

Jeff Moore

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Objective

Studying Translational Research at the Lundquist Institute with an emphasis on diabetes, heart disease, and exercise tolerance. After completing my doctoral program I plan on teaching and performing research in an academic setting.

Education

2020 - present: PhD Student 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: Teacher's 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

Spring 2022: ENS 332 - Pathophysiology and Exercise Programming of Disease Populations I
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
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
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
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
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
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
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
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

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

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| 2021 to present | 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 present | 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 present | 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. 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. 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 - present: 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 - present: 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

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*. doi:

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. *Nutr 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

Jeff Moore, Hannah Salmons, Cameron Vinoskey, Shirn 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. *The Journal of Nutrition*. (Submitted for review February 2022)

Jeff Moore, Cameron Vinoskey, Hannah Salmons, Shirin Hooshmand, Jochen Kressler. Sex Differences in the Acute Effect of Stair-Climbing on Postprandial Blood Glucose Levels. *The International Journal of Sports Medicine*. (Submitted for review February 2022)

Jeff Moore, Nicholas Tiller, Katherine Pratte, Harry Rossiter. Metabolomics of Coronary Plaque Progression in Chronic Obstructive Pulmonary Disease.

Moore J, Lakshmanan S, Budoff M. Autoimmune Diseases and Coronary Atherosclerosis.

Moore J, Lakshmanan S, John Sheppard, Spiers S, Prusty B, Lopez BC, Kinninger A, Budoff M, Karpouzias G. Coronary Plaque Progression in Young Adults With Systemic Lupus Erythematosus and Rheumatoid Arthritis.

Woolf E, Wells N, **Moore JM**, Northway S, Buono MJ. Intrinsic vs. Extrinsic Intra-Subject Variability in Sweat Rate of Individual Eccrine Glands.

Moore JM, Kressler J, Buono MJ. Local Hand Heating Combined with Negative Pressure Decreases Postprandial Blood Glucose Concentrations in Prediabetic and Diabetic Population.

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.

Scholarly Presentations

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. Demeo, 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

Funding and Grant Awards

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

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

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 4 months
- Role: Primary Investigator and Author

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

Honors and Awards

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

- **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