

Curriculum Vitae Contents

CUMULATIVE PRODUCTIVITY SUMMARY	2
EDUCATION	3
POSITIONS	3
EXTERNAL FUNDING.....	3
INTERNAL FUNDING.....	7
ORIGINAL RESEARCH PUBLICATIONS	12
REVIEW ARTICLES	17
COMMENTARIES	17
BOOK CHAPTERS	18
HONORS & AWARDS	18
INVITED ORAL PRESENTATIONS	19
SCIENTIFIC MEETING ABSTRACTS	20
INTERDISCIPLINARY PRESENTATIONS	37
MENTORING.....	38
TEACHING	39
SERVICE TO THE DEPARTMENT.....	40
SERVICE TO THE COLLEGE	41
SERVICE TO THE UNIVERSITY.....	41
SERVICE TO THE PROFESSION.....	42
SERVICE TO THE PUBLIC	43
MEDIA INTERVIEWS & PRESS RELEASES	44
LICENSURE	45
CERTIFICATIONS.....	45
SELECTED WORKSHOP PARTICIPATION.....	45
PROFESSIONAL MEMBERSHIPS.....	46

CUMULATIVE PRODUCTIVITY SUMMARY

Secured \$5,211,790 for research

External: \$2,573,481 as PI, \$1,248,480 as co-investigator, and \$154,648 as mentor

Internal: \$943,213 as PI, \$280,788 as co-investigator, and \$11,180 as mentor

Authored 118 international or national conference abstracts

64 additional abstracts at regional or local conferences

Published 67 research articles ([My PubMed Bibliography](#))

19 as first author

17 as corresponding author

Cited 651 times ([NIH iCite](#))

30 for i10-index ([Google Scholar](#))

18 for *h*-index ([Google Scholar](#))

Broad impact of research articles ([Altmetric Attention Score](#))

2 in top 0.5%

8 in top 5% (cumulative)

**relative to >30 million articles*

EDUCATION

Doctor of Philosophy in Applied Physiology
University of Delaware, Newark, DE

Aug. 2015 - May 2019

Bachelor of Science in Exercise Science
Salisbury University, Salisbury, MD

Aug. 2011 - May 2015

POSITIONS

Assistant Professor

Jul. 2022 - present

Department of Health, Nutrition, & Food Sciences
Anne Spencer Daves College of Education, Health, & Human Sciences, Florida State University
Member: Institute for Successful Longevity, Institute for Connecting Nutrition and Health
Affiliated with: Institute for Sports Sciences and Medicine

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

Department of Kinesiology and Applied Physiology, University of Delaware

Supplemental Instructor

Aug. 2014 - May 2015

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

EXTERNAL FUNDING

Awarded – Start Date in Future

Department of Defense (DoD) Toxic Exposures Research Program, Clinical Trial Partnership Award (TX250516)

Role: Partnering Principal Investigator (Initiating PI: Daniel Wilhite, Ph.D.)

Sponsor Information: The Assistant Secretary of War for Health Affairs, endorsed by the Department of War (award # HT9425261E152)
Project Title: Targeting Exertional Dyspnea in Deployed Veterans Using Time-Efficient, High-Resistance Inspiratory Muscle Strength Training
Dates of Award: 11/1/2026 - 10/31/2030
Project Goals: To determine whether a time-efficient, high-resistance inspiratory muscle strength training improves dyspnea on exertion and exercise tolerance in deployed Veterans with persistent respiratory symptoms.
Direct costs: \$1,936,609 [FSU site: \$805,873] (total: \$2,848,582 [FSU site: \$1,204,491])

Current support

NIH NHLBI Individual Predoctoral Fellowship (F31HL184910-01)

Role: Mentor (PI: Thomas Bissen, M.S.)
Project Title: How Obesity Affects Cerebrovascular Function and the Potential Protective Effects of Novel Respiratory Muscle Training
Dates of Award: 5/2026 - 5/2028
Project Goals: To determine 1) whether obesity is associated with reduced cerebrovascular function in young adults and 2) whether inspiratory muscle strength training improves cerebrovascular function in adults with obesity.
Direct costs: \$83,972

United States Department of Agriculture (USDA) - Agriculture and Food Research Initiative (AFRI) SEED grant

Role: Co-Investigator (PI: Andrea Lobene, Ph.D.)
Project Title: Improving Vascular Health Using Nutrition Education Aimed at Increasing Potassium Intake versus Reducing Sodium Intake
Dates of Award: 10/1/2025 – 9/30/2027
Project Goals: To compare increasing potassium intake versus decreasing sodium intake via dietary counseling for improving diet quality and vascular function among adults.
Direct costs: \$194,805 (\$300,000 in total)

United States Department of Agriculture (USDA) - Agricultural Research Service (ARS) - Pulse Crop Health Initiative Research Project

Role: Co-Investigator (PI: Ravinder Nagpal, Ph.D.)
Project Title: The effect of regular lentil and chickpea intake on gut microbiome and metabolic health in healthy young adults: A pilot randomized clinical trial.
Dates of Award: 8/1/2024-7/31/2027
Project Goals: To determine the effect of regular lentil and chickpea intake on healthy young adults' gut microbiome and metabolic health.
Direct costs: \$272,767 (\$300,044 in total)

National Watermelon Promotion Board – Nutrition Research Program

Role: Co-Principal Investigator (Other PI: Ravinder Nagpal, Ph.D.)
Project Title: Effect of Daily Fresh Watermelon Consumption on Gut and Cardiometabolic Health in Young Adults with Overweight and Obesity
Dates of Award: 7/1/2024 - 6/30/2026
Project Goals: To determine whether daily fresh watermelon consumption improves gut and cardiometabolic health in young adults with overweight and obesity.
Direct costs: \$73,645

NIH NHLBI Mentored Career Development Award to Promote Faculty Diversity in Biomedical Research (K01HL160772-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 inspiratory muscle strength training reduces blood pressure, improves respiratory muscle function, and reduces exertional dyspnea among adults with obesity.
Direct costs: \$693,342 (\$748,809 in total)

Previous Support

American Heart Association Career Development Award (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 inspiratory muscle strength training improves blood pressure and vascular function in adults with obesity. (scored 14%)
Direct costs: \$210,000 (\$231,000 in total)

American Heart Association Predoctoral Fellowship (25PRE1354834-A1)

Role: Mentor (PI: Thomas Bissen, M.S.)
Project Title: Novel Respiratory Muscle Training for Improving Cerebrovascular Function and Immune Status in Adults with Obesity
Dates of Award: 1/1/2026 - 12/31/2027
Project Goals: To determine 1) whether obesity is associated with reduced cerebrovascular function in young adults and 2) whether inspiratory muscle strength training improves cerebrovascular function in adults with obesity.
Direct costs: \$70,676

**relinquished on May 2026, for F31HL184910*

Compound Solutions CoreBiome® Research Grant

Role: Co-investigator (MPI: Michael J. Ormsbee, Ph.D. & Brett L. Cross, M.S.)
Project Title: Tributyrin Supplementation: Time Course and Efficacy on Health and Performance
Dates of Award: 4/1/2024 - 3/31/2025
Project Goals: To determine the time course of microbial and health effects of CoreBiome® (glycerol butyric-ester, tributyrin) butyrate supplementation.
Direct costs: \$67,468 (\$77,588 in total)

NIH NHLBI Extramural Loan Repayment Program for Clinical Researchers (2L30HL154189-A0)

Role: Principal Investigator (Mentor: Robert C. 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 - 8/31/2024
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

Western States Endurance Run Research Committee Funding

Role: Co-Investigator (PI: Gregory J. Grosicki, Ph.D.)
Project Title: Acute and chronic effects of ultramarathon participation on vascular health
Dates of Award: 11/2022 - 7/2023
Project Goals: To determine the acute and chronic effects of ultramarathon participation on vascular health.
Award Amount: \$25,000

Department of Defense - United States 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 in total

NIH NHLBI Extramural Loan Repayment Program for Clinical Researchers (L30HL154189-A0)

Role: Principal Investigator (Mentors: Craig G. Crandall, Ph.D. & Chester A. 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 Individual Postdoctoral Fellowship (F32HL154559-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 being promoted to faculty*

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 (R01GM068865-13A1)

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')*

INTERNAL FUNDING

Current Support

Clinical Catalyst Grant

Role: Co-PI (Lead PI: Julia Sheffler, PhD)

Project: Building a New Care Pathway: Improving Cognitive Aging through Nutrition (ICAN)-Guided Nutrition Support for Aging Adults in Clinical Settings

Funder: Florida State University

Award Date: 5/8/2026-5/7/2027

Award Amount: \$50,000

SKKU-FSU Collaborative Research Program

Role: Co-PI (Lead PI: Jaehoon Seol, PhD)

Project: Alignment of 24-Hour Movement Behavior Composition and Sleep Regularity in Relation to Cardiometabolic Health

Funder: College of Sport Science, Sungkyunkwan University

Award Date: 5/1/2026-7/1/2027

Award Amount: \$10,000

Student Technology Fee Grant

Role: Principal Investigator

Project: Portable System for Teaching Integrated Breath-by-Breath Gas Exchange & Flow

Equipment: MGC Diagnostics Mobile Ultima PFX Cardio2 System

Funder: Florida State University

Award Period: 1/1/2026-12/31/2026

Award Amount: \$67,013

Seed Grant

Role: Principal Investigator

Project: Novel Isometric Handgrip Training to Improve Cerebrovascular Function

Funder: Council on Research & Creativity Funding Program, FSU

Award Period: 10/9/2025-10/8/2027

Award Amount: \$100,000

Cardiovascular and Applied Physiology Laboratory Start-up Funding

Role: Principal Investigator

Funder: College of Health & Human Sciences, FSU

Award Period: 2022-2027

Award Amount: \$600,000

Previous Support

Dean's Circle Catalyst Grant Program

Role: Principal Investigator
Project: Novel Isometric Handgrip Training to Improve Cerebrovascular Function
Funder: Anne Spencer Daves College of Education, Health, and Human Sciences, FSU
Award Period: 5/1/2025-4/30/2026
Award Amount: \$10,000

Clinical & Translational Science Award (CTSA) Scholar Career Development Award

Role: Co-investigator (PI: Kyle A. Smith, Ph.D.)
Project Title: Evaluating a Time-Efficient Breathing Intervention to Improve Immune Function and Psychological Well-Being in Individuals Living With Obesity
Dates of Award: 8/1/2024 - 7/31/2026
Funder: Florida State University
Direct costs: \$213,000

Open Access Publishing Program Award

Role: Principal Investigator
Funder: Anne Spencer Daves College of Education, Health, and Human Sciences, FSU
Project: Obesity and Ventilatory Responses During Exercise in the Fitness Registry and the Importance of Exercise National Database (FRIEND) (PMCID: PMC13002178)
Award Period: 2026
Award Amount: \$4,000

Bess H. Ward Honors Thesis Award

Role: Mentor (student: Sophia Vizoso)
Project: Autonomic Cardiovascular Regulation Among Young Adults with Obesity
Funder: University Honors Program, Division of Undergraduate Studies, FSU
Award Date: 2026
Award Amount: \$500

Honors in the Major Mentor Materials Grant

Role: Principal Investigator (student: Sophia Vizoso)
Project: Autonomic Cardiovascular Regulation Among Young Adults with Obesity
Funder: University Honors Program, Division of Undergraduate Studies, FSU
Award Date: 2026
Award Amount: \$500

InternFSU Split Funding Program

Role: Supervisor
Purpose: Clinical Research Assistants (3), Cardiovascular & Applied Physiology Laboratory
Funder: Career Center, FSU
Award Period: Fall 2025
Award Amount: \$2,880

Open Access Publishing Program Award

Role: Principal Investigator
Funder: Anne Spencer Daves College of Education, Health, and Human Sciences, FSU
Project: Differential effects of female aging on sympathetic blood pressure regulation at rest and during stress in humans (PMCID: PMC12032447)

Award Period: 2025
Award Amount: \$2,050

Open Access Publishing Program Award

Role: Principal Investigator
Funder: Anne Spencer Daves College of Education, Health, and Human Sciences, FSU
Project: Central blood pressure and arterial stiffness among ultramarathon runners across the lifespan (PMCID: PMC12356499)
Award Period: 2025
Award Amount: \$4,000

Summer Research Fellowship

Role: Mentor (student: Jason Bowden)
Project: The effects of external nasal dilator strips on sleep and cardiovascular health
Funder: Division of Research, College of Medicine, FSU
Award Date: 2025
Award Amount: \$5,000

IDEA Grant

Role: Mentor (student: Sequoia Ernst)
Project: The Role of Ventilatory Rate on Cardiovascular Responses During Eucapnic Voluntary Hyperpnea
Funder: Center for Undergraduate Research and Academic Engagement, FSU
Award Date: Summer 2025
Award Amount: \$1,000

Dean's Circle Research Transition Incentive Funding

Role: Principal Investigator
Funder: Anne Spencer Daves College of Education, Health, and Human Sciences, FSU
Award Period: 2025
Award Amount: \$6,000

InternFSU Split Funding Program

Role: Supervisor
Purpose: Clinical Research Assistants (2), Cardiovascular & Applied Physiology Laboratory
Funder: Career Center, FSU
Award Period: Spring 2025
Award Amount: \$1,800

Undergraduate Research Opportunity Program (UROP) Research Mentor Materials Grant

Role: Principal Investigator (student: Lily Voelkel)
Project: Cardiovascular and Applied Physiology Research
Funder: Center for Undergraduate Research & Academic Engagement, FSU
Award Date: 2025
Award Amount: \$625

Undergraduate Research Opportunity Program (UROP) Research Mentor Materials Grant

Role: Principal Investigator (student: Ella Ashley)
Project: Cardiovascular and Applied Physiology Research
Funder: Center for Undergraduate Research & Academic Engagement, FSU
Award Date: 2025

Award Amount: \$625

Student Technology Fee Grant

Role: Principal Investigator
Project: Non-invasive Portable System to Teach Brain Blood Flow Physiology
Equipment: Multigon Transcranial Doppler System with Robotic Monitor Probes & Capnometer
Funder: Florida State University
Award Period: 1/1/2025-12/31/2025
Award Amount: \$49,000

Open Access Publishing Program Award

Role: Principal Investigator
Funder: Anne Spencer Daves College of Education, Health, and Human Sciences, FSU
Project: Hypertension and Ventilatory Responses During Exercise in the Fitness Registry and the Importance of Exercise National Database (FRIEND) (PMCID: PMC11964073)
Award Period: 2024
Award Amount: \$3,000

Interdisciplinary Planning Grant

Role: Co-Principal Investigator (60% credit)
Project: Does Aging Augment Acute Kidney Injury and Inflammatory Biomarker Responses to Dehydration and Ambient Heat Stress?
Funder: Institute for Successful Longevity, FSU
Award Period: 5/14/2024-12/31/2025
Award Amount: \$25,000

Equipment & Infrastructure Enhancement Grant

Role: Co-Investigator
Project: Purchase of an Automated Hematology Analyzer to Enhance FSU's Biomedical Research Capabilities
Funder: Council on Research & Creativity Funding Program, FSU
Award Period: 5/1/2024-5/31/2025
Award Amount: \$17,788

Dean's Circle Research Transition Incentive Funding

Role: Principal Investigator
Funder: Anne Spencer Daves College of Education, Health, and Human Sciences, FSU
Award Period: 2024
Award Amount: \$4,200

Open Access Publishing Fund Award

Role: Principal Investigator
Funder: Florida State University Library
Project: Efficacy and Safety of Long-term Ketogenic Diet Therapy in a Patient With Type 1 Diabetes (PMCID: PMC11234288)
Award Period: 2024
Award Amount: \$900

Open Access Publishing Program Award

Role: Principal Investigator

Funder: Anne Spencer Daves College of Education, Health, and Human Sciences, FSU
Project: Acute nasal breathing lowers diastolic blood pressure and increases parasympathetic contributions to heart rate variability in young adults (PMCID: PMC11178300)
Award Period: 2023
Award Amount: \$3,000

First-Year Assistant Professor Award

Role: Principal Investigator
Project: Respiratory Training for Health Improvement in Adults with Obesity
Funder: Council on Research & Creativity Funding Program, FSU
Award Period: 5/8/2023-8/4/2023
Award Amount: \$20,000

Undergraduate Research Opportunity Program (UROP) Research Mentor Materials Grant

Role: Principal Investigator (student: Savannah Boutwell)
Project: Cardiovascular Responses During Exercise and Respiratory Maneuvers
Funder: Center for Undergraduate Research & Academic Engagement, FSU
Award Date: 2023
Award Amount: \$500

Undergraduate Research Opportunity Program (UROP) Research Mentor Materials Grant

Role: Principal Investigator (student: Allison Bowerfind)
Project: Cardiovascular Responses During Exercise and Respiratory Maneuvers
Funder: Center for Undergraduate Research & Academic Engagement, FSU
Award Date: 2023
Award Amount: \$500

University of Delaware Doctoral Fellowship

Role: Principal Investigator (Mentor: William B. Farquhar, Ph.D.)
Project Title: Neurovascular Regulation During Short-term Water Restriction
Funder: Office of Graduate and Professional Education, University of Delaware
Award Period: 7/1/2018 - 6/30/2019
Award Amount: \$30,000

Departmental Travel & Professional Development Awards

Role: Presenter
Project Title: Effect of Short-term Water Restriction on Blood Pressure Variability in Young Adults
Funder: Department of Kinesiology and Applied Physiology, University of Delaware (\$500);
Office of Graduate & Professional Education, University of Delaware (\$300)
Award Period: 2018
Award Amount: \$800

Departmental Travel & Professional Development Awards

Role: Presenter
Project Title: Blood Pressure Response to Isometric Exercise During Short-term Water Restriction
Funder: Department of Kinesiology and Applied Physiology, University of Delaware (\$500);
Office of Graduate & Professional Education, University of Delaware (\$300)
Award Period: 2017

Award Amount: \$800

National Conference for Undergraduate Research Travel Grant

Role: Presenter

Project Title: Reliability Of A Weightlifting Accelerometer During Repeated 1 kg Drop Trials

Funder: Department of Health & Sport Sciences, Salisbury University

Award Period: 2014

Award Amount: \$700

ORIGINAL RESEARCH PUBLICATIONS

Bold/Underlined = corresponding author; Underlined = primary mentor for the trainee.

1. Bissen TG, Arena R, Harber MP, Kaminsky LA, Myers J, **Watso JC**. [Obesity and Ventilatory Responses During Exercise in the Fitness Registry and the Importance of Exercise National Database \(FRIEND\)](#). *Scand J Med Sci Sports*. 2026 Mar;36(3):e70264. PMID: 41855413.
2. Domeier CD, Robinson AT, Babcock MC, Vondrasek JD, Bissen TB, Muñoz CX, Smith KA, **Watso JC**. [Acute Kidney Injury Biomarker Responses in Young and Older Female Adults Following Mild Hypohydration](#). *Am J Physiol Renal Physiol*. 2026 Feb 27. Online ahead of print.
3. Koutnik AP[†], Lennerz BS, Deeb L, **Watso JC**[†]. [Coronary Artery Calcification in Type 1 Diabetes After 10-Year Ketogenic Diet](#). [†]equal contributions as co-corresponding authors. *J Appl Physiol*. 2025 Nov 25. Online ahead of print. PMID: 41289606
4. Linder BA, Jeong S, Stute NL, El-Kurd OB, Vondrasek JD, Pasternak AV, Bagley JR, **Watso JC**, Schlader ZJ, Babcock MC, Grosicki GJ, Robinson AT. [Hypohydration Augments the Acute Increase in Urinary Biomarkers of Kidney Injury Following the 100-mile Western States Endurance Run](#). *J Appl Physiol*. 2025 Oct 20. Online ahead of print. PMID: 41115071.
5. Nasci VL, Benjamin JI, Fetter RC, Stock JM, Romberger NT, **Watso JC**, Babcock MC, Wenner MM, Robinson AT, Gohar EY. [Sodium Intake and Biological Sex Influence Urinary Endothelin-1 in Salt-Resistant Adults: A Pilot Study](#). *Am J Physiol Regul Integr Comp Physiol*. 2025 Sep 1;329(3):R487-R494. PMID: 40828571
6. Foster J, McKenna ZJ, Sarma S, MacNamara JP, Belval LN, **Watso JC**, Atkins WC, Jarrard CP, Crandall CG. [Cardiac responses to environmental heat exposure in young and older adults](#). *J Appl Physiol*. 2025 Sep 1;139(3):616-627. PMID: 40720198.
7. Vondrasek JD, Jeong S, El-Kurd OB, Linder BA, Stute NL, Domeier C, Bissen TG, Bagley JR, Robinson AT, Babcock MC, Grosicki GJ, **Watso JC**. [Central Blood Pressure and Arterial Stiffness Among Ultramarathon Runners Across the Lifespan](#). *Eur J Appl Physiol*. 2025 Jul 30. ahead of print. PMID: 40739070.
8. Domeier C, Bissen TG, Vondrasek JD, Babcock MC, Robinson AT, **Watso JC**. [Differential Effects of Female Aging on Sympathetic Blood Pressure Regulation at Rest and During Stress in Humans](#). *Physiol Rep*. 2025 Apr;13(8):e70347. PMID: 40285462.
9. Williams JJ[†], Roshinski WC, **Watso JC**[†]. [Upper Leg Muscular Co-contraction During Maximal-Speed Sprinting in Male Club Ice Hockey Athletes](#). [†]equal contributions. *Sports Medicine-Open*. 2025 Jan 9;11(1):1. PMID: 39786705.

10. Babcock MC, El-Kurd OB, Bagley JR, Linder BA, Stute NL, Jeong S, [Vondrasek JD](#), **Watso JC**, Robinson AT, Grosicki GJ. [Acute Cardiovascular Responses to the 100-Mile Western States Endurance Run](#). *J Appl Physiol*. 2024 Nov 1;137(5):1257-1266. PMID: 39298619.
11. Atkins WC, McKenna ZJ, Foster J, Jarrard CP, **Watso JC**, Belval LN, Jay O, Crandall CG. [Exercise and Heat Stress in Well-Healed Burn Survivors: Effects of Cooling Modalities on Thermal and Perceptual Responses](#). *Med Sci Sports Exerc*. 2025 Feb 1;57(2):365-375. PMID: 39283237.
12. Jarrard CP, McKenna ZJ, Atkins WC, Foster J, Hendrix JM, Jouett NP, Oldham ZR, LeBlanc BX, **Watso JC**, Crandall CG. [Low-dose sufentanil does not affect tolerance to central hypovolemia or blood pressure responses during the cold pressor test](#). *Am J Physiol Regul Integr Comp Physiol*. 2024 Nov 1;327(5):R497-R507. PMID: 39155710.
13. **Watso JC**[†], Robinson AT, Singar SAB, Cuba JN, Koutnik AP[†]. [Advanced Cardiovascular Physiology in a Patient with Type 1 Diabetes After 10-Year Ketogenic Diet](#). [†]equal contributions as co-corresponding authors. *Am J Physiol Cell Physiol*. 2024 Aug 1;327(2):C446-C461. Online ahead of print. PMID: 38912731.
 - Attention Score: **top 1%** of research outputs (Altmetric)
14. **Watso JC**, Robinson AT, Arena A, Harber MP, Kaminsky LA, Myers J. [Hypertension and Ventilatory Responses During Exercise in the Fitness Registry and the Importance of Exercise National Database \(FRIEND\)](#). *Journal of the American Heart Association*. 2024 Aug 6;13(15):e034114. PMID: 39056327.
15. Koutnik AP[†], Klein S, Robinson AT, **Watso JC**[†]. [Efficacy and Safety of Long-Term Ketogenic Diet Therapy in a Patient with Type 1 Diabetes](#). [†]equal contributions as co-corresponding authors. *JCEM Case Reports*. 2024 Jul 10;2(7):luae102. PMCID: PMC11234288.
 - Attention Score: **top 3%** of research outputs (Altmetric)
 - Highlighted in Endocrine Society Thematic Issue: [Diabetes 2024](#)
16. McKenna ZJ, Atkins WC, Foster J, Belval LN, **Watso JC**, Jarrard CP, Crandall CG. [Kidney function biomarkers during extreme heat exposure in young and older adults](#). *JAMA*. 2024 Jul 23;332(4):333-335. PMID: 38913388.
 - Attention Score: **top 4%** of >28 million research outputs (Altmetric)
17. Jarrard CP, **Watso JC**, Atkins WC, McKenna ZJ, Foster J, Huang M, Crandall CG. [Sex differences in sympathetic responses to lower body negative pressure](#). *Med Sci Sports Exerc*. 2024 Jun 1;56(6):1056-1065. PMID: 38233995.
18. Tharpe MA, Linder BA, Babcock MC, **Watso JC**, Pollin KU, Hutchison ZJ, Barnett AM, Culver MN, Kavazis AN, Brian MS, Robinson AT. [Adjusting for Muscle Strength and Body Size Attenuates Sex Differences in the Exercise Pressor Reflex in Young Adults](#). *Am J Physiol Heart Circ Physiol*. 2023 Dec 1;325(6):H1418-H1429. PMID: 37861651.
 - APS select award article
19. **Watso JC**, Cuba JN, Boutwell SL, Moss JE, Bowerfind AK, Fernandez IM, Cassette JM, May AM, Kirk KF. [Acute Nasal Breathing Lowers Diastolic Blood Pressure and Increases Parasympathetic Contributions to Heart Rate Variability](#). *Am J Physiol Regul Integr Comp Physiol*. 2023 Dec 1;325(6):R797-R808. PMID: 37867476.
 - Attention Score: **top 0.2%** of >29 million research outputs (Altmetric)

- AJP-Reg 'Impact Paper' for 2022-2024
- APS select award article

20. Belval LN, Cramer MN, Morales G, Huang M, **Watso JC**, Crandall CG. [Burn size and environmental conditions modify thermoregulatory responses to exercise in burn survivors](#). *J Burn Care Res*. 2024 Jan 5;45(1):227-233. PMID: 37615621.
21. Robinson AT, Linder BA, Barnett AM, Jeong S, Sanchez SO, Nichols OI, McIntosh MC, Hutchison ZJ, Tharpe MA, **Watso JC**, Gutiérrez OM, Fuller-Rowell TE. [Cross-sectional analysis of racial differences in hydration and neighborhood deprivation in young adults](#). *Am J Clin Nutr*. 2023 Oct;118(4):822-833. PMID: 37619651.
22. McKenna ZJ, Foster J, Atkins WC, Belval LN, **Watso JC**, Jarrard CP, Orth BD, Crandall CG. [Age alters the thermoregulatory responses to extreme heat exposure with accompanying activities of daily living](#). *J Appl Physiol*. 2023 Aug 1;135(2):445-455. PMID: 37410904.
 - Attention Score: **top 5%** of >28 million research outputs (Altmetric)
 - APS select award article
23. Grosicki GJ, Flatt AA, Cross BL, [Vondrasek JD](#), Lincoln ZR, Chall A, Bryan A, Patel R, Richart K, Linder BA, Sanchez SO, **Watso JC**, Robinson AT. [Acute Beetroot Juice Reduces Blood Pressure in Young Black and White Males but not Females](#). *Redox Biology*. 2023 Jul;63:102718. PMID: 37120928.
24. 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](#). *Am J Physiol Regul Integr Comp Physiol*. 2023 Mar 20;324(5):R666-76. PMID: 36939211.
25. Foster J, Balmain BN, Wilhite DP, **Watso JC**, Babb TG, Cramer MN, Belval LN, Crandall CG. [Inhibiting regional sweat evaporation modifies the ventilatory response to exercise: interactions between core and skin temperature](#). *J Appl Physiol*. 2023 Apr 1;134(4):1011-1021. PMID: 36892886.
26. **Watso JC**, Huang M, Hendrix JM, Belval LN, Morales 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](#). *Prehospital Emergency Care*. 2023;27(5):600-612. PMID: 36689353.
27. Lincoln ZR, Blumenburg WT, Cross BL, [Vondrasek JD](#), **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](#). *Am J Physiol Heart Circ Physiol*. 2022 Dec 1;323(6):H1323-H1330. PMID: 36367694.
28. **Watso JC**, Romero SA, Morales 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*. 2023 May 1;55(5):765-776. PMID: 36729937.
29. **Watso JC**, Romero SA, Morales 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 Sep 1;133(3):742-754. PMID: 35952345.

30. **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.
31. **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.
32. Foster J, **Watso JC**, Crandall CG. [Evidence for Chronotropic Incompetence in Well Healed Burn Survivors](#). *J Burn Care Res*. 2023 Mar 2;44(2):431-437. PMID: 35460226.
33. **Watso JC**, Romero SA, Moralez 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.
34. 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.
35. **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.
36. 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.
- APS select award article
37. Migdal KU, Robinson AT, **Watso JC**, Babcock MC, Lennon SL, Martens CR, Serrador JM[†], Farquhar WB[†]. [Ten Days of High Dietary Sodium Do Impair Cerebral Blood Flow Regulation in Healthy Adults](#). [†]equal contributions as co-corresponding authors. *Auto Neurosci*. 2021 Sep;234:102826. PMID: 34058717. PMCID: PMC8315190.
38. **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]
39. **Watso JC**[†], Huang M[†], Moralez 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.
40. Huang M, **Watso JC**, Moralez 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.

- Featured in commentary (PMID: 33450043)

41. 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.
42. **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. PMCID: PMC7510566.
43. Belval LN, Cramer MN, Moralez 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.
44. 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.
45. 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.
46. 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.
47. **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.
48. 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.
49. 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.
50. **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-corresponding authors. *J Appl Physiol*. 2019 Jul 1;127(1):235-245. PMCID: PMC6692747.
51. 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]
- Attention Score: **top 2%** of >26 million research outputs (Altmetric)
52. 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. PMCID: PMC6589599.

53. 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. PMCID: PMC6374182.
54. 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. PMCID: PMC6230891.
55. 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. PMCID: PMC5966729.

REVIEW ARTICLES

56. Hoch JW, Domeier C, Silvestri P, **Watso JC**. [Prognostic Value of Exercise Blood Pressure: Role of Fitness and Exercise Training](#). *Am J Physiol Heart Circ Physiol*. 2026 Feb 23. Online ahead of print. PMID: 41730298.
57. Hoch JW, **Watso JC**. [Can We Protect Our Hearts by Sweating Out Excess Sodium?](#) *Exerc Sport Sci Rev*. 2026 Feb 19. Online ahead of print. PMID: 41718617.
58. **Watso JC**, Fancher IS, Gomez DH, Hutchison ZJ, Gutierrez OM, Robinson AT. [The Damaging Duo: Obesity and Excess Dietary Salt Contribute to Hypertension and Cardiovascular Disease](#). *Obes Rev*. 2023 Aug;24(8):e13589. PMID: 37336641. PMCID: PMC10406397.
59. 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.
60. **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. PMCID: PMC6723555.
- Attention Score: **top 0.2%** of >28 million research outputs (Altmetric)

COMMENTARIES

61. Vondrasek JD, **Watso JC**. [Advanced Phenotyping in Patients with a Fontan Circulation Uncovers Effects of Pulmonary Vascular Disease](#). *Am J Physiol Heart Circ Physiol*. 2025 Jul 17. doi: Online ahead of print. [invited Editorial Focus]. PMID: 40673904.

62. Hoch JW, **Watso JC**. [Decoding Exercise Heart Rate Responses Among Patients with Heart Failure](#). *Am J Physiol Heart Circ Physiol*. 2024 Sep 1;327(3):H598-H600. PMID: 39093002. [invited Editorial Focus]
63. **Watso JC**, Bissen TG. [Vascular Dysfunction in Females Post-menopause with Obesity: An Ultrasonic View](#). *International Journal of Obesity*. 2024 Sep;48(9):1191-1192. PMID: 38956133. [invited Editorial Focus]
64. 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.
- Attention Score: **top 5%** of >27 million research outputs (Altmetric)
65. 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.
66. Babcock MC, **Watso JC**. [Absent Metaboreflex-induced Increases in Sympathetic Outflow to Contracting Muscle](#). *J Physiol*. 2018 Jun;596(12):2281-2282. PMCID: PMC6002219.
67. **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. PMCID: PMC5538201.

BOOK CHAPTERS

Risks of Exercise in Older Adults

Book: [Exercise for Aging Adults: A Guide for Practitioners](#)

Editors: Gail M. Sullivan, M.D. & Alice K. Pomidor, M.D.

Publisher: Springer Nature

ISBN13: 978-3-031-52927-6

Published: April 24, 2024

HONORS & AWARDS

Nominee - Honors Thesis Mentor Award (2026)	2026
Florida State University	
Outstanding Graduate Teaching (2025)	2026
University Teaching Awards, Florida State University	
<i>*one of nine awardees among 1,661 eligible faculty</i>	
Early Career Research Award	2025
Environmental & Exercise Physiology Section, American Physiological Society	
Impact Paper Award	2025
Most impactful paper from 2022-2024 in the <i>American Journal of Physiology-Regulatory, Integrative & Comparative Physiology</i> (PMID: 37867476)	
Faculty Leadership Award	2025

Division of Student Affairs, Florida State University

**Major contributions to service with an exemplary attitude, enthusiasm,
and extending beyond job responsibilities to help students ([link](#))*

Nominee - 2024 Florida Undergraduate Mentor of the Year 2025
Florida Undergraduate Research Association

Finalist - Teaching Award for Graduate Teaching (2023-2024) 2024
College of Education, Health, and Human Sciences Nominee

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

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.

MARC-ACSM Academic Student Bowl Finalist 2013

INVITED ORAL PRESENTATIONS

1. *Beet-ing Cardiovascular Aging*. Institute for Successful Longevity, Florida State University. March 6th, 2023. Tallahassee, Florida.
2. *Which lifestyle habits matter most for optimal cardiovascular function?* Tallahassee Memorial Hospital Metabolic Health Center - Obesity Medicine Program. September 8th, 2022. Tallahassee, Florida.
3. *Water Intake and Cardiovascular Function*. Hydration 4 Health Virtual Conference. June 22nd, 2022. Hosted in France.

4. *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.
5. *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.
6. *Adults with Well-healed Burn Injuries Have Reduced Pulmonary Function for Decades After Injury*. Lamar University Research Conference. October 30th, 2021. Live Video Format.
7. *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.
8. *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.
9. *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.
10. *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

*oral presentation; **Bold/Underlined = corresponding author**; Underlined = primary mentor for trainee

International Conferences (7 abstracts)

1. Ernst SD, Vondrasek JD, Domeier C, Bissen TG, Silvestri P, **Watso JC**. [Association between beat-to-beat blood pressure variability and body fat percentage among young adults with and without obesity](#). 36th International Symposium on the Autonomic Nervous System. *Clin Auton Res*. 16 October 2025.
2. Bissen TG, Vondrasek JD, Domeier C, Hoch JW, **Watso JC**. [Changes in Cerebrovascular Conductance Index During Eucapnic Voluntary Hyperpnea: A Case Study](#). November 12-14, 2025. Fort Worth, TX. Annual Meeting of the Cerebrovascular Research Network (CARNet).
3. *Vondrasek JD, Bissen TG, Huang M, Belval LN, Waller CP, Crandall CG, **Watso JC**. [The Relation Between Perceived Pain and Cerebrovascular Reactivity During the Cold Pressor Test Among Young Adults](#). November 12-14, 2025. Fort Worth, TX. Annual Meeting of the Cerebrovascular Research Network (CARNet).
4. Patoine C, Houser L, Singar S, Lobene A, **Watso JC**, Nagpal R. [Daily Fresh Watermelon Consumption Improves Gut Transit Time in Young Adults with Overweight or Obesity](#). ESPEN Congress on Clinical Nutrition and Metabolism. September 13-16, 2025. Prague, Czech Republic.
5. *Baker PA, Ernst SD, Caro JC, Hart RK, Ali MM, **Watso JC**, Ormsbee MJ, La Favor JD, Smith-Ryan AE, Hickner RC. [Creatine Monohydrate Increases Skeletal Muscle Microvascular Blood Flow and](#)

[Promotes Lipid Mobilization in Postmenopausal Women](#). 2025 Creatine Conference. March 12-15, 2025. Munich, Germany. *J Int Soc Sports Nutr*. 2025 Aug 21;22(Suppl 1):2533650. PMID: PMC12392431.

6. 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.
7. ***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 (111 abstracts)

8. Domeier C, Hoch JW, Vondrasek JD, Bissen TG, Muñoz CX, Smith KA, **Watso JC**. Seasonal Changes in Osmosensitivity Among Postmenopausal Females in Tallahassee, Florida: A Pilot Study. American Society of Nephrology Kidney Week 2026. October 21-25, 2026. Denver, CO. (*submitted*)
9. Hoch JW, Domeier C, Bissen TG, Vondrasek JD, Lobene AJ, **Watso JC**. The Relation Between Habitual Sodium Intake and Blood Pressure During Submaximal Cycling Exercise Among Young Adults. 2026 North American Artery Conference. May 8-9, 2026. Philadelphia, PA.
10. Vondrasek JD, Hoch JW, Rivera AA, Bissen TG, Domeier C, **Watso JC**. The Effect of Inspiratory Muscle Strength Training on Central Pulse Wave Characteristics Among Young Adults with Obesity: Preliminary Findings. 2026 North American Artery Conference. May 8-9, 2026. Philadelphia, PA.
11. Lobene AJ, Peterson KE, Thoms SL, Rani R, Mumby WA, **Watso JC**. Study Protocol: Examining the Feasibility of Nutrition Education to Increase Potassium Intake Versus Reduce Sodium Intake and Efficacy to Improve Vascular Health. NUTRITION 2026 (American Society for Nutrition). July 25-28, National Harbor, MD. (*submitted*)
12. Domeier C, Hoch JW, Peck ME, Ashley EC, Voelkel LO, Vondrasek JD, Bissen TG, Lobene AJ, Robinson AT, Smith KA, **Watso JC**. Postmenopausal Females Exhibit Limited Renal Compensation During Seasonal Environmental Heat Stress: A Pilot Study. American Physiological Society - Control of Renal Function in Health and Disease. June 22–25, 2026. Fontana-on-Geneva Lake, WI. (*accepted*)
13. Peterson KE, **Watso JC**, Lobene AJ. Examining the Acceptability and Effectiveness of Potassium-Centered Nutrition Education to Improve Cardiovascular Health. Annual Nutrition Symposium, Florida Academy of Nutrition and Dietetics. April 10-12, 2026. Orlando, FL.
14. Everett K, Mumby WA, Rijliech H, Bissen TG, Domeier C, Vondrasek JD, **Watso JC**, Lobene AJ. The Role of Energy Intake in the Relation between Sodium Intake and Cardiovascular Disease Risk Factors in Young Adults. Annual Nutrition Symposium, Florida Academy of Nutrition and Dietetics. April 10-12, 2026. Orlando, FL.
15. Bissen TG, Vondrasek JD, Domeier C, Hoch JW, Peck ME, Ashley EC, Babb TG, **Watso JC**. Oxygen Cost of Breathing During Voluntary Eucapnic Hyperpnea Among Adults with Obesity After Inspiratory Muscle Strength Training. American Physiology Summit 2026. April 23-26, 2026. Minneapolis, MN. *Physiology*. Volume 41, Issue S1.
- Charles Tipton Predoctoral Research Recognition Award

16. Hoch JW, Domeier C, Bissen TG, Vondrasek JD, Rivera AA, Ernst SD, Vizoso SP, Todd GK, **Watso JC**. The Effect of Inspiratory Muscle Strength Training on Peak Exercise Systolic Blood Pressure Among Younger Adults with Obesity. American Physiology Summit 2026. April 23-26, 2026. Minneapolis, MN. *Physiology*. Volume 41, Issue S1.
- Partnership for Clean Competition Anti-Doping Predoctoral Research Award
17. Vondrasek JD, Bissen TG, Hoch JW, Domeier C, Ernst SD, Voelkel LO, **Watso JC**. The Effect of Eight Weeks of Inspiratory Muscle Strength Training on Central Blood Pressure and Aortic Stiffness Among Young Adults with Obesity. American Physiology Summit 2026. April 23-26, 2026. Minneapolis, MN. *Physiology*. Volume 41, Issue S1.
18. Domeier C, Peck ME, Hoch JW, Robinson AT, Smith KA, **Watso JC**. Seasonal Changes in Acute Kidney Injury Markers in Postmenopausal Females – A Pilot Study. American Physiology Summit 2026. April 23-26, 2026. Minneapolis, MN. *Physiology*. Volume 41, Issue S1.
19. Muma JP, Linder BA, Stute NL, Sanchez SO, Domeier C, **Watso JC**, Babcock MC, Zoh RS, Guitérrez OM, Schlader ZJ, Fuller-Rowell TE, Robinson AT. Hydration mediates cross-sectional associations between acute kidney injury biomarkers with race in emerging adults. American Physiology Summit 2026. April 23-26, 2026. Minneapolis, MN. *Physiology*. Volume 41, Issue S1.
20. Domeier C, Bissen TG, Vondrasek JD, Hoch JW, Peck ME, Ashley EC, Voelkel LO, Vizoso SP, **Watso JC**. Blood Pressure Responses During Submaximal Exercise in Young Adults With and Without Preclinical Obesity. American College of Sports Medicine (ACSM) 2026. May 26-30, 2026. Salt Lake City, UT.
21. May EG, Park HS, Parker CA, Johnson MM, Vondrasek JD, Bissen TG, Domeier C, Hoch JW, **Watso JC**, Smith KA. Immune Cell Mobilization During Exercise in Young Adults With and Without Obesity. American College of Sports Medicine (ACSM) 2026. May 26-30, 2026. Salt Lake City, UT.
22. Hoch JW, Domeier C, Bissen TG, Vondrasek JD, Peck ME, Ashley EC, Voelkel LO, Vizoso SP, **Watso JC**. Fitness-Indexed Peak Exercise Blood Pressure in Younger Adults with and without Preclinical Obesity. American College of Sports Medicine (ACSM) 2026. May 26-30, 2026. Salt Lake City, UT.
23. Johnson MM, Parker CA, Park HS, May EG, Domeier C, Peck ME, Hoch JW, Vondrasek JD, Bissen TG, **Watso JC**, Smith KA. Seasonal Changes in Systemic Immune-Inflammation Index and Hematology Among Postmenopausal Females Living in Florida. American College of Sports Medicine (ACSM) 2026. May 26-30, 2026. Salt Lake City, UT.
24. Park HS, May EG, Parker CA, Johnson MM, Vondrasek JD, Bissen TG, Domeier C, Hoch JW, **Watso JC**, Smith KA. The Effects of Inspiratory Muscle Strength Training On Exercise-Induced Leukocytosis in Adults With Obesity. American College of Sports Medicine (ACSM) 2026. May 26-30, 2026. Salt Lake City, UT.
25. Bissen TG, Domeier C, Vondrasek JD, Hoch JW, Silvestri P, Ernst SD, Rivera AA, **Watso JC**. Ventilatory Responses and Dyspnea During Exercise Among Adults with Obesity After Inspiratory Muscle Strength Training. American College of Sports Medicine (ACSM) 2026. May 26-30, 2026. Salt Lake City, UT.
- Charles M. Tipton Student Research Award (only 2 awardees per year)

26. Domeier C, Robinson AT, Babcock MC, Smith KA, **Watso JC**. [Acute Kidney Injury Risk and Hydration Biomarkers Following Mild Dehydration in Young and Older Female Adults](#). American Society of Nephrology Kidney Week 2025. November 6-9, 2025. Houston, TX.
27. Cassette JM, **Watso JC**, Heffernan KS. [The Effect of Paced Nasal Breathing on Central Pulsatile Hemodynamic Load in Young Adults](#). 2025 North American Artery Conference. June 27-28, 2025. Philadelphia, PA.
28. Patoine C, Singar S, **Watso JC**, Salazar G, Nagpal R. [Study Protocol Abstract: The Effect of Regular Lentil and Chickpea Intake on Gut Microbiome and Metabolic Health in Healthy Young Adults: A Pilot Randomized Clinical Trial](#). NUTRITION 2025 (American Society for Nutrition). May 31-June 3, 2025. Orlando, FL. *Current Developments in Nutrition*. Volume 9, Supplement 2, May 2025, 107359.
29. Patoine C, Singar S, Lobene AJ, **Watso JC**, Nagpal R. [Study Protocol Abstract: Effect of Daily Fresh Watermelon Consumption on Gut and Cardiometabolic Health in Young Adults with Overweight and Obesity](#). NUTRITION 2025 (American Society for Nutrition). May 31-June 3, 2025. Orlando, FL. *Current Developments in Nutrition*. Volume 9, Supplement 2, May 2025, 107357.
30. Mumby WA, Rajlich H, Rani R, Smith KA, Bissen TG, Domeier C, Vondrasek JD, **Watso JC**, Lobene AJ. [The Association Between Sodium-to-Potassium Intake Ratio and Vascular Endothelial Function, and the Role of Insulin Resistance](#). NUTRITION 2025 (American Society for Nutrition). May 31-June 3, 2025. Orlando, FL. *Current Developments in Nutrition*. Volume 9, Supplement 2, May 2025, 107359.
31. Vondrasek JD, Domeier C, Bissen TG, Silvestri P, **Watso JC**. [Reactive Hyperemia Between Otherwise Healthy Adults With and Without Obesity: Influence of Forearm Lean Mass](#). American Physiology Summit 2025. April 24-27, 2025. Baltimore, MD. *Physiology*. Volume 40, Issue S1. 2025 May 12.
32. Hoch JW, Huang M, Belval LN, Jarrard CP, Crandall CG, **Watso JC**. [Associations Between Pain Perception, Sympathetic, and Blood Pressure Responses During the Cold Pressor Test](#). American Physiology Summit 2025. April 24-27, 2025. Baltimore, MD. *Physiology*. Volume 40, Issue S1. 2025 May 12.
33. Bissen TG, Domeier C, Vondrasek JD, Silvestri P, **Watso JC**. [Association Between the Oxygen Cost of Breathing and Body Composition Among Young Adults With and Without Obesity](#). American Physiology Summit 2025. April 24-27, 2025. Baltimore, MD. *Physiology*. Volume 40, Issue S1. 2025 May 12.
- *Respiration Section Trainee Poster Presentation Award Finalist*
34. Domeier C, Robinson AT, Babcock MC, Smith KA, **Watso JC**. [Renin-Angiotensin-Aldosterone System and Acute Kidney Injury Markers After Mild Dehydration in Young and Older Female Adults](#). American Physiology Summit 2024. April 24-27, 2025. Baltimore, MD. *Physiology*. Volume 40, Issue S1. 2025 May 12.
- *Water & Electrolyte Homeostasis Section Research Recognition Award*
35. **Watso JC**, Huang M, Belval LN, Jarrard CP, Crandall CG. [Between-visit Reproducibility of Pain Perception and Cerebrovascular Responses During the Cold Pressor Test](#). American Physiology Summit 2025. April 24-27, 2025. Baltimore, MD. *Physiology*. Volume 40, Issue S1. 2025 May 12.
- *Walter B. Cannon Lecture Abstract of Distinction (one of 9 awardees among 1903 abstracts)*

36. Bertelsen C, Parker C, Johnson MM, Petersohn J, Vondrasek JD, Bissen TG, Domeier C, Childs E, Moscoso-Martinez A, **Watso JC**, Smith KA. [Immune Cell Mobilization During Peak Cycling Exercise Between Adults With and Without Obesity](#). American College of Sports Medicine Annual Meeting. May 27-30, 2025. Atlanta, GA. *Medicine & Science in Sports & Exercise* 57(10S):p 795, October 2025.
37. Bissen TG, Domeier C, Vondrasek JD, Silvestri P, Ernst SD, Peck ME, Rivera AA, Miller KM, **Watso JC**. [Associations Between Ventilatory Efficiency During Exercise And Body Composition Metrics Among Young Adults](#). American College of Sports Medicine Annual Meeting. May 27-30, 2025. Atlanta, GA. *Medicine & Science in Sports & Exercise* 57(10S):p 110, October 2025.
38. Cassette JM, Vondrasek JD, Heffernan KS, **Watso JC**. [The Effect Of Paced Nasal Breathing On Central And Cerebrovascular Hemodynamics Among Young Adults](#). American College of Sports Medicine Annual Meeting. May 27-30, 2025. Atlanta, GA. *Medicine & Science in Sports & Exercise* 57(10S):p 395-396, October 2025.
- *Thematic Poster Presentation*
39. *Domeier C, Robinson AT, Babcock MC, Muñoz CX, Smith KA, **Watso JC**. [Thirst, Plasma Copeptin, And Glomerular Filtration After Mild Dehydration In Young And Older Female Adults](#). American College of Sports Medicine Annual Meeting. May 27-30, 2025. Atlanta, GA. *Medicine & Science in Sports & Exercise* 57(10S):p 691, October 2025.
- *Barbara Campaigne Women's Health, Sport & Physical Activity Travel Award*
40. Hoch JW, Huang M, Belval LN, Jarrard CP, Crandall CG, **Watso JC**. [Between-visit Reproducibility Of Pain, Sympathetic, And Blood Pressure Responses During the Cold Pressor Test](#). American College of Sports Medicine Annual Meeting. May 27-30, 2025. Atlanta, GA. *Medicine & Science in Sports & Exercise* 57(10S):p 657-658, October 2025.
41. Vondrasek JD, Pollin KU, Robinson AT, Babcock MC, **Watso JC**. [Dietary Sodium Manipulation And Cerebrovascular Reactivity During Isometric Handgrip Exercise: A Pilot Study](#). American College of Sports Medicine Annual Meeting. May 27-30, 2025. Atlanta, GA. *Medicine & Science in Sports & Exercise* 57(10S):p 396-397, October 2025.
- *Thematic Poster Presentation*
42. Fetter RC, Benjamin JI, Nasci VL, Stock JM, Romberger NT, **Watso JC**, Babcock MC, Wenner MM, Robinson AT, Gohar EY. [High Dietary Sodium Increases Urinary Endothelin-1 Excretion in Salt-Resistant Women but Not in Men](#). American Society of Nephrology Kidney Week 2024. October 24-27, 2024. San Diego, CA.
43. Vondrasek JD, Jeong S, El-Kurd OB, Linder BA, Stute NL, Domeier C, Bissen TG, Bagley JR, Robinson AT, Babcock MC, Grosicki GJ, **Watso JC**. [Running a 161-km Ultra-marathon Acutely Reduces Central Blood Pressure and Improves Pulse-wave Characteristics](#). American College of Sports Medicine Annual Meeting. May 28-31, 2024. Boston, MA. *Medicine & Science in Sports & Exercise*. 56(10S):p 922, October 2024.
44. Jarrard CP, McKenna ZJ, Atkins WC, Foster J, **Watso JC**, Crandall CG. [Sublingual sufentanil attenuates perceived pain, but not cardiovascular responses, during the cold pressor test](#). American College of Sports Medicine Annual Meeting. May 28-31, 2024. Boston, MA. *Medicine & Science in Sports & Exercise*. 56(10S):p 1033, October 2024.

45. *El-Kurd OB, Bialy P, Jeong S, Linder BA, Stute NL, Vondrasek JD, Lee CM, Lorenz K, Robinson AT, **Watso JC**, Babcock MC, Bagley JR, Grosicki GJ. [Predictors of Performance during a 161 km Mountain Footrace](#). American College of Sports Medicine Annual Meeting. May 28-31, 2024. Boston, MA. *Medicine & Science in Sports & Exercise*. 56(10S):p 330, October 2024.
46. Jarrard CP, McKenna ZJ, Atkins WC, Foster J, **Watso JC**, Crandall CG. [Sublingual sufentanil does not decrease tolerance to progressive central hypovolemia](#). American Physiology Summit 2024. April 4-7, 2024. Long Beach, CA. *Physiology*. Volume 39, Issue S1.
47. Linder BA, Stute NL, Jeong S, El-Kurd OB, Vondrasek JD, Pasternak AV, Schlader ZJ, Bagley JR, Babcock MC, **Watso JC**, Grosicki GJ, Robinson AT. [Urinary hydration biomarkers, but not renal blood velocity, are impacted by a 161-km ultra-endurance footrace](#). American Physiology Summit 2024. April 4-7, 2024. Long Beach, CA. *Physiology*. Volume 39, Issue S1.
48. **Watso JC**, Robinson AT, Arena R, Harber MP, Kaminsky LA, Myers J. [Hypertension and Ventilatory Inefficiency During Exercise in the Fitness Registry and the Importance of Exercise National Database \(FRIEND\)](#). American Physiology Summit 2024. April 4-7, 2024. Long Beach, CA. *Physiology*. Volume 39, Issue S1.
49. Bissen TG, Arena R, Harber MP, Kaminsky LA, Myers J, **Watso JC**. [Obesity and Ventilatory Efficiency During Exercise in the Fitness Registry and the Importance of Exercise National Database \(FRIEND\)](#). American Physiology Summit 2024. April 4-7, 2024. Long Beach, CA. *Physiology*. Volume 39, Issue S1.
50. Domeier C, Vondrasek JD, Bissen TG, Robinson AT, Babcock MC, **Watso JC**. [Older versus Younger Females Matched for Body Composition Have Lower Sympathetic Transduction at Rest](#). American Physiology Summit 2024. April 4-7, 2024. Long Beach, CA. *Physiology*. Volume 39, Issue S1.
51. Vondrasek JD, Jeong S, El-Kurd OB, Linder BA, Stute NL, Domeier C, Bissen TG, Bagley JR, Robinson AT, Babcock MC, Grosicki GJ, **Watso JC**. [Blood Pressure and Central Arterial Stiffness Before and After a 161-km Ultra-endurance Race](#). American Physiology Summit 2024. April 4-7, 2023. Long Beach, CA. *Physiology*. Volume 39, Issue S1.
52. Crandall CG, Atkins WC, McKenna ZJ, Foster J, Belval LN, Orth BD, **Watso JC**. [Water spray on grafted skin attenuates increases in core temperature in well-healed burn survivors](#). American Burn Association Annual Meeting. Chicago, IL. April 2024.
53. **Watso JC**, Cuba JN, Boutwell SL, Moss JE, Bowerfind AK, Fernandez IM, Cassette JM, May AM, Kirk KF. [Acute Nasal Breathing Lowers Blood Pressure and Increases Parasympathetic Contributions to Heart Rate Variability in Young Adults](#). American Heart Association Hypertension Scientific Sessions. September 7-10, 2023. Boston, Massachusetts. Published in *Hypertension*. 2023;80:AP342.
54. Hutchinson ZH, Linder BA, Tharpe MA, Barnett AM, Culver MN, Sanchez SO, Jeong S, Stute NL, **Watso JC**, Grosicki GJ, Robinson AT. [Dietary Sodium-to-Fiber Ratio is Independently Associated with Body Composition and Blood Pressure in Healthy Adults](#). American Heart Association Hypertension Scientific Sessions. September 7-10, 2023. Boston, Massachusetts. Published in *Hypertension*. 2023;80:AP172.

55. Romberger NT, **Watso JC**, Stock JM, McMillan RK, Pollin KU, Babcock MC, Robinson AT, Farquhar WB. [Habitual Physical Activity is Associated with Nocturnal Blood Pressure Dipping in Healthy Young Adults](#). American College of Sports Medicine Annual Meeting. May 30-June 2, 2023. Denver, Colorado.
56. Linder BA, Hutchinson ZJ, Barnett AM, Tharpe MA, Culver MN, Jeong S, Nichols OI, **Watso JC**, Fuller-Rowell TE, Robinson AT. [Hydration Status Mediates Racial Differences in Circulating Copeptin among Young Adults](#). American Physiology Summit 2023. April 21-23, 2023. Long Beach, CA. *Physiology*. Volume 38, Issue S1. 2023 May 23.
- *Water & Electrolyte Homeostasis Section Research Recognition Award*
57. Jeong S, Barnett AM, Linder BA, Tharpe MA, Hutchinson ZJ, Culver MN, Nichols OI, Fuller-Rowell TE, **Watso JC**, Robinson AT. [Influence of Hydration Status and Plasma Copeptin on Ambulatory Blood Pressure in Healthy Young Adults](#). American Physiology Summit 2023. April 21-23, 2023. Long Beach, CA. *Physiology*. Volume 38, Issue S1. 2023 May 23.
58. Jarrard CP, **Watso JC**, Foster J, McKenna ZJ, Atkins WC, Huang M, Moralez G, Crandall CG. [Sex differences in autonomic and cardiovascular responses during lower-body negative pressure](#). American Physiology Summit 2023. April 21-23, 2023. Long Beach, CA. Volume 38, Issue S1. 2023 May 23.
59. Foster J, McKenna ZJ, Sarma S, MacNamara J, Belval LN, **Watso JC**, Atkins WC, Orth BD, Johnson EM, Benning M, Crandall CG. [Thermal and Cardiovascular Responses During a Very Hot and Dry Heatwave Simulation in Young and Older Adults](#). American Physiology Summit 2023. April 21-23, 2023. Long Beach, CA. Volume 38, Issue S1. 2023 May 23.
60. Atkins WC, McKenna ZJ, Foster J, Belval LN, Orth BD, Johnson EM, Benning M, **Watso JC**, Hakes C, Jay O, Crandall CG. [Core temperature responses in adults with well-healed burn injuries during exercise heat stress: effect of cooling modalities](#). American Physiology Summit 2023. April 21-23, 2023. Long Beach, CA. Volume 38, Issue S1. 2023 May 23.
61. McKenna ZJ, Foster J, Atkins WC, Belval LN, **Watso JC**, Orth BD, Benning M, Johnson EM, Crandall CG. [Thermoregulatory and Renal Responses to Simulated Heatwaves in Younger and Older Adults](#). American Physiology Summit 2023. April 21-23, 2023. Long Beach, CA. Volume 38, Issue S1. 2023 May 23.
62. **Watso JC**, Romero SA, Moralez 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.
63. 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.
64. 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.

65. *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.
66. ***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.
67. *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. Published in *FASEB*, 36(S1).
 - *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*
68. **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. Published in *FASEB*, 36(S1).
69. 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. Published in *FASEB*, 36(S1).
70. **Watso JC**, Romero SA, Moralez 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. *Medicine & Science in Sports & Exercise*. 54(9S):281-282, September 2022.
 - *Selected for the Adolfo M. Hernández Memorial Award – Outstanding Research by a Professional for the ACSM Environmental and Occupational Physiology Interest Group*
71. 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. *Medicine & Science in Sports & Exercise*. 54(9S):101, September 2022.
72. 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. *Medicine & Science in Sports & Exercise*. 54(9S):31, September 2022.
73. 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. *Medicine & Science in Sports & Exercise*. 54(9S):618, September 2022.
74. **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*.

75. 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. Published in *Med Sci Sports Exerc*, 53(8S)82. August 2021.
76. 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. Published in *FASEB*, 35(1).
77. 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.
 - Impact: **top 1%** (selected as one of six abstract awards of 680 abstracts)
78. 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.
79. ***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.
80. 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 *Hypertension*. Volume 76. November 2020. Published in *Hypertension*. 2020;76:AP103.
81. 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).
82. 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).
83. 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).
84. 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).
85. ***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).

86. *Huang M, **Watso JC**, Morales 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).
87. *Belval LN, Cramer MN, Huang M, Morales 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).
88. *Cimino FA, Cramer MN, Morales 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).
89. 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).
90. Crandall CG, Cramer MN, Huang M, Morales 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.
91. *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.
92. **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).
93. *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).
94. 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).
95. 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).
96. **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).
97. *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).

98. 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).
99. 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).
100. 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.
101. **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.
102. 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.
103. 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.
104. 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.
105. **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.
106. 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.
107. **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).
108. 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).
109. 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).

110. *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).
111. **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).
112. 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).
113. **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).
114. 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).
115. 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 *Medicine & Science in Sports & Exercise* 47.5S.
116. ***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.
117. *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.
118. *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 Conferences (38 abstracts)

119. Vizoso SP, Domeier C, Bissen TG, Vondrasek JD, Silvestri P, **Watso JC**. Cardiac Vagal Baroreflex Sensitivity Among Young Adults With and Without Obesity. Florida Undergraduate Research Conference (FURC). March 2026. Jacksonville, FL.
120. McKay CR, Rentería LI, McCarthy CM, Smith KA, Cross B, Griest T, Gorejena M, Paterson KG, McQuerry M, **Watso JC**, Gordon BS, Ormsbee MJ. [Four Weeks of Betaine Supplementation Reduces Select Inflammatory Markers in Firefighters](#). American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2026.

121. Silvestri P, Bissen TG, Domeier C, Vondrasek JD, **Watso JC**. Correlation Between Beck's Depression Inventory Score and Cardiovascular Reactivity During Exercise in Young Adults. Florida Undergraduate Research Conference (FURC), Tampa, FL. February 2025.
122. Ernst SD, Bissen TG, Domeier C, Vondrasek JD, Silvestri P, **Watso JC**. Association Between Body Mass Index and Cardiovascular Responses During Eucapnic Voluntary Hyperpnea Among Young Adults. Florida Undergraduate Research Conference (FURC), Tampa, FL. February 2025.
123. Vizoso SP, Domeier C, Bissen TG, Vondrasek JD, Silvestri P, **Watso JC**. Blood Pressure Reactivity During Isometric Handgrip Exercise Between Adults With and Without Obesity. Florida Undergraduate Research Conference (FURC), Tampa, FL. February 2025.
124. *Domeier C, Vondrasek JD, Bissen TG, Robinson AT, Babcock MC, **Watso JC**. The Effect of Female Aging on Sympathetic Transduction During the Cold Pressor Test. Institute of Exercise Physiology and Rehabilitation Science Conference, Orlando, FL. February 2024.
125. *Bissen TG, Domeier C, Vondrasek JD, Robinson AT, Babcock MC, **Watso JC**. The Effect of Female Aging on Blood Pressure and Sympathetic Responses During End-Expiratory Apnea. Institute of Exercise Physiology and Rehabilitation Science Conference, Orlando, FL. February 2024.
126. *Vondrasek JD, Jeong S, El-Kurd OB, Linder BA, Stute NL, Domeier C, Bissen TG, Bagley JR, Robinson AT, Babcock MC, Grosicki GJ, **Watso JC**. Age-Related Cardiovascular Health Among Elite Ultra-Endurance Athletes. Institute of Exercise Physiology and Rehabilitation Science Conference, Orlando, FL. February 2024.
- 2nd Place for Best Presentation
127. Bissen TG, Domeier C, Vondrasek JD, Robinson AT, Babcock MC, **Watso JC**. The Effect of Female Aging on Blood Pressure and Sympathetic Responses During End-Expiratory Apnea. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2024. *International Journal of Exercise Science*. Volume 16, Issue 3. 2024.
128. *Domeier C, Vondrasek JD, Bissen TG, Robinson AT, Babcock MC, **Watso JC**. The Effect of Female Aging on Sympathetic Transduction During the Cold Pressor Test. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2024. *International Journal of Exercise Science*. Volume 16, Issue 3. 2024.
129. *Vondrasek JD, Jeong S, El-Kurd OB, Linder BA, Stute NL, Domeier C, Bissen TG, Bagley JR, Robinson AT, Babcock MC, Grosicki GJ, **Watso JC**. Age-Related Cardiovascular Health Among Elite Ultra-Endurance Athletes. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2024. *International Journal of Exercise Science*. Volume 16, Issue 3. 2024.
130. *Jeong S, Linder BA, Stute NL, El-Kurd OB, Vondrasek JD, Bagley JR, **Watso JC**, Babcock MC, Schlader ZJ, Grosicki GJ, Robinson AT. Aging is not Associated with Decreased Kidney Vascular Conductance in Ultra-Marathon Runners. American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2024. *International Journal of Exercise Science*. Volume 16, Issue 3. 2024.
131. Jarrard CP, McKenna ZJ, Atkins WC, Foster J, **Watso JC**, Crandall CG. Sublingual sufentanil attenuates perceived pain, but not blood pressure responses, during the cold pressor test. Texas Chapter American College of Sports Medicine Annual Meeting. Feb 22-23, 2024. Waco, TX. *International Journal of Exercise Science: Conference Proceedings*. 2024.

132. El-Kurd OB, Bialy P, Jeong S, Linder BA, Stute NL, [Vondrasek JD](#), Lee CM, Lorenz K, Robinson AT, **Watso JC**, Babcock MC, Bagley JR, Grosicki GJ. [Predictors of Performance during a 161 km Mountain Footrace](#). American College of Sports Medicine Southwest Chapter Meeting, Costa Mesa, CA, October 2023.
- Brent Ruby "Outside of the Lab" Award
133. Jarrard CP, **Watso JC**, McKenna ZJ, Foster J, Atkins WC, Huang M, Moralez G, Crandall CG. [Sex, But Not Spontaneous Cardiovascular Baroreflex Sensitivity Predicts Tolerance To Simulated Hemorrhage](#). Texas Chapter American College of Sports Medicine Annual Meeting. Feb 23-24, 2023. Waco, TX. *International Journal of Exercise Science: Conference Proceedings*. Vol. 2. Iss. 15. 2023.
134. Roberts A, Lincoln ZR, Blumenburg WT, Cross BL, Vondrasek JD, **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. *International Journal of Exercise Science: Conference Proceedings*. Vol. 16. No. 2. 2023.
135. 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. *International Journal of Exercise Science: Conference Proceedings*. Vol. 16. No. 2. 2023.
136. 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. *International Journal of Exercise Science: Conference Proceedings*. Vol. 16. No. 2. 2023.
137. 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. *International Journal of Exercise Science: Conference Proceedings*. Vol. 16. No. 2. 2023.
138. 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. *International Journal of Exercise Science: Conference Proceedings*. Vol. 16. No. 2. 2023.
139. Stute NL, Babcock MC, Pollin KU, Robinson AT, **Watso JC**. [Influence Of Absolute Force On Augmented Exercise Blood Pressure During Isometric Hand-gripping With Female Aging](#). American College of Sports Medicine Southeast Chapter Meeting, Greenville, SC, February 2023. *International Journal of Exercise Science: Conference Proceedings*. Vol. 16. No. 2. 2023.
140. 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.

141. 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.
142. 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.
143. 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.
144. 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.
145. ***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. Published in *Int J Exerc Sci Conf Proc*, Vol. 9: Iss. 7, Article 112.
- *Doctoral awards finalist*
146. *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.
147. ***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)
148. *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.
149. *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 finalist*
150. *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.
151. 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.

152. ***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).
153. *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).
154. ***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. Published in *Int J Exerc Sci Conf Proc*, 9(3).
155. *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. Published in *Int J Exerc Sci Conf Proc*, 9(3).
156. *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. Published in *Int J Exerc Sci Conf Proc*, 9(3).

Local Conferences (26 abstracts)

157. Vizoso SP, Domeier C, Bissen TG, Vondrasek JD, Silvestri P, **Watso JC**. [Cardiac Vagal Baroreflex Sensitivity Among Young Adults With and Without Obesity](#). Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 2026. Tallahassee, FL.
158. Zhang AS, Vondrasek JD, Bissen TG, Hoch JW, **Watso JC**, Domeier C. [Circadian Blood Pressure Patterns in Young Adults with Preclinical Obesity](#). Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 2026. Tallahassee, FL.
159. Parry A, **Watso JC**, Vondrasek JD. [The Effect of Isometric Handgrip Exercise Training on Aortic Stiffness Among Adults Not Meeting Exercise Recommendations: A Study Protocol](#). Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 2026. Tallahassee, FL.
160. Zamora NM, Vondrasek JD, Domeier C, Hoch JW, Peck ME, Ashley EC, **Watso JC**, Bissen TG. [Oxygen Cost of Breathing During Voluntary Eucapnic Hyperpnea Among Adults with Obesity After Inspiratory Muscle Strength Training](#). Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 2026. Tallahassee, FL.
161. Vizoso SP, Domeier C, Bissen TG, Vondrasek JD, Silvestri P, **Watso JC**. [Cardiac Vagal Baroreflex Sensitivity Among Young Adults With and Without Obesity](#). Florida Undergraduate Research Posters at the Capitol. Tallahassee, FL. January 2026.

162. Everett K, Mumby WA, Rijliech H, Bissen TG, Domeier C, Vondrasek JD, **Watso JC**, Lobene AJ. The Role of Energy in the Relation between Sodium and Cardiovascular Health in Young Adults. Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 2025. Tallahassee, FL.
163. Voelkel LO, Ashley EC, Vondrasek JD, Bowden JP, Rocco CD, Domeier C, Bissen TG, Pickett SM, **Watso JC**. Effect of Wearing an External Nasal Dilator Strip During Sleep on Immediate Waking Blood Pressure and Heart Rate. Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 2025. Tallahassee, FL.
164. Ashley EC, Voelkel LO, Vondrasek JD, Bowden JP, Rocco CD, Domeier C, Bissen TG, Montoye AHK, Pickett SM, **Watso JC**. The Effect of Wearing an External Nasal Dilator Strip During Sleep on Subjective and Objective Sleep Quality. Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 2025. Tallahassee, FL.
165. Ernst SD, Bissen TG, Domeier C, Vondrasek JD, Silvestri P, **Watso JC**. Association Between Body Mass Index and Cardiovascular Responses During Eucapnic Voluntary Hyperpnea Among Young Adults. Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 2025. Tallahassee, FL.
166. Vizoso SP, Domeier C, Bissen TG, Vondrasek JD, Silvestri P, **Watso JC**. Blood Pressure Reactivity During Isometric Handgrip Exercise Between Adults With and Without Obesity. Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 2025. Tallahassee, FL.
167. Domeier C, Vondrasek JD, Bissen TG, Robinson AT, Babcock MC, **Watso JC**. Older versus Younger Females Matched for Body Composition Have Lower Sympathetic Transduction at Rest. Institute for Successful Longevity Poster Day. March 2024. Tallahassee, FL.
168. Bissen TG, Domeier C, Vondrasek JD, Robinson AT, Babcock MC, **Watso JC**. The Effect of Female Aging on Blood Pressure and Sympathetic Responses During End-Expiratory Apnea. Institute for Successful Longevity Poster Day. March 2024. Tallahassee, FL.
169. Vondrasek JD, Jeong S, El-Kurd OB, Linder BA, Stute NL, Domeier C, Bissen TG, Bagley JR, Robinson AT, Babcock MC, Grosicki GJ, **Watso JC**. Age-Related Cardiovascular Health Among Elite Ultra-Endurance Athletes. Institute for Successful Longevity Poster Day. March 2024. Tallahassee, FL.
170. Boutwell SL[†], Cassette JM[†], Bowerfind AK, Cuba JN, Fernandez IM, May AM, Kirk KF, Moss JE, **Watso JC**. Do Breathing Patterns Affect Ratings of Perceived Exertion and Breathlessness? Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 6, 2023. Tallahassee, FL. [†]equal contributions as co-first authors.
171. Cuba JN, Bowerfind AK, Boutwell SL, Cassette JM, Fernandez IM, May AM, Kirk KF, Moss JE, **Watso JC**. Comparing Heart Rate Variability Metrics Between Nasal and Oral Breathing. Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 6, 2023. Tallahassee, FL.
172. Bowerfind AK, Boutwell SL, Cassette JM, Cuba JN, Fernandez IM, May AM, Kirk KF, Moss JE, **Watso JC**. The Effect of Nasal versus Oral Breathing on Blood Pressure at Rest and During

Exercise. Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 6, 2023. Tallahassee, FL.

173. May AM[†], Fernandez IM[†], Cuba JN, Cassette JM, Boutwell SL, Bowerfind AK, Kirk KF, Moss JE, Watso JC. The Effect of Nasal versus Oral Breathing on Heart Rate at Rest and During Exercise. Florida State University Center for Undergraduate Research and Academic Engagement - Undergraduate Research Symposium. April 6, 2023. Tallahassee, FL. [†]equal contributions as co-first authors.
174. 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.
175. **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.
176. 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.
177. 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.
178. 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.
179. **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.
180. 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.
181. 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.
182. 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.

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

Doctoral Student Research Mentor:

Jonathan Hoch (MS student 2024-2025)	2025 - present
Thomas Bissen	2023 - 2027
Christin Domeier	2023 - 2027
Joseph Vondrasek	2023 - 2027

Master's Thesis Co-Supervisor:

Kerri Peterson - Sports Nutrition	2026 - present
-----------------------------------	----------------

Non-thesis MS Student Mentor:

Justine Moss (current: registered dietitian, Essentia Health)	2022 - 2023
Katherine Kirk (current: Doctor of Physical Therapy Student, University of North Florida)	2022 - 2023

Medical Student Mentor:

Jason Bowden (undergraduate volunteer 2023-2024)	2024 - 2026
--	-------------

Undergraduate Thesis Student Mentor:

Sophia Vizoso	2024 - present
<i>"Autonomic Cardiovascular Regulation Among Young Adults with Obesity"</i>	

Undergraduate Research Volunteer Mentor:

Sequoia Ernst	2024 - present
Michael Beckett (current: student, Alabama College of Osteopathic Medicine)	2024
Pannonica Silvestri (current: MS Anesthesia, Case Western Reserve)	2023 - 2025
Alexander Rivera	2023 - present
Casandra Della Rocco (current: Lab Technician, Biofront Technologies)	2023 - 2025
Mary Peck	2023 - present
<i>*2026 American Kinesiology Association Undergraduate Scholar (one of 60 nationwide)</i>	
Jessica Cassette (current; MS Motor Learning and Control, Columbia University)	2022 - 2025

Undergraduate Research Opportunity Program Mentor:

Ella Ashley	2024 - 2025
Lily Voelkel	2024 - 2025
Allison Bowerfind	2022 - 2023

Savannah Boutwell	2022 - 2023
Jens Cuba (current: Technician, Laboratory for Synthetic Immunity, Georgia Tech)	2022 - 2023
Isabela Fernandez	2022 - 2023
Allyson May	2022 - 2023

High School Student Science Research Mentor:

Chiara G. (Edgewood High School, Merritt Island, FL)	2023 - 2024
- Senior project: nanotechnology & antimicrobial properties of coronary stents	

Doctoral Supervisory Committee Member:

William Mumby - Nutrition and Food Science (Lobene lab)	2024 - present
Cole Patoine - Nutrition and Food Science (Nagpal lab)	2024 - present
Mostafa Sabouri - Exercise Physiology (Machin lab)	2023 - 2024
Brett Cross - Exercise Physiology (Ormsbee lab)	2022 - present
Paul Baker - Exercise Physiology (Hickner lab)	2022 - 2024
Saiful Singer - Nutrition and Food Science (Nagpal lab)	2022 - 2025

Doctoral Supervisory Committee Member (External Universities):

Braxton Linder - Kinesiology, Auburn University (Robinson lab)	2022 - 2024
Caitlin Jarrard - Applied Clinical Research, UT-Southwestern (Crandall lab)	2020 - 2024

Master's Thesis Committee Member (External Universities):

Dylan Wright - Kinesiology & Lifestyle Medicine, University of North Florida (Williams lab)	2023
---	------

Research Supervisor (Crandall Laboratory):

Zaid Mohammed - Thermal and Vascular Physiology Laboratory Intern	2021
---	------

TEACHING

Course Developer (Florida State University)

Graduate - Advanced Exercise Physiology Laboratory (APK5139L)	2024
---	------

Instructor on Record (Florida State University)

Undergraduate Lecture Course:

Advanced Exercise Physiology (APK3110C; 20 students, 80 credits total)	Spring 2026
--	-------------

Graduate Laboratory Course:

Advanced Exercise Physiology (APK5139; 7 students, 7 credits total)	Fall 2025
Advanced Exercise Physiology (APK5139; 9 students, 9 credits total)	Spring 2025

Graduate Dissertation:

(HUN 6980; 3 students, 27 credits total)	Fall 2025
(HUN 6980; 3 students, 27 credits total)	Summer 2025
(HUN 6980; 3 students, 27 credits total)	Spring 2025

Graduate Directed Independent Study:

Basics of Grant Funding (HUN 6906; 1 student, 3 credits total)	Fall 2025
Understanding National Institutes of Health Grants (HUN 6906; 1 students, 3 credits)	Fall 2024
Writing Scientific Grants (HUN 6906; 3 students, 6 credits total)	Summer 2024
Writing Scientific Manuscripts (HUN 6906; 3 students, 5 credits total)	Spring 2024

Graduate Supervised Research:

Mastering Laboratory Skills (HUN 6911; 1 student, 3 credits total)	Fall 2024
Mastering Laboratory Skills (HUN 6911; 3 students, 9 credits total)	Summer 2024

Undergraduate Directed Independent Study:

Cardiovascular & Applied Physiology (HUN 4905; 1 student, 3 credits)	Summer 2025
Advanced Cardiovascular & Applied Physiology (HUN 4905; 1 student, 1 credit)	Spring 2025
Advanced Cardiovascular & Applied Physiology (HUN 4905; 1 student, 2 credits)	Spring 2024
Cardiovascular & Applied Physiology (HUN 4905; 3 students, 4 credits total)	Fall 2023

Invited Speaker (Florida State University)

Research Design & Methodology Laboratory (HUN 5802)	Fall 2022, 2023, 2024
---	-----------------------

Invited Speaker (University of Delaware)

Readings in Applied Physiology (KAAP 442)	Spring 2018
---	-------------

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

Supplemental Instructor (Salisbury University)

Exercise Physiology (EXSC 344)	2014 - 2015
--------------------------------	-------------

Exercise Physiology Laboratory Workshop Instructor

Neumann University Athletic Training Program	2015 - 2017
Salisbury University Exercise Science Program	2013 - 2015

SERVICE TO THE DEPARTMENT

Member, HNFS Academic Committee

2024-2026

Coordinated health, nutrition, and food science curricula

Faculty Representative for Radiation Committee

2025-present

Department of Health, Nutrition, and Food Sciences, Florida State University

Chair, Faculty Activity Report (Merit) Committee

2024-present

Coordinated with faculty and led the development of new faculty performance assessment tools

Co-Founder & Co-Director, F.R.E.S.H. Journal Club

2024-present

FSU Research in Exercise Science and Healthy Diets Journal Club

Department of Health, Nutrition, and Food Sciences (co-founder/director Andrea Lobene, PhD)

Director, Sandels Nutrition & Applied Physiology Laboratory

2023-2025

Led the development and coordination of core clinical research space

Department of Health, Nutrition, and Food Sciences, Florida State University

Exercise Physiology Faculty Search Committee Member

2022-2023

Department of Nutrition & Integrative Physiology, Florida State University

Student Quiz Bowl Faculty Representative Southeast ACSM Regional Meeting, Florida State University	2023
Corporate Cup Challenge (Fitness Competition) - 1st place Department of Nutrition & Integrative Physiology Faculty Team, Florida State University	2022
Graduate Studies Committee Member Department of Applied Clinical Research, The University of Texas Southwestern Medical Center	2022
Research & Clinical Direction & Growth Committee Member Institute of Exercise and Environmental Medicine, Texas Health Presbyterian Hospital Dallas	2022
Faculty Development, Recruitment, & Retention Committee Member Institute of Exercise and Environmental Medicine, Texas Health Presbyterian Hospital Dallas	2022
Trainee Program Committee Member Institute of Exercise and Environmental Medicine, Texas Health Presbyterian Hospital Dallas	2019 - 2022
Employee Recognition & Diversity Awareness Committee Officer (secretary) Institute of Exercise and Environmental Medicine, Texas Health Presbyterian Hospital Dallas	2019 - 2022

SERVICE TO THE COLLEGE

Clinical Research Program Manager Search Committee Member Anne Spencer Daves College of Education, Health, & Human Sciences, Florida State University	2025
Grants Editor Search Committee Consultant (Mock Grant Feedback for Faculty) College of Education, Health, & Human Sciences Research Office, Florida State University	2023
Judge & Moderator, College of Health & Human Sciences Research Showcase College of Health & Human Sciences, Florida State University	2023

SERVICE TO THE UNIVERSITY

Career Panelist Student Poster Day, Institute for Successful Longevity, Florida State University	2026
Mock Study Section Reviewer Office of Research Development, Florida State University	2025
Grant Reviewer Planning Grants, Institute for Successful Longevity, Florida State University	2025
Panelist, Grant Workshop; "Discovery Days: Funding Your Vision" Office of Research Development, Florida State University	2024
Mock Study Section Reviewer Office of Research Development, Florida State University	2023
Presentation Judge Graduate Student Poster Day, Institute for Successful Longevity, Florida State University	2023

Institutional Research Board Representative
Salisbury University

2014

SERVICE TO THE PROFESSION

Ad hoc American College of Sports Medicine Scientific Abstract Reviewer December 2025
Environmental and Occupational Physiology Section

Ad hoc American Institute of Biological Sciences Grant Reviewer November 2025
Cardiovascular Health Panel

Ad hoc American Heart Association Grant Reviewer November 2025
Cardiology Fellowships Committee

Ad hoc NIH Grant Reviewer May 2025
Clinical Integrative Cardiovascular and Hematologic Sciences

Presentation Award Judge April 2025
Neural Control & Autonomic Regulation Trainee Presentations, American Physiological Summit

Ad hoc NIH Grant Reviewer June 2023
Special Emphasis Panel: *R03 Grant Review for NHLBI K Award Recipients*

Editorial Board
American Journal of Physiology-Heart & Circulatory Physiology 2023 - present

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

Early Career Review Board
American J. Physiology - Reg Integr & Comp Physiol (ad hoc 2018-2020) 2020 - present

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
The BMJ (British Medical Journal) 2026 - present
European Journal of Applied Physiology 2026 - present
Physiology 2025 - present
Comprehensive Physiology 2025 - present
Advances in Climate Change Research 2025 - present
Women in Sport and Physical Activity Journal 2025 - present
Clinical and Translational Medicine 2024 - present
Autonomic Neuroscience: Basic & Clinical 2024 - present
Physiological Reports 2024 - present
Complementary Therapies in Medicine 2023 - present
International Journal of Obesity 2023 - present

<i>Applied Physiology, Nutrition, and Metabolism</i>	2023 - present
<i>Clinical Autonomic Research</i>	2023 - present
<i>npj Microgravity</i>	2023 - present
<i>Journal of Pain Research</i>	2022 - present
<i>American Journal of Preventive Medicine</i>	2021 - present
<i>Nutrition, Metabolism, and Cardiovascular Disease</i>	2021 - present
<i>Journal of Vascular Research</i>	2021 - present
<i>Medicine & Science in Sports & Exercise</i>	2021 - present
<i>Gerontology</i>	2020 - present
<i>American Journal of Hypertension</i>	2020 - present
<i>Journal of Translational Medicine</i>	2019 - present
<i>Journal of Applied Physiology</i>	2018 - present
<i>International Undergraduate Journal of Exercise Science</i>	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

Health Science Communication

2023

[The Heart Beat](#)

Science Fair Judge

2020

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

American Physiological Society Writing Contributor

2018 - 2023

[A New Way to 'Beet' High Blood Pressure](#) (#2 most read post of 2023)

[Making Sense of Salt Sensing](#) (#6 most read post of 2022)

[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

Exercise Stress Testing Technician

2016

University of Delaware Police Officers, Newark, DE

Volunteer for SeaGull Century Event

2014

100-mile Bike Ride, Salisbury University, Salisbury, MD

Senior Citizen Fitness Testing Technician 2013
Eastern Shore Senior Games, Salisbury University, Salisbury, MD

MEDIA INTERVIEWS & PRESS RELEASES

How to Hyperbaric Podcast (Host: Dr. Masha Makeeva) 2026
[One of the Strongest Predictors of How Long We Live \(VO2max EXPLAINED\)](#)

Florida State University Faculty Spotlight 2026
[How Joseph Watso's Lab is Breathing New Life into Heart Health](#)

Simple Science Podcast (Host: Dr. Mike Axler) 2025
[Exploring Cardiovascular Health and Ultra Marathon Running with Dr. Joe Watso](#)

Thomas DeLauer Health and Nutrition YouTube Channel 2025
[Health Behaviors and Strategies to Lower Blood Pressure](#)

Thomas DeLauer Health and Nutrition YouTube Channel 2025
[Cardiorespiratory Fitness for Longevity and Preventing Cardiovascular Disease](#)

British Broadcasting Corporation (BBC) 2025
[The Surprising Power of Breathing Through Your Nose](#)

Run with Fitpage Podcast, Host: Vikas Singh 2024
[The Importance of Cardiovascular Health](#)

American Physiological Society 2024
[Nose Breathing Lowers Blood Pressure, May Help Reduce Risk Factors for Heart Disease](#)

Office of Faculty Development and Achievement (Florida State University) 2023
[Faculty Spotlight: Joseph Watso](#)

International Bottled Water Association Magazine 2022
[Hydration & Heart Health](#)

College of Health & Human Sciences News (Florida State University) 2022
[Joseph Watso receives Judge Travel Award for ABRCMS](#)

Science & Chill Podcast, Host: Brady Holmer 2022
[Lifestyle Factors for Optimizing Cardiovascular Health](#)

Medical News Today 2022
[Exercise in a pill? Scientists identify drug that mimics effects of sports](#)

The Physiologist Magazine, American Physiological Society 2022
["Under the Microscope" \(Q&A; pg 16\)](#)

American Heart Association, Science News 2019
[Are You Drinking Enough Water During Winter Months?](#)

LICENSURE

Basic X-ray Machine Operator 2024 - present
Department of Health, State of Florida
License: BMO 106782

CERTIFICATIONS

Google Prompting Essentials Specialization 2025
Credential ID: 3OMDRQRGAPQY

Google AI Essentials Specialization 2025
Credential ID: WN1KDX4J0EZ6

Florida State University Environmental Health & Safety Training 2022 - present
Hazardous Waste, Introduction to Laboratory Safety,
Hazard Communication Cluster, & Biosafety Level 2 Cluster

Postdoctoral Certificate in Research 2021
University of Texas Southwestern Medical Center

Team Collaboration Certified (Level 1) 2021
Toastmasters International (*communication, public speaking, and leadership*)

Basic Life Support Certified 2019 - present
American Heart Association

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

Member, American Autonomic Society	2019 - present
Member, American Physiological Society	2017 - present
Member, American Heart Association	2017 - present
Member, American College of Sports Medicine	2013 - present
Southeast Regional Chapter (2022-present)	
Texas Chapter (2019-22)	
Mid-Atlantic Regional Chapter (2013-19)	