



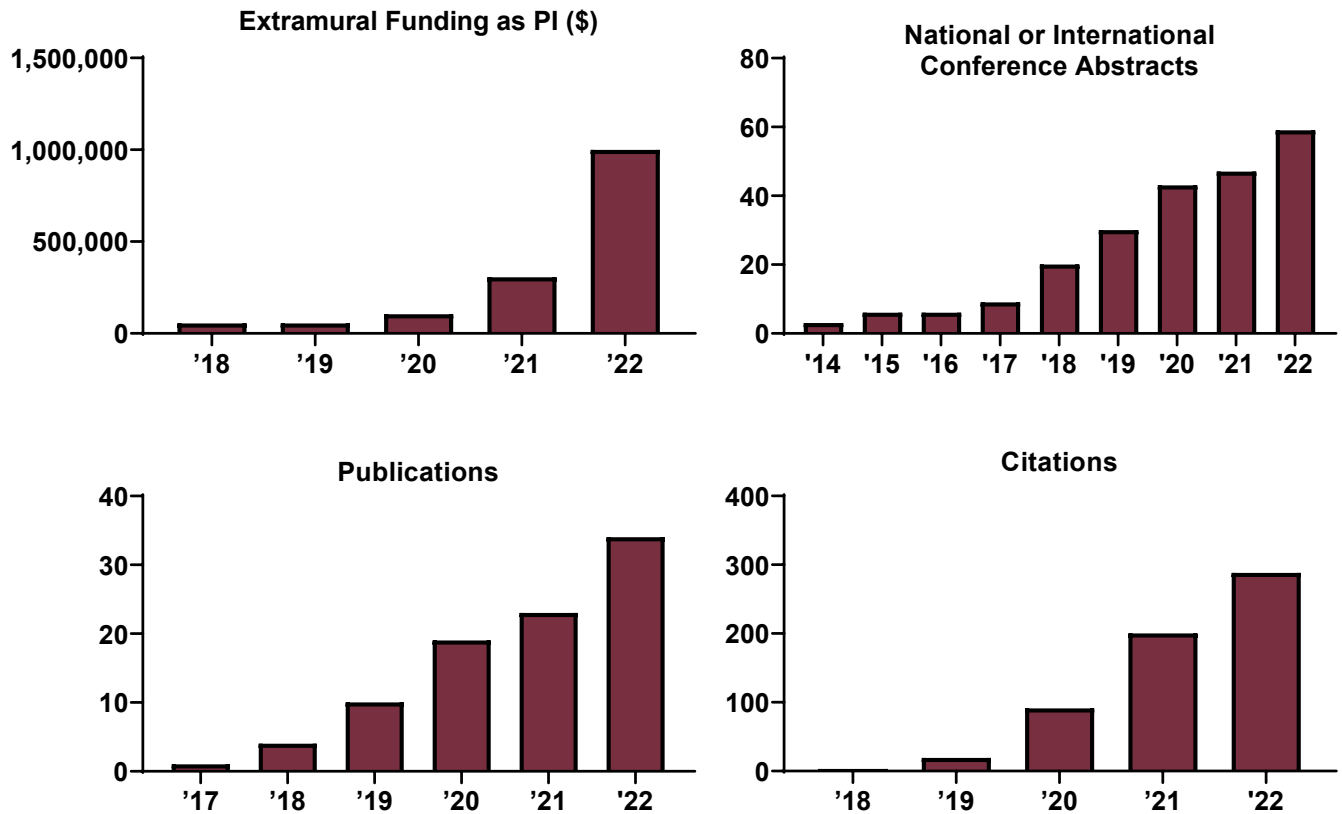
JOSEPH C. WATSO, Ph.D.
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Curriculum Vitae Contents

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PROFESSIONAL SUMMARY (as of Nov 2022)

Cumulative productivity:



Written summary:

\$998,936 in extramural funds awarded

35 peer-reviewed publications

319 citations

i10-index (8)

h-index (9)

Links:

[My ORCID](#)

[My Google Scholar](#)

[My NIH RePORTER](#)

[My PubMed Bibliography](#)

[Cardiovascular & Applied Physiology \(CAP\) Laboratory site](#)

EDUCATION

- Doctor of Philosophy in Applied Physiology** Aug. 2015 - May 2019
University of Delaware, Newark, DE
- Bachelor of Science in Exercise Science** Aug. 2011 - May 2015
Salisbury University, Salisbury, MD

POSITIONS

- Assistant Professor** Jul. 2022 - present
Department of Nutrition & Integrative Physiology
College of Health & Human Sciences, Florida State University
- Instructor (Research Track)** Mar. 2022 - Jun. 2022
Department of Applied Clinical Research
University of Texas Southwestern Medical Center
Institute for Exercise & Environmental Medicine, Texas Health Presbyterian Hospital
- Postdoctoral Fellow** Jul. 2019 - Mar. 2022
Mentor: Craig G. Crandall, PhD
Department of Internal Medicine
University of Texas Southwestern Medical Center
Institute for Exercise & Environmental Medicine, Texas Health Presbyterian Hospital
- Graduate Research Assistant** Aug. 2015 - Jun. 2019
Mentor: William B. Farquhar, PhD
Department of Kinesiology and Applied Physiology
College of Health Sciences, University of Delaware
- Graduate Teaching Assistant** Aug. 2015 - May 2018
Laboratory Courses: Anatomy and Physiology I & II, Clinical Exercise Physiology
Department of Kinesiology and Applied Physiology, University of Delaware
- Supplemental Instructor** Aug. 2014 - May 2015
Courses: Exercise Physiology, Sports Nutrition
Department of Health and Sport Sciences, Salisbury University
- Undergraduate Research Assistant** Jan. 2013 - Jun. 2015
Mentor: Scott A. Mazzetti, PhD
Laboratory for Human Performance
Department of Health and Sport Sciences, Salisbury University

EXTRAMURAL FUNDING

Under Review

NIH NHLBI Extramural Loan Repayment Program for Clinical Researchers (Renewal; Application ID: 10743931)

Role: Principal Investigator (Mentor: Robert Hickner, Ph.D.)
Project Title: Time-Efficient Inspiratory Muscle Strength Training as a New Approach to Lower Blood Pressure, Improve Respiratory Function, and Reduce Exertional Dyspnea in Adults with Obesity
Dates of Award: 9/1/2023 - 8/31/2025
Project Goals: To determine whether eight weeks of inspiratory muscle strength training lowers blood pressure, increases inspiratory muscle strength, and improves physiological and perceptual responses during acute aerobic exercise in adults with obesity.
Award Amount: \$8,742

American Heart Association Career Development Award (Proposal ID: 23CDA1037938)

Role: Principal Investigator
Project Title: A New Time-Efficient Respiratory Training to Improve Blood Pressure and Vascular Function in Adults with Obesity
Dates of Award: 4/1/2023 - 3/31/2026
Project Goals: To determine whether eight weeks of inspiratory muscle strength training lowers blood pressure, increases vascular function, improves respiratory function, and improves cardiorespiratory/perceptual responses during acute aerobic exercise in adults with obesity.
Award Amount: \$231,000 (requested)
**scored at, but not within, funding line (score 29%; funding line 29%) in 2022*

Current Support

NIH NHLBI Mentored Career Development Award to Promote Faculty Diversity in Biomedical Research (K01 HL160772-A0)

Role: Principal Investigator
Project Title: [Time-Efficient Inspiratory Muscle Strength Training as a New Approach to Lower Blood Pressure, Improve Respiratory Function, and Reduce Exertional Dyspnea in Adults with Obesity](#)
Dates of Award: 7/1/2022 - 6/30/2027
Project Goals: To determine whether eight weeks of inspiratory muscle strength training lowers blood pressure, increases inspiratory muscle strength, and improves physiological and perceptual responses during acute aerobic exercise in adults with obesity.
Award Amount: \$693,342

Department of Defense - US Army (W81XWH-22-C-0004)

Role: Co-Investigator (PI: Craig G. Crandall, Ph.D.)
Project Title: Sublingual sufentanil in the pre-hospital setting: Effects on hemorrhage tolerance
Dates of Award: 2/1/2022 - 8/31/2023
Project Goals: To determine whether sublingual sufentanil reduces tolerance to simulated hemorrhage and alters autonomic cardiovascular regulation.
Award Amount: \$291,424

Previous Support

NIH NHLBI Extramural Loan Repayment Program for Clinical Researchers (L30 HL154189-A0)

Role: Principal Investigator (Mentors: Craig Crandall, Ph.D.; 7-8/22 Chester Ray, Ph.D.)
Project Title: Ketamine-induced Hypertensive Episodes: Adverse Central and Peripheral Neurovascular Actions
Dates of Award: 9/1/2020 - 8/31/2022
Project Goals: To determine whether low-dose ketamine impairs autonomic cardiovascular function in healthy humans.
Award Amount: \$9,041

NIH NHLBI NRSA Individual Postdoctoral Fellowship (F32 HL154559-A1)

Role: Principal Investigator (Mentor: Craig G. Crandall, Ph.D.)
Project Title: [Ketamine-induced Hypertensive Episodes: Adverse Central and Peripheral Neurovascular Actions](#)
Dates of Award: 6/1/2021 - 5/31/2024 (*relinquished 3/6/2022)
Project Goals: To determine whether low-dose ketamine impairs autonomic cardiovascular function in healthy humans.
Award Amount: \$200,946
**Declined final 27 months of funding after promotion to a faculty position*

American Physiological Society Postdoctoral Fellowship

Role: Principal Investigator (Mentor: Craig G. Crandall, Ph.D.)
Project Title: [Ketamine-induced Hypertensive Episodes: Adverse Central and Peripheral Neurovascular Actions](#)
Dates of Award: 11/1/2020 - 10/31/2021 (*relinquished 5/31/2021)
Project Goals: To determine whether low-dose ketamine impairs autonomic cardiovascular function in healthy humans.
Award Amount: \$50,000
**Declined final five months of funding for NIH NHLBI F32 starting June 1, 2021*

NIH NIGMS Research Supplement to Promote Diversity in Health-Related Research

Role: Postdoctoral Fellow (PI: Craig G. Crandall)
Project Title: Exercise in Burn Survivors
Project Goals: To determine whether thermoregulatory function is impaired in non-grafted, burn-injured skin in well-healed burn survivors.
Parent Grant: \$2,125,160 funded 8/1/2020 - 6/30/2024 (R01 GM068865-13A1)
Award Amount: \$254,459 (supplement only)
**Declined 24 months of funding for NIH NHLBI F32 starting June 1, 2021*

American Heart Association Predoctoral Fellowship (18PRE33960329 - resubmission)

Role: Principal Investigator (Mentor: William B. Farquhar, Ph.D.)
Project Title: Neurovascular Responses to Mild Dehydration in Young & Old Adults
Project Goals: To determine whether short-term water restriction affects resting and reflex neural control of the circulation in aging.
Award Amount: \$54,648
**Declined 24 months of funding for University of Delaware Doctoral Fellowship (see 'Intramural funding')*

Grants Scored but Not Funded

NIH NIDA Exploratory/Developmental Research Grant Award (R21 DA052730-A1) (Role: Co-I)

Nov 2020 resubmission (impact score 36, pay line 18)

\$425,477 requested

American Autonomic Society Postdoctoral Fellowship (Role: PI)

Jan 2019 submission scored 23/30 [high score better] - only one fellowship was funded this year

\$50,000 requested

American College of Sports Medicine Foundation Research Grant (Role: PI)

Jan 2018 resubmission from Jan 2017 scored 4/9 - scores of 3 and below were funded

\$5,000 requested

INTRAMURAL FUNDING

Current Support

Florida State University Start-up Funds

Department: Nutrition and Integrative Physiology

College: Health and Human Sciences

Semester Awarded: Summer 2022

Award Amount: \$600,000

Previous Support

University of Delaware Doctoral Fellowship (Office of Graduate and Professional Education)

Role: Principal Investigator (Mentor: William B. Farquhar, Ph.D.)

Project Title: Neurovascular Regulation During Short-term Water Restriction

Dates of Award: 7/1/2018 - 6/30/2019

Project Goals: To determine whether short-term water restriction affects resting and reflex neural control of the circulation in aging.

Award Amount: \$30,000

ORIGINAL RESEARCH PUBLICATIONS

1. Lincoln ZR, Blumenburg WT, Cross BL, Vondrasek J, **Watso JC**, Flatt AA, Robinson AT, Grosicki GJ. [Habituation Attenuates the Sex-Specific Associations Between Ischemic Pain, Blood Pressure, and Arterial Stiffness in Young Adults](#). *AJP-Heart*. (H-00567-2022)
2. **Watso JC**, Romero SA, Moralez G, Huang M, Cramer MN, Jaffery MF, Balmain BN, Wilhite DP, Babb TG, Crandall CG. [Six Months of Exercise Training Improves Ventilatory Responses During Exercise in Adults with Well-healed Burn Injuries](#). *Med Sci Sports Exerc*. (accepted; MSSE-S-22-00016)
3. **Watso JC**, Romero SA, Moralez G, Huang M, Cramer MN, Johnson E, Crandall CG. [Six Months of Unsupervised Exercise Training Lowers Blood Pressure During Moderate, But Not Vigorous, Aerobic Exercise in Adults with Well-healed Burn Injuries](#). *J Appl Physiol*. 2022 Aug 11. Online ahead of print. PMID: 35952345.
4. **Watso JC**, Belval LN, Cimino FA, Orth BD, Hendrix JM, Huang M, Johnson E, Foster J, Hinojosa-Laborde C, Crandall CG. [Low-Dose Morphine Reduces Pain Perception and Blood Pressure, but Not Muscle Sympathetic Outflow, Responses During the Cold Pressor Test](#). *Am J Physiol Heart Circ Physiol*. 2022 Jul 1;323(1): H223-H234. PMID: 35714174.

5. **Watso JC**, Belval LN, Cimino FA, Orth BD, Hendrix JM, Huang M, Johnson E, Foster J, Hinojosa-Laborde C, Crandall CG. [Low-Dose Morphine Reduces Tolerance to Central Hypovolemia in Healthy Adults Without Affecting Muscle Sympathetic Outflow](#). *Am J Physiol Heart Circ Physiol*. 2022 Jul 1;323(1): H89-H99. PMID: 35452317.
6. Foster J, **Watso JC**, Crandall CG. [Evidence for Chronotropic Incompetence in Well Healed Burn Survivors](#). *J Burn Care Res*. 2022 Apr 23; Online ahead of print. PMID: 35460226.
7. **Watso JC**, Romero SA, Morales G, Huang M, Cramer MN, Jaffery MF, Balmain BN, Wilhite DP, Babb TG, Crandall CG. [Adults with Well-healed Burn Injuries Have Lower Pulmonary Function for Decades After Injury](#). *Physiol Rep*. 2022 May;10(10):e15264. PMCID: PMC9114657.
8. Barnett, AM, Babcock MC, **Watso JC**, Migdal, KU, Gutiérrez OM, Farquhar WB, Robinson AT. [High Dietary Salt Intake Increases Urinary NGAL Excretion and Creatine Clearance in Healthy Young Adults](#). *Am J Physiol Renal Physiol*. 2022 Apr 1;322(4):F392-F402. PMID: 35157527.
9. **Watso JC**[†], Huang M[†], Belval LN, Cimino FA, Jarrard CP, Hendrix JM, Hinojosa-Laborde C, Crandall CG. [Low-Dose Fentanyl Reduces Pain Perception, Muscle Sympathetic Nerve Activity Responses, and Blood Pressure Responses During a Cold Pressor Test](#). [†]equal contribution as co-first authors. *Am J Physiol Regul Integr Comp Physiol*. 2022 Jan 1;322(1):R64-R76. PMID: 34851729.
10. Huang M[†], **Watso JC**[†], Belval LN, Cimino FA, Fischer M, Jarrard CP, Hendrix JM, Hinojosa-Laborde C, Crandall CG. [Low-Dose Fentanyl Does Not Alter Muscle Sympathetic Nerve Activity, Blood Pressure, or Tolerance During Progressive Central Hypovolemia](#). [†]equal contribution as co-first authors. *Am J Physiol Regul Integr Comp Physiol*. 2022 Jan 1;322(1):R55-R63. PMID: 34851734. [showcased as an APSselect article]
11. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Babcock MC, Lennon SL, Martens CR, Serrador JM[†], Farquhar WB[†]. [Ten Days of High Dietary Sodium Does Not Impair Cerebral Blood Flow Regulation in Healthy Adults](#). [†]equal contributions as co-senior authors. *Auto Neurosci*. 2021 Sep;234:102826. PMID: 34058717. PMCID: PMC8315190.
12. **Watso JC**, Babcock MC, Migdal KU, Farquhar WB, Robinson AT. [The Relation Between Habitual Physical Activity and Sympathetic Vascular Transduction in Healthy Young Adults](#). *Clin Auton Res*. 2021 Apr;31(2):335-337. PMID: 33475888. [Letter]
13. **Watso JC**[†], Huang M[†], Morales GM, Cramer MN, Hendrix JM, Cimino FA, Belval LN, Hinojosa-Laborde C, Crandall CG. [Low Dose Ketamine Reduces Pain Perception and Blood Pressure, but Not Muscle Sympathetic Nerve Activity, Responses During a Cold Pressor Test](#). [†]equal contributions as co-first authors. *J Physiol*. 2021 Jan;599(1):67-81. PMID: 33017047.
14. Huang M, **Watso JC**, Morales GM, Cramer MN, Hendrix JM, Yoo JK, Badrov MB, Fu Q, Hinojosa-Laborde C, Crandall CG. [Low Dose Ketamine Affects Blood Pressure, but not Muscle Sympathetic Nerve Activity, during Progressive Central Hypovolemia without Altering Tolerance](#). *J Physiol*. 2020 Dec;598(24):5661-5672. PMID: 33084081.
*Feature article for Journal Club commentary; PMID: 33450043.
15. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Lennon SL, Martens CR, Serrador JM, Farquhar WB. [A High Salt Meal Does Not Impair Cerebrovascular Reactivity in Healthy Young Adults](#). *Physiol Rep*. 2020 Oct;8(19):e14585. PMID: 33038066.

16. **Watso JC**, Robinson AT, Babcock MC, Migdal KU, Witman MAH, Wenner MM, Stocker SD, Farquhar WB. [Short-term Water Deprivation Attenuates the Exercise Pressor Reflex in Older Female Adults](#). *Physiol Rep*. 2020 Sep;8(18):e14581. PMID: PMC7510566.
17. Belval LN, Cramer MN, Morales GM, Huang M, Cimino FA, **Watso JC**, Crandall CG. [Interaction Between Exercise Intensity and Simulated Burn Size on Thermoregulation](#). *Med Sci Sports Exerc*. 2021 Feb 1;53(2):367-374. PMID: 32826639.
18. Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Martens CR, Pescatello LS, Edwards DG, Farquhar WB. [High Salt Intake Augments Blood Pressure Responses During Submaximal Aerobic Exercise](#). *Journal of the American Heart Association*. 2020 May 18;9(10):e015633. PMID: 32406312.
19. Fischer M[†], Cramer MN[†], Huang M, Belval LN, **Watso JC**, Cimino FA, Crandall CG. [Burn Injury Does Not Exacerbate Heat Strain During Exercise While Wearing Body Armor](#). [†]equal contributions as co-first authors. *Med Sci Sports Exerc*. 2020 Oct;52(10):2235-2241. PMID: 32936596.
20. Migdal KU, Babcock MC, Robinson AT, **Watso JC**, Wenner MM, Stocker SD, Farquhar WB. [The Impact of High Dietary Sodium Consumption on Blood Pressure Variability in Healthy, Young Adults](#). *American Journal of Hypertension*. 2020 Apr 29;33(5):422-429. PMID: 32006422.
21. **Watso JC**, Robinson AT, Babcock MC, Migdal KU, Wenner MM, Stocker SD, Farquhar WB. [Short-term Water Deprivation Does Not Increase Blood Pressure Variability or Impair Neurovascular Function in Healthy Young Adults](#). *Am J Physiol Regul Integr Comp Physiol*. 2020 Jan 1;318(1):R112-R121. PMID: 31617739.
22. Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Martens CR, Pescatello LS, Edwards DG, Farquhar WB. [Salt Loading Blunts Central and Peripheral Postexercise Hypotension](#). *Med Sci Sports Exerc*. 2020 Apr;52(4):935-943. PMID: 31609296.
23. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Serrador JM, Farquhar WB. [A High Salt Meal Does Not Augment Blood Pressure Responses During Maximal Exercise](#). *Appl Physiol Nutr Metab*. 2020 Feb;45(2):123-128. PMID: 31238011.
24. **Watso JC**, Babcock MC, Robinson AT, Migdal KU, Wenner MM, Stocker SD[†], Farquhar WB[†]. [Water Deprivation Does Not Augment Sympathetic or Pressor Responses to Sciatic Afferent Nerve Stimulation in Rats or to Static Exercise in Humans](#). [†]equal contributions as co-senior authors. *J Appl Physiol*. 2019 Jul 1;127(1):235-245. PMID: PMC6692747.
25. Robinson AT, **Watso JC**, Babcock MC, Joyner MJ, Farquhar WB. [Record-Breaking Performance in a 70-Year-Old Marathoner](#). *N Engl J Med*. 2019 Apr 11;380(15):1485-1486. PMID: 30970198. [Letter]
26. Robinson AT, Babcock MC, **Watso JC**, Brian MS, Migdal KU, Wenner MM, Farquhar WB. [Relation Between Resting Sympathetic Outflow & Vasoconstrictor Responses to Sympathetic Nerve Bursts: Sex Differences in Healthy Young Adults](#). *Am J Physiol Regul Integr Comp Physiol*. 2019 May 1;316(5): R463-R471. PMID: PMC6589599.
27. Babcock MC[†], Robinson AT[†], Migdal KU, **Watso JC**, Wenner MM, Stocker SD, Farquhar WB. [Reducing Dietary Sodium to 1000 mg per day Reduces Neurovascular Transduction without Stimulating Sympathetic Outflow](#). [†]equal contributions as co-first authors. *Hypertension*. 2019 Mar;73(3):587-593. PMID: PMC6374182.

28. Babcock MC, Brian MS, **Watso JC**, Edwards DG, Stocker SD, Wenner MM, Farquhar WB. [Alterations in Dietary Sodium Intake Affect Cardiovascular Baroreflex Sensitivity](#). *Am J Physiol Regul Integr Comp Physiol*. 2018 Oct 1;315(4): R688-R695. PMID: PMC6230891.
29. Brian MS, Matthews EL, **Watso JC**, Babcock MC, Wenner MM, Rose WC, Stocker SD, Farquhar WB. [The Influence of Acute Elevations in Plasma Osmolality and Serum Sodium on Sympathetic Outflow and Blood Pressure Responses to Exercise](#). *J Neurophysiol*. 2018 Apr 1;119(4):1257-1265. PMID: PMC5966729.

REVIEW ARTICLES & COMMENTARIES

30. Stark TR, Davidson NL, Buckenmaier C, Butler FK, Cannon JW, Clifford JL, Crandall C, Mabry RL, McLean BC, Paul JW, Polk TM, Ryan KL, Shackelford SA, Tiede JM, Stallings JD, Cap AP, and the *Battlefield Pain Research Steering Committee and Panel Discussion Members*: Curell A, Custodio-Goncalves L, Djangal ST, Gerhart RT, Grigsby E, Hargreaves KM, Highland K, Hill-Pryor C, Holt E, Kahn AA, Maitha JC, Montgomery H, Murray P, Por ED, Reed JL, Salas M, Sosanya N, Vogel J, **Watso JC**. [Battlefield Pain Summit 2022: Expert Consensus Statements](#). *J Trauma Acute Care Surg*. 2022 Aug 1;93(2S Suppl 1): S12-S15. PMID: 35667094.
31. Robinson AT, Wenner MM, Bunsawat K, **Watso JC**, Giersch GEW, Charkoudian N. [When it's time for the sex talk, words matter](#). Perspective; Call for Papers: Considering Sex as a Biological Variable in Cardiovascular Research. *Am J Physiol Heart Circ Physiol*. 2022 Jan 1;322(1): H66-H70. PMID: 34797173.
32. **Watso JC**, Farquhar WB. [Hydration Status and Cardiovascular Function](#). Special Issue: Water Intake, Body Water Regulation, and Health. *Nutrients*. 2019 Aug 11;11(8). Review. PMID: PMC6723555. [Feature paper; Review article]
33. Holmer BJ, **Watso JC**, Robinson AT. [Novel Fueling Strategies for Exercise Performance: Can Exogenous Ketone Esters be the Answer to Prevent Overtraining?](#) *J Physiol*. 2019 Sep;597(17):4439-4440. PubMed PMID: 31339176. [Commentary]
34. Babcock MC, **Watso JC**. [Absent Metaboreflex-induced Increases in Sympathetic Outflow to Contracting Muscle](#). *J Physiol*. 2018 Jun;596(12):2281-2282. PMID: PMC6002219. [Commentary]
35. **Watso JC**, Babcock MC, Migdal KU, Robinson AT. [The Baroreflex Effectiveness Index as an Early Marker of Autonomic Dysfunction in Heart Failure](#). *J Physiol*. 2017 Aug 1;595(15):5013-5014. PMID: PMC5538201. [Commentary]

ARTICLES UNDER REVIEW

36. **Watso JC**, Huang M, Hendrix JM, Belval LN, Moralez GM, Cramer MN, Foster J, Hinojosa-Laborde C, Crandall CG. [Comparing the Effects of Low-Dose Ketamine, Fentanyl, and Morphine on Hemorrhagic Tolerance and Analgesia in Humans](#). (In review, Submission ID: 223370182, *Prehospital Emergency Care*) resubmitted 9/15/2022
37. Linder BA, Babcock MC, Pollin KU, **Watso JC**, Robinson AT. [Short-term high salt intake does not influence resting or exercising heart rate variability but increases MCP-1 concentration in healthy young adults](#). (Under revision, R-00240-2022, *AJP-Reg*)

38. Foster J, Balmain BN, Wilhite DP, **Watso JC**, Babb TG, Cramer MN, Belval LN, Crandall CG. Inhibiting sweat evaporation augments the ventilatory response to exercise. (In revision, *JAPPL-00597-2022; J Appl Physiol*)

HONORS & AWARDS

Adolfo M. Hernández Memorial Award	2022
Outstanding Research by a Professional, ACSM Environmental and Occupational Physiology	
1st Place - ACSM/APS Integrative Physiology of Exercise Quiz Bowl	2020
Laboratory for Human Performance Alumni, Salisbury University	
ABRCMS Judge’s Travel Award (three times)	2020, 2021, 2022
Annual Biomedical Research Conference for Minoritized Students	
Postdoctoral Association Travel Award	2020
UT-Southwestern Medical Center (one of seven awardees)	
1st Place - Graduate Student Poster Award	2018
Center for Cardiovascular Health Symposium	
MARC-ACSM Doctoral Student Investigator Award Finalist (twice)	2017, 2018
Mid-Atlantic Chapter American College of Sports Medicine Research Committee	
Departmental Travel Award (twice)	2017, 2018
Department of Kinesiology and Applied Physiology, University of Delaware	
Professional Development Award (twice)	2017, 2018
Office of Graduate & Professional Education, University of Delaware	
1st Place - ACSM Academic Student Bowl	2014 (Regional), 2015 (National)
Laboratory for Human Performance, Salisbury University	
Undergraduate Student Academic Research Award	2014
Undergraduate Student Academic Research Award Committee, Salisbury University	
Sea Gull Century Scholarship	2014
Salisbury University Foundation, Inc.	
National Conference for Undergraduate Research Travel Grant	2014
Department of Health & Sport Sciences, Salisbury University	
MARC-ACSM Academic Student Bowl Finalist	2013

INVITED ORAL PRESENTATIONS

1. *Which lifestyle habits matter most for optimal cardiovascular function?* Tallahassee Memorial Hospital Metabolic Health Center - Obesity Medicine Program. September 8th, 2022. Tallahassee, Florida.
2. *Water Intake and Cardiovascular Function.* Hydration 4 Health Virtual Conference. June 22nd, 2022. Hosted in France.

3. *The Effect of Diet, Drugs, and Novel Lifestyle Interventions on Cardiovascular Function*. Center for Exercise Science Seminar Series. Department of Applied Physiology and Kinesiology, University of Florida. December 9th, 2021. Gainesville, Florida.
4. *The Effect of Diet, Drugs, and Novel Lifestyle Interventions on Cardiovascular Function*. Department of Nutrition and Integrative Physiology, Florida State University. November 18th, 2021. Tallahassee, Florida.
5. *Adults with Well-healed Burn Injuries Have Reduced Pulmonary Function for Decades After Injury*. Lamar University Research Conference. October 30th, 2021. Live Video Format.
6. *The Effect of Low Dose Ketamine Administration on Cerebrovascular Function During Simulated Hemorrhage in Humans*. Virtual Session: Cerebral Blood Flow Responses During Hemorrhage; organized by Caroline Rickards, Ph.D., and Patrice Brassard, Ph.D. July 1st, 2019. Live Video Format.
7. *Rapid Exercise Blood Pressure Responses During Mild Dehydration: Influence of Habitual Physical Activity*. University Foundation of the Andean Area, Postgraduate Exercise Physiology Program, Bogota, Colombia. Host: Cristian Yanez. April 30th, 2019. Live Video Format.
8. *The Effects of Elevated Serum Sodium Concentrations on the Exercise Pressor Reflex*. Institute for Exercise and Environmental Medicine. Host: Craig Crandall, Ph.D. December 13th, 2019. Dallas, TX.
9. *The Effects of Elevated Serum Sodium Concentrations on the Exercise Pressor Reflex*. The University of Colorado Boulder, Department of Integrative Physiology. Host: Douglas Seals, Ph.D. November 14th, 2019. Boulder, CO.

SCIENTIFIC MEETING ABSTRACTS

* indicates oral presentation

International Conferences (2 abstracts)

1. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Serrador JM, Farquhar WB. The Influence of Acute and Chronic Sodium on Cerebrovascular Reactivity. Brain & Brain PET 2019. Yokohama, Japan. July 2019. Published in *J Cerebral Blood Flow Metab*. Volume 39.
2. ***Watso JC**, Babcock MC, Robinson AT, Migdal KU, Wenner MM, Stocker SD, Farquhar WB. Water Deprivation Does Not Enhance Pressor Responses to Handgrip Exercise in Humans or Sciatic Nerve Stimulation in Rats. International Society for Autonomic Neuroscience, Nagoya, Japan. August 2017.

National Conferences (57 abstracts)

3. **Watso JC**, Romero SA, Morales G, Huang M, Cramer MN, Balmain BN, Wilhite DP, Babb TG, Crandall CG. Exercise Training Improves Ventilatory Efficiency During Exercise in Adults with Well-healed Severe Burn Injuries. American College of Sports Medicine - Integrative Physiology of Exercise. September 21-24, 2022. Baltimore, MD. (accepted; 22-IPE-A-91-ACSM)
4. Crandall CG, **Watso JC**, Huang M, Hendrix JM, Belval LN, Foster J, Hinojosa-Laborde C. Analgesics in the Pre-Hospital Setting: Effects of Ketamine, Fentanyl, and Morphine on Tolerance to Simulated Hemorrhage in Conscious Humans. American Autonomic Society Annual Meeting. November 2-5, 2022. Maui, Hawaii. (submitted)

5. McIntosh MC, Barnett AM, Linder BA, Culver MN, Jeong S, Tharpe MA, Hutchison ZJ, Fuller-Rowell TE, **Watso JC**, Robinson AT. Racial Differences in Urinary Hydration Markers, but not Creatinine Clearance or Urinary NGAL Excretion, in Healthy Young Adults. Control of Renal Function in Health and Disease Conference. June 26 - 30, 2022. Charlottesville, VA.
6. *Crandall CG, **Watso JC**, Huang M, Hendrix JM, Belval LN, Cimino FA, Foster J, Orth B, Hinojosa-Laborde C. Analgesics in the Pre-Hospital Setting: Effects of Ketamine, Fentanyl, and Morphine on Tolerance to Simulated Hemorrhage in Conscious Humans. Military Health System Research Symposium. September 12-15, 2022. Kissimmee, Florida. (*accepted*)
7. ***Watso JC**, Huang M, Belval LN, Cimino FA, Foster J, Orth B, Hendrix JM, Hinojosa-Laborde C, Crandall CG. Analgesics in the Pre-Hospital Setting: Effects on Tolerance to Simulated Hemorrhage in Conscious Humans. Battlefield Pain Research Summit; Progress and Challenges in Battlefield Pain Management. Virtual. January 2022.
8. *Jarrard CJ, Trotter CE, Crandall CG, **Watso JC**, Huang M. Lower Blood Pressure, But Not Muscle Sympathetic Nerve Activity, in Female Compared to Male Adults During Progressive Central Hypovolemia. Experimental Biology. Philadelphia, PA. April 2022.
*Featured Topic – *Highs and Lows in Autonomic Regulation of Blood Pressure: The Role of Biological Sex and Race.*
*2022 Environmental & Exercise Physiology - Women in Physiology Predoctoral Research Award
9. **Watso JC**, Belval LN, Foster J, Cimino FA, Orth BD, MacNamara JP, Sarma S, Crandall CG. Cardiac Adjustments During a Very Hot and Dry Heatwave Simulation in Older Adults. Experimental Biology. Philadelphia, PA. April 2022.
10. Foster J, Belval LN, **Watso JC**, Cimino FA, Orth BD, MacNamara JP, Sarma S, Crandall CG. Cardiac Adjustments During a Hot and Humid Heatwave Simulation in Older Adults. Experimental Biology. Philadelphia, PA. April 2022.
11. **Watso JC**, Romero SA, Morales G, Huang M, Cramer MN, Jaffery MF, Balmain BN, Wilhite DP, Babb TG, Crandall CG. Pulmonary Function After Six Months of Progressive Exercise Training in Adult Burn-injury Survivors. American College of Sports Medicine Annual Meeting. San Diego, CA. May 31 - June 4, 2022.
*Selected for the *Adolfo M. Hernández Memorial Award – Outstanding Research by a Professional for the ACSM Environmental and Occupational Physiology Interest Group*
12. Foster J, **Watso JC**, Crandall CG. Evidence for chronotropic incompetence in burn survivors during maximal cycling exercise. American College of Sports Medicine Annual Meeting. San Diego, CA. May 31 - June 4, 2022.
13. Tharpe MA, **Watso JC**, Babcock MC, Brian M, Linder BA, Pollin KU, Hutchison ZJ, Barnett AM, Farquhar W, Robinson AT. Adjusting for Exercise Intensity Attenuates Sex Differences in Blood Pressure During Exercise in Healthy Adults. American College of Sports Medicine Annual Meeting. San Diego, CA. May 31 - June 4, 2022.
14. Linder BA, **Watso JC**, Babcock MC, Pollin KU, Farquhar WB, Robinson AT. Short-term salt loading does not influence heart rate variability during submaximal exercise and recovery. American College of Sports Medicine Annual Meeting. San Diego, CA. May 31 - June 4, 2022.

15. **Watso JC**, Cimino FA, Belval LN, Huang M, Hendrix JM, Orth BD, Hinojosa-Laborde C, Crandall CG. The Effect of Low Dose Morphine on Cardiovascular Responses During Simulated Hemorrhage in Humans. American Autonomic Society Annual Meeting. Maui, Hawaii. November 2021. Published in *Clin Auton Res*. 2021 Sep 26;1-54. PMID: 34564798.
16. Tharpe MA, **Watso JC**, Babcock MC, Migdal KU, Wenner MM, Farquhar WB, Robinson AT. Physiological Determinants of Salt-sensitivity in Young Female Adults in a Randomized, Crossover, Controlled Feeding Study. Virtual American College of Sports Medicine. June 2021.
17. Barnett AM, Babcock MC, **Watso JC**, Migdal KU, Farquhar WB, Robinson AT. The Influence of Salt Loading on Glomerular Filtration Rate and Blood Pressure Variability in Healthy Young Adults. Virtual Experimental Biology. April 2021.
18. Crandall CG, Cramer MN, Belval LN, Huang M, Moralez G, **Watso JC**, Kowalske KA. Burn survivors can participate in mild/moderate-intensity exercise in thermoneutral conditions without a risk of excessive elevations in body core temperature. Virtual American Burn Association. Chicago, IL. April 2021. [selected as one of the top six abstracts]
19. Shoemaker LN, Robinson AT, **Watso JC**, Greaney JL, Wenner MM. Influence of Sex on Neural Coding Strategies During Isometric Handgrip in Young Adults. Virtual American Autonomic Society Annual Meeting. Published in *Clin Auton Res*. November 2020.
20. ***Watso JC**, Huang M, Belval LN, Cimino FA, Hendrix JM, Hinojosa-Laborde C, Crandall CG. The Effect of Analgesic Fentanyl Administration on Sympathetic and Cardiovascular Responses in Humans During Simulated Hemorrhage. Virtual American Autonomic Society Annual Meeting. Published in *Clin Auton Res*. November 2020.
21. Shoemaker LN, Robinson AT, **Watso JC**, Greaney JL, Wenner MM. Aberrant Sympathetic Neural Recruitment Strategies During Exercise Pressor Reflex Activation in Postmenopausal Women. Virtual American Heart Association Hypertension Scientific Session. November 2020. Published in *Clin Auton Res*. November 2020.
22. Barnett AM, Babcock MC, **Watso JC**, Migdal KU, Farquhar WB, Robinson AT. The Influence of Salt Loading on the Kidney Injury Biomarker Neutrophil Gelatinase-Associated Lipocalin in Healthy Young Adults. Virtual Experimental Biology. April 2020. Published in *FASEB*, 34(1).
23. Fischer M, Cramer MN, Huang M, Belval LN, **Watso JC**, Cimino FA, Crandall CG. A Torso Burn Injury Does Not Exacerbate Thermoregulatory Strain During Exercise-Heat Stress While Wearing A Military Combat Uniform. Virtual Experimental Biology. San Diego, CA. April 2020. Published in *FASEB*, 34(1).
24. McMillan RK, Babcock MC, Migdal, KU Robinson AT, **Watso JC**, Wenner MM, Stocker SD, Farquhar WB. The Impact of Dietary Sodium on Sympathetic and Blood Pressure Reactivity Assessed using the Cold Pressor Test. Virtual Experimental Biology. April 2020. Published in *FASEB*, 34(1).
25. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Serrador JM, Farquhar WB. The Impact of High Dietary Sodium on Cerebral Blood Flow Regulation. Virtual Experimental Biology. April 2020. Published in *FASEB*, 34(1).

26. ***Watso JC**, Huang M, Moralez G, Cramer MN, Hendrix JM, Cimino FA, Belval LN, Hinojosa-Laborde C, Fu Q, Crandall CG. Blood Pressure Responses During a Cold Pressor Test Following Ketamine or Fentanyl Analgesic Administration. Virtual American College of Sports Medicine. May 2020. Published in *Med Sci Sports Exerc*, 52(7S).
27. *Huang M, **Watso JC**, Moralez G, Cramer MN, Hendrix JM, Fischer M, Belval LN, Cimino FA, Hinojosa-Laborde C, Crandall CG. Analgesics in the Pre-Hospital Setting: Fentanyl Does Not Alter Tolerance to Simulated Hemorrhage in Humans. Virtual American College of Sports Medicine. May 2020. Published in *Med Sci Sports Exerc*, 52(7S).
28. *Belval LN, Cramer MN, Huang M, Moralez G, Cimino FA, **Watso JC**, Crandall CG. Interaction Between Exercise Intensity and Burn Size on Body Temperature During Exercise in the Heat. Virtual American College of Sports Medicine. May 2020. Published in *Med Sci Sports Exerc*, 52(7S).
29. *Cimino FA, Cramer MN, Moralez G, Huang M, Belval LN, **Watso JC**, Crandall CG. The effect of burn location on internal body temperature responses during exercise in the heat. Virtual American College of Sports Medicine. May 2020. Published in *Med Sci Sports Exerc*, 52(7S).
30. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Serrador JM, Farquhar WB. The Relation Between Cardiorespiratory Fitness and Cerebral Blood Flow Regulation. Virtual American College of Sports Medicine. May 2020. Published in *Med Sci Sports Exerc*, 52(7S).
31. Crandall CG, Cramer MN, Huang M, Moralez G, Belval LN, **Watso JC**, Fischer M. Burn survivors can exercise for 30 min in the heat without a risk of excessive hyperthermia. Virtual American Burn Association. March 2020. Published in *Journal of Burn Care & Research*, Volume 41, Issue Supplement_1, Pages S48–S49.
32. *Migdal KU, **Watso JC**, Babcock MC, Robinson AT, Wenner MM, Stocker SD, Farquhar WB. The Effect of Dietary Sodium on Central Blood Pressure Variability in Young Adults. American Autonomic Society, Clearwater Beach, FL. November 2019.
33. **Watso JC**, Robinson AT, Babcock MC, Migdal KU, Farquhar WB. The Influence of Habitual Physical Activity on Arterial Baroreflex Sensitivity in Healthy Young Adults. American College of Sports Medicine, Orlando, FL. May 2019. Published in *Med Sci Sports Exerc*, 51(6S).
34. *Robinson AT, **Watso JC**, Babcock MC, Joyner MJ, Farquhar WB. Breaking3: Performance characteristics of a sub-three-hour septuagenarian marathoner. American College of Sports Medicine, Orlando, FL. May 2019. Published in *Med Sci Sports Exerc*, 51(6S).
35. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Serrador JM, Farquhar WB. The Influence of a High Sodium Meal on Cerebrovascular Reactivity. American College of Sports Medicine, Orlando, FL. May 2019. Published in *Med Sci Sports Exerc*, 51(6S).
36. Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Martens CR, Edwards DG, Pescatello, Farquhar WB. The Effect of Sodium Supplementation on Postexercise Hypotension Following Acute Submaximal Aerobic Exercise. American College of Sports Medicine, Orlando, FL. May 2019. Published in *Med Sci Sports Exerc*, 51(6S).
37. **Watso JC**, Babcock MC, Robinson AT, Migdal KU, Wenner MM, Stocker SD, Farquhar WB. The Effect of Age on Exercise Blood Pressure Responses Following Short-term Water Deprivation. Experimental Biology, Orlando, FL. April 2019. Published in *FASEB*, 33(1).

38. *Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Wenner MM, Stocker SD, Farquhar WB. Increased Dietary Salt Augments the Exercise Pressor Reflex. Experimental Biology, Orlando, FL. April 2019. Published in *FASEB*, 33(1).
39. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Serrador JM, Farquhar WB. A Single High Sodium Meal Impairs Dynamic Cerebral Autoregulation. Experimental Biology, Orlando, FL. April 2019. Published in *FASEB*, 33(1).
40. Robinson AT, Babcock MC, Migdal KU, **Watso JC**, Farquhar WB. The Influence of Dietary Sodium on Circulating Inflammatory Cytokines in Healthy Young Female Adults. Experimental Biology, Orlando, FL. April 2019. Published in *FASEB*, 33(1).
41. Robinson AT, Babcock MC, **Watso JC**, Migdal KU, Farquhar WB. The Effect of Habitual Physical Activity on Sympathetic Vascular Transduction. American Autonomic Society Annual Meeting. Newport Beach, CA. October 2018.
42. **Watso JC**, Robinson AT, Migdal KU, Babcock MC, Stocker SD, Wenner MM, Farquhar WB. Rapid Exercise Blood Pressure Responses During Mild Dehydration: Influence of Habitual Physical Activity. Integrative Physiology of Exercise Conference, San Diego, CA. September 2018.
43. Robinson AT, **Watso JC**, Babcock MC, Migdal KU, Stocker SD, Wenner MM, Farquhar WB. The Influence of Habitual Physical Activity on Blood Pressure Variability. Integrative Physiology of Exercise Conference, San Diego, CA. September 2018.
44. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Serrador JM, Farquhar WB. The Influence of Acute Dietary Sodium on Peak Exercise Blood Pressure. Integrative Physiology of Exercise. San Diego, CA. September 2018.
45. Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Farquhar WB. The Effects of High Dietary Sodium Intake on Blood Pressure Responses during Submaximal Aerobic Exercise. Integrative Physiology of Exercise. San Diego, CA. September 2018.
46. **Watso JC**, Babcock MC, Robinson AT, Migdal KU, Stocker SD, Wenner MM, Farquhar WB. Blood Pressure Reactivity During Short-term Water Restriction in Young Adults. American College of Sports Medicine, Minneapolis, MN. May 2018. Published in *Med Sci Sports Exerc*, Volume 50:5S.
47. Robinson AT, Migdal KU, Babcock MC, **Watso JC**, Wenner MM, Stocker SD, Farquhar WB. Physical Activity Modulates Blood Pressure Regulation During Controlled Low and High Salt Diets. American College of Sports Medicine, Minneapolis, MN. May 2018. Published in *Med Sci Sports Exerc*, Volume 50:5S.
48. **Watso JC**, Babcock MC, Robinson AT, Migdal KU, Stocker SD, Wenner MM, Farquhar WB. Effect of Short-term Water Restriction on Blood Pressure Variability in Young Adults. Experimental Biology, San Diego, CA. April 2018. Published in *FASEB*, 32(1).
49. Migdal KU, **Watso JC**, Babcock MC, Robinson AT, Wenner MM, Stocker SD, Farquhar WB. Effect of Dietary Sodium Intake on Blood Pressure Variability. Experimental Biology, San Diego, CA. April 2018. Published in *FASEB*, 32(1).

50. Robinson AT, Migdal KU, Babcock MC, **Watso JC**, Wenner MM, Stocker SD, Farquhar WB. The Effects of Aerobic Fitness on Blood Pressure Reactivity During Controlled Low and High Sodium Diets. Experimental Biology, San Diego, CA. April 2018. Published in *FASEB*, 32(1).
51. *Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Wenner MM, Stocker SD, Farquhar WB. Differential Sympathetic and RAAS Responses to a Low Sodium Diet. Experimental Biology, San Diego, CA. April 2018. Published in *FASEB*, 32(1).
52. **Watso JC**, Babcock MC, Stocker SD, Wenner MM, Farquhar WB. Blood Pressure Response to Isometric Exercise During Short-term Water Restriction. Experimental Biology, Chicago, IL. April 2017. Published in *FASEB*, 31(1).
53. Babcock MC, **Watso JC**, Brian MS, Edwards DG, Stocker SD, Wenner MM, Farquhar WB. Acute and Chronic Increases in Sodium and Cardiac Vagal Baroreflex Sensitivity. Experimental Biology, Chicago, IL. April 2017. Published in *FASEB*, 31(1).
54. **Watso JC**, Castor WM, Chavez AB, Meyers VR, Ferrara PJ, Shakur A, Heinbockel TC, Mazzetti SA. Comparability of Tendo Weightlifting Analyzer with Recreational and Explosive Bench Press Exercise. American College of Sports Medicine, San Diego, CA. May 2015. Published in *Int J Exerc Sci Conf Proc*, 9(3).
55. Chaves AB, Ferrara PJ, Miranda ER, Castor WM, **Watso JC**, Guarnera SR, Bock JM, Heinbockel TC, Mazzetti SA. Reliability of a Weightlifting Accelerometer During Repeated 1 KG Drop Trials. American College of Sports Medicine, San Diego, CA. May 2015. Published in *Int J Exerc Sci Conf Proc*, 9(3).
56. Castor WM, **Watso JC**, Guarnera SR, Bock JM, Miranda ER, Meyers VR, Chaves AB, Mazzetti SA. Validity of a Weightlifting Accelerometer for Measuring Average Power. American College of Sports Medicine, San Diego, CA. May 2015. Published in *Int J Exerc Sci Conf Proc*, 9(3).
57. ***Watso JC**, Meyers VR, Castor WM, Ferrara PJ, Smith E, McGowan M, Shakur A, and Mazzetti SA. Reliability of a weightlifting accelerometer during repeated 1 kg drop trials. National Conference on Undergraduate Research. Lexington, KY. April 2014.
58. *Castor WM, Bock JM, **Watso JC**, Miranda ER, Smith E, Meyers VR, Claggett T, and Mazzetti SA. Comparability of a weightlifting accelerometer to an infrared photocell timing system during repeated 1 kg drop trials. National Conference on Undergraduate Research, Lexington, KY. April 2014.
59. *Ferrara PJ, Meyers VR, Miranda ER, **Watso JC**, Collins Z, Bock JM, Schmidt R, and Mazzetti SA. Comparability of a weightlifting accelerometer to an infrared timing system during bench press exercise performed with different concentric muscle actions. National Conference on Undergraduate Research. Lexington, KY. April 2014.

Regional/Local Conferences (32 abstracts)

60. Roberts A, Lincoln ZR, Blumenburg WT, Cross BL, Vondrasek J, **Watso JC**, Flatt AA, Linder BA, Robinson AT, Grosicki GJ. Habituation Attenuates the Sex-Specific Associations Between Ischemic Pain, Blood Pressure, and Arterial Stiffness. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2023. (submitted)

61. Linder BA, Babcock MC, **Watso JC**, Robinson AT. High salt-induced elevations in MCP-1 and blood pressure reactivity are not correlated in young adults. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2023. (submitted)
62. Jeong S, Vondrasek JD, Linder BA, Hutchison ZJ, Kinnel JE, Culver MN, Tharpe MA, Sanchez SO, **Watso JC**, Grosicki GJ, Robinson AT. Influence of dietary sodium and fiber on ambulatory blood pressure in healthy young adults. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2023. (submitted)
63. Schroeder ER, Jeong S, Babcock MC, **Watso JC**, Robinson AT. The effects of a high salt diet on urinary nephrin excretion in healthy young adults. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2023. (submitted)
64. Hutchinson ZJ, Linder BA, Tharpe MA, Barnett AM, Culver MN, Sanchez SO, Jeong S, **Watso JC**, Grosicki GJ, Robinson AT. Influence of Dietary Sodium and Fiber on Blood Pressure and Vascular Function in Young Adults. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2023. (submitted)
65. Stute NL, Babcock MC, Pollin KU, Robinson AT, **Watso JC**. Influence of absolute force on exercising blood pressure during isometric hand-gripping with female aging. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2023. (submitted)
66. Linder BA, **Watso JC**, Babcock MC, Pollin KU, Robinson AT. Short-term high dietary salt intake does not influence resting or exercising heart rate variability, but increases MCP-1 concentration in healthy young adults. CCTS Translational Training Symposium. Mobile, AL. September 14, 2022.
67. Tharpe MA, **Watso JC**, Babcock MC, Brian MS, Linder BA, Pollin KU, Hutchison ZJ, Barnett AM, Farquhar WB, Robinson AT. Adjusting for Exercise Intensity Attenuates Sex Differences in Blood Pressure During Exercise and Metaboreflex Isolation in Healthy Adults. "Precision - the genes and beyond" Research Symposium. Birmingham, AL. September 15-16, 2022.
68. Linder BA, **Watso JC**, Babcock MC, Pollin (previously Migdal) KU, Farquhar WB, Robinson AT. Short-term Dietary Salt Loading Does Not Influence Heart Rate Variability During Submaximal Exercise and Recovery. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2022.
69. Tharpe MA, **Watso JC**, Babcock MC, Brian MS, Linder BA, Pollin (previously Migdal) KU, Hutchison ZJ, Barnett AM, Farquhar WB, Robinson AT. Adjusting for Exercise Intensity Attenuates Sex Differences in Blood Pressure During Exercise in Healthy Adults. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2022.
70. Yang Y, Migdal KU, McMillan RK, **Watso JC**, Babcock MC, Robinson AT, Wenner MM, Stocker SD, Farquhar WB. The Effect of Dietary Sodium Intake on Blood Pressure in Healthy Young Adults. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2019.
71. McMillan RK, Yang Y, Migdal KU, Babcock MC, Robinson AT, **Watso JC**, Stocker SD, Wenner MM, Farquhar WB. The Impact of Dietary Sodium on Blood Pressure During the Cold Pressor Test. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2019.

72. **Watso JC**, Babcock MC, Robinson AT, Migdal KU, Stocker SD, Wenner MM, Farquhar WB. The effect of age on exercise blood pressure responses following short-term water deprivation. College of Health Sciences Research Day. Newark, DE. February 2019.
73. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Serrador JM, Farquhar WB. A Single High Sodium Meal Impairs Dynamic Cerebral Autoregulation. College of Health Sciences Research Day. Newark, DE. February 2019.
74. Robinson AT, **Watso JC**, Babcock MC, Joyner MJ, Farquhar WB. Breaking3: Performance characteristics of a sub-three-hour septuagenarian marathoner. College of Health Sciences Research Day. Newark, DE. February 2019.
75. Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Farquhar WB. The Effects of High Dietary Sodium Intake on Blood Pressure Responses during Submaximal Aerobic Exercise. College of Health Sciences Research Day. Newark, DE. February 2019.
76. ***Watso JC**, Babcock MC, Robinson AT, Migdal KU, Stocker SD, Wenner MM, Farquhar WB. Blood Pressure Reactivity During Short-term Water Restriction in Older Adults. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2018. (Doctoral awards session) Published in *Int J Exerc Sci Conf Proc*, Vol. 9: Iss. 7, Article 112.
77. *Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Serrador JM, Farquhar WB. The Influence of a High Sodium Meal on Cerebrovascular Reactivity. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2018.
78. **Watso JC**, Babcock MC, Robinson AT, Migdal KU, Stocker SD, Wenner MM, Farquhar WB. The Effect of Mild Hypohydration on Blood Pressure Regulation. Cardiovascular Health Symposium, University of Delaware STAR campus, Newark, DE. February 2018.
79. Migdal KU, **Watso JC**, Babcock MC, Robinson AT, Wenner MM, Stocker SD, Farquhar WB. The Effect of Dietary Salt on Blood Pressure Regulation. Cardiovascular Health Symposium, University of Delaware STAR campus, Newark, DE. February 2018.
80. Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Wenner MM, Stocker SD, Farquhar WB. Differential Sympathetic and RAAS Responses to a Low Sodium Diet. Cardiovascular Health Symposium, University of Delaware STAR campus, Newark, DE. February 2018.
81. Robinson AT, Migdal KU, Babcock MC, **Watso JC**, Wenner MM, Stocker SD, Farquhar WB. Does High Aerobic Fitness Counteract the Effects of Dietary Salt on Blood Pressure Reactivity? Cardiovascular Health Symposium, University of Delaware STAR campus, Newark, DE. February 2018.
82. ***Watso JC**, Babcock MC, Robinson AT, Migdal KU, Stocker SD, Wenner MM, Farquhar WB. Blood Pressure Reactivity During Short-Term Water Restriction in Young Adults. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2017. (Doctoral awards session)
83. *Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Wenner MM, Stocker SD, Farquhar WB. Dietary Sodium and Resting Sympathetic Outflow. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2017.

84. *Kaiser BW, Babcock MC, Migdal KU, Robinson AT, **Watso JC**, Wenner MM, Edwards DG, Farquhar WB. Effect of Dietary Sodium Intake on Ambulatory Central Blood Pressure. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2017. (Undergraduate awards session)
85. *Migdal KU, **Watso JC**, Babcock MC, Robinson AT, Wenner MM, Stocker SD, Farquhar WB. Effect of Dietary Salt Intake on Blood Pressure Variability. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2017. (Doctoral awards session) Published in *Int J Exerc Sci Conf Proc*, 9(6) pg. 88.
86. Berube FR, Brian MS, Babcock MC, **Watso JC**, Wenner MM, Farquhar WB. Cardiovascular Responses to Volume Loading in Healthy Men and Women During Exercise Pressor Reflex Activation. New England Regional Conference for American College for Sports Medicine, Providence, RI. October 2017.
87. ***Watso JC**, Babcock MC, Ryan E, Wenner MM, Farquhar WB. Blood Pressure Response to Exercise During Short-Term Water Restriction. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2016. Published in *Int J Exerc Sci Conf Proc*, 9(5).
88. *Babcock MC, Brian MS, Robinson AT, **Watso JC**, Wenner MM, Farquhar WB. Blood Pressure Responses to Metaboreflex Activation During Acute and Chronic Volume Loading. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2016. Published in *Int J Exerc Sci Conf Proc*, 9(5).
89. ***Watso JC**, Castor WM, Chavez AB, Meyers VR, Ferrara PJ, Shakur A, Heinbockel TC, Mazzetti SA. Comparability of Tendo Weightlifting Analyzer with Recreational and Explosive Bench Press Exercise. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2015.
90. *Chaves AB, Ferrara PJ, Miranda ER, Castor WM, **Watso JC**, Guarnera SR, Bock JM, Heinbockel TC, Mazzetti SA. Reliability of a Weightlifting Accelerometer During Repeated 1 KG Drop Trials. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2015.
91. *Castor WM, **Watso JC**, Guarnera SR, Bock JM, Miranda ER, Meyers VR, Chaves AB, Mazzetti SA. Validity of a Weightlifting Accelerometer for Measuring Average Power. American College of Sports Medicine Mid-Atlantic Chapter Meeting, Harrisburg, PA. November 2015.

INTERDISCIPLINARY PRESENTATIONS

1. Babcock MC, Robinson AT, **Watso JC**, Migdal KU, Wenner MM, Stocker SD, Farquhar WB. Department of Kinesiology & Applied Physiology, University of Delaware. Dietary Sodium, Renin-Angiotensin-Aldosterone System, and Resting Sympathetic Outflow. Kinesiology & Applied Physiology Graduate Student Organization Event, Newark, DE. November 2017.
2. Bock JM, **Watso JC**, Ferrara PJ. Health & Sport Sciences, Salisbury Univ. Recovery from a 100-mile bike ride: the 2013 century lecture. Salisbury, MD. October 2013.
3. Meyers VR, Miranda ER, **Watso JC**, Castor WM, Ferrara PJ, Bock JM, Mazzetti SA. Department of Health & Sport Sciences, Salisbury University. The Salisbury University Laboratory for Human Performance: A Model for Exemplary Undergraduate Research. Innovative Showcase, Salisbury University Research Day. Salisbury, MD. September 2013.

4. Nevarez A[†], Tevere V[†], Mazzetti SA, Meyers VR, **Watso JC**, Miranda ER. MFA Fine Arts, School of Visual Arts; † Department of Media Culture, College of Staten Island; Department of Health & Sport Sciences, Salisbury University. Electro Kinetic Grammar. The Electronic Gallery, Salisbury University, Salisbury, MD. Aug 26-Oct 19, 2013. (<https://vimeo.com/83518547>)

MENTORING

Non-thesis MS Student Volunteers (Watso Laboratory):

Justine Moss	2022 - present
Katherine Kirk	2022 - present

Undergraduate Research Opportunity Program (Watso Laboratory):

Savannah Boutwell	2022 - 2023
Allison Bowerfind	2022 - 2023
Jessica Cassette	2022 - 2023
Jens Cuba	2022 - 2023
Isabela Fernandez	2022 - 2023
Allyson May	2022 - 2023

Doctoral Supervisory Committee Member:

Brett Cross - Exercise Physiology, Florida State University	2022 - present
Paul Baker - Exercise Physiology, Florida State University	2022 - present
Saiful Singer - Nutrition and Food Science, Florida State University	2022 - present
Braxton Linder - Kinesiology, Auburn University	2022 - present
Caitlin Jarrard - Applied Clinical Research, UT-Southwestern	2020 - 2023

Research Supervisor (Crandall Laboratory):

Zaid Mohammed - Thermal and Vascular Physiology Laboratory Intern (currently Lamar University pre-med student)	2021
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TEACHING

As Invited Speaker (Florida State University):

Research Design & Methodology Laboratory (HUN 5802)	2022
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As Invited Speaker (University of Delaware):

Readings in Applied Physiology (KAAP 442)	2018
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As Teaching Assistant (University of Delaware):

Clinical Exercise Physiology (KAAP 475)	2018
Anatomy and Physiology, I (KAAP 309)	2016
Anatomy & Physiology, II (KAAP 310)	2015 - 2017
Exercise Physiology (KAAP 430)	2015 - 2016

As Supplemental Instructor (Salisbury University):

Exercise Physiology (EXSC 344)	2014 - 2015
Sports Nutrition (HLTH 317)	2014 - 2015

As Exercise Physiology Laboratory Instructor:

Neumann University Athletic Training Program (laboratory workshops) 2015 - 2017
Salisbury University Exercise Science Program (laboratory leader) 2013 - 2015

SERVICE TO THE DEPARTMENT/COLLEGE

Faculty Search Committee Member 2022-2023
Department of Nutrition & Integrative Physiology, Florida State University

Student Quiz Bowl Faculty Representative 2023
Southeast ACSM Regional Meeting, Florida State University

Corporate Cup Challenge (Fitness Competition) - 1st place 2022
Department of Nutrition & Integrative Physiology Faculty Team, Florida State University

Research Incentives Program Contributor 2022
Department of Nutrition & Integrative Physiology, Florida State University

Graduate Studies Committee 2022
Department of Applied Clinical Research, The University of Texas Southwestern Medical Center

Research & Clinical Direction & Growth Committee Member 2022
Institute of Exercise and Environmental Medicine, Texas Health Presbyterian Hospital Dallas

Faculty Development, Recruitment, & Retention Committee Member 2022
Institute of Exercise and Environmental Medicine, Texas Health Presbyterian Hospital Dallas

Trainee Program Committee 2019 - 2022
Institute of Exercise and Environmental Medicine, Texas Health Presbyterian Hospital Dallas

Employee Recognition & Diversity Awareness Committee Officer (secretary) 2019 - 2022
Institute of Exercise and Environmental Medicine, Texas Health Presbyterian Hospital Dallas

SERVICE TO THE UNIVERSITY

Institutional Research Board Representative 2014
Salisbury University

SERVICE TO THE PROFESSION

American Autonomic Society
Communications Committee Member 2021 - 2022
Trainee Committee Member 2020 - 2021

Early Career Review Board 2020 - present
American J. Physiology - Reg Integr & Comp Physiol (seven reviews)

Scientific Abstract/Presentation Award Judge

Postdoctoral Abstract Awards - UT-Southwestern Annual Research Symposium 2021
Undergraduate Abstract Awards - Texas ACSM annual meeting 2020, 2021
President's Cup (undergraduate & graduate) - ACSM annual meeting 2019

Ad hoc Manuscript Reviewer

Journal of Pain Research (one review) 2022 - present
American Journal of Preventive Medicine (one review) 2021 - present
Nutrition, Metabolism, and Cardiovascular Disease (one review) 2021 - present
Journal of Vascular Research (one review) 2021 - present
Medicine & Science in Sports & Exercise (one review) 2021 - present
Gerontology (one review) 2020 - present
International Journal of Environmental Research & Public Health (one review) 2020 - present
American Journal of Hypertension (one review) 2020 - present
Nutrients (one review) 2020 - present
Journal of Translational Medicine (one review) 2019 - present
American J. Physiology-Reg Integr & Comp Physiol (four reviews) 2018 - 2020
American Journal of Physiology-Heart & Circulatory Physiology (one review) 2018 - present
Journal of Applied Physiology (11 reviews) 2018 - present
International Undergraduate Journal of Exercise Science (two reviews) 2014 - 2015

Scientific Meeting Session Moderator

Mid-Atlantic ACSM annual meeting: student session on presentation skills 2018
Mid-Atlantic ACSM annual meeting: Meet the expert's session (2) 2017, 2018
Mid-Atlantic ACSM annual meeting: Student Bowl Trivia Competition (2) 2017, 2018

ACSM Student Affairs Committee Member

2017 - 2019

Mid-Atlantic ACSM Graduate Student Representative

2016 - 2018

SERVICE TO THE PUBLIC

Science Fair Judge

2020

Young Women's, middle/high school, Leadership Academy (Virtual)

American Physiological Society Writing Contributor

2018 - present

[Making Sense of Salt Sensing](#)

[Want to Lower Your Blood Pressure? Just Breathe \(In\)](#)

[Giving Sugar the Run-around: How Exercise Protects Blood Vessels from Sugary Drinks](#)

[Is Dropping Junk Food the Key to Weight Loss? \(#2 most read post of 2020\)](#)

[How Our Body Stays Cool in the Heat and What Changes as We Age](#)

[Four More Reasons Why You Should Exercise Regularly \(#7 most read post of 2018\)](#)

[Take Care of Yourself While You Take Care of Your Garden](#)

American College of Sports Medicine Writing Contributor

2018

[Exercise Pressor Reflex Function in Health and Disease](#)

Community Health Screener

2018

Christiana Mall, Christiana, DE

Lay Science Writer Nine articles solely featured on laboratory website: www.caplaboratory.com	2017 - present
Exercise Stress Testing Technician University of Delaware Police Officers, Newark, DE	2016
Volunteer for SeaGull Century Event 100-mile Bike Ride, Salisbury University, Salisbury, MD	2014
Senior Citizen Fitness Testing Technician Eastern Shore Senior Games, Salisbury University, Salisbury, MD	2013

MEDIA INTERVIEWS

International Bottled Water Association Magazine In press	2022
Science & Chill Podcast, Host: Brady Holmer Lifestyle Factors for Optimizing Cardiovascular Health	2022
Medical News Today Exercise in a pill? Scientists identify drug that mimics effects of sports	2022
The Physiologist Magazine, American Physiological Society "Under the Microscope" (Q&A; pg 16)	2022
American Heart Association, Science News Are You Drinking Enough Water During Winter Months?	2019

CERTIFICATIONS

Florida State University Environmental Health & Safety Training Hazardous Waste, Introduction to Laboratory Safety, Hazard Communication Cluster, & Biosafety Level 2 Cluster	2022 - present
Postdoctoral Certificate in Research University of Texas Southwestern Medical Center	2021
Team Collaboration Certified (Level 1) Toastmasters International (<i>communication, public speaking, and leadership</i>)	2021
Basic Life Support Certified American Heart Association	2019 - present
CITI Program Certified GCP for Clinical Trials with Investigational Drugs & Medical Devices (U.S. FDA Focus)	2022
Research HIPAA	2019
Good Clinical Practice (GCP)	2017
Responsible Conduct of Research	2017
Human Subject Protection - Biomedical Focus	2015

Regular Mentor Certified (Level 1) 2015
College Reading & Learning Association

Certified Exercise Physiologist 2015
American College of Sports Medicine

First Aid, CPR, AED Certified 2013 - present
American Heart Association (2013 - 2015); American Red Cross (2015 - present)

SELECTED WORKSHOP PARTICIPATION

National Institutes of Health Clinical Center Workshop 2018
Clinical and Translational Research Course for Ph.D. Students (two weeks)

University of Delaware Grant Writing Workshop 2017
"Write Grant Winning Applications"

PROFESSIONAL MEMBERSHIPS

American Autonomic Society 2019 - present

American Physiological Society 2017 - present

American Heart Association 2017 - present

American College of Sports Medicine 2013 - present

Mid-Atlantic Regional Chapter (13-19)

Texas Chapter (19-22)

Southeast Regional Chapter (22-present)