

## CURRICULUM VITA

### **Rui Li, PhD**

Dep. of Health Sciences  
Bouvé College of Health Sciences  
Northeastern University  
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### **EDUCATION**

**Doctor of Philosophy** August 2005 – August 2008  
Exercise, Nutrition & Preventive Health  
Baylor University, Waco, TX

**Master of Science** September 1993 – August 1996  
Exercise Physiology  
Tianjin University of Sport, P. R. China

**Bachelor of Science** September 1989 – August 1993  
Biology  
Hebei Normal University, P. R. China

### **EMPLOYMENT**

#### **Current Position:**

**Assistant Clinical Professor** September 2008 – Present  
Department of Health Sciences  
Northeastern University

#### **Previous Positions:**

**Visiting Scholar** September 2004 – August 2005  
School of Sport & Exercise Sciences (SESS),  
Loughborough University, UK

**Senior Lecturer** November 2002 – August 2004  
Department of Health & Exercise Science  
Tianjin University of Sport, Tianjin, P. R. China

**Lecturer** September 1996 – October 2002  
Department of Physical Education  
Tianjin University of Sport, Tianjin, P. R. China

## SCHOLARSHIP/RESEARCH/CREATIVE ACTIVITY

### Publications:

#### Refereed articles (Peer-reviewed)

\* Indicates student co-author

1. **Li R**; Ferreira M P; Cooke M; La Bounty P; Campbell B; Greenwood M; Willoughby D; and Kreider R. Co-ingestion of carbohydrate with branched-chain amino acids or L-leucine does not preferentially increase serum IGF-1 and expression of myogenic-related genes in response to a single bout of resistance exercise. **Amino Acids**. 2015. *In Press*
2. Ferreira M P; **Li R**; Cooke M; Kreider R; and Willoughby D. Peri-exercise coingestion of branched-chain amino acids and carbohydrate does not preferentially augment resistance exercise-induced increases in PI3K/Akt-mTOR pathway markers indicative of muscle protein synthesis. **Nutrition Research**. 2014, 34(3):191-8.
3. Hanson E\*, Stetter K\*, **Li R**, Thomas A. An intermittent pneumatic compression device reduces blood lactate concentrations more effectively than passive recover after Wingate testing. **Journal of Athletic Enhancement**. 2013, 2:3.
4. Magrans-Courtney T, Wilborn C, Rasmussen C, Ferreira M, Greenwood L, Campbell B, Kerksick C, Nassar E, **Li R**, Iosia, M, Cooke M, Dugan K, Willoughby D, Soliha L, & Kreider RB. Effect of diet type and supplementation of glucosamine, chondroitin, and MSM on body composition, functional status, and markers of health I women with knee osteoarthritis initiating a resistance-based exercise and weight loss program. **Journal of the International Society of Sports Nutrition**. 2011, 8:8.
5. Kreider R, Rasmussen C, Kerksick M C, Wilborn C, Taylor L, Campbell B, Magrans-Courtney T, Fogt D, Ferreira M, **Li R**, Galbreath M, Iosia M, Cooke M, Serra M, Gutierrez J., Byrd M, Kresta JY, Simbo S, Oliver J, Greenwood M. "A carbohydrate-restricted diet during resistance training promotes more favorable changes in body composition and markers of health in obese women with and without insulin resistance." **Physician & Sports medicine**. 2011, 39(2):27-40.
6. Kreider R, Jitomir J, Byrd M, Simbo S, Curts C, Serra M, Beavers M, Moreillon J, Ferreira M, **Li R**, Shelmadine B, Rasmussen C, Greenwood M. Effects of diet cycling during training on weight loss and resting energy expenditure: a preliminary analysis. **Journal of the International Society of Sports Nutrition**. 2009, 6(S1): 17.
7. **Li R**, Li Q. The Analysis and Discussion on Several Biochemical Issues among the Paralympic Athletic Trainers. *Research of Adapted Physical Activity and Sports Science on persons with disabilities*. M, 2004:188.
8. **Li R**, Liu SY, Chen, JQ. Observation of electronic microscope on effect of exercise on aortic lipid sediment of mice fed with hyper-cholesterol diet. *Journal of Tianjin Institute of Physical Education*. 2002, 17(3):8.
9. **Li R**, Liu SY, Chen, JQ. The effect of aerobic exercise on plasma indices of mice fed with hyper-cholesterol diet. *Journal of Tianjin Institute of Physical Education*. 1999, 14(4):5.

10. Liu SY, **Li R**, Chen, JQ. Effects of aerobic exercise on ultrastructures of aorta wall in experimental hypercholesterolemia mice. Chinese Journal of Sports Medicine. 1999, 18(3):240.
11. Ding, LW, Liu SY, **Li R**. Oxidized lipoprotein, aerobic exercise and atherosclerosis. A review. Journal of Tianjin Institute of Physical Education. 1999, 14(4):34.
12. Liu, SY, **Li R**, Chen, JQ. Effect of aerobic exercise on mice hyperlipidemia and metabolism of lipoprotein. Chinese Journal of Applied Physiology, 1998, 14(3):258.

### Abstracts (Peer-Reviewed)

\* Indicates student co-author

1. Lewin C\*; **Li R**. Blood Lactate And Glucose Responses Of Type I Diabetics To An Acute Supramaximal Exercise. Medicine & Science in Sports & Exercise. 2014, 5 (46): S422.
2. **Li R**, Ferreira MP, Cooke MB, LaBounty P, Campbell B, Greenwood M, Willoughby DS, Kreider RB. Myostatin Signaling Proteins In Response to Acute Resistance Exercise With Amino Acids and Carbohydrate Supplementation. Medicine & Science in Sports & Exercise. 2010, 5(42): 775.
3. **Li R**, Ferreira MP; Cooke MB; LaBounty P, Campbell B, Greenwood M, Willoughby DS, Kreider RB. Myostatin Gene Expression In Response To Acute Resistance Exercise With Amino Acids And Carbohydrate Supplementation. Medicine & Science in Sports & Exercise. 2009, 41 (5): 34.
4. Ferreira MP, **Li R**, Cooke MB, LaBounty P, Campbell B, Kreider RB, Willoughby DS. Irs1, Pkb, P70s6k, & Erk1/2 Phosphorylation Increased By Acute Resistance Exercise But Not Bcaa/carbohydrate. Medicine & Science in Sports & Exercise. 2009, 41 (5): 151.
5. Byrd M, Ferreira M, **Li R**, Parker A, Galbreath M, Jitomir J, Serra M, Beavers K, Dove J, Culbertson J, Hudson G, Shelmadine B, Curts C, Moreillon J, Deike E, Rasmussen C, Kreider R. Effects of the Curves® fitness & weight loss program in women with medically managed conditions: training adaptations. The Journal of the Federation of American Societies for Experimental Biology. 2009: lb463 II.
6. Rasmussen C, Culbertson J, **Li R**, Ferreira M, Parker A, Jitomir J, Galbreath M, Serra M, Beavers K, Dove J, Shelmadine B, Hudson G, Curts C, Moreillon J, Byrd M, Deike E, Kreider R. Effects of the Curves® fitness & weight loss program in women with medically-managed conditions: body composition and resting energy expenditure. The Journal of the Federation of American Societies for Experimental Biology. 2009: lb462 II.
7. **R Li**, M Ferreira, A Parker, J Jitomir, M Galbreath, M Serra, K Beavers, J Dove, J Culbertson, B Shelmadine, C Curts, J Moreillon, M Byrd, E Deike, C Rasmussen, R Wilson, R Kreider. Effects of the Curves® fitness & weight loss program in women with medically managed conditions: body composition and resting energy expenditure. The Journal of the Federation of American Societies for Experimental Biology. 2008: lb794.

8. M Ferreira, **RLi**, A Parker, M Galbreath, J Jitomir, M Serra, K Beavers, J Dove, J Culbertson, B Shelmadine, C Curts, J Moreillon, M Byrd, E Deike, C Rasmussen, R Wilson, R Kreider. Effects of the Curves® fitness & weight loss program in women with medically managed conditions: training adaptations. *The Journal of the Federation of American Societies for Experimental Biology*. 2008: 1b792.
9. M Serra, J Wisman, M Galbreath, R Chandran, K Beavers, G Hudson, **RLi**, J Jitomir, B Shelmadine, E Deike, E Nassar, A Parker, J Dove, T Buford, B Campbell, P La Bounty, M Cooke, C Rasmussen, R Wilson, R Kreider. Effects of the Curves® fitness and weight loss program in senior-aged women: resting energy expenditure. *The Journal of the Federation of American Societies for Experimental Biology*. 2008: 1b782.
10. **Li R**, C. Kerksick, B. Campbell, C. Wilborn, B. Marcello, M. Ferreira, J. Wisman, J. Beckham-Dove, M. Galbreath, T. Harvey, P. LaBounty, K. Sharp, A. Parker, E. Nassar, M. Iosia, M, Cooke, C. Rasmussen, M. Greenwood, and R. Kreider. Effects of the Curves® fitness and weight loss program II: resting energy expenditure. *The Journal of the Federation of American Societies for Experimental Biology*. 2007, 21:1b226.
11. Magrans-Courtney T, **RLi**, B Campbell, E Nassar, M Ferreira, M Iosia, M Cooke, L Greenwood, C Rasmussen, M Greenwood, R Kreider. Effects of glucosamine and chondroitin supplementation in women with knee osteoarthritis participating in a fitness and weight loss program. *The Journal of the Federation of American Societies for Experimental Biology*. 2007, 21:1b224.
12. **Li R**, Li Q. A research on the diagnostic system of university students' health. *The Society of Chinese Scholars on Exercise Physiology and Fitness (SCSEPF) Annual Conference Abstracts*. 2002: 46.
13. Li Q, **Li R**. The introduction of the research of college students' self health-care prescription study. *The 21<sup>st</sup> FISU/CESU Conference Abstracts*. 2001: 258.
14. **Li R**, Liu SY, Chen JQ. (2000) Effects of aerobic exercise on hepatic lipid sediment of high-cholesterol diet mice. *The 6<sup>th</sup> National Conference on Sports Sciences Abstracts*. 320.
15. **Li R**, Liu SY, Chen JQ. (1999) Effects of aerobic exercise on aorta lipid sediment of high-cholesterol diet mice. *Sports Medicine Annual Conference Abstracts*. 120.
16. **Li R**, Liu SY, Chen JQ. (1996) A study on the effect of aerobic exercise on atherosclerosis and its mechanism. *The 1996 International Pre-Olympic Scientific Congress Abstracts*. 110.

### **Creative Activity:**

#### **National/International Presentations (Peer-reviewed)**

1. Lewin C, **Li R**. **Blood Lactate And Glucose Responses Of Type I Diabetics To An Acute Supramaximal Exercise**. *Medicine & Science in Sports & Exercise*. Orlando, May 29, 2014.

2. **Li R**, Ferreira MP, Cooke MB, LaBounty P, Campbell B, Greenwood M, Willoughby DS, Kreider RB. **Myostatin Signaling Proteins In Response to Acute Resistance Exercise With Amino Acids and Carbohydrate Supplementation**. American College of Sports Medicine 57<sup>th</sup> Annual Meeting. Baltimore, June 4, 2010.
3. **Li R**, Ferreira MP, Cooke MB, LaBounty P, Campbell B, Greenwood M, Willoughby DS, Kreider RB. **Mysotatin Gene Expression In Response To Acute Resistance Exercise With Amino Acids And Carbohydrate Supplementation**. American College of Sports Medicine 56<sup>th</sup> Annual Meeting. Seattle, May 27, 2009.
4. **R Li**, M Ferreira, A Parker, J Jitomir, M Galbreath, M Serra, K Beavers, J Dove, J Culbertson, B Shelmadine, C Curts, J Moreillon, M Byrd, E Deike, C Rasmussen, R Wilson, R Kreider. **Effects of the Curves® fitness & weight loss program in women with medically managed conditions: body composition and resting energy expenditure**. Experimental Biology Annual Meeting. San Diego, April 22, 2008.
5. **R Li**, C Kerksick, B Campbell, C Wilborn, B Marcello, M Ferreira, J Wismann, J Beckham-Dove, M Galbreath, T Harvey, P La Bounty, K Sharp, A Parker, E Nassar, M Iosia, M Cooke, C Rasmussen, M Greenwood, R Kreider. **Effects of the Curves® fitness & weight loss program II: resting energy expenditure**. Experimental Biology Annual Meeting. Washington, DC, May 2, 2007.

#### **Regional/Local Presentations**

Keisling B, Almeida AS, Vain A, Becker K, Bernazzani C, Watson D, Cahalin LP, **Li R**. Evaluation of Aerobic Capacity in Division 1 Women's Rowing – Message behind the Lactate Threshold. Northeastern University. Research Expo. Boston, April 6, 2011.

### **TEACHING AND ADVISING**

#### Teaching

*Spring 2014 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC5220	Advanced Exercise Physiology	Lecturer	3.0	14
EXSC6400	Applied Research Methods	Lecturer	3.0	14
EXSC4500	Exercise Physiology	Lecturer	4.0	109
EXSC 4501 (Seciton1)	Lab for Exercise Physiology	Lecturer/ Facilitator	1.0	16
EXSC 4501 (Section 3)	Lab for Exercise Physiology	Lecturer/ Facilitator	1.0	8

*Spring 2013 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC 4500	Exercise Physiology	Lecturer	4.0	95
EXSC 5220	Advanced Exercise Physiology	Lecturer	3.0	16
EXSC 4501	Lab for Exercise Physiology	Lecturer/ Facilitator	1.0	13
HSC 1000	College: an Introduction	Lecturer/ Facilitator	1.0	17

*Fall 2013 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC 4500	Exercise Physiology	Lecturer	3.0	5
EXSC 4501	Lab for Exercise Physiology	Lecturer/Facilitator	3.0	6
EXSC 5200	Cardiopulmonary Physiology	Lecturer	4.0	12
EXSC 1120	Introduction to Exercise/Fitness/Health	Guest Lecturer (4 lectures given)	4.0	15

*Spring 2012 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC 6219	Lab for Clinical. Skills	Lecturer	1.0	8
EXSC 4500	Exercise Physiology	Lecturer	4.0	94
EXSC 5220	Advanced Exercise Physiology	Lecturer	3.0	12
EXSC 4501	Lab for Exercise Physiology	Lecturer/Facilitator	1.0	8

*Fall 2012 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC 4500	Exercise Physiology	Lecturer	4.0	7
EXSC 4501	Lab for Exsc4500	Lecturer	1.0	6
EXSC 5200	Cardiopulmonary Physiology	Lecturer	3.0	19
HSC 1000	College: an Introduction	Lecturer/Facilitator	1.0	17

*Spring 2011 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC 4500	Exercise Physiology	Lecturer	4.0	78
EXSC 6220	Advanced Exercise Physiology	Lecturer	3.0	15
EXSC 4501	Lab for Exercise Physiology	Lecturer	1.0	7
EXSC 6219	Lab for Clinical Skills	Lecturer	1.0	11

*Fall 2011 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC 6200	Cardiopulmonary Physiology	Lecturer	3.0	19
EXSC 4500	Exercise Physiology	Lecturer	4.0	20
EXSC 4501	Lab for Exercise Physiology	Lecturer/Facilitator	1.0	18

*Spring 2010 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC 4500	Exercise Physiology	Lecturer	4.0	108
EXSC 4501	Lab for Exsc4500	Lecturer/Facilitator	1.0	7
EXSC 6220	Advanced Exercise Physiology	Lecturer	3.0	15

*Fall 2010 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC 6200	Cardiopulmonary Physiology	Lecturer	3.0	14
EXSC 4500	Exercise Physiology	Lecturer	4.0	20
EXSC 4501	Lab for Exercise Physiology	Lecturer/Facilitator	1.0	17
EXSC 6263	Research Design	Lecturer	3.0	13

*Spring 2009 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
CESU 500	Exercise Physiology	Lecturer	4.0	99
CESU501 (section 2)	Lab for Exercise Physiology	Lecturer/Facilitator	1.0	18
CESU501 (section 2)	Lab for Exercise Physiology	Lecturer/Facilitator	1.0	19
CESG 220	Adv. Exercise Physiology	Lecturer	3.0	15

*Fall 2009 Semester*

<b>Course No.</b>	<b>Course title</b>	<b>Type</b>	<b>Semester hours</b>	<b>Student enrollment</b>
EXSC 6200	Cardiopulmonary Physiology	Lecturer	3.0	14
EXSC 4500	Exercise Physiology	Lecturer	4.0	24
EXSC 4501	Lab for Exercise Physiology	Lecturer/Facilitator	1.0	12
EXSC 6263	Research Design and Methods	Lecturer	3.0	14



Fall 2008 Semester

Course No.	Course title	Type	Semester hours	Student enrollment
CESG263	Research Design	Lecturer	3.0	15
CESU500	Exercise Physiology	Lecturer	4.0	13
CESU 501	Lab for CESU500	Lecturer/Facilitator	1.0	13

Advising

**Thesis Advising:**

- Spring 2014 –  
**Title:** A Comparison of risk factors associated with knee injury between colligate male and female athletes
- Spring 2011 – Fall 2012  
**Title:** The Response of Blood Lactate and Glucose in Type I Diabetes to a Single Bout of Supramaximal Exercise With and Without Carbohydrate Ingestion.

**Graduate Directed Studies:**

- **Spring 2014**  
**Title:** Periexercise Fueling Strategies and Diet Counseling for Northeastern University Athletic Teams
- **Spring 2011**  
**Title:** Establishing an Incremental Exercise Protocol and Assessing Aerobic Capacity in NEU Women Crew Team with Blood Lactate Measurement.
- **Summer & Fall 2011**  
**Title:** Guiding College Students to Live Healthier and More Actively - Dorm Workout Approaches.

**Undergraduate Capstone Project:**

- **Spring 2013**  
**Title:** “This, not That!”
- **Spring 2012**  
**Title:** Effects of Varying Intensity during Resistance Training on Muscle Composition and Performance.

## **SERVICE AND PROFESSIONAL DEVELOPMENT**

### **Department of Health Sciences Service**

Chair, Workload Merit Committee,	2013 – 2014
Member, Workload Merit Committee,	2012 – 2013
Member, Exercise Science Program Committee	2008 – Present
Director, Human Performance & Exercise Science Lab (for teaching/Experiential Learning)	2008 – Present

### **Bouvé College of Health Sciences Service**

Member, Sim Leadership Council	2014 – Present
Member, Interprofessional Research, Education and Practice (IPREP)	2012 – 2013
Member, Interdisciplinary Committee	2010 – 2012
Member, Sim Center Task Force Committee	2012 – 2013

### **Professional Memberships**

American College of Sports Medicine	2007 – Present
The International Society of Sports Nutrition	2013 – Present
American Association for the Advancement of Science (AAAS)	2006 – 2012
Chinese Sports Medicine Association	1999 – 2002
Chinese Sports Sciences Society	1999 – 2002
The Society of Chinese Scholars on Exercise Physiology and Fitness	2002 – 2004

### **Editorial**

Editorial Board Member for International Journal of Translation & Community Medicine (IJTCM)	2013 – Present
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### **Service as a Peer Reviewer**

International Journal of Translation & Community Medicine (IJTCM)	2013 - present
Behavioral Medicine	2013 - present
Journal of Medicinal Food	2013 - present
Nutrition & Metabolism	2014 - present

### **Honors and Awards**

Nominee, Excellence in Teaching Award, Northeastern University	2013
Outstanding Teaching Award of Tianjin University of Sport, Tianjin,	2004
National Scholarship Fund Award by China Scholarship Council (CSC)	2002
Outstanding Teaching Award for Young Professionals of Universities in Tianjin,	2002
Outstanding Teaching Award for Young Professionals at Tianjin University of Sport	1999