

Claire E. Kissell, *PhD*

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EDUCATION

Ph.D.

Applied Physiology, August 2023

Southern Methodist University (SMU), Dallas, TX

Dissertation: *Alterations to Cardiovascular Control in Females with Relapsing-Remitting Multiple Sclerosis at Rest and During Stress*

M.Sc.

Biology (Concentration in Exercise Science), May 2018

University of Colorado-Colorado Springs (UCCS), Colorado Springs, CO

Thesis: *Modest Reductions in Skin Temperature After the Onset of a Simulated Hemorrhagic Challenge Improve LBNP Tolerance Following Exercise Heat Stress*

B.S.

Applied Physiology & Health Management, May 2016

B.A.

Psychology, May 2016

Southern Methodist University, Dallas, TX

Cum Laude

PROFESSIONAL APPOINTMENTS

Aug 2025 - Present

Assistant Professor of Exercise Physiology

School of Exercise and Nutritional Sciences

San Diego State University, San Diego, CA

Aug 2023 –

July 2025

Post-Doctoral Research Fellow

Human Neural Cardiovascular Control Lab

University of Texas at Arlington, Arlington, TX

June 2022 –

May 2023

American Heart Association Predoctoral Fellow

Integrative Physiology Laboratory

Southern Methodist University, Dallas, TX

May 2018 –

June 2022

Graduate Teaching and Research Assistant

Department of Applied Physiology and Wellness

Southern Methodist University, Dallas, TX

Aug 2016 –

May 2018

Graduate Teaching and Research Assistant

Department of Biology

University of Colorado-Colorado Springs, Colorado Springs, CO

AWARD AND HONORS

Awards

2025	1 st Place Poster, <i>Robert J. Hardin Translational Cardiovascular Research Symposium (\$300)</i>
2024	3 rd Place Poster, <i>Robert J. Hardin Translational Cardiovascular Research Symposium (\$50)</i>
2024	Michael J. Brody Young Investigator Award, <i>American Physiological Society (\$1000)</i>
2023	Outstanding PhD Student Award, <i>SMU</i>
2023	Research Recognition Award, <i>American Physiological Society (\$500)</i>
2023	2 nd Place Doctoral Poster, <i>Texas American College of Sports Medicine (\$175)</i>
2022	1 st place 3MT Competition, <i>SMU (\$800)</i>
2019, 2022 & 2023	Research Day Dean's Award, <i>SMU (\$250 each)</i>
2018	Outstanding Biology Graduate Student, <i>UCCS</i>

2018 Runner-Up 3MT Competition, *UCCS* (\$750)
 2017 1-Year Varsity Letter Winner, Track and Field, *UCCS*
 2016 Texas American College of Sports Medicine Major of the Year, *SMU*
 2016 4-Year Varsity Letter Winner, Cross Country and Track and Field, *SMU*

Scholarships and Fellowships

2019, 2022 & 2023 Simmons Graduate Council Grant, *SMU* (\$1500 each)
 2019 & 2023 Graduate Student Travel Award, *SMU* (\$750 each)
 2018-2023 University PhD Fellow, *SMU* (\$5000/year)
 2018-2022 Fairness Simmons Research Fellowship, *SMU* (\$10000/year)
 2018 Ed Burke Memorial Scholarship, *UCCS* (\$1500)
 2017 Morgan Berthrong Fellowship, *UCCS* (\$3000)
 2017 Brad Stoehr Memorial Scholarship, *UCCS* (\$1000)
 2016 Out-of-State Recruitment Scholarship, *UCCS* (\$5000)
 2015 James A. Sutton Scholarship (\$1000)
 2012-2016 Provost Scholar, *SMU* (\$12000/year)

RESEARCH SUPPORT

External

June 2022 – **American Heart Association Predoctoral Fellowship**
 May 2023 *Alterations to Cardiovascular Control in Females with Multiple Sclerosis at Rest and During Stress*
Total Award: \$32,036 **Role:** PI

Jan – **ACSM Doctoral Research Grant**
 Dec 2020 *Alterations to Muscle Sympathetic Nerve Activity in Multiple Sclerosis*
Total Award: \$4,960 **Role:** PI

Feb 2020 – **Texas ACSM Student Research Development Award**
 Jan 2021 *Effects of Long-Term Meditation on Cardiovascular Reactivity*
Total: \$2,000 **Role:** PI

Internal

Aug 2016 – **UCCS Graduate Research Grant**
 July 2017 *Modest Reductions in Skin Temperature After the Onset of a Simulated Hemorrhagic Challenge Improve LBNP Tolerance Following Exercise Heat Stress*
Total Award: \$5,000 **Role:** PI

PEER-REVIEWED MANUSCRIPTS

Published

1. **Kissell CE**, Skow RJ, Wakeham DJ, Manferdelli G, Samels M, Fu, Q, Haykowsky MJ, Brazile TL, MacNamara JP, Sarma S, Levine BD, Fadel PJ, Hearon CM. Impaired exercise hemodynamic responses in patients with HFpEF without a vasoconstrictor reserve. *Autonomic Neuroscience*. 2025 Aug 260:103309. doi: 10.1016/j.autneu.2025.103309.
2. Taherzadeh Z, **Kissell CE**, Young BE, Alhalimi TA, Stephens BY, Kaur J, Brothers RM, Fadel PJ. Cardiac autonomic function in young, healthy adults: influence of race and sex. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*. 2025 May 1;328(5):R611-R618. doi: 10.1152/ajpregu.00288.2024.
3. **Kissell CE**, Young BE, Kaur J, Taherzadeh Z, Mohan PC, Vianna LC, Fadel PJ. Sympathetic transduction to blood pressure in patients with chronic kidney disease. *Clinical Autonomic Research*. 2024 doi: 10.1007/s10286-024-01084-7. Epub ahead of print. PMID: 39542982.
4. Young BE, **Kissell CE**, Vranish JR, Stephens BY, Holwerda SW, Fadel PJ. Sex differences in sympathetic transduction in black and white adults: implications for racial disparities in hypertension and cardiovascular disease risk. *American Journal of Physiology – Heart and Circulatory Physiology* 2024 327:3, H672-H680

5. **Kissell CE**, Young BE, Jarrard CP, Huang M, Allen DR, Okuda DT, Smith SA, Fadel PJ, Davis SL. Reduced resting beat-to-beat blood pressure variability in females with relapsing-remitting multiple sclerosis. *Multiple Sclerosis and Related Disorders*. 83:105416, 2024. doi: 10.1016/j.msard.2023.105416
6. Brown ML, **Kissell CE***, Huang W, Castro KC, DeMuth WD, Bing EG. COVID-19 and mental health among college students in the southwestern United States. *Journal of American College Health*. 26:1-8, 2023. doi: 10.1080/07448481.2022.2153601
7. **Kissell CE***, Tourula E, Pizzey FK, Batterson PM, Jacobs RA, Pearson J. High-intensity interval exercise reduces tolerance to a simulated haemorrhagic challenge in heat-stressed individuals. *Experimental Physiology*. 106: 212–221, 2021. doi: 10.1113/EP088377
8. **Kissell CE***, Pizzey FK, Batterson PM, Jacobs RA, Pearson J. Small reductions in skin temperature after onset of a simulated hemorrhagic challenge improve tolerance in exercise heat-stressed individuals. *American Journal of Physiology- Regulatory, Integrative and Comparative Physiology*. 315: R539–R546, 2018. doi: 10.1152/ajpregu.00182.2018.
9. Borner A, Murray K, **Kissell C***, Pearson J. Baseline aortic pulse wave velocity is associated with central and peripheral pressor responses during the cold pressor test in healthy subjects. *Physiological Reports* 5: e13357, 2017. doi: 10.14814/phy2.13357.

In progress

1. **Kissell CE**, Young BE, Jarrard CP, Huang M, Allen DR, Okuda DT, Smith SA, Fadel PJ, Davis SL. Blunted sympathetic transduction to blood pressure in females with relapsing-remitting multiple sclerosis. *In preparation, anticipated submission Clinical Autonomic Research* June 2025

***published with last name Trotter**

CONFERENCE ABSTRACTS

1. **Kissell CE**, Young BE, Taherzadeh Z, Oldham ZR, Alhalimi TA, Ben Taleb Z, and Fadel PJ. Acute influence of e-cigarette vaping on muscle sympathetic nerve activity and spontaneous sympathetic baroreflex sensitivity in habitual male vapers. *Accepted American Autonomic Society 2025*
2. Taherzadeh Z, **Kissell CE**, Alhalimi TA, Oldham ZR, Kaur J and Fadel PJ. Racial differences in cerebral and peripheral vascular function between non-Hispanic Black and White patients with chronic kidney disease. *Accepted American Autonomic Society 2025*
3. **Kissell CE**, Skow RJ, Wakeham DJ, Manferdelli G, Sarma S, Fadel PJ, Hearon CM. Patients with HFPEF who exhibit impaired sympathetic vasoconstrictor responsiveness have a blunted exercise hyperemia. *Physiology 2025*.
4. Khatri N, **Kissell CE**, Taherzadeh Z, Alhalimi TA, Velusamy P, Oldham ZR, Young BE, Fadel PJ. Sympathetic-cardiovascular relationships in young black males. *Physiology 2025. Undergraduate Research Award***
5. Taherzadeh Z, **Kissell CE**, Alhalimi TA, Young BE, Oldham ZR, Fadel PJ, Kaur J. Augmented resting beat-to-beat blood pressure variability in young, healthy, Hispanic men. *Physiology 2025. Predoctoral Research Award***
6. Oldham ZR, **Kissell CE**, Taherzadeh Z, Alhalimi TA, Holwerda SW, Fadel PJ. Influence of type 2 diabetes and central fat distribution on beat-to-beat blood pressure variability. *Physiology 2025. Predoctoral Research Award***
7. Velusamy P, Taherzadeh Z, Alhalimi TA, **Kissell CE**, Buckley DJ, Fadel PJ, Trott DW. Increased proportion of CD8⁺ CCR5⁺ Eomes^{hi} T cells is associated with aortic stiffness in human hypertension. *Physiology 2025*.
8. Patierno J, Champagne PT, Arauz C, **Kissell CE**, Thakur B, Zhang R, Bell KR, Young BE, Pinto SM. Feasibility of obtaining beat-to-beat blood pressure variability in hospitalized patients following moderate to severe traumatic brain injury. *Physiatry 2024*
9. Manferdelli G, Wakeham DJ, Leahy MG, Skow RJ, **Kissell CE**, Brazile TL, MacNamara JP, Fadel PJ, Haykowsky MJ, Levine BD, Sarma S, Hearon CM. The effect of anemia on the mechanism of exercise intolerance in adults with HFpEF. *Circulation* 2024, V150, Number Suppl_1
10. **Kissell CE***, Young BE, Conley RV, Kaur J, Mohan PC, Fadel PJ. Sympathetic transduction to blood pressure in patients with chronic kidney disease. *Physiology* 2024, 39:S1 *Young Investigator Research Award*
11. Young BE, **Kissell CE**, Conley RV, Vranish J, Credeur D, Holwerda S, Fadel PJ. Spontaneous bursts of sympathetic nerve activity reduce femoral artery compliance in humans. *Physiology* 2024, 39:S1
12. Alhalimi TA, **Kissell CE***, Velusamy P, Nandadeva D, Fadel PJ. The influence of resting retrograde shear rate on endothelial function as assessed by flow mediated dilation. *Physiology* 2024 39:S1
13. Taherzadeh Z, **Kissell CE**, Alhalimi T, Fadel PJ. Racial differences in cerebral hemodynamics during aerobic exercise. *International Journal of Exercise Science: Conference Proceedings* 2024, Vol. 2: Iss. 16, Article 116.

14. Conley RV, **Kissell CE**, Taherzadeh Z, Dubroy D, Young BE, Taleb ZB, Fadel PJ. Blood pressure variability in young male adult habitual vapers. *International Journal of Exercise Science: Conference Proceedings 2024*, Vol. 2: Iss. 16, Article 110.
15. **Kissell CE***, Young BE, Jarrard CP, Smith SA, Fadel PJ, Huang M, Davis SL. Spontaneous sympathetic and cardiac baroreflex sensitivity in females with relapsing-remitting multiple sclerosis. *Clinical Autonomic Research* 2023.
16. **Kissell CE***, Young BE, Jarrard CP, Smith SA, Fadel PJ, Huang M, Davis SL. Pressor and sympathetic responses to graded skeletal muscle metaboreflex activation in females with relapsing-remitting multiple sclerosis. *International Journal of Exercise Science: Conference Proceedings 2023*, Vol. 2: Iss. 15, Article 114.
17. **Kissell CE***, Young BE, Jarrard CP, Smith SA, Fadel PJ, Huang M, Davis SL. Blunted sympathetic transduction to blood pressure in females with relapsing-remitting multiple sclerosis. *Physiology* 2023, 38:S1 *Predoctoral Research Award*
18. **Kissell CE***, Jarrard CP, Smith AD, Knoll HD, Young BE, Huang M, Davis SL. Spontaneous cardiovagal baroreflex sensitivity in females with multiple sclerosis. *The FASEB Journal* 2022, 36:S1.
19. Jarrard CP, **Kissell CE***, Crandall CG, Watso JC, Huang M. Lower blood pressure, but not muscle sympathetic nerve activity, in female compared to male adults during progressive central hypovolemia. *The FASEB Journal* 2022, 36:S1.
20. Adesanya EAO, Matsukawa K, Young BE, **Kissell CE***, Davis SL, Jarrard CP, Huang M, Moralez G. Central command related changes in anterior cerebral artery blood flow velocity and prefrontal oxygenation at the onset of moderate voluntary hand-grip exercise. *The FASEB Journal* 2022, 36:S1.
21. **Kissell CE***, Young B, Huang M, Allen D, Fadel P, Davis S. Reduced resting beat-to-beat blood pressure variability in multiple sclerosis. *The FASEB Journal* 2021, 35:S1.
22. **Kissell CE***, Huang M, Keller DM, Davis SL. Reduced muscle sympathetic nerve activity response to a cold pressor rest in multiple sclerosis. 2493 May 29 10:00 AM - 10:15 AM. *Medicine & Science in Sports & Exercise* 52: 676, 2020.
23. **Kissell CE***, Huang M, Keller DM, Davis SL. Reduced sympathetic baroreflex sensitivity in individuals with multiple sclerosis during the Valsalva maneuver. *The FASEB Journal* 2020, 34:S1.
24. **Kissell CE***, Pizzey FK, Batterson PM, Jacobs RA, Pearson J. High intensity interval exercise reduces tolerance to a simulated hemorrhagic challenge relative to steady state exercise in heat stressed individuals. *The FASEB Journal* 2019, 33:S1.
25. **Kissell CE***, Pizzey FK, Batterson PM, Jacobs RA, Pearson J. Modest reductions in skin temperature after the onset of a simulated hemorrhagic challenge improve LBNP tolerance following exercise heat stress. *The FASEB Journal* 2018, 32:S1.

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**** 1st author award**

TEACHING EXPERIENCE

Large Lectures

2025 ENS 304 – Physiology of Exercise

Laboratory Teaching

2018-2023 APSM 3411 – Exercise Physiology Lab – 8 semesters

2017-2018 BIOL 4360 – Human Physiology Lab – 2 semesters

2016-2017 BIOL 1060 – Biology of the Modern World Lab – 2 semesters

Guest Lectures

Fall 2023 APSM 3411 – “Human Bioenergetics”

Spring 2019 APSM 3411 – “Data Interpretation”

Fall 2021 APSM 2441 – “Human Digestive System”

Graduate Teaching Assistant

2017 BIOL 3300 – Online Exercise Physiology – 1 semester

2017 BIOL 4360 – Online Human Physiology Lab – 1 semester

CURRICULUM DEVELOPMENT

- Spring 2020 APSM 3411 - Exercise Physiology Lab – Online Lab
- Responsible for developing curriculum using BioPac BSL-HOME devices and creating effective online lab group collaboration and engagement

UNDERGRADUATE STUDENT SUPERVISION

- 2025- current **Abhidha Kunwar**
Sex differences in beat-to-beat blood pressure variability
Planned presentation at UTA SURPINT program poster day
- 2024- current **Nistha Khatri**
Replicating sex differences in sympathetic neural-hemodynamic balance using Modelflow
Undergraduate Award Winner & NCARnation Presentation Award Winner at APS Summit 2025
- Summer 2024 **Aviral Saxena**
Impact of brachial blood pressure calibration on beat-to-beat blood pressure variability
Presented UTA SURPINT program poster day
- 2023-2024 **Rie Conley**
Blood pressure variability in young male adult habitual vapers
Poster Finalist at Texas American College of Sports Medicine Annual Meeting
- 2021-2023 **Kaitlyn Gearin**
Sympatho-excitatory stress in females with multiple sclerosis
Honorable Mention Award at SMU Research Day
- 2022-2023 **Raelyn Roberson**
Pressor responses to isometric handgrip exercise in females with multiple sclerosis
Presented SMU Research Day
- 2022-current **Zach Oldham**
Spontaneous cardiovascular baroreflex sensitivity in females with multiple sclerosis
Presented SMU Research Day
- 2021-2022 **Helena Knoll**
Cardiovascular baroreflex sensitivity during a Valsalva maneuver in females with multiple sclerosis
Presented SMU Research Day
- 2020-2022 **Alexander Smith**
Thermal pain thresholds in individuals with multiple sclerosis
Received SMU Engaged Learning Fellowship (\$2000) and Presented SMU Research Day
- 2020 **Kaitlyn Contreras Castro**
Effectiveness of a virtual-reality based mindfulness meditation program at reducing symptoms of depression and anxiety in college students
McNair Scholar and co-authored manuscript
- Employed in tech industry

INVITED PRESENTATIONS

External

July 2024

Robert J. Hardin Translational Cardiovascular Research Symposium

Session: Trainee Session

Title: *Sympathetic transduction to blood pressure in patients with chronic kidney disease*
Fort Worth, Texas

April 2024

American Physiological Society Summit

Session: Michael J. Brody Young Investigator Award

Title: *Sympathetic transduction to blood pressure in patients with chronic kidney disease*
Long Beach, California

June 2023

American College of Sports Medicine Annual Meeting and World Congresses

Session: Exercise Pressor Reflex in Health and Disease, Thematic Posters

Title: *Sympathetic and pressor responses to graded skeletal muscle metaboreflex activation in females with relapsing remitting multiple sclerosis*
Denver, Colorado

March 2023

Conference of Southern Graduate Schools

Session: Graduate 3-Minute Thesis Competition

Title: *Alterations to cardiovascular control in females with multiple sclerosis*
Tampa, Florida

September 2022

Emory University

Seminar: Emory Renal Physiology & Research Seminar

Title: *Alterations to cardiovascular control in females with multiple sclerosis*
Atlanta, Georgia

June 2020

American College of Sports Medicine Annual Meeting and World Congresses

Session: Care of the Disabled Athlete

Title: *Reduced muscle sympathetic nerve activity response to a cold pressor test in multiple sclerosis*
Scheduled for San Francisco, CA but cancelled due to COVID-19

Internal

November 2024

University of Texas at Arlington

Seminar: 10th Annual Research Integrity Symposium

Title: *Round table discussion – Mentoring in Research and Education*

November 2022

Southern Methodist University

Seminar: Graduate 3-Minute Thesis Competition

Title: *Alterations to cardiovascular control in females with multiple sclerosis*

April 2022

Southern Methodist University

Seminar: Research on Exercise and Wellness Colloquium Series

Title: *Spontaneous cardiovagagal baroreflex sensitivity in females with multiple sclerosis*

April 2021

Southern Methodist University

Seminar: Research on Exercise and Wellness Colloquium Series

Title: *Reduced beat-to-beat blood pressure variability in multiple sclerosis*

April 2019

Southern Methodist University

Seminar: Research on Exercise and Wellness Colloquium Series
Title: *High intensity interval exercise reduces tolerance to simulated hemorrhagic challenge relative to steady state exercise in heat stressed individuals*
 March 2018 **University of Colorado-Colorado Springs**
Seminar: Graduate 3-Minute Thesis Competition
Title: *Lowering skin temperature improved blood loss tolerance following exercise in the heat*

EXTRAMURAL EDUCATION

Fall 2022 **Becoming a Resilient Scientist Series**
 NIH- Office of Intramural Training & Education
 Southern Methodist University, Dallas, TX

 Summer 2022 **Integrative Human Cardiovascular Control Course**
 The Graduate School of Health and Medical Sciences
 University of Copenhagen, Copenhagen, Denmark

PROFESSIONAL AND SERVICE ACTIVITIES

External Service
 2024 **Texas American College of Sports Medicine**
 Abstract & Poster Judge – MS category

 2019-2021 **Texas American College of Sports Medicine Board of Directors**
 Student Representative

 2019-2021 **American College of Sports Medicine Student Affairs Committee**
 Texas Chapter Student Representative

University Service
 2024 **Texas American College of Sports Medicine Quiz Bowl Team**
 Coach of Undergraduate Team - University of Texas at Arlington

 2023-2025 **Department of Kinesiology Research Days**
 Undergraduate and Master's Poster Judge

 2022-2023 **Simmons Graduate Council, SMU**
 Secretary

 2021-2023 **Provost's Graduate Student Advisory Board, SMU**
 Simmons School of Education and Human Development Representative

 2020-2023 **Moody Graduate School Advisory Board, SMU**
 Simmons School of Education and Human Development Representative

 2019-2023 **Texas American College of Sports Medicine Quiz Bowl Team**
 Coach of Undergraduate Team - Southern Methodist University

 2019-2023 **Undergraduate Applied Physiology Club, SMU**
 Staff Founder and Advisor

 2019-2022 **SMU Wellpower 5k, SMU**
 Race Director and Volunteer Coordinator

 2019 **Ph.D. Health Insurance Advisory Committee, SMU**
 Graduate Student Representative

2016-2018

Graduate Student Association, UCCS
General Member

Community Service

2023

Meat Fight Inc.
Fundraised \$2000+ for multiple sclerosis research
BMW Dallas Marathon Team Member

2016-2017

Crisis Text Line
Crisis Counselor

Journal Reviewer (ad hoc)

2018-current

Medicine & Science in Sport & Exercise
American Journal of Physiology, Reg., Integrative and Comparative Physiology
Journal of Applied Physiology
Experimental Physiology
Clinical Autonomic Research

Professional Membership

2023-current

American Autonomic Society

2021-current

American Heart Association

2019-current

Alpha Chi Honor Society

2017-current

American College of Sports Medicine

2016-current

American Physiological Society

2016-current

Texas American College of Sports Medicine