

Jeff Moore

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Objective

Studying Translational Research at the Lundquist Institute for Biomedical Innovation at Harbor-UCLA Medical Center with an emphasis on neuromuscular performance and fatigue, exercise tolerance, diabetes mellitus, and atherosclerotic cardiovascular disease. After completing my doctoral program, I plan on teaching and performing research in an academic setting.

Education

2020 - present: PhD Candidate for Translational Research, Lundquist Institute, Torrance, CA, USA

2017 - 2020: M.S. Exercise Physiology, San Diego State University, San Diego, CA, USA

2017 - 2020: M.S. Nutritional Sciences, San Diego State University

2012 - 2017: B.S. Biology, San Diego State University

2012 - 2017: B.S. Food & Nutritional Sciences with Distinction, San Diego State University

2012 - 2017: Minor in Social Work, San Diego State University

Employment History

2021 - present: Adjunct Lecturer, San Diego State University

2018-2021: Teaching Associate, San Diego State University

2017-2018: FitBit, San Diego, CA

2017 - 2020: Graduate Assistant, San Diego State University

2016 - 2020: Student Research Assistant, San Diego State University

2015 - 2016: Volunteer Tutor, TutorChatLive.com

2012: Lifeguard, Greenbrook Homeowner's Association, Fountain Valley, CA, USA

2011 - 2012: Volunteer Tutor, Marina High School, Huntington Beach, CA, USA

2010 - 2016: Tutor, Jeff Moore's Tutoring

Teaching Experience

Fall 2024: ENS 332 – Pathophysiology and Exercise Programming of Disease Populations I (3 units)
Exercise and Nutritional Sciences, San Diego State University (1 section with 253 undergraduate students)
Pathophysiology of musculoskeletal, neuromuscular, and cognitive/psychosocial disorders. Develop exercise programs through recommended guidelines.

Fall 2024: ENS 333 – Pathophysiology and Exercise Programming of Disease Populations II (2 units)
Exercise and Nutritional Sciences, San Diego State University (1 section with 253 undergraduate students)
Pathophysiology of pulmonary, cancer, and immune-related disorders. Develop exercise programs through recommended guidelines.

Fall 2023: ENS 332 – Pathophysiology and Exercise Programming of Disease Populations I (3 units)
Exercise and Nutritional Sciences, San Diego State University (1 section with 250 undergraduate students)
Pathophysiology of musculoskeletal, neuromuscular, and cognitive/psychosocial disorders. Develop exercise programs through recommended guidelines.

Fall 2023: ENS 333 – Pathophysiology and Exercise Programming of Disease Populations II (2 units)
Exercise and Nutritional Sciences, San Diego State University (1 section with 250 undergraduate students)
Pathophysiology of pulmonary, cancer, and immune-related disorders. Develop exercise programs through recommended guidelines.

April 2023: Little Einsteins Workshop: Anatomy and Physiology

The Lundquist Institute for Biomedical Innovation at Harbor-UCLA Medical Center (2-hour workshop with 34 3rd-5th grade students)

Spring 2022*: Biol 336 – Principles of Human Physiology (3 units)

Biology, San Diego State University (1 section with 195 undergraduate students)

Systems of the human body, their interrelationships and control systems which regulate them.

**Guest lecturer on blood glucose regulation (1.25 hours) and diabetes mellitus (1.25 hours).*

Fall 2022: ENS 332 – Pathophysiology and Exercise Programming of Disease Populations I (3 units)
Exercise and Nutritional Sciences, San Diego State University (1 section with 206 undergraduate students)
Pathophysiology of musculoskeletal, neuromuscular, and cognitive/psychosocial disorders. Develop exercise programs through recommended guidelines.

Fall 2022: ENS 333 – Pathophysiology and Exercise Programming of Disease Populations II (2 units)
Exercise and Nutritional Sciences, San Diego State University (1 section with 206 undergraduate students)
Pathophysiology of pulmonary, cancer, and immune-related disorders. Develop exercise programs through recommended guidelines.

Spring 2022: ENS 332 – Pathophysiology and Exercise Programming of Disease Populations I (3 units)
Exercise and Nutritional Sciences, San Diego State University (1 section with 127 undergraduate students)
Pathophysiology of musculoskeletal, neuromuscular, and cognitive/psychosocial disorders. Develop exercise programs through recommended guidelines.

Spring 2022: ENS 333 – Pathophysiology and Exercise Programming of Disease Populations II (2 units)
Exercise and Nutritional Sciences, San Diego State University (1 section with 127 undergraduate students)
Pathophysiology of pulmonary, cancer, and immune-related disorders. Develop exercise programs through recommended guidelines.

Spring 2021: NUTR 302L – Advanced Nutrition Laboratory (2 units)
Exercise and Nutritional Sciences, San Diego State University (1 section with 20 undergraduate students)
Application and evaluation of techniques used to assess nutritional status, including basic methods, experimental animal and human studies.

Spring 2021: ENS 304L – Exercise Physiology Laboratory (1 unit)
Exercise and Nutritional Sciences, San Diego State University (3 sections with 17-20 undergraduate students)
Laboratory experiences in the application of exercises and the analysis of the results.

Fall 2020: ENS 304L – Exercise Physiology Laboratory (1 unit)
Exercise and Nutritional Sciences, San Diego State University (1 sections with 10 undergraduate students)
Laboratory experiences in the application of exercises and the analysis of the results.

Spring 2020: ENS 304L – Exercise Physiology Laboratory (1 unit)
Exercise and Nutritional Sciences, San Diego State University (2 sections with 18-20 undergraduate students each)
Laboratory experiences in the application of exercises and the analysis of the results.

Fall 2019: ENS 304L – Exercise Physiology Laboratory (1 unit)
Exercise and Nutritional Sciences, San Diego State University (2 sections with 18 undergraduate students each)
Laboratory experiences in the application of exercises and the analysis of the results.

Spring 2019: ENS 304L – Exercise Physiology Laboratory (1 unit)
Exercise and Nutritional Sciences, San Diego State University (1 section with 20 undergraduate students)
Laboratory experiences in the application of exercises and the analysis of the results.

Fall 2018: ENS 304L – Exercise Physiology Laboratory (1 unit)
Exercise and Nutritional Sciences, San Diego State University (2 sections with 18 undergraduate students each)
Laboratory experiences in the application of exercises and the analysis of the results.

Mentoring Experience

2023 to 2024	Alexandra Escobar (Master's): 1) Sex Differences in Neuromuscular Performance and Fatigue Using a Modified Muscle Cardiopulmonary Exercise Test 2) Isokinetic Power Predicts Peak Wattage During Ramp Incremental Exercise Testing
2023 to 2024	Tamara Arnold (Master's): 1) Sex Differences in Neuromuscular Performance and Fatigue Using a Modified Muscle Cardiopulmonary Exercise Test 2) Interleaved Isokinetic Power Measurements During Ramp Incremental Exercise Testing Does Not Affect Peak Power or VO_2
2022 to 2023	Paige Straus (Undergraduate): 1) Effect of Peripheral Heating and Negative Pressure on Regional Blood Flow
2021 to 2023	Brigitte Fuller (Undergraduate): 1) Using Peripheral Heating and Negative Pressure to Non-invasively Manage Blood Glucose 2) Effect of Peripheral Heating and Negative Pressure on Regional Blood Flow

2021 to 2023	Kevin Eusoof (Undergraduate): 1) Using Peripheral Heating and Negative Pressure to Non-invasively Manage Blood Glucose 2) Effect of Peripheral Heating and Negative Pressure on Regional Blood Flow
2021 to 2023	Matthew Fahey (Master's): 1) Using Peripheral Heating and Negative Pressure to Non-invasively Manage Blood Glucose 2) Effect of Peripheral Heating and Negative Pressure on Regional Blood Flow
2019 to 2020	Dena Prince (Undergraduate): 1) Acute Effects of Hot Water Immersion on Glucose Tolerance.
2019 to 2020	Gabriele Sanchez (Undergraduate): 1) Acute Effects of Hot Water Immersion on Glucose Tolerance
2019 to 2020	Shelby Glasser (Undergraduate): 1) Acute Effects of Hot Water Immersion on Glucose Tolerance

Research Experience

2020 - present: Dr. Carrie Ferguson, Division of Respiratory and Critical Care Physiology and Medicine, The Lundquist Institute for Biomedical Innovation at Harbor-UCLA Medical Center. Mechanisms of exercise intolerance with the aim of developing effective strategies to ameliorate exercise limitations and improve exercise performance, particularly in those with chronic disease. This includes application of novel CPET techniques to understand the mechanism(s) of exercise limitation.

2020 - present: Dr. Harry Rossiter, Division of Respiratory and Critical Care Physiology and Medicine, The Lundquist Institute for Biomedical Innovation at Harbor-UCLA Medical Center. Use of in situ, in vivo, and computational methods to study physiological responses to exercise with special reference to chronic pulmonary diseases and pulmonary rehabilitation.

2020 - present: Dr. Matthew Budoff, Division of Cardiology, The Lundquist Institute for Biomedical Innovation at Harbor-UCLA Medical Center. Cardiac computed tomography for preventive cardiology, risk factor identification and modification, and atherosclerotic plaque progression.

2018: Dr. Christopher Glembotski, Department of Biology, San Diego State University
Molecular cardiology, with a focus on identifying signaling mechanisms in the heart that regulate the growth and survival of the myocardium during normal and pathological conditions

2017 - 2023: Dr. Michael Buono, School of Exercise and Nutritional Sciences, San Diego State University
The use of exercise and environmental perturbations to explain physiological control systems in humans.

2016 - 2022: Dr. Mee Young Hong, School of Exercise and Nutritional Sciences, San Diego State University
Role of diets, dietary supplements, and phytochemicals on cardiometabolic health.

2016 - present: Dr. Jochen Kressler, School of Exercise and Nutritional Sciences, San Diego State University
Effects of exercise and nutritional interventions on common lifestyle diseases.

2016: Dr. Daniel Cannon, School of Exercise and Nutritional Sciences, San Diego State University
Effect of imposed expiratory flow limitation on fatigue and exercise tolerance.

Accepted Peer-Reviewed Publications

Sanchez G, Prince D, Glasser S, Buono M, Kressler J, Moore JM. Feet-heating and Calf-heating Have Opposing Effects on Glucose Tolerance and Heart Rate Variability: A Randomized, Controlled, Crossover Trial. 2024, August. doi:

Jeff M. Moore, Hannah Salmons, Cameron Vinoskey, Shirin Hooshmand, Jochen Kressler. One minute of stair climbing and descending reduces postprandial insulin and glucose with three-minutes improving insulin resistance following a mixed meal in young adults: A Randomized Controlled Crossover Trial. *Journal of Exercise Science & Fitness*. 2024, March. doi: <https://doi.org/10.1016/j.jesf.2024.03.004>

Jairo Aldana-Bitar, Ilana S Golub, **Jeff Moore**, Srikanth Krishnan, Dhiran Verghese, Venkat S Manubolu, Travis Benzing, Keshi Ichikawa, Sajad Hamal, Sina Kianoush, Lauren R Anderson, Noah R Ramirez, Jonathon A Leipsic, Ronald P Karlsberg, Matthew J Budoff. Colchicine and Plaque: a Focus on Atherosclerosis Imaging. *Progress in Cardiovascular Diseases*. 2024, February. doi: 10.1016/j.pcad.2024.02.010

Jiaobing Tu, Jihong Min, Yu Song, Changhao Xu, Jiahong Li, **Jeff Moore**, Justin Hanson, Erin Hu, Tanyalak Parimon, Ting-Yu Wang, Elham Davoodi, Tsui-Fen Chou, Peter Chen, Jeffrey J. Hsu, Harry B. Rossiter, Wei Gao. A wireless patch for the monitoring of C-reactive protein in sweat. *Nature Biomedical Engineering*. 2023, May. doi: <https://doi.org/10.1038/s41551-023-01059-5>

Jeff Moore, Suvasini Lakshmanan, Venkat Sanjay Manubolu, April Kinninger, George Stojan, Daniel W. Goldman, Michelle Petri, Matthew Budoff, George A Karpouzas. Coronary Plaque Progression is Greater in Systemic Lupus Erythematosus than Rheumatoid Arthritis. *Coronary Artery Disease*. 2022, October. doi: 10.1097/MCA.0000000000001205

Jairo Aldana-Bitar, **Jeff Moore**, Venkat Sanjay Manubolu, Suraj Dahal, Dhiran Verghese, Suvasini Lakshmanan, Luay Hussein, Tami Crabtree, Rebecca Jonas, James K. Min, James P. Earls, Matthew J. Budoff. Plaque progression differences between Apixaban and Rivaroxaban in patients with Atrial Fibrillation measured with cardiac computed tomography and plaque quantification. *American Journal of Therapeutics*. 2022, October. doi: 10.1097/MJT.0000000000001569

Mee Young Hong, **Jeff Moore**, Ashley Nakagawa And Vanessa Nungaray. Effects of Mixed Nuts on Colonic Cell Proliferation and *Ptgs2* and *Rela* Gene Expression. *Anticancer Research*. 2022, September. <https://doi.org/10.21873/anticancer.15928>

Jeff Moore, Michael Buono, Jochen Kressler. Type 1 Diabetes Mellitus Diagnosis In Young Adult Preceded By Years Of Elevated Postprandial And Fasting Glucose But Normal Hba1c: A Clinical Example of Discordance. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*. 2022, September. doi: 10.1016/j.dsx.2022.102630

Jeff Moore, Cameron Vinoskey, Hannah Salmons, Shirin Hooshmand, Jochen Kressler. Sex Differences in the Acute Effect of Stair-Climbing on Postprandial Blood Glucose Levels. *Metabolism Open*. 2022, September. <https://doi.org/10.1016/j.metop.2022.100200>

Jeff M. Moore, Dominik Diefenbach, Makarand Nadendla, Nicholas Hiebert. Evidence for a Lean Mass Hyper Responder Phenotype is Lacking with Increases in LDLc of Clinical Significance in all Categories of Response to Carbohydrate Restricted Diet. *Current Developments in Nutrition*. 2022, May. doi: 10.1093/cdn/nzac043

Moore J, Bartholomae E, Ward K, Hooshmand S, Kressler J. Three minutes moderate-intensity stair walking improves glucose and insulin but not insulin sensitivity or total antioxidant capacity. *Nutr Metab Cardiovasc Dis*. 2021, October. doi: <https://doi.org/10.1016/j.numecd.2021.10.016>

Jairo Aldana Bitar, **Jeff Moore**, Matthew J. Budoff. LDL receptor and pathogen processes: functions beyond normal lipids. *Journal of Clinical Lipidology*. 2021, September. doi: <https://doi.org/10.1016/j.jacl.2021.09.048>

Moore, J. The Dietary Guidelines are Correct: Saturated Fat Should be Limited and Replaced with the Proposed Alternatives to Reduce Morbidity and Mortality. *Advances in Nutrition*. 2021, September. doi: <http://dx.doi.org/10.1093/advances/nmab159>

Moore JM, Rossiter HB. The relationship between the time constant of $\dot{V}O_2$ kinetics and $\dot{V}O_{2max}$ is hyperbolic. *European Journal of Applied Physiology*. 2021, May. doi: <https://doi.org/10.1007/s00421-021-04724-2>

Jeff Moore, Hannah Salmons, Cameron Vinoskey, Jochen Kressler. A Single One-Minute, Comfortable Paced, Stair-Climbing Bout Reduces Postprandial Glucose Following a Mixed Meal. *Nutr Metab Cardiovasc Dis*. 2020, June. doi: 10.1016/j.numecd.2020.06.020

Garcia PM, **Moore JM**, Kahan DM, Hong MY. Effects of vitamin D supplementation on inflammation, colonic cell kinetics, and microbiota in colitis: A systematic review. *Molecules*. 2020, May. doi: 10.3390/molecules25102300

Moore JM, Kressler J, Buono MJ. Hand Heating Lowers Postprandial Blood Glucose Concentrations: A Double-Blind Randomized Controlled Crossover Trial. *Complement Ther Med*. 2019, December. doi: 10.1016/j.ctim.2019.102280

Moore JM, Hong MY. Dietary supplement use in the US: prevalence, trends, pros and cons. *Nutrition Today*. 2019, December. doi: 10.1097/NT.0000000000000402

Moore JM, Bartholomae EM, Ward K, Kressler J. Postprandial glucose response moderation by cardiorespiratory fitness following short exercise bouts. *J Sports Med Phys Fitness*. 2019, December. doi: 10.23736/S0022-4707.20.10426-2

Bartholomae EM, Johnson Z, **Moore JM**, Ward K, Kressler J. Reducing Glycemic Indicators with Moderate Intensity Stepping of Varied, Short Durations in People with Pre-Diabetes. *J Sports Sci Med*. 2018, October. PMID: 30479538

Bartholomae EM, **Moore JM**, Ward K, Kressler J. Sex differences in postprandial glucose response to short bouts of exercise: A randomized controlled trial. *J Sci Med Sport*. 2018, July. doi: 10.1016/j.jsams.2018.07.009

Moore JM, Northway S, Wells N, Woolf E, Buono MJ. Local inhibition of carbonic anhydrase does not decrease sweat rate. *J Basic Clin Physiol Pharmacol*. 2018, June. doi: 10.1515/jbcpp-2018-0039

Peer-Reviewed Publications in Progress

Moore JM, Jairo Aldana-Bitar, Pratte KA, Budoff MJ, Rossiter HB, xxx. Agreement of Coronary Artery Calcification Score Between Full- and Reduced- Dose Chest Computed Tomography Scans. (In Draft)

Austin Morales, William Wong, **Jeff Moore**, Jochen Kressler. One Minute of Light-Intensity Stair-Stepping Decreases Postprandial Glycemia in the Evening in Adults without Diabetes: A Randomized Controlled Trial. (In Review at *Experimental Physiology*)

Moore JM, Rossiter HB, Ferguson C, xxx. Sex Differences in Measures of Neuromuscular Performance and Fatigue from a Muscle Cardiopulmonary Exercise Test. (In Draft)

Moore JM, Pratte KA, Kinney GL, Hokanson JE, Tiller NB, Ferguson C, Casaburi R, Budoff MJ, Rossiter HB. Characteristics of Ever-smokers With and Without Chronic Obstructive Pulmonary Disease Who Demonstrate Coronary Artery Calcium Progression. (In Draft)

Fuller B, Fahy M, Eusoof KP, Straus P, Buono MJ, **Moore JM**. Peripheral Heating with Negative Pressure Increases Femoral, Brachial, and Carotid Arterial Blood Flow. (In Draft)

Moore JM, Ferguson C, Baldwin MM, Swerdlow RS, Wang C, Yan W, Rossiter HB. Distinguishing Increased Adiposity and/or Aerobic Deconditioning as Moderators of Low VO₂peak in Obese Men. (In Draft)

Estrella A, Lum T, **Moore JM**, Ginsburg M, Panaligan B, Kressler J. Sex differences in postprandial glucose following the consumption of a real meal and stair-climbing with individualized timing. (In Draft)

Woolf E, Wells N, Northway S, **Moore JM**, Buono MJ. Intrinsic versus Extrinsic Intra-Individual Variability in Sweat Rate of Individual Eccrine Glands. (In review at *Autonomic Neuroscience: Basic and Clinical*)

Andrew Gehr, Mike Stone, Jochen Kressler, **Jeff Moore**. Agreement Between Estimated and Tested Satiety of Common Foods. (In Draft)

Scholarly Presentations

Gabriele Sanchez, Dena Prince, Shelby Glasser, Michael Buono, Jochen Kressler, and **Jeff M. Moore**. Feet-heating and Calf-heating have Opposing Effects on Postprandial Blood Glucose and Heart Rate Variability. *National American College of Sports Medicine 2024 Annual Meeting, World Congress on Exercise is Medicine, World Congress on Basic Science of Exercise and Vascular Health*. May 28 - 31, 2024. Boston, Massachusetts.

Michele Girardi, **Jeff M. Moore**, Chiara Gattoni, William W. Stringer, Thomas W. Decato, Janos Porszasz, Richard Casaburi, Carrie Ferguson, Harry B. Rossiter. Sensitivity and Specificity of Geometric Techniques to Identify Expiratory Flow Limitation During Exercise. *National American College of Sports Medicine 2024 Annual Meeting, World Congress on Exercise is Medicine, World Congress on Basic Science of Exercise and Vascular Health*. May 28 - 31, 2024. Boston, Massachusetts.

Moore JM, Pratte KA, Kinney GL, Hokanson JE, Tiller NB, Ferguson C, Casaburi R, Budoff MJ, Rossiter HB. Characteristics of Ever-smokers With and Without Chronic Obstructive Pulmonary Disease Who Demonstrate Coronary Artery Calcium Progression. *American Thoracic Society International Conference 2024*. May 17 – 22, 2024. San Diego, California.

Moore JM, Pratte KA, Kinney GL, Hokanson JE, Tiller NB, Ferguson C, Casaburi R, Budoff MJ, Rossiter HB. Characteristics of Ever-smokers With and Without Chronic Obstructive Pulmonary Disease Who Demonstrate Coronary Artery Calcium Progression. *COPD Gene Spring Investigator Meeting 2024*. May 17, 2024. San Diego, California.

Venkat Sanjay Manubolu, Suvasini Lakshmanan, April Kinninger, Khadije Ahmad, Shriraj Susarla, Hoon Justin Seok, **Jeff Moore**, Jairo Aldana-Bitar, Dhiran Verghese, Luay Alalawi, Sajad A. Hamal, Suraj Dahal, Sion Roy, and Matthew J. Budoff. Effect of Semaglutide on Epicardial Adipose Tissue Volume and Density in Type 2 Diabetes: Insights from the Stop Randomized Trial. *American College of Cardiology Annual Scientific Session 2024*. April 6-8, 2024. Atlanta, Georgia.

Moore JM, Kressler J. One minute of stair climbing and descending reduces postprandial insulin and glucose with three-minutes improving insulin resistance following a mixed meal in young adults: A Randomized Controlled Trial. *American Physiology Summit 2024*. April 4 - 7, 2024. Long Beach, California

Moore JM, Buono MJ. Effects of Partial Hot Water Immersion on Postprandial Blood Glucose and Heart Rate Variability. *Southwest Chapter American College of Sports Medicine 2023 Annual Meeting*. October 27 - 28, 2023. Hilton Orange County, Costa Mesa, California

Fuller B, Fahy M, Eusoof KP, Straus P, Buono MJ, **Moore JM**. Peripheral Heating with Negative Pressure Increases Arterial Blood Flow. *National American College of Sports Medicine 2023 Annual Meeting, World Congress on Exercise is Medicine, World Congress on Basic Science of Exercise and Vascular Health*. May 30 – June 2, 2023. Denver, Colorado

Moore JM, Ferguson C, Baldwin MM, Swerdloff RS, Wang C, Yan W, Rossiter HB. Distinguishing Increased Adiposity and/or Aerobic Deconditioning as Moderators of Low VO₂peak in Obese Men. *National American College of Sports Medicine 2023 Annual Meeting, World Congress on Exercise is Medicine, World Congress on Basic Science of Exercise and Vascular Health*. May 30 – June 2, 2023. Denver, Colorado. doi: 10.1249/01.mss.0000981052.28285.e1

Moore JM, Tu J, Ferguson C, Gao W, Rossiter HB. Sweat and Serum CRP Concentration in Humans With and Without Chronic Obstructive Pulmonary Disease: Implications for Wearable Biosensors. *American Thoracic Society International Conference 2023*. May 19 – 24, 2023. Washington, DC

Fahey M, Eusoof KP, Straus P, Fuller B, Buono MJ, **Moore JM**. Peripheral Heating With Negative Pressure at the Feet Increases Blood Flow at the Popliteal, Brachial, and Carotid Arteries. *American Physiology Summit 2023*. April 20 - 23, 2023. Long Beach, California

Venkat Sanjay Manubolu, April Kinninger, Suraj Dahal, Shriraj Susarla, Suvasini Lakshmanan, Dhiran Verghese,

Luay Alalawi, Jairo Aldana-Bitar, Tami Crabtree, Christopher Dailing, Kashif Shaikh, Hoon Seok, Justin Kang, **Jeff Moore**, Sai Akhil Samatham, Ali Abdelnaby, Sion Roy, James P. Earls, Matthew J. Budoff. Comparison of Coronary Plaque Characteristics in Younger South Asian and Non-Hispanic White Populations Utilizing CCTA: A Matched Cohort Study. *American College of Cardiology 2023 Annual Scientific Session & Expo Together With World Congress of Cardiology*. March 4 - 6, 2023. New Orleans, Louisiana.

Moore JM, Ferguson C, Baldwin MM, Swerdloff RS, Wang C, Yan W, Rossiter HB. Distinguishing Increased Adiposity and/or Aerobic Deconditioning as Moderators of Low VO₂peak in Obese Men. *California Society of Physiologists Chapter of the American Physiological Society*. November 4, 2022. The Lundquist Institute for Biomedical Innovation, Torrance, California

Fuller B, Fahy M, Eusoof KP, Straus P, Buono MJ, **Moore JM**. Peripheral Heating with Negative Pressure Increases Arterial Blood Flow. *Southwest Chapter American College of Sports Medicine 2022 Annual Meeting*. October 28 - 29, 2022. Hilton Orange County/Costa Mesa, California

Moore JM, Ferguson C, Baldwin MM, Swerdloff RS, Wang C, Yan W, Rossiter HB. Distinguishing Increased Adiposity and/or Aerobic Deconditioning as Moderators of Low VO₂peak in Obese Men. *Southwest Chapter American College of Sports Medicine 2019 Annual Meeting* October 28 - 29, 2022 Hilton Orange County/Costa Mesa, California.

Moore JM, Buono MJ, Kressler J. Adult Onset Of Type 1 Diabetes Mellitus Preceded By Elevated Postprandial And Fasting Blood Glucose. *National American College of Sports Medicine 2022 Annual Meeting, World Congress on Exercise is Medicine, World Congress on Basic Science of Exercise and Vascular Health*. May 31 – June 4, 2022. San Diego, California

Jeff Moore, Tiffany Lum, Angel Estrella, Molly Ginsburg, Brian Panaligan, Jochen Kressler. Short Stair Stepping Bouts With Individualized Timing Lower Postprandial Blood Glucose. *National American College of Sports Medicine 2022 Annual Meeting, World Congress on Exercise is Medicine, World Congress on Basic Science of Exercise and Vascular Health*. May 31 – June 4, 2022. San Diego, California.

A. Abbasi, K. Ahmad, K. A. Pratte, R. P. Bowler, M. J. Budoff, R. Casaburi, D. L. Dimeo, C. Ferguson, W. Liu, V. S. Manubolu, **J. Moore**, A. Kinninger, N. B. Tiller, H. B. Rossiter, COPDGene Investigators. Circulatory Proteins Mediating the Association Between COPD Phenotypes and Coronary Artery Calcification in COPDGene Participants. *American Thoracic Society International Conference 2022*. May 13-18, 2022 in San Francisco, California.

Moore J, Lakshmanan S, Kinninger A, Budoff M, Karpouzas G. Comparison of Coronary Plaque Progression by Coronary Computed Tomography Angiography in Systemic Lupus Erythematosus and Rheumatoid Arthritis. *American Heart Association Scientific Sessions 2021*. Saturday, November 13-15. Boston, Massachusetts + Virtual Experience

Moore J, Lakshmanan S, John Sheppard, Spiers S, Prusty B, Lopez BC, Kinninger A, Budoff M. Coronary Plaque Burden Is Similar Between Young Female Adults With Systemic Lupus Erythematosus And Type 2 Diabetes Mellitus. *16th Annual Scientific Meeting of the Society of Cardiovascular Computed Tomography*. July 16 - 17, 2021. doi: 10.1016/j.jcct.2021.06.242

Jeff Moore, Hannah Salmons, Cameron Vinoskey, Jochen Kressler. Sex Differences in the Perceived Exertion of Stair Climbing and Descending. *National American College of Sports Medicine 2021 Annual Meeting, World Congress on Exercise is Medicine, World Congress on Basic Science of Exercise in Regenerative Medicine* June 1 - 5, 2021

Moore JM, Kressler J, Buono MJ. Local Hand Heating Combined with Negative Pressure Decreases Postprandial Blood Glucose Concentrations in Prediabetic and Diabetic Population. *European College of Sport Sciences Annual Meeting*, October 28-30, 2020. FIBES II, Sevilla, Spain.

Moore J., Sanchez G., Prince D., Glasser S., Kressler J., Buono M. Effect of Feet and Calf Heating on Glucose

Tolerance and Heart Rate Variability. *European College of Sport Sciences Annual Meeting*, October 28-30, 2020. FIBES II, Sevilla, Spain.

Moore JM, Kressler J, Buono MJ. Local Hand Heating Combined with Negative Pressure Lowers Resting and Postprandial Blood Glucose Concentrations. *National American College of Sports Medicine 2020 Annual Meeting, World Congress on Exercise is Medicine, World Congress on Basic Science of Exercise in Regenerative Medicine*.

Moore JM, Woolf E, Wells N, Northway S, Buono MJ. Intrinsic versus Extrinsic Intra-Subject Variability in Sweat Rate of Individual Eccrine Glands. *Experimental Biology 2020 Annual Meeting*.

Moore JM, Kressler J, Buono MJ. Local Hand Heating Combined with Negative Pressure Lowers Resting and Postprandial Blood Glucose Concentrations. *Southwest Chapter American College of Sports Medicine 2019 Annual Meeting* October 25-26, 2019 Hilton Hotel Newport Beach, California

Jeff Moore, Hannah Salmons, Cameron Vinoskey, Jochen Kressler – Sex Differences in the Acute Effects of Stair-Climbing on Postprandial Blood Glucose Levels. *National American College of Sports Medicine 2019 Annual Meeting* May 28-June 1, 2019 Orange County Convention Center Orlando, Florida

Jeff Moore, Hannah Salmons, Cameron Vinoskey, Jochen Kressler - The Acute Effect of Moderate Intensity Stair-Climbing on Postprandial Blood Glucose Levels. *Cell Symposia Exercise Metabolism 2019 Annual Meeting* May 5-7, 2019 Meliá Sitges Hotel Congress Centre Sitges, Spain

Jeff Moore, Hannah Salmons, Cameron Vinoskey, Jochen Kressler – Sex Differences in the Acute Effects of Stair-Climbing on Postprandial Blood Glucose Levels. *Southwest Chapter American College of Sports Medicine 2018 Annual Meeting* October 26-27, 2018 Hilton Hotel Costa Mesa, California

Eric Bartholomae, **Jeff Moore**, Kathryn Ward, Jochen Kressler - The Effect of Low-Moderate Intensity Stair Walking on Antioxidant Capacity During Hyperglycemia. *Southwest Chapter American College of Sports Medicine 2018 Annual Meeting* October 26-27, 2018 Hilton Hotel Costa Mesa, California

Hannah Salmons, Cameron Vinoskey, **Jeff Moore**, Jochen Kressler - The Acute Effect of Moderate Intensity Stair-Climbing on Postprandial Blood Glucose Levels. *Southwest Chapter American College of Sports Medicine 2018 Annual Meeting* October 26-27, 2018 Hilton Hotel Costa Mesa, California

Moore, Jeffrey M., Bartholomae, Eric, Ward, Kathryn, Johnson, Zach, Kressler, Jochen - The Acute Effect Of Moderate Intensity Stair-Climbing On Postprandial Blood Glucose Levels. *American College of Sports Medicine 2018 Annual Meeting* May 29 - June 2, 2018 Minneapolis, Minnesota

Eric Bartholomae, David Abate, **Jeffrey Moore**, Kathryn Ward and Jochen Kressler - Perceived Low Intensity Stair Climbing Effects on Insulin Sensitivity. *American College Of Sports Medicine 2018 Annual Meeting* May 29 - June 2, 2018 Minneapolis, Minnesota

Moore, Jeffrey M., Bartholomae, Eric, Ward, Kathryn, Kressler, Jochen – Exercise Efficiency for postprandial glucose reduction not affected by fitness level. *San Diego State University Student Research Symposium* March 1-2, 2018 San Diego, California

Bartholomae, Eric, **Moore, Jeffrey M.**, Ward, Kathryn, Johnson, Zach, Kressler, Jochen – Sex Differences in Postprandial Glucose Response to Short Bouts of Exercise: A Randomized Controlled Trial. *San Diego State University Student Research Symposium* March 1-2, 2018 San Diego, California

Moore, Jeffrey M., Bartholomae, Eric, Ward, Kathryn, Johnson, Zach, Kressler, Jochen - The Acute Effect Of Moderate Intensity Stair-Climbing On Postprandial Blood Glucose Levels. *Southwest Chapter American College of Sports Medicine 2017 Annual Meeting* October 20-21, 2017 Hilton Hotel Long Beach, California

Scholarly Reviews

2024

BMJ Open (ISSN: 2044-6055): 1

Human Nutrition & Metabolism (ISSN: 2666-1497): 2

International Journal of General Medicine (ISSN: 1178-7074) : 1

2023

Molecular Mechanism Research : 1

Human Nutrition & Metabolism (ISSN: 2666-1497): 2

2022

Nutrition and Metabolism (ISSN: 1743-7075): 1

Diabetes & Metabolic Syndrome: Clinical Research & Reviews: (ISSN: 1871-4021): 1

2021

BMC Public Health (ISSN: 1471-2458): 1

Biomedicine & Pharmacotherapy (ISSN: 0753-3322): 1

Nutrition, Metabolism & Cardiovascular Diseases (ISSN: 0939-4753): 1

Funding and Grant Awards

October 2023: Tobacco-Related Disease Research Program 2024 Research Award. *Effect of Icosapent Ethyl on Coronary Plaque and Lung Function in Statin-Treated COPD Patients*

- Sponsor: Tobacco-Related Disease Research Program
- Amount: \$300,000 per year for 3 years
- Role: Co-Author/Co-Investigator
- Status: Not funded

December 2022: San Diego State University 2023 Seed Grant Program. *Short, Simple, Exercise to Improve Circadian Dependent Postprandial Glycemic Responses*

Sponsor: The Division of Research and Innovation, San Diego State University

- Amount: \$7,500 for 12 months
- Role: Co-Author/Co-Investigator
- Status: Funded

September 2022: Zahn Innovation Platform Launchpad Intern Fund For Intern 1. *Peripheral Heating Study : A novel means of lowering blood glucose non-invasively*

- Sponsor: Aztec Cooperative Fund, San Diego State University Research Foundation, San Diego State University
- Amount: \$980 for 16 weeks
- Role: Primary Investigator and Author
- Status: Funded

September 2022: Zahn Innovation Platform Launchpad Intern Fund For Intern 2. *Peripheral Heating Study : A novel means of lowering blood glucose non-invasively*

- Sponsor: Aztec Cooperative Fund, San Diego State University Research Foundation, San Diego State University
- Amount: \$980 for 16 weeks
- Role: Primary Investigator and Author
- Status: Funded

December 2021: Zahn Innovation Platform Launchpad Intern Fund For Intern 1. *Peripheral Heating Study : A novel means of lowering blood glucose non-invasively*

- Sponsor: Aztec Cooperative Fund, San Diego State University Research Foundation, San Diego State University
- Amount: \$980 for 16 weeks
- Role: Primary Investigator and Author
- Status: Funded

December 2021: Zahn Innovation Platform Launchpad Intern Fund For Intern 2. *Peripheral Heating Study : A novel means of lowering blood glucose non-invasively*

- Sponsor: Aztec Cooperative Fund, San Diego State University Research Foundation, San Diego State University
- Amount: \$980 for 16 weeks
- Role: Primary Investigator and Author
- Status: Funded

November 2021: Lavin Entrepreneurship Center Startup Fund. *Peripheral Heating Study : A novel means of lowering blood glucose non-invasively*

- Sponsor: Lavin Entrepreneurship Center, Fowler College of Business, San Diego State University
- Amount: \$5,000 for 12 months
- Role: Primary Investigator and Author
- Status: Funded

January 2019: University Grant Program. *Determining the Shortest, Simplest yet Still Effective Exercise for Combatting Cardiometabolic Disease Risk*

- Sponsor: University Grants Program, San Diego State University
- Amount: \$9,938 for 18 months
- Role: Co-Author/Co-Investigator
- Status: Funded

Honors and Awards

April 2023: Abstract of Distinction, Cardiovascular Section, Fahey M, Eusoof KP, Straus P, Fuller B, Buono MJ, Moore JM. Peripheral Heating With Negative Pressure at the Feet Increases Blood Flow at the Popliteal, Brachial, and Carotid Arteries. *American Physiology Summit 2023.* April 20 - 23, 2023. Long Beach, California

November 2022: Pre-Doctoral Student Presentation Award, Distinguishing Increased Adiposity and/or Aerobic Deconditioning as Moderators of Low VO₂peak in Obese Men. California Society of Physiologists Chapter of the American Physiological Society, Lundquist Institute for Biomedical Innovation at Harbor-UCLA Medical Center

August 2022: 1st Place Aging Independently Initiative Award, Zahn Innovation Platform Launchpad, San Diego State University, San Diego, CA, USA

September 2021: Best E-Track Pitch Award, Zahn Innovation Platform Launchpad, San Diego State University, San Diego, CA, USA

Spring 2020: Exercise and Nutritional Sciences Graduate Student of the Year, San Diego State University

Spring 2020: Exercise and Nutritional Sciences Outstanding Master's Student, San Diego State University

Spring 2020: American Kinesiology Association Master's Scholar Award, San Diego State University

Spring 2017: Distinction in the Major, Food and Nutritional Sciences, San Diego State University

Spring 2017: Dean's List, San Diego State University

Fall 2016: Dean's List, San Diego State University

Summer 2016: Dean's List, San Diego State University

July 2015: Tutor of the Month, TutorChatLive.com

Summer 2014: Dean's List, San Diego State University

Certifications

2021: Exercise Testing and Interpretation, Division of Respiratory and Critical Care Physiology and Medicine at Harbor-UCLA Medical Center

2018: Certificate in Evidence Based Teaching, Center For Teaching & Learning, San Diego State University

2016 – 2018: Food Handling Certificate, County of San Diego, CA, USA

2016 – present: National Phlebotomy Certificate, Becksford Health Services

2012 – present: CPR and AED Certificate, American Heart Association

Academic Workshop Attendance

Aztec Cooperative Fund, San Diego State University, San Diego, CA, USA

- **November 19, 2021: Hiring and Leadership with Stan Sewitch**

ZIP Launchpad Speaker Series, San Diego State University, San Diego, CA, USA

- **February 25, 2022: Digital Entrepreneurship Workshop: Value Creation Leveraging Digital Entrepreneurship with Kaveh Abhari**
- **February 18, 2022: Intellectual Property 101 with Andrew Skale**
- **November 5, 2021: Andy Ballester: Co-Founder of GoFundMe**
- **October 15, 2021: Sashee Chandran: Founder and CEO of Tea Drops**
- **September 24, 2021: Caitlin Bigelow: Founder and CEO of Maxable**

Center For Teaching and Learning, San Diego State University, San Diego, CA, USA

- **April 8, 2019: Implicit Bias & Microaggressions**
- **March 26, 2019: Creating Transparent Course Materials**
- **March 18, 2019: Introduction to Assessment Design: Writing Aligned & Effective Assessment Questions**
- **March 11, 2019: Formative Assessment to Keep Teaching & Learning on Track**
- **March 4, 2019: Introduction to Inclusive Pedagogy: Identity & Why it Matters for Teaching & Learning**
- **February 18, 2019: Introduction to Cognitive Science: How Students Learn**
- **February 11, 2019: Introduction to Active Learning: Student Engagement Techniques**
- **January 28, 2019: Designing Engaging Lectures**
- **January 18, 2019: Creating a Learner-Centered Syllabus**
- **September 13, 2018: Obtaining Funding Through the University Grants Program (UGP)**
- **September 5, 2018: Introduction to Evidence-Based Teaching**

Instructional Technology Services, San Diego State University, San Diego, CA, USA

- **October 21, 2022: Providing Instructor & Peer Feedback: Turnitin; Turnitin Canvas Framework; Peer Review**
- **October 07, 2022: Assessments and Academic Integrity: Canvas Quizzes and Mitigating Cheating**
- **March 26, 2020: Improve the Quality of Your Online Instruction**
- **March 26, 2020: Zoom - Teaching Techniques for Live Classes**
- **March 25, 2020: Turnitin For Feedback and Assessment**
- **March 25, 2020: Virtual Assessments**
- **March 25, 2020: Managing Large Online Courses**
- **March 23, 2020: Zoom – Tips, Tricks, and Best Practices**
- **April 30, 2020: How to set up and grade virtual tests and surveys**
- **April 24, 2020: Student Learning and Engagement Strategies in Zoom**
- **April 09, 2020: Zoom Advanced Functionality**
- **November 13, 2019: Learning for All - Instructional Techniques**
- **November 30, 2018: Pedagogy and Tools to Increase Student Comprehension and Literacy**

Organizations

2021-present: Zahn Innovation Platform Launchpad, San Diego State University, San Diego, CA, USA

2017- 2020: Phi Kappa Phi Honor Society, San Diego State University

2016 – 2020: Student Nutrition Organization, San Diego State University

2012 – 2016: Sigma Alpha Epsilon, San Diego State University

Volunteering

April 2015 – 2017: Tutor Chat Live Nonprofit, TutorChatLive.org

October 2017: 5th Annual Kids Eat Right Gala, Student Nutrition Organization, San Diego State University, San Diego, CA, USA

November 2017: Multiple Sclerosis Dinner Auction, Student Nutrition Organization, San Diego State University

November 2016: Multiple Sclerosis Dinner Auction, Student Nutrition Organization, San Diego State University

References

References are available on request.