

**PROFESSOR JASON D. ALLEN**, PhD, RCEP, RVS, FACSM  
DEPARTMENT OF KINESIOLOGY & DIVISION OF CARDIOVASCULAR MEDICINE  
UNIVERSITY OF VIRGINIA

**PERSONAL**


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**EDUCATION AND QUALIFICATIONS**


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<b>Registered Clinical Exercise Physiologist</b>	American College of Sports Medicine	2016 - current
<b>Registered Vascular Specialist</b>	Cardiovascular Credentialing International	2009 - current
<b>Research Associate (<i>Post Doc</i>)</b>	Duke University Medical Center, NC	2001 – 2004
<b>Doctor of Philosophy <i>Exercise Physiology</i></b> <i>(minor Pharmacology)</i>	Louisiana State University, LA	1996 – 2001
<b>Master of Education <i>2yr College Instruction</i></b>	Western Carolina University, NC	1994 - 1996
<b>Bachelor of Arts (Hons)</b> <i>Human Movement Studies</i>	Carnegie/Leeds Metropolitan University Leeds, England	1989 – 1992

**WORK EXPERIENCE**


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<b>Professor (Tenured)</b> Director, Ex Physiology Graduate Program Co-Director Applied Physiology of Exercise Lab	Department of Kinesiology, Division of Cardiovascular Medicine Robert M. Berne Cardiovascular Research Center (mentor 2023) University of Virginia, Charlottesville	2018 - current
<b>Adjunct Professor</b>	Institute of Sport, Exercise & Active Living (ISEAL), Victoria University, Melbourne	2018- 2022
<b>Professor (Ongoing)</b>	Victoria University, Melbourne, Australia	2014 - 2017
<b>Research Program Leader, Clinical Exercise Science</b>	Institute of Sport, Exercise & Active Living (ISEAL), Victoria University	2015 - 2017
<b>Director, Clinical Exercise Science &amp; Rehabilitation</b>	College of Sport and Exercise Science Victoria University, Melbourne, Australia	2014 - 2017
<b>Adjunct Associate Professor</b>	Doctor of Physical Therapy Division Duke University, School of Medicine	2014 - current

<b>Associate Professor</b>	Doctor of Physical Therapy Division & Duke Molecular Physiology Institute	2013 - 2014
<b>Assistant Professor</b>	Doctor of Physical Therapy Division & Division of Cardiology, Duke University	2004 – 2012
<b>Director, Non-Invasive Vascular Research Laboratory</b>	Division of Cardiology, Duke University	2004 - 2014
<b>Research Associate</b>	Duke University Medical Center, NC	2001 - 2004
<b>Research Affiliate</b>	Pennington Biomedical Research Center Baton Rouge, LA	1998 – 2001
<b>Instructor</b>	Louisiana State University, Dept of Kinesiology, Baton Rouge, LA	1997 - 2001

## RESEARCH SUPPORT

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### ACTIVE/ONGOING FUNDING

KLP 1075624 Austrian Science Fund (PI: Dr. Oliver Neubauer, Univ of Vienna, Austria, Int proj Partner: Jason Allen PhD) € 443,168 (\$476,300) <b>Nitrate, Exercise and Vascular Function in Midlife Women</b>	<b>01/01/25-12/01/27</b>
Curry IDEAs (Innovative, Developmental, Exploratory Awards) (Co-PI Cassandra C. Derella PhD & Jason D. Allen PhD) <b>Effects of Exercise Training Intensity and Inorganic Nitrate Supplementation on Vascular Health and Fitness in Post-Menopausal Females</b>	<b>06/01/24-06/30/25</b> (\$10,000 internal)
Lantheus (Industry Sponsored) Microbubbles (PI:- Cassandra Derella, PhD., Co-Invest:- Jason Allen PhD) <b>Impact of Novel Exercise Training on Skeletal Muscle Perfusion in Older Patients with Heart Failure with Reduced Ejection Fraction (HFrEF).</b>	01/01/24-12/31/24
<b>R01AG076577</b> (PI:- Mary McDermott, MD., Co-Invest:- Jason Allen PhD) <b>Sequential Multiple Assessment Randomized Trial of Exercise for PAD: SMART Exercise for PAD</b> This multi-centered trial that is expected to provide a definitive answer regarding whether home-based exercise that incorporates behavioral methods improves six-minute walk distance significantly more than supervised exercise. It will also address whether, in people with PAD who are not responsive to exercise, nitrate-rich beetroot juice significantly improves six-minute walk	<b>12/01/22-11/30/27</b> (\$221,562 UVA direct)
<b>R-01AG075556</b> (PI-Jason Allen PhD) <b>Peripheral Remodelling via Intermittent Muscular Exercise for Heart Failure with Reduced Ejection Fraction: PRIME HFrEF.</b> The primary aim of the randomized parallel-group design clinical trial in 94 patients over 65 years old with HFrEF is to determine if exercise rehabilitation initiated with 4 weeks of a new intervention PRIME (focused on peripheral tissue beds without a significant cardiovascular workload) prior to 8 weeks of guideline recommended exercise (COMBO-aerobic and resistance training) is more beneficial than currently recommended 12 weeks of COMBO training. Our primary outcome measures are group changes in $VO_{2peak}$ (a critical predictor of death and hospitalization).	<b>07/01/22-06/30/27</b> (\$3,580,894 direct)

**R01AG073257**

(PI:- Mary McDermott, MD., Co-Invest:- Jason Allen PhD)

**07/01/22-06/30/27**  
(\$328,641 UVA direct)**BEET root juice to reverse functional impairment in PAD: The BEET PAD Trial**

Our primary aim is to determine whether, compared to placebo, beet root juice twice daily for 4 months significantly improves six-minute walk distance at 4-month follow-up, in people with PAD.

**1R01 DK129510-01**

(PI:- Arthur Weltman, PhD., Co-Invest:- Jason Allen PhD)

**07/01/21-06/30/25**  
(\$600,000 direct)**Exercise Intensity Modulation of Ghrelin Release is Affected by Obesity and Prediabetes Status**

To characterize the effects of two acute exercise "intensity doses" on total ghrelin, acyl ghrelin, and des-acyl ghrelin in lean and obese adults with and without prediabetes..

**7138-NIH-1S/UVA**

PI:- Arthur Weltman, PhD., Co-Invest:- Jason Allen PhD

**10/2023 - 09/2024**  
(\$74,000 direct)**SpO2GO: Continuous blood oxygen saturation monitoring for activities of daily living**

Wearable sensor experts at Luna Labs and physiologists at the University of Virginia Department of Kinesiology and Core Exercise Physiology Lab are developing the SpO2Go Monitor, a wearable, wireless photoplethysmography (PPG) blood oxygen monitor.

**FP00419041-Res1**

PI:-Sidhartha PhD., Co-Invest:- Jason Allen PhD

**09/2024 - 08/2025**  
(67,534 direct)**A system to enhance prevention of diabetic foot ulcers and their recurrence**

SoleSaver sensor data measured continuously in the patient's free-living environment will be used to: (1) identify early potential formation of a DFU to enable prompt and timely intervention (e.g., offloading); (2) quantify gait abnormalities and changes to gait that could result in a DFU.

PENDING FUNDING

NIH- AG086770

Co-PI:- Jason Allen PhD &amp; Arthur Weltman PhD.

**04/01/2025 - 03/31/2030**  
(\$2,566,301 direct)**The interaction between exercise training intensity and oral inorganic nitrate supplementation on vascular and metabolic health in estrogen deficient postmenopausal females**

The goal of this proposal is to characterize the effects of two exercise training intensities, with and without oral inorganic nitrate supplementation, on cardiovascular health and fitness, and metabolic health in estrogen deficient postmenopausal (PM) females.

PI:- Arthur Weltman, PhD., Co-Invest:- Jason Allen PhD

(\$??,000 direct)

**Wearable Aircrew Hydration Tracking and Extended Recording (WAHTER)**

The current investigational study is part of the project titled "Real-Time, Effective Measurement of Dehydration Levels in Naval Aircrew". We are now in Phase II which has the goal to continue the development and refinement of the Wearable Aircrew Hydration Tracking and Extended Recording (WAHTER) device. The device assesses complex dynamics of local epidermal impedance changes in response to dehydration.

PREVIOUS FUNDING

Curry IDEAs (Innovative, Developmental, Exploratory Awards)

(PI: Jason Allen PhD)

**08/01/22-07/30/23**  
(\$10,000 internal)**Effects of Inorganic Nitrite Supplementation and/or Metformin Pharmacotherapy on Glucose Uptake and Respiration in Cultured Skeletal Muscle Cells**

Curry IDEAs (Innovative, Developmental, Exploratory Awards)

(PI:- Arthur Weltman, PhD., Co-Invest:- Jason Allen PhD)

**08/01/21-07/30/22**  
(\$10,000 internal)

## **Effects of Inorganic Nitrate and Intensity of Exercise on Cardiovascular Health in Post-Menopausal Females**

Post-menopausal females experience elevated cardiovascular disease risk (CVD), compared to premenopausal females and age-matched males. Current exercise guidelines appear inadequate to ameliorate this increased risk and higher intensity exercise may be necessary. Oral inorganic nitrate supplementation enhances both exercise performance and CVD risk profile in several clinical conditions. We hypothesize oral nitrate supplementation will act additively or synergistically with exercise in an intensity dependent manner.

4-VA Collaborative Research project

**05/01/21-06/30/22**

(PI:- Mike Saunders, Ph.D., Co-Invest:- Jason Allen PhD)

(\$5,000 UVA direct)

## **Dietary Nitrates and Exercise Performance: Influence of Training Status and Altitude**

Three Cavaliers Award, Office of Vice President for Research, University of Virginia (PI-Jason Allen PhD) **01/Oct/18-COVID Extended**  
(\$60,000 direct)

### **The effects of oral inorganic nitrate supplementation on lower limb perfusion and metabolism during exercise in patients with Peripheral Arterial Disease (PAD)**

The hypothesis of this proposal is in patients with PAD+IC, 3-6 days of oral dietary nitrate consumption (in the form of concentrated BR) will produce a greater tissue perfusion, oxygen delivery, and enhanced muscle metabolism in comparison to placebo (PL). This will translate into an increase in physical performance in both muscle specific planter flexion exercise and treadmill measures of pain free ambulation.

Curry IDEAs (Innovative, Developmental, Exploratory Awards)

**08/01/20-07/30/21**

(PI-Jason Allen PhD)

(\$10,000 internal)

## **Effects of Obesity and Intensity of Exercise on Serum Ghrelin concentrations, Insulin Sensitivity and Vascular Function**

We will examine the impact of moderate and high intensity exercise on the hormone ghrelin and its two forms, acyl (AG) and des-acyl (DAG), which are suggested to influence appetite, glucose metabolism and vascular function. We will determine whether differential changes in total ghrelin, AG and DAG are associated with changes in appetite, insulin sensitivity and vascular function.

## **Australian Heart Foundation Vanguard Award**

**01/Jan/17-31/Jan/19**

(Jason Allen CI-A)

(AU\$74,666 direct)

## **BEET CHF - Effects of Dietary Inorganic Nitrate Supplementation on Exercise Performance in Chronic Heart Failure**

Heart failure is a chronic, progressive condition in which the heart cannot adequately pump blood and oxygen to meet the needs of the body. During exercise stress the demands for blood flow and oxygen increase and the inability to tolerate exercise predicts morbidity, mortality and directly contributes to decreased quality of life (QOL). Increasing plasma nitrite may hold significant potential as an effective, selective NO donor which is activated only in conditions of acute and chronic ischemia

## **Perpetual 2017 IMPACT Philanthropy Application Program (IPAP2017/1191)**

**01/Sep/17-31/Aug/18**

Alessandra Ferri (Jason Allen CI-B)

(AU\$96,830 direct)

## **Tailored Exercise Training as a New Intervention to Counteract Muscle Disuse in Patients with Amyotrophic Lateral Sclerosis**

ALS is a devastating disease, characterised by a progressive degeneration and loss of motor neurons, and is currently incurable. Our hypothesis is that patients with ALS (pALS) who exercise will improve their muscle strength and aerobic capacity, by counteracting muscle disuse, and will consequently improve their QoL.

## **Western Health Research Grant**

**01/01/16-31-12-17**

Christopher Neil (Jason Allen CI-B)

(\$AU30,000 direct)

## **Peripheral Tissue Focused Intermittent Exercise Training in Fragile Patients with Chronic Heart Failure**

This pilot study will determine the safety, efficacy and applicability of the PRIME (Peripheral Remodelling via Intermittent Muscular Exercise) approach in the elderly patients with CHF. We will determine compliance, adherence, recruitment rates and staffing requirements for PRIME (compared to current standard of care) in order to inform a larger, pivotal trial. We will also obtain estimates of effect sizes of exercise tolerance outcomes.

<b>Melbourne University Early Career Award</b> Christopher Neil (Jason Allen CI-B) <b>Feasibility of inorganic sodium nitrate of treatment of acute decompensated Heart Failure</b>	<b>01/01/16-31/12/16</b> (\$AU36,000 direct)
<b>Victoria University Central Research Grant</b> Jason Allen Sole PI. <b>Effects of Dietary Nitrate Supplementation on Exercise Performance in Chronic Heart Failure</b>	<b>01/01/15-31/12/16</b> (\$AU27,575 direct)
<b>1 R21 HL113717-01</b> (PI-Jason Allen PhD) <b>Dietary Nitrate to Augment Exercise Training Benefits in DM+PAD</b> Peripheral artery disease (PAD) affects 5% of the US population over 50 yrs, one third of which suffer from intermittent claudication (IC). The incidence and progression of PAD in subjects with diabetes (DM+PAD) is so greatly increased that screening for PAD in asymptomatic diabetic subjects is recommended. We propose by supplementing plasma nitrite via a beverage we can (A) acutely improve oxygenation to areas of ischemia and (B) chronically increase vessel growth to these ischemic areas, would allow for greater acute exercise tolerance, ease the burden of exercise compliance and facilitate greater improvements in function and quality of life.	<b>02/01/13-01/31/15</b> (\$275,000 direct)
<b>R01CA142566</b> (PI; Jones, L., Co-invest; Allen JD.) <b>Randomized Trial of Optimal Type of Aerobic Training in Breast Cancer</b> To compare the effect of high-intensity training to moderate-intensity training, relative to attention-control, on VO <sub>2peak</sub>	<b>04/01/10-01/31/15</b> (\$2,700,000 direct)
<b>R01 CA142566-National Cancer Institute</b> (PI; Jones, L., Co-invest; Allen JD.) <b>Aerobic Training During or After Adjuvant Therapy: A Randomized Trial</b> To ascertain the optimal timing of the initiation of aerobic training that produces the most favorable changes in VO <sub>2peak</sub> and other pertinent outcomes, whilst minimizing adverse events in women with early breast cancer.	<b>07/01/12-06/30/17</b> (\$3,300,000 direct)
<b>1 R21HL111972-01</b> (PI Jason Allen PhD) <b>Increased Plasma Nitrite, Tissue Oxygenation and Functional Changes in PAD</b> PAD is a form of cardiovascular disease caused by atherosclerotic occlusions in the legs. It affects 5% of the US population over 50 yrs, one third of which suffer from intermittent claudication (IC). We propose by supplementing plasma nitrite via a beverage we can (A) acutely improve oxygenation to areas of ischemia and (B) chronically increase vessel growth to these ischemic areas, would allow for greater acute exercise tolerance, ease the burden of exercise compliance and facilitate greater improvements in function and quality of life	<b>02/17/12-01/31/14</b> (\$275,000 direct)
<b>1RC1AG035822-02 (NIH-NIA)</b> PI Jason D Allen <b>Mechanisms and Functional Outcomes of Exercise Progression Models in the Elderly</b> The primary hypothesis is that regionally specific exercise stimuli, applied at the beginning of a training program, will serve as a physiological primer capable of removing peripheral barriers that limit functional capacity, in elderly at risk of losing independence. Removal of peripheral barriers early in a training program will unlock a greater potential for change in functional capacity.	<b>09/01/09-08/31/11</b> (\$1,000,000 direct)
<b>Duke University Claude D. Pepper Center (NIH-NIA)</b> PI (Sole). Jason D Allen <b>Mechanisms and Functional Outcomes of Exercise Progression Models in the Elderly (or FIT for LIFE)</b> <b>5RC1AG35822 Muscle Tissue and Vascular Analysis</b> This study was submitted as part of the successful Duke Pepper Center resubmission to the NIA. It is primarily to support additional data, image and tissue analysis from the FIT for LIFE and to incorporate the information into a dataset with similar skeletal muscle biochemical, metabolic and histologic data collected from the Wake Forest Pepper Center Old-Normals (N=34) and the STRRIDE exercise training study	<b>01/01/12-12/31/12</b> (\$40,000)
<b>Wake Forest University and Duke University Claude D. Pepper Center</b> PI. Jason D Allen (Sole)	<b>10/01/09-09/31/2010</b> (\$15,000)

**Elevated Plasma Nitrite via Dietary Nitrate Supplementation and its effects on Vascular Endothelial Function and Physical Function in the Elderly:- A Pilot Project**

A gap in the current knowledge and the purpose of this proposal is to combine these hereto distinct preliminary findings into a single pilot study (n=15) to determine whether a high nitrate diet augments plasma nitrite and is accompanied by increases in vascular endothelial function (brachial artery flow-mediated dilation-BAFMD) and physical performance (400-m walk performance, aerobic demand during treadmill walking).

**NIH-2R01HL075485-05 NIBIB**

(PI: Trahey, G., Co Inv: Allen, JD.)

**03/01/09-02/28/13**

(\$1,500,000 direct)

**Acoustic Radiation Force Imaging of Arteries**

The primary goals of the proposed research are to integrate 2D and 3D ARFI imaging methods into clinical carotid scanning and to evaluate its potential contribution to the evaluation of patients with carotid artery disease.

Associated tasks include extensive modifications of the scanner's circuitry and software, and development of the 2D and 3D scanning, display, and analysis methods required for ARFI/B-Mode/Doppler imaging.

**7-08-IN-01 American Diabetes Association – Innovative Award**

PI (Sole). Jason D Allen

**07/01/08-06/30/09**

(\$100,000 direct)

**Effect of Hb Glycation on NO Metabolism and Bioactivity in Diabetes**

The primary hypothesis of this proposal is that hemoglobin glycation in diabetes causes an altered fate of circulating (S)NO species compared to non-diabetics; resulting in a depletion of bioavailable NO and contributing to endothelial dysfunction and vascular disease. The specific aim is to determine the effects of a range of glycation levels on 2SNO-hemoglobin oxygen-coupled NO release and vasoactivity.

**5R01 HL-075752-05 NHLBI**

(PI: Annex B., Co-Inv, Allen)

**09/25/03 – 07/31/08**

(\$1,750,000 direct)

**Angiogenesis and Mechanisms of Exercise Training in PAD.**

The aims of this proposal are to 1) provide insights into the general pathophysiology of the exercise impairment in PAD; 2) permit scientifically plausible & testable modifications to currently prescribed exercise regimens to better employ this critical therapeutic modality; 3) identify novel targets from pharmacotherapy that are capable of inducing the repertoire of molecular responses induced by exercise training.

**5R01 HL-075485-04 NIBIB**

(PI: Trehey G., Co-Inv, Allen)

**12/15/03 – 11/30/07**

(\$1,200,000 direct)

**Acoustic Radiation Force Imaging of Arteries**

We have developed a new method of imaging the mechanical properties of tissues based on very brief (<1ms) and localized applications of acoustic radiation force and the ultrasonic measurement of the associated tissues' responses to that force. This technique is called Acoustic Radiation Force Impulse (ARFI) imaging. This has been tested previously within ex vivo and in vivo tissues and been shown to distinguish hard and soft atherosclerotic plaques from normal vessel wall. This study will develop a real time system and test it the popliteal and femoral vessels (ex vivo and in vivo) and related to the mechanical properties in healthy and diseased vessels.

**R21 CA-133895 National Cancer Institute**

(PI; Jones, L., Co-invest; Allen JD.)

**02/1/09-11/30/12**

(\$275,000 direct)

**Exercise Training, Erectile Dysfunction, and Prostate Cancer.**

This project has three specific aims: (1) determine the effects of supervised aerobic exercise training versus usual care on incidence of ED among men undergoing radical prostatectomy for clinically localized prostate cancer, (2) determine the effects of aerobic exercise training versus wait-list control on changes in patient symptoms (i.e., sexual functioning, urinary incontinence, and QOL) and the number of men receiving phosphodiesterases type-5 (PDE-5) inhibitor therapy as well as therapy dose, and (3) determine the effects of aerobic exercise training versus wait-list control on changes in postulated biologic mechanisms that may underlie the relationship between exercise training and ED.

**US DOD Breast Cancer Research Program**

(PI; Jones, L., Co-invest; Allen JD.)

**04/1/06-03/31/09**

(\$1,250,000 direct)

**Effects of Exercise Training on Tumor Vascularity and Response to Neoadjuvant Chemotherapy in Operable Breast Cancer: A Phase I-II Study**

To determine the effects of endurance exercise training on cardiopulmonary fitness in breast cancer patients undergoing neoadjuvant chemotherapy.

**1R21CA103473-01 NCI**

(PI, Hurwitz, HI., Co-invest; Allen JD.)

**11/01/03 – 10/31/05**

(\$275,000)

**Does NO mediate clinical anti-VEGF vascular effects.**

The aims of this proposal are to use several novel approaches and the unique clinical setting of anti-VEGF therapy to evaluate the clinical effects of anti-VEGF treatment on several known VEGF/NO dependent processes. These include regulation of blood pressure, endothelial cell vaso-reactivity, wound angiogenesis, and platelet function. A second aim is to determine if these effects are mediated by nitric oxide.

Previous projects for which Dr. Allen's Duke laboratory served as a resource lab and performed vascular and/or biomarker testing on a fee per test basis.

**CID 0910 Nucleosides and Inflammation, Coagulation and Endovascular Function (NICE) 2010-2011**

A Cross-Sectional Assessment of Markers Inflammation, Coagulation and Endothelial Function Among Patients Receiving Nucleoside Reverse Transcriptase Inhibitors.

ACTG A5293/1U01AI068636 - AIDS Clinical Trials Grp/NIAID

2010-2011

**A5260s - Effect of HDL-raising Therapies on Endothelial Function, Lipoproteins, and Inflammation in HIV-infected Subjects with Low HDL Cholesterol: A Phase II Randomized Trial of Extended-Release Niacin vs. Fenofibrate.** NCT01426438

Glaxo Smith-Kline Inc.

11/01/06-02/30/10

(PI:- Lynda Szczech, MD. Co-Investigator, Jason D. Allen PhD)

**Endothelial Cell Dysfunction as the Mediator of Increased Morbidity and Mortality among HIV infected Patients with Proteinuria**

Merck Investigator-Initiated Study

01/01/06 – 12/31/07

(PI - , Jason D. Allen PhD, Co-PI - Christopher O'Connor MD.)

**Effect of Lipid Lowering with Ezitimibe/Simvastatin on Endothelial Function in CHF.**

Bayer Inc.

11/01/06 – 09/30/07

**Investigator Initiated Protocol (PI, Richard E. Becker, Co-Investigator Jason D. Allen)**

Assessment of Platelet Inhibition and Response by Internet (ASPIRIN) Pilot Study

Protocol A5091004

11/01/03 - 12/31/05

Pfizer Inc. (Imaging Center Director/Referring Site Co-Investigator, Jason D. Allen PhD)

**Phase 3, Multi-Center, Double-Blind, Randomized, Parallel Group, Carotid B-Mode Ultrasound Evaluation of the Anti-Atherosclerotic Efficacy, Safety, and Tolerability of Fixed Combination CP-529,414/Atorvastatin, Administered Orally, Once Daily (QD) for 24 Months, Compared with Atorvastatin Alone, in Subjects with Mixed Hyperlipidemia.**

AHA Grant-in-Aid

06/01/07 – 06/31/10

(PI:- Pao-Hwa Lin, Ph.D., Co-Investigator, Jason D. Allen PhD)

**Mechanism(s) of the blood pressure lowering effects of the Dietary Approaches to Stop Hypertension (DASH) dietary pattern: DASH mechanism study.**

SPS 150371 Pro00001559

(PI:- Jula K Inrig, MD)

09/01/07-02/01/09

(Consultant;- Jason D. Allen PhD)

**Title: Effect of Hectoral on Endothelial Cell Dysfunction in ESRD**

**TEACHING RESPONSIBILITIES**UNIVERSITY OF VIRGINIA

Prefix	Course Title	Credit (US)	Term	Evaluation	Enroll	%
KINE-5430 <i>Graduate</i>	Human Physiology: Systems and Function	3	Fall 19	4.7/5	14	100
			Fall 20	4.7/5	19	100
			Fall 21	4.8/5	12	100
			Fall 22	4.71/5	7	100
			Fall 23	4.69/5	16	100
KINE 5475	Seminar in Exercise Physiology <i>(group taught-overall course score recorded)</i> JDA Primary Instructor from Fall 2020	1	Fall 19	3.9/5	18	25
			Fall 20	4.5/5	25	25
			Fall 21	4.05/5	24	25
			Fall 22	4.69/5	21	20
			Fall 23	4.47/5	28	20
KINE-5432 <i>Graduate</i>	Human Circulatory Physiology: Regulation and Adaptations	3	Spring-19	4.2/5	14	100
			Spring 20	4.4/5	7	100
			Spring-21	4.6/5	13	100
			Spring-22	4.5/5	16	100
			Spring-23	4.4/5	9	100
			Spring-24	4.5/5	15	100
KINE-3410	Exercise Physiology	3	Fall 23	3.86/5	81	95
KINE-4430 <i>Undergrad</i>	Clinical Exercise Physiology: Theoretical & Applied Basis for Exerc Test & Prescription	3	Spring-19	4.6/5	12	100
			Spring 20	4.9/5	10	100
			Spring-21	4.8/5	6	100
			Spring 22	4.6/5	13	100
KINE 5475	Comps in Exercise Physiology <i>(group taught-overall course score recorded)</i> JDA Primary Instructor from Spring 2021	1	Spring 20	4.2/5	12	25
			Spring 21	Insufficient #	5	25
			Spring 22	4.5/5	12	25
			Spring 23	4.67	6	25
			Spring-24	Insufficient #	9	25

Data for the last 5 years % = percentage of course taught

PROGRAM DIRECTORSHIP: - CLINICAL EXERCISE SCIENCE AND REHABILITATION PROGRAM, COLLEGE OF SPORTS AND EXERCISE SCIENCE, VICTORIA UNIVERSITY.

The program consists of a 3-year UG Clinical Exercise Science major with approximately 100 students and a 18-month Masters Degree with approximately 35 students per year. Both programs are accredited by Exercise and Sports Science Australia (ESSA) and the National University Course Accreditation Program (NUCAP). Graduates are qualified to practice clinical rehabilitation and charge for services with Medicare Australia. The role also includes overseeing clinical services offered in the rehabilitation program and as part of student practical training.

TEACHING EXPERIENCE - VICTORIA UNIVERSITY, MELBOURNE

Prefix	Course Title	Credit (AU)	Term	Evaluation	Enroll	%
SCL-6103 <i>Graduate</i>	Exercise Assessments and Interventions for Cardiorespiratory Conditions	3	S1 2017	98% overall	32	92
			S1 2016	100% overall	25	80
			S1 2015	93% overall	15	80
SCL-3001	Exercise, Health and Disease - <i>Guest Lecture CVD-Introduction to Exercise Testing and Rx</i>	12	S2-2016	N/A	100	5
AHE-3001	Advanced Exercise Phys – <i>Guest Lectures Cardiovascular Responses to Acute Exercise &amp; Cardiovascular Adaptations to Ex Training</i>	12	S1 2017	100% overall	92	4
			S1 2016	100% overall	90	10
			S1-2015	90% overall	80	10
HBM3104	College of Health and Biomedicine-Ex is Med Guest Lecture – Ex & Cardiovascular Disease	12	S1 2017	100% overall	10	10



## TEACHING EXPERIENCE - DUKE UNIVERSITY-DOCTOR OF PHYSICAL THERAPY PROGRAM

Prefix	Course Title	Credits (US)	Term	Evaluation	Enroll	%
PT-603 <i>Graduate</i>	Applied Physiology I	3	Fall-2011	3.72/4-	64	85
			Fall-2012	GOOD	72	85
			Fall-2013	N/A	76	85
PT-604 <i>Graduate</i>	Applied Physiology II	3	Spring-12	N/A	64	85
			Spring-13		72	85
			Spring 14		76	85

## TEACHING EXPERIENCE -Louisiana State University

Prefix	Course Title	Credits (US)	Years	Evaluation	Enroll	%
KIN-2504	Principals of Conditioning	3	1997-1999	N/A	≈35	85
KIN-3504	Exercise Testing in Health and Disease	3	1997-2001	N/A	≈35	85
KIN 3534	Scientific Basis for Ex Testing & Prescription	3	1999-2001	N/A	≈20	85

## POST-GRADUATE RESEARCH STUDENT SUPERVISION

Year	Student	Degree	Institution	Dept.	Role	Outputs				
						T	P	C	A	
2017	Smith, C.	MSc	Victoria University	Spt & Ex Sci	Primary Supervisor	83%	2	2	2	
2017	Doonan, J.	MSc	Victoria University	Spt & Ex Sci	Primary Supervisor	90%	1			
2018	Giuliano, C.	MSc	Victoria University	Spt & Ex Sci	Primary Supervisor	60%	2	1	2	
2019	Woessner, M.	PhD	Victoria University	Spt & Ex Sci	Primary Supervisor	80%	7	3	3	
<i>Recipient of the 2020 Vice Chancellors Citation for Excellence in Research (Graduate Researcher)</i>										
2022	Kruse Ka'eo	MA	University of Virginia	Kinesiology	Primary Supervisor	75%	*	2	1	
<i>Winner of Alice Becker Hinchcliffe Williams Scholarship</i> <i>Winner David F. Cooke Award (student athlete who exemplifies outstanding qualities in athletics, academics, and leadership)</i>										
2023	Ortiz, J.	PhD	University of Virginia	Kinesiology	Primary Supervisor	70%	2		1	
<i>Winner of the 2023 School of Education and Human Development Outstanding Doctoral Student Award</i>										
2023	Anderson, K.	PhD	University of Virginia	Kinesiology	Primary Supervisor	50%				
2023	Hogwood, A.	PhD	University of Virginia	Kinesiology	Primary Supervisor	60%				
<i>Winner of the School of Education and Human Development Mary Catherine Ellwein Award</i> <i>Winner American College of Sports Medicine Foundation 2023 Dr. Jack Wilmore Legacy Travel Award</i> <i>Winner of the School of Education and Human Development Outstanding Quantitative Dissertation Award</i>										
2024	Stahl, M.	MA	University of Virginia	Kinesiology	Primary Supervisor	70%				
2028		PhD			Primary Supervisor	70%				
<i>Winner of the American Kinesiology Association National Masters Scholar Award Doctoral Institution</i> <i>The Raven Society Outstanding Graduate Student</i> <i>Provost's Fellowship for PhD studies selected by the Faculty of the School of Education and Human Development</i> <i>Winner of the Mary Elizabeth King Pace &amp; Robert Septimus Pace Memorial Scholarship</i>										

**Outputs:** T = thesis/dissertation, P = peer-review publication, C = conference presentation, A = abstract.

## INTERNSHIP SUPERVISION

Year	Student	Degree	Institution	Next Step was	Duration	Outputs			
						T	P	C	A
2015	Hamblin, A	BA	UNC Greensboro	DPT U of New Hampshire	12 weeks				
2014	DeMatteo, D.	BA	Duke		12 weeks				1
2013	Evans, D	MSc	U of Mn	U of CO Med School	24 weeks				1
2013	Atkinson, B.	BA	Duke	Uni of S FL -Medicine	12 weeks				1
2013	Privette, G	BSc	UNC	Emory MPH	20 weeks		1		1
2013	Roles, K	BSc	SD State Uni	Clin Res Coord Wash Uni	26 weeks			6	6

2012	Berry, N.	MSc	UNC	UNC Greensboro PhD	12 weeks				
2012	Tarzia, B	BSc	Uni of CT	NY Int of T Osteo	20 weeks		1		1
2012	Adam, Ore	BSc	Duke	Med School	10 weeks				
2011	Williams, M.	BSc	UNC	UCLA Med School	12 weeks				
2010	Yim, Eunji	BA	Duke	Case Western Med Sch	20 weeks		1		

**Outputs:** T = thesis/dissertation, P = peer-review publication, C = conference presentation, A = abstract.

## HONORS AND AWARDS

- 2023 Lasting Legacy Award - outstanding contributions to the academic and professional development of students  
 2021 Soc for Vasc Med; Mark A. Creager Prize for Res Excellence (Vasc Med best article 2020 – Co-Author)  
 2014 Fellow of the American College of Sports Medicine  
 2013 Senior Fellow, Duke Center for the Study of Aging and Human Development  
 2011 Duke University Claude D. Pepper Center Scholar  
 2010 Wake Forrest University Translational Science Center Research Award (pilot)  
 2009 Duke University Claude D. Pepper Center Pilot Research Award  
 2003 The Society for Free Radical Biology and Medicine Young Investigator Award  
 2001 James J. Corbet Summer Research Award in Kinesiology from Louisiana State University  
 2000 Louisiana State University Graduate School "Intellectual Gumbo" Prize for Graduate Res  
 1999 SE region of the American College of Sports Medicine Student Research Award (2nd Place)  
 1997 James J. Corbet Summer Research Award in Kinesiology from Louisiana State University  
 1996 F. T. Siewert Award for the Outstanding Graduate Student from Western Carolina Univ  
 1995 F. T. Siewert Award for the Outstanding Graduate Student from Western Carolina Univ

## OTHER EXPERIENCE AND PROFESSIONAL MEMBERSHIPS

- 2016-2017\* Executive Committee Member, the Council of Heads of Exercise, Sport and Movement Sciences (CHESMS), Australia  
 2008 Member of the American Diabetes association  
 2008- Member of the American Society of Echocardiography  
 2006- Member Nitric Oxide Society  
 2001- Member, Society for Free Radical Biology and Medicine  
 2008- Reviewer for Circulation  
 2009- Reviewer for British Journal of Pharmacology  
 2006 Reviewer for Journal of Applied Physiology  
 2005 Reviewer for the Society for Free Radical Biology in Medicine  
 2002 Reviewer for Medicine and Science in Sports and Medicine  
 2002 Reviewer for the International Journal of Sports Medicine  
 2001- Reviewer for the American Heart Journal  
 1998-2001\* Louisiana State Board of Medical Examiners Licensed Clinical Exercise Physiologist  
 1998-2000\* President-Elect and Board Member of the Louisiana State Association of Exercise Physiologists  
 1998- Member, American Physiological Society  
 1996- Member, American College of Sports Medicine

\* Stepped down due to relocation

**INVITED/SELECTED TALKS**

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- 2024** Co-Chair of the conference session “Clinical Implications of NO Research” at the 13th International Meeting on the Biology, Chemistry, and Therapeutic Applications of Nitric Oxide. The Karolinska Institutet, Stockholm, Sweden, Aug 21-23.
- 2024** Effects of Inorganic Nitrate Supplementation between the Sexes and across the Menstrual Cycle” speaker and chair of a spotlight “Precision Health’ symposium entitled “Does Sex Matter: Inorganic Nitrate as an Ergogenic Aid?” at the American College of Sports Medicine Annual Meeting, Boston, MA May 28-31
- 2024** “PRIMEing the Periphery for Exercise in Heart Failure patients?” speaker at the Virginia Association of Cardiovascular and Pulmonary Rehabilitation Conference - The Future of Cardiopulmonary Rehab: Emerging Innovation and Clinical Collaboration.. Richmond, VA. May4-5.
- 2024** Visiting Professor and guest lecturer as part of the Course of Medicine and Surgery at the University of Pavia, Italy, March 4-8. Consisted of 3 lectures to Medical students, PHD’s, and Masters Students in Exercise Science
- 2023** *Effects of inorganic nitrate supplementation between the sexes and across the menstrual cycle* as part of the University of the Sunshine Coast Cardiovascular Research Masterclass, QLD, Australia, Dec 1st
- 2023** Session Discussion Leader “Cardiovascular Function: The Role of Nitric Oxide in Physical Performance and Health”. Nitric Oxide Gordon Research Conference, Molecular Mechanisms of Nitric Oxide Signaling in Health and Disease, Ventura, CA. Feb 12-17.
- 2023** Ortiz de Zavallos, J (PhD student). “Sexual dimorphism in exercise economy, exercise capacity and skeletal muscle contractile function: effects of dietary nitrate supplementation”. Nitric Oxide Gordon Research Seminar (Student focused pre-conference meeting). Ventura, CA Feb 12-17.
- 2023** “Dietary Nitrate Supplementation for Ergogenic Effects:Who is it Good For?” Noll Seminar Speaker, Department of Kinesiology, Penn State University, University Park, PA, Jan 27.
- 2022** “Exercise in Heart Failure: Time to HIIT and PRIME the Heart and Skeletal Muscle”. Symposium at the South-East Regional Chapter of the American College of Sports Medicine Annual Meeting. Greenville, SC. Feb 17-19
- 2021** “Dietary Nitrate Supplementation: What is it good for? An Ergogenic Aid or Exercise Therapeutic?” Mid-Atlantic Regional Chapter of the American College of Sports Medicine Fall conference. Harrisburg, PA. Nov 5-6.
- 2021** “TBD”. Nitric Oxide Gordon Research Conference, Molecular Mechanisms of Nitric Oxide Signaling in Health and Disease, Ventura, CA. July 25-30. Cancelled due to COVID-19
- 2021** “Inorganic Nitrate as an Ergogenic Aid in PAD. Can we BEET the Best?” as part of a plenary session entitled “Dietary Nitrate and Exercise in Clinical Populations” at the American College of Sports Medicine Annual Meeting, World Congress on Exercise is Medicine, and World Congress on the Basic Science of Exercise in Regenerative Medicine. *Moved to virtual meeting due to COVID-19.*
- 2020** “BEEter CV Health: Dietary Nitrate Supplementation and Exercise in Cardiovascular Disease” as part of a plenary session entitled “Towards a BEETer quality of life with dietary nitrate supplementation” at the 25<sup>th</sup> Annual Congress of the European College of Sports Science – Sports Science in the Heart of the Arts, Sevilla, Spain (Originally July 1-4). Rescheduled and held virtually on October 30<sup>th</sup> due to COVID-19).
- 2020** Co-Chair of Scientific Session “Eat, sleep, breathe: the roles of NOS, NO, and nitrite in physiology” (Sponsored by the American Physiological Society) at the Nitric Oxide Society Meeting, Chicago Illinois, May 10-13. Cancelled due to COVID-19
- 2020** “Nitrate Supplementation as an Ergogenic Aid in Cardiovascular Disease”. Physiology and Pharmacology Department Seminar Series, West Virginia University. 26th March 2020. Cancelled due to COVID-19

**2019** Dietary Nitrate Supplementation: What is it good for? An Ergogenic Aid or Exercise Therapeutic? Tutorial at the Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM) Greenville, SC Feb 14-16.

**2018** Nitrate Supplementation as an Ergogenic Aid in Cardiovascular Disease. Molecular Branch of the National Institutes of Diabetes and Digestive and Kidney Diseases (NIDDK), Nov 7<sup>th</sup> 2018.

**2018** Vascular Disease Session Chair at the *International Nitric Oxide Society* meeting at Oxford University, England (September 16-20)

**2018** BEET HF! Inorganic nitrate supplementation and exercise capacity in heart failure. Exercise Session at the International Nitric Oxide Society meeting at Oxford University, England (September 16-20)

**2018** Dietary Nitrate as an Ergogenic Aid in Clinical Populations. What is it good for? Chair and speaker in a plenary session at the 23<sup>rd</sup> Annual Congress of the European College of Sports Science: Sports Science at the Cutting Edge, Dublin, Ireland. July 4-7.

**2018** Inorganic Nitrate as an Ergogenic Aid in PAD. Can we BEET the Best? Deakin University Medical Seminar Series, Deakin University, Melbourne, VIC, Australia, May 28<sup>th</sup>.

**2017** "Inorganic Nitrate as an Ergogenic Aid in Peripheral Arterial Disease. Can we BEET the best?" Medical and Exercise Science Seminar, School of Medicine, University of Wollongong, NSW, Australia, June 13<sup>th</sup>.

**2017** "Nitrate Supplementation as an Ergogenic Aid in Cardiovascular Disease" Nitric Oxide Gordon Research Conference, Reactive Nitrogen Signaling: Mechanism to Medicine, Ventura, CA. Feb 19-24

**2016** "Inorganic Nitrate, exercise and peripheral Arterial Disease:-Can we BEET the BEST?" Graduate Student Research Seminar, The Department of Exercise and Sport Science, The University of North Carolina at Chapel Hill, Sept 22<sup>nd</sup>.

**2016** "3 Months of Inorganic Nitrate Supplementation plus Exercise Training increases Walking Performance more than Exercise Training alone in Patients with Peripheral Arterial Disease" The 9th International Conference on the Biology, Chemistry, and Therapeutic Applications of Nitric Oxide and The 16th Annual Scientific Meeting of the Nitric Oxide Society of Japan. Sendai, Japan May 20-22

**2016** "Inorganic Nitrate, exercise and peripheral Arterial Disease:-Can we BEET the BEST?" Research Seminar Series of the Department of Nutritional Sciences and the Environmental and Occupational Health Sciences Institute, Rutgers University, NJ, USA, June 6th.

**2015** "The Therapeutic Potential of the Nitrate-Nitrite-Nitric Oxide Pathway in Peripheral Arterial Disease". The School of Science and Sport, The University of the West of Scotland, Guest Seminar Sponsored by the European Physiological Society, 22nd Oct.

**2015**. "Vascular Health, Physical Function and PAD: NO\* options but to exercise?" Loughborough University, School of Sport, Exercise and Health Sciences Lecture Series, Loughborough UK. 15th Oct.

**2015** "The Therapeutic Potential of the Nitrate-Nitrite-Nitric Oxide Pathway in Peripheral Arterial Disease". The University of Exeter, Department of Sports and Health Sciences Research Seminar, Exeter UK. 13th Oct.

**2014** "The Peripheral Remodeling through Intermittent Muscular Exercise (PRIME) for Life Trial: Unlocking the Barriers to Improved Functional Capacity in the Elderly." Australian Institute for Musculoskeletal Science. University of Melbourne, Australia, October 16th.

**2014** "Vascular Health, Physical Function and PAD: NO\* options but to exercise?" Highpoint University Department of Kinesiology Distinguished Lecture Series. Highpoint, NC, USA. 24th September

- 2014** “The Therapeutic Potential of the Nitrate-Nitrite-Nitric Oxide Pathway in Peripheral Arterial Disease”. Speaker and Panelist at the “Wake Forest University Translational Science Center Workshop on the Effects of Nitrate and Nitrite on Cardiovascular Function.” Winston-Salem, NC. May 1-2.
- 2014** “Noninvasive Characterization of Carotid Plaques with Acoustic Radiation Force Impulse Imaging”. Duke University Medical Center Cardiovascular Imaging Grand Rounds, Durham NC, USA, April 17th.
- 2014** “Vascular Health, Physical Function and PAD: NO\* options but to exercise?” Baker IDI Heart and Diabetes Institute Seminar Series, Melbourne, Australia. February 28th.
- 2013** “Nitrate Supplementation and its effects on Physical Function in Peripheral Arterial Disease”. Western Centre for Health Research and Education (WCHRE), Sunshine Hospital, Melbourne Australia. October 10th
- 2013** “Endothelial Function, Aging, Atherosclerosis and Vascular Health: NO\* options but to exercise?” The Institute for Sport, Exercise and Active Living Research Seminar, Victoria University, Melbourne Australia. Oct 8th
- 2013** “Application of dietary nitrate as an ergogenic aid in clinical populations”. As part of a symposium entitled “Dietary nitrate as an ergogenic aid”. 18th Annual Congress of the European College of Sports Science: Unifying Sports Science. Barcelona, Spain, June 26-29.
- 2013** Nitrate Supplementation and its effects on Physical Function in Peripheral Arterial Disease”. The Cardiovascular Medicine Luncheon Seminar, University of Oxford, UK, 24th June.
- 2013** Chair of a Session on “New Pre-Clinical Models of Nitrate and Nitrite Therapy”. The Fifth International Meeting on the Role of Nitrate and Nitrite in Physiology, Pathophysiology and Therapeutics, Pittsburgh, PA. May 4-5.
- 2012** “Nitrate/Nitrite and Physical Function in Peripheral Arterial Disease”. As part of a symposium entitled “Sports Science and Endothelial Function”. The 7th International Conference on the Biology, Chemistry and Therapeutic Application of Nitric Oxide. Edinburgh, UK, July 22-26.
- 2012** The Therapeutic Potential of the Nitrate-Nitrite Nitric Oxide Pathway in Peripheral Vascular Disease. As part of a Symposium entitled “The Nitrate-Nitrite-Nitric Oxide Pathway in Exercise. Increased Oxygen Efficiency”. 2012 Annual Meeting and 3rd World Congress on Exercise is Medicine in San Francisco, California, May 29-June 2.
- 2012** “Vascular Health, Physical Function and PAD: NO\* options but to exercise?”. The Seminar Series Lecture at Environmental and Occupational Health Sciences Institute, Rutgers University and the University of Medicine and Dentistry of New Jersey, March 22nd.
- 2011** “Plasma Nitrite and its Role in Exercise Performance: Tissue Perfusion and Muscular Efficiency”. GlaxoSmithKline Muscle Science Forum, Oct 14th.
- 2011** “Vascular Health, Physical Function and PAD: NO\* options but to exercise?” The Basic and Translational Research in Lung Diseases Conference, University of Pittsburgh Seminar Series, 13th Sept.
- 2011** Approaching the Clinic: Nitrite and Nitrate Pathophysiology and Therapy “Nitrate Therapy for Peripheral Arterial Disease” May 11-13, 2011, Atlanta, GA.
- 2011** Claude D. Pepper Older Americans Independence Center Annual Meeting, April 11-12, Bethesda MD. “Exercise training in PAD: It’s the Local Roads not the Interstates”.
- 2010** South East Chapter of The American College of Sports Medicine, Greenville SC Feb 11th. “Measurement of Atherosclerosis in the Carotid Arteries”
- 2009** 4th International Conference on Oxidative/Nitrosative Stress and Disease, New York Academy of Sciences in New York City October 28-30. The Effects of Exercise Training on Endothelial Function and Nitric Oxide Bioavailability in Peripheral Arterial Disease: Diabetes is Different”.

**2009** Cleveland Clinic Department of Pathobiology Seminar Series (Drs. John Kirwan and Serpil Erzurum), May 12th. "Endothelial Function, Atherosclerosis and Vascular Health" NO\* options but to exercise"

**2009** Wake Forest University, Health and Exercise Science Seminar Series. February 2009

**2008.** "Changes in Plasma Nitrite Response and Arterial Endothelial Function in Peripheral Arterial Disease Subjects following 3 Months of Exercise Training". 5th International Conference on Biology, Chemistry and Therapeutic Applications of Nitric Oxide, Bregenz, Austria, August 2008

**2008** ADA 68th Sci Sessions, San Fran CA, June 6-10. "Effects of Diabetes on Endothelial Function – NO Options" as part of a Symposium entitled "Skeletal Muscle and Vascular Function: Benefits of Exercise"

**2008** South East Chapter of The American College of Sports Medicine, Birmingham AL, Feb 14-16. "Circulating Nitric Oxide Species and Vascular Health" as part of a Symposium entitled "Vascular Health and Performance: Linking biochemistry and physiology with physical function"

**2008** Oxygen Radicals Gordon Research Conference Ventura CA February 3-8. "Plasma Nitrite Response and Arterial Reactivity Differentiate Cardiovascular Health Status and Performance"

**2004** American College of Sports Medicine 50th Annual Meeting, Indianapolis, IN., June. "Nitric Oxide and Vascular Function" as part of a symposium entitled; "Free Radicals and Nitric Oxide in Health and Disease".

**2002** American College of Sports Medicine 48th Annual Meeting, St. Louis, MO., June. "Interventional Strategies Aimed at Improving Arterial Health". As part of a symposium entitled; "Control of Vascular Function in Health and Disease".

## PUBLICATIONS

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### BOOK CHAPTERS

**Allen, J. D.** (Consultant). Physical Activity Guidelines Advisory Committee. - Physical Activity Guidelines Advisory Committee Report, Part G. Section 2: Cardiorespiratory Health 2008. U.S. Department of Health and Human Services, Washington DC. **2008**. <http://www.health.gov/paguidelines/>

### PEER REVIEWED ARTICLES

<https://www.ncbi.nlm.nih.gov/myncbi/jason.allen.3/bibliography/public/>

Ortiz de Zevallos, J., **Allen, JD.** (2024). NO problems! Nitric Oxide bioavailability in the right place at the right time. The compartmentalized activity of Nitric Oxide synthase during exercise. *An invited review for The Journal of Vascular Medicine -In development*

Woessner, MN., \*Piknova, B., \*Ortiz de Zevallos, J., Kraus, W. Schechter, A., **Allen, JD.,** (2024). Human Skeletal Muscle Nitrate and Nitrite in patients with Chronic Heart Failure: Effect of Inorganic Nitrate Supplementation and Exercise. \* Joint first author. *In preparation.*

Derella, CC., Anderson, KC., Woessner, MN., Paterson, C. and **Allen, JD.** (2024). Ergogenic Effect of Nitrate Supplementation in Clinical Populations: A Systematic Review and Meta-analysis. *In progress.*

Caldwell, JT., Koenke, A., Zimmerman, L., Wahl, AE., Fenn, SA., Grammer, E., Stahl, ME., **Allen JD.,** Jaime, SJ. (2024). Acute effects of inorganic nitrate supplementation during ischemia and small muscle mass exercise in late phase postmenopausal women. *In progress*

Weeldreyer, NR., De Guzman, JC., Paterson, C., Leicht, ZC., **Allen, JD.,** Gaesser, GA., Angad, SA. (2024). A Meta-Analysis Investigating the Effects of Cardiorespiratory Fitness and Adiposity on Cardiovascular and All-Cause Mortality. *In review British Journal of Sports Medicine*

Hogwood, AC, Ortiz de Zevallos, J., Kruse, KK. De Guzman, J., Buckley, DeJong, AF., M., Weltman, AL., **Allen, JD.** (2024). Effect of Inorganic Nitrate on Maximal Voluntary Contraction and Isokinetic Torque Across the Menstrual Cycle. *In review Journal of Applied Physiology*

Ortiz de Zevallos, J., Hogwood, AC., Kruse, KK. De Guzman, J., Buckley, M., DeJong, AF., Weltman, AL., **Allen, JD.** (2024). The influence of Sex on the Effects of Inorganic Nitrate Supplementation on Muscular Power and Endurance.. *In review Journal of Applied Physiology*

Anderson, KC., Mardian, T., Stephenson, B, Grammer, EE., Sthal, MS., Weeldreyer, NR., Zhenqi, L., Love, KM., Kranz, S., **Allen, JD.,** Weltman, AL. (2024). The Impact of Exercise Intensity and Sex on Endogenous Ghrelin Levels and Appetite in Healthy Humans. *In review Journal of the Endocrine Society.*

Hogwood, AC, Ortiz de Zevallos, Weeldreyer, N., Clark, J., Mazzella, V., Cain, L., Myaing, D., Love, K., Weltman, AL., **Allen, JD.** (2023). The acute effects of exercise intensity and inorganic nitrate supplementation on vascular health in females after menopause. *Journal of Applied Physiology*, 135(5), 1070-1081. PMID: 37795531.

Ortiz de Zevallos, J., Hogwood, AC., Kruse, KK. De Guzman, J., Buckley, M., Weltman, AL., **Allen, JD.** (2023). Sex Differences in the Effects of Inorganic Nitrate Supplementation On Exercise Economy and Endurance Capacity in Healthy Young Adults. *Journal of Applied Physiology*, 135(5), 1157-1166. PMID: 37823208.

Hogwood, AC, Ortiz de Zevallos, J., Hogwood, AC., Kruse, KK. De Guzman, J., Buckley, M., Weltman, AL., **Allen, JD.** (2023). The Effects of Inorganic Nitrate on Exercise Economy and Endurance Capacity Across the Menstrual Cycle. *Journal of Applied Physiology*, 135(5), 1167-1175. PMID: 37732374.

Hogwood, A. ; Anderson, KC., Ortiz de Zevallos, J. Paterson, C., Weltman, A.; **Allen JD. (2023)**. Limited Effects of Inorganic Nitrate Supplementation on Exercise Training Adaptations: A Systematic Review and Meta-Analysis. *Sports Medicine - Open*. 9(1), 84. PMID: 37697072

**Allen, JD. (2023)**. Nitric Oxide as a mediator of exercise performance: NO pain NO gain!. Guest Editor commentary for a special edition of the journal. *Nitric Oxide: Biology and Chemistry*, 136-137, 8-11. PMID: 37116609. <https://www.sciencedirect.com/journal/nitric-oxide/special-issue/106FB6Q5S1X>

Piknova, B., Woessner, MN., Ortiz de Zevallos, J., Kraus, WE, VanBruggen, MD., Schechter, A., **Allen JD. (2022)**. Human Skeletal Muscle Nitrate and Nitrite in Individuals with Peripheral Arterial Disease: Effect of Inorganic Nitrate Supplementation and Exercise. *Physiological Reports*, 10, e15531. <https://doi.org/10.14814/phy2.15531>. PMID: 36461652.

Shannon OM., **Allen JD.**, Bescos, R., Burke, L., Clifford, T., ; Easton, C., Gonzalez, JT., Jones, AM., Jonvik, KL., Larsen, FJ., ; Peeling, P., Piknova, B., Siervo, M., Vanhatalo, A., McGawley, K., Porcelli, S. **(2022)**. Dietary inorganic nitrate as an ergogenic aid: An expert consensus derived via the modified Delphi technique. *Sports Medicine*, 52, 2537-2558. PMID: 35604567

Anderson KC., Zieff GH., Paterson C., Stoner L., Weltman AW., **Allen JD. (2021)**. The Effect of Acute Exercise on Pre-Prandial Ghrelin Levels: A Systematic Review and Meta-Analysis. *Peptides*, Nov, 145. PMID: 34391825

Woessner, MN., Welsch, AW., VanBruggen, MD., Johannsen, N., Robbins, J., Credeur, D., Pieper, C, Sloane, R., Earnest, C., Ortiz de Zevallos, J., Church, T., Ravussin, E., Kraus, WE., **Allen, JD. (2021)**. Impact of a Novel Training Approach on Hemodynamic and Vascular Profiles in Older Adults. *Journal of Aging and Physical Activity*, Aug 4, 1-8., PMID: 34348230

Lekavich, C., **Allen, JD.**, Samad, Z., Benshimon, D., Trimble, MA., Bateman, L., Slentz, C., Samsa, P., Kenjale, AA., Duscha, BD., Douglas, PS., Kraus, WE. **(2021)**. The Cardiac and Peripheral Vascular Effects of Aerobic or Resistance Training: the STRRIDE-AT/RT Trial. *Frontiers in Cardiovascular Medicine*, 8: 638929, Cardiovascular Imaging. PMID: 33869303

Ferguson, SK., Woessener, MN., Carlstrom, M., Weitzberg, E., **Allen, JD.**, Hirai, DM. **(2021)**. The effects of inorganic nitrate supplementation on cardiovascular function and exercise tolerance in heart failure. *Journal of Applied Physiology*, 130(4), 914-922. PMID: 33475460

Scott, MC., **Allen, JD.**, Johannsen, N., J., Credeur, Earnest, C., J., Church, T., Ravussin, E., Kraus, WE., Welsch, MA. **(2020)**. Impact of a Novel Training Approach on Body Composition in the Elderly. *International Journal of Sports Medicine*, 6(3), 1-9.

Duscha, BD., Kraus, WE., Jones, WS., Robbins, JL., Piner, LW., Huffman, K., **Allen, JD.**, Annex, BH. **(2020)**. Skeletal Muscle Capillary Density is Related to Anaerobic Threshold and Intermittent Claudication in Peripheral Artery Disease. *Vascular Medicine*, 25(5):411-418. PMID: 32841100  
*Winner of the 2021 Society of Vascular Medicine Mark A. Crager Prize for Research Excellence*

Woessner, MN., Levinger, I., **Allen, JD.**, McIlvenna, L., Neil, C. **(2020)**. The effect of dietary inorganic nitrate supplementation on cardiac function during submaximal exercise in men with heart failure with reduced ejection fraction (HFrEF): a pilot study. *Nutrients*, 12(7):2132. PMID: 32709051

Woessner, MN., Neil, C., Saner, NJ., Goodman, CA., McIlvenna, L., Ortiz de Zevallos, J., Garnham, A., Levinger, I., and **Allen, JD. (2020)**. Effect of inorganic nitrate on exercise capacity, mitochondria respiration and vascular function in heart failure reduced ejection fraction. *Journal of Applied Physiology*, 128(5):1355-1364. PMID: 32240013.

Giuliano, C., Levinger, I., Vogrin, S., Neil, C., **Allen, JD. (2020)**. PRIME-HF: Novel exercise for older patients with heart failure. A pilot randomised controlled study. *Journal of the American Geriatrics Society (JAGS)*; 68(9), 1954-1961. PMID: 32293033



- Ortiz de Zevallos, J., **Allen, JD.** (2019). Inorganic Nitrate Supplementation and Exercise. Is Skeletal Muscle involved in the Heavy Lifting? A Commissioned Perspective. *The Journal of Physiology*, 597 (23): 5521-5522. PMID: 31608446
- Walker, MA., Bailey, TG., McIlvenna, L., **Allen, JD.**, Green, DJ., Askew, CD. (2019). Acute Dietary Nitrate Supplementation Improves Flow Mediated Dilatation of the Superficial Femoral Artery in Healthy Older Adults. *Nutrients*, 11(5), E954. PMID: 31035478
- Stoner, L., Hanson, ED., Gram, M., **Allen, JD.**, Malin, SK. (2018). Physical Rehabilitation of Peripheral Arterial Disease: A Research Toolbox. *Circulation Journal*, 82(10), 2462-2469. PMID: 30058605
- Wossner, M., VanBruggen, MD., Pieper, CF., O'Reilly, E., Johnson, J. Kraus, WE., and **Allen, JD.** (2018). Beet the Best? Dietary Inorganic Nitrate to Augment Exercise Training in Lower Extremity Peripheral Artery Disease with Intermittent Claudication. *Circulation Research*, 123(6), 654-659. PMID: 29976553
- Craig, J.C., Broxterman, R.M., **Allen, J.D.**, and Barstow, T.J. (2018). Effect of dietary nitrate supplementation on conduit artery blood flow and muscle oxygenation during handgrip exercise. *Journal of Applied Physiology*, 125(2), 254-262. PMID: 29722627
- Burleigh MC., Liddle L., Monaghan C., Muggeridge DJ., Sculthorpe N., Butcher, J., Henriquez, F., **Allen, JD.**, Easton C. (2018). Salivary nitrite production is elevated in individuals with a higher abundance of nitrate-reducing bacteria. *Free Radical Biology in Medicine*, 120, 80-88. PMID:29550328
- Woessner, MN., Levinger, I., Neil, C., Smith, C., and **Allen, JD.** (2018). Effects of Dietary Inorganic Nitrate Supplementation on Exercise Performance in Patients with Heart Failure: A Study Protocol for a Randomized, Placebo-Controlled, Cross-Over Trial. *JMIR Res Protoc*, 7(4), e86. PMID: 29625952
- Allen, JD.**, VanBruggen, MD., Johannsen, NM., Robbins, JL., Credeur, DP., Pieper, CF., Sloane, R., Earnest, CP., Church, TS., Ravussin, E., Kraus, WE., Welsch, MA. (2018). PRIME: A Novel Low Mass, High Repetition Approach to Improve Function in Older Adults. *Medicine and Science in Sports and Exercise*, 50(5), 1005-1014. PMID: 29232316
- Richards, JC., Racine, ML., Hearon, CM., Kunkel, M., Luckasen, GJ., Larson, DG., **Allen, JD.**, and Dinunno, FA. (2018). Acute ingestion of dietary nitrate increases muscle blood flow via local vasodilation during handgrip exercise in young adults. *Physiological Reports*, 6(2), e13572. PMID:29380952
- Woessner, MN., McIlvenna, L., Ortiz de Zevallos, J., Neil, C., and **Allen, JD.** (2018). Dietary Nitrate Supplementation in Cardiovascular Health: An Ergogenic Aid or Exercise Therapeutic? Review Article. *American Journal of Physiology: Heart and Circ Physiol*. 314(2), H195-H212. PMID:29101174.
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**Allen, J.**, Reyes, R., Hirschey, E., LaBruzzo, A., Welsch, M., and Wood, R. (1998). Fitness Assessment and Independent Living in the Elderly. *Medicine and Science in Sports and Exercise*; 30 (5S), #405.

Nelson, A. G., **Allen, J.**, Cornwell, A., and Kokkonen, J. (1998). Inhibition of Maximal Torque Production by Acute Stretching is Joint-Angle Specific. (Presented by Nelson, A. at the SEACSM meeting, Destin, FL, 1998.)

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CONFERENCE PRESENTATIONS

Ortiz de Zevallos, J., Hogwood, A. C., Kruse, K. K. De Guzman, J., Buckley, M., DeJong, A. F., Weltman, A. L., **Allen, J. D. (2023)** Sex and exercise intensity effects of inorganic nitrate supplementation on skeletal muscle oxygenation –ACSM National Annual meeting, Denver, CO.

Anderson KC, Mardian T, Weeldreyer NR, Ortiz de Zevallos J, Hogwood AC, Liu Z, Love KM, Kranz S, **Allen JD**, Weltman A. (2023) Exercise Intensity Affects Acylated and Deacylated Ghrelin Levels in Humans Independent of Sex. ACSM National Conference. Denver, Colorado. Poster Presentation. .

Hogwood AC, Ortiz de Zevallos J, Weeldreyer N, Mazzella V, Clark JR, Cain L, Myaing D, Love K, **Allen JD**, Weltman AL. (2023). The Effects of Inorganic Nitrate Supplementation and Exercise Intensity on Vascular Health in Post-Menopausal Females. ACSM National Conference. Denver, Colorado. Poster Presentation.

Hogwood, A. C., Ortiz de Zevallos, J., Kruse, K. K. De Guzman, J., Buckley, M., DeJong, A. F., Weltman, A. L., **Allen, J. D. (2023)**. Cardiovascular Function: The Role of Inorganic Nitrate Supplementation in Physical Performance Across the Menstrual Cycle. Nitric Oxide Gordon Research Conference. Ventura, CA.

Ortiz de Zevallos, J., Hogwood, A. C., Kruse, K. K. De Guzman, J., Buckley, M., DeJong, A. F., Weltman, A. L., **Allen, J. D. (2023)** Sexual dimorphism in exercise economy, exercise capacity and skeletal muscle contractile function: effects of dietary nitrate supplementation – Nitric Oxide Gordon Research Seminar (Student focused pre-conference meeting). Ventura, CA.

Ortiz de Zevallos, J., Hogwood, A. C., Kruse, K. K. De Guzman, J., Buckley, M., DeJong, A. F., Weltman, A. L., **Allen, J. D. (2023)** Sexual dimorphism in exercise economy, exercise capacity and skeletal muscle contractile function: effects of dietary nitrate supplementation – Nitric Oxide Gordon Research Conference. Ventura, CA.

Anderson KC, Mardian T, Weeldreyer N, Ortiz de Zevallos J, Hogwood AC, Kranz S, **Allen JD**, Weltman A (2022).The Effect of Sex and Exercise Intensity on Appetite Ratings in Adults: A Pilot Study. ACSM National Conference. San Diego, CA. Poster Presentation.

Ortiz de Zevallos, J., Hogwood, A. C., De Guzman, J., Buckley, M., DeJong, A., Weltman, A. L., & **Allen, J. D. (2022)**. The Effect of Dietary Nitrate Supplementation on Skeletal Muscle Contractile Properties In Females And Males: 2227. Medicine & Science in Sports & Exercise, 54(9S), 650.ACSM National Annual meeting, San Diego, CA

Hogwood, AC., Ortiz de Zevallos, J., Kruse, KK., DeGuzman, J., Buckley, M., Weltman, AL., **Allen, JD. (2022)**. Effect of Inorganic Nitrate on Maximal Voluntary Contraction and Isokinetic Torque Across the Menstrual Cycle. Poster Presentation at American College of Sports Medicine, San Diego, CA.

Ortiz de Zevallos, J., Hogwood, A. C., Kruse, K. K. De Guzman, J., Buckley, M., DeJong, A. F., Weltman, A. L., **Allen, J. D. (2022)** Interaction between inorganic nitrate and sex on exercise economy and endurance capacity in young healthy adults – Integrative Physiology of Exercise, Baltimore, MD.

Anderson KC, Mardian T, Weeldreyer N, Ortiz de Zevallos J, Hogwood AC, Kranz S, **Allen JD**, Weltman A. (2022).The Relationship Among Exercise Intensity, Blood Lactate, and Perception of Appetite: A Pilot Study. ACSM Integrative Physiology of Exercise Conference. Baltimore, Maryland. Poster Presentation

Hogwood, AC., Ortiz de Zevallos, J., Kruse, KK., DeGuzman, J., Buckley, M., Weltman, AL., **Allen, JD. (2022)**. Effect of Inorganic Nitrate on Maximal Voluntary Contraction and Isokinetic Torque Across the Menstrual Cycle. Podium Presentation at UNC Human Movement Science Symposium, Chapel Hill, NC.

Kruse, KK., Stephenson, B., Hogwood, AC., Ayala, BR., Manning, C.Weltman, AL., **Allen, JD. (2022)**. Effects of Acute Exercise Intensity on Cerebral Blood Flow and Cognitive Function in Older Adults. (April 2022). Poster Presentation at UNC Human Movement Science Symposium, Chapel Hill, NC.

Hogwood, AC., Ortiz de Zevallos, J., Kruse, KK., DeGuzman, J., Buckley, M., Weltman, AL., **Allen, JD. (2022).** Effect of Inorganic Nitrate on Maximal Voluntary Contraction and Isokinetic Torque Across the Menstrual Cycle. (February 2022). Poster Presentation at Southeast American College of Sports Medicine, Greenville, SC.

Ortiz de Zevallos, J., Hogwood, A. C., De Guzman, J., Buckley, M., DeJong, A., Weltman, A. L., & **Allen, J. D. (2022).** The Effect of Dietary Nitrate Supplementation on Skeletal Muscle Contractile Properties in Males and Females. (February 2022). Poster Presentation at Southeast American College of Sports Medicine, Greenville, SC.

Hogwood, AC., Ortiz de Zevallos, J., Kruse, KK., DeGuzman, J., Buckley, M., Weltman, AL., **Allen, JD. (2021).** The Effect of Inorganic Nitrate on Arterial Stiffness and Blood Pressure Across the Menstrual Cycle in Healthy Subjects. Poster Presentation at APS New Trends in Sex and Gender Medicine, Virtual

Ortiz de Zevallos, J., Neil, C., McIlvanna, L. C., Levinger, I., **Allen, J. D., & Woessner, M. N. (2020).** Dietary Inorganic Nitrate Supplementation and Ventilatory Threshold in Patients With Reduced Ejection Fraction Heart Failure: 1301 Board# 1 May 28 9: 30 AM-11: 30 AM. *Medicine & Science in Sports & Exercise*, 52(7S), 340. ACSM National Annual meeting, Online.

Ortiz de Zevallos, J., Welsch, M. A., Woessner, M. N., Johannsen, N. M., Credeur, D. P., Earnest, C. P., & **Allen, J. D. (2019).** Prime: Hemodynamic/vascular Changes Following Peripheral Focused Low-mass, High-repetition Training In Older Adults: 176: Board# 14 May 29 9: 30 AM-11: 00 AM. *Medicine & Science in Sports & Exercise*, 51(6), 32-33. ACSM National Annual meeting, Orlando, FL.

**Allen, JD., (2018).** The Nitrate-Nitrite-Nitric Oxide pathway – Athletes and Clinical Populations. The 23<sup>rd</sup> Annual Congress of the European College of Sports Science: Sports Science at the Cutting Edge, Dublin, Ireland. July 4-7

Woessner, M., **Allen, JD. (2018).** BEET HF! Inorganic nitrate supplementation and exercise capacity in heart failure. International Nitric Oxide Society meeting at Oxford University, England (September 16-20)

**Allen, JD.** “3 Months of Inorganic Nitrate Supplementation plus Exercise Training increases Walking Performance more than Exercise Training alone in Patients with Peripheral Arterial Disease.” As part of a symposium entitled “Nitrite Signalling”. The 9th International Conference on the Biology, Chemistry and Therapeutic Application of Nitric Oxide/16th Annual Scientific Meeting of the Nitric Oxide Society of Japan”. Sendai, Japan, May 20-22, **2016**.

**Allen, JD.,** Woessner, M., VanBruggen, M., Pieper, C., Kraus. Chronic Inorganic Nitrate Supplementation plus Exercise Training increases Walking Performance more than Exercise Training alone in Peripheral Arterial Disease. Exercise and Sports Science Australia, Research to Practice Annual Conference, April 14-16, **2016**, Melbourne, VIC.

**Allen, JD.,** Woessner, M., VanBruggen, M., Stabler, T, Johnson, JL., Pieper, C., Kraus. 3 Months of Nitrate plus Exercise Training increases Performance more than Training alone in Peripheral Arterial Disease. American College of Sports Medicine National Conference Boston, **June 2016**

Smith, C., Woessner, M., VanBruggen, M., Stabler, T., Johnson, J. Pieper, C., Kraus, WE. **Allen, JD., (2016).** 3 Months of Nitrate plus Exercise Training Improves Hemodynamic Profile in Peripheral Arterial Disease. 63<sup>rd</sup> Annual Meeting of the American College of Sports Medicine, Boston, MA, USA. May 31<sup>st</sup> to June 4<sup>th</sup>.

**Allen, JD.,** Johannsen, NM., Pieper, C., Kraus, WE., Welsch, MA. Peripheral Remodeling through Intermittent Muscular Exercise (PRIME): Unlocking Barriers to Improved Functional Capacity in the Elderly: A Randomized Clinical trial. Exercise and Sports Science Australia, Research to Practice Annual Conference, April 14-16, **2016**, Melbourne, VIC.

VanBruggen, M.D., Pieper, C., Church, T.S., Johannsen, N.M., Kraus, W.E., Welsch, M.A., **Allen, J.D.** “Novel Peripheral Training as a Primer for Increased Gains in Functional Capacity in the Elderly” 18th Annual Congress of the European College of Sports Science: Unifying Sports Science. Barcelona, Spain, June 26-29, **2013**.

**Allen, J. D.**, Increased Plasma Nitrite Enhances Exercise Performance in Peripheral Arterial Disease:-A Nitric Oxide Effect? American College of Sports Medicine 57th Annual Meeting, Denver, CO., June **2011**

Kenjale, A., Ham, KL., Stabler, T., Robbins, JL., Miller, GD., Marsh, AP., Rejeski, WJ., Kim-Shapiro, DB., and **Allen., JD.** The Effect of Increased Plasma Nitrite Concentration on Physical Function in Elderly Subjects with Peripheral Arterial Disease:- A Pilot Project. Claude D. Pepper Older Americans Independence Center Annual Meeting, April 12-13, 2010, Bethesda MD,

**Allen, J. D.**, Plasma Nitrite Flux and Endothelial Function Differentiate Health Status, Performance and Improve with Exercise Training. American College of Sports Medicine 55th Annual Meeting, Seattle, WA., May **2009**

**Allen, J. D.**, The Effects of Exercise Training on Plasma Nitrite Flux, Endothelial Function and Physical Performance in Peripheral Arterial Disease. Nitric Oxide Gordon Conference Hot Topic. Il Ciocco Hotel and resort, Lucca (Barga), Italy, March **2009**

**Allen, J. D.**, Lacoste, K., Dobrosielski, D., Robbins, J.L., Duscha, B.D., and Annex, B. H. Changes in Plasma Nitrite Response and Arterial Endothelial Function in Peripheral Arterial Disease Subjects following 3 Months of Exercise Training. 5th International Conference on Biology, Chemistry and Therapeutic Applications of Nitric Oxide, Bregenz, Austria, August **2008**.

**Allen, J. D.** Effects of Diabetes on Endothelial Function – NO Options as part of a Symposium entitled “Skeletal Muscle and Vascular Function – Benefits of Exercise” American Diabetes Association 68th Scientific Sessions, San Francisco CA, June 6-10 **2008**.

**Allen, J. D.** Circulating Nitric Oxide Species and Vascular Health as part of a Symposium entitled “Vascular Health and Performance: Linking biochemistry and physiology with physical function. South East Chapter of The American College of Sports Medicine, Birmingham AL, Feb 14-16, **2008**. “

**Allen, J. D.** Plasma Nitrite Response and Arterial Reactivity Differentiate Cardiovascular Health Status and Performance. Oxygen Radicals Gordon Research Conference Ventura CA February 3-8, **2008**.

Nixon, A., **Allen, J.**, Miller, E., Savage, S., Kaplan, N., Starr, M., Bendell, N., Uronis, H., Fernando, N. and Hurwitz, H. (2007). Clinical evaluation of nitric oxide responses to anti-VEGF therapy with bevacizumab. *Journal of Clinical Oncology*, 2007 ASCO Annual Meeting Proceedings Part I. Vol 25, No. 18S (June 20 Supplement), **2007**: 14039

Wilson, J., Thompson, J., Tulley, R.T., **Allen, J.D.** and Welsch, M.A. (2007). Exercise Training and Flow Mediated Dilatation: A Meta-Analysis. *Med. Sci. Sports Exerc*, 39 (5) Supplement: s427, May 2007.

Miller, E. M., Schwark, E. H., Cobb, F. R., Robbins, J., Duscha, B., Annex, B. H., Kraus, W. E., and **Allen, J. D.** (2006). Regional Endothelial Function and Plasma N-Oxides Discriminate PAD Health Status During Exercise Stress. American College of Sports Medicine specialty meeting for Integrative Physiology, Online MSSE.

Schwark, E. H., Miller, E. M., Annex, B. H., Duscha, B., Robbins, J. and **Allen, J. D.** (2006). Exercise training effects on Vascular Physiology and Biochemistry in PAD with and without Diabetes. American College of Sports Medicine specialty meeting for Integrative Physiology, Online MSSE

**Allen, J. D.**, Miller, E. M., Schwark, E. H., Cobb, F. R., Annex, B. H., and Gow, A. J. (2006). Nitrogen Oxide production in response to whole body exercise provides a potential measure of endothelial function within the setting of peripheral artery disease. The Nitric Oxide Society

**Allen, J. D.**, Miller, E. M., Schwark, E. H., Annex, B. H., Robbins, J., Duscha, B. D., Kraus, W. E., Mitchell, R., and Cobb, F. R. (2006). Exercise Stress Plasma N-Oxides and Regional Endothelial Function Discriminate PAD Health Status. *Vascular Medicine*; 11 (Supp1), S5 (P-12)

Schwark, E. H., Miller, E. M., Gow, A. J., Cobb, F. R. and **Allen, J. D.** (2005). The stability of plasma nitrite in human biological samples. *Free Radical Biology and Medicine*; 39(Supp1), #242

Dobrosielski, D., Arce, A., Li, Li., **Allen, J. D.**, and Welsch, M. A. (2004). Comparison of Temporal Responses of the Brachial Artery following Forearm Occlusion in Younger versus Older Adults. *Medicine and Science in Sports and Exercise*; 36(5S), #2022

Miller, E. M., Dobrosielski, D., Arce, A., **Allen, J. D.**, and Welsch, M. A. (2004). Temporal Responses of the Brachial Artery following Forearm Occlusion in those with or at Elevated Risk for Coronary Artery Disease. *Medicine and Science in Sports and Exercise*; 36(5S), #1675

Arce, A., Dobrosielski, D., Li, Li., **Allen, J. D.**, and Welsch, M. A. Temporal Responses of the Brachial Artery following Forearm Occlusion. ACSM national conference in Indianapolis, IN., 2004.

**Allen, J. D.** Nitric Oxide and Vascular Function. An invited speaker as part of a symposium entitled; "Free Radicals and Nitric Oxide in Health and Disease". American College of Sports Medicine 50th Annual Meeting, Indianapolis, IN., June 2004

**Allen, J. D.**, Gow, A., and Cobb, F. R. Plasma N-oxides discriminate clinical health status following exercise testing and reflect regional endothelial function. Society for Free Radical Biology and Medicine national conference in Seattle WA., 2003

**Allen, J. D.**, Gow, A. J., and Cobb, F. R. No Changes in Venous Total Nitric Oxide Levels during a Maximal GXT in Atherogenic Populations. ACSM national conference in San Francisco, CA., 2003

Gow, A. J., Cobb, F. R., and **Allen, J. D.** Biochemical and Physiological Assessment of Endothelial Function in a Population at Risk for CVD. ACSM national conference in San Francisco, CA., 2003

Miller, E. M., Cobb, F. R., and **Allen, J. D.** A Comparison of Manual and Automated Methods for Assessing Brachial Artery Endothelial Function. ACSM national conference in San Francisco, CA., 2003

**Allen, J. D.** Interventional Strategies Aimed at Improving Arterial Health. An invited speaker as part of a symposium entitled; "Control of Vascular Function in Health and Disease". American College of Sports Medicine 48th Annual Meeting, St. Louis, MO., June 2002

**Allen, J. D.**, Johnson, L. G., Greenway, F., Stockwell, R.M. and Welsch, M. A. Time-Course of Vascular Adaptations following Localized Short-Term Exercise Training. American College of Sports Medicine 48th Annual Meeting, St. Louis, MO., June 2002.

**Allen, J. D.** Interventional Strategies Aimed at Improving Arterial Health. Presented as part of a symposium entitled; Vascular Function in Health and Disease. SEACSM Annual Conference in Atlanta, GA. Jan 2002

**Allen, J.**, Parrino, P., Lefevre, M., Welsch, M. Influence of Arterial Distensibility on Brachial Artery Flow-Mediated Dilation. American College of Sports Medicine 47th Annual Meeting, Baltimore, MD., June 2001.

**Allen, J. D.**, Wilson, J., Tulley, R., Lefevre, M., and Welsch, M. A. Influence of Age and Normal Plasma Fibrinogen Levels on Flow-Mediated Dilation in Healthy Adults. American College of Sports Medicine 46th Annual Meeting, Indianapolis, IN., June 2000.

**Allen, J. D.**, Tulley, R., Smith, S. R., Lefevre, M., and Welsch, M. Relationship between the Framingham Coronary Heart Disease Prediction Algorithm and Brachial Artery Flow-Mediated Dilation. SEACSM Annual Conference in Charlotte, NC. Jan 2000

**Allen, J. D.**, Welsch, M, Landry, K., Smith, S. R., and Lefevre, M. Influence of Flow Velocity and Arterial Distension on Flow Mediated Dilation in Healthy Adults. American College of Sports Medicine 46th Annual Meeting, Seattle, WA, June 1999.

**Allen, J. D.**, Welsch, M, Landry. K., Smith, S. R., and Lefevre, M. Relationship between Blood-Flow Velocity and Brachial Artery Flow Mediated Dilation. SEACSM Annual Conference in Norfolk, VA. Feb **1999**

**Allen, J. D.**, The Effects of Exercise on Vascular Function. The 5th Annual Symposium of the Louisiana Association of Exercise Physiologists, in Baton Rouge, LA., Oct **1998**

**Allen, J.**, Reyes, R., Hirschey, E., LaBruzzo, A., Welsch, M., and Wood, R. Fitness Assessment and Independent Living in the Elderly. ACSM national conference in Orlando, FL., **1998**

**Allen, J. D.**, Resistance Training in Clinical Populations (Current Trends in Exercise Prescription and Recommendations). The 4th Annual Symposium of the Louisiana Association of Exercise Physiologists, in New Orleans, LA., Oct **1997**

**Allen, J. D.**, McClung, J., and Welsch, M. The effects of Short-Term Ginseng Supplementation on Maximal Exercise Performance in Healthy Young Adults. ACSM national conference, Denver, CO., **1997**

Mahankali, B., **Allen, J.**, Mann, J., Graves, A., and Welsch, M. Reproducibility of Forearm Blood Flow using Mercury-in-Silastic Strain Gauge Plethysmography. ACSM national conference, Denver, CO., **1997**

**Allen, J. D.** 5 to 11; An Examination of the Relative Value of 5-a-side Soccer to the 11-a-side Game, Focusing on Specific Playing Positions and Encompassing Selected Physical and Physiological Measures. AAHPERD national conference in Atlanta, GA., **1996**