

Nicole L. Varone
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(956) 285-1195 nlvarone@gmail.com

EDUCATION

Texas Woman's University, Denton, TX. August 2021 – Present

Doctor of Philosophy in Kinesiology, Exercise Physiology ABD

Dissertation: The oxygen cascade in patients with myositis: A characterization of oxygen kinetics and proteomic profile.

Advisor: Dan Newmire, PhD

Texas A&M University Commerce, Commerce, TX. September 2018 – May 2021

Master of Science in Exercise Science, Human Performance Concentration.

Master's thesis: Changes in body composition and aerobic fitness in college students' first semester of freshman year

Advisor: Vipa Bernhardt, PhD

Texas A&M University Commerce, Commerce, TX. Jan 2017 – May 2018

Bachelor of Science in Kinesiology.

Tarrant County Community College, Ft. Worth, TX. May 2015 – Dec 2016

Associate of Kinesiology.

Welding school, US Navy. Gulfport, MS. March 2012 - June 2012

Lincoln Electric Welding School. Cleveland, OH May 2007 – August 2007

Marine Corps Lithography School. Ft. Belvoir, VA September 2002 – March 2003

Bradford Area High School Bradford, PA June 2002

INTERNSHIPS AND SCHOLARLY INTERESTS

Graduate Teaching Assistant. Texas Woman's University. Denton, TX. August 2021 - May 2024

1. Exercise Physiology Lab, KINS 3601
2. Exercise Testing and Prescription Lab, KINS 4701
3. Advanced Exercise Physiology Lab, KINS 4601

Research Graduate Assistant. Texas A&M University-Commerce. Commerce, TX. 2018- 2021

Graduate Teaching Assistant. Texas A&M University-Commerce. Commerce, TX. 2018-2021

Group Fitness Instructor. Wesley United Methodist, Greenville, TX. October 2018-March 2020

Institute for Exercise and Environmental Medicine, Dallas, TX, March, 2023 – Present
Research Analysis

Internship, Institute for Exercise and Environmental Medicine, Dallas, TX. June 2019

Research Grants and Awards

Student Research Grant Award. (\$500) Fall 2023 Texas Woman's University.
2022-2023 Experiential Scholar Award. (\$1,000) Texas Woman's University.
Student Research Grant Travel Award (\$500) Spring 2023 Texas Woman's University
2018 Student Research Development Award (\$1,750) Texas chapter, American College of Sports Medicine

CERTIFICATIONS, TRAININGS, & SKILLS

CITI Program	2018 - Present
Research, Ethics, Compliance, and Safety Training - CITI Program	
Duel Energy X-ray Absorptiometry (DXA) certification	September 2021 - Present
Hologic - Onsite QDR for Windows Series	
Phlebotomy	October 2021 - Present
TWU's Environmental Health & Safety group (EH&S)	
Exercise Testing	2018 - Present
Research/laboratory testing and teaching experience in: Maximal oxygen consumption (VO ₂ max) graded exercise testing, ParvoMedics indirect calorimetry, resting and exercise blood pressure, ECG preparation, resting metabolic rate (RMR), treadmill and cycle ergometry graded exercise testing.	
CPR/AED for professional rescuers	
Last updated: February 2023	

OTHER WORK EXPERIENCE

Pipe and pressure tube welder, various companies and union halls	2007-2015
Combat lithographer, United States Marine Corps	June 2002- June 2006

PUBLICATIONS AND PRESENTATIONS

PUBLICATIONS

Varone N., Hinojosa J., Nandakumar D., Modi N., Bhashyam A.R, Bhai SF. (2024) Exercise recommendations for patients with myositis: a narrative review of safety and efficacy. *Clin Exp Rheumatol*. PMID: 38436327. [10.55563/clinexprheumatol/m8fbs1](https://doi.org/10.55563/clinexprheumatol/m8fbs1)

Vogel, R. M., **Varone, N.**, Clark, C., Ramirez, K., Ross, M.L.R., Swann, C., Stevens, C. J. (2023). A menthol-enhanced "cooling" energy gel does not influence laboratory time trial performance in trained runners. *Nutrients*, 15(15), 3379. <https://doi.org/10.3390/nu15153379>.

Sokoloski, M.L., Rigby, B.R., King, G.A., Biggerstaff, K.D., Irvine, C. J., Bosak, A. M., Gordon, R. A., Zumbro, E.L., Clark, C.E., **Varone, N. L.**, & Crossland, B. W. (2023). Muscle damage, inflammation, and muscular performance following the physical ability test in professional firefighters. *Sports*, 11(8), 144. <https://doi.org/10.3390/sports11080144>.

Crossland, B.W.; Rigby, B.R.; Duplanty, A.A., King, G.A., Juma, S., Levine, N.A., Clark, C.E., Ramirez, K.P., **Varone, N.L.** (2022). Acute supplementation with cannabidiol does not attenuate inflammation or improve measures of performance following strenuous exercise. *Healthcare (Basel)*. 17;10(6):1133.

Varone, N. and Bernhardt, V. (2020) Changes in body composition and aerobic fitness levels in college students' first semester of freshman year. *International Journal of Exercise Science: Conference Proceedings: Vol. 2 : Iss. 12 , Article 90.* <https://digitalcommons.wku.edu/ijesab/vol2/iss12/90>

POSTERS

Varone, N., Nguyen, D., Heng, A., Newmire, D. (2024) Muscle swelling and pain following skeletal muscle micro-biopsy versus eccentric exercise. *TWU Student Creative Arts and Research Symposium.*

Varone, N., Wakeham, D.J., Hinojosa, J., Palmer, D., Hearon, C.M. Jr., Bhai, S. (2023). Hemodynamic response to exercise and mechanisms of exercise intolerance in patients with Myositis. *Neuromuscular Study Group Conference.*

Varone, N., Wakeham, D.J., Hinojosa, J., Palmer, D., Llamas, C.B., Mishra, P., Hearon, C.M., Bhai, S. (2023). Impaired muscle oxygen diffusive capacity in patients with Myositis. *World Muscle Society Late Breaking Abstracts.*

Clark, C., **Varone, N.**, Flores, A., Mallillin, J., Morse, C., Rigby, B. R. (2023). Comparison of cognitive performance following one hour of passive heating or walking in older adults: A preliminary analysis. *International Journal of Exercise Science 2(15).*

Clark, C., **Varone, N.**, Flores, A., Mallillin, J., Morse, C., King, G., & Rigby, B. R. (2023). Comparison of cognitive performance following one hour of passive heating or walking in older adults. *Medicine & Science in Sports & Exercise, 55.*

Varone, N., Clark, C., Morse, C., Mallillin, J., Flores, A., Kreutzer, A. Rigby, B. R. and Biggerstaff, K. (2023). Anaerobic performance in female collegiate wrestlers during ovulation versus the mid-luteal phase of the menstrual cycle: A pilot study. *International Journal of Exercise Science. Conference Proceedings: Medicine & Science in Sports & Exercise, 55.*
Thematic poster 10-minute talk.

Crossland, B.W., Levine, N., Clark, C., Ramirez, K., **Varone, N.**, Sanchez, J., Duplanty, A.A., Rigby, B.R. (2022). The effects of cannabidiol supplementation on measures of performance & fatigue following eccentric exercise. *Texas American College of Sports Medicine, International Journal of Exercise Science 2(14).*

Varone, N., Bernhardt, V. (2018). Changes in body composition and aerobic Fitness Levels in College Students' First Semester of Freshman Year. *International Journal of Exercise Science 2(12).*
Texas ACSM SRDA winner and 5-minute talk.

SERVICE TO PROFESSION

Mentorship to Undergraduate Student Researchers, TWU, Denton, TX

Colby Morse
Joseph Mallillin
Alexander Heng
Danh Nguyen

Cat Au
Sophia Wright
Alyssa Flores

PROFESSIONAL REFERENCES

Barbara Ben-Ezra: Graduate teaching assistant advocate
Assistant department chair School of Health Promotion and Kinesiology, Texas Woman's University
bbenezra@twu.edu
(940) 390-1853

Cayla Clark: Content mentor for the advanced exercise physiology laboratory course
GTA Texas Woman's University
cclark33@twu.edu
(469) 525-0725

Caitlin Jerrard: Research advisor and dissertation mentor
Post-doctoral fellow, Institute for Exercise and Environmental Medicine
Caitlinjerrard@texashealth.org
(608) 772-3434