**Adam R. Konopka, PhD**

University of Illinois at Urbana-Champaign

Department of Kinesiology and Community Health

Carl R. Woese Institute for Genomic Biology (Affiliate Member)

Beckman Institute for Advanced Science and Technology (Affiliate Member)

ark@illinois.edu

**I. Professional and Educational History**

**Education**

* 2009 – 2012 Doctor of Philosophy, Ball State University

Human Bioenergetics

Cognates: Biology, Physiology

* 2007 – 2009 Master of Science, Ball State University

Exercise Physiology

* 2003 – 2007 Bachelor of Science, Ball State University Major: Exercise Science Minor: Entrepreneurship

**Professional Experience**

* 2017 - present Assistant Professor

Department of Kinesiology and Community Health

University of Illinois Urbana Champaign, Champaign, IL

* 2015 – 2017 Postdoctoral Research Fellow

Translational Research on Aging and Chronic Disease

Department of Health and Exercise Science

Colorado State University, Fort Collins, CO

* 2012 – 2015 Postdoctoral Research Fellow

Endocrinology, Diabetes, & Nutrition Research Unit

Mayo Clinic College of Medicine, Rochester, MN

* 2007 – 2012 Graduate Research Assistant

Human Performance Laboratory

Ball State University, Muncie, IN

* 2007 Research and Development Internship

Gatorade Sports Science Institute

PEPSI Co., Barrington, IL

**II. Research Experience**

**Peer-Reviewed Publications**

1. Coll AP, Chen M, Taskar P, Rimmington D, Patel S, Tadross J, Cimino I, Yang M, Welsh P, Virtue S, Goldspink DA, Emily L. Miedzybrodzka EL, **Konopka AR,** Ruiz R…. Nair KS, Wareham NJ, Ron D, Gribble FM, Reimann F, Sattar S, Savage DB, Allan BB, O'Rahilly S. GDF15 mediates the effects of metformin on body weight and energy balance. *Nature*. 2020 Feb. 578 (7795), 444-448
2. Wolff CA, Reid JJ, Musci RV, Linden MA, **Konopka AR**, Peelor FF, Miller BF, Hamilton KL. Differential Effects of Rapamycin and Metformin in Combination with Rapamycin on Mechanisms of Proteostasis in Cultured Skeletal Myotubes. *J Gerontol A Biol Sci Med Sci.* 2020 Jan 75 (1) 32-39.
3. **Konopka AR**, Miller BF. Taming expectations of metformin as a treatment to extend healthspan. *Geroscience*. 2019 April 41 (2) 101-108.
4. Langer, H. T., Mossakowski, A. A., Baar, K., Alcazar, J., Martin-Rincon, M., Alegre, L. M….Musci, RV, **Konopka A.R**, Hamilton KL, Hepple, R. T. Commentaries on Viewpoint: Rejuvenation of the term sarcopenia. *Journal of Applied Physiology*. 2019 126(1), 257–262.
5. **Konopka AR**, Laurin JL, Schoenberg HM, Reid JJ, Castor WM, Wolff CA, Musci RV, Safairad OD, Linden MA, Biela LM, Bailey SM, Hamilton KL, Miller BF. Metformin inhibits mitochondrial adaptations to aerobic exercise training in older adults. *Aging Cell*. 2019 Feb;18(1)e12880.
6. Wolff CA, **Konopka AR**, Suer MK, Trappe TA, Kaminsky LA & Harber MP. Increased cardiorespiratory fitness and skeletal muscle size following single-leg knee extension exercise training. *J Sports Med Phys Fitness*.2019 June 59 (6), 934-940
7. **Konopka AR**, Wolff CA, Suer MK, Harber MP. Relationship between Intermuscular Adipose Tissue and Myostatin before and after Aerobic Exercise Training. *Am J Physiol Regul Integr Comp Physiol*. 2018 Sep 1;315(3):R461-R468.
8. **Konopka AR**, Castor WM, Wolff CA, Musci RV, Reid JJ, Laurin JL, Valenti ZJ, Hamilton KL, Miller BF. Skeletal muscle mitochondrial protein synthesis and respiration in response to the energetic stress of an ultra-endurance race. *J Appl Physiol*. 2017 Dec 1;123(6):1516-1524
9. **Konopka AR**, Laurin JL, Musci RV, Wolff CA, Reid JJ, Biela LM, Zhanq Q, Peelor FF 3rd, Melby CL, Hamilton KL, Miller BF. Influence of Nrf2 activators on subcellular skeletal muscle protein and DNA synthesis rates after 6 weeks of milk protein feeding in older adults. *Geroscience*. 2017 Apr;39(2)
10. Robinson MM, Dasari S, **Konopka AR**, Johnson ML, Manjunatha S, Esponda RR, Carter RE, Lanza IR, Nair KS. Enhanced Protein Translation Underlies Improved Metabolic and Physical Adaptations to Different Exercise Training Modes in Young and Old Humans. *Cell Metab.* 2017 Mar 7;25(3):581-592.
11. Hinkley JM, **Konopka AR**, Suer MK, Harber MP. Short-term intense exercise training reduces stress markers and alters the transcriptional response to exercise in skeletal muscle. *Am J Physiol Regul Integr Comp Physiol*. 2017 Mar 1;312(3):R426-R433
12. Miller BF, **Konopka AR**, Hamilton KL. Last Word on Viewpoint: On the rigorous study of exercise adaptations: why mRNA might not be enough? *J Appl Physiol*. 2016 Aug 1;121(2):601.
13. **Konopka AR**, Ruiz Esponda R, Robinson MM, Johnson ML, Carter RE, Schiavon M, Cobelli C, Wondisford FE, Lanza IR, Nair KS. Hyperglucagonemia Mitigates the Effect of Metformin on Glucose Production in Prediabetes. *Cell Reports.* May 2016 17;15(7):1394-400.
14. Miller BF, **Konopka AR,** Hamilton KL. The rigorous study of exercise adaptations: why mRNA may not be enough. J Appl Physiol. 2016 March 24
15. Lalia, AZ, Dasari S, Johnson ML, Robinson MM, **Konopka AR**, Distelmaier K, Port JD, Glavin MT, Esponda RR, Nair KS, Lanza IR. Predictors of whole-body insulin sensitivity across ages and adiposity in adult humans. *J Clin Endocrinol Metab*. 2016 Feb;101(2):626-34
16. Johnson ML, Distelmaier K, Lanza IR, Iriving BA, Robinson MM, **Konopka AR**, Shulman GI, Nair KS. Mechanism by which caloric restriction improves insulin sensitivity in sedentary obese adults. *Diabetes* 2016 Jan;65(1):74-84.
17. **Konopka AR**, Asante A, Lanza IR, RobinsonMM, Johnson ML, Dalla ManC, CobelliC, AmolsMH, Irving BA, and NairKS. Defects in mitochondrial efficiency and H2O2 emissions in obese women are restored to a lean phenotype with aerobic exercise training. *Diabetes* 2015 Jun;64(6):2104-15.
18. Johnson ML, IrvingBA, LanzaIR, Vendelbo MH, **Konopka AR**, Robinson MM, Henderson GC, Klaus KA, Morse DM, Heppelmann C, Bergen III, HR, Dasari S, Schimke JM, Jakaitis DR, and NairKS. Differential effect of endurance training on mitochondrial protein damage and degradation in the context of aging. *J Gerontol A Biol Sci Med Sci.* 2015 Nov;70(11):1386-93.
19. **Konopka AR**, Harber MP. Skeletal muscle hypertrophy after aerobic exercise training. *Exerc Sport Sci Rev*. 42(2): 53-61, 2014.
20. **Konopka AR**, Nair KS. Mitochondrial and skeletal muscle health with advancing age. *Mol Cell Endocrinology* 379(1-2): 19-29, 2013. PMID 23684888.
21. Reidy PT, **Konopka AR**, Hinkley JM, Undem MK, Harber MP. The effect of feeding during recovery from aerobic exercise on skeletal muscle intracellular signaling. *Int J Sport Nutr Exerc Metab.* 69(4): 70-8, 2013.
22. **Konopka AR**, Suer MK, Wolff CA, Harber MP. Markers of human skeletal muscle mitochondrial biogenesis and quality control: effects of age and aerobic exercise training. *J Gerontol A Biol Sci.* 69(4): 371-8,2013.
23. Harber MP, **Konopka AR**, Undem MK, Hinkley JM, Minchev K, Kaminsky LA, Trappe TA, Trappe SW. [Aerobic exercise training induces skeletal muscle hypertrophy and age-dependent adaptations in myofiber function in young and older men.](http://www.ncbi.nlm.nih.gov/pubmed/22984247) *J Appl Physiol*. 113(9): 1495-504, 2012
24. Standley RA, Harber MP, Lee JD, **Konopka AR**, Trappe SW, Trappe TA. Influence of aerobic exercise training on MRI determined patellar tendon properties in older women. *Scand J Med Sci Sports.* 23(3): 367-73, 2013.
25. Lee JD, Sterrett LE, Guth LM, **Konopka AR**, and Mahon AD. The effect of pre-exercise carbohydrate supplementation on anaerobic exercise performance in adolescent males. *Pediatr Exerc Sci* 23(3): 344-354, 2011.
26. **Konopka AR**, Trappe TA, Jemiolo B, Trappe SW, and Harber MP. Myosin heavy chain plasticity in aging skeletal muscle with aerobic exercise training. *J Gerontol A Biol Sci Med Sci* 66(8): 835-841, 2011.
27. Harber MP, **Konopka AR**, Jemiolo B, Trappe SW, Trappe TA, and Reidy PT. Muscle protein synthesis and gene expression during recovery from aerobic exercise in the fasted and fed states. *Am J Physiol Regul Integr Comp Physiol* 299(5): R1254-1262, 2010.
28. **Konopka AR**, Douglass MD, Kaminsky LA, Jemiolo B, Trappe TA, Trappe S, and Harber MP. Molecular adaptations to aerobic exercise training in skeletal muscle of older women. *J Gerontol A Biol Sci Med Sci* 65(11): 1201-1207, 2010.
29. Harber MP, **Konopka AR**, Douglass MD, Minchev K, Kaminsky LA, Trappe TA, and Trappe S. Aerobic exercise training improves whole muscle and single myofiber size and function in older women. *Am J Physiol Regul Integr Comp Physiol* 297: R1452-1459, 2009.

**Oral Presentations**

1. **Konopka AR.** Exercise and metformin: effect on adaptations related to aging and type 2 diabetes *Invited Highlighted Symposium: Clinical Exercise Physiology American College of Sports Medicine Annual Meeting*. San Francisco, CA. May 26 – 30, 2020
2. **Konopka AR**, Castor WM, Reid JJ, Schoenberg HM, Laurin JL, Wolff CA, Hamilton KL, Miller BF. Metformin Blunts Exercise-Induced Improvements in Skeletal Muscle Mitochondrial Respiration Independent of Changes in Mitochondrial Biogenesis. Selected Abstract for Oral Presentation in the *Featured Topic “Exercise and Skeletal Muscle as Key Regulators of Whole Body Aging” at* *Experimental Biology* *Annual Meeting.* San Diego, CA April 2018.
3. **Konopka AR**, Castor WM, Musci RV, Laurin JL, Wolff CA, Reid JJ, Hamilton KL, & Miller BF. Case Study in Physiology: Human Skeletal Muscle Mitochondrial Protein Synthesis Rates and Respiration during an Ultra-Endurance Mountain Bike Race. Selected Abstract for Oral Presentation *American College of Sports Medicine Annual Meeting*. Denver, CO May 30 – June 3 2017.
4. **Konopka AR**. Influence of Nrf2 Activators on Skeletal Muscle Protein and DNA synthesis. Invited Presentation in the *Featured Topic Symposium “Impact of Dairy Based Nutritional Interventions on Cardiometabolic Health.” Experimental Biology Annual Meeting* Chicago, IL April 2017.
5. **Konopka AR**, Ehrlicher SE, Baeverstad KA, Reid J, Peelor FF, Confides AL, Dupont-Versteegden EE, Miller BF, Hamilton KL. Contribution of satellite cells to skeletal muscle proteostasis during advanced age and aerobic exercise. Selected Abstract *Featured Topic Symposium “Mechanisms Regulating Skeletal Muscle Mass” at the* *Experimental Biology Annual Meeting*, San Diego, CA April 2016
6. **Konopka AR.** Effect of metformin on glucagon-stimulated endogenous glucose production and skeletal muscle mitochondrial energetics in prediabetic individuals. Colorado State University, Department of Health and Exercise Science Seminar Series, Fort Collins, CO September 2015
7. **Konopka AR**. Does metformin suppress glucagon-induced glucose production in humans? Endocrine Research Seminar Series; Rochester, MN March 2015
8. **Konopka AR**, Asante A, Lanza IR, Robinson MM, Johnson ML, Amols MH, and Nair KS. Skeletal Muscle Mitochondrial H2O2 Production and Insulin Sensitivity Following Aerobic Exercise Training and a High-Fat Meal in Women with PCOS. 20th Annual Mayo Clinic – Karolinska Institute Scientific Meeting; Rochester, MN September 2014
9. **Konopka AR**. Exercise Promotes a Lean Mitochondrial and Metabolic Profile during Obesity and High-Fat Feeding. Endocrine Research Seminar Series; Rochester, MN July 2014
10. **Konopka AR**, Asante A, Lanza IR, Robinson MM, Johnson ML, Amols MH, and Nair KS. Aerobic Exercise Training Improves Insulin Sensitivity and Skeletal Muscle Mitochondrial Energetics in Women with Polycystic Ovary Syndrome. “Exercise-New Insights and Novel Mechanisms of Action” at the 74th annual American Diabetes Association Scientific Meeting; San Francisco, CA, June 2014
11. **Konopka AR** and Harber MP.Aerobic Exercise is a Viable Therapy to Help Counteract Age-Related Muscle Loss. Invited Speaker at Taylor University’s Exercise Physiology Symposium; Upland, IN, September 2011
12. **Konopka AR**, Douglass M, Jemiolo B, Kaminsky L, Trappe T, Trappe S, and Harber M. Myogenic and Proteolytic Gene Expression is Downregulated in Skeletal Muscle of Older Women after Aerobic Training. International Biochemistry of Exercise Conference – Muscles as Molecular and Metabolic Machines; Guelph, ON, Canada, June 2009

**Poster Presentations (Selected)**

1. Minton DM, Marolf AJ, Santangelo KS, Salmon AB, **Konopka AR**. Developing the common marmoset as a translational model of age-related osteoarthritis. *Gerontological Society of America 2019 Annual Scientific Meeting.* Austin, TX, November 2019.
2. Safairad OD, Schoenberg HM, Laurin JL, Hamilton KL, Miller BF, **Konopka AR**. Continuous Glucose Monitoring in Older Adults: Impact of Aerobic Exercise and Metformin on Glucose Variability. *American College of Sports Medicine Annual Meeting*. Minneapolis, MN May 30 – June 2 2018
3. **Konopka AR**, Castor WM, Reid JJ, Schoenberg HM, Laurin JL, Wolff CA, Hamilton KL, Miller BF. Metformin Blunts Exercise-Induced Improvements in Skeletal Muscle Mitochondrial Respiration Independent of Changes in Mitochondrial Biogenesis. *Experimental Biology* *Annual Meeting.* San Diego, CA April 2018.
4. **Konopka AR**, Castor WM, Laurin JL, Wolff CA, Hamilton KL, Miller BF. Skeletal Muscle Mitochondrial and Whole-body Metabolic Performance after an Ultra Endurance Mountain Bike Race. *American College of Sports Medicine Annual Meeting*. Denver CO May 30 – June 3 2017
5. Schoenberg HS, Laurin JL, Biela LM, Ehrlicher SE, Braun B, Hamilton KL, Miller BF, **Konopka AR.** Can post-exercise dairy protein supplementation restore or enhance adaptations to aerobic exercise in prediabetic adults taking Metformin? *Colorado State University’s Celebrate Undergraduate Research and Creativity (CURC) Showcase*, Fort Collins, CO. April 2016
6. **Konopka AR**, Ehrlicher SE, Baeverstad KA, Reid J, Peelor FP, Confides AL, Dupont-Versteegden EE, Miller BF, Hamilton KL. Contribution of satellite cells to skeletal muscle proteostasis during advanced age and aerobic exercise. *Experimental Biology Annual Meeting*, San Diego, CA April 2016
7. **Konopka AR**, Esponda RR, Lalia A, Johnson ML, Robinson MM, Lanza IR, Nair KS. Does Metformin Antagonize Glucagon-Induced Endogenous Glucose Production in Humans? *75th Annual American Diabetes Association Scientific Meeting*; Boston, MA, June 2015
8. **Konopka AR**, Undem MK, Wolff CA, Harber MP, FACSM. Effect of Age and Aerobic Exercise Training on Markers of Skeletal Muscle Mitochondrial Regulation. *American College of Sports Medicine; Indianapolis*, IN May-June 2013
9. **Konopka AR,** Harber MP, Undem MK, Kaminsky LA, Trappe TA, Trappe SW, FACSM. Aerobic Exercise Training Induces Muscle Hypertrophy in Both Young and Old Men. *American College of Sports Medicine*; San Francisco, CA, May-June 2012
10. **Konopka AR**, Jemiolo B, Trappe SW, FACSM, and Harber MP. Myosin Heavy Chain Plasticity in Aging Skeletal Muscle with Aerobic Exercise Training. *American College of Sports Medicine*; Denver, CO, May-June 2011
11. **Konopka AR**, and Harber MP. HSP70 Response to Aerobic Training in Aging Human Skeletal Muscle. *Experimental Biology Annual Meeting*; Anaheim, CA, April 2010
12. **Konopka AR,** Reidy PT, Jemiolo B, Kaminsky LA, Trappe TA, Trappe SW, Harber MP. Training Induced Improvements in Aerobic Capacity can Occur Independent of PGC-1[alpha] in Aging Human Skeletal Muscle. *Experimental Biology Annual Meeting*; Anaheim, CA April 2010
13. **Konopka AR**, Douglass MD, Jemiolo B, Kaminsky LA, Trappe TA, Trappe SW, and Harber MP. Myogenic and Proteolytic Gene Expression is Downregulated in Skeletal Muscle of Older women after Aerobic Training. International Biochemistry of Exercise Conference; Guelph, ON, Canada, June 2009
14. **Konopka AR**, Crane JD, Jemiolo B, Trappe TA, Trappe SW and Harber MP. Amino Acid Infusion alters Growth Related Gene Expression in Human Skeletal Muscle. Integrative Biology of Exercise – V; Hilton Head 2008

**Current Funding**

**NIH-NIA 1R01AG064951-01** Miller BF (PI), **Konopka AR** (Co-I) 07/01/19-06/30/24

*Does insulin sensitivity impact the potential of metformin to slow aging?*

Total Funds: $3,735,013; Subcontract to Konopka: $1,553,147

The goal of this project is to understand if antecedent metabolic health and mitochondrial remodeling mediate the clinical effectiveness of metformin to slow aging.

**Dexcom, Inc. Konopka AR** (PI) 01/01/20-12/31/23

Does glycemic variability impact the potential of metformin to slow aging?

Total Funds: Product support

The goal of this project is to use continuous glucose monitoring systems provided by Dexcom in the funded R01 to help understand if glucoregulation modulates the healthspan extending effects of metformin.

**Center for Health, Aging, & Disability, UIUC** **Konopka AR** (PI) 07/2019 – 01/2021

*Establishing the common marmoset as a model of age-related osteoarthritis.*

Total Funds: $30,000

Our goal is to develop magnetic resonance imaging protocols to make serial measurements on live marmosets. Additionally, we will perform RNAseq on frozen tissues obtained from marmosets to evaluate the transcriptomic impact of age on several tissues within the knee joint.

**Metabolic Technologies, Inc.** **Konopka AR** (PI) 12/2018 – 06/2020

*Independent and combined effects of resistance exercise training and β-hydroxy β-methylbutyrate (HMB) plus Vitamin D3 on body composition and skeletal muscle health.*

Total funds: $232,000

We aim to determine if a dietary supplement containing Vitamin D and a leucine metabolite (HMB) with or without resistance exercise can increase skeletal muscle mitochondrial dynamics and bioenergetics as mechanisms to improve skeletal muscle size and contractile function in middle-aged women.

**Pending Funding**

**NIH-NIA R21 AG067464 Konopka AR** (PI) 09/01/2020 – 08/31/2022

Developing the common marmoset as a translational model of age-related osteoarthritis

Total Funds: $428,311 (38th percentile first submission)

We aim to establish the common marmoset as a non-human primate model of age-related OA and to study mechanisms that initiate naturally occurring OA that is most prevalent in aging humans.

**Completed Funding**

Campus Research Board, UIUC Konopka AR (PI) 10/2017 – 4/2019

*Metformin and Rapamycin as Therapeutic Strategies for Age-Related Osteoarthritis*

Total Funds: $30,000

This project will provide preliminary data for NIH applications to test if Metformin and Rapamycin will delay the onset or slow the progression of OA by maintaining mitochondrial proteostasis and function.

**Dexcom, Inc. Konopka AR** (PI) 2016-2017

*Continuous glucose monitoring in individuals with prediabetes undergoing aerobic exercise training with or without Metformin*

Total Funds: $32,000

**Mayo Clinic Center for Translational Science Awards (CTSA) Konopka (**Co-PI)2015

*Targeted Metabolomic Profiling to Determine Metformin’s Mechanism of Action*

Total Funds: $19,900

**NIDDK Diabetes and Metabolism Training Grant** (5T32DK007352) Jensen MD (PI); **Konopka AR** (Trainee) 2012-2015

**Submitted Grants Not Funded**

**American Physiological Society Research Career Enhancement Award Konopka AR** (PI)

The Combination of Rapamycin & Metformin as a Treatment to Delay Age-Related Osteoarthritis

Total: $20,000 Status: Not Funded 08/2017

**NIH-NIA 1R01AG060067 Konopka AR** (Co- I)

*The translational potential of metformin to slow human aging through increased mitochondrial proteostasis*

Total: $3,823,822; Subcontract Responsible for $1,111,691 Status: Impact Score 58 (Not Funded)

**NIH-NIDDK 1R01DK118014** **Konopka AR** (Co- I)

Title: Exercise and nutritional regulation of muscle mass in hemodialysis patients

Total: $2,450,695 Status: Not Scored

**Dairy Management, Inc.**  **Konopka AR** (Co- I)

*Dairy food consumption and its effects on postprandial inflammation and muscle metabolic responses*

Total: $323,676 Status: Not Funded Dates: 1/01/19 – 12/31/20

**Arthritis National Research Foundation/American Federation of Aging Research Konopka AR** (PI)

Establishing the Common Marmoset as a Translational Model of Osteoarthritis

Total: $99,423 Status: Not Funded Dates: 7/01/19 – 6/30/20

**NIA-NIH 1K01AG062792-01**  **Konopka AR** (PI)

Targeting Aging to Treat Osteoarthritis (1st Submission)

Total: $719,522 Status: Impact Score 22; not funded. Dates: 4/01/19 – 3/31/24

**NIA-NIH 1K01AG062792-01A1 Konopka AR** (PI)

Targeting Aging to Treat Osteoarthritis (Resubmission)

Total: $746,318 Status: Impact Score 32; Not Funded. Dates: 7/01/19 – 6/30/24

**III. Teaching Experience**

2017 - present KIN 352 Bioenergetics of Movement

2017 – present KIN 385 Experience in Kinesiology Research

2017- present KIN 590 Independent Study

2018 - present KIN 452 Clinical and Applied Exercise Physiology

2018 - present KIN 385 Experiences in Kinesiology Research

2019 KIN 470 Exercise Endocrinology

2019 – present KIN 391 Special Projects (Independent Study)

2020 KIN 599 Thesis Research

**Advising and Mentoring**

**Doctoral Students – Committee Member:**

Yu-Fu Wu, PhD Kinesiology 2nd year, University of Illinois at Urbana Champaign

**Masters Students – Committee Chair:**

Oscar Safairad, MS Kinesiology (2018), University of Illinois at Urbana Champaign

Dennis Minton, MS 2nd year Kinesiology, University of Illinois at Urbana Champaign

Alexander Nichol, MS 2nd year Kinesiology, University of Illinois at Urbana Champaign

William Fairfield, MS 1st year Kinesiology, University of Illinois at Urbana Champaign

Christian Elliehausen, MS 1st year Kinesiology, University of Illinois at Urbana Champaign

**Masters Students – Committee Member**

Tisha Alif Lalia, MS Kinesiology (2018), University of Illinois at Urbana Champaign

Samuel Lapp, MS Kinesiology 2nd year, University of Illinois at Urbana Champaign

**Undergraduate Research Mentor**

Dennis Minton, Spring 2018

Peter Walker, Spring 2018

Kevin Scardina, Spring 2018

Morgan Berland, Fall 2018 – Fall 2019

Nathan Carper, Fall 2018 - Spring 2019

Riah Lee, Fall 2018, Spring 2019 (START)

Morgan Shultz, Spring 2019

Taylor Pullen, Spring 2019

Dylan Casey, Spring 2019

Paige Shultz, Spring 2019 – Spring 2020

Sarah Madsen, Fall 2019

John Hong, Fall 2019 – Spring 2020

Brock Ambrose, Fall 2019 – Spring 2020

Alexes Gerdes, Fall 2019 – Spring 2020

Megan Manious, Fall 2019 – Spring 2020

Carolyn Hett, Fall 2019 – Spring 2020

Amina Hajro, Fall 2019 – Spring 2020

Justin Arcilla, Fall 2019 – Spring 2020

Marcelo Gomez, Fall 2019 – Spring 2020

Makylah Allen, Fall 2019- Spring 2020 (START)

**James Scholar Honors Project**

Brent Blackwell, KIN 352 Fall 2017

Cressa Wagner, KIN 352 Fall 2018

Joy Jin, KIN 352 Fall 2018

Kate Foster, KIN 352 Fall 2018

Carley Frerichs, KIN 352 Fall 2018

**IV. Service**

**Editorial Board**

2018 – present Journal of Applied Physiology

**Journal Review**

Journal of Gerontology: Biological Sciences Series A, Aging Cell, Experimental Gerontology, Journal of Applied Physiology, Scientific Reports, American Journal of Physiology - Endocrinology and Metabolism, American Journal of Physiology – Regulatory, Integrative and Comparative Physiology, Medicine & Science in Sport & Exercise, Journal of Physiology, PLOS One, Journal of Science and Medicine in Sport, Diabetes Technology and Therapeutics, European Journal of Applied Physiology

**Grant Review**

* 2019 Jump Arches Grant, UIUC and OSF Healthcare system
* 2019 Campus Research Board, University of Illinois at Urbana Champaign
* 2015 – 2018 NIH Regional Metabolomics Core at Mayo Clinic, Pilot and Feasibility Grant Applications

**Service Activities**

* Search Committee Member 2019-2020, Biostatistician position in the Department of Kinesiology and Community Health
* Search Committee Member 2020, Manager of Research Laboratory Operations, Department of Kinesiology and Community Health
* Mentor 2018-2020, Student Aging Researchers in Training (START) Program
* Judge for Undergraduate Research Symposium, University of Illinois Urbana-Champaign, April 2020
* Judge for Undergraduate Research Symposium, University of Illinois Urbana-Champaign, April 2019
* Regenerative Biology and Tissue Engineering Theme Review, Carl R. Woese Institute for Genomic Biology, March 2019
* Judge for *Experimental Biology* Undergraduate Research Awards, Chicago, IL April 2017.
* Judge for the Celebrate Undergraduate Research and Creativity (CURC) Showcase. Colorado State University, April 2016
* Judge for the Graduate Student Symposium, Colorado State University, November 2016

**Professional Organizations and Affiliations**

* 2008 - present Member, American Physiological Society
* 2015 – 2017 Member, Colorado Clinical and Translational Sciences Institutes (CCTSI)
* 2017 - present Member, Center for Health, Aging and Disability at UIUC
* 2018 - present Member, American College of Sports Medicine
* 2018 – present Affiliate Member, Carl R. Woese Institute for Genomic Biology, Regenerative Biology and Tissue Engineering Theme
* 2019- present Member, Gerontological Society of America
* 2020 - Affiliate Member, Beckman Institute for Advanced Science and Technology

**V. Honors and Awards**

* 2020 Invited Speaker; Highlighted Symposium: Clinical Exercise Physiology American College of Sports Medicine Annual Meeting. May 2020
* 2019 “Teachers Ranked as Excellent by their Students” Instructor and Course Evaluation System for KIN 452, Spring 2019
* 2018 Star Reviewer for Journal of Applied Physiology – Award for 1 of 3 top peer reviewers
* 2018 “Teachers Ranked as Excellent by their Students” Instructor and Course Evaluation System for KIN 452, Spring 2018
* 2017 Invited Speaker, Featured Topic Symposium “Impact of Dairy Based Nutritional Interventions on Cardiometabolic Health,” *Experimental Biology Annual Meeting* Chicago, IL April 2017
* 2016 Selected Attendee, NIA/NIH 24th Annual Training Course in Experimental Aging Research. University of Oklahoma Health Sciences Center, Oklahoma City, OK June 2016
* 2014 Editor’s Choice, Konopka et al. J Gerontol A Biol Sci Med Sci 2014: Markers of human skeletal muscle mitochondrial biogenesis and quality control: effects of age and aerobic exercise training. PMID: 23873965

**VI. Outreach and Media Coverage**

2019 New York Times: An Anti-Aging Pill? Think Twice. <https://www.nytimes.com/2019/06/19/well/move/an-anti-aging-pill-think-twice.html>

2019 WICA-CBS Morning Show: Metformin and Exercise

2019-2020 MAML Booth at Community Events. Students and faculty available to answer questions regarding healthy lifestyles and share ongoing studies in our laboratory.

Urbana Market at the Square, Taste of Champaign, Mahomet Music Festival

2020 STEM-Talk: Conversations with some of the most interesting people in the world of science and technology; <https://www.ihmc.us/stemtalk/episode-102/>

2020 Empowered Health: Healthier, Happier Women; <https://empoweredhealthshow.com/metformin-cindi-morshead-adam-konopka/>