

Christopher J. Rasmussen

Research Associate
Exercise & Sport Nutrition Laboratory
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DEGREES

Bachelor of Science

Sports Science/Pre-Physical Therapy
Kansas University School of Education (5/18/1997)

Master of Science

Human Movement Sciences & Education
The University of Memphis College of Education (5/5/2000)

EXPERIENCE

Physical Therapy Aide

Cloud County Health Center
Concordia, Kansas (5/24/96 - 8/12/96)

Student Intern

Watkins Student Health Center
Kansas University, Lawrence, KS (1/13/97 - 5/16/97)

Fitness Supervisor/Research Assistant

Department of Preventive Medicine
The University of Tennessee – Memphis,
Memphis, TN (11/29/99 - 3/10/00)

Graduate Research Assistant

Human Movement Sciences & Education
The University of Memphis
Memphis, TN (8/21/97 - 3/31/00)

Fitness Staff/Personal Trainer

Desoto Athletic Club
Southaven, MS (8/14/99 - 6/17/00)

Fitness Staff/Personal Trainer

Wimbledon Sportsplex
Memphis, TN (6/24/00 – 6/27/02)

Part-time Lecturer

Human Movement Sciences & Education
The University of Memphis
Memphis, TN (8/28/00 – 4/30/02)

Research Coordinator

Exercise & Sport Nutrition Laboratory
The University of Memphis
Memphis, TN (4/1/00- 5/31/02)

Part-time Lecturer

Health Human Performance & Recreation
Baylor University
Waco, TX (8/26/02 – 12/15/08)

Research Coordinator

Exercise & Sport Nutrition Laboratory
Baylor University
Waco, TX (6/1/02- 12/15/08)

Associate Trainer

Living Strong Fitness Training System
Waco, TX (1/1/06 – 10/28/08)

Research Associate

Exercise & Sport Nutrition Laboratory
Texas A&M University
College Station, TX (8/15/08- present)

GRANT INVOLVEMENT

- *Urban Youth Wellness Project* (Subcontract from Department of HHS Grant). **Memphis Youth Fair Chance**, (PIs: Dr. Onyejebose Okwumabua and Dr. Richard Kreider, served as Graduate Research Assistant on the study), \$72,000, 1997-98.
- *Long-Term safety and efficacy of creatine supplementation among athletes*. **Experimental & Applied Sciences, MetaResponse Sciences, SKW/Metabolic Response Modifiers**, (PI: Dr. Richard Kreider; served as Graduate Research Assistant on the study), \$45,000 + Supplements (6 mo.), \$60,000 + \$75,000 DEXA Scans, Donate Supplements 1.5 years, 1998-00.
- *Effects of honey ingestion on hormonal profiles and exercise performance*. **National Honey Board/USDA**, (PI: Dr. Richard Kreider; served as Graduate Research Assistant and Coordinator of one of the three studies conducted), \$99,960, 1999-01.
- *Effects of creatine and pyruvate supplementation on body composition, body image, hormonal profiles, and indices of menstrual cycle status in women*. **MRS/SKW Trostberg**, (PI: Dr. Richard Kreider; served as Graduate Research Assistant on the study), \$34,131 of \$85,000, 2000-02.
- *Effects of colostrum and myovive supplementation on body composition and exercise capacity*. **MRS/GNC-Numico Research**, (PI: Dr. Richard Kreider; served as Graduate Research Assistant on the study), \$103,000 of \$125,000, 2000-01.
- *Effects of inozitol on creatine retention* (In collaboration with ASU). **MRS/Humanetics Corp.** (PIs: Dr. Mike Greenwood and Dr. Richard Kreider; served as Graduate Research Assistant on the study), \$4,400 of \$10,000, 2000-01.
- *Effects of protein and amino acid supplementation on training adaptations*. **Royal Numico**, (PI: Dr. Richard Kreider, served as Graduate Research Assistant on the study), \$42,000 of \$60,000, 2001-02.
- *Safety and efficacy of coleus forskohlii supplementation in moderately overweight females*. **MRS/Sabinsa Corp.** (PI: Dr. Richard Kreider, served as Graduate Research Assistant on the study), \$25,800 of \$41,000, 2001-02.
- *Effects of zinc, magnesium-aspartate (ZMA) supplementation on training adaptations and markers of anabolism and catabolism*. **MRS/Cytodyne Technology**, (PI: Dr. Richard Kreider, served as co-investigator on the study), \$56,000 of \$77,000, 2002-03.
- *Effects of ribose supplementation prior to and following exercise on sprint performance*. **Royal Numico**, (PI: Dr. Richard Kreider, served as co-investigator on the study), \$5,500, 2002-03.

- *Effects of methoxyisoflavones, ecdysterones, and sulfo-polysaccharides on training adaptations.* **MuscleTech Research & Development**, (PI: Dr. Richard Kreider, served as co-investigator on the study), \$56,000, 2002-03.
- *Effects of a non-ephedra thermogenic supplement on body composition and markers of health.* **MuscleTech Research & Development**, (PI: Dr. Richard Kreider, served as co-investigator on the study), \$56,000, 2002-03.
- *Effects of the curves for women[®] fitness and weight loss program on body composition, metabolism, and exercise capacity in sedentary overweight females.* **Curves International**, (PI: Dr. Richard Kreider, served as co-investigator on the study), \$385,000, 2002-03.
- *Effects of arginine – alpha ketoglutarate supplementation on plasma arginine levels and training adaptations.* **Medical Research Institute**, (PI: Dr. Richard Kreider, served as co-investigator on the study), \$94,000, 2002-03.
- *Effects of the curves for women[®] fitness and weight loss program on body composition, metabolism, and exercise capacity in sedentary overweight females – 1 year follow-up.* **Curves International**, (PI: Dr. R. Kreider, served as co-investigator on the study), \$385,000, 2003-04.
- *Curves Women's Health Initiative.* **Curves International**. (PI: Dr. Richard Kreider, served as co-investigator on a series of studies exploring several women's health issues), \$5,000,000, 2004-09.
- *Effects of arachidonic acid supplementation on training adaptations.* **Molecular Nutrition**, (PI: Dr. Richard Kreider, served as co-investigator on the study), \$60,331, 2005-06.
- *Impact of acute and chronic coenzyme Q10 supplementation on exercise performance.* **Pharma Base N.A.** (PI: Dr. Richard Kreider, served as co-investigator on the study), \$76,188, 2006.
- *Effects of AX-4 supplementation on weight loss in overweight men and women.* **Ambryx Biotechnology, Inc.** (PI: Dr. Richard Kreider, served as co-investigator on the study), \$87,920, 2006.
- *Comparison of Two Diet Approaches on Weight Loss and Health Outcomes in Women.* **General Mills, Bell Institute of Health & Nutrition**. (PI: Dr. Richard Kreider, served as co-investigator on the study), \$264,265, 2007.

HONORS

- Battenfeld Scholarship Hall, Kansas University (8/92 – 5/96)
- The Melvin A. Humphrey's Prize for Student Research, Department of Human Movement Sciences & Education, The University of Memphis (Spring 2000)
- Distinguished Graduate Student Award in Exercise & Sport Sciences, Department of Human Movement Sciences & Education, The University of Memphis (Spring 2000)

TEACHING

Kansas University

- Human Anatomy Dissection Laboratory (Undergraduate Teaching Assistant)

The University of Memphis

- Concepts of Fitness and Wellness
- Concepts and Applications of Conditioning Programs
- Internship in Exercise and Sport Science (University Supervisor)
- Clinical Exercise Physiology
- Electrophysiology and EKG Interpretation (Graduate Teaching Assistant)

Baylor University

- Fitness Theory and Practice (Section Supervisor)
- Fitness Concepts, Testing & Programs
- Principles of Health Fitness Instruction
- Stress Management & Mental Health

PUBLICATIONS

Book Chapters

- Rasmussen, CJ. *Nutrition Before, During and After Exercise for the Strength-Power Athlete*. In Antonio J, Kalman D, Stout J, Greenwood M, Willoughby D. **Essentials of Sport Nutrition & Supplements**. Human Press Inc., Totowa, NJ. (In Press, 2006).
- Rasmussen, CJ. *Nutritional Supplements for Endurance Athletes*. In Greenwood M, Kalman D, & Antonio, J. **Nutritional Supplements in Sports and Exercise**. Humana Press Inc., Totowa, NJ. (In Press, 2007).

Journal Articles

- Greenwood, M., R.B. Kreider, C. Rasmussen, A.L. Almada, and C.P. Earnest. *D-Pinitol augments whole body creatine retention in man*. **Journal of Exercise Physiology Online**. 4(4):41-47, 2001.
- Kreider, RB, CJ Rasmussen, SL Lancaster, C Kerksick, and M Greenwood. *Honey: An alternative sports gel*. **Strength and Conditioning Journal**. 24(1), 2002.
- Kreider, RB, C Melton, CJ Rasmussen, M Greenwood, S Lancaster, EC Cantler, P Milnor, and AL Almada. *Long-term creatine supplementation does not significantly affect clinical markers of health in athletes*. **Molecular and Cellular Biochemistry**. 244:95–104, 2003.
- Greenwood, M, RB Kreider, C Melton, C Rasmussen, S Lancaster, E Cantler, P Milnor, and A Almada. *Creatine supplementation during college football training does not increase the incidence of cramping or injury*. **Molecular and Cellular Biochemistry**. 244:83–88, 2003.
- Kreider, R.B., C. Melton, M. Greenwood, C. Rasmussen, J. Lundberg, C. Earnest, A. Almada. *Effects of oral D-ribose supplementation on anaerobic capacity and selected metabolic markers in healthy males*. **International Journal of Sport Nutrition & Exercise Biochemistry**. 13:76-86, 2003.
- Greenwood M, Kreider R, Earnest C, Rasmussen C, Almada A. *Differences in creatine retention among three nutritional formulations of oral creatine supplements*. **Journal of Exercise Physiology: Online**. 6(2):37-43, 2003.
- Kreider RB, Almada AL, Antonio J, Broeder C, Earnest C, Greenwood L, Greenwood M, Incledon T, Kalman DS, Kerksick C, Kleiner SM, Leutholtz B, Lowery LM, Mendel R, Rasmussen C, Stout, JR, Weir JP, Willoughby DS, Ziegenfuss TN. *Exercise and sport nutrition: A balanced perspective for exercise physiologists*. **Professionalization of Exercise Physiology: Online**. 6(8), 2003.
- Fry A, Schilling B, Chiu L, Weiss L, Kreider R, Rasmussen C. *Muscle fiber and performance adaptations to resistance exercise with MyoVive, colostrum or casein and whey supplementation*. **Research in Sports Medicine**. 11:109-127, 2003.
- Kerksick C, Rasmussen C, Bowden R, Leutholtz B, Harvey T, Earnest C, Greenwood M, Almada A, Kreider R. *Effects of Ribose Supplementation Prior to & During Intense Exercise on Anaerobic Capacity and Metabolic Markers*. **International Journal of Sports Nutrition & Exercise Metabolism**. 15(5):653-664, 2005.
- Campbell B, Roberts M, Kerksick C, Wilborn C, Marcello B, Taylor L, Nassar E, Leutholtz B, Bowden R, Rasmussen C, Greenwood M, Kreider R. *Pharmacokinetics, safety, and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men*. **Nutrition**. 22:872-881, 2006.
- Kerksick C, Rasmussen C, Lancaster S, Magu B, Smith P, Melton C, Greenwood M, Almada A, Earnest C, Kreider R. *The effects of protein and amino acid supplementation on performance and training adaptations during ten weeks of resistance training*. **Journal of Strength and Conditioning Research**. 20(3):643-653, 2006.
- Kerksick C, Rasmussen C, Lancaster S, Starks M, Smith P, Melton C, Greenwood M, Almada A, Kreider R. *Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training*. **Nutrition**. Sept;23(9):647-56, 2007.

- Kreider R, Earnest C, Lundberg J, Rasmussen C, Greenwood M, Cowan P, Almada A. *Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of anabolism, catabolism, and immunity.* **Journal of the International Society of Sports Nutrition.** 4:18, 2007.
- Roberts M, Iosia M, Kerksick C, Taylor L, Campbell B, Wilborn C, Harvey T, Cooke M, Rasmussen C, Greenwood M, Wilson R, Jitomir J, Willoughby D, Kreider R. *Effects of arachidonic acid supplementation on training adaptations in resistance-trained males.* **Journal of the International Society of Sports Nutrition.** 4:21, 2007.
- Cooke M, Iosia M, Buford T, Shelmadine B, Hudson G, Kerksick C, Rasmussen C, Greenwood M, Leutholtz B, Willoughby D, Kreider R. *Effects of acute and 14-day coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals.* **Journal of the International Society of Sports Nutrition.** 5:8, 2008.
- Kerksick CM, Wilborn CM, Campbell BI, Roberts MD, Rasmussen CJ, Greenwood M, Kreider RB. *Early-Phase Adaptations to a Split-Body, Linear Periodization Resistance Training Program in College-Aged and Middle-Aged Men.* **Journal of Strength and Conditioning Research.** 23(3):2009.

Health/Fitness/Research Articles

- Kreider RB, Rasmussen CJ, Lancaster SL, Kerksick C, Greenwood M. *Honey: The Natural Sports Gel.* **Olympic Coach.** In Press, 2001.
- Rasmussen CJ. *A Research Coordinator in the University Setting.* **North Texas Chapter of the ACRP Newsletter.** Vol. 8 (1): pg. 6, 2005.

Published Research Abstracts

- Kreider, R.B., C. Rasmussen, J. Ransom, and A.L. Almada. *Effects of creatine supplementation during training on incidence of muscle cramping, injuries, and GI distress.* **Journal of Strength and Conditioning Research.** 12:275, 1998.
- Kreider, R., J. Ransom, C. Rasmussen, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect markers of renal function.* **FASEB Journal.** 13: A543, 1999.
- Melton, C., R. Kreider, C. Rasmussen, J. Ransom, J. Hunt, T. Stroud, E. Cantler and P. Milnor. *Effects of ingesting creatine containing supplements during training on blood lipid profiles.* **FASEB Journal.** 13: A559, 1999.
- Kreider, R., C. Melton, J. Hunt, C. Rasmussen, J. Ransom, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training I.* **Medicine and Science in Sports and Exercise.** 31(5): S355, 1999.
- Hunt, J., R. Kreider, C. Melton, J. Ransom, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training II.* **Medicine and Science in Sports and Exercise.** 31(5): S355, 1999.
- Rasmussen, C., R. Kreider, J. Ransom, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect fluid or electrolyte status.* **Medicine and Science in Sport and Exercise.** 31(5): S299, 1999.
- Ransom, J., R. Kreider FACSM, J. Hunt, C. Melton, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Effects of creatine supplementation during training on markers of catabolism and muscle and liver enzymes.* **Medicine and Science in Sports and Exercise.** 31(5): S265, 1999.
- Kreider, R., C. Melton, J. Ransom, C. Rasmussen, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Creatine Supplementation does not increase incidence of cramping or injury during college football training I.* **Journal of Strength and Conditioning Research.** 13:428, 1999.
- Greenwood, M., R. Kreider, J. Ransom, C. Rasmussen, C. Melton, T. Stroud, E. Cantler, and P. Milnor. *Creatine Supplementation does not increase incidence of cramping or injury during college football training II.* **Journal of Strength and Conditioning Research.** 13: 425-426, 1999.
- Ransom, J., R. Kreider, C. Rasmussen, C. Melton, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Effects of long-term creatine supplementation during training on markers of catabolism and enzyme efflux.* **Journal of Strength and Conditioning Research.** 13: 431, 1999.

- Rasmussen, C., R. Kreider, C. Melton, J. Ransom, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Long-term creatine supplementation during football training does not affect markers of renal stress.* **Journal of Strength and Conditioning Research.** 13: 431, 1999.
- Melton, C., R. Kreider, C. Rasmussen, J. Ransom, T. Stroud, E. Cantler, M. Greenwood and P. Milnor. *Effects of creatine supplementation during in-season college football training on markers of clinical status.* **Journal of Strength and Conditioning Research.** 13: 429 – 430, 1999.
- Kreider, R., C. Rasmussen, J. Ransom, C. Melton, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, A. Almada, and P. Greenhaff. *Long-term creatine supplementation does not affect markers of renal stress in athletes.* **Journal of Sports Medicine, Training and Rehabilitation,** 2000.
- Almada, A., Kreider, R., J. Ransom, C. Melton, C. Rasmussen, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and C. Earnest. *Long-term creatine supplementation does not affect muscle or liver enzyme efflux in athletes.* **Journal of Sports Medicine, Training and Rehabilitation,** 2000.
- Kreider, R., C. Rasmussen, J. Lundberg, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Effects of ingesting carbohydrate gels on glucose, insulin and perception of hypoglycemia.* **FASEB Journal.** 14: A490, 2000.
- Rasmussen, C., R. Kreider, J. Lundberg, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Analysis of the glycemic index and insulin response index of various carbohydrate gels.* **FASEB Journal.** 14: A489, 2000.
- Kreider, R., C. Rasmussen C. Melton, M. Greenwood, T. Stroud, J., Ransom, E. Cantler, P. Milnor, and A. Almada. *Long-term creatine supplementation does not adversely affect markers of clinical status.* **Medicine and Science in Sports and Exercise.** 32(5): S134, 2000.
- Greenwood, M., R. Kreider, C. Melton, C. Rasmussen, J. Lundberg, T. Stroud, E. Cantler, P. Milnor, and A. Almada. *Short and long-term creatine supplementation does not affect hematological markers of health.* **Journal of Strength and Conditioning Research.** 14:362-363, 2000.
- Almada, A., R. Kreider, C. Melton, C. Rasmussen, J. Lundberg, J. Ransom, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and J. Fox. *Long-term creatine supplementation does not affect markers of renal stress in athletes.* **Journal of Strength and Conditioning Research.** 14:359, 2000.
- Kreider, R., J. Lundberg, C. Rasmussen, P. Cowan, M. Greenwood, C. Earnest, and A. Almada. *Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of catabolism.* **Journal of Strength and Conditioning Research.** 14: 366, 2000.
- Earnest, C., R. Kreider, J. Lundberg, C. Rasmussen, P. Cowan, M. Greenwood, and A. Almada. *Effects of pre-exercise carbohydrate feedings on glucose and insulin responses during and following resistance exercise.* **Journal of Strength and Conditioning Research.** 14: 361, 2000.
- Melton C., R. Kreider, C. Rasmussen, J. Lundberg, M. Greenwood, A. Almada, and C.P. Earnest. *Effects of oral d-ribose supplementation on anaerobic capacity and markers of metabolism.* **FASEB Journal.** 15: A752, 2001.
- Lancaster, S., R. Kreider, C. Rasmussen, C. Kerksick. M. Greenwood, A. Almada, and C.P. Earnest. *Effects of honey supplementation on glucose, insulin, and endurance cycling performance.* **FASEB Journal.** 15:LB315, 2001.
- Kreider, R., C. Rasmussen, C. Kerksick, S. Lancaster, M. Starks, M. Greenwood, P. Milnor, A. Almada and C. Earnest. *Effects of bovine colostrum supplementation on training adaptations I: body composition.* **FASEB Journal.** 15: LB316, 2001.
- Kerksick, C. Kreider, R., C. Rasmussen, S. Lancaster, M. Starks, M. Greenwood, P. Milnor, A. Almada and C. Earnest. *Effects of bovine colostrum supplementation on training adaptations II: performance.* **FASEB Journal.** 15: LB316, 2001.
- Kreider, R. C. Melton, C. Rasmussen, M. Greenwood, E. Cantler, P. Milnor, and A. Almada. *Effects of long-term creatine supplementation on renal function and muscle and liver enzyme efflux.* **Medicine and Science in Sports and Exercise.** 33(5):S207, 2001.
- Rasmussen, C., M. Greenwood, R. Kreider, C. Earnest, and A. Almada. *Influence of D-Pinitol on whole body creatine retention.* **Medicine and Science in Sports and Exercise.** 33(5):S204, 2001.
- Almada, A., M. Greenwood, R. Kreider, C. Rasmussen, and C. Earnest. *Analysis of various nutritional formulation strategies on whole body creatine retention.* **Medicine and Science in Sports and Exercise.** 33(5):S204, 2001.

- Kreider, R., M. Greenwood, C. Rasmussen, C. Earnest and A. Almada. *Effects of creatine loading on hydration, whole body creatine retention, and urinary creatinine excretion.* **Journal of Strength and Conditioning Research.** 15:(10):395, 2001.
- Chiu, L.Z., A.C. Fry, L.W. Weiss, B.K. Schilling, C.J. Rasmussen, R.B. Kreider, S.D. Lancaster, and M.A. Starks. *Relative contribution of force and velocity to peak power across a load spectrum: a preliminary study.* **Journal of Strength and Conditioning Research.** 15(10):391, 2001.
- Kreider, R.B., C. Melton, C.J. Rasmussen, M. Greenwood, S. Lancaster, E.C. Cantler, P. Milnor, and A.L. Almada. *Long-term creatine supplementation does not significantly affect clinical markers of health in athletes.* **Molecular and Cellular Biochemistry,** 2002.
- Greenwood, M., R.B. Kreider, C. Melton, C. Rasmussen, S. Lancaster, E. Cantler, P. Milnor, and A. Almada. *Creatine supplementation during college football training does not increase the incidence of cramping or injury.* **Molecular and Cellular Biochemistry,** 2002.
- Kreider, R., S. Henderson, B. Magu, C. Rasmussen, S. Lancaster, C. Kerksick, P. Smith, C. Melton, P. Cowan, M. Greenwood, C. Earnest, A. Almada, and P. Milnor. *Effects of coelus forskohlii supplementation on body composition and markers of health in sedentary overweight females.* **FASEB Journal.** 16:LB 59, 2002.
- Kreider R, Greenwood M, Melton C, Rasmussen C, Cantler E, Milner P, Almada A. *Long-term creatine supplementation during training/competition does not increase perceptions of fatigue or adversely affect health status.* **Medicine & Science in Sports & Exercise.** 34:S146, 2002.
- Schilling BK, Fry AC, Chiu LZ, Kreider RB, Rasmussen CJ, Weiss LW. *Myosin heavy chain expression and dynamic strength and force variables in weight-trained females.* **Medicine & Science in Sports & Exercise.** 34:IOC 72, 2002.
- Rasmussen, C., R. Kreider, C. Kerksick, B. Leutholtz, M. Greenwood, M. Chandler, R. Wilson & C.P. Earnest. *Effects of a non-ephedra containing thermogenic supplement on weight loss and medical safety.* **FASEB Journal.** 17:LB 380, 2003.
- Kerksick C, Rasmussen C, Lancaster S, Kreider R, Magu B, Smith C, Melton C, Greenwood M, Almada A, Earnest C. *Effects of whey protein, BCAA and glutamine supplementation on training adaptations I: Performance.* **Medicine and Science in Sports and Exercise.** 35(5):S395, 2003.
- Kreider R, Kerksick C, Rasmussen C, Lancaster S, Kreider R, Magu B, Smith C, Melton C, Greenwood M, Almada A, Earnest C. *Effects of whey protein, BCAA and glutamine supplementation on training adaptations II: Body composition.* **Medicine and Science in Sports and Exercise.** 35(5):S395, 2003.
- Schilling, B., A. Fry, L. Chiu, L. Weiss, and C. Rasmussen. *A Statistical Model for Examining the Relationship between MHC Iso-form Expressions and In-Vivo Performance.* **Journal of Strength and Conditioning Research,** 2003.
- Fry, A., B. Schilling, L. Chiu, L. Weiss, R. Kreider, and C. Rasmussen. *Cellular and Performance Adaptations to Resistance Exercise with Myovive & Colostrum Supplementation.* **Journal of Strength and Conditioning Research,** 2003.
- Kreider, R., FACSM, C. Rasmussen, C. Kerksick, B. Campbell, J. Baer, B. Slonaker, C. Wilborn, A. Thomas, T. Magrans, B. Marcello, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, M. Greenwood, FACSM & R. Wilson. *Effects of the Curves Fitness & Weight Loss Program on Weight Loss and Resting Energy Expenditure.* **Medicine and Science in Sports and Exercise.** 36(5):S0534, 2004.
- Greenwood, M., FACSM, R. Kreider, FACSM, C. Rasmussen, C. Kerksick, B. Leutholtz, T. Magrans, B. Marcello, L. Taylor, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, B. Campbell, B. Slonaker, J. Baer, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, L. Autrey, T. Magrans, B. Marcello, C. Mulligan, D. Rohle, L. Taylor, A. Vacanti, S. Ounpraseuth, P. Casey, R. Wilson. *Effects of the Curves Fitness & Weight Loss Program on Muscular Strength, Muscular Endurance, and Maximal Aerobic Capacity.* **Medicine and Science in Sports and Exercise.** 36(5):S0533, 2004.
- Rasmussen, C. R. Kreider, FACSM, C. Kerksick, B. Campbell, B. Slonaker, M. Greenwood, FACSM, J. Baer, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, L. Autrey, T. Magrans, B. Marcello, C. Mulligan, D. Rohle, L. Taylor, A. Vacanti, S. Ounpraseuth, P. Casey, R. Wilson. *Effects of the Curves Fitness & Weight Loss Program on markers of Health.* **Medicine and Science in Sports and Exercise.** 36(5):S0535, 2004.

- Campbell, B., A. Thomas, B. Slonaker, T. Vacanti, B. Marcello, C. Wilborn, C. Kerksick, C. Rasmussen, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider & C.P. Earnest (sponsor). *Effects of Zinc Magnesium-Aspartate (ZMA) Supplementation during Training on Body Composition and Training Adaptations*. **FASEB Journal**. 18: LB441, 2004.
- Taylor, L., C. Mulligan, D. Rohle, D. Fogt, A. Vacanti, J. Baer, C. Rasmussen, C. Kerksick, S. Ounpraseuth, P. Casey, M. Greenwood, R. Kreider & C.P. Earnest (sponsor). *Effects of Zinc Magnesium-Aspartate (ZMA) Supplementation during Training on Markers of Anabolism and Catabolism*. **FASEB Journal**. 18: LB442, 2004.
- Wilborn, C., B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, B. Marcello, J. Baer, C. Kerksick, C. Rasmussen, M. Greenwood, S. Ounpraseuth, P. Casey, R. Wilson, R. Kreider & C.P. Earnest (sponsor). *Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide (CSP3) Supplementation during Training on Body Composition and Training Adaptation*. **FASEB Journal**. 18: LB439, 2004.
- Rohle, D., C. Mulligan, L. Taylor, D. Fogt, C. Wilborn, C. Kerksick, C. Rasmussen, S. Ounpraseuth, P. Casey, M. Greenwood, R. Kreider & C.P. Earnest (sponsor). *Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide (CSP3) Supplementation during Training on Markers of Anabolism & Catabolism*. **FASEB Journal**. 18: LB440, 2004.
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Conference Abstracts

- Kreider, R.B., C. Rasmussen, J. Ransom, C. Melton, J. Hunt, A.L. Almada, R. Tutko, and P. Milnor. *Relationship between creatine supplementation history and markers of clinical status in college football players.* **Southeast American College of Sports Medicine Conference Abstracts.** 27: 30, 1999.
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- Almada, A., R. Kreider, J. Ransom, C. Melton, C. Rasmussen, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and C. Earnest. *Long-term creatine supplementation does not affect muscle or liver enzyme efflux in athletes.* **Southwest American College of Sports Medicine Conference Abstracts.** 1999.
- Greenwood, M., R. Kreider, C. Melton, L. Greenwood, C. Rasmussen, and A. Almada. *Creatine supplementation does not increase the incidence of cramping or injury for two division IA football teams training/competing in similar climates.* **Proceedings of the 4th Annual American Society of Exercise Physiologists.**

PRESENTATIONS

Invited Presentations for Universities/Special Interest Groups

- Rasmussen, C. *Effects of Oral Ribose Supplementation on Anaerobic Capacity and Selected Substrates* (Confidential Preliminary Analysis). **Bioenergy, Inc. Roundtable Discussion.** The University of North Carolina, Chapel Hill, NC, September 11, 2000.
- Rasmussen, C. *Everyday Exercise & Nutrition Strategies.* **Memphis Area Nutrition Council (MANC) 2002 Symposium: The Shape You Are In.** Christian Brothers High School, Memphis, TN, June 8, 2002.
- Rasmussen, C. *Sports Nutrition for the Advanced Participant.* **4th Annual Fitness Expo 2003.** Bill Daniel Student Center, Baylor University, Waco, TX, January 18, 2003.
- Rasmussen, C. *Welcome to the Department of HPR and the HPR Laboratories.* **Advanced Placement Summer Institute (Biology participants).** Marrs McLean Gymnasium, Baylor University, Waco, TX, June 21, 2006.
- Rasmussen, C. *Welcome to the Department of HPR and the HPR Laboratories.* **Advanced Placement Summer Institute (Biology participants).** Marrs McLean Gymnasium, Baylor University, Waco, TX, June 28, 2007.
- Rasmussen, C. *How To: Keep Your New Year's Resolution in 2009!* **Rec. Sports Healthy Living Lecture Series.** Texas A&M University Recreation Center, Texas A&M University, College Station, TX, February 18, 2009.
- Rasmussen, C. *An Introduction to the Exercise & Sport Nutrition Laboratory.* **James Earl Rudder High School (Bryan, Texas) Career Day.** Exercise & Sport Nutrition Laboratory, Texas A&M University, College Station, TX, March 10, 2009.

Research Presentations

- Kreider, R.B., C. Rasmussen, J. Ransom, and A.L. Almada. *Effects of creatine supplementation during training on incidence of muscle cramping, injuries, and GI distress.* **21st Annual National Strength and Conditioning Association Meeting.** Nashville, TN. June 24, 1998.
- Kreider, R.B., C. Rasmussen, J. Ransom, C. Melton, J Hunt, A.L. Almada, R. Tutko, and P. Milnor. *Relationship between creatine supplementation history and markers of clinical status in college football players.* **27th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. February 5, 1999.
- Almada, A.L., R.B. Kreider, J. Ransom, C. Rasmussen, R. Tutko, and P. Milnor. *Day-to-day reliability of spine, hip, and whole body DEXA scans in men and women.* **27th Annual Southeast American College of Sports Medicine Meeting.** Norfolk, VA. February 5, 1999.
- Kreider, R., J. Ransom, C. Rasmussen, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect markers of renal function.* **83rd Annual Federation of American Societies of Experimental Biology Meeting.** Washington, D.C. April 19, 1999.
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- Kreider, R., C. Melton, J. Hunt, C. Rasmussen, J. Ransom, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training I.* **46th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 5, 1999.
- Hunt, J., R. Kreider, C. Melton, J. Ransom, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Creatine does not increase incidence of cramping or injury during pre-season college football training II.* **46th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 5, 1999.
- Rasmussen, C., R. Kreider, J. Ransom, J. Hunt, C. Melton, T. Stroud, E. Cantler and P. Milnor. *Creatine supplementation during pre-season football training does not affect fluid or electrolyte status.* **46th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 3, 1999.
- Ransom, J., R. Kreider FACSM, J. Hunt, C. Melton, C. Rasmussen, T. Stroud, E. Cantler and P. Milnor. *Effects of creatine supplementation during training on markers of catabolism and muscle and liver enzymes.* **46th Annual American College of Sports Medicine Meeting.** Seattle, WA. June 4, 1999.
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- Almada, A., Kreider, R., J. Ransom, C. Melton, C. Rasmussen, M. Greenwood, T. Stroud, E. Cantler, P. Milnor, and C. Earnest. *Long-term creatine supplementation does not affect muscle or liver enzyme efflux in athletes.* **19th Annual Southwest American College of Sports Meeting.** San Jose, CA. November 12, 1999.
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- Lancaster, S., R. Kreider, C. Rasmussen, C. Kerksick. M. Greenwood, A. Almada, and C.P. Earnest. *Effects of honey supplementation on glucose, insulin, and endurance cycling performance.* **85th Annual Federation of American Societies of Experimental Biology Annual Meeting.** Orlando, FL. April 4, 2001.
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- Schilling BK, Fry AC, Chiu LZ, Kreider RB, Rasmussen CJ, Weiss LW. *Myosin heavy chain expression and dynamic strength and force variables in weight-trained females*. **Sixth IOC World Congress on Sport Sciences**. St. Louis, MO. May 28, 2002.
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- J. Moreillon, J. Culbertson, M. Byrd, J. Wismann, M. Galbreath, C. Wilborn, L. Taylor, B. Campbell, E. Nassar, J. Dove, T. Harvey, C. Kerksick, P. LaBounty, A. Parker, M. Ferreira, M. Cooke, M. Iosia, R. Chandran, K. Beavers, M. Serra, J. Jitomir, C. Curts, E. Deike, G. Hudson, T. Buford, B. Shelmadine, C. Rasmussen, M. Greenwood, D. Willoughby, R. Kreider. *Effects of the Curves fitness & weight loss program on markers of health & fitness.* **93rd Annual Federation of American Societies of Experimental Biology Meeting.** New Orleans, LA, April 22, 2009.
- C. Rasmussen, J. Culbertson, R. Li, M. Ferreira, A. Parker, J. Jitomir, M. Galbreath, M. Serra, K. Beavers, J. Dove, B. Shelmadine, G. Hudson, C. Curts, J. Moreillon, M. Byrd, E. Deike and R. Kreider. *Effects of the Curves fitness & weight loss program in women with medically managed conditions: body composition and resting energy expenditure.* **93rd Annual Federation of American Societies of Experimental Biology Meeting.** New Orleans, LA, April 22, 2009.
- M. Byrd, M. Ferreira, R. Li, A. Parker, M. Galbreath, J. Jitomir, M. Serra, K. Beavers, J. Dove, J. Culbertson, G. Hudson, B. Shelmadine, C. Curts, J. Moreillon, E. Deike, C. Rasmussen and R. Kreider. *Effects of the Curves fitness & weight loss program in women with medically managed conditions: training adaptations.* **93rd Annual Federation of American Societies of Experimental Biology Meeting.** New Orleans, LA, April 22, 2009.
- C. Kerksick, K. Beavers, R. Chandran, J. Jitomir, M. Serra, B. Shelmadine, C. Wilborn, J. Wismann, E. Nassar, J. Dove, M. Galbreath, P. LaBounty, B. Campbell, M. Ferreira, M. Cooke, M. Iosia, C. Rasmussen, R. Wilson and R. Kreider. *Relationship of uric acid to body composition, heart disease risk factors and energy expenditure.* **93rd Annual Federation of American Societies of Experimental Biology Meeting.** New Orleans, LA, April 22, 2009.
- C. Kerksick, K. Beavers, R. Chandran, J. Jitomir, M. Serra, B. Shelmadine, C. Wilborn, J. Wismann, E. Nassar, J. Dove, M. Galbreath, T. Harvey, P. LaBounty, B. Campbell, M. Cooke, M. Iosia, C. Rasmussen, R. Wilson and R. Kreider. *Relationship of resting energy expenditure to body composition and clinical health markers.* **93rd Annual Federation of American Societies of Experimental Biology Meeting.** New Orleans, LA, April 22, 2009.

Reviews (books/chapters/proposals)

- A book proposal entitled "*Blood Collection Essentials*" by Dennis J. Ernst for **Lippincott Williams & Wilkins**, Baltimore, MD. March 2004.
- Two book chapters entitled "*A Personal Introduction – from the Authors to the Readers*" and "*Resilience and Stress*" for **Wadsworth Publishing**, Belmont, CA. December 2004.
- A book proposal entitled "*The Health Professionals Reference for Dietary Supplements*" for **Lippincott Williams & Wilkins**, Baltimore, MD. June 2005.
- A book chapter entitled "*Body Composition*" from the text "*Total Fitness and Wellness, 5e*" for **Pearson Benjamin Cummings**, San Francisco, CA. March 2007.
- A book entitled "*Stress Management For Life*" by Michael Olpin and Margie Hesson for **Thomson and Wadsworth**, Belmont, CA. June 2008.
- A research proposal entitled "*Lifestyle and Chronic Metabolic Diseases in the Qatar*" by Noel Barengo submitted to the Qatar National Research Fund (QNRF) for the second cycle of their flagship program, the National Priorities Research Program (NPRP). The Qatar. February 25, 2009.
- A book entitled "*Comprehensive Stress Management, 11e*" by Jerrold S. Greenberg for **McGraw-Hill Higher Education**, San Francisco, CA. May 11, 2009.

SERVICE

Community Service

- **Red Cross Volunteer**, Physical Therapy Department, Wilford Hall Medical Center, 2200 Berquist Drive, Lackland AFB, TX 78236-5300. Christmas break 1994-1995.
- **Carter Blood Care Donor**, 4332 W. Waco Dr., Waco, TX, 2006 to present.

Supervisory

- **Agency Supervisor**, Served as the direct Supervisor for Mr. Jay Hanson during a HP 4V79 Internship Experience with the Exercise & Sport Nutrition Laboratory, fall 2004
- **Agency Supervisor**, Served as the direct Supervisor for Mr. Ronnie Muse during a HP 4V79 Internship Experience with the Exercise & Sport Nutrition Laboratory, fall 2004
- **Agency Supervisor**, Served as the direct Supervisor for Ms. Jessica Galvan during a HP 4V79 Internship Experience with the Exercise & Sport Nutrition Laboratory, fall 2007

Committees

- Baylor University, **Member of the Laboratory Safety Committee.** (11/10/04 to present)
- Baylor University, **Member of several HP 4V79 Internship Committees.** (2005 to present)
- Baylor University, **Member of several HED 4V80 Internship Committees.** (2005 to present)
- City of Waco, **Member of Coalition for Community Health Action Partners Committee.** (10/10/06 to 1/31/07)
- Baylor University, **Member of Radiation Safety Committee.** (1/23/07 to present)
- Baylor University, Department of Health, Human Performance & Recreation, **Member of Social Events/Activity Committee.** (2007-2008)

Professional Affiliations

- American College of Sports Medicine (1996 through 2004)
- National Strength and Conditioning Association (1997 to present)
- American Society of Exercise Physiologists (1999 through 2003)
- American Physiological Society (2001 through 2004)
- Association of Clinical Research Professionals (2003 to present)
- International Society of Sports Nutrition (2004 to present)
- Texas Chapter of the American College of Sports Medicine (2004)

CERTIFICATIONS

- **American Registry of Radiologic Technologists**, State of Tennessee Certified Medical X-Ray Technologist (Limited Scope in Core, Extremities, and Spine). (June 1998 to September 2002).
- **Operator Certification** Hologic QDR 4500 Acclaim Series Fan Beam X-ray Bone Densitometer. (April 14, 1998).
- **National Strength and Conditioning Association** Certified Strength & Conditioning Specialist (CSCS). (February 1999).
- **American Society of Exercise Physiologists** Exercise Physiologist Certified (EPC). (September 2001).
- **Texas Department of Health** Limited Medical Radiologic Technologist (September 2002).
- **American Red Cross** Heart of Texas Area Standard First Aid Certification (August 17, 2006).
- **American Red Cross** Heart of Texas Area Adult CPR/AED Certification (August 15, 2007).