

Curriculum Vitae

Andres E. Carrillo, PhD

CURRENTLY HELD POSITIONS

Assistant Professor, Department of Exercise Science, Chatham University, Pittsburgh, PA, USA.
2012 – Current.

Adjunct Researcher, FAME Laboratory, School of Exercise Science, University of Thessaly, Trikala, Greece.
2015 – Current.

EDUCATION/TRAINING

Post-Doctoral Fellowship, Center for Research and Technology Thessaly, Trikala, Greece.
Supervisor: Dr. Andreas D. Flouris. Research theme: Environmental physiology. *2010 – 2012.*

Doctor of Philosophy in Health and Kinesiology, Purdue University, West Lafayette, IN, USA.
Specialization: Exercise immunology and nutrition. Minor: Gerontology. Supervising Committee: Dr. Gerald C. Hyner (gerontology), Dr. Michael G. Flynn (exercise immunology), Dr. Dorothy Teegarden (nutrition), and Dr. Darlene A. Sedlock (exercise physiology). *2006 – 2010.*

Master of Science in Health and Human Performance, Dalhousie University, Halifax, NS, Canada.
Specialization: Environmental physiology. Supervising Committee: Dr. Stephen S. Cheung (environmental physiology), Dr. Phil Campagna (exercise physiology), and Dr. Rene J. Murphy (exercise physiology). *2004 – 2006.*

Bachelor of Kinesiology (Honours), Brock University, St. Catharines, ON, Canada.
Major: Kinesiology. Honours Thesis Supervisor: Dr. Panagiota Klentrou (exercise physiology). *2000 – 2004.*

THESES/DISSERTATIONS

PhD. Dissertation. Does vitamin D supplementation augment exercise-induced changes in health and physical performance? Purdue University, West Lafayette, IN, USA. *2010.*

MSc. Thesis. Influence of acute and short-term vitamin C supplementation on salivary immune factors following exercise-heat stress. Dalhousie University, Halifax, NS, Canada. *2006.*

Honours BSc. Thesis. Investigating various effects of active and passive smoking on health effects, exercise effects, immunology, and resting energy expenditure. Brock University, St. Catharines, ON, Canada. *2004.*

INVITED BOOK CHAPTERS

1. Carrillo A.E. and Ryan E.J. (2013). Vitamin D beyond Skeletal Health: Implications for Muscle Function and Physical Performance. In: Cobus Meer and Hendrik Smits (Eds.), *Vitamin D: Daily Requirements, Dietary Sources and Symptoms of Deficiency*. Nova Science Publishers, Inc., Hauppauge, NY 11788 USA.
2. Flouris A.D., Carrillo A.E., and Metsios G.S. (2011). Mitigation Strategies of Obesity-Induced Inflammation and Metabolic Syndrome. In: Atta-Ur-Rahman, FRS and M. Iqbal Choudhary (Eds.), *Anti-Obesity Drug Discovery and Development*. Bentham Science Publishers Ltd., Bussum, The Netherlands.

REFEREED JOURNAL PUBLICATIONS

Invited Reviews

1. Dinas P.C., Markati A.S., and Carrillo A.E. (2014). Exercise-induced biological and psychological changes in overweight and obese individuals: A review of recent evidence. *ISRN Physiology*; Article ID 964627. **IF: N/A.**
2. Carrillo A.E., Koutedakis Y., and Flouris A.D. (2013). Exercise and exposure to heat following bovine colostrum supplementation: a review of gastrointestinal and immune function. *Cell Mol Biol (Noisy-le-grand)*; Nov; 59(1): 84-8. **IF: 1.46.**
3. Carrillo A.E. and Flouris A.D. (2011). Caloric restriction and longevity: effects of reduced body temperature. *Ageing Research Reviews*; Jan; 10(1): 153-62. **IF: 7.628.**
4. Carrillo A.E., Metsios G.S., and Flouris A.D. (2009). Effects of secondhand smoke on thyroid function. *Inflammation and Allergy Drug Targets*; Dec; 8(5): 359-63. **IF: N/A.**

Other Peer-Reviewed Publications

5. Carrillo A.E., Flouris A.D., Herry C., Poirier M.P., Boulay P., Dervis S.M., Friesen B.J., Malcolm J., Sigal R.J., Seely A.J., Kenny G.P. (In Press). Heart rate variability during high heat stress: a comparison between young and older adults with and without type 2 diabetes. *Am J Physiol Regul Integr Comp Physiol*. **IF: 3.51.**
6. Thomas R.M., Algrain H.A., Ryan E.J., Popojas A., Carrigan P., Abdulrahman A., Carrillo A.E. (In Press). Influence of a CYP1A2 polymorphism on post-exercise heart rate variability in response to caffeine intake: a double-blind, placebo-controlled trial. *Ir J Med Sci*. **IF: 1.158.**
7. Sakellariou P., Valente A., Carrillo A.E., Metsios G.S., Nadolnik L., Jamurtas A.Z., Koutedakis Y., Boguszewski C., Andrade C.M.B., Svensson P.A., Kawashita N.H., Flouris A.D. (In Press). Chronic L-menthol-induced browning of white adipose tissue hypothesis: a putative therapeutic regime for combating obesity and improving metabolic health. *Med Hypotheses*. **IF: 1.074.**
8. Algrain H.A., Thomas R.M., Carrillo A.E., Ryan E.J., Kim C.H., Lettan II R.B., Ryan E.J. (2016). The Effects of a Polymorphism in the Cytochrome P450 CYP1A2 Gene on Performance Enhancement with Caffeine in Recreational Cyclists. *J Caffeine Res*; Mar; 6(1):34-39. **IF: N/A**
9. Valente A., Carrillo A.E., Tzatzarakis M.N., Vakonaki E., Tsatsakis A.M., Kenny G.P., Koutedakis Y., Jamurtas A.Z., Flouris A.D. (2015). The absorption and metabolism of a single l-menthol oral versus skin administration: effects on thermogenesis and metabolic rate. *Food Chem Toxicol*; Dec; 86:262-73. **IF: 2.895.**
10. Markofski M.M., Flynn M.G., Carrillo A.E., Armstrong C.L.H., Campbell W.W., and Sedlock D.A. (2014). Exercise training-induced decrease in circulating inflammatory CD14+CD16+ monocyte percentage with and without weight loss in overweight and obese adults. *Eur J Appl Physiol*; Aug; 114(8):1737-48. **IF: 2.298.**
11. Markofski M.M., Carrillo A.E., Timmerman K.L., Jennings K., Coen P.M., and Flynn M.G. (2014). Exercise training modifies ghrelin, leptin, and adiponectin concentrations and is related to monocyte phenotype. *J Gerontol A Biol Sci Med Sci*; Jun; 69(6):675-81. **IF: 4.984.**

12. Carrillo A.E., Cheung S.S., and Flouris A.D. (2013). Autonomic nervous system modulation during accidental syncope induced by heat and orthostatic stress. *Aviation, Space, and Environmental Medicine*; Jul; 84(7):722-5. **IF: 0.782.**
13. Carrillo A.E., Flynn M.G., Pinkston C., Markofski M.M., Jiang Y., Donkin S., and Teegarden D. (2013). Impact of vitamin D supplementation during a resistance training intervention on body composition, muscle function, and glucose tolerance in overweight and obese adults. *Clinical Nutrition*; Jun; 32(3):375-81. **IF: 3.940.**
14. Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., Stivaktakis P.D., Tzatzarakis M.N., Tsatsakis A.M., and Koutedakis Y. (2012). Respiratory and Immune Response to Maximal Physical Exertion following Exposure to Secondhand Smoke in Healthy Adults. *PLoS One*; 7(2): e31880. **IF: 3.53.**
15. Carrillo A.E., Flynn M.G., Pinkston C., Markofski M.M., Jiang Y., Donkin S., and Teegarden D. (2012). Vitamin D supplementation during exercise training does not alter inflammatory biomarkers in overweight and obese subjects. *Eur J Appl Physiol*; Aug; 112(8):3045-52. **IF: 2.298.**
16. Carrillo A.E., Cheung S.S., and Flouris A.D. (2011). A novel model to predict cutaneous finger blood flow via finger and rectal temperatures. *Microcirculation*; Nov; 18(8): 670-676. **IF: 2.263.**
17. Flouris A.D. and Carrillo A.E. (2011). Evolutionary adaptation to hypoxic environments. *Journal of Applied Physiology*; Nov; 111(5): 1520-1521. **IF: 3.434.**
18. Carrillo A.E., Koutedakis Y. and Flouris A.D. (2011). Early life mammalian biology and later life physical performance: maximising physiological adaptation. *British Journal of Sports Medicine*; Sep; 45(12): 1000-1001. **IF: 4.171.**
19. Carrillo A.E. and Flouris A.D. (2011). Emerging trends in estimating energy expenditure. *Journal of Applied Physiology*; Aug; 111(2): 612. **IF: 3.434.**
20. Carrillo A.E., Christodoulou V.X., Koutedakis Y., and Flouris A.D. (2011). Autonomic nervous system modulation during an archery competition in novice and experienced adolescent archers. *Journal of Sports Sciences*; Jun; 29(9): 913-917. **IF: 2.095.**
21. Flouris A.D. and Carrillo A.E. (2011). Influence of early life factors on elite performance. *Journal of Applied Physiology*; Jan; 110(1): 284. **IF: 3.434.**
22. Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., Germenis A.E., Gourgoulianis K., Kiropoulos T., Tzatzarakis M.N., Tsatsakis A.M., and Koutedakis Y. (2009). Acute and short-term effects of secondhand smoke on lung function and cytokine production. *American Journal of Respiratory and Critical Care Medicine*; Jun; 179(11): 1029-33. **IF: 11.986.**
23. Talbert E.E., Flynn M.G., Bell J.W., Carrillo A.E., Dill M.D., Christensen C.N., and Thompson C.M. (2009). Comparison of body composition measurements using a new caliper, two established calipers, hydrostatic weighing, and bodpod. *International Journal of Exercise Science*; 2(1): Article 3. **IF: N/A.**
24. Carrillo A.E., Murphy R.J.L., and Cheung S.S. (2008). Vitamin C supplementation and salivary immune function following exercise-heat stress. *International Journal of Sports Physiology and Performance*; Dec; 3(4): 516-530. **IF: 2.683.**
25. Metsios G.S., Flouris A.D., Jamurtas A.Z., Carrillo A.E., Kouretas D., Germenis A.E., Gourgoulianis K., Kiropoulos T., Tzatzarakis M.N., Tsatsakis A.M., and Koutedakis Y. (2007). A brief exposure to moderate passive smoke increases metabolism and thyroid hormone secretion. *The Journal of Clinical Endocrinology and Metabolism*; Jan; 92(1): 208-211. **IF: 6.310.**
26. Flouris A.D., Cheung S.S., Fowles J., Krusselbrink L.D., Westwood D.A., Carrillo A.E., and Murphy R.J. (2006). Influence of body heat content on hand function during prolonged cold exposures. *Journal of Applied Physiology*; Sep; 101(3): 802-808. **IF: 3.434.**

Articles Submitted to Peer-Reviewed Journals

1. Lamb A.L., King D., Edenborn S., Ubinger E., Carrillo A.E., Appasamy P.M. (Submitted). Elevated salivary IgA, decreased anxiety, and an altered oral microbiome are associated with active participation on an undergraduate athletic team. *Physiology & Behavior*.
2. De Pauw K., Roelands B., Van Cutsem J., Decroix L., Valente A., Taehee K., Lettan II R.B., Carrillo A.E., Meeusen R. Do glucose and caffeine nasal sprays influence exercise and/or cognitive performance? (Submitted). *Applied Physiology Nutrition & Metabolism*.
3. Flouris A.D., Sakellariou P., Yepiskoposyan L., Nadolnik L., Karabon L., Kowalska A., Shaposhnikov A.V., Carrillo A.E., Metsios G.S., and Shidlovskii Y. (Submitted). Investigating the potential role of ucp1 gene variants in interethnic differences in the development of cardio-metabolic diseases. *Frontiers in Genetics, section Applied Genetic Epidemiology*.

Published Journal Abstracts

1. Carrillo A.E., Davies N.A., Mongelli C.L., Joseph M.R., and Ryan E.J. (2016). Anthropometric characteristics of healthy adults following an 8-week paleo dietary intervention. *Medicine and Science in Sports and Exercise*; 48(5 Suppl 1): 1036.
2. Ryan E.J., Ryan E.J., Carrillo A.E., Gunstad J., Glickman E.L. (2016). The Effects of Caffeine and Exhaustive Exercise on Manipulative Dexterity. *Medicine and Science in Sports and Exercise*; 48(5 Suppl 1): 66.
3. Davies N.A., Dinas P.C., Valente A., Koutedakis Y., Jamurtas A.Z., Flouris A.D., Ryan E.J., and Carrillo A.E. (2015). Analysis of sugar intake and resting energy expenditure in adult males during a 5-week period. *Medicine and Science in Sports and Exercise*; 47(5S): 684.
4. Carrillo A.E., Popojas A., Thomas R.M., Algrain H.A., Carrigan P., and Ryan E.J. (2015). Autonomic nervous system modulation during a moderate exercise session in overweight and normal weight individuals. *Medicine and Science in Sports and Exercise*; 47(5S): 266.
5. Carrillo A.E., Flynn M.G., Pinkston C., Markofski M.M., Jiang Y., Donkin S.S., and Teegarden D. (2010). Effects of vitamin D supplementation during exercise training on strength and body composition. *FASEB J*; 24:917.20.
6. Flynn M.G., Markofski M.M., Carrillo A.E., Armstrong C., Campbell W.W., and Sedlock D.A. (2010). Exercise training with and without body fat reduction: influence on biomarkers of inflammation. *Medicine and Science in Sports and Exercise*; 42(10): 65-66.
7. Flouris A.D., Metsios G., Carrillo A.E., Jamurtas A., Terzi I., Tzatzarakis M., Tsatsakis A., Koutedakis Y. (2010). Effects of passive smoking on active and resting humans 0, 1, and 3 h following exposure. *Toxicology Letters*; 196(Suppl. 1): S87-S88.
8. Coen P.M., Flynn M.G., Markofski M.M., Pence B.D., Carrillo A.E., Bell J., and Hannemann R. (2008). The effect of combined statin therapy and exercise training on mediators of inflammation. *The Physiologist*; 51(6): 70.
9. Carrillo A.E., Flynn M.G., Timmerman K.L., Coen P.M., Markofski M.M., and Pence B.D. (2008). Change in plasma ghrelin is associated with human monocyte phenotype following exercise training. *Medicine and Science in Sports and Exercise*; 40(5): S433.
10. Talbert E.E., Flynn M.G., Bell J.W., Carrillo A.E., Dill M.D., Christensen C.N., and Thompson C.T. (2008). Comparison of body composition measurements using a new skinfold caliper, traditional calipers, and other methods. *Medicine and Science in Sports and Exercise*; 40(5): S271.
11. Carrillo A.E., Murphy R.J.L., Totosy de Zepetnek J.O., and Cheung S.S. (2006). Influence of acute and short-term vitamin C supplementation on salivary immune factors following exercise-heat stress. *Applied Physiology, Nutrition, and Metabolism*; 31 (Suppl.): S9.
12. Moore M., Johnson S., Carrillo A.E., Falk B., and Klentrou N. (2006). Nutritional intakes in competitive athletes and non-athletes: children and adolescents. *Applied Physiology, Nutrition, and Metabolism*; 31 (Suppl.): S61.

13. Sidorkewicz N., Carrillo A.E., Metsios G.S, Flouris A.D., Jamurtas A.Z., and Koutedakis Y. (2006). Resting energy expenditure response following environmental tobacco smoke exposure. *Medicine and Science in Sports and Exercise*; 38(5): S457-458.
14. Carrillo A.E., Flouris A.D., Faught B.E., and Klentrou P. (2006). Clustering cardiovascular disease risk factors and dietary habits among clinically obese Canadian children. *Medicine and Science in Sports and Exercise*; 38(5): S466.
15. Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., Koutedakis Y., Tzatzarakis M.N., and Tsatsakis A.M. (2005). Effects of passive smoking on resting and exercising humans. *Canadian Journal of Applied Physiology*; 30 (Suppl.): S28.
16. Flouris A.D., Carrillo A.E., Metsios G.S., and Koutedakis Y. (2003). Probing the energy equilibrium approach for enhanced proxy design in bioenergetics. *Canadian Journal of Applied Physiology*. 28(5): S53.
17. Flouris A.D., Carrillo A.E., Metsios G.S., and Koutedakis Y. (2003). Enhanced proxy design for the assessment of bioenergetics. *Journal of Science and Medicine in Sport*; 6 (4 suppl.): 75.

Other Refereed Publications

Carrillo A.E. and Flynn M.G. "Natural Killer–Cell Activity and Exercise." Encyclopedia of Lifestyle Medicine and Health. Ed. James M. Rippe, MD. Thousand Oaks, CA: SAGE, 2012. 1840-45. SAGE Reference Online. Web. 1 Mar. 2012.

Other Publications

Carrillo A.E. A healthy life lesson from the Greeks. Commentary for the newspaper Ancaster News; April 6, 2011. (<http://www.ancasternews.com/opinions/article/232806>).

REFEREED CONFERENCE PROCEEDINGS

1. Perrins K., Davies N.A., Markofski M.M., Ryan E.J., and Carrillo A.E. (2016). Physical performance on a high fat, low carbohydrate diet: a proposal for future research. *FAME Lab Science Innovation Forum*. May 11 – 13, Trikala, Greece.
2. Martin E., Spencer A., Ryan E.J., and Carrillo A.E. (2016). A move from specialist to generalist: marathons to crossfit®. *FAME Lab Science Innovation Forum*. May 11 – 13, Trikala, Greece.
3. Beechler S., Zeiler O., and Carrillo A.E. (2016). Specialization and chaos: a necessary unity for the advance into novelty. *FAME Lab Science Innovation Forum*. May 11 – 13, Trikala, Greece.
4. Carrillo A.E., Thomas R.M., Algrain H.A., Popojas A., Glickman E.L., and Ryan E.J. (2014). Influence of a CYP1A2 polymorphism on heart rate variability responses to exercise with caffeine ingestion. *19th Annual Congress of the European College of Sports Science*. July 2 – 5, Amsterdam, Netherlands.
5. Derby A.H., Ryan E.J., and Carrillo A.E. (2014). Adherence to a Paleolithic dietary intervention by an obese adult female: A case study. *American College of Sports Medicine 2014 Annual Meeting*. May 27 – 31, Orlando, Florida.
6. Thomas R.M., Algrain H.A., Popojas A., Carrigan P., Ryan E.J., Glickman E.L., and Carrillo A.E. (2014). Autonomic nervous system modulation during exercise with and without caffeine consumption. *American College of Sports Medicine 2014 Annual Meeting*. May 27 – 31, Orlando, Florida.
7. Ryan E.J., Algrain H.A., Thomas R.M., Keefer K., Glickman E.L., and Carrillo A.E. (2014). The effects of a gene polymorphism and caffeine on effort and pain perception during cycling. *American College of Sports Medicine 2014 Annual Meeting*. May 27 – 31, Orlando, Florida.
8. Algrain H.A., Thomas R.M., Carrillo A.E., Ryan E.J., Glickman E.L., and Ryan E.J. (2014). Cytochrome p-450, caffeine supplementation, and cycling performance. *American College of Sports Medicine 2014 Annual Meeting*. May 27 – 31, Orlando, Florida.
9. Carrillo A.E., Flynn M.G., Markofski M.M., Pinkston C., Jiang J., Donkin S.S., and Teegarden D. (2013). Indices of bone mineral status in overweight and obese adults are improved following vitamin D

- supplementation during resistance training. *18th Annual Congress of the European College of Sports Science*. June 26 – 29, Barcelona, Spain.
10. Carrillo A.E. (2012). Vitamin D physiology: Relevance in muscle function and inflammation. *15th International Meeting on Fat Soluble Vitamins*. March 22 – 24, Kalabaka, Greece, Conference Proceedings, p. 25 - 26.
 11. Flouris A.D., Dinas C.P., Koutedakis Y., and Carrillo A.E. (2011). Effect of environmental temperature on mortality in Greece between 1999 and 2008. *XIV International Conference on Environmental Ergonomics*. July 10 – 15, Nafplio, Greece, Conference Proceedings, p. 43.
 12. Dinas C.P., Carrillo A.E., Koutedakis Y., and Flouris A.D. (2011). Effect of environmental temperature on vehicle accidents in Greece. *XIV International Conference on Environmental Ergonomics*. July 10 – 15, Nafplio, Greece, Conference Proceedings, p. 28.
 13. Carrillo A.E., Cheung S.S., and Flouris A.D. (2011). A novel model to predict cutaneous blood flow through finger skin temperature. *XIV International Conference on Environmental Ergonomics*. July 10 – 15, Nafplio, Greece, Conference Proceedings, p. 35.
 14. Carrillo A.E., Cheung S.S., and Flouris A.D. (2011). Heart rate variability during neurally mediated syncope induced by heat stress. *XIV International Conference on Environmental Ergonomics*. July 10 – 15, Nafplio, Greece, Conference Proceedings, p. 60.
 15. Flynn M.G., Markofski M.M., Carrillo A.E., Armstrong C., Campbell W.W., and Sedlock D.A. (2011). Exercise training with and without body fat reduction: influence on inflammatory monocytes. *10th International Society of Exercise and Immunology Symposium*. July 11 – 13, Oxford, UK.
 16. Misailidi M., Carrillo A.E., Tzatzarakis M.N., Stivaktakis P., Koutedakis Y., Tsatsakis A.M., and Flouris A.D. (2011). Validity assessment of questionnaires assessing exposure to secondhand smoke. *3rd International Conference on Environmental Management, Engineering, Planning and Economics*. June 19 – 24, Skiathos island, Greece, Conference Proceedings, p. 170.
 17. Carrillo A.E., Dinas C.P., Oikonomou D.N., Metsios G.S., Jamurtas A.Z., Koutedakis Y., and Flouris A.D. (2011). Influence of environmental tobacco smoke exposure on the complete blood count of adult humans. *3rd International Conference on Environmental Management, Engineering, Planning and Economics*. June 19 – 24, Skiathos island, Greece, Conference Proceedings, p. 169.
 18. Carrillo A.E. and Flouris A.D. (2011). Autonomic nervous system activity during syncope in the heat stressed human. *1st Greek Congress of Biochemistry and Physiology of Exercise*. May 20 – 22, Komotini, Greece.
 19. Carrillo A.E., Flynn M.G., Pinkston C., Markofski M.M., Jiang Y., Donkin S.S., and Teegarden D. (2011). Vitamin D supplementation during resistance training does not alter glucose tolerance or inflammation in overweight and obese subjects. *1st Greek Congress of Biochemistry and Physiology of Exercise*. May 20 – 22, Komotini, Greece.
 20. Dinas C.P., Carrillo A.E., Oikonomou D.N., Metsios G.S., Jamurtas A.Z., Koutedakis Y., and Flouris A.D. (2011). Acute effects of passive smoking on complete blood count. *1st Greek Congress of Biochemistry and Physiology of Exercise*. May 20 – 22, Komotini, Greece.
 21. Carrillo A.E., Flynn M.G., Pinkston C., Markofski M.M., Jiang Y., Donkin S.S., and Teegarden D. (2010). Vitamin D supplementation and exercise training: Influence on glucose tolerance and inflammatory biomarkers. *15th Annual Congress of the European College of Sports Science*. June 23 – 26, Antalya, Turkey.
 22. Markofski M.M., Flynn M.G., Sedlock D.A., Campbell W.W., and Carrillo A.E. (2009). Inflammatory monocyte (CD14+CD16+) percentage is high among physically inactive adults and highest in obese, inactive adults. *9th International Society of Exercise and Immunology Symposium*. September 21 – 23, Tübingen, Germany.
 23. Johnson S., Moore M., Carrillo A.E., Klentrou N., and Falk B. (2006). Bone strength and skeletal age in 10-12 year old elite male soccer players. *North American Society for Pediatric Exercise Medicine*. September 14 – 16, Charleston, SC, USA.

24. Carrillo A.E., Flouris A.D., Cheung S.S., Fowles J.R., Westwood D.A., Krusselbrink L.D., and Murphy R.J.L. (2006). Influence of added body heat before or during cold exposure on finger temperature and manual function. *2nd International Meeting on Physiology and Pharmacology of Temperature Regulation*. March 3 – 6, Phoenix, Arizona, USA, Conference Proceedings, p. 67.
25. Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., and Koutedakis Y. (2005). Effects of Passive Smoking on Active and Resting Humans 0, 1, and 3 Hours Following Exposure. *10th Annual Congress of the European College of Sports Science*. July 13 – 16, Belgrade, Serbia. Conference Proceedings, p. 102.
26. Metsios G.S., Flouris A.D., Carrillo A.E., Jamurtas A.Z., and Koutedakis Y. (2005). Effects of passive smoking on resting energy expenditure. *10th Annual Congress of the European College of Sports Science*. July 13 – 16, Belgrade, Serbia. Conference Proceedings, p. 104.
27. Carrillo A.E., Christodoulos A.D., Flouris A.D., Klentrou N., and Tokmakidis S.P. (2005). Obesity and physical fitness of pre-adolescent children during the academic year and the summer period: effects of organized physical activity. *2nd Annual Northern Lights Conference of the Canadian Federation of Biological Societies*. June 21 – 24, Guelph, ON, Canada, Conference Proceedings, p. 60.
28. Carrillo A.E., Metsios G.S., Flouris A.D., Jamurtas A.Z., and Koutedakis Y. (2005). Effects of Passive Smoking on Resting Energy Expenditure. *2nd Annual Northern Lights Conference of the Canadian Federation of Biological Societies*. June 21 – 24, Guelph, ON, Canada, Conference Proceedings, p. 110.
29. Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., and Koutedakis Y. (2005). Effects of Passive Smoking on Active and Resting Humans 0, 1, and 3 Hours Following Exposure. *2nd Annual Northern Lights Conference of the Canadian Federation of Biological Societies*. June 21 – 24, Guelph, ON, Canada, Conference Proceedings, p. 114.
30. Flouris A.D., Carrillo A.E., and Cheung S.S. (2005). Preserving hand function during extravehicular activities in space. *Annual Conference of the Atlantic Provinces Exercise Scientists*. Fredericton, NB, Canada.
31. Carrillo A.E., Flouris A.D., and Cheung S.S. (2005). Acute and chronic vitamin C supplementation effects on cortisol secretion and immune system functioning during hyperthermia. *Annual Conference of the Atlantic Provinces Exercise Scientists*, Fredericton, NB, Canada.
32. Metsios G.S., Carrillo A.E., Flouris A.D., Koutedakis Y., Stayropoulos A., and Konstantinos F. (2004). Assessing agreement between proxy and laboratory estimates for the determination of bioenergetics. *Pre-Olympic Congress of the International Olympic Committee*. Thessaloniki, Greece, Conference Proceedings, p. 468.
33. Carrillo A.E., Metsios G.S., Flouris A.D., Koutedakis Y., and Theodorakis Y. (2004). The effect of performance feedback on predicting maximal oxygen uptake in field testing. *Pre-Olympic Congress of the International Olympic Committee*, Thessaloniki, Greece, Conference Proceedings, p. 359 – 360.
34. Carrillo A.E., Flouris A.D., Metsios G.S., and Koutedakis Y. (2004). Examining the relationship between lower limb muscular strength and endurance performance. *Pre-Olympic Congress of the International Olympic Committee*, Thessaloniki, Greece, Conference Proceedings, p. 469 - 470.
35. Carrillo A.E. and Flouris A.D. (2004). The effect of cortical neural stimulation on elite performers. *Pre-Olympic Congress of the International Olympic Committee*, Thessaloniki, Greece, Conference Proceedings, p. 200.
36. Carrillo A.E., Flouris A.D., Metsios G.S., Koutedakis Y., and Klentrou P. (2004). Effects of increased muscular strength on performance during cardiorespiratory fitness tests in laboratory and field settings. *9th Annual Congress of the European College of Sports Science*. July 3 – 6, Clermont-Ferrand, France, Conference Proceedings, p. 227.
37. Carrillo A.E. and Klentrou P. (2004). Acute health and exercise effects of active and passive smoking: a review of the literature. *Betha Rosenstadt Undergraduate Research Conference*. Toronto, ON, Canada.
38. Carrillo A.E., Flouris A.D., Metsios G., and Koutedakis G. (2004). Impact of muscular strength on endurance performance. *The Sport Medicine Section Ontario Medical Association Conference*, Toronto, ON, Canada, Conference Proceedings, p. 15 – 16.

RESEARCH RECOGNITIONS

1. Received the Young Investigator Award for the oral presentation [Carrillo A.E. (2012). Vitamin D physiology: Relevance in muscle function and inflammation] presented at the *15th International Meeting on Fat Soluble Vitamins*, March 22 – 24, Kalabaka, Greece.
2. Received the Best Poster Presentation Award for our project [Carrillo A.E. and Flouris A.D. (2011). Autonomic nervous system activity during syncope in the heat stressed human] presented at the *1st Greek Congress of Biochemistry and Physiology of Exercise*, May 20 – 22, Komotini, Greece.
3. Our 2009 article published in the American Journal of Respiratory and Critical Care Medicine [Flouris A.D., Metsios G.S., Carrillo A.E., Jamurtas A.Z., Gourgoulialis K., Kiropoulos T., Tzatzarakis M.N., Tsatsakis A.M., and Koutedakis Y. Acute and short-term effects of secondhand smoke on lung function and cytokine production. *Am J Respir Crit Care Med.* 179(11): 1029-1033] was highlighted in the Issue's Editorial [Eisner M.D. (2009). Secondhand smoke and obstructive lung disease: a causal effect? *Am J Respir Crit Care Med.* 179(11):973-4].

JOURNAL REVIEWER SERVICE

1. *International SportMed Journal* (impact factor: N/A). Papers reviewed: 1.
2. *European Journal of Applied Physiology* (impact factor: 2.147). Papers reviewed: 1.
3. *Journal of Sports Sciences* (impact factor: 1.931). Papers reviewed: 2.
4. *BMC Research Notes* (impact factor: N/A). Papers reviewed: 6.
5. *International Journal of Environmental Health Research* (Impact factor: 0.864). Papers reviewed: 1.
6. *Medicine & Science in Sports & Exercise* (Impact factor: 4.475). Papers reviewed: 1.
7. *Science of the Total Environment* (Impact factor: 3.258). Papers reviewed: 1.

SUPERVISORY HISTORY

PhD Level

International Committee Member for Jordan Santos Concejero at the Faculty of Medicine and Dentistry, University of the Basque Country. Dissertation title: Physiological and biomechanical responses to exercise in runners of different ethnic origin, distance specialization and athletic level. 2013.

MSc Level

Project Supervisor for Samaher Shikh at the Department of Biology, Chatham University. Thesis Title: Influence of an ADORA2A polymorphism on post-exercise heart rate variability in response to caffeine intake. 2014 – Current.

Project Supervisor for Rebecca Thomas at the Department of Biology, Chatham University. Thesis Title: Influence of a cytochrome P450 polymorphism on autonomic nervous system modulation during exercise with and without caffeine. 2012 – 2014.

Undergraduate Level

Project Supervisor for Natalie Davies at the Department of Biology, Chatham University. Project Title: Effects of a ketogenic dietary intervention on substrate utilization during aerobic performance. 2015 – 2016.

Project Supervisor for Erika Bronk at the Department of Biology, Chatham University. Project Title: The relationship between cardiovascular disease risk factors and CrossFit®. 2015 – 2016.

Project Supervisor for Asya Spencer at the Department of Biology, Chatham University. Project Title: Assessment of aerobic capacity in CrossFit® athletes after 12-weeks of training. 2015 – 2016.

Project Supervisor for Amanda Conte at the Department of Biology, Chatham University. Project Title: Effects of an 8-week paleolithic dietary intervention on coronary artery disease risk factors. 2014 – 2015.

Project Supervisor for Anastasia Panova at the Department of Biology, Chatham University. Project Title: Effects of Probiotic Supplementation on Gastrointestinal Tract Permeability and Physical Performance. 2014 – 2015.

Project Supervisor for Carissa Stoneking at the Department of Biology, Chatham University. Project Title: Effects of an 8-week paleolithic dietary intervention on coronary artery disease risk factors in an obese adult: a case study. 2014 – 2015.

Project Supervisor for Dayna Bayko at the Department of Biology, Chatham University. Project Title: CrossFit® and coronary artery disease risk. 2014 – 2015.

Project Supervisor for Sarah Ellis at the Department of Biology, Chatham University. Project Title: Heart rate variability before, during, following exercise in overweight and normal weight adults. 2014 – 2015.

Project Supervisor for Kristina van Alen at the Department of Biology, Chatham University. Project Title: Effects of probiotic supplementation on gastrointestinal permeability in healthy adults. 2013 – 2014.

Project Supervisor for Lindsay Matusak at the Department of Biology, Chatham University. Project Title: Investigation of the relationship between macronutrient intake and resting metabolic rate. 2013 – 2014.

Project Supervisor for Abigail Derby at the Department of Biology, Chatham University. Project Title: Adherence to a paleolithic dietary intervention by an obese adult female: a case study. 2012 – 2013.

Project Supervisor for Kelsey Cohen at the Department of Biology, Chatham University. Project Title: Vitamin D levels in relation to functional fitness in older adults. 2012 – 2013.

Project Supervisor for Anais Popojas at the Department of Biology, Chatham University. Project Title: Autonomic nervous system modulation during exercise in overweight and normal weight individuals. 2012 – 2013.

Project Supervisor for Abigail Derby at the Department of Biology, Chatham University. Project Title: Case study examining the effects of a 6-week paleolithic dietary intervention on cardiovascular, metabolic, and immune system health. 2012 – 2013.

FUNDING

GSSI Young Scholar Travel Grant. Offered by the Gatorade Sports Science Institute to attend the annual European College of Sports Science meeting. 2014.

FUEGO: Global network of excellence for research on adipose tissue plasticity and human thermogenesis. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2013-IRSES (grant no. 612547). Total funding: €404,400.

U-GENE: Multi-national network of excellence for research on genetic predisposition to cardio-metabolic disorders due to UCP1 gene polymorphisms. EU FP7 People; Marie Curie International Research Staff Exchange Scheme (IRSES) Call: FP7-PEOPLE-2012-IRSES (grant no. 319010). Total funding: €410,400.

Research and Sabbatical Internal Research Grant. Offered by Chatham University in support of research and scholarly projects and sabbaticals that will advance faculty members' scholarship and benefit the University. *2012 and 2015.*

W.L. GORE & ASSOCIATES Postgraduate Student Stipend. The award was offered to cover the expenses for attending the 14th International Conference on Environmental Ergonomics. *2011.*

Donald L. Corrigan Professional Development Grant. Offered by the Department of Health and Kinesiology at Purdue University in support of PhD students with outstanding academic achievements. *2008.*

Returning Scholars Award. Offered by Brock University in recognition of bright students and to encourage academic excellence. *2004.*

Returning Scholars Award. Offered by Brock University in recognition of bright students and to encourage academic excellence. *2003.*

TEACHING

Course Instructor

IND 350: Scientific Research Methods

Chatham University, PA, USA.

EXS 426: Applied Exercise Physiology II

Department of Exercise Science, Chatham University, PA, USA.

EXS 345: Kinesiology and Movement Science (Including lab)

Department of Exercise Science, Chatham University, PA, USA.

EXS 252: Exercise and Nutrition

Department of Exercise Science, Chatham University, PA, USA.

EXS/ENV 202: Exercise and the Environment

Departments of Exercise Science and Environmental Studies, Chatham University, PA, USA.

BIO 123: Nutrition (Including lab)

Department of Biology, Chatham University, PA, USA.

EXS 103: Wellness

Department of Exercise Science, Chatham University, PA, USA.

EXS 102: First Aid and Cardiopulmonary Resuscitation

Department of Exercise Science, Chatham University, PA, USA.

EXS 101. Introduction to Exercise Science

Department of Exercise Science, Chatham University, PA, USA.

Teaching Assistant

HK 490: Sport Physiology: Marathon Training

Department of Health and Kinesiology, Purdue University, IN, USA. 2008.

HK 368L: Exercise Physiology

Department of Health and Kinesiology, Purdue University, IN, USA. 2006 – 2010.

KINE 3419: Application of Physiological Principles to Human Performance

School of Health and Human Performance, Dalhousie University. 2006.

KINE 2310: Introduction to Exercise Physiology

School of Health and Human Performance, Dalhousie University. 2005.

HAHP 2000: Human Growth and Development

School of Health and Human Performance, Dalhousie University. 2005.

PEKN 3P10: Introduction to Biomechanics

Department of Physical Education and Kinesiology, Brock University. 2004.

WORK AND OTHER RELATED EXPERIENCE

Attendee at Ido Portal's The Corset workshop

Held at CrossFit Pac Elm in Dallas, TX, USA on September 24 and 25, 2016.

Attendee at Carl Paoli's Freestyle workshop

Held at CrossFit Edwardsville in Glen Carbon, IL, USA on March 26, 2016.

Attendee at Ido Portal's Movement X workshop

Held at CrossFit Sanitas in Boulder, CO, USA on May 23 and 24, 2015.

Functional Anatomy Instructor for Yoga Teacher Trainees

Invited by In-Powered (a Yoga-leadership company) to lead the functional anatomy portion of their teacher training. July 22 – 24, 2016, In-Powered, Houston, Texas.

Invited Workshop (Co-Leader)

Invited by Mind Tribes (a Yoga-leadership company) to co-lead a workshop entitled: Slow Down to Speed Up: Re-wiring Your Practice for Deliberate Movement, Breath, and Expression. October 17th, 2015, Mind Tribes Studio, Houston, Texas.

Faculty Technology Fellow

Faculty Technology Fellows Program: Working to Advance Pedagogy and Scholarship through the Integration of Technology. Chatham University, 2013 – 2014.

Research Assistant

Department of Foods and Nutrition, Purdue University, West Lafayette, IN, USA. 2009 – 2010.

Health and Kinesiology Senator for the Purdue Graduate Student Government

Purdue University, West Lafayette, IN, USA. 2008 – 2009.

Older Adult Fitness Facility Supervisor

A.H. Ismail Center, Purdue University, West Lafayette, IN, USA. 2007 – 2009.

Exercise Physiologist/Support Crew

Race across America (RAAM), USA. 2007.

Secretary for the School of Health and Human Performance Graduate Student Society

Dalhousie University, Halifax, NS, Canada. 2005 – 2006.

Kinesiology Representative for the School of Health and Human Performance

Dalhousie University, Halifax, NS, Canada. 2004 – 2006.

Research Assistant

Department of Physical Education and Kinesiology, Brock University, St. Catharines, ON, Canada. 2005.

Research Assistant

Department of Sport and Exercise Science, University of Thessaly, Trikala, Greece. 2004.

Medical Clinic Volunteer

Global Outreach Program, Guatemala City, Guatemala. 2003.

PROFESSIONAL AFFILIATIONS

2008 – *present* Member of the American College of Sports Medicine (ACSM)
2013 – *present* Member of the European College of Sport Science (ECSS)

REFERENCES

- Dr. Andreas Flouris, Senior Researcher. FAME Laboratory, School of Exercise Science, University of Thessaly Karies, Trikala, 42100, Greece – Adjunct Professor in Environmental Medicine, University of Ottawa, Ottawa, ON, Canada. Email: andreasflouris@gmail.com. Tel: +30 24310 63190.
- Dr. Michael Flynn, Department Chair, Professor. College of Charleston. Department of Health and Human Performance. 66 George Street, Charleston, SC 29424, USA. Email: FlynnMG@cofc.edu. Tel: +1 843 953 7291.
- Dr. David Waters, DVM, PhD. Director, Center for Exceptional Longevity Studies at the Gerald P. Murphy Cancer Foundation, West Lafayette, IN 47906, USA – Professor Emeritus, Comparative Oncology; Director, Center on Aging and the Life Course, Purdue University, West Lafayette, IN 47906, USA. Email: dwaters@gpmcf.org. Tel: +1 765 775 1005.
- Dr. Dorothy Teegarden, Associate Head of Research, Professor. Purdue University. Department of Foods and Nutrition. 700 W. State St., West Lafayette, IN 47907, USA. Email: dteegard@purdue.edu. Tel: +1 765 494 8246.
- Dr. Darlene Sedlock, Professor. Purdue University. Department of Health and Kinesiology. 800 W. Stadium Ave., West Lafayette, IN 47907, USA. Email: sedlock@purdue.edu. Tel: +1 765 494 3184.
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PERSONAL INFORMATION

Citizenship

Canadian

Permanent Resident

United States

Date of Birth

July 5th 1981
