

UNIVERSITY OF MIAMI

Curriculum Vitae

May 25th, 2020

Wesley Nathan Smith, PhD
Office Phone: 305-284-5756
Clinical Assistant Professor
Department of Kinesiology and Sport Sciences
Director of Graduate Nutrition Program
Director Undergraduate Exercise Physiology Program
Citizenship: United States



HIGHER EDUCATION

Bachelors of Science: 1997 Salisbury University; Salisbury, Maryland
Summa Cum Laude
Masters of Science: 2000 University of Florida; Gainesville, Florida
Teacher of the Year, 2000
Doctorate of Philosophy: 2007 University of Miami; Coral Gables, Florida
Doctoral Student of the Year, 2005 and 2007

EXPERIENCE

Academic

University of Florida: Gainesville, Fl. Graduate Assistant
Anatomy Lab Instructor 1997-2000
Head Teaching Assistant Anatomy Lab 1999-2000

Barry University: Miami Shores, Fl. Fall 2006; Visiting Assistant Professor
Nutrition and Exercise Science
Exercise Physiology
Advanced Energetic and Metabolism
Advanced Exercise Physiology Lab

Florida International University: Miami Florida. Adjunct Professor Fall 2006-2009
Graduate Special Populations
Graduate Advanced Nutrition
Exercise and Fitness

University of Miami: Coral Gables, Fl. 2003-Current: Classes Taught or Developed:

Kinesiology and Sports Sciences: Director of Graduate Program in Nutrition.

Developed courses and re-structured the program
Recruited talented students
Increased enrollment from 1 to 30 graduate students
Hired talented adjunct faculty and licensed dietitians for course instruction
Sought practicum experiences for students in the community, food service, and clinics

Kinesiology and Sports Sciences: Undergraduate Program Chair.

Developed new courses such as the KIN 233 Anatomy Lab;
Restructured the program curriculum;
Greet incoming students and advise students on the growing pre-med option.
Founder of the Exercise Physiology Organization.
Helped implement five year option and Masters program in Strength and Conditioning.

PUBLICATIONS

- Anderson AF, TK Koesterer, **W Smith**, SL Dodd, and IJ Smith. Effects of creatine supplementation on the myofibrillar protein concentration of the rat hindlimb. Federation of American Societies for Experimental Biology (Experimental Biology) 2001.
- Smith, W.N.**, A. Dirks, T. Sugiura, S. Muller, P. Scarpace, and S. K. Powers. Alterations of contractile force and mass in the senescent diaphragm with beta-2 agonist treatment. Journal of Applied Physiology. 92:941-948, 2002.
- Signorile JF, Sandler DJ, **Smith WN**, Stoutenberg M, Perry AC. Correlation analyses and regression modeling between isokinetic testing and on-court performance in competitive adolescent tennis players. J Strength Cond Res. 2005 Aug;19(3):519-26.
- Signorile, JF, **Smith WN**, Sandler DJ, Stanziano, D. The Jug Transfer Test: An Instrument to Evaluate Deteriorating Function in Older Adults. Journal of Aging and Physical Activity. 2007; 5(1):56-74.
- Smith, W.N.** J, A. Adams, J.B. Adams, B.A. Roos, K.Z. Abderlahman, S.A. Asfour, and J.F Signorile; Development of a Regression Equation to Predict Lower Body Muscular Power In Older Adults Using A Simple Chair-Rise Test. Clinical Interventions in Aging. 2010; 5: 173-180.

ABSTRACTS & CONFERENCE PRESENTATIONS

- Emily W Flanagan, Arlette C Perry (FASCM), **Wesley N Smith** The Role Physical Activity on Abdominal Fat Storage in Pre and Post-Menopausal Women. American College of Sports Medicine Annual Meeting. Orlando, FL. June 2019.
- Nicholas V. Neuwald, Arlette C. Perry, FACSM, **Wesley N. Smith**. Home Cooked Meals With Whole, Plant Foods, and the Protection Against Central Adiposity. American College of Sports Medicine Annual Meeting. Orlando, FL. June 2019.
- Emma R. Lucas, Nicholas V. Neuwald, Arlette C. Perry, FACSM, **Wesley N. Smith**. The Relationship Between A High Sugar-Low Fiber Dietary Food Intake and Obesity in A Clinical Setting. American College of Sports Medicine Annual Meeting. Orlando, FL. June 2019.
- Rendos NK, Eltoukhy M, **Smith WN**, Kuenze CM, Signorile JF. Muscle Activation Characteristics of the Posterior Oblique Sling System in High and Low Economy Runners. Submitted to the American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 2018.
- Craig P. Flanagan, **Wesley N. Smith**, Kevin A. Jacobs FASCM, Lee D. Kaplan Sponsor: Arlette C. Perry FASCM. Post-operative lifestyle intervention and markers of physical and mental health. American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 2018.
- Emily W. Flanagan, Craig P. Flanagan, Graham D. Salmun, Vanessa Lara, **Wesley N. Smith** Establishment of a Non-Exercise Questionnaire Using Physical Activity Exertion Perception to Predict Maximal Oxygen Uptake in Adults. American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 2018.
- V. Lara, A. Daniels, and **W. Smith**. The Effect of Simple Carbohydrate Consumption on Markers of Metabolic Health in Firefighters. *Annual American Council on Nutrition Conference*; Nov. 2017.
- Rendos NK, Eltoukhy M, **Smith WN**, Signorile JF. Variance in Muscular Sling Systems between High Economy and Low Economy Recreational Runners. Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, South Carolina, February 2016.

Craig P. Flanagan, Emily K.W. Flanagan, Laura Q. Jimenez, **Wesley N. Smith** University of Miami, Coral Gables, FL.(Sponsor: Dr. Arlette C. Perry, FACSM) Pulse Oximetry As A Non-Invasive Method of Predicting Respiratory Compensation During Graded Exercise. Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, South Carolina, February 2016.

Emily K.W. Flanagan, Laura Q. Jimenez, Craig P. Flanagan, **Wesley N. Smith**. Brian Arwari University of Miami, Coral Gables, FL.(Sponsor: Dr. Arlette C. Perry, FACSM). Apple versus Caffeinated Beverages as Ergogenic Aids During Physical and Cognitive Performance: A Pilot Study. To be presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, South Carolina, February 2016.

E. Skidmore, **W. N. Smith**, J.F. Signorile. Self-Perceived Functionality Correlates with Power Predicted Using a 30s Chair Stand Test. Abstract, Medicine and Science in Sports and Exercise; Indianapolis, IN. 2008.

P. Lisman, **W. N. Smith**, J.F. Signorile. Power predicted from a 30s chair stand test was significantly lower in seniors with history of falls versus non-fallers. Abstract, Medicine and Science in Sports and Exercise.; Indianapolis, IN. 2008.

D. Edwards, **W. N. Smith**, J.F. Signorile. Significant difference in peak power between elderly walking aid users and non-users. Abstract, Medicine and Science in Sports and Exercise; Indianapolis, IN. 2008.

J.F Signorile, **Smith, W.N.** J, A. Adams, J.B. Adams, B.A. Roos, S.A. Asfour. An estimation of muscle power required for seniors to rise from a chair. Symposium Presentation and Abstract; Gerontological Society of America Conference; Dallas, TX. 2006.

Smith, W.N. J.F. Signorile, J, A. Adams, J.B. Adams, and S.A. Asfour. A simple chair rise test can predict lower body muscular power in older adults. Symposium Presentation and Abstract; Gerontological Society of America Conference; Dallas, TX. 2006.

W. N. Smith, D.C Stanziano, D.A.Sandler, A. McIntire, B.A. Roos, and J.F. Signorile. Sensitivity to resistance training volume in the frail. Abstract; ACSM 2005.

W. N. Smith, D.C Stanziano, B.A. Roos, and J.F. Signorile. Threshold on the SF-36 Health Survey may assess functional limitations in the frail. Abstract, U.M. Creativity Forum. 2003.

W. N. Smith, D.C. Stanziano, D.J.Sandler, B.A. Roos, and J.F. Signorile Comparison of correlation strength between functional and task-specific testing on perceived functionality in the frail. Abstract, Medicine and Science in Sports and Exercise. ACSM. 2003.

Dirks, A., **W. Smith**, S. Powers, S. Dodd. Clenbuterol-induced lipid peroxidation in skeletal muscle. Abstract. Medicine and Science in Sports and Exercise, 32-5, 2000.

M.A. Furguson, S. Powers, K. Hamilton, R. Shanely, **W. Smith**, S. Lennon. Short-term exercise training improves myocardial antioxidant capacity. Abstract. Medicine and Science in Sports and Exercise, 32-35, 2000.

Shanely, A. S. Powers, T. Sugiura, M. Furguson, **W. Smith**. Decreased myofibrillar protein concentration in the rat heart following mechanical ventilation. Abstract presented at FASEB Conference. 2000

Coombes, J. S. Powers, K. Ward, H. Demirel, H. Vincent, A. Shanley, C. Rivera-y-Pierola, **W. Smith**. Vitamin E protects against ischemic injury in the rat myocardium Abstract, ACSM conference, 1998.

Honors and Awards:

Salisbury University: *Exercise Physiology*

Summa Cum Laude; Exercise Physiology GPA 4.0

MAHPERD: Top Male Physical Education College Student in Maryland

MAHPERD: The Outstanding College Student; Fall Convention 1995

Salisbury University Athletic Department Athletic Achievement Award

Alpha Sigma Lambda National Honor Society; Faculty Elected Member

Omicron Delta Kappa Honor Society; Student Elected Member

University of Florida: *M.S. Exercise Physiology; Applied Physiology & Biochemistry Lab*

2000 University of Florida **Teaching Assistant of the Year;** GPA 3.97

1999 Lee and McCachren Doctoral Student Scholarship Award Winner

University of Miami: *PhD Exercise Physiology*

Selected **Iron Arrow** Honor Society, Fall 2012

Outstanding Doctoral Student, Spring 2007

Graduated doctoral degree with honors 2007

Doctoral Student of the Year, Spring 2005

University of Miami: *Clinical Assistant Professor; Program Director: Exercise Physiology (2004-2017) and Program Director Graduate Nutrition (2015-Present)*

-**Spring 2016:** Dr. Smith was voted **Outstanding Faculty Member** by the Association of Greek Letters

-**Spring 2016:** Was selected for the **Faculty Learning Community Award** and chosen to partake in the community meetings to foster technology for enhanced learning at the University.

- **Spring 2016:** Was invited to speak at the **Faculty Spotlight** about Blackboard methodology to enhance learning and student assessment.

- **2014-Present:** Creator and Inventor: **Guardrails Prevention Initiative**

- **2015:** Chaired School of Education Committee for generation of a cognate

- **The Physical Wellbeing Cognate has over 700 students and is the most popular cognate at the University**

- **2020:** Invited Faculty Speaker to **University of Miami Cane Talks:** <https://www.youtube.com/watch?v=Jh3jZHgMYjg>.

- **2020:** Faculty Speaker at the President Frenk's house for the University of Miami Board of Trustees Dinner

- **2020:** COVID-19 - Remote Patient Monitoring & Lifestyle Changes to Promote Optimal Immunity - Public Webinar for HealthCare Providers sponsored by [HealthSnap.io](https://www.healthsnap.io) 4/3/2020

- **2020:** COVID-19 - The Potential Benefits of Exercise in Defending Against COVID-19 - Public Webinar for HealthCare Providers sponsored by [HealthSnap.io](https://www.healthsnap.io) 5/13/2020

- **2020:** The Meaningful Value of Continuous Blood Glucose Monitoring. Public Webinar for HealthCare Providers sponsored by [HealthSnap.io](https://www.healthsnap.io) 5/28/2020

THESIS:

Smith, W.N., A. Dirks, T. Sugiura, S. Muller, P. Scarpace, and S. K. Powers. Alterations of contractile force and mass in the senescent diaphragm with beta-2 agonist treatment. *Journal of Applied Physiology*. 92:941-948,2002.

DISSERTATION:

Smith, W.N. J, A. Adams, J.B. Adams, B.A. Roos, K.Z. Abderlahman, S.A. Asfour, and J.F Signorile; Development of a Regression Equation to Predict Lower Body Muscular Power In Older Adults Using A Simple Chair-Rise Test. *Clinical Interventions in Aging*. 2010; 5: 173-180.

SERVICE

University Committee and Administrative Responsibilities:

University of Miami School of Education: PETAL/Institutional Academy for Teaching Excellence (I-ATE) to help new faculty improve teaching skills. Fall 2019-Current

University of Miami School of Education: School Council
Member Fall 2018 to current

University of Miami School of Education: University Curriculum Committee
Member Fall 2014 to 2018

University of Miami Faculty Senate: University Curriculum Committee
Member Fall 2011 to Fall 2016

SOEHD Cognates, Well Being Committee
Committee Chair Fall 2012 to Fall 2016

Graduate Committee Involvement

Dissertation Committee Co-Chair: HYPOCALORIC VERSUS AD LIBITUM DIET ON CARDIOMETABOLIC MARKERS AND MICROBIOTA OF OVERWEIGHT INDIVIDUALS PERFORMING INTENSE EXERCISE. Vanessa Lara. A dissertation submitted to the Faculty of the University of Miami in partial fulfillment of the requirements for the degree of Doctor of Philosophy. 2020

Dissertation Committee Co-Chair: EFFICACY OF WELLNESS INTERVENTIONS ON CARDIOMETABOLIC OUTCOMES IN PATIENTS RECOVERING FROM ARTHROSCOPIC KNEE SURGERY. Craig Flanagan. A dissertation submitted to the Faculty of the University of Miami in partial fulfillment of the requirements for the degree of Doctor of Philosophy. 2016

Dissertation Committee Member: BIOMECHANICAL AND ELECTROMYOGRAPHICAL ANALYSIS OF ASYMMETRICAL HIP MOVEMENT PATTERNS IN THE BACK SQUAT. Trey Watson. A dissertation submitted to the Faculty of the University of Miami in partial fulfillment of the requirements for the degree of Doctor of Philosophy. 2020

Dissertation Committee Member: IDENTIFICATION OF SLING SYSTEMS IN HIGH ECONOMY AND LOW ECONOMY RUNNERS. Nichole K. Rendos. A dissertation submitted to the Faculty of the University of Miami in partial fulfillment of the requirements for the degree of Doctor of Philosophy. 2015

Dissertation Committee Member: ADL-SPECIFIC VERSUS STANDARD AQUATIC EXERCISE PROGRAMS IN OLDER PERSONS; David A. Edwards. A dissertation submitted to the Faculty of the University of Miami in partial fulfillment of the requirements for the degree of Doctor of Philosophy. 2011

Member/Presenter: Curriculum Alignment Committee; School of Education.

Faculty Advisor: Exercise Physiology Organization; Undergraduate Exercise Physiology Undergraduate

Program; 2007-Current.

ONGOING RESEARCH AND SPONSORSHIP

TOTAL FUNDING & DONATIONS: 2009-Present: \$354,416.20

Current Grants in Review Summer/Fall 2018:

- NSF SBIR 1843443: Phase 1: Assessing the Feasibility of an Adaptive Lifestyle Health Platform

Starting 12/01/2018: Total Amount: \$219,420.00

Scientific Lead. Status *In Review*

- NIH SBIR: Phase 1: Adaptive Smart Health Platform for Determining Optimal Windows for Lifestyle Health Recommendations;

Budget: \$225,000.00

Scientific Lead. Status *In Review*

Research Support:

Study Sponsorship: 2009 Study was funded by Doidge Family Grant for ***\$10,000***

Study Sponsorship: 2010 Study was funded by Doidge Family Grant for ***\$10,000***

Study Sponsorship: 2011 Study was funded by Doidge Family Grant for ***\$10,000*** i

Principal Investigator: Implementation and Effectiveness of a Patient Fitness Assessment in the Physician's Office \$26,000.00 Summer 2015

Dr. Kaplan University of Miami Sports Medicine Clinic: \$16,000.00 2012-2013 Funding for Guardrails Research Institute

UM Citizen Board Grant: 2014 Research Award was funded **\$5000.00**

Study Sponsorship: 2014 Study was funded by Doidge Family Grant for **\$10,000**

Study Sponsorship: 2014 Study was funded by Didi Fenton Schafer Grant for **\$10,000**

Study Sponsorship: 2015 Study was funded by Didi Fenton Schafer Grant for **\$10,000**

Study Sponsorship: 2016 Study was funded by Didi Fenton Schafer Grant for **\$10,000**

Study Sponsorship: 2017 Study was funded by Didi Fenton Schafer Grant for **\$10,000**

Study Sponsorship: 2018 Study was funded by Didi Fenton Schafer Grant for **\$10,000**

CaneFunder: 2015 Study was funded **\$7,443.00** as part of CaneFunder Campaign.

UM Benefits/Canes Clinics: Guardrails/HealthSnap Assessments: \$12,000.00 Annually x 3.5 Years: **\$42,000.00**

UM Executive Medicine Office: HealthSnap Assessments: **\$2000.00** Fall, 2015

Sylvester Cancer Center Funding for Firefighter Cancer Initiative **\$45,479.00** Spring, 2017

Study Sponsorship: 2017 Study was funded by Didi Fenton Schafer Grant for **\$10,000**

UM Citizen Board Donor: \$1000.00 Fall 2017

UM Benefits/Canes Clinics: Guardrails/HealthSnap Assessments: **\$12,000.00** Summer 2018

UM Inventor Agreement: Royalty Payment to KIN Department: **\$3,675.00** Fall 2018

54D - Research Funding: **\$23,819.20** Spring 2019: Microbiome, Diet, and Exercise in the Overweight Population, a Prospective Study.

Study Sponsorship: 2020 Study was funded by Didi Fenton Schafer Grant for **\$20,000** January 2020

Study Sponsorship: Guardrails Fellowship Fund **\$50,000.00** Dr. Moises Roizental. August 2020-May 2021

9/2020 (revised)