

Joshua Jimmy Gann (gann@ulm.edu)
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Education

Doctor of Philosophy – Baylor University (BU), Waco, Texas

Major/Concentration: Kinesiology, Exercise Nutrition, and Health Promotion, August 2017

Dissertation: The Effects of Hypohydration on Muscular Performance and Markers of Catabolism in Females

Master of Science – University of North Alabama (UNA), Florence, Alabama, July 2013

Major/Concentration: Health and Human Performance/ Exercise Science

Thesis: Effects of Hypohydration on Repeated 40 Yard Sprints

Bachelor of Arts – University of North Alabama (UNA), Florence, Alabama, May 2012

Major/Concentration: Health, Physical Education and Recreation/ Exercise Science

Work Experience

- **Assistant Professor** – University of Louisiana-Monroe, Aug 2017-Present
- **Graduate Teaching Assistant (GTA)** – BU Human Performance Lab, Aug 2013- July 2017
- **Graduate Research Assistant (GRA)** – UNA Human Performance Lab, Aug 2012- May 2013
- **Intern/Volunteer Assistant** – UNA Football Strength and Conditioning (Jan 2012- Dec 2012)

Teacher of Record

- Concepts of Wellness (KINS 2021) – University of Louisiana-Monroe Fall 2017
- Kinesiology and Biomechanics (KINS 4032) – University of Louisiana-Monroe Fall 2017
- Advanced Physiology of Exercise (EXSC 5004) – University of Louisiana-Monroe Fall 2017
- Advanced Strength and Conditioning (EXSC 5009) – University of Louisiana-Monroe Fall 2017
- Exercise Physiology Lab (HP 2420) – Baylor University Fall 2013, Spring 2014, Fall 2014, Spring 2015 (2), Fall 2015 (2), Spring 2016 (3), Fall 2016 (2), Spring 2017 (2)
- Human Anatomy Lab (HP 1420) – Baylor University Summer 2014, Fall 2014 (2), Spring 2015, Summer 2015, Fall 2015, Summer 2016, Fall 2016, Spring 2017
- Beginning Weight Training (LF 1194) – Baylor University Spring 2014
- Intermediate Weight Training (LF 1195) – Baylor University Fall 2013 (2)
- Fitness Concepts & Testing Procedures (HP 2012) – Baylor University Spring 2014

Guest Lecture/Instructor

- HP 1420 Human Anatomy lecture at Baylor University – Fall 2013
- HED 3313 HP Nutrition at Baylor University – Spring 2014
- HED 3313 HP Nutrition at Baylor University – Fall 2015
- HP2420 Exercise Physiology at Baylor University – Fall 2015
- HED 3313 HP Nutrition at Baylor University – Spring 2016
- HP 3320: Fundamentals of Exercise Biochemistry – Baylor University Spring 2017

Research Skills

- Body composition (skinfold, hydrostatic weighing, DEXA)
- Dehydration/Hydration assessment (Urinalysis, Urine Specific Gravity, Hematocrit assessment, and Dehydration Methodology)

- Doppler ultra-sound (for blood flow and muscle cross-sectional area)
- Electrocardiography
- Graded exercise testing (treadmill, cycle, and arm ergometer)
- Hematology and blood processing
- Maximal oxygen uptake testing
- Phlebotomy (venipuncture)
- Percutaneous muscle biopsy (fine needle aspiration)
- Resting energy expenditure testing
- Strength assessment (Isokinetic, isotonic, isometric)
- Wingate power testing
- Vertical jump testing

Analytical Laboratory Competencies

- Enzyme-linked immunoabsorbent assay (ELISA)
- Protein spectrophotometry
- RNA and DNA isolation and quantitation
- Real-time polymerase chain reaction (RT-PCR)

Publications

- Hwang PS, Andre TL, McKinley-Barnard SK, Morales Marroquín, **Gann JJ**, Song JJ, Willoughby DS. Resistance-Training Induced Elevations in Muscular Strength in Trained Males are maintained after Two Weeks of Detraining and not Differentially Impacted by Whey Protein Supplementation. *Journal of Strength and Conditioning Research*. 31(4): 869-881, 2017.
- Tinsley GM, **Gann JJ**, Huber SR, Andre TL, La Bounty PM, Bowden RG, Gordon PM, Grandjean PW. Effects of Fish Oil Supplementation on Postresistance Exercise Muscle Soreness. *Journal of Dietary Supplements*. 14(1): 89-100, 2017.
- Andre TL, **Gann JJ**, McKinley SK, Willoughby DS. Eight Weeks of Phosphatidic Acid Supplementation in Conjunction with Resistance Training Does Not Differentially Affect Body Composition and Muscle Strength in Resistance-Trained Men. *Journal of Sports Science & Medicine*, 15: 532-539, 2016.
- Schwarz NA, McKinley-Barnard SK, Spillane MB, Andre TL, **Gann JJ**, Willoughby DS. Effect of Resistance Exercise Intensity on the Expression of PGC-1 α Isoforms and the Anabolic and Catabolic Signaling Mediators, IGF-1 and Myostatin, in Human Skeletal Muscle. *Applied Physiology, Nutrition, and Metabolism*, 41(8): 856-863, 2016.
- Andre TL, McKinley-Barnard SK, **Gann JJ**, Willoughby DS. The Effects of Creatine Monohydrate Supplementation on Creatine Transporter Activity and Creatine Metabolism in Resistance Trained Males. *International Journal of Kinesiology & Sports Science*, 4(2): 1-10, 2016.
- **Gann JJ**, Green JM, O'Neal EK, Renfore LG, Andre TL. Effects of Hypohydration on Repeated 40 Yard Sprint Performance. *J Strength Cond Res*, 30(4):901-909, 2016.
- **Gann JJ**, Tinsley GM, La Bounty PM. Weight Cycling: Prevalence, Strategies, and Effects on Combat Athletes. *Strength Cond J*, 37(5):105-11, 2015.
- Tinsley GM, **Gann JJ**, La Bounty PM. Intermittent Fasting Programs and Their Effects on Body Composition: Implications for Weight-Restricted Sports. *Strength Cond J*, 37(5): 60-71, 2015.
- Andre TL, Green JM, O'Neal EK, Coates TE, **Gann JJ**. Acute Caffeine Supplementation's Effect on Repeated Upper and Lower, Body Wingate Performance. *International Journal of Exercise Science*, 8(3): 243-255, 2015.
- Schwarz NA, Spillane MB, McKinley SK, Andre TL, **Gann JJ**, Willoughby DS. Acute Myosin Heavy Chain Isoform mRNA Expression in Response to Two Resistance Exercise Intensities with Equal Volume Load in Resistance-Trained Men. *Journal of Strength & Conditioning Research*, (8):2326-32, 2015.

Ongoing Research

- Green JM, Miller BL, Simpson JD, Dubroc DR, Keyes AA, Neal KK, **Gann JJ**, Andre TL. Effects of Dehydration on Lactate Concentration during Constant-Load Cycling. (In Review European Journal of Exercise Physiology)
- Cooke MB, Bunn JA, Campbell B, Martinaz N, Tinsley GM, Andre TL, Gann JJ, Bounty PL, Deasey W, Wilson R, Harvey T, Shelmadine B, Avery L, Kreider RB. Recent Developments in Obesity Research and Optimal Weight Loss Strategies For Health, Fitness And Athletes. (Manuscript in review Journal of the International Society of Sports Nutrition)
- **Gann JJ**, Andre TL, McKinley-Barnard SK, Willoughby DS. The Effects of Hypohydration on Resistance Exercise Performance and Markers of Catabolism in Resistance Trained Males. (manuscript in preparation)
- Hwang PS, Andre TL, McKinley-Barnard SK, **Gann JJ**, Willoughby DS. Effects of Successive Periods of Detraining and Retraining in Males With or Without Whey Protein and Carbohydrate Supplementation on mTOR and ERK 1/2 Intracellular Signaling Responses to Resistance Exercise. (manuscript in preparation)
- Hwang PS, **Gann JJ**, Andre TL, McKinley-Barnard SK, Willoughby DS. Effects of 8 Weeks of Heavy Resistance Training in Conjunction With L-Citrulline and Glutathione Supplementation on Body Composition, Muscle Mass and Performance, and Blood Clinical Safety Markers in Resistance-Trained Males. Sponsored by Kyowa. (manuscript in preparation)
- **Gann JJ**, Andre TL, Willoughby DS. The Effects of Hypohydration on Muscular Strength, Endurance, Power, and Markers of Catabolism in Females. Funded by NSCA Doctoral Grant. (manuscripts in preparation: Dissertation)
- Andre TL, **Gann JJ**, Willoughby DS. Impact of Training Masks on Resistance Training Performance, Cortisol Levels and Muscle Markers of Atrophy. (manuscripts in preparation)

Presentations

- **Gann JJ**, Andre TL, Hwang PS, Roemer BL, Willoughby DS. Effects of Hypohydration on Muscular Strength, Endurance, and Power in Females. Poster presentation at National Strength and Conditioning Conference (Las Vegas, NV July 2017).
- Andre TL, **Gann JJ**, Hwang PS, Ziperman E, Bascom A, McCullough MO, Roemer B, Willoughby DS. Restrictive Breathing Mask Reduces Total Repetitions While Increasing Heart Rate and Session RPE in Resistance-Trained Males. Poster presentation at National Strength and Conditioning Conference (Las Vegas, NV July 2017).
- Andre TL, **Gann JJ**, Hwang PS, Ziperman E, McCullough MO, Bascom A, Roemer B, Willoughby DS. Restrictive Breathing Mask Reduces Total Repetitions in Resistance-Trained Males: An Ongoing Study. Poster presentation at the Texas American College of Sports Medicine Conference (Waco, TX: February 2017).
- **Gann JJ**, Andre TL, Hwang PS, Roemer BL, Willoughby DS. Effects of Hypohydration on Muscular Performance in Females: An Ongoing Study. Poster presentation at the Texas American College of Sports Medicine Conference (Waco, TX: February 2017).
- Hwang PS, Andre TL, McKinley-Barnard SK, **Gann JJ**, Morales Marroquín E, Tinsley G, Willoughby DS. Effect of Short-Term Detraining and Subsequent Retraining on s6K. Poster presentation at the National Strength and Conditioning Conference (New Orleans, LA: July 2016).
- Seltmann C, JM Green, Miller BL, Simpson JD, Dubroc DR, Keyes AA, Neal KK, **Gann JJ**, Andre TL. Effects of Dehydration on Lactate Concentration during Constant-Load Cycling. Poster presentation at the Southeast ACSM Conference (Greenville, SC: February, 2016) and National ACSM Conference (Boston, MA: June, 2016).
- McCullough MO, **Gann JJ**, Andre TL, McKinley-Barnard SK, Willoughby DS. Effects of Dehydration on Resistance Training. Poster presentation at the Texas American College of Sports Medicine Conference (College Station, TX: March 2016).

- Pacelli C, Forrester H, Walsh S, Andre TL, **Gann JJ**, Leuhotlz B, Koh Y. Body Composition Accuracy and Satisfaction Survey in College Age Males and Females. Poster presentation at the Texas American College of Sports Medicine Conference (College Station, TX: March 2016).*
- Forrester H, Pacelli C, Pfeiffer M, Andre T, **Gann J**, Zhou Q, Song J, Willoughby D, Leuhotlz B, Koh Y. A Comparison of Flexed Vs. Relaxed Skinfold Methodology in College Aged Males and Females. Poster presentation at the Texas American College of Sports Medicine Conference (College Station, TX: March 2016).*
- Hwang PS, Andre TL, McKinley-Barnard SK, **Gann JJ**, Morales Marroquín E, Tinsley G, Willoughby DS. The Effects of Short-Term Detraining and Subsequent Retraining on Body Composition and Muscle Performance in Males Consuming a Whey Protein or Carbohydrate Supplement. Poster presentation at the Texas American College of Sports Medicine Conference (College Station, TX: March 2016).
- **Gann JJ**, McKinley-Barnard SK, Andre TL, RD Schooch, Willoughby DS. Effects of traditionally-Dosed Creatine Supplementation Protocol and Resistance Training on the Skeletal Muscle Uptake and Whole-Body Metabolism and Retention of Creatine in Males. Poster presentation International Sport Supplement Nutrition Conference (Austin, TX: June 2015).
- Andre TL, McKinley-Barnard SK, **Gann JJ**, Willoughby DS. The Effects of Creatine Monohydrate Supplementation on Creatine Transporter Activity and Creatine Metabolism in Resistance Trained Males. Poster presentation International Sport Supplement Nutrition Conference (Austin, TX: June 2015).
- McKinley-Barnard SK, Andre TL, **Gann JJ**, Knue EI, Willoughby DS. The Effects of a Botanical Anti-Inflammatory Nutritional Supplement While Participating in a Resistance Training Program on Indices of Body Composition and Metabolic, Cardiovascular, Muscular, and Hemodynamic Function in Obese Females. Poster presentation International Sport Supplement Nutrition Conference (Austin, TX: June 2015).
- **Gann JJ**, Tinsley GM, Huber SR, Grandjean PW, La Bounty PM, Andre TL, Gordon PM, Bowden RG. Correlations between Resistance Exercise Characteristics and Muscle Soreness during Fish Oil Supplementation. Poster presentation at National ACSM Conference (San Diego, CA: May, 2015). Abstract published in *Medicine and Science in Sports and Exercise*, Volume 47:5 Supplement.
- Tinsley GM, **Gann JJ**, Huber SR, La Bounty PM, Bowden R, Andre TL, Gordon PM, Grandjean PW. Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females. Poster presentation at the Texas American College of Sports Medicine (Austin, TX: February 2015) and National ACSM Conference (San Diego, CA: May, 2015). Abstract published in *Medicine and Science in Sports and Exercise*, Volume 47:5 Supplement.
- Tinsley GM, Rigby R, **Gann JJ**, Andre TL, La Bounty PM. Frequency of eating occasions and dietary supplement use in competitive Brazilian Jiu-Jitsu athletes: preliminary results of an ongoing study. Poster presentation International Society of Sports Nutrition National Conference (Clearwater, FL: June 2014).
- Andre TL, Green JM, O'Neal EK, Coates TE, **Gann JJ**, Neal KK. Acute Caffeine Supplementation's Effect on Repeated Upper and Lower, Body Wingate Performance. Poster presentation at Southeast ACSM Conference (Greenville, SC: February, 2014) and National ACSM Conference (Orlando, FL: June, 2014). Abstract published in *Medicine and Science in Sports and Exercise*, Volume 46:5 Supplement.
- **Gann JJ**, Green JM, O'Neal EK, Renfore LG, Andre TL, CM McBride. Dehydration's Effect on Repeated 40-yard Sprints. Poster presentation at Southeast ACSM conference (Greenville, SC: February, 2014) and National ACSM Conference (Orlando, FL: June, 2014). Abstract published in *Medicine and Science in Sports and Exercise*, Volume 46:5 Supplement.
- Caufield CR, Thigpen LK, Green JM, Andre TL, **Gann JJ**, Hollis AR, Renfroe LG, and O'Neal EK. Hydration Profile and Sweat Loss Perception of Division ii Basketball Players during Practice. Poster presentation at Southeast ACSM conference (Greenville, SC: February, 2014) and National ACSM Conference (Orlando, FL: June, 2014). Abstract published in *Medicine and Science in Sports and Exercise*, Volume 46:5 Supplement.
- Schwarz NA, Spillane M, McKinley SK, Andre TL, **Gann JJ**, & Willoughby DS. The Acute Effect of Two Resistance Exercise Intensities with Equal Volume Load on Skeletal Muscle mRNA Expression of Insulin-like Growth Factor-1Ea (IGF-1Ea) and Mechano Growth Factor (MGF). Poster presentation Advances in Skeletal Muscle Biology in Health and Disease - The 13th Biennial Conference (Gainesville, FL: March 2014).

- Schwarz NA, Spillane M, McKinley SK, Andre TL, **Gann JJ**, & Willoughby DS. The Acute Effect of Two Resistance Exercise Intensities with Equal Volume Load on Skeletal Muscle mRNA Expression of PGC-1alpha Splice Variants. Poster presentation International Journal of Exercise Science, Texas American College of Sports Medicine Conference – February 2014.
- Bishop C, Green JM, Andre TL, **Gann JJ**. Effects of Ice Bandana on Core Body Temperature in Arm Ergometry. Poster presentation at the University of North Alabama Research Day Conference (Florence, AL: April, 2013).
- **Gann JJ**, Thigpen LK, Green JM, Andre TL, Hollis AR, Renfroe LG, and O’Neal EK. Hydration Profile and Sweat Loss Perception of Division II Basketball Players during Practice. Oral presentation at the UNA Research Day Conference (Florence, AL: April, 2013).

Grant Funding (Total Requested: \$24,940; Total Awarded: \$10,957)

- **Gann JJ**, Andre TL, Willoughby DS. The Effects of Hypohydration on Muscular Strength, Endurance, Power, and Markers of Catabolism in Females. National Strength and Conditioning Association (NSCA) Doctoral Grant. **Amount Requested: \$4,725 (FUNDED)**
- Andre TL, **Gann JJ**, Willoughby DS. (March 2016). Influence of Hypoxia on Markers of Skeletal Muscle Catabolism in Response to a Single Bout of Resistance Exercise. National Strength and Conditioning Association (NSCA) Doctoral Grant. **Amount Requested: \$7,475 (Not funded)**
- DS Willoughby, TL Andre, SK McKinley, **JJ Gann**. (Dec 2014). The Effectiveness of MusclePharm Fish Oil in Attenuating Eccentric Exercise-Induced Damage in Females during Mid-Follicular and Mid-Luteal Menstrual Phases. ISSN MusclePharm grant. **Amount Requested: \$6,232 (FUNDED)**
- DS Willoughby, TL Andre, SK McKinley, **JJ Gann**. (Dec 2014). The Effects of MusclePharm Amino-1 on Exercise Performance and Attenuation of Resistance Exercise-Induced Muscle Proteolysis in Response to Dehydration. ISSN MusclePharm grant. **Amount Requested: \$6,509 (Not funded)**

Awards and Honors

- Dean’s List at University of North Alabama, Spring 2011

Professional Development, Service, and Membership

- Member/Attendee – NSCA National Conference, Las Vegas, NV, July 12-15 2017
- Member/Attendee – TACSM, Waco, TX, February 16-17 2017
- Certification - Hologic Texas DEXA Operator, 2016-Present
- Member National Strength and Conditioning Association, April 2016-Present
- CISSN, Certified Sports Nutritionist, International Society of Sports Nutrition, 2015-Present
- Founder/member of Baylor Undergraduate Research Team, Fall 2014-2017
- Member/Attendee – ISSN Conference, Austin, TX, June 11-13, 2015
- Member/Attendee – National ACSM Conference, San Diego, CA, May 26-May 30, 2015
- Member/Attendee -National ACSM Conference, Orlando, FL, May 28-31 2014
- Member/Attendee -Southeast ACSM Conference, Greenville, SC, Feb 13-15 2014
- Volunteer - Bike Safety Instruction and Skills at Kilby Grade School, Florence, AL, May 13-15 2013
- Member/Attendee -Southeast ACSM Conference, Greenville, SC, Feb 13-15 2013
- Student Reviewer – International Journal of Exercise Science, Jan. 2013-Present
- Member and Attending –Southeast ACSM Conference, Greenville, SC, Feb 7-9 2013,
- Certification - NIH Office of Extramural Research “Protecting Human Research Participants”, Nov 08, 2011
- Certification - Red Cross CPR and First Aid Safety, 2012-Present
- Member – UNA Human Performance Research Group, 2011-2013
- Studied Abroad – Three weeks - Beijing Sport University, Beijing China, May 2012