Curriculum Vitae

Heather C.M. Allaway, PhD
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PRESENT POSITIONS

Adjunct Assistant Professor: 05/2022-present
Pennington Biomedical Research Center

Assistant Professor: 08/2021-present
School of Kinesiology, Louisiana State University
Track: Exercise Science and Human Performance

Adjunct Professor: 03/2019–present
International Space University
Teaching Focus: Human Performance in Space

PAST POSITIONS

Research Scientist: 01/2021–08/2021
Department of Medical Physiology, Texas A&M Health Science Center, *Mentor:* Pooneh Bagher, Ph.D.
Research Focus: Female cardiovascular health & animal models of spaceflight

Postdoctoral Research Associate: 03/2017–12/2020
Department of Health and Kinesiology, Texas A&M University, *Mentor*: Susan Bloomfield, Ph.D.
Research Focus: Female astronaut skeletal health & animal models of spaceflight

Doctoral Research Assistant: 08/2012–05/2017
Department of Kinesiology, Pennsylvania State University, *Advisor:* Mary Jane De Souza, Ph.D.
Research Focus: Women's health across the lifespan – menarche to menopause

Master's Research Assistant: 08/2007–05/2012
Department of Obstetrics & Gynecology, University of Saskatchewan, *Advisor*: Roger Pierson, Ph.D.
Research Focus: Ovarian function and imaging

EDUCATION

Ph.D.	*Integrative & Biomedical Physiology*, Pennsylvania State University, USA	05/2017
M.S.	*Obstetrics & Gynecology*, University of Saskatchewan, Canada	10/2012
Certificate	*Space Studies Program,* International Space University, France	08/2010
B.S.	*Honors Biology, minor Physics,* Mount Allison University, Canada	05/2007

RESEARCH AGENDA

My research agenda takes a whole organism perspective to better understand women's health across the life span, using human clinical and animal basic science models. Specifically, my research aims to understand the impact of modifiable factors on women's reproductive health and the downstream implications for musculoskeletal health and exercise performance. Modifiable factors include hormonal contraception use, energy status, exercise, microgravity/unloading, sociocultural factors, and psychology. This information helps to inform the development and implementation of evidence-based strategies to promote healthy participation in physical activity. A parallel area of my research involves understanding factors that lead young girls and women to leave sports, to develop strategies to prevent this and promote physical activity participation throughout life. I also work on developing strategies to increase the awareness and education of athletes and physically active people regarding the Athlete Triad/Relative Energy Deficiency in Sport.

PEER-REVIEWED PUBLICATIONS

1. Strock NCA, De Souza MJ, Mallinson RJ, Olmsted M, **Allaway HCM**, O'Donnell E, Gibbs J, Williams NI. 12-month dietary intervention does not exacerbate disordered eating behaviors, stress, or depression in women with exercise-associated menstrual disturbances: The REFUEL randomized control trial. *Psychoneuroendocrinology.* 2023 152: 106079. doi: 10.1016/j.psyneuen.2023.106079

2. Metzger, C. Rau J, Stefanov A., Joseph RM, **Allaway HCM**, Allen MR, Hook MA. Inflammaging and bone loss in a rat model of spinal cord injury. *Journal of Neurotrauma*. 2023, 40(9-10), 901-917. doi: 10.1089/neu.2022.0342

3. De Souza MJ, Ricker EA, Mallinson RJ, **Allaway HCM,** Koltun KJ, Strock NCA, Gibbs JC, Kuruppumullage Don P, Williams NI. Bone mineral density in response to increased energy intake in exercising women with oligo/amenorrhea: The REFUEL randomized controlled trial. *American Journal of Clinical Nutrition*. 2022, 115 (6): 1457-1472. doi: 10.1093/ajcn/nqac044.

4. De Souza MJ, Mallinson RJ, Strock NCA, Kolton KJ, Olmstead MP, Ricker EA, Scheid JL, **Allaway HC**, Mallinson DJ, Don PK, Williams NI. Randomized controlled trial of the effects of increased energy intake on menstrual recovery in exercising women with menstrual disturbances: The "REFUEL" Study. *Obstetrical & Gynecological Survey*. 2021, 76(11): 669. doi: 10.1097/01.ogx.0000800212.38240.d1

5. Mitchell R, Frederick N, Holzman E, Agobe F, **Allaway HCM**, Bagher P. Ifetroban reduces coronary artery dysfunction in a mouse model of Duchenne Muscular Dystrophy. *AJP-Heart and Circulatory Physiology.* 2021, 321 (1): H52-58. doi: 10.1152/ajpheart.00180.2021.

6. De Souza MJ, Mallinson RJ, Olmstead M, Strock NCA, Kolton KJ, Ricker EA, Scheid JL, **Allaway HC**, Mallinson DJ, Don PK, Williams NI. Randomized controlled trial of the effects of increased energy intake on menstrual recovery in exercising women with menstrual disturbances: The "REFUEL" Study. *Human Reproduction.* 2021, 36 (8): 2285. doi: 10.1093/humrep/deab149.

7. **Allaway HCM[#],** Pierson RA, Invik J, Bloomfield S. A rodent model of human dose-equivalent progestin-only implantable contraception. *Reproductive Biology and Endocrinology.* 2021, 19: 47. doi: 10.1186/s12958-021-00729-w.

8. Mantri A*, **Allaway HCM*,** Brezicha J, Hogan HA, Bloomfield SA. Role of unopposed oral estradiol supplementation on bone health in hindlimb unloaded female Sprague-Dawley rats. *Aerospace Medicine and Human Performance*. 2021, 92 (2): 65-74. doi: 10.3357/AMPH.5668.2021 *A. Mantri posthumously.

9. **Allaway HCM**, Misra M, Stone MS, Weaver CM, Petkus DL, Southmayd EA, De Souza MJ. Oral and vaginal hormonal contraceptive use decrease rhGH-stimulated hepatic IGF-1 secretion and circulating P1NP in healthy, young women. *Frontiers in Endocrinology.* 2020, 11: 334. doi: 10.3389.fendo.2020.00334

10. **Allaway HCM**, John EM, Keegan TH, De Souza MJ. A pilot study on the utilization of reduced urinary collection frequency protocol for the assessment of reproductive hormones in adolescent girls. *Journal of Pediatric Endocrinology and Metabolism*. 2017, 30 (10): 358. doi: 10.1515/jpem-2017-0050

11. **Allaway HCM**, Chizen DR, Adams GP, Pierson RA. Effects of a single 20mg dose of letrozole on ovarian function post dominant follicle selection: an exploratory randomized controlled trial. *Journal of Ovarian Research*. 2017, 10 (1): 6. doi: 10.1186/s13048-017-0303-x

12. Koehler K, Williams NI, Mallinson RJ, Southmayd EA, **Allaway HCM**, De Souza MJ. Low resting metabolic rate in exercise-associated amenorrhea is not due to a reduced proportion of energetically expensive tissue compartments. *American Journal of Physiology Endocrinology and Metabolism*. 2016, 311 (2): E480. doi: 10.1152/ajpendo.00110.2016

13. **Allaway HCM**, Southmayd EA, De Souza MJ. The physiology of functional hypothalamic amenorrhea associated with energy deficiency in exercising women and in women with anorexia nervosa. *Hormone Molecular Biology and Clinical Investigation*. 2016, 25 (2): 91. doi: 10.1515.hmbci-2015-0053

14. Mallinson RJ, Williams NI, Gibbs JC, Koehler K, **Allaway HCM**, Southmayd EA, De Souza MJ. Current and past menstrual status is an important determinant of femoral neck geometry in exercising women. *Bone*. 2016, 88: 101. doi: 10..1016/j.bone.2016.01.030

15. Clement G, **Allaway HCM,** Demel M, Golemis A, Kindrat A, Melinyshyn AN, Merali T, Thirsk R. Long-duration spaceflight increases depth ambiguity of reversible perspective figures. *PLOS One*. 2015, 10 (7): e0132317. doi: 10.1371/journal.pone.0132317

16. **Allaway HCM**, Williams NI, Mallinson RJ, Koehler K, De Souza MJ. Reductions in urinary collection frequency for assessment of reproductive hormones provide physiologically representative exposure and mean concentrations when compared with daily collection. *American Journal of Human Biology*. 2015, 27 (3):358. doi: 10.1002/ajhb.22649

17. **Allaway HCM**, Bloski TG, Pierson RA, Lujan ME. Digit ratios (2D:4D) determined by computer-assisted analysis are more reliable than those using physical measurements, photocopies, and printed scans. *American Journal of Human Biology*. 2009, 21 (3): 365. doi: 10.1002/ajhb.20892

18. **Allaway HCM**, Lloyd V, Kaczmarska I. Whole mount *in situ* immunofluorescent hybridization of diatoms. *Diatom Research*. 2008, 23 (1): 1. doi: 10.1080/0269249X.2008.9705732

BOOK CHAPTERS/WHITE PAPERS

1. **Allaway HCM**, Mallinson RJ, De Souza MJ. Impact of combined oral contraceptive use on exercise and health in female athletes. IN *Exercise and Human Reproduction: Induced Fertility Disorders and Possible Therapies.* Eds. Vaamonde D, du Plessis SS, Agarwal A. Springer Science+Business Media, New York. 2016, p. 287.

2. Sarty G, Frank-Wilson A, Allen NJ, Battler M, Boyd S, Chilibeck P, Dixon M, McLeod SA, Farthing J, Fulford P, Hughson RL, Johnston JD, Kontulainen S, Lanovaz J, Mendez I, Saary MJ, Salajeghe S, Scott A, Kawalilak C, Sharp J, Shoemaker JK, Sutherland G, Girouard H, Hard DA, Tomanek B, Turek K, Lehnhardt K, **Allaway HCM** & Obenaus A. *Topical Team on Space Health: Multidisciplinary Approach to Health Risk Mitigation in Space*. White Paper Commissioned by the Canadian Space Agency. 11/2016.

PUBLISHED ABSTRACTS

* indicates Poster Presentation, # indicates Oral Presentation, ^ indicates Graduate Trainee Written; % indicates Undergraduate Trainee Written.

1. *Mallinson RJ, Williams NI, Ricker EA, **Allaway HC**, De Souza MJ. Multiple consecutive menstrual cycles may be needed for improvements in estrogen concentrations after oligo-amenorrhea. Annual Meeting American College of Sports Medicine. Denver, CO. 05/30-06/02/2023. *Medicine & Science in Sports & Exercise*. 2022, 55(9S): 482.

2. *^Martone M, Irving B, Spielmann G, **Allaway H**. Effects of hindlimb unloading and long-acting reversible contraception on markers of mitophagy in muscle. Annual Meeting American College of Sports Medicine. San Diego, CA. 05/31-06/04/2022. *Medicine & Science in Sports & Exercise*. 2022, 54(9S): 675.

3. *Strock NCA, De Souza MJ, **Allaway HC**, Gibbs JC, Williams NI. 12-month RCT to increase dietary intake does not exacerbate disordered eating in amenorrheic/oligomenorrheic exercising women. Annual

Meeting American College of Sports Medicine. Virtual Meeting. *Medicine & Science in Sports & Exercise*. 2021, 53(8S): 342.

4. ***Allaway HCM**, Elizondo JP, Little SE, Hogan HA, Bloomfield SA. LARC implant use does not exacerbate bone loss associated with hindlimb unloading. Annual Meeting American College of Sports Medicine. Virtual Meeting. *Medicine & Science in Sports & Exercise*. 2020, 52(7S):73-74.

5. ***Allaway HCM**, Little SE, Hogan HA, Bloomfield SA. Impact of long-acting, reversible contraceptives on bone density during simulated microgravity. Annual Meeting American College of Sports Medicine. Orlando, FL. 05/28-06/01/2019. *Medicine & Science in Sports & Exercise*. 2019, 51(5S): 1485.

6. *Little SE, **Allaway HCM**, Bokhari RS, Seidel DV, Wahl KL, Turner ND, Ford JR, Suva L, Bloomfield SA. Can acute galactic cosmic radiation-induced bone loss be mitigated by dietary modulation of inflammatory cytokines. Annual Meeting American College of Sports Medicine. Orlando, FL. 05/28-06/01/2019. *Medicine & Science in Sports & Exercise*. 2019, 51(5S): 1486.

7. ***Allaway H**, Pierson R, Invik J, Bloomfield S. Development of an animal model of long-acting, reversible contraception at physiologic equivalent doses. Endocrine Society Annual Meeting. New Orleans, LA. 03/23-26/2019. *Journal of the Endocrine Society*. 2019, 3(S1): SAT-LB039.

8. *[%]Vargas XS, **Allaway HCM**, Little SE, Bloomfield S. Do implantable, progestin only contraceptives alter the bone response to unloading? Texas Chapter of the American College of Sports Medicine Annual Meeting. Fort Worth, TX. 02/28-03/01/2019. *International Journal of Exercise Science: Conference Proceedings*. 2019, 2(11): 122.

9. *Little SE, **Allaway HCM**, Bokhari R, Wahl KL, Seidel DV, Turner ND, Ford JR, Suva L, Bloomfield S. Can acute galactic cosmic radiation-induced bone loss be mitigated by dietary modulation of inflammatory cytokines. Texas Chapter of the American College of Sports Medicine Annual Meeting. Fort Worth, TX. 02/28-03/01/2019. *International Journal of Exercise Science: Conference Proceedings*. 2019, 2(11): 16.

10. *Koltun KJ, **Allaway HCM**, Williams NI, De Souza MJ. The association of leptin with unique measures of body composition distribution in exercising women. Annual Meeting American College of Sports Medicine. Denver, CO. 05/30–06/03/2017. *Medicine & Science in Sports & Exercise*. 2017, 49(5S): 1090.

11. ***Allaway HCM**, Weaver CM, Petkus DL, Stone MS, Misra M, Martin BR, Williams NI, Southmayd EA, De Souza MJ. Oral and non-oral contraceptives decrease recombinant human GH-stimulated hepatic IGF-1 secretion in young women following two months of use. Annual Meeting of the Endocrine Society. Orlando, FL. 04/01–04/2017. *Endocrine Reviews* 2017*,* 38(3S): MON-079. (Selected for Presidents Poster Competition)

12. ***Southmayd EA, Mallinson RJ, Williams NI, **Allaway HC**, De Souza MJ. Reduced lean mass and fat mass exacerbate effects of estrogen deficiency on bone. Annual Meeting American College of Sports Medicine. Denver, CO. 05/30–06/03/2017. *Medicine & Science in Sports & Exercise*. 2017, 49(5S): 402.

13. ***Allaway HCM**, Koehler K, Mallinson RJ, Southmayd EA, De Souza MJ, Williams NI. Low resting metabolic rate in exercise-associated amenorrhea is not due to a reduced proportion of energetically expensive tissue compartments. Annual Meeting of the American College of Sports Medicine. Boston, MA. 05/31–06/03/2016. *Medicine & Science in Sports & Exercise*. 2016, 48(5S): 1084.

14. *[#]Mallinson RJ, Williams NI, Gibbs JC, Koehler K, **Allaway HCM**, Southmayd E, De Souza MJ. Cumulative menstrual status is an important determinant of femoral neck geometry in exercising women. Annual Meeting of the American College of Sports Medicine. Boston, MA. 05/31–06/03/2016. *Medicine & Science in Sports & Exercise*. 2016, 48(5S): 491.

15. *[#]**Allaway HCM**, Williams NI, Gibbs JC, De Souza MJ. The effect of energy status on distance running performance across a competitive season in female cross-country runners. Annual Meeting of the American College of Sports Medicine. San Diego, CA. 05/26–30/2015. *Medicine & Science in Sports & Exercise*. 2015, 47(5S): 1.

16. ***Allaway HCM**, Gibbs JC, Williams NI, Mallinson RJ, De Souza MJ. Cumulative menstrual status is associated with current lumbar spine bone mineral density in exercising women. Annual Meeting of the American College of Sports Medicine. Indianapolis, IN. 05/28–06/01/2013. *Medicine & Science in Sports & Exercise*. 2013, 45(5S): 331.

HONORS & AWARDS

2023	Early Career Award, College of Human Sciences & Education, LSU
2023	Travel Grant, College of Human Sciences & Education, LSU
2021-	Protégé, ACSM Mentoring Women to Fellowship Program
2020	Young Investigator Award, ECTS Digital Masterclass
2019	Alice L Jee Young Investigator Award, 48th International Musculoskeletal Biology Workshop
2019	Postdoctoral Travel Award, Division of Research, Texas A&M University
2018	iGIANT Space Health Prize, Space Health Challenge, HRP IWS
2015	Janet W. McArthur Award for Excellence in Women's Health Research, CHHD, PSU
2012	Herbert J. Bailey Endowed Graduate Fellowship, The Graduate School, PSU
2012	Dorothy L. Anderson Endowed Graduate Fellowship for Women, The Graduate School, PSU

OTHER EXPERIENCE & PROFESSIONAL MEMBERSHIPS

2023-	Member, American Society for Gravitational and Space Research
2023	Co-Chair, Vertebrates I Oral Presentation Session, ASGSR Annual Conference
2023	Co-Chair, TRISH Postdoctoral Fellows Research Update Oral Presentation Session, HRP IWS
2021-2022	NASA STAR Academy, Virtual Masterclass for Space Biosciences Training, Cohort 2
2020-	Member, International Society for Gravitational Physiology
2018-2019	Treasurer, Texas A&M University Postdoctoral Association Executive Committee
2017-2018	Recording Secretary, Texas A&M University Postdoctoral Association Executive Committee
2017-	Member, Academy of Bioastronautics
2013-	Member, Athlete Triad Coalition
2012-	Member, American College of Sports Medicine

AD HOC REVIEWS

- Human Reproduction, Journal of Adolescent Health, Medicine & Science in Sport & Exercise, American Journal of Physiology, European Journal of Sport Science, Journal of Applied Physiology, Radiation Research (last 15 years)
- *Grant Reviewer and Grant Review Panel Member*. Postdoctoral Fellowship Grants. TRISH, Reviewer and Virtual Panel Member. 04/2024.
- *Adjudicator*. Discovery Day, Undergraduate Research Exhibition, Louisiana State University, 03/2024.
- *Student and Teacher Program Applications Reviewer*. Applications for the GeneLab for High School Students Summer Program. NASA, 02/2024
- *Abstract Reviewer,* ASGSR-Animals. ASGSR Annual Conference. 7/2023
- *Grant Reviewer and Grant Review Panel Member*. Postdoctoral Fellowship Grants. TRISH, Reviewer and Virtual Panel Member. 05/2023.
- *Non-Panelist Grant Reviewer*. Future Investigators in NASA Earth and Space Science and Technology. NASA, Asynchronous Reviewer 05/2022.

- *Grant Reviewer and Grant Review Panel Member*. Postdoctoral Fellowship Grants. TRISH, Reviewer and Virtual Panel Member. 04/2022.
- *Adjudicator*. Discovery Day, Undergraduate Research Exhibition, Louisiana State University, 04/2022.
- *Adjudicator.* Graduate and Undergraduate Research Pre-recorded Flash Talks, International Society for Gravitational Physiology. Virtual Conference. 05/2021.
- *Score Keeper Student Bowl*. Texas Chapter of the American College of Sports Medicine. Virtual Conference. 02/2021.
- *Score Keeper IPE Quiz Bowl*. American Physiological Society Integrative Physiology of Exercise Virtual Conference. 11/2020.
- *Score Keeper Student Bowl*. Texas Chapter of the American College of Sports Medicine. Waco Convention Center. 02/2020.
- *Score Keeper Student Bowl*. Texas Chapter of the American College of Sports Medicine. Tarrant County College Trinity River Campus. 02/2019.
- *External Adjudicator.* 21st Annual Graduate Student Forum, Department of Entomology, Texas A&M University. 08/2018.
- *Adjudicator*. State Meeting of Pennsylvania Junior Academy of Science. University Park, PA. 05/2016.
- *Adjudicator*. Undergraduate Research Exhibition, Pennsylvania State University, 04/2016.
- *Adjudicator*. Graduate Research Exhibition, Pennsylvania State University, 03/2015.

ONGOING RESEARCH SUPPORT

- LaSPACE Undergraduate Research Assistantship Program ($4500), Allaway 08/24-05/25 Principal Investigator
  Insights into the impacts of continuous, low-dose-rate neutron radiation exposure on fetal skeletal development.
- NASA HERO Omnibus (80NSSC24K0406, $150,000), Allaway 03/24-02/25 Principal Investigator
  A time course of bone microarchitectural and material property changes in male and female mice during simulated unloading and spaceflight.
- LSU CHSE Faculty Research Grant ($8000), Allaway 10/23-06/24 Principal Investigator
  Will use of long-acting, reversible contraceptives reduce long bone growth in female rats?
- NASA ROSES Grant (#80NSSC23K0784, $100,000), Allaway 06/23-05/25 Principal Investigator
  Insights into the impacts of continuous, low-dose-rate neutron radiation exposure on maternal and fetal skeletal physiology.
- Wu Tsai Human Performance Alliance Grant ($200,000), Spielmann 09/22-08/24 Co-Investigator
  Physical and mental resilience in female athletes: a pilot study.
- Nutrition Obesity Research Center Pilot Program ($97,000), Viverito 06/20-05/24 Collaborator
  Substrate oxidation in girls (STRONG).

COMPLETED RESEARCH SUPPORT

- Provost's Fund: Research & Creative Activity Support ($7500), Hulteen 01/24-06/24 Collaborator
  Feasibility of the women exercising, active, and learning together for health (WEALTH) trial.
- College of Human Science and Education Faculty Research Grant ($8000), Allaway 10/23-6/24 Principal Investigator
  Will use of long acting, reversible contraceptives reduce long bone growth in female rats?
- TRISH Go-for-Launch Grant ($150,000), Allaway 01/21-12/21 Principal Investigator
  Mechanistic insights into the combined chronic impact of spaceflight and aging on cardiovascular physiology
  **Award closed early to accept tenure-track position at Louisiana State University 08/15/2021*

- TRISH Postdoctoral Fellowship ($197,000), Allaway/Bloomfield 01/18-12/20 Principal Investigator
  Will use of long-acting, reversible contraceptives mitigate bone loss in female rats during simulated exploration class missions?
  **Initial Fellowship (2 years) and Competitive Extension (1 year)*
- PSU Childhood Obesity Prevention Training Seed Grant ($6,000), Allaway/Lieberman 07/14-03/18 Co-Principal Investigator
  The Effect of a mixed composition meal on the thermic effect of food, fuel utilization, subjective appetite, and appetite hormone responses in young exercising women across the BMI spectrum.
- Strategic Training Initiative in Research in the Reproductive Health Science (STIRRHS) Matching Funding Bursary (CAD $18,000), Allaway/Pierson 08/08-07/10 Research Assistant
  Aromatase inhibitor effects on ovarian function during the follicular and early luteal phase in women

INVITED SEMINARS, TALKS & PANELS

National/International

- *Insights into NASA Grant Writing from an Early Career Award Winner and STAR Alumnus.* NASA STAR Session 4. 02/20/2024.
- *The Physiological Adaptations to Space* Panel Discussion. 3rd Australian Space Biology x Health Summit, Virtual Conference. 11/17/2021.
- *Female Astronaut Health: Using animal models to advance our understanding*. 3rd Australian Space Biology x Health Summit, Virtual conference. 11/16-19/2021.
- *Perspective Reversible Figures*. Joint CSA/ESA/JAXA/NASA Increment 31-32 Science Symposium. Johnson Space Center. 12/07/2011. *Presented on behalf of the team via teleconference.

Regional

- *Female Astronaut Musculoskeletal Health: Utility of Animal Models in Investigations.* Noll Physiological Research Seminar. Pennsylvania State University, University Park, PA. 04/26/2024.
- *Reconsidering Musculoskeletal Health in a Female Astronaut Specific Context*. TAMU Human Space Exploration Workshop. 09/30/2022.
- *Women's Health in the Athletic World: Understanding the Fundamentals of Recovery from the Athlete Triad*. Postdoctoral Lecture, Texas Chapter of the American College of Sports Medicine Conference, Virtual Conference. 02/25/2021.
- *The Female Athlete Triad, Cumulative Risk, and Return to Play, and Treatment Strategies*. Presentation for a delegation from the Chinese Center for Sport. Pennsylvania State University, University Park, PA. 10/23/2014.
- *Aromatase Inhibitors: A Novel Emergency Contraceptive or a Fertility Therapy?* Noll Physiological Research Seminar. Pennsylvania State University, University Park, PA. 04/05/2013.
- *Listen to your heart, follow your dreams*. Roads to Success Career Fair. Sun West School Division. Rosetown Central High School, Rosetown, SK, Canada. 04/22/2010.
- *Making Dreams a Reality*. Roads to Success Career Fair. Sun West School Division. Rosetown Central High School, Rosetown, SK, Canada. 04/17/2008.

TEACHING EXPERIENCE

Instructor, School of Kinesiology, Louisiana State University.
HNRS 4000 Sec 051: Thesis Writing, Spring 2024 1 student
HNRS 4000 Sec 051: Thesis Writing, Fall 2023 1 student

Instructor, School of Kinesiology, Louisiana State University.
KIN 7547 Sec 002: Women in Sport and Exercise, Spring 2023 12 students; 4 auditing

Instructor, School of Kinesiology, Louisiana State University.

KIN 4900 Sec 005: Independent Study, Spring 2023	2 students
KIN 4900 Sec 001: Independent Study, Spring 2022	1 student

Instructor, School of Kinesiology, Louisiana State University.

KIN 3515 Sec 002: Physiologic Basis of Physical Activity, Summer 2024	49 students
KIN 3515 Sec 003: Physiologic Basis of Physical Activity, Spring 2024	49 students
KIN 3515 Sec 004: Physiologic Basis of Physical Activity, Fall 2023	45 students
KIN 3515 Sec 003: Physiologic Basis of Physical Activity, Fall 2023	48 students
KIN 3515 Sec 001: Physiologic Basis of Physical Activity, Summer 2023	32 students
KIN 3515 Sec 004: Physiologic Basis of Physical Activity, Spring 2023	42 students
KIN 3515 Sec 005: Physiologic Basis of Physical Activity, Fall 2022	46 students
KIN 3515 Sec 002: Physiologic Basis of Physical Activity, Spring 2022	45 students
KIN 3515 Sec 002: Physiologic Basis of Physical Activity, Fall 2021	45 students

Co-Chair, Space Studies Program, International Space University, hosted by the Instituto Superior Tecnico Taguspark, Oeiras, Portugal.
Human Performance in Space Department, Planning (12/2021–06/2022) & Implementation (07–08/2022).
Development and coordination of a program of 16 workshops of 3-4 hours' duration to utilize the expertise of visiting lecturers and the facility of the host site to teach life sciences with a focus on physiology and medicine to participants with non-life science backgrounds.

Co-Instructor, Department of Health and Kinesiology, Texas A&M University.
KINE 682 Hot Topics in Bone Biology Graduate Seminar, 01-05/2019.
Topics covered: Basic Bone Biology and Biomechanics, Bone Aspects of the Athlete Triad, Gut Microbiome Interactions with Bone, and Osteocytes.

Chair, Space Studies Program, International Space University, hosted by the Delft University of Technology, Delft, the Netherlands.
Human Performance in Space Department, Planning (10/2017–06/2018) & Implementation (07–08/2018).
Development and coordination of a program of 15 workshops of 3-4 hours' duration to utilize the expertise of visiting lecturers and the facility of the host sites (TU Delft, Leiden University, and ESA ESTEC) to teach life sciences with a focus on physiology and medicine to participants with non-life science backgrounds.

Co-Instructor, Department of Kinesiology, Pennsylvania State University.
KINES 197a Biophysical Basis of Kinesiology, Sensory Systems and Motor Control Section, 07–08/2015
KINES 454 Women's Health and Exercise Across the Lifespan, Physiology of Reproduction and Hormonal Contraception across the Premenopausal Timespan Section, 01–06/2015.
Instructor of Record/Teaching Mentor: Mary Jane De Souza, Ph.D.

Visiting Lecturer
AERO 489/689, Special Topics: Human Performance in Aerospace Environments, Department of Aerospace Engineering, Texas A&M University.
Bone Biology and Biomechanics: Adaptations to Spaceflight, 10/21/2021.
Bone Biology and Biomechanics: Adaptations to Spaceflight, 09/17/2020.
Bone Biology and Biomechanics: Adaptations to Spaceflight, 03/07/2019.

KINES 101 Biophysical Basis of Kinesiology, Department of Kinesiology, Pennsylvania State University.
The Female Athlete Triad and Basic Concepts of Energy Metabolism, 01/19/2017.
The Female Athlete Triad and Basic Concepts of Energy Metabolism, 11/10/2016.

Human Performance in Space Department, Space Studies Program, International Space University, hosted at Cork Institute of Technology, Cork, Ireland. 07/2017.
Cardiovascular Physiology and Adaptations to Space Flight & Exercise and Bone Physiology and Adaptations to Space Flight.

Human Performance in Space Department, Space Studies Program, International Space University, hosted at Technion, Haifa, Israel. 08/2016.
Cardiovascular Physiology and Adaptations to Space Flight & Exercise and Bone Physiology and Adaptations to Space Flight.

KINES 455 Physiological Basis of Exercise is Medicine. Pennsylvania State University. 04/13/2016.
Introduction to Bone Health.

Human Performance in Space Department, Space Studies Program, International Space University, hosted at Ohio University, Athens, Ohio, USA. 07/2015.
Cardiovascular Physiology and Adaptations to Space Flight & The Search for Life in the Universe.

MENTORING

Doctoral Dissertation Committees

1. Carlie Beard	Committee Chair	Doctoral Dissertation	In Progress
2. Parsa Molaei	Deans Representative	Doctoral Dissertation	In Progress
3. Rhianna Weall	Committee Co-Chair	Doctoral Dissertation	In Progress
4. G. Mike Davis	Committee Member	Doctoral Dissertation	In Progress
5. Matthew Martone	Committee Co-Chair	Doctoral Dissertation	In Progress
6. Rachel Matthews	Committee Member	Doctoral Dissertation	Completed, Summer 2024
7. Cassie Feck	Deans Representative	Doctoral Dissertation	Completed, Spring 2024

Master's Graduate Committees

1. Carlie Beard	Committee Chair	Thesis	Transferred to PhD Program

Undergraduate Honor's Committees

1. Mary LoGiudice	Committee Chair	Thesis	Completed, Spring 2024

MENTEE HONORS & AWARDS

2024 LoGiudice M. **Leo & Insa Abraham Honors Excellence Award in Honor of Dr. James D. Hardy Jr.**
LoGiudice M. **Distinguished Undergraduate Researcher**
LoGiudice M. & Sorrels C. **Discover Day 2024 Second Place Poster in STEM**
LoGiudice M. & Sorrels C. **Discover Day 2024 Second Place Poster/Presentation for CHSE**, $75

2023 LoGiudice M. **LSU Organizations Relief Fund for Undergraduate Travel Award,** $700
LoGiudice M. **LSU Discover Undergraduate Research Program Travel Award,** $1000
LoGiudice M. **Tiger Athletic Foundation Honors College Thesis Research Scholarship,** $500
LoGiudice M. **Discover Day 2023 Second Place Poster in STEM**
LoGiudice M. **Discover Day 2023 First Place Poster/Presentation for CHSE**, $125
Martone M. **CHSE Dean's GA TIGER Travel Grant Award**, $1000

2022 Sorrels C. **Explorers Program for Freshman**
Martone M. **CHSE Dean's GA TIGER Travel Grant Award**, $1000

Updated July 31, 2024