

## CURRICULUM VITAE

### **Mark Kern, PhD, RD**

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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 and Coordinator of Foods and Nutrition, 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.

2003-2005: Vice President, Discovery, Energy Shotz, LLC

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

2018-19: President's Award, College of Health and Human Services.

### **REFEREED ARTICLES:**

Zachary Clayton, Ari Hozman, Brittany Paris, Mark Kern. The effect of post-exercise oral glutamine supplementation on a subsequent cycling time to exhaustion test: A randomized double-blind placebo-controlled crossover trial. *International Journal of Applied Exercise Physiology*. In Press.

Petrisko M, Kloss R, Bradley P, Birrenkott E, Spindler A, Clayton ZS, Kern M. Biochemical, Anthropometric, and Physiological Responses to Carbohydrate-Restricted Diets Versus a Low-Fat Diet in Obese Adults: A Randomized Crossover Trial. *Journal of Medicinal Food*. 2020 Mar 1;23(3):206-14.

Eisner A, Ramachandran P, Cabalbag C, Metti D, Shamloufard P, Kern M, Hong MY, Hooshmand S. (2020) Effects of Dried Apple Consumption on Body Composition, Serum Lipid Profile, Glucose Regulation, and Inflammatory Markers in Overweight and Obese Children. *Journal of Medicinal Food*. 23 (3), 242-249.

Al-Tamimi AM, Petrisko M, Hong MY, Rezende L, Clayton ZS, Kern M. Honey does not adversely impact blood lipids of adult men and women: a randomized cross-over trial. *Nutrition Research*. 2020 Feb 1;74:87-95.

Clayton ZS, Fusco E, Schreiber L, Carpenter JN, Hooshmand S, Hong MY, Kern M. Snack selection influences glucose metabolism, antioxidant capacity and cholesterol in healthy overweight adults: A randomized parallel arm trial. *Nutrition Research*. 2019 May 1;65:89-98.

Abbaspour N, Roberts T, Hooshmand S, Kern M, Hong MY. Mixed nut consumption may improve cardiovascular disease risk factors in overweight and obese adults. *Nutrients*. 2019 Jul;11(7):1488.

Lum T, Connolly M, Marx A, Beidler J, Hooshmand S, Kern M, Liu C, Hong MY. Effects of fresh watermelon consumption on the acute satiety response and cardiometabolic risk factors in overweight and obese adults. *Nutrients*. 2019. 11:3;595.

Godwin N, Roberts T, Hooshmand S, Kern M, Hong MY. Mixed nuts may promote satiety while maintaining stable blood glucose and insulin in healthy, obese, and overweight adults in a two-arm randomized controlled trial. *Journal of medicinal food*. 2019 Mar 21.

Glenn K, Klarich DS, Kalaba M, Figueroa A, Hooshmand S, Kern M, Hong MY. Effects of Watermelon Powder and L-arginine Supplementation on Azoxymethane-Induced Colon Carcinogenesis in Rats. *Nutrition and cancer*. 2018. 10:1-8.

Hong MY, Beidler J, Hooshmand S, Figueroa A, Kern M. Watermelon and L-arginine consumption improve serum lipid profile and reduce inflammation and oxidative stress by altering gene expression in rats fed an atherogenic diet. *Nutr Res*. 2018 1;58:46-54.

Sansone K, Kern M, Hong MY, Liu C, Hooshmand S. Acute Effects of Dried Apple Consumption on Metabolic and Cognitive Responses in Healthy Individuals. *J Med Food*. 2018 Jun 29.  
Clayton ZS, Fusco E, Kern M. Egg Consumption and Heart Health: A Review. *Nutrition*. 2017. 37:79-85.

Delgado Cuenca P, Almaiman L, Schenk S, Kern M, Hooshmand S. Dried plum ingestion increases the osteoblastogenic capacity of human serum. *Journal of medicinal food*. 2017 Jul 1;20(7):653-8.

Shamloufard P, Kern M, Hooshmand S. Bowel Function of Postmenopausal Women: Effects of Daily Consumption of Dried Plum. *Int J of Food Properties*. 2017. 1-8.

Hooshmand S, Kern M, Metti D, Shamloufard P, Chai SC, Johnson SA, Payton ME, Arjmandi BH. The effect of two doses of dried plum on bone density and bone biomarkers in osteopenic postmenopausal women: a randomized, controlled trial. *Osteoporos Int*. 2016. 27:2271-2279.

Clemens RA, Jones JM, Kern M, Lee S-Y, Mayhew EJ, Mohamedshah FY, Slavin JL, Zivanovic S. Functionality of sugars in foods and health. *Comprehensive Reviews in Food Science and Food Safety*, 2016. 15:433-470.

Thralls KJ, Nichols JF, Barrack MT, Kern M, Rauh MJ. Body mass-related predictors of the female athlete triad among adolescent athletes. *Int J Sport Nutr Exerc Metab*. 2016. 26:17-25.

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. 34:113-119.

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 on 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. The effects of high-impact and resistance exercise on urinary calcium excretion. *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. Appetite regulation via exercise prior or subsequent to high-fat 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), Hooshmand S (co-PI), Witard O (co-PI), Hong MY (co-I), Liu C (co-I). Roles of Almonds in Physical Performance. Almond Board of California. 2020-2022. \$316,250.

Hooshmand S (Co-PI), Kern M (Co-PI). The Impact of Consuming California Dried Plums (Prunes) on Bone Health of Young Women Using Hormonal Contraceptives. California Dried Plum Board. 2019-2022. \$333,910.

Hooshmand S (PI), Kern M (Co-I), Hong MY (co-I), Liu C (co-I). Impact of strawberries on cognitive and motor function and vascular and cardiometabolic risk markers in older healthy adults: A randomized, cross-over, double-blind, placebo-controlled clinical trial. California Strawberry Commission. 2019-2020. \$148,500.

Hong M. (PI); Kern M (Co-I); Hooshmand S (Co-I); Liu C (Co-I). 2019. Effect of whole blenderized watermelon consumption on satiety and digestive health in overweight/obese children. National Watermelon Promotion Board. 03/01/19–08/31/20. \$50,000.

Hong MY (PI), Kern M (Co-I), Hooshmand (co-I), Liu C (co-I). Effects of fresh mango pulp consumption on satiety and cardiometabolic health: A randomized, cross-over, double-blind, placebo-controlled clinical trial. National Mango Board. 2019. \$70,470.

Kern M (PI), Witard O (co-PI), Hooshmand S (co-I), Hong MY (co-I), Liu C (co-I), Roberts T (co-I). Pistachios as a Recovery Food Following Rigorous Exercise in Trained Athletes. American Pistachio Growers. 2018-2019. \$250,000.

Liu, C. (PI); Hooshmand, S. (Co-PI); Kern, M. (Co-PI); Hong, M. Y. (Co-PI); McClain, A. (Co-PI); Bhutani, S. (Co-PI). 2018. School Nutrition Advancement for Caribbean Kids (SNACK) Workshop. US Department of Agriculture (USDA)-Foreign Agricultural Service (FAS)-Cochran Fellowship Program (USDA-FAS-FX19CO-10962R012). 03/04/19-10/05/19. \$49,081.

Kern M (PI), Hong MY (co-I), Hooshmand S (co-I), and Liu C (co-I). Double-blind, Placebo Controlled, Randomized Crossover Pilot Study Evaluating the Impacts of Sodium Bicarbonate in

Perconium Carrier on Blood Buffering Effects and Exercise Performance. Ampersand Biopharma LLC. 2017-2018. \$15,501.

Kern M (PI). Glycemic and Insulinemic Responses to the Milano Green Grape. Columbine Vineyards. 2017. \$10,047.

Hooshmand S (PI) and Kern M (co-PI). Effect of Dried Plum on Bone and Markers of Bone Status in Men. California Dried Plum Board. 2016-2018. \$120,000.

Hong MY (PI), Kern M (Co-I), Hooshmand S (Co-I). Effects of fresh watermelon consumption on satiety and cardiometabolic healing. National Watermelon Promotional Board. 2017-18. \$48,000.

Hong MYH (PI), Kern M (co-I), Hooshmand S (co-I), and Changqi Liu (co-I). Effect of mixed nut consumption on satiety and weight management. American Heart Association. 2016-2018. \$154,000.

Hooshmand, S. (PI) and Kern, M. (Co.I). Impact of Apple on Adiposity, Glucose Regulation and Appetite in Prediabetes or Metabolic Syndrome. US Apple Association. 2014-16. \$99,000.

Hong MY (PI), Kern M (Co-I), Hooshmand S (Co-I). Effects of watermelon supplementation on colon cancer prevention. National Watermelon Promotional Board. 2015-16. \$20,000.

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.

Hooshmand S (PI) and Kern, M. (Co-I). Effect of dried plum on bone and bone biomarkers in older women. California Dried Plum Board. 2012-14. \$16,000.

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 (Co-PI). 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.

### **PENDING GRANTS**

Mark Kern (PI), Shirin Hooshmand (Co-PI), Mee Young Hong (Co-I), Changqi Liu (Co-I). Optimizing Weight Loss Maintenance with Walnuts. California Walnut Commission. 2020-2023. \$600,000

Mark Kern (PI), Shirin Hooshmand (Co-PI), Mee Young Hong (Co-I), Changqi Liu (Co-I). Optimizing Weight Loss Maintenance with Potatoes. 6/1/2020-5/31/2022. \$218,929

Hooshmand S (PI), Kern M (Co-PI), Hong MY (Co-PI), Liu C (CO-PI), Forsberg E (Co-PI), Kelley S (Co-PI). An investigation of the impacts of fruit on the gut microbiota and its metabolites: connections to human health. USDA-NIFA-AFRI. 2021-2023. \$500,000.

Hooshmand S (PI), Kern M (Co-PI), Hong MY (Co-PI), Liu C (CO-PI), Forsberg E (Co-PI), Mirarab S (Co-PI). Impacts of prunes on the gut microbiota, its metabolites and cardiometabolic health implications. California State University-Agricultural Research Institute. 2020-2022. \$300,000.

Hong MY (PI), Kern M (Co-PI), Hooshmand S (Co-PI), Liu C (Co-PI). Effects of peanut consumption on cardiometabolic health, skin health, cognitive function and motor control function, sexual health and gut health in older adults – A randomized, cross-over, placebo-controlled clinical trial. Peanut Institute Foundation, 2020-2022. \$250,000.

### **INTERNALLY FUNDED RESEARCH GRANTS:**

Kern, M. (PI) and Nelson, S. The effect of dried plums on antioxidant capacity, lipid peroxidation, neutrophil elastase, and cognition in smokers. SDSU University Grants Program Award. 2014-2015. \$8823.

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:**

Kern M, South B, Nelson S, Zawilski A, Hooshmand S. Prunes reduce the postprandial insulin response necessary to similarly regulate glucose in comparison to a refined snack food. Quadrennial Congress of the International Confederation of Dietetic Associations. Cape Town, South Africa. Sept. 2020.

Hooshmand S, Kern M, Gaffen D, Fajardo J, Tunstall A. Effects of daily consumption of prune (dried plum) on bone biomarkers and bone mineral density in healthy men. Quadrennial Congress of the International Confederation of Dietetic Associations. Cape Town, South Africa. Sept. 2020.

Gaffen D, Tunstall A, Fajardo J, Ramachandran P, Kern M, Hooshmand S. Effects of Dried Plum on Bone Biomarkers in Men. *Curr Dev Nutr.* (P01-028-19).  
Connolly M, Lum T, Marx A, Hooshmand S, Kern M, Liu C, Hong MY. Effect of Fresh Watermelon Consumption on Risk Factors for Cardiovascular Disease in Overweight and Obese Adults. *Curr Dev Nutr.* (P06-102-19).

Abbaspour N, Roberts T, Hooshmand S, Kern M, Hong MY. Effect of Mixed Nut Consumption on Cardiovascular Disease Risk Factors in Overweight and Obese Adults. *Curr Dev Nutr.* (OR19-05-19).

Misell L, Kern M, Ordille A, Alm M, Salewske B. Double-blind, Placebo Controlled, Randomized Crossover Pilot Study Evaluating the Impacts of Sodium Bicarbonate in a Transdermal Delivery System on Delayed Muscle Onset Soreness: 2403 Board# 239 June 1 11. *Medicine & Science in Sports & Exercise.* 2018 May 1;50(5S):595.

Kern M, Misell LM, Ordille A, Alm M, Salewske B. Double-blind, Placebo Controlled, Randomized Crossover Pilot Study Evaluating The Impacts Of Sodium Bicarbonate in a Transdermal Delivery System on Physiological Parameters and Exercise Performance: 2402 Board# 238 June 1 11. *Medicine & Science in Sports & Exercise.* 2018 May 1;50(5S):595.

Wickman BE, Rochester E, Hauffe L, Kern M, Hong MY, Liu C, Hooshmand S. Effect of Pistachios and Mixed Nuts on Bone Density and Osteogenic Gene Expression in Young Male Rats. *The FASEB Journal.* 2018 Apr;32(1\_supplement):548-8.

Clayton ZS, Hozman A, Braden B, Kern M. L-glutamine Enhances Plasma Glutamine And Maintains Concentrations Of Alanine And Arginine Following High Intensity Cycling: 1146 Board# 325 May 31 3. *Medicine & Science in Sports & Exercise.* 2017 May 1;49(5S):318.

Nagarajan P, Tunstall A, Almaiman L, Cabalbag C, Metti D, Hong MY, Kern M, Hooshmand S. Effects of Dried Apple Consumption on Body Composition, Inflammatory Markers and Lipid Profile in Overweight and Obese Children. *The FASEB Journal*. 2017 Apr;31(1\_supplement):642-9.

Kern M, Orduna O, Roberts T. Acute metabolic and satiety responses to ingestion of molasses versus sucrose in healthy adults. *The FASEB Journal*. 2017 Apr;31(1\_supplement):798-11.

Beidler J, Hooshmand S, Kern M, Figueroa A, Hong MY. Watermelon and L-Arginine Consumption Regulate Gene Expression Related to Serum Lipid Profile, Inflammation, and Oxidative Stress in Rats Fed an Atherogenic Diet. *The FASEB Journal*. 2017 Apr;31(1\_supplement):431-2.

Glenn K, Klarich DS, Figueroa A, Hooshmand S, Kern M, Hong MY. Effect of Watermelon Powder Supplementation on Azoxymethane-Induced Colon Carcinogenesis in Rats. *The FASEB Journal*. 2017 Apr;31(1\_supplement):790-25.

Groven SL, Corwin C, Marx A, Messervy L, Hooshmand S, Kern M, Lee Y, Hong MY. The Effects of Mixed Nuts on Lipid Profiles, Glucose, Oxidative Stress, and Antioxidant Capacity in Atherogenic-Diet Fed Rats. *The FASEB Journal*. 2017 Apr;31(1\_supplement):lb321-.

Zimmerman K, Kern M, Hong MY, Liu C, Hooshmand S. Acute Effects of Dried Apple Consumption on Metabolic and Cognitive Responses in Healthy Individuals. *The FASEB Journal*. 2017 Apr;31(1\_supplement):796-11.

M. Nakamichi-Lee, S. Hooshmand, M. Kern, A. Ahouraei, M.Y. Hong. Dried Plum Consumption Improves Antioxidant Capacity and Reduces Inflammation in Postmenopausal Women. (2016). *FASEB J*.

F. Lee, M. Ghassemian, S. Schenk, M. Kern, S. Hooshmand. Proteomic Analysis of Human Serum of Osteopenic Women after Dried Plum Treatment. (2016). *FASEB J*.

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**AD HOC REVIEWER:**

Journal of Applied Physiology

Journal of Nutrition

International Journal of Sport Nutrition and Exercise Metabolism

Amino Acids

Medicine and Science in Sports and Exercise

Appetite

Nutrition

Journal of Nutritional Biochemistry

Journal of the American College of Nutrition

Journal of the Academy of Nutrition and Dietetics

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)  
Student Nutrition Organization Faculty Advisor (2012-Present)  
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 (2015-2016)  
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

California State University New Master's Program Reviewer (2105)

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

Board of Directors: San Diego Nutrition Research Consortium (2015-present)

External Tenure and Promotion Reviewer

University of Kentucky (2015)

Kuwait University (2011-2014)

Ohio University (2012)

Florida State University (2012)

SCAN/American Dietetic Association

SCAN Executive Committee (2003-2015)

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 (2012-2015; 2019-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, American Diabetes Association's Tour de Cure (1999)

United States Olympic Committee. Exercise Testing Supervisor (1996)