# TEXAS STATE VITA

## I. Academic/Professional Background

A. Name: Stacy D. Hunter, Ph.D., FACSM Title: Associate Professor,

B. Educational Background

| *Degree* | *Year* | *University* | *Major* | *Thesis/Dissertation* |
|---|---|---|---|---|
| Ph.D. | 2011 | University of Texas at Austin | Clinical Exercise Physiology | "Hatha Yoga and Arterial Stiffness and Reactivity" |
| M.S. | 2008 | University of Tennessee, Knoxville | Exercise Physiology | "Force-Velocity Characteristics of the Leg Muscles and Anaerobic Performance in African American and Caucasian Males" |
| B.S. | 2006 | College of Charleston | Exercise Science | |

C. University Experience

| | | |
|---|---|---|
| Associate Professor | Texas State University | September 2023-present |
| Assistant Professor | Texas State University | August 2017-present |
| Adjunct Faculty | Texas State University | August 2016-May 2017 |
| Lecturer | National American University | March-May 2014 |
| Graduate Teaching Assistant | UT-Austin | August 2009- May 2011 |
| Graduate Teaching Assistant | UT-Knoxville | August 2006-May 2008 |

D. Relevant Professional Experience

| | | |
|---|---|---|
| Director of Research and Education | Pure Action, Inc. | August 2011-March 2019 |
| Clinical Research Manager | TDDC | July 2016-August 2017 |
| Clinical Research Manager | Safe Harbor | August 2015-March 2016 |
| Affiliate | UT-Austin | August 2013- November 2016 |

E. Other Professional Credentials (licensure, certification, etc.)

American Red Cross Adult and Pediatric First Aid/CPR/AED (July 2023-July 2025)
Collaborative Institutional Training Initiative (CITI) Biomedical Research Investigators and Key Personnel
CITI Basic Biosafety (August 2020-August 2023)
CITI Hazard Communication (August 2020-August 2023)
CITI Human Research Institutional Review Board (August 2020-August 2022)
CITI Information Privacy Security-IRB Member (August 2020-Auguts 2023)
Quality Matters Designing an Online Course (May 2020)
Texas State Biosafety Bloodborne Pathogens Training (2017)
CITI ICH E6 GCP (2016)
NIDA Clinical Trials Network GCP (2016)
IATA Transporting Dangerous Goods (2016)

Mayo Medical Laboratories Shipping of Category A, Infectious Substance Affecting Humans & Category B, Biological Substance (2016)

## II. TEACHING

A. Courses Taught:

**Graduate**

**Texas State University**
ESS 5306 Advanced Exercise Physiology (face-to-face)
ESS 5310 Cardiopulmonary Exercise Physiology (face-to-face, online, and hybrid)
ESS 5308 Physical Activity in the Prevention and Treatment of Chronic Disease (face-to-face)

**University of Texas at Austin**
Exercise Testing & Prescription Laboratory (face-to-face)
Clinical Exercise Physiology Laboratory (face-to-face)

**Undergraduate**

**Texas State University**
ESS 4319 Fitness Assessment and Programming in Clinical Exercise Science (hybrid)
ESS 3319 Introduction to Cardiopulmonary Exercise Physiology (face-to-face and online)
ESS 4319 Clinical Exercise Physiology (face-to-face)
ESS 4320 Resistance Training & Conditioning (face-to-face)

**University of Tennessee, Knoxville**
Weight Training (face-to-face)
Exercise & Weight Control (face-to-face)
Jogging (face-to-face)

B. Directed Student Learning (i.e. theses, dissertations, exit committees, etc.):

**Texas State University**

**Graduate Research Assistant Oversight**
Mitra Rahimi 2021—2024
Micqauella Lopez 2021

**Thesis Committee Chair**
Piña A. *Acute effects of vinyasa yoga on indices of arterial stiffness* [master's thesis]. San Marcos: Texas State University; 2019.

**Thesis Committee Member**
Dillard C. *Effects of acute breathing interventions on markers of stress in response to a virtual reality active shooter drill (VR-ASD)* [master's thesis]. San Marcos: Texas State University; 2023.

Cantrell M. *Effectiveness of holistic pain management and anxiety reduction for sickle cell disease* [master's thesis]. San Marcos: Texas State University; 2022.

Dziuk T. *Effectiveness of BAPS training on improving balance* [master's thesis]. San Marcos: Texas State University; 2019.

**Honor's Thesis Supervisor**
Smith J. *Effects of different styles of slow breathing on blood pressure* [honor's thesis]. San Marcos: Texas State University; 2026.

Jurek MJ. *Effects of yogic breathing on microvascular endothelial function and symptoms in participants with IBS* [honor's thesis]. San Marcos: Texas State University; 2019.

**Culminating Project Supervisor**

Pingali H. *A comparative analysis of the effects of pranayama versus device-guided breathing on blood pressure-regulating factors* [culminating project]. San Marcos: Texas State University; 2022.

Kendra J. *The effects of Bikram (hot) yoga on sitting time and spontaneous physical activity in hypertensive adults* [culminating project]. San Marcos: Texas State University; 2019.

Fadeyi AT. *Acute effects of vinyasa yoga on lipid profile and fasting glucose concentrations* [culminating project]. San Marcos: Texas State University; 2019.

Chavez A. *Acute effects of vinyasa yoga on endothelium-dependent vasodilation* [culminating project]. San Marcos: Texas State University; 2019.

Shadiow J. *A comparison of blood viscosity and hematocrit between yoga practitioners and sedentary adults* [culminating project]. San Marcos: Texas State University; 2019.

Cordova J. *Mindfulness in college students: A prospective study observing the relationships between mindfulness, physical activity participation and psychosocial variables* [culminating project]. San Marcos: Texas State University; 2019.

Stovall JH. *Effects of blood-flow restriction on hemodynamic and cardiorespiratory responses to aerobic exercise testing* [culminating project]. San Marcos: Texas State University; 2017.

**Dissertation Committees**

Forseth B. *Effectiveness of yoga on mental health, inflammation & bioenergetics* [dissertation]. Milwaukee: University of Wisconsin; 2019.

**Other Student Training**

Texas State NIH U-Rise Grant Faculty Preceptor; August 2021-present
Bobcats @ The Bench (undergraduate student event) speaker: August 20, 2021

C. Courses Prepared and Curriculum Development:

Curriculum Revisions

ESS 5310 Cardiopulmonary Exercise Physiology
ESS 4319 Clinical Exercise Physiology

Courses Prepared

ESS 5308 Physical Activity in the Prevention and Treatment of Chronic Disease
ESS 5306 Advanced Exercise Physiology
ESS 4320 Resistance Training

D. Teaching Professional Development Activities Attended

Inclusive Language in Pedagogy workshop, October 22, 2021
Setting Your Intentions: Inclusive Syllabi Design workshop, June 22, 2021
Program for Excellence in Teaching and Scholarship, 2017-2018

E. Guest Lectures

Texas State University Department of Health and Human Performance ESS Seminar, February 7, 2025

**III. SCHOLARLY/CREATIVE**

A. Works in Print (including works accepted, forthcoming, in press):

1. Books:

2. Articles:

a. Refereed Journal Articles:

23. **Hunter-Cooper SD**, Rahimi M, Millet P, Kavouras S, Gona P.N. Short-term high sodium intake increases nocturnal blood pressure but not arterial stiffness in Black adults. *European Journal of Nutrition*. 2026; 65:143. (Impact factor 4.3)

22. **Hunter-Cooper SD**, Rahimi M, McLean R.J.C., Gona P.N. Effects of yoga posture and slow deep breathing interventions on ambulatory blood pressure in adults with hypertension. *Journal of Hypertension*. 2026; 44(6):1068-1070. (Impact factor 4.2)

21. Jeong S, **Hunter SD**, Cook MD, Grosicki GJ, Robinson AT. Salty subjects: Unpacking racial differences in salt-sensitive hypertension. *Current Hypertension Reports*. 2024;26(1): 43-58. (Impact factor 5.1)

20. Dillard C, Martaindale H, **Hunter SD**, McAllister. Slow breathing reduces biomarkers of stress in response to a virtual reality active shooter training drill. *Healthcare*. 2023;11(16): 2351. (Impact factor 2.7)

19. **Hunter SD**, Kavouras S, Rahimi M. Exploring heated exercise as a means of preventing the deleterious effects of high-sodium intake in Black women. *Am J Physiol Heart Circ Physiol*. 2023;324(6): H833-H839. (Impact factor 4.1)

18. Pingali H, **Hunter SD**. Exploring mechanisms of blood pressure regulation in response to device-guided and non-device-guided slow breathing: A mini review. *Auton Neurosci*. 2023;Jan;244:103050. (Impact factor 3.3)

17. **Hunter SD**, Bernardi L, McAllister M, John D, Rahimi M, Lopez M.R. Device-guided slow breathing alters postprandial oxidative stress in young adult males: A randomized sham-controlled crossover trial. *Nutr Metab Cardiovasc Dis*. 2023;33(1): 203-209. (Impact factor 3.7)

16. Forseth B, Polfuss M, Brondino M, **Hunter S**, Lawlor MW, Beatka MJ, Prom MJ, Eells J, Lyons JA. Adherence to and changes in mental and physiological health during an 8-week yoga intervention: A pilot study. *Journal of Bodywork & Movement Therapies*. 2022;30: 203-209. Doi: 10.1016/j.jbmt.2022.01.004

15. Jurek MK, Seavey H, Guidry M, Slomka E, **Hunter SD.** The effects of slow deep breathing on microvascular and autonomic function and symptoms in adults with irritable bowel syndrome: A pilot study. *Neurogastroenterol Motil*. 2022;34(5):e14275. (Impact factor 2.9)

14. Piña A, Shadiow J, Fadeyi AT, Chavez A, **Hunter SD.** The acute effects of vinyasa flow yoga on vascular function, lipid and glucose concentrations, and mood. *Complement Ther Med*. 2021;56:102585. doi: https://doi.org/10.1016/j.ctim.2020.102585

13. Forseth B, **Hunter SD.** Range of yoga intensities from savasana to sweating. *J Phys Act Health.* 2020;17(2):242-249. doi: https://doi.org/10.1123/jpah.2019-0372

12. Shadiow J, Tarumi T, Dhindsa M, **Hunter SD**. A comparison of blood viscosity and hematocrit levels between yoga practitioners and sedentary adults. *Int J Exerc Sci*. 2019;12(20):425-432.

11. **Hunter SD**, Laosiripisan J, Elmenshawy A. Effects of heated and thermoneutral yoga interventions on arterial stiffness in middle-aged adults. *Complement Ther Med.* 2018;40:113-115.

10. **Hunter SD**, Laosiripisan J, Elmenshawy A, Tanaka H. Effects of yoga interventions practiced in heated and thermoneutral conditions on endothelium-dependent vasodilation: The Bikram yoga heart study. *Exp Physiol.* 2018;103(3):391-396.

9. **Hunter SD**, Dhindsa M, Cunningham E, Tarumi T, Alkatan M, Nualnim N, Elmenshawy A, Tanaka H. The effect of Bikram yoga on endothelial function in young and middle-aged and older adults. *J Bodyw Mov Ther.* 2017;21(1):30-34.

8. **Hunter SD**, Dhindsa M, Cunningham E, Tarumi T, Alkatan M, Nualnim N, Tanaka H. Impact of hot yoga on arterial stiffness and quality of life in normal and overweight/obese adults. *J Phys Act Health.* 2016;13(12):1360-1363.

7. **Hunter SD**, Dhindsa M, Cunningham E, Tarumi T, Alkatan M, Nualnim N, Tanaka H. The effect of Bikram yoga on arterial stiffness in young and older adults. *J Altern Complement Med.* 2013;18(0):1-5.

6. **Hunter SD**, Dhindsa M, Cunningham E, Tarumi T, Alkatan M, Nualnim N, Tanaka H. Improvements in glucose tolerance with Bikram yoga in older, obese adults: a pilot study. *J Bodyw Mov Ther.* 2013;17(4):404-407.

5. **Hunter SD**, Tarumi T, Dhindsa M, Nualnim N, Tanaka H. Hatha yoga and vascular function: results from cross-sectional and interventional studies. *J Bodyw Mov Ther.* 2013;17(3):322-327.

4. **Hunter SD.** Yoga and arterial stiffness: A new perspective on flexibility. *J Yoga Phys Ther*. 2013;3:4. doi: 10.4172/2157-7595.1000143.

3. Miles SC, Chou CC, Lin HF, Nualnim N, Dhindsa M, **Hunter SD**, Tanaka H. Arterial blood pressure and cardiovascular responses to yoga practice. *Altern Ther Health Med.* 2013;19(1):38-45.

2. Devan AE, Umpierre D, Harrison ML, Lin HF, Tarumi T, Renzi CP, Dhindsa M, **Hunter SD**, Tanaka H. Endothelial ischemia-reperfusion injury in humans: association with age and habitual exercise. *Am J Physiol Heart Circ Physiol.* 2011;300(3):H813-819.

1. Devan AE, Umpierre D, Lin HF, Harrison ML, Tarumi T, Dhindsa M, **Hunter SD**, Sommerlad SM, Tanaka H. Habitual resistance exercise and endothelial ischemia-reperfusion injury in young adults. *Atherosclerosis.* 2011;219(1):191-193.

3. Other Works in Print:

Hunter SD. Yoga promotes healthy arteries. *Sage Recovery Blog*. http://www.sagerecoveryaustin.com/yoga-evidence-based-approach-treatment-guest-post-dr-stacy-d-hunter/. Published June 29, 2016. Accessed January 14, 2020.

Hunter SD. Media coverage of yoga research gone wrong. *Elephant Journal*. https://www.elephantjournal.com/2014/09/media-coverage-on-yoga-research-gone-wrong-stacy-d-hunter-ph-d/. Published September 16, 2014. Accessed January 14, 2020.

Hunter SD. Does Bikram yoga replace weightlifting? *LIVESTRONG*. http://www.livestrong.com/article/523917-does-bikram-yoga-replace-weightlifting/ Published February 2, 2014. Accessed January 14, 2020.

Hunter SD. Can heart rate monitors measure calories when weight lifting? *Chron Fitness*. http://livehealthy.chron.com/can-heart-rate-monitors-measure-calories-weight-lifting-4910.html. Published October, 2013. Accessed January, 14 2020

Hunter SD. Does sitting in a sauna affect your legs for running a race? *The nest*. http://woman.thenest.com/sitting-sauna-affect-legs-running-race-21419.html. Published August, 2013. Accessed January 14, 2020.

Magazine

Hunter SD. Finding the science behind Bikram yoga. *Natural Awakenings Magazine Austin Edition*. https://austinawakenings.com/finding-the-science-behind-bikram-yoga/. Published April 17, 2013. Accessed January 14, 2020.

B. Works Not in Print:

1. Papers Presented at Professional Meetings:

**Hunter SD.** Yoga and sauna combined in addressing the deleterious effects of high sodium intake in Black women. Oral presentation at: American College of Sports Medicine Annual Meeting; June 2023; Denver, CO.

**Hunter SD**, Fadeyi A, Shadiow J. Hot yoga and hypertension: Exploration of a novel lifestyle intervention. Poster presented at: American Heart Association Hypertension Meeting; September 2019; New Orleans, LA.

**Hunter SD**, Laosiripisan J, Elmenshawy A, Tanaka H. Effects of heated versus thermoneutral Bikram yoga interventions on endothelial function and arterial stiffness. Poster presented at: Experimental Biology; April 2018; San Diego, CA.

**Hunter SD**, Laosiripisan J, Elmenshawy A, Tanaka H. Endothelium-dependent vasodilation following yoga practiced in heated and thermoneutral conditions: The Bikram yoga heart study. Poster presented at: ACSM Annual Meeting; June 2017; Denver, CO.

**Hunter SD**, Dhindsa M, Cunningham E, Tarumi T, Alkatan M, Nualnim A, Elmenshawy A, Tanaka H. Effects of Bikram (hot) yoga on endothelium-dependent vasodilation in young and older adults. Poster presented at: ACSM Annual Meeting; June 2016; Boston, MA.

**Hunter SD**. The effect of Bikram yoga on arterial stiffness in young and older adults. Poster presented at: Keystone Symposium on Aging and Diseases of Aging; October 2012, Tokyo, Japan.

**Hunter SD**, Dhindsa M, Cunningham E, Tarumi T, Alkatan M, Nualnim N, Tanaka H. The effect of Bikram yoga on vascular function and glucose tolerance. Poster presented at: ACSM Annual Meeting; May 2012, San Francisco, CA.

**Hunter SD**, John D, Bassett DR. Isokinetic strength and anaerobic performance in African American and Caucasian Males. Poster presented at: ACSM Annual Meeting; May 2009, Seattle, WA.

2. Invited Talks, Lectures, and Presentations:

Cooper SD. Yoga's cardiovascular effects: New insights from recent findings. International Association of Yoga Therapists (IAYT) Symposium on Yoga Therapy and Research; June 13, 2026, Orange County, CA.

Cooper SD. Yoga and vascular function: Novel insights into an ancient practice. Presented at Texas ACSM Annual Meeting; February 20, 2025, Waco, Texas.

Hunter SD. Yoga’s effects on vascular health. Presented at The International Association of Yoga Therapists (IAYT) Symposium on Yoga Research; November 16, 2021, Virtual Event.

Hunter SD. Yoga’s benefits beyond strength and flexibility. Presented at Texas State University African American Studies Hogg Foundation Event; April 22, 2021, San Marcos, TX.

Hunter SD. Hot yoga and vascular function: Effects of practice temperature on health benefits. Presented at: Yoga and Science: The Mechanisms of Yoga and Meditation; January 2019, Brooklyn, NY.

Hunter SD. Hot yoga and vascular health. Presented at: Pure Action’s Third Annual Yoga Research Conference; October 2018, Austin, TX.

Hunter SD, Laosiripisan J, Elmenshawy A, Tanaka H. Effects of yoga interventions practiced in heated and thermoneutral conditions on endothelium-dependent vasodilation: The Bikram yoga heart study. Presented at: Aging and Rejuvenation Conference; September 2018, Rome, Italy.

Hunter SD. Yoga and the aging vasculature. Presented at: Pure Action's Second Annual Yoga Research Conference; October 2017, Boston, MA.

Hunter SD. Bikram yoga and vascular health. Presented at: Pure Action's First Annual Yoga Research Conference; July 2016, Austin, TX.

Hunter SD. Bikram yoga and metabolic dysfunction. Presented at: International Conference on Obesity and Chronic Diseases; July 2016, Las Vegas, NV.

Hunter SD. Bikram yoga and obesity-induced metabolic dysfunction. Presented at: Weight loss and Fitness Expo; July 2015, Philadelphia, PA.

Hunter SD. Yoga and the aging vasculature. Presented at: Second World Congress on Geriatrics and Gerontology; October 2014, Taiyuan, China.

Hunter SD. Yoga and the aging vasculature. Presented at: 4th World Cardiovascular Online Conference; September 2014.

Hunter SD. Bikram yoga and vascular health. Presented at: Medical University of South Carolina; November 2013, Charleston, SC.

3. Consultancies:

Glasheen-Dentino K (PI). & McAllister M (Co-I). Polyvagal theory and the Alba method: Enhancing mental wellness through emotional effector patterns. Texas State University Research Enhancement Program. January 2021-May 2022.

**Hunter SD**. Study Consultant.
As consultant on this project, I am providing intellectual contributions regarding the measurement of heart rate variability, a primary focus of the grant.

4. Workshops:

Hunter SD. Hot yoga and vascular function: Effects of practice temperature on health benefits. Lecture presented at: Willow Gardens Hot Yoga; October 2019, Buda, TX.

Hunter SD. Hot yoga and vascular function: Effects of practice temperature on health benefits. Lecture presented at: Pure Yoga Texas American Heart Month Event; February 2019, Austin, TX.

Hunter SD. Cardiovascular and metabolic health benefits of yoga. Lectures presented at:
Hot Yoga Manchester; January 2017, Manchester, VT.
Bikram Yoga Boston; December 2016, Boston, MA.
Essential Hot Yoga; September 2016, Detroit, MI.
Yoga Talk event; July 2016, Austin, TX.
Bikram Yoga Meyerland-Plaza; April 2016, Houston, TX
Bikram's Yoga College of India; January 2016, San Diego, CA.

Hot Postures, Inc.—Bikram Yoga Naperville; January 2015, Naperville, IL.
Bikram Yoga Harvard Square; November 2014, Cambridge, MA.
True Bikram Yoga; November 2014, New Haven, CT.
Bikram Hot Yoga Virginia Beach; November 2014, Virginia Beach, VA.
Bikram Yoga Mexico; September 2014, Mexico City, Mexico.
Bikram Yoga Women's Retreat; August 2014, Leesburg, VA.
Bikram Yoga Teacher Training; May 2014, Los Angeles, CA.
National Yoga Asana Championship; March 2014, San Antonio, TX.
Bikram Yoga NYC; February 2014, New York, NY.
Pure Bikram Yoga; December 2011; January 2012; January 2013, Austin, TX.
Bikram Yoga Women's Retreat; August 2012, Austin, TX.
Bikram Yoga Dallas; July 2013, Dallas, TX.
Bikram Yoga North Texas; June 2012, Grapevine, TX.
Bikram Yoga Charleston; March 2012, Charleston, SC.
Bikram Yoga Fort Worth; March 2012, Fort Worth, TX.

Hunter SD, Dhindsa M, Cunningham E, Tarumi T, Alkatan M, Tanaka H. The effect of Bikram yoga on glucose tolerance in lean and obese adults. Paper presented at: Colorado State University; September 2012, Fort Collins, CO.

Hunter SD. Exercise and weight control. Lecture presented at: Mount Calvary Baptist Church Health Fair; February 16, 2008, Knoxville, TN.

Hunter SD. Exercise, diabetes, and hypertension. Lecture presented at: Mount Calvary Baptist Church T.O.P.S. Meeting; March 12, 2007, Knoxville, TN.

Hunter SD. The benefits of exercise. Lecture presented at: Mount Calvary Baptist Church T.O.P.S. Meeting; January 8, 2007, Knoxville, TN.

Student Presentations:

Rahimi M, Lopez MR, Pingali H, and **Hunter SD**. Effects of infrared hot yoga on renal sodium handling in African American adults.
Poster presented at the American College of Sports Medicine Integrative Physiology Meeting; September 2022. Baltimore, MD.

Forseth B, Eells J, Lyons JA, **Hunter SD**, Polfuss M. The effect of an 8-week yoga intervention on inflammation and perceived stress: a pilot study. *Medicine & Science in Sports & Exercise. 2020;52*(7S): 442.
Virtual poster presented at:
American College of Sports Medicine Annual Meeting, May 2020.

Jurek MK, Seavey H, Guidry E, Slomka E, **Hunter SD.** The effects of slow deep breathing on measures of microvascular and autonomic function in an irritable bowel syndrome population. *Int J Exer Sci*. 2020;2(12): Article 83.
Poster presented at the Texas American College of Sports Medicine Meeting; February 2020. Waco, TX.

Fadeyi AT. Shadiow J, Piña A, Chavez A, **Hunter SD.** Acute effects of vinyasa flow yoga on lipid profile and fasting glucose. *Int J Exerc Sci.* 2019;2(11):Article 128.
Poster presented at:

Texas American College of Sports Medicine Meeting; February 2019. Fort Worth, TX.
American College of Sports Medicine Annual Meeting; May 2019, Orlando, FL.

Piña A, Fadeyi A, Shadiow J, Chavez A, **Hunter SD.** The acute effects of vinyasa flow yoga on arterial stiffness. *Int J Exerc Sci.* 2019;2(11):Article 132.
Poster presented at:
Texas American College of Sports Medicine Meeting; February 2019. Fort Worth, TX.
American College of Sports Medicine Annual Meeting; May 2019, Orlando, FL.

Shadiow J, Tarumi T, Dhindsa M, **Hunter SD.** A comparison of blood viscosity, hematocrit, and blood pressure between yoga practitioners and sedentary individuals. *Int J Exerc Sci.* 2019;2(11):Article 1.
Poster presented at the Texas American College of Sports Medicine Meeting; February 2019. Fort Worth, TX.

Stovall JH, Walker J, **Hunter SD.** Effects of blood-flow restriction on hemodynamic and cardiorespiratory responses to aerobic exercise testing. *Int J Exerc Sci.* 2018;2(10):Article 93.
Poster presented at the Texas American College of Sports Medicine Meeting; February 2018. Austin, TX.

5. Other Works not in Print:

a. Works "submitted" or "under review":

**Hunter-Cooper SD**, Rahimi M, McLean RJ, Gona P. Microvascular function and immune cell oxidative stress in response to yoga posture and slow deep breathing interventions in adults with hypertension. Under review. *Hypertension Research*.

Smith J, **Hunter-Cooper SD**. An examination of the chronic effects of slow deep breathing techniques on blood pressure: A systematic review. Under review. *Mindfulness*.

b. Works "in progress":

Forseth B, Gholitabar S, Babbar S, **Hunter-Cooper SD**. What non-yogi researchers need to know when choosing yoga interventions in their research. *In preparation.*

C. Scholarly / Creative Grants and Contracts:

1. Funded External Grants and Contracts:

Hunter SD (PI), McLean R (Co-I). Yoga postures and slow deep breathing in altering mechanistic outcomes in hypertension. NIH NCCIH. $408,493. Funded December 2021-November 2024.

Hunter SD (PI) & Fadeyi T. Acute effects of vinyasa yoga on lipid profile and fasting glucose concentrations. Pure Action, Inc. $770. Funded 2017-2018.

2. Submitted, but not Funded, External Grants and Contracts:

Hunter SD (PI), Robinson A (Co-I), Kavouras S (Co-I), Gona P (Co-I). Yoga: A novel therapeutic approach in addressing the adverse effects of high sodium intake. NIH. $3,838,001. Submitted September 2025.

Hunter SD (PI). Slow deep breathing in the modulation of sodium's blood pressure and vascular Effects. NIH. $3,500,000. NIH Director’s Pioneer Award Submitted September 2025.

Nyer M (MPI), Cates S (MPI), Sylvia L (Site PI), Mason A (Site PI), Raison C (Site PI), Hunter SD (Site PI). Comparative effectiveness study of heated yoga versus non-heated yoga for adults with depression and at-risk for cardiovascular disease. PCORI. $7,805,600. LOI submitted May 2025. Unfunded.

Hunter SD (PI), Robinson A (Co-I), Kavouras S (Co-I), Barr-Anderson D (Co-I), Gona P (Co-I). An examination of yoga as a means of addressing salt sensitivity of blood pressure in Black women. NIH. $3,770,623. R01 submitted October 2024. Unfunded.

Hunter SD (PI), Lennon S (Co-I). An exploration of slow deep breathing in altering sodium’s hemodynamic and vascular effects. American Heart Association Innovative Project Award. Preproposal submitted December 2024. Unfunded.

Hunter SD (PI), Robinson A (Co-I), Kavouras S (Co-I), Buman M (Co-I), Barr-Anderson D (Co-I). Yoga: A novel therapeutic approach in addressing the adverse effects of high sodium intake in African American women. NIH NIMHD. $3,458,966. Submitted November 2023. Unfunded.

Hunter SD (PI), Robinson A (Co-I). Yoga: A novel therapeutic approach in addressing the adverse effects of high-sodium intake in African American adults. NIH NIMD. $2,385,180. Submitted October 2022. Unfunded.

Hunter SD (PI), Farquhar W (Primary Mentor), Kavouras S (Secondary Mentor), Fadel P (Other Mentor). Yoga: A novel therapeutic approach to sodium-induced pressor responses in African Americans. American Heart Association Career Development Award. $228,904. Submitted December 2021. Unfunded.

Hunter SD (PI), Kavouras S (Co-I). Yoga as antihypertensive therapy in African American adults. Robert Wood Johnson Foundation Letter of Intent. $250,000. Submitted July 2021. Unfunded.

Hunter SD (PI), McLean Robert (Co-I). Yoga postures and slow deep breathing in altering mechanistic outcomes in hypertension. NIH NCCIH. $413,778. Submitted June 2020. Unfunded.

John D (PI), Hunter SD (Co-I). Efficacy of modifying the office environment on the health of sedentary overweight adults. NIH NIOSH/CDC. $3,933,232.00. Submitted February 2020. Unfunded.

Hunter SD (PI), McLean Robert (Co-I). Yoga and hypertension: Effects of practice temperature on mechanistic outcomes. NIH NCCIH. $411,125. Resubmitted November 2019. Withdrawn by NCCIH due to a shift in institute funding priorities.

Hunter SD (PI). Heated exercise: A novel approach to hypertension, renal sodium handling, and vascular function in African Americans. American Heart Association Innovative Project Award Letter of Intent. Submitted October 2019. Unfunded.

John D (PI), Hunter SD (Co-I). Dose-response of a "Sit-less, move more" intervention using sit-stand desks on cardiovascular and cardiometabolic health outcomes in sedentary office workers. NIH NIOSH/CDC. $1,590,620. Submitted June 2019. Unfunded.

Hunter SD (PI). Yoga and hypertension: Effects of practice temperature on mechanistic outcomes. NIH NCCIH. $406,731. Submitted February 2019. Unfunded.

Hunter SD (PI). Yoga and vascular function: A novel therapeutic approach to hypertension. American Heart Association Research Enhancement Award. $154,000. Submitted July 2018. Unfunded.

3. Funded Internal Grants and Contracts:

Hunter SD. Texas State University Presidential Supplement Award. $20,000. 2024.

Hunter SD (PI), Brasfield K (Co-I). Effects of hot yoga on renal sodium handling in African Americans. Texas State University REP. $4,262. 2021-2022.

Hunter SD (PI). Slow, deep breathing in the prevention of high-fat meal-induced vascular dysfunction. Texas State University Accelerator Funds. $1,000. 2020-2021.

Hunter SD (PI). The effects of Bikram (hot) yoga on vascular health in hypertensive adults. Texas State University Research Enhancement Program (REP). $8,000. 2018-2019.

4. Submitted, but not Funded, Internal Grants and Contracts:

Hunter SD. (PI), Lewis KA. (Co-I). Yoga in altering immune cell mechanisms in hypertension. Texas State University Multidisciplinary Internal Research Grant (MIRG). $29,258.33. Submitted January 2021. Unfunded.

D. Scholarly / Creative Fellowships, Awards, Honors:

The American Physiological Society (APS)select Distinction in Scholarship in the American Journal of Physiology-Heart and Circulatory Physiology for the article “Exploring heated exercise as a means of preventing the deleterious effects of high-sodium intake in Black women” June 2023

American College of Sports Medicine Fellowship 2023

College Achievement Award for Excellence in Scholarly/Creative Activity 2022

American College of Sports Medicine Leadership & Diversity Training Program Participant 2018-2019, 2019-2020, 2020-2021, & 2021-2022

E. Scholarly / Creative Professional Development Activities Attended:

Microneurography training at Indiana University April 2025, Bloomington, IN
American College of Sports Medicine Annual Meeting May 2025 Atlanta, GA
American College of Sports Medicine Annual Meeting May 2024 Boston, MA
American College of Sports Medicine Annual Meeting May 2023 Denver, CO
American Heart Association EPI Lifestyle Meeting February 2023 Boston, MA
American College of Sports Medicine Integrative Physiology Meeting September 2022 Baltimore, MD
American College of Sports Medicine Annual Meeting May 2022 San Diego, CA
Experimental Biology Meeting April 2022 Philadelphia, PA
Faculty Development Write Watchers (weekly sessions) March 2020-present
American Heart Association Hypertension Meetings September 2019, 2020, 2021, & 2023
American College of Sports Medicine Annual Meeting (Virtual event) May 2020 & 2021
NIH 2019 Regional Seminar on Program Funding and Grants Administration November 2019 Phoenix, AZ
American College of Sports Medicine Annual Meeting May 2019 Orlando, FL
Faculty of Color Writing Retreat May 2019 Wimberley, TX
American College of Sports Medicine Annual Meeting May 2018 Minneapolis, MN

F. Media Recognition:

Lauren L. (2025, September 4). Are hot workout classes better? *Popular Science*. Retrieved from https://www.popsci.com/health/are-hot-workouts-good-for-you/.

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## IV. SERVICE

A. Institutional

1. University:
   Faculty Senate (2025—present)
   Black Health Professions Student Organization Advisor (2019—present)
   Institutional Review Board Alternate Member (2020—2022)

Scholarship and Teaching Excellence Program (STEP) Panelist "Strategies for Funding Your Scholarship" September 9, 2022

2. College:
   College of Education Research Office Advisory Committee (2024—present)
   College of Education PI Working Group (2023—2024)
   Graduate College Scholarships Committee (2018—2020)

3. Department/School:
   Accreditation Committee (2026—present)
   Ph.D. in Kinesiology Admissions Committee (2026—present)
   Primary Mentor for Dr. Aitiana Sanchez-Garciaguirre's NIH K01 proposal, *Project REACH: Resilience Education & Action for College Health – A Resilience Intervention to Reduce Alcohol Misuse and Promote Mental Health in College Students*. This proposal was submitted October 2025.
   Personnel Committee (2023—present)
   Lead Faculty Mentor for Dr. Brenda Berumen-Flucker (2024-present)
   Athletic Training Search Committee (2023-2024)
   Athletic Training Search Committee (2022—2023)
   Rehabilitation Sciences/Athletic Training Search Committee (2021—2022)
   Diversity, Equity & Inclusion Professional Development for Faculty Committee (2021—2023)
   Comprehensive Exam Revision Committee (2021—2023)
   Recreation and Leisure Studies Search Committee (2019—2020)
   Comprehensive Exams Committee (2018)

B. Professional

Grant Review:

Abstract Reviewer, American Heart Association Scientific Sessions July 2026
Ad-Hoc Reviewer, United States Department of Agriculture (USDA) A1344 Review Committee (Post-doctoral Fellowship Proposals) July, 2026
Ad-Hoc Grant Reviewer, Patient-Centered Outcomes Research Institute (PCORI) June 2026
Ad-Hoc Grant Reviewer, United States Department of Agriculture (USDA) A1344 Review Committee March 2026
Ad-Hoc Grant Reviewer, American Heart Association (AHA) Career Development Clinical Committee February 2026
Ad-Hoc Grant Reviewer, NIH Lifestyle Change and Behavioral Health (LCBH) Study Section October 2024
Ad-Hoc Grant Reviewer, NIH/NCCIH ZAT1 MQ (01) 1 Panel on Exploratory Clinical Trials of Mind and Body Interventions (MB) June 2024
Ad-Hoc Grant Reviewer, NIH Clinical Integrative Cardiovascular and Hematological Sciences (CCHS) Study Section June 2024
Ad-Hoc Grant Reviewer, American Institute of Biological Sciences contracted by the Tiny Blue Dot Foundation March 2023
Ad-Hoc NIH Integrative Vascular Physiology & Pathology (IVPP) Study Section June 2022

Conference Presentation Judge:

PhD student presentation judge for the Texas ACSM Annual Meeting 2019

Journals Refereed:

Frontiers in Physiology (December 2025)
European Journal of Applied Physiology (February 2025)
Building and Environment (November 2024)
Journal of Integrative and Complementary Medicine (August 2024)
Journal of Racial & Ethnic Health Disparities (September 2023)
Journal of Clinical Psychiatry (September 2022)
Medicine & Science in Sports & Exercise (MSSE) (July 2023; August 2017; November 2019; May 2021)
International Journal of Yoga & Physical Therapy (June 2014; August 2020; March 2021)
Physiological Reports (October 2020)
European Journal of Nutrition (August 2019; May & October 2025)
Journal of Cardiopulmonary Rehabilitation and Prevention (June 2019)
Journal of Alternative & Complementary Medicine (August 2018)
Temperature (July 2017)
European Journal of Sport Science (May 2016)
Evidence-Based Complementary and Alternative Medicine (eCAM) (August 2015)
PLOS ONE (May 2015)
JRSM Cardiovascular Disease (August 2014)
American Journal of Preventive Medicine
Journal of Physical Activity & Health

Board Service:

Frontiers in Physiology Editorial Board Member (2021-present)
Texas American College of Sports Medicine Board Member (2017-2018)

Mentorship:

Federation of American Societies for Experimental Biology Undergraduate Student Presenter Peer Mentor for the Annual Biomedical Research Conference for Minority Students (2009-2010)

C. Organization Memberships:

American Heart Association
American College of Sports Medicine
Texas Chapter American College of Sports Medicine