

Kevin D. Ballard, Ph.D., CSCS, FACSM
Assistant Professor of Kinesiology
Kinesiology Program Area Leader
Department of Kinesiology and Health (KNH)
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EDUCATION/TRAINING

Postdoctoral Fellow Nutritional Sciences, University of Connecticut, Storrs, CT (2011 - 2012)
Ph.D. Kinesiology, University of Connecticut (2011)
M.S. Exercise Physiology, University of Louisville, Louisville, KY (2006)
B.S. Health and Human Performance, University of Louisville (2004)

POSITIONS AND HONORS

Professional Experience

Assistant Professor Department of Kinesiology and Health, Miami University (2015 - present)
Adjunct Faculty Department of Health Sciences & Nursing, University of Hartford, West Hartford, CT (2014 - 2015)
Senior Scientist Division of Cardiology, Hartford Hospital, Hartford, CT (2012 - 2015)
Postdoctoral Fellow Department of Nutritional Sciences, University of Connecticut (2011 - 2012)
Graduate Assistant Human Performance Laboratory, Department of Kinesiology, University of Connecticut (2006 - 2011)
Graduate Assistant Department of Health & Sport Sciences, University of Louisville (2004 - 2006)

Honors and Awards

- Member, Miami University Alumni Teaching Scholars Faculty Learning Community (2019 - 2020)
- Faculty commendation, Miami University Center for Teaching Excellence (2015 - 2019)
- Awarded American College of Sports Medicine (ACSM) Fellowship, Research Pathway (2018)
- Poster Competition Winner, American Society for Nutrition Obesity Research Interest Section (2013)
- Doctoral Dissertation Fellowship Recipient, University of Connecticut (2011)
- Helen Reynolds Scholarship Recipient [Outstanding Graduate Student Scholar in Exercise Science], University of Connecticut (2010)
- Graduate Student Association Travel Award, University of Connecticut (2008 - 2010)
- Student Research Award, ACSM Nutrition Interest Group (2009)
- Graduate Dean's Citation, University of Louisville (2006)
- College of Education and Human Development Dean's Scholar, University of Louisville (2003 - 2004)

TEACHING EXPERIENCE

Miami University

- KNH 382: Physical Activity and Fitness Assessment
- KNH 442/542: Strength Training and Conditioning
- KNH 453/553: Physiology of Endurance and Resistance Training
- KNH 468/568: Physiology of Exercise and Physical Activity
- KNH 668: Advanced Physiology and Biophysics of Human Activity

- KNH 621: Research Foundations in Kinesiology and Health

University of Hartford

- HS 391: Basic Human Pathology

University of Connecticut

- NUSC 1165: Fundamentals of Nutrition
- EKIN 4510: Mechanisms and Adaptations in Sport and Exercise
- EKIN 3530: Physiological Assessment of Competitive Athletics
- EKIN 3500: Exercise and Sports Science for Coaches

PEER-REVIEWED PUBLICATIONS

I have a total of 47 peer-reviewed manuscripts (link to [PubMed bibliography](#)) and two peer-reviewed book chapters since 2008. Since starting my position at Miami University in 8/2015, I have contributed to the publication of 17 peer-reviewed scientific manuscripts (six as first author or co-first author), one peer-reviewed book chapter, and 50 invited/peer-reviewed scientific presentations/abstracts. To date, my peer-reviewed publications have >1,400 citations (link to [Google Scholar](#)).

†Denotes work published/completed since hire date (8/2015); *Miami University graduate student contributor; **Miami University undergraduate student contributor; #equal contribution.

Book Chapters

1. †Armstrong, L.E., Ganio, M.S., and **Ballard, K.D.** *Considerations for Exercise in Stressful Environments: Hot, Cold, High Altitude and Polluted Air*. In: ACSM's Clinical Exercise Physiology, 1st edition. Thompson, W.R. (Ed.). Lippincott Williams & Wilkins, Baltimore, MD. 2019.
2. Volek, J.S., **Ballard, K.D.**, and Forsythe, C.E. *An Overview of Creatine Metabolism*. In: Essentials of Creatine in Sports and Health. Stout, J.R., Antonio, J., Kalman, D. (Eds.) Humana Press, Totowa, NJ. 2007.

Manuscripts

1. †Timmerman, K.L., **Ballard, K.D.**, Deal, M.A.** , Tagariello, L.C.** , Karrow, J.M.** , Volk, G.A.* , Meisler, A.** , Connors, I.D.* , Mott, R.E.** *Physical Activity Level is Associated with Skeletal Muscle Antioxidants in Older Adults*. Journal of Physical Activity and Health. 2020 Aug 12;1-7. PMID: 32788413.
2. †**Ballard, K.D.**, Berry, C.W.* , Varty, C.J.* , Arslain, K.B.** , Timmerman, K.L. *Acute Aerobic or Resistance Exercise Performed the Previous Day Does Not Attenuate Postprandial Hyperglycemia-Induced Endothelial Dysfunction in Overweight/Obese Adults*. European Journal of Applied Physiology. 119(8):1855-63, 2019. PMID: 31187279.
3. †Zaleski, A.L., Panza, G.A., **Ballard, K.D.**, Adams, W., Hosokawa, Y., Pescatello, L.S., Thompson, P.D., Taylor, B.A. *The Influence of Compression Socks During a Marathon on Exercise-Associated Muscle Damage*. Journal of Sport Rehabilitation. 29(7):724-28, 2019. PMID: 30040013.
4. †Timmerman, K.L. #, **Ballard, K.D.** #, Volk, G.A.* , Deal, M.A.** , Meisler, A.J.** , Karrow, J.M.** , Good, A.P.** , Reynolds, S.T.**. *Altering Physical Activity Influences Insulin Responses to Glucose Ingestion*. International Journal of Sports Medicine. 39(13):972-977, 2018. PMID: 30326527.
5. †Fernandez, A.B., **Ballard, K.D.**, Guo, M., Wong, T.Y., Klein, R., Thompson, P.D., Cotch, M.F., McClelland, R.L., Klein, B., Allison, M., Burke, G. *Age-Related Macular Degeneration and Progression of Coronary Artery Calcium: The Multi-Ethnic Study of Atherosclerosis*. PLoS One. 13(7):e0201000, 2018. PMID: 30020999.
6. †Xu, M.* , Zhong, F.* , Bruno, R.S., **Ballard, K.D.**, Zhang, J., Zhu, J. *Comparative Metabolomics Elucidates Postprandial Metabolic Modifications in Plasma of Obese Individuals with Metabolic Syndrome*. Journal of Proteome Research. 17(8):2850-2860, 2018. PMID: 29975061.
7. †Taylor, B.A., Panza, G.A., **Ballard, K.D.**, White, C.W., Thompson, P.D. *Creatine Supplementation Does Not Alter the Creatine Kinase Response to Eccentric Exercise in Healthy Adults on Atorvastatin*. Journal of Clinical Lipidology. 12:51305-1312, 2018. PMID: 29945780.

8. †Bhanpuri, N., Hallberg, S., McKenzie, A.L., **Ballard, K.D.**, Campbell, W.W., Phinney, S.D., Volek, J.S. *Lipid and Cardiovascular Disease Risk Factor Response to a Type 2 Diabetes Care Model Including Nutritional Ketosis at One Year*. *Cardiovascular Diabetology*. 17(1):56, 2018. PMID: 29712560.
9. †McDonald, J.D., Chitchumroonchokchai, C., Jinhui, L., Mah, E., Labyk, A., Reverri, E., **Ballard, K.D.**, Volek, J.S., Bruno, R.S. *Replacing Carbohydrate During a Glucose Challenge with the Egg White Portion of Whole Eggs Protects Against Postprandial Impairments in Vascular Endothelial Function in Prediabetic Men by Limiting Increase in Glycemia and Lipid Peroxidation*. *British Journal of Nutrition*. 119(3):259-270, 2018. PMID: 29335039.
10. †Taylor, B.A., Zaleski, A.L., **Ballard, K.D.**, Panza, G.A., Fernandez, A.B., Corso, L., Pescatello, L.S., Baggish, A.L., Troyanos, C., and Thompson, P.D. *Compression Socks Worn During Flight and Hemostatic Balance in Boston Marathon Runners on Oral Contraceptives*. *Clinical Journal of Sports Medicine*. 28(3):278-283, 2018. PMID: 28742614.
11. †**Ballard, K.D.**, Duguid, R.M.*, Berry, C.W.**, Dey, P., Bruno, R.S., Ward, R.M., Timmerman, K.L. *Effects of Prior Aerobic Exercise on Sitting-Induced Vascular Dysfunction in Healthy Men*. *European Journal of Applied Physiology*. 117(2):2509-2518, 2017. PMID: 29018989.
12. †Zhong, F.*, Xu, M.*, Bruno, R.S., **Ballard, K.D.**, and Zhu, J. *Targeted HPLC-MS/MS Metabolomics Differentiates Metabolic Syndrome from Obesity*. *Experimental Biology and Medicine*. 242(7):773-780, 2017. PMID: 28299975.
13. †Ash, G.I., Taylor, B.A., Thompson, P.D., MacDonald, H.V., Lamberti, L., Chen, M., Farinatti, P., Kraemer, W.J., Panza, G.A., Zaleski, A.L., Deshpande, V., **Ballard, K.D.**, Mujtaba, M., White, C.M., Pescatello, L.S. *The Antihypertensive Effects of Handgrip versus Isometric Handgrip Exercise*. *Journal of Hypertension*. 35(2):291-299, 2017. PMID: 27861249.
14. †**Ballard, K.D.**, Taylor, B.A., Beam, J., Mah, E., Guo, Y., Bruno, R.S., Polk, D.M., Thompson, P.D. *Single Low-Density Lipoprotein Cholesterol Apheresis Treatment Does Not Improve Vascular Endothelial Function in Chronically Treated Hypercholesterolemic Patients*. *International Journal of Vascular Medicine*. 2016:4613202, 2016. PMID: 26998360.
15. †**Ballard, K.D.**, Gregory, S.M., Taylor, B.A., and Thompson, P.D. *Short-Term Cessation of Statin Therapy Does Not Alter Aerobic Exercise Performance in Physically Active Middle-Aged Adults*. *The Physician and Sportsmedicine*. 44(1):63-7, 2016. PMID: 26738560.
16. †**Ballard, K.D.**, Lorson, L., White, C.M., Thompson, P.D., and Taylor, B.A. *Effect of Simvastatin on Arterial Stiffness in Patients with Statin Myalgia*. *Advances in Preventive Medicine*. 2015:351059, 2015. PMID: 26257959.
17. †Zaleski, A.L., **Ballard, K.D.**, Panza, G.P., Kupchak, B.R., Dada, M.R., Roman W., Thompson, P.D., and Taylor, B.A. *The Effect of Compression Socks on Deep Vein Thrombosis Risk in Marathon Runners*. *The Physician and Sportsmedicine*. 43(4):336-41, 2015. PMID: 26212719.
18. **Ballard, K.D.**, Taylor, B.A., and Thompson, P.D. *Statin-Associated Muscle Injury (Letter to the Editor)*. *European Journal of Preventive Cardiology*. 22(9):1161, 2015. PMID: 25948131.
19. Kupchak, B.R., McKenzie, A.L., Luk, H., Saenz, C., Kunces, L.J., Ellis, L.A., Vingren, J.L., Lee, E.C., **Ballard, K.D.**, Johnson, E.C., Kavouras, S.A., Ganio, M.S., Wingo, J.E., Williamson, K.H., and Armstrong, L.E. *Effect of Cycling 164-km in the Heat on Procoagulant and Fibrinolytic Parameters*. *European Journal of Applied Physiology*. 115(6):1295-1303, 2015. PMID: 25603777.
20. **Ballard, K.D.** and Bruno R.S. *Protective Role of Dairy and its Constituents on Vascular Function Independent of Blood Pressure-Lowering Activities*. *Nutrition Reviews*. 73(1):36-50, 2015. PMID: 26024056
21. Sanders, K., Maresh, C.M., **Ballard, K.D.**, Creighton, B.C., Pryor, J.L., Kraemer, W.J., Volek, J.S. and Anderson, J.M. *Habitual Exercise May Maintain Endothelium-Dependent Dilation in Overweight Postmenopausal Women*. *Journal of Aging and Physical Activity*. 23(1):40-46, 2015. PMID: 24413159.
22. **Ballard, K.D.**, Taylor, B.A., Capizzi, J.A., Grimaldi, A.S., White, C.M., and Thompson, P.D. *Atorvastatin Treatment Does Not Alter Arterial Stiffness in Healthy Adults*. *International Scholarly Research Notices Cardiology*. 2014:239575, 2014. PMID: 27351006.
23. Mah, E., Pei, R., Guo, Y., Masterjohn, C.M., **Ballard, K.D.**, Parker, B.A., Taylor, A.W., Traber, M.G., Volek, J.S., Bruno, R.S. *Greater γ -tocopherol Status During Acute Smoking Abstinence with Nicotine*

- Replacement Therapy Improved Vascular Endothelial Function by Decreasing 8-iso-15(S)-prostaglandin F2 α* . *Experimental Biology and Medicine*. 240(4):527-533, 2014. PMID: 2536176.
24. **Ballard, K.D.**, Tschakovsky, M.E., Zaleski, A.L., Polk, D.M., Thompson, P.D., Kiernan, F.J., and Parker, B.A. *Redundant Vasodilator Pathways Underlying Radial Artery Flow-Mediated Dilation are Preserved in Healthy Aging*. *Journal of Aging Research*. Vol. 2014: Article ID 876125, 2014. PMID: 24963406.
 25. Taylor, B.A., Zaleski, A.L., Capizzi, J.A., **Ballard, K.D.**, Troyanos, C., Baggish, A.L., D'Hemecourt, P.A., Dada, M., Thompson, P.D. *Influence of Chronic Exercise on Carotid Atherosclerosis in Marathon Runners*. *BMJ Open*. 4(2):e004498, 2014. PMID: 24531453.
 26. **Ballard, K.D.** and Thompson, P.D. *Does Reduced Creatine Synthesis Protect Against Statin Myopathy? (Mini Review)*. *Cell Metabolism*. 18(6):773-774, 2013. PMID: 24315367.
 27. Mah, E., Pei, R., Guo, Y., **Ballard, K.D.**, Barker, T., Gochnour, V., Parker, B.A., Taylor, A.W., Traber, M.G., Volek, J.S., Bruno, R.S. *γ -Tocopherol-Rich Supplementation Additively Improves Vascular Endothelial Function During Smoking Cessation*. *Free Radical Biology and Medicine*. 65C:1291-1299, 2013. PMID: 24075893.
 28. **Ballard, K.D.**, Quann, E.E., Kupchak, B.R., Volk, B.M., Kawiecki, D.M., Fernandez, M.L., Seip, R.L., Kraemer, W.J., Maresh, C.M., Volek, J.S. *Dietary Carbohydrate Restriction Improves Blood Pressure, Microvascular Function, and Cellular Adhesion Molecules in Individuals Taking Statins*. *Nutrition Research*. 33(11): 905-912, 2013. PMID: 24176230.
 29. **Ballard, K.D.**, Mah, E., Guo, Y., Pei, R., Volek, J.S., Bruno, R.S. *Low-Fat Milk Ingestion Prevents Postprandial Hyperglycemia-Mediated Impairments in Vascular Endothelial Dysfunction in Obese Individuals with Metabolic Syndrome*. *Journal of Nutrition*. 143(10):1602-1610, 2013. PMID: 23966328.
 30. **Ballard, K.D.**, Parker, B.A., Capizzi, J.A., Grimaldi, A.S., Clarkson, P.M., Cole, S.M., Keadle, J., Chipkin, S., Pescatello, L.S., Simpson, K., White, C.M., Thompson, P.D. *Increases in Creatine Kinase with Atorvastatin Treatment are Not Associated with Decreases in Muscular Performance*. *Atherosclerosis*. 230(1):121-124, 2013. PMID: 23958263.
 31. Volek, J.S., Volk, B.M., Gómez, A.L., Kunces, L.J., Kupchak, B.R., Freidenreich, D.J., Aristizabal, J.C., Saenz, C., Dunn-Lewis, C., **Ballard, K.D.**, Quann, E.E., Kawiecki, D.M., Flanagan, S.D., Comstock, B.A., Fragala, M.S., Fernandez, M.L., Bruno, R.S., Ptolemy, A.S., Kellogg, M.D., Maresh, C.M., Kraemer, W.J. *Whey Protein Supplementation During Resistance Training Augments Lean Body Mass*. *Journal of the American College of Nutrition*. 32(2):122-135, 2013. PMID: 24015719.
 32. Zaleski, A.L., Capizzi, J.A., **Ballard, K.D.**, Troyanos, C, Baggish, A.L., D'Hemecourt, P.A., Thompson, P.D., Parker, B.A. *Statins Attenuate the Increase in P-Selectin Produced by Prolonged Exercise*. *Journal of Sports Medicine*. 2013:487567, 2013. PMID: 2246488.
 33. Kupchak, B.R., Creighton, B.C., Aristizabal, J.C., Dunn-Lewis, C. Volk, B.M., **Ballard, K.D.**, Comstock, B.A., Maresh, C.M., Kraemer, W.J., Volek, J.S. *Beneficial Effects of Habitual Resistance Exercise Training on Coagulation and Fibrinolytic Responses*. *Thrombosis Research*. 131:e227-e234, 2013. PMID: 23510721.
 34. Mah, E., Noh, S.K., **Ballard, K.D.**, Park, H.J., Volek, J.S., Bruno, R.S. *Supplementation of a γ -Tocopherol-Rich Mixture of Tocopherols in Healthy Men Protects Against Vascular Endothelial Dysfunction Induced by Postprandial Hyperglycemia*. *Journal of Nutritional Biochemistry*. 24:196-203, 2013. PMID: 2284139.
 35. **Ballard, K.D.**, Kupchak, B.R., Volk, B.M., Mah, E., Shkreta, A., Liptak, C., Ptolemy, A.S., Kellogg, M.S., Bruno, R.S., Seip, R.L., Maresh, C.M., Kraemer, W.J., Volek, J.S. *Acute Effects of Ingestion of a Novel Whey-Derived Extract on Vascular Endothelial Function in Overweight, Middle-Aged Men and Women*. *British Journal of Nutrition*. 109:882-893, 2013. PMID: 22691263.
 36. Parker, B.A., Augeri, A.L., Capizzi, J.A., **Ballard, K.D.**, Kupchak, B.R., Volek, J.S., Troyanos, C., Kriz, P., D'Hemecourt, P.A., Thompson, P.D. *Effect of Marathon Run and Air Travel on Pre- and Post-Run Soluble D-Dimer, Microparticle Procoagulant Activity, and P-Selectin Levels*. *American Journal of Cardiology*. 109: 1521-1525, 2012. PMID: 22342849.
 37. Parker, B.A., Augeri, A.L., Capizzi, J.A., **Ballard, K.D.**, Troyanos, C., Baggish, A.L., D'Hemecourt, P.A., Thompson, P.D. *Effect of Statins on Creatine Kinase Levels Before and After a Marathon Run*. *American Journal of Cardiology*. 109:282-287, 2012. PMID: 22036108.

38. Dunn-Lewis, C., Kraemer, W.J., Kupchak, B.R., Kelly, N.A., Creighton, B.A., Luk, H., **Ballard, K.D.**, Comstock, B.A., Szivak, T.K., Hooper, D.R., Volek, J.S. *A Multi-Nutrient Supplement Reduced Markers of Inflammation and Improved Physical Performance in Active Individuals of Middle to Older Age: A Randomized, Double-Blind, Placebo-Controlled Study*. Nutrition Journal. 10:90, 2011. PMID: 218997323.
39. Mah, E., Noh, S.K., **Ballard, K.D.**, Matos, M.D., Volek, J.S., Bruno, R.S. *Postprandial Hyperglycemia Impairs Vascular Endothelial Function in Healthy Men by Inducing Lipid Peroxidation and Disrupting Nitric Oxide Homeostasis*. Journal of Nutrition. 141:1961-1968, 2011. PMID: 21940510.
40. Mah, E., Matos, M.D., Kawiecki, D.M., **Ballard, K.D.**, Guo, Y., Volek, J.S., Bruno, R.S. *Vitamin C Status is Related with Pro-Inflammatory Responses and Impaired Vascular Endothelial Function in Healthy College-Aged Obese Men*. Journal of the American Dietetic Association. 111:737-743, 2011. PMID: 21515122.
41. **Ballard, K.D.** *Cardiovascular Effects of Chronic and Acute Whey Protein Ingestion (Invited Commentary)*. British Journal of Nutrition. 105:1415-1417, 2011. PMID: 21269538.
42. Forsythe, C.E., Phinney, S.D., Feinman, R.D., Volk, B.M., Freidenreich, D., Quann, E.E., **Ballard, K.D.**, Puglisi, M.J., Maresh, C.M., Kraemer, W.J., Bibus, D.M., Fernandez, M., Volek, J.S. *Limited Effect Of Dietary Saturated Fat On Plasma Saturated Fat In The Context Of A Low Carbohydrate Diet*. Lipids. 45:947-962, 2010. PMID: 20820932.
43. Ganio, M.S., Armstrong, L.E, Johnson, E.C., Klau, J.F., **Ballard, K.D.**, Casa, D.J., Michniak-Kohn, B., Kaushik, D., Maresh, C.M. *Effect Of Quercetin Supplementation On Maximal Oxygen Uptake In Men And Women*. Journal of Sport Sciences. 28:201-208, 2010. PMID: 20054739.
44. Volek, J.S., **Ballard, K.D.**, Silvestre, R., Judelson, D.A., Quann, E.E., Forsythe, C.E., Kraemer, W.J., Fernandez, M.L. *Effects Of Dietary Carbohydrate Restriction Versus Low-Fat Diet On Flow-Mediated Dilation*. Metabolism. 58:1769-1777, 2009. PMID: 19632695.
45. **Ballard, K.D.**, Bruno, R.S., Seip, R.L., Quann, E.E., Volk, B.M., Freidenreich, D.J., Kawiecki, D.M., Kupchak, B.R., Chung, M., Kraemer, W.J., Volek, J.S. *Acute Ingestion Of A Novel Whey-Derived Peptide Improves Vascular Endothelial Responses In Healthy Individuals: A Randomized, Placebo Controlled Trial*. Nutrition Journal. 8:34, 2009. PMID: 19624856.
46. **Ballard, K.D.**, Miller, J.J., Robinson, J.H., Olive, J.L. *Aerobic Capacity and Postprandial Flow Mediated Dilation*. International Journal of Exercise Science. 1:163, 2008. PMID: 27182305.
47. Olive, J.L., **Ballard, K.D.**, Miller J.J., Milliner, B. *Metabolic Rate and Vascular Function are Reduced in Females with a Family History of Type 2 Diabetes Mellitus*. Metabolism. 57:831-837, 2008. PMID: 18502267.

Manuscripts Submitted for Peer Review or In Preparation

*Miami University graduate student contributor; **Miami University undergraduate student contributor

1. **Ballard, K.D.**, Timsina, R.*, Timmerman, K.L. *Influence of Time of Day and Intermittent Aerobic Exercise on Vascular Function and Plasma Endothelin-1 in Healthy Adults*. Chronobiology International. Manuscript submitted 8/2020.
2. Loss, K.D.*, Owens, K.L.**, Tyree, L.M.**, Ondrejko, R.L.**, Timmerman, K.L., **Ballard, K.D.** *Correlates Among Objective and Subjective Measurements of Physical Activity in Older Adults*. Planned submission summer 2020.

Presentations (sole or co-presenter)

†Denotes work published/completed since hire date (8/2015); *Miami University graduate student contributor; **Miami University undergraduate student contributor

1. †**Ballard, K.D.** *Strength of Evidence for Flipping the Classroom*. **Oral presentation**. Miami University's Teaching and Learning Symposium. Oxford, OH. 4/2020.
2. †**Ballard, K.D.**, Smith, V.**, Volk, G.*, Hopun, A.**, Henderson, O.*, Timmerman, K.L. *Associations Among Indices of Insulin Resistance and Vascular Function in Older, Overweight/Obese Adults*. **Oral presentation**. Midwest ACSM Annual Meeting. Chicago, IL. 11/2019.
3. †Timmerman, K.L. and **Ballard, K.D.** *Measures of Insulin Resistance/Sensitivity: Influence of Aging, Obesity, and Physical (In)Activity*. **Symposium**. Midwest ACSM Annual Meeting. Chicago, IL. 11/2019.

4. †**Ballard, K.D.** *Strength Training and Conditioning*. Invited presentation to staff at Ersha Sports Training Center, Guangzhou, China. 1/2019.
5. †**Ballard, K.D.** *Exercise as Medicine for Mental Health*. Invited lecture to psychology faculty and graduate students at Miami University, Oxford, OH. 10/2018.
6. †Kingsley, J.D. and **Ballard, K.D.** *Physiological Impact of Acute Exercise, Physical Inactivity, and Postprandial Metabolism on Vascular Function*. **Symposium**. Midwest ACSM Annual Meeting. Grand Rapids, MI. 11/2017.
7. †Timmerman, K.L. and **Ballard, K.D.** *Aging- and Obesity-Related Inflammation: Consequences and Countermeasures*. **Symposium**. Midwest ACSM Annual Meeting. Grand Rapids, MI. 11/2017.
8. †**Ballard K.D.** *Dietary Carbohydrate Restriction and Exercise Performance*. Invited lecture to kinesiology/nutrition undergraduate students at Miami University, Oxford, OH. 2/2017.
9. †**Ballard K.D.** *Physical (In)Activity and Other Lifestyle Factors that Influence Vascular Function*. Invited lecture to kinesiology graduate students at Miami University, Oxford, OH. 10/2015.
10. **Ballard, K.D.**, Gregory, S.M., Taylor, B.A., and Thompson, P.D. *Effects of Short-Term Cessation of Statin Therapy on Aerobic Exercise Performance in Physically Active Older Adults*. **Oral presentation**. ACSM Annual Meeting. San Diego, CA. 5/2015.
11. **Ballard, K.D.**, Taylor, B.A., Beam, J., Mah, E., Guo, Y., Bruno, R.S., Polk, D.M., and Thompson, P.D. *Single Low-Density Lipoprotein Cholesterol Apheresis Treatment Does Not Improve Vascular Endothelial Function in Hypercholesterolemic Patients*. **Poster presentation**. Experimental Biology Annual Meeting. Boston, MA. 3/2015.
12. **Ballard, K.D.** *Smoking and Alcohol: Health Effects and University Resources*. **Oral presentation**. University of Hartford, Office of Residential Life, West Hartford, CT. 1/2014.
13. **Ballard, K.D.** *Simple Steps to Enhance Your Health and Well-Being as a Resident Assistant*. **Oral presentation**. University of Hartford, Office of Residential Life, West Hartford, CT. 8/2013.
14. **Ballard, K.D.**, Mah, E., Guo, Y., Pei, R., Volek, J.S., Bruno, R.S. *Low-Fat Milk Protects Against Postprandial Vascular Endothelial Dysfunction in Adults with Metabolic Syndrome*. **Oral presentation**. Experimental Biology Annual Meeting, Boston, MA. 4/2013.
15. **Ballard, K.D.**, Mah, E., Guo, Y., Pei, R., Volek, J.S., Bruno, R.S. *Low-Fat Milk Protects Against Postprandial Vascular Endothelial Dysfunction in Adults with Metabolic Syndrome*. **Poster presentation**. Experimental Biology Annual Meeting. Boston, MA. 4/2013 (*winner of American Society for Nutrition Obesity Research Interest Section Student Poster Competition*).
16. **Ballard, K.D.**, Tschakovsky, M.E., Zaleski, A.L., Polk, D.M., Thompson, P.D., Kiernan, F.J., Parker, B.A. *Heterogeneous Vasodilator Pathways Underlying Flow Mediated Dilatation are Preserved in Healthy Aging*. **Poster presentation**. Experimental Biology Annual Meeting. Boston, MA. 4/2013.
17. **Ballard, K.D.**, Kupchak, B.R., Volk, B.M., Mah, E., Shkreta, A., Liptak, C., Ptolemy, A.S., Kellogg, M.S., Bruno, R.S., Seip, R.L., Maresh, C.M., Kraemer, W.J., Volek, J.S. *Acute Effects of Ingestion of a Novel Whey-Derived Extract on Vascular Endothelial Function in Middle-Aged Men and Women*. **Poster presentation**. Experimental Biology Annual Meeting. San Diego, CA, 4/2012.
18. **Ballard, K.D.** *Steps to Enhance Health and Reduce Chronic Disease Risk in Young Adults*. **Oral presentation**. University of Hartford. West Hartford, CT. 10/2011.
19. **Ballard K.D.** *The Impact of Nutrition and Physical Activity on Vascular Endothelial Function*. Invited lecture to exercise science undergraduates and faculty at the University of Louisville, Louisville, KY. 6/2011.
20. **Ballard, K.D.**, Kupchak, B.R., Volk, B.M., Friedenreich, D.J., Aristizabal, J.C., Mah, E., Guo, Y., Masterjohn, C., Bruno, R.S., Kraemer, W.J., and Volek, J.S. *A 9-month Progressive Resistance Training Program Attenuates Acute Exercise-Induced Lipid Peroxidation in Healthy Men and Women*. **Thematic poster presentation**. ACSM Annual Meeting, Denver, CO. 6/2011.
21. **Ballard, K.D.**, Quann, E.E., Kupchak, B.R., Volk, B.M., Fernandez, M., Seip, R.L., Kraemer, W.J., Maresh, C.M., and Volek, J.S. *Vascular Effects of a Carbohydrate Restricted Diet and Increased Physical Activity in Men and Women Taking Statins*. **Poster presentation**. ACSM Annual Meeting, Baltimore, MD. 6/2010.
22. **Ballard, K.D.**, Bruno, R.S., Seip, R.L., Quann, E.E., Volk, B.M., Freidenreich, D.J., Kawiecki, D.M., Kraemer, W.J., FACSM, and Volek, J.S. *Effects of a Novel Whey-Derived Peptide on Vascular Responses in Healthy Individuals*. **Poster presentation**. ACSM Annual Meeting, Seattle, WA. 5/2009.

23. **Ballard, K.D.**, Quann, E.E., Puglisi, M.J., Forsythe, C.E., Volk, B.M., Labonte, C.C., Fernandez, M., Kraemer, W.J., Scheett, T.P., and Volek, J.S. *Effects of Diets Restricted in Fat and Carbohydrate With and Without Resistance Training on Body Composition and Cardiovascular Risk*. **Oral presentation**. Experimental Biology Annual Meeting, San Diego, CA. 4/2008.
24. **Ballard, K.D.**, Robinson, J., Miller, J., Gallagher, K.I., Topp, R., Olive, J.L. *Aerobic Capacity and Postprandial Flow Mediated Dilatation*. **Poster presentation**. ACSM Annual Meeting, New Orleans, LA. 5/2007.
25. **Ballard, K.D.**, Fernandez, M., Forsythe, C.E., Quann, E.E., Wood, R.J., Puglisi, M.J., Labonte, C.C., Volk, B.M., Kraemer, W.J., and Volek, J.S. *A Very Low Carbohydrate Diet Decreases Constitutive Inflammation, Vascular Chemokines and Adhesion Molecules*. **Poster presentation**. Experimental Biology Annual Meeting, Washington, D.C. 4/2007.
26. **Ballard, K.D.**, Robinson, J., Miller, J., Olive, J.L. *Metabolic Rate in Individuals with a Predisposition for Type 2 Diabetes*. **Oral presentation**. ACSM Annual Meeting, Denver, CO. 5/2006.
27. **Ballard, K.D.**, Olive, J.L. *Metabolic Rate in Individuals with a Predisposition for Type 2 Diabetes*. **Oral presentation**. University of Louisville College of Education and Human Development Spring Research Conference, Louisville, KY. 4/2006.

RESEARCH SUPPORT

I have submitted 22 internal applications as PI or Co-Investigator since beginning at Miami University in 8/2015† and have been successful in procuring full or partial funding for 20 applications. Data resulting from these projects have been presented at numerous regional and national scientific conferences and published in peer-reviewed scientific journals. Additionally, data resulting from internally funded studies have been utilized as preliminary data for several external grant submissions. I have submitted 11 external grants/letters of intent since beginning at Miami in 8/2015†.

Internal Grants

†Miami University College of Education, Health, and Society Research Seed Grant (2019 - 2020)

Role: PI (\$5,000; **Funded**)

Effects of Diurnal Variation and Acute Exercise on Indices of Vascular Endothelial Function in Young Adults

†Miami University Undergraduate Summer Scholars Program (2019)

Role: PI (**Funded**)

Predictors of Central Arterial Stiffness in Overweight, Older Adults

†Miami University Undergraduate Research Award (2019)

Role: PI (\$1,000; **Funded**)

Effect of Excess Body Mass and Different Exercise Modalities on Plasma Endothelin-1 Levels in Young Adults

†Miami University Center for Career Exploration and Success, Career Collaborative Grant (2019)

Role: Co-I (\$2,860; **Funded**)

Funds used to support 22 KNH students to attend and present at the 2019 MWACSM conference

†Miami University Student Technology Fee Proposal (2019)

Role: Co-I (\$13,654; **Funded**)

Monitoring and Diagnosing Metabolic Health with Continuous Glucose Monitoring

†Miami University Student Technology Fee Proposal (2019)

Role: Co-I (\$14,807; Unfunded)

Monitoring and Diagnosing Physical Activity and Energy Expenditure with Accelerometers to Determine Risk of Poor Health

†Miami University Student Technology Fee Proposal (2018)

Role: PI (\$27,000; **Funded**)

Non-Invasive Technology to Assess Cardiovascular and Cerebral Health and Function

+Miami University College of Education, Health, and Society Assistant Professor Research Appointment (2018-2019; **Funded**)

+Miami University College of Education, Health, and Society Research Seed Grant (2017 - 2018)
Role: PI (\$4,500; **Funded**)

Effects of Different Exercise Modalities on Postprandial Vascular Endothelial Function in Overweight and Obese Adults

+Miami University Committee for Faculty Research: Grants to Promote Research (2017 - 2018)

Role: PI (\$3,000; **Funded**)

Effects of Different Exercise Modalities on Postprandial Vascular Endothelial Function in Overweight and Obese Adults

+Miami University Student Technology Fee Proposal (2017)

Role: PI (\$9,452; **Funded**)

Non-Invasive Technology to Measure Cardiovascular Responses and Adaptations to Exercise

+Miami University Assigned Research Appointment – Off Campus (Fall 2017; **Funded**)

+Miami University College of Education, Health, and Society Grant to Participate in the Faculty Success Program (2017)
(\$3,000; **Funded**)

+Miami University College of Education, Health, and Society Summer External Grant Proposal Development Award (2017) (\$6,000; **Funded**)

Development of an External Grant Proposal to Investigate the Influence of Acute Exercise on Postprandial Vascular Function in Overweight and Obese Adults

+Miami University College of Education, Health, and Society Mentoring Grant (2016)
(\$450; **Funded**)

+Miami University College of Education, Health, and Society Interdisciplinary Research Grant (2016)

Role: Co-Investigator (PI: K. Timmerman) (\$10,000; **Funded**)

Influence of Weight loss on Skeletal Muscle Inflammation and Anabolic Resistance in Obese, Older Adults

+Miami University Undergraduate Research Award (2016)

Role: PI (\$1,000; **Funded**)

Effect of Prior Aerobic Exercise on Plasma Endothelin-1 Responses to Prolonged Sitting in Healthy Men

+Miami University Student Technology Fee Proposal (2016)

Role: Co-Investigator (PI: H. Alessio) (\$14,200; **Funded**)

Portable Technology to Measure Heart Rate Variability for Cardiovascular Health Assessment

+Miami University Undergraduate Summer Scholars Program (2016)

Role: PI (\$1,000; **Funded**)

Effect of Prior Aerobic Exercise on Plasma Glucose and Triglyceride Responses to Prolonged Sitting in Healthy Men

+Miami University College of Education, Health, and Society Research Seed Grant (2016)

Role: PI (\$4,500; **Funded**)

Prior Exercise to Attenuate Vascular Dysfunction Induced by Prolonged Sitting in Healthy Men

+Miami University Committee for Faculty Research: Grants to Promote Research (2016)

Role: PI (\$3,000; Unfunded)

Prior Exercise to Attenuate Vascular Dysfunction Induced by Prolonged Sitting in Healthy Men

+Miami University College of Education, Health, and Society Summer Research Award (2016)

Role: PI (\$5,000; **Funded**)

Prior Exercise to Attenuate Vascular Dysfunction Induced by Prolonged Sitting in Healthy Men

Hartford Hospital Open Competition Grant (2015)

Role: Co-Investigator (\$9,600; **Funded**)

Creatine Supplementation to Attenuate the Exaggerated Exercise-Induced Muscle Injury with Statin Use

Hartford Hospital Open Competition Grant (2013)

Role: Co-Investigator (\$12,888; **Funded**)

Metabolic, Inflammatory, and Antioxidant/Oxidant Biomarkers Associated with Exercise Effects on Brain Function and Cognition

Hartford Hospital Open Competition Grant (2013)

Role: PI (\$40,170; Unfunded)

The Effect of LDL Apheresis on Vascular Endothelial Function

Hartford Hospital Open Competition Grant (2013)

Role: Co-Investigator (\$10,000; **Funded**)

Telomere Attrition and Aging in Advanced Heart Failure

Hartford Hospital Open Competition Grant (2012)

Role: Co-Investigator (\$11,050; **Funded**)

Effects of Chronic Statin Use on Aerobic Performance in Older Athletes

University of Connecticut Office of Undergraduate Research Supply Award (2012)

Role: Post-Doctoral Fellow/ Project Coordinator (\$1,000; **Funded**)

Postprandial Glucose and Insulin Responses Following Acute Low-Fat Milk Ingestion in Individuals with Metabolic Syndrome

External Grants

+National Dairy Council (2020)

Role: PI (\$156,370; Pending)

Pre-meal Dairy Milk Ingestion to Attenuate Postprandial Oxidative and Inflammatory Stress-Mediated Vascular Endothelial Dysfunction in Obese Adults

+National Institutes of Health R21 (2020)

Role: Co-Investigator (\$426,798; Pending)

Longitudinal Personalized Dynamics Among Anorexia Nervosa Symptoms, Core Dimensions, and Biology Predicting Suicide Risk

+California Walnut Commission (2020)

Role: PI (\$125,170; Unfunded)

Efficacy of Whole Walnuts to Improve Postprandial Vascular Endothelial Function and Free-Living Glycemic Control in Pre-diabetic Adults

+National Dairy Council (2019)

Role: Co-PI (\$192,919; Unfunded)

Influence of Low-fat and High-fat Dairy Consumption on Circulating Ceramides, Vascular Function, and Insulin Resistance in Obese, Pre-Diabetic Adults

+Alliance for Potato Research and Education (2019)

Role: Co-Investigator (PIs: P. Reidy; K. Timmerman) (\$199,454; Unfunded)

Using Potatoes to Enhance Skeletal Muscle Glycogen, Immune and Satellite Cell Responses to a Single Bout of High-Intensity Cycle Exercise in Young Adult Men and Women

+National Institutes of Health Academic Research Enhancement Award (AREA) (2018)
Role: PI (\$452,865; impact score = 27; Unfunded)
Impact of Alterations in Habitual Physical Activity on Insulin Sensitivity and Vascular Endothelial Function in Obese and Non-Obese Adults

+National Dairy Council (2018)
Role: Co-PI (\$196,401; Unfunded)
Influence of Low-fat and High-fat Dairy Consumption on Skeletal Muscle and Systemic Inflammation in Overweight, Pre-Diabetic Adults

+National Institutes of Health Academic Research Enhancement Award (AREA) (2018)
Role: PI (\$452,454; impact score = 33; resubmitted 10/2018)
Impact of Alterations in Habitual Physical Activity on Vascular Endothelial Function and Insulin Sensitivity in Obese and Non-Obese Adults

+ACSM Research Endowment (2018)
Role: PI (\$9,932; Unfunded)
Impact of Altering Habitual Physical Activity on Vascular Endothelial Function and Insulin Sensitivity in Obese Adults

+National Dairy Council (2017)
Role: Co-PI (\$190,029; Unfunded)
Influence of Increased Dairy Consumption on Skeletal Muscle and Systemic Inflammation in Overweight and Obese Pre-Diabetic Adults.

+ACSM Research Endowment (2017)
Role: PI (\$9,341; Unfunded)
Effects of Different Exercise Modalities on Postprandial Vascular Endothelial Function in Overweight and Obese Adults

+ACSM Research Endowment (2016)
Role: PI (\$10,000; Unfunded)
Prior Aerobic Exercise to Attenuate Vascular Dysfunction Induced by Prolonged Sitting in Healthy Men

Connecticut Department of Public Health Biomedical Research Award (2014)
Role: PI (\$279,526; Unfunded)
Creatine Supplementation to Attenuate the Exaggerated Exercise-Induced Muscle Injury with Statin Use

American Heart Association Founder's Affiliate Scientist Development Grant (2014)
Role: PI (\$230,056; Unfunded)
Creatine Supplementation to Attenuate Statin-Induced Muscle Damage Following Eccentric Exercise

Kaneka Pharma America LLC (2013)
Role: PI (\$5,000; **Funded**)
The Effect of LDL Apheresis on Vascular Function

American Heart Association Founder's Affiliate Clinical Research Program (2013)
Role: PI (\$147,980; Unfunded)
Vasodilatory Mechanisms Underlying Endothelial Dysfunction in Human Obesity

Connecticut Department of Public Health Biomedical Research Award (2012)
Role: Co-Investigator (\$314,516; Unfunded)
Vasodilatory Mechanisms Underlying Endothelial Dysfunction in Human Obesity

Discovery Program of the Dairy Research Institute, National Dairy Council (2011 - 2013)
Role: Post-Doctoral Fellow/ Project Coordinator (\$169,732; **Funded**)

REFEREED SCIENTIFIC ABSTRACTS AND PRESENTATIONS

†Denotes work published/completed since hire date (8/2015); *Miami University graduate student contributor;

**Miami University undergraduate student contributor

1. †**Ballard, K.D.**, Volk, G.* , Hopun, A.* , Henderson, O.** , Timmerman, K.L. *Three Months of Aerobic Exercise Training Improves Vascular Endothelial Function in Overweight/Obese Older Adults*. **Abstract accepted for poster presentation**. ACSM Annual Meeting. 5/2020 (conference canceled due to COVID-19).
2. †Hopun, A.I.* , Canter, D.J.** , Ziaziaris, M.S.** , **Ballard, K.D.**, Timmerman, K.L. *Sleep Quality is Associated with Habitual Physical Activity in Overweight, Older Adults*. **Abstract accepted for poster presentation**. ACSM Annual Meeting. 5/2020 (canceled due to COVID-19).
3. †Mandrell, A.D.** , Conroy, C.R.** , Hopun, A.I.* , **Ballard, K.D.**, Timmerman, K.L. *Relationship Between Insulin Resistance, Body Composition, and Physical Activity in Older Adults*. **Abstract accepted for poster presentation**. ACSM Annual Meeting. 5/2020 (canceled due to COVID-19).
4. †Chalke, A.M.* , Conroy, C.R.** , Mandrell, A.D.** , Hopun, A.I.* , **Ballard, K.D.**, Timmerman, K.L. *Investigation of the Relationship between Physical Activity, Inflammatory Proteins, and Adiponectin in Older Adults*. **Abstract accepted for poster presentation**. ACSM Annual Meeting. 5/2020 (canceled due to COVID-19).
5. †**Ballard, K.D.**, Smith, V.** , Volk, G.* , Hopun, A.* , Henderson, O.** , Timmerman, K.L. *Associations Among Indices of Insulin Resistance and Vascular Function in Older, Overweight/Obese Adults*. **Oral presentation**. Midwest ACSM Annual Meeting. 11/2019, Chicago, IL.
6. †Timsina, R.* , Volk, G.* , Hopun, A.* , Henderson, O.** , Timmerman, K.L., **Ballard K.D.** *Three Months of Aerobic Exercise Training Improves Vascular Endothelial Function in Overweight/Obese Older Adults*. **Poster presentation**. Midwest ACSM Annual Meeting. 11/2019, Chicago, IL.
7. †Henderson, O.** , Volk, G.* , Berry, C.W.* , Varty, C.J.* , Timmerman, K.L., **Ballard, K.D.** *Influence of Age on Insulin Resistance and Vascular Endothelial Function in Overweight/Obese Adults*. **Poster presentation**. Midwest ACSM Annual Meeting. 11/2019, Chicago, IL.
8. †Wiseman, V.** , Henderson, O.** , Thomas, C.* , Berry, C.W.* , Varty, C.J.* , Timmerman, K.L., **Ballard, K.D.** *Plasma Endothelin-1 Levels are not Elevated in Overweight/Obese Young Adults*. **Poster presentation**. Midwest ACSM Annual Meeting. 11/2019, Chicago, IL.
9. †Hopun, A.* , Canter, D.** , Ziaziaris, M.** , **Ballard, K.D.**, Timmerman, K.L. *Sleep Quality is Associated with Habitual Physical Activity and HbA1c in Overweight, Older Adults*. **Poster presentation**. Midwest ACSM Annual Meeting. 11/2019, Chicago, IL.
10. †Ziaziaris, M.** , Henderson, O.** , Hopun, A.* , Conroy, C.** , **Ballard, K.D.**, Timmerman, K.L. *Exercise and Weight Loss Improved Glucose Control in a 68-Year-Old Man with Type II Diabetes*. **Poster presentation**. Midwest ACSM Annual Meeting. 11/2019, Chicago, IL.
11. †Conroy, C.** , Mandrell, A.** , Hopun, A.* , **Ballard, K.D.**, Timmerman, K.L. *Association between Physical Activity, Inflammatory Proteins, and Adiponectin in Older Adults*. **Oral presentation**. Midwest ACSM Annual Meeting. 11/2019, Chicago, IL.
12. †Mandrell, A.** , Conroy, C.** , Hopun, A.* , **Ballard, K.D.**, Timmerman, K.L. *Relationship Between Insulin Resistance, Body Composition, and Physical Activity in Older Adults*. **Oral presentation**. Midwest ACSM Annual Meeting. 11/2019, Chicago, IL.
13. †Timsina, R.* , Volk, G.* , Hopun, A.* , Henderson, O.** , Timmerman, K.L., **Ballard K.D.** *Three Months of Aerobic Exercise Training Improves Vascular Endothelial Function in Overweight/Obese Older Adults*. **Poster presentation**. Miami University Graduate Research Forum. 11/2019, Oxford, OH.
14. †Doyle, M.** , Smith, V.** , Volk, G.* , **Ballard, K.D.**, and Timmerman, K.L. *Associations Among Indices of Insulin Sensitivity and Vascular Function in Older, Overweight Adults*. **Poster presentation**. ACSM Annual Meeting. 5/2019, Orlando, FL.
15. †Wiseman, V.** , Henderson, O.** , Varty, C.J.* , Berry, C.W.* , **Ballard, K.D.** *Effects of Body Mass Index and Acute Exercise on Plasma Endothelin-1 Levels in Young Adults*. **Poster presentation**. Miami University Undergraduate Research Forum. 4/2019, Oxford, OH.

16. †Doyle, M.D.**, Smith, V.M.**, Volk, G.A.*, **Ballard, K.D.**, Timmerman, K.L. *Associations Among Indices of Insulin Sensitivity and Vascular Function in Older, Overweight Adults. Poster presentation.* Midwest ACSM Annual Meeting. 11/2018, Grand Rapids, MI.
17. †Volk, G.A.*, Varty, C.J.*, Berry, C.W.*, Arslain, K.B.**, **Ballard, K.D.** *Impact of Acute Exercise on Postprandial Vascular Function in Overweight/Obese Adults. Poster presentation.* Midwest ACSM Annual Meeting. 11/2018, Grand Rapids, MI.
18. †Varty, C.J.*, Berry, C.W.*, Arslain, K.B.**, **Ballard, K.D.** *Impact of Acute Aerobic and Resistance Exercise on Postprandial Flow-Mediated Dilation in Overweight and Obese Adults. Poster presentation.* ACSM Annual Meeting. 5/2018, Minneapolis, MN.
19. †Berry, C.W.*, Varty, C.J.*, Arslain, K.B.**, **Ballard, K.D.** *Effects of Different Exercise Modalities on Postprandial Hyperglycemia in Overweight and Obese Adults. Poster presentation.* ACSM Annual Meeting. 5/2018, Minneapolis, MN.
20. †Thomas, C.A.*, Warren, V.E.*, Frindt, K.M.**, Herman, K.R.**, Shine, J.L.*, **Ballard, K.D.**, Timmerman, K.L. *Associations Among Age, Physical Activity, and Serum Resistin and Adiponectin Levels. Poster presentation.* ACSM Annual Meeting. 5/2018, Minneapolis, MN.
21. †Zaleski, A.L., Pescatello, L.S., Panza, G.A., **Ballard, K.D.**, Adams, W., Hosokawa, Y., Thompson, P.D., Taylor, B.A. *Use of Compression Socks During a Marathon Does Not Mitigate Exercise-Associated Muscle Damage. Poster presentation.* ACSM Annual Meeting. 5/2018, Minneapolis, MN.
22. †Taylor, B.A., **Ballard, K.D.**, Panza, G.A., White, C.M., Thompson, P.D. *Low Baseline Vitamin D, but not Creatine Supplementation, Alters the Creatine Kinase Response to Eccentric Exercise in Healthy Adults on Atorvastatin. Poster presentation.* National Lipid Association Scientific Sessions. 4/2018, Las Vegas, NV.
23. †Timmerman, K.L., **Ballard, K.D.**, Volk, G.A.*, Deal, M.A.**, Meisler, A.J.**, Karrow, J.M.**, Good, A.P.** *Altering Physical Activity Influences Insulin Responses to Glucose Ingestion. Poster presentation.* Midwest ACSM Annual Meeting. 11/2017, Grand Rapids, MI.
24. †Berry, C.W.*, Varty, C.J.*, **Ballard, K.D.** *Effects of Different Exercise Modalities on Postprandial Hyperglycemia in Overweight and Obese Adults. Poster presentation.* Midwest Chapter of the ACSM Annual Meeting. November 2017, Grand Rapids, MI.
25. †Thomas, C.A.*, Herman, K.R.**, Frindt, K.M.**, Shine, J.L.*, Warren, V.E.*, **Ballard, K.D.**, Timmerman, K.L. *Associations Among Age, Physical Activity, and Serum Resistin and Adiponectin Levels. Oral presentation.* Midwest Chapter of the ACSM Annual Meeting. November 2017, Grand Rapids, MI.
26. †Arslain, K.B.**, Gatts, C.M.**, Duguid, R.M.*, Berry, C.W.*, **Ballard, K.D.** *Effects of Acute Aerobic Exercise on Plasma Endothelin-1 Levels in Healthy Men. Poster presentation.* Midwest Chapter of the ACSM Annual Meeting. November 2017, Grand Rapids, MI.
27. †Zaleski, A.L., Pescatello, L.S., Panza, G.A., **Ballard, K.D.**, Adams, W., Hosokawa, Y., Thompson, P.D., and Taylor, B.A. *Use of Compression Socks During a Marathon Does Not Mitigate Exercise-Associated Muscle Damage. Poster presentation.* New England Chapter of the ACSM Annual Meeting. October 2017, Providence, RI.
28. †Duguid, R.M.*, Berry, C.W.**, **Ballard, K.D.** *Effects of Prior Aerobic Exercise on Vascular Endothelial Responses to Prolonged Sitting in Healthy Men. Thematic poster presentation.* ACSM Annual Meeting. June 2017, Denver, CO.
29. †Berry, C.W.**, Duguid, R.M.*, **Ballard, K.D.** *Effects of Aerobic Exercise and Prolonged Sitting on Postprandial Glucose and Triglyceride Responses. Poster presentation.* ACSM Annual Meeting. June 2017, Denver, CO.
30. †Volk, G.A.**, Deal, M.A.**, **Ballard, K.D.**, Timmerman, K.L. *Effects of Varying Physical Activity Level on Glucose Tolerance Testing. Poster presentation.* ACSM Annual Meeting. June 2017, Denver, CO.
31. †Zhong, F.*, Xu, M.*, Bruno, R.S., **Ballard, K.D.**, Zhu, J. *Targeted HPLC-MS/MS Metabolomics Differentiates Metabolic Syndrome from Obesity. Poster presentation.* Joint Meeting of the Inaugural Conference on Food and Nutritional Metabolomics & the 14th Annual Ohio Mass Spectrometry Symposium. May 2017, Columbus, OH.

32. †Gatts, C.M.**, Arslain, K.B.**, Duguid, R.M.*, Berry, C.W.**, **Ballard, K.D.** *Effects of Prior Aerobic Exercise on Plasma Endothelin-1 Responses to Prolonged Sitting in Healthy Men.* **Poster presentation.** Miami University Undergraduate Research Forum. April 2017, Oxford, OH.
33. †McDonald, J.D., Chitchumroonchokchai, C., Jinhui, L., Volek, J.S., **Ballard, K.D.**, and Bruno, R.S. *Substitution of Carbohydrate with Whole Eggs or Egg Whites Attenuates Postprandial Hyperglycemia-Mediated Impairments in Vascular Endothelial Function in Prediabetic Men by Limiting Lipid Peroxidation and Dysregulated Arginine Metabolism.* **Oral presentation.** Experimental Biology Annual Meeting. April 2017, Chicago, IL.
34. †McDonald, J.D., Chitchumroonchokchai, C., Dey, P., Volek, J.S., **Ballard, K.D.**, and Bruno, R.S. *Whey and Casein in Non-Fat Dairy Milk Protect Against Postprandial Hyperglycemia-Mediated Dysregulated Arginine Metabolism in Prediabetic Adults.* **Poster presentation.** Experimental Biology Annual Meeting. April 2017, Chicago, IL.
35. †McDonald, J.D., Chitchumroonchokchai, C., Jisnhui, L., Volek, J.S., **Ballard, K.D.**, and Bruno, R.S. *Substitution of Carbohydrate with Whole Eggs or Egg Whites Attenuates Postprandial Hyperglycemia-Mediated Impairments in Vascular Endothelial Function in Prediabetic Men by Limiting Lipid Peroxidation and Dysregulated Arginine Metabolism.* **Poster presentation.** Annual Russell Klein Nutrition Research Symposium. April 2017, Columbus, OH.
36. †Duguid, R.M.*, Berry, C.W.**, **Ballard, K.D.** *Effects of Prior Aerobic Exercise on Vascular Endothelial Responses to Prolonged Sitting in Healthy Men.* **Oral presentation.** Midwest Chapter of the ACSM Annual Meeting. November 2016, Fort Wayne, IN.
37. †Berry, C.W.**, Duguid, R.M.*, **Ballard, K.D.** *Effects of Aerobic Exercise and Prolonged Sitting on Postprandial Glucose and Triglyceride Responses.* **Poster presentation.** Midwest Chapter of the ACSM Annual Meeting. November 2016, Fort Wayne, IN.
38. †Volk, G.A.**, Deal, M.A.**, **Ballard, K.D.**, Timmerman, K.L. *Effects of Varying Physical Activity Level on Glucose Tolerance Testing.* **Poster presentation.** Midwest Chapter of the ACSM Annual Meeting. November 2016, Fort Wayne, IN.
39. †Zaleski, A.L., **Ballard, K.D.**, Panza, G.A., Fernandez, A.B., Lamberti, L.M., Jung, J.Y., Thompson, P.D., Pescatello, L.S., Baggish, A.L., Troyanos, C., and Taylor, B.A. *Compression Socks Worn During Flight and Hemostatic Balance in Boston Marathon Runners on Oral Contraceptives.* **Poster presentation.** ACSM Annual Meeting. June 2016, Boston, MA.
40. †Lamberti, L.M., Zaleski, A.L., **Ballard, K.D.**, Panza, G.A., Fernandez, A.B., Jung, J.Y., Thompson, P.D., Pescatello, L.S., Baggish, A.L., Troyanos, C., and Taylor, B.A. *The Influence of ABO Blood Type on Hemostatic Activation Following a Marathon.* **Poster presentation.** ACSM Annual Meeting. June 2016, Boston, MA.
41. †Lamberti, L.M., Zaleski, A.L., **Ballard, K.D.**, Panza, G.A., Fernandez, A.B., Jung, J.Y., Thompson, P.D., Pescatello, L.S., Baggish, A.L., Troyanos, C., and Taylor, B.A. *The Influence of ABO Blood Type on Hemostatic Activation Following a Marathon.* **Poster presentation.** New England ACSM Annual Meeting. October 2015, Providence, RI.
42. †Zaleski, A.L., **Ballard, K.D.**, Panza, G.A., Fernandez, A.B., Lamberti, L.M., Jung, J.Y., Thompson, P.D., Pescatello, L.S., Baggish, A.L., Troyanos, C., and Taylor, B.A. *Compression Socks Worn During Flight and Hemostatic Balance in Boston Marathon Runners on Oral Contraceptives.* **Poster presentation.** New England ACSM Annual Meeting. October 2015, Providence, RI.
43. †Fernandez, A.B., **Ballard, K.D.**, Guo, M., Wong, T.Y., Klein, R., Thompson, P.D., Cotch, M.F., McClelland, R.L., Klein, B., Allison, M., and Burke, G. *Age-Related Macular Degeneration as a Predictor of Incidence and Progression of Subclinical Cardiovascular Disease and Cardiovascular Outcomes: The Multi-Ethnic Study of Atherosclerosis.* **Poster presentation.** American Heart Association Scientific Sessions. November 2015, Orlando, FL.
44. †Statz, C.M., Brown, J., Ras, A.M., **Ballard, K.D.**, Desai, D., Fusco, D., Hammond, J., Gluck, J.A., and Wencker, D. *Telomere Integrity as a Genetic Marker of Effective Treatment for Advanced Heart Failure.* Annual Scientific Meeting Heart Failure Society of America. **Poster presentation.** September 2015, National Harbor, MD.

45. **Ballard, K.D.**, Gregory, S.M., Taylor, B.A., and Thompson, P.D. *Effects of Short-Term Cessation of Statin Therapy on Aerobic Exercise Performance in Physically Active Older Adults*. **Oral presentation**. ACSM Annual Meeting. May 2015, San Diego, CA.
46. Zaleski, A.L., **Ballard, K.D.**, Panza, G.P., Kupchak, B.R., Dada, M.R., Thompson, P.D., and Taylor, B.A. *The Effect of Compression Socks on Deep Vein Thrombosis Risk in Marathon Runners*. **Poster presentation**. ACSM Annual Meeting. May 2015, San Diego, CA.
47. Ash, G.I., Taylor, B.A., Farinatti, P., Kraemer, W.J., Chen, M., Capizzi, J.A., Deshpande, V., Jung, J.Y., Lamberti, L., Lau, S., MacDonald, H.V., Moker, E., Panza, G.A., Zaleski, A.L., **Ballard, K.D.**, Mujtaba, M., White, C.M., Thompson, P.D., and Pescatello, L.S. *Comparison of the Clinical Determinants of the Blood Pressure Response Following Two Different Exercise Modalities*. **Thematic poster presentation**. ACSM Annual Meeting. May 2015, San Diego, CA.
48. Statz, C.M., Brown, J., Ras, A.M., **Ballard, K.D.**, Desai, D., Fusco, D., Hammond, J., Gluck, J.A., and Wencker, D. *Telomere Integrity as a Genetic Marker of Effective Treatment for Advanced Heart Failure*. **Poster presentation**. Annual Meeting and Scientific Sessions of the International Society for Heart and Lung Transplantation. April 2015, Nice, France.
49. **Ballard, K.D.**, Taylor, B.A., Beam, J., Mah, E., Guo, Y., Bruno, R.S., Polk, D.M., and Thompson, P.D. *Single Low-Density Lipoprotein Cholesterol Apheresis Treatment Does Not Improve Vascular Endothelial Function in Hypercholesterolemic Patients*. **Poster presentation**. Experimental Biology Annual Meeting. March 2015, Boston, MA.
50. Zaleski, A.L., **Ballard, K.D.**, Panza, G.P., Kupchak, B.R., Dada, M.R., Thompson, P.D., Pescatello, L.S., and Taylor, B.A. *The Effect of Compression Socks on Deep Vein Thrombosis Risk in Marathon Runners*. **Poster presentation**. College of Agriculture, Health, and Natural Resources Graduate School Research Forum. February 2015, Storrs, CT.
51. Ash, G.I., Taylor, B.A., Farinatti, P., Kraemer, W.J., Chen, M., Capizzi, J.A., Deshpande, V., Jung, J.Y., Lamberti, L., Lau, S., MacDonald, H.V., Moker, E., Panza, G.A., Zaleski, A.L., **Ballard, K.D.**, Mujtaba, M., White, C.M., Thompson, P.D., and Pescatello, L.S. *Comparison of the Clinical Determinants of the Blood Pressure Response Following Two Different Exercise Modalities*. **Oral presentation**. New England ACSM Annual Meeting. November 2014, Providence, RI.
52. Ng, J., **Ballard, K.D.**, Stone, A., Taylor, B.A., Tishler, D., and Papanasavas, P. *Diabetes Resolution in Bariatric Patients Requiring Statin Therapy*. **Poster presentation**. American Society for Metabolic and Bariatric Surgery Annual Meeting. November 2014, Boston, MA (chosen as one of the top 15 posters in the Scientific Sessions).
53. Statz, C.M., Ras, A.M., **Ballard, K.D.**, Gluck, J.A., and Wencker, D. *A Paradoxical Rise in Serum Copeptin After Non-Pulsatile LVAD: A New SIADH?* **Poster presentation**. American Heart Association Scientific Sessions. November 2014, Chicago, IL.
54. **Ballard, K.D.**, Tschakovsky, M.E., Zaleski, A.L., Polk, D.M., Thompson, P.D., Kiernan, F.J., and Parker, B.A. *Heterogeneous Vasodilator Pathways Underlying Flow Mediated Dilatation are Preserved in Healthy Aging*. **Poster presentation**. Experimental Biology Annual Meeting. April 2013, Boston, MA.
55. **Ballard, K.D.**, Mah, E., Guo, Y., Pei, R., Volek, J.S., Bruno, R.S. *Low-Fat Milk Protects Against Postprandial Vascular Endothelial Dysfunction in Adults with Metabolic Syndrome*. **Oral presentation**. Experimental Biology Annual Meeting. April 2013, Boston, MA.
56. **Ballard, K.D.**, Mah, E., Guo, Y., Pei, R., Volek, J.S., and Bruno, R.S. *Low-Fat Milk Protects Against Postprandial Vascular Endothelial Dysfunction in Adults with Metabolic Syndrome*. **Poster presentation**. Experimental Biology Annual Meeting. April 2013, Boston, MA (winner of American Society for Nutrition Obesity Research Interest Section Student Poster Competition).
57. Mah, E., **Ballard, K.D.**, Guo, Y., Volek, J.S., and Bruno, R.S. *γ -Tocopherol Additionally Improves Vascular Endothelial Function Following Smoking Cessation By Decreasing Pro-Inflammatory Responses*. **Oral presentation**. Experimental Biology Annual Meeting. April 2013, Boston, MA.
58. Parker, B.A., Zaleski, A.L., Capizzi, J.A., Lorson, L., **Ballard, K.D.**, Troyanos, C.S., Baggish, A.L., D'Hemecourt, P.A., and Thompson, P.D. *Chronic Exercise Does Not Mitigate the Effects of Age and Cardiovascular Risk on Coronary Atherosclerosis*. **Oral presentation**. ACSM Annual Meeting. June 2013, Indianapolis, IN.

59. Lopez, R.M., Casa, D.J., Jensen, K., Bailey, B., **Ballard, K.D.**, DeMartini, J., Kupchak, B., Lee, E., Pagnotta, K., Roti, M., Stearns, R.L., Volk, B., Yamamoto, L., Armstrong, L.E., and Maresh, C.M. *Examining The Influence Of Ad Libitum Fluid Consumption Versus Individualized Rehydration On Physiological Function During A 20k Trail Race In The Heat.* **Poster presentation.** National Athletic Trainers' Association Annual Meeting. June 2013, Las Vegas, NV.
60. **Ballard, K.D.**, Kupchak, B.R., Volk, B.M., Mah, E., Shkreta, A., Liptak, C., Ptolemy, A.S., Kellogg, M.S., Bruno, R.S., Seip, R.L., Maresh, C.M., Kraemer, W.J., and Volek, J.S. *Acute Effects of Ingestion of a Novel Whey-Derived Extract on Vascular Endothelial Function in Middle-Aged Men and Women.* **Poster presentation.** Experimental Biology Annual Meeting. April 2012, San Diego, CA.
61. Aristizabal, J.C., Freidenreich, D., Volk, B.M., **Ballard, K.D.**, Kupchak, B.R., Kraemer, W.J., and Volek, J.S. *A Nine Month Strength Training Program Increases Resting Metabolic Rate.* **Poster presentation.** Experimental Biology Annual Meeting. April 2012, San Diego, CA.
62. Volk, B.M., Quann, E.E., **Ballard, K.D.**, Kupchak, B.R., Gomez, A.L., Kraemer, W.J., and Volek, J.S. *Whey Protein Supplementation Results in Greater Gains in Lean Body Mass Compared to Soy Protein during a Progressive 9-month Resistance Training Program.* **Poster presentation.** ACSM Annual Meeting. June 2012, San Francisco, CA.
63. Parker, B.A., Capizzi, J.A., Augeri, A.L., **Ballard, K.D.**, Kupchak, B.R., Kriz, P., Troyanos, C., d'Hemecourt, P., and Thompson, P.D. *Impact of Air Travel and Marathon Running on Markers of Thrombotic and Vascular Risk in Endurance Athletes.* **Poster presentation.** ACSM Annual Meeting. June 2012, San Francisco, CA.
64. Zaleski, A.L., Capizzi, J.A., **Ballard, K.D.**, Troyanos, C., d'Hemecourt, P., Thompson, P.D., and Parker, B.A. *Effect of Statins on Creatine Kinase Levels Before and After a Marathon Run.* **Poster presentation.** ACSM Annual Meeting. June 2012, San Francisco, CA.
65. Noh, S.K., Mah, E., **Ballard, K.D.**, Volek, J.S., and Bruno, R.S. *γ -Tocopherol Attenuates Hyperglycemia-Induced Vascular Endothelial Dysfunction in Men by Decreasing Asymmetric Dimethylarginine Accumulation.* **Oral presentation.** Experimental Biology Annual Meeting. April 2011, Washington, D.C.
66. Mah, E., Noh, S.K., Guo, Y., **Ballard, K.D.**, Matos, M.E., Volek, J.S., and Bruno, R.S. *Postprandial Hyperglycemia Induces Vascular Endothelial Dysfunction by Increasing Lipid Peroxidation and Asymmetric Dimethylarginine in Healthy Men.* **Oral presentation.** Experimental Biology Annual Meeting. April 2011, Washington, D.C.
67. **Ballard, K.D.**, Kupchak, B.R., Volk, B.M., Friedenreich, D.J., Aristizabal, J.C., Mah, E., Guo, Y., Masterjohn, C., Bruno, R.S., Kraemer, W.J. and Volek, J.S. *A 9-month Progressive Resistance Training Program Attenuates Acute Exercise-Induced Lipid Peroxidation in Healthy Men and Women.* **Thematic poster presentation.** ACSM Annual Meeting. June 2011, Denver, CO.
68. Mah, E., **Ballard, K.D.**, Kawiecki, D.M., Volek, J.S., and Bruno, R.S. *γ -Tocopherol Supplementation Improves Postprandial Vascular Endothelial Function in Lean and Obese Men By Decreasing Oxidative and Nitrate Stress.* **Oral presentation.** Experimental Biology Annual Meeting. April 2010, Anaheim, CA.
69. Quann, E.E., **Ballard, K.D.**, Kupchak, B.R., Fernandez, M., Seip, R.L., Kraemer, W.J., Maresh, C.M., and Volek, J.S. *A Very Low Carbohydrate Diet and Increased Physical Activity Improve LDL Particle Size in Individuals Taking Statins.* **Poster presentation.** Experimental Biology Annual Meeting. April 2010, Anaheim, CA.
70. **Ballard, K.D.**, Quann, E.E., Kupchak, B.R., Volk, B.M., Fernandez, M., Seip, R.L., Kraemer, W.J., Maresh, C.M., and Volek, J.S. *Vascular Effects of a Carbohydrate Restricted Diet and Increased Physical Activity in Men and Women Taking Statins.* **Poster presentation.** ACSM Annual Meeting. June 2010, Baltimore, MD.
71. Quann, E.E., **Ballard, K.D.**, Volk, B.M., Kawiecki, D., Friedenreich, D.J., Kraemer, W.J., Maresh, C.M., Seip, R.L., Fernandez, M., and Volek, J.S. *Cardiometabolic Effects of a Carbohydrate Restricted Diet and Increased Physical Activity in Individuals Taking Statins.* **Poster presentation.** ACSM Annual Meeting. June 2010, Baltimore, MD.
72. Kupchak, B.R., Quann, E.E., **Ballard, K.D.**, Fernandez, M., Seip, R.L., Kraemer, W.J., Maresh, C.M., and Volek, J.S. *The Effects of a Very Low Carbohydrate Diet and Statins on Coagulation and Fibrinolytic Parameters.* **Poster presentation.** ACSM Annual Meeting. June 2010, Baltimore, MD.

73. Thomas, D.D., **Ballard, K.D.**, Quann, E.E., Puglisi, M.J., Forsythe, C.E., Volk, B.M., Fernandez, M., Kraemer, W.J., Volek, J.S., and Scheett, T.P. *Carbohydrate-Restricted Diet With and Without Resistance Training: Effect on Immune Function and Indices of Health*. **Poster presentation**. ACSM Annual Meeting. June 2010, Baltimore, MD.
74. Mah, E., Diaz, M.M., Kawiecki, D., **Ballard, K.D.**, Volek, J.S., and Bruno, R.S. *γ -tocopherol Supplementation Improves Postprandial Vascular Endothelial Function in Lean and Obese Men*. **Oral presentation**. Experimental Biology Annual Meeting. April 2009, New Orleans, LA.
75. **Ballard, K.D.**, Bruno, R.S., Seip, R.L., Quann, E.E., Volk, B.M., Freidenreich, D.J., Kawiecki, D.M., Kraemer, W.J., and Volek, J.S. *Effects of a Novel Whey-Derived Peptide on Vascular Responses in Healthy Individuals*. **Poster presentation**. ACSM Annual Meeting. May 2009, Seattle, WA.
76. Maresh, C.M., Sanders, K.E., **Ballard, K.D.**, Anderson, J.M., VanHeest, J.L., Volek, J.S., and W.J. Kraemer. *Habitual Physical Activity Affects Brachial Artery Reactivity in Women Who Are Postmenopausal and Overweight*. **Poster presentation**. ACSM Annual Meeting. May 2009, Seattle, WA.
77. Kawiecki, D.M., Freidenreich, D.J., Quann, E.E., Labonte, C.C., Puglisi, M.J., **Ballard, K.D.**, Volk, B.M., Forsythe, C.E., Fernandez, M., Kraemer, W.J., and Volek, J.S. *Serum Fibroblast Growth Factor-21 Is Responsive to a Hypocaloric Very Low Carbohydrate Ketogenic Diet but Not a Low Fat Diet*. **Poster presentation**. Experimental Biology Annual Meeting. April 2008, San Diego, CA.
78. **Ballard, K.D.**, Quann, E.E., Puglisi, M.J., Forsythe, C.E., Volk, B.M., Labonte, C.C., Fernandez, M., Kraemer, W.J., Scheett, T.P., and Volek, J.S. *Effects of Diets Restricted in Fat and Carbohydrate With and Without Resistance Training on Body Composition and Cardiovascular Risk*. **Poster presentation**. Experimental Biology Annual Meeting. April 2008, San Diego, CA.
79. Quann, E.E., Forsythe, C.E., Puglisi, M.J., **Ballard, K.D.**, Volk, B.M., Labonte, C.C., Fernandez, M., Kraemer, W.J., and Volek, J.S. *Dietary Carbohydrate Restriction Has a Greater Impact on Blood Lipids Compared to Resistance Exercise Training in Overweight Men*. **Poster presentation**. ACSM Annual Meeting. May 2008, Indianapolis, IN.
80. Yamamoto, L.M, Casa, D.J., FACSM, Stearns, R.L., Yeargin, S.W., McDermott, B.P., Lopez, R.M., Ganio, M.S., **Ballard, K.D.**, Mazerolle, S.M., Quann, E.E., Volk, B.M., Armstrong, L.E., and Maresh, C.M. *Validation of a modified Environmental Symptoms Questionnaire for exercise in the heat*. **Poster presentation**. ACSM Annual Meeting. May 2008, Indianapolis, IN.
81. Labonte, C.C., Puglisi, M.J., Forsythe, C.E., Quann, E.E., **Ballard, K.D.**, Volk, B.M., Fernandez, M., and Volek, J.S. *Comparison of Carbohydrate Restricted and Low Fat Diets With and Without Resistance Exercise on Markers of Endothelial Dysfunction and Atherosclerosis*. **Poster presentation**. ACSM Annual Meeting. May 2008, Indianapolis, IN.
82. **Ballard, K.D.**, Fernandez, M., Forsythe, C.E., Quann, E.E., Wood, R.J., Puglisi, M.J., Labonte, C.C., Volk, B.M., Kraemer, W.J., and Volek, J.S. *A Very Low Carbohydrate Diet Decreases Constitutive Inflammation, Vascular Chemokines and Adhesion Molecules*. **Poster presentation**. Experimental Biology Annual Meeting. April 2007, Washington, D.C.
83. **Ballard, K.D.**, Miller, J.J., Gallagher, K.I., Topp, R.V, and Olive, J.L. *Effects of Training on Postprandial Flow Mediated Dilatation*. **Poster presentation**. ACSM Annual Meeting. May 2007, New Orleans, LA.
84. Quann, E.E., Scheett, T.P., **Ballard, K.D.**, Puglisi, M.J., Forsythe, C.E., Volk, B.M., Kraemer, W.J., Fernandez, M, and Volek, J.S. *Carbohydrate Restriction and Resistance Training Have Additive Effects on Body Composition During Weight Loss in Men*. **Poster presentation**. American Dietetic Association Annual Meeting. October 2007, Philadelphia, PA.
85. McFall, A., **Ballard, K.D.**, Robinson, J., Hollis, B., and Olive, J.L. *The Effects of Yoga on Vascular Function in Individuals at Risk for Cardiovascular Disease*. **Poster presentation**. Research Louisville. October 2006, Louisville, KY.
86. Olive, J.L., **Ballard, K.D.**, Miller, J.J., and Robinson, J. *Effects of Training on Postprandial Flow Mediated Dilatation*. **Poster presentation**. Integrative Physiology of Exercise Conference. September 2006, Indianapolis, IN.
87. **Ballard, K.D.**, Olive, J.L. *Metabolic Rate in Individuals with a Predisposition for Type 2 Diabetes*. **Oral presentation**. University of Louisville College of Education and Human Development Spring Research Conference. April 2006, Louisville, KY.

88. **Ballard, K.D.**, Olive, J.L. *Metabolic Rate in Individuals with a Predisposition for Type 2 Diabetes*. **Oral presentation**. ACSM Annual Meeting. May 2006, Denver, CO.
89. Olive, J.L., **Ballard, K.D.**, and Robinson, J. *Vascular Function in Individuals with a Predisposition for Type 2 Diabetes*. **Oral presentation**. ACSM Annual Meeting. May 2006, Denver, CO.
90. Milliner, B., **Ballard, K.D.**, Robinson, J., and Olive, J.L. *Metabolic Rate in Individuals with a Predisposition for Type 2 Diabetes*. **Poster presentation**. Research Louisville. November 2005, Louisville, KY.
91. Moreillon, J., Burgard, M.A., **Ballard, K.D.**, Mercer, S.L., Felker, J.M., Hare, J.L., and Adams, K.J., FACSM. *Metabolic Costs of Two Types of Barbell Lunges*. **Poster presentation**. ACSM Annual Meeting. May 2005, Nashville, TN.

SERVICE

Service to the Profession

Editorship and Reviewing

- Ad hoc book chapter reviewer, ACSM Certification-Related Content Advisory Committee (2020)
- Ad hoc reviewer for doctoral student grants, ACSM Research Review Committee (2019)
- Abstract reviewer, ACSM Midwest Chapter Annual Meeting (2016, 2017, 2018)
- Invited peer reviewer (2015-present): *Applied Physiology, Nutrition, and Metabolism*; *British Journal of Nutrition*; *European Journal of Applied Physiology*; *European Journal of Sport Science*; *Experimental Biology and Medicine*; *Journal of Athletic Training*; *Journal of Applied Physiology*; *Journal of Nutrition*; *Journal of Pediatrics*; *Journal of Strength and Conditioning Research*; *Medicine & Science in Sports & Exercise*; *Metabolism Clinical and Experimental*

Professional Organizations

- Awards Committee Chair, ACSM Midwest Chapter (2020 - present)
- Elected to Board of Directors of ACSM Midwest Chapter for 3-year term (2018 - present)
- Awarded ACSM Fellow status (Research Pathway) (2018)
- Judge for student poster presentations, ACSM Midwest Chapter Annual Meeting (2018, 2019)
- NSCA Certified Strength and Conditioning Specialist (2017 - present; 53% exam pass rate in 2017)
- Co-chair ACSM Interest Group, Physiological Mechanisms Underlying Health & Performance (2016 - 2019)
- Symposium moderator, ACSM Midwest Chapter Annual Meeting (2015, 2017, 2018)

Service to the Department, Division, and University

Departmental Service

- KNH Senate Representative (Fall 2020 - present)
- Member, KNH Partitioning Committee (Fall 2019)
- Kinesiology Program Area Leader (2018 - present)
- Member, KNH Graduate Committee (2018 - present)
- Member, KNH Personnel Committee (2017 - present)
- Member, KNH Governance Committee (2016 - present)
- Chair, Tenure-track faculty search committee in Kinesiology/Nutrition (Fall 2018)
- Chair, Visiting faculty search committee in Kinesiology (Summer 2018)
- Member, Visiting faculty search committee in Kinesiology (Summer 2017)
- Member, Tenure-track faculty search committee in Nutrition (Fall 2016)
- Member, Clinical faculty search committee in Kinesiology (Summer 2016)

Divisional Service

- Member, EHS Interdisciplinary Doctoral Program Coordinating Committee (Fall 2020 - present)
- Member, EHS Dean search committee (Spring 2020 - present)
- Member, EHS Associate Dean search committee (2019-2020)
- Member, EHS Faculty Advisory Council (2019 - present)
- Chair, EHS Committee for Advancement of Faculty Research (2018 - 2020)

University Service

- Member, Center for the Study of Integrative Metabolism (2020 - present)
- Panelist, New Faculty Orientation Grant and Research Panel (8/2019)
- Member, Pre-Health Advisory Committee, Mallory-Wilson Center for Healthcare Education (2018 - present)
- Member, Graduate Students' Achievement Fund Committee (2017 - present)
- Served as reader (12/2016), diploma distributor (5/2017), and graduate student marshal (5/2018) for EHS commencement ceremony

Service to Students

- Judge for Graduate School Three Minute Thesis competition (2/2020)
- Faculty adviser to Miami Fit club (2017 - 2019)
- Organized external guest speakers for KNH students (J. Volek (4/2016); D. Kingsley (3/2017); R. Bruno (4/2017))
- Presented at KNH Pre-Physical Therapy/Occupational Therapy Student Research Forum (4/2016, 11/2016)
- Letters of recommendation written for students (~15-20 per year)

Student Recruitment and Retention

- Served as KNH faculty advisor for EHS Summer Orientation (2016 - 2019)
- Participated in Make it Miami recruitment events (Spring 2016, 2018, 2019, 2020)
- Participated in events for the university's Bridges Program recruitment events (Fall 2015, 2016)
- Participated in EHS Open House recruitment events (Fall 2015, 2019)

Community Outreach

- Interviewed by *Oxford Week in Review* for story about fitness apps (Spring 2016)
- Interviewed for EHS Podcast. *Exercise Science. Move More. Live Longer* (Fall 2018)

Professional Development

- Completed Miami University *Safe Zone 101 Workshop* to be an active ally of the LGBTQ+ community (1/2016)
- Completed Miami University *Mental Health Ally Program* to engage students experiencing emotional or mental health concerns and refer to mental health and other support services (3/2018)
- Completed Miami University *Green Zone Training* to assist student veterans (1/2020)