

David R. Bryan, MA, ACSM-CPT, CCET

Clinical Research Coordinator III
Director, NORC Physical Activity Laboratory
School of Health Professions
Department of Nutrition Sciences
University of Alabama at Birmingham
1675 University Blvd Webb Building #248
Birmingham, AL 35233-2432

Office: 205.975.0269
Fax: 205.934.7049
Email: dbryan@uab.edu
[PubMed Listing](#)
[ResearchGate Listing](#)

EDUCATION

PhD Program, Nutrition Sciences, The University of Alabama at Birmingham, 2018-Current

Dissertation:

Advisor: Barbara Gower, PhD

Master of Arts, Education, The University of Alabama at Birmingham, 2001

Concentration: Exercise Physiology

Advisor: Gary R. Hunter, PhD

Bachelor of Science, Physical Education, The University of Alabama at Birmingham, 1998

Concentration: Exercise Science

Advisor: Gary R. Hunter, PhD

RESEARCH INTERESTS

- SSCP and training adaptations
- Health disparities among African American and European American women
- Factors affecting body composition in both men and women
- Muscle and bone relationships
- Hypoxic training

PROFESSIONAL EXPERIENCE

2020 – present

Clinical Research Administrator III

2016 – 2020

Clinical Trials Coordinator, School of Health Professions, Nutrition and Obesity Research Center, University of Alabama at Birmingham,

Mentor(s): Barbara Gower PhD, Gary Hunter, PhD, and David B. Allison, PhD,

- Responsible for coordination and management of present and future studies within the Nutrition and Obesity Research Center and Department of Nutrition Sciences.
- Coordinates and organizes activities of multiple components including policies and regulatory procedures for clinical trials. Drafts and/or evaluates protocols, policies and procedures regarding research projects and studies. Interacts with appropriate parties to solve protocol problems, obtain updates and renewals; supervises data collection; ensures accuracy of data input; data analysis, generates/prepares reports as required. Maintains pertinent records and documentation. Follows research participants or patients from recruitment through treatment, discharge and follow-up. Collection, recording, and analysis of data for publication. Attends weekly meetings with Primary

Investigators, and consults with the scientific community regarding future grant proposals, etc.

2011 – present

Operations Director, Physical Activity Laboratory, Metabolism Core, Nutrition and Obesity Research Center, University of Alabama at Birmingham

- Oversees cardiorespiratory and cardiovascular assessments such as blood pressure, arterial stiffness, resting metabolic rate, maximal aerobic capacity, body composition assessments, activities of daily living, hypoxic aerobic and anaerobic training and testing. Mentoring undergraduate students.

2002 – 2016:

Exercise Physiologist, School of Health Professions, Department of Nutrition Sciences, University of Alabama at Birmingham, Mentor: Gary R. Hunter, PhD

- Contributed to numerous NIH-funded studies investigating Diabetes, Cancer, Exercise, Blood Pressure, Weight-loss, Hypoxic Training, etc.
- Taught Exercise-related EatRight classes in Weight-loss Medicine clinic.
- Taught Exercise Physiology Lab with emphasis on Metabolic/Oxygen uptake during exercise
- Mentored numerous students during internships in School of Education

1998 – 2001:

Graduate Assistant, School of Education, Department of Human Studies, The University of Alabama at Birmingham. Mentors: [Gary R. Hunter, PhD](#), [Roland Weinsier, MD DrPH](#)

LABORATORY EXPERIENCE (not an exhaustive list)

Competency in exercise assessments and includes monitoring of electrical activity in the muscle, flexibility testing, strength testing, force platform assessments, drawing of blood for analysis of lactate and use of model 231 lactate analyzer. Proficient in Dual-energy x-ray absorptiometry, DXA tests using the lunar DPX-I and Prodigy, CT scan analysis, calibration and operation of PARVOMEDICS and MAX II Metabolic Carts for conducting exercise tests measuring oxygen utilization and carbon dioxide production. Training also includes operation of the BIODEX (system 3), COSMED (portable system for intrapulmonary gas exchange analysis) and force transducers. Also competent in post-test data for quality assurance and supervise/mentor graduate students in our Exercise Laboratory.

PEER-REVIEWED PUBLICATIONS

1. Hunter, GR, **Bryan DR**, Wetzstein CJ, Zuckerman PA, Bamman MM. Resistance Training and Intra-abdominal Tissue in older Men and Women. *Med Sci Sports Exer.* 2002 June;34(6): 1023-8.
2. Blaudeau TE, Hunter GR, St. Onge M, Gower BA, Roy JP, **Bryan DR**, Zuckerman P, Darnell B. IAAT, catecholamines, and parity in African-American and European-American women. *Obesity (Silver Spring).* 2008 Apr;16(4):797-803.
3. Hunter GR, McCarthy JP, **Bryan DR**, Zuckerman PA, Bamman MM, Byrne NM. Increased strength and decreased flexibility are related to reduced oxygen cost of walking. *Eur J Appl Physiol.* 2008 Nov;104(5):895-901.
4. Del Corral P, **Bryan DR**, Garvey WT, Gower BA, Hunter GR. Dietary Adherence during weight loss predicts weight regain. *Obesity (Silver Spring).* 2011 Jun;19(6):1177-81.
5. Hunter GR, Fisher G, **Bryan DR**, and Zuckerman PA. Weight loss and exercise training effect on oxygen uptake and heart response to locomotion. *Journal of Strength and Conditioning Research.* 2012 May;26(5):1366-73.

6. Fisher G, Hunter GR, Zuckerman PA, **Bryan DR**, Bickel CS, and McCarthy JP. Frequency of combined aerobic and resistance training in healthy older women. *Journal of Strength and Conditioning Research*. 2013 Jul;27(7):1868-76.
7. Haas MC, Bodner EV, Brown CJ, **Bryan DR**, Buys DR, Keita AD, Flagg LA, Goss A, Gower B, Hovater M, Hunter G, Ritchie CS, Roth DL, Wingo BC, Ard J, Locher JL. Calorie restriction in overweight seniors: response of older adults to a dieting study: the CROSSROADS randomized controlled clinical trial. *J Nutr Gerontol Geriatr*. 2014;33(4):376-400. doi: 10.1080/21551197.2014.965993. PMID: 25424512; PMCID: PMC4248142.
8. Ard JD, Gower B, Hunter G, Ritchie CS, Roth DL, Goss A, Wingo BC, Bodner EV, Brown CJ, **Bryan DR**, Buys DR, Haas MC, Keita AD, Flagg LA, Williams CP, Locher JL. Effects of Calorie Restriction in Obese Older Adults: The CROSSROADS Randomized Controlled Trial. *J Gerontol A Biol Sci Med Sci*. 2017 Dec 12;73(1):73-80. doi: 10.1093/gerona/glw237. PMID: 28003374; PMCID: PMC5861948.
9. Fruge AD, Dasher JA, **Bryan DR**, Rais-Bahrami S, Demark-Wahnefried W, Hunter GR. Physiological Effort in Submaximal Fitness Tests Predicts Weight Loss in Overweight and Obese Men with Prostate Cancer in a Weight Loss Trial. *International Journal of Cancer and Clinical Research*. 2017 Dec;4(083).
10. Carter SJ, **Bryan DR**, Neumeier WH, Glasser SP, Hunter GR. Serum tumor necrosis factor-alpha associates with myocardial oxygen demand and exercise tolerance in postmenopausal women. *International Journal of Exercise Science*. 2018 11(2): 42-54. <https://digitalcommons.wku.edu/ijes/vol11/iss2/3>.
11. Hunter GR, **Bryan DR**, Borges JH, Carter SJ. Racial differences in relative skeletal muscle mass loss during diet induced weight loss. *Obesity*. 2018 Aug;26(8):1255-1260.
12. Borges JH, Carter SJ, **Bryan DR**, Hunter GR. Exercise training and/or diet on reduction of intra-abdominal adipose tissue and risk factors for cardiovascular disease. *Eur J Clin Nutr*. 2019 Jul;73(7):1063-1068. doi: 10.1038/s41430-018-0318-4. Epub 2018 Sep 24. PMID: 30250134.
13. Hunter GR, Fisher G, **Bryan DR**, Borges JH, Carter SJ. Divergent Blood Pressure Response After High-Intensity Interval Exercise: A Signal of Delayed Recovery? *J Strength Cond Res*. 2018 Nov;32(11):3004-3010. doi: 10.1519/JSC.0000000000002806. PMID: 30239453; PMCID: PMC6291344.
14. Hunter GR, Singh H, Carter SJ, **Bryan DR**, Fisher G. Sarcopenia and Its Implications for Metabolic Health. *J Obes*. 2019 Mar 6;2019:8031705. doi: 10.1155/2019/8031705. PMID: 30956817; PMCID: PMC6431367.
15. Singh H, Carter SJ, Mathis SL, **Bryan DR**, Kocejka DM, McCarthy JP, Hunter GR. Combined Aerobic and Resistance Training Increases Stretch- Shortening Cycle Potentiation and Walking Economy in Postmenopausal Women. *Front Physiol*. 2019 Nov 28;10:1472. doi: 10.3389/fphys.2019.01472. PMID: 31849716; PMCID: PMC6892748.
16. De Luca M, **Bryan DR**, Hunter GR. Circulating Levels of the Heparan Sulfate Proteoglycan Syndecan-4 Positively Associate with Blood Pressure in Healthy Premenopausal Women. *Biomolecules*. 2021 Feb 24;11(3):342. doi: 10.3390/biom11030342. PMID: 33668381; PMCID: PMC7996250.
17. Fobian AD, Long D, **Bryan DR**, Hunter GR, Gower BA. Transient Effect of Aerobic Exercise Training on Insulin Sensitivity. *Diabetes Epidemiology and Management*. 2021 Nov 22;4.

MANUSCRIPTS IN REVIEW

1. Carter SJ, Diggs MD, **Bryan DR**, Borges JH, and Hunter GR. Race-specific retention of skeletal muscle following weight loss with and without exercise training. *Medicine & Science in Sports & Exercise*.
2. DeLuca M, **Bryan DR**, Hunter GR. Serum syndecan-4 correlates with blood pressure and cardiovascular parameters but not proinflammatory markers in healthy older women. *Aging Clinical and Experimental Research*.
3. Jamshed H, Steger FL, **Bryan DR**, Richman JS, Warriner AH, Hanick CJ, Martin CK, Salvy SJ, Peterson CM. Effect of Early Time-Restricted Eating on Weight Loss and Cardiometabolic Health in Adherent Completers: A Secondary Analysis. *JAMA*
4. Steger FL, Jamshed H, **Bryan DR**, Richman JS, Warriner AH, Hanick CJ, Martin CK, Salvy SJ, Peterson CM. Effects of Early Time-Restricted Eating in Adherent Participants: A Per-Protocol Analysis of a Randomized Weight-Loss Trial. *Obesity*.
5. Steger FL, Jamshed H, Martin CK, Richman JS, **Bryan DR**, Hanick CJ, Salvy SJ, Warriner AH, Peterson CM. Impact of Early Time-Restricted Eating on Meal Timing, Meal Frequency, Diet Quality, and Eating Behaviors: A Randomized Trial. *Obesity*.
6. Singh H, **Bryan DR**, Carter SJ, and Hunter GR. Why Having Spring in Your Step is Important for Grandma. *Journal of Bodywork and Movement Therapies*.

CONFERENCE PRESENTATIONS

1. Intra-abdominal Adipose Tissue in Post-menopausal obese Black and White Women. American College of Sports Medicine Annual conference June 2000, Indianapolis, Indiana.
2. Leg Power Development with Concurrent Resistance and Aerobic Training in Older Women. American College of Sports Medicine Annual conference June 2010, Baltimore, Maryland.
3. HRR And RPE Are Independently Predictive of Physical Activity Among Breast Cancer Survivors. Obesity Week Annual conference, November 2018.

CERTIFICATIONS

American College of Sports Medicine Certified Personal Trainer
American College of Sports Medicine Certified Cancer Exercise Trainer
American Heart Association CPR/AED