

Brandon G. Fico, Ph.D., ACSM-CEP

September 2024

University of Texas at Austin, Austin, Texas. 2018-2021.

Graduate Teaching Assistant, Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, Texas. 2017- 2021.

Board Member- Student Representative, The Texas Chapter of American College of Sports Medicine. 2017–2019.

Student Affairs Committee Member, American College of Sports Medicine. 2017-2019.

Graduate Teaching Assistant, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, Florida, 2015–2017.

Laboratory Assistant, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, Florida, 2014–2017.

Peer Mentor, Office of Undergraduate Research and Inquiry, Florida Atlantic University, Boca Raton, Florida, 2015–2016.

Physical Therapy Technician, Peak Performance Rehab, Fort Lauderdale, Florida, 2013–2015.

Exercise Physiologist, Holy Cross Hospital (Volunteer), Fort Lauderdale, Florida, 2014.

HONORS AND AWARDS:

Fellowships:

University Graduate School Dissertation Writing Fellowship, (\$10,000) 2021.

College of Education Continuing Fellowship, (\$10,000) 2020-2021.

University Graduate School Continuing Fellowship, (\$30,000) 2019-2020.

George I. Sanchez Endowed Presidential Fellowship, (\$3,500) 2018-2019.

Awards:

Undergraduate Researcher of the Year, 2014-2015.

College of Education, Florida Atlantic University.

Outstanding Graduate Student of the Year, 2016-2017.

Department of Exercise Science and Health Promotion, Florida Atlantic University.

Teaching Excellence Scholarship supported by Mary Buice Alderson, (\$2,000) 2017-2018.

The University of Texas at Austin.

Mary Buice Alderson Scholarship, (\$1,500) 2018.

The University of Texas at Austin.

Placed 1st in the TACSM Student Photo Competition for Research in Sports Medicine, 2020.

Physiology of Exercise,

- 2) **Fico, B.G.**, Whitehurst, M., Slusher, A.L., Mock, J.T., Maharaj, A., Dodge, K.M., Huang, C-J. (2018). The Comparison of Acute High-Intensity Interval Exercise versus Continuous Moderate-

- 20) Slusher, A.L., Visavadiya, N.P., **Fico, B.G.**, Acevedo, E.O., Huang, C-J. (2024). Impact of Cardiorespiratory Fitness and Obesity on Indices of Oxidative Stress in Serum and Circulating Exosomes Following Maximal Treadmill Exercise. ***Biology***. 13 (8), 599.
- 21) Miller, K.B, Moir, M.E., **Fico, B.G.** (In-review). Vascular Health and Exercise in Females Throughout the Lifespan: Exploring Menarche, Maternity, and Menopause. ***Experimental Physiology***.
- 22) Alizadeh, S., Avandi, M., **Fico, B.G.**, Mahdieh, N., Hedayati, M., Rambod, C., Bakshandeh, H. (In-review). The Comparison of Eight-week High-Intensity Interval Training vs. Moderate-Intensity Continuous Training on Inflammatory and Metabolic Biomarkers in Type II Diabetes: A Pilot Randomized Controlled Trial. ***Pilot and Feasibility Studies***.
- 23) **Fico, B.G.**, Moir, M.E., Loggie, N.A., Gaynor-Metzinger, S.H.A., Miller, K.B., Norby, A.M., Rivera-Rivera, L.A., Howery, A.J., Rowley, H., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (In-preparation). The Prevalence of Vertebral Artery Hypoplasia and Impact on Cerebral Hemodynamics.
- 24) Gaynor-Metzinger, S.H.A., Norby, A.M., **Fico, B.G.**, Moir, M.E., Loggie, N.A., Miller, K.B., Corkery, A.T., Pearson, A.G., Rivera-Rivera, L.A., Howery, A.J., Rowley, H.A., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (In-preparation). The Influence of Sex on the Rect(J)-6(., Row).C7.H.A

- 4) Dodge, K.M., Whitehurst, M., Slusher, A.L., **Fico, B.G.**, Mock, J.T., Maharaj, A., & Huang, C-J. (2017, June). Pentraxin 3 and Glucose Responses to Acute High-Intensity Exercise vs. Continuous Moderate-Intensity Exercise. Paper Presented at the Annual American College of Sports Medicine (ACSM) Conference, Denver, CO. *Medicine & Science in Sports & Exercise*, 49(5S), 274.
- 5) Roy, S.J, Baker, B.D., Lapierre, S.S., Shah, J.A., **Fico, B.G.**, Gourley, D.D., Delfausse, L.A., Tanaka, H. (2018, April). Effects of Whole Milk and Full-Fat Dairy Products on Vascular Function in Adults with Elevated Blood Pressure. Paper Presented at the Annual Experimental Biology Conference, San Diego, CA. *The FASEB Journal*, 32(1_supplement), 763-6.
- 6) Rodriguez, A.L., **Fico, B.G.**, Ferrandi, P.J., Dodge, K.M., Pena, G., Adelman, A., Whitehurst, M., Huang, C-J. (2018, May) Effect of Acute High-Intensity Interval Exercise Vs. Continuous Moderate-Intensity Exercise on the BDNF, Lactate, and Cortisol Responses in Obese Individuals. Paper Presented at the Annual American

20) Gaynor-Metzinger, S.H.A., **Fico, B.G.**, Miller, K.B., Moir, M.E., Pearson, A.G., Rivera-Rivera, L.A., Corkery, A.T., Loggie, N.A., Howery, A.J., Rowley, H.A., Johnson K.M., Johnson, S.C., Wieben, O., Barnes, J.N. (2024, May). The Influence of Sex on the Relationship between Age and Cerebral Hemodynamics. Paper presented at the Annual American College of Sports Medicine (ACSM) Conference, Boston, MA. Medicine &

Aerobic Exercise in Obesity. Presented at the FAU's Annual Undergraduate Research Symposium, Boca Raton, FL.

- 3) A.L. Rodriguez, **B.G. Fico**, K.M. Dodge, P. Ferrandi, G. Pena, M. Whitehurst, FACSM, and C.J. Huang, FACSM. (2017, April). Pentraxin 3 and Glucose Responses to Acute High-Intensity Interval Exercise vs. Continuous Moderate-Intensity Exercise in Obesity.

PROFESSIONAL SOCIETIES:

Alzheimer's Association, 2023-present.

International Society to Advance Alzheimer's Research and Treatment, 2023-present.

American Aging Association, 2021-present.

American Physiological Society, 2020-present.

American College of Sports Medicine, 2012-present.

Texas Chapter of American College of Sports Medicine, 2017-2020.

Southeast Chapter of American College of Sports Medicine, 2014-present.

Council on Undergraduate Research, 2015-present.

REFERENCES:

Jill Barnes, Ph.D.

Associate Professor

Director of the Barnes Lab of the Bruno Balke Biodynamics Laboratory

Department of Kinesiology & Division of Geriatrics
and Gerontology at the School of Medicine and Public Health

The University of Wisconsin-Madison, Madison, WI

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