

## Curriculum Vitae of Barry Braun

Department of Health and Exercise Science 1582 Campus Delivery  
Colorado State University Fort Collins, CO 80523  
phone: 970-491-7875  
e-mail: Barry.Braun@Colostate.edu



### CURRENT POSITION

Professor and Head, Department of Health and Exercise Science, Executive Director,  
Human Performance Clinical Research Laboratory, Colorado State University

### EDUCATION

- 1993: Ph.D. in Nutritional Sciences, University of California, Berkeley. Title of dissertation: "Effects of Exercise on Insulin Sensitivity in Women with Non-insulin-Dependent Diabetes Mellitus".
- 1990: M.S. in Exercise Science from University of Massachusetts, Amherst. 1982: B.A. in Biology from University of Pennsylvania.

### PRIOR EXPERIENCE

- 9/13 -8/14 Professor and Director of the Energy Metabolism Laboratory, Department of Kinesiology, University of Massachusetts Amherst.
- 1/06 -8/13 Associate Professor and Director of the Energy Metabolism Laboratory, Department of Kinesiology, University of Massachusetts Amherst.
- 9/08 -8/09 Associate Dean for Undergraduate Affairs, School of Public Health and Health Sciences, University of Massachusetts Amherst
- 1/00-12/05 Assistant Professor and Director of the Energy Metabolism Laboratory, Department of Exercise Science, University of Massachusetts Amherst.
- 1/96-12/99 Asst. Director of Nutrition Studies; Geriatric Research, Education and Clinical Center, Palo Alto VAMC, Stanford University Medical School.
- 1/94- 12/95 Post-doctoral Fellow; Dept. of Nutrition; Univ. of California, Berkeley

### HONORS

- 2023 Jerry R. Thomas Distinguished Leadership Award, American Kinesiology Academy
- 2014 Fellow of the National Academy of Kinesiology
- 2011 Spotlight Scholar, University of Massachusetts, Amherst
- 2011 Davis Teaching Fellowship, University of Massachusetts, Amherst
- 2009 General Education Teaching Fellowship, Univ. of Massachusetts Amherst
- 2007 Distinguished Teaching Award, University of Massachusetts Amherst 2003 Outstanding Teaching Award, School of Public Health and Health Sciences, University of Massachusetts Amherst
- 2001 Lilly Teaching Fellowship, University of Massachusetts Amherst
- 1998 Fellow of the American College of Sports Medicine
- 1994 George M. Briggs Memorial Award for Teaching and Research; Department of Nutritional Sciences, University of California, Berkeley.
- 1993 Young Investigator Award; Bay Area Nutrition Center

1992 Outstanding Graduate Student Instructor Award, UC Berkeley 1990-1992  
Regents and Kaiser Fellowships, University of California  
1989 Scholarship, New England Chapter, American College of Sports Med.  
1988-1989 University Fellowship, University of Massachusetts, Amherst

## **PUBLISHED PEER-REVIEWED JOURNAL ARTICLES AND CHAPTERS (total 117)**

Braun B and Alexander L. The Future of Our PhD Programs: Are We Giving Our PhD Students What They NEED? *Kinesiology Review* DOI: <https://doi.org/10.1123/kr.2024-0067>. First Published Online: 23 Dec 2024

Li K, Perrault A, DeYoung W, Cameron E, Miller CT, O'Connor AS, Gu M, Braun B. Impact of biophilic design on college student perception of mental health and environmental benefits: A dose-response study. *Building and Environment* 267, Part C, 2025.

Wagner KA, St Laurent CW, Pekow P, Marcus B, Rosal MC, Braun B, Manson JE, Whitcomb BW, Sievert LL, Chasan-Taber L. The Impact of a Lifestyle Intervention on Postpartum Cardiometabolic Risk Factors Among Hispanic Women With Abnormal Glucose Tolerance During Pregnancy: Secondary Analysis of a Randomized Trial. *J Phys Act Health*, 2023, PMID: 37890839.

Nehrkorn-Bailey AM, Rodriguez D, Forsyth G, Braun B, Burke K, Diehl M. Change in Views of Aging, Physical Activity, and Physical Health Over 8 Weeks: Results From a Randomized Study. *J Aging Phys Act*. 2023. PMID: 36708712.

Newman A, Armonda A, Braun B. Evaluation of Two Training Programs Designed to Enhance Performance on the Army Combat Fitness Test Among ROTC Cadets. *Mil Med*. 2022 Jan 22;usac015. doi: 10.1093/milmed/usac015. Online ahead of print. PMID: 35064262

Bachman NP, Terwoord JD, Richards JC, Braun B, Green CP, Luckasen GJ, Dinunno FA. Comprehensive assessment of cardiovascular structure and function and disease risk in middle-aged ultra-endurance athletes. *Atherosclerosis*. 2021 Mar; 320:105-111.

Harvey MW, Braun B, Ertel KA, Pekow PS, Markenson G, Chasan-Taber L. Stress and Anxiety are Associated with Lower Gestational Weight Gain in Hispanic Women. *Womens Health Issues*. 2020 Nov-Dec;30(6):409-415. doi: 10.1016/j.whi.2020.08.003. Epub 2020 Sep 28. PMID: 32994129; PMCID: PMC7704913

Courtney, JB, Lipsey, T, Braun, B, Henry, K, Nelson, TL., Li, K. Using Ecological Momentary Assessment to Examine the Effects of Duty Status on Acute Stress and Tiredness in Firefighters. *J. Occupation Environ. Med.*: August 05, 2020.

Burkart S, Marcus BH, Pekow P, Milagros CR, Manson JE, Braun B, Chasan-Taber L. The impact of a randomized controlled trial of a lifestyle intervention on postpartum physical activity among at-risk hispanic women: Estudio PARTO. *PLoS One* 2020: e0236408. doi: 10.1371/journal.pone.0236408.

Goodrich J, Frisco D, Ryan S, Newman A, Trikha SRJ, Braun B, Bell C, and Byrnes B. Intermittent Low Dose Carbon Monoxide Inhalation Does Not Influence Glucose Regulation In Overweight Adults: A Randomized Controlled Crossover Trial. *Exp Physiol*

2020

Viskochil R, Blankenship JM, Makari-Judson G, Staudenmayer J, Freedson PS, Hankinson SE, Braun B. Metrics of Diabetes Risk Are Only Minimally Improved by Exercise Training in Postmenopausal Breast Cancer Survivors. *J Clin Endocrinol Metab*. 2020 May 1;105(5). doi: 10.1210/clinem/dgz213. PMID: 31745553.

Braun B, Newman A. Accounting for the Nutritional Context to Correctly Interpret Results from Studies of Exercise and Sedentary Behavior. *Nutrients*. 2019, doi: 10.3390/nu11092230.

Leach, HJ, LeBreton, KA, Wurz, AJ, Pergolotti, M, Braun, B, Shuster, SR., Green, P. Exploring cardiologists' and oncologists' exercise recommendation and referral practices. *Health Education J*. 2019. doi.org/10.1177/0017896919876311

Linden MA, Ross TT, Beebe DA, Gorgoglione MF, Hamilton KL, Miller BF, Braun B, Esler WP. The combination of exercise training and sodium-glucose cotransporter-2 inhibition improves glucose tolerance and exercise capacity in a rodent model of type 2 diabetes. *Metabolism*. 68-80, 2019. doi: 10.1016/j.metabol.2019.05.009.

Viskochil R, Lyden K, Staudenmayer J, Keadle SK, Freedson PS, Braun B. Elevated insulin levels following 7 days of increased sedentary time are due to lower hepatic extraction and not higher insulin secretion. *Appl Physiol Nutr Metab*. 44(9):1020-1023. 2019. doi: 10.1139/apnm-2018-0802.

Blankenship, JM, Chipkin SR, Freedson PS, Staudenmayer J, Lyden K and Braun B. Managing Free-Living Hyperglycemia with Exercise or Interrupted Sitting in Type 2 Diabetes. *J Apply Physiol*. <https://doi.org/10.1152/jappphysiol.00389.2018>.

Braun B, Williams NI, Garber CE, Hickey, M. Core Stability: Should There Be a Bigger Focus on Foundational Skills in the Kinesiology Curriculum? *Kinesiology Review* 7 (4): 295-299, 2018.

Nobles CJ, Marcus BH, Stanek EJ, Braun B, Whitcomb BW, Manson JE, Markenson G, Chasan-Taber L. The Health Behaviors of Ethnically Diverse Women at Increased Risk for Gestational Diabetes: The Behaviors Affecting Baby and You (B.A.B.Y.) Study. In Press at *Maternal and Child Health Journal*. (100)

Harvey MW, Braun B, Ertel KA, Pekow PS, Markenson G, Chasan-Taber L. Prepregnancy Body Mass Index, Gestational Weight Gain, and Odds of Cesarean Delivery in Hispanic Women. *Obesity*. 2018. 26(1):185-192. doi: 10.1002/oby.22048.

Viskochil R, Malin SK, Blankenship JM, Braun B. Exercise training and metformin, but not exercise training alone, decreases insulin production and increases insulin clearance in adults with prediabetes. *J Appl Physiol*. 2017. 123:243-248. doi: 10.1152/jappphysiol.00790.2016.

Nobles C, Marcus BH, Stanek EJ 3rd, Braun B, Whitcomb BW, Manson JE, Markenson G, Chasan-Taber L. The Effect of an Exercise Intervention on Gestational Weight Gain: The Behaviors Affecting Baby and You (B.A.B.Y.) Study: A Randomized Controlled Trial. *Am J Health Promot*. 2017. 1:890117117732409. doi: 10.1177/0890117117732409.

Best A, Braun B. Using a novel data resource to explore heart rate during mountain and road running. *Physiol Rep*. 2017 Apr;5(8). pii: e13256. doi: 10.14814/phy2.13256.

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Hasson RE, Granados K, Marquez DX, Freedson PS, Bennett G, Braun B. Psychological Responses to Acute Exercise in Sedentary Black and White Individuals. *J. Phys. Activ. Health* 8:978-87, 2011.

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Colberg SR, Sigal RJ, Fernhall B, Regensteiner JG, Blissmer BJ, Rubin RR, Chasan-Taber L, Albright AL, Braun B; American College of Sports Medicine; American Diabetes

Association. Exercise and type 2 diabetes: the American College of Sports Medicine and the American Diabetes Association: joint position statement. *Diabetes Care*. 33: 147-67, 2010.

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Hasson RE, Granados K, Chipkin S, Freedson PS, Braun B. Effects of a Single Exercise Bout on Insulin Sensitivity in Black and White Individuals. *J Clin Endocrinol Metab* 95:E219-23, 2010

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effect? *Med Sci Sports Exerc.* 40:1495-500, 2008

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Braun B, MB Zimmermann, N Kretchmer: Relationships between glucose metabolism and thermogenesis, with and without prior exercise, in women with NIDDM. *Metabolism: Clinical and Experimental* 45:747-52, 1996

Braun B, MB Zimmermann, N Kretchmer, RM Spargo, RM Smith, M Gracey: Risk factors for diabetes and cardiovascular disease in young Australian Aborigines: A 5- year follow-up study. *Diabetes Care* 19:472-79, 1996

Braun B, MB Zimmermann, N Kretchmer: Effects of exercise intensity on insulin sensitivity

in women with NIDDM: *J Appl Physiol* 78: 300-06, 1995

Zimmermann MB, Braun B, Kretchmer N. Effects of intensity and duration of exercise on glucose metabolism in women with NIDDM. *Diabetes Res*; 28:17-29, 1995

Warncke K, MR Gunner, BS Braun, et al.: Influence of hydrocarbon tail structure on quinone binding and electron-transfer performance at the QA and QB sites of the photosynthetic reaction center protein. *Biochem* 33: 7830-41, 1994.

Clarkson PM, K Nosaka, B Braun: Muscle function after exercise-induced muscle damage and rapid adaptation. *Med Sci Sports Exerc* 24: 512-520, 1992.

Braun B, PM Clarkson, PS Freedson, RL Kohl: Effects of coenzyme Q<sub>10</sub> supplementation on performance, VO<sub>2</sub>max, and lipid peroxidation in trained cyclists. *Int J Sport Nutr* 1:353-365, 1991.

Hamill J, PM Clarkson, PS Freedson, B Braun: Delayed-onset muscle soreness during running; physiological and biomechanical considerations. *Int J Sport Biomech* 7:125- 137, 1991.

Reznick DN, B Braun: Fat cycling in the mosquitofish (*Gambusia affinis*): fat storage as a reproductive adaptation. *Oecologia* 73:401-413, 1987.

Braun B, U Benbow, P Lloyd-Williams, JM Bruce, PL Dutton: Determination of partition coefficients of quinones by high-performance liquid chromatography. *Meth Enzymol* 125:119-129, 1986.

Warncke K, MR Gunner, BS Braun, CA Yu, PL Dutton: Effect of hydrocarbon tail structure on the affinity of substituted quinones for the QA site in reaction centers of *Rhodobacter sphaeroides*. *Prog Photosynth Res* 1:225-227, 1986.

## **BOOK CHAPTERS:**

Braun B, Cree-Green M, Moore JM, Sharoff C. Chapter 10: Physical activity and diet for weight loss and prevention of metabolic disease in ACSM's Clinical Exercise Physiology (2nd edition). 2024.

Braun, B, KL Hamilton, DS Lark, A Newman. Biochemistry of Exercise Effects in Type 2 Diabetes. In The Routledge Handbook on Biochemistry of Exercise, Tiidus PM, MacPherson EK, LeBlanc PJ, Josse AR eds. Taylor and Francis Publishing. ISBN 9781003123835, 2020

Braun B and Miller BF. Introduction to Sports Nutrition: Energy Metabolism. in Sports Nutrition: Energy Metabolism and Exercise., Wolinsky I and JA Driscoll, eds., CRC Press, Boca Raton, FL, pg. 1-24, 2007.

Horton T. and B. Braun. "Sex-based differences in substrate metabolism" in: Advances in Molecular and Cell Biology, 34: Principles of Sex-Based Differences in Physiology. VM Miller and M Hay, eds., Elsevier Publishing Co., Amsterdam, The Netherlands, page 209-228, 2004

## **RESEARCH FUNDING**

American Floral Endowment (AFE) (9/1/24 – 9/1/25)  
Braun (Co-I), Kaigang Li (PI)  
“Catering to Generation Z Consumers: Identifying Key Traits in Floral Products through College Students’ Lens”  
Total costs: \$30,000.

CSU OVPR FY25. (12/1/24-12/1/25)  
Braun (Co-I), Kaigang Liu (PI)  
“NatureFit: Biophilic classrooms to enhance student health and productivity”  
Total costs: \$10,000

Medtronic (12/10/19-12/09/20)  
Richards (PI), Braun, Dinunno and Bell (Co-I’s)  
Supplement to the Validation of Reveal LINQ: temperature and impedance sensors.  
Total costs: \$50,000

Medtronic (7/1/2017- 7/31/19)  
Braun, Dinunno and Bell (all Co-PI’s)  
Validation of Reveal LINQ: temperature, 3-D accelerometer, and impedance sensors.  
Total costs: \$337,500.

Pfizer Pharmaceutical (8/1/2015 - 7/31/2018)  
Braun, B, Miller B, K Hamilton all Co-PI  
Investigation of the Mechanistic & Molecular Interactions of Metformin with Exercise.  
Total Costs: \$190,000

Program for Research and Scholarly Excellence, CSU. (7/1/17-6/30/19)  
Braun and Luckasen (PI’s)  
Does too much exercise damage the heart?  
Total costs: \$96,000

Dairy Management Inc. (3/1/2015 – 2/28/2018)  
Braun Co-investigator, B. Miller and K. Hamilton, Co-PI.  
Milk protein feeding after aerobic exercise in older adults with pre-diabetes taking the biguanide Metformin.  
Total costs: \$445,000

Dexcom (2016 - 2017)  
Co-PIs: Konopka, A.R., B. Braun, K.L. Hamilton, and B.F. Miller.  
CGM in individuals with prediabetes undergoing an exercise-training program with or without metformin.  
Total costs: \$32,200.

R01, NIDDK; National Institutes of Health: (3/1/-12 – 2/28/17)  
Braun: Co-Investigator (L. Chasan-Taber, P.I.)  
Competitive renewal: An exercise intervention to prevent recurrent GDM  
Total costs: \$1,890,000

R01: NIDDK: 7/1/2013- 6/30/2018  
Braun: Co-Investigator (L. Chasan-Taber, P.I.)  
Randomized Lifestyle Intervention in Overweight and Obese Pregnant Hispanic Women

Total costs: \$2,400,000

R21: National Institutes of Health. (4/1/2014 – 3/31/2017)  
PI: Park Y. Co-investigator: Braun B.  
Role of imidacloprid on development of obesity and type 2 diabetes  
Total costs: \$413,000

R21: National Institutes of Health. (12/31/2013 – 11/30/2016)  
PI: Park Y. Co-investigator: Braun B.  
Role of permethrin in development of obesity and type 2 diabetes  
Total costs: \$410,000

Rays of Hope Foundation. (9/1/2013 – 8/31/2016) Braun P.I.  
*Differentiating fasting from post-prandial hyperinsulinemia in modulating biomarkers of breast cancer recurrence.*  
Total costs: \$50,000

Peterson, Braun, Powers, Bhatia, Fisher P.I.  
R25, National Institutes of Health (12/1/11 – 11/30/16)  
*IMSD to train Under-Represented Minority Doctoral Students in Health Research*  
Objective is to enhance training and post-doctoral opportunities for under-represented minority students in the health sciences.  
Total costs: \$2,181,000

Medtronic Corporation: (9/1/11-12/31/13)  
PI: B Braun  
*Efficacy of taking “breaks” from sitting during the workday on glycemic variability and markers of cardiovascular disease*  
Total costs: CGMS monitors and sensors; value= \$4500)

R56, NIDDK; National Institutes of Health. 9/15/08 - 9/14/11.  
P.I: B. BRAUN  
*Exercise training and metformin for Metabolic Rehabilitation*  
Objective is to determine whether combining exercise training with metformin enhances insulin sensitivity more than training or metformin alone.  
Total costs: \$301,000

NIDDK; National Institutes of Health: 3/1/-07 – 2/28/12  
PI: L Chasan-Taber; B Braun: Co-Investigator  
*A physical activity intervention to reduce GDM in Latino women*  
Objective is to determine the efficacy of a physical activity intervention to reduce the incidence of gestational diabetes in Latino women.  
Total costs: \$2,240,000

ARRA Challenge Grant, NIH (9-15-09 to 9-01-11)  
Braun Co-investigator (P. Freedson, P.I.)  
*Advancing physical activity measurement using pattern recognition techniques*  
Total costs: \$776,000

Faculty Research Grant (1/1/08 – 12/31/08)  
Braun; P.I.  
*Optimizing Exercise to Oppose Insulin Resistance and Prevent/Manage Type-2 Diabetes*

The objectives are to understand how to combine medication and exercise to oppose insulin resistance and prevent Type-2 diabetes.

Direct costs: \$30,000

Baystate Incubator Fund; 4/1/07 – 3/31/08

Braun: Co-investigator (E. Silva P.I.)

*Mechanisms explaining weight loss variability after Roux-en-Y Gastroplasty*

The objective is to determine the roles played by changes to energy intake versus expenditure (RMR, physical activity, thermogenesis) in modulating the rate of weight loss after RYGB surgery in morbidly obese men and women.

Total Costs: \$52,000

NIDDK; National Institutes of Health: 9/1/-05 – 8/31/10

Braun: Co-Investigator (L. Chasan-Taber, P.I.)

*Modifiable Determinants of GDM in a Biethnic Cohort*

The objective of this project is to determine the associations between modifiable risk factors such as physical activity and stress on the incidence of gestational diabetes.

Total costs: \$2,125,000

Baystate/UMASS Biomedical Research Consortium: 9/01/06-8/31/07

Braun and E. Silva co-P.I.:

*Neuroendocrine Response to Exercise-induced Energy Deficit.*

The objective is to determine the role played by energy deficit in mediating the neuroendocrine responses to exercise and whether the responses differ by sex.

Total costs: \$25,000

American Diabetes Association Junior Faculty Award. 7/1/04-6/30/07

P.I.: B. BRAUN

*Interactions between acute exercise and metformin in prediabetes: glucose metabolism at the cellular, whole-body and clinically relevant levels.*

Objective is to assess the efficacy of combining acute exercise and metformin treatment on muscle AMP kinase activity and whole-body insulin sensitivity in sedentary individuals with prediabetes.

Total costs: \$410,000

Glass Charitable Trust. 5/1/04 - 8/30/06

PI: B. Braun (co-I: S Bhatia, SR Chipkin, S Roberts)

*Optimizing energy metabolism in Type-2 diabetes.*

Objective is to determine the roles of energy balance and macronutrient composition in mediating the effect of exercise in people with insulin resistance/Type 2 diabetes.

Total costs: \$482,000

Chang Farm 6/15/04 – 5/31/05

P.I.: B. Braun)

*Effectiveness of Schizandra chinensis to improve blood glucose control in prediabetes*

\$15,000.

Baystate/UMASS Biomedical Research Program. 6/1/02-5/31/04

P.I.'s: B. BRAUN, S. CHIPKIN, D. GROW

*Regulation of exercise carbohydrate and fat utilization by testosterone*

\$22,000.

Glass Charitable Trust. 9/01/01-8/31/03

(P.I.'s: B. BRAUN and S. CHIPKIN)

*Interactions between exercise and insulin resistance and clinical applications to Type-2 diabetes.*

Total costs: \$208,500

The objective is to determine the mechanisms by which exercise enhances insulin action and apply findings to clinical management of Type-2 diabetes.

Baystate/UMASS Biomedical Research Program 9/1/00-8/30/01

(P.I.'s: B. BRAUN and S. CHIPKIN)

*Effects of Insulin Resistance on Carbohydrate Utilization during Exercise.*

Total costs: \$22,000.

Baystate/UMASS Biomedical Research Program 12/1/00-11/30/01

(P.I.'s: B. BRAUN and S. CHIPKIN)

*Effects of Estrogen and Progesterone on Exercise Substrate Use in Women*

Total costs: \$22,000.

Faculty Research Grant, UMASS, Amherst

(P.I.: B. BRAUN)

*Does Insulin Resistance Lower Carbohydrate Utilization During Exercise?*

\$14,854. 6/1/00-5/31/01

#### **OFF-CAMPUS INVITED PRESENTATIONS (Research only) (82 total)**

2024

Braun B. "The future of our Ph.D. programs: Are we giving out students what they NEED?". Annual meeting of the National Academy of Kinesiology. Minneapolis, MN.

2023

Braun B. "Exercise for Prevention and Management of Diabetes". Clinical Exercise Physiology Association annual meeting (Virtual).

2022

Braun B. "Enrollment vs Societal and Curricular Needs for Contemporary Workforce". American Kinesiology Association Leadership Conference (virtual)

2021

Braun B. "Why are we so Confused about Exercise and Appetite?" Health and Fitness Summit, American College of Sports Medicine. (Held virtually this year)

Braun B, Clark N and Ciardella L. "Hot Topics in Nutrition". Health and Fitness Summit, American College of Sports Medicine. (Held virtually this year)

Braun B. Interactions of Diabetes Drugs and Exercise. European Association for the Study of Diabetes. (Held virtually this year)

Braun B. "How to Interpret Results from Research Studies", Professionals in Sports Nutrition, (held virtually this year).

2020

Braun B. "The Importance of Nutritional Context in Exercise Research". International Sport and Exercise Nutrition Conference, Newcastle UK (held virtually this year).

2019

Braun B. "Windmills or Giants: the Importance of Context". Southeast Chapter of the American College of Sports Medicine. Greenville, SC.

Braun B. "Windmills or Giants: the Importance of Context". Translational Biomedical Sciences and Applied Health Sciences, Ohio University, Athens, Ohio.

Braun B. "Windmills or Giants: the Importance of Context". New England Chapter of the American College of Sports Medicine. Providence, RI.

2018

Braun B. "Is Exercise Really Medicine?" Northland Chapter of the American College of Sports Medicine. Minneapolis, MN

Braun B. "Is Exercise Really Medicine?" Midwest Chapter of the American College of Sports Medicine. Minneapolis, MN. Grand Rapids, MI.

Braun B. Alcohol in the Athlete's Diet. Part of Symposium on "10 Questions/10 Experts" at American College of Sports Medicine National Meeting, Minneapolis, MN.

2017

Braun B. 'Is Exercise Really Medicine?' Priscilla Clarkson lecture at the American College of Sports Medicine National Meeting, Denver, CO.

Braun B. 'Interactions of Exercise and Metformin'. American College of Sports Medicine National Meeting, Denver, CO.

Braun B. 'Interactions of Exercise and Metformin'. Experimental Biology, Chicago, IL

Braun B. 'Is Exercise Really Medicine? American College of Sports Medicine Mid- Atlantic chapter, Harrisburg, PA.

Braun B. "Interpreting the data from Sport Nutrition studies". International Sport and Exercise Nutrition Conference, Newcastle UK.

Braun B. "Lessons from a Life in Science". International Sport and Exercise Nutrition Conference, Newcastle UK.

2016

Braun B. Impact of Exercise on Hormonal Regulation of Appetite. American College of Sport Medicine National Meeting, Boston, MA

Braun B. Movement Changes Everything. The Obesity Society Annual Meeting, New Orleans, LA

Braun B. Is Exercise Really Medicine?" Corporate Advisory Board for the Exercise Science and Nutrition Dept., University of Missouri.

Braun B. Research Design in Sport Nutrition studies". International Sport and Exercise

Nutrition Conference, Newcastle UK.

Braun B. Is Exercise Really Medicine?" International Sport and Exercise Nutrition Conference, Newcastle UK.

2015

Braun B. Optimizing Design of the Exercise Drug for Cardiometabolic Health. Endocrine Research Conference, University of Colorado Denver Medical School. Aurora, CO

Braun B. Optimizing Design of the Exercise Drug for Cardiometabolic Health. Rocky Mountain Chapter of the American College of Sport Medicine Annual Meeting, Denver, CO

2014

Braun B. Optimizing Design of the Exercise Drug to Prevent Cardiometabolic Disease. National Academy of Kinesiology annual meeting, Austin TX

Braun B. Use of Continuous Glucose Monitoring to Assess Metabolic Effects of Activity and Inactivity. American College of Sports Medicine National Meeting, Orlando, FL

2013

Braun B. Interactions between Pharmacology and Exercise to Prevent Type 2 Diabetes. American College of Sports Medicine National Meeting, Indianapolis, IN

Braun B. Potentiating Agents and Exercise to Prevent Type 2 Diabetes. American Diabetes Association Scientific Sessions, Chicago, IL.

Braun B. Interactions between Pharmacology and Exercise to Prevent Type 2 Diabetes. Departmental Seminar, George Washington University, Washington D.C.

2012

Braun B. Intelligent design of the exercise 'drug' to reduce insulin resistance". Departmental Seminar, University of Michigan, Ann Arbor, MI

Braun B. "Importance of Pharmacological Context in the effects of Exercise on Insulin Action". Endocrine Grand rounds, Baystate Medical Center

Braun B. Braun B. "Activity, Inactivity and regulation of Appetite". Sports, Cardiovascular and Wellness Nutritionists Annual Meeting, Baltimore, MD.

2011

Braun B. "Importance of Pharmacological Context in the effects of Exercise on Insulin Action", Pfizer Pharmaceutical Co., Cambridge, MA.

Braun B. "Role of Energy Balance and Pharmacology in the effects of Exercise on Insulin Action", University of Missouri, Columbia, MO.

Braun B. "Activity, Inactivity and Regulation of Appetite". American College of Sport Medicine Annual Meeting, Denver, CO

Braun B. "Does Exercise make you Hungry"? American College of Sport Medicine Annual

Meeting, Denver, CO

Braun B. "The importance of dietary and pharmacological "context" in the effects of exercise on metabolic health". Western Massachusetts chapter of the American Dietetics Association, Springfield, MA.

2010

Braun B. "Role of Energy Balance in the effects of Exercise on Insulin Action", Integrative Physiology of Exercise Quadrennial meeting, Miami, FL

Braun B. "Activity, Inactivity and regulation of Appetite". European Society of Sport Medicine Annual Meeting, Antalya, Turkey

Braun B. Energy Balance and Incretins". Featured Science Session at American College of Sport Medicine Annual Meeting, Baltimore, MD

Braun B. "Recruiting and Retaining Minority Faculty". American College of Sport Medicine Annual Meeting, Baltimore, MD

Braun B. "Role of Energy Balance in the effects of Exercise on Insulin Action", Featured session at Experimental Biology Annual Meeting, Pasadena, CA

Braun B. "Role of Energy Balance and Pharmacology in the effects of Exercise on Insulin Action", Endocrine Grand Rounds, Baystate Medical Center, Springfield, MA

Braun B. "Role of Energy Balance and Pharmacology in the effects of Exercise on Insulin Action", Dept. of Metabolic Biology, Arizona State University

Braun B. "Role of Energy Balance and Pharmacology in the effects of Exercise on Insulin Action", Dept. of Nutrition, Colorado State University

Braun B. "Role of Energy Balance and Pharmacology in the effects of Exercise on Insulin Action", Division of Endocrinology, University of Colorado, Denver

2009

Braun B. "Role for Energy Balance in Metabolic Health". American College of Sport Medicine Annual Meeting, Indianapolis, IN

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance". New England Chapter of the American College of Sport Medicine Annual Meeting, Providence, RI.

2008

Intelligent design of the exercise 'drug' to reduce insulin resistance". Pioneer Valley Life Sciences Institute Seminar Series, Springfield, MA

Intelligent design of the exercise 'drug' to reduce insulin resistance". Annual conference with corporate partners, Dept. of Food Science, Univ. of Massachusetts Amherst.

2007

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance". Auckland University of Technology, New Zealand

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance". Melbourne University, Australia

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance". University of Otago, New Zealand

Braun B. Obesity or Physical inactivity? What is the root cause of the epidemic of obesity-related disease?" Auckland University of Technology, New Zealand.

2006

Braun B. Impact of hypoxia on substrate metabolism. Integrative Physiology of Exercise Indianapolis, IN

Braun B. "Obesity and metabolic disease: body fat or physical inactivity?" Womens' Health Conference, Baystate Medical Center, Springfield, MA.

Braun B. Diet and Supplements in Athletes: Does anything REALLY work? Dept. of Athletics, Elms College, Springfield, MA

2005

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance". Annual meeting, Sports and Cardiovascular Nutritionists.

2004

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance". Department of Veterinary and Animal Sciences, University of Massachusetts

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance". Spring Meeting, New England Chapter, American College of Sports Medicine.

Braun B. "The Epidemic of Diabetes in the U.S.: Obesity or Physical Inactivity?" UMass School of Public Health and Health Sciences Alumni Dinner.

Braun B. "As You Like It: Your Exercise of Choice". Diabetes Education Series, Joslin Diabetes Center Affiliate at Mercy Medical Center.

2003

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance". Kinesiology Dept., Penn State University

Braun B. "Role of estrogen and progesterone in the regulation of substrate metabolism". NOLL Research Laboratory, Penn State University

Braun B. "Role of estrogen and progesterone in the regulation of substrate metabolism". Nutrition Dept., Univ. of Connecticut.

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance". Biological Sciences Undergraduate Group, Hampshire College

Braun B. "Measuring Physiologic Parameters". Researchers in Residence Lecture Series, School of Nursing, Univ. of Massachusetts.

2001

Braun B. "Intelligent design of the exercise 'drug' to reduce insulin resistance." Endocrine Seminar, UMASS Medical School

Braun B. "Dietary Supplement Science; how much research is enough? The academic perspective." Amer. Coll. Sports Med. Annual Meeting, Orlando, FL.

Braun B. "Women at Altitude: Effects of hypoxia on basal, post-meal and exercise metabolism" Am. Physiol. Soc. Intersociety meeting; Integrative Biology of Exercise, Portland, ME.

2000

Braun B. "The work of Gail Butterfield: importance of energy balance in determining substrate use at altitude." Southwest Chapter of Amer. Coll. Sports Med. Annual Meeting, Las Vegas, NV.

Braun B. " Nutritional Concerns during Training at High Altitude." 3<sup>rd</sup> Annual International High Altitude Training Symposium, Flagstaff, AZ.

1999

Braun B. "Women at Altitude: insulin sensitivity and exercise substrate use at 4300 meters." Amer. Coll. Sports Med. Annual Meeting, Baltimore, MD

Braun B. "Fuel use in women at high altitude". Sports and Exercise Spring Symposium, Stanford University, Palo Alto, CA

Braun B. "Effects of hypoxia and ovarian hormones on basal, post-meal and exercise metabolism in women". Dept. of Nutritional Sciences, University of California, Berkeley,

1998

Braun B. "Influence of menstrual cycle on substrate utilization in women." Southwest Chapter of Amer. Coll. Sports Med. Annual Meeting, San Diego, CA.

1997

Braun B. "The impact of low-carbohydrate diets on muscle glycogen and athletic performance." Amer. Coll. Sports Med. Annual Meeting,

Braun B. "Substrate utilization during rest and exercise at high altitude" 10<sup>th</sup> International Symposium on Hypoxia and Mountain Medicine, Jasper, Canada

1994

Braun B. "The effects of exercise on insulin sensitivity in women with Type-2 diabetes". Department of Biological Sciences, Cal. State University, Chico.

## **TEACHING**

### **Colorado State University**

Fall 2022: Taught HES 600: "Research Methods" to MS students (enrollment = 8).

Fall 2018, Spring and Fall 2019, Fall 2020, Fall 2021: Taught "How to be Great at

Teaching” to M.S. and PhD students in Health and Exercise Science. (enrollment: 20 in F’18, 17 in S’20, 16 in F’19, 15 in Fall 2020, 13 in Fall 2021).

Fall, 2016 and Spring, 2017: Co-taught (with one other instructor) “Applying Health and Exercise Science Concepts to Real-World Health Issues”, Capstone class for the Sports Medicine track of the HES major. Enrollment = 51 (F16) and 96 (S17).

Fall 2017: Co-taught (with one other instructor) “Research Methods”. Graduate class for MS and PhD students. Enrollment = 12.

## **University of Massachusetts, Amherst**

### **Undergraduate courses**

Fall and Spring semesters; 2005-2014. *Human Performance and Nutrition*. General Education course for 229-310 undergraduates every semester

Fall 2012, Spring and Fall 2013: *Integrative Experience; Applying Kinesiology Concepts to Real-World Situations*. Part of 3 person teaching team to teach 100-110 junior kinesiology majors Enrollment in Fall, 2013 = 110 students

Spring 2013: *Using an infectious disease model to promote behavior change*. Taught a senior level capstone course to 6 graduating kinesiology majors

Fall 2000 - 2003: *Human Physiology* (co-taught with Drs. Freedson and Kent-Braun). Taught endocrinology, digestion/absorption, energy metabolism and liver/kidney physiology sections to Nursing, Exercise Science, and Nutrition major in fall and spring semesters. Enrollment in fall, 2003 = 197 students

Fall 2003-06: *Diet, Supplements and Athletic Performance - ONLINE*. Class with content similar to offline class but designed to be taught exclusively online. Enrollment averaged 5-8 students.

Spring 2005: *PhysioEx Virtual Laboratory in Human Physiology*. Experimental class with 11 undergraduate students designed to test and fine-tune a CD-ROM and web-based software package we continue to use for laboratory class in Human Physiology.

### Undergraduate Independent study:

Faculty advisor for >60 independent study projects through Spring 2013.

### Undergraduate honors thesis:

Faculty advisor for 15 honors theses (L. Mitchell, J. Dizel, H. Kilic, M. Delano, J. Sautter, Cori Oliver, Amy Pasquale, Laura Thistle, Oleg Kamenetsky, Sitara Ravikumar, Mary Pardee, Dzhuliya Servetnik, Chris Fields, Anna Fedorowycz, Taylor Cronin) through Spring, 2013

Served on committee for 21 others (16 Kinesiology, 3 Nutrition, 2 Biology) through Spring 2013.

### Undergraduate internships:

Faculty advisor for 22 undergraduate internships through Spring, 2013

2000 - 2002: Served as faculty mentor for summer work by 2 minority students (P. Augustin and S. Shasanya) in the University Mentoring in Environmental Biology Program

2003: Served as faculty mentor for summer work by a minority student (E. Avalos) in the SPUR program sponsored by the Northeast Alliance.

2005: Served as faculty mentor for summer work by Jeffrey Sautter through the Baystate/UMASS Biomedical Research Program.

2006. Served as faculty mentor for summer work by Pamela Eze through the Baystate/UMASS Biomedical Research Program.

2008. Served as faculty mentor for summer work by Jaquelyn Walsh through the Baystate/UMASS Biomedical Research Program.

2010: Served as faculty mentor for summer work by Corianne Oliver through the Baystate/UMASS Biomedical Research Program.

2010: Served as faculty mentor for summer work by Anna Fedorowycz through the Baystate/UMASS Biomedical Research Program.

#### **Graduate Courses:**

Spring 2013: *Advanced Exercise Physiology*. Co-taught (me 1/3 of class) with Dr. Ned DeBold. Enrollment in Spring 2013 = 16 students

Spring 2000 – Spring 2012): *Energy Metabolism*. Taught 25-55 graduate students and senior undergraduates majoring in Kinesiology or Nutritional Sciences in every spring semester. Enrollment in spring 2012 = 35.

Spring 2000 - 2014: *Physiology Journal Club* (co-teach with Drs. DeBold, Witkowski, Kent-Braun). Oversee and critique presentations by 16-20 graduate students in Kinesiology in the fall semester.

Spring 2002, Fall 2004, Spring 2005: *Graduate Seminar*. Scheduling and running weekly presentations by graduate students and outside speakers for 1-credit graduate class.

Fall 2004: *"Integrative Biology of Exercise"*. Course was associated with the conference of the same name hosted by the American Physiological Society in October 2004. Nine graduate students attending the conference wrote synopses of each talk which were collated into an informal 50-page "Proceedings" that serves as a resource for people in the department who could not attend the conference or a reminder for those who did.

Spring 2004: *"Introduction to Behavior Modification"*. Oversaw lecture/discussion class of 10 graduate students designed to introduce the concepts of behavior modification and how to design studies to test efficacy of behavior modification programs.

Fall 2002: *"Introduction to Research"*. Taught introductory class in research techniques to 17 graduate and undergraduate honors students

#### **Teaching at other universities:**

Fall 1998-2000: *Human Nutrition* (Stanford University). Taught 100-120 Human Biology majors in 3 fall quarters.

Spring 1995-96: Introduction to Nutrition (Univ. of California, Berkeley). Taught general education class of 700 non-nutrition majors in 2 spring semesters.

Fall 1993: Exercise for Special Populations (California State Univ., Hayward): Taught 25 physical education majors in the fall semester.

**Primary faculty advisor for graduate students:**

*Graduated in 2024: PhD student Alissa Newman (co-mentored with Dr. Tracy Nelson)*

*Completed:*

Tara D'E'on (M.S. in December, 2001), Francesca Beaudoin (M.S. in August 2002) Steve Black (Ph.D. in November 2004) Laura Gerson (M.S. in August 2005)

Kaila Holtz (M.S. in August 2007)

Todd Hagobian (Ph.D. in October, 2007)

Carrie Sharoff (M.S. in May 2005, Ph.D. in May, 2008) Brooke Stephens (Ph.D. in May, 2009)

Rebecca Hasson (M.S. in January, 2005, Ph.D. in December, 2008) Steven Malin, M.S. (Ph.D. December 2010)

Robert Gerber (M.S. May, 2011)

Kirsten Granados (M.S. October 2009)

Jen Blankenship (M.S. Fall, 2012, Ph.D. Fall 2016)

Cameron Carter (M.S., summer 2013) Karen Riska (Ph.D. Fall 2014)

Rich Viskochil (PhD. Fall, 2016)

Other Graduate student dissertation committees:

*Colorado State:* N Bachman (2021), N. DeJong (2021), J Courtney (graduated 2020),

*UMASS Kinesiology:* C. Pollard, J. Lee, M. Hubal, A. Kearns, M. Urso, D. Wigmore, D.

Pober, I. Lanza, K. Riska, R. Larsen, S. Kozey, K. Lyden, K. O'Fallon, D. Callahan, Nina Moore

*UMASS Neuroscience and Behavior:* M. Davenport, K. Vella

*UMASS Chemistry :* Jake Pawlowski

*University of Guelph, Canada:* C. Perry

Other Graduate Student Master's thesis committees:

*Kinesiology at UMASS Amherst:* M. Brothers, D. Heinel, E. Mannie, R. Picone, D. Pober, T. Towse, M. Fragala, S. Praguski. D. Peckinpugh, M. Walsh, M. Holbrook, K. O'Fallon, G. Papineau, S. Kozey, A. Carreiro, C. Guzell, G. Ghubramanian, Jessica Fay, Anisha Patel.

*Nutrition:* H. Giordano, C. Maxwell, C. Mohr, K. Poule, Dana Harrison

*Psychology:* T. Seymour

*HES at Colorado State:* Sean Neilsen, Elizabeth Thomson, Kelli LeBreton, Amber Miller, Devin Kennedy

**International:**

*University of Wales, United Kingdom:* Ph.D. committee F. Sartor *Monash University,*

*Australia:* Ph.D. committee Paddy Dempsey University of Guelph, Canada: Ph.D. committee: Chris Perry

Doctoral Comprehensive Exam committees:

*Kinesiology*: C. Pollard, M. Urso, D. Roberts, D. Pober, A. Kearns, S. Swanson, S. Black, C. Sharoff, B. Stephens, K. Sewright., K. Riska, D. Callahan, R. Larsen, S. Kozey, K. Lyden, N DeJong.

**SERVICE**

DISCIPLINE:

*Grant proposals reviewed:*

for NIH (8), for Diabetes UK (3), for New Zealand Heart Association (1), for Western Australia Diabetes Association (1), for US Army Research Institute of Environmental Medicine (2), for Pioneer Valley Life Sciences Institute (5).

**2024 - Constitution and Bylaws Committee for the American College of Sports Medicine**

2022: Part of 3-member external advisory committee to evaluate the Division of Kinesiology and Nutrition at the University of Wyoming.

2020 January 23/24: Created and led American Kinesiology Academy Leadership Pre-Workshop: "Facilitating and Highlighting Faculty and Student Research in Kinesiology"

2020 – 2023: Board of Trustees, American College of Sports Medicine.

2016-2018: Associate Editor, Journal of Physical Activity and Health

2007-2022, Associate Editor, Exercise and Sport Science Reviews

2012-13: President's appointee to the Board of Trustees for the American College of Sports Medicine

2012 and 2013: Advisory Committee for Exercise Programming at the Annual Scientific Sessions, American Diabetes Association

2011-13: Nominations Committee for the American College of Sports Medicine

2005-2007, Assistant Editor, Exercise and Sport Science Reviews

2005- 2010: created and oversaw the Student Research Grant program through the Nutrition Interest Group, American College of Sports Medicine

2004-6: Research Committee for the American College of Sports Medicine

2000 - 2003: Research Awards Committee; American College of Sports Medicine.

2001- 2002: Program Committee; New England Chapter of the American College of Sports Medicine.

1999-2001: Chair: Nutrition Interest Group, American College of Sports Medicine

*Ad-hoc reviews of manuscripts (>125 total):* Journal of Applied Physiology (27) American Journal of Clinical Nutrition (14) Metabolism: Clinical and Experimental (12)

International Journal of Sport Nutrition and Metabolism (13) Medicine and Science in Sports and Exercise (15) American Journal of Physiology (8)  
Applied Physiology, Nutrition and Metabolism (9) J. Clinical Endocrinology and Metabolism (4) Journal of Physiology (4) New England J. of Medicine (1) J. American Medical Assoc. (1)

Colorado State University:

2023-24: Member of Provost's Student Success Academic Implementation Committee

2019-2023: Member of the Council of Heads and Chairs reporting to the Provost

2021-22: Chair search for Department Head in Food Science and Human Nutrition

2021: Member of Principled Philanthropy task force for CST

2019-20: Chair search for Department Head in Construction Management

2018-21: Serving on the President's Council on Culture

2019-2022: Oversee reviews of Neuroimaging pilot grant proposals from Inst. For Translational Medicine

2018-19 Member of CHHS Dean search committee

2019: Member of 5-year review team for Dept. of Biology

2017-18: Chaired search committee for Director of the School of Education (twice – first search failed)

2018: Member of 5-year review team for Dept. of Anthropology

2016: Member of 5-year Review team for Dept. of Biomedical Sciences

2017: Chair of Provosts committee for Reallocation (Enrollment and Access)

2016: Chair of Provosts committee for Reallocation (Student Affairs)

2015-16: Co-led (with Dr. Jessica Prenni) effort funded by the "Ripple Effect" to train men to be better mentors for women.

2015-16 and 2018: Provided webcast and in-person presentation (Pueblo, Colorado) on "Physical Activity in the Prevention and Management of Type 2 Diabetes" for CSU Extension. (Received annual "Friend of CSU Extension award for efforts).

UMASS Amherst campus:

One of 5 founding members of NIH-funded UMASS Amherst Institute for Diversity Maximizing Student Development.

2013 Chair, faculty search committee, Kinesiology

2012-13 Member, Dean review committee, School of Public Health and Health Sciences

2012, Member, faculty search committee, Kinesiology

2011 Member, University 21<sup>st</sup> Century Leader Award review committee

2011 and 2102: Faculty welcome talk at New Students Orientation

2009 Chair, faculty search committee, Kinesiology

2009 Member, Faculty search committee (2) Dept. of Public Health

2009-12: Session Chair for Undergraduate Research Day

2009 and 2010: Mentor to Lilly Fellows Chris Rogers and Yung-Cheul Kim

Fall 2008 – Fall 2009: Associate Dean for Undergraduate Affairs, School of Public Health and Health Sciences

Spring 2008: Member, Distinguished Teaching Award committee

Spring 2008: Member, Blue Ribbon Panel (seriously, I got a blue ribbon) to evaluate the Commonwealth Honors College curriculum.

2006-2011 Co-Director, Baystate UMASS Biomedical Research Program

2005-2007 Steering Committee for the Baystate UMASS Biomedical Research Program

Fall, 2007: Member, Dean search committee, School of Public Health and Health Sciences

Fall 2006 to 2014: Chair, Dept. of Kinesiology Personnel committee 2006: Chair, Search committee for Assistant Professor of Kinesiology 2005 – 2007: Strategic Planning committee, SPHHS

2002, 2003: Served on organizing committee and led table discussions at first and second annual conference on "Research in Womens Health" held at Mt. Holyoke College for researchers at UMASS and Baystate Medical Center

2001- 2007: Donated 0.1 FTE to oversee graduate students working for the Food and Nutrition Program, Mass. Dept of Public Health

2003 and 2004: Organized "Diabetes Awareness Day I and II", workshops by undergraduates in Exercise Science, Nutrition and Nursing on the UMASS campus to provide information on diabetes risks and prevention to the University community.

2000- 2003: Steering committee: Center for Research and Education in Womens' Health

2001- 2014: DEXA Use Committee, SPHHS and UHS.