

Lesley J. White, Ph.D., FACSM

Department of Kinesiology
Ramsey Center, 330 River Rd
University of Georgia
Athens, GA 30602

Phone: (706) 542-4378
Facsimile: (706) 542-3148
Email address: ljwhite@uga.edu

ACADEMIC HISTORY

Ph.D. University of New Mexico, Albuquerque, NM; Exercise Science, Exercise Physiology (1999)

M.S. California Polytechnic State University, San Luis Obispo, CA; Kinesiology (1991)

B.S. California Polytechnic State University, San Luis Obispo, CA; Kinesiology (1988)

PROFESSIONAL EXPERIENCE

University of Georgia, Athens, Georgia (2007-Present)

- Associate Professor, Department of Kinesiology
- Director, Neuromuscular Physiology Laboratory

University of Florida, Gainesville, Florida (1999-2006)

- Assistant Professor, Department of Applied Physiology and Kinesiology
- Director, Applied Human Physiology Laboratory

Wingate University, Wingate, North Carolina (1997-99)

- Assistant Professor, Department of Physical Education/Sports Medicine (1997-99)
- Invited Member, University Human Subjects Review Board

University of New Mexico, Albuquerque, New Mexico (1991-97)

- Research Assistant, Department of Clinical Nutrition, Aging Process Study (1997)
- Instructor, Division of Physical Performance and Development (1995-96)
- Graduate Teaching Assistant, Dept. of Health, Physical Education and Rec. (1991-95)

Oregon State University, Corvallis, Oregon (1990-91)

- Graduate Teaching Assistant, Department of Exercise Science

New Mexico Highlands University, Las Vegas, New Mexico (1989-90)

- Instructor, Department of Human Performance, Leisure and Sport

California Polytechnic State University, San Luis Obispo, California (1988-89)

- Graduate Assistant Instructor, Department of Physical Education

Instituto Panamericano de Educacion Fisica, Maracaibo, Venezuela

- Visiting Instructor (summer: 1994, 1996)

HONORS AND AWARDS

ACADEMIC/PROFESSIONAL

- 2005-current Elected Member, Consortium of Multiple Sclerosis Centers
2005-current Fellow, American College of Sports Medicine
2006-09 Invited Advisory Committee Member for Rehabilitation Research, National Multiple Sclerosis Society
2003-04 Teacher of the Year. College of Health and Human Performance, University of Florida.
2002-04 Who's Who Among in Americas Top Teachers
2001-2007 Invited Member, Board of Trustees, North Florida Chapter, National Multiple Sclerosis Society
2001 Phi Beta Phi Teacher Recognition Award
1996 Ph.D. Comprehensive Exams-Honored with Distinction
1993-95 Outstanding Teaching Assistant Nominee, Dept. of Kinesiology, Univ. of New Mexico

PEER-REVIEWED PUBLICATIONS

- Larson R, **LJ White**. Asymmetrical hip bone density in multiple sclerosis. *Int. J. MS Care*. 13(1), 2011
- Yarrow JF, **LJ White**, McCoy SC, Borst SE. Training augments resistance exercise induced elevation of circulating brain derived neurotrophic factor (BDNF). *Neurosci Lett*. 26;479(2):161-5, 2010
- Morrison E, F Zaldivar, **LJ White**, A Ng. Ratings of perceived exertion during aerobic exercise in multiple sclerosis. *Archives of Physical Medicine and Rehabilitation*. 89(8):157-4, 2008
- White LJ** and V Castellano. Exercise and brain health - implications for multiple sclerosis: Part II - immune factors and stress hormones. *Sports Medicine*. 38(3):179-86, 2008
- White LJ** and V Castellano. Exercise and brain health--implications for multiple sclerosis: Part I--neuronal growth factors--Neuronal growth factors. *Sports Medicine*. 38(2):91-100, 2008
- Yarrow JF, Borsa PA, Borst SE, Sitren HS, Stevens BR, **White LJ**. Early-phase neuroendocrine responses and strength adaptations following eccentric-enhanced resistance training. *J Strength Cond Res*. 22(4):1205-14, 2008
- Castellano V, D Patel, **LJ White**. Serum brain-derived neurotrophic factor response to aerobic exercise in multiple sclerosis. *J Neurol Sci*. 15;269(1-2):85-91, 2008
- Castellano V, D Patel, **LJ White**. Cytokine responses to acute and chronic exercise in multiple sclerosis. *J Appl Physiol*. 104(6):1697-702, 2008
- Yarrow JF, PA Borsa, SE Borst, HS Sitren, **LJ White**, BR Stevens. Ketoisopropic acid supplementation and muscle performance. *J Int Soc Sports Nutr*. 13;4(1):2, 2007
- Yarrow JF, PA Borsa, SE Borst, HS Sitren BR Stevens, **LJ White**. Neuroendocrine response to an acute bout of eccentric enhanced resistance exercise. *Medicine and Science in Sport and Exercise*. 39(6):941-7, 2007

- White LJ**, V Castellano, SC McCoy, W Hou, MF Ferguson, RH Dressendorfer. Cardiovascular risk in multiple sclerosis. *Scandinavian Journal of Clinical Investigation*. 66:351-356, 2006
- White LJ**, V Castellano, SC McCoy. Cytokine responses to resistance training in people with multiple sclerosis. *Journal Sport Sciences*. 24:1-4, 2006
- White LJ**, MA Ferguson, SC McCoy. Cardiovascular/non-insulin-dependent diabetes risk factors and intramyocellular lipid in healthy subjects: A cross-sectional study. *Metabolism*. 55:128-134, 2006
- White LJ**, WL Sibbitt, RA Robergs, WM Brooks, CM Gasparovic H Petropoulos. Accumulation of acetyl groups following cycling using ¹H-MR spectroscopy. *International Journal of Applied Physiology*. 26: 1-5, 2006
- Gutierrez GM, SC McCoy, V Castellano, **LJ White**. Resistance training alters gait kinematics in persons with multiple sclerosis. *Archives of Physical Medicine and Rehabilitation*. 86(9):1824-9, 2005
- Braith RW, PM Magyari, GL Pierce, DG Edwards, JA Hill, **LJ White**, JM Aranda, Jr. Effect of resistance exercise on skeletal muscle myopathy in heart transplant recipients. *American Journal of Cardiology*. 95:1192-1198, 2005
- White LJ**, SC McCoy, MA Ferguson and E. Holland, RH Dressendorfer. Nutrient intake following exercise in an aquatic environment: implications for weight loss. *International Journal of Sports Nutrition & Exercise Metabolism*. 14:38-47, 2005
- White LJ**, and RH Dressendorfer. Exercise-related monoparesis in mild multiple sclerosis. *Multiple Sclerosis*. 11:1-2, 2005
- White LJ**, G Gutierrez, SC McCoy, V Castellano, JE Stevens, GA Walter, K Vandendorne. Resistance training improves strength and functional capacity in multiple sclerosis. *Multiple Sclerosis*. 10(6):668-674, 2004
- White LJ** and RH Dressendorfer. Exercise in multiple sclerosis. *Sports Medicine*. 34(15):1077-100, 2004
- Ferguson MA, **LJ White**, SC McCoy, H Kim, T Petty, J Wilsey. Plasma adiponectin response to acute exercise in healthy subjects. *European Journal of Applied Physiology*. 91:324-9, 2003
- White LJ**, MA Ferguson, SC McCoy, HW Kim. Intramyocellular lipid changes in men and women during aerobic exercise: A ¹H-MR spectroscopy study. *Journal of Clinical Endocrinology & Metabolism*. 88(12):5638-43, 2003
- White LJ**, RR Robergs, WL Sibbitt, MA Ferguson, SC McCoy, WM Brooks. Effects of intermittent cycle exercise on intramyocellular lipid use and recovery. *Lipids*. 38(1):9-13, 2002

White LJ, RH Dressendorfer, MA Ferguson, S Muller. Effectiveness of cross-training on aerobic performance in female distance runners. *Journal of Strength and Conditioning Research*. 17(2):319-323, 2002

White LJ, RH Dressendorfer, MA Ferguson, CE Wade. Testosterone homeostasis in fitness joggers after increased training mileage. *Eur. J. Appl. Physiol.* 86:498-502, 2001

MANUSCRIPTS IN REVIEW

Giacobbi P, R Larson, **LJ White**. Resistance exercise and quality of life in multiple sclerosis

Larson RL, B Pryor, D Larson, KK McCully, **LJ White**. Bilateral differences in lower extremity performance in multiple sclerosis

MANUSCRIPTS IN PREPARATION

White LJ, RL Larson, B Pryor. Progressive resistance training in relapsing remitting multiple sclerosis.

Bowser B, S Rourke, C Brown, **LJ White**, K Simpson. Sit-to-stand biomechanics of individuals with multiple sclerosis.

SELECTED REFEREED PUBLISHED ABSTRACTS

LJ White, SM McCoy, R Larson, DI Patel, R Crastnopol. Resistance training enhances muscle strength and mobility in multiple sclerosis. *International Journal of MS Care*. Vol. 10 Suppl. 1, May 2008

R Larson, SM McCoy, DI Patel, **LJ White**. Resistance Exercise Training and Quality of Life Indices in Multiple Sclerosis. *International Journal of MS Care*. Vol. 10 Suppl. 1, May 2008

EH Morrison, AV Ng, DM. Cooper, J Larson, **LJ White**. Cytokines and ratings of perceived exertion during aerobic exercise in multiple sclerosis. *Neurology*, 68(12)Suppl. 1, pg. 120, 2007

V Castellano, DI Patel, SC McCoy, **LJ White**. Aerobic exercise modulates resting plasma cytokine concentration in individuals with multiple sclerosis. *Medicine and Science in Sports and Exercise*, 39:5 Suppl., 2007

DI Patel, SC McCoy, V Castellano, **LJ White**. Aerobic exercise modulates resting plasma cytokine concentration in individuals with multiple sclerosis. *Experimental Biology*. 39:5 Suppl., 2007

V Castellano, DI Patel, SC McCoy, **LJ White**. Aerobic exercise modulates brain derived neurotrophic factor. *Experimental Biology*. 39:5 Suppl., 2007

LJ White, V Castellano, SC McCoy DI Patel. Cycling improves activities of daily living in people with multiple sclerosis. *Medicine and Science in Sports and Exercise*, 39:5 Suppl., 2007

Yarrow J, PA Borsa, SE Borst, Harry S Sitren, BR. Stevens and **LJ White**. Muscular strength and endurance responses to eccentric-enhanced resistance training. *Medicine and Science in Sports and Exercise*, 39:5 Suppl., 2007

- Castellano V, SC McCoy, **LJ White**. Perceived fatigue, strength and aerobic fitness in persons with multiple sclerosis. *Medicine and Science in Sports and Exercise*, 38:5 Suppl., 2006
- Patel, D., **LJ White**, V. Castellano, SC McCoy. Resistance training effects on inflammatory markers in multiple sclerosis. *Medicine and Science in Sports and Exercise*, 38:5 Suppl., 2006
- White LJ**, SC McCoy, V Castellano. Resistance exercise training and quality of life in women with multiple sclerosis. *Medicine and Science in Sports and Exercise*, 38:5 Suppl., 2006
- White LJ**, H Kim, SC McCoy, V Castellano. Gender differences in acetyl group accumulation with submaximal exercise. *Proceedings of the 13th International Society of Magnetic Resonance in Medicine*. Pg. 2012, 2005
- White LJ**, SC McCoy, V Castellano, HW Kim. Reduced muscle creatine is a covariate in reduced strength in multiple sclerosis. *Proceedings of the 13th International Society of Magnetic Resonance in Medicine*. Pg. 2035, 2005
- McCoy SC, HW Kim, V Castellano, **LJ White**. Acetylcarnitine in skeletal muscle of subjects with multiple sclerosis (2005). *Proceedings of the 13th International Society of Magnetic Resonance in Medicine*. Pg. 2008, 2005
- Orri JC, SR Carter, CD Brown, **LJ White**. C-reactive protein, fitness and cardiovascular risk in college students. *Medicine and Science in Sport and Exercise*. 37(5):S70, 2005
- Coker ML, RH Dressendorfer, SC McCoy, V Castellano, **LJ White**. Inadequate nutrient intake in persons with multiple sclerosis. *Medicine and Science in Sport and Exercise*. 37(5):S447, 2005
- White LJ**, V Castellano, GM Gutierrez, SC McCoy, DI. Patel, RH Dressendorfer. Resistance training improves strength and function in patients with multiple sclerosis. *Medicine and Science in Sport and Exercise*. 37(5):S126, 2005
- Gutierrez, GM, JW Chow, MD Tillman, **LJ White**. Improved balance following strength training. *Medicine and Science in Sport and Exercise*. 37(5):S189, 2005
- Yarrow J, B Stevens, J Parr, **LJ White**. The effects of ketoisocaproic acid supplementation on muscle strength. *Medicine and Science in Sport and Exercise*. 37(5):S348, 2005
- Kim H, **LJ White**, SC McCoy, V Castellano. Muscle lipid content in multiple sclerosis subjects. *Proceedings of the 12th International Society of Magnetic Resonance in Medicine*. 2004
- White LJ**, JE Stevens, GM Gutierrez, SC McCoy, G Walter, K Vandendorpe. Resistance training improves strength and function in patients with multiple sclerosis. *Medicine and Science in Sport and Exercise*. 36(5):S305, 2004
- Gutierrez GM, JW Chow, MD Tillman, **LJ White**. Gait changes in multiple sclerosis following strength training. *Medicine and Science in Sport and Exercise*. 36(5):S266, 2004
- McCoy, SC, V Castellano, **LJ White**. Cardiovascular Risk Modification after strength training in subjects with multiple sclerosis. *Medicine and Science in Sport and Exercise*. 36(5):S305, 2004

- Castellano, V, SC McCoy, **LJ White**. Cytokine Levels after eight weeks of progressive resistance training in multiple sclerosis patients. *Medicine and Science in Sport and Exercise*. 36(5):S150, 2004
- White LJ**. Magnetic Resonance Techniques in the Study of Skeletal Muscle Metabolism in Health and Disease. *Proceedings of the American Society for Exercise Physiologists*. 2004
- White LJ** and RH Dressendorfer. Fitness Testing in Multiple Sclerosis: A Case Report. *Medicine and Science in Sport and Exercise*. 35(5):S314, 2003
- Gutierrez GM, JW Chow, MD Tillman, **LJ White**. Postural sway characteristics of multiple sclerosis patients with different disability statuses. *Medicine and Science in Sport and Exercise*. 35(5):S232, 2003
- White LJ**, JE Stevens, GM Gutierrez, SC McCoy, JW Chow, K Vandendorne. Quadriceps strength and central activation in multiple sclerosis. *Medicine and Science in Sport and Exercise*. 35(5):S350, 2003
- White LJ**, RH Dressendorfer, S Muller, MA Ferguson. Effectiveness of Cycle Cross-Training between Competitive Seasons in Women Distance Runners. *Southeast-American College of Sports Medicine Annual Meeting Proceedings*. Pg. 33, 2003
- White LJ**. Exercise therapy for individuals with multiple sclerosis. *Southeast-American College of Sports Medicine. Southeast Chapter of American College of Sports Medicine Annual Meeting Proceedings*. Pg. 24, 2003
- Kim H, MA Ferguson, **LJ White**, SC McCoy, K Scott. Changes in intramyocellular lipid following short-term exercise in women. *Proceedings of the International Society of Magnetic Resonance in Medicine*. Vol.3, pg.1883, 2002
- White LJ**, MA Ferguson, SC McCoy, HW Kim. Intramyocellular lipid use during cycle ergometry. *Medicine and Science in Sport and Exercise*, 34:5S:S259, 2002
- White LJ**, SC McCoy, MA Ferguson, E Holland, RH Dressendorfer. Food intake following exercise in thermoneutral and cool water: implications for weight loss. *Southeast Chapter of American College of Sports Medicine Annual Meeting Proceedings*. Pg. 34, 2002
- White LJ** Magnetic Resonance Techniques in Exercise Science. *Proceedings of the American Society for Exercise Physiologists*. 2001
- White LJ**, C Gasparovic, WM Brooks, WL Sibbitt, RA Robergs. Intramuscular lipid content in trained and untrained men in response to cycling. *Medicine and Science in Sport and Exercise*, 31:5S:S210, 2000
- White LJ**, RA Robergs, WL Sibbitt, WM Brooks. Effects of fitness on induction and resolution kinetics of a muscle metabolite observed by ^1H -MR spectroscopy. *Southeast American College of Sports Medicine Annual Meeting Proceedings*. pg. 20, 2000
- White LJ**, C Gasparovic, WM Brooks, WL Sibbitt, RA Robergs. Metabolic responses to interval cycling using ^1H -MR spectra of human skeletal muscle *in vivo*. *Medicine and Science in Sport and Exercise*, 30:5S:S127, 1998

White LJ, RA Robergs, WM Brooks. Changes in muscle T₂ of the quadriceps during cycling. *Sports Medicine Training and Rehabilitation*, Vol. 7 pp. 279, 1997

FUNDED GRANTS

Lorna Paul (PI), White LJ (contributor). Multiple Sclerosis International Federation (2011). Exercise for People with Multiple Sclerosis. Invited participant representing the United States. International meeting Glasgow, United Kingdom. February 2012.

McCully K (PI), **LJ White** (Co-investigator). National Institutes of Health (2008-2013). Muscle Plasticity, Fitness, and Health after Spinal Cord Injury. Amount \$1,700,000.

Cathleen Brown (PI), Lesley White. College of Education Early Career Faculty Grant (2008-2009). Measures of Balance and Stability in Individuals with Multiple Sclerosis. Amount \$5,000

White LJ (PI). National Multiple Sclerosis Society (2008-2011). Neuromuscular adaptations to resistance overload in multiple sclerosis. Amount \$22,000.

White LJ (PI), E. Valenstein and P Giacobbi. National Multiple Sclerosis Society (2006-2011). Neuromuscular adaptations to resistance overload in multiple sclerosis. Amount \$220,000.

White LJ (PI). College of Health and Human Performance Research Opportunity Fund (2005). Growth factor response to resistance training in multiple sclerosis. Amount \$5,000.

White LJ (PI). TEVA Neuroscience Educational Grant (2004). Exercise in Multiple Sclerosis. Amount \$4,000.

White LJ (PI). National Multiple Sclerosis Society (2003). Resistance Training Effects on Muscle Function in Multiple Sclerosis. Amount \$44,000.

Orri J (PI), **LJ White** (Co-PI). Academic Enhancement Grant from Coastal Carolina University (2003). C-Reactive Protein, Fitness, and Cardiovascular Risk in College-Aged Students. Amount \$4,000.

White LJ (PI). National Multiple Sclerosis Society, North Florida Chapter (2002). Aquatic Programs for individuals with disabilities. Amount \$3,000.

White LJ (PI). Opportunity Fund, University of Florida (2001). Muscle lipid metabolism following acute exercise in women. Amount \$37,000.

White LJ (PI). DuPont Research Grant (1999). Effect of fitness on muscle lipid metabolism during interval cycling using proton magnetic resonance spectroscopy. Amount \$6,250.

Robergs, RR and **LJ White** (Co-PI). Research Allocations Committee (1997), Grant #96-L-22. Influence of gender on lipid composition of skeletal muscle following exercise. Amount \$7,485.

GRANTS SUBMITTED

White, LJ (PI), B. Cooper, C Brown (2010). Georgia Chapter National Multiple Sclerosis Society. Physical activity community education (PACE) program to promote healthy lifestyles in people with multiple sclerosis. Amount \$25,000

White LJ (PI), K Mccully (Co-PI), E Novey. National Multiple Sclerosis Society (2008). Exercise for preventative and rehabilitative therapies in people with multiple sclerosis. Amount requested \$389,000. (not funded)

FUNDED MENTORED STUDENT RESEARCH GRANTS, University of Georgia

Larson, Rebecca, LJ White (Mentor). Dissertation Completion Award, 2010

Caroline Schick (PI), Lesley White (Mentor). Louise E. Kindig Research Award, Department of Kinesiology, 2009.

James Zagrodnik (PI), Lesley White and Michael Horvat (Co-Mentors). Louise E. Kindig Research Award, Department of Kinesiology, 2008.

Bradley Bowser (PI) Lesley White and Kathy Simpson (Co-Mentors). Louise E. Kindig Research Award, Department of Kinesiology, 2008.

GRANTS IN PREPARATION

White LJ. Physical Activity Community Education (PACE) program to promote healthy lifestyle in people with multiple sclerosis.

PATENTS AND PATENT DISCLOSURES

White LJ, SC McCoy, H Petty, H Kristinsson. 2006. Patent UF#12237

Sibbitt W. Jr, **White LJ** and. Method for body composition. March 22, 1999. Patent Appl.

PRESENTATIONS

INVITED SEMINARS

NATIONAL

White LJ. Exercise improves physical function in MS. *Consortium of Multiple Sclerosis Centers*, Atlanta, GA. May 28, 2009.

White LJ. Exercise in Neurodegenerative Diseases. *Department of Neurology, University of California at Los Angeles*. Los Angeles, CA. March, 2006

White LJ. Exercise in Prevention and Rehabilitation in Multiple Sclerosis. *Department of Neurology, University of California at Los Angeles* in conjunction with *Orange County Chapter, National Multiple Sclerosis Society*. Los Angeles CA. March 25, 2006

White LJ. Exercise in Multiple Sclerosis. *American Society for Exercise Physiologists*. Minneapolis, MN. Tutorial. April 2005

White LJ. Magnetic Resonance Techniques in the Study of Skeletal Muscle Metabolism in Health and Disease. *American Society for Exercise Physiologists*. April, 2004, Indianapolis IN. Special Session.

White LJ. Magnetic Resonance Techniques in Exercise Science. *American Society for Exercise Physiologists*. Memphis TN. Special Session. April 2001

STATE

White LJ. Resistance Training and Mobility in Multiple Sclerosis. Georgia Chapter, National Multiple Sclerosis Society. October 11, 2008. Special Session

White LJ. Exercise Choice: A Guide to Wellness. North Florida Chapter, National Multiple Sclerosis Society. October 2006. Keynote

White LJ. Strength training in multiple sclerosis. *National Multiple Sclerosis Society*, North Florida Regional Chapter, Jacksonville, FL. September 2005.

White LJ. The benefits of exercise in individuals with multiple sclerosis. *National Multiple Sclerosis Society*, North Florida Regional Chapter, Jacksonville, FL. February 2004.

White LJ. Exercise in the preservation of muscle function in multiple sclerosis". *National Multiple Sclerosis Society, North Florida Chapter*. Gainesville, FL. January 2004.

White LJ. Multiple sclerosis research: current topics and future directions. *National Multiple Sclerosis Society, North Florida Chapter*. Keynote Speaker. Jacksonville, FL, November 15, 2002.

LOCAL

White LJ. New horizons for physical activity in people with multiple sclerosis. College of Education, Annual Alumni Luncheon, Guest speaker. 2010

White LJ. Exercise improves physical function in multiple sclerosis. *Georgia Chapter, National Multiple Sclerosis Society*. 2009

White LJ. Metabolic characteristics of skeletal muscle in multiple sclerosis. *Shepherd Center Research Day*. Atlanta, GA. October 13, 2007.

White LJ. Strength training for people with multiple sclerosis. *Department of Kinesiology, Biomechanics seminar*. November, 2007.

White LJ. Exercise therapy for people with multiple sclerosis. *Department of Physical Therapy, University of Florida*. October, 2006.

White LJ. Strength training in individuals with multiple sclerosis. The University of Florida Multiple Sclerosis Center, *Department of Neurology*, Gainesville, FL. February, 2005.

White LJ. NMR in the study of muscle metabolism: special application to multiple sclerosis. *Seminar in Disability Research*. College of Health and Human Performance. Gainesville, FL. November 2001.

White LJ. Magnetic resonance spectroscopy in the study of muscle metabolism. *Seminar in Health and Human Performance*. Gainesville, FL. January, 2001.

White LJ. Proton magnetic resonance spectroscopy in the study of muscle metabolism. *Seminar in Health and Human Performance (Millennium Lecture)*. Gainesville, FL. January, 2000.

REFEREED PRESENTATIONS

INTERNATIONAL

Kim H, SC McCoy, V Castellano, **LJ White**. Gender differences in acetyl group accumulation with submaximal exercise. *Proceedings of the 13th International Society of Magnetic Resonance in Medicine*. Pg. 2012, 2005.

White LJ, SC McCoy, V Castellano, HW Kim. Muscle characteristics in multiple sclerosis. *Proceedings of the 13th International Society of Magnetic Resonance in Medicine*. Miami, FL. May, 2005.

McCoy, SC, HW Kim, V Castellano, **LJ White**. Acetylcarnitine in skeletal muscle of subjects with multiple sclerosis. *Proceedings of the 13th International Society of Magnetic Resonance in Medicine*. Miami, FL, 2005.

Kim H, SC McCoy, V Castellano, **LJ White** Gender differences in acetylcarnitine metabolism. *Proceedings of the 12th International Society of Magnetic Resonance in Medicine*. 2004.

Kim H, SC McCoy, V Castellano, **LJ White**. Muscle lipid content in multiple sclerosis subjects. *Proceedings of the 11th International Society of Magnetic Resonance in Medicine*. 2003.

White LJ. Strength training in multiple sclerosis. *World Congress on Disabilities*. Orlando, FL. September, 2003.

Kim H, MA Ferguson, SC McCoy, K Scott, **LJ White**. Changes in intramyocellular lipid following short-term exercise in women. *Proceedings of the 10th International Society of Magnetic Resonance in Medicine*. Vol.3, pg.1883, 2002.

NATIONAL

White LJ. Exercise Improves physical function in multiple sclerosis. *Consortium of Multiple Sclerosis Centers*, Atlanta, GA. May 28, 2009.

Brown CN, C Schik, R Larson, **LJ White**. Somatosensory deficits in individuals with multiple sclerosis *International Journal of Multiple Sclerosis Care*. May 2009

Orellana AM, CN. Brown, Yang-Chieh Fu, C Schik, R Larson, **LJ White**. Correlating instrumented and clinical measures of balance. *International Journal of Multiple Sclerosis Care*. May 2009

- White LJ**, SM McCoy, R Larson, DI Patel, R Crastopol. Resistance training enhances muscle strength and mobility in multiple sclerosis. *Consortium of Multiple Sclerosis Centers*, Denver CO. May 28, 2008
- Larson R, SM McCoy, DI Patel, **LJ White**. Resistance exercise training and quality of life indices in multiple sclerosis. *Consortium of Multiple Sclerosis Centers* May 28, 2008 Denver CO.
- White LJ**, V Castellano, SC McCoy DI Patel. Cycling improves activities of daily living in people with multiple sclerosis. *National conference of the American College of Sports Medicine*, New Orleans, LA. June 2, 2007
- Morrison EH, AV Ng, DM. Cooper, J Larson, **LJ White**. Cytokines and ratings of perceived exertion during aerobic exercise in multiple sclerosis. American Academy of Neurology Annual meeting. Boston MA. May 1, 2007
- Castellano V, DI Patel, SC McCoy, **LJ White**. Aerobic exercise modulates resting plasma cytokine concentration in individuals with multiple sclerosis. *National Conference of the American College of Sports Medicine*, New Orleans, LA. June 2, 2007
- Patel DI, SC McCoy, V Castellano, **LJ White**. Aerobic exercise modulates resting plasma cytokine concentration in individuals with multiple sclerosis. *Annual conference of the American Physiological Society*. Washington DC. April 29, 2007
- Castellano C, DI Patel, SC McCoy, **LJ White**. Aerobic exercise modulates brain derived neurotrophic factor. *Annual Conference of the American Physiological Society*, Washinton DC. April 30, 2007
- Yarrow JF, PA Borsa, SE Borst, Harry S Sitren, BR. Stevens and **LJ White**. Muscular strength and endurance responses to eccentric-enhanced resistance training. National conference of the *American College of Sports Medicine*, New Orleans, LA. June 1, 2007
- White LJ**, SC McCoy, V Castellano. Resistance exercise training and quality of life in women with multiple sclerosis. *American College of Sports Medicine*, Denver, CO, June, 2006
- White LJ**, V Castellano, GM Gutierrez, SC McCoy, DI Patel, RH Dressendorfer. Resistance training improves strength and function in patients with multiple sclerosis. *National American College of Sports Medicine*, Nashville, TN. June, 2005
- White LJ**, JE Stevens, GM Gutierrez, SC McCoy, GA Walter, K Vandenborne. Resistance training improves strength and function in patients with multiple sclerosis. *National American College of Sports Medicine*, Indianapolis IN. June, 2004
- White LJ** and RH. Dressendorfer. Fitness testing in multiple sclerosis: A case report. *National American College of Sports Medicine*, San Francisco, CA. June, 2003
- White LJ**, JE Stevens, GM. Gutierrez, SC McCoy, JW. Chow, K Vandenborne. Quadriceps strength and central activation in multiple sclerosis. *National Conference American College of Sports Medicine*. San Francisco, CA. June, 2003

White LJ, MA Ferguson, SC McCoy, HW Kim (2002). Intramyocellular lipid use during cycle ergometry. *National American College of Sports Medicine*. St. Louis, MO. June, 2002

White LJ, C Gasparovic, WM Brooks, WL Sibbitt, RA Robergs. Intramuscular lipid concentration in trained and untrained men in response to cycling. *National American College of Sports Medicine*. Indianapolis, Indiana. June, 2000

REGIONAL

Larson RD, WM Pryor and **LJ White**. Familiarization of a clinical tool: timed 25ft walk test in multiple sclerosis. February 2011

Pryor, WM, RD Larson, and **LJ White**. Cardiovascular risk and disability in people with multiple sclerosis following strength training. February 2011

White LJ. Progressive resistance training in multiple sclerosis. *Southeast Chapter of American College of Sports Medicine Annual Meeting*. Birmingham Alabama. February 14, 2008. Tutorial

White LJ, P Bugenhagen, SC McCoy, MA Ferguson, M Lewis. Effects of ribose supplementation on anaerobic performance in youth rowers. *Southeast Chapter of American College of Sports Medicine Annual Meeting*. Charlotte, NC. January 2004

White LJ, RH Dressendorfer, S Muller, MA Ferguson. Effectiveness of Cycle Cross-Training between Competitive Seasons in Women Distance Runners. *Southeast Chapter of American College of Sports Medicine Annual Meeting*. Atlanta, GA. January, 2003

White LJ. Exercise therapy for individuals with multiple sclerosis. *Southeast-American College of Sports Medicine Annual Meeting*. Atlanta, GA. Tutorial. January, 2003

White LJ, SC McCoy, MA Ferguson and E Holland, RH Dressendorfer. Food intake following exercise in thermoneutral and cool water: implications for weight loss. *Southeast-American College of Sports Medicine Annual Meeting*. Atlanta GA. January 2002

White LJ, RA Robergs, WL Sibbitt, W Brooks. Effects of fitness on induction and resolution kinetics of a muscle metabolite observed by ¹H-MR spectroscopy. *Southeast American College of Sports Medicine*. Charlotte, NC. January, 2000.

LOCAL

White LJ. Metabolic characteristics of skeletal muscle in multiple sclerosis. *Shepherd Center Research Day*. October 13, 2007. Atlanta, GA.

White LJ. ¹H-MRS characteristics of skeletal muscle in multiple sclerosis. *Women's Research Day*. University of Florida, March 24, 2005.

White LJ. Nuclear magnetic resonance in the study of muscle metabolism. *Exercise and Sport Science Seminar*. Gainesville, FL. November 19, 1999.

TELEVISED RESEARCH (Audio/video/web)

White LJ. Multiple Sclerosis and Exercise: Tips and Precautions. Sports Medicine and Fitness. March 15th, 2011. Sponsored by American College of Sports Medicine, Host Melanie Cole (audio/web)

White LJ. Functional Training for Multiple Sclerosis and Exercise: Increasing your quality of life. Sports Medicine and Fitness. March, 2011. Sponsored by American College of Sports Medicine, Host Melanie Cole (audio/web)

White LJ. Resistance training in multiple sclerosis Video- Web MD., 2007

White LJ. Progressive resistance training in multiple sclerosis Video- Ivanhoe Broadcast News Executive Producer Marsha Hitchcock. April, 2006. Aired on CNN Headline News, MSNBC, CBS, NBC and ABC stations.

White LJ. Strength training in multiple sclerosis Video- Medstar Television. Producer Janet Vasil. March, 2005. Aired on CNN Headline News, MSNBC, CBS, NBC and ABC stations.

BOOK CHAPTER CONTRIBUTION

Women's Doctors Guide to Health and Healing. Oxmoor House, Inc. 2003. Ch. 25, Weight Control.

PROFESSIONAL SERVICE

University

University of Georgia

- Graduate Program Committee, Member (2011-2013)
- Graduate Council, Member (2011-2013)
- Undergraduate Program - Mentor (2007-2009)
- Honors Program - Mentor (2007-current)

University of Florida

- University Scholars Program - Mentor (2001, 2005)
- Minority Mentors Program (2002-2004)
- Journal Science, Engineering and Humanities Symposium (2000-2005)
- Marathon Club Advisor (2003-2005)

College

University of Georgia

- Dean's Council on Diversity, Committee Member (2011)
- Building Research Capacity, Committee Member (2010)
- Search Committee Member, Associate Dean Research (2009)

University of Florida

- Teacher of the Year Committee, Member (2005-2007)
- Alumni Committee, Member (2005-2006)
- Stanley Lecture Committee, Chair (2004-2005)
- Alumni Committee, Member (2003-2004)
- Health Career Conference, four workshops (2002-2003)

Department

University of Georgia, Department of Kinesiology

- Search Committee Member, Associate Professor- Sport management (2010-11)
- Search Committee Member, Assistant Professor- Sport management (2010)
- Search Committee Member, Associate Professor- Exercise physiology (2010)

- Curriculum Committee, Member (2010)
- DXA Oversight Committee, Chair (2008-current)
- Soule Research Committee, Member (2008)

University of Florida

- Curriculum Committee:
 - Graduate (2005-2007)
 - Undergraduate (2005-2006)
 - Member (2003-2004, 2002-2003, 2001-2002)
- Search Committees:
 - Tenure-track, Exercise Physiology (2005-2006, 2001-2002, 2000-2001)
 - Lecturer, Exercise Physiology (2001-2002)
 - Visiting Assistant Professor (2000-2001)
- Grade Appeals/Petitions Committee, Member (2004-2007)
- Student Recognition Committee (2004-2005)
- Petitions Committee, Chair (2003-2004)
- Fellowship Committee, Member (2001-2002)
- Athletic Training CAAHEP Accreditation Committee-CAAHEP (2001-2002)
- Cultural Diversity Committee, Chair (2000-2001)
- Cultural Diversity Committee, Member (1999-2000)

CONSULTATIONS OUTSIDE THE UNIVERSITY

- Textbook Review. Exercise Science. Williams and Wilkins, 2005
- Laboratory Manual. Exercise Science Assessment Techniques. Human Kinetics, 2004
- Textbook Reviewer. Biochemistry Primer for Exercise Science. Human Kinetics, 2003
- Textbook Reviewer. Pulmonary Physiology. John Wiley & Sons Ltd., 2002

REVIEWER FOR SCHOLARLY JOURNALS (Ad Hoc)

- *Journal of Rehabilitation Research and Development*
- *Expert Review of Neurotherapeutics*
- *Medicine and Science in Sport and Exercise*
- *Journal of Sports Science*
- *Metabolism*
- *American Journal of Applied Physiology*
- *British Journal of Sports Medicine*

INVITED GRANT REVIEWER (National and International)

- *National Multiple Sclerosis Society*
- *Health Research Council of New Zealand*
- *Multiple Sclerosis Society of Australia*
- *Neurological Society of New Zealand*
- *United Kingdom Foundation*

COMMUNITY SERVICE

- 2001-2007 Invited Member, Board of Trustees, North Florida Chapter, National Multiple Sclerosis Society
- 2002-2007 Research Advocate, North Florida Chapter, National Multiple Sclerosis Society
- 2002-2007 Education Programs Advisory Committee, North Florida Regional Multiple Sclerosis Society

CERTIFICATIONS

2009 Cardiopulmonary Resuscitation
1990-present ACSM Exercise Test Technologist (ETT)
1977-present NAUI Scuba Certification

RESEARCH/LABORATORY-BASED CERTIFICATIONS

2007 EnCore Operator Training Dual X-ray Absorptiometry
2007 Radiation Safety

PROFESSIONAL AFFILIATIONS

Consortium of Multiple Sclerosis Centers
American Physiological Society
American College of Sports Medicine
Southeast Regional Chapter, American College of Sports Medicine

TEACHING EXPERIENCE (student evaluations range 4.3-4.8/5-point scale)

Graduate

Assessment Techniques in Exercise Science (4 credit hrs)

7 semesters – University of Florida

Metabolism and Circulatory Aspects of Exercise (4 credit hrs)

4 semesters – University of Georgia

Research Seminar in Kinesiology (1 credit hr)

1 semester – University of Georgia

Master's Research (variable credit 1-3 hrs)

18 semesters – University of Florida

9 semesters – University of Georgia

Doctoral Research (variable credit 1-3 hrs)

15 semesters – University of Florida

9 semesters – University of Georgia

Undergraduate

Advanced Exercise Physiology (3 credit hrs)

8 semesters – University of Florida

Exercise Physiology (4 credit hrs)

3 semesters – University of Georgia

6 semesters – University of Florida

2 semesters – Wingate University

Exercise Physiology Laboratory (3 credit hrs)

2 semesters – Wingate University

Applied Exercise Physiology (2 credit hrs)

2 semesters – University of Georgia

Sports Nutrition (3 credit hrs)

2 semesters – Wingate University

1 semester – Instituto Panamericano de Educacion Fisica

Nutrition and Metabolism in Health

1 semester – Instituto Panamericano de Educacion Fisica

Health Education

2 semesters – New Mexico Highlands University

Health and Wellness Laboratory

2 semesters – Oregon State University
Fundamentals of Health and Fitness Evaluation (3 credit hrs)
 2 semesters – Oregon State University
Fitness Assessment/Exercise Prescription (3 credit hrs)
 4 semesters – University of Florida
Foundations of Human Performance (2 credit hrs)
 1 semester - University of New Mexico
Kinesiology (3 credit hrs)
 2 semesters – Wingate University
Test and Measurement (3 credit hrs)

STUDENT ADVISING AND MENTORING

Doctoral Research (Current Chair)

Pryor, B Exercise and disease activity in an animal model of multiple sclerosis

Doctoral Committee Member

Zagrodnik, J Factors associated with fall risk in Parkinson’s Disease
 Nielsen, L Muscle hypertrophic response under warm and cold stress
 Bowser, B Muscle activation during ambulation in multiple sclerosis

Doctoral Research (Past Chair-Dissertation Research)

Larson, R Bilateral function in people with multiple sclerosis
 Patel, D Influence of exercise on disease status in EAE
 Castellano, V Aerobic exercise and neuroprotection in multiple sclerosis
 Yarrow, J Anabolic response to traditional and eccentric enhanced resistance training
 Ferguson, M Gender differences in muscle lipid metabolism

PhD Students Graduates (Past Chair)

Larson, R
 Castellano, V

 Yarrow, J
 Ferguson, M
 Patel, D

Post-Graduate Position

Post-doc Department of Kinesiology UGA
 Post-doc Department of Neuroimmunology Duke University, College of Medicine
 Post-doc Department of Neuroimmunology
 Post-doc VA Hospital, Exercise and Aging, UF
 Exactech, Research Director Osteopathic Medicine

Masters Theses Projects (Current Chair, Past Chair or Committee Member)

Binkowski, J Exercise in multiple sclerosis
 Brizendine, J Using calf oxygen saturation to train people with peripheral artery disease
 Erickson, M Evaluation of oxidative capacity in spinal cord injury using near infrared spectroscopy
 Young, Z Blood flow in peripheral artery disease
 Pawar, D Clinical and instrumented measures of balance in multiple sclerosis
 Freese, E Persistent effect of acute sprint interval cycling and energy replacement on postprandial lipemia
 Schipp, K Effects of posture and fitness on posterior tibial artery size
 Schik, C Home-based exercise therapy in multiple sclerosis
 Mulcahey, T Evaluation of Muscle Metabolism in Individuals with Spinal Cord Injury
 Ngyen, T External compression and blood flow

Turner, T	Effects of strenuous exercise on intracellular magnesium levels and muscle metabolism
Reed, S	Factors regulating satellite cell proliferation
Howe, K	Exercise therapy as treatment for postmenopausal osteoporosis in women taking hormone replacement therapy
Gutierrez, G	Influence of resistance training on gait and balance in multiple sclerosis
Merring, M	Elevated central arterial stiffness in normotensive postmenopausal women
Walker, S	Core body temperature and perceived exertion by three cooling methods
Staib, J	MyoD gene expression in skeletal muscle
Bugenhagen, P	Effects of ribose supplementation on rowing performance

Masters Non-thesis Committee Member, University of Georgia

2009-10 3 students
2008-09 4 students

Masters Non-thesis, Exercise Science Graduates (Chair), University of Florida

	<u>Post-Graduate Positions</u>
Galati, R	Cardiac rehabilitation
Bolgar, M	Ph.D. program
Clayton, N	Oak Hammock rehabilitation center
Coker, M	NCAA Div. I Sports Nutritionist
Collins, V	Cardiac rehabilitation
Esener, D	Medical school
Frade, N	Oak Hammock rehabilitation center
Armstrong, L	NASA
King, D	Physical therapy school
Parks, V	Medical school
Puryear, S	Sport Performance Training Systems
Singer, A	Ph.D. program
Newman, B	Corporate Wellness, Coca-Cola
Vose, S	Medical school
Wallace, S	Obesity clinic
Chang, L	Medical school
Tran, M	Wellness program director
Hadley, C	YMCA program coordinator
Goodman, A	Cardiac rehabilitation
Pryor, B	Carmichael Training, Program Director
Geronemus, L	Physical Therapy
Grace Badiola	

Undergraduate Research—University Scholarships or Honors Research Mentor

2009	Orellana A.	CURO. Instrumented vs clinical measures of balance (Co-mentor)
2008	O'Rourke, S.	Honors, CURO. Muscle activation sit-to stand in multiple sclerosis (Co-mentor)
2007	Hudspeth, S.	Honors, CURO. Exercise therapy in multiple sclerosis
2006	Yakub, J.	High Honors. Effects of strength training on balance in middle-aged women
2005	Blazina, A.	University Scholars Award. Exercise and neurotrophic factors in multiple sclerosis
2004	Journey, J.	High Honors. Impact of cervical collars on neck hyperextension in sport
2003	Pena, K.	High Honors. Effects of exercise on peripheral vascular disease
2002	Petty, T.	High Honors. Thermoregulation in multiple sclerosis

2000 Holland, E. University Scholars Award. Nutrient intake with aquatic exercise

Internship Supervisor 2002-200, University of Florida

Undergraduate and graduate student internship experience in the Research Laboratory setting (range from 10-40 hrs/week).

Practicum Advisor 2002-2011, University of Florida and University of Georgia

Undergraduate and graduate students participate in experiential learning in the Neuromuscular Physiology Laboratory. Typically mentor 3-8 students per semester.

Independent Study Advisor 2000-2007, University of Florida

Undergraduate and graduate students participate in Independent Study on selected topics. Typically mentor 2 students per semester.

Research Overview

Identifying mechanisms and outcomes of therapies that are effective in reducing complications of disability in people with multiple sclerosis (MS) is the focus of my research. Currently, MS is incurable and most people with the disease experience progressive deterioration in mobility and quality of life as well as an increased risk for secondary health disorders. The role of exercise as a strategy to promote health and functional mobility in MS remains limited and clear guidelines for exercise prescription in clinical practice are lacking. To advance our knowledge regarding the role of exercise on health outcomes in people with MS, my research team has conducted pioneering research to expand our understanding of mechanisms and outcomes of progressive resistance training on muscle strength, mobility, and health in people with MS. Research from my laboratory shows that progressive resistance training can enhance muscle strength, endurance, and mobility while reducing fatigue, disability, and secondary health risks related to MS. These findings are important considering people with MS experience compromised muscle function, mobility, and balance and are thus predisposed to fall-related injuries. Our research findings have facilitated advancements in rehabilitation science, and will continue to provide clinicians and health care professionals with information on exercise strategies effective for promoting independence, health, well-being, and quality of life in the MS population. This is consistent with the international emphasis in public health on increasing physical activity in all populations, including groups with disability. Research from my laboratory appears in the prestigious MS research journal, *Multiple Sclerosis*, with publications also appearing in journals such as *Archives of Physical Medicine and Rehabilitation*, and *Sports Medicine*. The National Multiple Sclerosis Society provides research support.

Teaching Overview

I typically teach two classes per semester while also mentoring graduate and undergraduate students. My objectives as a teacher are to promote independent, creative, and applied critical thinking, facilitate practical knowledge acquisition through experiential learning and challenge students in ways that build confidence. Four students have earned doctoral degrees under my mentorship and all have been successful in acquiring career research positions in prestigious organizations or postdoctoral appointments at research institutions. Research results have been presented at National and International conferences and findings published in high impact peer reviewed journals such as the *Journal of Clinical Endocrinology and Metabolism* and *Journal of Applied Physiology*. In 2003, I was voted Teacher of the Year in the College of Health and Human Performance at the University of Florida. This competitive award exemplifies how students and colleagues view my teaching/mentoring achievements and is a reflection of my commitment and dedication to providing excellence in instruction. In my laboratory, I advise undergraduate and graduate practicum and internship students

(5–8/semester) enabling me to mentor students in a research atmosphere and to cultivate an environment of scientific inquiry. I have mentored several undergraduate research Honors and University Scholars student projects, some of which have resulted in peer-reviewed scientific publications.

Service Overview

In 2006, I was invited to be a member of the *National Multiple Sclerosis Society's* Rehabilitation Research Review Committee because of my recognized expertise in exercise-related MS research. In this capacity, I formally review 6–12 large grants and several pilot award applications each year. This service is important because it has enabled me to provide leadership and guidance to nationally sponsored rehabilitation research for people with MS. Internationally, I have reviewed grants from organizations such as the *Multiple Sclerosis Society of Australia*, *United Kingdom Sheffield Foundation*, and *Neurological Foundation of New Zealand*. An extension of my work in MS includes the development of a community-based exercise program that provides an opportunity for people with disabilities to exercise in a uniquely supportive environment. Additional service includes service as a Board of Trustee, Research Advocate, and member of the Educational Programs Committee for the State Chapter of the National Multiple Sclerosis Society.