



1975-77                      Center Point School  
                                    Instructor, Elementary Physical Education  
1971-74                      University of Montevallo (Montevallo, AL)  
                                    Assistant Professor  
                                    Head Basketball Coach  
                                    Assistant Volleyball Coach

## **Professional Involvement**

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### **Local:**

Virginia Commonwealth University  
Dean's Council (2005-present)  
Dean's Representative University Council (2005-present)  
University Equity and Diversity Committee Chair (2005-present)  
Carver-VCU Promise Committee (2002-present)  
Chair, Equity, Welfare and Sportsmanship Sub-Committee  
NCAA Self Study Review (2003)  
Advisory Board, National Youth Sports Program (2001-present)  
Administrative Council, School of Education (2000-present)  
Dean's Representative to School of Education Research Committee (2000-2005)  
Steering Committee for Community Development Initiative (2000-2003)  
STAR Advisory Committee (2000-2003)  
Advisory Board, Recreational Sports (2000-2003)  
Search Committee Member, Dean of School of Education (2000-2002)

### Lander University

University Strategic Planning Committee, 1998-2000  
Teacher Education Committee, 1997-2000  
Selection Committee for Endowed Professorship, 1997  
Faculty Representative, Lander Foundation Board of Trustees, 1997-99  
General Education Committee, 1996-2000  
Blood-Borne Pathogen Committee, 1997-2000  
Enrollment Management Committee, 1997-2000  
Women's and Gender Studies Workshop participant, 1996  
Search Committee, Dean of School of Education, 1996-97  
NCATE Accreditation Task Force, 1996-2000  
NCATE Portfolio Coordinator for PEES Division, 1996-2000  
Panelist: To Your Health: Women Discussing Women's Health Issues, 1997  
Faculty Team Leader: American Heart Association Heart Walk, 1996, 1997  
Search Committee Chair, Physical Education Assistant Professor Position, 1997  
Search Committee Chair, Physical Education Assistant Professor Positions, 1998

### Appalachian State University

Director of Graduate Studies, HLES Department, 1990-96  
Site Director, ACSM Health Fitness Instructor Certification, 1990-96  
Faculty Advisor, Exercise Science Club, 1991- 96  
University Committees  
University Research Committee, Ethicist, 1995-96  
Planning Committee for Academic Convocation Facility, 1994-95  
Departmental Personnel Committee, 1995-96, 1994-95, 1993-94  
Search Committee for 5 Assistant Professor Positions (1992-1996)

**State:**

VAHPERD Higher Education Chair, 2003  
VAHPERD Strategic Planning Committee, 2002  
SCAHPERD Strategic Planning Committee, 1999  
Chair Research/International Committee, SCAHPERD, 1999  
Chair-Elect Research/International Committee, SCAHPERD, 1998  
Presider, Research/International Section. The Increasing Prevalence of ACL Injuries in Female Athletes. SCAHPERD State Meeting, Myrtle Beach, SC, November, 1998.  
Presider, Research/International Section. Overtraining Mechanisms and Injuries in the Multi-Sport Athlete, SCAHPERD State Meeting, Myrtle Beach, SC, November, 1998.  
Presider, Research/International Section. HPER in Russia. SCAHPERD State Meeting, Myrtle Beach, SC, November, 1998.

**Regional:**

Past President, Southeast American College of Sports Medicine (SEACSM) (2004-2005)  
President, Southeast American College of Sports Medicine (SEACSM) (2003-04)  
President-Elect, Southeast American College of Sports Medicine (SEACSM) (2002-03)  
Chair, SEACSM Strategic Planning Committee (2004-2005)  
SEACSM Strategic Planning Committee (1998)  
Nominations Committee, Southeast ACSM (1996)  
Symposium Chair, Southeast ACSM (1996)  
Southeast ACSM Executive Board Member (1993-95)  
Presider, Free Communications SEACSM (1993, 2002)  
Consultant for Graduate Program Review, Austin Peay State University (1991)  
Research and Studies Committee, Southern Association of Physical Education for College Women [SAPECW] (1989-91)  
Program Committee, SAPECW (1991)  
Membership and Public Relations Committee, SAPECW (1991-92)  
Presider, SAPECW regional meeting (1990)

**National:**

Board of Trustee Member, American College of Sports Medicine (2004-2007)  
Regional Chapter Director, American College of Sports Medicine (2004-2007)  
Administrative Council, American College of Sports Medicine (2005-2006)  
Foundation Board, American College of Sports Medicine (2004-2007)  
External Reviewer, Tenure Decision: Dr. Dixie Thompson, University of Tennessee (2005), Dr. Paul Davis, University of North Carolina at Greensboro (2005); Dr. Gregg Wilson, University of Evansville (2002)  
Chair, External Program Review, Austin Peay State University, Clarksville, TN (Health and Human Performance Department Review, April, 2001)  
Chair, External Program Review, Indiana University-Purdue University, Indianapolis (Physical Education Department Review, October, 1998)  
Presider, Free Communication Session, 1997 ACSM National Meeting, Denver CO  
Manuscript Reviewer, Medicine and Science in Sports and Exercise, Journal of Aging and Physical Activity  
Abstract Reviewer, AAHPERD national meeting  
Book Reviewer, McGraw Hill Publishing Company

### **Courses Taught During the Last Five Years**

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HEMS 691 Research Seminar  
HEMS 550 Weight Management for Health and Physical Activity  
HPEX 350 Nutrition for Health and Physical Activity  
HPEX 375 Exercise Physiology

### **Advising Responsibilities**

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Virginia Commonwealth University

Academic Advisor for 4 students in Ph.D. in Education Program  
Dissertation Advisor, 4 students  
Thesis Advisor, 2 students  
Thesis or Directed Research Study Committee member for 8 students

Lander University:

70 Advisees

Appalachian State University

Thesis Chairperson for 10 students (1990-96)  
Advised all graduate students in two programs: Exercise Science, Sport Management  
(Approximately 30 students per year 1990-96)

### **Professional Achievements**

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Ethel Martus Lawther Alumni Award, University of North Carolina at Greensboro (2003)

Grace Harris Leadership Institute Mentor, 2006

Department Chair Mentor, Grace Harris Leadership Institute, 2002-2003

Participant, Grace Harris Leadership Institute, 2001-2002

Endowed Professorship, Lander University, 1999-2000

Fellow, Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance (1997)

Fellow, American College of Sports Medicine (1995)

Phi Kappa Phi membership (1994)

Who's Who in the South and Southwest (1994)

University Deans' Award for Excellence (1993)

Award given to most outstanding graduate program; served as director of program

ASPT National Phlebotomy Certification (1992)

ACSM Health Fitness Instructor Certification (1990)

Outstanding Teaching Performance Award, Department HLES (1990-91)

Induction into The University of Montevallo Sports Hall of Fame (1991)

Teacher of the Year, Auburn University, Phi Epsilon Kappa (1988-89)

Neill House Favorite Professor, Smith College (1987-88)

Chi Omega Favorite Professor, University of Montevallo (1978-79,1979-80)

Women's Athletics Favorite Professor, University of Montevallo (1983-84)

Volleyball Coach of the Year, NAIA District 27 (1982,83,84,85)

Volleyball Coach of the Year, Alabama AIAW (1979,81)

### **Memberships in Professional Organizations**

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American College of Sports Medicine

Southeast American College of Sports Medicine

American Alliance for Health, Physical Education, Recreation and Dance

National Association for Sport and Physical Education

Virginia AAHPERD

## **Professional Presentations**

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- Davis MD, Warren BJ, Simon D, Rossi J. Conceptualizing Leadership Amidst Social Change: A Mult-faceted Approach to Preparing a Diverse Leadership for SCDE's. AACTE Annual Conference, San Diego, CA, January 2006.
- Evans RE, Warren BJ. The Management of Childhood Obesity. VAAHPERD Annual Conference, Reston, VA, November 2004.
- Warren BJ, Sidman CJ. The Childhood Obesity Epidemic: Environmental Influences and the Role of Physical Activity in Prevention. VAAHPERD Annual Conference, Reston, VA, November 2003.
- Glass RA, Malone LA, Warren BJ. Changes in Race Walking Kinematics by Older Individuals following a Technique Training Session. Oral communication, International Symposium on Biomechanics in Sports. June, 2001, San Francisco, CA.
- Warren BJ, Hawkins JD, Hawkins SM, Wilson GS, Wirszyła JC. The Effects of a Family Intervention Program of Exercise and Nutrition in the Treatment of Obese Children. Oral Communication, National ACSM, Indianapolis, IN, June, 2000.
- Warren BJ. Overtraining in the Young Athlete. Symposium presentation, Tennessee AAHPERD, Cookeville, TN, October, 1999.
- Warren BJ. Marketing Strategies for Employment for the Young Exercise Science Professional, Invited speaker for TAAHPERD Student Section, Cookeville, TN, October, 1999.
- Warren BJ. The Overweight Child: Issues, Challenges, Interventions. Symposium presentation, SCAHPERD, Myrtle Beach, SC, October, 1999.
- Warren BJ, Glass R, Main E, Barfield W. Angular Differences in the Lower Extremities During Racewalking in Trained Older vs Younger Racewalkers. Poster Presentation, ACSM National Meeting, Seattle, WA, June, 1999.
- Warren BJ, Moul JL. Overtraining Mechanisms and Injuries in the Multi-Sport Athlete. Research Symposium presentation, SCAHPERD, Myrtle Beach, SC, November, 1998.
- Warren, BJ, Hawkins JD, Kremer D, Sacoco C. General Education Wellness Courses in Colleges and Universities: An Assessment of Where We Are and Where We Should Go From Here. Southern District Convention program, Southern District AAHPERD, Biloxi, MS, February, 1998.
- Warren, BJ. College General Education Wellness Courses □ What is the Impact on Student Behaviors? Research Symposium, Tennessee AHPERD meeting, Jackson, TN, November, 1997.
- Warren BJ, Shannonhouse EM, Butterworth DE, Utter A, Nieman DC. The Effects of Diet, Exercise or Both on Risk Factors for Coronary Disease in Obese Women. Free Communication, ACSM National meeting, Denver, CO, May, 1997.

- Kirksey KB, Warren BJ, Stone MH, Stone MR, Johnson RL. The Effects of Six Weeks of Creatine Monohydrate Supplementation in Male and Female Track Athletes. Free Communication, ACSM National meeting, Denver, CO, May, 1997.
- Kang J, Utter A, Nieman D, Warren B. Effect of Carbohydrate Substrate Availability on Ratings of Perceived Exertion During Prolonged Running. Poster Presentation, ACSM National meeting, Denver, CO, May, 1997.
- Utter A, Nieman DC, Warren BJ, Ward A. Use of the Bioelectrical Impedance Method in Assessing Body Composition Changes in Obese Women. Free Communication, ACSM National meeting, Denver, CO, May, 1997.
- Warren BJ, Johnson RL, Wyatt TJ, Sidman CL. Differences in Nutrient Intake and Quality Between Adolescent Female Athletes Versus Non-Athletes. Poster presentation, AAHPERD National Convention, St. Louis, MO, March, 1997.
- Warren BJ, Utter A, Shannonhouse E, Ward A, Nieman DC. Body Composition and Cardiorespiratory Changes Resulting from Diet Vs Aerobic Exercise Training Interventions with Obese Females. Free Communication, Southern District AAHPERD, New Orleans, LA, February, 1997.
- Johnson RL, Warren BJ, Christian VK. A Comparison of Two Methods of Estimating Percentage of Body Fat in Elementary School Aged Children. Poster presentation, Southern District AAHPERD, New Orleans, LA, March, 1997.
- Shannonhouse EM, Nieman DC, Warren BJ, Utter A, Butterworth DE, Ward A, Koch A. Influence of Diet, Exercise, or Both on Body Composition and Cardiorespiratory Fitness in Obese Women. Oral Communication, SEACSM Regional meeting, Atlanta, GA, January, 1997.
- Ward A, Nieman DC, Warren BJ, Utter A, Butterworth DE, Shannonhouse EM, Koch A. Use of The Bioelectrical Impedance Method in Assessing Body Composition Changes in Obese Women. Poster Presentation, SEACSM Regional Meeting, Atlanta, GA, January, 1997.
- Nieman DC, Henson DA, Butterworth DE, Warren BJ, Utter A, Davis JM. Carbohydrate and the Cytokine Response to 2.5 H of Running. Poster Presentation, SEACSM Regional Meeting, Atlanta, GA, January, 1997.
- Ekkins M, Nieman DC, Henson DA, Butterworth DE, Warren BJ, Utter A. Influence of Obesity and Its Treatment on Innate Immunity. Poster Presentation, SEACSM Regional Meeting, Atlanta, GA, January, 1997.
- Warren BJ, Sidman CL, Wyatt TJ, Johnson RL. Differences in Nutritional Intake, Body Composition, and Eating Behaviors Between Active and Inactive Adolescent Females. Free Communication, ACSM National meeting, Cincinnati, OH, June, 1996.
- Warren BJ, Wyatt TJ, Sidman CL, Brindell GP, Johnson RL. The Relationship of Body Image, Eating Behavior, and Level of Physical Activity in Adolescent Females. Oral communication, SEACSM regional meeting, Chattanooga, TN, February, 1996. (Selected as one of top 30 abstracts submitted.)

- Warren BJ, Wyatt TJ, Brindell GP, Sidman CL, McCollough L, Johnson RL. Differences in Body Composition, Body Image, and Eating Behavior in African-American and White Adolescent Females. Research consortium poster session, AAHPERD National Convention, Atlanta, GA, April, 1996.
- Reiss TM, Warren BJ, Johnson RL, Frommelt RA, Butterworth DE, Hatley, RD. Body Composition, Blood Lipid and Dietary Intake Differences Between Low Fit and High Fit Children 9-11 yr. Oral presentation, AAHPERD National Convention, Atlanta, GA, April, 1996.
- Wyatt TJ, Warren BJ, McCollough L, Brindell GP, Sidman CL, Johnson RL. The Relationship Between Body Composition, Body Image and Intrinsic Motivation Among Middle School Age Females. Research consortium poster session, AAHPERD National Convention, Atlanta, GA, April, 1996.
- Kirksey KB, Warren BJ, Stone MH, Stone MR, Haff, GG, Johnson RL. The Effects of Six Weeks of Creatine Supplementation on Body Composition and Performance Measures of Collegiate Track Athletes. Oral communication, NSCA National Convention, Atlanta, GA, June, 1996.
- Warren BJ. Research with Children: What you don't know, they can tell you. Invited symposium. Tennessee AAHPERD State Meeting, Gatlinburg, TN, November, 1995.
- Warren BJ, Johnson RL, Hatley RD, Reiss TM, Frommelt RA, Herring JL, Haff, GG, Butterworth DE. The relationship between cardiorespiratory fitness, blood lipids, and dietary quality in children 9-11 yr. Oral communication, ACSM national meeting, Minneapolis, MN, June, 1995.
- Nieman DC, Ahle JC, Henson DA, Warren BJ, Davis JM, Nehlsen-Cannarella SL. Indomethacin does not alter the natural killer cell response to 2.5 hours of running. Oral communication, ACSM national meeting, Minneapolis, MN, June, 1995.
- Rainwater MK, Nieman DC, Simandle S, Henson DA, Warren BJ, Davis JM, Nehlsen-Cannarella SL. Lymphocyte proliferative response to 2.5 h running. Oral communication, ACSM national meeting, Minneapolis, MN, June, 1995.
- Buckley KS, Nieman DC, Henson DA, Warren BJ, Fagoaga OR, Nehlsen-Cannarella SL. Immune function in marathoners versus controls. Poster presentation, ACSM national meeting, Minneapolis, MN, June, 1995.
- Warren BJ, Johnson RL, Hatley RD, Reiss TM, Frommelt RA, Herring JL, Haff, GG. The Relationship of Physical Fitness to Selected Risk Factors for Coronary Heart Disease in Children 8-11 yr. Oral communication, SEACSM meeting, Lexington, KY, February, 1995.
- Johnson RL, Warren BJ, Hatley RD, Reiss TM, Herring JL, Frommelt RA, Moretz C, Haff GG. Relationship of Dietary Quality to Selected Measures of Physical Fitness in Elementary School Aged Children. Oral Communication, Southern District, AAHPERD, Orlando, FL, February, 1995.

- Warren BJ, Blessing DL, Moul JL, O'Donnell KA. Dietary Intake and Quality In Female Athletes At Risk for an Eating Disorder. Poster presentation, ACSM national meeting, Indianapolis, IN, June, 1994.
- Warren BJ. Weight Cycling in An Athletic Population: Implications for Health and Performance. 60 minute tutorial, Southeast ACSM, Greensboro, NC, January, 1994.
- Adkins CH, Warren BJ, Nieman DC, Christian VC. A Comparison of Body Fat Distribution and Nutritional Intake Between Highly Trained and Sedentary Young Women. Oral communication, Southeast ACSM, Greensboro, NC, January, 1994. (Selected as one of Top 30 abstracts submitted.)
- Warren BJ, Nieman DC, O'Donnell KA. Physical activity and serum lipoproteins in elderly women. Oral communication, ACSM national meeting, Seattle, WA, 1993.
- Warren BJ. Yo-Yo dieting: The health and performance implications of weight cycling. 75 minute symposium for National Academy of Exercise Physiology, AAHPERD, Washington, DC, March, 1993.
- Moul JL, Warren BJ, Blessing DL. Identification of eating disordered behavior in college-aged female athletes. Oral communication, NATA national meeting, Kansas City, MO, June, 1993.
- Nieman DC, Miller AR, Henson DA, Warren BJ, Johnson RL, Davis JM, Nehlsen-Cannarella SL. Immune response to high- vs. moderate-intensity exercise I. Oral communication, ACSM national meeting, Seattle, WA, 1993.
- Miller AR, Nieman DC, Henson DA, Warren BJ, Johnson RL, Davis JM, Nehlsen-Cannarella SL. Immune response to high- vs. moderate-intensity exercise II. Oral communication, ACSM national meeting, Seattle, WA, 1993.
- Henson DA, Nieman DC, Warren BJ. Exercise and delayed cutaneous hypersensitivity in elderly women. Oral communication, ACSM national meeting, Seattle, WA, 1993.
- Moul JL, Warren BJ. The effect of nutritional knowledge and exercise on dietary habits of the elderly. Poster presentation, SEACSM regional meeting, Norfolk, VA, 1993.
- Weatherly J, Stone MH, Fry AC, Fleck SJ, Kearney JT, Kraemer WJ, Thrush J, Warren BJ, Johnson RL. The effect of amino acid supplementation on the performance of elite junior weightlifters. Oral communication, NSCA national meeting, Philadelphia, PA, 1992.
- Warren BJ, Nieman DC, Dotson RG, Haddock BL. Cardiorespiratory comparisons between sedentary and highly conditioned septuagenarian women. Oral communication, ACSM national meeting, Dallas, TX, 1992.
- Dotson RG, Nieman DC, Warren BJ. Validation of a one-mile walk test in elderly women. Thematic poster presentation, ACSM national meeting, Dallas, TX, 1992.

- Nieman DC, Henson DA, Lebeck L, Gusewitch G, Warren BJ, Nehlsen-Cannarella SL. Superior immune function in highly trained elderly women. Oral communication, ACSM national meeting, Dallas, TX, 1992.
- Boger MA, Warren BJ, Stone MH, Johnson RL. Whole blood lactate and serum free fatty acid responses to supramaximal and submaximal cycling bouts. Poster presentation, SEACSM regional meeting, Auburn, AL, 1992.
- Wright CJ, Warren BJ, Henson DA, Johnson RL. Effects of restricted diet and exercise on resting metabolic rate and fat pad distribution in young female rats. Oral communication, SEACSM regional meeting, Auburn, AL, 1992. (Selected as one of top 30 abstracts submitted)
- Robinson JM, Penland CM, Johnson RL, Lewis DL, Warren BJ, Stone MH. Short-term high-volume weight-training: Effects of different work-rest ratios on strength, power, and endurance. Oral communication, SEACSM regional meeting, Auburn, AL, 1992. (Selected as one of top 30 abstracts submitted)
- Warren BJ. Eating disordered behavior in competitive female athletes. Research symposium, NCAHPERD state meeting, Greensboro, NC, 1991.
- Ellison JD, Christian VK, Johnson RL, Warren BJ. Effect of musculoskeletal development on the prediction of body density in females. Oral communication, NCAHPERD state meeting, Greensboro, 1991.
- Moul JL, Warren BJ. Nutritional evaluation of a five week meal plan at a residential retirement facility. Poster presentation, NCAHPERD state meeting, 1991.
- Warren BJ, Stone MH, Kearney JT, Fleck SJ, Kraemer WJ, Johnson RL. The effects of amino acid supplementation on physiological and performance responses of elite junior weightlifters. Thematic poster presentation, ACSM national meeting, Orlando, FL, 1991.
- Fry A, Kraemer WJ, Stone MH, Fleck SJ, Thrush J, Gordon S, Weseman C, Weatherly J, Warren BJ. Acute endocrine responses in elite junior weightlifters following one year of training. Poster presentation, ACSM national meeting, Orlando, FL, 1991.
- Lewis R, Bonner BA, Stone MH, Kraemer WJ, Keith R, Johnson RL, Warren BJ. The physiological and hormonal effects of gamma oryzanol on weight-trained young men. Poster presentation, NSCA national meeting, St Louis, MO, 1991.
- Warren BJ, Stone MH, Kearney JT, Fleck SJ, Kraemer WJ, Johnson RL. The effects of short-term overwork on blood lactate and ammonia concentrations in elite junior weightlifters. Oral communication, SEACSM regional meeting, Louisville, KY, 1991.
- Poe C, Barker M, Midgett V, O'Bryant H, Stone M, Warren B, Lewis R, Kearney J, Fleck S, Thrush J, Morris B, Johnson R. Training adaptations of elite junior Olympic weightlifters. Poster presentation, SEACSM regional meeting, Louisville, KY, 1991.
- Midgett V, Stone M, Warren B, Kearney J, Fleck S, Thrush J. Nutritional analysis of junior elite weightlifters during a one week training camp. Poster presentation, SEACSM regional meeting, Louisville, KY, 1991.

- Fry A, Kraemer WJ, Stone MH, Warren BJ, Kearney JT, Fleck SJ, Weseman C. The effect of amino acid supplementation on testosterone, cortisol, and growth hormone responses to one week of intensive weightlifting. Oral communication, Mid-Atlantic ACSM regional meeting, 1991
- Barker M, Poe C, Midgett V, O'Bryant H, Stone M, Warren B, Lewis R, Kearney J, Fleck S, Thrush J, Morris B, Johnson R. Performance response to short-term overwork in elite junior weightlifters. Oral communication, Carolinas Biomechanics Symposium, Greenville, NC, 1990.
- Dossenbach ME, O'Bryant HS, Johnson RL, Warren BJ. Kinematic analysis of the golf drive in selected ladies professional golf association tour players. Oral communication, Carolinas Biomechanics Symposium, Greenville, NC, 1990.
- Warren BJ, Glass RA, Blessing DL, Wilson GD, Williford HN. A correlation of three measures of body composition to the hydrostatic weighing model. Oral communication, NCAHPERD state meeting, Greensboro, NC, 1990.
- Warren BJ, Stone MH, Johnson RL, Kearney JT, Fleck SJ. Plasma beta-endorphin responses to seven days of intensive weight-training. Oral communication, ACSM national meeting, Salt Lake City, UT, 1990.
- Conroy B, Kraemer W, Dalsky G, Miller P, Fleck S, Kearney J, Stone M, Warren B, Maresh C. Bone mineral density in elite junior weightlifters. Oral communication, ACSM national meeting, Salt Lake City, UT, 1990.
- Fry A, Kraemer W, Stone M, Fleck S, Warren B, Conroy B, Wiseman C, Gordon S. Acute endocrine responses in elite junior weightlifters. Oral communication, ACSM national meeting, Salt Lake City, UT, 1990.
- Bonner B, Warren B, Bucci L. Influence of ferulate supplementation on postexercise stress hormone levels after repeated exercise stress. Poster presentation, NSCA national meeting, San Diego, CA, 1990.
- Warren BJ, Stanton A, Blessing DL. Eating disorders in competitive female athletes. Oral communication, SEACSM regional meeting, Atlanta, GA, 1989.
- Blessing DL, Keith R, Williford HN, Warren BJ, Stone MH, Stoessel, Barksdale J. Blood lipid profiles of female athletes. Poster presentation, SEACSM regional meeting, Atlanta, GA, 1989.
- Warren BJ. Eating disorders in competitive female athletes. Research symposium, Alabama AHPERD state meeting, Birmingham, AL, 1988.
- Stone MH, Warren BJ, Potteiger J, Bonner B. Strength and vertical jump performance following recovery periods after high volume squatting. Poster presentation, NCAHPERD state meeting, Greensboro, NC, 1988.
- Warren BJ, Wilson GD, Blessing DL. The relationship of body composition and selected nutritional indices on performance of gymnasts and cross country runners. Oral communication, Alabama Academy of Science state meeting, Auburn, AL, 1988.

### **Selected Local Presentations**

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- Warren BJ. Nutritional Strategies for Marathon Training. Richmond Athletic Club, September, 2001.
- Warren BJ. Clinical Exercise Physiology. Vernova/VCU Functional Capacity Evaluation Course. Williamsburg, March, 2001.
- Warren BJ. Sound Nutrition for a Successful Marathon Experience. Leukemia Society Team-In-Training Seminar, March 2000.
- Warren BJ. How to Avoid “Hitting the Wall” and Other Nutritional Hints for Marathoners, Leukemia Society Team-In-Training Seminar, March, 1999.
- Warren BJ. Quality vs Quantity of Training for Improvement of Running Times. Greenwood Running Club, Fall, 1997
- Warren BJ & Rice-Pitts P. Interventions for Improved Health in Minority Populations. Presentation to Upper Savannah Minority Health Coalition, Greenwood, SC, September, 1996
- Warren BJ. Nutritional concerns for soccer and general activity. Lander University Soccer Camp, July, 1996
- Warren BJ. Nutritional needs for track and cross country performance. ASU Track Camp, July, 1995
- Warren BJ. Eating disordered behavior in college female athletes. Women in Sport class, February, 1995
- Warren BJ. Recent research on eating disordered behavior in female athletes. Student Dietetic Association, November, 1994
- Warren BJ. Marathon Training and Physiology. Pre-Race Dinner Speaker for Grandfather Mountain Marathon, July, 1994
- Warren BJ, Johnson RL. Physical Fitness and Risk for CHD in Children. Presentation to NC Legislative Sub-committee on Children's Fitness, Raleigh, April, 1994
- Warren BJ. Cardiovascular and Immune Responses to Exercise in Elderly Women. ASU Chemistry Department, seminar speaker, April, 1993
- Warren BJ. Nutritional Concerns for the College Freshman. ASU Freshman Seminar Program, October, 1992
- Warren BJ. Spring Forward for Fitness. Keynote Address National Fitness Day, Mission Hospital, Asheville, NC, May, 1992
- Warren BJ. Nutritional Concepts for Athletes. Student Dietetic Association, Auburn University, April, 1988
- Warren BJ. Weight Control and Health Conscious Living. Carolyn Draughon Village seminar speaker, Auburn University, February, 1988

### **Publications**

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- Bond DS, Evans RK, DeMaria E, Wolfe L, Meador J, Kellum J, Maher J, Warren BJ. Physical Activity and Quality of Life Before Gastric Bypass Surgery. American Journal of Health Behavior, (in press), 2006.
- Shannon KA, Shannon RM, Clore JN, Gennings C, Warren BJ, Potteiger JA. Resistance exercise and Postprandial lipemia: the dose effect of differing volumes of acute resistance exercise bouts. Metabolism., 54:756-763, 2005.
- Bond DS, Evans RK, DeMaria EJ, Meador JG, Warren BJ, Shannon KA, Shannon RM. A Conceptual Application of Health Behavior Theory in the Design and Implementation of a Successful Surgical Weight Loss Program. Obesity Surgery, 14: 849-856, 2004

- Kirksey KB, Stone MH, Warren BJ, Johnson ME, Haff GG, Williams FE, Proulx C. Effects of six weeks of creatine monohydrate supplementation on performance measures and body composition in collegiate track and field athletes. Journal of Strength and Conditioning Research, 13(1), 2000.
- Haff GG, Stone MH, Warren BJ, Nieman DC, Keith RL, Johnson RL, Williams F, Dinan C, Kirksey KB. The effect carbohydrate supplementation on multiple sessions and bouts of resistance exercise. Journal of Strength and Conditioning Research, 13(1), 2000.
- Warren BJ, Hawkins JD, Hawkins SM, Wilson GS, Wirszyła JC. The effect of parental participation in a nutrition and exercise program for obese children, ages 8-13. Medicine and Science in Sports and Exercise, 32:S275, 2000.
- Warren BJ, Glass R, Main E, Barfield W. Angular differences in the lower extremities during racewalking in trained older vs younger racewalkers. Medicine and Science in Sports and Exercise, 31:S382, 1999.
- Warren BJ, Shannonhouse EM, Butterworth DE, Utter AC, Nieman DC. The effects of diet, exercise or both on risk factors for coronary disease in obese women. Medicine and Science in Sports and Exercise, 29:S78, 1997.
- Utter A, Kang J, Nieman D, Warren B. Effect of carbohydrate substrate availability on rating of perceived exertion during prolonged running. International Journal of Sport Nutrition, 7: 274-285, 1997.
- Nieman DC, Henson DA, Butterworth DE, Warren BJ, Davis JM, Fagoaga OR, Nehlsen-Cannarella SL. Vitamin C supplementation does not alter the immune response to 2.5 hours of running. International Journal of Sport Nutrition, 7:173-184, 1997.
- Nieman DC, Fagoaga OR, Butterworth DE, Warren BJ, Utter A, Davis JM, Henson DA, Nehlsen-Cannarella SL. Carbohydrate supplementation affects granulocyte and monocyte trafficking but not function following 2.5 hours of running. American Journal of Clinical Nutrition. 66:153-159, 1997.
- Nehlsen-Cannarella SL, Fagoaga OR, Henson DA, Butterworth DE, Schmitt RL, Bailey EM, Warren BJ, Davis JM. Carbohydrate and the cytokine response to 2.5 hours of running. Journal of Applied Physiology. 82(5):1662-1667, 1997.
- Nieman DC, Henson DA, Garner EB, Butterworth DE, Warren BJ, Utter A, Davis JM, Fagoaga OM, Nehlsen-Cannarella SL. Carbohydrate affects natural killer cell redistribution but not activity after running. Medicine and Science in Sports and Exercise, 29:1318-1324, 1997.
- Nieman DC, Nehlsen-Cannarella, Henson DA, Butterworth DE, Fagoaga OR, Warren BJ, Rainwater MK. Immune response to obesity and moderate weight loss. International Journal of Obesity, 20:353-360, 1996.
- Moul JL, Goldman B, Warren BJ. Physical activity and cognitive performance in the older population. Journal of Physical Activity and Aging, 3:135-145, 1995.
- Nieman DC, Ahle JC, Henson DA, Warren BJ, Suttles J, Davis JM, Buckley KS, Simandle S,

- Butterworth DE, Fagoaga OR, Nehlsen-Cannarella SL. Indomethacin does not alter the natural killer cell response to 2.5 hrs of running. Journal of Applied Physiology. 79:748-755, 1995.
- Nieman DC, Brendle D, Henson DA, Suttles J, Cook VD, Warren BJ, Butterworth DE, Fagoaga OR, Nehlsen-Cannarella SL. Immune function in athletes versus nonathletes. International Journal of Sports Medicine. 16:329-333, 1995.
- Nieman DC, Simandle S, Henson DA, Warren BJ, Suttles J, Davis JM, Buckley KS, Ahle JC, Butterworth DE, Fagoaga OR, Nehlsen-Cannarella SL. Lymphocyte proliferation response to 2.5 hours of running. International Journal of Sports Medicine, 16:404-408, 1995.
- Robinson JM, Stone MH, Johnson RL, Penland CM, Warren BJ, Lewis DL. Short-term high-volume weight-training: Effects of different work-rest ratios on strength, power, and endurance. Journal of Strength and Conditioning Research, 94: 216-221, 1995.
- Nieman DC, Buckley KS, Henson DA, Warren BJ, Suttles J, Ahle JC, Simandle S, Fagoaga OR, Nehlsen-Cannarella SL. Immune function in marathon runners versus sedentary controls. Medicine and Science in Sports and Exercise. 27:986-992, 1995.
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## **Grants**

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- Warren, BJ. Urban Educator Corps Earmarked Federal Funding. U.S. Department of Education, October 2005, Awarded: \$270,000.
- Laver J, Bryan D, Clore J, Deaton A, Stern M, Warren B. Understanding Barriers in the Treatment of Obesity in Adolescents 11-18 yrs in Central Virginia. Department of Pediatrics Foundation. Awarded: \$225,000.
- Warren BJ and O'Connor D. Gaining Early Awareness and Readiness for Undergraduate Programs (GEAR UP). Department of Education, SC Commission on Higher Education Grant. April, 2000. Awarded: \$278,000.
- Warren BJ. The Effect of a Family Intervention Program of Fitness and Nutrition in the Treatment of Obese Children. Lander Foundation Grant. April, 1998. Awarded: \$3,428.00.
- Nieman DC, Henson DA, Nehlsen-Cannarella SL, Warren BJ. The Influence of Obesity and its Treatment on Immune Function. ACSM Cybex Research Grant. July, 1995. Awarded: \$30,000.00 over two years

- Warren BJ, Wyatt TJ. The Relationship of Body Image, Eating Behavior, and Level of Physical Activity in Adolescent Females. ASU Graduate and Research Studies. November, 1994. Awarded: \$720.00
- Warren BJ. A comparison of fat distribution and metabolic parameters between trained and untrained postmenopausal women. ASU Graduate and Research Studies. January, 1993. Awarded: \$1,700.00
- Warren BJ. A comparison of fat distribution and metabolic parameters between trained and untrained women. ASU Graduate and Research Studies. May, 1992. Awarded: \$1,000.00
- Nieman DC, Henson DA, Warren BJ, Johnson RL. The effects of low versus high intensity exercise on immune function. ASU Graduate and Research Studies. May, 1992. Awarded: \$1,000.00.
- Warren BJ. The development of a laboratory manual for PE 2010 Physiology of Muscular Activity. May-June project. May, 1992. Awarded: \$600.00.
- Potteiger JA, Gennings C, Howard C, Kliewer W, Warren BJ, Wetzel P. Physical Activity in Low Socioeconomic Urban Communities. National Institutes of Health, November 2002 \$628,000 (Not Funded).
- Warren BJ, Sealy D, Burgoyne L. The effect of a Concomitant Parental Education Program on a Diet and Exercise Treatment Program for Obese Children, Ages 8-12 Yr. AAHPERD Research Consortium Grant Program Finalist, March 2000. (Not Funded)