

Ciera Bartholomew

1629 14th Ave South Apt A ▪ Birmingham, AL 35205 ▪ (208) 231-1304 ▪ cbarthol@uab.edu

Education

University of Alabama at Birmingham; Birm., AL *June 2021 – Present*
PhD, Nutrition Science

Brigham Young University; Provo, UT *Sep 2018 – Apr 2021*
Masters, Exercise Science

Brigham Young University; Provo, UT *Sep 2014 – Apr 2017*
Bachelors, Exercise and Wellness

Professional Experience

Graduate Clinical Research Assistant *June 2021 – Present*
University of Alabama at Birmingham, Department of Nutrition Sciences

Graduate Research Assistant *Aug 2017 – Apr 2021*
Brigham Young University, Department of Exercise Sciences

Graduate Teaching Assistant *Apr 2017 – Apr 2021*
Brigham Young University, Department of Exercise Sciences

Conference Presentations

AHA Scientific Session *Nov 2019*
Philadelphia, PA
Long-term Intermittent Fasting Lifestyle Is Associated With A History Of Heart Failure
But Not Prior Myocardial Infarction In Cardiac Catheterization Patients (Oral)

ACSM Annual Meeting *May 2019*
Orlando, FL
The Effects of Exercise Intensity on Auditory Processing on Flexibility (Poster)

Professional and Scientific Societies

Memberships
AHA American Heart Association *May 2019 – Present*
ACSM American College of Sports Medicine *Oct 2018 – Present*

Awards

Student Excellence Research Award *April 2021*
Blazer Graduate Research Fellowship *Aug 2021 – Present*

Publications

Published Manuscripts

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Bruce W. Bailey, PhD; **Ciera L. Bartholomew**, MS; Caleb Summerhays, BS; Landon S. Deru, M.B.A., ATC; Sharla Compton, MS; Larry A. Tucker, PhD; & Joseph Hicks, BS. The Impact of Step Recommendations on Body Composition and Physical Activity Patterns in College Freshman Women: A Randomized Trial. *Journal of Obesity*, 2019.

Ciera L. Bartholomew, MS; Joseph B. Muhlestein, MD; Jeffrey L. Anderson, MD; Heidi T. May PhD, MSPH; Kirk U. Knowlton, MD; Tami L. Bair, BS; Viet T. Le, PA-C; Bruce W. Bailey, PhD; Benjamin D. Horne, PhD, MStat, MPH. Association of Intermittent Fasting Lifestyles with Survival and Incident Major Adverse Cardiovascular Events in Patients Undergoing Cardiac Catheterization. *European Journal of Preventative Cardiology*, 2020.

Bruce W. Bailey, PhD.; Landon S. Deru, M.B.A., ATC; William F. Christensen, PhD; Andrew J. Stevens, BS; Stephan T. Ward, BS; Matthew L. Starr, BS; **Ciera L. Bartholomew**, MS; Larry A. Tucker, PhD. Evaluating Relationships Between Sleep and Next-Day Physical Activity in Young Women. *Journal of Physical Activity and Health*, 2020.

Bruce W. bailey, PhD; Alex M. Muir, BS; **Ciera L. Bartholomew**, MS; Michael J. Larson, PhD. The impact of acute sedentary, moderate, and vigorous exercise intensity on the neural indices of cognitive and food-related inhibitory control: A randomized cross-over event-related potential (ERP) study. *NeuroImage*, 2021.

Landon S. Deru, M.B.A., ATC, Bruce W. Bailey, PhD, **Ciera L. Bartholomew** MS, Benjamin T. Bikman, PhD, Larry A. Tucker, PhD, Lance E. Davidson, PhD. The Effects of Exercise on the Fasting Ketone Production Curve: A Randomized Crossover Study. *Medicine and Science in Sport & Exercise*, 2021.

Ciera L. Bartholomew MS; Benjamin D. Horne, PhD, MStat, MPH; Bruce W. Bailey, PhD; J. Brent Muhlestein, MD; Heidi T. May, PhD, MSPH; John F. Carlquist, PhD; Viet Le, PA-C; Kirk Knowlton, MD; Kelly Davis Garrett, PhD; Cherie Brunner, MD; Ramona O. Hopkins, PhD; Michaela Gazdik, PhD. Weekly One-Day Water-only Fasting Interventional (WONDERFUL) Trial for Low-Density Lipoprotein Cholesterol Reduction. *European Heart Journal Open*, 2021.