



## Candidate for At-Large Member

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**Ludmila Cosio-Lima, PhD, FACS**

*University of West Florida*

I have been an active and committed member of the Southeast Chapter of the American College of Sports Medicine (SEACSM) for the past 18 years. During this time, I have consistently contributed to the mission of the organization through scholarly engagement, service, and student-centered involvement.

As a member of the SEACSM Education Special Interest Group, I regularly participate in initiatives that support professional development and strengthen the educational landscape within our field. I have presented research abstracts at the SEACSM Annual Meeting every year for the past 18 years, demonstrating my ongoing dedication to advancing scientific inquiry and disseminating knowledge within the regional community.

In addition to my scholarly contributions, I proudly serve on the SEACSM Student Bowl Committee as a question writer for the conference's question bank. In this role, I help develop high-quality, evidence-based questions that support a fair and rigorous academic competition for students. I have also served as an abstract reviewer, a Student Bowl sponsor, and an AV team sponsor. This work reflects my commitment to fostering student engagement and promoting excellence in exercise science education.

Collectively, these activities highlight my sustained involvement, leadership, and dedication to SEACSM's goals. I look forward to continuing to contribute to the growth and success of the chapter



### **Vitae**

Dr. Ludmila Cosio-Lima, FACSM, CSCS, ACSM-EP, ACSM-CEP  
[Registered Clinical Exercise Physiologist](#)  
Exercise is Medicine® Credential Level III  
*Professor Exercise Science*  
*Exercise Science Program Coordinator*

### **Office Address**

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### **Educational Background**

- **Post-Doctoral Fellowship**, Preventive Cardiology, Research Associate under Paul Thompson, MD, Hartford Hospital, Hartford CT 2003-2005. Lead Clinical trials (HF Action, FAMUSS). Vascular ultrasound and vasodilatation in endothelial function
- **Springfield College**, Springfield, MA  
D.P.E. in Clinical Exercise Physiology, 2000-2004.  
Dissertation: *The Effect of Acute Aerobic Exercise on Brachial Artery Endothelial Function in Kidney Transplant Recipients and Healthy Individuals*
- **Springfield College**, Springfield, MA  
M.S. in Exercise Physiology, 1996-1999.  
Thesis: *A Comparative Measure of Functional and Traditional Training Methods.*
- **University of New Mexico**, NM  
B.A. in Recreation Administration, August, 1991-1993.

### **Professional Service**

#### **Member:**

- ACSM Credentials Committee Member (2025-2028)
- ACSM Certification-Related Content Advisory Committee (2023-2026)

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- Committee on Accreditation for the Exercise Sciences (CoAES) accreditation program reviewer. Have reviewed 23 Strength and Conditioning Program applications for accreditation so far. Clayton State University site visitor (virtual )(Feb. 20<sup>th</sup>, 2023)
- Treasurer National Strength and Conditioning Association Foundation Board of Directors (Summer 2022-present)
- Vice President National Strength and Conditioning Association Foundation Board of Directors (Summer 2020-Summer 2022)
- Council of Accreditation in Strength and Conditioning Education (CASCE) Review Committee Member (Summer 2020-Fall 2024)
- National Strength and Conditioning Association Foundation Grant Panel Member (Spring 2019-present)
- National Strength and Conditioning Association Foundation Board of Directors Member (Spring 2019-present)
- Clinical Exercise Physiologist Association Career Resources Committee Member (2016-present)
- National Strength and Conditioning Association Member of Diversity and Inclusion Committee (Summer 2015-Summer 2019)

### **University Service**

UWF IRB Chair (Fall 2024), reelected Fall 2025.  
 IRB taskforce to edit and upgrade the Manual and Procedures (Summer 2023-2024)  
 Faculty Personnel Committee (Fall 2019- Spring 2023)  
 Faculty Sponsored Merit Scholarship Committee (2021-2024)  
 FPAC Environmental Conservation and Beautification Committee (Fall 2019- Spring 2021)  
 LEAD faculty (Fall 2018, Spring 2019)  
 Chair of Institutional Review Board Committee (Fall 2015-Fall 2018)  
 Member of Institutional Review Board Committee (Fall 2008- present)  
 Member of Outstanding Master's Thesis Award Committee (Fall 2009- Fall 2017)  
 Commencement Ceremony Hooder (Spring 2013, Fall 2013, Spring 2015)  
 Commencement Ceremony Marshall (Falls and Springs 2005-present)  
 Member of Argos Scholar Committee (Spring 2007- present)

### **Institutional Service**

National Strength and Conditioning Association Endorsement Undergraduate Program (2011- current)  
 National Strength and Conditioning Association Endorsement Graduate Program (2017- current)  
 Program Accreditation (CoAES) Coordinator (Fall 2017-present)  
 Curriculum Change Advisor (Fall 2013-present)  
 Chair of two Exercise Science Faculty positions (Spring 2012)  
 Exercise Science Club Advisor (2008-present)  
 Director: ACSM Certification: CEP (2006-present)  
 Coordinator Exercise Science Performance Laboratory (2006-present)  
 Member of departmental search committee (2006)  
 Office specialist search committee (2006)

**College Service**

Usha Kundu, MD College of Health Faculty Personnel Committee (Fall 2023-Spring 2025)  
Member of Search Committee for the Usha Kundu, MD College of Health Dean (2017)  
Member of Dissertation Committee, E.D.D. Amy Crawley (Spring 2018-Fall 2019)  
Member of Dissertation Committee, E.D.D. Kelly McGaughey (Spring 2015-present)  
Member of Dissertation Committee, E.D.D. Carla Caulliet (Spring 2014-Spring 2017)  
Member of Dissertation Committee, E.D.D. Travis Huffman (Fall 2013-present)  
Member of Dissertation Committee, E.D.D. Daniel Correa (Fall 2013- Fall 2017)  
Member of Search Committee for Assistant Professor in Legal Studies (Fall, 2013)  
Member COPS Curriculum Review Committee (May 2012-present)  
Member of Student Grievance committee (2006-present)  
Member of Search Committee for Field Coordination position in the School of Justice and Social Work (Spring 2011)  
Member of Search Committee for Assistant professor in Criminal Justice studies (Fall 2010)

**Departmental Service**

Program Coordinator Committee (Fall 2022-present)  
Bylaws Committee (Fall 2019)  
Graduate Committee (Fall 2019-present)  
Member search committee for Athletic Training Director (Fall-Spring 2020)  
Chair search committee for Instructor Exercise Science and Community Health (Fall, 2018)  
Chair search committee for Exercise Science Assistant professor (Fall 2017, Spring 2018)  
Exercise Science Program Coordinator (Fall 2014- present)  
Member of HLES By-Laws Review Committee (Spring 2014-present)  
Program Curriculum change and Exercise Science Accreditation Chair (2014-present)  
Chair of 2 Assistant Professor Exercise Science faculty positions (Fall 2012, Spring 2012)  
Graduate Students Admission Committee (Fall 2010-present)  
Organized once a semester review lecture for preparation of ACSM EP-C Certification exam (Spring 2007-present)  
Developed exercise strength program for track team at UWF (2007-2008)  
Developed Exercise Testing and Prescription Laboratory Manual for APK 4125L (Fall 2005-present)  
Organized Vo2max and iDEXA testing for public (343 subjects have been tested so far)  
Organized Guest Speaker lecture (Dr. Harman from Natick Laboratory, 2007, Dr. Joseph Knapik, Spring 2010)

**Organizational Service**

Conducted a Ten Week Exercise Program for Older Adults in Conjunction with the Leisure Learning Society (Fall 2006).  
Directed exercise training programs for students and faculty/staff at UWF

### **Honors and Awards**

- National Strength and Conditioning Association Service Award for six years of service and contributions to the NSCA
- University of West Florida Libraries award for scholarly contributions, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020
- Health, Leisure and Exercise Science Research Award (2013)
- IRONAM 70.3 World ranking of 25<sup>th</sup> in age group.
- 31 IRONMAN Triathlon Finisher
- Ironman Pucon, Chile 1<sup>st</sup> place
- Qualified for short distance triathlon World Championships 2006 in Switzerland and 2024 70.3 in New Zealand
- Member of National Triathlon team (2006- present)
- Triathlon Age-group 25<sup>th</sup> World Ranking in 70.3 distance (2024)
- Member, Golden Key National Honor Society.
- Dean's List Honor Roll, University of New Mexico, 1991-1993.
- WAC Scholar-Athlete Award, University of New Mexico, 1991-1993.
- Dean's list Honor Roll, University of Southern Mississippi, 1989- 1990.
- Metro Conference Commissioner's List, University of Southern Mississippi, 1989-1990.
- Tennis: 3<sup>rd</sup> Place, National Ranking (Mexico), 1988. 12<sup>th</sup> Place National Open Ranking (Mexico), 1988.
- Full Tennis Scholarship, NCAA Div. 1, University of New Mexico, 1991-1993, University of Southern Mississippi 1989-1991

### **Memberships in Professional Organizations and certifications**

- ESP Ultrasound-Adult Echocardiography (2022-present)
- National Healthcare Association Certified EKG Technician (2022-present)
- Fellow American College of Sports Medicine (2019- present)
- Certified as Exercise is Medicine<sup>®</sup> Credential Level III (2016-present)
- RCEP, EP-C - American College of Sports Medicine (current).
- CSCS\*D - National Strength and Conditioning Association (current)
- Member of The Clinical Exercise Physiology Association (CEPA, current)
- USA triathlon (current)
- Phlebotomist, iDEXA and carotid ultrasound certified

### **Research and Professional Interests:**

- Sports Cardiology, 12-Lead ECG as screening tool for sudden cardiac death
- Prevention of illnesses and injuries in civilian and military population
- Investigation of modifiable risk factors for cardiovascular disease Response of inflammatory markers (IL-6, IL-10, TNF- $\alpha$ , and cortisol) in diverse populations during exercise or diverse environmental conditions
- Effects of strength training and conditioning on balance and proprioceptor activation in different populations

### **Professional Research Collaborations:**

- SimpliPur LLC, The effects of AppeSTAT, a natural nutritional supplement on body composition and physiological marker. Research collaboration with Dr. David Bellar and Dr. Youngil Lee (\$200,000, Spring 2024- present)

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- Heart Strong Cardiovascular Health and Performance Program Registry- present
- MASTER Athlete Sub-study. Baptist Hospital Cardiology, collaboration with Licheng Tony Lee, MD (Summer 2022- Fall 2024)
- NIRSense: A Validation Study of Anaerobic Capacity. Research study in collaboration with Dr. David Bellar (\$10,000.00 grant, Spring 2022-Fall 2023)
- Tactical athlete's performance. Tonal Grant in collaborative efforts with Michael Fraser. \$ 45,000 (2022)
- Florida Institute for Human & Machine Cognition, Pensacola, FL  
Co-PI- Aurena Sleep study for recovery, performance and body composition (Fall 2018)
- United States Sports Academy, Mobile, AL  
Co-PI- Sled Towing Practices of High School and Collegiate Strength and Conditioning Coaches (Summer 2018-Fall 2019)

### **Licensure/Certification**

- NHA ECG Technician (2022-current)
- Fellow American College of Sports Medicine (Spring, 2019-current)
- Exercise is Medicine level 3 Credential (ACSM, 2016-present)
- RCEP (Registered Clinical Exercise Physiologist, American College of Sports Medicine, current)
- CSCS (Certified strength and conditioning specialist, NSCA, current)
- EP-C (Certified Exercise Physiologist- ACSM, current)
- Member of The Clinical Exercise Physiology Association (CEPA-current)
- USA Weightlifting- The Sports Performance Course certification (current)
- ACLS (American Heart Association, current),
- CPR (American Heart Association for the BLS for Health Care Providers Program, (current),
- Certified Phlebotomist (current)
- Certified Carotid and Echocardiogram ultrasound sonographer (current)
- Suji Basic Blood Flow Restriction Certification (Fall 2023-current)

### **Employment History at the University of West Florida**

**University of West Florida-** Aug. 2005- present. Teach undergraduate and graduate courses in Exercise Science. **Exercise Science Program Coordinator.** Responsible for program initial and maintenance of accreditation (CoAES) and NSCA Program Endorsement (graduate and undergraduate). Curriculum alignment to satisfy ACSM/accreditation requirements. Department Bylaws and strategic planning, budgeting, class schedules, overseeing faculty and staff, hiring of adjuncts and instructors. Share responsibility for thesis, and research with other faculty members. Advisor for graduate students. Participate in University and community service. Represent the University through professional, local, state, regional, and national organizations. Participate in University and Community service and in appropriate professional organizations on the local, state, and national level. Develop a focused line of research and publication in scholarly journals.

### **Academic Appointments at Other Institutions**

**Teaching Fellowship,** Exercise Physiology Instructor - Springfield College, MA fall 2000-May 2002. Provided instruction on laboratory principles and application in exercise physiology in the laboratory and field. Taught methods of measurement and interpretation of blood pressure, pulmonary function tests, underwater weighing, Vo<sub>2</sub>Max, and aerobic and anaerobic fitness tests, graded exercise testing and prescription, thermoregulation, and blood chemistry assays.

**Teaching Fellowship**, Assistant Tennis Coach - Springfield College, MA, 1996 - 2000. Organized, directed and administered Division III intercollegiate tennis program. Recruited student-athletes. Developed seasonal and daily practices and incorporated psychological and nutritional factors into daily living for performance enhancement. Coordinated off-season strength and conditioning program. Facilitated the development of tennis skills and team cohesion

#### **Other Professional Experiences**

**Post Doctorate, Hartford Hospital, Preventive Cardiology Department** – Jan. 2003- July 2005. Served as a Clinical Research Associate. Responsible for coordinating, recruiting, screening and follow up visits for subjects in major pharmaceutical and NHI studies. Familiarity with administrative, research and regulatory documents. Expertise in research regarding renal insufficiency, congestive heart failure, and hyperlipidemia. Certified phlebotomist and carotid ultrasound sonographer. Responsible for performing aerobic and strength training programs for research projects, cardiopulmonary exercise testing, isometric and dynamic strength testing, data management and analysis, coordinating testing and training schedules, and performing follow-up telephone calls. Experience in grant and funding writing.

**US Army Research Center for Environmental Medicine, Military Performance Division** - Natick, MA 2000-Sept. 2002. Served as technical service contractor in support of the Injury Epidemiology Research Program. Responsible for data entry, database development and management, statistical analyses, and generation of tabular and graphic presentation for lectures and technical and peer-reviewed publications. Databases were large and complex health and fitness databases on Combat Artillery/Engineers, Special Forces, and 82<sup>nd</sup> Airborne. Database and statistical programs used included Excel, Epiinfo, and SPSS.

#### **Current Teaching Assignments**

##### **Graduate level**

- APK 6172C- Cardiac Electrophysiology
- APK 5111C- Applied Physiology in Muscular Development
- APK 6127C - Advanced Exercise Testing and Prescription
- APK 6111C- Advanced Exercise Physiology (face to face and online)
- APK 5118 - Aging & Physical Performance
- APK 5651 - Sport Nutrition and Weight Control
- HLP 6905 - Directed Study
- HLP 6922 - Field Experience
- APK 6940- Internship
- EDF 8935- Doctoral Seminar-inquiry

##### **Undergraduate level**

- APK 4334C- Electrocardiogram Interpretation (face to face and online)
- APK 3110- Exercise Physiology
- APK4125 - Exercise Testing & Prescription (face to face and online)
- APK4114C- Physiological Basis of Strength Development
- APK 4119 - Exercise Testing in Special Populations
- APK 4163- Sport Nutrition and Weight Control
- APK 4600 - Aging & Phys Perform
- HSC2100- Personal Health (Online)

APK4940 - Internship  
APK 4941C - Ex Sci Capstone  
APK 4944 - Ex Sci Practicum  
APK 4990 - Field Experience  
PET3905 - Directed Study

### **Theses/Dissertations Chair**

- Eric Vinke (Summer 2022) effects of caffeine mouth rinse on 1-RM bench press.
- Jocelyn Arnett (Summer 2020) Ground Reaction Force Changes during Barefoot and Shod single Leg Landing at Varied Heights
- Emily Grammer (Spring 2019) Neuromuscular control in high school female soccer athletes: A comparison of preferred a non-preferred limbs using a novel soccer specific jump-landing task.
- Marissa Straugh (Summer 2019) Validity of GYMAWARE with Olympic Lifts.
- Tyler Nelter (Spring 2019). Effect of Cross education on contralateral shoulder strength
- Cameron Addie. Effect of drop height on RSI (Spring, 2019)
- Lauren Adlof (Fall 2016-Spring 2017) The effects of concurrent training on female soccer players.
- Ricky Allen Perry (Spring, 2014). The effects of moderate -intensity versus High-intensity endurance exercise on neutrophil mitochondrial biogenesis
- Aaron Morton (Spring, 2013) Investigation of Depersonalization and Resistance Training
- Jordan Glenn (Fall, 2013). The Effects of Indoboard Interventions on EMG Activity and Functional Balance Over Time
- Jeremy Townsend (Spring 2012) The Effects of Multiple Anaerobic Cycling Bouts of Exercise on Excess Post-Exercise Oxygen Consumption on College-aged Males.
- Sarah Baggett. Spring (2011) The Effects of Order of Exercise Intensity on Substrate Utilization and EPOC During and Following Dual-Intensity Exercise.

### **Refereed Publications:**

- †denotes graduate student, \*denotes international collaboration, #denotes post-doctorate
- 1- **Cosio-Lima L.**, Crawley A., Lee L., Lee Y., Adlof L. (2026). Inter-rater agreement on ECG Interpretation among a Cardiologist, an Expert Reader. *J Clin Exerc Physiol*, Vol. 15, No. 1,
  - 2- Davis AJ, van der Linden R, Mukhtar S, Sardelich D, Ungaro S, Zorzi A, Petek BJ, Ilodibia T, **Cosio-Lima L**, Krol W, MacLachlan H, Gray B, Driscoll T, Orchard JJ. Sex differences in ECGs of trained athletes: A systematic review and meta-analysis. *Eur J Prev Cardiol*. 2026 Jan 20:zwag004. doi: 10.1093/eurjpc/zwag004. Epub ahead of print. PMID: 41557583.
  - 3- **Cosio Lima, L. M.**, Lee, L., Mahmoudian, A., Adlof, L. E., & Lee, Y. (2024). ECG Characteristics of Young High School Athletes in Northwest Florida. *Journal of Clinical Exercise Physiology*, 13(2).
  - 4- Simpson J. **Cosio Lima L.**, Lee Y., Chander H., & Knight A. (2023). Closed-loop reflex responses of the lateral ankle musculature from various thresholds during a lateral ankle sprain perturbation. *Journal of Sport Rehabilitation*

- 5- **Cosio Lima, L**; Adlof, L; Farmand, A; Lee, Y; and Segovia-Ruiz, B (2023) "ECG Characteristics of Young High Scholl Athletes in Northwest Florida. *International Journal of Exercise Science: Conference Proceedings*: Vol. 16: Iss. 2, Article 315. Available at: <https://digitalcommons.wku.edu/ijesab/vol16/iss2/315>
- 6- Ko J, Jang YC, Quindry J, Guttman R, **Cosio-Lima L**, Powers SK, Lee Y. Exercise-Induced Antisenescence and Autophagy Restoration Mitigate Metabolic Disorder-Induced Cardiac Disruption in Mice. *Med Sci Sports Exerc.* 2023 Mar;55(3) 376-388. doi:10.1249/mss.0000000000003058. PMID: 36251370.
- 7- **Cosio-Lima L**, Kumar Brooke N, Adlof L, Simpson J, Crawley A, Lee Y. Comparison of the 'Seattle' and 'International' Criteria Electrocardiogram Interpretation in Division II Female Collegiate Athletes: A Preliminary Study. *Journal of Science in Sport and Exercise.* (2022) <https://doi.org/10.1007/s42978-022-00180-2>
- 8- †Cook J, Wei M, Segovia Ruiz B, **Cosio-Lima L**, Simpson, J, Taulor S, Koh Y, Kim s, Lee Y. Endurance exercise-mediated metabolic reshuffle attenuates high-caloric diet-induced non-alcoholic fatty liver disease. *Annals of Hepatology* (2022)
- 9- Kumar Brooke N, **Cosio-Lima LM**. Nutrition in Cycling. *Phys Med Rehabil Clin N Am* (2022); 33 159-72. doi: 10.1016/j.pmr.2021.08.011
- 10- †Arnett JE, Addie CD, **Cosio-Lima LM**, Brown LE. Ground Reaction Force Comparison Between Barefoot and Shod Single Leg Landing at Varied Heights. *Int J Kin & Sports Sciences.*(2021) 9(4)29-33
- 11- \***Cosio-Lima L**, Cosío-Pascal M. Peripheral nodular pulmonary hamartoma in a patient with rheumatoid arthritis. *Rev Hosp Jua Mex.* 2020;87(3) 109-11
- 12- **Cosio-Lima L**, Adlof L, Simpson J, Crawley A, Lee Y. Athletes ECG stress Characteristics in division II college athletes: A preliminary study. *Journal of Science in Sport and Exercise* (2020) 2:183-187 doi.org/10.1007/s42978-020-00057-2
- 13- Lee Y, Kwon I, Jang Y, **Cosio Lima L**, Barrington P. Endurance Exercise Attenuates Doxorubicin-induced Cardiotoxicity. (2020) *Medicine Exercise Science and Sports* 52(1):25-36 doi: 10.1249/MSS.0000000000002094
- 14- †Straughn MK, Dake CC., **Cosio-Lima LM**, Addie CD., Rank KB, Flores SD., Brown LE. Acute post-activation potentiation effects of heavy high-pulls on clean performance. *Journal of Science in Sport and Exercise* (2019) 1:257–63.
- 15- Addie CD, Arnett JE, Neltner TJ, Straughn MK, Greska EK, **Cosio-Lima LM**, Brown LE. Effects of box height on drop jump performance. *International Journal of Kinesiology and Sports Science* 2019, (7) 4:28-32
- 16- Jang Y, Kwon I, **Cosio-Lima L**, Wirth C, Vinci DM, Lee Y. Endurance Exercise Prevents Metabolic Distress-induced Senescence in the Hippocampus. *Med Sci Sports Exerc.* 2019;51(10):2012-2024. doi:10.1249/MSS.0000000000002011

- 17- †Neltner TJ, Addie CD, **Cosio-Lima LM**, Dake CC, Brown LE. No effect of short term cross-education training on concentric contralateral shoulder strength. *Isokinetics and Exercise Science*. 27 (2019) 261–266
- 18- Simpson J., **Cosio-Lima L.**, Scudamore E., O'Neal E., Stewart E., Miller B., Chander H., & Knight A. Effects of Weighted Vest Loading during Daily Living Activities on Countermovement Jump and Sprint performance. *International Journal of Sports Physiology and Performance*, 2019 0318.
- 19- \***Cosio-Lima L.**, Cosio Pascal M. Radioterapia e Hipertermia por medio de circulación extracorpórea en el tratamiento de sarcomas avanzados. (Article in Spanish) *Gaceta Oncologica Mexicana*, 2019; Sup 18:1-7
- 20- #Caillouet K, **Cosio-Lima L.** Association of Health Empowerment and Handgrip Strength with Intention to Participate in Physical Activity among Community-Dwelling Older Adults Dr Karla. *Experimental Gerontology*, 2019; 121:99-105
- 21- Simpson J., Stewart E., Rendos N., **Cosio-Lima L.**, Wilson S., Macias D., Chander H., & Knight A. Anticipating ankle inversion perturbations during a single-leg drop landing alters ankle joint and impact kinetics. *Human Movement Science*, 2019; 66: 22-30.
- 22- †Rank K, Ramos G, Addie C, Neltner T, Fraser M, **Cosio-Lima LM**, Wirth C, Vinci D, Lee Y. Role of exercise and dietary supplementation in attenuation of traumatic brain injury in american football. *Sport Exerc Med Open J*. 2019; 5(1): 5-10. doi: 10.17140/SEMOJ-5-168
- 23- Jang, Y., Kwon, I., Song, W., **Cosio-Lima, L.**, Taylor S., and Lee, Y. Modulation of mitochondrial phenotypes by endurance exercise contributes to neuroprotection against a MPTP-induced animal model of PD. *Life Sciences*. 2018; 209, 455-465.
- 24- \*Kwon I., Jang, Y., Song, W., **Cosio-Lima, LM.**, and Lee, Y. Fast Twitch Skeletal Muscle Remodeling by Prolonged Endurance Exercise Is Associated with Crosstalk between Anabolic and Catabolic Signaling Pathways in Mice. *Biochemistry and Physiology*, 2018; 7 (1), 1000228.
- 25- †Adlof L, **Cosio-Lima L**, Crawley A, Lee Y. The effects of concurrent training on female soccer players. *Sports and Exercise Med Open J*, 2018,4(1):16-23.
- 26- #Jang Y, Kwon I, Song W, **Cosio-Lima LM**, Lee Y. Endurance exercise mediates neuroprotection against MPTP-mediated Parkinson's disease via enhanced neurogenesis, antioxidant capacity, and autophagy. *Neuroscienc*; 2018 , ISSN 0306-4522, <https://doi.org/10.1016/j.neuroscience.2018.03.015>.
- 27- \***Cosio-Lima LM**, Cosio Pascal M, Gamiz Gonzalez R. Herida penetrante de tórax por proyectil de arma de fuego localizado inicialmente en ventrículo izquierdo y posteriormente en arteria renal derecha (Gunshot wound to the left ventricle with unusual bullet migration. Article in Spanish). *Acta Medica*, 2017;15(1):57-60

- 28- **Cosio-Lima LM**, Crawley A, Adlof LE, Straughn M, Wallop JD, Lee Y. Effects of a Periodized Training Program and a Traditional Military Training Program on Functional Movement and Y-Balance Tests in ROTC Cadets. *Sport Exerc Med Open J*, 2017; 3(2):46-52
- 29- #Baggett SA, **Cosio-Lima LM**, Knapik JJ, Bishop PA, LeeY. Effect of combined anti-inflammatory and nutritional supplements on recovery from resistance exercise. *Journal of Sport Science*, 2017; 5:242-249
- 30- Lee Y, Kwon I, Song W, **Cosio-Lima L**, Roltsch M. Potential Signaling Pathways of Acute Endurance Exercise-induced Cardiac Autophagy and Mitophagy and its Possible Role in Cardioprotection. *Journal of Physiological Sciences*, 2017
- 31- Kang EB, Koo JH, Jang YC, Yang CH, Lee Y, **Cosio-Lima LM**, Cho JY. Neuroprotective Effects of Endurance Exercise against High Fat Diet-Induced Hippocampal Neuroinflammation. *J Neuroendocrinol*. 2016 Mar 28(10) doi: 10.1111/jne.12385.
- 32- **Cosio-Lima, LM**, Knapik J, Shumway R, Reynolds, KL, Youngil L, Greska E, Hampton M. Associations between Functional Movement Screening, the Y-Balance Test and Injuries in Coast Guard Training. *Mil Med*. 2016 Jul; 8(7) 643-8
- 33- Lee Y, Kang E, Kwon I, **Cosio-Lima LM**, Cavnar P, Javan G. Cardiac Kinetophagy Coincides with Activation of Anabolic Signaling. *Medicine & Science in Sports & Exercise*, 2016 Feb;48(2):219-26
- 34- #Kwon I, Lee Y, **Cosio-Lima L**, Cho J, Yeom DM. Effects of Long-term Resistance Exercise Training on Autophagy in Rat Skeletal Muscle of Chloroquine-induced Sporadic Inclusion Body Myositis. *J Exerc Nutrition Biochem*, 2015 Sep;19(3):225-34
- 35- Crawley A, Crawley W, Sherman R, **Cosio-Lima LM**. Physical Fitness of Police Cadets: Baseline Characteristics and Changes During a 16-week Academy. *J Strength Cond Res*. 2016 May;30(5):1416-24
- 36- Knapik JJ, **Cosio-Lima LM**, Reynolds KL, Shumway RS. Efficacy of Functional Movement Screening For Predicting Injuries in Coast Guard Cadets. *J Strength Cond Res*. 2015, 29(5):1157-62
- 37- †Smith E, Rotunda R, **Cosio-Lima LM**. Cognitive Behavioral Therapy and Aerobic Exercise for Survivors of Sexual Violence with Posttraumatic Stress Disorder: A Feasibility Study. *Journal of Traumatic Stress Disorders & Treatment*, 2015, 4(1):1-6
- 38- \***Cosio-Lima LM**, Rios Reina JL, Peralta-Gallo, GJ, Cosio-Pascal, M. Arco aórtico derecho con subclavia izquierda aberrante originada en un divertículo de Kommerell. Right-sided aortic arch with an aberrant left subclavian artery arising from a Kommerell diverticulum. (Article in Spanish). *Acta Med Grupo Ang*, 2014, 12 (2):76-83
- 39- \*Cosio-Pascal, M, **Cosio-Lima LM**, Lezama Urtecho CA, Rios Reyna JL. Quiste broncogénico. Reporte de un caso en mediastino asintomático durante 78 años.

- Revisión de la literatura y de casos con localización atípica. (Bronchogenic Cyst. Case report and review of literature). *Journal of Pneumology and Thoracic Surgery*. NCT, 2014, 73 (1):24-34
- 40- †Townsend JR, Stout JR, Morton AB, Jajtner AR, Gonzalez AM, Wells AJ, Mangine GT, McCormack WP, Emerson NS, Robinson IV EH, Hoffman JR, Fragala MS, **Cosio-Lima LM**. Excess Post-exercise Oxygen Consumption (EPOC) Following Multiple Effort Sprint and Moderate Aerobic Exercise. *Kinesiology*, 2013, (45) 1:155-65.
  - 41- **Cosio-Lima LM**, Reynolds KL, Knapik JJ, Shumway RS, Irwin W. U.S. Coast Guard Academy Injury and Risk Factor Study. *British Journal of Medicine and Medical Research*, 2013(4):914-27
  42. **Cosio-Lima LM**, Brown K, Reynolds KL, Gregg R SP, Perry RA. Injury and Illness Incidence in a Sergeants Major Academy Class. *Mil Med*. 2013 Jul;178(7):735-41.
  43. **Cosio-Lima LM**, Desai B, Schuler PB, Seltzer J. Effects Of A 4:1 Protein/Carbohydrate Fluid Ingestion Ratio on Cytokines During Prolonged Cycling Hot Environmental Conditions. *Open Access Journal of Sports Medicine*, 2012:3, 21-6.
  44. **Cosio-Lima LM**, Desai B, Schuler PB, Keck L. A comparison of cytokines tumor necrosis factor-alpha, Interleukin-6, and cortisol response during prolonged cycling in normal and hot environmental conditions. *Open Access Journal of Sports Medicine*, 2011: 2, 7-11 URL: [https://www.dovepress.com/articles.php?article\\_id=6037](https://www.dovepress.com/articles.php?article_id=6037)
  45. †Knerl CJ, Schuler PB, Taylor LW, **Cosio-Lima LM**, Caillouet, K. The Effects of Six Weeks of Balance and Strength training on Measures of Dynamic Balance of Older Adults. *Californian Journal of Health Promotion*, 2010 : 7 (2) 111-22.
  46. \***Cosio-Lima LM**, Cosio Pascal M, Monges-Nicolau A. Aneurysmal Bone Cyst of the Manubrium of the Sternum. Case Report and Review of Literature. *Acta Ortopedica Mexicana*, 2009; 23(5):306-310.
  47. Reynolds KL, **Cosio-Lima LM**, Tharion WJ, Bovill ME. A Comparison of Injury Rates and Risk Factors in Infantry, Artillery, Construction Engineers, and Special Forces. *Military Medicine*, 2009;174(7): 702-8.
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### **Book Chapters**

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### **Published Abstracts (Refereed)**

1. A Davis, R Van Der Linden , S Mukhtar S Ungaro , A Zorzi , B Petek , TF Ilodibia , **L Cosio-Lima** , W Krol , H Maclachlan , B Gra, T Driscoll , JJ Orchard Systematic review and meta-analysis of sex differences in trained athlete ECGs. European Society of Cardiology, Preventive Cardiology, Milan Italy (2025)
2. A Davis, R Van Der Linden , S Mukhtar S Ungaro , A Zorzi , B Petek , TF Ilodibia , **L Cosio-Lima** , W Krol , H Maclachlan , B Gra, T Driscoll , JJ Orchard Systematic review and meta-analysis of sex differences in trained athlete ECGs. Cardia Sociaty of Australia and New Zealand, National Cardiology Conference (2025)
3. **Cosio-Lima, L.**,Crawley, A. Lee, L., Lee, Y. Adlof,L. Inter-rater Agreement On Ecg Interpretation Among A Cardiologist, An Expert Reader. *Med and Sci in Sports and Ex*, 2025, 57:5 SS.
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25. †Crawley AA, **Cosio Lima L**, Haward B, Hastings NB. Effects Of A Situated Environment On Classroom Community, Connectedness, And Learning In Exercise Science Students. *Med and Sci in Sports and Ex*, 2019, 51:5 SS.
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**International Presentation (Refereed):**

A Davis, R Van Der Linden, S Mukhtar S Ungaro, A Zorzi, B Petek, TF Ilodibia, L Cosio-Lima, W Krol, H Maclachlan, B Gra, T Driscoll, JJ Orchard Systematic review and meta-analysis of sex differences in trained athlete ECGs. European Society of Cardiology, Preventive Cardiology, Milan Italy (2025)

Davis, R Van Der Linden, S Mukhtar S Ungaro, A Zorzi, B Petek, TF Ilodibia, L Cosio-Lima, W Krol, H Maclachlan, B Gra, T Driscoll, JJ Orchard Systematic review and meta-analysis of sex differences in trained athlete ECGs. Cardia Society of Australia and New Zealand, National Cardiology Conference (2025)

Caillouet KA, **Cosio Lima L**. Influence of Health Empowerment and Level of Frailty on Intention to Participate in Physical Activity among Community-Dwelling Older Adults. *ISBNPA Annual Meeting in Prague, June 4-7, 2019*

Adlof L, **Cosio-Lima L**. The Effects Of An 8-week Crossfit-based Training Program In Female Soccer Athletes By Player. *11th International Conference on Strength Training*, Perth Australia (2018)

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The Effect of Acute Aerobic Exercise on Brachial Artery Endothelium Function in Kidney and Heart Transplant Recipients and Healthy Individuals.  
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Blood Doping among Elite Endurance Athletes. *International Triathlon Union, United Nations, Geneva, Switzerland, 2006*

**National Presentations (Refereed):**

**Cosio-Lima, L.,** Crawley, A. Lee, L., Lee, Y. Adlof, L. Inter-rater Agreement On Ecg Interpretation Among A Cardiologist, An Expert Reader. 2025 Annual Virtual Clinical Exercise Physiology Association Conference (2025)

**Cosio-Lima L.,** Crawley A., Adlof L., Lee L., Lee Y. Inter-rater Agreement On Ecg Interpretation Among A Cardiologist, An Expert Reader, And College Students. National ACSM Meeting, Atlanta, GA (2025)

**Cosio-Lima L.,** Lee L., Mahmoudian A., Adlof I., Lee Y. International Criteria EKG Interpretation Comparison Study. 2024 Annual Virtual Clinical Exercise Physiology Association Conference (2024)

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**Cosio Lima L., Adlof L., Crawley A., Lee Y., Segovia-Ruiz B.** ECG Characteristics of Young School Athletes in Northwest Florida. National ACSM Meeting, Denver, CO (2023)

**Cosio-Lima LM,** Adlof L, Crawley A, Lee Y. Comparison of the “Seattle” and “International” Criteria Electrocardiogram Interpretation in African American College Athletes. National ACSM Meeting, San Diego, CA (2022)

**Cosio-Lima LM,** Adlof L, Crawley A, Lee Y. Comparison of the “Seattle” and “International” Criteria Electrocardiogram Interpretation in Division II Female College Athletes. American College of Sports Medicine Annual Meeting, (Virtual 2021).

Jackson C, Adlof L, **Cosio-Lima LM.** Effects Of The Covid-19 Pandemic on the

Fitness Routines of College Students and Faculty. Southeastern ACSM meeting (virtual, 2021).

**Cosio-Lima LM**, Adlof L, Flores S, Grammer E, Crawley A, Simpson J, Lee Y. Comparison of the 'Seattle' and 'International' Criteria Electrocardiogram Interpretation in Division II College Athletes. American College of Sports Medicine Annual Meeting, San Francisco, CA 2020 (cancelled due to COVID-19)

**Cosio-Lima**, Flores S, Adlof L, Grammer E, Simpson J, Crawley A, Lee Y. ECG in Division II College Athletes. Southeastern ACSM meeting, Jacksonville FL (2020)

Garcia T, Cagle G, Vinke E, Jones J, Ferdinand A, Jarrell J, Babtiste C., Adlof L, Crawley A, **Cosio-Lima L**. ECG Characteristics in Seniors Participating in a Structured Fitness Program: A Pilot Study. *Med and Sci in Sports and Ex*, 2020, 51:5 SS.

Arnett J, Addie C, Adlof L. **Cosio-Lima L.**, Brown L. Cardiovascular Effects of Caffeine During Third Person Shooting Games. Southeastern ACSM meeting, Jacksonville FL (2020)

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Crawley AA, **Cosio Lima L**, Haward B, Hastings NB. Effects Of A Situated Environment On Classroom Community, Connectedness, And Learning In Exercise Science Students. American College of Sports Medicine Annual Meeting, Orlando, FL, 2019.

Jang Y, Kwon I, Song W, **Cosio-Lima L**, Simpson J, Lee Y. Endurance Exercise-induced Autophagy Coincides With Anabolic Activation And Neurogenesis In The Hippocampus Of The Mouse Brain. American College of Sports Medicine Annual meeting, Orlando, FL, 2019.

Addie CD, Grammer EE, Straughn MK, Ramos GC, Neltner TJ, Simpson JD, **Cosio-Lima L**, Greska EK, Brown LE. No change in depth jump height but longer ground contact times as box height increases. American College of Sports Medicine Annual meeting, Orlando, FL, 2019.

Straughn MK, Addie CD, Ramos GC, Neltner TJ, Grammer EE, Simpson JD, **Cosio-Lima L**, Greska EK, Brown LE. Investigation of optimal depth jump box height for reactive strength index. American College of Sports Medicine Annual meeting, Orlando, FL, 2019.

- Cosio-Lima L.** Cardiac Exercise Stress Test in Air Force cadets. Air Force Science and Technology Workshop. University of South Florida, Florida (2018)
- Caillouet KA, **Cosio-Lima L.** Influence of Health Empowerment and Level of Frailty on Intention to Exercise among Community-Dwelling Older Adults. *GSA Annual Scientific Meeting*, Boston, MA (2018)
- Adlof LE, **Cosio-Lima L**, Crawley A. Body Composition and fitness in female soccer players: effects of concurrent strength and metabolic conditioning. *National Strength and Conditioning Association*, Annual Meeting, Indianapolis, IN (2018)
- Williams J, Ramsey V, **Cosio-Lima L.** Sled towing practices of high school and collegiate strength and conditioning coaches. *National Strength and Conditioning Association*, Annual Meeting, Indianapolis, IN (2018)
- May Kenny D, Addie C, Dusenberry T, Shaia S, **Cosio-Lima L.** Over-speed training increases club velocity in golfers. *National Strength and Conditioning Association*, Annual Meeting, Indianapolis, IN (2018)
- Cosio-Lima L**, Wallop JD, Adlof L, Straughn M, Crawley A. Efficacy of a Task-Specific Periodized Resistance Training Program on Functional Movement Screening in ROTC Cadets. *American College of Sports Medicine Annual Meeting*, Denver, CO (2017)
- Adlof L, **Cosio-Lima L.** C-reactive Protein and Risk of Cardiovascular Disease in Firefighters. *National Strength and Conditioning Association*, Annual Meeting, New Orleans, Louisiana (2016).
- Couch R, Cuaresma G, **Cosio-Lima L**, Lee Y, Cortes N, Greska E. The Effects of Blood Flow Restriction Training on Frontal Plane Isometric Ankle Strength. *American College of Sports Medicine Annual Meeting*, Boston, MA (2016)
- Jang Y, Kwon I, Lanning S, Springer C, Laggan BT, **Cosio-Lima L**, Lee Y. Electrical Stimulation Mimics Endurance Exercise Induced Autophagy in Skeletal Muscle. *Experimental Biology*, Annual Meeting, San Diego, CA (2016)
- Cosio-Lima L**, Knapik JJ, Shumway RS, Reynolds KL. Y Balance Test and Functional Movement Screening as Predictors of Injuries in a Maritime Security Response TEAM. *ACSM Annual Meeting, San Diego, CA. Med and Sci in Sports and Ex*, 2015: 47(5)SS52
- Cosio-Lima L**, Knapik JJ, Shumway RS, Reynolds KL. Efficacy of Functional Movement Screening in Predicting Injuries in Coast Guard Cadets. *Med and Sci in Sports and Ex*, 2014: 46(5)SS52
- Cosio-Lima LM**, Brown K, Reynolds KL, Gregg R, Perry RA Jr. Physical Training- Related: Injuries and Illnesses in a Sergeants Major Academy  
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Students. *Med and Sci in Sports and Ex*, 2013:45:(5)S551

Townsend J, Morton AB, Jajtner AaR, Gonzales AM, Wells AJ, Mangine GT, McCormack WP, Robnson EH, Merson NS, Stout JR, Fragala MS, Hoffman JR, **Cosio-Lima L**. Excess Post-Exercise Oxygen Consumption (EPOC) Following Multiple Efforts Sprint and Moderate Aerobic Exercise. National American College of Sports Medicine Meeting, Indianapolis, IN (2013)

Caillouet KA, **Cosio-Lima LM**, Schuler PB, Nordin C, Hoskins N. Mean Body Weight Percentages to Weight Lifted by Gender and Age for Community-Dwelling Senior Adults. The Gerontological Society of America's 66th Annual Scientific Meeting New Orleans, LA, 2013.

**Cosio-Lima L.**, Reynolds K., Schumway R. U.S. Coast Guard Academy Injury and Risk Factor Study. American College of Sports and Medicine, Annual Meeting. Denver, CO, 2011

Leja A, Glenn J, **Cosio-Lima L**, Desai B. Measures of upper and lower body EMG activity in stable and unstable surfaces. American College of Sports and Medicine, Annual Meeting. Denver, CO, 2011

Smith E, Schuler P, **Cosio-Lima L**, Rotunda R. A Treatment for Rape Victims with Posttraumatic Stress Disorder Utilizing Therapy and Aerobic Exercise. American College of Sports and Medicine, Annual Meeting. Denver, CO, 2011

**Cosio-Lima LM**, Reynolds KL, Schuler P, Marzilli TS, McCloskey A, Hodges T. The Effects of Different Settings on Exercise Adherence Among Minority Women. *National American College of Sports Medicine Annual Meeting (ACSM)*, Indianapolis, IN (2008)

**Cosio-Lima LM**, Reynolds KL, Tharion WJ, Bovill ME. A Comparison of Injury Rates and Risk Factors in Infantry, Artillery, Construction Engineers, and Special Forces (*ACSM*, New Orleans, LA 2007)

**Cosio-Lima LM**, Headley SA, Winter C, Manos T, Reynolds KL, Lagasse MA, Thompson PD The Effect of Acute Aerobic Exercise on Brachial Artery Endothelium Function in Kidney Transplant Recipients and Healthy Individuals. *New England ACSM meeting*, Nov. 2004

**Cosio-Lima LM**, Jones MT, Winter CR Effects of a Physioball Training Program on Trunk and Abdominal Strength and Static Balance Measures. *ACSM Annual Meeting, Baltimore, Maryland*, 2001.

#### **Regional and State Presentations:**

**Cosio-Lima L.**, Crawley A., Adlof L., Lee L., Lee Y. Inter-rater Agreement On Ecg Interpretation Among A Cardiologist, An Expert Reader, And College Students. Regional South Eastern ACSM Meeting, Grenville, NC (2025)

**Cosio-Lima L.**, Lee L., Mahmoudian A., Adlof I., Lee Y. International Criteria EKG Interpretation  
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- Comparison Study. Regional South Eastern ACSM Meeting, Greenville, SC (2024)
- Cosio Lima L.**, Adlof L., Crawley A., Lee Y., Segovia-Ruiz B. ECG Characteristics of Young School Athletes in Northwest Florida. Southeastern ACSM Meeting, Greenville, SC (2023)
- Cosio-Lima LM**, Adlof L, Crawley A, Lee Y. Comparison of the “Seattle” and “International” Criteria Electrocardiogram Interpretation in African American College Athletes. Southeastern ACSM Meeting, Greenville, SC (2022)
- Cosio-Lima LM**, Adlof L, Crawley A, Lee Y. Comparison of the “Seattle” and “International” Criteria Electrocardiogram Interpretation in Division II Female College Athletes. Southeastern ACSM Annual meeting,(virtual February 2021)
- Arnett J. , Cosio-Lima LM, Groud Reaction Force Comparison Between Barefoot and Shod single Leg Landing at Varied Heights. Southeastern ASCM (virtual, February 2021).
- Jackson C, Adlof L, **Cosio-Lima LM**. Effects Of The Covid-19 Pandemic On The Fitness Routines Of College Students And Faculty. Southeastern ACSM meeting (virtual, February 2021).
- Cosio-Lima L., Flores S., Adlof L. , Grammer E., Simpson J., Crawley A. Lee Y. ECG Stress characteristics in Division II College Athletes. Southeastern ACSM Annual meeting, Jacksonville FL (2020).
- Cosio-Lima L., Grammer E., Addie C., Straughn M., Adlof L., Simpson J., Lee Y. ECG stress testing as a screening tool for sudden cardiac death in Division II athletes: A pilot study. Southeastern ACSM Annual meeting, Greenville, SC (2019).
- Simpson J., Stewart E., Turner A., Rendos N., Lee Y., Cosio-Lima L., Chander H., & Knight A. Chronic ankle instability alters spatiotemporal postural control during a lateral step down test. Southeastern ACSM Annual meeting, Greenville, SC (2019).
- Grammer E., Simpson J., Cosio-Lima L., Lee Y., Rendos N., Stewart E., Chander H. & Knight A. Latency of the peroneus longus and peroneus brevis during unexpected and expected inversion perturbations. Southeastern ACSM Annual meeting, Greenville, SC (2019).
- Lewis J., Simpson J., Rendos N., Lee Y., Cosio-Lima L., Stewart E., Chander H., & Knight A. Assessment of ankle muscle activity during unexpected and expected inversion perturbations. Southeastern ACSM Annual meeting, Greenville, SC (2019).
- Arnett J., Simpson J., Cosio-Lima L., Lee Y., Rendos N., Stewart E., Chander H. & Knight A. Ground reaction forces during single-leg drop landings on an inverted surface. Southeastern ACSM Annual meeting, Greenville, SC (2019).
- Straughn M., Addie C., Ramos G., Neltner T., Grammer E., Simpson J., Cosio-Lima L., Greska E., Brown L. No effect of starting height on rebound vertical jump. Southeastern ACSM Annual meeting, Greenville, SC (2019).

Addie C., Grammer E., Straughn M., Ramos G., Neltner T., Simpson J., Cosio-Lima L., Greska E., Brown L. Effect of depth jump height on lower extremity muscle activation. Southeastern ACSM Annual meeting, Greenville, SC (2019).

Cosio-Lima L. Hyperthermia During an Olympic Distance Triathlon: Influence of Body Heat Storage During the Swimming Stage. Environmental Physiology Lecture Series, Springfield College, 1999.

Cosio-Lima L. Carbohydrate-electrolyte Replacement During a Simulated Triathlon in the Heat. Environmental Physiology Lecture Series, Springfield College, 1998.

Cosio-Lima L. Physiological Responses to Swimming While Wearing a Wetsuit. Cardiovascular Physiology Lecture Series, Springfield College, 1998.

Cosio-Lima L. The Neural Control of Muscular Force. Neuromuscular Lecture Series, Springfield College, 1998.

### **Invited Presentations**

Cosio-Lima, L.(2017). Effects of a Protein/carbohydrate Energy Drink on Cytokines During Prolonged Cycling in Hot Environmental Conditions. Invited Distinguished speaker series at Biology Department UWF, Wade Jeffrey .

Cosio-Lima, L. (2011). Effects of a Protein/carbohydrate Energy Drink on Cytokines During Prolonged Cycling in Hot Environmental Conditions. Invited Distinguished speaker series at the University of Texas, Tyler

Cosio-Lima L. (2007). My life and Sports. Requested presentation for Sports and Exercise Psychology PSY 4832. Dr Rotunda, Pensacola, FL

Cosio-Lima L. (2006). Exercise Science Research Opportunities and Careers. Requested presentation for PET 3020 Foundations of Physical Education and Sport, Dr Song, Pensacola, FL

Cosio-Lima L. (2005). Introduction to Salsa Dance for Senior Citizens. Requested presentation for PEP4113 Aging & Physical Performance, Dr. Schuler, Pensacola, FL.

Cosio-Lima L. (2005). Research Interests and Expectations. Requested presentation for HLP 6535 Research Procedures, Dr. Todorovich, Pensacola, FL.

Cosio-Lima L. (2005). Androgen Receptor and Gene Expression. Ground Rounds monthly meeting for medical interns. Hartford Hospital, Hartford CT.

Cosio-Lima L. (2005). Keeping Life into Fitness. Lecture at National Meeting for Dialysis and Kidney Transplantation. Avon, CT.

### **Non-refereed Publications**

Pensacola Bella Magazine. Article on "Move of the Month" section: Thee Bridge by Dr. Cosio-Lima. 2007 December.

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Pensacola Runners Association Newsletter. Interview. UWF offers Exercise Physiology and Human Performance Laboratory Testing to PRA members, October 2007.

Cosio-Lima Ironman Triathlon: Training, Nutrition, Physical and Psychological Preparations. Rxtra. A publication for the employees of Hartford Hospital. 2004: Vol 60. num.8

Quoted on Connecticut Republican American Newspaper.  
(January 17<sup>th</sup>, 2006). Stability Balls help Strengthen Core Muscles.

### **Grants Funded**

The effects of AppeSTAT, a natural nutritional supplement on body composition and physiological markers. **Cosio-Lima L.**, Lee Y., Bellar D. (\$200,000.00) funded by SimpliPur LLC. March, 2024)

Master Athlete study, Heart Strong Cardiovascular Performance Registry. **L. Cosio-Lima** as Faculty mentor for Ryan Connor receiving the UWF summer undergraduate research program (SURP) (Spring, summer 2024, \$ 3,200)

Effects of Blood Flow Restriction Training on Cardiovascular Benefits. Office of undergraduate Research (OUR). **L. Cosio-Lima**, Y. Lee, Campbell J., Pfneisel J. (Spring 2024, \$750)

International Criteria EKG Interpretation Comparison Study. **Cosio Lima L.**, Lee L., Mahmoudian A., Adlof L., Lee Y. . University of West Florida UKCOH Travel Matchaward (RAC, October 2023, \$2250.00)

12-lead ECG as a screening tool for sudden cardiac death in high-school athletes. Exercise Science, USHA KUNDU, MD College of Health HIP 2022-2023 Grant (\$15,750.00)

Comparison of the 'Seattle' and 'International' Criteria Electrocardiogram Interpretation in Division II African American College Athletes. . University of West Florida UKCOH Travel Matchaward (RAC, October 2021, \$2250.00)

Research collaboration with IHMC on Aurena study (\$2,875.00) October – December 2018, Pensacola, FL 32154.

The Effects Of An 8-week Crossfit-based Training Program In Female Soccer Athletes By Player. University of West Florida UKCOH Travel Match award (RAC, October 2018, \$3660.00)

Efficacy of a Task-Specific Periodized Resistance Training Program on Functional Movement Screen in ROTC Cadets. University of West Florida Travel Match award (RAC, October 2017, \$1500.00)

The Effect of CrossFit®-based Strength Training in Female High School Soccer Players University of West Florida Travel Match award (RAC, October 2016, \$1500.00)

UWF Florida Research Fellowship Tactical High Performance and Health Program (HP<sup>2</sup>) (August 2016, \$6,000.00)

CREO College of Health Equipment Matching Fund, University of West Florida (\$100,000.00) for the purchase of a iDEXA (January 2016)

High-sensitive C-Reactive protein and cardiovascular risk factors in firefighters. University of West Florida Travel Match award (RAC, October 2015, \$1500.00)

Physiologic and Cognitive Response in Nursing Students. UWF Interprofessional grant ES-Nursing, CO-I with Dr. Greska (March 2015, \$7,924.17)

Effects of Exercise on Cardioprotection. Phase II, 2015. CSEH Faculty Catalyst Initiative Awards. University of West Florida. (January 6, 2015, \$3000.00)

Intertester Reliability of Brachial Artery Flow-Mediated Vasodilation Using Upper and Lower Arm Occlusion in Patients with Cardiovascular Risk Factors. University of West Florida Award Travel Match (Nov. 2014, \$736.00).

Effects of Exercise on Cardioprotection. 2014 Faculty Scholarly and Creative Activity Grant. University of West Florida. (April, 2014, \$1998.00)

UWF Faculty Internationalization grant (2013-2014). Student 10-day learning experience in Konstanz, Germany (January 2014, \$3,760.00)

UWF Faculty Catalyst Initiative Awards (2013-2014). Effects of Exercise on cardioprotection 2013-2014(January 2014,\$4,970)

Bronchogenic Cyst. Case report of a 78 year old asymptomatic patient. Review of the literature on rare cases University of West Florida Travel award matching Program (Sept 2013, \$1448.00)

Injury and Illness Incidence in Sergeants Major Academy Students Class University of West Florida Travel award matching Program (Sept 2012, \$1498.00)

Intertester reliability of brachial artery flow-mediated vasodilation using upper and lower arm occlusion in patients with cardiovascular risk factors (May, 2012, \$1430.00) University of West Florida Travel award matching Program

Cooling devices and their efficacy on military performance. 2011 Faculty Scholarly and Creative Activity Grant. University of West Florida. (March, 2011, \$1997.00)

Cooling devices and their efficacy on military performance University of West Florida Travel award matching Program (January 2012, \$1484.00) University of West Florida Travel award matching Program

U.S. Coast Guard Academy Injury and Risk Factor Study. University of West Florida Travel award matching Program (October 2010, \$900.00)

A Comparison of Cytokines TNF- $\alpha$ , IL-6, and Cortisol Response During Prolonged Cycling in Normal and Hot Environmental Conditions. (University of West Florida, SCAC 2008 Faculty Grant, \$1,950.00)

Tolerance of Statin Therapy in Well-Trained Athletes. (University of West Florida, SCAC 2007 Faculty Grant, \$1,998.00)

WOMEN, HEART, BODY, and SOUL (University of West Florida SCAC 2006 Faculty Grant, \$1,888.00)

WOMEN, HEART, BODY, and SOUL (University of West Florida Small Grants Award, 2006, \$1,500.00)

### **Grants Submitted**

12-lead ECG as a screening tool for sudden cardiac death in high-school athletes. Exercise Science, USHA KUNDU, MD College of Health HIP 2022-2023 Grant (\$20,250.00)

Tactical athlete's performance. Tonal Grant in collaborative efforts with Michael Fraser. \$ 45,000 (2022)

Cultivating IRB Cultures among Institutions of Higher Education for Moving IRB Best Practices to the Fingertips of Faculty and Students. (2018, NSF 15- 528 Program Solicitation: Cultivating Cultures for Ethical STEM (CCE STEM, \$400,000.00)

Prevention of Heat-Related Injuries with Rapid Thermal Exchange Technology (March 2011, U.S. Army Medical Research and Material Command (USAMRMC), The Broad Agency Announcement (BAA) Pre-proposal, \$85,000)

Earmark model: *America's Best Warriors: Physiology Intense Training, Education and Research (PHITER) program* (October, 2009, \$1.5 million)

Exploration of Patient Fitness and Physical Therapy Attendance. Submitted to NHI AHRQ Small Research Grant Program (RO3) (February, 2008, \$100,000)

*Tolerance of Statin Therapy in Well-Trained Military Personnel* Submitted to AAPS New Investigator Grant in Pharmacokinetics, Pharmacodynamics, and Drug Metabolism (May 2007, \$10.000)

*Tolerance of Statin Therapy in Well-Trained Athletes.* Submitted to Pfizer Pharmaceuticals (2006) (\$125,000)

*WOMEN, HEART, BODY, and SOUL*. Submitted to Ryka Women's' fitness grant 2005 (\$5000.00)

*Effects of a 12-week aerobic training program and detraining on brachial endothelium function in kidney transplant patients*. Submitted to National Kidney Foundation of MA/R/NH/VT( Feb, 2002, \$34,468.50)

**Other:** Speaker of 6 languages fluently: German, Spanish, Portuguese, Italian, English, French