



**Emily Johnson Sauers, Ph.D., FACSM**  
Associate Professor  
Kinesiology  
Our Lady of the Lake University  
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## EDUCATION

Ph.D., 2010

Department of Kinesiology, East Carolina University

Concentration: Bioenergetics and Exercise Science

Dissertation: The Effects of Exercise Training Status on Perilipin and Lipolytic Proteins in Lean and Obese Young Men

M.A., 2006

Department of Kinesiology, East Carolina University

Concentration: Exercise and Sport Science

Thesis: The Effects of Nitric Oxide on Lipolysis in Obese Women Before and After 10 Days of Endurance Training

B.S., 2004

Department of Health and Human Performance, University of Montana

Major: Health and Human Performance-Pre-Professional

## POSITIONS

### **Associate Professor**

Department of Math and Science (Kinesiology)  
Our Lady of the Lake University

August 2022-present

### **Adjunct Faculty**

Geisinger Primary Care Sports Medicine Fellowship  
Geisinger Health Systems

March 2017-present

### **Associate Professor**

Department of Exercise Science  
East Stroudsburg University of Pennsylvania

August 2017-August 2022

### **Assistant Professor**

Department of Exercise Science  
East Stroudsburg University of Pennsylvania

August 2010-2017

## TEACHING

### **Undergraduate Courses Taught at Our Lady of the Lake University:**

KINE 3360	Exercise Physiology
KINE 4301	Fitness Testing and Measurement
KINE 4350	Senior Seminar
KINE 4355	Senior Experience in Kinesiology
KINE 4360	Sports Nutrition
KINE 4360	Internship
KINE 4360	Advanced Exercise Physiology (Directed study)

### **Course Development at Our Lady of the Lake University**

Sports Nutrition

## PROFESSIONAL SERVICE

### **Our Lady of the Lake University**

- Project Director, Title V Grant “Transforming STEM Identity at OLLU: Advancing Kinesiology” (2023-2028)
- Committee member, Institutional Review Board (2023-present)
- Committee member, P&T Task Force (2023-2024)
- Faculty Fellow, EcoJEDI (2023-present)
- Discipline Lead, SPIRAL Project (2023-present)
- Program Director, CoAES Accreditation for Kinesiology (2023-present)
- Internship Coordinator, Kinesiology (2023-present)
- Judge, 2023 McNair Research Symposium (2023)
- Committee Member, Annual Program Review Committee (2022-2025)

### **American College of Sports Medicine**

- Mentor, Leadership and Diversity Training Program (2023-present)
- Committee Member, Research Review Committee, American College of Sports Medicine (2022-2025)
- Committee Member, Strategic Health Initiative-Women, Sport, and Physical Activity, American College of Sports Medicine (2013-2019)
- Site Visitor, Committee on Accreditation for Exercise Science (2012-2023)

### **Mid-Atlantic Regional Chapter of the American College of Sports Medicine**

- President, Mid-Atlantic Region of the American College of Sports Medicine (2021-2024)
- Vice-President, Mid-Atlantic Region of the American College of Sports Medicine (2019-2021)
- Faculty Supervisor, Fitness Challenge, Mid-Atlantic ACSM (2011-2015; 2018-2019)
- Faculty Supervisor, College Bowl, Mid-Atlantic ACSM (2018-2021)
- Chair, Symposium, Mid-Atlantic American College of Sports Medicine Regional Conference (2012, 2014-2017, 2019, 2022)
- Committee Member, Research Committee, Mid-Atlantic American College of Sports Medicine (2011-2017)

### **Ad Hoc Reviewer/Editor**

- Reviewer, PhD Student Development Research Awards for TACSM (2024)
- Reviewer, Abstract submissions for TACSM Annual Meeting (2023-present)
- External Reviewer, Tenure Application, Chatham University (2023)
- External Reviewer, Department of Health and Exercise Science, County College of Morris (2020)
- Editor and Reviewer, PLOS ONE (2018-present)
- Reviewer, ACSM's Body Composition Assessment (2017)
- Reviewer, International Journal of Sport Nutrition & Exercise Metabolism (2017-present)
- Reviewer, ACSM Resource Manual for the Health Fitness Specialist (2011)

### **East Stroudsburg University**

- Member, Search Committee-20192242: Assistant/Associate Professor of Exercise Science (2019)
- Member, Search Committee-20182242: Assistant/Associate Professor of Exercise Science (2018)
- Chair, Search Committee-20140155FAC: Assistant/Associate Professor of Exercise Science (2014)
- Member, Search Committee- 2012152FAC: Assistant/Associate Professor of Exercise Science (2013)
- Volunteer, Fall Graduate Open House (2013-2021)
- Chair, Search Committee-2011203FAC: Temporary Instructor in Exercise Science (2011)
- Advisor, Exercise Science Club (2011-2022)
- Director, 3-Year Accelerated Undergraduate Program (2012-2022)
- Volunteer, Summer Orientation (2011-present)
- Volunteer, Fall Open House (2010-present)
- Volunteer, Rec-Ex 5k (2010-2021)
- Committee Member, College of Health Sciences Retention, Tenure, and Promotion Mentorship Committee (2019-2022)
- Member, Sigma Xi at East Stroudsburg University of Pennsylvania (2019-2022)
- Marshall, Undergraduate Spring Commencement (2011, 2019)
- Committee Member, One Book, One Campus Implementation Committee (2018-2022)
- Committee Member, One Book, One Campus Selection Committee (2018-2022)
- Committee Member, Executive Group for the Strategic Plan (2018-2022)
- Chair, Sabbatical Leave Committee (2017-2020)
- Committee Member, Student Success Network (2017-2022)
- Member, Sports Performance Institute (Sports Nutrition) (2016-2022)
- Member, Search Committee- Assistant Director of the Recreation Center (2016)
- Committee Member, Nominations and Elections Committee (2013-2015)
- Advisor, Rotaract Club of East Stroudsburg University (2013-present)
- Development of Rotaract Club (2013)
- Committee Member, Sabbatical Leave Committee (2012-2020)
- Assessment Consultant, Assessment Consulting Team (2012-2013)

### **Community**

- Advisor, Friendly Community Center (2013-2015)
- Member, Rotary Club of the Pocono Mountains (2012-2013)
- University of Montana, Ask-an-Alum Career Mentoring Program (2011-2022)
- Race Director, Run with the Rotary 5K at Skytop Lodge (2011-2013)
- Board Member, Friendly Community Center (2011-2013)

## MENTORING

### **Faculty Mentor, McNair Research Scholar (3)**

Esqueda, N. (2024). TBD

Gurrero, A. (2024). Relationship between Handgrip Strength and Cardiovascular Risk

Luna, A. (2023). Cardiometabolic Risk Factors in Hispanic College-Aged Women

### **Chair of Master's Thesis Supervisory Committee (16)**

Lukshides, O. (2021). Comparing How Division II Collegiate Athletes Cope with Mental Health

Turbett, N. (2021). Effects of a Six Week Walking Intervention on Cardiometabolic Risk Factors and Mental Well-Being in College Aged Individuals

Mross, A. (2018). 8 Weeks of a Ketogenic diet on Body Composition and Muscular Strength.

Myles, S. (2018). The Effects of Endurance and High Intensity Exercise on Compensatory Eating Behaviors.

Vetter, A. (2018). Obesity, Exercise, and Marijuana Use Characteristics in US Veterans Diagnosed with Posttraumatic Stress Disorder

Brillantino, J. (2017). Effects of Tart Cherry Juice on DOMS and Muscular Strength.

Pritiskutch, S. (2017). Performance in Female Endurance Athletes Across the Menstrual Cycle

Snyder, J. (2017). Relationship between Muscular Strength, Anaerobic Power, and Swim Performance

Tackas, M. (2017). Compensatory Eating Behaviors Following High Intensity Resistance and Aerobic Exercise

Lawes, E. (2016). Strength and Body Composition Changes Following 4 Weeks of Protein Supplementation in College-Aged Females.

Klein, J. (2016). Effects of Moderate- and High-Intensity Interval Training on Compensatory Eating Behavior.

Sapone, J. (2014). The Impact of Repeated Ice Slurry Ingestion During Cycling Performance of Recreationally Active College Aged Males

Kaycon, C. (2014). The Effects of Interval Training on Fat Oxidation and  $VO_{2max}$  in Recreationally Active, College Aged Males

Klinger, E. (2014). The Effects of N-Acetylcysteine on Repeated Sprint Performance in College-Aged Recreationally Active Men and Women

Lesniak, A. (2014) The Effect of Carbohydrate, Caffeine, and Combined Rinses on College-Aged Female's Cycling Endurance Performance

Downs, A. (2013). Interval training: Its Effects on Resting Fat Oxidation and Body Composition in Recreationally Active College-Aged Females.

### **Member of Master's Thesis Supervisory Committee (17)**

Navedo, G. (2023). Dietary Sodium Intake and Sweat Sodium Losses in Division II Collegiate Male Soccer Players During Pre-Season Training

Leitzel, V. (2023). The effects of positive, freely chosen, motivational self-talk on performance when completed covertly versus overtly.

Gelsing, K. (2019). Evaluation of Sleep among NCAA DII Wrestlers over a competition season,

Stinger, E. (2018). Comparison of the Effects of Sprint Interval Exercise, Steady State Exercise and Control on Resting Metabolic Rate

Conard, J. (2017). The Effects of Precooling on Repeated Sprint Performance in Collegiate Rugby Players.

- Zhorov, M. (2016). The effects of cadence manipulation on physiological efficiency and cycling sustainability
- Johnson, J. (2014). The Effects of Acute Ingestion of Sodium Bicarbonate on Performance During Repeated-Sprint Protocol in College-Aged Females.
- Gillespie, C. (2013). Relationship Between Leg Strength and Flip Turn Streamline Kick Mechanics in Collegiate Female Swimmers
- Katzelnick, K. (2013). Physiological Responses of Walking underwater with a Current and Walking on Dry Land with a Sprained Ankle
- Murphy, S. (2013). The Effects of Beetroot Juice Supplementation on Performance During a Repeated-Sprint Test in Active Males
- Filanowski, P. (2013). Physiologic and Metabolic Responses to Different Pacing Strategies in Collegiate Distance Running
- Weeber, R. (2013). The Relationship of a Vasa Time Trial on Various Dry Land Testing Measures and Start Time in Swimming for Sprint, Middle, and Long Distance Female Collegiate Swimmers.
- Lisicky, N. (2013). The Effects of Ingesting an Ice Slurry Mixture Prior to a 5-Kilometer Race on Core Body Temperature and Performance of Well-Trained Competitive Runners in the Heat
- Blackledge, G. (2012). The Effects of 1000mg of Quercetin Supplementation on Repeated-Sprint Performance and Muscular Fatigue
- Kershaw, E. (2012). The Physiological, Sociological, and Psychological Effects of Group Exercise Versus Individual Exercise on Recreationally Active Collegiate Females
- Moyer, L. (2012). The Effects of Traditional and Non-Traditional Training on Swim Performance in NCAA Division II Female Collegiate Swimmers
- Wirth, V. (2012). Cardiovascular and Physiological Responses to Equitation Among Collegiate Competitive Female Equestrian Athletes
- Knurick, J. (2011). The Effects of a Vegetarian Diet on Anaerobic Capacity and Body Composition

#### **Chair of Undergraduate Honor's Thesis Supervisory Committee (4)**

- Barrios, I. (2022). The Relationship between Academic Performance and Sleep in NAIA Collegiate Athletes
- Contraras, A. (2022). The Relationship Between Caffeine Intake and Sleep in Hispanic College-Aged Females
- Grossov, B. (2019). Factors That May Affect the Nutritional Knowledge of Division II Fall Athletes
- Pacheco, M. (2019). Barriers to Physical Activity in Freshman at East Stroudsburg University

### **ORIGINAL RESEARCH PUBLICATIONS (5)**

**Sauers, E.**, Klein, J., Witmer, C., Moir, G., & Davis, S. (2022). Effects of Steady State and High-Intensity Exercise on Compensatory Eating Behavior. *Journal of Exercise and Nutrition*, 5(1).  
<https://doi.org/10.53520/jen2022.103119>

**Sauers, EJ.** Revisiting Weight loss Goals and Expectations. *ACSM Certified News*. Vol. 26. No. 1. 2016.

Lesniak, A Y.; Davis, S E.; Moir, G L.; and **Sauers, E J.** The Effect of Carbohydrate, Caffeine and Combined Rinses on College Aged Females' Cycling Endurance Performance. *Journal of Sport and Human Performance*. Vol 4. No 1. 2016.

**Sauers, EJ.** Is High-Intensity Interval Training a "Magic Bullet" for the Treatment of Obesity? *ACSM Certified News*. Vol. 25. No. 4. 2015.

Ormsbee MJ, Thyfault JP, **Johnson EA**, Kraus RM, Choi MD, and Hickner RC. Metabolic effects of acute resistance exercise in trained men. *J.Appl. Physiol.* 102(5):1767-72. 2007. DOI: 10.1152/jappphysiol.00704.2006

## SCIENTIFIC MEETING ABSTRACTS (46)

### Regional Conferences (21)

**Sauers, E.J.**; Garza, M.A.; and Estrada, J.M. (2023) The Effects of Acute Fasting on Anaerobic Performance in NAIA Softball Players, *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 15, Article 12. Available at: <https://digitalcommons.wku.edu/ijesab/vol2/iss15/12>

Schraer, J M. and **Sauers, E J.** (2022) The Relationship Between Sleep Quality and Quantity and Body Composition in a College Population, *International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 10, Article 19. Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss10/19>

Turbett, N R.; Munford, S N.; Witmer, C A.; **Sauers, E J.** (2022) Effects of a Six-Week Walking Intervention on Cardiometabolic Risk Factors and Mental Well Being, *International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 10, Article 6. Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss10/6>

Berdahl, E.; Dwyer, M.; and **Sauers, E.** (2020) A Survey of Nutritional Knowledge in College-Aged Students, *International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 8, Article 9. Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss8/9>

Palagruto, F.; Angelucci, M.; and Sauers, E. (2020) Relationship Between Sleep Quality and Quantity with Sports-Related Injury Rates, *International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 8, Article 85. Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss8/85>

Esposito, C.; Hummel, J.; Zwack, P.; Silva, C.; **Sauers, E.**; and Saker, C. (2019) Comparing Perceived Effects and Usage of Creatine between Division 2 Athletes and Recreationally Active Individuals, *International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 7, Article 26. Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss7/26>

Bilancia, J.; Cygan, K.; Bantel, A.; **Sauers, E.**; and Saker, C. (2019) The Impact of Anxiety and Knowledge in College-Aged Students on Attendance of a Fitness Facility, *International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 7, Article 8. Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss7/8>

Stinger, E.; Witmer, C.; Davis, S.; Sauers, E.; Saker, C.; and Fessler, S. (2019) Comparison of the Effects of Sprint Interval Exercise, Steady State Exercise and Control on RMR, *International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 7, Article 102. Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss7/102>

Mross, A.; Heston, K.; Myles, S.; Munford, S.; **Sauers, E.**; and Davis, S. (2018) The Effects on Caffeine on Cycling Performance in College-Aged Males, *International Journal of Exercise Science: Conference Proceedings*: Vol. 9: Iss. 6, Article 95.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss6/95>

Vetter, A.; Williamson, C.; Zaback, J.; and **Sauers, E.** (2018) Post-Traumatic Stress Disorder, Obesity, and Marijuana Use in Marine Corps Veterans, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 6, Article 130.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss6/130>

McCord, P.; Lokay, M.; and **Sauers, E.** (2018) The Effects of Intermittent Fasting on Endurance Performance, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 6, Article 82.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss6/82>

Takacs, M.; Munford, S.; Witmer, C.; and **Sauers, E.** (2018) The Effects of Aerobic, Concurrent, and Resistance Exercise on Compensatory Eating Behaviors, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 6, Article 128.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss6/128>

Saker, C.; Villaneuva, N.; Witmer, C.; Davis, S.; **Sauers, E.**; Fessler, S.; and Mross, A. (2018) Effects of Beetroot Juice Supplementation on Physiological Response During Submaximal Exercise in Normoxia and Hypoxia, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 6, Article 110.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss6/110>

Pecha, A.; Dowden, R.; Miltenber, M.; Keshel, T.; Munford, S.; and **Sauers, E.** (2016) The Acute Effect of Exposure to Barefoot Running on VO<sub>2</sub> Peak, Fatigue, and Time to Exhaustion in Recreational Runners, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 4, Article 83.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss4/83>

Lesniak, A Y.; Davis, S E.; Moir, G L.; and **Sauers, E J.** (2015) The Effect of Carbohydrate, Caffeine and Combined Rinses on College Aged Females' Cycling Endurance Performance, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 3, Article 55.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss3/55>

Klinger, E F.; Davis, S S.; Witmer, C A.; Miltenberger, M; and **Sauers, E.J.** (2015) The Effects of N-Acetylcysteine on Repeated Sprint Performance in College-Aged Recreationally Active Men and Women, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 3, Article 48.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss3/48>

Gamez, C E.; Kaycon, C C.; Leuhers, R R.; **Sauers, E J.**; Davis, S E.; and Witmer, C A. (2015) "The Effects of High-Intensity Interval Training versus Steady-State Training on Body Fat and Fat Oxidation," International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 3, Article 33.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss3/33>

Kacyon, C J.; Davis, S. E.; Witmer, C A.; and **Sauers, E** (2015) The Effects of Interval Training and Steady-State Exercise on Fat Oxidation and VO<sub>2</sub>max in Recreationally Active, College Aged Males, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 3, Article 46.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss3/46>

Murphy, S.; Witmer, C.A.; Davis, S.E.; and **Sauers, E.J.** (2014) Effects of Beetroot Juice Supplementation on Performance during a Repeated-Sprint Rest in Active Males, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 2, Article 61.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss2/61>

Downs, A.; **Sauers, E. J.**; Davis, S.E; and Witmer, C. A. (2013) Interval Training: Its Effects on Resting Fat Oxidation and Body Composition In Recreationally Active College-Aged Females, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 1, Article 15.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss1/15>

Grazer, J.; Azarelo, F.; Moir, G.; **Sauers, E.**; and Witmer, C. A. (2013) The Effect of 28 Days of Beta-Alanine Supplementation on Repeated-Sprint Ability, International Journal of Exercise Science: Conference Proceedings: Vol. 9: Iss. 1, Article 28.

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss1/28>

### **National Conferences (27)**

Rushall, M.E., Snyder, B.W., Sauers, E.J., Saker, C.M. The Influence Of The Menstrual Cycle Phase On Anaerobic Performance In NCAA Division II Athletes. MSSE Vol 55(9S):9. 2023. Available at:

<https://doi.org/10.1249/01.mss.0000979784.08551.b5>

Sauers, E.J., Garza, M.A.; Estrada, J.M. The Effects Of Acute Fasting On Anaerobic Performance In NAIA Softball Players. MSSE Vol 55(9S):p 381. 2023. <https://doi.org/10.1249/01.mss.0000983360.75679.7d>

Miltenberger, M., Lukshides, O., **Sauers, E.**, Munford, S. Differences in Stress Levels and Coping Strategies Among Individual and Team Sports in Division II Collegiate Athletes. MSSE Vol 54 (9S): 416. 2022.

Available at: <https://doi.org/10.1249/01.mss.0000880292.52216.0e>

**Sauers, E.J.**, Lukshides, O.M., Miltenberger, M.R., Munford, S.N. Gender Differences In Stress Levels And Coping Strategies Among Division II Collegiate Athletes. MSSE Vol 54 (9S): 126. 2022. Available at:

<https://doi.org/10.1249/01.mss.0000876624.47799.bf>

Turbett, N R.; Munford, S N.; Witmer, C A.; **Sauers, E J.** Effects of a Six-Week Walking Intervention on Cardiometabolic Risk Factors and Mental Well Being. MSSE Vol 54 (9S): 224. 2022. Available at:

<https://doi.org/10.1249/01.mss.0000877828.48639.f9>

Witmer, Chad A.; Stinger, Ellen; Davis, Shala E. FACSM; Sauers, Emily; Saker, Connor; Fessler, Samantha. Comparison Of The Effects Of Sprint Interval Vs. Steady State Exercise On Resting Metabolic Rate. MSSE Vol 52 (7S):p 1090. 2020. Available at: <https://doi.org/10.1249/01.mss.0000687516.97043.8c>

**Sauers, EJ**; Myles, SE; Witmer, CA, Munford, SN, Davis, SE. The Effects of Steady State and High Intensity Exercise on Compensatory Eating Behaviors and Appetite. MSSE Vol 49 No 5S p. 864. 2019. Available at:

<https://10.1249/01.mss.0000562875.36361.e4>

Takacs, MP; Munford, SN; Witmer, CA; **Sauers, EJ.** The Effects Of Aerobic, Concurrent, And Resistance Exercise On Compensatory Eating Behaviors. MSSE Vol 50 No 5S p. 463-464. 2018. Available at:

<https://doi.org/10.1249/01.mss.0000536604.26799.94>

**Sauers, EJ**, Klein, JP, Witmer, CA, Moir, GL, Davis SE. Effects Of Steady-state And High-intensity Exercise On Compensatory Eating Behavior MSSE Vol 49 No 5S p. 864. 2017. Available at:

<https://doi.org/10.1249/01.mss.0000519337.69335.27>



**Sauers, EJ**; Klinger, EF; Witmer, CA; Miltenberger, MR; Davis, SE The Effects of N-Acetylcysteine on Repeated Sprint Performance in College-Aged Recreationally Active Men and Women. MSSE Vol 48 No. 5S. p. 57. 2016. Available at: <https://doi.org/10.1249/01.mss.0000485180.46712.65>

Rossetti, ML; Miltenberger, M. Hartey, J. Davis, S. Witmer, C. **Sauers, E.** Retrospective Analysis of Exposure To Injury Risk Factors During Youth Baseball in Current Collegiate Players MSSE Vol 48 No 5S p. 151-152. 2016.

Miltenberger, M. Pecha, A.; Dowden, R; Keshel, T; Munford, S.; **Sauers, E.** The Acute Effect Of Exposure To Barefoot Running On Vo<sub>2</sub>peak, Fatigue, And Time To Exhaustion In Recreational Runners. MSSE Vol 48 Issue 5S. p. 937. 2016. Available at: <https://doi.org/10.1249/01.mss.0000487805.74869.f8>

**Sauers, EJ**; Lesniak, AY; Moir, GL; Davis, SE. The Effect of Carbohydrate, Caffeine and Combined Rinses on College Aged Females' Cycling Endurance Performance. MSSE Vol 47 No. 5 S582. 2015. Available at: <https://doi.org/10.1249/01.mss.0000478296.20214.e8>

Kacyon, C J.; Davis, S. E.; Witmer, C A.; and **Sauers, E.** The Effects of Interval Training and Steady-State Exercise on Fat Oxidation and VO<sub>2</sub>max in Recreationally Active, College Aged Males. MSSE Vol 47 No. 5 S799. 2015. Available at: <https://doi.org/10.1249/01.mss.0000478922.27125.5b>

**Sauers EJ**, Miller MC, Sina B, Muth BJ, Snyder BW, Davis SE. Effects Of Full-fat And Fat-free Chocolate Milk On Recovery Following Endurance Running. MSSE Vol 46 No. 5 S490. 2014. Available at: <https://doi.org/10.1249/01.mss.0000495383.35647.1e>

Witmer CA, Blackledge G, Davis SE, **Sauers EJ**, Moir GL. The Effect of 7 Days of Quercetin Supplementation on Repeated-Sprint Ability. MSSE Vol 46 No. 5 S200. 2014. Available at: <https://doi.org/10.1249/01.mss.0000493954.43414.47>

**Sauers EJ.**, Lisicky NA, Winke M, Cummings D, Witmer CA., Davis SE. Precooling By Ice Slurry Ingestion Reduces Core Temperature and Thermal Sensation During 5km Running. MSSE Vol 45 No. 5 S338. 2013.

Downs AN, Davis SE, Witmer CA, **Sauers EJ.** Interval Training: Its Effects on Resting Fat Oxidation and Body Composition in Recreationally Active College-Aged Females. MSSE Vol 45 No. 5 S160. 2013.

Witmer CA, Grazer J, Azarelo F, Moir GL, **Sauers EJ**, Davis SE. The Effect Of 28 Days Of Beta-alanine Supplementation On Repeated-Sprint Ability. MSSE Vol 45 No. 5, S425. 2013.

Wirth VA, Davis SE, **Sauers EJ**, Witmer CA. Cardiovascular and Physiological Responses to Equitation among Collegiately Competitive Female Equestrian Athletes. MSSE Vol 45 No. 5, S457. 2013.

**Sauers, EJ.**, Knurick, JR., Davis, SE., Moir, GL. Anaerobic Performance in Women is Unaffected by an Eight-Week Lacto-Ovo Vegetarian Diet. MSSE Vol 44 No. 5. S659. 2012.

Knurick, JR., Davis, SE., **Sauers, EJ.**, Moir, GL. The Effects of a Vegetarian Diet on Anaerobic Capacity and Body Composition. MSSE Vol 44 No. 5. S659. 2012.

**Sauers EJ**, Knox W, Zabarsky Z., Kristeller, R., Hickner, RC. Perilipin and Stimulated Lipolysis are Higher in Endurance Trained Than Sedentary Lean Men. MSSE Vol. 43 No. 5. S2865. 2011. <https://doi.org/10.1249/01.MSS.0000402257.12215.d0>

**Johnson EA**, Ormsbee MJ, Hickner RC. Effects of Training Status and Body Composition on Lipolysis and Lipolytic Proteins. *Obesity*. 2009.

**Johnson EA**, Ormsbee MJ, Choi MD, Hickner RC. Lipolytic Proteins Content in Lean, Obese, and Exercise Trained men. *FASEB J* 22:123. 2008.

Choi MD, **Johnson EA**, Kraus RM, Ormsbee MJ, and Hickner RC. Response of Subcutaneous Adipose Tissue Nitric Oxide Synthases to 10 days of Exercise Training. *FASEB J*. 21: 615.23, 2007.

**Johnson EA**, Choi, MD, Kraus RM, Ormsbee MJ, and Hickner RC. The Effects of Nitric Oxide on Lipolysis in Obese Women before and After 10 Days of Exercise Training. *MSSE* Vol. 38 No.11 S42. 2006.

## INVITED PRESENTATIONS

### Professional

Compensatory Eating Behaviors: Complexities of Appetite, Exercise and the Menstrual Cycle.  
Presented to: UTSA College of Health, Community, and Policy, October 2022  
University of Texas, San Antonio, San Antonio, TX

The Over and Under fueled Adolescent female: Implications for Health and Injury Risk  
Presented to: 2015 Regional Meeting of the Mid-Atlantic American College of Sports Medicine,  
Harrisburg, PA.

Meet the Experts  
Presented to: 2015 Regional Meeting of the Mid-Atlantic American College of Sports Medicine,  
Harrisburg, PA.

The Over-fueled Adolescent Female: Implications For Health  
Presented to: 2014 American College of Sports Medicine Annual Meeting  
Orlando, FL

Performance psychology: Integrating physical and mental training  
Presented to: 2013 Symposium for School Sport Coach of Taiwan, Chinese Culture University  
East Stroudsburg University, East Stroudsburg, PA

Performance psychology: Integrating physical and mental training  
Presented to: 2012 Symposium for School Sport Coach of Taiwan, Chinese Culture University  
East Stroudsburg University, East Stroudsburg, PA

The Effects of an 8-Week Forced Lacto-Ovo Vegetarian Diet on Anaerobic Performance  
Presented at: 2012 Faculty Colloquium on Scholarship  
East Stroudsburg University, East Stroudsburg, PA

Foundations of Strength and Conditioning  
Presented to: 2011 Symposium for Schools Sport Coach, Taiwan Chinese Culture University  
East Stroudsburg University, East Stroudsburg PA

Effects of Exercise and Obesity on Lipolysis and Lipolytic Proteins.  
Presented at: 2009 Exercise in the Management and Prevention of Metabolic Diseases  
Karolinska Institutet. Stockholm, Sweden.

### **Community/ Service**

The Effects of Acute Fasting on Anaerobic Performance in NAIA Softball Players  
Presented to: 2023 Celebration of Scholarship and Creativity, April 2023  
Our Lady of the Lake University, San Antonio, TX

Making Time for Exercise and Well-Being During Finals Week  
Presented to: Honors Program Professional Development Workshop  
Our Lady of the Lake University, San Antonio, TX

General Nutrition for Sport  
Presented to: Blair Academy Girls Basketball, October 2021  
Blair Academy, Blairstown, NJ

Exercise and Diabetes  
Presented to: College Diabetes Network, February 2019  
East Stroudsburg University, East Stroudsburg PA

Exercise as Preventative Medicine: More than Weight Loss  
Presented to: Heath Awareness Seminar, August 2012  
Community Chiropractic Center, Brodheadsville, PA

Introduction to Exercise Science  
Presented to: REACH-HEI, May 2012  
East Stroudsburg University. East Stroudsburg, PA

Nutrition, Exercise, and Weight Management  
Presented to: Women's Health Concerns, October 2010  
East Stroudsburg University, East Stroudsburg PA

Exercise and Diabetes  
Presented to: Diabetes Society of Monroe County, September 2010  
East Stroudsburg, PA

## **EXTERNAL FUNDING (\$3,000,000)**

**Sauers, E., Solis, C., Munguia, T., Johnson, J., Maspero, M. (2023) Transforming STEM Identity at OLLU: Advancing Kinesiology.**  
Department of Education, Growing Hispanic Institutions (Title V)  
Award Awarded: \$3,000,000

**Sauers, E., (2023) Compensatory Eating After Exercise Training in Hispanic Women with Obesity.**  
Foundation for Women's Wellness, Research Awards  
Award Requested: \$25,000  
Not funded

## INTERNAL FUNDING (\$12,768)

- Sauers, E. (2023). The Effects of Acute Fasting on Anaerobic Performance in NAIA Softball Players. Presented to the Annual Meeting of the American College of Sports Medicine. Our Lady of the Lake University, Hearst Program Grant  
Amount awarded: \$750
- Sauers, E. (2022). Gender Differences in Stress Levels and Coping Strategies Among Division II Collegiate Athletes. East Stroudsburg University, Faculty Development Finish-It Grant.  
Amount awarded: \$1000
- Sauers, E. (2021). The Relationship Between Sleep Quality and Quantity and Body Composition in a College Population. East Stroudsburg University, Summer Undergraduate Research Experience (S.U.R.E)  
Amount awarded: \$1989.37
- Sauers, E. (2020). Effect of Physical Activity and Exercise Intervention in Inactive College-Aged Students. East Stroudsburg University, Faculty Development Mini Research Grant  
Amount awarded: \$1200
- Sauers, E. (2019). Nutritional Workshop and Conference Attendance. East Stroudsburg University, Faculty Development Mini Research Grant  
Amount awarded: \$1200
- Sauers, E. (2017). Nutritional Workshop and Conference Attendance. East Stroudsburg University, Faculty Development Mini Research Grant  
Amount awarded: \$1200
- Sauers, E. (2015). The Effects of 4 weeks of Protein Supplementation on Strength Performance and Body Composition in Females. East Stroudsburg University, Faculty Development Mini Research Grant  
Amount awarded: \$1200
- Sauers, E. (2014). Deliver Symposium to Annual Meeting of ACSM, Orlando, FL  
East Stroudsburg University, Faculty Development Travel Grant  
Amount awarded: \$1000
- Sauers, E. (2013). Deliver Paper to Annual Meeting of ACSM, Indianapolis, IN  
East Stroudsburg University, Faculty Development Travel Grant  
Amount awarded: \$1000
- Sauers, E. (2012). Effects of Full-Fat and Fat-Free Chocolate Milk on Recovery  
East Stroudsburg University, Faculty Development Mini Research Grant  
Amount awarded: \$229
- Sauers, E. (2012). Deliver Paper to Annual Meeting of ACSM, San Francisco, CA  
East Stroudsburg University, Faculty Development Travel Grant

Amount awarded: \$1000

Sauers, E. (2011). Deliver Paper to Annual Meeting of ACSM, Denver, CO  
East Stroudsburg University, Faculty Development Travel Grant  
Amount awarded: \$1000

## PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine  
Mid-Atlantic Region- American College of Sports Medicine  
Texas Region-American College of Sports Medicine  
Professionals in Nutrition for Exercise and Sport