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| Jeff Moore |

(714)-658-7215

Jmoore714@gmail.com

# Objective

Studying Translational Research at the Lundquist Institute with an emphasis on exercise tolerance, diabetes, and heart disease. 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: Teaching Associate,** San Diego State University

**2017-2018: FitBit**, San Diego, CA

**2017 – 2020:** **Graduate Assistant**, San Diego State University

**2016 – 2020:** **Student Research Assistant**, San Diego State University

**2015 – 2016: Volunteer Tutor**, TutorChatLive.com

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

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

**2010 – 2016: Tutor**, Jeff Moore’s Tutoring

# Teaching Experience

**Fall 2023: ENS 332 – Pathophysiology and Exercise Programming of Disease Populations I** (3 units)

Exercise and Nutritional Sciences, San Diego State University (1 section with 250 undergraduate students)

Pathophysiology of musculoskeletal, neuromuscular, and cognitive/psychosocial disorders. Develop exercise programs through recommended guidelines.

**Fall 2023: ENS 333 – Pathophysiology and Exercise Programming of Disease Populations II** (2 units)

Exercise and Nutritional Sciences, San Diego State University (1 section with 250 undergraduate students)

Pathophysiology of pulmonary, cancer, and immune-related disorders. Develop exercise programs through recommended guidelines.

**April 2023: Little Einsteins Workshop: Anatomy and Physiology**

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

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

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

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

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

**Fall 2022: ENS 332 – Pathophysiology and Exercise Programming of Disease Populations I** (3 units)

Exercise and Nutritional Sciences, San Diego State University (1 section with 206 undergraduate students)

Pathophysiology of musculoskeletal, neuromuscular, and cognitive/psychosocial disorders. Develop exercise programs through recommended guidelines.

**Fall 2022: ENS 333 – Pathophysiology and Exercise Programming of Disease Populations II** (2 units)

Exercise and Nutritional Sciences, San Diego State University (1 section with 206 undergraduate students)

Pathophysiology of pulmonary, cancer, and immune-related disorders. Develop exercise programs through recommended guidelines.

**Spring 2022: ENS 332 – Pathophysiology and Exercise Programming of Disease Populations I** (3 units)

Exercise and Nutritional Sciences, San Diego State University (1 section with 127 undergraduate students)

Pathophysiology of musculoskeletal, neuromuscular, and cognitive/psychosocial disorders. Develop exercise programs through recommended guidelines.

**Spring 2022: ENS 333 – Pathophysiology and Exercise Programming of Disease Populations II** (2 units)

Exercise and Nutritional Sciences, San Diego State University (1 section with 127 undergraduate students)

Pathophysiology of pulmonary, cancer, and immune-related disorders. Develop exercise programs through recommended guidelines.

**Spring 2021: NUTR 302L – Advanced Nutrition Laboratory** (2 units)

Exercise and Nutritional Sciences, San Diego State University (1 section with 20 undergraduate students)

Application and evaluation of techniques used to assess nutritional status, including basic methods, experimental animal and human studies.

**Spring 2021: ENS 304L – Exercise Physiology Laboratory** (1 unit)

Exercise and Nutritional Sciences, San Diego State University (3 sections with 17-20 undergraduate students)

Laboratory experiences in the application of exercises and the analysis of the results.

**Fall 2020: ENS 304L – Exercise Physiology Laboratory** (1 unit)

Exercise and Nutritional Sciences, San Diego State University (1 sections with 10 undergraduate students)

Laboratory experiences in the application of exercises and the analysis of the results.

**Spring 2020: ENS 304L – Exercise Physiology Laboratory** (1 unit)

Exercise and Nutritional Sciences, San Diego State University (2 sections with 18-20 undergraduate students each)

Laboratory experiences in the application of exercises and the analysis of the results.

**Fall 2019: ENS 304L – Exercise Physiology Laboratory** (1 unit)

Exercise and Nutritional Sciences, San Diego State University (2 sections with 18 undergraduate students each)

Laboratory experiences in the application of exercises and the analysis of the results.

**Spring 2019: ENS 304L – Exercise Physiology Laboratory** (1 unit)

Exercise and Nutritional Sciences, San Diego State University (1 section with 20 undergraduate students)

Laboratory experiences in the application of exercises and the analysis of the results.

**Fall 2018: ENS 304L – Exercise Physiology Laboratory** (1 unit)

Exercise and Nutritional Sciences, San Diego State University (2 sections with 18 undergraduate students each)

Laboratory experiences in the application of exercises and the analysis of the results.

# Mentoring Experience

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| 2023 to present  2023 to present  2022 to 2023  2021 to 2023 | Alexandra Escobar (Master’s): 1) Sex Differences in Neuromuscular Performance and Fatigue Using a Modified Muscle Cardiopulmonary Exercise Test  Tamara Arnold (Master’s): 1) Sex Differences in Neuromuscular Performance and Fatigue Using a Modified Muscle Cardiopulmonary Exercise Test  Paige Straus (Undergraduate): 1) Effect of Peripheral Heating and Negative Pressure on Regional Blood Flow  Brigitte Fuller (Undergraduate): 1) Using Peripheral Heating and Negative Pressure to Non-invasively Manage Blood Glucose 2) Effect of Peripheral Heating and Negative Pressure on Regional Blood Flow |
| 2021 to 2023 | Kevin Eusoof (Undergraduate): 1) Using Peripheral Heating and Negative Pressure to Non-invasively Manage Blood Glucose 2) Effect of Peripheral Heating and Negative Pressure on Regional Blood Flow |
| 2021 to 2023 | Matthew Fahey (Master’s): 1) Using Peripheral Heating and Negative Pressure to Non-invasively Manage Blood Glucose 2) Effect of Peripheral Heating and Negative Pressure on Regional Blood Flow |
| 2019 to 2020 | Dena Prince (Undergraduate): 1) Acute Effects of Hot Water Immersion on Glucose Tolerance. |
| 2019 to 2020 | Gabriele Sanchez (Undergraduate): 1) Acute Effects of Hot Water Immersion on Glucose Tolerance |
| 2019 to 2020 | Shelby Glasser (Undergraduate): 1) Acute Effects of Hot Water Immersion on Glucose Tolerance |

# Research Experience

**2020 - present: Dr. Carrie Ferguson**, Division of Respiratory and Critical Care Physiology and Medicine, The Lundquist Institute for Biomedical Innovation at Harbor-UCLA Medical Center. 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 - 2023: Dr. Michael Buono**, School of Exercise and Nutritional Sciences, San Diego State University

The use of exercise and environmental perturbations to explain physiological control systems in humans.

**2016 - 2022: Dr. Mee Young Hong**, School of Exercise and Nutritional Sciences, San Diego State University

Role of diets, dietary supplements, and phytochemicals on cardiometabolic health.

**2016 - present: Dr. Jochen Kressler**, School of Exercise and Nutritional Sciences, San Diego State University

Effects of exercise and nutritional interventions on common lifestyle diseases.

**2016: Dr. Daniel Cannon**, School of Exercise and Nutritional Sciences, San Diego State University

Effect of imposed expiratory flow limitation on fatigue and exercise tolerance.

# Accepted Peer-Reviewed Publications

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

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

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

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

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

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

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

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

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

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

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

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

**Moore** JM, Rossiter HB. The relationship between the time constant of V̇O2 kinetics and V̇O2max is hyperbolic. *European Journal of Applied Physiology*. 2021, May. doi: https://doi.org/10.1007/s00421-021-04724-2

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

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

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

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

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

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

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

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

# Peer-Reviewed Publications in Progress

Austin Morales, William Wong, Jochen Kressler, **Jeff Moore**. Effects of Stair stepping on late day postprandial glycemia.

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

**Moore JM**, Pratte KA, Kinney GL, Hokanson JE, Tiller NB, Ferguson C, Casaburi R, Budoff MJ, Rossiter HB.

Characteristics of Ever-smokers With and Without Chronic Obstructive Pulmonary Disease Who Demonstrate Coronary Artery Calcium Progression.

Fuller B, Fahy M, Eusoof KP, Straus P, Buono MJ, **Moore JM**. Peripheral Heating with Negative Pressure Increases Arterial Blood Flow.

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

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

Kressler J, **Moore JM**. Effect of Feet and/or Calf Heating via Hot Water Immersion on Postprandial Glucose and Heart Rate Variability.

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**, Pratte KA, Kinney GL, Hokanson JE, Tiller NB, Ferguson C, Casaburi R, Budoff MJ, Rossiter HB.

Characteristics of Ever-smokers With and Without Chronic Obstructive Pulmonary Disease Who Demonstrate Coronary Artery Calcium Progression. *American Thoracic Society International Conference 2024*. May 17 – 22, 2024. San Diego, California.

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

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

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

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

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

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

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

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

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

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

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

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

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

A. Abbasi, K. Ahmad, K. A. Pratte, R. P. Bowler, M. J. Budoff, R. Casaburi, D. L. 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

# Scholarly Reviews

**2024**

Human Nutrition & Metabolism (ISSN: 2666-1497): **1**

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

**2023**

Molecular Mechanism Research : **1**

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

**2022**

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

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

**2021**

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

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

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

# Funding and Grant Awards

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# Honors and Awards

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

**November 2022: Pre-Doctoral Student Presentation Award**, Distinguishing Increased Adiposity and/or Aerobic Deconditioning as Moderators of Low VO2peak in Obese Men. California Society of Physiologists Chapter of the American Physiological Society

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

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

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

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

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

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

**Spring 2017: Dean’s List**, San Diego State University

**Fall 2016: Dean’s List**, San Diego State University

**Summer 2016: Dean’s List**, San Diego State University

**July 2015: Tutor of the Month**, TutorChatLive.com

**Summer 2014: Dean’s List**, San Diego State University

# Certifications

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

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

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

**2016 – present: National Phlebotomy Certificate**, Becksford Health Services

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

# Academic Workshop Attendance

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

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

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

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

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

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

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

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

# Organizations

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

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

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

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

# Volunteering

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

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

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

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

# References

References are available on request