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**Education**

1987	B.S.	Exercise Science	The University of Kansas – Lawrence
1990	M.S.	Exercise Physiology	The University of Kansas – Lawrence
1996	Ph.D.	Exercise Science	The University of Massachusetts – Amherst
1995- 1998	Post-Doctoral Fellowship	Immunology, Department of Biochemistry and Molecular Biology	The Pennsylvania State University – State College

**Professional Experience**

1998-1999	Lecturer, Department of Exercise Science, The University of Massachusetts, Amherst, MA
2000-2006	Assistant Professor, Department of Health and Human Development, Montana State University, Bozeman, MT
2006-present	Associate Professor, Department of Health and Human Development, Montana State University, Bozeman, MT

**RESEARCH****Refereed Journal Articles** (27 published)

**Miles MP** and CM Schneider. Creatine kinase MB may be elevated in healthy young women following submaximal eccentric exercise. *Journal of Laboratory and Clinical Medicine* 122:197-201, 1993.

**Miles MP** and PM Clarkson. Exercise-induced muscle pain, soreness, and cramps. *Journal of Sports Medicine and Physical Fitness* 34:203-216, 1994.

**Miles MP**, PM Clarkson, M Bean, K Ambach, J Mulroy, and K Vincent. Muscle function at the wrist following 9 d of immobilization and suspension. *Medicine and Science in Sports and Exercise* 26:615-623, 1994.

Saxton JM, PM Clarkson, R James, **M Miles**, M Westerfer, S Clark, and AE Donnelly. Neuromuscular function following maximum voluntary eccentric exercise. *Medicine and Science in Sports and Exercise* 27:1185-1193, 1995.

**Miles MP**, JC Ives, and KR Vincent. Neuromuscular control following maximal eccentric exercise. *European Journal of Applied Physiology* 76:368-374, 1997.

- Miles MP**, Y Li, JP Rinard, PM Clarkson, and JW Williamson. Eccentric exercise augments the cardiovascular response to static exercise. *Medicine and Science in Sports and Exercise* 29:457-466, 1997.
- Miles MP**, SK Leach, WJ Kraemer, K Dohi, JA Bush, and AM Mastro. Leukocyte adhesion molecule expression during intense resistance exercise. *Journal of Applied Physiology* 84:1604-9, 1998.
- Miles MP**, RJ Naukam, AC Hackney, and PM Clarkson. Blood leukocyte and glutamine fluctuations after eccentric exercise. *International Journal of Sports Medicine*, 20:322-327, 1999.
- Krause D, AM Mastro, G Handte, H Smiciklas-Wright, and **MP Miles**, and N Ahluwalia. Immune function did not decline with aging in apparently healthy, well-nourished women. *Mechanisms of Ageing and Development*, 112:43-57, 1999.
- Taylor JM, HS Thompson, PM Clarkson, **MP Miles**, and MJ De Souza. Growth hormone response to an acute bout of resistance exercise in weight-trained and non-weight trained women. *Journal of Strength and Conditioning Research*, 14:220-227, 2000.
- Ahluwalia N, AM Mastro, R Ball, **MP Miles**, R Rajendra, and G Handte. Cytokine production by stimulated mononuclear cells did not change with aging in apparently healthy, well-nourished women. *Mechanisms of Ageing and Development*, 122:1269-1279, 2001.
- Kraemer WJ, SA Mazzetti, BC Nindl, LA Gotshalk, JS Volek, JA Bush, JO Marx, K Dohi, AL Gomez, **M Miles**, SJ Fleck, RU Newton, K Häkkinen. Effect of resistance training on women's strength/power and occupational performances. *Medicine and Science in Sports and Exercise*, 33:1011-1025, 2001.
- Dohi K, AM Mastro, **MP Miles**, JA Bush, DS Grove, SK Leach, JS Volek, BC Nindl, JO Marx, LA Gotshalk, M Putukian, WJ Sebastianelli, and WJ Kraemer. Lymphocyte proliferation in response to acute heavy resistance exercise in women: influence of muscle strength and total work. *European Journal of Applied Physiology*, 85:367-373, 2001.
- Rawson ES, PM Clarkson, TB Price, and **MP Miles**. Differential response of muscle phosphocreatine to creatine supplementation in young and old subjects. *Acta Physiologica Scandinavica*, 174:57-65, 2002.
- Miles MP**, LT Mackinnon, DS Grove, NI Williams, JA Bush, JO Marx, WJ Kraemer, and AM Mastro. The relationship of natural killer cell counts, perforin mRNA and CD2 expression to post-exercise natural killer cell activity in humans. *Acta Physiologica Scandinavica*, 174:317-325, 2002.
- Miles MP**, WJ Kraemer, DS Grove, SK Leach, K Dohi, JA Bush, JO Marx, BC Nindl, JS Volek, and AM Mastro. Effects of resistance training on resting immune parameters in women. *European Journal of Applied Physiology*, 87:506-508, 2002.
- Miles MP**, WJ Kraemer, BC Nindl, DS Grove, SK Leach, K Dohi, JO Marx, JS Volek, and AM Mastro. Strength, workload, anaerobic intensity and the immune response to resistance exercise in women. *Acta Physiologica Scandinavica*, 178:155-163, 2003.
- Kraemer WJ, MR Rubin, K Haakkinen, BC Nindl, JO Marx, JS Volek, DN French, AL Gomez, MJ Sharman, T Sheett, NA Ratamess, **MP Miles**, AM Mastro, JL VanHeest, CM Maresh, JR Welsch, and WC Hymer. Influence of muscle strength and total work on exercise-induced plasma growth hormone isoforms in women. *Journal of Science and Medicine in Sport* 6:295-306, 2003.
- Thompson PD, GJ Tsongalis, RL Seip, C Bilbie, **M Miles**, R Zoeller, P Visich, P Gordon, T Angelopoulos, L Pescatello, L Bausserman, and N Moyna. Apolipoprotein E genotype

- and changes in serum lipids and maximal oxygen uptake with exercise training. *Metabolism*, 53:193-202, 2004.
- Miles MP**, DP Heil, KR Larson, SB Conant, and SM Schneider. Prior resistance training and sex influence muscle responses to arm suspension. *Medicine and Science in Sports and Exercise*, 37:1983-1989, 2005.
- Thompson PD, GJ Tsongalis, JM Ordovas, RL Seip, C Bilbie, **M Miles**, R Zoeller, P Visich, P Gordon, TJ Angelopoulos, L Pescatello, and N Moyna. Angiotensin converting enzyme genotype and adherence to aerobic exercise training. *Preventive Cardiology*, 9:21-24, 2006.
- Ruaño G, RL Seip, Windemuth, A., S Zöllner, GJ Tsongalis, J Ordovas, J Otvos, C Bilbie, **M Miles**, R Zoeller, P Visich, P Gordon, TJ Angelopoulos, L Pescatello, N Moyna, and PD Thompson. Apolipoprotein A1 genotype affects the change in high density lipoprotein cholesterol subfractions with exercise training. *Atherosclerosis*, 185:65-69, 2006.
- Miles MP**, EE Walker, SB Conant, SP Hogan, and JR Kidd. Carbohydrate influences interleukin-6 but not C-reactive protein or creatine kinase following a 32-km mountain trail race. *International Journal of Sport Nutrition and Exercise Metabolism*, 16:36-46, 2006.
- Seip RL, J Otvos, C Bilbie, GJ Tsongalis, **M Miles**, R Zoeller, P Visich, P Gordon, TJ Angelopoulos, L Pescatello, N Moyna, PD Thompson. The effect of apolipoprotein E genotype on serum lipoprotein response to exercise training. *Atherosclerosis*, 188:126-133, 2006.
- Miles MP**, SD Pearson, JM Andring, JR Kidd, and SL Volpe. Effect of carbohydrate intake during recovery from eccentric exercise on interleukin-6 and muscle damage markers. *International Journal of Sport Nutrition and Exercise Metabolism*, 17:507-520, 2007.
- Rawson, ES, MP Conti, and **MP Miles**. Creatine supplementation does not reduce muscle damage or enhance recovery from resistance exercise. *Journal of Strength and Conditioning Research*, 21:1208-1213, 2007.
- Miles MP**, JM Andring, SD Pearson, LK Gordon, C Kasper, CM Depner, and JR Kidd. Diurnal variation, response to eccentric exercise, and association of inflammatory mediators with muscle damage variables. *Journal of Applied Physiology*, 104:451-458, 2008.

### **Manuscripts in Review**

- Angelopoulos TJ, **MP Miles**, J Lowndes, SA Sivo, RL Seip, LS Pescatello, RF Zoeller, PS Visich, PM Gordon, NM Moyna, and PD Thompson. Apolipoprotein E genotype and gender influence high sensitive C-reactive protein levels regardless of exercise training status. Submitted to *Metabolism*.

### Book Chapters

- Smith LL and **MP Miles**. Exercise-induced muscle injury and inflammation. In: *Exercise and Sport Science*, WE Garrett and DT Kirkendall (Eds.). Philadelphia: Lippincott Williams & Wilkins, 2000. pp.401-411.
- Miles MP**. Neuroendocrine modulation of the immune system with exercise and muscle damage. In *The Encyclopedia of Sports Medicine, Volume XI. The Endocrine System in Sports and Exercise*, WJ Kraemer and AD Rogel (Eds.). Oxford: Blackwell Publishing, Ltd., 2005, pp. 345-367.
- Miles MP**. 'Adipose lipid supply', 'Intramuscular triglycerides (IMTG)', 'Lipid metabolism', 'Lipid types', 'Lipids', 'Lipolysis', 'Regulation and hormonal control of lipolysis', 'Lipolytic response to exercise', and 'Lipolytic response to training'. In *Routledge Encyclopedia of International Sport Studies*, R Bartlett, C Gratton, and C Rolf (Eds.). London: Routledge Ltd., 2005.

### External Research Support and Grants

#### **Funded and completed:**

- 1994 **Miles MP** (PI). Does muscle damaging exercise affect serum glutamine? Gatorade Sports Science Institute Student Research Award Program. \$1,000.
- 1994 **Miles MP** (PI). Exercise-induced muscle damage and the immune system: Can exercise reduce the availability of immune system defenses? Butcher Foundation. \$1,000.
- 1995 **Miles MP** (PI). Are plasma zinc and interleukin-1 $\beta$  related to the elevation in blood glutamine concentration following muscle damaging exercise? Gatorade Sports Science Institute Student Research Award Program. \$800.
- 1998 **Miles MP** (PI) and FR Rife. Does Apo E Affect the Lipid Response to Exercise? Collaboration with Dr. Paul Thompson, Hartford Hospital. \$6,000, 8/1998-12/ 1999.
- 2001 **Miles MP** (PI) and DP Heil. Resistance training and atrophy: A new model to study the arm. Montana Space Grant Consortium. \$57,000 (\$44,000 direct costs, \$13,000 indirect costs returned to MSGC as matching funds). 3/2001-2/2003.
- 2001 **Miles MP** (PI). Determinants of LDL Cholesterol Oxidation. NSF-EPSCoR MONTS Program. \$25,000. 7/2001-6/2003.
- 2002 Heil DP, CG Campbell, and **MP Miles** (co-investigator). Preventing obesity by improving the health of Montana's Native American children. Centers for Disease Control (Subcontract through Montana DPHHS). \$50,000. 6/2002 – 6/2003.
- 2003 **Miles MP** (PI). Downregulation of inflammation: Are individuals at risk for CHD less capable of turning off the inflammatory process? NIH Grant Number P20 RR-16455-02 from the BRIN Program of the National Center for Research Resources, \$25,000. 5/2003-8/2003.
- 2003 **Miles MP** (PI). Downregulation of inflammation: Are individuals at risk for CHD less capable of turning off the inflammatory process? Continuation NIH Grant Number P20 RR-16455-03 from the BRIN Program of the National Center for Research Resources, \$19,816. 11/2003-6/2004.
- 2004 **Miles MP**. Faculty Travel Award. BRIN Program of the National Center for Research Resources, \$1,603.

- 2004 **Miles MP** (PI). Downregulation of inflammation: Are individuals at risk for CHD less capable of turning off the inflammatory process? American Heart Association Pacific Mountain Affiliate, \$198,000, 7/2004-6/2007.
- 2005 **Miles MP** (PI). Influence of carbohydrate on exercise-induced muscle tissue inflammation. Gatorade Sports Science Institute, \$7,920, 11/2005-5/2007.
- 2006 **Miles MP** (Subcontract PI). Clinical trial investigation: Proposal to study effects of oral glucosamine supplementation on muscle soreness, recovery, and inflammation. University of Massachusetts, \$30,594. 1/2006-12/2007.

### **In Review**

- 2008 **Miles MP** (PI). A holistic and sustainable strategy for decreasing CVD risk through C-reactive protein reduction. Submitted to the Pacific Mountain Affiliate of the American Heart Association.

### **Internal Research Grants**

- 2002 **Miles MP**. College of Education, Health and Human Development Mini-Grant Proposal, for preparation of a grant proposal to NIH, \$3,000.
- 2003 **Miles MP**. College of Education, Health and Human Development Mini-Grant Proposal, for laboratory equipment, \$3,000.
- 2003 **Miles MP**. Buyout for Enhancement of Scholarship and Teaching (BEST) award from the Offices of the Provost and Vice President for Academic Affairs, 3 credit teaching release to prepare grant proposal, \$4,565.
- 2005 **Miles MP**. Funding to participate in the Clinical Research Development Program. Office of the Vice President for Research, Creativity and Technology Transfer. \$10,000.
- 2006 Hahn, M and **M Miles**. The effects of sex hormones on knee joint laxity, proprioception and musculoskeletal dynamics. Health and Human Development Mini-grant. \$6,020.
- 2006 **Miles MP**. Do carbohydrates increase the magnitude of the inflammatory response? Health and Human Development Mini-grant. \$6,000.
- 2007 **Miles MP**. Generation of preliminary data to support a research proposal in a new area. ADVANCE Women into Careers, Office of the Vice President for Research, Creativity and Technology Transfer. \$10,612.
- 2008 **Miles MP**. Do carbohydrates increase the magnitude of the inflammatory response? Department of Health and Human Development IDC proposal. \$4,290.

### **Original Research Presentations and Published Abstracts**

#### **International and national peer-reviewed oral presentations:**

- 1994 Saxton JM, PM Clarkson, R James, **M Miles**, M Westerfer, S Clark, and AE Donnelly. Neuromuscular function following maximum voluntary eccentric exercise. American College of Sports Medicine, Indianapolis, June. *Medicine and Science in Sports and Exercise*, 26(5,Suppl):S115, 1994. *Note: I presented in place of Saxton*
- 1997 **Miles MP**, SK Leach, K Dohi, JA Bush, WJ Kraemer, and AM Mastro. Kinetics of PHA-stimulated IL-6 production after resistance exercise. International Society of

- Exercise and Immunology international meeting, Paderborn, Germany, November. *International Journal of Sports Medicine*, 19(Suppl 3):S217, 1998.
- 1998 **Miles MP**, SK Leach, WJ Kraemer, K Dohi, JA Bush, and AM Mastro. Decreased lymphocyte proliferation in response to mitogenic and antigenic stimulation during resistance training. American College of Sports Medicine, Orlando, June. *Medicine and Science in Sports and Exercise*, 30(5,Suppl):S174, 1998.
- 1998 Dohi K, AM Mastro, **MP Miles**, SK Leach, JA Bush, WJ Sebastianelli, M Putukian, and WJ Kraemer. Lymphocyte proliferation response to mitogens in women after acute heavy resistance exercise. American College of Sports Medicine, Orlando, June. *Medicine and Science in Sports and Exercise*, 30(5,Suppl):S174, 1998.
- 1999 **Miles MP**, LT Mackinnon, NI Williams, JA Bush, JO Marx, AM Mastro, and WJ Kraemer. NK Cell activity and LFA-2 Expression After Running. American College of Sports Medicine, Seattle, June. *Medicine and Science in Sports and Exercise*, 31(5, Suppl):S240, 1999.
- 1999 Mackinnon LT, **MP Miles**, NI Williams, JA Bush, and AM Mastro. Effects of prolonged exercise on natural killer (NK) cell cytotoxic activity and LFA-2 expression. Sports Medicine Australia, Sydney, Australia, November.
- 1999 **Miles MP**. The impact of physical activity on the immune system. Colloquium title: Physical Activity and the Common Cold: Epidemiology and Immunology. NEACSM and NEHRSA Conference and Trade Show, Providence, October.
- 2000 Mackinnon LT, **MP Miles**, DS Grove, NI Williams, JA Bush, JO Marx, WJ Kraemer, and AM Mastro. Effects of prolonged exercise on expression of perforin mRNA in peripheral blood natural killer (NK) cells. 2000 Pre-Olympic Congress, International Congress on Sport Science, Sports Medicine and Physical Education, Brisbane, Australia, November.
- 2002 **Miles MP**, SP Hogan, M Kelsey, D King, D Duffner, and CG Campbell. Age, diet, physical activity, and plasma lipid peroxidation kinetics. American College of Sports Medicine, St. Louis, May. *Medicine and Science in Sports and Exercise*, 34(5):S249, 2002.
- 2003 Kyriazis G, JD Caplan, J Lowndes, RF Zoeller, **MP Miles**, NM Moyna, P Visich, P Gordon, L Pescatello, R Seip, PD Thompson, and TJ Angelopoulos. BMI affects the leptin response to exercise training. American College of Sports Medicine, San Francisco, May. *Medicine and Science in Sports and Exercise*, 35(5 Suppl):S57, 2003.
- 2004 Lowndes J, RL Seip, NM Moyna, RF Zoeller, PM Gordon, LS Pescatello, PS Visich, **MP Miles**, PD Thompson, TJ Angelopoulos. Apolipoprotein E genotype and gender affect CRP, but no effect of exercise training. American College of Sports Medicine, Indianapolis, June. *Medicine and Science in Sports and Exercise* 36(5, Suppl):S87.
- 2004 **Miles MP**, SB Conant, SM Lemke, SP Hogan. IL-6, CRP, and CK responses to a 20-mile race at altitude in women verses men. American College of Sports Medicine, Indianapolis, June. *Medicine and Science in Sports and Exercise* 36(5, Suppl):S150. (Both poster and oral)
- 2007 **Miles MP**, JM Andring, SD Pearson, and JR Kidd. Plasma cytokine response after eccentric exercise independent of muscle damage markers. American College of Sports Medicine, June. *Medicine and Science in Sports and Exercise* 39 (5, Suppl):S61.

- 2007 Hahn ME, LJ Barry, TN Brown, SF Eby, and **MP Miles**. Knee muscle coactivation during the menstrual cycle. International Society of Biomechanics XXI Congress, Taipei, Taiwan, July. *Journal of Biomechanics* 40(2 Suppl):S381
- 2007 **Miles MP**, JM Andring, LK Gordon, CM Depner, and JR Kidd. Acute inflammation response varies according to differences in basal C-reactive protein concentrations. Submitted for presentation at the International Society of Exercise and Immunology international meeting, Sendai, Japan, October. *Japanese Journal of Physical Fitness and Sports Medicine*.
- 2008 **Miles MP**, CM Depner, LK Gordon, JR Kidd. IL-6 -174 G/C gene polymorphism *in vivo* effects on inflammation: Basal levels, diurnal variation, and changes induced by eccentric exercise. American College of Sports Medicine, Indianapolis, June. *Medicine and Science in Sports and Exercise* 40 (5, Suppl):in press.

#### **International and national peer-reviewed poster presentations:**

- 1989 Long KA, **MP Miles**, WH Osness, J Nieman, and R Sabbath. Lactate and ventilatory thresholds in the aged. American College of Sports Medicine, Baltimore, May. *Medicine and Science in Sports and Exercise*, 21(2,Suppl):S24, 1989.
- 1991 **Miles MP** and CM Schneider. Serum creatine kinase MB following stepping in females. American College of Sports Medicine, Orlando, June. *Medicine and Science in Sports and Exercise*, 23(4,Suppl):S146, 1991.
- 1992 **Miles MP**, P Clarkson, K Ambach, J Mulroy, and M Bean. Immobilization effects on muscle function at the wrist. American College of Sports Medicine, Dallas, May. *Medicine and Science in Sports and Exercise*, 24(5,Suppl):S133, 1992.
- 1993 **Miles MP**, J Ives, and KR Vincent. Neuromuscular control following maximal eccentric exercise. American College of Sports Medicine, Seattle, June. *Medicine and Science in Sports and Exercise*, 25(5,Suppl):S176, 1993.
- 1994 **Miles MP**, PM Clarkson, LL Smith, JN Howell, and MR McCammon. Serum creatine kinase activity in males and females following two bouts of eccentric exercise. American College of Sports Medicine, Indianapolis, June. *Medicine and Science in Sports and Exercise*, 26(5,Suppl):S168, 1994.
- 1994 **Miles MP**, PM Clarkson, HL Keller, and AC Hackney. Muscle damage following high-force eccentric exercise may cause perturbations in circulating cortisol and interleukin-1 $\beta$  levels. Biochemistry of Exercise Ninth International Conference, Aberdeen, Scotland, July. *Clinical Science*, 87(Supp): 87-88, 1994.
- 1995 Schneider CM, CA Dennehy, M Arnett, JR Hayward, A Lennon, and **M Miles**. The relationship of estrogen concentrations and CK activity in premenopausal females. American College of Sports Medicine, Minneapolis, May-June. *Medicine and Science in Sports and Exercise*, 27(5,Suppl):S155, 1995.
- 1995 **Miles MP**, Y Li, JP Rinard, PM Clarkson, RJ James, and JW Williamson. Pressor response and EMG after high-force eccentric exercise. American College of Sports Medicine, Minneapolis, May-June. *Medicine and Science in Sports and Exercise*, 27(5,Suppl):S45, 1995.
- 1996 **Miles MP**, PM Clarkson, C Knight, AC Hackney, and RJ Naukam. Leukocyte response to exercise in high and low CK responders. American College of Sports Medicine, Cincinnati, May. *Medicine and Science in Sports and Exercise*, 28(5,Suppl):S93, 1996.

- 1996 Dohi K, WJ Kraemer, AM Mastro, **M Miles**, D Grove, S Leach, B Nindl, and JA Bush. Acute resistance exercise in women reduces lymphocyte proliferation response to mitogens. National Strength and Conditioning Association, June.
- 1997 **Miles MP**, SK Leach, K Dohi, JA Bush, AM Mastro, and WJ Kraemer. Exercise-induced trafficking via L-selectin and VLA-4 integrin differs between lymphocytes and neutrophils. American College of Sports Medicine, Denver, May. *Medicine and Science in Sports and Exercise*, 29(5,Suppl):S296, 1997.
- 1997 Dohi K, AM Mastro, **MP Miles**, JA Bush, M Putukian, and WJ Kraemer. Plasma cortisol elevation and lymphocyte proliferation response to mitogens after acute resistance exercise in women. American College of Sports Medicine, Denver, May. *Medicine and Science in Sports and Exercise*, 29(5,Suppl):S297, 1997.
- 1997 **Miles MP**, SK Leach, K Dohi, JA Bush, WJ Kraemer, and AM Mastro. Lymphocyte response to tetanus toxoid stimulation after resistance exercise. International Society of Exercise and Immunology international meeting, Paderborn, Germany, November. *International Journal of Sports Medicine*, 19(Suppl 3):S223, 1998.
- 1998 Ahluwalia N, D Krause, **M Miles**, S Leach, G Handte, and A Mastro. Cell-mediated immunity (CMI) and bactericidal function in apparently healthy, well-nourished elderly vs younger women. Federation of American Societies for Experimental Biology (FASEB) national meeting, Experimental Biology '98, April, 1998.
- 1999 Dohi K, AM Mastro, **MP Miles**, JA Bush, BC Nindl, LA Gotshalk, and WJ Kraemer. Serum cortisol elevations and leukocyte subset concentrations after acute heavy resistance exercise in women. American College of Sports Medicine, Seattle, June. *Medicine and Science in Sports and Exercise*, 31(5, Suppl):S59, 1999.
- 1999 Ahluwalia N, AM Mastro, **MP Miles**, and JG Cannon. Cytokine production in generally healthy well-nourished elderly women. The New Biology of Aging national meeting, Kansas City, September.
- 2000 **Miles MP**, LT Mackinnon, DS Grove, NI Williams, JA Bush, JO Marx, WJ Kraemer, and AM Mastro. Potential mechanisms of post-exercise suppression of NK Cell activity: Cell number, perforin mRNA and CD2. American Physiological Society Intersociety Meeting: The Integrative Biology of Exercise, Portland, ME, September. *The Physiologist*, 43(4):360, 2000.
- 2000 Moyna NM, G Tsongalis, CL Meckes, R Zoeller, P Gordon, P Visich, **M Miles**, T Angelopoulos, L Pescatello, PD Thompson. Apo E genotype affects the increase in maximal oxygen uptake with exercise training. American Heart Association, New Orleans, November. *Circulation* 102(18 Suppl II):II-758, 2000.
- 2001 **Miles MP**, SK Leach, WJ Kraemer, K Dohi, JA Bush, JO Marx, and AM Mastro. Absolute versus relative work output and leukocyte trafficking. International Society of Exercise and Immunology Symposium, Baltimore, May. *Medicine and Science in Sports and Exercise*, 33(5, Suppl), 2001.
- 2001 **Miles MP**, SK Leach, WJ Kraemer, K Dohi, JA Bush, JO Marx, and AM Mastro. Absolute versus relative work output and lymphocyte proliferation. International Society of Exercise and Immunology Symposium, Baltimore, May. *Medicine and Science in Sports and Exercise*, 33(5, Suppl), 2001.
- 2001 **Miles MP**, SK Leach, WJ Kraemer, K Dohi, JA Bush, JO Marx, and AM Mastro. Lymphocyte response to resistance vs. aerobic training. American College of Sports

- Medicine, Baltimore, May. *Medicine and Science in Sports and Exercise*, 33(5, Suppl):S79, 2001.
- 2001 Rawson ES, PM Clarkson, TB Price, and **MP Miles**. Creatine supplementation in older men. American College of Sports Medicine, Baltimore, June. *Medicine and Science in Sports and Exercise*, 33(5, Suppl):S207, 2001.
- 2001 Perry MD, AM Mastro, B Orsega-Smith, **MP Miles**, WM Kraemer, and NI Williams. Exercise training and immune function following chemotherapy for breast cancer. American College of Sports Medicine, Baltimore, May. *Medicine and Science in Sports and Exercise*, 33(5, Suppl):S77, 2001.
- 2001 Campbell CG, S Tate, S Hogan and **M Miles**. Soy consumption and LDL oxidation in Type 2 diabetic men. 4th International Symposium on the Role of Soy in Preventing and Treating Chronic Disease, San Diego, November. *Journal of Nutrition*, 132(3, Suppl):612S, 2002.
- 2001 Meckes C, Moyna N, G Tsongalis, **M Miles**, R Zoeller, P Visich, P Gordon, T Angelopoulos, L Pescatello, L Bausserman, J Ordovas, J Mather, PD Thompson. ApoE genotype does not affect the changes in serum lipids with exercise training. American Heart Association, Anaheim, November. *Circulation*, 104(17):II-343, 2001.
- 2001 Meckes C, Moyna N, G Tsongalis, **M Miles**, R Zoeller, P Visich, P Gordon, T Angelopoulos, L Pescatello, L Bausserman, J Ordovas, J Mather, PD Thompson. The increase in VO<sub>2</sub>max with exercise training is reduced in subjects homozygous for the Apo E3 allele. American Heart Association, Anaheim, November. *Circulation*, 104(17):II-343, 2001.
- 2001 Krueger L, Moyna N, G Tsongalis, C Meckes, **M Miles**, R Zoeller, P Visich, P Gordon, T Angelopoulos, L Pescatello, L Bausserman, J Ordovas, J Mather, P Thompson. Angiotensin converting enzyme genotype does not affect the blood pressure response to exercise training. American Heart Association, Anaheim, November. *Circulation*, 104(17):II-735, 2001.
- 2001 Krueger L, N Moyna, G Tsongalis, C Meckes, **M Miles**, R Zoeller, P Visich, P Gordon, T Angelopoulos, L Pescatello, L Bausserman, J Ordovas, J Mather, P Thompson. Variants in angiotensin converting enzyme genotype do not affect the VO<sub>2</sub> max response to exercise training. American Heart Association, Anaheim, November. *Circulation*, 104(17):II-735, 2001.
- 2002 Mastro AM, NI Williams, J Ford, K Fuener, E Orsega-Smith, WJ Kraemer, AD Bleznak, RH Dixon, J Underwood, **M Miles**, and K Wagner. IL-6 and interferon-gamma levels following chemotherapy for breast cancer. American Association for Cancer Research 93<sup>rd</sup> annual meeting, San Francisco, April. *Proceedings of the American Association for Cancer Research*, 43:971, 2002.
- 2002 **Miles MP**, SP Hogan, CG Campbell, and D King. Physical Activity, Diet, and Seasonal Changes in Fibrinogen and Lipoproteins. The Interaction of Physical Activity and Nutrition: Biological Remodeling and Plasticity, National Institutes of Health, Washington D.C., December.
- 2003 **Miles MP**, SP Hogan, and D King. Acute infection, but not change in physical activity, influences blood lipids and fibrinogen. American College of Sports Medicine, San Francisco, May. *Medicine and Science in Sports and Exercise*, 35(5 Suppl):S380, 2003.
- 2004 Seip RL, C Bilbie, N Moyna, **M Miles**, RF Zoeller, PS Visich, TJ Angelopoulos, L Pescatello, P Gordon, G Tsongalis, L Bausserman, and PD Thompson. Effect of

- apolipoprotein E, gender and exercise on lipase activities. American College of Cardiology, New Orleans, March. *American Journal of Cardiology*, 43(5, Suppl. A):26A, 2004.
- 2004 **Miles MP**, SP Hogan, LE Shaeffer. Interleukin-6 responses to high-force eccentric exercise in individuals with high and low resting C-reactive protein. American Physiological Society - The Integrative Biology of Exercise, Austin, October. *The Physiologist* 47(4):304, 2004.
- 2006 **Miles MP**, SB Conant, JR Kidd, SP Hogan, JM Andring. C-Reactive protein response to exercise-induced muscle damage is associated with basal levels. American College of Sports Medicine, Denver, June. *Medicine and Science in Sports and Exercise* 38(5 Suppl):S412, 2006.
- 2007 Lowndes J, RF Zoeller, NM Moyna, PM Gordon, PS Visich, LS Pescatello, MP Miles, RL Seip, PD Thompson, TJ Angelopoulos. Apolipoprotein E polymorphism has no cross sectional association with C-reactive protein levels in women. *Experimental Biology, FASEB J* 21(6):A868, 2007

### **Regional, state and local poster presentations:**

- 1997 Williams JA, **MP Miles**, SK Leach, WJ Kraemer, K Dohi, JA Bush, and AM Mastro. Intracellular myeloperoxidase and exercise. Mid-Atlantic Regional Chapter of the American College of Sports Medicine, State College, PA, November.
- 1998 Dohi K, AM Mastro, **MP Miles**, JA Bush, M Putukian, and WJ Kraemer. Plasma cortisol elevations and lymphocyte proliferation responses after acute resistance exercise in women. Penn State's 17th Summer Symposium in Molecular Biology, Immune-Neuro-Endocrine Interactions: Cellular and Molecular Mechanisms, July.
- 1998 Krause D, G Handte, A Mastro, **M Miles**, S Leach, and N Ahluwalia. Aging and immune function in well-nourished women. Penn State's 17th Summer Symposium in Molecular Biology, Immune-Neuro-Endocrine Interactions: Cellular and Molecular Mechanisms, July.
- 2001 **Miles MP**, AM Mastro, and WJ Kraemer. Impact of exercise training on the immune system. Pathways to Health: A Montana Conference on Nutrition and Fitness, Bozeman, MT, May.
- 2007 Pachell SN, Geiger B, Bodenberk K, Spellman E, Duceman LA, Ferrari T, **Miles MP**, and Rawson ES. Fitness, fatness, and cardiovascular risk. Mid-Atlantic Regional Conference of the American College of Sports Medicine.

### **Invited presentations:**

- 1996 **Miles MP**. Fluctuations in circulating glutamine and leukocyte subsets following high-force eccentric exercise. University of Copenhagen, Copenhagen, Denmark, June.
- 2000 **Miles MP**. Physical Activity and Women's Health: Eliminating Barriers and Lowering Disease Risk, presented to the Montana Public Health Association 2000. Great Falls, MT, September.
- 2003 **Miles MP**. Inflammation and the Progression of Atherosclerosis: Development of a Human Research Model Montana BRIN Summer Faculty Institute, Bozeman, MT, August.

**Presentations and Published Abstracts by Students Working under My Direction**

**Oral presentations:**

- 2002 Hogan SP, M Kelsey, D King, and **MP Miles**. Influence of physical activity on inflammatory markers associated with atherosclerosis. Northwest American College of Sports Medicine, Spokane, WA, February. *Best Graduate Student Presentation Award winner*.
- 2003 Hogan SP, D King, CG Campbell, and **MP Miles**. Relationship of age, season, diet, and physical activity to blood lipids and fibrinogen. American College of Sports Medicine, San Francisco, May. *Medicine and Science in Sports and Exercise*, 35(5 Suppl):S349, 2003.
- 2003 Monahan KR, DP Heil, DL King, SB Conant, and **MP Miles**. The impact of resistance training on the skeletal muscle response to unloading. Northwest American College of Sports Medicine, Missoula, MT, February. *Best Masters Student Presentation Award*.

**Poster presentations:**

- 1999 Rice DJ, DM Pober, C Morris, and **MP Miles**. Influence of aerobic fitness on the accuracy of predicted MET values during the Bruce treadmill protocol. NEACSM and NEHRSA Conference and Trade Show, Providence, October.
- 1999 Pober DM, DJ Rice, C Morris, and **MP Miles**. Achievement of the VO<sub>2</sub>max criteria in untrained subjects: a comparison of the Bruce and Astrand Protocols. NEACSM and NEHRSA Conference and Trade Show, Providence, October.
- 2001 Hogan SP and **MP Miles**. Potential link between the response to an acute infectious illness and atherogenesis. Pathways to Health: A Montana Conference on Nutrition and Fitness, Bozeman, MT, May.
- 2002 Monahan KR, DP Heil, DL King, OL Murphy, **MP Miles**. Inter-subject variability and the impact of muscle unloading on muscle function. Northwest American College of Sports Medicine regional meeting, Spokane, WA, February. *Best Masters Poster Presentation Award winner*.
- 2002 Hogan SP, M Kelsey, D King, and **MP Miles**. Influence of physical activity on inflammatory markers associated with atherosclerosis. American College of Sports Medicine, St. Louis, May. *Medicine and Science in Sports and Exercise*, 34(5):S81, 2002.
- 2003 Monahan KR, DP Heil, DL King, SB Conant, and **MP Miles**. The impact of resistance training on the skeletal muscle response to unloading. American College of Sports Medicine, San Francisco, May. *Medicine and Science in Sports and Exercise*, 35(5 Suppl):S385, 2003.
- 2004 Conant SB, S Hogan, SM Lemke, C Brown, and **MP Miles**. IL-6, CRP, and CK responses to a 20-mile race at altitude in novice versus veteran female runners. Northwest Regional Chapter of the American College of Sports Medicine, Seattle, March.
- 2004 Shaeffer L, Hogan, SP, and MP Miles. Downregulation of inflammation: Are men and women equally capable of turning off the inflammatory response? Undergraduate

- Scholars Conference, Montana State University, Bozeman, MT, April, and Summer Undergraduate Research Program, July.
- 2004 Conant SB, SP Hogan, SM Lemke, C Brown, and **MP Miles**. IL-6, CRP, and CK responses to a 20-mile race at altitude in novice versus veteran female runners. American College of Sports Medicine, Indianapolis, June. *Medicine and Science in Sports and Exercise* 36(5, Suppl):S150, 2004.
- 2005 Walker EE, SB Conant, SP Hogan, and **MP Miles**. Influence of carbohydrate on IL-6, CRP, and CK following a 20-mile mountain trail race. American College of Sports Medicine, Nashville, June. *Medicine and Science in Sports and Exercise* 37(5, Suppl): S373-4, 2005.
- 2005 Conant SB, EE Walker, SP Hogan, and **MP Miles**. IL-6, CRP and CK responses to a 32.2-kilometer trail race in experienced and novice runners. American College of Sports Medicine, Nashville, June. *Medicine and Science in Sports and Exercise* 37(5, Suppl): S378, 2005.
- 2008 Depner, CM, LK Gordon, JR Kidd, and **MP Miles**. IL-6 bio-availability varies with basal CRP concentration and is unaffected by eccentric exercise. American College of Sports Medicine, Indianapolis, June. *Medicine and Science in Sports and Exercise* 40(5 Suppl):In press.

### Awards and Honors

- 1996 Mars Young Scientist Award  
 2000 Fellowship in the American College of Sports Medicine

### Professional Organizations

- American College of Sports Medicine - Fellow  
 (National and Northwest Regional Chapters)  
 American Physiological Society  
 International Society of Exercise and Immunology

## TEACHING

### Courses Taught:

#### University of Massachusetts:

Human Performance and Nutrition (EXCSCI 210), 3 credit lecture  
 Laboratory Techniques in Exercise Physiology (EXCSCI 497L), 3 credit laboratory  
 Exercise Science Laboratory Techniques (EXCSCI 497M), 3 credit laboratory  
 Applied Exercise Physiology (EXCSCI 497K), 3 credit lecture  
 Bioenergetics and Molecular Biology of Exercise (EXCSCI 597B), 3 credit lecture

#### Montana State University:

Foundations of Exercise Science (HDPE 222), 3 credit lecture  
 Health Anatomy and Physiology (HDPE 221), 3 credit lecture  
 Nutrient Metabolism (HDFN 421), 5 credit lecture  
     Macronutrient Metabolism (HDFN 421, starting Fall 2002), 3 credit lecture  
     Micronutrient Metabolism (HDFN 422, starting Spring 2003), 2 credit lecture  
 Movement Sciences Seminar (HDPE 500), 1 credit lecture  
 Exercise Metabolism and Nutrition (HDFN 511), 3 credit lecture

### Teaching Awards

2000 Influential Educator Award (1 student, Michael Kelsey), College of Education,  
 Health and Human Development  
 2001 Influential Educator Award (1 student, Shelly Hogan), College of Education,  
 Health and Human Development  
 2004 Influential Educator Award (1 student, Lauren Shaeffer), College of Education,  
 Health and Human Development  
 2006 Department of Health and Human Outstanding Teacher Award

### Advising

<i>Year</i>	<i>Undergraduate advisees</i>	<i>Overall rating<sup>†</sup></i>	<i>Graduate Student Committee Member</i>	<i>Graduate Student Committee Chair</i>	<i>Total Graduate Student Committees</i>
2000	15	N/A	6	1	7
2001	18	3.8	9	2	11
2002	60	4.0	8	4	12
2003	60	3.7	6	6	12
2004	65	3.9	6	5	11
2005	65	4.0	12	5	17
2006	65	3.0	8	7	15
2007	65	4.0	8	8	16

<sup>†</sup>Values = mean score where 1 = fails to meet expectations, 2 = meets expectations, 3 = exceeds expectations, and 4 = outstanding/extraordinary

### Graduate Advising - Chair

- Shelly P. Hogan: 'Whole plasma oxidation in women: Influence of age, seasonal variation, and infection,' thesis completed 2002.
- Minde Erikson: 'Vertical jump training: The KOR-TRAINER vs. conventional training,' thesis completed 2003.
- Kimberly R. Monahan: 'Influence of a 6-week cholesterol education program on blood lipids and LDL oxidation,' thesis completed 2003.
- Alan J. Rail, project completed 2003.
- Jorah Roylance, project completed 2004.
- Jan Andring: 'Consistency of muscle damage and inflammatory responses to high-force eccentric exercise,' thesis completed 2006.
- Sherri Pearson, 'The effects of carbohydrate on inflammation following an acute bout of resistance exercise,' thesis completed 2006.
- Shayna Lemke: 'Neuromuscular performance and the menstrual cycle,' thesis completed 2007.
- Christine Kasper, 'Inflammatory response to a high-force eccentric exercise protocol in oral contraceptive users and non-users,' thesis completed 2007.
- Lindsay Gordon, project.
- Rochelle Kirwan, 'Nutrition education and assessment for college football redshirt athletes,' thesis in progress.
- Christopher Depner, 'Do carbohydrates increase the inflammatory response following muscle damaging exercise?' thesis in progress.
- Josh Lantis, project.
- Hannah Cowgill, thesis.

### Internal Grants for Teaching-Related Activities

- 2000 **Miles MP**. University Equipment Fee Allocation, equipment for teaching and graduate student research in the Nutrition Research Laboratory, \$17,377.
- 2001 **Miles MP**, M Nelson, J Thorngren. Management Strategies for Web-Based Delivery, University Instructional Innovation Grant, for travel to Lincoln Nebraska for a work focused on web-based course delivery, \$1,500.
- 2004 **Miles MP**. College of Education, Health and Human Development Mini Grant to develop new course titled, 'Health Anatomy and Physiology' (HDPE 221), \$3,000.
- 2005 **Miles MP**. University Equipment Fee Allocation, software for Health Anatomy and Physiology (HDPE 222), \$9,250.

### Publications Related to Teaching

- Burke, LM and **MP Miles**. An interview with Patti Steinmuller and Shawn Talbott about online courses in sports nutrition. *International Journal of Sport Nutrition and Exercise Metabolism*, 12:238-245, 2002.

**SERVICE****Professional Service****Assistant Editor:**

*Exercise and Sport Sciences Reviews* (2005-10)

**Editorial Board member:**

*Medicine and Science in Sports and Exercise* (2001-2005)

**Manuscript referee for the following journals:**

*Acta Physiologica Scandinavica* (1995)

*American Journal of Cardiology* (2003)

*American Journal of Physiology- Regulatory, Integrative and Comparative Physiology* (2006)

*British Journal of Sports Medicine* (1994, 2002-3)

*European Journal of Applied Physiology and Occupational Physiology* (1994)

*Intermountain Journal of Sciences* (2003, 2005-6)

*International Journal of Sports Medicine* (1999-2000, 2002)

*International Journal of Sport Nutrition and Exercise Metabolism* (1996-2003, 2005-7)

*Journal of Applied Physiology* (1998-9, 2007)

*Journal of Sports Sciences* (1994-5, 1998, 2008)

*Life Sciences* (1993)

*Medicine and Science in Sports and Exercise* (1996-8, 2000-7)

*Muscle and Nerve* (2007)

*Obesity Research* (2005-6)

*Preventive Medicine* (2006)

*Sports Medicine, Training and Rehabilitation* (1995)

*Stress* (2007)

*The Tohoku Journal of Experimental Medicine* (2006)

**Service to the regional and national chapters of the American College of Sports Medicine:**

• Chair for Free Communication Slide Sessions at the American College of Sports Medicine Annual Meetings:

	<u>Session title:</u>
2000	Epidemiology of Physical Activity and Immunology
2001	Immunology
2002	Hematology/Immunology
2006	Exercise Immunology II

- Reviewer for student abstracts submitted for presentation to the Northwest Regional Chapter of the American College of Sports Medicine, 2002 meeting.

### University Service

#### **Department of Health and Human Development committees:**

- 2000 Travel (1 semester), Retention, promotion and tenure document revision (2 semesters), Nutrition curriculum revision (2 semesters)
- 2001 Retention, promotion and tenure document revision (2 semesters), Exercise Science/Pre-PT curriculum (2 semesters), Budget (1 semester)
- 2002 Retention, promotion and tenure document revision (2 semesters), Budget (3 semesters), Vice King Search Committee (3 semesters), Annual Review Revision of Research Standards (1 semester), Vice Harris search committee (1 semester)
- 2003 Budget (1 semester), Vice King Search Committee (1 semester), Annual Review Document Revision of Research Standards (1 semester), Vice Harris search committee (2 semesters), Curriculum Committee (1 semester), Graduate Curriculum Committee (1 semester), Administrative Structure Review Committee (1 semester)
- 2004 Vice Harris Search Committee (1 semester), Graduate Curriculum Committee (1 semester), Awards Committee (1 semester), Research Committee (1 semester, chair)
- 2005 Awards Committee (2 semesters), Research Committee (chair, 1 semester), HHD Department Council (1 semester)
- 2006 Awards Committee (1 semester), HHD Department Council (chair, 1 semester), Research Committee (1 semester, chair)
- 2007 Research Committee (1 semester, chair), Vice-Haynes search committee (2 semesters), HHD Advisory Council (1 semester), HHD Graduate Committee (1 semester, chair), Promotion and Tenure Committee (1 semester)
- 2008 Vice-Haynes search committee (1 semester), HHD Advisory Council (1 semester), HHD Graduate Committee (1 semester, chair), Promotion and Tenure Committee (1 semester)

#### **College of Education, Health and Human Development committees:**

- 2000 Faculty Utilization (1 semester)
- 2003 Undergraduate Curriculum Committee (2 semesters)
- 2004 Undergraduate Curriculum Committee (2 semesters)
- 2005 Undergraduate Curriculum Committee (2 semesters)

**Montana State University committees:**

- 2001 University Facilities Planning Board (UFPB) (2 semesters)
- 2002 University Facilities Planning Board (UFPB) (3 semesters)
- 2003 University Facilities Planning Board (UFPB) (3 semesters)
- 2004 University Facilities Planning Board (UFPB) (2 semesters)
- 2005 University Facilities Planning Board (UFPB) (1 semester, start of 2<sup>nd</sup> 3 year term)
- 2006 University Facilities Planning Board (UFPB) (3 semesters)
- 2007 University Facilities Planning Board (UFPB) (3 semesters), Graduate Education Appeals Board (1 semester)
- 2008 University Facilities Planning Board (UFPB) (3 semesters), Graduate Education Appeals Board (1 semester)

**Professional Outreach****Committee and board memberships:**

- Member of the Cardiovascular Disease/Obesity Prevention Task Force for the state of Montana, Department of Public Health and Human Services (2000 to 2007)

**Presentations and workshops:**

- 'The Effects of Actual and Simulated Microgravity on Skeletal Muscle Physiology,' presented to Hampshire College, Amherst, Massachusetts, October 20, 1994.
- 'Exercise and Cancer,' presented to Centre Community Cancer Program, State College, Pennsylvania, November 21, 1997.
- 'Exercise and Microgravity' presentation and workshop for the Montana Space Odyssey summer science camp for 8<sup>th</sup> grade students, July 2001.
- 'The Power Plant inside Your Body' presented to Expanding Your Horizons program to encourage girls (6<sup>th</sup> to 8<sup>th</sup> grade) to participate in math and science, April 27, 2002.
- 'Muscles in Space' presentation and workshop for the Montana Space Odyssey summer science camp for 8<sup>th</sup> grade students, July 23, 2002.
- 'Combining diet and exercise for health in older adults' presented to the Young at Heart program of Montana State University, December 16, 2002.
- 'Exercise and Microgravity' presentation and workshop the Montana Space Odyssey summer science camp for 8<sup>th</sup> grade students, July 24, 2003.
- C-reactive protein research' presentation for Cardiovascular Disease/Obesity Prevention Task Force within Montana Department of Health and Human Services, Helena, Montana, October 12, 2006.