

## CURRICULUM VITAE

**NAME:** Paul Timothy Reidy

**PRESENT POSITION AND ADDRESS:**

Assistant Professor, Miami University (9/19 – Current)  
21 Applewood Cir Oxford, OH 45056

**BIOGRAPHICAL:** 12/12/1985. Milwaukee, WI. USA. Cell: 414-758-9408

**EDUCATION:**

- |      |   |
|------|---|
| 4/15 | Doctor of Philosophy: <i>Biomedical Science-Rehabilitation Science</i><br>Muscle Biology Laboratory, Dept. of Nutrition and Metabolism<br>University of Texas Medical Branch, Galveston, TX |
| 5/10 | Masters of Science: <i>Exercise Physiology</i><br>Human Performance Laboratory, Ball State University, Muncie, IN   |
| 5/08 | Bachelors of Arts: <i>Exercise Science</i><br>Anderson University, Anderson, IN   |

**PROFESSIONAL WORK HISTORY AND TEACHING EXPERIENCE:**

- |             |   |
|-------------|---|
| 9/19        | Assistant Professor (Tenure-Track)<br>Department of Kinesiology and Health<br>Miami University, Oxford, OH  |
| 9/15 – 9/19 | Post-Doctoral Fellow<br>Drummond Laboratory, Dept. Physical Therapy and Athletic Training<br>University of Utah, Salt Lake City, Utah                             |
| 4/15 – 9/15 | Post-Doctoral Fellow<br>Muscle Biology Laboratory, Dept. Nutrition and Metabolism<br>University of Texas Medical Branch, Galveston, TX                            |
| 9/10 – 9/15 | Graduate Research Assistant<br>Muscle Biology Laboratory, Dept. Nutrition and Metabolism<br>University of Texas Medical Branch, Galveston, TX                     |
| 9/11 – 9/13 | Bench-top Tutorials Mentor/Tutor<br>University of Texas Medical Branch, Galveston, TX   |
| 9/08 – 7/10 | Graduate Research Assistant<br>Human Performance Laboratory, Ball State University, Muncie, IN  |
| 8/07 – 6/08 | Teaching Assistant, Exercise Testing & Prescription<br>Kinesiology Department, Human Performance Center<br>Anderson University, Anderson, IN                      |
| 1/06 – 6/08 | Undergraduate Research Assistant<br>Human Performance Center, Anderson University, Anderson, IN   |
| 8/05 – 6/08 | Resident Assistant<br>Department of Student Life, Anderson University, Anderson, IN   |
| 6/07 – 8/07 | NIH Summer Intern<br>Clinical Research Branch, ASTRAUnit, Intramural Research Program<br>National Institute on Aging, National Institute of Health, Baltimore, MD |

**Updated April 2019**

**CURRICULUM VITAE**

8/05 – 2/06

Student Athletic Trainer

Athletic Training Dept. Anderson University, Anderson, IN

## CURRICULUM VITAE

### HONORS and AWARDS:

Ruth L. Kirschstein Institutional National Research Service Award  
The National Institute of Arthritis and Musculoskeletal and Skin Diseases  
Awarded 08/11/17 for 2 years following activation.

Jeane B. Kempner Postdoctoral Scholar Award 09/15-09/16 and Renewed 09/16-09/17-  
Salary and Benefits

2016 APS Intersociety Meeting: The Integrative Biology of Exercise VII Abstract Travel  
Award - \$750

National Institutes of Health Loan Repayment Program (LRP) Clinical Research Service  
Obligation for 07/16 - 06/18 - \$12,500

American Society of Nutrition Energy and Macronutrient Metabolism Research Interest  
Section Student Travel Award for Experimental Biology 2015, Boston, MA., 04/15

Emily E. Dupree Endowed Award for Excellence in Rehabilitation Science. (Graduate School  
of Biomedical Sciences) - \$1000

University of Texas Graduate School of Biomedical Sciences at Galveston, 11/14

The Arthur V. Simmang Scholarship (Graduate School of Biomedical Sciences) - \$1000

University of Texas Graduate School of Biomedical Sciences at Galveston, 11/14

Betty Williams Scholarship (Graduate School of Biomedical Sciences) - \$1300

University of Texas Graduate School of Biomedical Sciences at Galveston, 11/13

Don W. Micks Scholarship in Preventive Medicine and Community Health - \$2000

University of Texas Graduate School of Biomedical Sciences at Galveston, 11/13

Peyton and Lydia Schapper Endowed Scholarship (School of Health Professions) - \$1000

University of Texas Graduate School of Biomedical Sciences at Galveston, 11/13

Excellent Student Poster Award. 17th Annual Forum on Aging Poster Session, - \$150

University of Texas Medical Branch, 11/13

Peyton and Lydia Schapper Endowed Scholarship (School of Health Professions) - \$1000

University of Texas Graduate School of Biomedical Sciences at Galveston, 11/12

Excellent Student Poster Award. 16th Annual Forum on Aging Poster Session, - \$150

University of Texas Medical Branch, 11/12

Sigma-ISOTEC Student Sponsorship Award for Stable Isotope Research - \$500

Experimental Biology 4/12

Sealy Center on Aging Graduate Student Award - \$500

University of Texas Graduate School of Biomedical Sciences at Galveston, 11/11

Laboratory Assistant Award\*

Human Performance Laboratory, Ball State University, 05/10 -07/10

Graduate Assistantship Award\* Ball State University, 08/08-05/10

NIH Biomedical Research Internship Award\*

NIH Intramural Research Program, *Summer 2007*

Distinguished Student Scholarship, Anderson University, *08/04-05/08*

Phi Epsilon Kappa National Physical Education Honor Society

Anderson University, *10/04-01/06*

## CURRICULUM VITAE

### TEACHING RESPONSIBILITIES

#### A. TEACHING RESPONSIBILITIES AT UTMB AND THE UNIVERSITY OF UTAH:

##### a. Students/Mentees/Advisees/Trainees:

Guest lecturer – Nutrition and Integrative Physiology - Metabolism Class  
 Graduate students in the Drummond lab – Alec McKenzie, Jonathan Petrocelli and Naomi de Hart  
 Molecular Medicine rotation PhD students – Dilru Silva and Cindy Barba - 2018  
 Summer undergraduate research student – Aspen Johnson – Summer of 2017  
 Summer undergraduate research student – Vincent Marrow – Summer of 2017  
 Physical Therapy work study student – Elizabeth – January 2017 to current  
 Undergraduate research student – Nikol – Fall 2016 to Spring 2018  
 Medical student summer Research – Catherine - Summer 2016  
 Medical student summer research – James - Summer 2016  
 Student physical therapy students trained for assistance in dissertation – Sammy, Ben Camille, Jennifer and Matt - 2013-2015  
 Undergraduate summer student at UTMB – Paige - Summer 2014  
 Basic biomedical science student rotation – Jason – Spring 2014  
 Bench-Top tutorials – Kayla (2011-2012) and Maritza (2012-2013)

#### B. TEACHING RESPONSIBILITIES AT OTHER UNIVERSITIES

Guest lecturer – Nutrition and Integrative Physiology - Metabolism Class (UofU)  
 Nutrition and Metabolism - Dietetics Courses (UTMB)  
 (Ball State University (BSU) and Anderson University (AU)):

##### a. Teaching: Laboratory Classes at AU and BSU

#### MEMBERSHIP IN SCIENTIFIC SOCIETIES/PROFESSIONAL ORGANIZATIONS:

American Physiological Society, 2007-Current, American Society of Nutrition, 2011-2015, American College of Sports Medicine 2010-2015 & 2017-Current, PMCH Graduate Student Organization Officer 2013-2014, Muscle Biology of Exercise & Nutrition Organization at UTMB President 2012-2014, American Council on Exercise, 2006-2008

#### Reviewer (journals)

Applied Physiology, Nutrition, and Metabolism, American Journal of Physiology-Endocrinology and Metabolism, Clinical Nutrition, Experimental Gerontology, Medicine & Science in Sports & Exercise, Nutrients, Journal of American Aging Association, Journal of Nutrition, Journal of Applied Physiology, Sports Medicine, International Journal of Sport Nutrition & Exercise Metabolism, Frontiers in Exercise Physiology, Amino Acids, Scandinavian Journal of Medicine & Science in Sports

#### RESEARCH ACTIVITIES:

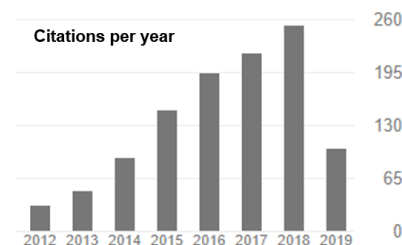
[NIH Bibliography](#) (35 total)

**Google Scholar: 1184 citations, h-index: 18**

#### Areas of Research

##### *Research Experience at University of Utah*

- 1) The effect of disuse and muscle with emphasis is on innate immunity pathways, immune cells (monocytes and macrophages) and skeletal muscle inflammation and their relationship to muscle mass regulation and insulin sensitivity.



## CURRICULUM VITAE

- 2) The effect of disuse and muscle with emphasis is on skeletal muscle ceramide accumulation and their relationship to muscle mass regulation and insulin sensitivity.

### ***Research Experience at University of Texas Medical Branch***

- 3) Post-exercise protein nutrition to enhance muscle growth and adaptation. I examined protein supplement type (blended vs dairy protein) to maximize muscle growth and adaptation following resistance exercise training (Dissertation). Contrary to dogma, we found that the literature supported our findings from my dissertation – that protein supplementation following resistance exercise produces a positive, albeit minor, effect on the promotion of muscle size and strength.
- 4) The effect of exercise and protein/amino acid nutrition on muscle satellite cell function.
- 5) Mechanisms of muscle loss with aging.
- 6) Skeletal muscle and fat mitochondrial function in comparative study, following burn injury, age and exercise.

### ***Research Experience at Ball State University***

- 1) Influence of aerobic training on skeletal muscle protein composition (Master's Thesis)
- 2) Influence of nutrition on post aerobic exercise intracellular signaling, gene expression and protein synthesis

### Grant support

#### **Active:**

1. Ruth L. Kirschstein National Research Service Award (NRSA) Individual Postdoctoral Fellowship 1 F32 AR072481-01  
Awarded 08/11/17 for 2 years following activation (anticipated 09/17)  
NIH/National Institute of Arthritis and Musculoskeletal and Skin Diseases  
Project Title: Macrophages to Enhance Recovery of Skeletal Muscle following Disuse Atrophy in Aging  
Principal Investigator: Reidy, Paul Timothy  
Role: Post-doctoral fellow
2. Jeane B. Kempner Post-Doctoral Award  
09/2015-09/2016 and renewed from 09/2016-09/2017  
Principal Investigator: Paul T. Reidy  
Non-for profit UTMB Endowment  
Role: Post-doctoral fellow
3. 1R01AG050781  
2015-2020  
NIH/NIA  
Novel molecular mechanisms of skeletal muscle insulin resistance in physically inactive older adults.  
Principal Investigator: Micah J. Drummond, PhD  
Role: Post-doctoral fellow

#### **Completed:**

1R56AG050781-01

## CURRICULUM VITAE

09/15/2015 – 08/31/16

NIH/NIA

Novel molecular mechanisms of skeletal muscle insulin resistance in physically inactive older adults.

Principal Investigator: Micah J. Drummond, PhD

Role: Post-doctoral fellow

Dupont Nutrition and Health Grant

01/2012-01/2015

The Role of Protein Blend Supplementation on Protein Synthesis, Muscle Growth and Strength

Principal Investigator: Blake B. Rasmussen, PhD

Role: Research Assistant

T32-HD07539

08/2010-08/2012

Interdisciplinary Predoctoral Rehabilitation Research Training

Principal Investigator: Kenneth Ottenbacher, PhD

Role: PhD Student – Trainee

## PUBLISHED:

### A. ARTICLES IN PEER-REVIEWED JOURNALS:

Aging impairs mouse skeletal muscle macrophage polarization and muscle-specific abundance during recovery from disuse. **Reidy PT**, McKenzie AI, Mahmassani ZS, Petrocelli JJ, Nelson DB, Lindsay CC, Gardner JE, Morrow VR, Keefe AC, Huffaker TB, Stoddard GJ, Kardon G, O'Connell RM, Drummond MJ. *Am J Physiol Endocrinol Metab*. 2019 Apr 9. doi: 10.1152/ajpendo.00422.2018. PMID: 30964703

An accumulation of muscle macrophages is accompanied by altered insulin sensitivity after reduced-activity and recovery in older adults. **Reidy PT**, Yonemura NM, Madsen JH, McKenzie AI, Mahmassani ZS, Rondina MT, Lin UK, Kaput K, Drummond MJ. *Acta Physiol (Oxf)*. 2019 Jan 10:e13251. doi: 10.1111/apha.13251. PMID: 30632274

Disuse-induced insulin resistance susceptibility coincides with a dysregulated skeletal muscle metabolic transcriptome. Mahmassani ZS, **Reidy PT**, McKenzie AI, Stubben C, Howard MT, Drummond MJ. *J Appl Physiol* (1985). 2019 Feb 14. doi: 10.1152/jappphysiol.01093.2018. PMID: 30763167

Age-dependent skeletal muscle transcriptome response to bed rest-induced atrophy. Mahmassani ZS, **Reidy PT**, McKenzie AI, Stubben C, Howard MT, Drummond MJ. *J Appl Physiol* (1985). 2019 Apr 1;126(4):894-902. doi: 10.1152/jappphysiol.00811.2018. PMID: 30605403

Skeletal muscle ceramides and relationship to insulin sensitivity after two weeks of simulated sedentary behavior and recovery in healthy older adults. **Reidy PT**, McKenzie AI, Mahmassani ZS, Morrow VR, Yonemura N, Hopkins PN, Marcus RL, Rondina MT, Lin UK, and Drummond MJ. *J Physiol*. 2018 Nov;596(21):5217-5236. doi: 10.1113/JP276798. PMID: 30194727

Effect of Aerobic Exercise Training and Essential Amino Acid Supplementation for 24 Weeks on Physical Function, Body Composition and Muscle Metabolism in Healthy, Independent Older Adults: A Randomized Clinical Trial. Markofski MM, Jennings K, Timmerman KL, Dickinson JM, Fry CS, Borack MS, **Reidy PT**, Deer RR, Randolph A, Rasmussen BB, Volpi E. *J Gerontol A Biol Sci Med Sci*. 2018. Epub 2018/05/12. doi: 10.1093/gerona/gly109. PubMed PMID: 29750251.

Aging-related effects of bed rest followed by eccentric exercise rehabilitation on skeletal muscle macrophages and insulin sensitivity. **Reidy PT**, Lindsay CC, McKenzie AI, Fry CS, Supiano MA,

## CURRICULUM VITAE

- Marcus RL, LaStayo PC, Drummond MJ. *Exp Gerontol*. 2017 Jul 10. pii: S0531-5565(17)30263-2. doi: 10.1016/j.exger.2017.07.001. PMID: 28705613
- Leucine Differentially Regulates Gene-Specific Translation in Mouse Skeletal Muscle. Drummond MJ, **Reidy PT**, Baird LM, Dalley BK, Howard MT. *J Nutr*. 2017 Jun 14. pii: jn251181. doi: 10.3945/jn.117.251181. PMID: 28615380
- Neuromuscular Electrical Stimulation Combined with Protein Ingestion Preserves Thigh Muscle Mass But Not Muscle Function in Healthy Older Adults During 5 Days of Bed Rest. **Reidy PT**, **McKenzie AI**, Bruncker P, Nelson DS, Barrows KM, Supiano M, LaStayo PC, Drummond MJ. *Rejuvenation Res*. 2017 Jun 19. doi: 10.1089/rej.2017.1942. PMID: 28482746
- Protein Supplementation Does Not Affect Myogenic Adaptations to Resistance Training. **Reidy PT**, Fry CS, Igbini S, Deer RR, Jennings K, Cope MB, Mukherjee R, Volpi E, Rasmussen BB. *Med Sci Sports Exerc*. 2017 Jun;49(6):1197-1208. doi: 10.1249/MSS.0000000000001224. PMID: 28346813
- Postexercise essential amino acid supplementation amplifies skeletal muscle satellite cell proliferation in older men 24 hours postexercise. **Reidy PT**, Fry CS, Dickinson JM, Drummond MJ, Rasmussen BB. *Physiol Rep*. 2017 Jun;5(11). pii: e13269. doi: 10.14814/phy2.13269. PMID: 28596299
- Essential amino acid ingestion alters expression of genes associated with amino acid sensing, transport, and mTORC1 regulation in human skeletal muscle. Graber TG, Borack MS, **Reidy PT**, Volpi E, Rasmussen BB. *Nutr Metab (Lond)*. 2017 May 11;14:35. doi: 10.1186/s12986-017-0187-1. eCollection 2017. Erratum in: *Nutr Metab (Lond)*. 2017 Jun 14;14:39. PMID: 28503190
- Post-absorptive muscle protein turnover affects resistance training hypertrophy. **Reidy PT**, Borack MS, Markofski MM, Dickinson JM, Fry CS, Deer RR, Volpi E, Rasmussen BB. *Eur J Appl Physiol*. 2017 May;117(5):853-866. doi: 10.1007/s00421-017-3566-4. PMID: 28280974
- The impact of postexercise essential amino acid ingestion on the ubiquitin proteasome and autophagosomal-lysosomal systems in skeletal muscle of older men. Dickinson JM, **Reidy PT**, Gundermann DM, Borack MS, Walker DK, D'Lugos AC, Volpi E, Rasmussen BB. *J Appl Physiol* (1985). 2017 Mar 1;122(3):620-630. doi: 10.1152/jappphysiol.00632.2016. Epub 2016 Sep 1. PMID: 27586837
- Soy-Dairy Protein Blend or Whey Protein Isolate Ingestion Induces Similar Postexercise Muscle Mechanistic Target of Rapamycin Complex 1 Signaling and Protein Synthesis Responses in Older Men. Borack MS, **Reidy PT**, Husaini SH, Markofski MM, Deer RR, Richison AB, Lambert BS, Cope MB, Mukherjee R, Jennings K, Volpi E, Rasmussen BB. *J Nutr*. 2016 Dec;146(12):2468-2475. PMID: 27798330
- Satellite cell activation and apoptosis in skeletal muscle from severely burned children. Fry CS, Porter C, Sidossis LS, Nieten C, **Reidy PT**, Hundeshagen G, Mlcak R, Rasmussen BB, Lee JO, Suman OE, Herndon DN, Finnerty CC. *J Physiol*. 2016 Sep 15;594(18):5223-36. doi: 10.1113/JP272520. PMID: 27350317
- Hypermetabolism and hypercatabolism of skeletal muscle accompany mitochondrial stress following severe burn trauma. Ogunbileje JO, Porter C, Herndon DN, Chao T, Abdelrahman DR, Papadimitriou A, Chondronikola M, Zimmers TA, **Reidy PT**, Rasmussen BB, and Sidossis LS. *American Journal of Physiology Endocrinology and Metabolism* 311: E436-448, 2016
- Mitochondrial respiratory capacity and coupling control decline with age in human skeletal muscle. Porter C, Hurren NM, Cotter MV, Bhattarai N, **Reidy PT**, Dillon EL, Durham WJ, Tuvdendorj D, Sheffield-Moore M, et al. *Am J Physiol Endocrinol Metab*. 2015 Aug 1;309:E224-32.
- Human and Mouse Brown Adipose Tissue Mitochondria Have Comparable UCP1 Function. Porter C, Herndon DN, Chondronikola M, Chao T, Annamalai P, Bhattarai N, Saraf MK, Capek KD, **Reidy PT**, Daquinag AC, Kolonin MG, Rasmussen BB, Borsheim E, Toliver-Kinsky T, Sidossis LS. *Cell Metab*. 2016 Aug 9;24(2):246-55.

## CURRICULUM VITAE

- Effect of age on basal muscle protein synthesis and mTORC1 signaling in a large cohort of young and older men and women. Markofski MM, Dickinson JM, Drummond MJ, Fry CS, Fujita S, Gundermann DM, Glynn EL, Jennings K, Paddon-Jones D, **Reidy PT**, Sheffield-Moore M, Timmerman KL, Rasmussen BB, and Volpi E. *Experimental gerontology* 2015.Feb 28
- Resistance Exercise Training Alters Mitochondrial Function in Human Skeletal Muscle. Porter C, **Reidy PT**, Bhattarai N, Sidossis LS, Rasmussen BB. *Med Sci Sports Exerc.* 2014 Dec 23. [Epub ahead of print]
- Uncoupled skeletal muscle mitochondria contribute to hypermetabolism in severely burned adults. Porter C, Herndon D, Børsheim E, Chao T, **Reidy P**, Borack M, Rasmussen B, Chondronikola M, Saraf M, Sidossis L. *Am J Physiol Endocrinol Metab.* 2014 2014 Sep 1;307(5):E462-7.
- Leucine-enriched amino acid ingestion after resistance exercise prolongs myofibrillar protein synthesis and amino acid transporter expression in older men. Dickinson JM, Gundermann DM, Walker DK, **Reidy PT**, Borack MS, Drummond MJ, Arora M, Volpi E, Rasmussen BB. *J Nutr.* 2014 Nov;144(11):1694-702.
- Activation of mTORC1 signaling and protein synthesis in human muscle following blood flow restriction exercise is inhibited by rapamycin. Gundermann DM, Walker DK, **Reidy PT**, Borack MS, Dickinson JM, Volpi E, Rasmussen BB. *Am J Physiol Endocrinol Metab.* 2014 May 15;306(10):E1198-204.
- Soy-dairy protein blend and whey protein ingestion after resistance exercise increases amino acid transport and transporter expression in human skeletal muscle. **Reidy PT**, Walker DK, Dickinson JM, Gundermann DM, Drummond MJ, Timmerman KL, Cope MB, Mukherjee R, Jennings K, Volpi E, Rasmussen BB. *J Appl Physiol* (1985). 2014 Jun 1;116(11):1353-64.
- The Effect of Feeding During Recovery From Aerobic Exercise on Skeletal Muscle Intracellular Signaling. **Reidy PT**, Konopka AR, Hinkley JM, Undem MK, and Harber MP. *Int J Sport Nutr Exerc Metab.* 2014 Feb;24(1):70-8. doi: 10.1123/i
- Protein Composition of Aerobically Trained Human Skeletal Muscle. **Reidy PT**, Hinkley J, Trappe T, Trappe S, Harber, MP. *Int J Sport Med.* 2014 Jun;35(6):476-81.
- Protein Blend Ingestion Following Resistance Exercise Promotes Human Muscle Protein Synthesis. **Reidy PT**, Walker DK, Dickinson JM, Timmerman KL, Drummond MJ, Fry CS, Gundermann DM, Rasmussen BB. *J Nutr.* 2013 Apr;143(4):410-6.
- Bed rest impairs skeletal muscle mTORC1 signaling, amino acid transporter expression and protein synthesis in response to essential amino acid ingestion in older adults. Drummond MJ, Dickinson JM, Fry SC, Walker DK, Gundermann DM, **Reidy PT**, Timmerman KL, Markofski MM, Paddon-Jones D, Rasmussen BB, Volpi E *Am J Physiol Endocrinol Metab.* 2012 May;302(9):E1113-22.
- Exercise, Amino Acids and Aging in the Control of Human Muscle Protein Synthesis. Walker DK, Dickinson JM, Timmerman KL, Drummond MJ, **Reidy PT**, Fry CS, Gundermann DM, Rasmussen BB. *Med Sci Sports Exerc.* 2011 Dec;43(12):2249-58.
- Effect of maximal and slow versus recreational muscle contractions on energy expenditure in trained and untrained men. Mazzetti S, Wolff C, Yocum A, **Reidy P**, Douglass M, Cochran M, Douglass M. *J Sports Med Phys Fitness.* 2011 Sep;51(3):381-92.
- Muscle Protein Synthesis and Gene Expression During Recovery From Aerobic Exercise in the Fasted and Fed States. Harber MP, Konopka AR, Jemiolo B, Trappe SW, Trappe TA, and **Reidy PT**. *Am J Physiol Regul Integr Comp Physiol.* 2010 Nov;299(5):R1254-62.

**B. OTHER:**

THE EFFECT OF PROTEIN BLEND SUPPLEMENTATION AND RESISTANCE EXERCISE  
ON SKELETAL MUSCLE GROWTH AND ADAPTATION

A DISSERTATION FOR THE DEGREE DOCTOR OF PHILOSOPHY

ADVISOR: BLAKE B RASMUSSEN, PHD

THE UNIVERSITY OF TEXAS MEDICAL BRANCH. GALVESTON, TX. MAY 2015



## CURRICULUM VITAE

INFLUENCE OF AEROBIC TRAINING ON SKELETAL MUSCLE PROTEIN COMPOSITION.

A THESIS FOR THE DEGREE MASTERS OF SCIENCE

ADVISOR: MATTHEW P. HARBER, PHD

BALL STATE UNIVERSITY. MUNCIE, IN. MAY 2010

### C. ABSTRACTS:

#### *Scientific Presentations*

- Plasticity of insulin sensitivity and muscle mass in healthy older adults following inactivity and re-ambulation. : Reidy PT, McKenzie AI, Mahmassani Z, Morrow V, Yonemura N, Hopkins P, Lin YK, Drummond MJ. American College of Sports Medicine Annual Meeting 2018, Minneapolis, MN. June 2018
- Age-related responses to hindlimb unloading and re-ambulation result in divergent skeletal muscle macrophage polarization patterns as determined by flow cytometry Integrative Biology on Exercise. **Reidy PT**, Nelson D, McKenzie AI, Lindsay CC, Gardner JE, Keefe, AC, Huffaker T, Kardon G, O'Connell, RM, Drummond, MJ.; 2016; Phoenix, AZ. – Conference abstract
- Exercise training following bed rest in older adults modulates skeletal muscle anti-inflammatory (M2) macrophage polarization. **Reidy PT**, McKenzie AI, Fry CS, LaStayo PC, Drummond MJ. Advances in Skeletal Muscle Biology in Health and Disease; 2016; Gainesville, FL. – Conference abstract
- The Effect of Soy-Dairy Protein Blend Supplementation during Resistance Exercise Training. **Reidy PT**, Borack MB, Markofski MM, Deer RR, Dickinson JM, Husaini, SH, Walker DK, Cope MB, Mukherkea R, Jennings K, Volpi E, Rasmussen BB. *Experimental Biology 2015, Boston, MA. April 2015. Oral Presentation (March 28 @ 5pm, ASN's Emerging Leaders in Nutrition Science Poster Competition & March 29 @ 4pm Energy and Macronutrient Metabolism: Protein and Amino Acid Metabolism)*
- Soy Science: Sense, Nonsense and Research Updates: Blending it Together. The Muscle Protein Anabolic Potential of Protein Types and Resistance Exercise. **Reidy PT**. *30<sup>th</sup> Annual Sport, Cardiovascular and Wellness Nutrition 2014 Symposium, Huron, OH. June 2014.*
- Blending it Together: The Muscle Protein Anabolic Potential of Protein Types and Resistance Exercise. **Reidy PT**, Borack MB, Markofski, M, Dickinson JM, Drummond MJ, Fry CS, Gundermann DM, Walker DK, Volpi E, Rasmussen BB. *Experimental Biology 2014 ASN Pre-conference, San Diego, CA. April 2014.*
- Inactivity from one overnight hospital stay reduces basal muscle protein synthesis in young adults. **Reidy PT**, Borack MB, Markofski, M, Dickinson JM, Drummond MJ, Fry CS, Gundermann DM, Walker DK, Volpi E, Rasmussen BB. *Experimental Biology 2014, San Diego, CA. April 2014.*
- Effect of protein blend vs whey protein post-exercise ingestion on human skeletal muscle amino acid transporter expression following resistance exercise. **Reidy PT**, Dickinson JM, Walker DK, Gundermann DM, Drummond MJ, Timmerman KL, Cope MB, Mukherjea R, Volpi E, Rasmussen BB. 2012 APS Intersociety Meeting: Integrative Biology of Exercise, Westminster, CO, October 2012.
- Muscle Protein Balance with the Ingestion of a Protein Blend Following Resistance Exercise. **Reidy PT**, Walker DK, Dickinson JM, Gundermann DM, Drummond MJ, Timmerman KL, Fry CS, Cope MB, Mukherjea R, Volpi E, Rasmussen BB. *American College of Sports Medicine Annual Meeting 2012, San Francisco, CA. June 2012*
- Muscle Protein Composition in Aerobically Trained Skeletal Muscle. **Reidy, P.**, Hinkley, JM., Konopka, A., Trappe, S., Trappe, T., Harber, M. *American College of Sports Medicine Annual Meeting 2011, Denver, CO. June 2011*
- Skeletal muscle myosin light chain composition of highly-trained endurance runners. **Reidy, P.**, Hinkley, JM., Trappe, S., Harber, M FASEB J March 17, 2011 25:1051.45 *Experimental Biology 2011, Washington, DC. March 2011.*
- Skeletal muscle protein synthesis is elevated after moderate-intensity aerobic exercise. **Reidy, P.**, Konopka, A., Trappe, T. & Harber, M. *Experimental Biology 2010, Anaheim, CA. April 2010. Oral Presentation*
- Can muscle power be accurately determined from isokinetic dynamometry? **Reidy, P.**, J. Metter, & L. Ferrucci. *National Institute on Aging and National Institute on Drug Abuse Poster Day, Gerontology Research Center Baltimore, MD. & National Institute of Health Poster Day, NIH Main Campus, Bethesda, MD. July & August, 2007.*

## CURRICULUM VITAE

Influence of explosive resistance exercise on the rates of energy expenditure in trained vs. untrained men. **Reidy, P.**, A. Yocum, H. Cochran, M. Cummings, M.S. Douglass, K. Manship, M.D. Douglass, T. Nguyen, K. Cheek, B. Webster, & S. Mazzetti. *Butler University Undergraduate Research Conference, Butler, IN.* April, 2007

**Scientific Abstracts**

Bed rest for 5-days is accompanied by robust satellite cell deletion in skeletal muscle of older adults. McKenzie AI, **Reidy PT**, Nelson DB, Barrows K, Brunker P, LaStayo PC, Drummond MD. *Integrative Biology on Exercise*; 2016; Phoenix, AZ. – Conference abstract

The Effect of Soy-Dairy Protein Blend Supplementation during Resistance Exercise Training. **Reidy PT**, Borack MB, Markofski MM, Deer RR, Dickinson JM, Husaini, SH, Walker DK, Cope MB, Mukherkea R, Jennings K, Volpi E, Rasmussen BB. *Experimental Biology 2015, Boston, MA. April 2015. Oral Presentation (March 28 @ 5pm, ASN's Emerging Leaders in Nutrition Science Poster Competition & March 29 @ 4pm Energy and Macronutrient Metabolism: Protein and Amino Acid Metabolism)*

Long-Term Skeletal Muscle Mitochondrial Dysfunction in Severely Burned Children. Porter C, Herndon DN, Borsheim E, Bhattarai N, Chao T, **Reidy PT**, Rasmussen BB, Anderson C, Suman OE, Sidossis, LS. *American Burn Association 47th Annual Meeting, Chicago, IL, April 21-24, 2015*

The Impact of Severe Burn Trauma With or Without Sepsis on Skeletal Muscle Bioenergetics. Bohanon FJ, Porter C, **Reidy PT**, Rasmussen BB, Bhattarai N, Herndon DN, Sidossis, LS. *American Burn Association 47th Annual Meeting, Chicago, IL, April 21-24, 2015*

Effect of 10 grams of Whey Protein Hydrolysate or 18 grams of Whey Protein Isolate on Muscle Protein Synthesis Following Resistance Exercise. Lambert BS, Kato T, **Reidy PT**, Markofski MM, Borack MS, Rasmussen BB, Volpi E. *2014 APS & ACSM Intersociety Meeting: Integrative Physiology of Exercise, Miami, FL, September 2014.*

Markers Of Muscle Protein Breakdown Are Unaffected By Excess Postexercise Leucine Ingestion In Older Men. Dickinson JM, Gundermann DM, Walker DK, **Reidy PT**, Borack MS, Drummond MJ, Volpi E, Rasmussen BB, Volpi E. *American College of Sports Medicine Annual Meeting 2014, Orlando, FL. June 2014.*

Higher sodium and saturated fat intake is associated with lower muscle protein synthesis in elders. Markofski MM, Timmerman KL, Dickinson JM, Jennings K, **Reidy PT**, Borack MS, Rasmussen BB, Volpi E. *Experimental Biology 2014, San Diego, CA. April 2014.*

Exercise With Amino Acid Intake Increases Muscle Microvascular Perfusion in Older Adults Markofski MM, Timmerman KL, Dickinson JM, **Reidy PT**, Borack MS, Rasmussen BB, Volpi E. *American College of Sports Medicine Annual Meeting 2013, Indianapolis, IN. June 2013.*

Exercise With Amino Acid Intake Increases Muscle Microvascular Perfusion in Older Adults Markofski MM, Timmerman KL, Dickinson JM, **Reidy PT**, Borack MS, Rasmussen BB, Volpi E. *American College of Sports Medicine Annual Meeting 2013, Indianapolis, IN. June 2013.*

Excess postexercise leucine ingestion enhances muscle protein synthesis in skeletal muscle of older men Dickinson JM, Gundermann DM, Walker DK, **Reidy PT**, Borack MS, Drummond MJ, Arora M Volpi E, Rasmussen BB, Volpi E. *Experimental Biology 2013, Boston, MA. April 2013.*

Effect of Increasing Essential Amino Acid Availability Following Resistance Exercise on Skeletal Muscle Let-7 miRNA Expression in Older Men. Dickinson JM, Gundermann DM, Drummond MJ, Walker DK, **Reidy PT**, Arora M Volpi E, Rasmussen BB. *2012 APS Intersociety Meeting: Integrative Biology of Exercise, Westminster, CO, October 2012.*

Essential Amino Acid Ingestion Following Aerobic Exercise in Older Adults Enhances Skeletal Muscle Amino Acid Transporter Expression. Markofski MM, Timmerman KL, Dickinson JM, **Reidy PT**, Borack MS, Rasmussen BB, Volpi E. *2012 APS Intersociety Meeting: Integrative Biology of Exercise, Westminster, CO, October 2012.*

Aerobic Exercise Training Reduces Skeletal Muscle Toll-like Receptor 4 And Inflammation In Older Adults. Timmerman KL, Markofski MM, West JN, Timmerman JZ, Dickinson JM, Walker DK, Gundermann DM, **Reidy PT** Rasmussen BB, Volpi E. *American College of Sports Medicine Annual Meeting 2012, San Francisco, CA. June 2012*

Acute aerobic exercise increases AdipoR1 and RAGE proteins and decreases HSP60 protein in skeletal muscle of physically inactive older adults. Markofski MM, Timmerman KL, **Reidy PT**, Dickinson JM, Walker DK, Timmerman JZ, Rasmussen BB, and Volpi E. *FASEB J 26: 1142.5, 2012. Experimental Biology 2012, San Diego, CA. April 2012.*

Basal muscle protein synthesis is unaffected by sex in young and older adults. Markofski, MM, Timmerman KL, Fujita S, Fry CS, Glynn EL, Drummond MJ, Dickinson JM, **Reidy PT**, Gundermann DM, Rasmussen BB, Volpi E. *Experimental Biology 2012, San Diego, CA. April 2012.*

Relationship Between Alpha-Actinin-3 Protein Content and Single Myofiber Contractile Properties of Distance Runners. Hinkley, JM., **Reidy, P.**, Konopka, A., Undem, M., Harber, M. *American College of Sports Medicine Annual Meeting 2011, Denver, CO. June 2011*

The Effect of Feeding on Skeletal Muscle Protein Signaling During Recovery from Aerobic Exercise. Undem, M., **Reidy, P.**,

## CURRICULUM VITAE

- Konopka, A., Hinkley, JM., Harber, M. *American College of Sports Medicine Annual Meeting 2011, Denver, CO. June 2011*
- Influence of contraction-intensity on rest interval and exercise energy expenditure. Grube, T., P. Reidy, M.S. Douglass, C. Wolff, M. Kolankowski, A. Yocum, M.D. Douglass, and S. Mazzetti. *Mid-Atlantic American College of Sports Medicine, Harrisburg, PA. November, 2010.*
- Post-exercise feeding attenuates proteolytic gene expression in human skeletal muscle. Harber, M., Konopka, A. Jemiolo, B., Trappe, T., & **Reidy, P.** *Experimental Biology 2010, Anaheim, CA. April 2010.*
- Training induced improvements in aerobic capacity can occur independent of PGC-1 $\alpha$  in aging human skeletal muscle. Konopka, A., **Reidy, P.** Jemiolo, B., Kaminsky, L., Trappe, T., Trappe, S. & Harber, M. *Experimental Biology 2010, Anaheim, CA. April 2010.*
- Comparison of conventional, slow, and explosive contractions on energy expenditure during and after resistance exercise. Mazzetti, S., **P. Reidy**, M.S. Douglass, M.D. Douglass, A. Yocum, H. Cochran & J. LaManca. *American College of Sports Medicine, Indianapolis, IN. May, 2008.*
- Influence of fat-free-mass on metabolic rate before, during, and after resistance exercise. Douglass, M.S., **P. Reidy**, H. Cochran, M.D. Douglass, A. Yocum, A. Preas, A. Arango & S. Mazzetti. *National Conference on Undergraduate Research, Salisbury, MD. April, 2008.*
- Influence of contraction-intensity on energy expenditure: conventional vs slow vs explosive resistance exercise. Preas, A., **P. Reidy**, M.S. Douglass, M.D. Douglass, A. Yocum, H. Cochran, M. Cummings, C. Thompson, A. Arango & S. Mazzetti. *Mid-Atlantic American College of Sports Medicine, Harrisburg, PA. November, 2007.*
- Influence of intended maximum concentric acceleration on the rates of energy expenditure during and after resistance exercise. Douglass, M.S., **P. Reidy**, M.D. Douglass, H. Cochran, B. Webster, & S. Mazzetti. *Indiana Academy of Science Annual Conference, Indianapolis, IN. October, 2007.*
- Influence of contraction-intensity on energy expenditure: conventional vs slow vs explosive resistance exercise. Preas, A., **P. Reidy**, M.S. Douglass, M.D. Douglass, A. Yocum, H. Cochran, M. Cummings, C. Thompson, A. Arango & S. Mazzetti. *Mid-Atlantic American College of Sports Medicine, Harrisburg, PA. November, 2007.*
- Influence of intended maximum concentric acceleration on the rates of energy expenditure during and after resistance exercise. Douglass, M.S., **P. Reidy**, M.D. Douglass, H. Cochran, B. Webster, & S. Mazzetti. *Indiana Academy of Science Annual Conference, Indianapolis, IN. October, 2007.*

## PUBLICATIONS – In press, under review or in preparation

- Physical inactivity and skeletal muscle lipids: Spotlight on ceramides. **Reidy PT**, Mahmassani ZS, McKenzie AI, Petrocell JJ, Summers SA, Drummond MJ. *Journal undecided* 2018 – In preparation
- Toll-like receptor 4 mediates hindlimb muscle atrophy and ceramide accumulation after one week of hindlimb suspension in previously wheel run mice. McKenzie AI, **Reidy PT**, Nelson DS, Mulvey JS, Yonemura NM, Lindsay CC, Petrocelli JJ, Tippetts TS, Bruner PT, Drummond MJ. *Journal undecided* 2018 – In preparation
- Basal post-absorptive muscle protein synthesis following one night inpatient hospital stay or walk-on admission in a large cohort. **Reidy PT**, Borack MS, Dickinson JD, Drummond MJ, Fry CS, Lambert BS, Gundermann DM, Glynn EL, Markofski MM, Timmerman KL, Volpi E, Rasmussen BB. *Journal undecided* 2017 – In preparation
- Resistance Exercise Followed by Ingestion of 10 g of Whey Hydrolysate Stimulates Skeletal Muscle Anabolism in both Young and Older Adults: A Role for Peptide Transporters (PEPT1) in Skeletal Muscle? Lambert BS, Kato T, **Reidy PT**, Graber TG, Borack MS, Husaini SH, Deer RR, Blackwell T, Rasmussen BB, Volpi E. *Journal undecided* 2017 – In preparation