

Brittany R. Allman-Tucker, Ph.D.

Curriculum Vitae

Contact Information

University Address: Department of Exercise and Sport Science
University of Central Arkansas
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PROFESSIONAL PROFILE

Education

2018 PhD, *cum laude*, Exercise Physiology, Minor Concentration: Sports Nutrition
Florida State University, Tallahassee, FL

2013 MS, *summa cum laude*, in Exercise Physiology
University of Delaware, Newark, DE

2011 BS, *summa cum laude*, Exercise Science
Indiana University of Pennsylvania, Indiana, PA

Professional Experience

2023 to - Assistant Professor, University of Central Arkansas, Little Rock, AR

2023 to - Affiliate Assistant Professor, Arkansas Children's Nutrition Center, University of Arkansas for Medical Sciences, Little Rock, AR

2022 to 2023 Visiting Assistant Professor, University of Central Arkansas, Little Rock, AR

2021 to 2022 Senior Innovation Scientist, Breakout Lifestyle Fitness, Little Rock, AR

2018 to 2022 Postdoctoral Fellow, Arkansas Children's Nutrition Center, University of Arkansas for Medical Sciences, Little Rock, AR

2013 to 2017 Graduate Course Instructor, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL

2013 to 2017 Graduate Teaching Assistant, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL

2013 to 2017 Graduate Research Assistant, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL
Advisor: Michael J. Ormsbee, PhD

2011 to 2013 Graduate Research Assistant, Department of Kinesiology and Applied Physiology, University of Delaware, Newark, DE

Advisor: Shannon Lennon-Edwards, PhD, RD

Professional Credentials

- 2024 to - Certified Phlebotomy Technician
National HealthCare Certification Organization (NHCO)
- 2021 to - Certified Prenatal and Postnatal Fitness Specialist
American Fitness Professionals and Associates
- 2015 to - Certified Strength and Conditioning Specialist (CSCS)
National Strength and Conditioning Association
- 2015 to 2017 Basic X-Ray Machine Operator
The American Registry of Radiologic Technologists
- 2014 to - Certified Sports Nutritionist (CISSN)
International Society of Sports Nutrition
- 2009 to - Professional Rescuer with First Aid
American Red Cross
- 2009 to - Certified Exercise Physiologist (EP-C)
American College of Sports Medicine

Professional Organization Membership

- 2019 to - The Obesity Society
- 2018 to - American Society for Nutrition
- 2018 to 2020 Junior League of Little Rock
- 2015 to 2018 Junior League of Tallahassee
- 2014 to - National Strength and Conditioning Association
- 2014 to - Professionals in Nutrition for Exercise & Sport
- 2013 to - International Society of Sports Nutrition
- 2010 to - American College of Sports Medicine

Continuing Education

- 2024 Early Career Coaching Circle, Center for Excellence in Teaching and Academic Leadership, University of Central Arkansas
- 2024 AI Teaching Applications Learning Community: Beyond the Basics, Center for Excellence in Teaching and Academic Leadership, University of Central Arkansas
- 2024 Teaching with AI Learning Community: Online Modules Provided by Auburn University, Center for Excellence in Teaching and Academic Leadership, University of Central Arkansas
- 2024 Coaching Circle – Leadership Training, Employee Engagement & Enrichment Opportunities, University of Central Arkansas

- 2024 Teaching Using AI Mini Conference, Center for Excellence in Teaching and Academic Leadership, University of Central Arkansas
- 2024 TopHat Training, Center for Excellence in Teaching and Academic Leadership, University of Central Arkansas
- 2024 TopHat Summer Camp 2024, TopHat

AWARDS, HONORS, AND SCHOLARSHIPS

Awarded

- 2023 Faculty Development Grant, University of Central Arkansas, Conway, AR
- 2019 Conference/Travel Award, University of Arkansas for Medical Sciences
- 2017 Fellows Society, Florida State University, Tallahassee, FL
- 2017 Kappa Omicron Nu Honor Society, Florida State University, Tallahassee, FL
- 2017 NSCA Foundation Women's Scholarship, National Strength and Conditioning Association
- 2017 Dissertation Award Program, College of Human Sciences, Florida State University, Tallahassee, FL
- 2017 Pao-Sen Chi Memorial Scholarship Endowment, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL
- 2017 Dr. Ava D. Rodgers Endowed Scholarship, College of Human Sciences, Florida State University, Tallahassee, FL
- 2016 Jean A. Reutlinger and Lillian H. Munn Scholarship, College of Human Sciences, Florida State University, Tallahassee, FL
- 2014 Selected for the Mary Frances Picciano Dietary Supplement Research Practicum, Office of Dietary Supplements, National Institutes of Health, Bethesda, MD
- 2011 Outstanding Presentation in the Undergraduate Scholars Forum, Top 5 of 70, Indiana University of Pennsylvania, Indiana, PA
- 2010 to 2011 Ronald E. McNair Post-Baccalaureate Achievement Program
- 2010 Excellence in Scholarship, Presenting Research, 16th Annual McNair Research Conference, University at Buffalo, Buffalo, NY
- 2009 Provost Scholar Award for Outstanding Academic Achievement, Indiana University of Pennsylvania, Indiana, PA
- 2008 All-American Scholar Athlete (Softball), Indiana University of Pennsylvania, Indiana, PA
- 2007 to 2010 Athletic Scholarship, Varsity Softball, Indiana University of Pennsylvania, Indiana, PA

2007 to 2010 Pennsylvania State Athletic Conference Scholar Athlete Award for Outstanding Academic Achievement, Indiana University of Pennsylvania, Indiana, PA

2007 to 2010 Honor Roll and Dean's List, Indiana University of Pennsylvania, Indiana, PA

Nominated but not Awarded

2017 2017-2018 Outstanding Teaching Assistant Award, Florida State University, Tallahassee, FL

2015 Student Representative, Southeast Chapter, American College of Sports Medicine

2014 Graduate Student Advisory Council, College of Human Sciences, Florida State University, Tallahassee, FL

TEACHING AND MENTORING

Courses Taught

As Assistant Professor: Fitness Assessment in Exercise Science (2 sections/1 semester)
Group Exercise Leadership (1 section/1 semester)
Lifecycle Physiology (1 section/1 semester)
Exercise Physiology (7 sections/4 semesters)
Obesity Prevention and Management (1 section/1 semester)
Exercise Prescription for Special Populations (1 section/1 semester)

As Visiting Assistant Professor: Fitness Assessment in Exercise Science (4 sections/2 semesters)
Measurement and Evaluation (1 section/1 semester)
Group Exercise Leadership (3 sections/2 semesters)
Obesity Prevention and Management (1 section/1 semester)

As Graduate Student Instructor of Record: Anatomy and Physiology I Lecture (1 section/1 semester)
Anatomy and Physiology II Lecture (1 section/1 semester)
Anatomy and Physiology I Laboratory (2 sections/1 semester)
Anatomy and Physiology II Laboratory (6 sections/2 semesters)
Applied Exercise Physiology Laboratory (4 sections/2 semesters)

As Teaching Assistant: Introduction to Exercise Science (1 section/1 semester)
Sports Nutrition Online (1 section/1 semester)

Thesis and Dissertation Projects

2023 to - Abby Lewis, M.S. Exercise Science, University of Central Arkansas
Title of Project: The Effect of the Ketogenic Diet with Resistance Training on Muscular Power and Strength in Resistance Trained Women
Department: Exercise and Sport Science
College: College of Health and Behavioral Sciences
Graduation Date: May, 2025

Role: Thesis Chair

Student Achievements during Mentorship:

- American College of Sports Medicine Central States Chapter Graduate Student Research Grant to purchase blood analysis materials for Thesis project
- National Institutes of Health (NIH) National Institute of General Medical Sciences (NIGMS) Arkansas IDeA Network of Biomedical Research Excellence (INBRE) Travel

Grant to fund travel to present Thesis data at the American College of Sports Medicine Central States Chapter conference

2023 to - Miguel Whitmore, MS, Exercise Science, University of Central Arkansas
Title of Project: The Effects of Eccentric Exercise on Muscle and Connective Tissue Damage in Patients with Hypermobile Ehlers-Danlos Syndrome
Department: Exercise and Sport Science
College: College of Health and Behavioral Sciences
Graduation Date: May, 2025
Role: Thesis Committee Member

Directed Student Research Projects

2022 to - Kendall Carter, BS, Nursing, University of Central Arkansas
Title of Project: Phasing Foods: A Study of the Effects of Dietary Carbohydrate on Migraine Occurrence during the Late Luteal Phase of the Menstrual Cycle
Department: Nursing
College: College of Health and Behavioral Sciences, Norbert O. Schedler Honors College
Program: University Scholars Program
Graduation Date: May, 2026
Role: Research Mentor and Supervisor
Student Achievements during Mentorship:

- University Research Council Student Research Grant to purchase nutrition processing software for the Carbohydrate Intake Impacts Migraines (CIIM) study

2023 to - Miguel Whitmore, MS, Exercise Science, University of Central Arkansas
Title of Project: The Effects of High-Intensity Resistance Training on Basal Nitric Oxide Production
Department: Exercise and Sport Science
College: College of Health and Behavioral Sciences
Graduation Date: May, 2025
Role: Research Supervisor

Graduate and Undergraduate Mentoring

Graduate:

2022 to 2024	Diego Gonzalez Marquina, MS, Exercise Science, University of Central Arkansas Description: Graduate Assistant for three women's health research studies, teaching, and women's health fair service project.
2021 to 2022	Summer Rains, MS, Exercise Science, University of Central Arkansas Description: Graduate assistant in teaching
2016 to 2018	Maggie Morrissey, MS, Exercise Physiology, Florida State University Description: Volunteer for dissertation research project
2016 to 2018	Alexa Rodriguez, MS, Dietetics, Florida State University Description: Volunteer for dissertation research project

- 2016 to 2018 Brett Hanna, MS, Dietetics, Florida State University
Description: Volunteer for dissertation research project
- Undergraduate:
- 2024 to - Anniston Taylor, BS, Exercise Science, University of Central Arkansas
Description: Research volunteer working with the FITT-Babe study
Student Achievements during Mentorship:
 - o National Institutes of Health (NIH) National Institute of General Medical Sciences (NIGMS) Arkansas IDeA Network of Biomedical Research Excellence (INBRE) Travel Grant to fund travel to present data at the American College of Sports Medicine Central States Chapter conference
- 2024 to - Lilyanna Pinion, BS, Exercise Science, University of Central Arkansas
Description: Paid undergraduate research helper for the Arkansas INBRE Summer Research Grant (FITT for Pregnancy study)
- 2023 to - Kendall Carter, BS, Nursing, University of Central Arkansas
Description: UCA Honors College capstone research project
Student Achievements during Mentorship:
 - University Research Council Student Research Grant to purchase nutrition processing software for the Carbohydrate Intake Impacts Migraines (CIIM) study
- 2023 Brennan Price, BS, Exercise Science, University of Central Arkansas
Description: Senior internship for three women's health research studies and women's health fair service project
- 2023 Kyle Price, BS, Exercise Science, University of Central Arkansas
Description: Senior internship for three women's health research studies and women's health fair service project
- 2023 Brianna Fisher, BS, Exercise Science, University of Central Arkansas
Description: Senior internship for three women's health research studies and women's health fair service project
- 2016 to 2018 Shannon Wakeford, BS, Exercise Science Pre-Med Track, Florida State University
Description: Volunteer for dissertation research project
- 2016 to 2018 Jessica McKelvey, BS, Exercise Science Pre-Med Track, Florida State University
Description: Volunteer for dissertation research project
- 2016 to 2018 Alex Shippy, BS, Exercise Science, Florida State University
Description: Volunteer for dissertation research project
- 2016 to 2018 Ashley Ferrand, BS, Exercise Science, Florida State University
Description: Volunteer for dissertation research project

2016 to 2018 Kailee Hernandez, BS, Exercise Science Pre-Med Track, Florida State University.
Description: Paid student research helper for dissertation research project
Student Achievements during Mentorship: Undergraduate Research Opportunity Program (UROP). Presented findings at the Spring Research Symposium.

RESEARCH AND ORIGINAL CREATIVE WORK

PUBLICATIONS

Refereed Journal Articles

- May LE, McDonald S, Stewart C, Newton E, Isler C, Steed D, Sarno LA, Kelley GA, Chasan-Taber L, Kuehn D, **Allman-Tucker BR**, Strom C, Claiborne A, and Fang X. (June 2023). Influence of Supervised Maternal Aerobic Exercise During Pregnancy on One-Month Old Neonatal Cardiac Function and Outflow: A Pilot Study. *Med Sci Sports Exerc*, Online Ahead of Print.
- Lanier K, Wissemann BL, Strom CJ, Johnston C, Isler C, DeVente J, Newton E, Pawlak R, **Allman-Tucker BR**, McDonald SM, and May L. (April 2023). Correlations between Maternal Self-Reported Intake and RBC Circulating EPA and DHA concentrations. *Nutrients*, 15(7):1753.
- Allman BR**, McDonald S, May L, and Børshheim E. (June 2022). Resistance Training as a Countermeasure in Women with Gestational Diabetes Mellitus: A Review of Current Literature and Future Directions. *Sports Medicine*, 52(12):2871-2888.
- Allman BR**, Spray BJ, Lan RS, Andres A, and Børshheim E. (February 2022). Circulating long-chain acylcarnitine concentrations are not affected by exercise training in pregnant women with obesity. *J Appl Physiol (1985)*, 132(2):470-476.
- Allman BR**, Spray BJ, Mercer KE, Andres A, and Børshheim E. (March 2021). Markers of Branched-Chain Amino Acid Catabolism are Not Affected by Exercise Training in Pregnant Women with Obesity. *J Appl Physiol (1985)*, 130(3):651-659.
- Allman BR**, Williams DK, Børshheim E, and Andres A. (May 2020). Dietary Protein Intake during Pregnancy is Not Associated with Offspring Insulin Sensitivity during the First Two Years of Life. *Nutrients*, 12(5), 1338.
- Allman BR**, Diaz EC, Andres A, and Børshheim E. (July 2020). Divergent Changes in Serum Branched-Chain Amino Acid Concentrations and Estimates of Insulin Resistance throughout Gestation in Healthy Women. *Journal of Nutrition*, 150(7):1757-1764.
- Allman BR**, Diaz Fuentes E, Williams DK, Turner DE, Andres A, and Børshheim E. (September 2019). Obesity Status Affects the Relationship Between Protein Intake and Insulin Sensitivity in Late Pregnancy. *Nutrients*, 11(9), 2190.
- Allman BR**, Morrissey MC, Kim JS, Panton LB, Contreras RJ, Hickner RC, and Ormsbee MJ. (August 2019). Lipolysis and Fat Oxidation Are Not Altered with Pre-Sleep Versus Daytime Casein Protein Intake in Resistance-Trained Women. *Journal of Nutrition*, 150(1), 47-54.
- Allman BR**, Andres A, and Børshheim E. (April 2019). The Association of Maternal Protein Intake during Pregnancy in Humans with Maternal and Offspring Insulin Sensitivity Measures. *Current Developments in Nutrition*, 3(6), 1-10.

- Allman BR**, Morrissey MC, Kim JS, Panton LB, Contreras RJ, Hickner RC, and Ormsbee MJ. (January 2018). Fat Metabolism and Acute Resistance Exercise in Trained Women. *Journal of Applied Physiology*, 126(3), 739-745.
- Allman BR**, Biber A, Maitland CG, DiFabio B, Coughlin E, and Ormsbee MJ. (February 2018). The Effects of Short Term Beta-Alanine Supplementation on Physical Performance and Quality of Life in Parkinson's Disease: A Pilot Study. *Journal of Exercise Physiology Online*, 21(1), 1-13.
- Ormsbee MJ, Carzoli JP, Klemp A, **Allman BR**, Zourdos MC, Kim JS, and Panton LB. (March 2017). Efficacy of the Repetitions in Reserve-Based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers. *The Journal of Strength and Conditioning Research*, 33(2), 514-519.
- Kinsey AW, Cappadona SR, Panton LB, **Allman BR**, Contreras RJ, Hickner RC, and Ormsbee MJ. (July 2016). The Effect of Casein Protein Prior to Sleep on Fat Metabolism in Obese Men. *Nutrients*, 8(452), 1-15.
- Allman BR**, Kreipke V, and Ormsbee MJ. (June 2015). What Else is in Your Supplement? A Review of the Effectiveness of the Supportive Ingredients in Multi-Ingredient Performance Supplements to Improve Strength, Power and Recovery. *Strength and Conditioning Journal*, 37(3), 54-69.
- Kreipke V, **Allman BR**, Ormsbee MJ, Kinsey AW, Hickner RC, and Moffatt RJ. (December 2015). Impact of Four Weeks of a Multi-Ingredient Performance Supplement on Muscular Strength, Body Composition, and Anabolic Hormones in Resistance-Trained Young Men. *The Journal of Strength and Conditioning Research*, 29(12), 3453-3465.
- Lennon-Edwards S, **Allman BR**, Schellhardt TA, Ferreira CR, Farquhar WB, and Edwards DG. (April 2014). Lower Potassium Intake Is Associated with Increased Wave Reflection in Young Healthy Adults. *Nutrition Journal*, 13(39), 1-8.

Book Chapters

- Allman BR**, McDonald S, May L, Kinsey AW, and Børsheim E. (October 2021). Using Resistance Training in Women with Gestational Diabetes Mellitus to Improve Glucose Regulation. *Gestational Diabetes Mellitus - New Developments*.
- Baum JI, Børsheim E, **Allman BR**, and Walker S. (March 2020). Health Benefits of Dietary Protein throughout the Life Cycle. *The Health Benefits of Foods - Current Knowledge and Further Development*.

Books

- Allman BR**. (February 2021). *Through His Strength, By Improving Ours: Family*. Self-published, faith-based family health study.

INTERVIEWS, MEDIA COVERAGE, AND LAYMEN WRITING

- Allman BR. "Eating Before Bedtime?" *Jiu-Jitsu Magazine*, May-June, 2017.
- Allman BR. "What's the Harm in a Midnight Snack?" *Tallahassee Democrat*, December 16, 2016.
- Allman BR. "Assess What to Eat Before a Workout." *Tallahassee Democrat*, December 5, 2016.
- Allman BR. "Does a Pound of Weight Loss Really Equal 3,500 Calories?" *Tallahassee Democrat*, October 17, 2016.

Angle S. "Sweat or Skip? When to Crush Your Workout and When to Pass: Your Stomach Is Empty, or You Just Ate a Huge Meal." *SHAPE Magazine*, September, 2016, p. 80.

"FSU: Parkinson's and MS Patients May Find Help from Sports Supplement." WCTV-TV, August 9, 2013.

GRANTS AND FELLOWSHIPS

Allman-Tucker BR. (2024). *The Optimal Exercise Prescription in Otherwise Healthy Women for Offspring Growth Rate*. Loan Repayment Program funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) within the National Institutes of Health (NIH). Total Award: \$16,355.47. Role: Principal Investigator.

Allman-Tucker, BR. (2024). *The Impact of Prenatal Exercise Type and Intensity on Glucose Control in Women with Gestational Diabetes Mellitus*. National Institutes of Health (NIH) National Institute of General Medical Sciences (NIGMS) Arkansas IDeA Networks of Biomedical Research Excellence (INBRE) Summer Research Grant. Total Award: \$29,910. Role: Principal Investigator.

Allman-Tucker, BR. (2024). *The Impact of Prenatal Exercise Type and Intensity on Glucose Control in Women with Gestational Diabetes Mellitus*. University Research Council Grant, University of Central Arkansas. Total Award: \$5,381. Role: Principal Investigator.

Allman-Tucker, BR. (2023). *Women's Health Care: UCA healthcare students taking care of your health*. Foundation Faculty Grant, University of Central Arkansas. Total Award: \$3,000. Role: Principal Investigator.

Allman BR. (2022). *The Impact of Prenatal Exercise Training on Intra-Exercise Metabolism*. Loan Repayment Program funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) within the National Institutes of Health (NIH). Total Award: \$45,869.66. Role: Principal Investigator.

May LE, Muldrow A, Babatunde T, Winterbauer N, DeVente J, **Allman BR**, Tinius R, Barone Gibbs B, and Freeman D. (2021). *Developing Participatory-Designed Tools to Improve Health Behaviors among Black Pregnant and Postpartum Women in Rural Communities*. Diversity and Inclusion Research and Scholarship Program: Internal Seed Grant. Total Award: \$15,000. Role: Co-Investigator.

Allman BR. (2020). *The Impact of Maternal Obesity Status on the Programming of Childhood Metabolism*. Loan Repayment Program funded by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) within the National Institutes of Health (NIH). Total Award: \$62,315.12. Role: Principal Investigator.

Allman BR, and Børsheim E. (2019). *The Effects of Exercise during Pregnancy on Maternal Plasma Amino Acid Profile*. Postdoctoral Fellowship Grant Award funded by the Arkansas Children's Research Institute (ACRI). Total Award \$15,000. Role: Principal Investigator.

Allman BR. (2017). *Fat Metabolism in Resistance-Trained Women in Response to Exercise and Protein Timing*. Dissertation Research Grant funded by the Congress of Graduate Students (COGS), the Office of the Provost, and the Office of Research, Florida State University. Total Award \$1,000. Role: Principal Investigator.

Allman BR. (2017). *Fat Metabolism in Resistance-Trained Women in Response to Exercise and Protein Timing*. Undergraduate Research Opportunity Program Materials Grant funded by the Center for Undergraduate Research and Academic Engagement, Florida State University. Total Award \$250. Role: Co-Principal Investigator.

Ormsbee MJ and **Allman BR**. (October 2016 - April 2018). *Fat Metabolism in Resistance-Trained Women in Response to Exercise and Protein Timing*. Funded by Fatigue Science. Total Award \$7,000. Gift-in-kind. Role: Co-Principal Investigator.

Ormsbee MJ and **Allman BR**. (October 2016 - April 2018). *Fat Metabolism in Resistance-Trained Women in Response to Exercise and Protein Timing*. Funded by FrieslandCampina. Total Award \$50,000. Monetary and Gift-in-kind. Role: Co-Principal Investigator.

PRESENTATIONS

Presentations at Conferences

Abrha Assress H, **Allman-Tucker BR**, Amer B, Børshheim E, Ferruzzi MG, Kay CD, Lan RS. (Presented in 2024). Performance evaluation of polarity switching for untargeted metabolomics using orbitrap mass spectrometer. *American Society of Mass Spectrometry (ASMS) conference*. Conducted in Anaheim, CA.

Allman BR, Fuentes ED, Williams DK, Turner DE, Børshheim E, and Andres A. (Presented in 2020). No Association between Maternal Dietary Protein Intake and Offspring Insulin Sensitivity Measures in the First Two Years of Life. *2020 Annual Nutrition Science Meeting*. Virtual Presentation as a result of COVID.

Allman BR, Andres A, Diaz Fuentes EC, and Børshheim E. (Presented 2020). Exercise during Pregnancy and Plasma Branched-Chain Amino Acid-Derived Acylcarnitine Concentrations. *ObesityWeek*. Presented virtually.

Allman BR. (Presented 2018). The Effect of Protein Timing and Resistance Exercise on Lipolysis and Fat Oxidation in Resistance-Trained Women. *The American College of Sports Medicine Annual Meeting 2018*. Conducted in Minneapolis, MN.

Carzoli JP, Klemp A, **Allman BR**, Zourdos MC, Kim J, Panton LB, and Ormsbee MJ. (Presented 2017). Efficiency of the Repetitions in Reserve-Based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers. *Southeast American College of Sports Medicine's Annual Meeting*. Conducted in Greenville, SC.

Allman BR, Maitland CG, Hagberg J, Ost EC, and Ormsbee MJ. (Presented 2015). Blood Lactate Concentrations Following Isometric Squats in Multiple Sclerosis Patients. *Southeast American College of Sports Medicine's Annual Meeting*. Conducted in Jacksonville, FL.

Kreipke VC, **Allman BR**, Kinsey AK, Hickner RC, Dubis GS, Tanner CJ, Moffatt RJ, and Ormsbee MJ. (Presented 2015). The Impact of T+™ Supplementation on Strength Performance in Power Athletes. *National Strength and Conditioning Association's Annual Meeting*. Conducted in Las Vegas, NV.

Allman BR, Andres A, and Børshheim E. (Presented 2019). Change in Plasma Essential Amino Acid Concentrations from Early to Late Pregnancy in Obese Women. *ObesityWeek*. Conducted in Las Vegas, NV.

Allman BR, Andres AR, Diaz Fuentes EC, and Børshheim E. (Presented 2019). The Associations between Maternal Body Mass Measures and Macronutrient Intake on Insulin Sensitivity Measures during Late Pregnancy. *2019 American College of Sports Medicine Annual Meeting*. Conducted in Orlando, FL.

Allman BR. (Presented 2011). The Physiological and Psychological Differences between an Aerobic Based Program and a Yoga Based Program on Breast Cancer Patients. *2011 McNair National Research Conference, University of Maryland*. Conducted in College Park, MD.

Allman BR. (Presented 2010). The Physiological and Psychological Differences between an Aerobic Based Program and a Yoga Based Program on Breast Cancer Patients. *The University at Buffalo's 16th Annual McNair Research Conference, The University at Buffalo*. Conducted in Buffalo, NY.

Presentations at Symposia and Forum

Allman-Tucker BR. (Presented 2023). "Weightlifting for Two: Prenatal Weightlifting for the Health of Mom and Baby." Introduction to Exercise Science Class, University of Central Arkansas. Conway, AR.

Allman-Tucker BR. (Presented 2023). "Weightlifting during Pregnancy: Exercise Prescription for Two!" National Strength and Conditioning Association (NSCA) Arkansas State Clinic. Conway, Ar.

Allman-Tucker BR. (Presented 2023). "Obesity: A Generational Curse. But can exercise and eating be the elixir to end the edict?" Research Presentation for Application to Tenure Track Assistant Professor Position at University of Central Arkansas's Department of Exercise and Sport Science. Conway, AR.

Allman BR. (Presented 2022). Exercise during Pregnancy: Let's Get in Shape, Baby!" Introduction to Exercise Science Class, University of Central Arkansas. Conway, AR.

Allman BR. (Presented 2022). Exercise during Pregnancy: Let's Get in Shape, Baby!" Sports Nutrition Class, Florida State University. Tallahassee, FL.

Allman BR, Andres A, Fuentes ECD, and Børshiem E. (Presented 2020). Divergent Changes in Plasma Branched-Chain Amino Acid Concentrations and Insulin Resistance throughout Gestation. *Pediatric Endocrinologist Society of Texas, Oklahoma, Louisiana, and Arkansas*. Conducted in Little Rock, AR.

Allman, BR. (Presented 2020). Latest Science on Physical Activity. *Project Diet, Food, Exercise, and Nutrition (DFEND), University of Arkansas Division of Agriculture Research & Extension*. Presented virtually.

Allman, BR. (Presented 2020). Diet and Exercise: What to Eat and When. *Project Diet, Food, Exercise, and Nutrition (DFEND), University of Arkansas Division of Agriculture Research & Extension*. Presented virtually.

Allman, BR. (Presented 2020). Just a Jock with a Lot of Questions. *Career Trajectory Presentation, Exploring Topics in Food Science, University of Arkansas Fayetteville*. Presented virtually.

Allman, BR. (Presented 2020). Exercise during Pregnancy. *Graduate Level Exercise Physiology, University of Idaho*. Conducted in Little Rock, AR.

Allman, BR. (Presented 2019). Just a Jock with a Lot of Questions. *Career Trajectory Presentation, Exploring Topics in Food Science, University of Arkansas Fayetteville*. Conducted in Fayetteville, AR.

Allman BR, Andres A, Diaz Fuentes EC, and Børshiem E. (Presented 2019). Plant Protein Intake is a Positive Indicator of Insulin Sensitivity Measures during Late Pregnancy. *Arkansas Exercise and Nutrition Research Symposium: The Science of Diet and Exercise*. Conducted in Fayetteville, AR.

Allman BR. (Presented 2018). The Effect of Protein Timing and Resistance Exercise on Lipolysis and Fat Oxidation in Resistance-Trained Women. *Doctoral Defense, Florida State University*. Conducted in Tallahassee, FL.

Allman BR. (Presented 2018). The Effect of Protein Timing and Resistance Exercise on Lipolysis and Fat Oxidation in Resistance-Trained Women. *College of Human Sciences Research Showcase, Florida State University*. Conducted in Tallahassee, FL.

Allman, BR. (Presented 2018). The Effect of Protein Timing and Resistance Exercise on Lipolysis and Fat Oxidation in Resistance-Trained Women. *Ingestive Behavior Group Seminar, Florida State University*. Conducted in Tallahassee, FL.

Allman BR. (Presented 2013). The Relationship between Habitual Sodium and Potassium Intake on Vascular Function in Healthy, Older Adults. *Thesis Defense, University of Delaware*. Conducted in Newark, DE.

Allman, BR. (Presented 2011). The Physiological and Psychological Differences between an Aerobic Based Program and a Yoga Based Program on Breast Cancer Patients. *Undergraduate Scholars Forum, Indiana University of Pennsylvania*. Conducted in Indiana, PA.

Allman, BR. (Presented 2010). The Physiological and Psychological Differences between an Aerobic Based Program and a Yoga Based Program on Breast Cancer Patients. *Indiana University of Pennsylvania Ronald E. McNair Post-Baccalaureate Achievement Program's End of the Year Symposium*. Conducted in Indiana, PA.

ACADEMIC SERVICE AND LEADERSHIP

Department

- 2024 Member, Department Promotion Committee, Department of Exercise and Sport Science, University of Central Arkansas
- 2022 to 2023 Chair: Social Media Committee, Department of Exercise and Sport Science, University of Central Arkansas

College

- 2024 to - College Research Committee, College of Health and Behavioral Sciences, University of Central Arkansas
- 2023 to - Chair: Interprofessional Education Committee, Department of Exercise and Sport Science, University of Central Arkansas

University

- 2024 to - University of Central Arkansas Women's Soccer Faculty Athletic Mentor
- 2016 Appointed Member: Grievance Committee, Florida State University (Tallahassee, FL)
- 2017 to 2018 Reviewer: CHS Dissertation Award Program (DAP) Committee, Florida State University (Tallahassee, FL)
- 2016 to 2017 Undergraduate Research Opportunity Program (UROP) Mentor: Kailee Hernandez, Florida State University (Tallahassee, FL)

Professional

- 2023 to 2026 National Strength and Conditioning Association (NSCA) State/Provincial Director (SPD) for Arkansas SPD Program

- 2021 to - Education Liaison: Arkansas State Advisory Board, National Strength and Conditioning Association
- 2020 to 2022 Journal Reviewer, *Journal of Molecular Endocrinology*, Society for Endocrinology
- 2020 to 2022 Journal Reviewer, *Nutrients*, Multidisciplinary Digital Publishing Institute
- 2019 to 2022 Journal Reviewer, *Journal of Physical Activity and Health*, Human Kinetics
- 2019 to 2022 Journal Reviewer, *Journal of Strength and Conditioning Research*, National Strength and Conditioning Association
- 2018 to 2022 Chair: Social Media Outreach and Membership Sub-committee, Pregnancy and Postpartum Special Interest Group, American College of Sports Medicine
- 2018 to 2022 Member: Steering Committee, Pregnancy and Postpartum Special Interest Group, American College of Sports Medicine
- 2018 to 2022 Journal Reviewer, *Advances in Nutrition: an International Review Journal*, American Society for Nutrition
- 2018 to 2022 Journal Reviewer, *Journal of the International Society of Sports Nutrition*, International Society of Sports Nutrition
- 2018 to 2022 Journal Reviewer, *Strength and Conditioning Journal*, National Strength and Conditioning Association
- 2018 to 2022 Grant Reviewer, National Strength and Conditioning Association Graduate Research Grant Program, National Strength and Conditioning Association
- 2017 to 2019 Student Representative: Nutrition, Metabolism, and Body Composition Special Interest Group, National Strength and Conditioning Association

HEALTH AND FITNESS PROFESSIONAL EXPERIENCE

- 2023 to 2024 Ablaze Fitness (Cabot, AR)
Group Fitness Instructor: Yoga
- 2022 to 2023 Cabot Veteran's Park Community Center (Cabot, AR)
Group Fitness Instructor: Yoga
- 2021 to 2022 Breakout Lifestyle Fitness (Little Rock, AR)
Senior Innovative Scientist and Group Fitness Instructor
- 2021 to 2021 OrangeTheory Fitness (Little Rock, AR)
Head Coach
- 2021 to 2022 LIVESTRONG.com
Medical Reviewer
- 2020 to 2021 BENT by Knowledge (Little Rock, AR)
Podcast Host
- 2019 to 2021 Wellness Revolution (Little Rock, AR)
Group Fitness Instructor: Hot Vinyasa Flow Yoga
- 2019 to 2020 Clubhaus Fitness (Little Rock, AR)
Group Fitness Instructor: Hot Vinyasa Flow Yoga and Kids Yoga
- 2018 to 2021 OrangeTheory Fitness (Little Rock, AR)
Group Fitness Instructor: High Intensity Interval Training
- 2016 to 2017 Zicro Academy (Tallahassee, FL)
Group Fitness Instructor: Kickboxing
- 2015 to 2018 OrangeTheory Fitness (Tallahassee, FL)
Group Fitness Instructor: High Intensity Interval Training
- 2013 to 2015 Success Athletic Training (Tallahassee, FL)
Personal Trainer
Group Exercise Instructor: High and Low Impact
- 2013 RAW Tennis and Fitness (Newark, DE)
Personal Trainer
Group Fitness Instructor: Low Impact and Sports Training
- 2012 to 2013 Wholistic Fitness (Lansdale, PA)
Group Fitness Instructor: Boot Camp, Heavy Bag Kickboxing, and TRX
- 2011 to 2012 North Penn YMCA (Lansdale, PA)
Wellness Desk
Group Fitness Instructor: Les Mills Body Pump
- 2011 Action Personal Training (Doylestown, PA)
Personal Training

Boot Camp Intern

2010 to 2011 Gorell Windows and Doors (Indiana, PA)
Corporate Fitness Center Associate
Group Fitness Instructor

2009 to 2011 YMCA of Indiana County (Indiana, PA)
Personal Trainer

COMMUNITY SERVICE AND LEADERSHIP

2020 Chair, Member Services: Computer Coordinator, Junior League of Little Rock (Little Rock, AR)

2020 Chair, Logistics Committee of the Holiday House Event, Junior League of Little Rock (Little Rock, AR)

2019 to 2021 Big Sister, Community-Based Program, Big Brothers Big Sisters of Central Arkansas (Little Rock, AR)

2019 to 2020 Yoga Instructor, Ronald McDonald House Charities (Little Rock, AR)

2019 to 2020 Chair Elect, Member Services: Computer Coordinator, Junior League of Little Rock (Little Rock, AR)

2019 to 2020 Chair Elect, Logistics Committee of the Holiday House Event, Junior League of Little Rock (Little Rock, AR)

2018 to 2020 Member, Junior League of Little Rock (Little Rock, AR)

2017 to 2018 Co-Chair, Teen Board Committee, Junior League of Tallahassee, (Tallahassee, FL)

2016 to 2018 Big Sister, Community-Based Program, Big Brothers Big Sisters of the Big Bend (Tallahassee, FL)

2016 to 2017 Co-Chair, PACE Committee, Junior League of Tallahassee (Tallahassee, FL)

2015 to 2017 Nutrition Seminar Speaker, Element3 Fit Ministry, Element3 Church (Tallahassee, FL)

2015 to 2018 Member, Junior League of Tallahassee (Tallahassee, FL)

2015 Coach, Desoto Trail Elementary, Girls on the Run Tallahassee (Tallahassee, FL)

2013 to 2017 Big Sister, Mentor 2.0 Program, Big Brothers Big Sisters of the Big Bend (Tallahassee, FL)