







GRANT M. TINSLEY

FACULTY POSITIONS

- 2021 | present • **Texas Tech University**
Associate Professor (tenured)  Lubbock, TX
- 2016 | 2021 • **Texas Tech University**
Assistant Professor  Lubbock, TX

EDUCATION

- 2021 • **Stanford University**
Graduate Certificate in Medical Statistics  Online
 - 2016 • **Baylor University**
Ph.D. in Kinesiology & Exercise Nutrition  Waco, TX
 - 2013 • **Colorado State University**
M.S. in Biomedical Sciences  Fort Collins, CO
 - 2012 • **Oklahoma State University**
B.S. in Physiology; B.S. in Nutritional Sciences  Stillwater, OK
- National Merit Scholar; graduated *summa cum laude*

CERTIFICATIONS

- 2020 • **Certified Strength and Conditioning Specialist, with distinction (CSCS,*D)**
National Strength and Conditioning Association
- 2017 • **Certified Sports Nutritionist (CISSN)**
International Society of Sports Nutrition
- 2013 • **Certified Strength and Conditioning Specialist (CSCS)**
National Strength and Conditioning Association

RESEARCH SUMMARY

Peer-Reviewed Publications

236 total publications

128 articles*

54 as corresponding author

37 as first author

108 abstracts

*PubMed indexed only

Google Scholar Metrics

citations: 5387

h-index: 33

i10-index: 81

Funding (Awarded)

\$697,940 total

\$607,940 as Lead PI

KEY SKILLS

Clinical Research

Data Analysis using R

Writing

Body Composition Assessment

Nutrition and Metabolism

Human Performance

LINKS

[PubMed](#)

[Google Scholar](#)

[ORCID](#)

[ResearchGate](#)

[Publons](#)

CONTACT

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Last update on 2024-03-26

RESEARCH EXPERIENCE

- 2016
|
present
- **Lab Director**
Energy Balance & Body Composition Laboratory; Department of Kinesiology & Sport Management; Texas Tech University; Lubbock, TX.
 - Design and lead research projects pertaining to energy balance, body composition, nutrition, resistance training, and dietary supplementation.
 - **Doctoral Researcher**
Baylor Laboratories for Exercise Science & Technology (BLEST); Department of Health, Human Performance, and Recreation; Baylor University; Waco, TX.
 - Led and assisted with research projects related to exercise physiology, nutrition, and dietary supplementation.
 - **Niblack Research Scholar**
Department of Nutritional Sciences; Oklahoma State University; Stillwater, OK.
 - One of 12 students at Oklahoma State University selected to complete competitive, funded one-year research project. Project investigated involvement of microRNAs in iron metabolism.
 - **Summer Undergraduate Research Experience Intern**
Department of Physiology; University of Oklahoma Health Sciences Center; Oklahoma City, OK.
 - Selected to complete competitive, funded research project. Project investigated involvement of microRNAs in diabetic retinopathy.

TEACHING EXPERIENCE

- 2016
|
present
- **Assistant Professor / Associate Professor**
Department of Kinesiology & Sport Management; Texas Tech University.
 - Teach or have taught Physiological Application of Nutrition to Exercise and Physical Activity (KIN 3347), Anatomical Kinesiology (KIN 3346), Science and Practice of Strength Training (KIN 3322), Skeletal Muscle Physiology (KIN 5336), Human Body Composition (KIN 5338), Ergogenic Aids and Human Performance (KIN 5358), Doctoral Seminar (KIN 7104), and Advanced Exercise Physiology II (KIN 7303).
 - Across all semesters, average course evaluation scores of **4.9/5** for course objectives, **4.8/5** for instructor effectiveness, and **4.8/5** for valuable learning experience.
 - **Lecturer**
Department of Health, Human Performance, and Recreation; Baylor University.
 - During doctoral program, taught Human Physiology for Allied Health Professionals (HED 3350).
 - **Graduate Teaching Assistant**
Department of Health, Human Performance, and Recreation; Baylor University.
 - Served as instructor for Human Anatomy lab (HP 1420), Beginning Weight Training (LF 1194), and Intermediate Weight Training (LF 1195). Assisted with teaching Exercise Testing and Interpretation II (HP 4471).
 - Delivered 9 guest lectures for a variety of courses, including Human Anatomy (HP 1420), Nutrition (HED 3313), Human Physiology (HP 1421), Human Diseases (HED 4355), and Exercise Testing and Interpretation I (HP 4470).
 - **Teaching Assistant**
Department of Biomedical Sciences; Colorado State University.
 - Taught students using human cadavers for Human Gross Anatomy (BMS 301).

DOCTORAL STUDENT MENTORING

Served as the primary research adviser and dissertation committee chair for 5 doctoral students, indicated by *, and as dissertation committee member for an additional 5 students.

- 2024
|
present

● **Hushyar Azari**
Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: Combined Effectiveness of High-Intensity Interval Training (HIIT) and Omega-3 Supplementation in Improving Metabolic Dysfunction–Associated Steatotic Liver Disease (MASLD) and Gastrointestinal Dysbiosis
- 2023
|
present

● **Christine M. Florez***
Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: TBD
- 2022
|
present

● **Davoud Bayat**
Razi University. Dissertation: The effect of acute and chronic L-citrulline and citrulline malate supplementation on resistance training performance, perceived exertion, muscle soreness, lactate, and nitric oxide
- 2022
|
present

● **Marleigh Hefner**
Texas Tech University, Department of Nutritional Sciences. Dissertation: E4orf1 as a Novel Agent for Ameliorating High-Fat Diet Induced Liver Steatosis and Associated Cardiovascular Disease Risk Factors
- 2021
|
present

● **Christian Rodriguez***
Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: Advanced Body Composition Assessment in Muscular Resistance-trained Adults
- 2020
|
present

● **Madelin R. Siedler***
Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: RMR_{ratio} as an Indicator of Energetic Status in Active Females Using the Combined Oral Contraceptive Pill.
- 2022

● **Stephen Fischer**
Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: Reduced endothelial and exercise vasodilator function in the legs of obese versus lean and overweight postmenopausal women
- 2019
|
2022

● **Matthew T. Stratton***
Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: The Effect of Breakfast Consumption on Afternoon Resistance Training Performance in Habitual Breakfast Consumers and Non-Consumers.
 - Graduated August 2022
 - Current position: Assistant Professor, University of South Alabama, Mobile, AL.
- 2019
|
2022

● **Patrick S. Harty***
Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: Quantifying the Relationship Between Anthropometry, Body Composition, and Performance on the Army Combat Fitness Test.
 - Graduated August 2022
 - Current position: Assistant Professor, Lindenwood University, St. Charles, MO.
- 2018
|
2020

● **Malia Blue**
University of North Carolina at Chapel Hill. Dissertation: Validity of Body Composition Assessment in Racial and Ethnic Minorities

MASTER'S STUDENT MENTORING

Served as the primary research adviser for 11 master's degree students who completed final research projects, indicated by *, and as thesis committee member for an additional 2 students. Students were from the Department of Kinesiology & Sport Management at Texas Tech University unless otherwise noted.

- 2022
|
present

● **Ethan Tinoco***
Project: TBD
- 2022
|
2023

● **Christian LaValle***
Project: Skeletal muscle estimation using magnetic-resonance-imaging-based equations for dual-energy X-ray absorptiometry and bioelectrical impedance analysis
- 2022

● **Jessica Heredia**
California State University at Fullerton. Thesis: A comparison of body composition measurements with best practice pre-test conditions and controlled non-best-practice pre-test conditions using dual-energy x-ray absorptiometry, bioimpedance spectroscopy, ultrasound, and the 4-compartment model in recreationally trained males and females
- 2020
|
2022

● **Jake Boykin***
Project: Offseason Body Composition Changes Detected by Dual-Energy X-ray Absorptiometry versus Multifrequency Bioelectrical Impedance Analysis in Collegiate American Football Athletes.
- 2020
|
2022

● **Jacob Green***
Project: Cross-sectional and longitudinal associations between subcutaneous adipose tissue thickness and dual-energy X-ray absorptiometry fat mass.
- 2020
|
2022

● **Dale Keith***
Project: Anthropometric Predictors of Conventional Deadlift Kinematics and Kinetics: A Preliminary Study.
- 2019
|
2021

● **Christian Rodriguez***
Project: Comparison of Indirect Calorimetry and Common Prediction Equations for Evaluating Changes in Resting Metabolic Rate Induced by Resistance Training and a Hypercaloric Diet.
- 2018
|
2020

● **Robert Smith***
Project: Predicting Adaptations to Resistance Training Plus Overfeeding Using Bayesian Regression: A Preliminary Investigation
- 2018
|
2019

● **Matthew Stratton**
Kennesaw State University. Thesis: The Effect of Time Restricted Feeding on Measures of Body Composition and Muscular Performance
- 2017
|
2018

● **Austin Graybeal***
Project: Body Composition Assessment in Male and Female Bodybuilders: A 4-Compartment Model Comparison of Dual-Energy X-Ray Absorptiometry and Impedance-Based Devices.
- 2016
|
2017

● **Melissa Linstrom***
Project: A Comparison of Ground Reaction Force, Initial Peak Acceleration, and Ground Contact Time on Artificial Turf and Natural Grass.
- 2016
|
2017

● **Kyle Judson***
Project: A Review of the Effects of Resistance Training, Endurance Training and Dietary Supplementation on Skeletal Muscle Satellite Cell Content.
- 2016
|
2017

● **Matthew Hamm***
Project: Effects of Two Pre-Workout Supplements on Concentric and Eccentric Force Production During Lower Body Resistance Exercise in Males



UNDERGRADUATE STUDENT MENTORING

Mentored 19 undergraduate research students through the formal research programs listed below, or as volunteer students.

- 2023
|
present ● **Bridges Across Texas-Louis Stokes Alliances for Minority Participation (BAT-LSAMP) program**
Mentored 2 students from the *Bridges Across Texas-Louis Stokes Alliances for Minority Participation (BAT-LSAMP) program*.
- 2018
|
present ● **Ronald E. McNair Post-Baccalaureate Achievement Program**
Mentored 2 scholars from the *Ronald E. McNair Post-Baccalaureate Achievement Program*.
- 2016
|
present ● **Honors College Undergraduate Research Scholars (URS) Program**
Mentored 6 students from the *Honors College Undergraduate Research Scholars (URS) Program*.
- 2016
|
present ● **Center for Transformative Undergraduate Experiences (TrUE)**
Mentored 4 students with funding from the *Center for Transformative Undergraduate Experiences (TrUE)*.



HONORS, ACHIEVEMENTS, AND AWARDS

- 2022
|
2023 ● **Outstanding Faculty Mentor**
Center for Transformative Undergraduate Experiences (TrUE), Texas Tech University
- 2022 ● **Apple Polishing Recognition**
Mortar Board, Texas Tech University
- 2021 ● **Excellence in Research Award**
College of Arts & Sciences, Texas Tech University
- 2021 ● **Special Collection Selection**
American Society for Nutrition
Our 2019 article entitled "Time-restricted feeding plus resistance training in active females: a randomized trial" was selected as one of the five most highly cited articles published in the *American Journal of Clinical Nutrition* during the prior two years and was featured in the special collection "[Highly Cited Articles from ASN Journals](#)."
- 2021 ● **Nutritional Research Achievement Award**
National Strength and Conditioning Association
[Link to press release](#)
- 2019 ● **New Faculty Award**
Texas Tech University Alumni Association
- 2018 ● **2018 Best Paper Award**
European Journal of Sports Science
- 2018 ● **Faculty Recognition Award**
Mortar Board and Omicron Delta Kappa at Texas Tech University
- 2014
|
2016 ● **Travel Awards**
Graduate School, Baylor University.
Six travel awards to present research at regional, national, and international conferences.

- 2015 ● **Membership Poster Award**
Texas Chapter of the American College of Sports Medicine (TACSM)
- 2012 ● **Top Ten Senior Award**
College of Arts & Sciences, Oklahoma State University
- 2011 ● **Niblack Research Scholar**
Oklahoma State University
- 2011 ● **Emde-Phillips Endowed Scholarship**
College of Arts & Sciences, Oklahoma State University
- 2011 ● **Student Employee of the Year Nominee**
Oklahoma State University
- 2011 ● **General Leader Scholar Award**
Department of Housing and Residential Life, Oklahoma State University
- 2008 |
2012 ● **President's Honor Roll**
Oklahoma State University
- 2008 |
2012 ● **Full-ride National Merit Scholar Academic Scholarship**
Oklahoma State University

 **INVITED PRESENTATIONS**

- 2023 ● **Collegiate and Professional Sports Dietitians Association 15th Annual Conference**
Topic: "Body Composition Testing and Variability in Practice: Utilization, Interpretation, and Guidance."
Approximate attendance: 400. Duration: 1 hour.
📍 Minneapolis, MN
- 2022 ● **National Strength and Conditioning Association Midwest Regional Conference**
Topic: "Tracking Body Composition in Athletes: Importance, Challenges, and Best Practices." Approximate attendance: 150. Duration: 60 minutes.
📍 Fort Worth, TX
- 2021 ● **International Society of Sports Nutrition 18th Annual Conference**
Topic: "Body Composition Assessment: Lack of Standardization Can Wreak Havoc." Approximate attendance: 200. Duration: 30 minutes.
📍 St. Petersburg, FL
- 2021 ● **Texas Chapter of the American College of Sports Medicine Annual Meeting**
Topic: "Body Composition Assessment: Underlying Assumptions and Practical Recommendations for Improved Estimation."
📍 Virtual meeting
- 2021 ● **International Society of Sports Nutrition - Nova Southeastern University**
Topic: "Intermittent Fasting." Approximate attendance: 100. Duration: 1 hour.
📍 Virtual meeting
- 2020 ● **International Society of Sports Nutrition - Colombia**
Topic: "Intermittent Fasting: New Findings in Health and Performance." Approximate attendance: 100. Duration: 1 hour.
📍 Colombia / Virtual meeting
- 2020 ● **National Strength and Conditioning Association National Conference (canceled due to COVID)**
Scheduled to deliver presentation entitled "Intermittent Fasting and Meal Frequency: Implications for Training Adaptations."
📍 Las Vegas, NV (canceled)

- 2017 ● **International Society of Sports Nutrition-Kennesaw State University Conference on Nutrition and Training.**
Topic: Intermittent Fasting and Exercise: Current Evidence and Future Directions. Approximate attendance: 75.
Duration: 1 hour. 📍 Kennesaw, GA.
- 2017 ● **Texas Chapter of the American College of Sports Medicine Annual Meeting**
Topic: Intermittent Fasting and Exercise: Can They Coexist? Approximate attendance: 400. Duration: 1 hour. 📍 Waco, TX.

🇺🇸 GRANTS (FUNDED)

Total funding received to date is \$697,940 across 16 awards, including \$607,940 across 14 awards as Lead Principal Investigator.

- 2024 | 2025 ● **Bunge Loders Croklaan**
Influence of Structured Medium- and Long-Chain Triglycerides on Muscular Recovery Following Damaging Resistance Exercise (A24-0109-001)
• Role: **Lead Principal Investigator** (Additional PI: Jacob Mota)
• Amount: **\$80,241** (50% credit)
- 2023 | 2024 ● **Prism Labs**
Smartphone-based Digital Anthropometry and Body Composition Estimation using 3-Dimensional Optical Imaging (A24-0048-001)
• Role: **Lead Principal Investigator**
• Amount: **\$35,000** (100% credit)
- 2022 | 2024 ● **EHP Labs**
Chronic Thermogenic Dietary Supplement Consumption: Effects on Body Composition, Anthropometrics, Metabolism, and Subjective Variables (A23-0089-001)
• Role: **Lead Principal Investigator**
• Amount: **\$85,378** (100% credit)
- 2022 | 2024 ● **Prism Labs**
Digital Anthropometry and Body Composition Estimation Using a Generation 2 Prototype 3-Dimensional Optical Scanner (A22-0305-001)
• Role: **Lead Principal Investigator**
• Amount: **\$32,756** (100% credit)
- 2021 | 2023 ● **EHP Labs**
Metabolic Effects of a Novel Ready-to-drink Thermogenic Beverage (A22-0092-001)
• Role: **Lead Principal Investigator**
• Amount: **\$28,401** (100% credit)
- 2021 | 2023 ● **8 POiNT, LLC**
Evaluation of Novel Beverage Formulations for Hydration Enhancement in Humans (A21-0284-001)
• Role: **Lead Principal Investigator**
• Amount: **\$35,000** (100% credit)

- 2021
|
2023

● **Texas Chapter of the American College of Sports Medicine**
 Quantifying the Relationship Between Anthropometry, Body Composition, and Performance on the Army Combat Fitness Test (A21-0261-001) [Doctoral Student Research Development Award: Patrick Harty]
 • Role: **Lead Principal Investigator**
 • Amount: **\$1,750** (100% credit)
- 2021
|
2022

● **Nutraceutical International Corporation**
 Pharmacokinetic Analysis of Nutrient Absorption from a Novel Liposomal Multivitamin/mineral Formulation (A21-0282-001)
 • Role: **Lead Principal Investigator**
 • Amount: **\$159,341** (100% credit)
- 2021

● **Legion Athletics, Inc.**
 Influence of Caffeinated and Non-caffeinated Pre-workout Supplements on Resistance Exercise Performance (A21-0096-001)
 • Role: **Lead Principal Investigator**
 • Amount: **\$20,000** (100% credit)
- 2020
|
2021

● **8 POiNT, LLC**
 Evaluation of Novel Beverage Formulations for Hydration Enhancement in Humans: A Pilot Study (A21-0085-002)
 • Role: **Lead Principal Investigator**
 • Amount: **\$43,494** (100% credit)
- 2020
|
2021

● **Legion Athletics, Inc.**
 The Influence of Creatine Monohydrate Supplementation on Testosterone, Dihydrotestosterone, and Hair Loss (A20-0119-001)
 • Role: **Lead Principal Investigator**
 • Amount: **\$32,271** (100% credit)
- 2020

● **Vital Pharmaceuticals, Inc.**
 Effects of a Caffeine- and Protein-Containing Coffee Beverage on Metabolism and Muscular Performance (A20-0134-001)
 • Role: **Lead Principal Investigator**
 • Amount: **\$20,000** (100% credit)
- 2018
|
2020

● **American River Nutrition, Inc.**
 Actions of Dietary Tocotrienols on Obesity
 • Role: **Co-investigator** (PI: Chwan-Li Shen)
 • Amount: **\$70,000** (5% credit)
- 2018
|
2019

● **Texas Tech University Health Sciences Center, School of Medicine**
 Actions of Dietary Tocotrienols on Obesity. *Collaborative Research Seed Grant Program*
 • Role: **Co-investigator** (PI: Chwan-Li Shen)
 • Amount: **\$20,000** (5% credit)
- 2017
|
2018

● **MTI Biotech, Inc.**
 Time-Restricted Feeding and HMB Supplementation During Resistance Training in Active Females (A18-0078-001)
 • Role: **Lead Principal Investigator**
 • Amount: **\$24,689**. (100% credit) *Additional in-kind donation (value: \$13,727).*

2016
|
2017

- **MTI Biotech, Inc.**
Effects of HMB supplementation on muscle protein breakdown during acute fasting: implications for intermittent fasting programs (A17-0083-001)
 - Role: **Lead Principal Investigator**
 - Amount: **\$9,619** (100% credit)

PATENTS

Pending

- **Compositions and Methods of Use of Beta-hydroxy-beta-methylbutyrate (HMB) Associated with Intermittent Fasting**
Inventors: Grant M. Tinsley, John Rathmacher, Lisa Pitchford
 - Assignee: Texas Tech University, Metabolic Technologies LLC
 - Worldwide applications: United States (US20190209501A1), Mexico (MX2020007008A), Brazil (BR112020013700A2), Australia (AU2019205288A1), Canada (CA3087694A1), South Korea (KR20200131810A), European Patent Office (EP3735236A4), Japan (JP2021509686A), WIPO (PCT; WO2019136249A1), China (CN112105352A)

OTHER CONTRACTS

2022

- **Prism Labs, Inc.**
Digital Anthropometry with Generation 2 Prototype Scanner. Research Contract #C18221
 - Product loan of prototype 3-dimensional optical scanner
 - Role: Lead Principal Investigator & Contract Administrator

2021

- **Intel Corporation**
License agreement for body composition data sets. Research Contract #C16283
 - License of body composition data collected at Texas Tech University for \$3,500 payment.
 - Role: Lead Principal Investigator & Contract Administrator

2019
|
2020

- **MuscleSound**
Ultrasonography Assessments of Body Composition and Muscular Properties During Overfeeding Plus Resistance Training. Research Contract #C14656
 - Product loan of ultrasonography transducer
 - Role: Lead Principal Investigator & Contract Administrator

2019
|
2020

- **Biospace, Inc. (InBody)**
Influence of Acute Fluid Ingestion on Bioelectrical Variables. Research Contract #C14618
 - Product loan of bioelectrical impedance analyzer
 - Role: Lead Principal Investigator & Contract Administrator

2018
|
2019

- **Naked Labs, Inc.**
Validation of Naked Labs Infrared 3-dimensional Body Scanner. Research Contract #C13132
 - Product donation of 3-dimensional optical scanner (value: \$1,395)
 - Role: Lead Principal Investigator & Contract Administrator

2018
|
2019

- **Size Stream LLC**
Validation of Size Stream SS20 Infrared 3-dimensional Body Scanner. Research Contract #C12496
 - Product donation of 3-dimensional optical scanner (value: \$18,000)
 - Role: Lead Principal Investigator & Contract Administrator

2017
|
2018

Dymatize Enterprises

In-kind donation to support research

- Product donation of 570 pounds of Elite 100% Whey Protein (value: \$10,788)
- Role: Lead Principal Investigator



PEER-REVIEWED ARTICLES

128 peer-reviewed articles have been published to date, including 54 as corresponding author and 37 as first author. Below, * indicates a senior/corresponding author publication. † and ‡ indicate a graduate student or undergraduate student from Dr. Tinsley's research laboratory, respectively. Articles are presented in reverse chronological order. Only PubMed-indexed articles are displayed, and article information is automatically retrieved from PubMed. Note: publication numbers stated above do not include article corrections and responses to letters to the Editor.

[1] Christine M Florez, Jessica Prather, Dylon Miller, Amie Vargas, Bella Soto, Abby Harrison, **Grant Tinsley**, Lem Taylor. The Effects of Two Servings of a Thermogenic Supplement on Metabolism, Hemodynamic Variables, and Mood State Outcomes in Young Overweight Adults. *Cureus*. 2024. 16, 2, e54484. [10.7759/cureus.54484](https://doi.org/10.7759/cureus.54484)

[2] **Grant M Tinsley***, Christian Rodriguez†, Madelin R Siedler†, Ethan Tinoco†, Sarah J White‡, Christian LaValle†, Alexandra Brojanac‡, Brielle DeHaven‡, Jaylynn Rasco‡, Christine M Florez†, Austin J Graybeal†. Mobile phone applications for 3-dimensional scanning and digital anthropometry: a precision comparison with traditional scanners. *European journal of clinical nutrition*. 2024. [10.1038/s41430-024-01424-w](https://doi.org/10.1038/s41430-024-01424-w)

[3] Christian Rodriguez†, Jacob D Mota, Ty B Palmer, Steven B Heymsfield, **Grant M Tinsley***. Skeletal muscle estimation: A review of techniques and their applications. *Clinical physiology and functional imaging*. 2024. [10.1111/cpf.12874](https://doi.org/10.1111/cpf.12874)

[4] Tindaro Bongiovanni, Mathieu Lacomme, Christian Rodriguez†, **Grant M Tinsley***. Tracking Body Composition Over a Competitive Season in Elite Soccer Players Using Laboratory- and Field-Based Assessment Methods. *Journal of strength and conditioning research*. 2024. 38, 3, e104-e115. [10.1519/JSC.0000000000004662](https://doi.org/10.1519/JSC.0000000000004662)

[5] Andrew R Jagim, **Grant M Tinsley**, Robert A Oppliger, Craig A Horswill, Ward C Dobbs, Jennifer B Fields, Cliff Cushard, Paul D Rademacher, Margaret T Jones. Collegiate women's wrestling body fat percentage and minimum wrestling weight values: time for revisiting minimal body fat percent?. *Journal of the International Society of Sports Nutrition*. 2024. 21, 1, 2304561. [10.1080/15502783.2024.2304561](https://doi.org/10.1080/15502783.2024.2304561)

[6] Frederic Marazzato, Cassidy McCarthy, Ryan H Field, Han Nguyen, Thao Nguyen, John A Shepherd, **Grant M Tinsley**, Steven B Heymsfield. Advances in digital anthropometric body composition assessment: neural network algorithm prediction of appendicular lean mass. *European journal of clinical nutrition*. 2023. [10.1038/s41430-023-01396-3](https://doi.org/10.1038/s41430-023-01396-3)

[7] Madelin R Siedler†, Christian Rodriguez†, Sarah J White‡, Ethan Tinoco†, Brielle DeHaven‡, Alexandra Brojanac‡, Christian LaValle†, Jaylynn Rasco‡, Lem W Taylor, **Grant M Tinsley***. Chronic Thermogenic Dietary Supplement Consumption: Effects on Body Composition, Anthropometrics, and Metabolism. *Nutrients*. 2023. 15, 22 [10.3390/nu15224806](https://doi.org/10.3390/nu15224806)

[8] Andrew R Jagim, Patrick S Harty†, Jacob L Erickson, **Grant M Tinsley**, Dan Garner, Andrew J Galpin. Prevalence of adulteration in dietary supplements and recommendations for safe supplement practices in sport. *Frontiers in sports and active living*. 2023. 5, 1239121. [10.3389/fspor.2023.1239121](https://doi.org/10.3389/fspor.2023.1239121)

[9] Matthew T Stratton†, Madelin R Siedler†, Christian Rodriguez†, Patrick S Harty†, Jake R Boykin†, Dale S Keith†, Jacob J Green†, Sarah J White‡, Ethan Tinoco†, Brielle DeHaven‡, Trisha A VanDusseldorp, **Grant M Tinsley***. No Effect of Breakfast Consumption Observed for Afternoon Resistance Training Performance in Habitual Breakfast Consumers and Nonconsumers: A Randomized Crossover Trial. *Journal of the Academy of Nutrition and Dietetics*. 2023. [10.1016/j.jand.2023.09.008](https://doi.org/10.1016/j.jand.2023.09.008)

[10] **Grant M Tinsley**, Kyung-Shin Park, Catherine Saenz, Ayush Mehra, Michael R Esco, Stefan A Czerwinski, Brett S Nickerson. Deuterium oxide validation of bioimpedance total body water estimates in Hispanic adults. *Frontiers in nutrition*. 2023. 10, 1221774. [10.3389/fnut.2023.1221774](https://doi.org/10.3389/fnut.2023.1221774)

[11] **Grant M Tinsley***, Andrew R Jagim, Gregory D M Potter, Dan Garner, Andrew J Galpin. Rhodiola rosea as an adaptogen to enhance exercise performance: a review of the literature. *The British journal of nutrition*. 2024. 131, 3, 461-473. [10.1017/S0007114523001988](https://doi.org/10.1017/S0007114523001988)

[12] Andrew R Jagim, **Grant M Tinsley**, Brandon R Merfeld, Abby Ambrosius, Chinguun Khurelbaatar, Christopher Dodge, Makenna Carpenter, Joel Luedke, Jacob L Erickson, Jennifer B Fields, Margaret T Jones. Validation of skinfold equations and alternative methods for

the determination of fat-free mass in young athletes. *Frontiers in sports and active living*. 2023. 5, 1240252. [10.3389/fspor.2023.1240252](https://doi.org/10.3389/fspor.2023.1240252)

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ABSTRACTS / CONFERENCE PRESENTATIONS

108 abstracts have been published or presented to date. Below, * indicates a senior/corresponding author publication. † and ‡ indicate a graduate student or undergraduate student from Dr. Tinsley's research laboratory, respectively.

[1] C Rodriguez†, M Siedler†, C Florez†, **GM Tinsley**. Technical and Biological Error of Skeletal Muscle Mass Estimation from Dual-energy X-ray Absorptiometry. *International journal of exercise science: conference proceedings*. 2024. 2, 16, 7. <https://digitalcommons.wku.edu/ijesab/vol2/iss16/7>

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[3] M Siedler†, C Rodriguez†, C Florez†, C LaValle†, E Tinoco†, A Brojanac‡, J Rasco‡, **GM Tinsley**. Comparing the Validity of Five Different Resting Metabolic Rate Prediction Equations in Active Women. *International journal of exercise science: conference proceedings*. 2024. 2, 16, 17. <https://digitalcommons.wku.edu/ijesab/vol2/iss16/17>

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PROFESSIONAL SERVICE

- 2016
|
present ● **Manuscript Reviewer (Ad hoc)**
Served as manuscript reviewer for 73 manuscripts from 2016 to present. Journals include: Advances in Nutrition; American Journal of Clinical Nutrition; Applied Physiology, Nutrition, and Metabolism; BMC Nutrition; BMJ; British Journal of Nutrition; Clinical Medicine Insights: Case Reports; European Journal of Applied Physiology; European Journal of Clinical Nutrition; European Journal of Nutrition; Frontiers in Physiology; Functional Foods in Health and Disease; International Journal of Obesity; JAMA Internal Medicine; Journal of Cachexia, Sarcopenia, and Muscle; Journal of Clinical Densitometry; Journal of Dietary Supplements; Journal of Strength & Conditioning Research; Journal of the Academy of Nutrition and Dietetics; Journal of the International Society of Sports Nutrition; Journal of Sport Science and Medicine; The Lancet Healthy Longevity; Medicine & Science in Sports & Exercise; Microgravity; Nutrients; Nutrition Reviews; Obesity; PeerJ; PLOS ONE; Sports Medicine; Sports Medicine Open; and Strength and Conditioning Journal.
- 2018
|
2024 ● **Associate Editor**
Journal of the International Society of Sports Nutrition (impact factor: 5.1 [Q1]). Invited Associate Editor position.
Served as Associate Editor for 61 manuscripts.
- 2023 ● **Invited Grant Reviewer**
United States Army Research Institute of Environmental Medicine (USARIEM)
- 2023 ● **Invited External Reviewer**
Doctoral thesis at Auckland University of Technology, Auckland, New Zealand.
- 2023 ● **Invited Grant Reviewer**
United States Army Research Institute of Environmental Medicine (USARIEM)
- 2022 ● **Invited Grant Reviewer**
National Cattlemen's Beef Association (NCBA)
- 2021
|
2022 ● **External Dossier Reviewer**
Served as external reviewer for two tenure and promotion dossiers from Oklahoma State University
- 2019
|
2022 ● **Student Grant Reviewer**
National Strength and Conditioning Association (NSCA)
- 2020 ● **Invited External Reviewer**
Doctoral thesis at Swinburne University of Technology, Melbourne, Australia.
- 2019
|
2023 ● **Student Poster Judge**
Texas Chapter of the American College of Sports Medicine (TACSM) Annual Meeting
- 2019
|
2020 ● **Scholarship Reviewer**
National Strength and Conditioning Association (NSCA)
- 2019 ● **Invited Reviewer**
Science and Development of Muscle Hypertrophy, 2nd edition, by Brad Schoenfeld, PhD.

- 2019 ● **Student Podium Presentation Judge**
National Strength and Conditioning Association (NSCA) Annual Meeting
- 2019 ● **Grant Reviewer**
Translational Research Institute for Space Health (TRISH), NASA.
- 2018 |
2019 ● **Invited Expert Reviewer**
Graduate Women In Science Fellowship application
- 2018 ● **Invited External Reviewer**
Doctoral thesis at Victoria University, Melbourne, Australia.
- 2018 ● **Reviewer for Student Manuscript Awards**
Texas Chapter of the American College of Sports Medicine (TACSM)
- 2016 ● **Invited Expert Reviewer**
Human OS Fasting Course



UNIVERSITY SERVICE

- 2022 |
2023 ● **Student Poster Judge**
Texas Tech University Graduate School Poster Competition
- 2022 ● **Student Poster Judge**
Texas Tech University Undergraduate Research Conference (URC)
- 2021 ● **Invited Tenure Academy Panelist**
Teaching, Learning & Professional Development Center, Texas Tech University
- 2019 ● **Undergraduate Research Conference Reviewer**
Texas Tech University
- 2018 |
2019 ● **Volunteer**
Shake Hands with Your Future, Diversity and Inclusion Department, Texas Tech University.
- 2017 ● **Evaluator for General Fellowship Applications**
Texas Tech University
- 2017 ● **Body Composition Assessment for Football Athletes**
Department of Athletics, Texas Tech University



DEPARTMENTAL SERVICE

- 2022 |
present ● **Tenure and Promotion Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University
- 2023 ● **Doctoral Qualifying Exam Committee Member**
Texas Tech University. Student: Kealey Wohlgemuth. Adviser: Dr. Jacob Mota.
- 2022 ● **Doctoral Qualifying Exam Committee Member**
Texas Tech University. Student: Nigel Jiwan. Adviser: Dr. Hui Ying Luk.
- 2021 |
2022 ● **Kinesiology Speaker Series Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University

2021 ● **Teaching Plan Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University

2017
|
2021 ● **Faculty Search Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University

● **PROFESSIONAL OUTREACH**

2023 ● **Podcast Interview: Iron Culture**
Invited guest for "Episode 239 - All About Body Composition & Body Fat (feat. Dr. Grant Tinsley)". Available [online](#).

2023 ● **Podcast Interview: The Mind Muscle Connection with Jeff Hoehn**
Invited guest for "Episode 345 - Dr. Grant Tinsley - How Accurate Are Body Composition Readers". Available [online](#).

2023 ● **Podcast Interview: Sports Science Dudes with Dr. Jose Antonio and Dr. Anthony Ricci**
Invited guest for "Episode 33A - A lesson on body composition assessment by Grant Tinsley PhD." Available [online](#).

2023 ● **Podcast Interview: Sports Science Dudes with Dr. Jose Antonio and Dr. Anthony Ricci**
Invited guest for "Episode 33B The lowdown on intermittent fasting - Dr. Grant Tinsley opines." Available [online](#).

2023 ● **Podcast Interview: Docs Who Lift with Dr. Spencer Nadolsky and Dr. Karl Nadolsky**
Invited guest for "GLP-1 agonists and lean body mass loss part 2 with Dr. Grant Tinsley." Available [online](#).

2023 ● **Podcast Interview: Muscle for Life with Mike Matthews**
Invited guest for "Grant Tinsley on Fasting For Health and Longevity." Available [online](#).

2022 ● **Podcast Interview: Docs Who Lift with Dr. Spencer Nadolsky and Dr. Karl Nadolsky**
Invited guest for "Home Body Fat Scales - Grant Tinsley Interview." Available [online](#).

2022 ● **Podcast Interview: Muscle for Life with Mike Matthews**
Invited guest for "Grant Tinsley on the Science of Measuring Your Body Fat." Available [online](#).

2022 ● **Podcast Interview: The Health Mastery Show**
Invited guest for "Episode 62: What Body Composition Tools Are Really Telling You with Dr. Grant Tinsley" Available [online](#).

2022 ● **Podcast Interview: The [P]rehab Audio Experience**
Invited guest for "Episode 137: How Does Intermittent Fasting Impact Physical and Mental Performance? Part 2 with Expert Dr. Grant Tinsley." Available [online](#).

2022 ● **Podcast Interview: The [P]rehab Audio Experience**
Invited guest for "Episode 136: What's the Research Say About Intermittent Fasting? To Use? Part 1 with Dr. Grant Tinsley." Available [online](#).

2022 ● **Podcast Interview: Bro Research Radio**
Invited guest for "The Down Low on Body Composition Measurements with Dr. Grant Tinsley." Available [online](#).

2022 ● **Podcast Interview: Anabolic Radio**
Invited guest for "Episode 24 – Dr. Grant Tinsley – Body Comp. Assessment, Nuances of Fasting." Available [online](#).

2022 ● **Podcast Interview: Get Lean, Eat Clean**
Invited guest for "Episode 137 – Interview with Dr. Grant Tinsley: Meal Timing, Body Composition and Pre-workout Supplements." Available [online](#).

- 2022 ● **Social Medica Interview: Collegiate and Professional Sports Dietitians Association (CPSDA)**
"Let's Talk Research! Body Composition, Intermittent Fasting & Athletic Performance." Interview Conducted on Instagram Live.
- 2021 ● **Podcast Interview: Barbell Lifestyle Podcast**
Invited guest for "The Barbell Lifestyle Podcast #32: Body Composition Measurement with Dr. Grant Tinsley." Available [online](#).
- 2021 ● **Podcast Interview: All the Smoke Podcast**
Invited guest for "Episode 21: All the Smoke on Intermittent Fasting with Dr. Grant Tinsley." Available [online](#).
- 2021 ● **Podcast Interview: The Muscle Memoirs Podcast**
Invited guest for "#75 Dr. Grant Tinsley - Intermittent Fasting for Health & Performance." Available [online](#).
- 2021 ● **Podcast Interview: Tailored Coaching Method**
Invited guest for "Episode 577: Dr. Grant Tinsley on Time-Restricted Eating." Available [online](#).
- 2021 ● **Podcast Interview: Barbell Lifestyle Podcast**
Invited guest for "The Barbell Lifestyle Podcast #10: Intermittent Fasting & Meal Timing with Dr. Grant Tinsley." Available [online](#).
- 2020 ● **Podcast Interview: The Health Scientist**
Invited guest for "Episode 50 - Grant Tinsley: Intermittent fasting, fat loss and performance". Available [online](#).
- 2020 ● **Podcast Interview: Iron Culture**
Invited guest for "Episode 96 - Meal Timing, Intermittent Fasting, & Time Restricted Feeding". Available [online](#).
- 2020 ● **Podcast Interview: Iron Culture**
Invited guest for "Episode 90 - Sarcoplasmic Hypertrophy & Body Composition Roundtable". Available [online](#).
- 2020 ● **Guest Presentation for Introduction to Kinesiology Course**
"A Career as a Professor." Approximate attendance: 25
- 2020 ● **Social Medica Interview: Astrid Naranjo (Anti-Diet Dietitian)**
"Time-Restricted Feeding and Intermittent Fasting." Interview Conducted on Instagram Live.
- 2019 ● **Guest Presentation for Introduction to Kinesiology Course**
"Energy Balance & Body Composition Laboratory Research Program." Approximate attendance: 90
- 2019 ● **Lecture for Nutrition and Obesity Seminar Series**
"Human Body Composition: Methodological Considerations and Alterations via Nutrition and Exercise Programs." Department of Nutritional Sciences, College of Human Sciences, Texas Tech University. Approximate attendance: 30
- 2019 ● **Radio spot for College of Arts & Sciences.**
KTTZ-FM, Lubbock.
- 2019 ● **ELT Method Coaching Online Seminar**
Invited guest expert for lecture entitled "Intermittent Fasting & Exercise."
- 2019 ● **Muscle MBA Online Conference**
Invited guest speaker for session entitled "Methods of Assessing Skeletal Muscle Hypertrophy."
- 2019 ● **Podcast Interview: Stronger by Science**
Invited guest for "Episode 12 - Bench Press, Intermittent Fasting, Body Composition Testing, and Dr. Grant Tinsley." Available [online](#).
- 2018 ● **Podcast Interview: The Modus Movement**
Invited guest for "Episode 10 - An Intermittent Fasting Conversation with Dr. Grant Tinsley."

- 2018 ● **Lubbock YMCA**
"Intermittent Fasting: Part of a Healthy Lifestyle or Just Another Fad Diet?" Approximate attendance: 15
- 2018 ● **Texas Tech University Honors College Introduction to Research Workshop**
"Human Body Composition: How Do We Measure It? How Do We Change It?" Approximate attendance: 20
- 2016 ● **Examine.com Research Digest Interview.**
Presented in Issue 26, Volume 1 of 2.
- 2016 ● **Dean's Advisory Council of Robbins College of Health and Human Sciences, Baylor University**
Graduate Student Research Presentation for Advisory Council. Approximate attendance: 20
- 2014 ● **Exercise Science Student Association, Baylor University.**
"Introduction to Intermittent Fasting." Approximate attendance: 25



PROFESSIONAL MEMBERSHIPS

- 2013
|
present ● **National Strength and Conditioning Association**
Member
- 2014
|
present ● **Texas Chapter of the American College of Sports Medicine**
Member
- 2014
|
present ● **International Society of Sports Nutrition**
Member
- 2015
|
present ● **American College of Sports Medicine**
Member
- 2020
|
2021 ● **American Society for Nutrition**
Member
- 2017
|
2019 ● **European Sport Nutrition Society**
Board of Directors
- 2016
|
2017 ● **The Obesity Society**
Member



CONTINUING EDUCATION

- 2017
|
present ● **Training: Collaborative Institutional Training Initiative (CITI)**
CITI Training: Human Research, Biomedical Investigator Course.
- 2016
|
present ● **Training: Environmental Health & Safety Trainings**
Texas Tech University Environmental Health & Safety Training: Safety Awareness, Lab Safety, Biological Safety, Bloodborne Pathogens, Radiation Safety, and Compressed Gas Safety.
- 2022 ● **Course: Intermediate Data Visualization with ggplot2**
DataCamp

- 2021 ● **Course: Hierarchical and Mixed Effects Models in R**
DataCamp
- 2021 ● **Course: Introduction to Data Visualization with ggplot2**
DataCamp
- 2021 ● **Practicum: Mary Frances Picciano Dietary Supplement Research Practicum**
National Institutes of Health Office of Dietary Supplements
- 2020 ● **Course: Statistics and R Course**
HarvardX / Harvard T.H. Chan School of Public Health
- 2020 ● **Training: Human Subject Training Series**
Texas Tech University Human Research Protection Program