

## CURRICULUM VITAE

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#### **EDUCATION:**

Ph.D. Purdue University, West Lafayette, IN. 1991-1995  
Major: Foods and Nutrition

M.S. Indiana University, Bloomington, IN. 1990-1991  
Major: Nutrition Science

B.S. Indiana University, Bloomington, IN. 1986-1990  
Major: Nutrition Science  
Minor: Psychology

#### **PROFESSIONAL EXPERIENCE:**

2006-present: Professor, San Diego State University, Department of Exercise and Nutritional Sciences, San Diego, CA.

Spring 2011: Visiting Scholar, University of Birmingham, School of Sport and Exercise Sciences, Birmingham, England

2001-2006: Associate Professor, San Diego State University, Department of Exercise and Nutritional Sciences, San Diego, CA.

2003: Visiting Scholar, University of California, Berkeley, Department of Nutritional Sciences and Toxicology, Berkeley, CA.

2002: Director, Didactic Program in Dietetics, San Diego State University, Department of Exercise and Nutritional Sciences, San Diego, CA.

Summer 2001: Research Associate, Purdue University, Department of Foods and Nutrition, West Lafayette, IN.

1995-2001: Assistant Professor, San Diego State University, Department of Exercise and Nutritional Sciences, San Diego, CA.

1994-1995: Dietetic Intern, Ball Memorial Hospital, Muncie, IN.

1991-1994: Graduate Teaching Assistant, Purdue University, Department of Foods and Nutrition, West Lafayette, IN.

1991-1994: Graduate Research Assistant, Purdue University, Department of Foods and Nutrition, West Lafayette, IN.

## **PROFESSIONAL CREDENTIALS AND HONORS:**

- 2006-present: Board Certified Specialist in Sports Dietetics
- 1995-present: Registered by the Commission on Dietetic Registration as a Registered Dietitian
- 1998-1999: Mortar Board Society, Outstanding Faculty and Staff Award
- 2010: Professional Studies and Fine Arts, Inspiration Award.
- 2011-2012: ENS Outstanding Graduate Faculty
- 2011-2012: College of Health and Human Services, Outstanding Graduate Professor of the Year.
- 2013-14: College of Health and Human Services, Outstanding Club Advisor

## **REFEREED ARTICLES:**

Hong M Y, Hartig N, Kaufman K, Hooshmand S, Figueroa A, Kern M. Watermelon consumption improves inflammation and antioxidant capacity in rats fed an atherogenic diet. *Nutrition Research*. 2015. 35:251-8.

Zachary S. Clayton, Kylee R. Hobb, Mahshid Shelechi, Lisa M. Hernandez, Anjee M. Barber, Yumi J Petrisko, Shirin Hooshmand, Mark Kern. Influence of resistance training combined with daily consumption of an egg-based or bagel-based breakfast on risk factors for chronic diseases in healthy untrained individuals. *J Am Coll Nutr* 2014. In Press.

Shirin Hooshmand, Brittany Holloway, Tricia Nemoseck, Sarah Cole, Yumi Petrisko, Mee Young Hong, Mark Kern. Effects of agave nectar versus sucrose on weight gain, adiposity, blood glucose, insulin and lipid responses in mice. *J Med Food*. 2014. 17:1017-21.

Lalitha Ramaswamy, Mark Kern, Latha Sathiyamoorthy, S. Preema. Influence of Place of Living Influences Dietary Intake, Physical Activity and BMI of Indians and Asian Indians in the U.S - a Pilot Study. *Indian Journal of Nutrition & Dietetics*. 2014. 51 (2).

Naomi Shadwell, Fatima Villalobos, Mark Kern, Mee Young Hong. Blooming reduces the antioxidant capacity of dark chocolate in rats without reducing its capacity to improve lipid profiles. *Nutrition Research*. 2013. 33:414-21.

Sheila Medina-Torne, Maria Rosario G. Araneta, Caroline A. Macera, Mark Kern, Ming Ji. Dietary factors associated with adiponectin in Filipino-American women. *Ethnicity & Disease*. 2011. 21:190-5.

Tricia M. Nemoseck, Erin G. Carmody, Allison Furchner-Evanson, Marsa Gleason, Amy Li, Hayley Potter, Lauren M. Rezende, Kelly J. Lane, Mark Kern. Honey promotes lower weight gain, adiposity, and triglycerides than sucrose in rats. *Nutrition Research*. 2011. 31:55-60.

Janine M. Wong and Mark Kern. Miracle fruit improves sweetness of a low-calorie dessert without promoting subsequent energy compensation. *Appetite*. 2011. 56:163-166.

Leslie Howarth, Yumi Petrisko, Allison Furchner-Evanson, Tricia Nemoseck, Mark Kern. Snack selection influences nutrient intake, triglycerides and bowel habits of adult women. A pilot study. *Journal of the American Dietetic Association*. 2010. 110:1322-1327.

Allison Furchner-Evanson, Yumi Petrisko, Leslie Howarth, Tricia Nemoseck, Mark Kern. Type of snack influences satiety responses in adult women. *Appetite*. 2010. 54:564-569.

Kern M. Fitness blunts adverse risks of an unhealthy diet. *Clinical Journal of Sport Medicine* 20:396, 2010.

Nemoseck, T, Kern, M. Urinary calcium losses during high impact and resistance exercise training. *Int J Sports Nutr Exerc Metab*. 19(2):162-71, 2009.

Klein, J, Nyhan, WL, Kern, M. The effects of alanine ingestion on metabolic responses to exercise in cyclists. *Amino Acids*. 37(4):673-80, 2009.

Cheng, MH, Bushnell, D, Cannon, D, Kern, M. Regulation of appetite by exercise performed before or after meal consumption. *Appetite*. 52(1):193-8, 2009. Epub 2008 Sep 25.

Hill, KM, Braun, M, Kern, M, Martin, BR, Navalta, JW, Sedlock, DA, McCabe, L, McCabe, GP, Peacock, M, Weaver, CM. Predictors of calcium retention in adolescent boys. *J Clin Endocrinol Metab*. 93(12):4743-4748, 2008.

Kern, M, Heslin, CJ, Rezende, RS. Metabolic and performance effects of raisins versus sports gel as pre-exercise feedings in cyclists. *J Strength Cond Res*. 21(4):1204-7, 2007.

Kern, M., Broder, H.D., Edmondson, J.I., and Cannon, D.T. Diet composition does not alter energy expenditure, substrate metabolism or excess post-exercise oxygen consumption in healthy, non-exercise trained women. *Nutr Res* 27(11): 665-671, 2007.

Burger, K.S., Kern, M., Coleman, K.J. (2007) Characteristics of self-selected portion size in young adults. *J Am Dietetic Assoc*. 107:611-8.

Braun, M., B.R. Martin, B.R., Kern, M., McCabe, G.P., Peacock, M., Jiang, Z., Weaver, C.M. (2006) Calcium retention in adolescent boys on a range of controlled calcium intakes. *Am. J. Clin. Nutr*. 84:414-8.

Ischayek J.I. and Kern, M. (2006) US honeys varying in glucose and fructose content elicit similar glycemic indexes. *J Am Dietetic Assoc*. 106:1260-62.

Kern, M. Dietary intake of adolescent athletes and non-athletes. (2006) *J Am Dietetic Assoc*. 106:717-8.

Pernick, Y, Nichols, JF, Rauh, MJ, Kern, M, Ji, M, Lawson, MJ, Wilfley, D. (2006) Disordered eating among a multi-racial/ethnic sample of female high school athletes. *J Adol Health*. 38:689-95.

Kloss, R., Linscheid, J., Johnson, A., Lawson, B., Edwards, K., Linder, T., Stocker, K., Petite, J., Kern, M. (2005) Effects of conjugated linoleic acid supplementation on blood lipids and adiposity of rats fed diets rich in saturated versus unsaturated fat. *Pharmacological Research*. 51:503-7.

Benado, M, Alcantara, C, de la Rosa, R, Ambrose, M, Mosier, K, Kern, M. (2004) Effects of various levels of dietary fructose on blood lipids of rats. *Nutrition Research*. 24:565-71.

Kern, M. (2003) Physical activity and nutrition. *Encyclopedia of Food and Culture*. Katz, S.H. ed. Scribners, NY. Vol. 3, pp. 63-66.

Kern, M., Ellison, D. Marroquin, Y., Ambrose, M., and Mosier, K. (2002) The effects of soy protein supplemented with methionine on blood lipids and adiposity of rats. *Nutrition*. 18:654-6.

Kern, M., Beuttenmuller, D., Diehl, S., McCormick, C, Ambrose, M. (2002) The effects of protein repletion at varied levels on the growth and nutritional status of protein restricted rats. *Nutrition Research*. 22:957-63.

Kern, M. (2001) An integrative research project for teaching research concepts and nutrition principles to college students. *J Nutr Educ*. 33:301-2.

Kern, M. Podewils, L.J., Vukovich, M., and Buono, M.J. (2001) Physiological response to exercise in the heat following creatine supplementation. *J Exerc. Physiol*. 4:18-27.

Weaver, C.M., Teegarden, D.T., Lyle, R.M., McCabe, G.P., McCabe, L.D., Proulx, W., Kern, M., Sedlock, D., Anderson, D.D., Hillberry, B.M., Peacock, M., and Johnston, C.C. (2001) Impact of exercise on bone health and contraindication of oral contraceptive use in young women. *Med. Sci. Sports Exerc*. 33:873-880.

Misell, L.M, Lagomarcino, N.D., Schuster, V., and Kern, M. Chronic medium-chain triacylglycerol consumption and endurance performance in trained runners. (2001) *J. Sports Med. Phys. Fitness*. 41:210-215.

Kern, M., Harris, D.R., Broder, H., and Edmondson, J.I. (2000). Effects of an acute bout of exercise on high density lipoprotein cholesterol following consumption of a high or low fat diet. *Sports Med. Training Rehab*. 9:199-208.

Kern, M., Lagomarcino, N.D., Misell, L.M., Schuster, V. (2000). The effect of medium-chain triacylglycerols on the blood lipid profile of male endurance runners. *J. Nutr. Biochem*. 11:288-292.

Kern, M. Ergogenic Aids: prospecting for new terminology (letter). (2000). *Int. J. Sport Nutrition*. 10:1-2.

Teegarden, D., Proulx, W.R., Kern, M., Sedlock, D., Weaver, C.M., Johnston, C.C., and Lyle, R.M. (1996). Previous physical activity relates to bone mineral measures in young women. *Med. Sci. Sports Exerc*. 28:105-113.

### **BOOKS, CHAPTERS, AND REVIEW ARTICLES:**

Kern, M. Dietary Fat and Exercise. In *Sports Nutrition: A Manual for Practitioners*, 5<sup>th</sup> ed. American Dietetic Association, Chicago, IL. 2011.

Kern, M. Carbohydrates and Fats. In *Nutritional Concerns in Recreation, Exercise and Sport*. Driskell and Wolinsky, ed. CRC Press. Boca Raton, FL. 2009.

Kern, M. *CRC Desk Reference on Sports Nutrition*. CRC Press. Boca Raton, FL. May 2005.

Welch, J, Kern, M. Glutamine status, exercise and immune function. *SCAN's PULSE*. 27:9-13, 2008.

Birrenkott, E, Kern, M. Cellular adhesion molecules and risk for chronic diseases. *SCAN's PULSE*. 26, 6-8, 2007.

Kern, M. Basic dietary recommendations for athletes. In: *Athletic Trainers' Guide to Strength and Endurance Training*. Wiksten and Peters, eds. Slack, Inc., Thorofare, NJ. 2000. pp. 91-99.

Kern, M. Current knowledge of supplements for strength or endurance. In: Athletic Trainers' Guide to Strength and Endurance Training. Wiksten and Peters, eds. Slack, Inc., Thorofare, NJ. 2000. pp. 101-106.

#### **EXTERNALLY FUNDED RESEARCH GRANTS:**

Kern, M. (PI). Impact of Carbohydrate Rich Foods on Glucose Regulation, Serum Lipids, Blood Pressure and Adiposity in Prediabetes or Metabolic Syndrome: A Novel Role for Incorporation of Dried Plums into a Healthy Diet. California Dried Plum Board. 2012-13. \$90,531.

Kern, M. (PI) and Nemoseck, T. The Effects of Consuming an Egg-Based Breakfast Combined with a Resistance Exercise Program on Body Composition and Serum Cholesterol Levels. Egg Nutrition Council. 2010-2011. \$83,000.

Kern, M. (PI). Metabolic Responses to Ingestion of Pullulan. Hayashibara, Inc. 2011. \$20,369.

Kern, M. (PI). Honey as a potential heart-healthy sweetening alternative. American Heart Association, Western States Affiliate. 2008-2010. \$140,000.

Hong, M.Y. (PI) and Kern, M. Anticarcinogenic and antioxidative properties of chocolate in a rat model of colon cancer. Center for Health and Nutrition Research-UC Davis. \$60,000.

Kern, M. (PI). Dried plums for promotion of satiety, weight management practices and a healthful diet. California Dried Plum Board. 2007-08. \$80,000.

Kern, M. (PI). Role of Honey in the Regulation of Body Weight and Adiposity in Rats—A Pilot Study. National Honey Board. 2006-2007. \$9,900.

Kern, M. (PI). Influence of honey consumption on risk factors related to chronic diseases. National Honey Board. 2006-2007. \$65,967.

Kern, M. (PI). The role of mushrooms included in a low carbohydrate diet on weight loss, blood lipids and satiety. Mushroom Council. 2004-2006. \$99,000.

Kern, M. (PI) and Bushnell, D. The effect of meal and exercise timing on postprandial metabolism and appetite. California Dietetic Association, Zellmer Grant. 2004-2005. \$12,000.

Kern, M. (PI). Glycemic index and insulinemic responses of five U.S. varieties of honey. National Honey Board. 2004-2005. \$19,358.

Kern, M. (PI). Effects of milk proteins on amino acid and hormone concentrations of active men. NEXT Proteins International. 2002-2003. \$22,055.

Kern, M. (PI). Raisin consumption and exercise performance of endurance athletes. California Raisin Marketing Board. 2000-2001. \$42,396.

Kern, M. (PI). Interactive effects of diet and exercise on blood lipids and lipoproteins in minimally active women. American Heart Association, Western States Affiliate. 2000-2001. \$59,948.

Kern, M. (PI). The personal nutrition counselor project. Carmura, LLC. 1999. \$5000.

Kern, M. (PI) and Misell, L. Effects of medium chain triglyceride supplementation on endurance performance. California Dietetic Association, Zellmer Grant. 1997. \$10,000.

## **INTERNALLY FUNDED RESEARCH GRANTS:**

Kern, M. (PI) and Davis, R. Metabolic/genomic identification of regulatory networks. Center for Applied and Experimental Genomics Seed Grant. San Diego State University. 2004. \$7500.

Kern, M. (PI). Regulation of appetite and dietary intake by exercise. SDSU 2002-2003 RSCA Program. \$3100.

Kern, M. (PI). Interactive effects of exercise training and a high fat or low fat diet on energy use, thermic effect of food, and endurance performance. SDSU 2000-2001 Faculty Grant-in-Aid. \$3900.

Kern, M. (PI). Effect of creatine supplementation on exercise performance in heat. SDSU 1997-98 Faculty Grant-in-Aid. \$2080.

Kern, M. (PI). Effects of exercise on the blood lipid profile of male and female stroke survivors. SDSU 1997-98 RSCA Program. \$4700.

Kern, M. (PI). Effects of a high carbohydrate versus high fat diet on excess postexercise oxygen consumption. SDSU, 1995-96 Affirmative Action Faculty Development Grant. \$1500.

Kern, M. (PI). Effects of a high carbohydrate versus high fat diet on excess postexercise oxygen consumption. SDSU, 1995-96 Faculty Grant-in-Aid. \$800.

## **ABSTRACTS AND PRESENTATIONS:**

Zawilski, A., Nelson, S., McGill, B., McIntosh, M., Hong, M. Y., Hooshmand, S., & Kern, M. (2015). Dried Plums Promote Increased Antioxidant Capacity in Smokers and Nonsmokers. *The FASEB Journal*, 29(1 Supplement), 922-15.

Nelson, S., Zawilski, A., McGill, B., McIntosh, M., Kern, M., Hong, M. Y., & Hooshmand, S. (2015). Neutrophil Elastase Responses in Smokers and Nonsmokers Consuming Dried Plums. *The FASEB Journal*, 29(1 Supplement), 922-13.

Kaufman, K., Hooshmand, S., Kern, M., Figueroa, A., & Hong, M. Y. (2015). Effects of Watermelon Powder on Lipid Metabolism through Regulation of Gene Expression in Atherogenic Diet-Fed Rats. *The FASEB Journal*, 29(1 Supplement), 923-8.

Kern, M., Tsunoda, H., Shaw, C., de Castro, A., Braun, M., Martin, B., & Weaver, C. (2015). Impact of Calcium Intake Levels on Urinary and Fecal Losses of Sodium, Potassium and Magnesium. *The FASEB Journal*, 29(1 Supplement), 920-9.

Metti, D., Shamloufard, P., Cravinho, A., Cuenca, P. D., Kern, M., Arjmandi, B., & Hooshmand, S. (2015). Effects of low dose dried plum (50 g) on bone mineral density and bone biomarkers in older postmenopausal women. *The FASEB Journal*, 29(1 Supplement), 738-12.

Brown, E., & Kern, M. (2015). Prevalence and Associated Factors of Malnutrition Among Primary School Students in the Rakai District of Uganda. *The FASEB Journal*, 29(1 Supplement), 579-9.

Cravinho, A., Hammon, M., Rieger, K., & Kern, M. (2015). Acute Ingestive Effects of Agave Nectar Versus Sucrose in Healthy Young Adults. *The FASEB Journal*, 29(1 Supplement), 596-17.

Kellene B. Harrison, Thomas H. Mockford, Mark Kern. Fluid balance of Olympic male basketball players before and during performance. *FASEB J.* April. 2014

Michael Stone, Michael J. Buono, Mark Kern. The effect of exercise intensity on sweat amino acid excretion. FASEB J. April. 2014

Elizabeth Fusco, Zachary Clayton, Lisa Kass, Jennifer Carpenter, Shirin Hooshmand, Mee Young Hong, Mark Kern. Carbohydrate-rich snacks influence plasma glucose, insulin and ghrelin responses in overweight adults. FASEB J. April. 2014

Zachary Clayton, Elizabeth Fusco, Lisa Kass, Jennifer Carpenter, Shirin Hooshmand, Mee Young Hong, Mark Kern. Snacking influences adipokine concentration independent of body composition and inflammation in overweight humans. FASEB J. April. 2014

Benjamin Reiter, Zachary Clayton, Elizabeth Fusco, Lisa Kass, Jennifer Carpenter, Shirin Hooshmand, Mee Young Hong, Mark Kern. Dried plum snacking influences nutrient intake in individuals with metabolic syndrome, prediabetes, and overweight. FASEB J. April. 2014

Zachary Clayton, Elizabeth Fusco, Lisa Kass, Jennifer Carpenter, Shirin Hooshmand, Mee Young Hong, Mark Kern. Type of snack influences body composition and glycemia in overweight humans. FASEB J. April. 2014

Mark Kern, Kylee Hobb, Zachary Clayton, Mahshid Shelechi, Lisa M Hernandez, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, and Tricia Nemoseck. Resistance training improves blood pressure regardless of daily breakfast composition. FASEB J April 9, 2013 27:632.7

Mark Kern, Taylor Morelli, Lisa M. Hernandez, Kylee Hobb, Zach Clayton, Mahshid Schelechi, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, Tricia Nemoseck. A Comparison of Multi-frequency Bioelectrical Impedance and Air Displacement Plethysmography for Tracking Changes in Body Composition Following a 12-week Resistance Training Program. Annual Meeting of the American College of Sports Medicine. 2013.

Mark Kern, Kylee Hobb, Zachary Clayton, Mahshid Shelechi, Lisa M Hernandez, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, Tricia Nemoseck. Resistance training improves blood pressure regardless of daily breakfast composition. FASEB J. 2012.

Lisa M. Hernandez, Kylee Hobb, Zachary Clayton, Mahshid Shelechi, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, Mark Kern. The effects of consuming egg-based versus bagel-based breakfasts combined with resistance training on body composition and muscular strength. FASEB J. 2012.

Lisa M. Hernandez, Nichole E. Meichtry, Daniel Soto, Sopida Sringkarawat, Mee Young Hong, Shirin Hooshmand, Mark Kern, Yumi Petrisko. The effects of consuming a pistachio snack versus a refined carbohydrate snack on blood lipids, blood glucose, body weight, and body composition in young, healthy adults. FASEB J. 2012.

Anjee Barber, Kylee Hobb, Mark Kern. Comparison of the InBody 520 bioimpedance analyzer to air displacement plethysmography for body composition measurements in a healthy adult population. FASEB J. 2012.

Kylee Hobb, Zachary Clayton, Mahshid Shelechi, Lisa M. Hernandez, Anjee Barber, Yumi Petrisko, Shirin Hooshmand, Mark Kern. Influence of resistance training combined with daily consumption of an egg-based or bagel-based breakfast on lipid concentrations and blood pressure. FASEB J. 2012.

Janine Wong and Mark Kern. Miracle fruit prior to consumption of a sour low-sugar dessert enhances sweetness and reduces energy intake. FASEB J. 2010 24:330.5.

Tabitha Jennings, Tricia Nemoseck, Sarah Cole, and Mark Kern. Long-term effects of honey versus sucrose on glucose, insulin and lipid responses in mice. *FASEB J.* 2010 24:1b277.

Mark Kern, Yumi Petrisko, Rebecca Kloss, Patricia Bradley, and Audrey Spindler. Blood pressure responses to consumption of two different carbohydrate-restricted diets versus a lower fat diet. *FASEB J.* 2010 24:1b343.

Christina Troutner and Mark Kern. The effects of L-alanine supplementation on delayed onset muscle soreness and markers of muscle damage. *FASEB J.* 2010 24:740.20.

Tricia Nemoseck, Sarah Cole, Yumi Petrisko, and Mark Kern. Effects of agave nectar versus sucrose on weight gain, adiposity, blood glucose, insulin and lipid responses in mice. *FASEB J.* 2010 24:553.3.

Tricia Nemoseck, Dana Cholish, Yumi Petrisko, and Mark Kern. Effects of consumption of honey, sucrose and glucose on satiety and postprandial metabolism in healthy subjects. *FASEB J.* 2010 24:553.4.

Tricia Nemoseck, Sarah Cole, Yumi Petrisko, Mee Young Hong, and Mark Kern. Influence of honey versus sucrose on glucose, insulin and lipid responses in mice. *FASEB J.* 2010 24:553.6.

Stacy Kaper, Leslie S Howarth, Yumi Petrisko, Allison Furchner-Evanson, Tricia Nemoseck, Mee Young Hong, and Mark Kern. Dried plums consumed twice daily increase antioxidant capacity after two weeks in adult women. *FASEB J.* 2010 24:564.5.

Allison Furchner-Evanson, Yumi Petrisko, Leslie S. Howarth, Tricia Nemoseck, Mark Kern. Snack selection influences satiety responses in adult women. *FASEB J.* 2009.

Leslie S. Howarth, Yumi Petrisko, Allison Furchner-Evanson, Tricia Nemoseck, Mark Kern. Snack selection influences nutrient intake, metabolism and bowel habits in adult women. *FASEB J.* 2009.

Tricia Nemoseck, Christine Clark, Peggy Korody, Christine Skorup, Kelly Stocker, Mark Kern. The influence of cinnamon supplementation on blood glucose and lipid responses in rats. *FASEB J.* 2009.

Dana Cholish, Tricia Nemoseck, Yumi Petrisko, Mark Kern. Influence of honey versus sucrose on satiety and postprandial metabolism in healthy subjects. *FASEB J.* 2009.

Kern, M and Robinson J. Metabolic and performance effects of alanine supplementation. *Med. Sci. Sports Exercise.* 40, S166, 2008.

Villalobos, F, Quintana, PJE, Kern, M, Hong, MY, Spindler, AA. Antioxidant capacity, sensory analysis, & texture profile for organically and conventionally grown strawberries. *FASEB J.* 2008;22:1b778.

Altamimi, A, Petrisko, Y, Hong, MY, Rezende, L, Kern, M. Responses of blood lipids to consumption of honey versus sucrose in adult men and women. *FASEB J.* 2008;22:449.8.

Rudell, D, Rylander, A, Uribe, C, Engelhardt, S, Kubica, A, Villalobos, F, Nemoseck, T, Stocker, K, and Kern, M. Glycemic index of raw versus cooked food bars. *FASEB J.* 2008;22:1089.8.

Nemoseck, T, Kern, M. Urinary calcium losses during high impact and resistance exercise training. *FASEB J.* 2008;22:685.11.



Dululio, E, Precht, K, Zamudio, A, Nemoseck, T, Stocker, K, Kern, M. Diacylglycerol consumption and blood lipids and adiposity in rats. *FASEB J.* 2008;22:1092.10.

Shadzi, P, Alvarez, E, Price, P, Ciepiela, M, Kern, M. The influence of expeller processed soybean oil on lipid responses in rats. *FASEB J.* 2008;22:1092.12.

Burger, K, Kern, M, Johnson, S, Coleman, K. The relationship among body mass index, energy density and self-served food portions. International Society of Behavioral Nutrition and Physical Activity. Banff, Alberta, Canada. 2008.

Carmody, EG, Li, A, Potter, H, Steffy-Thompson, A, Rezende, L, Nemoseck, T, Stocker, K, Kern, M. Effect of honey versus sucrose on weight gain, adiposity and adipocentric markers of metabolism. *FASEB J.* 21:A1060, 2007.

Hill, KM, Braun, M, , DA, McCabe, L, McCabe, GP, Kern, M, Martin, BR, Navalta, JW, Sedlock D, Peacock, M, Weaver, CM. Influence of habitual diet and physical activity on determining calcium retention in adolescent boys. *FASEB J.* 21:A358, 2007.

Kern, M, Cheng, MH, Bushnell, D. Regulation of appetite by exercise performed before or after meal consumption. . *FASEB J.* 21:A319, 2007.

Janet Klein, William L. Nyhan, Mark Kern. The effects of alanine supplementation on plasma amino acid concentrations, fuel substrates and endurance. *Med. Sci. Sports Exercise.* 38:S341, 2006.

Petrisko, Y, Bradley, P, Kloss, R, Bilodeau, A, Fisher, M, Spindler, AA, Kern, M. Postprandial serum triglyceride responses following four weeks of consuming two different very low carbohydrate diets versus a lower fat diet. *FASEB J.* 20:A126, 2006.

Kloss, R, Bradley, P, Petrisko, Y, Bilodeau, A, Fisher, M, Spindler, AA, Kern, M. Body weight and composition changes after consumption of two different very low carbohydrate diets versus a lower fat diet. *FASEB J.* 20:A427, 2006.

Bradley, P, Kloss, R, Petrisko, Y, Bilodeau, A, Fisher, M, Spindler, AA, Kern, M.. Blood lipid responses to consumption of two different very low carbohydrate diets versus a lower fat diet. *FASEB J.* 20:A126, 2006.

Kern, M., Bertram, B., Milks, M. Metabolic responses to ingestion of whey protein in active men. *Med. Sci. Sports Exerc.* 37:S420, 2005.

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Nemoseck, T., Cervantes, N., Merdinger, K., Stocker, K., Kern, M. Serum leptin, insulin, and lipids in rats fed two levels of fish oil versus beef tallow. *FASEB J.* 19:A972, 2005.

Rezende, R., Heslin, C., Kern, M. Metabolic and performance effects of raisins versus sports gel during exercise in cyclists. Southwest American College of Sports Medicine. Las Vegas, NV. 2005.

Braun, M., Martin, B., Kern, M., McCabe, G., Jiang, Z., Peacock, M., Weaver, C.M. Influence of circulating hormones and biomarkers of bone metabolism on calcium retention in adolescent boys and girls. *FASEB J.* 18:A525, 2004.

Kern, M., C.J. Heslin, R.S. Rezende. Metabolic and performance effects of raisins versus sports gel as preexercise feedings in cyclists. *Med. Sci. Sports Exerc.* 36:S174, 2004.

Braun, M., B. R. Martin, M. Kern, G. P. McCabe, M. Peacock, A. Machtan, J. Liesmann, A. Kempa-Steczko, C. M. Weaver. Relationship of calcium intake and calcium retention in adolescent boys. *J Bone Min Res*, 18 :SA006, 2003.

Kern, M., Bina, S., Johnson, E., Kellenberger, K., Piraino-Chavez, J.M., Bertram, B., Mosier, K. Effects of fatty acid chain length and degree of saturation on the blood lipid profile of rats. *FASEB J*. 17:A751, 2003.

Brean, L., Cope, R., Petite, J., Kern, M. The role of glycine in the hypolipidemic effects of soy protein relative to casein. *FASEB J*. 17:A736, 2003.

Ruble, V.C., George, J., Milotich, C., McClanahan, S., Petite, J., Mosier, K., Kern, M. Weight change and blood lipid responses to consumption of a low-carbohydrate high-protein diet in rats. *FASEB J*. 17:A373, 2003.

Benado, M., Alcantara, C., de la Rosa, R., Ambrose, M., Mosier, K., Kern, M. Blood lipid responses of rats consuming various levels of dietary fructose. *FASEB J*. 17:A356, 2003.  
Kern, M., Beuttenmuller, D., Diehl, S., McCormick, C., Milks, T., and Ambrose, M. The effects of protein repletion at varied levels on the growth and nutritional status of protein restricted rats. *FASEB J*. 16:A256, 2002.

Navalta, J.W., Sedlock, D.A., Weaver, C.M., Kern, M., Park, K.S., Stewart, L.K., Timmerman, K.L., Petite, J. Comparison of two methods for predicting vo2max in adolescent boys with high and low levels of physical activity. *Midwest American College of Sports Medicine*, 2001.

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#### **NON-REFEREED PUBLICATIONS:**

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#### **AD HOC REVIEWER:**

Journal of Applied Physiology

International Journal of Sport Nutrition and Exercise Metabolism

Amino Acids

Medicine and Science in Sports and Exercise

Nutrition

Journal of Nutritional Biochemistry

Journal of the American College of Nutrition

Obesity

International Journal of Obesity

British Journal of Nutrition

Lipids

Nutrition Research

Public Health Nutrition

Physiology and Behavior

Journal of Nutrition Education

Journal of Medicinal Foods

Pharmacological Research

Journal of Aging and Physical Activity

Diabetes

Endocrine Research

Environmental Toxicology and Pharmacology

Nutrition Journal

Journal of Food Science and Technology

Wadsworth Publishing Company

Lippincott Williams & Wilkins Publishing Company

Book Reviewer for *PULSE*: Publication for Sports, Cardiovascular and Wellness Nutritionists

### **PROFESSIONAL AFFILIATIONS:**

American Dietetic Association

California Dietetic Association

American Society for Nutrition

American College of Sports Medicine

Sports, Cardiovascular and Wellness Nutritionists (SCAN)

Research Practice Group of the American Dietetic Association

American Heart Association

San Diego State University Heart Institute

### **SERVICE FOR THE UNIVERSITY AND THE COMMUNITY:**

#### Departmental

ENS Peer Review Committee (2013-2015); Chair (2014-15)

Coordinator of Pathways to Health Colloquium (2010-2011)

ENS Advisory Committee (2006-2009)

ENS Peer Review Committee (2008-2011): Chair final 2010-11

ENS Post-Promotion Increase Review Committee (Chair 2008)

Foods and Nutrition Faculty Laboratory Director (1996-Present)

ENS Department Executive Committee (2001-2002)

## Faculty Search Committees

Chair: Food Science (2014-2015)

Doctor of Physical Therapy (2014-15)

Doctor of Physical Therapy (2013-14)

Doctor of Physical Therapy (2012-13)

Chair: Nutrition Science (2010)

Chair: Food Science (2007-2008)

Chair: Foods and Nutrition (2006-2007)

Chair: Foods and Nutrition (2005-2006)

Chair: Foods and Nutrition (2004-2005)

Foods and Nutrition (2000-01)

Measurement and Evaluation (1999-2000)

Sport and Exercise Pedagogy (1995-96)

Foods and Nutrition Student Organization Faculty Advisor (Fall 1996-2002)

Scholarship Committee (member: 1996-97, Chair: 1997-2000)

Director of Nutrition Consulting with SDSU Athletics (1998-2000)

Graduation Planning Committee (1999)

Nutrition Faculty Scholarship Coordinator (1996-2002)

Founder's Day Committee (1997)

Exercise & Nutritional Sciences Faculty Endowment Committee (1995-96)

## University

Institutional Review Board Alternate (2012-2015)

Institutional Biosafety Committee (2007-2015)

SDSU Senate Library Committee (term: 1998-2012)

San Diego State University Heart Institute (2000-Present)

Metabolics Core, Board of Directors, SDSU Bioscience Center (2004-2005)

University Research Council (2001-2004)

San Diego State University Senate (1998-2001)

SDSU Faculty-Coach Program (2002-Present)

University Faculty Development Program (1996-97)

Faculty Advisor: SDSU Cycling Team (1998-2003)

## Service to the Community and Professional Organizations

### SCAN/American Dietetic Association

SCAN Executive Committee (2003-Present)

Editor-in-Chief, SCAN's PULSE A Publication for Sports, Cardiovascular and Wellness Nutritionists (2003-Present)

Chair, SCAN Nominating Committee (2003-2004)

Presiding Officer for Annual Food & Nutrition Conference & Expo Session (2004)

Session Chair, SCAN's Pre-FNCE Symposium (2004)

Chair, SCAN Mentor Committee (2001-2002)

Sport Nutrition Trac Coordinator, SCAN Mentor Committee (2001-2002)

Doris A. Howell Foundation Advisory Council (2012-Present)

American Heart Association

Peer Review Committee, American Heart Association, Western Review Consortium (2003-2006)

American Society for Nutrition

Co-editor, ASN Nutrition Note's Dateline West (2010-2014)

Energy/Macronutrient Metabolism Research Interest Section Steering Comm. (2007-2009)

Symposium Chair for Experimental Biology-Food intake Regulation (2009)

Symposium Co-chair for Experimental Biology-Food intake Regulation (2008)

Symposium Chair for Experimental Biology-Dietary Factors Affecting Lipid Metabolism (2006)

National Honey Board

Scientific Advisory Panel (2004-2005)

California and San Diego Dietetic Association

Poster Session Chair, San Diego District Dietetic Association (1999)

Review Panel, California Dietetic Association Poster Session (1997)

Committee Member, Doris A Howell Foundation, Advisory Council (2012-present)

Committee Member, American Diabetes Association's Tour de Cure (1999)

United States Olympic Committee. Exercise Testing Supervisor (1996)