

PROFESSIONAL EXPERIENCE

Washinton State University – Department of Nutrition and Exercise Physiology

Job title: Assistant Professor

Spokane WA
8/16/2022 - Present

US Department of Veterans Affairs – Geriatric Research, Education, and Clinical Center (GRECC)

Job title: VA Associated Health Post-Doctoral Fellow (GS 00/00)

Salt Lake City, UT
6/23/2019 - 6/30/2022

- Over three years of Postdoctoral research experience at the Utah Vascular Research Laboratory, specifically focused on assessing cardiovascular and cerebrovascular health in young adults, aging and disease.
- Record of initiating research projects, developing protocols, IRB approvals, recruiting and conducting studies, documenting findings and interpreting results for internal presentations, conference presentations and first-author/co-author journal article submissions.
- Experience collaborating on NIH grant submissions.
- Peer reviewer for applied science articles on the topics of human physiology, nutrition, exercise physiology and vascular function.
- Collaborates easily with Principal Investigators, Physicians, Postdoctoral Fellows and PhD students while also working well independently.
- Research duties include managing simultaneous research projects along with mentoring undergraduate and graduate level students.

University of Utah – Department of Internal Medicine

Job title: Post-Doctoral Fellow

Salt Lake City, UT
10/23/2017 - 6/30/2022

- Identical experience as listed above.

Arizona State University – School of Nutrition and Health Promotion

Job title: Teaching Associate

Phoenix, AZ
8/23/2013 - 5/15/2017

- Course instructor for 3 sections of Physiological Foundations of Movement Laboratory (EXW316) – Fall 2016 - Spring 2017
- Course instructor for 5 sections of Exercise Prescription Laboratory (EXW425) – Fall 2015 - Spring 2017
- TA for 5 sections of medical nutrition therapy (MNT341/444) courses – Fall 2014 - Spring 2016
- Managing student grading and one on one instruction.
- Substitute lecturing for introductory and advanced MNT sections.

Phoenix College – Maricopa Community Colleges

Job title: Adjunct Faculty; part time

Phoenix, AZ
8/20/2015 - 12/13/2017

- Course instructor for Principles of Human Nutrition Online (FON241) – Fall 2015 - Spring 2017
- Course instructor for Principles of Human Nutrition In-person (FON241) – Spring 2016
- Course instructor for Human Nutrition Laboratory In-person (FON241L) – Spring 2016

Mayo Clinic Hospital

Job title: Dietitian; supplemental/PRN

Phoenix, AZ
7/27/2012 - 11/7/2014

- Covering for clinical inpatient dietitians and outpatient transplant dietitians at the Phoenix campus.
- Covering for outpatient dietitians at the Scottsdale clinic.
- Prescribe in-patient parenteral and total peripheral nutrition for patients unable to meet nutritional needs.
- Deliver medical nutrition therapy for patients in the hospital and clinic for diabetes management, bariatric surgery, organ transplant, GI-disorders, kidney failure, and cancer treatment.

Arizona State University – School of Nutrition and Health Promotion

Job title: Faculty Associate; part time

Phoenix, AZ
8/23/2012 - 5/15/2013

- Course instructor for Human Nutrition Online (NTR241) – Fall 2012 - Spring 2013
- Course instructor for Cultural Aspects of Food Online (NTR 348) – Fall 2012 - Spring 2013
- Course instructor for Nutrition in the Life Cycle In-person (NTR 450/550) – Spring 2013

Chandler-Gilbert Community College

Job title: Adjunct Faculty; part time

Chandler, AZ
1/7/2013 - 5/15/2013

- Course instructor for Principles of Human Nutrition Lab (FON24LL) - Spring 2013

Arizona State University – School of Nutrition and Health Promotion

Job title: Teaching Associate; part time

Phoenix, AZ
8/18/2011 - 5/9/2012

- TA for five section of medical nutrition therapy (MNT) courses.
- Managing student grading and one-on-one instruction.
- Substitute lecturing for introductory and advanced MNT sections.

DIETETIC INTERNSHIP

Arizona State University Dietetic Internship | AmeriCorps Volunteer

Phoenix + Mesa, AZ
8/2010 - 3/2011

Job title: Dietetic Intern

- Clinical Rotations: Mayo Clinic Hospital, Phoenix, AZ; Banner Desert Mesa, AZ
- Food Service Rotation: Veterans Affairs Hospital, Phoenix, AZ

CREDENTIALS

Registered Dietitian (RD), Academy of Nutrition and Dietetics | July 2012 - Present

EDUCATION

Doctor of Philosophy in Physical Activity, Nutrition and Wellness

Arizona State University
Phoenix, Arizona
December 2017

Bachelors of Science in Nutrition

Arizona State University
Mesa, Arizona
December 2009

Masters of Science in Nutrition

Arizona State University
Phoenix, Arizona
May 2012

Associate in Arts

Phoenix College
Phoenix, Arizona
May 2007

PUBLICATIONS

1. **Jarrett CL**, Tucker WJ, Angadi SS, Gaesser GA. (2022) Postexercise hypotension is delayed in men with obesity and hypertension. *Front Physiol.* 13:79-87. DOI: 10.3389/fphys.2022.819616
2. Bisconti AV, Garten RS, Broxterman RM, **Jarrett CL**, Park SH, Shields KL, Clifton HL, Ratchford SM, Reese VR, Zhao J, Wray DW, Richardson RS. (2022) Is tetrahydrobiopterin (BH4) the panacea for vascular dysfunction in the old? *J Appl Physiol.* 132(3):773-784. DOI: 10.1152/jappphysiol.00711.2021
3. Groot HJ, Broxterman RM, Gifford J, Garten R, Rossman MJ, **Jarrett CL**, Kwon OS, Hydren JR, Richardson RS. (2022) Reliability of the passive leg movement assessment of vascular function in men. *Exp Physiol.* 107(5):541-552. DOI: 10.1113/EP090312
4. Tucker WJ, **Jarrett CL**, D'Lugos AC, Angadi SS, Gaesser GA. (2021) Effects of indulgent food snacking, with and without exercise training, on body weight, fat mass, and cardiometabolic risk markers in overweight and obese men. *Physiol Rep.* 9(22):e15118. DOI: 10.14514/phys.15118
5. Shields KL, Broxterman RM, **Jarrett CL**, Bisconti AV, Park SH, Richardson RS. (2021) The passive leg movement technique for assessing vascular function: the impact of baseline. *Exp Physiol.* 106:2133-2147. DOI: 10.1113/EP089818
6. Craig JC, Broxterman RM, Cerbie JF, La Salle DT, Roundy CS, **Jarrett CL**, Richardson RS, Trinity JD. (2021) The dynamic adjustment of mean arterial pressure during exercise: a potential tool for discerning cardiovascular health status. *J Appl Physiol.* 130: 1544-1554. DOI: 10.1152/jappphysiol.00057.2021
7. Bunsawat K, Ratchford SM, Alpenglow JK, Park SH, **Jarrett CL**, Stehlik J, Smith A, Richardson RS, Wray DW. (2021) Sacubitril-Valsartan improves conduit vessel function and functional capacity, and reduces inflammation in heart failure with reduced ejection fraction. *J Appl Physiol.* 130(1):256-268. DOI: 10.1152/jappphysiol.00454.2020
8. Hydren JR, Gifford JR, **Jarrett CL**, Park SH, Shields KL, Broxterman RM, Kithas AC, Bisconti AV, Thurston TS, Ratchford SM, Wray DW, Stehlik J, Selzman CH, Drakos SG, Richardson RS. (2021) Vascular function in continuous-flow left ventricular assist device recipients: effect of a single pulsatility treatment session. *Am J Physiol Regul Integr Comp Physiol.* 320(4):R425-R437. DOI: 10.1152/ajpregu.00274.2020
9. Trinity JD, Kwon OS, Broxterman RM, Gifford JR, Kithas AK, Hydren JR, **Jarrett CL**, Shields KL, Bisconti AV, Park SH, Craig JC, Nelson AD, Morgan DE, Jessop JE, Bledsoe A, Richardson RS. (2021) The role of the endothelium in the hyperemic response to passive leg movement: looking beyond nitric oxide. *Am J Physiol Heart Circ Physiol.* 320(2):H668-H678. DOI: 10.1152/ajpheart.00784.2020
10. **Jarrett CL**, Shields KL, Broxterman RM, Hydren JR, Park SH, Gifford JR, Richardson RS. (2020) Imaging transcranial Doppler ultrasound to measure middle cerebral artery blood flow: the importance of measuring vessel diameter. *Am J Physiol Regul Integr Comp Physiol.* 304(1):R33-R42. DOI: 10.1152/ajpregu.00025.2020
11. **Jarrett CL** and Richardson RS. Reply to "Letter to the editor: Imaging transcranial Doppler Ultrasound: is it giving us an accurate picture or cerebral hemodynamics?" (2020) *Am J Physiol Regul Integr Comp Physiol.* 319(1):R81. DOI: 10.1152/ajpregu.00145.2020
12. Bunsawat K, Ratchford SM, Alpenglow JK, Park SH, **Jarrett CL**, Stehlik J, Drakos SG, Richardson RS, Wray DW. (2020) Chronic antioxidant administration restores macrovascular function in patients with heart failure with reduced ejection fraction. *Exp Physiol.* Epub. DOI: 10.1113/EP088686

13. Shields KL, Broxterman RM, **Jarrett CL**, Bisconti AV, Park SH, Richardson RS. (2019) The passive leg movement technique for assessing vascular function: defining the distribution of blood flow and the impact of occluding the lower leg. *Exp Physiol*. 104(10):1575-1584. DOI: 10.1113/EP087845
14. Broxterman RM, Witman MA, Trinity JD, Groot HJ, Rossman MJ, Park SY, Malenfant S, Gifford JR, Kwon OS, Park SH, **Jarrett CL**, Shields KL, Hydren JR, Bisconti AV, Owan T, Abraham A, Tanda A, Lui CY, Smith BR, Richardson RS. (2019) Strong relationship between vascular function in the coronary and brachial arteries. A clinical coming of age for the updated flow-mediated dilation test? *Hypertension*. 74(1):208-215. DOI: 10.1161/HYPERTENSIONAHA.119.12881
15. Tucker WJ, Sawyer BJ, **Jarrett CL**, Bhammar DM, Ryder JR, Gaesser GA. (2018) High-intensity exercise attenuates endothelial dysfunction after a fast-food meal. *Am J Physiol Heart Circ Physiol*. 314(2):H188-H194. DOI: 10.1152/ajpheart.00384
16. Huberty JL, Matthews JL, Toledo M, Hand L, **Jarrett CL**, Duncan B, Buman M. (2018) Vinyasa flow: metabolic cost and lab-based estimates with hip-based and wrist-worn wearable sensors. *J Meas Phys Behav*. 1(4):174-180. DOI: 10.1123/jmpb.2017-0010
17. Adams MA, Hurley JC, Todd M, Bhuiyan N, **Jarrett CL**, Tucker WJ, Hollingshead KE, Angadi SS. (2017) Adaptive goal setting and financial incentives: a 2 x 2 factorial randomized controlled trial to increase adults' physical activity. *BMC Public Health*. 17(1):286. DOI: 10.1186/s12889-017-4197-8
18. Angadi SS, **Jarrett CL**, Sherif M, Gaesser GA, Mookadam F. (2017) The effect of exercise training on biventricular myocardial strain in heart failure with preserved ejection fraction. 4(3):356-359. *ESC Heart Fail*. DOI: 10.1002/ehf2.12149
19. **Jarrett CL**, Ahmed Z, Faust J, Sweazea KL. (2016) High glucose impairs acetylcholine-mediated vasodilation in isolated arteries from mourning doves (*Zenaidura macroura*). *J Comp Physiol A Mol Integr Physiol*. 201:141-145. DOI: 10.1016/j.cbpa.2016.07.010
20. Hurley JC, Hollingshead KE, **Jarrett CL**, Tucker WJ, Angadi SS, Adams MA. (2015) The walking interventions through texting (WalkIT) Trial: rationale, design, and protocol for a factorial randomized controlled trial of adaptive interventions for overweight and obese, inactive adults. *JMIR Res Protoc*. 4(3):e108. DOI: 10.2196/resprot.4856
21. Gaesser GA, Tucker WJ, **Jarrett CL**, Angadi SS. (2015) Fitness versus fatness: which influences health and mortality the most? *Curr Sports Med Rep*. 14(4):327-32. DOI: 10.1249/JSR.0000000000000170
22. Tucker WJ, Sawyer BJ, **Jarrett CL**, Bhammar DM, Gaesser GA. (2015) Physiological responses to high-intensity interval exercise differing in interval duration. *J Strength Cond Res*. 29(12):3326-35. DOI: 10.1519/JSC.0000000000001000
23. Sweazea KL, Simperova A, Juan T, Gadau A, Brant SV, Deviche P, **Jarrett C**. (2015) Pathophysiological responses to a schistosome infection in a wild population of mourning doves (*Zenaidura macroura*). *Zoology (Jena)*. 118(6):386-93. DOI: 10.1016/j.zool.2015.07.001
24. **Jarrett C**, Lekic M, Smith CL, Sweazea KL. (2013) Mechanisms of acetylcholine-mediated vasodilation in systemic arteries from mourning doves (*Zenaidura macroura*). *J Comp Physiol B*. 183(7):959-67. DOI: 10.1007/s00360-013-0757-0

BOOK CHAPTERS

1. Gaesser GA, Angadi SS, Sawyer BJ, Tucker WJ, **Jarrett CL**. (2014) Exercise and diet improve cardiometabolic risk in overweight and obese individuals without weight loss. In: *Glucose Intake and Utilization in Pre-diabetes and Diabetes: Introduction of Cardiovascular Disease*, Watson & Dokken (Eds), Elsevier. ISBN: 978-0-12-800093-9

POSTER PRESENTATIONS

1. Shields KL, **Jarrett CL**, Bisconti AV, Park SH, Craig JC, Nilson JC, Broxterman RM, Richardson RS. (2022) Endothelium-independent function in the young and the old: examining both the peripheral and cerebral vasculature. *ACSM's Annual Meeting*, San Diego, CA.
2. Georgescu VP, **Jarrett CL**, Thurston TS, Weavil JC, Amann M. (2022) Leg microvascular function remain robust throughout the female menstrual cycle. *Experimental Biology*, Philadelphia, PA.
3. Wan H, **Jarrett CL**, Bunsawat K, Shields KL, Bisconti AV, Weavil JC, Amann M. (2022) On the regulation of regional cerebral blood flow during hypoxic and hypercapnic exercise in humans. *Experimental Biology*, Philadelphia, PA.
4. Bunsawat K, Broxterman RM, **Jarrett CL**, Craig JC, Francisco MA, Alpenglow JK, Lacovelli JD, Ryan JJ, Wray DW. (2022) The impact of short term oral tetrahydrobiopterin (BH4) administration on peripheral vascular function in Heart Failure with Preserved Ejection Fraction (HFpEF). *Experimental Biology*, Philadelphia, PA.
5. Lewis MT, Craig JC, Laginestra FG, **Jarrett CL**, Weavil JC, Bunsawat K, Amann M, Broxterman RM, Richardson RS. (2022) Contralateral limb pre-fatiguing exercise impairs W' during all-out exercise and no time to task failure at a target torque. *Experimental Biology*, Philadelphia, PA.
6. **Jarrett CL**, Shields KL, Bisconti AV, Broxterman RM, Craig JC, Park SH, Richardson RS. (2020) Peripheral and cerebral vascular function with advancing age: evidence of a link. *ACSM's Annual Meeting*, due to COVID 19 – held virtually.
7. Shields KL, **Jarrett CL**, Bisconti AV, Park SH, Craig JC, Broxterman RM, Richardson RS. (2020) Distribution of passive leg movement-induced hyperemia in old and impact of occluding the lower leg. *ACSM's Annual Meeting*, due to COVID 19 – held virtually.
8. Georgescu VP, Thurston TS, **Jarrett CL**, Weavil JC, Richardson RS, Amann M. (2020) The female menstrual cycle: impact on cardiovascular, ventilatory and neuromuscular responses to whole body exercise. *ACSM's Annual Meeting*, due to COVID 19 – held virtually.

9. Bunsawat K, Ratchford SM, Alpenglow JK, Park SH, **Jarrett CL**, Stehlik J, Richardson RS, Wray DW. (2020) Sacubitril-Valsartan treatment improves vascular function and functional capacity in heart failure with reduced ejection fraction. ACSM's Annual Meeting, due to COVID 19 – held virtually.
10. Bisconti AV, Broxterman RM, **Jarrett CL**, Shields KL, Park SH, Garten R, Wray DW, Richardson RS. (2020) The effect of tetrahydrobiopterin on microvascular function with advancing age assessed by passive leg movement. ACSM's Annual Meeting, due to COVID 19 – held virtually.
11. Hydren JR, Gifford JR, **Jarrett CL**, Park SH, Shields KL, Broxterman RB, Kithas AC, Bisconti AV, Thurston TS, Ratchford DW, Stehlik J, Selzman CH, Drakos SG, Richardson RS. (2020) Vascular Function in continuous-flow left ventricular assist device recipients: effect of a 6-week pulsatility treatment regimen. Experimental Biology Conference, due to COVID 19 – held virtually.
12. **Jarrett CL**, Shields KL, Broxterman RM, Park SH, Gifford JR, Richardson RS. (2019) Imaging transcranial Doppler: A novel approach to assess cerebral blood flow. ACSM's Annual Meeting, Orlando FL.
13. Shields KL, Broxterman RM, **Jarrett CL**, Bisconti AV, Park SH, Richardson RS. (2019) The passive leg movement technique for assessing vascular function: Defining the distribution of blood flow and the impact of occluding the lower leg. ACSM's Annual Meeting, Orlando FL.
14. Hydren JR, Gifford JR, **Jarrett CL**, Park SH, Shields KL, Ratchford SM, Broxterman RM, Kithas AC, Thurston TS, Selzman CH, Drakos SG, Richardson RS. (2019) Vascular function in heart failure patients implanted with a continuous-flow left ventricular assist device: Impact of increasing peripheral vascular pulsatility. Experimental Biology, Orlando, FL.
15. Bisconti AV, Broxterman RM, **Jarrett CL**, Shields KL, Park SH, Thurston TS, Vidal D, Richardson RS. (2019) The role of enzyme and substrate dependence in NO-mediated vascular dysfunction with aging. Experimental Biology, Orlando, FL.
16. Shields KL, Broxterman RM, Kwon OS, **Jarrett CL**, Smith K, Walter DW, Richardson RS. (2018) Decline in conduit artery function across the healthy human adult lifespan: influence of successful aging. Experimental Biology, San Diego, CA.
17. Tucker WJ, **Jarrett CL**, D'Lugos AC, Dickinson JM, Angadi SS, Gaesser GA. (2017) Effect of fat-sugar snacking with and without exercise training on body composition and cardiometabolic fitness. ACSM's Annual Meeting, Denver, CO.
18. Angadi SS, **Jarrett CL**, Tucker WJ, Sawyer BJ, Zeigler ZS, Gaesser GA. (2017) Cardiorespiratory fitness and adiposity do not predict vascular reactivity in sedentary men and women. ACSM's Annual Meeting, Denver, CO.
19. Angadi SS, **Jarrett CL**, Panknin T, D'Lugos AC, Hale TM, Gonzales RJ, Carroll CC, Dickinson JM. (2017) High-intensity interval exercise preconditioning protects against doxorubicin-mediated cardiotoxicity. Cell Symposia-Exercise Metabolism, Gothenburg, Sweden.
20. Adams MA, Hurley JC, Todd M, Bhuiyan N, **Jarrett CL**, Tucker WJ, Hollingshead K, Angadi SS. (2017) Adaptive goal setting and financial incentives: a 2 x 2 factorial randomized trial to increase physical activity among adults. Society of Behavioral Medicine, San Diego, CA.
21. **Jarrett CL**, Tucker WJ, D'Lugos AC, Angadi SS, Gaesser GA. (2017) Changes in endothelial function following 4 weeks of supplemental feeding and exercise training in overweight/obese males. ACSM's Annual Meeting, Denver, CO & ACSM's Regional Annual Meeting, 2016, Costa Mesa, CA.
22. Basile AJ, Caskey A, **Jarrett CL**, Sweazea KL. (2017) Relationship between animal class and dietary profile on blood glucose concentrations. The Arizona Physiological Society 10th Annual Meeting, Flagstaff, AZ.
23. **Jarrett CL**, D'Lugos AC, Mahmood TN, Gonzales RJ, Hale TM, Carroll CC, Dickinson JM, Angadi SS. (2016) Associations between antioxidant enzymes in cardiomyocytes and skeletal muscle during doxorubicin treatment. Integrative Biology of Exercise VII, Phoenix, AZ.
24. O'Neil LM, Mayek RE, **Jarrett CL**, Crawford M, D'Lugos AC, Carroll CC, Angadi SS, Gonzales RJ, Hale TM, Dickinson JM, Sweazea KL. (2016) High-intensity exercise preconditioning prevents downregulation of eNOS expression in the aorta following doxorubicin treatment. The Arizona Physiological Society Conference, Tucson, AZ.
25. **Jarrett CL**, Sawyer BJ, Cabbage CM, Gaesser GA. (2016) Body composition and physical activity maintenance one year after a 12-week exercise intervention in women. ACSM's Annual Meeting, Boston, MA.
26. Tucker WJ, **Jarrett CL**, D'Lugos AC, Angadi SS, Dickinson JM, Gaesser GA. (2016) Changes in spontaneous physical activity during supplemental feeding and exercise training in overweight/obese males. ACSM's Annual Meeting, Boston, MA.
27. **Jarrett CL**, D'Lugos AC, Mahmood TN, Gonzales RJ, Hale, TM, Carroll CC, Dickinson JM, Angadi SS. (2016) Effect of high intensity exercise preconditioning and training on antioxidant enzymes in cardiomyocytes during doxorubicin treatment. Experimental Biology, San Diego, CA.
28. Ahmed ZS, **Jarrett CL**, Faust JJ, Sweazea KL. (2016) High glucose-mediated oxidative stress impairs vasodilation of small resistance skeletal muscle arteries from mourning doves (*Zenaidura macroura*). Experimental Biology, San Diego, CA.
29. **Jarrett CL**, Tucker WJ, Hurley JC, Todd M, Bhuiyan N, Fernandez JA, Adams MA, Angadi SS. (2016) Effects of an mHealth adaptive intervention on vascular markers and cardiorespiratory fitness. Circulation. American Heart Association EPI/Lifestyle, Phoenix, AZ.
30. Hook BE, **Jarrett CL**, Herbold JL, Tucker WJ, Hurley JC, Todd M, Bhuiyan N, Fernandez JA, Adams MA, Angadi SS. (2016) Changes in glycemia and blood lipids following a 4-month mHealth walking intervention. Circulation, American Heart Association EPI/Lifestyle, Phoenix, AZ.
31. Herbold JL, Hook BE, **Jarrett CL**, Tucker WJ, Bhuiyan N, Fernandez JA, Todd M, Adams MA, Angadi SS. (2016) Effects of the walking interventions through texting trial on novel markers of vascular stiffness and remodeling. Circulation, American Heart Association EPI/Lifestyle, Phoenix, AZ.

32. O'Neill LM, Jarrett CL, Crawford M, Carroll CC, Hale TM, Dickinson JM, Angadi SS, Sweazea KL. (2015) Evaluation of the vasoprotective effects of high-intensity exercise prior to anthracycline chemotherapy. The Arizona Physiological Society Conference, Glendale, AZ.
33. Hurley JC, Tucker WJ, Jarrett CL, Angadi SS, Todd M, Adams MA. (2016) Walking intervention through texting (WalkIT) Trial: change in fitness is moderated by the GIS-derived intersection density. Active Living Research, Clearwater Beach, FL.
34. Jarrett CL, Moustafa S, Tucker WJ, Lee CD, Haykowsky MJ, Gaesser GA, Mookadam F, Angadi SS. (2015) Biventricular strain following moderate-intensity and high-intensity interval training in heart failure with preserved ejection fraction. ACSM's Annual Meeting, San Diego, CA.
35. Jarrett CL, Tucker WJ, Hurley JC, Hines J, Lamb N, Todd M, Hollingshead K, Gaesser GA, Adams MA, Angadi SS. (2014) Preliminary effects of mHealth adaptive interventions on vascular markers and cardiorespiratory fitness. ACSM's Regional Annual Meeting, Costa Mesa, CA.
36. Hurley JC, Jarrett CL, Tucker WJ, Hollingshead K, Todd M, Hekler E, Angadi SS, Adams MA. (2014) Walk score, bike score and transit score as predictors of fitness in overweight and obese adults. ACSM's Regional Annual Meeting, Costa Mesa, CA.
37. Jarrett CL, Sawyer BJ, Bhammar DM, Tucker WJ, Ryder JR, Angadi SS, Gaesser GA. (2014) Improvements in VO₂peak after a walking program in women is independent of daily step counts. ACSM's Annual Meeting, Orlando, FL & ACSM's Regional Annual Meeting, 2013, Newport Beach, CA.
38. Ricklefs K, Soweidan D, Jarrett CL, Sweazea KL. (2012) Effects of acute exposure to high glucose on tissue oxidative stress. The Arizona Physiological Society Conference, Tucson, AZ.
39. Juan TK, Jarrett CL, Brant S, Sweazea KL. (2012) Pathophysiological consequences of schistosome infections in mourning doves (*Zenaidura macroura*). The Arizona Physiological Society Conference, Tucson, AZ.
40. Rodriguez N, Jarrett CL, Sweazea KL. (2012) Hopscotch through the heart: Teaching cardiovascular physiology to 2nd graders. Experimental Biology Conference, San Diego, CA.
41. Juan TK, Jarrett CL, Sweazea KL. (2012) Immune responses to parasitic infections in mourning doves (*Zenaidura macroura*). Experimental Biology Conference, San Diego, CA.
42. Jarrett CL, Sweazea KL. (2012) In vitro effects of acute exposure to hyperglycemic conditions on endothelium-dependent vasodilation in mourning doves (*Zenaidura macroura*). Experimental Biology Conference, San Diego, CA.
43. Jarrett CL, Lekic M, Smith C, Sweazea KL. (2011) Acetylcholine-mediated vasodilation is dependent on the activation of potassium channels in mourning doves (*Zenaidura macroura*). Arizona Physiological Society Conference, Tucson, AZ.
44. Jarrett C, Lekic M, Smith C, Sweazea KL. (2011) Mechanisms of acetylcholine-mediated vasodilation in arterioles from mourning doves (*Zenaidura macroura*). Experimental Biology Conference, Washington, DC.
45. Lekic M, Jarrett C, Smith C, Sweazea KL. (2010) Characterization of ACh-mediated Vasodilation in Tibialis and mesenteric arteries isolated from mourning doves. Arizona Physiological Society Conference. Glendale, AZ.

CONFERENCE PRESENTATIONS

Invited speaker at the Southwest Regional Chapter American College of Sports Medicine meeting. (2015) Participants displaying variability 1 year after a structured exercise intervention. Costa Mesa, CA.

PHD RESEARCH PROJECTS

Effects of acute exercise bouts on blood glucose control and insulin sensitivity among obese sedentary males

January 2015 - September 2017

Principal Investigators: Catherine Jarrett, Glenn Gaesser, Siddhartha Angadi.

- This study was funded partially through an ASU Obesity Solutions grant (\$2,000) and ASU GPSA Terminal Research Grant (\$2,000). My primary role was study design, recruitment, study and data management.

Comparison of the effect of high-intensity interval exercise and moderate-intensity continuous exercise on postprandial nutrient utilization snack in healthy adults

November 2016 - May 2017

Principal Investigators: Glenn Gaesser, Jacob Fleming, Catherine Jarrett, Siddhartha Angadi.

- My primary role was training Jacob Fleming (ASU MS Dietetics student) on the Oxycon Mobile device, Parvo Metics metabolic cart, exercise testing and training. My secondary role was to aid with participant study visits.

Jawbone strength, aerobic and yoga validation

July 2016 - January 2017

Principal Investigators: Matthew Buman, Glenn Gaesser, Jennifer Huberty, Benjamin Duncan, Catherine Jarrett.

- My primary role was to assist with study design, conduct testing on participants using wrist worn accelerometers and Oxycon Mobile device during various indoor and outdoor activities. My secondary role was to train a graduate student and undergraduate honors student on the Oxycon Mobile device and testing protocols in the laboratory.

Cardioprotective effects of high-intensity short-duration exercise during anthracycline therapy

March 2014 - May 2016

Principal Investigators: Siddhartha Angadi, Jared Dickinson, Co-investigator: Catherine Jarrett.

- My primary role was running Western Blots on the cardiac tissue and western blots on the aorta and perivascular fat of Sprague-Dawley Rats. My secondary role was to provide mentorship for students assisting with western blots for their individual thesis: Matthew DiLizia (UofA Med Student); Liam O'Neill (ASU Barrett's honors student); Timothy Panknin (ASU Barrett's honors student).

Effects of fat-sugar supplemented diet, with and without exercise training on body composition, glycemic control, vascular function and other blood markers of cardiovascular risk in obese, sedentary males

December 2014 - July 2016

Principal Investigators: Wesley Tucker, Glenn Gaesser, Co-investigator: Catherine Jarrett

- My primary role was conducting brachial artery flow mediated dilation on all subjects for pre/post testing. My secondary role was to aid with all other testing measures and training.

WalkIT (Walking Intervention Through Texting) Study

January 2014 - December 2014

Principal Investigators: Marc Adams, Co-investigator: Catherine Jarrett.

- My primary role was the assessment of vascular health using the SphygmoCorXCEL and cardiorespiratory fitness assessments for the study.

HONORS AND ACHIEVEMENTS

US Department of Veterans Affairs Geriatric Research, Education, and Clinical Centers Associated Health Post-Doctoral Fellow | June 2019

Arizona State University Graduate and Professional Student Association Terminal Research Grant | February 2017

Arizona State University Graduate and Professional Student Association Travel Grant | May 2017, April 2016, May 2015, October 2014, May 2014

Arizona State University Obesity Solutions Grant | November 2015

Arizona State University Graduate and Professional Student Association Jump Start Grant | February 2016

Arizona State University Outstanding Graduate Nutrition Student | April 2012

American Physiological Society Novo Nordisk Travel Award | April 2012

Sigma Xi Grant-in-Aid of Research for a project in collaboration with Arizona State University Professor Dr. Karen Sweazea | April 2010

Arizona State University Graduate Research Support Program | November 2010

Arizona State University Outstanding Nutrition Scholar | December 2009

Arizona State University Dean's List | Fall 2007 - Spring 2009

Phoenix College Honors Program | Fall 2005 - Spring 2007

Presidential Scholarship, Phoenix College | 2005 - 2007

Justin & Jennifer Geddis Student Athlete Scholarship, Phoenix College | 2006 - 2007

Women's Scholar Athlete of the Year award, Phoenix College | 2006 - 2007

PROFESSIONAL MEMBERSHIPS/SERVICE AND EXTRA-CURRICULAR ACTIVITIES

Peer Reviewer - The American Journal of Cardiology; European Journal of Cardiology; Nutrients; American Journal of Physiology - Heart Circulatory and Physiology; Journal of Applied Physiology; Medicine & Science in Sports & Exercise; The Journal of Physiology | 2018 - Present

American Dietetic Association Member | 2008 - Present

American College of Sport Medicine Student/Post-Doc Member | 2014 - 2021

The American Physiological Society Student/Post-Doc Member | 2010 - 2012; 2015 - 2020

Utah Vascular Research Laboratory Colloquium Speaker Series Organizer. As a lead organizer my duties included: selecting and confirming 4 speakers each semester, securing conference rooms, coordinating travel and arranging external speaker itineraries. 2018 - 2019

Arizona Chapter of the American Physiological Society Student Member | 2011 - 2012

Arizona State University Exercise and Wellness Graduate Club Member. As a part of this club I volunteered for charity events in the community. 2014 - 2016

Arizona State University 11th Annual Building Healthy Lifestyles Conference. "Nutrition: Fads, Facts and Fallacies." As a part of the organizational committee my duties included: registration and conference organization the day of. March 2016

Arizona State University 10th Annual Building Healthy Lifestyles Conference. "Obesity: New Perspective on Waist Management." As a part of the organizational committee my duties included: securing location, registration and conference organization. February 2015

Arizona State University 9th Annual Building Healthy Lifestyles Conference. "Lifestyle as Medicine: Beyond Pills and Procedure." As part of the organizational committee my duties included: registration and facilitating conference organization. February 2014

Physiology Understanding Week (PhUn Week). Coordinated and participated in teaching cardiovascular anatomy and physiology to 2nd grade students. November 2011

Arizona State University Nursing & Health Innovations Camp. Helped develop, coordinate and teach graduating high school students at a training session in neurophysiology. June 2011