

Greggory R. Davis, Ph.D., CSCS

Contact Information:

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Current Position:

August 2018 – Present Associate Professor, School of Kinesiology, University of Louisiana at Lafayette
January 2017 – Present Assistant Director of the School of Kinesiology
July 2017 – Present Graduate Program Coordinator of the School of Kinesiology
August 2013 – August 2018 Assistant Professor, School of Kinesiology, University of Louisiana at Lafayette

Education:

May 2013 **Doctor of Philosophy:** Louisiana State University, Baton Rouge, LA
Concentration: Kinesiology
Cognate: Biological Sciences

May 2007 **Bachelor of Science:** Elon University, Elon, NC
Concentration: Exercise and Sport Science
Minor: Business Administration

Research/Scholarship Interests:

My research interests focus on how metabolic, immune, and endocrine responses are affected by exercise and dietary supplement interventions. I am also interested in the implications of these findings for enhancing exercise performance and health outcomes.

Dissertation:

May 2013 The Effects of Chronic and Acute Exercise Modalities on Substrate Utilization and Plasma Adiponectin Concentration.

Committee: Drs. Arnold G. Nelson, Laura K. Stewart, Jacqueline M. Stephens, and Donald Thompson

Indexed, Peer-Reviewed Publications:

Davis GR and Bellar DM (2019). Montmorency cherry supplement does not affect aerobic exercise performance in healthy men. *International Journal of Vitamin and Nutrition Research*, doi: 10.1024/0300-9831/a000575.

Davis GR, Deville T, Guillory J, Bellar DM, and Nelson AG (2017). Relationship between family history of type 2 diabetes and serum FGF21. *European Journal of Clinical Investigation*, 47 (11), 853- 859. doi: 10.1111/eci.12835.

Trionfante, CP, **Davis GR**, Farney TM, Miskoweic RW, and Nelson AG (2017). A pre-exercise dose of melatonin can alter substrate use during exercise. *International Journal of Exercise Science*, 10 (7), 1029 – 1037.

Aldret RL, Trahan B, **Davis GR**, and Bellar DM (2017). Effects of an elastic hamstring assistance device during downhill running. *Journal of Human Kinetics*, 57, 73-83. doi: 10.1515/hukin-2017-0048.

Gallien GJ, Bellar DM, **Davis GR** (2017). The efficacy of a pre-workout vegan supplement on high intensity cycling performance in healthy college-aged males. *Journal of Dietary Supplements*, 14 (6), 967 – 705. doi: 10.1080/19390211.2017.1310780.

Bellar DM, Murphy KA, Aithal RA, Piper TJ, and **Davis GR** (2017). The effects of a 36 hour mixed task ultra-endurance event on mucosal immunity and pulmonary function. *Wilderness and Environmental Medicine*, 28 (1), 10-16. doi: 10.1016/j.wem.2016.12.001.

Davis GR, Stephens, JS, and Nelson AG (2015). Effect of 12 weeks of periodized resistance training upon total plasma adiponectin concentration in healthy young men. *Journal of Strength and Conditioning Research*, 29 (11), 3097-3104. doi: 10.1519/JSC.0000000000000894.

Davis GR, Gallien, GJ, Moody KM, LeBlanc NR, Smoak PR, Bellar, DM. (2015). Cognitive function and salivary DHEA levels in physically active elderly African American women. *International Journal of Endocrinology*, article ID 219046, 6 pages.

Bellar DM, Judge LW, and **Davis GR**. (2015). Description and predictive value of a novel method for determining the respiratory compensation point using standard scores. *Journal of Strength and Conditioning Research*, 29 (5), 1433-1438. doi: 10.1519/JSC.0000000000000718.

Davis GR, Etheredge CE, Marcus L, and Bellar DM. (2014). Prolonged sleep deprivation and continuous exercise: effects on melatonin, tympanic temperature, and cognitive function. *BioMed Research International*, article ID 781863, 6 pages. doi:10.1155/2014/781863.

Honors/Awards:

- 2019** University of Louisiana at Lafayette Undergraduate Research Mini-Grant Award (\$2,000)
- 2018** School of Kinesiology Outstanding Faculty Member of the Year
- 2016** Red Lerville's/LEQSF Regents Endowed Professorship in Health and Physical Education
- 2016** University of Louisiana at Lafayette Undergraduate Research Mini-Grant Award (\$2,000)
- 2016** University of Louisiana at Lafayette Outstanding Academic Advisor Award
- 2015** National Strength and Conditioning Association (NSCA) National Conference Undergraduate Student Outstanding Poster presentation Award (co-mentor)
- 2014** University of Louisiana at Lafayette Outstanding Undergraduate Research Mentor
- 2014** University of Louisiana at Lafayette Vesta Bourgeois Research Award (\$5,000)
- 2014** University of Louisiana at Lafayette College of Education Summer Research Award (\$4,500)

Refereed National Conference Presentations and Abstract Publications:

- 2019** Association for Contextual Behavioral Science World Conference 17
Knox MK, Daigle CT, Berghoff CR, Aldret RL, **Davis GR**, Bellar DM, and McDermot MJ. Examining the Effect of Acute Aerobic Exercise on Emotion Regulation and Attempts to Control Negative Affect
- 2018** American College of Sports Medicine (ACSM) Annual Meeting.
Davis GR, Perret J, Rudesill D, and Bellar DM. Changes in Blood pH and Ammonia Following Repeat Sprint Performance.

Bellar DM, **Davis GR**, Sharp A, and Judge L. Effects of Microencapsulated Diindolylmethane on Resting and Exercise Metabolism in Overweight and Obese College Aged Men.
- 2018** National Strength and Conditioning Association (NSCA) National Conference.
Davis GR, Lavergne M, Scott D, and Bellar DM. Effects of body temperature and sympathetic activity upon repeat resting metabolic rate measurements: a pilot study.
- 2018** Association for Behavioral and Cognitive Therapies Annual Conference
McDermott MJ, Daigle CT, Berghoff CR, Aldret RL, **Davis GR**, and Bellar DM. Examining the Effect of Acute Aerobic Exercise on Emotion Regulation and Emotional Distress Tolerance.

- 2017** National Strength and Conditioning Association (NSCA) National Conference.
Davis GR and Bellar DM. Effects of tart cherry supplement on total blood nitrates, muscle oxygenation and slow-component VO₂ kinetics.
- 2017** American College of Sports Medicine (ACSM) Annual Meeting.
Davis GR, Victor A, Bellar DM. Effects of Tart Cherry Concentrate Upon Muscle Oxygenation During Cycling Exercise.
- Russell RD, **Davis GR**, Nelson AG, Kraemer RR, Kheterpal P, Keske MA, McMillan AP, Roberts CK, Hulver MW. Short Bouts Of Resistance Training Reduces Lipid Metabolism Disparities In T2d Offspring In 6 Weeks.
- Bellar DM, Murphy K, **Davis GR**, and Judge LW. The effect of vitamin D3 on musculoskeletal performance in college-aged males.
- 2016** Integrative Biology of Exercise VII.
Davis GR, Guillory J, Deville T, Bellar DM, Nelson AG. Examination of Physical Activity and Family History of Type 2 Diabetes on Serum FGF21.
- 2016** National Strength and Conditioning Association (NSCA) National Conference.
Davis GR, Sharp AR, Bellar DM. Validity and reliability of wearable near-infrared spectroscopy technology for the detection of muscle oxygen saturation: proof of concept.
- Gallien G, **Davis GR**, Bellar DM. The effects of jiaogulan tea on resting metabolism in a sample of college aged males.
- Bellar DM, Marcus L, **Davis GR**. The effects of a botanical blend on post-exercise mucosal antimicrobial proteins.
- 2016** American College of Sports Medicine (ACSM) Annual Meeting.
Davis GR, Guillory J, Deville T, Bellar DM, Nelson AG. Serum FGF 21 in Individuals with and Without a Family History of Type 2 Diabetes.
- Bellar DM, Moody K, **Davis GR**, Glickman EL. The Effect of Tart Cherry Concentrate on Oxidative Stress and Salivary Immunoglobulins Post – Exercise.
- 2015** National Strength and Conditioning Association (NSCA) National Conference.
Davis GR, Fuller S, Daray L, Nelson AG, Stephens JM, Datri, J, Stewart LK. The effects of marathon training versus combined training on plasma adiponectin and C-Reactive Protein in healthy young females.
- Gallien G, **Davis GR**, Bellar DM. The effects of a pre-workout vegan supplement on cycling performance levels in a sample of college aged males.

Marcus L, Bellar DM, **Davis GR**, Judge L. The association of peak force on a portable isometric device with age among older african american females.

Moody K, Bellar DM, Foret C, **Davis GR**, LeBlanc N, Murphy K, Judge L. Investigation of the acute and post exercise effects of tart cherry concentrate on salivary IgA.

Bellar DM, LeBlanc N, Judge L, **Davis GR**. The effect of six days of alpha-GPC supplementation on isometric force production.

2014

American College of Sports Medicine (ACSM) Annual Meeting.

Davis GR, Nelson, AG. 12 Weeks of Periodized Resistance Training Alters Total Plasma Adiponectin Concentration in Healthy Young Men.

Etheredge CE, Marcus L, McMillan C, Piper T, **Davis GR**, Bellar DM. Relationship of Temperature to Psychomotor Function During 36 Hours of Exercise without Sleep.

Bellar DM, Marcus L, Etheredge CE, **Davis GR**, Judge LW, McMillan C, Piper T, Glickman, EL. Effect of 36 Hours of Sustained Exercise on Melatonin.

2013

American College of Sports Medicine (ACSM) Annual Meeting.

Nelson AG, **Davis GR**, Farney TM, Miskowiec RW, Trionfante CP, Kokkonen J. A Pre-exercise Dose Of Melatonin Can Alter Substrate Use During Exercise.

Trionfante CP, **Davis GR**, Nelson AG. Applying Undulating Periodization to Resistance Training can Significantly Improve Muscular Strength and Body Composition.

2012

American College of Sports Medicine (ACSM) Annual Meeting.

Davis GR, Trionfante CP, Nelson AG. Niacin Supplementation Limits Fat Utilization During Short-Term Cycling Exercise.

Trionfante CP, **Davis GR**, Nelson AG. The Effects of Intensity on Blood Glucose Concentration in Lower Body Free Weight Resistance Training.

2011

American College of Sports Medicine (ACSM) Annual Meeting.

Davis GR, Russell, RD, Nelson AG, Kokkonen J. Effects of Acute Cyclooxygenase Inactivation on Glucose Tolerance in Diabetic Offspring.

Russell RD, **Davis GR**, McMillan RP, Hulver MW, Van Dijk JW, Kheterpal I, Nelson AG. Changes in Lipotoxicity and Cardiovascular Disease Markers in Diabetic Offspring and Controls with Resistance Training.

Trionfante CP, **Davis GR**, Nelson AG. Effects of Intensity on Post-Exercise Glucose Uptake Following Resistance Training.

- 2010** Experimental Biology (EB).
Davis GR, Wang P, Hwang PM. Effects of Mouse Strain on Mitochondrial Biogenesis and Exercise.

Regional and State Conference Proceedings:

- 2018** Southeastern American College of Sports Medicine (SEACSM).
Davis GR, Perett J, Rudesill D, Bellar DM. Changes in blood pH and ammonia following repeat sprint performance.
- 2017** Society of Health and Physical Educators (SHAPE) Southern District.
Leger A, **Davis GR**, Bellar DM. Trends in extreme fitness competitions.
- 2015** Louisiana Association for Health, Physical Education, Recreation, and Dance (LAHPERD) Annual Convention.
Davis, GR. Minor Changes in Physical Activity, Major Changes in Physiology.

Invited Speaker Presentations:

- 2018** National Strength and Conditioning Association (NSCA) Louisiana State Clinic.
Davis GR. Physiology of Overtraining.
- 2017** National Strength and Conditioning Association (NSCA) Louisiana State Clinic.
Davis GR. Extreme Fitness Competitions.
- 2016** Moxy Muscle Oxygen Monitor Summit Meeting.
Davis GR. Validity and reliability of wearable near-infrared spectroscopy technology for the detection of muscle oxygen saturation: proof of concept.

Funded External Research Grants and Contracts:

- 2018** Drink Maple. \$10,000
Bellar DM, **Davis GR**, McDermott M, Aldret R. Efficacy of Maple Water for Enhancing Human Health.
- 2018** Chemi Nutra, LLC. \$42,120
Bellar DM, **Davis GR**, McDermott M, Aldret R. Investigation of TMAO Levels with Chronic Ingestion of A-GPC and Choline Salts.
- 2017** Lifespan International, LLC. \$9,262

Bellar DM, **Davis GR**. The Effects of 10 Days of Extreme Endurance on Repeat Sprint Cycling Performance: Determining Watts (Power), Buttering and Muscle Damage Change.

- 2017** Romanian Sports Science. \$5,750
Bellar DM, **Davis GR**, Leger A. Lab Techniques.
- 2016** Lafayette Parish School System GEAR UP grant. \$50,994
Roberts, N, Bellar DM, **Davis GR**. Teachers Gear Up for Leadership Camp/Monitoring Muscle Oxygenation and Blood Flow to Examine Human Physiology in Science Education.
- 2016** Cherry Research Institute. \$49,473
Bellar DM, Boudreaux S, Murru S, **Davis GR**. Investigation of the Effects of Tart Cherry Concentrate on Oxygen Kinetics and Muscle Oxygenation During Exercise.
- 2016** Anderson Global Group. \$19,422
Bellar DM and **Davis GR**. Evaluation of the effects of CherryPure on bioavailability of nitrate, muscle oxygenation, slow component VO₂ kinetics and inflammation in aerobic athletes.
- 2016** Phenoh. \$9,950
Bellar DM and **Davis GR**. Clinical Testing of Phenoh vs traditional sports drink.
- 2016** Avadim Technologies, Inc. \$7,084
Bellar DM and **Davis GR**. Investigation of Muscle Oxygenation and Innergy Sport Foam.

External Grant Proposals Submitted But Not Funded:

- 2018** Yamada Research Grant. \$18,000
Davis GR, Bellar DM, and Fuller S. The Effects of Royal Jelly Supplementation on Cognitive Function and Metabolic Health in Older Adults.
- 2018** National Strength and Conditioning Association (NSCA) Young Investigator Grant. \$20,000
Davis GR. The Physiological Basis of Overreaching and Overtraining.
- 2017** National Watermelon Promotion Board Request for Proposal. \$19,903
Davis GR, Sato S, and Boudreaux S. Effects of Watermelon Consumption on Diabetic Outcomes Mice.
- 2017** Egg Nutrition Center Grant Request LOI. \$40,700.
Davis GR and Bellar DM. Effect of Egg Consumption on Insulin Sensitivity in Participants with Metabolic Syndrome.
- 2016** Louisiana Board of Regents Support Fund One-Year Research Competitiveness Subprogram. \$27,231
Davis GR. Role of chronic aerobic exercise in FGF21 regulation and signaling.

- 2016** Egg Nutrition Center Grant Request LOI. \$50,000.
Sato S, **Davis GR**, Smith K. Effect of Egg Yolk Extract on the Development of Atherosclerosis in Mice.
- 2015** Louisiana Board of Regents Enhancement Grant. \$92,605
Davis GR & Bellar DM. Enhancing Undergraduate and Graduate Student Learning in the Laboratory.
- 2015** RFA- Mayo Clinic RCMRC Call for 2015 Pilot and Feasibility Program applications. \$41,062.
Davis, GR. Link between serum and salivary concentrations of lipid metabolite and markers of impaired metabolism.
- 2015** The Obesity Society Early Career Research Grant. \$25,000.
Davis, GR. Link between serum and salivary concentrations of lipid metabolite and markers of impaired metabolism.
- 2013** Louisiana Board of Regents Support Fund Research Competitiveness Subprogram. \$118,000.
Davis, GR. The role of acute aerobic exercise intensity on changes in markers of metabolic dysfunction in diabetic offspring and insulin resistant populations.

University of Louisiana at Lafayette Service:

- 2018** McNair Scholars Faculty Mentor
- 2018 – Present** UL Advising Council
- 2018** Strategic Enrollment Strategic Planning College of Education Representative
- 2018 – Present** Institutional Biosafety Committee Member
- 2017 – Present** Graduate Council Member
- 2017 – Present** Graduate Student Appeals Committee Member
- 2017** Master’s Fellowships Committee Member
- 2015** Search Committee Member: Dean of the College of Education
- 2014 – 2018** Faculty Senate Member
- 2014 – 2018** Ways and Means Committee Chairman for Faculty Senate

School of Kinesiology Service:

- 2017 – Present** Assistant Director of the School of Kinesiology

2017 – Present	Graduate Program Coordinator
2017	Search Committee Chairman: Instructor of Kinesiology
2016 – 2017	Merit Committee Member
2013 – 2017	Human Performance and Exercise Metabolism Lab Coordinator
2014 – Present	Graduate Faculty Member
2014 – 2015	Search Committee Chairman: Exercise Science Assistant Professor Position
2014	Search Committee Member: Athletic Training Instructor Position
2014 – Present	Undergraduate academic Advisor for approximately 200 students per semester
2014 – Present	Graduate Student Committee Chair or Member for a total of 70 non-thesis students
2013 – Present	Master’s Thesis Committee Chair or Member for a total of 17 students
2013 – Present	Exercise Science Committee Member

Professional Service:

American College of Sports Medicine (ACSM)

2018	Southeast Regional Annual Meeting Abstract Reviewer (symposiums & tutorials)
2017	Southeast Regional Annual Meeting Abstract Reviewer (posters)
2017	Southeast Regional Annual Meeting Student Quiz Bowl Judge

National Strength and Conditioning Association (NSCA)

2018 – Present	Education Committee Member
2018 – 2019	Grant Reviewer
2017 – 2019	National Conference Abstract Reviewer
2015 – 2017	Professional Development Mentor
2013 – Present	Louisiana State Advisory Board Member

Louisiana Health, Physical Education, Recreation, and Dance (LAHPERD)

2015 – 2016 Research Chairmen

Journal Manuscript External Peer Reviewer

2018 Nutrition and Health
2018 BMJ (British Medical Journal) Open Diabetes and Research Care
2016 Journal of Sport and Health Science
2015 Journal of Strength and Conditioning Research
2014 Biomed Research International

Elon University Alumni Association

2011 – Present Contact for the state of Louisiana

Certifications:

2007 – Present Certified Strength and Conditioning Specialist (CSCS) through NSCA

Professional Memberships:

2013 – Present American Physiological Society (APS)
2010 – Present American College of Sports Medicine (ACSM)
2007 – Present National Strength and Conditioning Association (NSCA)

Teaching Experience:

2013 – Present **Assistant/Associate Professor**
University of Louisiana at Lafayette- School of Kinesiology

Lecture Courses

KNES 303- Physiology of Exercise (undergraduate)

KNES 455 (G) – Periodization and Programming for Resistance Training (undergraduate)

KNES 504 –Advanced Exercise Physiology (graduate)

KNES 509- Organization and Management of Exercise and Activity Programs (graduate)

KNES 510 – Research Methods in Kinesiology (graduate)

KNES 512 – Muscle Physiology (graduate)

KNES 597/598 – Independent Study (graduate)

KNES 600 – Internship (graduate)

Lab Courses

KNES 304- Physiology of Exercise Lab (undergraduate)

KNES 502 – Measurement, Evaluation, and Instrumentation in Exercise Physiology (graduate)

2008 – 2013

Graduate Teaching Assistant

Louisiana State University- School of Kinesiology

Lecture Courses

KIN 3515- Exercise Physiology

KIN 2601- First Aid/CPR

KIN 2504- Principals of Conditioning

Lab Courses

KIN 3535- Exercise Testing and Prescription

KIN 3534- Scientific Basis of Exercise

KIN 3525- Exercise Physiology Lab

KIN 3500- Human Anatomy Lab (online)

KIN 2504- Principals of Conditioning

KIN 1146- Beginning Weight Training

KIN 1155- Beginning Jogging

KIN 1125- Beginning Golf

Teaching Assistant

KIN 3535- Exercise Testing and Prescription

KIN 3534- Scientific Basis of Exercise

KIN 2501- History/Philosophy of Kinesiology

Guest Lecture/Temporary Instructor

KIN 3605- Healthy Aging Process (Lecture)

KIN 2530- Sport in Society (Lecture)