

Curriculum Vitae

Brandon G. Fico, Ph.D., ACSM-CEP

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CONTACT INFORMATION:

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EDUCATION:

Postdoc	2021–2023	University of Wisconsin-Madison, Madison, Wisconsin Integrative Physiology
Ph.D.	2017–2021	The University of Texas at Austin, Austin, Texas Exercise Physiology
M.S.	2015–2017	Florida Atlantic University, Boca Raton, Florida Exercise Physiology
B.S.	2010–2015	Florida Atlantic University, Boca Raton, Florida Exercise Science and Health Promotion

EXPERIENCE:

Assistant Professor, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, Florida, 2023-current.

Honorary Associate/Fellow, Department of Kinesiology, University of Wisconsin-Madison, Madison, Wisconsin, 2023-current.

Postdoctoral Researcher, Department of Kinesiology, University of Wisconsin-Madison, Madison, Wisconsin, 2021-2023.

Postdoctoral Fellow, Alzheimer's Association, University of Wisconsin-Madison, Madison, Wisconsin, 2022-2023.

Postdoctoral Fellow, Biology of Aging & Age-Related Diseases, University of Wisconsin-Madison School of Medicine and Public Health, Madison, Wisconsin, 2021-2022.

Graduate Research Assistant, Department of Kinesiology and Health Education, The

University of Texas at Austin, Austin, Texas. 2018-2021.

Graduate Teaching Assistant, Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, Texas. 2017- 2021.

Board Member- Student Representative, The Texas Chapter of American College of Sports Medicine. 2017–2019.

Student Affairs Committee Member, American College of Sports Medicine. 2017-2019.

Graduate Teaching Assistant, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, Florida, 2015–2017.

Laboratory Assistant, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, Florida, 2014–2017.

Peer Mentor, Office of Undergraduate Research and Inquiry, Florida Atlantic University, Boca Raton, Florida, 2015–2016.

Physical Therapy Technician, Peak Performance Rehab, Fort Lauderdale, Florida, 2013–2015.

Exercise Physiologist, Holy Cross Hospital (Volunteer), Fort Lauderdale, Florida, 2014.

HONORS AND AWARDS:

Fellowships:

University Graduate School Dissertation Writing Fellowship, (\$10,000) 2021.

College of Education Continuing Fellowship, (\$10,000) 2020-2021.

University Graduate School Continuing Fellowship, (\$30,000) 2019-2020.

George I. Sanchez Endowed Presidential Fellowship, (\$3,500) 2018-2019.

Awards:

Undergraduate Researcher of the Year, 2014-2015.

College of Education, Florida Atlantic University.

Outstanding Graduate Student of the Year, 2016-2017.

Department of Exercise Science and Health Promotion, Florida Atlantic University.

Teaching Excellence Scholarship supported by Mary Buice Alderson, (\$2,000) 2017-2018.

The University of Texas at Austin.

Mary Buice Alderson Scholarship, (\$1,500) 2018.

The University of Texas at Austin.

Placed 1st in the TACSM Student Photo Competition for Research in Sports Medicine, 2020.

RESEARCH GRANTS:

“Arterial Stiffness and Cerebral Hemodynamics Impact on Alzheimer’s Disease”, 2022-2025. Alzheimer’s Association Research Fellowship, AARF-22-924325, \$175,000.

“The Impact of Biological Sex and Physical Activity on Cerebral Hemodynamics and Brain Health” 2022. University of Wisconsin-Madison, Department of Kinesiology, Virginia Horne Henry Fund for Women’s Physical Education. Covered 30% of my salary for 2022, \$16,567.

“Variability in Cerebrovascular Regulation with Aging”, 2021-2022. NIH T32 Ruth L. Kirschstein NRSA, AG000213, \$53,760.

“Cardiorespiratory Fitness and Obesity: Oxidative Stress Responses in Circulating Exosomes Following Maximal Aerobic Exercise”, 2024. Florida Atlantic University, Charles E. Schmidt College of Science Faculty Travel Fund, \$673.

"The Comparison of High-Intensity Interval Exercise vs. Continuous Moderate Exercise on C1q/TNF-Related Protein-9 Expression and Flow-Mediated Vasodilation in Obese Individuals", 2017. Graduate Student Thesis and Dissertation Scholarship Award, \$500.

“The Impact of Obesity on Plasma Calprotectin in Response to Acute Aerobic Exercise”, 2015. Florida Atlantic University Undergraduate Research Grant, \$500.

Graduate Student Conference Travel Grant Award, 2019.
Department of Kinesiology & Health Education, The University of Texas at Austin, \$475.

Graduate Student Conference Travel Support, 2017.
Office of Undergraduate Research, Florida Atlantic University, \$400.

Research Training Travel Support, 2016.
Department of Exercise Science and Health Promotion. Florida Atlantic University, \$1200.

TEACHING/LECTURE EXPERIENCE:

Teaching:

Advanced Exercise Physiology II, Instructor.

Exercise Physiology II, Instructor.

Stress Management, Instructor.

Physiology of Exercise Laboratory, Instructor.

Exercise Testing Laboratory, Instructor.

Exercise Physiology, Teaching Assistant.

Sports Nutrition, Teaching Assistant.

Health and Integrative Physiology Laboratory, Teaching Assistant.

Obesity: Biological, Psychological, Cultural Factors, Teaching Assistant.

Lectures:

Physiology of Exercise, Bioenergetics.

Physiology of Exercise, Circulatory Responses to Exercise.

Physiology of Exercise, Training for Performance.

Physiology of Exercise, The Physiology of Training: Effect on VO₂ Max, Performance, and Strength.

Exercise Testing, Exercise Testing Risk Stratification and Informed Consent.

First Aid and CPR, Nutrition: Macromolecules, Vitamins and Minerals.

Grant Writing, Peer Review Tips and Best Practices

CERTIFICATIONS:

Certified Clinical Exercise Physiologist (American College of Sports Medicine; #1073138)

Phlebotomy (Austin Community College)

CPR & AED (American Red Cross)

Biomedical Research Investigators (Collaborative Institutional Training Initiative)

Good Clinical Practice (Collaborative Institutional Training Initiative)

Conflict of Interest (Collaborative Institutional Training Initiative)

IRB Reference Resource (Collaborative Institutional Training Initiative)

Bloodborne Pathogens (Environment, Health & Safety, Florida Atlantic University)

Biosafety Hazardous Waste (Environment, Health & Safety, Florida Atlantic University)

Hazard Communication (Environment, Health & Safety, Florida Atlantic University)

Fire Safety and Prevention (Environment, Health & Safety, Florida Atlantic University)

Hazardous Waste Generator (Environment, Health & Safety, Florida Atlantic University)

Laboratory Safety (Environment, Health & Safety, Florida Atlantic University)

Responsible Conduct of Research (Environment, Health & Safety, University of Wisconsin)

HIPPA Privacy & Security (Environment, Health & Safety, University of Wisconsin-Madison)

Human Subjects Research (Environment, Health & Safety, University of Wisconsin-Madison)

Biosafety Cabinet Use (Environment, Health & Safety, University of Wisconsin-Madison)

Autoclave Use (Environment, Health & Safety, University of Wisconsin-Madison)

Centrifuge Safety (Environment, Health & Safety, University of Wisconsin-Madison)

Chemical Safety (Environment, Health & Safety, University of Wisconsin-Madison)

BOOK CHAPTERS:

- 1) Huang, C-J., Khamoui, A.V., Slusher, A.L., **Fico, B.G.** (2020). Chapter 13: Cardiovascular Reactivity & Stress. *In Handbook of Research Methods in Health Psychology*. Ed. Deborah Ragin & Julian Keenan. **Taylor & Francis/Routledge: New York, NY.** 141-157. Routledge.
- 2) Walker, A.E, Cullen, A.E., **Fico, B.G.**, Barnes, J.N. (2023) Cerebrovascular Function in Aging. Masterclass in Neuroendocrinology. **International Neuroendocrine Federation and Springer Nature.** Volume 14, 137-171. Springer.

PUBLICATIONS:

- 1) Maharaj, A., Slusher, A.L., Zourdos, M.C., Whitehurst, M., **Fico, B.G.**, Huang, C-J. (2016). Relationship Between Calprotectin, Myeloperoxidase and Human Monocyte Chemoattractant Protein-1 Response to Acute Aerobic Exercise in Obese Individuals. **Applied Physiology, Nutrition, and Metabolism** 41(1), 83-87.

- 2) **Fico, B.G.**, Whitehurst, M., Slusher, A.L., Mock, J.T., Maharaj, A., Dodge, K.M., Huang, C-J. (2018). The Comparison of Acute High-Intensity Interval Exercise versus Continuous Moderate-Intensity Exercise on plasma Calprotectin and Associated Inflammatory Mediators. *Physiology & Behavior* 183, 27-32.
- 3) Ferrandi, P.J., **Fico, B.G.**, Whitehurst, M., Zourdos, M.C., Bao, F., Dodge, K.M., Rodriguez, A.A., Pena, G., Huang, C-J. (2018) Acute High-Intensity Interval Exercise Induces Comparable Levels of Circulating Cell-Free DNA and Interleukin-6 in Obese and Normal-weight Individuals. *Journal of Life Sciences* 202, 161-166.
- 4) Slusher, A.L., Whitehurst, M., Maharaj, A., Dodge, K.M., **Fico, B.G.**, Mock, J.T., Huang, C-J. (2018). Plasma Pentraxin 3 and Glucose Kinetics to Acute High-Intensity Interval Exercise vs Continuous Moderate-Intensity Exercise in Healthy Men. *Applied Physiology, Nutrition, and Metabolism* 43(12), 1233-1238.
- 5) Rodriguez, A.L., Whitehurst, M., **Fico, B.G.**, Dodge, K.M., Ferrandi, P.J., Pena, G., Adelman, A., Huang, C-J. (2018). Acute High-Intensity Interval Exercise Induces Greater Levels of Serum Brain-Derived Neurotrophic Factor in Obese Individuals. *Experimental Biology and Medicine* 243(14), 1153-1160.
- 6) Roy, S.J, **Fico, B.G.**, Baker, B.D., Lapierre, S.S., Shah, J.A., Gourley, D.D., Delfausse, L.A., Tanaka, H. (2019). Effects of Whole Milk and Full-Fat Dairy Products on Subclinical Vascular Function in Adults with Elevated Blood Pressure. *European Journal of Clinical Nutrition* 32(1_supplement), 763-6.
- 7) **Fico, B.G.**, Zhu, W., Tanaka, H. (2019). Does 24-hour Ambulatory Blood Pressure Monitoring Act as Ischemic Preconditioning and Influence Endothelial Function? *Journal of Human Hypertension* 33(11), 817-820.
- 8) **Fico, B.G.**, Gourley, D.D., Wooten, S.V, Tanaka, H. (2019). Heart-Thigh Cuff Pulse Wave Velocity: A Novel Nontechnical Measure of Arterial Stiffness. *American Journal of Hypertension* 32(11), 1051-1053.
- 9) Huang, C-J., Rodriguez, A.L., Visavadiya, N.P., **Fico, B.G.**, Slusher, A.L., Ferrandi, P.J., Whitehurst, M. (2019). An Exploratory Investigation of Apoptotic and Autophagic Responses in Peripheral Blood Mononuclear Cells Following Maximal Aerobic Exercise in Obese Individuals. *Archives of Physiology and Biochemistry* 1-8.
- 10) Henneghan, A.M, Becker, H., Harrison, M.L., Inselmann, K., **Fico, B.G.**, Schaefer, H., King, E., Patt, D., Kesler, S. (2020). A Randomized Control Trial of Meditation Versus Music Listening to Improve Cognitive Function for Breast Cancer Survivors: Feasibility and Acceptability. *Complementary Therapies in Clinical Practice*. 41, 101228.

- 11) **Fico, B.G.**, Alkatan, M., Tanaka, H. (2020). No Changes in Appetite Regulating Hormones Following Swimming and Cycling Exercise Interventions in Adults with Obesity. *International Journal of Exercise Science*. 13(2), 1819-1825.
- 12) Allen, J.R., Satiroglu, R., **Fico, B.G.**, Tanaka, H., Vardarli, E., Luci, J.J., Coyle, E.F. (2020). Inertial Load Power Cycling Training Increases Muscle Mass and Aerobic Power in Older Adults. *Medicine & Science in Sports & Exercise*. 53(6), 1188-1193.
- 13) Slusher, A.L., **Fico, B.G.**, Dodge K.M., Garten, R.S., Ferrandi, P.J., Rodriguez, A.L., Pena, G., Huang, C-J. (2021). Impact of Acute High-Intensity Interval Exercise on Plasma Pentraxin 3 and Endothelial Function in Obese Individuals—A Pilot Study. *European Journal of Applied Physiology*. 121(6), 1567-1577.
- 14) Henneghan, A.M., **Fico, B.G.**, Wright M.L., Kesler, S.R., Harrison, H.L. (2021). Effects of Meditation Compared to Music Listening Interventions on Biomarkers in Breast Cancer Survivors with Cognitive Complaints: Secondary Outcome of a Pilot Randomized Control Trial. *Explore*. DOI: 10.1016/j.explore.2021.10.011
- 15) **Fico, B.G.**, Alhalimi, A.A., Tanaka, H. (2022). Vascular Responses to Simulated Breath-Hold Diving Involving Multiple Reflexes. *American Journal of Physiology-Regulatory, Integrative, and Comparative Physiology*. 322(3), 153-160. DOI: 10.1152/ajpregu.00202.2021
- 16) **Fico, B.G.**, Miller, K.B. (co-first author), Rivera-Rivera, L.A., Corkery, A.T., Pearson, A.G., Eisenmann, N.A., Howery, A.J., Rowley, H., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2022). The Impact of Aging on the Association between Aortic Stiffness and Cerebral Pulsatility Index. *Frontiers in Cardiovascular Medicine*. 2022, 9. DOI: 10.3389/fcvm.2022.821151
- 17) **Fico, B.G.**, Garten, R.S., Zourdos, M.C., Whitehurst, M., Ferrandi, P.J., Dodge, K.M., Pena, G.S., Rodriguez, A.L., Huang, C-J. (2022). The Comparison of High-Intensity Interval Exercise vs. Continuous Moderate-Intensity Exercise on C1q/TNF-Related Protein-9 Expression and Endothelial Function in Individuals with Obesity. *Biology*. 2022 (11), 1667. DOI: 10.3390/biology11111667
- 18) **Fico, B.G.**, Miller, K.B., Rivera-Rivera, L.A., Corkery, A.T., Pearson, A.G., Eisenmann, N.A., Howery, A.J., Rowley, H., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2023). Cerebral Hemodynamics Comparison using Transcranial Doppler Ultrasound and 4D Flow MRI. *Frontiers in Physiology*. 14, 1198615.
- 19) **Fico, B.G.**, Maharaj, A., Pena, G.S., Huang, C-J. (2023). The Effects of Obesity on the Inflammatory, Cardiovascular, and Neurobiological Responses to Exercise in Older Adults. *Biology*. 12 (6), 865.

- 20) Slusher, A.L., Visavadiya, N.P., **Fico, B.G.**, Acevedo, E.O., Huang, C-J. (2024). Impact of Cardiorespiratory Fitness and Obesity on Indices of Oxidative Stress in Serum and Circulating Exosomes Following Maximal Treadmill Exercise. ***Biology.*** 13 (8), 599.
- 21) Miller, K.B, Moir, M.E., **Fico, B.G.** (In-review). Vascular Health and Exercise in Females Throughout the Lifespan: Exploring Menarche, Maternity, and Menopause. ***Experimental Physiology.***
- 22) Alizadeh, S., Avandi, M., **Fico, B.G.**, Mahdieh, N., Hedayati, M., Rambod, C., Bakshandeh, H. (In-review). The Comparison of Eight-week High-Intensity Interval Training vs. Moderate-Intensity Continuous Training on Inflammatory and Metabolic Biomarkers in Type II Diabetes: A Pilot Randomized Controlled Trial. ***Pilot and Feasibility Studies.***
- 23) **Fico, B.G.**, Moir, M.E., Loggie, N.A., Gaynor-Metzinger, S.H.A., Miller, K.B., Norby, A.M., Rivera-Rivera, L.A., Howery, A.J., Rowley, H., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (In-preparation). The Prevalence of Vertebral Artery Hypoplasia and Impact on Cerebral Hemodynamics.
- 24) Gaynor-Metzinger, S.H.A., Norby, A.M., **Fico, B.G.**, Moir, M.E., Loggie, N.A., Miller, K.B., Corkery, A.T., Pearson, A.G., Rivera-Rivera, L.A., Howery, A.J., Rowley, H.A., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (In-preparation). The Influence of Sex on the Relationship between Age and Cerebral Hemodynamics.
- 25) Simon, M., Huang, C-J., **Fico, B.G.** (In-preparation). The Impact of Obesity on Endothelial Function Following Acute Maximal Exercise.

PUBLISHED ABSTRACTS (NATIONAL):

- 1) **Fico, B.G.**, Slusher, A.L., Whitehurst, M., Zoeller, R.F., Maharaj, A., & Huang, C-J. (2016, June). The Impact of Obesity on Calprotectin Response to Acute Aerobic Exercise. Paper Presented at the Annual American College of Sports Medicine (ACSM) Conference, Boston, MA. *Medicine & Science in Sports & Exercise*, 48(5S), 743.
- 2) Maharaj, A., Slusher, A.L., Whitehurst, M., Zoeller, R.F., **Fico, B.G.**, & Huang, C-J. (2016, June). Association of Calprotectin with Leukocyte Chemotactic and Inflammatory Mediators Following Acute Aerobic Exercise. Paper Presented at the Annual American College of Sports Medicine (ACSM) Conference, Boston, MA. *Medicine & Science in Sports & Exercise*, 48(5S), 86.
- 3) **Fico, B.G.**, Whitehurst, M., Slusher, A.L., Mock, J.T., Maharaj, A., Dodge, K.M., & Huang, C-J. (2017, June). The Comparison of High-Intensity Interval Exercise- vs. Continuous Moderate-Intensity Exercise- Mediated Calprotectin and Inflammatory Mediators. Paper Presented at the Annual American College of Sports Medicine (ACSM) Conference, Denver, CO. *Medicine & Science in Sports & Exercise*, 49(5S), 491.

- 4) Dodge, K.M., Whitehurst, M., Slusher, A.L., **Fico, B.G.**, Mock, J.T., Maharaj, A., & Huang, C-J. (2017, June). Pentraxin 3 and Glucose Responses to Acute High-Intensity Exercise vs. Continuous Moderate-Intensity Exercise. Paper Presented at the Annual American College of Sports Medicine (ACSM) Conference, Denver, CO. *Medicine & Science in Sports & Exercise*, 49(5S), 274.
- 5) Roy, S.J, Baker, B.D., Lapierre, S.S., Shah, J.A., **Fico, B.G.**, Gourley, D.D., Delfausse, L.A., Tanaka, H. (2018, April). Effects of Whole Milk and Full-Fat Dairy Products on Vascular Function in Adults with Elevated Blood Pressure. Paper Presented at the Annual Experimental Biology Conference, San Diego, CA. *The FASEB Journal*, 32(1_supplement), 763-6.
- 6) Rodriguez, A.L., **Fico, B.G.**, Ferrandi, P.J., Dodge, K.M., Pena, G., Adelman, A., Whitehurst, M., Huang, C-J. (2018, May) Effect of Acute High-Intensity Interval Exercise Vs. Continuous Moderate-Intensity Exercise on the BDNF, Lactate, and Cortisol Responses in Obese Individuals. Paper Presented at the Annual American College of Sports Medicine (ACSM) Conference, Minneapolis, MN. *Medicine & Science in Sports & Exercise*, 50(5S), 472.
- 7) **Fico, B.G.**, Garten, R.S., Zourdos, M.C., Whitehurst, M., Ferrandi, P.J., Dodge, K.M., Pena, G., Rodriguez, A.L., Huang, C-J. (2018, June). The Comparison of High-Intensity Interval Exercise vs. Continuous Moderate-Intensity Exercise on C1q/TNF-Related Protein-9 Expression and Flow-Mediated Vasodilation in Obese Individuals. Paper Presented at the Annual American College of Sports Medicine (ACSM) Conference, Minneapolis, MN. *Medicine & Science in Sports & Exercise*, 50(5S), 540-541.
- 8) Velasquez, V., Rodriguez, A.L., Whitehurst, M., Visavadiya, N.P., **Fico, B.G.**, Slusher, A.L., Ferrandi, P.J., & Huang, C-J. (2019, May). Exercise-mediated Apoptotic and Autophagic Responses are Differentially Modulated in PBMCs of Obese Individuals. Paper presented at the Annual American College of Sports Medicine (ACSM) Conference, Orlando, FL. *Medicine & Science in Sports & Exercise*, 51(5).
- 9) **Fico, B.G.**, Zhu, W., Tanaka, H (2019, May). Does 24-hour Ambulatory Blood Pressure Monitoring Act as Ischemia Preconditioning and Influence Endothelial Function? Paper presented at the Annual American College of Sports Medicine (ACSM) Conference, Orlando, FL. *Medicine & Science in Sports & Exercise*, 51(5).
- 10) Santos, L.P, Botton, C.E, Oliverira, N.L, **Fico, B.G.**, Alhalimi, T., Tanaka, H., Umpierre, D. (2019, June). Endothelial Function in Older Adults Treated for Hypertension: An Exploratory Analyses Using an Arbitrary Cutoff for Flow-Mediated Dilatation. Paper presented at the International Symposium and Practical Workshops: Cardiovascular Effects of Exercise.
- 11) **Fico, B.G.**, Alkatan, M., Zhang, Y., Tanaka, H. (2020, May). No Changes in Appetite-Stimulating Hormones Following Swimming and Cycling Exercise Interventions. Paper

presented electronically for the Annual American College of Sports Medicine (ACSM) Conference, San Francisco, CA. *Medicine & Science in Sports & Exercise*, 52(5).

- 12) **Fico, B.G.**, Miller, K.B., Rivera-Rivera, L.A., Corkery, A.T., Pearson, A.G., Eisenmann, N.A., Howery, A.J., Rowley, H., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2022, April). The Impact of Aging on the Association between Aortic Stiffness and Cerebral Pulsatility Index. Experimental Biology Conference, Philadelphia, PA.
- 13) **Fico, B.G.**, Alhalimi, A.A., Tanaka, H. (2022, June). Vascular Responses to Simulated Breath-Hold Diving Involving Multiple Reflexes. Paper presented at the Annual American College of Sports Medicine (ACSM) Conference, San Diego, CA. *Medicine & Science in Sports & Exercise*, 54(5).
- 14) **Fico, B.G.**, Miller, K.B., Rivera-Rivera, L.A., Corkery, A.T., Pearson, A.G., Loggie, N.A., Howery, A.J., Rowley, H.A., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2023, April). Cerebral Hemodynamics Comparison between Transcranial Doppler Ultrasound and 4D Flow MRI. American Physiology Summit, Long Beach, CA.
- 15) Gaynor-Metzinger, S.H.A., **Fico, B.G.**, Moir, M.E., Miller, K.B., Rivera-Rivera, L.A., Corkery, A.T., Pearson, A.G., Loggie, N.A., Howery, A.J., Rowley, H.A., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2023, April). Sex Differences in the Relationship Between Physical Activity Levels and Cerebral Pulsatility. American Physiology Summit, Long Beach, CA.
- 16) Moir, M.E., **Fico, B.G.**, Loggie, N.A., Gaynor-Metzinger, S.H.A., Norby, A.M., Howery, A.J., Rivera-Rivera, L.A., Eisenmenger, L.B., Wieben, O., Johnson, S.C., Barnes, J.N. (2023, July). Biological Sex and Vessel Specific Relationships between Cerebral Pulsatility and White Matter Hyperintensities: a 4D Flow MRI Study. Alzheimer's Association International Conference, Amsterdam, Netherlands.
- 17) **Fico, B.G.**, Moir, M.E., Loggie, N.A., Gaynor-Metzinger, S.H.A., Miller, K.B., Norby, A.M., Rivera-Rivera, L.A., Howery, A.J., Rowley, H.A., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2023, July). The Prevalence and Impact of Vertebral Artery Hypoplasia on Cerebral Hemodynamics. Alzheimer's Association International Conference, Amsterdam, Netherlands.
- 18) Moir, M.E., **Fico, B.G.**, Loggie, N.A., Gaynor-Metzinger, S.H.A., Norby, A.M., Howery, A.J., Rivera-Rivera, L.A., Wieben, O., Johnson, S.C., Barnes, J.N. (2024, April). Biological Sex Alters the Association Between Cerebral Pulsatility and Hippocampal Volume in Cognitively Unimpaired Adults. Paper presented at the American Physiology Summit, Long Beach, CA.
- 19) Baron, J.C.D., Pearson, A.G., Corkery, A.T., Loggie, N.A., **Fico, B.G.**, Moir, M.E., Narayanan, S., Howery, A.J., Barnes, J.N. (2024, April). Sex Differences in Middle Cerebral Artery Velocity Kinetics in Response to Isometric Handgrip Exercise in Healthy Adults. Paper presented at the American Physiology Summit, Long Beach, CA.

- 20) Gaynor-Metzinger, S.H.A., **Fico, B.G.**, Miller, K.B., Moir, M.E., Pearson, A.G., Rivera-Rivera, L.A., Corkery, A.T., Loggie, N.A., Howery, A.J., Rowley, H.A., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2024, May). The Influence of Sex on the Relationship between Age and Cerebral Hemodynamics. Paper presented at the Annual American College of Sports Medicine (ACSM) Conference, Boston, MA. Medicine & Science in Sports & Exercise.
- 21) Corkery, A.T., Pearson, A.G., Loggie, N.A., Miller, K.B., Howery, A.J., Johnson, S.C., **Fico, B.G.**, Barnes, J.N. (2024, May). Biological Sex Influences the Relationship between Central Arterial Stiffness and Cerebrospinal Fluid Neurofilament Light Chain. Paper presented at the Annual American College of Sports Medicine (ACSM) Conference, Boston, MA. Medicine & Science in Sports & Exercise.
- 22) **Fico, B.G.**, Slusher, A.L., Visavadiya, N.P., Acevedo, E.O., Huang, C-J. (2024, May). Cardiorespiratory Fitness and Obesity: Oxidative Stress Responses in Circulating Exosomes Following Maximal Aerobic Exercise. Paper presented at the Annual American College of Sports Medicine (ACSM) Conference, Boston, MA. Medicine & Science in Sports & Exercise.

ABSTRACTS (REGIONAL):

- 1) **Fico, B.G.**, Slusher, A.L., Whitehurst, M., Zoeller, R.F., Maharaj, A., & Huang, C-J. (2016, February). The Impact of Obesity on Calprotectin Response to Acute Aerobic Exercise. Paper Presented at the Annual Southeast Chapter of American College of Sports Medicine (SEACSM) Conference, Greenville, SC.
- 2) Maharaj, A., Slusher, A.L., Whitehurst, M., Zoeller, R.F., **Fico, B.G.**, & Huang, C-J. (2016, February). Association of Calprotectin with Leukocyte Chemotactic and Inflammatory Mediators Following Acute Aerobic Exercise. Paper Presented at the Annual Southeast Chapter of American College of Sports Medicine (SEACSM) Conference, Greenville, SC.
- 3) **Fico, B.G.**, Whitehurst, M., Slusher, A.L., Mock, J.T., Maharaj, A., Dodge, K.M., & Huang, C-J. (2017, February). The Comparison of High-Intensity Interval Exercise- vs. Continuous Moderate-Intensity Exercise- Mediated Calprotectin and Inflammatory Mediators. Paper Presented at the Annual Southeast Chapter of American College of Sports Medicine (SEACSM) Conference, Greenville, SC.
- 4) Dodge, K.M., Whitehurst, M., Slusher, A.L., **Fico, B.G.**, Mock, J.T., Maharaj, A., & Huang, C-J. (2017, February). Pentraxin 3 and Glucose Responses to Acute High-Intensity Exercise vs. Continuous Moderate-Intensity Exercise. Paper Presented at the Annual Southeast Chapter of American College of Sports Medicine (SEACSM) Conference, Greenville, SC.

- 5) Rodriguez, A.L., Whitehurst, M., **Fico, B.G.**, Dodge, K.M., Ferrandi, P.J., Pena, G., Adelman, & Huang, C-J. (2018, February). Effect of Acute High-Intensity Interval Exercise vs. Continuous Moderate-Intensity Exercise on the BDNF, Lactate, and Cortisol Responses in Obese Individuals. Paper presented at the Annual Southeast Chapter of American College of Sports Medicine (SEACSM) Conference, Chattanooga, TN.
- 6) Dodge, K.M., **Fico, B.G.**, Garten, R.S., Ferrandi, P.J., Rodriguez, A.A., Pena, G., & Huang, C-J. (2018, February). The Impact of Obesity on Pentraxin 3 and Endothelial Function Following Acute High-Intensity Interval Exercise vs. Continuous Moderate-Intensity Exercise. Paper presented at the Annual Southeast Chapter of American College of Sports Medicine (SEACSM) Conference, Chattanooga, TN.
- 7) **Fico, B.G.**, Garten, R.S., Zourdos, M.C., Whitehurst, M., Ferrandi, P.J., Dodge, K.M., Pena, G., Rodriguez, A.L., & Huang, C-J. (2018, March). The Comparison of High-Intensity Interval Exercise vs. Continuous Moderate-Intensity Exercise on C1q/TNF-Related Protein-9 Expression and Flow-Mediated Vasodilation in Obese Individuals. Paper presented at the Annual Texas Chapter of American College of Sports Medicine (TACSM) Conference, Austin, TX.
- 8) Velasquez, V., Rodriguez, A.L., Whitehurst, M., Visavadiya, N.P., **Fico, B.G.**, Shlusher, A.L., Ferrandi, P.J., & Huang, C-J. (2019, February). Prediction of Reduced Autophagic Activation in Human Peripheral Blood Mononuclear Cells Following Maximal Aerobic Exercise. Paper presented at the Annual Southeast Chapter of American College of Sports Medicine (SEACSM) Conference, Greenville, SC. **Velasquez, V. received 2nd place** award for the undergraduate research.
- 9) **Fico, B.G.**, Allen, J.R., Satiroglu, R., Vardarli, E., Laico, A., Tanaka, H., Coyle, E.F. (2019, February). The Impact of Sprint Exercise Training on Vascular Functions in 50-70 y Olds. Paper presented at the Annual Texas Chapter of American College of Sports Medicine (TACSM) Conference, Fort Worth, TX.
- 10) **Fico, B.G.**, Alkatan, M., Zhang, Y., Tanaka, H. (2020, February). No Changes in Appetite-Stimulating Hormones Following Swimming and Cycling Exercise Interventions. Paper presented at the Annual Texas Chapter of American College of Sports Medicine (TACSM) Conference, Waco, TX.

ABSTRACTS & PRESENTATIONS (LOCAL):

- 1) **B.G. Fico**, A.L. Slusher, M. Whitehurst, FACSM, A. Maharaj, and C.J. Huang, FACSM. (2015, April). The Impact of Obesity on Plasma Calprotectin in Response to Acute Aerobic Exercise. Presented at the FAU's Annual Undergraduate Research Symposium, Boca Raton, FL. **Received 2nd place** in the Health and Medical Sciences division.
- 2) K.M. Dodge, **B.G. Fico**, A.L. Slusher, M. Whitehurst, FACSM, A. Maharaj, and C.J. Huang, FACSM. (2016, April). C1q/TNF-Related Protein 9 Expression to Acute

Aerobic Exercise in Obesity. Presented at the FAU's Annual Undergraduate Research Symposium, Boca Raton, FL.

- 3) A.L. Rodriguez, **B.G. Fico**, K.M. Dodge, P. Ferrandi, G. Pena, M. Whitehurst, FACSM, and C.J. Huang, FACSM. (2017, April). Pentraxin 3 and Glucose Responses to Acute High-Intensity Interval Exercise vs. Continuous Moderate-Intensity Exercise in Obesity. Presented at the FAU's Annual Undergraduate Research Symposium, Boca Raton, FL.
- 4) A.L. Rodriguez, **B.G. Fico**, K.M. Dodge, P. Ferrandi, G. Pena, M. Whitehurst, FACSM, and C.J. Huang, FACSM. (2017, April). The Effect of Acute High-Intensity Interval Exercise vs. Continuous Moderate-Intensity Exercise on Flow-Mediated Vasodilation in Obesity. Presented at the FAU's Annual Undergraduate Research Symposium, Boca Raton, FL.
- 5) **B.G. Fico** (2017) The Comparison of High-Intensity Interval Exercise vs. Continuous Moderate-Intensity Exercise on C1q/TNF-Related Protein-9 Expression and Flow-Mediated Vasodilation in Obese Individuals. Oral presentation in Three Minute Thesis (3MT) Competition, Boca Raton, FL.
- 6) **Fico, B.G.**, Miller, K.B., Rivera-Rivera, L.A., Corkery, A.T., Pearson, A.G., Eisenmann, N.A., Howery, A.J., Rowley, H., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2022, January). The Impact of Aging on the Association between Aortic Stiffness and Cerebral Pulsatility Index. Presented at the University of Wisconsin-Madison Scholars Symposium, Madison, WI.
- 7) **Fico, B.G.** (2022, October). The Impact of Aging on Increased Arterial Stiffness and Cerebral Hemodynamics. Invited speaker at the University of Washington Nathan Shock Center 2022 Annual Geroscience Symposium, Seattle, WA.
- 8) **Fico, B.G.**, Moir, M.E., Loggie, N.A., Gaynor-Metzinger, S.H.A., Miller, K.B., Norby, A.M., Rivera-Rivera, L.A., Howery, A.J., Rowley, H.A., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2023, April). The Prevalence and Impact of Vertebral Artery Hypoplasia on Cerebral Hemodynamics. 2023 Alzheimer's Disease & Related Dementias Research Day, Madison, WI. **Received Best Post Doc Poster Award.**

JOURNAL REFEREE:

Journal of Applied Physiology, 2022-present.

American Journal of Physiology, 2022-present.

Experimental Physiology. 2022-present.

Physiological Reviews, 2022-present.

European Journal of Applied Physiology, 2022-present.

Physiology & Behavior, 2023-present.

Quantitative Imaging in Medicine and Surgery, 2023-present.

Physiological Reports, 2024-present.

PROFESSIONAL SOCIETIES:

Alzheimer's Association, 2023-present.
International Society to Advance Alzheimer's Research and Treatment, 2023-present.
American Aging Association, 2021-present.
American Physiological Society, 2020-present.
American College of Sports Medicine, 2012-present.
Texas Chapter of American College of Sports Medicine, 2017-2020.
Southeast Chapter of American College of Sports Medicine, 2014-present.
Council on Undergraduate Research, 2015-present.

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