resistance exercise on the activation status of the protein phosphatase SHP-2*. **Journal of Strength & Conditioning Research**. 22(6):60, November 2008.
5. **Campbell B**, La Bounty P, Oetken A, Willoughby D. *The effects of BCAA and leucine supplementation and lower-body resistance exercise on the ERK 1/2 MAPK pathway signal transduction*. **Journal of the International Society of Sports Nutrition** 2008, 5(Suppl 1):P19 (17 September 2008).
6. **Campbell B**, LaBounty P, Oetken A, Willoughby D. *The effects of lower-body resistance exercise on the ERK1/2 MAPK signal transduction pathway*. **Medicine & Science in Sports & Exercise**. 40(5): #1555, 2008.
7. **Campbell B**, LaBounty P, Oetken A, Willoughby D. *The effect of leucine supplementation on insulin secretion before, during, and following a lower-body resistance exercise bout*. 2007 **International Society of Sports Nutrition** annual meeting.
8. **Campbell B**, C. Kerksick, C Wilborn, C Rasmussen, M Greenwood, R Kreider. *Body composition changes after following an 8-week split-body periodized resistance training program in college-aged and middle-aged males*. **Journal of Strength and Conditioning Research**. 20(4) 2006 e30.

### Grant Applications/Proposal of Funding

- Dose ranging and digestibility study with whey protein and Aminogen<sup>®</sup>. Submitted to *Triarco Industries, Inc.* Requested **\$288,000.00** (not funded).
- The impact of wearable weights on cardiovascular, metabolic, and perceptual responses to treadmill walking. Submitted to *Body Togs<sup>TM</sup>*, June 2008. Awarded **\$17,745.00**
- The effects of Meltdown<sup>®</sup> supplementation on body composition and markers of clinical health. Submitted to *Vital Pharmaceuticals, Inc.*, May 2008. Requested **\$48,679.10** (not funded).
- The effects of energy drink consumption on anaerobic exercise performance and cardiovascular responses. Submitted to *USF COEDU Mini-Grant Research Award*, May 2008. Awarded **\$4,945.00**
- Amino Acid Supplementation and Growth Hormone Release in Physically Active Females. Submitted to *Texas Academy of Sciences*, 2005. Requested **\$1,000.00** (not funded).
- Effects of Leucine Supplementation on the Akt/mTOR pathway. Submitted to *Gatorade Sports Science Institute*, 2006. Requested **\$3,500.00** (not funded).
- The effects of Oral NADH Supplementation on Aerobic, Anaerobic, and Muscular Endurance Performance. Submitted to *Natrol, Inc.* 2006. Requested **\$55,000.00** (not funded).

## Selected Service on Thesis Committees

- October 2009 to present Pease, Amanda. Heat Stress Testing of Protective Clothing Ensembles – Phase V. Department of Environmental and Occupational Health, College of Public Health.
- October 2008 to August 2009 Schaal, Courtney. Energy Expenditure and Substrate Utilization in Underwater Treadmill Running Versus Land Based Treadmill Running. School of Physical Education and Exercise Science. (Chair).
- September 2008 to May 2009 Fallon, Kristine. The Impact of Wearable Weights on Cardiovascular and Metabolic Responses to Treadmill Walking. School of Physical Education and Exercise Science. (Member).
- September 2008 to May 2009 Kuczynski, Ashley. The Impact of Wearable Weights on Perceptual Responses to Treadmill Walking. School of Physical Education and Exercise Science. (Member).
- September 2007 to August 2008 Powers, Jeremy. Perceptions of strength and conditioning professionals. (Masters thesis, School of Physical Education and Exercise Science, College of Education). (Member).
- December 2006 to May 2007 Mears, Jennifer. Perceptions of group exercise leaders. Masters thesis, School of Physical Education and Exercise Science, College of Education.) (Member).

## Selected Research and Creative Activity

### Published Articles

Bernard, T.E. & **C.D. Ashley**. (2009). Short-term heat stress exposure limits based on wet bulb globe temperature adjusted for clothing and metabolic rate. *Journal of Occupational and Environmental Hygiene*, to be published October.

**Ashley, C.D.**, Luecke, C.L., Schwartz, S.S., Islam, M.Z., T. E. Bernard. (2008). Heat strain at the critical WBGT and the roles of clothing, metabolic rate and gender. *International Journal of Industrial Ergonomics*, 38:640-644.

Caravello, V., E.A. McCullough, **C.D. Ashley**, T.E. Bernard. (2008). Apparent evaporative resistance at critical conditions for five clothing ensembles. *European Journal of Applied Physiology* 2: XX, (in press).

**Ashley, C. D.**, T. E. Bernard. (2008). Effects of hoods and flame retardant fabrics on WBGT clothing adjustment factors. *Journal of Occupational and Environmental Hygiene* 5:59-62.

**Ashley, C.,** Reneau, P., Roy, J., & Bishop, P. (2006). Effects of running in the heat at different times of day on heat strain . Journal of Exercise Physiology, 9(1), 58-63.

**Ashley, C.,** Bishop, P., Smith, J., Reneau, P., & Perkins, C. (2000). Menstrual phase effects on fat and carbohydrate oxidation during prolonged exercise in active females. Journal of Exercise Physiology 3(4), 67-73.

**Ashley, C,** Kramer, M, & Bishop, P. (2000). Effects of estrogen on substrate metabolism: a review of contradictory literature. Sports Medicine, 29, 221-227.

**Ashley, C.** (1998). Dieting alone is not an eating disorder. Florida Alliance of Health, Physical Education, Recreation, and Dance Journal, Fall, 44.

**Ashley, C.,** Smith, J., & Reneau, P. (1997). A modified step test based on a function of subjects' stature. Perceptual and Motor Skills, 85, 987-993.

**Ashley, C.,** Smith, J., Robinson, J, & Richardson, M. (1996). Disordered eating in female collegiate athletes and in an advanced program of study: A preliminary investigation. International Journal of Sport Nutrition, 6, 391-401.

**Ashley, C. & Weiss, L.** (1994). Vertical jump performance and selected physiological characteristics of women. Journal of Strength and Conditioning Research, 8, 5-11.

## **Select Grants**

### Funding Procured

- |               |   |
|---------------|---|
| May 2008      | Principal Investigator, The Effects of Aquatic Running Shoes on Underwater Running in Experienced Triathletes. Research grant from Hydroworx, \$500, equipment grant from AQx Sports, \$500, funding period May 2008 – October 2009.                      |
| November 2008 | Co-investigator, Heat stress testing of Dupont prototype protective clothing Phase IV, contract from Dupont Corporation, \$25,000, funding period: November 2008 – March 2009   |
| February 2007 | Principal Investigator, Aligning physical activity with our culture: Do technology-based interactive activities encourage children to be more physically active?, Research grant from College of Education, \$5000, funding period May 2007- August 2008. |
| June 2007     | Co-investigator, Heat stress testing of Dupont prototype protective clothing Phase III, contract from Dupont Corporation, \$50,000, funding period: June 2007 – December 2007   |
| December 2006 | Co-investigator, Heat stress testing of Dupont prototype protective clothing, Phase II, contract from Dupont Corporation, \$25,000, funding period: December 2006 – March 2007  |

- May 2005 Co-investigator, Performance under three levels of heat stress while wearing two prototype protective clothing ensembles and a control ensemble, contract from Dupont Corporation, \$45,000, funding period: June 2005-December 2005
- February 2004 Principal Investigator, “Time of decay of acclimation”, equipment grant, submitted to Sunshine ERC. Amount awarded: \$8,700.
- September 2003 Principal Investigator, “Decay of acclimation and time for re-acclimation”, research grant, submitted to National Institutes for Occupational Safety and Health, funding period: September 2003-2005. Amount awarded: \$100,000.
- February 2003 Co-investigator, (with Thomas Bernard, College of Public Health), “Evaluation of MES Coretech Personal Cooling System”, research grant, funded by Med-Eng Corporation, funding period: March – May 2003. Amount awarded: \$17,500
- October 2000 Co-principal investigator (with Thomas Bernard, College of Public Health), “Making heat stress assessment relevant again”, research grant, funded by National Institutes for Occupational Safety and Health, funding period: 2000-2003. Amount awarded = \$525,000.

### **Select Professional Presentations**

- August 2009 Ueno, S., Long, R., Schwartz, S., **Ashley, C.**, Bernard, T. Utility of Predicted Heat Strain to Limit Short-Term Heat Stress Exposures. International Conference on Environmental Ergonomics, Boston, MA.
- February 2008 **Ashley, C.D.**, Luecke, C.L., Schwartz, S.S., Islam, M.Z., T. E. Bernard. Heat strain at the critical WBGT and the effects of clothing, metabolic rate and gender. Southeastern Regional Meeting of the American College of Sports Medicine, Birmingham, AL
- June 2007 **Ashley, C.**, Bernard, T. J. Ferron. Critical WBGT and associated strain for hooded ensembles. American College of Sports Medicine Conference, New Orleans, LA
- June 2006 **Ashley, C.**, Ferron, J. & Bernard, T. Re-acclimation to heat after a 2 week and 4 week absence from the heat. American College of Sports Medicine Conference, Denver, CO
- June 2005 **Ashley, C.**, Ferron, J. & Bernard, T. Decay of heat acclimation. American College of Sports Medicine Conference, Nashville, TN