

David L. Allen, Ph.D

**Curriculum Vitae  
David L. Allen, Ph.D**

**Professional Address:**

Department of Psychology and Neuroscience  
University of Colorado, Boulder  
Campus Box 345  
Boulder, CO 80309  
(303) 492-3175  
[allendl@colorado.edu](mailto:allendl@colorado.edu)

**Education:**

1996                      Ph.D. in Physiological Science, University of California, Los Angeles  
1991                      B.S. in Kinesiology 1991, University of California, Los Angeles

**Other Training and Certification:**

2023                      **Universal Design for Learning Developing Experiences for Diverse Learners Badge**

2014                      American College of Sports Medicine Physical Activity in Public Health Certification

2014                      Certificate of completion, Assessing the Built Environment for Physical Activity online course, Built Environment Assessment Training (BEAT) Institute, University of Pennsylvania, May 2014

2014                      Certificate of completion, American College of Sports Medicine Physical Activity in Public Health online course on Physical Activity in Public Health, May 2014

**Professional Experience:**

2022-present            **Teaching Associate Professor**  
Department of Psychology and Neuroscience  
University of Colorado, Boulder

2012-2022               **Senior Instructor**  
Department of Psychology and Neuroscience  
University of Colorado, Boulder

David L. Allen, Ph.D.

- 2004-2012            **Assistant Professor**  
Department of Integrative Physiology  
University of Colorado, Boulder
- 1998-2004           **Research Associate**  
Department of Molecular, Cellular, and Developmental Biology  
University of Colorado, Boulder
- 1996-1998           **Postdoctoral Research Fellow**  
Department of Human Genetics  
University of Michigan Medical School

**Teaching Honors and Awards:**

- 2018            University of Colorado Marinus Smith Award
- 2017            Faculty Teaching Award, Department of Psychology
- 2015            Received Deans Fund for Excellence in Teaching Award from the University of Colorado, Boulder

**TEACHING**

**Course Development:**

- Summer 2021    **PSYC 2012 Biological Psychology**—added “Course Climate Survey to course
- Summer 2021    Added Diversity, Equity, and Inclusion Statement to both of my courses
- 2020-2021      **PSYC 4021 The Psychology & Neuroscience of Exercise**—Added iClicker questions to course
- Spring 2020    **PSYC 2012 Biological Psychology**—made final exam online
- 2019            **PSYC 2012 Biological Psychology**—Added homework assignments to course; greatly expanded iClicker questions and in-class activities

2018	<b>PSYC 2012 Biological Psychology</b> —Added iClickers to course
2016-2017	<b>PSYC 4031 Sport Psychology</b> —developed entire new course, including format, lectures, and assessment materials
2016	<b>PSYC 2012 Biological Psychology</b> —Started using undergraduate learning assistants, added in-class group activities to course
2016	<b>PSYC 2012 Biological Psychology</b> —Changed midterms to online midterms, added in-class recall activities
2015	<b>PSYC 2012 Biological Psychology</b> —Added weekly online quizzes to course
2013	<b>PSYC 4021 The Psychology &amp; Neuroscience of Exercise</b> —Eliminated final exam, added in-class group projects and final group project to course
2012	<b>PSYC 2012 Biological Psychology</b> —developed course, including format, lectures, and evaluation materials for existing course
2012	<b>PSYC 4021 The Psychology &amp; Neuroscience of Exercise</b> —developed entire new course, including format, lectures, and evaluation materials

### **Psychology Courses Taught:**

<b>Semester</b>	<b>Course</b>	<b># Sections</b>	<b>Total Enrollment</b>
Fall 2023	2012 Biological Psychology	2	255
Fall 2023	4021 Psych & Neuroscience Exercise	1	39
Fall 2023	4021 Online	1	32
Summer 2023	4021 PSYC & NS Exercise Maymester	1	9
Summer 2023	2012 Biological Psychology Session B	1	12
Spring 2023	2012 Biological Psychology	1	138
Spring 2023	4021 Psych & Neuroscience Exercise	2	83
Spring 2023	4031 Sport Psychology Online	1	34
Fall 2022	2012 Biological Psychology	2	238
Fall 2022	4021 Psych & Neuroscience Exercise	1	42
Fall 2022	4021 Online	1	35
Summer 2022	2012 Biological Psychology Session B	1	14
Spring 2022	2012 Biological Psychology	1	115

Spring 2022	4021 Psych & Neuroscience Exercise	2	77
Spring 2022	4031 Sport Psychology Online	1	35
Fall 2021	2012 Biological Psychology	2	306
Fall 2021	4021 Psych & Neuroscience Exercise	1	38
Fall 2021	4021 Online	1	33
Summer 2021	2012 Biological Psychology Maymester	1	19
Summer 2021	2012 Biological Psychology Session B	1	14
Spring 2021	2012 Biological Psychology	1	125
Spring 2021	4021 Psych & Neuroscience Exercise	2	77
Spring 2021	4031 Sport Psychology Online	1	34
Fall 2020	2012 Biological Psychology	2	280
Fall 2020	4021 Psych & Neuroscience Exercise	1	45
Fall 2020	4021 Online	1	33
Summer 2020	2012 Biological Psychology Maymester	1	34
Summer 2020	2012 Biological Psychology Session B	1	25
Spring 2020	2012 Biological Psychology	2	136
Spring 2020	4021 Psych & Neuroscience Exercise	1	79
Spring 2020	4031 Sport Psychology Online	1	48
Fall 2019	2012 Biological Psychology	2	281
Fall 2019	4021 Psych & Neuroscience Exercise	1	42
Fall 2019	4021 Online	1	28
Summer 2019	2012 Biological Psychology	1	27
Spring 2019	2012 Biological Psychology	2	227
Spring 2019	4021 Psych & Neuroscience Exercise	1	40
Spring 2019	4031 Sport Psychology Online	1	45
Fall 2018	2012 Biological Psychology	1	159
Summer 2018	2012 Biological Psychology	1	19
Spring 2018	2012 Biological Psychology	1	101
Spring 2018	4021 Psych & Neuroscience Exercise	2	70
Spring 2018	4031 Sport Psychology Online	1	32
Fall 2017	2012 Biological Psychology	2	227
Fall 2017	4021 Psych & Neuroscience Exercise	1	42
Fall 2017	4021 Online	1	18

Summer 2017	2012 Biological Psychology	1	14
Spring 2017	2012 Biological Psychology	1	141
Spring 2017	4021 Psych & Neuroscience Exercise 2		80
Spring 2017	4021 Online	1	22
Fall 2016	2012 Biological Psychology	2	205
Fall 2016	4021 Psych & Neuroscience Exercise	1	40
Fall 2016	4021 Online	1	28
Summer 2016	2012 Biological Psychology	1	16
Spring 2016	2012 Biological Psychology	1	107
Spring 2016	4021 Psych & Neuroscience Exercise	2	74
Spring 2016	4021 Online	1	37
Fall 2015	2012 Biological Psychology	2	240
Fall 2015	4021 Psych & Neuroscience Exercise	1	43
Fall 2015	4021 Online	1	30
Summer 2015	2012 Biological Psychology	1	28
Spring 2015	2012 Biological Psychology	2	289
Spring 2015	4021 Psych & Neuroscience Exercise	1	36
Spring 2015	4021 Online	1	21
Fall 2014	2012 Biological Psychology	1	128
Fall 2014	4021 Psych & Neuroscience Exercise	2	80
Fall 2014	4021 Online	1	20
Summer 2014	2012 Biological Psychology	1	29
Spring 2014	2012 Biological Psychology	2	232
Spring 2014	4021 Psych & Neuroscience Exercise	1	40
Spring 2014	4021 Online	1	34
Fall 2013	2012 Biological Psychology	1	101
Fall 2013	4021 Psych & Neuroscience Exercise	2	74
Fall 2013	4021 Online	1	24
Spring 2013	2012 Biological Psychology	1	56
Spring 2013	4021 Psych & Neuroscience Exercise	2	79
Fall 2012	2012 Biological Psychology	2	243
Fall 2012	4021 Psych & Neuroscience Exercise	1	34

**Teacher Training Participation:**

Fall 2023	Joined Inclusive Community of Practice mailing list & monthly meetings
Spring 2023	Completed CTL online self-paced Anti-Racism Course
Spring 2023	Attended CTL course on Universal Design for Learning
Spring 2023	Attended CTL course Engaging Students with Active Learning
Spring 2023	Attended CTL course Culturally Responsive Teaching
2020	Attended OIT course “Using iClicker Reef” 8/24
2018	Attended OIT course, “Using iClickers in the Classroom, 8/22
2017	Attended OIT course, “Using iClickers in the Classroom”, 1/9
2016	Attended International Learning Assistant Conference 10/24 and 10/25
2015	FTEP course, “Teaching Online Courses and MOOCs”, spring.
2015	FTEP course, “Using Clickers Effectively”, spring.

**Pedagogical Talks Given:**

2017	Crafting Your Teaching Statement. Talk Given to Psychology Pedagogy Workshop, 2/27/17
2017	Online Assessment and Learning Outcomes. Talk given to Psychology Pedagogy Workshop, 1/30/17

**SERVICE, PSYCHOLOGY & NEUROSCIENCE**

**Departmental, PSYC:**

Fall 2023	Faculty Mentor for Instructor Dr. Andrew Cummings
Fall 2023	Member of Department Hiring Committee for Three Instructor Positions

Fall 2023	Member of Department Honor's Committee
Spring 2023	Member of Instructor Hiring Committee
S2022-F2022	Member of the Department Quality Teaching Initiative Peer Evaluation Sub-Committee
Fall 2022	Peer Teaching Evaluation of Dr. Linda Watkins
Fall 2022	Member of Instructor Hiring Committee
Spring 2022	Member of Psi Chi Professor Panel on Graduate School and Academia
F2021-S2022	Member of Departmental Awards Committee
Fall 2021	Member of the Faculty Merit Review Committee
Fall 2021	Member of the Reappointment Committee for Dr. Heidi Day
Fall 2021	Chair of the Promotion Committee for Dr. Stratford
Spring 2021	Peer Teaching Evaluation of Dr. Jennifer Stratford
Fall 2020	Member of co-committee on evaluating teaching for annual merit
Fall 2019	Spoke at Psychology Club Meeting
Fall 2019	Served on PSI Chi Career Panel
Fall 2019	Served as faculty mentor for Dr. Abby Lahman-Maharg, PSYC
F2019-S2020	Co-Chair, Committee on Undergraduate Education (CUE), PSYC
Summer 2019	Featured Speaker at Psi Chi Induction Ceremony, PSYC
2018	Faculty Peer Evaluation for Dr. Jennifer Stratford
2018	Instructor Reappointment Committee, PSYC, Dr. Vyga Kaufmann
2017	Talk given to Psi Chi, CU-Boulder's Psychology Honor's Society, 1/25/17
2017	Faculty Peer Evaluation for Dr. Heidi Day
2013-present	Committee on Undergraduate Education (CUE), PSYC

- 2016 Faculty Peer Evaluation for Dr. Joe Berta
- 2016 Instructor Reappointment Committee, PSYC, Drs. Joe Berta, Heidi Day, and Tina Pittman-Wagers
- 2015 Gave Spring Convocation talk to Psi Chi, the CU-Boulder Psychology Honor's Society
- 2014-2015 New Instructor Hiring Committee, PSYC
- 2013-2014 Strategic Planning Committee (SPC), PSYC
- 2013 Committee on Instructor & Research Faculty Voting, PSYC

**Community Service & Outreach, PSYC:**

- Fall 2019 Gave talk on the Mental Health Benefits of Physical Activity at City of Longmont Mental Health Fair
- Fall 2019 Volunteer for bike path usage study, City of Boulder/GO Boulder
- Spring 2017 Volunteer for bike path usage study, City of Boulder/GO Boulder
- 2015 Talk given at the senior learning series at First Congregational Church of Boulder on the benefits of physical activity in older adults.
- 2014-present Special events, advocacy and outreach volunteer for Boulder Community Cycles, a bicycling advocacy and outreach organization
- 2014-2017 Member of the Bike and Walk to School committee for Bear Creek Elementary School
- 2013 Volunteer crossing guard, Bear Creek Elementary School
- 2012-2014 Volunteer soccer coach, YMCA youth soccer league, Boulder Colorado



**PRIOR TEACHING IN INTEGRATIVE PHYSIOLOGY (IPHY) DEPT.****Course Development, IPHY:**

- 2007      **IPHY 4660 Muscle Molecular Physiology**--developed entirely new course, including format, lectures, and evaluation materials
- 2004-2007      **IPHY 3060 Cell Physiology Lab**—developed 8/10 new labs for this course using new technologies
- 2004      **IPHY 3060 Cell Physiology Lecture**—developed all lectures evaluation materials for existing course

**IPHY Courses Taught:**

<b>Semester</b>	<b>Course</b>	<b># Sections</b>	<b>Total Enrollment</b>
Fall 2005	IPHY 3060 Cell Physiology	1	27
Fall 2006	IPHY 3060 Cell Physiology	1	47
Spring 2007	IPHY 4660 Muscle Molecular Physiology	1	23
Fall 2007	IPHY 3060 Cell Physiology	1	82
Spring 2008	IPHY 4660 Muscle Molecular Physiology	1	20
Fall 2008	IPHY 3060 Cell Physiology	1	73
Fall 2009	IPHY 3060 Cell Physiology	1	61
Spring 2010	IPHY 5011 Coll. in Integrative Physiology	1	14
Fall 2010	IPHY 3060 Cell Physiology	1	73
Fall 2011	IPHY 3060 Cell Physiology	1	81
Spring 2011	IPHY 4660 Muscle Molecular Physiology	1	12

**Student Supervision, IPHY:****Graduate Students:****Advising:**

2006-2014	Molly Madden IPHY	Ph.D. student	Mentor
2006-2012	Ryan Mehan IPHY	Ph.D student	Mentor
2007-2009	Shannon Domarski	Master's student	Mentor
2006-2008	Kristin Speaker, IPHY	Master's student	Mentor
2007-2009	Kathleen Gavin, UCDHSC	Ph.D. student	Co-Mentor

**Committee Member:**

Fall 2010	Melissa Hausburg, MCDB	Dissertation defense committee member
Fall 2010	Ashley Walker, IPHY	Dissertation defense committee member
Fall 2010	Tom Larocca, IPHY	Comprehensive exam, committee member
Spring 2010	Martin Guest, MCDB	Comprehensive exam, committee member
Spring 2010	Lida Benison, IPHY	Masters thesis committee member

Spring 2010	Andy Troy, MCDB	Dissertation defense committee member
Spring 2009	Lindsay Gano, IPHY	Comprehensive exam, committee member
Summer 2009	Matthew Bell, MCDB	Dissertation defense committee member
Summer 2009	Amy Steig, UCDHSC	Dissertation defense committee member
Spring 2009	Rachel Lindstrom, UCDHSC	Dissertation defense committee member
Summer 2008	Kristen Jablonski, IPHY	Dissertation defense committee member
Summer 2008	Melanie Connell, IPHY	Comprehensive exam, committee member
Summer 2007	Amy Steig, UCDHSC	Comprehensive exam, committee member
Spring 2007	Rachel Lindstrom, UCDHSC	Comprehensive exam, <b>chair</b>
Spring 2007	Teresa Foley, IPHY	Comprehensive exam, <b>chair</b>
Spring 2007	Bristol Sorenson, IPHY	Dissertation defense committee member
Fall 2006	Craig Emter, IPHY	Dissertation defense committee member
Fall 2006	Andy Troy, MCDB	Comprehensive exam committee member
Fall 2004	Ann Peterson, IPHY	Comprehensive exam committee member

#### Undergraduate Student Research:

Fall 2014-2017	Kenny Davis	
Fall 2014-Spring 2015	Caitlyn Cotrill	
Fall 2014-2015	Katherine Harmon	
Fall 2014-2015	Mayan Silkoff	
Fall 2014-2015	Layla Song	
Fall 2010-2011	Sherry Wang	UROP
Fall 2010-2012	Cameron Niswander	HHMI
Spring 2010-present	Kaeleigh King	
Spring 2008-2009	Karen Egbo	UROP
Spring 2008-2009	Jillian Warner	UROP
Spring 2008	Tracy Tremmel	
Fall 2008-2009	Kayla Emmons	UROP
Fall 2008-present	Stephen Nikaido	UROP
Fall 2007-present	Brianna Fowler	UROP
Fall 2008-2009	Ashley England	UROP
Fall 2007-Spring 2008	Meredith Brown	UROP
Fall 2007-Spring 2008	Lindsey Bird	URAP
Fall 2007-Spring 2009	Jennifer Lesh	UROP
Fall 2007-Fall 2008	Chris Nakamura	
Fall 2007-2010	Jake Lebin	URAP, HHMI
2007-2008	Michelle Janer	SURE
Spring-Summer 2007	Austin Badeau	UROP
2006-2008	Jason Reed	BURST, 2 UROPs
2005-2007	Jake Mantanona	SURF, 2 UROPs
2005-2007	Nikki Ahrendsen	BURST, 2 UROPs
2005-2007	Sarah Lindsay	BURST, SURF, HHMI, URAP,
UROP		

Undergraduate Honor's Students:

Spring 2012	Cameron Arms, IPHY	Honor's thesis advisor
Spring 2012	Cameron Niswander, IPHY	Honor's thesis advisor
Spring 2010	Elisas Cornejo, MCDB	Honor's thesis committee member
2007-2010	Jacob Lebin, IPHY	Honor's thesis advisor
Spring 2009	Patrick Greer, MCDB	Honor's thesis committee member
2005-2007	Sarah Lindsay, IPHY	Honor's thesis advisor
Fall 2007	Brianna Miller, MCDB	Honor's thesis advisor
Spring 2007	Maria Praggastis, MCDB	Honor's thesis committee member

**PRIOR SERVICE IN INTEGRATIVE PHYSIOLOGY (IPHY) DEPT.**

**Departmental Service, IPHY:**

2010	Faculty Peer Visitation Teaching Evaluation for Janet Casagrand, IPHY
2009	Evaluated materials for reappointment of Dr. Robert Hermanson, IPHY
2009	Faculty Peer Visitation Teaching Evaluation of Ruth Heisler, IPHY
2009	Faculty Peer Visitation Teaching Evaluation of Janet Casagrand, IPHY
2006-2010	Member of the IPHY Space Committee, IPHY
2006-2010	Member of the IPHY Animal Care Committee, IPHY
2005-2007	Member of the IPHY Strategic Planning Committee, IPHY
2004	Member of the Teaching Committee, IPHY
2005	In charge of purchasing a real-time PCR machine for Departmental use, IPHY
Fall 2005	Faculty Peer Visitation Teaching Evaluation of Adam Hayes, IPHY
Spring 2005	Faculty Peer Visitation Teaching Evaluation of Pei Tsai, IPHY

**University Service, IPHY:**

2009-2011	Member of the Institutional Biosafety Committee
Spring 2010	Grant reviewer for University of Colorado Innovative Seed Grants
Spring 2009	Grant reviewer for University of Colorado Innovative Seed Grants

Spring 2008	Grant reviewer for University of Colorado Innovative Seed Grants
2007-present	Member of the Biotechnology Initiative Committee
Spring 2007	Academic liason for IPHY Dept. for CU athlete recruitment
2004-2012	Ad hoc reviewer, Undergraduate Research Opportunity Program, University of Colorado, Boulder

**Professional Service, IPHY:**

2019	Revised APS Manual on the Use of Animals to Study Exercise
2014-2018	Member of the editorial board for the journal Skeletal Muscle
2012-2016	Member of the editorial board for the Journal of Applied Physiology
2010-2012	Member of the planning committee for the 2012 American Physiological Society Integrative Biology of Exercise Meeting
2010	Chair of a Symposium: Expression and Function of Myostatin in Metabolism, Exercise and Injury at the annual American College of Sports Medicine conference, Baltimore, MD, May 2010
2010	Chair of a Symposium: MicroRNAs and Muscle Plasticity, Exercise and Injury at the annual American College of Sports Medicine conference, Baltimore, MD, May 2010
2009	Co-Chair of a Highlighted Symposium: Novel Mechanisms Affecting Adipose Tissue Function and Fat Storage at the annual American College of Sports Medicine conference, Seattle, WA, May 2009
2008-2010	Co-Chair of the Cellular and Molecular Mechanisms Interest Group for the American College of Sports Medicine
2008	ad hoc reviewer for the Alberta Heritage Foundation for Medical Research
2008	ad hoc reviewer for the National Medical Research Council of Singapore
2008	ad hoc reviewer for the Agence Nationale de la Recherche (National Research Agency) France
2007	ad hoc reviewer for the Arthritis Research Council (ARC) of Great Britain

David L. Allen, Ph.D.

2006-2008                      Member of the planning committee for the 2008 American Physiological Society Integrative Biology of Exercise Meeting

**Outreach, IPHY:**

- 2008                      Meeting with the IPHY Student Board, Dept. of Integrative Physiology, University of Colorado, Boulder.
- 2006                      Making Bigger Muscles The Molecular Biology Way. Talk given to the South Boulder Senior Center, Boulder CO.
- 2006                      Meeting with the IPHY Student Board, Dept. of Integrative Physiology, University of Colorado, Boulder.
- 2005                      Making Bigger Muscles The Molecular Biology Way  
   . Talk given to the Dean's Advisory Council, University of Colorado, Boulder.
- 2005                      Meeting with the IPHY Undergraduate Club, Dept. of Integrative Physiology, University of Colorado, Boulder.

**Ad hoc Journal Reviewer, IPHY:**

*Acta Physiologica Scandinavica*  
*American Journal of Physiology: Cell Physiology*  
*American Journal of Physiology: Endocrinology and Metabolism*  
*American Journal of Physiology: Regulatory Physiology*  
*BMC Genomics*  
*Cells, Tissues, and Organs*  
*Endocrinology*  
*Experimental Physiology*  
*Journal of Applied Physiology*  
*Journal of Biomedicine & Biotechnology*  
*Journal of Cell Biology*  
*Journal of Clinical Metabolism and Obesity*  
*Journal of Experimental Biology*  
*Journal of Gerontology A*  
*Medicine and Science in Sports and Exercise*  
*Muscle & Nerve*  
*Nutrition & Metabolism*  
*Proceedings of the National Academy of Sciences of the USA*  
*PLOS One*  
*Stress*

**RESEARCH**

**Grants Completed:**

- 2009-2014 NIH/ National Institute on Drug Abuse R01 DA024002. Total Direct Costs: \$2,728,120. Multilevel Analysis of Self-Regulation in Substance Abuse,” (2009-2014), Tiffany Ito (PI), Angela Bryan (Co-I), Kent Hutchison (Co-I), **David Allen (Co-I)**, Erik Willcut (Co-I), Akira Miyake (co-I)
- 2009-2011 University of Colorado Innovative Seed Grant, Total Direct Costs: \$42,000. Cellular and Molecular mechanisms underlying skeletal muscle changes in response to acute and chronic psychological stress. **Principal Investigator.**
- 2008-2011 NIH R03 (David L. Allen, PI), Total Direct Costs: \$150,000. “Regulation of Exercise-Induced IL-6 Expression in Skeletal Muscle”, **Principal Investigator**
- 2004-2009 NIH K01 Total Direct Costs \$603,000. “Matrix Metalloproteinases and Exercise-Induced Muscle Damage”, K01 AR050505-01, **Principal Investigator.**
- 2007-2009 University of Colorado Innovative Seed Grant, Total Direct Costs \$50,000. “Expression of Myostatin and its Receptor in Mouse and Human Adipose Tissue”, **Principal Investigator.**
- 2005-2006 Junior Faculty Development Award Total Direct Costs: \$9500.00 from the Council on Creative Research at the University of Colorado, Boulder, **Principal Investigator**
- 2005-2006 Research Endowment Award from the American College of Sports Medicine Total Direct Costs: \$9000.00, **Principal Investigator**
- 2003-2005 NIH/NCI R03 (Angela Bryan, PI) Total Direct Costs: \$100,000. “Developing Endophenotypes for Responses to Exercise”, R03CA097870, **paid consultant**, 0% time.
- 2002-2004 NIH R01 (Leslie Leinwand, PI), \$ 1,269,000. “Developmental Myosin Heavy Chain Regulation and Function”, R01AR48817-01, **co-PI.**
- 1998-2001 Muscular Dystrophy Association Research Development Grant, “Molecular Genetic Analysis of the Myosin Heavy Chain Family in Mouse Skeletal Muscle.”
- 1996-1998 University of Michigan Cardiovascular Research Center NIH Training Grant

Peer-Reviewed Publications:

1. Welsh MC, **Allen DL**, Batliner ME, Byrnes WC. Revisiting the Force-Joint Angle Relationship After Eccentric Exercise. *J Strength Cond Res* 29:3284-91, 2015.
2. Welsh MC, **Allen DL**, and Byrnes WC. Plasma Matrix Metalloproteinase-9 Response to Downhill Running in Humans. *Int J Sports Med.* 35: 363-70, 2014.
3. **Allen DL**, Dustin Hittel D, and McPherron AC. Myostatin and metabolism: obesity, diabetes, and exercise. *Med Sci Sports Exerc* 43: 1828-1835, 2011.
4. Madden MC, Byrnes WC, Lebin JA, Batliner ME, Leonard ZT, and **Allen DL**. Plasma MMP-9 response to eccentric exercise of the elbow flexors in humans. *Eur J Appl Physiol* 111: 1795-1805, 2011.
5. Mehan RS, Grebeck, BJ, Emmons, K, Byrnes WC, and **Allen DL**. Matrix metalloproteinase-9 deficiency results in decreased fiber cross sectional area and alters fiber type distribution in mouse hindlimb skeletal muscle. *Cells, Tissues, & Organs* 194: 510-520, 2011.
6. Harrison BC, **Allen DL**, and Leinwand LA. Iib or not Iib? Regulation of myosin heavy chain gene expression in mice and men. *Skeletal Muscle* 1: 1-5, 2011.
7. **Allen DL** and AS Loh. Post-transcriptional mechanisms involving microRNA-27a and b contribute to fast-specific and glucocorticoid-mediated myostatin expression in skeletal muscle. *Am J Phys: (Cell Phys)*, 300: C124-C137, 2011.
8. Hayot M, Rodriguez J, Vernus B, Carnac G, Jean E, **Allen D**, Goret L, Obert P, Candau R, and Bonnieu A. Myostatin up-regulation is associated with the skeletal muscle response to hypoxic stimuli. *Mol Cell Endoc* 332: 38-47, 2011.
9. **Allen DL**, Cleary AS, Hanson AM, Lindsay SF, and Reed JM. CCAAT/enhancer binding factor-delta expression is increased in skeletal muscle by food deprivation in vivo and regulates myostatin transcription in vitro. *Am J Physiol: (Reg Int Physiol)* 299: R1592-R1601, 2010.
10. **Allen DL**, Greyback BJ, Hanson A, Cleary AS, and Lindsay SF. Expression of bone morphogenetic protein-1 and tolloid-like-1 extracellular proteases in different fiber types and in response to muscle unloading, food deprivation and differentiation. *J Physiol Sci* 60: 343-352, 2010.

11. **Allen DL**, McCall GE, Loh AS, Madden MC, and Mehan RS. Acute daily psychological stress causes increased atrophic gene expression and myostatin-dependent muscle atrophy. *Am J Physiol: (Reg Int Physiol)* 299: R889-R898, 2010.
12. **Allen DL**, Cleary AS, Lindsay SF, Loh AS, and Reed JM. Myostatin expression is increased by food deprivation in a muscle-specific manner and contributes to muscle atrophy during prolonged food deprivation in mice. *J Appl Physiol* 109: 692-701, 2010.
13. **Allen DL**, Uyenishi JJ, Cleary AS, Mehan RS, Lindsay SF, Reed JM. Calcineurin activates interleukin-6 transcription in mouse skeletal muscle in vivo and in C2C12 myotubes in vitro. *Am J Physiol: (Regul Integr Comp Physiol)* 298:R198-210, 2010.
14. **Allen DL**, Eric R. Bandstra, Brooke C. Harrison, Seiha Thorng, Louis S. Stodieck, Paul J. Kostenuik, Sean Morony, David L. Lacey, Timothy G. Hammond, Leslie L. Leinwand, W. Scott Argraves, Ted A. Bateman, and Jeremy L. Barth. Effects of Spaceflight on Murine Skeletal Muscle Gene Expression. *J Appl Physiol* 106: 582-595, 2009.
15. **Allen DL & Du M.** Comparative Functional Analysis of the Cow and Mouse Myostatin Genes Reveals Novel Regulatory Elements in Their Upstream Promoter Regions. *Comp Biochem Physiol* 150: 432-439, 2008.
16. **Allen DL.** Making sense (and antisense) of myosin heavy chain gene expression. *Am J Physiol: (Reg Int Physiol)* 295: R206-R207, 2008.
17. **Allen DL**, Allison S. Cleary, Sarah F. Lindsay, Kristin J. Speaker, Jill Uyenishi, Jason M. Reed, Molly C. Madden and Ryan S. Mehan. Myostatin, activin Receptor IIb, and



- follistatin-Like-3 gene expression is altered in adipose tissue and skeletal muscle of obese mice. *Am J Physiol: (Metab and Endoc)* 294: E918-E927, 2008.
18. Hutchison KE, **Allen DL**, Jepson C, Lerman C, Benowitz N, Stitzel J, Bryan AB, McGeary J, Haughey HM. CHNA4 and tobacco dependence: from gene regulation to treatment outcome. *Arch Gen Psychiatry* 64: 1078-86, 2007.
  19. Bryan A, Hutchison KE, Seals DS, & **Allen DL**. A transdisciplinary model integrating genetic, physiological, and psychological correlates of voluntary exercise. *Health Psychol* 26: 30-39, 2007.
  20. **Allen DL**, Unterman TG. Regulation of myostatin expression and myoblast differentiation by FoxO and SMAD transcription factors. *Am J Physiol: (Cell Physiol)* 292: C188-199, 2006.
  21. Beylkin, DH, **Allen DL** and Leinwand LA. MyoD, Myf5 and the calcineurin pathway activate the developmental myosin heavy chain genes. *Dev Biol* 294:541-53, 2006.
  22. Konhilas JP, Widgren U, **Allen DL**, Paul AC, Cleary A, Leinwand LA. Loaded wheel running and muscle adaptation in the mouse. *Am J Physiol: (Heart Circ Physiol)* 289: H455-H465, 2005.
  23. **Allen DL**, Weber JN, Sycuro LK, Leinwand LA. Myocyte enhancer factor-2 and serum response factor binding elements regulate fast myosin heavy chain transcription in vivo. *J Biol Chem* 280: 17126-17134, 2005.
  24. **Allen DL**, Teitelbaum D, Kurachi K. Growth factor stimulation of matrix metalloproteinase expression and myoblast migration and invasion *in vitro*. *Am J Physiol: (Cell Physiol)* 284: C805-C815, 2003.
  25. Harrison BC, **Allen DL**, Girten B, Stodieck LS, Kostenuik PJ, Bateman TA, Morony S, Lacey D, Leinwand LA. Skeletal muscle adaptations to microgravity exposure in the mouse. *J Appl Physiol* 95: 2462-2470, 2003.
  26. Haubold KW, **Allen DL**, Capetanaki, Y, Leinwand LA. Loss of desmin leads to impaired voluntary wheel running and treadmill exercise performance. *J Appl Physiol* 95: 1617-1622, 2003.
  27. McCall GE, **Allen DL**, Haddad F, Baldwin KM. Transcriptional regulation of IGF-I expression in skeletal muscle. *Am J Physiol: (Cell Physiol)* 285: C831-839, 2003.
  28. **Allen DL**, Leinwand LA. Intracellular calcium and myosin isoform transitions. Calcineurin and CaM kinase pathways regulate preferential activation of the IIa myosin heavy chain promoter. *J Biol Chem* 277: 45323-45330, 2002.

29. **Allen DL**, Harrison BC, Leinwand LA. Molecular and genetic approaches to studying exercise performance. *Ex Sports Sci Rev* 30: 99-105, 2002.
30. Edgerton VR, Roy RR, **Allen DL**, Monti RJ. Adaptations in skeletal muscle disuse atrophy. *Am J Phys Med Rehab* 81: S127-S147, 2002.
31. Harrison BC, Bell MC, **Allen DL**, Byrnes WC, Leinwand LA. Skeletal muscle adaptation with voluntary wheel running in myosin heavy chain null mice. *J Appl Physiol* 92: 313-322, 2002.
32. Lerman I, Harrison BC, Freeman K, Hewett TE, **Allen DL**, Robbins J, Leinwand LA. Genetic variability in forced and voluntary endurance exercise performance in seven inbred mouse strains. *J Appl Physiol* 92: 2245-2255, 2002.
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51. **Allen DL**, Monke SR, Talmadge RJ, Roy RR, Edgerton VR. Plasticity of myonuclear number in adult mammalian skeletal muscle fibers. *J Appl Physiol* 78: 1969-1976, 1995.
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**Non Peer-Reviewed Publications:**

**Allen, D.L.\*.** Book Review: Animal Physiology: From Genes to Organisms. *The Physiologist* 49: p35, 2006.

Kevin C. Kregel, **D.L. Allen\***, Frank W. Booth, Monika R. Fleshner, Erik J. Henriksen, Timothy I. Musch, Donal O’Leary, Christine M. Parks, David C. Poole, Alice W. Ra’anan, Don D. Sherif, Michael S. Sturek Linda A. Toth. American Physiological Society Resource Book For the Design of Animal Exercise Protocols. American Physiological Society, 2006: Bethesda, MD.

**Conference Talks:**

- 2012 Myostatin and the Control of Muscle Size. Presentation given at the Integrative Biology of Exercise Conference, Broomfield, Colorado, September 2012
- 2011 Expression and Function of Myostatin in Metabolism, Exercise, and Injury. Presentation given at symposium at the annual American College of Sports Medicine conference, Denver, Colorado, June 2011
- 2010 Expression and Function of MicroRNAs during Murine Skeletal Muscle Atrophy. Symposium talk given at the annual American College of Sports Medicine conference June 5<sup>th</sup>, 2010, Baltimore, Maryland.
- 2010 Expression and Function of Myostatin During Food Deprivation and Stress. Symposium talk given at the annual American College of Sports Medicine conference June 3<sup>rd</sup>, 2010, Baltimore, Maryland.
- 2009 Expression of Myostatin and its Receptor is Regulated by Energy Intake in Adipose and Skeletal Muscle. Presentation given at symposium at the annual American College of Sports Medicine conference, Seattle, WA, May 2009.
- 2009 Expression of CAAT/Enhancer Binding Protein Transcription Factors in Skeletal Muscle Is Loading and Energy Status Dependent. Slide Session presentation at the annual American College of Sports Medicine conference, Seattle, WA, May 2009.
- 2008 Expression of Components of the Myostatin Signaling Pathway in Fasting Mouse Skeletal Muscle and Adipose. Slide Session presentation at the annual American College of Sports Medicine conference, Indianapolis, Indiana, May 2008.
- 2008 Expression of myostatin and myostatin regulatory proteins in adipose and skeletal muscle is altered by fasting, refeeding, and obesity. Seminar given January 11, 2008 to the Division of Nutrition and Metabolism, University of Colorado, Denver Health Sciences Center.

- 2007 Metabolic and Adipogenic Regulation of the Myostatin Signaling System. Talk presented at the “Fat Metabolism I” Slide Session at the annual American College of Sports Medicine conference, New Orleans, Louisiana.
- 2006 Regulation of Myostatin Expression and Myoblast Differentiation by FoxO and SMAD Transcription Factors. Talk presented at the “Cellular and Molecular Mechanisms” Slide Session at the annual American College of Sports Medicine conference, Denver, Colorado.
- 2005 Muscle and fiber-specific expression of the myosin heavy chain genes. Poster presented at the American Physiological Society Conference, San Diego, California.
- 2004 Transcriptional regulation of the myostatin gene. Poster presented at the Integrative Biology of Exercise Conference, Austin, Texas.
- 2000 Transcriptional regulation of the adult skeletal fast myosin heavy chain genes. Poster presented at the Integrative Biology of Exercise conference, Portland, Maine.
- 2000 Effects of null mutation of the IIb myosin heavy chain gene on skeletal muscle growth, morphology, and function. Poster Presented at the Molecular Biology of Muscle Development and Disease meeting, Asilomar, California.
- 1998 Mechanisms responsible for cytokine-mediated skeletal myoblast migration/invasion in vitro and incorporation during myoblast-mediated gene transfer in vivo. Poster presented at the American Society of Gene Therapy meeting, Seattle, Washington.
- 1996 Growth hormone/IGF-I and muscle loading prevent loss of myonuclear number and fiber size during hindlimb suspension. Poster presented at the American College of Sports Medicine conference, Minneapolis, MN.
- 1995 Serum deprivation results in apoptotic cell death in L6 and C2C12 skeletal myoblasts in vitro. Poster presented at the American Society for Cell Biology conference, Washington, D.C..
- 1994 Myosin heavy chain (MHC) expression and myonuclear number in control, spinal isolated, and functionally overloaded cat plantaris muscle fibers. Poster presented at the American Society for Cell Biology conference, San Francisco, California.
- 1993 Myonuclear distribution in isolated slow and fast adult rat skeletal muscle fibers. Poster presented at the American College of Sports Medicine conference, Seattle, Washington.

- 1993 The relationship between myonuclear shape and state of stretch in isolated rat skeletal muscle fibers. Poster presented at the Gordon Conference on Biological Structure and Gene Expression, Volterra, Italy.

**Poster Presentations:**

- 2015 Gillman A, Cordova K, Allen DL, Bryan A, Hutchison K, Ito TA. Exploring Potential Relationships Between Cannabis Use and Exercise Behavior. Poster presented at the Annual Society for Behavioral Medicine Conference (4/16), San Antonio, TX.
- 2014 Gillman A, Cordova K, Allen DL, Bryan A, Hutchison K, Ito TA. Cannabis Use and Exercise Performance: Is There a Relationship? Poster presented at the Annual Society for Behavioral Medicine Conference (4/14), Philadelphia, PA.
- 2013 Callahan TJ, Stevens CJ, Allen D, Hutchison KE, Bryan AD. (2013, September). Preliminary Effects from Testing Mobile Applications to Promote Exercise Behavior. Poster presented at the Annual Colorado Public Health Association Conference (9/13), Breckenridge, CO.
- 2010 Madden MC, Allen DL, Batliner ME, Leonard ZT, and Byrnes WC. Evaluation of the Force-joint Angle Relationship as a Tool for Quantifying Force-Generating Changes Following Eccentric Exercise. *Medicine and Science in Sports and Exercise*. 42(10): 65, October 2010. Poster presented at the ACSM Conference on the Integrative Physiology of Exercise (9/24/10) in Miami Beach, FL.
- 2010 Mehan RS, Lesh J, Emmons KM, and Allen DL. Absence of MMP-9 Caused by a Knockout Mutation Results in Cross Sectional Area Differences of Lower Limb Tissues of Mouse. Poster presented at the Annual Meeting of the American College of Sports Medicine (ACSM) Conference (6/10) in Baltimore, MD.
- 2009 Madden MC, Byrnes WC, Bannister NT, Lebin JA, Janer MS, Batliner ME, Leonard ZT, and Allen DL. Plasma matrix metalloproteinase-9 activity as a marker of exercise-induced muscle injury in humans. *Medicine and Science in Sports and Exercise*. 41(5): S, 2009. Poster presented at the Annual Meeting American College of Sports Medicine (ACSM) (5/28/09) in Seattle, WA.
- 2008 Mehan RS, Allen DL, Uyenishi J, Cleary A, Lindsay SF, Reed JM. Transcriptional Regulation of Interleukin-6 Expression in Mouse Skeletal Muscle in Vivo and in Myotubes in Vitro. Poster presented at the Annual Meeting of the American College of Sports Medicine (ACSM) Conference (6/08) in Indianapolis, IN.
- 2006 Speaker KJ, Allen DL, Cleary AS, Lindsay SF, Reed JM, and Madden MC.

Leptin and Obesity Alter Expression of Myostatin and its Receptor ActRIIb in Mouse Skeletal Muscle. Poster presented at the Annual Meeting of the American College of Sports Medicine (ACSM) Conference (6/06) in Denver CO.

**Invited Talks:**

- 2012      Role of Matrix Metalloproteinase-9 in Exercise-Induced Muscle Damage. Invited seminar given February 2012 in the Department of Exercise and Sport Science, University of Memphis.
- 2011      Expression and Function of MicroRNAs during Murine Skeletal Muscle Atrophy. Invited seminar given March 2011 in the Department of Applied Physiology & Kinesiology, University of Florida.
- 2010      Role of Matrix Metalloproteinase-9 in Exercise-Induced Muscle Damage. Seminar given December 3<sup>rd</sup> 2010 at the Department of Biological Sciences, University of Northern Colorado, Greeley, Colorado.
- 2010      Expression and Function of the Anti-Growth Factor Myostatin During Skeletal Muscle Atrophy. Seminar given September 16<sup>th</sup> 2010 at the Department of Integrative Physiology Colloquium, University of Colorado, Boulder.
- 2010      Expression and Function of the Anti-Growth Factor Myostatin During Skeletal Muscle Atrophy. Seminar given April 23<sup>rd</sup> 2010 at the Department of Health and Exercise Science, Colorado State University, Fort Collins, Colorado.
- 2009      Novel Mechanisms Regulating Myostatin Expression and Function. Seminar given October 30<sup>th</sup>, 2008 at the Department of Integrative Physiology Colloquium, University of Colorado, Boulder.
- 2008      Mechanisms regulating myostatin expression in skeletal muscle and adipose during changes in energy balance. Seminar given October 30<sup>th</sup>, 2008 at the Department of Integrative Physiology Colloquium, University of Colorado, Boulder.
- 2008      Role of Matrix Metalloproteinases in Exercise-Induced Muscle Damage, Repair, and Hypertrophy: Function and Expression of MMP-9 in Skeletal muscle. Seminar given September 26<sup>th</sup>, 2008, at the American Physiological Society Integrative Biology of Exercise Conference, Hilton Head, South Carolina.
- 2008      Myostatin, Activin Receptor IIB, and Follistatin-Like-3 Gene Expression is Altered in Adipose Tissue of Obese Mice. Talk given May 21<sup>st</sup>, 2008 at the NIH

- Workshop on the Establishment, Maintenance, and Turnover of Fat Depots, Bethesda, MD.
- 2008 Expression of myostatin and myostatin regulatory proteins in adipose and skeletal muscle is altered by fasting, refeeding, and obesity. Seminar given January 11, 2008 to the Division of Nutrition and Metabolism, University of Colorado, Denver Health Sciences Center.
- 2007 Expression of myostatin and myostatin regulatory proteins in adipose is altered by fasting, refeeding, and obesity. Seminar given September 27th, 2007 at the Department of Integrative Physiology Colloquium, University of Colorado, Boulder.
- 2007 Metabolic and Adipogenic Regulation of the Myostatin Signaling System. Department of Animal Science, University of Wyoming.
- 2006 Gene Structure and Function. Lecture given to PSYCH 5082 “Seminars in Biological Psychology”.
- 2006 The Use of Cell Culture Models to Study Aging. Lecture given to IPHY 6010 “The Physiology of Aging”, Dept. of Integrative Physiology, University of Colorado, Boulder.
- 2005 Setting up a Lab As a New Assistant Professor. Lecture given to IPHY 6830 “Professional Skills for the Research Scientist”, Dept. of Integrative Physiology, University of Colorado, Boulder.
- 2005 Regulation of Myostatin and IL-6 Expression in Muscle and Adipose. Journal club meeting of Dr. Douglas Seals, University of Colorado, Boulder.
- 2005 Regulation of Myostatin Expression and Muscle Growth by SMAD and FOXO Transcription Factors. Rocky Mountain American College of Sports Medicine.
- 2005 Making Bigger Muscles The Molecular Biology Way. Dean’s Advisory Council, University of Colorado, Boulder.
- 2005 Exercise-induced myokine expression: the role of calcium and hypoxia-activated pathways in regulating muscle IL-6 transcription  
Department of Integrative Physiology Colloquium, University of Colorado.
- 2004 Myosin Motors and Muscle Disease  
Institute of Molecular Biology and Biochemistry, University of Vienna.
- 2003 Transcriptional Regulation of Myosin Heavy Chain Gene Expression.  
Department of Molecular, Cellular, and Developmental Biology Summer Seminar, University of Colorado, Boulder.



- 2003            Transcriptional Regulation of Myosin Heavy Chain Gene Expression.  
Department of Integrative Physiology Colloquium, University of Colorado.
- 2002            Transcriptional Regulation of Myosin Heavy Chain Gene Expression.  
Department of Kinesiology, Penn State University.
- 2002            Transcriptional Regulation of Myosin Heavy Chain Gene Expression .  
Department of Biology, Marquette University.
- 2001            Transcriptional Regulation of Myosin Heavy Chain Gene Expression. Department  
of Kinesiology, University of Illinois-Chicago.
- 2001            Transcriptional Regulation of Myosin Heavy Chain Gene Expression .  
Department of Physiological Science, University of California, Los Angeles.
- 2001            From Molecules to Mice: Using Transgenic and Molecular Approaches to Study  
Exercise. Colloquium in Kinesiology, Department of Kinesiology and Applied  
Physiology, University of Colorado.
- 2001            Transcriptional Regulation of Myosin Heavy Chain Gene Expression.  
Department of Exercise Biology, University of California, Davis.
- 2001            Transcriptional Regulation of Myosin Heavy Chain Gene Expression .  
Department of Exercise Science, University of Iowa.
- 1999            Inactivation of the Myosin Heavy Chain Genes—Interesting and Unique  
Phenotypes. Colloquium in Kinesiology, Department of Kinesiology and Applied  
Physiology, University of Colorado.
- 1998            Myoblast Migration and Invasion: Implications for Gene Therapy. Dr. Leslie  
Leinwand research group meeting, Dept. of Molecular, Cellular, and  
Developmental Biology, University of Colorado, Boulder.
- 1996            Apoptosis in Skeletal Muscle: Implications for Muscle Adaptation, Muscle  
Disease, and Gene Therapy. Genetics Colloquium, Department of Human  
Genetics, University of Michigan Medical School.