
Evan C. Johnson

*University of Wyoming
Division of Kinesiology & Health
Corbett Building 109; Dept. 3196
1000 E. University Ave.
Laramie WY, 82071
Phone: (307) 766-5284
Fax: (307) 766-4098
Mobile: 202-431-4065
Email: evancjohnson@gmail.com*

RESEARCH INTERESTS

Examine the physiological mechanisms and overall health benefits related to optimal hydration, physical activity, and heat exposure.

Education

Year	Institution	Degree
2014	University of Connecticut	PhD
2008	University of Connecticut	M.A.
2004	The George Washington University	B.S.

Professional Experience

Present	Assistant Professor University of Wyoming, Laramie, WY Division of Kinesiology & Health
2014 – 2015	Postdoctoral Fellow University of Arkansas, Fayetteville, AR Department of Health, Human Performance & Recreation <i>Mentor</i> : Stavros A Kavouras, Ph.D., FACSM
2010 – 2014	Graduate Assistant University of Connecticut, Storrs, CT Department of Kinesiology
2008 – 2010	Research Scientist Naval Health Research Center, San Diego, CA Science Applications International Corporation Department of Warfighter Performance
2007 – 2008	Certified Personal Trainer Mansfield Community Center, Mansfield, CT
2006 – 2008	Graduate Assistant University of Connecticut, Storrs, CT

Department of Kinesiology

- 2005 – 2006 **Research Assistant**
Sekos Incorporated, Germantown, MD
- 2004 – 2006 **Certified Personal Trainer**
The Sports Club/LA, Washington, D.C.
- 2003 **Cardiac Rehabilitation Intern**
The George Washington University Hospital, Washington, D.C.

Awards and Honors

- 2015 Hydration of Health Initiative – Young Researcher Award
- 2013 New England - American College of Sports Medicine – Doctoral Presentation Finalist
- 2013 Outstanding Doctoral Student Award, Department of Kinesiology
University of Connecticut, Storrs, CT
- 2013 Seed Grant for Pilot Projects for Graduate Students
University of Connecticut, Storrs, CT
- 2013 Doctoral Student Travel Grant
University of Connecticut, Storrs, CT
- 2004 Academic Excellence in Exercise and Sport
The George Washington University, Washington, D.C.

Research and Scholarship

- **Grants and Funding:**

1. 2017, **Johnson** (PI), Hematological Risk Factors Related to Acute Renal and Cardiovascular Injury during High Intensity Interval Training (HIIT), Wyoming INBRE Thematic Project Program, \$100,000, FUNDED. Research
2. 2017, **Johnson** (PI), Non-steroidal Anti-Inflammatory Drugs and Acute Kidney Injury during High Intensity Interval Training (HIIT)”, American Medical Society for Sports Medicine, \$20,000, UNFUNDED. Research
3. 2017, **Johnson** (PI), Efficacy of Pre-season Heat Acclimatization for Wildland Firefighters, Mountain & Plains Education and Research Center, \$14,500, FUNDED. Research
4. 2017, **Johnson** (PI), Lund University Copeptin Analysis, Travel to Lund University in Malmo Sweden, University of Wyoming International Travel Grant, \$2,000, FUNDED, Research and Graduate Student Recruitment
5. 2017, **Johnson** (PI), B.R.A.H.M.S. KRYPTOR compact PLUS automated immune analyzer, University of Wyoming Small Equipment Grant, \$40,000, UNFUNDED.

6. 2016, **Johnson**, Dai (Co-Mentors), Under-Represented Domestic Minority Graduate Student Scholarship, University of Wyoming Office of Academic Affairs, \$39,589, FUNDED, Graduate Student Education
7. 2016, **Johnson** (PI), Administration of metabolic tracers and calculation of total body water, University of Wyoming International Travel Grant, \$2,000, Application was mismanaged by grant office and not realized until after awards were made (i.e., UNFUNDED). Research
8. 2016, **Johnson** (PI), Use of Near Infrared Spectroscopy to Measure Urine Absorbance as a Marker of Hydration Status, DANONE Research, \$6,172, FUNDED, Service
9. 2015, **Johnson** (PI), Urine Color as a Marker of Change in Daily Water Intake, DANONE Research, \$279,000, FUNDED Research
10. 2015, Guseman, **Johnson (Co-investigator)**. Cortisol responses to acute exercise and metabolic health of adolescents. NIH R21. \$319,733. UNFUNDED October 2015. Research
11. 2014, Kavouras (PI), Assessing Dietary Water Intake: A Validation Study, DANONE Research, \$325,000, Research
12. 2013, Armstrong & Casa (Co-PIs), Effects of two six-week exercise prescriptions on running performance and clinical manifestations of cardio-metabolic disease, TIMEX Inc., \$20,000, FUNDED, Research
13. 2011 Rodriguez (PI), Jerky as a Novel Recovery Nutrition Snack for Endurance Athletes: Effects on Whole Body Protein Utilization and Markers of Hydration Status, The Beef Checkoff, \$100,000, Research
14. 2010, Armstrong (PI), Modified Water Intake of Women: Behavioral and Physiological Responses, DANONE Research, \$250,000, Research
15. 2010, Armstrong (PI), Body Fluid Osmolality During Progressive Dehydration, OsmoOne, \$35,000, Research
16. 2007, Armstrong (PI), Thermoregulatory and Physiological Strain due to Athletic Equipment, Kelsey Stringer Defense Fund, \$100,000, Research

- **Publications (Peer-Reviewed Journal Articles):** (your name in bold, indicate if data-based, student authors and/or invited publication) (*All data-based*)

1. Pryor JL, **Johnson EC**, Roberts WO, Pryor RR. Application of evidence-based recommendations for heat acclimation: Individual and team sport perspectives. *Temperature*. In Press.
2. Bougatsas D, Arnaoutis G, Panagiotakos DB, Seal AD, **Johnson EC**, Bottin JH, Tsipouridi S, Kavouras SA. Fluid consumption pattern and hydration among 8-14 year-old children. *Eur J Clin Nutr*. 2017 Dec 14.

3. **Johnson EC**, Péronnet F, Jansen LT, Capitan-Jiménez C, Adams JD, Guelinckx I, Jiménez L, Mauromoustakos A, Kavouras SA. Validation Testing Demonstrates Efficacy of a 7-Day Fluid Record to Estimate Daily Water Intake in Adult Men and Women When Compared with Total Body Water Turnover Measurement. *J Nutr.* 2017 Sep 6.
4. **Johnson EC**, Bardis CN, Jansen LT, Adams J.D., Kirkland TW, Kavouras SA. Reduced water intake deteriorates glucose regulation in patients with type 2 diabetes, *Nutr Res.*, 2017 Jul;43:25-32.
5. Tucker MA, Butts CL, Satterfield AZ, Six A, **Johnson EC**, Ganio MS. Spot sample urine specific gravity does not accurately represent small decreases in plasma volume in resting healthy males. *J Am Coll Nutr.*, Published online: 06 Oct 2017.
6. Kavouras SA, Bougatsas D, **Johnson EC**, Arnaoutis G, Tsipouridi S, Panagiotakos DB. Water intake and urinary hydration biomarkers in children. *Eur J Clin Nutr.* 2017 Apr;71(4):530-535.
7. Adams JD, Kavouras SA, **Johnson EC**, Jansen LT, Capitan-Jimenez C, Robillard JI, Mauromoustakos A. The Effect of Storing Temperature and Duration on Urinary Hydration Markers. *Int J Sport Nutr Exerc Metab.* 2017 Feb;27(1):18-24.
8. Armstrong LE, Lee EC, Casa D, **Johnson EC**, Ganio MS, McDermott B, Vingren J, Oh HM, Williamson KH. Exertional Hyponatremia and Serum Sodium Change during Ultraendurance Cycling. *Int J Sport Nutr Exerc Metab.* 2017 Apr;27(2):139-147.
9. **Johnson EC**, Pryor RR, Casa DJ, Ellis L, Maresh CM, Pescatello, LS, Ganio MS, Lee EC, Armstrong LE. Precision, accuracy, and performance outcomes of perceived exertion versus heart rate guided run-training. *J Strength Cond Res.* 2017 Mar;31(3):630-637.
10. Armstrong LE, **Johnson EC**, Bergeron MF. COUNTERVIEW: Is Drinking to Thirst Adequate to Appropriately Maintain Hydration Status During Prolonged Endurance Exercise? No. *Wilderness Environ Med.* 2016 Jun;27(2):195-8.
 - a. Armstrong LE, **Johnson EC**, Bergeron MF. REBUTTAL from "No". *Wilderness Environ Med.* 2016 Jun;27(2):200-2.
11. Kunces LJ, **Johnson EC**, Muñoz CX, Hydren JR, Huggins RA, Judelson DA, Ganio MS, Vingren JL, Volek JS, Armstrong LE. Observed Dietary Practices of Recreational Ultraendurance Cyclists in the Heat. *J Strength Cond Res.* 2016 Jun;30(6):1607-12.
12. **Johnson EC**, Armstrong LE, Muñoz CX, Jimenez L, Le Bellego L, Kupchak BR, Kraemer WJ, Casa DJ, Maresh CM. Hormonal and thirst modulated maintenance of fluid balance in young women with different levels of habitual fluid consumption. *Nutrients.* 2016 May;8, 302.
13. Adams JD, Kavouras SA, Robillard JI, Bardis CN, **Johnson EC**, Ganio MS, McDermott BP, White MA. Fluid Balance of Adolescent Swimmers During Training. *J Strength Cond Res.* 2016 Mar;30(3):621-5.
14. Armstrong LE, **Johnson EC**, McKenzie AL, Ellis LA, Williamson KH. Endurance Cyclist Fluid Intake, Hydration Status, Thirst, and Thermal Sensations: Gender Differences. *Int J Sport Nutr Exerc Metab.* 2016 Apr;26(2):161-7.
15. Kavouras SA, **Johnson EC**, Bougatas D, Arnaoutis G, Panagiotakos DB, Perrier E, Klein A. Validation of the Urine Colour Scale in Children. *Eur J Nutr.* 2016 Apr;55(3):907-15.

16. Armstrong LE, **Johnson EC**, McKenzie AL, Muñoz CX. An Empirical Method to Determine Inadequacy of Dietary Water. *Nutrition*. 2016 Jan;32(1):79-82.
17. Perrier ET, **Johnson EC**, McKenzie AL, Ellis LA, Armstrong LE. Urine colour change as an indicator of change in daily water intake: a quantitative analysis. *Eur J Nutr*. Accepted.
18. Muñoz CX, **Johnson EC**, McKenzie AL, Guelinckx I, Graverholt G, Casa DJ, Maresh CM, Armstrong LE. Habitual total water intake and dimensions of mood in healthy young women. *Appetite*. 2015 Sep;92:81-6.
19. **Johnson EC**, Muñoz CX, Le Bellego L, Klein A, Casa DJ, Maresh CM, Armstrong LE. Markers of the hydration process during fluid volume modification in women with habitual high or low daily fluid intakes. *Eur J Appl Physiol*. 2015 Jan 7.
20. **Johnson EC**, Pryor JL, Casa DJ, Belval LN, Vance JS, Demartini JK, Maresh CM, Armstrong LE. Bike and run pacing on downhill segments predict Ironman triathlon relative success. *J Sci Med Sport*. 2015 Jan;18(1):82-7.
21. Moyon NE, Ganio MS, Wiersma LD, Kavouras SA, Gray M, McDermott BP, Adams JD, Binns AP, Judelson DA, McKenzie AL, **Johnson EC**, Muñoz CX, Kunces LJ, Armstrong LE. Hydration Status Affects Mood State and Pain Sensation during Ultra-endurance Cycling. *J Sports Sci*. 2015 Mar 20:1-8.
22. Pryor JL, **Johnson EC**, Del Favero J, Monteleone A, Armstrong LE, Rodriguez NR. Hydration status and sodium balance of endurance runners consuming post-exercise supplements of varying nutrient content. *Int J Sport Nutr Exerc Metab*. 2015 Mar 26.
23. Kupchak BR, McKenzie AL, Luk HY, Saenz C, Kunces LJ, Ellis LA, Vingren JL, Lee EC, Ballard KD, **Johnson EC**, Kavouras SA, Ganio MS, Wingo JE, Williamson KH, Armstrong LE. Effect of cycling in the heat for 164 km on procoagulant and fibrinolytic parameters. *Eur J Appl Physiol*. 2015 Jan 22.
24. Armstrong LE, **Johnson EC**, McKenzie AL, Ellis LA, Williamson KH. Ultraendurance cycling in a hot environment: Thirst, fluid consumption and water balance. *J Strength Cond Res*. 2015 Apr;29(4):869-76.
25. Armstrong LE, **Johnson EC**, Ganio MS, Judelson DA, Vingren JL, Kupchak BR, Muñoz CX, McKenzie AL, Williamson KH. Effective body water and body mass changes during summer Ultra-endurance road cycling. *J Sports Sci*. 2015;33(2):125-35.
26. Armstrong LE, **Johnson EC**, Kunces LG, Ganio MS, Judelson DA, Kupchak BR, Vingren JL, Muñoz CX, Huggins RA, Hydren JR, Moyon NE, Williamson KH. Drinking to thirst versus drinking ad libitum during road cycling. *J Athl Train*. 2014 Sep-Oct;49(5):624-31.
27. Armstrong LE, Ganio MS, Klau JF, **Johnson EC**, Casa DJ, Maresh CM. Novel hydration assessment techniques employing thirst and a water intake challenge in healthy men. *Appl Physiol Nutr Metab*. 2014 Feb;39(2):138-44.
28. Muñoz CX, **Johnson EC**, Demartini JK, Huggins RA, McKenzie AL, Casa DJ, Maresh CM, Armstrong LE. Assessment of hydration biomarkers including salivary osmolality during passive and active dehydration. *Eur J Clin Nutr*. 2013 Dec;67(12):1257-63.
29. **Johnson EC**, Kolkhorst FW, Richburg A, Schmitz A, Martinez J, Armstrong LE. Specific exercise heat stress protocol for a triathlete's return from exertional heat stroke. *Curr Sports Med Rep*. 2013;12(2):106-109.

- a. **Johnson EC**, Kolkhorst FW, Schmitz A, Armstrong LE. Authors' Response to letter to the editor about case report, "Specific exercise heat stress protocol for a triathlete's return from exertional heat stroke". *Curr Sports Med Rep*. 2013 Sep-Oct;12(5):347-8.
30. Armstrong LE, **Johnson EC**, McKenzie AL, Muñoz CX. Interpreting common hydration biomarkers on the basis of solute and water excretion. *Eur J Clin Nutr*. 2013;67(3):249-253.
31. **Johnson EC**, Armstrong LE. Switching Habitual Small and Large Volume Drinkers: Outcomes and Lessons Learned. *Nutrition Today*. 2013;48(3S): S1-S4.
32. Armstrong LE, **Johnson EC**, Muñoz CX, Le Bellego L, Klein A, McKenzie AL, Casa DJ, Maresh CM. Evaluation of Uosm:Posm ratio as a hydration biomarker in free-living, healthy young women. *Eur J Clin Nutr*. 2013;67(9): 934-938.
33. Armstrong LE, Anderson JM, Casa DJ, **Johnson EC**. Exertional heat stroke and the intestinal microbiome. *Scand J Med Sci Sports*. 2012;22(4):581-582.
34. Armstrong LE, **Johnson EC**, Muñoz CX, Swokla B, Le Bellego L, Jimenez L, Casa DJ, Maresh CM. Hydration biomarkers and dietary fluid consumption of women. *J Acad Nutr Diet*. 2012;112(7):1056-1061.
35. Armstrong LE, **Johnson EC**, Muñoz CX. Letter to the Editor: Inverse relationship between percentage body weight change and finishing time in 643 forty-two-kilometre marathon runners. Zouhal H, et al. *B J Sports Med*. 2011;45(14):1101.
36. Ganio MS, **Johnson EC**, Klau JF, Anderson JM, Casa DJ, Maresh CM, Volek JS, Armstrong LE. Effect of ambient temperature on caffeine ergogenicity during endurance exercise. *Eur J Appl Physiol*. 2011;111(6):1135-1146.
37. Ganio MS, **Johnson EC**, Lopez RM, McDermott BP, Casa DJ, Maresh CM, Armstrong LE. Caffeine lowers muscle pain during exercise in hot but not cool environments. *Physiol Behav*. 2011;102(3-4):429-435.
38. **Johnson EC**, Ganio MS, Lee EC, Lopez RM, McDermott BP, Casa DJ, Maresh CM, Armstrong LE. Perceptual responses while wearing an American football uniform in the heat. *J Athl Train*. 2010;45(2):107-116.
39. Armstrong LE, **Johnson EC**, Casa DJ, Ganio MS, McDermott BP, Yamamoto LM, Lopez RM, Emmanuel H. The American football uniform: Uncompensable heat stress and hyperthermic exhaustion. *J Athl Train*. 2010;45(2):117-127.
40. Ganio MS, Armstrong LE, **Johnson EC**, Klau JF, Ballard KD, Michniak-Kohn Effect of quercetin supplementation on maximal oxygen uptake in men and women. *J Sports Sci*. 2010;28(2):201-208.
41. **Johnson EC**, Armstrong LE. Heat and hydration considerations for junior and collegiate tennis players. *Strength Cond J*. 2009;31(4):27.

Publications (Non-Peer-Reviewed Journal Articles):

- **Publications (Refereed Book and Monograph Chapters):**

1. Muñoz CX, **Johnson EC**, Hydration concerns for athletes. IN: Nutrition and Enhanced Sports Performance: Muscle Building, Endurance and Strength (2nd Edition), IN PRODUCTION, Edited by Debasis B, Sen CK, Nair S.
2. **Johnson EC**, Kovacs M, Curtis R, Individual Sports. IN: Sport and Physical Activity in the Heat: Maximizing Performance and Safety. IN PRESS, Edited by Casa DJ.
3. **Johnson EC**, Kavouras SA. Is it possible to be well hydrated and still experience exertional heat illness? IN: Quick Questions in Heat-Related Illness and Hydration: Expert Advice in Sports Medicine. 2015; p 209, Edited by Lopez RM.
4. Armstrong LE, McKenzie AL, **Johnson EC**. The Importance of Research for Evidence-Based Practice. IN: American College of Sports Medicine - Research Methods. Currently in press

Scientific Podium Presentations

1. **Johnson EC**, Evolving Concepts in Skeletal Muscle Fiber Types. Lund University, Malmö Sweden; October, 2017.
2. **Johnson EC**, High Intensity Exercise, Cardiac Output, & Renal Injury. American College of Sports Medicine; Denver, CO, May 2017.
Also presented; - American College of Sports Medicine; Minneapolis, MN, May 2018.
3. **Johnson EC**, The Impact of Fluid Intake on Glucose Metabolism. American College of Sports Medicine; Boston, MA, May 2016.
4. **Johnson EC**, Bardis CN, Adams J.D., Jansen L, Kirkland TW, Murray W, Kavouras SA, Reduced water intake exacerbates cortisol-mediated insulin resistance in patients with type II diabetes. Hydration for Health Conference; Evian, France; July 2015.
5. **Johnson EC**, Pryor, JL, Belvl, LN, Casa DJ, Maresh CM, Armstrong, LE, The importance of even pacing during an ultra-endurance triathlon competition. Chinese Delegation visit to University of Connecticut Human Performance Laboratory; Storrs, CT; October, 2013.
6. **Johnson EC**, Muñoz, CX, Le Bellego, L, Klein A, Jimenez, L, Casa DJ, Maresh CM, Armstrong, LE, Effects of switching small and high drinker on physiological markers in free-living conditions. Hydration For Health Scientific Conference; Evian, France; July 2012.
7. **Johnson EC**, Kolkhorst FW, Richburg A, Schmitz A, Martinez J, Armstrong LE, Exertional Heatstroke in Triathlon: What does Heat Tolerance Testing Tell Us? American College of Sports Medicine Annual Conference; Denver, CO; 2011.
Also presented; - As an invited speaker at the University of Arkansas, February 2012
- As an invited speaker for “Grand Rounds” University of Connecticut, November 2011

8. **Johnson EC**, Ganio MS, Lee EC, Lopez RM, McDermott BP, Casa DJ, Maresh CM, Armstrong LE. Perceptual Responses While Wearing an American Football Uniform in the Heat. American College of Sports Medicine Annual Conference; Seattle, WA; 2009.

Scientific Poster Presentations (only first authors listed, others available upon request)

1. **Johnson EC**, Huffman AE, Yoder HA, Dolci A, Perrier ET, Larson-Meyer DE, Small Differences in Rehydration Volume Affect 24h Urinary Concentration, Experimental Biology, San Diego, CA; 2018.
2. **Johnson EC**, Huffman AE, Sewczak-Claude G, Smith DT, Gender, Past Prescription, and Knowledge of Abuse Impact College Students' Feelings on Prescription Pain Killers. American College of Sports Medicine; Denver, CO; 2017.
3. **Johnson EC**, Peronnet F, Vidal T, Adams JD, Jansen LT, Capitan-Jimenez C, Kavouras SA. Water Turnover, Urinary Markers Of Hydration, And Mood In Men And Women. American College of Sports Medicine; Boston, MA; 2016.
4. **Johnson EC**, Adams JD, Jansen LT, Capitain-Jimenez C, Kavouras SA,. The Influence of Beverage Choice on Body Weight Over 4-Weeks. Experimental Biology; San Diego, CA; 2016.
5. **Johnson EC**, Bardis CN, Adams J.D., Kirkland TW, Summers LG, Murray W, Robillard J, Kavouras SA. Blood glucose kinetics are related to hydration status in men with type II diabetes. American College of Sports Medicine; San Diego, CA; Thematic poster presentation 2015.
6. **Johnson EC**, Cardenas VM, Kavouras SA. Water intake and hyperinsulinemia in a national sample of U.S. adults: An analysis of NHANES Data. Experimental Biology; Boston MA; 2015.
7. **Johnson EC**, Pryor, RR, Casa DJ, Maresh, CM, Wu Y, Pescatello, LS, Lee EC, Ganio MS, Armstrong, LE. Cardio-metabolic and performance outcomes of run training based on perceived exertion versus heart rate. American College of Sports Medicine; Orlando, FL; 2014.
8. **Johnson EC**, Munoz CX, Kunces LJ, Stearns RL, Volk BM, Casa DJ, Armstrong LE. Relation between pre-exercise hydration perceptions and outcomes: Are thoughts related to action? American College of Sports Medicine Annual Conference; Indianapolis, IN; 2013.
9. **Johnson EC**, Del Favero J, Monteleone A, Pryor JL, Armstrong LE, Rodriguez NR. Hydration status and sodium balance of endurance runners consuming post-exercise supplements with varying macronutrient contents. Experimental Biology Annual Conference; Boston, MA; 2013.
10. **Johnson EC**, Muñoz CX, Le Bellego L, Klein A, Jimenez L, Kupchak BR, Kraemer WJ, Casa DJ, Maresh CM, Armstrong LE. Vasopressin not aldosterone is associated with changes in body mass and urine volume during a controlled 4 d fluid intake intervention. Experimental Biology Annual Conference; San Diego, CA; 2012.
11. **Johnson EC**, Muñoz CX, Le Bellego L, Klein A, Jimenez L, Casa DJ, Maresh CM, Armstrong LE. Changes from High and Low Habitual Fluid Intake Alter Urinary Osmolality and Thirst. Thematic Poster - American College of Sports Medicine Annual Conference; San Francisco, CA; 2012.
12. **Johnson EC**, May CA, Wong JM, Jameson JT, Hodgdon JA, Heaney JH. Threats to Performance: An Observational Study of Factors that Contribute to Hypothermia during Warfighter Training. American College of Sports Medicine Annual Conference; Baltimore, MD; 2010.
13. Armstrong LE, **Johnson EC**, Casa DJ, Ganio MS, McDermott B, Yamamoto L, Lopez RM, Emmanuel H. Thermal, Cardiovascular, Performance, & Anthropomorphic Evaluation of the American Football Uniform. International Conference of Environmental Ergonomics; Boston, MA; 2009.

14. Heaney JH, Hascall JL, Wong JM, **Johnson EC**, Miller PW. Use of a Heat Tolerance Test to Evaluate Return to Duty Status in U.S. Navy and Marine Corps Personnel. International Conference of Environmental Ergonomics; Boston, MA; 2009.

Continuing Education and Faculty Development Activities:

1. Member of new faculty peer mentoring group (have met consistently for past two years)
2. Attended Elbogen Tenure & Promotion lecture (9/16)
3. Attended “Teaching ‘N Technology” lectures (9/16, 10/7)
4. Attended Office of Sponsored Programs – Grant Informational Session (9/3)
5. Attended National Institute of Health, Regional Seminar for Grant Writing (10/14-10/16)

Works in Progress:

Research projects in preparation

1. **Johnson EC**, Ganio MS (University of Arkansas) (co-PIs), Measurement of total body water in chronic low water consumers. Data collection currently ongoing.
2. Vingren J (University of North Texas), Armstrong LE (University of Connecticut), Muñoz CX (University of Hartford), **Johnson EC** (Co-Investigator), Cycling in the Heat. Data analysis currently ongoing.
3. **Johnson EC**, Smith D, Sewczak-Claude G, Dai B, (PI) Acute kidney injury and high intensity interval training, Data collection currently ongoing
4. **Johnson EC**, Smith D, Readdy T, Heat acclimatization and injury risk within wildland firefighters, Mountain & Plains Education and Research Center Pilot Project Award received. Data collection planned for April – August 2019.

Manuscripts in preparation

1. **Johnson EC**, Sauls N, Huffman AE, Sewczak-Claude G, Smith DT, , Gender, Past Prescription, and Knowledge of Abuse Impact College Students’ Feelings on Prescription Pain Killers. *Journal of American College Health*
Status – Under Review
2. Armstrong LE, **Johnson EC**. Water Intake, Water Balance, and the Elusive Daily Water Requirement. *Nutrients*.
Status – Under Review
3. **Johnson EC**, Huffman AE, Yoder HA, Dolci A, Perrier ET, Larson-Meyer DE, Small Differences in Rehydration Volume Affect 24h Urinary Concentration. *Journal of Nutrition*
Status – In preparation
4. Suh HG, Narcisse MR, **Johnson EC**, Cardenas V, Jansen LT, Kavouras SA. Water Intake and Hydration State is Associated with Insulin Resistance in Healthy Adults: NHANES 2009-2012. *Journal TBD*
Status – Awaiting first draft from lead author

Undergraduate and Graduate Student Research Supervision

1. Joshua Loseke, University of Wyoming, Master's student, Nutritional supplementation and heat acclimation, 2020
2. Carson Keeter, University of Wyoming, Master's student, Adherence to pacing strategy and performance during ultra-distance endurance racing, 2020
3. Brittney Wells, University of Wyoming, Undergraduate student, Acute Blood Pressure Response following High Intensity Training, 2020
4. Lauren Elliot, University of Wyoming, Undergraduate student, Effects of volume of water intake on skeletal muscle damage and perceived muscle soreness following a bout of high intensity exercise, 2019
5. Nicole Sauls, University of Wyoming, Master's student, Acute kidney injury and high intensity interval training, 2019
6. Miranda Zamora, University of Wyoming, Master's student, Heat acclimatization and injury risk within wildland firefighters, 2019
7. Hillary Yoder, University of Wyoming, Master's student, Incidence of chronic kidney disease in Guatemalan sugarcane field workers, 2018
8. Ryan Putnam, University of Wyoming, Master's student, Measurement of total body water in chronic low water consumers, 2018
9. Ainsley Huffman, University of Wyoming, Master's student, Quantification of water intake to return to hydration, 2017
10. Tinsley Binning, Laramie High School STEM, An educational intervention to evaluate the likelihood of requesting opioid verses alternative therapy following injury visualization, 2016

Teaching

Course Number	Course Name	Year	Credit Hours	Number of Students
KIN 4900-02	Drugs and Exercise Performance	2015	3	17
KIN 3021-01	Physiology of Exercise	2016	4	21
KIN 3021-01	Physiology of Exercise (summer)	2016	4	11
KIN 4900-02	Drugs and Exercise Performance	2016	3	25
KIN 5586-02	Advanced Exercise Physiology	2016	3	9
KIN 3021-01	Physiology of Exercise	2017	3	32
KIN 5586-02	Professional Skills for the Research Scientist	2017	3	8
KIN 5586-02	Advanced Exercise Physiology	2017	3	9
KIN 3021-01	Physiology of Exercise	2018	3	31
KIN 3021-01	Physiology of Exercise (summer)	2018	3	9
KIN 4900-02	Drugs and Exercise Performance	2018	3	28

Advising

Year	Number of Undergraduate Advisees	Number of Graduate/Resident Advisees
2018	21	4
2017	30	5
2016	20	3
2015	15	0

University Service (Listing of Committee/Administrative Responsibilities)

- **University of Wyoming**
 - Council on Diversity, Equity, and Inclusion (CDEI) / Faculty Representative
 - Executive Board Member – Chair of Campus Climate Survey implementation
 - Multicultural Student Leadership Initiative / Faculty Representative
- **Division/School**
 - Division of Kinesiology and Health / Diversity, Equity, and Inclusion Chair
 - Division of Kinesiology and Health / Building Renovation Committee member
 - Kinesiology undergraduate curriculum subcommittee / Co-chair
 - Kinesiology Tenure and Promotion evaluation subcommittee / Member

Professional/Community Service

- **Professional Memberships and Activities** (including grant and manuscript review)
 1. Chair of Scientific Dissemination subcommittee within Environmental and Occupational Physiology Interest Group, American College of Sports Medicine
 2. Wyoming Representative, American College of Sports Medicine, Rocky Mountain Region
 3. Functioned as a peer reviewer for the following grant agencies / journals
 - Mountain West Clinical and Translational Research - Infrastructure Network (CTR-IN)
 - The Journal of Sports Medicine and Physical Fitness
 - The Journal of Sports Science
 - European Journal of Applied Physiology
 - Physiology and Behavior
 - Journal of Science and Medicine in Sport
 - Frontiers in Nutrition
 - PLOS ONE
 - Journal of Athletic Training
 - The Journal of Strength and Conditioning Research

- **Clinical Practice**
 - Professional Licensure and Certification
 1. Advanced Cardiovascular Life Support Certification
 2. X-ray safety certification
 3. Blood borne pathogen training certification
 4. University of Wyoming laboratory safety training certification