

CURRICULUM VITA

JAMES ROBERT ROWE

Associate Professor

Department of Kinesiology and Health Science

Stephen F. Austin State University Nacogdoches, TX 75962

August 16, 2023

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

KINE 1301: Foundations of Kinesiology
KINE 1338: Physical Fitness Concepts and Activities
KINE 3335: Dietary Considerations for Physical Activity and Exercise
KINE 3353: Physiology of Exercise
KINE 4350: Personal Training Certification Preparation
KINE 4351: Fitness Appraisal and Exercise Prescription
KINE 4352: Clinical Exercise Testing and Prescription
KINE 4367: Exercise Testing: Field/Clinical

Graduate at Stephen F. Austin State University

KINE 5102: Clinical Exercise Testing and Prescription
KINE 5175: Independent Study
KINE 5389: Thesis Research
KINE 5390: Thesis Writing

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)

- * Tiffani Neuville, Vivyan Gonzalez, and **James Rowe**. The Influence of TABATA and Energy Replenishment on Post-Exercise Metabolic Recovery. Presented at the 2023 American College of Sports Medicine (ACSM) conference in Denver, Colorado.
- * Leroy Bolden, Vivyan Gonzalez, Tiffani Neuville, and **James Rowe**. The Influence of Different Modes of TABATA on Post-Exercise Metabolic Recovery. Presented at the 2023 Texas Chapter of the American College of Sports Medicine (TACSM) conference in Waco, Texas.

Rowe, James and Alvara, Alexander. Effect Of Single Vs Accumulated Bouts Of Exercise On Body Composition, Fitness, And Metabolic Rate. *Medicine & Science in Sports & Exercise*. 54 (supplement 8): 298, 2022

- Rowe, James**; Pate, Lauren; and Buckley, David. A Comparison of High-Intensity Interval Running and TABATA on Post-Exercise Metabolism. *Medicine & Science in Sports & Exercise*. 53 (supplement 8): 298, 2021
- * Alvara, Alexander; Buckley, David J.; and **Rowe, James**. The Effect Of Two Modes Of High-Intensity Intermittent Exercise on Postprandial Metabolism: A Pilot Analysis. *Medicine & Science in Sports & Exercise*. 53 (supplement 8): 268, 2021
- * Alvara, Alexander; Buckley, David J.; and **Rowe, James** (2021) "A Comparison of High-Intensity Interval Running and TABATA on Postprandial Metabolism: A Pilot Analysis," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss.13, Article 56.
- * Johnson, Blake W.; Alvara Alexander; and **Rowe, James** (2021) "The Effects of Multiple Bouts of TABATA on Post-Exercise Metabolism: A Pilot Analysis," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss.13, Article 99.
- 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 VO₂max: 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, Illgyu, & 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)

2021 Stephen F. Austin State University Project Support Mini-Grant -

"The Effect of Single versus Accumulated Bouts of Physical Activity on Body Composition, Fitness, and Metabolism." **\$1,500. Awarded on January 1, 2021**

2020 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 January 1, 2020**

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 September 1, 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)
 - TACSM Student Bowl Competition
- Manuscript Reviewer
 - American College of Sports Medicine (Texas Chapter) (2022)
 - TACSM Student Manuscript Award
 - 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)
 - "Postprandial metabolism and physical activity in Asians: A narrative review". (March 2021)
 - Journal of Sport Sciences
 - "Sex differences in postprandial lipaemia after acute high-intensity running in young people". (October 2017)
 - Science Progress
 - "Thirty Minutes of Moderate-Intensity Downhill or Level Running Has No Effect on Postprandial Lipemia: a Randomized Controlled Trial". (May 2021)

Service (Departmental – Kinesiology and Health Science)

Search Committee "Member" Chair Position. (2022 - 2023)

Graduate Program Co-Coordinator (2018-present)

Kinesiology Policy Committee Member (2020 – present)

Kinesiology Curriculum Committee Member (2019-present)

Pre-Promotion and Tenure Review Committee Member (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)

College Council Committee Member (2022-Present)

Pre-Promotion and Tenure Review Committee Member (2019-Present)

Research and/or Creative Activities Award Committee (2019 – 2021)

College Assessment Oversight Committee (2018 – 2020)

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 – 21)

SFASU Undergraduate Research Conference – Abstract Reviewer (2022)

SFASU Graduate Research Conference – Poster Reviewer (2017)

Showcase Saturday – Student Recruitment (2013 – Present)

Service (Community)

DEXA scan services provided to the Family Clinic of Dr. Bryan Davis M.D. (present)

Theses

Alvara, Alexander. Master’s Thesis Committee Chair. “The Effect of Single Vs. Accumulated Bouts of Exercise on Body Composition, Fitness, and Resting Metabolic Rate”. (Completed May 2021)

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)

Jankevicius, Katherine. Master’s Thesis Committee Member. “The Effects of Mindful Meditation on Body Image in Female Collegiate Athletes During the Late Luteal and Early Follicular Phases of the Menstrual Cycle”. (Completed August 2022)

Johnson, Blake. Master’s Thesis Committee Member. “Recovery Methodologies and High Intensity Interval Training”. (Completed December 2021)

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

Undergraduate Academic Decathlon Team (Leroy Bolden, Katie McClellan, and Tristain McDonald) won the 2023 TACSM Student Bowl and placed second at the 2023 ACSM Student Bowl.

Leroy Bolden (Kinesiology Undergraduate) received the "Top Scholar" for the James I. Perkins College of Education at the SFASU Undergraduate Research Conference 2023.

Alexander Alvara (Kinesiology Graduate Assistant) received the **TACSM Student Research Development Award (\$1000.00)** by the Texas American College of Sports Medicine 2021. "The Effect of Single vs Accumulated Bouts of Tabata Exercise on Body Composition, Fitness, and Resting Metabolic Rate"

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.

Stephen Decker (Kinesiology Graduate Assistant) received the **TACSM Student Research Development Award (\$1000.00)** by the Texas American College of Sports Medicine 2016. "The Influence of a Single Bout of High-Intensity Interval Exercise on Postprandial Lipemia and Glycemia".