

## CURRICULUM VITA

**JAMES ROBERT ROWE**

**Associate Professor**

**Department of Kinesiology and Health Science**

**Stephen F. Austin State University Nacogdoches, TX 75962**

**August 7, 2020**

### **Education**

Ph.D.	2014	Kinesiology	Texas Woman's University
M.S.	2005	Exercise Physiology	Texas Christian University
B.S.	2001	Kinesiology	Angelo State University

### **Dissertation**

The Influence of Dietary Sugars and Acute Exercise on Postprandial Lipemia in Premenopausal Women.

### **Professional Certification/Licensure**

- Dual-emission X-ray absorptiometry (DXA) Certified Operator (GE Healthcare) Certificate Received: November 2010
- CPR/First Aid (American Heart Association) Certificate Received: October 2014

### **Employment**

- 2019 – Present: Associate Professor, Department of Kinesiology and Health Science, Stephen F. Austin State University, Nacogdoches, TX
- 2014-2019: Assistant Professor, Department of Kinesiology and Health Science, Stephen F. Austin State University, Nacogdoches, TX
- 2013-2014: Instructor, Department of Kinesiology and Health Science, Stephen F. Austin State University, Nacogdoches, TX
- 2011-2013: Graduate Teaching Assistant, Department of Kinesiology, Texas Woman's University, Denton, TX
- 2009-2011: Research Associate, Institute for Women's Health, Texas Woman's University, Denton, TX
- 2004-2008: Graduate Teaching Assistant, Department of Kinesiology, Texas Woman's University, Denton, TX
- 2002-2003: Graduate Teaching Assistant, Department of Kinesiology, Texas Christian University, Fort Worth, TX

## TEACHING

### **Undergraduate at Stephen F. Austin State University**

KIN 100:	Physical Fitness Concepts and Activities
KIN 120:	Foundations of Kinesiology
KIN 335:	Dietary Considerations for Physical Activity and Exercise
KIN 340:	Foundations of Personal Fitness
KIN 353:	Physiology of Exercise
KIN 450:	Personal Training Certification Preparation
KIN 451:	Fitness Appraisal and Exercise Prescription
KIN 461:	Scientific Basis of Sport
KIN 467:	Exercise Testing: Field/Clinical
HSC 478:	Special Topics: Nutrition

### **Graduate at Stephen F. Austin State University**

KIN 502:	Impact of Exercise on Health and Disease
KIN 540:	Development of Non-Traditional Fitness Programs

## SCHOLARSHIP/CREATIVE ACHIEVEMENTS

### **Refereed Publications**

**James R. Rowe**, Kyle. D. Biggerstaff, Vic Ben-Ezra, David Nichols, and Nancy DiMarco. (2016). Prior Exercise Does Not Reduce Postprandial Lipemia Following a Mixed Glucose Meal When Compared to a Mixed Fructose Meal. *Int. J. Sport Nutrition and Exercise Metabolism*. 26: 435 – 444.

Davis, R., **Rowe, J.**, Nichols D.L., Sanborn, C.F., DiMarco, N.M., and Pavlovic, A. (2014). Effects of Two Intensities of Whole Body Vibration on Fall Related Risk Factors in Postmenopausal Women. *J Womens Health, Issues Care*. 3: 1-5.

Mitchell, J.B., **J. Rowe**, J.J. Barbee, M. Shah, A.M. Watkins, S. Simmons, and C. Stevens. (2008). The Effect of Prior Exercise on Postprandial Blood Lipid Responses in Lean and Obese Young Women Following Ingestion of a High Carbohydrate Meal. *Int. J. Sport Nutrition and Exercise Metabolism*. 18: 49-65.

### **Conference Publications/Presentations (\* student Co-Authored work)**

**Rowe, James** and Buckley, David. A Short Bout of Moderate - Or High-intensity Cycling Can Influence Postprandial Triglyceride Metabolism. *Medicine & Science in Sports & Exercise*. 52 (supplement 7): 1082, 2020

\* Oliver, Autumn, Buckley, David J., and **Rowe, James R. Jr** (2020) "A Comparison of the Effects of Moderate-Intensity Continuous Cycling and High-Intensity Interval Cycling on Postprandial Lipemia and Glycemia," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 12 , Article 66.

\* Pate, Lauren E., Buckley, David J., Gebhardt, H., McHenry T., and **Rowe, James** (2020) "A Comparison of High-Intensity Interval Running and TABATA on Post-Exercise Metabolism," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 12 , Article 145.

- \* Castleberry, Chase, Buckley, David J., Drake, Sarah, Whitehead, Malcolm T., and **Rowe, James R. Jr** (2020) "The Effects of Video Instruction Versus Verbal Instruction on High Intensity Interval Exercise Performance: A Pilot Analysis," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2 : Iss. 12 , Article 149.
- \* Buckley, David J. and **Rowe, James**. Comparison of High-Intensity Exercise and Continuous Moderate- Intensity Exercise on Postprandial Metabolism: Pilot Analysis. *Medicine and Science in Sports and Exercise*. 51 (supplement 6): 375, 2019
- \* Buckley, David J.; Dickerson, Broderick L.; and **Rowe, James R. Jr** (2019) "A Comparison of High-Intensity Interval Exercise and Continuous Moderate-Intensity Exercise on Postprandial Metabolism: A Pilot Analysis," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss.11, Article 60
- \* Buckley, David J. and **Rowe, James R. Jr** (2018) "Actual Versus Predicted VO<sub>2</sub>max: A Comparison of 4 Different Methods," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 10, Article 41.
- James R. Rowe** and Stephen Decker. The Influence of a Single Bout of High-Intensity Interval Exercise on Postprandial Lipemia and Glycemia. *Medicine and Science in Sports and Exercise*. 49 (supplement 5): 273, 2017
- Joubert, Dustin, Granados, Jorge Z., **Rowe, James R.** & Crouse, Stephen F. Atrial Natriuretic Peptide Augmented Following Aquatic Treadmill Exercise. *Medicine and Science in Sports and Exercise*. 49 (supplement 5): 63 - 64, 2017
- James R. Rowe**, Kyle D. Biggerstaff, Vic Ben-Ezra, & Nancy DiMarco. The Influence of Dietary Sugars and Acute Exercise on Postprandial Lipemia in Pre-Menopausal Women. *Medicine and Science in Sports and Exercise*. 46 (supplement 5): 433, 2014
- James R. Rowe**, Kyle D. Biggerstaff, Vic Ben-Ezra, & Nancy DiMarco. The Influence of Dietary Sugars and Acute Exercise on Postprandial Triglyceride, Glucose, and Insulin Concentration. *International Journal of Exercise Science*. Vol.2. Issue 5, 2013
- Rowe, James R.**, Bistrup, Heidi, Henry, Kelley, Villarreal, Melinda, Biggerstaff, Kyle D., & Ben-Ezra, Vic. The Influence Of Caloric Expenditure On Postprandial Triglyceride And Glucose Responses Following A High-carbohydrate Meal. *Medicine and Science in Sports and Exercise*. 41 (supplement 1): 487, 2009; *International Journal of Exercise Science*. Vol.2. Issue 1, 2009
- Rowe, James R.**, Watkins, Austen M., Bradt, Barrett, Stephans, Chad, Simmons, Steve, Barbee, James L., Shah, Meena , & Mitchell, Joel B. FACSM. The Effect of Prior Exercise on Postprandial Lipid Responses in Sedentary Women Following High Carbohydrate Intake. *Medicine and Science in Sports and Exercise*, 38 (5) (Supplement):482, 2006
- Pavlovic, Andjelka, **Rowe, James**, Nichols, David L. FACSM, Davis, Ron, Sanborn, Charlotte F. FACSM, & DiMarco, Nancy M. FACSM. The Effect of a 9 Month Whole Body Vibration Program at Two Different Intensities on Bone Mineral Density in Women. *Medicine and Science in Sports and Exercise*. 43 (suppl 1): 247, 2011
- Bidstrup, Heidi, Koh, Yunsuk, **Rowe, James**, Nichols, David FACSM, Ben-Ezra, Vic, & Biggerstaff, Kyle. Effects of Niacin and Aerobic Exercise on Glucose, Insulin, and C-peptide Profiles in Postmenopausal Women. *Medicine and Science in Sports and Exercise*. 42 (5) (Supplement 1):762, 2010

Koh, Yunsuk , Bidstrup, Heidi , **Rowe, James**, Biggerstaff, Kyle D., Nichols, David L. FACSM, Jeong, Ilgyu, & Ben-Ezra, Vic. Independent and Combined Effects of Niacin and Exercise on Blood Lipid and Lipoprotein Profiles in Postmenopausal Women. *Medicine and Science in Sports and Exercise*. 40(5) (Supplement 1): S57, 2008.

Lehrer, Mary, **Rowe, James R.**, Wooten, Joshua S., Casebolt, Jeffrey B., FitzGerald, Youlonda L., Kwon, Young-Hoo, & Biggerstaff, Kyle D. FACSM. Effect of a Twelve Month Walking Program on Blood Lipids and Lipoproteins in Older Adults. *Medicine and Science in Sports and Exercise*. 38(5) (Supplement):S331, 2006.

### **Honors and Awards**

- (2012) Texas Chapter of the American College of Sports Medicine Student Research Development Award
- (2010) Texas Woman's University: Chancellor's Student Research Scholar
- (2008) Texas Chapter of the American College of Sports Medicine Student Abstract Award (Doctoral Category) (2nd Place)

### **Grants (principal investigator)**

**2019 Stephen F. Austin State University Research Pilot Studies Grant** - "The Influence of Two Different Modes of High-Intensity Interval Exercise on Postprandial Metabolism." **\$3,000. Awarded on December 19, 2019**

**2017 Stephen F. Austin State University Research Pilot Studies Grant** - "The Effects of High-Intensity Exercise Versus Moderate Intensity Exercise on Postprandial Glycemia and Lipemia." **\$2,800. Awarded on April 27, 2017**

**2016 Stephen F. Austin State University Project Support Mini-Grant** - The Effects of High-Intensity Exercise on Postprandial Lipemia and Glycemia." **\$1,500. Awarded on November 18, 2016**

**2015 Stephen F. Austin State University Research Pilot Studies Grant** - "The Effects of High-Intensity Exercise on Postprandial Lipemia and Glycemia." **\$2,900. Awarded on December 9, 2015**

**2012 American College of Sports Medicine (Texas Chapter) Student Research Development Award** – "The Influence of Carbohydrates and Acute Exercise on Postprandial Lipemia and Insulin Responses in Premenopausal Women." **\$1,000. Awarded March 1, 2012**

**2012 American Society for Nutrition Pre-doctoral Fellowship** – "The Influence of Carbohydrates and Exercise on Postprandial Lipemia and Insulin Responses in Premenopausal Women." **\$5,000. Not Funded**

**2011 Sigma XI: The Scientific Research Society**- Grant proposal. "The Influence of Carbohydrates and Exercise on Postprandial Triglyceride Concentrations in Premenopausal Women." **\$1,000. Not Funded**

**2011 American Society for Nutrition Pre-doctoral Fellowship** – "The Influence of Carbohydrates and Exercise on Postprandial Triglyceride Concentrations in Premenopausal Women." **\$5,000. Not Funded**

**2010 American College of Sports Medicine (Texas Chapter) Student Research Development Award** - "The influence of dietary sugars and acute exercise on postprandial lipemia." **\$1,000. Not Funded**

**2006 American College of Sports Medicine (Texas Chapter) Student Research Development Award** - "The effect of caloric expenditure on postprandial lipemia following high-carbohydrate intake." **\$1,000. Not Funded**

**2006 Sigma XI: The Scientific Research Society- Grant proposal.** "The effect of caloric expenditure on postprandial lipemia following high-carbohydrate intake." **\$1,000. Not Funded**

#### **Grants (co-principal investigator)**

**2011 Texas Woman's University Research Enhancement Program- Grant proposal.** "The influence of carbohydrates and exercise on postprandial triglyceride concentrations in premenopausal women" **\$7,550- Award Period- September 2011 through August 2012**  
Principal Investigator: Nancy DiMarco

**2010 Texas Woman's University Research Enhancement Program- Grant proposal.** "The influence of dietary carbohydrate and exercise on postprandial lipemia" **\$8,000- Not Funded**  
Principal Investigator: Nancy DiMarco

**2009 Texas Woman's University Research Enhancement Program- Grant proposal.** "The influence of dietary carbohydrate and exercise on postprandial lipemia" **\$8,000- Not Funded**  
Principal Investigator: Kyle D. Biggerstaff

**2009 National Institute of Health- Grant proposal.**  
"Role of a Combination of Diet Rich in Resistant Starch and Exercise in Reducing Obesity and Insulin Resistance" **Not Funded** Principal Investigator: Parakat Vijayagopal

**2006 Texas Woman's University Research Enhancement Program- Grant proposal.** "The effect of caloric expenditure on postprandial lipemia following high- carbohydrate intake." **\$6,000- Award Period- September 2006 through August 2007**  
Principal Investigator: Vic Ben-Ezra

**2004 American Academy of Family Practice Foundation- Grant proposal.** "The effect of prior exercise on post-prandial blood lipid responses in lean and obese young women following the ingestion of a high carbohydrate meal." **\$6,000-Funded** Principal Investigator: Joel B. Mitchell

#### **Other Research and Creative Achievements**

- Poster Presentation: Stephen F. Austin State Bright Ideas Conference (2017)  
Title: The Influence of a Single Bout of High-Intensity Interval Exercise on Postprandial Lipemia and Glycemia
- Symposium Presentation: International Symposium in Exercise and Health Science Research at Baylor University (October 12, 2016)  
Title: Short-Duration, High-Intensity Interval Exercise Modalities: The Implication on Postprandial Metabolism.
- Poster Presentation: Stephen F. Austin State Bright Ideas Conference (2014)  
Title: The Influence of Dietary Sugars and Acute Exercise on Postprandial Lipemia in Pre-Menopausal Women.

- Collaborative study with the Department of Nutrition and Food Science (2012-2013)  
Title: The Effects of Resistant Starch on Glucose, Insulin Metabolism and Body Composition in Overweight Women.  
Role: Dual-emission X-ray absorptiometry (DXA) technician for the analysis of body composition.
- Poster Presentation: TWU Research Symposium (2010)  
Title: The Influence of Body Composition on Postprandial Lipemia in Non-Active Women.  
Authors: **James R. Rowe**, Kyle D. Biggerstaff, Vic Ben-Ezra, & Nancy DiMarco.
- Poster Presentation: TACSM Research Conference (2003)  
**J.R. Rowe**, L.W. Taylor, J.D. Smith, S.M. Sultmeier, & J.B. Mitchell.  
The Effect of CW-X Supporting Sportswear on Physiological Responses During Prolonged Running.

### Service (Professional)

- Membership
  - American Society for Nutrition (2011-2012)
  - American College of Sports Medicine (National Chapter) (2005-Present)
  - American College of Sports Medicine (Texas Chapter) (2003-Present)
- Academic Judge
  - American College of Sports Medicine (Texas Chapter) (2015-Present)
    - Undergraduate, Masters and Doctoral Level Poster Presentation
- Academic Referee
  - American College of Sports Medicine (Texas Chapter) (2015-Present)
    - TASCAM Student Bowl Competition
- Manuscript Reviewer
  - American Journal of Human Biology
    - "Influence of Menopause Status and Body Composition Distribution on Lipids and Lipoproteins in Women who are Normal Weight Obese: The Pioneer Project". (September 2019)
  - Applied Physiology, Nutrition, and Metabolism
    - "Nonexercise activity thermogenesis-induced energy shortage affect postprandial lipemia and postprandial fat oxidation". (June 2020)
    - "The effect of exercise intensity and excess post-exercise consumption on postprandial blood lipids in physically-inactive men". (April 2017)
  - International Journal of Sports Medicine
    - "High-Intensity Interval Training as a Tool for Counteracting Dyslipidemia in Women". (July 2017)
  - Journal of Sport Sciences
    - "Sex differences in postprandial lipaemia after acute high-intensity running in young people" (October 2017)

### **Service (Departmental – Kinesiology and Health Science)**

Graduate Program Co-Coordinator, Kinesiology and Health Science SFASU (2018-present)

Kinesiology Curriculum committee member (2019-present)

Promotion and Tenure Review Committee “Member” – Kinesiology Department (2019-Present)

Supervised SFASU ACSM Texas regional conference trips (2015 – Present)

Promotion and Tenure Guidelines committee member for Kinesiology Department (2015 – 2018)

Search Committee “Member” FHP Faculty Position. (2020)

Search Committee “Member” FHP Faculty Position. (2017)

Search Committee “Member” FHP Faculty Position. (2015)

Search Committee “Chair” Dance Faculty Position. (2015)

Kinesiology New Student Convocation committee member (2014 – 2015)

### **Service (College – James I. Perkins College of Education)**

Research and/or Creative Activities Award Committee (2019 – present)

College Assessment Oversight Committee (2018 – present)

Clinical Practice & Field Experience Advisory Council (2014 – 2018)

Service Learning Advisory Board (2014 – 2017)

Recruitment and Retention Committee (2014 – 2016)

### **Service (University)**

Library Committee Member (2019 – Present)

SFASU Graduate Research Conference – Poster Reviewer (2017)

Showcase Saturday – Student Recruitment (2013 – Present)

### **Theses**

Buckley, David. Master’s Thesis Committee Chair. “The Effects of Two Modes of High-Intensity Intermittent Exercise on Postprandial Metabolism”. (Completed August 2020)

Decker, Stephen. Master’s Thesis Committee Chair. The Effects of Acute Exercise on Postprandial Lipemia and Postprandial Glycemia”. (Completed August 2016)

Gibbs, Shelby. Master’s Thesis Committee Member. “Effects of Pre-Workout Caffeine Supplementation on Post-Exercise Hypotension”. (Completed May 2020)

Drew, Richard. Master's Thesis Committee Member "Effect of Calibrated Lower Body Compression Garments on Recovery Following an Acute Bout of Exhaustive Exercise". (Completed May 2015)

Thompson, Jessica. Master's Thesis Committee Member "The Effects of Executive Function on Goal-Directed Physical Activity in College Students". (Completed May 2015)

### **Undergraduate/Masters Mentorship**

Lauren Pate (Kinesiology Undergraduate) received the "Top Scholar" for the James I. Perkins College of Education at the SFASU Undergraduate Research Conference 2020.

David Buckley (Kinesiology Graduate Assistant) received the **TACSM Student Research Development Award (\$1000.00)** by the Texas American College of Sports Medicine 2019. "The Effects of Two Modes of High-Intensity Intermittent Exercise on Postprandial Metabolism"

David Buckley (Kinesiology Undergraduate) was a "Finalist" for the James I. Perkins College of Education at the SFASU Undergraduate Research Conference 2018.