

Theodore J. Angelopoulos, Ph.D., MPH
 Professor Department of Health Professions
 Director Laboratory of Applied Physiology
 University of Central Florida
 Orlando, FL
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 E-mail: Theodore.Angelopoulos@ucf.edu

BIRTHDAY: 06/18/1959

Citizenship: U.S.A

EDUCATION

Post-Doctoral Fellowship 1991- 1994 Washington University School of
Medicine National
 Institute of Health (NIH) Inst. Research Service Award
 AG00078 Applied

Physiology/Metabolism

Ph.D. 1991 University of
 Pittsburgh, Pittsburgh, PA Major: Exercise
 Physiology Minor: Research

Methodology

M.P.H. 1990 University of Pittsburgh, Pittsburgh, PA
 Major:
 Epidemiology Minor:
 Biostatistics

M.S. 1986 University of Pittsburgh, Pittsburgh, PA
 Major: Exercise
 Physiology Minor: Cardiac
 Rehabilitation

1982.1986 Aristotle University, Thessaloniki Greece
 Law School

B.S. 1982 National and Kapodistrian University of Athens, Athens
 Greece Major: Exercise

PROFESSIONAL CERTIFICATIONS

American College of Sports Medicine: Exercise Program Director_{SM}. Certificate #336

American College of Sports Medicine: Registered Clinical Exercise Physiologist_{SM}. Registration #2

Basic X-Ray Machine Operator. State of Florida. Department of Health. Bureau of Radiation Control Certificate # 55284

CLIA (Clinical Laboratory Improvement Amendments): Laboratory Certificate of Compliance. Certificate # 25D0870478

Safe Handling of Radioactive Material Certificate of Examination: Certificate #7766

Foreign Languages: French, Italian, Spanish, Greek

PROFESSIONAL APPOINTMENTS

2005-present. Professor-Tenured, P, Department of Health Professions University of Central Florida

2007-2009 Professor of Medicine(Secondary Appointment). Department of Medical Education. College of Medicine. University of Central Florida

2008-2011. External Examiner. Faculty of Sciences and Health. Dublin City University, Dublin Ireland

2009-2010. External Evaluator. Hellenic Quality Assurance Agency for Higher Education (H.Q.A.A). Hellenic Republic. Athens Greece

2005-2010. Research Director, Center for Lifestyle Medicine, University of Central Florida

2006-Present. Associate Editor *American Journal of Lifestyle Medicine*

2002-2008. Director of Clinical Research. Rippe Lifestyle Institute. Celebration FL,

2001- 2005: Professor-tenured and Director Exercise Physiology Program Area, University of Central Florida, Department of Family, Child and Community Sciences, College of Education.

1999- 2005: Director Exercise Physiology Laboratory. University of Central Florida, Department of Family, Child and Community Sciences, College of Education.

2000-2004: Adjunct Faculty. University of Central Florida. Department of Health Sciences Programs athletic Training and Physical Therapy, College of Health and Public Affairs.

1998- 2001: Associate Professor-tenured and Director Exercise Physiology Program Area, University of Central Florida, Department of Human Services and Wellness, College of Education.

1997-1998: Associate Professor-tenured. The University of Southern Mississippi, Laboratory of Applied Physiology, School of Human Performance and Recreation, College of Health and Human

November 12
Sciences.

1994-1998: Director. The University of Southern Mississippi, Laboratory of Applied Physiology, School of Human Performance and Recreation, College of Health and Human Sciences.

1994-1997: Assistant Professor. The University of Southern Mississippi, School of Human Performance and Recreation, College of Health and Human Sciences.

1991-1994: Post Doctoral Fellow. Washington University School of Medicine, Section Applied Physiology/Metabolism.

1991-1994: Part-time Faculty. Washington University School of Medicine, Program in Physical Therapy.

1990-1991: Research Associate in Medicine. Washington University School of Medicine, Mass spectrometry resource, Metabolism Division.

COURSE RESPONSIBILITIES

University of Central Florida 1998-2012 (5000 level and above denotes graduate courses)

PHT 6156	Applied Human Physiology for Health Sciences
PHT 6618	Pathology/Pharmacology
PHT 6606	Research Methodology
PHT 6618	Research Applications
PHC 6712	Introduction to Clinical Research
PHC 6017	Introduction to Clinical Trials
HUN 5247	Human Nutrition
HSC 3211	Preventive Health Care
HSC 4500	Epidemiology
HSA 4702	Health Research Methods
PCB 4805	Endocrinology
PCB 3703	Physiology

University of Southern Mississippi 1994-1998 (500 level and above denotes graduate courses)

HPR 808	Electrocardiography (3 credits)
HPR 706	Cardiovascular Physiology (3 credits)
HPR 602	Graded Exercise Testing (3 credits)
HPR 805	Advanced Exercise Physiology (5 credits)
HPR 593	Exercise Specialist (3 Credits)

Washington University School of Medicine Physical Therapy 1991-1994 (500 level and above denotes graduate courses)

PT 554 Exercise Physiology

St. Charles Community College 1991

Biology ,Anatomy

University of Pittsburgh 1984-1990

Human Physiology, Exercise Physiology, Exercise Physiology laboratories

November 2012

AWARDS:

Research Incentive Award (RIA). University of Central Florida., 2010 [\$ 5,000.00 to base]

Research Incentive Award (RIA). University of Central Florida. 2003 [\$ 5,000.00 to base]

Margaret Simko Award. Research Award. American Dietetic Association.. Cooper, LA; Fiutem, JJ; Geise, TJ; Nguyen, VT; Angelopoulos, TJ, Rippe, JM. The Effect of Three Intervention Intensities on Metabolic Risk Factors in Obese, Sedentary Adults. Journal of the American Dietetic Association. 2002, 102(9) A-23

University of Southern Mississippi. College of Health and Human Sciences. Hip Research Award 1998

University of Southern Mississippi School of HPR. Outstanding Faculty Member. 1996-1997

Alexander S. Onassis Public Benefit Foundation. Award of Academic Achievements.1996 \$ 12,000.00

Hellenic Ministry of Science and Civilization. Graduate student Award. 1987-1990. \$58,000.00

Hellenic General Secretariat of Sports. Graduate student Award. 1983-1987 \$83,000.00

Hellenic General Secretariat of Sports. Student Athlete Award. 1981-1982. \$1,000.00

Nautical Club of Vouliagmeni. Club's Athlete of the Year. 1981

PROFESSIONAL MEMBERSHIPS AND COMMITTEES

National

American Physiological Society (APS)
Endocrine Society
International Society of Nutrigenics and Nutrogenomics
American College of Sports Medicine (ACSM)
The Obesity Society (TOS)

SERVICE

American College of Sports Medicine (ACSM)

	Fellow (FACSM)
	1995
Chair, International Relations Committee	2008-2014 International Relations Committee
	2003-2008 Chair International Student Award 2003-2007 International Relations Committee
	1993-1995 Certification Committee
Account Representative	1996-1999 1997-2000 Certification Director
	1994-2004 Workshop Director
	1995-2004 Certification Examiner
	1994-2004

American College of Sports Medicine; Regional Chapter South East {SEACSM}

Elected officer at the Executive Board of the American College of Sports Medicine Regional ACSM chapter (SEACSM)	1998-2001
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November 2012

State coordinator; State of Florida

1998-2001

University

Institutional Review Board (IRB)

1998-2005

Faculty Senate

2000-2002

Policies and Procedures sub-committee

2000-2002

Personnel sub-committee

2000-2002

Co-chair Personnel sub-committee

2001-2002

UCF Initiative on Aging and Longevity Associated Faculty

1999-2006

Wellness Council

1994-1998

Grant Marshall

1999

College

Tenure and Promotion

2008-2011

Graduate Council

2007-2010

Tenure and Promotion

2002-

2004

Research Incentive Award

2002 and

2012

Graduate Standards Committee - Chair

1999-

2001

Faculty Council - Vice Chair

1999-

2001

Board Member: Exceptional Education Institute

2000-

2002

Technology Committee

1999-

2000

Teaching Incentive Program (TIP) Award Committee-Chair

1999-

2000

Member, Director Search Committee-Center for Community Health [USM]

1996-1997

Department

Program Director

2007-2010

Program Director

1998-

2005

Promotion Committee

2006-

present	Promotion Committee	1999-
2001	Promotion Committee [USM]	1997-
1999	Graduate Advisory Committee [USM]	1994-1998
	Facility Planning	1995-
1996	Chair, Faculty Search Committee-Exercise Physiology	
	1995,2006	
	Member, Faculty Search Committee-Kinesiology	1995

Community

Angelopoulos TJ, Pabian P. Active Aging. Learning Institute for Elders at UCF. UCF Orlando April 17, 2012

Angelopoulos TJ Healthier Nation Kickoff. **U.S Department of Homeland Security, Lake Mary, Florida. March 17, 2008**

WESH Channel 4, Orlando FL. Regular appearance during morning news in the “Health Report Segment” 2001-2006

Angelopoulos TJ. Diabetes and Exercise. The Villages Diabetes Support Group. Julio Iglesias Room La Hacienda Center, May 16, 2002

Angelopoulos TJ. Exercise, Obesity and Diabetes. Central Florida YMCA: The center for Health & Wellness September 11, 2001

Angelopoulos, T.J. Diabetes and Exercise. The Villages Wellness Center. Retirement Community. June 28, 2001

Angelopoulos, T.J. Hypercholesterolemia as a risk factor for coronary artery disease: The Evidence. National American Heart. Presentation for the Wellness Choice sponsored by Recreational Sports, Office of Drug Education & Prevention, and Division of Student Affairs. USM Payne Center, September 13, 1995

Angelopoulos T.J. Higher Education in Europe. William Carey. July 25, 1995 Angelopoulos, T.J. Triglycerides as a risk factor for heart disease. Sigma XI. The scientific Research Society. USM Cook Union , March 23, 1995

Angelopoulos, T.J. Risk Factors that contribute to Heart disease. National American Heart. Presentation for the Wellness Choice sponsored by Recreational Sports, Office of Drug Education & Prevention, and Division of Student Affairs. USM Payne Center, February 8, 1995

November 2012

Angelopoulos, T.J. Exercise and High Density Lipoprotein Cholesterol. Presentation for the Kiwanis Club of Oakland. Kiwanis Club of Oakland, Pittsburgh, April 11, 1989

SCHOLARSHIP

REFEREED JOURNAL ARTICLES

Rippe JM, Angelopoulos TJ. The Health Implications of Sucrose, High Fructose Corn Syrup and Fructose, What Do We Really Know? *Adv. In Nutr. In Press*

Klufeld D, Foreyt J., Angelopoulos TJ, Rippe JM. Lack of Evidence for High Fructose Corn Syrup as the cause of the Obesity Epidemic. *Int. J. Obesity. In Press*

Hoffman EP, Gordish-Dressman H, Mclane V, Devaney JM, Thompson PD, Visich P, Gordon PM, Pescatello LS, Zoeller RF, Moyna N, Angelopoulos TJ, Pegoraro E, Gregory A. Cox GA, Clarkson P. Osteopontin is a genetic modifier of muscle in both health and disease. *MSSE In Press*

Guidry MA, Kostek MA, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Thompson PD, Devaney J, Gordish-Dressman H, Hoffman EP, Pescatello LS. Endothelial Nitric Oxide Synthase (NOS3) +894 G>T Associates with Physical Activity and Muscle Performance among Young Adults. *J. Vasc. Med. In Press*

Walsh S, Haddad CJ, Kostek MA, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, , Visich PS, Zoeller RF, Seip RL, Bilbie S, Thompson PD, Devaney J, Gordish-Dressman H, Hoffman EP, Thomas B. Price TB, Pescatello LS. Leptin and Leptin Receptor Genetic Variants Associate with Habitual Physical Activity and the Arm Body Composition Response to Resistance Training. *Gene* 15;510(1):66-70, 2012

Melanson KJ, Summers A, Nguyen V, Brosnahan J, Lowndes J, Angelopoulos TJ, Rippe JM. Body composition, dietary composition and components of metabolic syndrome in overweight and obese adults after a 12 week trial on dietary treatments focusing on portion controls, energy density and glycemic index. *Nutr J.*27;11(1):57,2012

Nguyen V, Cooper L, Lowndes J, Melanson KJ, Angelopoulos TJ, Rippe JM, Reimers K. Popcorn is more satiating than potato chips in normal weight adults. *Nutr J.* 14;11(1):71, 2012

Van Devere KN, Scranton SK, BS1, Kostek MA, Angelopoulos TJ, Clarkson PM , Gordon PM, Moyna NM, Visich PS, Zoeller RF, Thompson PD, Devaney JM, Gordish-Dressman H, Hoffman EP, Maresh CM, Pescatello LS. Variants of the Ankyrin Repeat Domain 6 Gene (ANKRD6) Influence Muscle and Physical Activity Phenotypes among European derived American Adults . *J Strength Cond Res.* 26(7):1740-8, 2012

Angelopoulos TJ, Lowndes J, Seip RL . Genetics of the Adaptations to Exercise *World Rev Nutr Diet*102:144-149, 2011

Rippe JM, Angelopoulos TJ. Lifestyle Medicine: Continuing to grow and mature. *AJLM* 5(1):4-6, 2011.

Devaney JM, , Visich PS, Thompson PDSaltarelli WA, PhD^c, Gordon PM, Orkunoglu-Suer EF, Gordish-Dressman H, Bradbury MK, Panchapakesan K, Khianey R, Hubal MJ, Clarkson PM, Linda S. Pescatello LS, Zoeller RF, Moyna NM, Angelopoulos TJ, Kraus WE, Hoffman EP. The 1p13.3 LDL-Associated Locus Shows Large Effect Sizes in Young Populations. *Pediatric Research*

69(6):538-543, 2011

Seip RL, Zoeller RF, Angelopoulos TJ, Cherie Bilbie C, Salonia J, Moyna NM, Miles M, Visich PS, Pescatello LS, Gordon PM, Tsongalis G, Bausserman L, Thompson PD. Interactive Effects of APO E Haplotype, Gender and Exercise on Lipase Activities. *J Appl. Phys* **110(4):1021-8, 2011.**

Devaney JM, Gordish-Dressman HA, Harmon BT, Bradbury MK, Devaney SA, Harvis TB, Thompson PD, Clarkson PM, Price TB, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Seo J, Kim BH, Tossi LL, Garcia M, Li R, Zmuda JM, Delmonico MJ, Lindsay RS, Howard BV, Kraus WE, Hoffman EP. AKT1 polymorphisms are associated with risk for metabolic syndrome *Hum Genet*, **129(2):129-39, 2011**

Peterson MD, Liu D, Gordish-Dressman H, Hubal M, Pistilli E, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello LS, Seip RL, Visich PS, Zoeller RF, Thompson PD, Devaney J, Hoffman EP, and Gordon PM. Adiposity attenuates muscle quality and the adaptive response to resistance exercise in non-obese, healthy adults *Int J Obesity*, **35(8):1095-103, 2011**

Orkunoglu-Suer FE, Harmon BT, Gordish-Dressman H, Hubal MJ, Clarkson PM, Thompson PD, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Hoffman EP, Devaney JM. *MC4R* variant is associated with BMI but not response to resistance training in men. *Obesity*, **19(3):662-6, 2011**

Harmon B, Orkunoglu-Suer EF, Kasra A, Gordish-Dressman H, Clarkson PM, Thompson PD, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Hubal MJ, Tosi L, Hoffman EP, Devaney JM. CCL2 and CCR2 Variants are Associated with Skeletal Muscle Strength and Change in Strength with Resistance Training. *J. Appl. Physiol.* **109(6):1779-1785, 2010**
White JS, Foreyt JP, Melanson KJ, Angelopoulos TJ. High Fructose Corn Syrup: Controversies and Common Sense. *Am. J. Lifestyle.* **4:515-519-484 2010**

Kostek MC, Devaney JM, Gordish-Dressman H, Harris TB, Thompson PD, Clarkson P, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Garcia M, Li R, Zmuda JM, Delmonico MJ, Kanaya A, Hoffman EP. A polymorphism near *IGF1* is associated with body composition and muscle function in women from the Health, Aging, and Body Composition Study. *European Journal of Applied Physiology*, **110(2):315-24 2010**

Rippe JM, Angelopoulos TJ. Physical activity and Health: The time for action is now. *Am. J. Lifestyle. Med* **(4):205-208, 2010**

Lowndes J, Carpenter R, Gordish-Dressman H, Price TB, Eric P. Hoffman, Clarkson PM, EPGordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL Thompson PD, Angelopoulos TJ, Muscle Size and Strength Gain Following Unilateral Resistance Training: Effects of baseline strength and age. *J. of Strength and Cond. Research.* **23(7):1915-20, 2009**

Rippe JM, Angelopoulos TJ, Rippe WF. Lifestyle Medicine and Health Care Reform. *Am. J. Lifestyle. Med* **(3):421-424, 2009**

Zoeller RF, Angelopoulos TJ, Wenta MR, Thompson BC, Price T, Thompson PD, Moyna NM, Richard Seip RL, Clarkson P, Gordon PM, Pescatello LS, Devaney JM, Gordish-Dressman H, and Eric P. Hoffman EP, Visich PS. Vascular Adaptations to 12-Weeks of Upper Arm Unilateral Resistance Training. *Med.Sci.Sports.Exerc* 41(11), 2003-2008, 2009.

Walsh S, Kelsey BK, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Seip RL, Bilbie S, Thompson PD, Devaney JM, Hoffman EP, Pescatello LS. The CNTF 1357 G>A Polymorphism and the Muscle Strength Response to Resistance Training *J Appl. Physiol* 107(4):1235-40, 2009

Devaney JM, Tossi LL, Fritz TT, Gordish-Dressman HA, Harmon BT, Thompson PD, Clarkson P, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Brandoli C, Hoffman EP, Rogers MB. Differences in Fat and Muscle Mass Associated with a Functional Polymorphism in Post-Translational BMP2 Gene Regulatory Element. *J. Cellul. Biochem* 2;107(6):1073-1082, 2009

Angelopoulos TJ, Zukley L, Melanson KJ, Nguyen V, Huffman A, Lowndes J, Rippe JM. Short-term Responses of Postprandial Triglycerides, Uric Acid, and endocrine mediators of Energy Balance following Consumption of High Fructose Corn Syrup or Sucrose Beverages with Meals. *J. Nutr.* 139:1242S-1245S, 2009

Kostek MA, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Seip RL, Thompson PD, Devaney JM, Hoffman EP, Pescatello LS. *Myostatin and Follistatin Polymorphisms Interact with Muscle Phenotypes and Ethnicity. Med Sci Sports Exerc.* 41 (5):1063-1070, 2009

Tanton LC, Visich PS, Zoeller RF, Angelopoulos TJ, Price TB, Moyna NM, Seip RL, Gordon PM,. Strength, Size and Muscle Quality in the Upper Arm Following Unilateral Training in Young and Older Males and Females. *Clin Med Arth and Muscoskel Disorders.* 2:9-18, 2009

Orkunoglu-Suer EF, Dressman-Gordish H, Clarkson PM, Thompson PD, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Harmon B, Bradbary, Seip RL, Hoffman EP, Devaney JM. INSIG2 gene polymorphism is associated with increased subcutaneous fat in women and poor response to resistance training in men. *BMC Med Genet* ,9:117-, 2008

Melanson KJ, Angelopoulos TJ, Nguyen V, Zukley L, Lowndes J, Rippe JM . High fructose corn syrup, energy intake, and appetite regulation. *Am J Clin. Nutrition.* 88 Suppl: 1738S-44S, 2008

Kant AK, Andon MB,Angelopoulos TJ,Rippe JM. Association of breakfast energy density with diet quality and adiposity in American adults: National Health and Nutrition Examination Surveys, 1999-2004. *Am. J. Clin. Nutr.* 88(5): 1396-404, 2008

Angelopoulos TJ, Lowndes J. ApoE genotype. Potential Implications for Health, Nutrition and Fitness. *World Rev Nutr Diet.* 98:77-93., 2008

Zoeller RF, Ryan ED, Gordish-Dressman H, Price TB, Seip RL, Angelopoulos TJ, Moyna NM, Thompson PD, Hoffman EP. Allometric scaling of Isometric Biceps Strength in Adult Females and the Effect of Body Mass Index. *Eur. J. Appl. Physiol.* 104(4):701-10. 2008

Angelopoulos TJ, Lowndes J, Seip RL, Lowndes J, Zoeller RF, Moyna N, Gordon P, Visich P, Miles, Cosio-Lima, Thompson PD. Apolipoprotein E Genotype Influence High Sensitive C-Reactive Protein Levels Regardless of Exercise Training Status. *Metabolism Clinical and Experimental*. 57:1204-10, 2008

Lowndes J, Zoeller RF, Kyriazis G, Caplan JD, Seip RL, Thompson PD, Angelopoulos TJ. Exercise and Leptin Concentration: The Effect of Aging. *Int J Sports Med and Physical Fitness*; 48:391-7 2008

Pistilli E, Gordish-Dressman H, Devaney JM, Bradbury MK, Seip RL, Thompson PD, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello LS, Visich PS, Zoeller FR, Gordon PM, Hoffman EP. Interleukin-15 and interleukin 15R α SNPs and Association with Muscle, Bone and the Metabolic Syndrome. *Cytokines* 43(1):45-53, 2008

Rippe JM, Angelopoulos TJ, and Zukley L. Lifestyle Medicine Strategies for Risk Factor Reduction, Prevention and Treatment of Coronary Heart Disease: Part II *American Journal of Lifestyle Medicine* 1(2) 1-12, 2007.

Rippe JM and Angelopoulos TJ. The American Journal of Lifestyle Medicine: A Forum, a Vision, and a Mandate. *American Journal of Lifestyle Medicine* 1:7-9, 2007

Rippe JM, Angelopoulos TJ, and Zukley L. The Rationale for Intervention to Reduce the Risk of Coronary Heart Disease *American Journal of Lifestyle Medicine* 1: 10-19, 2007.

Angelopoulos TJ., Zoeller RF., Sivo SA., Kyriazis GA., Caplan JD, Thompson PD. Do age and Baseline LDL Cholesterol Levels Determine the Effect of Regular Exercise on Plasma Lipoprotein Cholesterol Regular and Apolipoprotein B Levels? *E J Appl Physiol* 101(5):621-8, 2007

Uthurralt J, Dressman-Gordish H, Bradbury M, Tesi-Rocha C, Devaney K, Harmon B, Reeves EK, Brandoli C, Hansen BC, Seip RL, Thompson PD, Proce TB, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Gordon PM, Hoffman EP. PPAR α L162V underlies variation in serum triglycerides and subcutaneous fat volume in young males. *BMC Med Genet* 16;8(1) :55, 2007

Kostek M, Price TB, Seip RL, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PV, Zoeller RF, Gordish-Dressman H, Bilbie S, Thompson PD, Hoffman EP, Pescatello LS, Subcutaneous fat alterations resulting from an upper body resistance training program. *Med Sci Sports Exerc* 39(7):1177-1185, 2007

Zoeller RF, Ryan ED, Gordish-Dressman H, Price TB, Seip RL, Angelopoulos TJ, Moyna NM, Gordon PM, Thompson PD, Hoffman EP. Allometric Scaling of Biceps Strength before and after resistance training in men. *Med Sci Sports Exerc* . 39(6) 1013-1019, 2007

Pescatello LS, Kelsey BK, Price TB, Seip RL, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PV, Zoeller RF, Gordish-Dressman H, Bilbie S, Thompson PD, Hoffman EP. The Muscle Strength and Size Response to Upper Arm, Unilateral Resistance Training Among Adults Who Are Overweight and Obese **J Strength and Cond Res**, 1:21(2) 307-313, 2007

Kyriazis G, Lowndes J, Carpenter R, Sivo S, Dennis K, Angelopoulos TJ. Exercise-induced energy deficit and leptin, insulin and ghrelin responses in obese males. **Clinical Journal of Sports Medicine** 17(1):49-51, 2007

Pistilli EE, Gordish-Dressman H, Seip RL, Hoffman EP, Devaney JM, Thompson PD, Price TB, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello LS, Visich PV, Zoeller RF, Gordon PM. Resistin Polymorphisms Associated With Muscle, Bone, and Fat Phenotypes. **Obesity**. 15(2) 392-402, 2007

Melanson KJ., Angelopoulos TJ, Zukley LM, Lowndes J, Rippe JM. Effects of High-Fructose Corn Syrup and Sucrose Consumption on Circulating Glucose, Insulin, Leptin, and Ghrelin and on Appetite in Normal-Weight Women. **Nutrition**, 23(2) 103-112, 2007

Carpenter MR, Carpenter RL, Peel J, Zukley LM, Angelopoulou MS, Fischer I, Angelopoulos TJ, Rippe JM. The reliability of isokinetic and isometric leg strength measure among individuals with symptoms of mild osteoarthritis. **J Sports Med Phys Fitness**.46(4):585-589,2006

Seip R , Otvos J, , Bilbie C, Tongalis G, Miles M, Zoeller R, Visich P, Gordon P, Angelopoulos TJ, Pescatello L, Bausserman L, , Moyna N., Thompson PD. The effect of apolipoprotein E genotype and exercise training on serum lipid particle size. **Atherosclerosis** 188(1) 26:33, 2006

Melanson KJ, Angelopoulos TJ, Nguyen VT, Zukley L, Lowndes J, Dube TJ, Fiutem JJ, Yount BW, Rippe JM. Consumption of Whole Grain Cereals During Weight Loss: Effects on Dietary Quality. **Journal of American Dietetic Association**, 106(9) 1380-8, 2006.

Pescatello LS, Kostek MK, Thompson PD, Seip RL, Price TB, Gordish-Dressman H, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PV, Zoeller RF, Devaney JM, Bilbie S, , Hoffman EP. ACE ID Genotype and Muscle Strength and Size Response to Unilateral Resistance Training. **Med.Sci.Sports.Exerc.** 38(6)1074-1081,2006

Ruano G, Seip RL, Zollner S, Tsongalis GJ, Ordovas J, Bilbie C, Zoeller R, Visich P, Gordon P, Angelopoulos TJ, Pescatello L, Moyna N, Thompson PD. Apolipoprotein A1 Genotype Affects the Change in High Density Lipoprotein Cholesterol Subfractions with Exercise Training. **Atherosclerosis**. 185(1)65-69, 2006

Thompson PD, Tsongalis GT, Ordovas J, Seip RL, Bilbie C, Miles M, Zoeller RF, Visich P, Gordon P, Angelopoulos TJ, Pescatello L, Moyna N. ACE Genotype and Adherence to Aerobic Exercise Training. **Preventive Cardiology** 9(1):21-24, 2006

Clarkson PM , Devaney JM, Gordish-Dressman H, Thompson PD, Hubal MJ, Urso M, , Price TB Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Hoffman EP, ACTN3 Genotype is Associated with Baseline Strength and Increases in Muscle Strength in

Response to Resistance Training in Women **J. Appl. Physiol.** 99:154-163 2005

Whitehead MT, Boyd JC, Magal M, Eschbach. CL, Angelopoulos TJ, Zoeller RF. Relation between post-exercise blood lactate clearance and submaximal blood lactate accumulation and performance in trained cyclists. **Research Quarterly.** 76(2)238-242, 2005.

Hubal MJ, Gordish-Dressman H, Price TB, Thompson PD, Hoffman EP, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Clarkson PM Variability in Muscle Size and Strength Gain Following Unilateral Resistance Training **MSSE Vol 37(6)** 964-972, 2005

Melanson KJ, Dell'Olio J, Carpenter MR, Angelopoulos TJ. Changes in multiple health outcomes at 12 and 24 weeks, resulting from 12 weeks of exercise counseling with or without dietary counseling in obese adults. **Nutrition. Vol 20(10)** 849-856, 2004

Denton JC, Lewis RM, Jamurtas T, Angelopoulos TJ. Effects of short-term training on glucose tolerance in centrally obese male individuals. **Preventive Medicine Volume 38(6)** 885-888, 2004

Thompson PD, Moyna N, Seip RL, Thomas Price T, Clarkson P, Angelopoulos TJ, Gordon P, Pescatello L, Visich P, Zoeller RF, Joseph M. Devaney JM, Gordish H, and Hoffman EP. Functional SNPs Associated With Human Muscle Size and Strength (FAMuSS). **Medicine and Science in Sports and Exercise. Volume 36,** 2004

Thompson PD, Tongalis G, Seip R Meckes C, Miles M, Zoeller R, Visich P, Gordon P, Angelopoulos TJ, Pescatello L, Bausserman L, , Moyna N. Apolipoprotein E genotype and changes in serum lipids and maximal oxygen uptake with exercise training. **Metabolism. Volume 53(2):** 193-202, 2004

Brubaker C, Witta L, Angelopoulos TJ. Quality of life and exercise tolerance are maintained with long-term participation in a hospital based wellness program for individuals with CHF. **Journal of Cardiopulmonary Rehabilitation,** 239(5) 352-356, 2003

Brubaker C, Witta EL, Angelopoulos TJ. Comparison of changes in quality of life between congestive heart failure and coronary artery bypass Graft patients following a hospital based cardiac rehabilitation program. **Journal of Exercise Physiology,** 6(1) 18-23 2003.

Angelopoulos TJ, Schultz MR, Denton JC, Jamurtas A., Significant enhancements in glucose tolerance and insulin action in centrally obese subjects following ten days of exercise. **Clinical Journal of Sports Medicine. Volume 12 (2):** 113-118, 2002

Angelopoulos TJ. Beta-Endorphin response during exercise under opiate blockade. **European Journal of Applied Physiology. Volume 86 (1):**92-96, 2001

Angelopoulos TJ, Lewis MR, Jamurtas T, Schumann C. Significant changes in VLDL-Triglycerides without concomitant changes HDL-C in obese subjects following acute training. **European Journal of Applied Physiology and Occupational Physiology. Volume 77(6)** 556-559, 1998

Angelopoulos TJ, RL Seip, TG Cole. Effect of Growth Hormone administration on plasma lipoproteins in elderly adults. **Gerontology. Volume 44:**228-231, 1998

Fatouros IG, AH Goldfarb, AZ Jamurtas, TJ Angelopoulos, J Gao. β -Endorphin infusion alters pancreatic function and glucose regulation during exercise in rats. **European Journal of Applied Physiology and Occupational Physiology.** Volume 76(3) 203-208, 1997

Angelopoulos TJ, RJ Robertson, FL Goss, A Utter. Insulin and Glucagon immunoreactivity during high intensity exercise under opiate blockade. **European Journal of Applied Physiology and Occupational Physiology.** Vol 75(2) 132-135, 1997

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Robertson RJ, FL Goss, TJ Michael, N Moyna, P Visich, P Gordon, J Kang, TJ Angelopoulos, SG Dasilva, KF Metz. Metabolic and perceptual responses during arm and leg ergometry in water and air. **Medicine in Sports Science and Exercise.** Vol 27(5):760-764, 1995

Seip RL, TJ Angelopoulos, CF Semenkovich. Exercise Induces Lipoprotein Lipase Gene Expression In Skeletal Muscle but not in Fat in Sedentary Adults. **American Journal of Physiology.** 268 (Endocrinol. Metab.31):E229-E236, 1995

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Yarasheski KE, Zachwieja JJ, Angelopoulos TJ, DM Bier. Short term Growth hormone treatment does not increase the fractional rate of muscle protein synthesis in experienced weight lifters. **Journal of Applied Physiology.** 74(6):3073-3076, 1993.

Angelopoulos TJ, RJ Robertson. Effect of a single exercise session on serum triglycerides in untrained men. **The Journal of Sports Medicine and Physical Fitness.** 33:264-267, 1993

Martin WH, III, Spina RJ, Korte E, Yarasheski KE, Angelopoulos TJ, Nemeth PM and Saffitz JE. Mechanisms of impaired exercise capacity in short duration experimental hyperthyroidism. **Journal of Clinical Investigation** 1991, 88:2047-2053.

BOOK

Obesity: Prevention and Treatment, Edited by Theodore J. Angelopoulos, Ph.D., MPH, James M. Rippe, MD CRC Press May 2012

BOOK CHAPTERS

James M. Rippe, Theodore J. Angelopoulos. The Rationale for Intervention to Reduce the Risk of Coronary Artery Disease in Textbook of Lifestyle Medicine 2nd Edition, Edited by James M. Rippe, MD CRC Press (2012)

James M. Rippe, Theodore J. Angelopoulos Lifestyle Strategies for Risk Factor Reduction, Prevention and Treatment of Coronary Artery Disease in Textbook of Lifestyle Medicine 2nd Edition ,Edited by James M. Rippe, MD CRC Press (2012)

James M. Rippe, Theodore J. Angelopoulos. Obesity and Health in Textbook of Lifestyle Medicine 2nd Edition ,Edited by James M. Rippe, MD CRC Press (2012)

Theodore J. Angelopoulos. “**Pathophysiology of Obesity**”, in Obesity: Prevention and Treatment, Edited by Theodore J. Angelopoulos, Ph.D., MPH, James M. Rippe, MD CRC Press (2012)

James M. Rippe, Theodore J. Angelopoulos. “Obesity and Heart Disease” in Obesity: Prevention and Treatment, Edited by Theodore J. Angelopoulos, Ph.D., MPH, James M. Rippe, MD CRC Press (2012)

Allan C Utter, Richard Summinski, Theodore J. Angelopoulos “**Epidemiology of Obesity**” in Obesity: Prevention and Treatment, Edited by Theodore J. Angelopoulos, Ph.D., MPH, James M. Rippe, MD CRC Press (2012)

Lowndes Joshua, Theodore J. Angelopoulos “**Exercise Management of the Obese Patient**” in Obesity: Prevention and Treatment, Edited by Theodore J. Angelopoulos, Ph.D., MPH, James M. Rippe, MD CRC Press (2012)

Theodore J. Angelopoulos, Joshua Lowndes “Electrocardiography” in ACSM clinical workbook. Lippincot Williams and Wilkins, 2009.

Theodore J. Angelopoulos, Joshua Lowndes ApoE genotype. Potential Implications for Health, Krager, Nutrition and Fitness. World Reviews in Nutrition and Dietetics 98:77-93 2008

Theodore J. Angelopoulos. “Obesity and Lipoproteins” in Lipid Metabolism and Health, Moffatt R, Stamford B editors CRC Press, 2006

Theodore J. Angelopoulos, Lahue Dianne, Tung Robert. “Electrocardiography” in ACSM clinical workbook. Lippincot Williams and Wilkins, 2004..

Theodore J. Angelopoulos. “Electrocardiography” in ACSM clinical workbook. Lippincot Williams and Wilkins, 2001.

MANUSCRIPTS RECENTLY SUBMITTED FOR REVIEW TO REFEREED JOURNALS

Lowndes J, Zoeller RF, Kyriazis G, Tongalis G, Seip RL, Miles M, Visich PS, Gordon P M, Moyna N, Pescatello LS, Thompson PD, Angelopoulos TJ. Hyperleptinemia is Associated with CRP, but not Apolipoprotein E, and is Reduced by Exercise Training. *Int J. Sport. Nutr. Exerc. Metab.*

Angelopoulos TJ, Lowndes J, Melanson K, Rippe J. Short-term responses of post-prandial triglycerides uric acid and endocrine mediators of energy balance following consumption of high fructose corn syrup or sucrose beverages with meals. *Metabolism Clinical and Experimental.*

Angelopoulos TJ, Lowndes J, Nguyen V, Cooper L, Rippe JM. No Differential response to Triglycerides following consumption of HFCS or Sucrose in Insulin Resistant Individuals. *J Clin Endo and Metab.*

Kostek MA, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PS, Zoeller RF, Price TB, Seip RL, Thompson, Devaney JM, Gordish-Dressman H, Maresh CM, Hoffman EP, Pescatello LS. AKT1 and FBXO32 Polymorphisms Associate with Physical Activity and Muscle Performance in Healthy European Derived American Adults *J. Appl. Physiol.*

Weinstein P, Angelopoulos TJ, Dennis KE. Age and perceived cardiovascular risk factors predict adoption of risk reducing behaviors in women with lupus. *J. Cardio. Nurs*

Barraj LM, Murphy MM, Miller-Kovach K, Katz D, Angelopoulos TJ, Ripe JM. Commercial weight-loss program among men: A pooled analysis of randomized control trials. *J. Acad. Nutr. Diet*

INVITED SCIENTIFIC PRESENTATIONS (chronologically)

- **Angelopoulos TJ.** Genetic Adaptations to Exercise. **International Conference on Healthy Agriculture, Healthy Nutrition and Healthy people.** Olympia Greece October 6, 2010
- **Angelopoulos TJ.** High Fructose Corn Syrup: Controversies and Common Sense, **Café Scientifique, December 2 2009, Orlando FL**
- **Angelopoulos TJ.** Genetics; Implication for Exercise and Health. **Democritus University of Thrace, January 7, 2008 Komotini Greece**
- **Angelopoulos TJ.** Effect of HFCS ingestion on appetite and blood sugar levels in women. **Gatorade Sports Science Institute, April 10, 2007, Chicago IL**
- **Angelopoulos TJ and Rippe JM:** The impact of Lifestyle in pharmacological management of Stage 1 hypertension. **Novartis March 22, 2007 East Hanover NJ,**
- **Angelopoulos TJ.** Lifestyle management of Dyslipidemias: Gene Environment Interactions **Democritus University of Thrace, January 15, 2007 Komotini Greece**
- **Angelopoulos TJ.** ApoE genotype. Potential Implications for Health, Nutrition and Fitness. **International Congress on Health and Nutrition, Nov30-Dec 2, 2006 Shanghai China**
- **Angelopoulos TJ.** Effects of High Fructose Corn Syrup (HFCS-55) on serum leptin, insulin and ghrelin. **Pepsi Co Blue Ribbon Advisory Panel October 25, 2006 Rye, New York**
- **Angelopoulos TJ.** Weight Management through Lifestyle Interventions: What to Expect **Annual Meeting of the Florida Medical Fitness Association, May 12, 2006, Orlando FL**
- **Angelopoulos TJ.** Prevention and Treatment of Obesity through Lifestyle Modification; Evidence from Clinical Trials. **11th Annual Meeting of the Medical Fitness Association, Nov 30-Dec 2, 2005 Orlando, FL**
- **Angelopoulos TJ.** Anabolic Effects of Growth Hormone and Nutrition Supplements. 2003 Florida NSCA State Clinic October 25, 2003 **RDV Sportsplex Athletic Club, Orlando, FL**
- **Angelopoulos T.J.** Exercise and HDL-c Metabolism: The Evidence. **Sports Medicine Conference University Estacio De Sa , May 9, 2000 Rio De Janeiro Brazil.**
- **Angelopoulos T.J.** The anabolic Effects of Human Growth Hormone. **Sports Medicine Conference University Estacio De Sa , November 20 , 1999 Rio De Janeiro Brazil.**
- **Angelopoulos T.J, Thompson WR., Benardot D.,** Ergogenic Aids and Sports. **Round Table Discussion Sports Medicine Conference University Estacio De Sa , November 20 , 1999 Rio De Janeiro Brazil.**

- **Angelopoulos T.J., Fatouros I, Tokmakidis S, Mitrakou M.** Exercise and Diabetes . Round Table Discussion. University of Thrace, Komotini, Greece November 8th, 1998
- **Angelopoulos T.J.** Exercise, Diabetes and Obesity. University of Thrace, Komotini, Greece November 7th, 1998.
- **Angelopoulos T.J.** Hormonal Adaptations to Exercise. University of Thrace. Komotini Greece May 20, 1998.
- **Angelopoulos T.J.** Obesity, Diabetes and Exercise: Prevention and Rehabilitation. Sixth International Congress on Physical Education and Sport. Komotini Greece, May 22-24, 1998
- **Angelopoulos T.J.** Exercise and Lipid metabolism. Symposium of the Hellenic Diabetes Association. Athens, Greece, March 13-14, 1998
- **Angelopoulos T.J.** Regulation of Glucose Metabolism During Exercise. Symposium on Muscle Biochemistry and Biology. XXVth FIMS World Congress of Sports Medicine, Athens, Greece September 10-16, 1994
- **Angelopoulos T.J., Yarasheski KE, Seip RL, Bier DM, Cole TG.** Effect of Growth Hormone (HGH) administration on plasma lipoproteins in elderly adults. Presented at the SERONO meeting: Growth hormone II, Basic & Clinical Aspects December 3-6, 1992, in Tarpon Springs Florida.

FUNDED AND PENDING RESEARCH GRANTS AND CONTRACTS

Reward-based virtual reality fitness games for obesity Prevention. NIH R21. \$ 338,000.00
06/01/13- 06/30/2015 PI LaViola. **Role: Co-investigator. PENDING**

Lifestyle Interventions for Obesity and Metabolic syndrome. **Rippe Lifestyle Institute** 01/12/2008-
12/31/2009. Funded \$100,000.00 **Role:PI**

A pilot study to evaluate the Revised Method of Assigning Points Value to Food for the Benefit of Weight
Management. **Funded Weight Watchers International** \$ 67,000.00 01/01/2008-8/31/2009
Role :PI

Home vs Center-Based weight loss & exercise in Menopause . **NIH 1 R01 NR#07738 Funded**
\$ 2,257,642.00, 01/012003-12/31/2009. **Role: Co-Investigator** (PI : K.Dennis)

Consulting Services in Research and Clinical Applications. **Rippe Lifestyle Institute** \$ 272,500.00.
01/01/2002-8/31/2009 **Funded Role : PI**

Functional SNP's associated with human muscle size and strength. **NIH R01 AR # 46552-01**
\$365,000.00 2001-2005 Funded **Role: PI at UCF Multi-Center Trial .**

Apo B kinetics pre and post training in elderly adults. **NIH 1 R15 AG #13767-01A1**
Funded \$108,750.00, 1998-2001. **Role: PI**

The role of APO E genotype polymorphism on cholesterol metabolism following training. **Hartford**
Hospital Funded \$ 10,000.00 1998-2000, **Role: PI .**

Effects of Exercise on bone mineral density in postmenopausal women. **Presidential Initiative to fund**
Major Research Equipment.-UCF. Funded \$ 75,000.00 **Role: PI**

Clinical Exercise Physiology Program. **Forrest General Hospital. 0314010115 Funded** \$50,400.00
1996-1998, **Role: PI**

Mechanisms of exercise-induced changes in lipid and lipoprotein metabolism in NIDDM patients. Funding
program of **Dimocritus University of Thrace.** \$28,000.00, 1996-1998 Funded. **Role: Co-PI** [PI: S.
Tokmakidis]

The effect of short-term exercise on glucose tolerance and lipid metabolism in obese subjects. **University**
of Southern Mississippi Summer Faculty Research Grant Funded \$6,700.00.1995 **Role: PI**

Effect of Beta-endorphins on insulin and glucagon immunoreactivity during high intensity exercise.
Alexander S. Onassis Public Benefit Foundation. Funded \$9,400.00, 1989-1990 **Role: PI**

Effect of Beta-endorphins on insulin and glucagon immunoreactivity during high intensity exercise.
University of Pittsburgh. Student Research Award, Funded \$1,500.00, 1990 **Role: PI**

EDITORIAL

Associate Editor: American Journal of Lifestyle Medicine

Review Board: The Journal of Applied Research in Clinical Experimental Therapeutics
Journal of Endocrinology and Metabolism
The Open Public Health Journal

Reviewer

Journal of Applied Physiology

Nutrition and Metabolism

Journal of Nutrition

American Journal of Clinical Nutrition

Medicine and Science in Sports and Exercise

International Journal of Sports Medicine

J Am Coll of Nutrition

Diabetes

BOOK REVIEWER

W.B. Saunders Company

Lippincott Williams & Wilkins

DEVELOPMENTAL ACTIVITIES

PROficiency 2011 Regional Conference series. October 13, 2011 Basel Switzerland. This series of 1-day educational events is designed to provide current, practical information on the effective use of Patient Reported Outcomes (PRO) throughout all stages of clinical research. The PROficiency 2011 Regional Conference Series will feature general sessions led by international biopharmaceutical professionals and industry experts, sharing their knowledge and experience with successful PRO concepts, strategy, implementation, and regulatory submission.

Introduction to Molecular Biology Techniques-Applications in the Biotechnology and Pharmaceutical Industries. The Center for professional innovation and Education. September 7-9, 2011 King of Prussia, PA. This 2-day course Introduction to basic and advanced information on DNA, RNA, and proteins. Potential applications of molecular biology techniques in drug discovery and development will also be reviewed.

SUDAAN/SAS platforms: Descriptive Procedures Course Summer 2008 Research Triangle, North Carolina. The 3-day SUDAAN Descriptive Procedures Course, with hands-on computer labs, provided an in-depth presentation of SUDAAN's descriptive procedures: PROC RECORDS, PROC CROSSTAB, PROC DESCRIPT, and PROC RATIO. Each course was taught by statisticians who use SUDAAN for analysis of clustered data on a regular basis

Course: IDL 6546 Online Teaching, Spring 2006, University of Central Florida

Workshop: Advanced Group-wise. Fall 2005. University of Central Florida, Orlando Florida

Workshop: Introduction to Group-wise. Fall 2005. University of Central Florida, Orlando Florida

Workshop: "Summer Faculty Institute. May 28- June 2, 2000. University of Central Florida, Orlando Florida.

Course: A Hewlett Packard ChemStation Operation Course@. September 17- September 18, 1996. Hewlett Packard Office, Kenner Louisiana.

Course: A Principles and Practice of Tracer methodology and Gas Chromatography Mass Spectrometry (GCMS) in Metabolism@. October 28- November 3, 1995. University of Texas Medical School at Galveston, Galveston Texas.

Course: A Concepts in Internet@. Fall 1995. University of Southern Mississippi, Hattiesburg, Mississippi.