

CURRICULIM VITAE
AHMED ISMAEEL

EDUCATION

- 2011-2015: B.S., Biology
Texas A&M University, College Station, TX
- 2015-2017: M.S., Nutrition Sciences
Baylor University, Waco, TX
- 2017-2018: Ph.D. Student (incomplete), Kinesiology, Exercise Nutrition, and Health Promotion
Baylor University, Waco, TX
- 2018-present: Ph.D., Exercise Physiology
Florida State University, Tallahassee, FL

RESEARCH INTERESTS

- Cytokine interactions in atherosclerosis
- Oxidative stress signaling mechanisms
- Regulation and dysregulation of skeletal muscle fibrosis

RESEARCH EXPERIENCE

- 2011-2012 Research Intern
Meharry Medical College Department of Pathology
Supervisor: Nahed Ismail, M.D., Ph.D.
- 2015 Undergraduate Research Assistant
Texas A&M University Department of Biology (Genetics)
Supervisor: Ginger Carney, Ph.D.
- 2015-2017 Graduate Research Assistant
Baylor University Department of Family and Consumer Sciences
Supervisor: Leigh Greathouse, Ph.D.
- 2015-2017 Graduate Research Assistant
Baylor University Department of Health, Human Performance and Recreation
Supervisor: Panagiotis Koutakis, Ph.D.
- 2018-present Graduate Research Assistant
Florida State University Department of Nutrition, Food & Exercise Science
Supervisor: Panagiotis Koutakis, Ph.D.

PROFESSIONAL SOCIETIES

American Heart Association 2017-present

LABORATORY TECHNIQUES

- Reading and interpreting UV-Vis, IR, NMR, EPR, and Mossbauer spectra
- Conducting statistical analysis with SPSS, STATA, and R
- Gel electrophoresis, ELISA, western blot, and qPCR, cell culture
- Confocal, bright-field, and phase-contrast microscopy
- Immunohistochemistry

TEACHING EXPERIENCE

- December 2016-May 2017
Graduate Instructor – Baylor University
Official instructor of record for Consumer Nutrition course
- August 2017-May 2018
Graduate Teaching Assistant – Baylor University
TA for Exercise Physiology lab
- August 2018-Present
Graduate Teaching Assistant – Florida State University
TA for Exercise Physiology lab

PUBLICATIONS

PEER-REVIEWED MANUSCRIPTS, published

Ismaeel, A., Lavado, R., Smith R.S., Eidson, J.L., Sawicki I., Kirk, J.S., Bohannon W.T., Koutakis, P. Effects of Limb Revascularization Procedures on Oxidative Stress. *Journal of Surgical Research*, 232, 503-509. <https://doi.org/10.1016/j.jss.2018.07.024>

Koutakis, P., **Ismaeel, A.**, Farmer, P. Purcell, S., Smith, R.S., Eidson, J.L., Bohannon, W.T. (2018). Oxidative Stress and Antioxidant Treatment in Patients with Peripheral Artery Disease. *Physiological Reports*, 6(7), e13650. <https://doi.org/10.14814/phy2.13650>

Ismaeel, A., Weems, S., & Willoughby, D. (2017). A Comparison of the Nutrient Intakes of Macronutrient-based Dieting and Strict Dieting Bodybuilders. *International Journal of Sport Nutrition and Exercise Metabolism*, 1–24. <https://doi.org/10.1123/ijsnem.2017-0323>

Ismaeel, A., Weems, S., McClendon, M., Morales, F. E. (2017). Interventions Aimed at Decreasing Obesity in Hispanic Children in the First 1,000 Days: A Systematic Review. *Journal of Immigrant and Minority Health*. <https://doi.org/10.1007/s10903-017-0672-7>

Ismaeel, A., Weems, S., Ellor, J. W., Crow, J., Myers, D., Dolan, S., ... Morissette, S. B. (2017). Association between Negative Emotional States and Unhealthy Nutritional Behaviors in Soldiers. *Military Behavioral Health*. <https://doi.org/10.1080/21635781.2017.1337597>

Ismaeel, A. (2017). Effects of Betaine Supplementation on Muscle Strength and Power: A Systematic Review. *Journal of Strength and Conditioning Research*. <http://doi.org/10.1519/JSC.0000000000001959>

Chiang, C.-M., **Ismaeel, A.**, Griffis, R. B., & Weems, S. (2016). Effects of Vitamin D Supplementation on Muscle Strength in Athletes: A Systematic Review. *Journal of Strength and Conditioning Research*, 31(2), 566–574. <http://doi.org/10.1519/JSC.0000000000001518>

PEER-REVIEWED ABSTRACTS/ ORAL PRESENTATIONS

Ismaeel, A., Weems, S., Willoughby, D.S. Comparison of Micronutrient Intakes Between Flexible Dieting and Strict Dieting Male Bodybuilders, International Society of Sports Nutrition 14th Annual Conference and Expo, Phoenix, Arizona, June 22-24, 2017.