

## CURRICULUM VITA

### RUI LI, PHD

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#### **EDUCATION**

<b>Doctor of Philosophy</b> Exercise, Nutrition & Preventive Health Baylor University, Waco, TX	August 2005 – August 2008
<b>Master of Science</b> Exercise Physiology Tianjin University of Sport, P. R. China	September 1993 – August 1996
<b>Bachelor of Science</b> Biology Hebei Normal University, P. R. China	September 1989 – August 1993

#### **EMPLOYMENT**

##### **Current Position:**

<b>Associate Clinical Professor</b> Department of Health Sciences Northeastern University	September 2015 – Present
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##### **Previous Positions:**

<b>Assistant Clinical Professor</b> Department of Health Sciences Northeastern University	September 2008 – August 2015
<b>Visiting Scholar</b> School of Sport & Exercise Sciences (SESS), Loughborough University, UK	September 2004 – August 2005
<b>Senior Lecturer</b> Department of Health & Exercise Science Tianjin University of Sport, Tianjin, P. R. China	November 2002 – August 2004
<b>Lecturer</b> Department of Physical Education Tianjin University of Sport, Tianjin, P. R. China	September 1996 – October 2002

## SCHOLARSHIP/RESEARCH/CREATIVE ACTIVITY

### Publications:

#### In Review

Dor Y; Fridlich O; Fox I; Pyanzin S; Dadon Z; Shkolnik E; Sadeh R; Fialkoff G; Sharkia I; Moss J; Arpinati L; Nice S; Nogiec C; Ahuno S; **Li R**; Taborda E; Dunkelbargar S; Fridlender Z; Polak Z; Kaplan T; Friedman N; Glaser B; Shemer R; Constantini N. Elevated cfDNA after exercise is derived from mature neutrophils upon exposure to hypoxia, physical impact and heat.

**Li R**, Lewin C. Peri-exercise Ingestion of Carbohydrate Tends to Augment Supramaximal Exercise-induced Hyperglycemia among Type 1 Diabetics.

#### 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, 47(6):1203-13.
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. **Li R**, Doolittle H. The Postprandial Glycemic Response to Acute Bout of Exercise in Healthy Adults. Medicine & Science in Sports & Exercise. Minneapolis, June 1, 2018
2. Lewin C\*, **Li R**. Peri-exercise Ingestion of Carbohydrate Tends to Augment Supramaximal Exercise-induced Hyperglycemia among Type 1 Diabetics. Medicine & Science in Sports & Exercise. San Diego, May 27, 2016.
3. 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.
4. **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.
5. **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. Medicine & Science in Sports & Exercise. 2009, 41 (5): 34.
6. 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.
7. 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.
8. 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.
  9. **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.
  10. M Ferreira, **R Li**, 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: lb792.
  11. M Serra, J Wismann, M Galbreath, R Chandran, K Beavers, G Hudson, **R Li**, 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: lb782.
  12. **Li R**, C. Kerksick, B. Campbell, C. Wilborn, B. Marcello, M. Ferreira, J. Wismann, 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:lb226.
  13. Magrans-Courtney T, **R Li**, 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:lb224.
  14. **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.
  15. 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.
  16. **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.
  17. **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.

18. **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. **Li R**, Doolittle H. The Postprandial Glycemic Response to Acute Bout of Exercise in Healthy Adults. Medicine & Science in Sports & Exercise. Minneapolis, June 1, 2018
2. Lewin C, **Li R**. Peri-exercise Ingestion of Carbohydrate Tends to Augment Supramaximal Exercise-induced Hyperglycemia among Type 1 Diabetics. Medicine & Science in Sports & Exercise. San Diego, May 27, 2015.
3. Arguello D\*, Pierson M\*, Cloutier G, **Li R**. Male Fat Patterning Negatively Correlates With Cardiorespiratory Fitness Even In A Highly Athletic Population. Annual American College of Sports Medicine Conference. San Diego, CA. May 27th, 2015.
4. 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.
5. 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 57th Annual Meeting. Baltimore, June 4, 2010.
6. 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 56th Annual Meeting. Seattle, May 27, 2009.
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. Experimental Biology Annual Meeting. San Diego, April 22, 2008.
8. 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**

1. Tanguilig G, Taborda E, Dunkelbarger S, Nogiec C, **Li R**. Response of VO<sub>2</sub>, Ventilatory Threshold, and Energy Supply to Incremental Endurance Exercise. RISE 2020. Boston, April 9, 2020.
2. Mahlmeister M, Torro A, **Li R**. The Effect of Varied Exercise Intensities on the

Sensitivity of the Autonomic Nervous System. RISE 2019. Boston, April 4, 2019.

3. Doolittle H, Joseph J, Zhu F, Licata T, **Li R.** The Post-meal Glycemic Response to Acute Bout of Exercise in Healthy Adults. RISE 2017. Boston, April 16, 2017.
4. 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**

### **Graduate Courses Taught**

EXSC6200 Cardiopulmonary Physiology Northeastern University	Fall 2009 –
EXSC6220 Advanced Exercise Physiology Northeastern University	Spring 2009 –
EXSC6263 Research Design Northeastern University	Fall 2008 - 2010
EXSC6219 Clinical Skills Northeastern University	Spring 2011, 2012
Exercise Physiology: Muscle Physiology Aspects Tianjin Institute of Physical Education, P. R. China	Fall 2002 - 2004

### **Undergraduate Courses Taught**

EXSC4500 Exercise Physiology Northeastern University	Fall 2008 –
EXSC4501 Exercise Physiology Laboratory Northeastern University	Fall 2008 –
Introduction to Exercise, Fitness and Health HSCI1000 College: An Introduction	Fall 2013 – Fall 2012 - 2013

### **Graduate Student Advising**

- M.S. Thesis in Exercise Science
- M.S. Directed study in Exercise Science

### **Undergraduate Student Advising**

- B.S. capstone in Health Sciences

## **Mentoring Activities**

M.S. Program in Exercise Science  
Graduate Certificate in Exercise Science

## **Service to the Discipline/Profession**

### Professional Memberships

American College of Sports Medicine	2007 –
The International Society of Sports Nutrition	2013 –
American Association for the Advancement of Science (AAAS)	2006 – 2012

### Editorial

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

International Journal of Translation & Community Medicine (IJTCM) Behavioral Medicine	2013 –
Journal of Medicinal Food	2013 –
Nutrition & Metabolism	2013 –
Applied Sciences	2019 –
International Journal of Environmental Research and Public Health	2016 –
MDPI Healthcare	2020 –
MDPI Children	2020 –

## **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 at Universities in Tianjin	2002
Outstanding Teaching Award at Tianjin University of Sport	1999