

GRACE ZIMMERMAN, MS

University of Utah, Salt Lake City, UT 84112 Email: gazimmerman@utah.edu

EDUCATION

University of Utah

Ph.D. Health and Kinesiology, Salt Lake City, UT

Doctoral Project: *The Effects of Sleep Extension on Energy Balance in Young, Healthy Adults with Habitual Short Sleep Duration*

Graduation:

May 2024

Lipscomb University

M.S. Exercise and Nutrition Science, Nashville, TN

Thesis: *The Effects of Vigorous Intensity Exercise and Dietary Manipulation on Substrate Oxidation in the Postprandial Period*

May 2021

Harding University

B.S. Exercise Science, Searcy, AR

May 2019

ACADEMIC AND PROFESSIONAL EXPERIENCE

Research Assistant

University of Utah, Salt Lake City, UT / Aug. 2021 - present

Graduate Teaching and Research Assistant

Lipscomb University, Nashville TN / Aug. 2019 – May 2021

Research Assistant

Harding University, Searcy AR / Spring 2019

Research Intern

University of Queensland, Brisbane, Queensland AUS / Summer 2018

PUBLICATIONS AND RESEARCH EXPERIENCE

G. A. Zimmerman, M. Kubicki, and C. M. Depner. "CrossTalk: Inconsistent findings for the impact of insufficient sleep and circadian misalignment on appetitive hormones." Journal of Physiology. (In Press).

J. R Townsend., T. L. Hart, J. T. Haynes IV, C. A. Woods, A. M. Toy, B. C. Pihera, M. A. Aziz, **G. A. Zimmerman**, M. D. Jones and W. C. Vantrease (2022). "Influence of Dietary Nitrate Supplementation on Physical Performance and Body Composition Following Offseason Training in Division I Athletes." Journal of Dietary Supplements **19**(4): 534-549.

J. R Townsend., M. D. Jones, J. E. Morimune, **G. A. Zimmerman** and T. L. Hart (2020). "Effects of a Liquid or Capsule Multivitamin on Vitamin D Status in Active Males and Females." Journal of Exercise and Nutrition **3**(4).

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M. D. Jones, L. A. Littlefield, **G. A. Zimmerman**, R. N. Henry, J. R. Townsend, M. D. Ruiz. “The effects of muscular endurance training on the onset of blood lactate accumulation in aerobically trained females.” *International Journal of Exercise Science*. (Submitted).

ORAL PRESENTATIONS

Research in Progress. “Effects of Sleep Extension Intervention on Energy Balance, Energy Expenditure and Sedentary Time.”

University of Utah, Fall 2022.

BUILD Dairy Annual Meeting. “Whey Protein Supplementation in High School Athletes.”

Provo, UT, Summer 2022

Sleep and Circadian Journal Club with the Department of Health and Kinesiology and Department of Population and Health Sciences. “Effects of Sleep Extension Intervention on Energy Balance, Energy Expenditure and Sedentary Time.”

University of Utah, Fall 2022

Sleep and Circadian Journal Club with the Department of Health and Kinesiology and Department of Population and Health Sciences. “Journal Review on Short sleep duration increases energy intakes but does not change energy expenditure in normal-weight individuals.”

University of Utah, Fall 2022

POSTER PRESENTATIONS

I. Z. Ou, **G. A. Zimmerman**, M Kubicki, J. V. Thomas, S. Y. Tobin, V. R. Miranda, C. M. Depner, M . J Drummond, T. M. Halliday. *Body Composition and Athletic Performance Changes in Adolescent Athletes in Response to Whey Protein Supplementation*.

Poster presentation at the Utah Academy of Nutrition and Dietetics Annual Meeting. Salt Lake City, UT, March 2023.

G. A. Zimmerman, E. Melanson, C. Depner, K. Wright, S. Creasy, M. Kubicki. Associations between sleep duration and sedentary behavior in healthy, young adults. *Sleep 2022*, Charlotte, North Carolina.

*Poster Award Winner, *Diabetes and Metabolism Research Community Retreat, University of Utah*, Fall 2022

T. L. Hart, B. Phirea, M. A. Aziz, **G. A. Zimmerman**, and J R. Townsend. Effect of Dietary Nitrate Supplementation on Adaptations to 11-weeks of Off-season Training in Collegiate Athletes. Student Scholars Symposium 2021, Student Conference, Nashville, Tennessee

G. A. Zimmerman, J. R. Townsend, M. D. Jones, J. Morimune. Low-dose vitamin d supplementation does not prevent 25(OH) Vitamin D decline in college students. ACSM 2020, National Conference, San Francisco, California.

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G. A. Zimmerman, S Lunney, R. C. Mullen, S. C. Washington, L. A. Littlefield. The effects of caffeine dose on lower extremity muscle fatigue in resistance trained individuals. Student Scholars Symposium, Student Conference, Nashville, Tennessee.

*Graduate Student Outstanding Poster Presentation, *Student Scholar Symposium, Lipscomb University, Nashville, TN, Spring 2020*

ABSTRACTS

G. A. Zimmerman, I. Z. Ou, M. Kubicki, J. V. Thomas, S. Y. Tobin, N. M. M. P. de Hart, J. J. Petrocelli M. A. Maio, V. R. Miranda, C. M. Depner, M. J. Drummond, T. M. Halliday. The Effects of Whey Protein Supplementation on Body Composition and Performance in Adolescent Soccer Players. ACSM 2023, National Conference, Denver, Colorado. *Submitted*.

Henry, R., M. D. Jones and **G. A. Zimmerman** (2020). "Fitness Levels In College-aged Females: A 20-year Follow-up." *Medicine & Science in Sports & Exercise* **52**: 688-688.

GRANTS AND AWARDS

Gordon and Betty Browning Graduate Scholarship; Amount: \$1,000 Spring 2023
Health and Kinesiology Department, University of Utah, Salt Lake City, UT

Sleep Research Society Trainee Merit Based Award; Amount: \$95 Summer 2022
Sleep Research Society

2022 ACSM Foundation Research Grants; Not Funded Spring 2022
The American College of Sports Medicine Foundation

Graduate Student Travel Assistance; Amount: \$500 Spring 2022
The Graduate School, University of Utah, Salt Lake City, UT

Health and Kinesiology Research Interest Grant; Amount: \$75 Spring 2022
Health and Kinesiology Department, University of Utah, Salt Lake City, UT

2021 Small Research Grant; Not Funded Fall 2021
Sleep Research Society Foundation

TEACHING EXPERIENCE

University of Utah, Salt Lake City, UT 2023
Teaching Assistant, Department of Kinesiology
Course: Exercise Physiology Lab

Lipscomb University, Nashville TN 2020-2021
Instructor of Record, Department of Kinesiology
Course: Lifetime Wellness

PROFESSIONAL ORGANIZATION MEMBERSHIPS

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Sleep Research Society	2021 – Present
American College of Sports Medicine	2019 – Present
Christian Society for Kinesiology, Leisure and Sports Studies	2019 – Present

CERTIFICATIONS

CPR/AED, American Heart Association
CITI Training – Human Subjects Research
NIH – Protecting Human Research Participants

SERVICE EXPERIENCE

Utah Conference of Undergraduate Research Poster Evaluator	2023
Student Representative- Christian Society for Kinesiology, Leisure and Sports Studies	2020-2023

LABORATORY TECHNIQUES

EKG
Musculoskeletal Ultrasound
Strength Assessment
Blood Pressure
Blood Processing
Metabolic Assessment
Reaction Time Assessment
Resting Metabolic Rate Assessment
Anaerobic Capacity Assessment
Muscular Power Assessment
Body Composition Assessment
JMP data analysis system
R data analysis system

HONORS

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Dean's List – Harding University

2017