

## **Curriculum Vitae**

**Charles P. Lambert**

**Date of Birth: May 26<sup>th</sup>, 1965**

**Place of birth: Toledo, Ohio**

**Citizenship: United States of America**

**Office Address and Phone: Dept. of Health and Sport Studies, Crawford  
Gym, LL02B, University of Louisville, Louisville, KY**

**Office Phone: 502-852-5000**

**Present Position: Assistant Professor, University of Louisville, Louisville,  
KY**

**Education:** Undergraduate: B.Ed. University of Toledo  
Toledo, Ohio  
Human Performance  
Advisor: Michael G. Flynn  
9/83-7/88

Graduate: M.A. Ball State University  
Human Performance Laboratory  
Muncie, Indiana  
Exercise Physiology  
Advisor: David L. Costill  
8/88-7/90

Ph.D. University of Toledo  
Dept. of Health Promotion  
and Human Performance  
Toledo, Ohio  
Major: Exercise Physiology  
Minor: Research and Measurement (Statistics)  
Advisor: Michael G. Flynn  
Completed 12/97

Post-Graduate: Post-Doctoral Research Fellow, Dept. of Geriatrics, University of Arkansas for Medical Sciences.  
Dates: 9/98-10/2000  
Responsible for performing research.

Academic Positions/Employment:

Assistant Professor, Health, Physical Education, Recreation, and Dance, Eastern Michigan University.  
Dates 9/97-9/98  
Responsible for teaching, research, and performing committee work.

Research Assistant Professor Dept. of Geriatrics, University of Arkansas for Medical Sciences  
Dates: 10/2000-10/2003.  
Responsible for performing research.

Assistant Professor Dept. of Geriatrics, University of Arkansas for Medical Sciences  
Dates: 10/2003-7/2006  
Responsible primarily for performing research with some teaching responsibilities.

Research Assistant Professor of Medicine  
Washington University School of Medicine  
Dates: 7/2006-8/2008  
Responsible for performing research.

Assistant Professor Dept. of Health and Sport Studies, University of Louisville  
Dates: 9/2008-Present.  
Responsible for teaching, performing research, and service.

**University and Hospital Appointments and Committees:**

Institutional Review Board at the University of Arkansas for Medical Sciences for 1 year.

GCRC Data Safety Monitoring Board at the University of Arkansas for Medical Sciences for 6 months.

## **Medical Licensure and Board Certification: None**

### **Honors and Awards:**

-Outstanding Student of the Midwest American College of Sports Medicine Fall 1995, \$500 award.

-Graduated Cum Laude from the University of Toledo.

-Inducted into the Phi Eta Sigma Honors Fraternity.

-Awarded a research assistantship in Exercise Physiology at Ball State University. Awarded research and teaching assistantships at the University of Toledo.

### **Editorial Responsibilities:**

Appointed to the Editorial Board for *Journal of Gerontology: Medical Sciences* January 1, 2004-December 31, 2004

Manuscript review:

*Journal of Applied Physiology, Journal of Gerontology: Medical Sciences, Sports Medicine, Archives of Physical Medicine and Rehabilitation, International Journal of Sports Medicine, European Journal of Clinical Investigation, Journal of Aging and Physical Activity, Archives of Medical Research European Journal of Applied Physiology, Life Sciences American Journal of Physiology: Endocrinology and Metabolism Diabetologia, Journal of the American College of Nutrition. Aviation, Space, and Environmental Medicine, Medicine and Science in Sports and Exercise*

### **Consulting Relationships and Board Memberships:**

One time consultant: Pfizer inc.

Attended the July 10<sup>th</sup>, 2003 Par Pharmaceutical Advisory Board meeting.

### **Research Support**

a. Governmental: Current: National Institutes of Health Exploratory Grant (R21): 1 R21 AG025721-01 A1 Principal Investigator, "Effects of Albuterol on Muscle Protein Synthesis". 2 years, \$275,000 direct costs over 2 years.

National Institutes of Health Individual National Research Service Award Recipient, 1999, Principal Investigator, "Mediators of Skeletal Muscle Hypertrophy in Humans" 3 years, \$120,000 over 3 years

**b. Non-governmental:** Current: Atkins Foundation, Principal Investigator, "Efficacy of the Atkins' Diet in the Elderly" 2 years (2 months remaining), \$71,498 per year.

American Heart Association Beginning Grant in Aid, 2003, Role: Principal Investigator, "Efficacy of the Atkins' Diet", 2 years, 71,498 per year

National Multiple Sclerosis Society Proposal for a Pilot Project, Co-Investigator "Influence of Creatine Ingestion on Fatigue in MS", 1999; 1 year, \$24,000.

Provost's New Faculty Research Award, Principal Investigator, 1998, 1 year, \$4650.00.

New Faculty Dedicated Release Time Award for Research Grant Preparation, 1998, 1 year, \$3200.00

Toledo Hospital Promedica Foundation, Co-investigator, The Effects of an Acute Bout of Exercise on Suppressor Cell Function in Normal Healthy Males; 1996 \$4350.00.

### **Classes taught or with the capability to teach:**

Medical physiology, muscle physiology, exercise physiology, biochemistry, nutrition, sports nutrition, rehabilitation, endocrinology, statistics, research methods and design.

### **Bibliography:**

#### **a. peer reviewed manuscripts**

1. Flynn MG, Michaud TJ, Rodriguez-Zayas J, Lambert CP, Boone JB, and Moleski RW. Effects of 4- and 8-h preexercise feedings on substrate use and performance. *Journal of Applied Physiology* 1989; 67: 2066-2071.
2. Boone, JB, Lambert CP, Flynn MG, Rodriguez-Zayas JA, and Michaud TJ. The effects of a weight training session on cortisol and creatine kinase in steroid and non-steroid users. *International Journal of Sports Medicine* 1990; 11: 293-297.

3. Costill DL, Thomas R, Robergs RA, Pascoe D, Lambert C, and Barr S. Adaptations to swimming training: influence of training volume. *Medicine and Science in Sports and Exercise* 1991; 23: 371-377.
4. Lambert, CP, Flynn MG, Boone JB, Michaud TJ, and Rodriguez-Zayas J. Effects of carbohydrate feeding on multiple bout resistance exercise. *Journal of Applied Sports Science Research* 1991; 5: 192-197.
5. Robergs, RA, Pearson DR, Costill DL, Pascoe DD, Fink WJ, Benedict MA, Lambert CP, and Zachweija JJ. Skeletal muscle glycogenolysis during high and low intensity resistance exercise. *Journal of Applied Physiology* 1991; 70: 1700-1706.
6. Lambert CP, and Maughan RJ. Influence of beverage temperature on deuterium accumulation in the blood. *Scandinavian Journal of Medicine and Science in Sports* 1992; 2:76-78.
7. Lambert CP, Costill, DL, McConell GK, Benedict MA, Lambert GP, Robergs RA, and Fink WJ. Fluid replacement: influence of beverage carbonation and carbohydrate content. *International Journal of Sports Medicine*. 1992; 13:285-292.
8. Lambert CP, Greenhaff PL, Ball D, and Maughan RJ. Ammonia accumulation and endurance capacity during intense intermittent exercise following sodium bicarbonate ingestion in man. *European Journal of Applied Physiology* 1993; 66:49-54.
9. Michaud TJ, Rodriguez-Zayas J, Andres FF, Flynn MG, and Lambert CP. Comparisons of exercise responses of deep-water and treadmill running *Journal of Strength and Conditioning Research* 1995; 9:104-109.
10. Bushman BA, Andres FF, Flynn MG, Lambert CP, Taylor MS, and Braun WA. Effects of 4 wk of deep water run training on running performance. *Medicine and Science in Sports and Exercise*. 1997; 29:694-699.
11. Davis JM, Jackson DA, Broadwell MS, Queary JL, and Lambert CP. Carbohydrate drinks delay fatigue during intermittent, high-intensity cycling in active men and women. *International Journal of Sports Nutrition* 1997; 7:261-273.
12. Maughan RJ, Greenhaff PL, Leiper JB, Ball D, Lambert CP, and Gleeson M. Diet composition and performance of high-intensity exercise. *Journal of Sports Sciences* 1997; 15: 265-275.

13. Lambert CP, Flynn MG, Braun WA and Boardley DJ. The effects of swimming and running on energy intake during 2h of recovery. *Journal of Sports Medicine and Physical Fitness*. 1999: 39:348-354.
14. Lambert CP, Ball D, Leiper JB, and Maughan RJ. The use of a deuterium tracer technique to follow the fate of fluids ingested by human subjects: effects of drink volume and tracer concentration and content. *Experimental Physiology* 1999: 84:391-399.
15. Flynn MG, Fahlman M, Braun WA, Lambert CP, Bouillon LE, Jeffrey KM, Brolinson PG, and Armstrong CA. Effects of resistance training on selected indexes of immune function in elderly women. *Journal of Applied Physiology*. 1999: 86: 1905-1913.
16. Braun WA, Flynn MG, Jacks DE, McGloughlin TE, Sowash J, Lambert CP, Mylona E. The effects of oral indomethacin on NK activity in whole blood and in PBMC's. *Journal of Applied Physiology*. 1999: 87: 2237-2243.
17. Braun, W.A, Flynn MG, Carl DL, Carroll KK, Brickman T and Lambert CP. Iron status and resting immune function in female collegiate swimmers. *International Journal of Sports Nutrition* 2000: 10: 425-433.
18. Fahlman M, Boardley D, Flynn MG, Braun WA, Lambert CP, and Bouillon LE. The effects of endurance training on immune function in elderly women. *Gerontology*. 2000: 46: 97-104.
19. Fahlman M, Flynn MG, Boardley D, Lambert CP, and Braun WA. Effects of hormone replacement therapy on selected indices of immune function in post-menopausal women. *Gynecological and Obstetric Investigation*. 2000: 50:189-193.
20. Lambert CP, Flynn MG, Braun WA, and Mylona E. Influence of acute submaximal exercise on suppressor cell function in healthy young men. *European Journal of Applied Physiology* 2000: 82:151-154.
21. Lambert CP, Archer RL, and Evans WJ. Muscle strength and fatigue during isokinetic exercise in individuals with multiple sclerosis. *Medicine and Science in Sports and Exercise* 2001: 33:1613-1619.
22. Trappe TA, Fluckey JD, White F, Lambert CP, and Evans WJ. Skeletal muscle PGF<sub>2</sub>alpha and PGE<sub>2</sub> in response to eccentric exercise: Influence of ibuprofen and acetaminophen.. *Journal of Clinical Endocrinology and Metabolism*. 2001: 86:5067-5070.

23. Joseph, LJ, Trappe TA, Farrell PA, Campbell WW, Yarasheski KE, Lambert CP, and Evans WJ. Effects of short-term, moderate weight loss and resistance training on insulin action in postmenopausal women *Diabetes Care* 2001: 24:1863-1869.
24. Lambert CP, Sullivan DH, Freeling SA, Lindquist DM, and Evans WJ. Effects of testosterone replacement and/or resistance exercise on the composition of megestrol acetate stimulated weight gain in elderly men. *Journal of Clinical Endocrinology and Metabolism* 2002: 87:2100-2106.
25. Lambert CP, Archer RL, and Evans WJ. Body composition in ambulatory women with multiple sclerosis. *Archives of Physical Medicine and Rehabilitation*. 2002: 83:1559-1561.
26. Lambert CP, Armstrong DE, Jacks D, Armstrong WJ, and Flynn, MG. Reliability of an exercise protocol designed to evaluate resistance exercise performance. *Journal of Strength and Conditioning Research* 2002: 16: 149-151.
27. Trappe TA, White F, Lambert CP, Hellerstein MK, and Evans WJ. Influence of acetaminophen and ibuprofen on muscle protein turnover after eccentric exercise. *American Journal of Physiology* 2002: 282: E551-E556.
28. Trappe TA, Carrithers JA, White F, Lambert CP, Evans WJ, and Dennis RA. Titin and nebulin content in human skeletal muscle following eccentric resistance exercise. *Muscle & Nerve* 2002: 25:289-292.
29. Lewis-Frank L, Bear JT, Lambert CP, and Anderson M. The effects of a pre-exercise feeding with or without fungal carbohydrases on blood parameters and exercise performance in elite cyclists-: preliminary study. *International Journal of Sports Nutrition and Exercise Metabolism* 2002: 12:310-317.
30. Fahlman M, Boardley D, Lambert CP, and Flynn MG. The effects of endurance training and resistance training on plasma lipoprotein profiles in elderly women. *Journals of Gerontology: Biological Sciences* 2002: 57:B54-B60.
31. Lambert CP, Sullivan DH and Evans WJ. Megestrol acetate induced weight gain does not negatively affect blood lipids in elderly men: effects of resistance training and testosterone replacement. *Journal of Gerontology: Medical Sciences*. 2003: 58A: 644-647.
32. Lambert CP, Sullivan DH, and Evans WJ. Effects of testosterone replacement and/or resistance training on interleukin 6, tumor necrosis factor alpha, and leptin in elderly men ingesting megestrol acetate: a randomized controlled trial. *Journal of Gerontology: Medical Sciences* 2003: 58A:165-170.

33. Lambert CP, Archer RL, Carrithers JA, Fink WJ, Evans WJ, and Trappe TA. Influence of creatine monohydrate on muscle metabolites and intense exercise capacity in individuals with multiple sclerosis. *Archives of Physical Medicine and Rehabilitation* 2003; 84:1206-1210.
34. Uc EY, Lambert CP, Harik SI, Rodnitzky RI, and Evans WJ. Albuterol improves response to levodopa and increases muscle mass in patients with fluctuating parkinson's disease. *Clinical Neuropharmacology* 2003; 26:207-212.
35. Peterson JM, Trappe TA, Mylona E, White F, Lambert CP, Evans WJ, and Pizza FX. Ibuprofen and acetaminophen: effect on muscle inflammation after eccentric exercise. *Medicine and Science in Sports and Exercise*, 2003; 35:892-896.
36. Lambert CP, and Flynn, MG. Fatigue during High-Intensity Intermittent Exercise: Application to Bodybuilding. *Sports Med* 2002; 32:511-522.
37. Lambert CP, Frank LL, and Evans WJ. Macronutrient Considerations for the Sport of Bodybuilding. *Sports Med*, 2004; 34:317-327.
38. Lambert CP, Flynn MG, Sullivan DH, and Evans WJ. Effects of megestrol acetate on circulating interleukin-15 and interleukin-18 concentrations in healthy elderly men. *Journal of Gerontology: Medical Sciences*, 2004; 59A:855-858.
39. Bodenner DL, Medhi M, Evans WJ, Sullivan DH, Liu H, and Lambert CP. Effects of megestrol acetate on pituitary function and end-organ hormone secretion: a post hoc analysis of serum samples from a 12-week study in healthy older adults. *Am. J. Geriatric Pharmacotherapy*, 2005; 3:160-167.
40. Bouillon LE, Flynn MG, Lambert CP, Fahlman M, Braun W, and Choi DH. Exercise-induced changes on immune function during the late-follicular phase of the menstrual cycle. *Journal of Sports Medicine and Physical Fitness*, 2006; 46:143-151.
41. Lambert, C., Bopp, M., Johnson, L, and Sullivan, D. Resistance training and testosterone replacement induced changes in body composition, free testosterone, IGF-I, and IGFBP-3 in the frail elderly. *Journal of Exercise Physiology, Online*, 10:48-56, 2007.
42. Evans, WJ and Lambert CP. Physiological basis of fatigue. *American Journal of Physical Medicine and Rehabilitation*. 86:S29-46, 2007.
43. Shah, K., Wingkun, NJG, Wright, NR, Lambert, CP, and Villareal DT. Effect of weight loss therapy on endurance capacity in frail obese older adults. *In Press, Journal of the American Geriatrics Society*. 56:1157-1158, 2008.

44. Lambert, CP, Wright, NR, Finck, BN, and Villareal, DT. Exercise but not diet induced weight loss decreases skeletal muscle inflammatory gene expression in frail obese elderly. *Journal of Applied Physiology*. 105:473-478, 2008.

45. Lambert, C.P. Letter to the Editor. In Press, *Journal of Gerontology: Medical Sciences*.

### **Invited Book Chapters**

46. Lambert, CP Exercise and multiple sclerosis. In: *Clinical Exercise Physiology*. Published: May 7<sup>th</sup> 2003. Human Kinetics, Champaign, IL; Editors: J. Ehrman, P. Gordon, P. Visich, and S. Keteyian. 2nd edition in press.

47. Lambert, CP, Evans WJ, and Sullivan DH. Treatment of Sarcopenia and Cachexia in the Elderly. In: *Cachexia and Wasting: A modern approach*. Springer, Milan pp 719-730, 2006.

48. Lambert CP, Uc E and Evans WJ. Effects of  $\beta_2$ -Adrenergic Agonists on Skeletal Muscle Hypertrophy and Atrophy. In: *Pharmacotherapy of Cachexia*. Taylor & Francis Group, Boca Raton, FL; Editors: K.G. Hofbauer, S.D. Anker, A. Inui, and J.A. Nicholson. 2005: pp. 311-324.

49. Lambert CP Resistance Exercise. In: *Textbook of Men's Health and Aging*, 2<sup>nd</sup> Edition. Informa Healthcare, December 2007.