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ACADEMIC BACKGROUND

Ph.D. Exercise Physiology, Temple University, Philadelphia, PA 1979
M.Ed. Exercise Physiology, Temple University, Philadelphia, PA 1976
B.S. Physical Education, Brooklyn College, Brooklyn, NY 1972

ACADEMIC POSITIONS AND WORK EXPERIENCES

1997-present Professor, Department of Exercise and Sport Science, University of North Carolina at Greensboro, Greensboro, NC
1987-1997 Associate Professor, Department of Exercise and Sport Science, University of North Carolina at Greensboro, Greensboro, NC
1980-1987 Assistant Professor, Department of Physical Education, University of Maryland, College Park, MD
1979-1980 Post-doctoral Research Associate, Department of Pharmacology, Medical College of Pennsylvania, Philadelphia, PA

SOUTHEAST ACSM

Past –President – SEACSM 2004 and served on Exec. Bd.1993-1995 and 2003-2005

SELECTED JOURNAL ARTICLES from > 73 (all are refereed articles)

McKenzie, M.J., A.H. Goldfarb, and D.S. Kump. Gene Response of the Gastrocnemius and Soleus Muscles to an Acute Aerobic Run in Rats Journal of Sports Science and Medicine. 10: 385-392, 2011.
Cone, J.R., N. T. Berry, A.H. Goldfarb, R. Hanson, R.J. Schmitz, L. Wideman and SJ. Shultz. Effects of an Individualized Soccer Match Simulation on Vertical Stiffness and Impedance. Journal of Strength and Conditioning Research Accepted 2011
Pastore, L.P., A. Dougherty, A. Bailey and A.H. Goldfarb. Beta endorphin levels in PCOS women: relationship with insulin metabolism Gynecol Endocrinol. Resubmitted
Goldfarb, A.H., R.S. Garten, C. Cho, P.D.M. Chee, and L. A. Chambers. Effects of a Fruit/Berry/Vegetable supplement on muscle function and oxidative stress. MSSE 2011.43:3; 501-508.
Goldfarb, A.H., C. Cho, H. Cho, B. Romano-Ely, and M.K. Todd. Protein and antioxidants in an isocaloric carbohydrate drink: Effect on plasma oxidative stress markers and IL-6. International Journal of Sports Nutrition and Exercise Metabolism, 2009, 19: 1-13.
Goldfarb, A. H., R.S. Garten, P.D.M. Chee, C. Cho, G.V. Reeves, D. B. Hollander, C. Thomas, K. S. Aboudehen , M. Francois and R.R. Kraemer. Resistance Exercise Effects on Blood Glutathione Status and Plasma Protein Carbonyls: Influence of Partial Vascular Occlusion. European J. of Applied Physiology. 2008, 104 (5): 813-819. E-

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McKenzie, M.J. and A.H. Goldfarb. An Aerobic Exercise Bout Effects on Gene Transcription in Soleus Muscle from Rats MSSE 2007, 39:9; 1515-1521.

Bryer, S.C. and A.H. Goldfarb. Effect of high dose vitamin C supplementation on muscle soreness, damage, function, and oxidative stress to eccentric exercise. International Journal of Sports Nutrition and Exercise Metabolism 2006, 16: 270-280.

Bloomer, R.J., Goldfarb, A.H. and M.J. McKenzie. Oxidative stress response to aerobic exercise: Comparison of antioxidant supplements. MSSE 2006, 38:6, 1098-1105.

Goldfarb, A.H., Patrick, S.W., Bryer, S. and T. You. Vitamin C supplementation differently affects oxidative-stress blood markers in response to thirty minute run at 75% VO₂ max. Int. J. Sport Nutrition and Ex. Metab. 2005, 15: 279-290.

Bloomer, R.J., & Goldfarb, A.H. Can nutritional supplements reduce exercise-induced skeletal muscle damage? Strength and Conditioning Journal. 2005:19: 276-285.

Goldfarb, A.H., Bloomer, R.J. and M.J. McKenzie. Combined antioxidant treatment effects on blood oxidative stress to eccentric exercise. MSSE 2005,37:2, 234-239.

You, T., Goldfarb, A.H. and L. Nguyen. Oxidative stress in normal and antioxidant supplemented rats to downhill running. Canadian Journal of Applied Physiology 2005, 30:6: 677-689.

Bloomer, R.J. and Goldfarb, A.H. Anaerobic exercise and oxidative stress. A Review. Canadian Journal of Applied Physiology. 2004:29:3; 245-263.

Lee, J., Goldfarb, A.H., Rescino, M.K., Hegde, S., Patrick, S., and Apperson, K. Eccentric exercise effect on blood oxidative-stress markers and DOMS. MSSE 2002,34:3, 443-448.

Jamurtas, A.Z., Goldfarb, A.H., Tsiokanos, A. and I.G. Fatouros "Beta-endorphin infusion during exercise in rats does not alter hepatic or muscle glycogen." Journal of Sports Sciences, 2001,19: 931-935.

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Jamurtas, A.Z., Goldfarb, A.H., Chung, S-C., Hegde, S., and Marino, C. β -endorphin infusion during exercise alters plasma glucose without affecting the levels of circulating catecholamines. Medicine and Science in Sports and Exercise 2000, 32:9, 1570-1575.

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Chung, S-C., Goldfarb, A.H., Jamurtas, A.Z., Hegde, S., & Lee, J. Effect of exercise during the follicular and luteal phases on indices of oxidative stress in healthy young women. MSSE, 1999, 31:3, 409-413.

Goldfarb, A.H., Jamurtas, A.Z., Kamimori, G., Hegde, S., & Otterstetter, R. Gender and menstrual cycle effects on circulating beta-endorphin in response to exercise. MSSE, 1998, 30:12,1672-1676.

Fatouros, J., Goldfarb, A.H., Jamurtas, A.Z., Angelopoulos, T., & Gao, J. Beta-endorphin infusion alters pancreatic endocrines and plasma glucose during exercise in rats. European Journal of Applied Physiology, 1997, 76: 203-208.

Goldfarb, A.H., McIntosh, M.K. & Boyer, B.T. Vitamin E attenuates myocardial oxidative stress induced by DHEA in rested and exercised rats. Journal of Applied Physiology, 1996, 80:2, 486-490.

Todd, M.K., Goldfarb, A.H., Kauffman, R.D. & Bursleson, C. Combined effects of age and exercise on thromboxane B₂ and platelet activation. Journal of Applied Physiology, 1994, 76:4, 1548-1552.

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SELECTED CHAPTERS IN EDITED BOOKS (16)

Goldfarb, A.H. Exercise and Endogenous Opiates In Sports Endocrinology 2nd Edition Ed. N. Constantini and A.C. Hackney. Springer Science. In Press 2011

Goldfarb, A.H. Nutritional and nutraceutical interventions in muscle damage and repair. In Skeletal Muscle

Damage and Repair. Ed. P. Tiidus. Human Kinetics , 2007, 231-244.

Goldfarb, A.H. Exercise Response of B-Endorphin and Cortisol: Implications on Immune Function. The Encyclopedia of Sports Medicine ; The Endocrine System in Sports and Exercise Ed. W.J. Kraemer and A.D. Rogol,2005, 339-344.

Sen, C.K. and Goldfarb, A.H. Antioxidants and physical exercise. In Handbook of Oxidants and Antioxidants in Exercise Sen, C.K., Packer, L. & Hanninen, O. (eds.). Elsevier, Amsterdam,2000, 297-320.

SELECTED FUNDING

Goldfarb, A.H. Effect of the time course changes to Wingate training on oxidative stress markers in the blood. Health and Human Performance Faculty Research Support Grant; 2010, \$5,000

Goldfarb, A.H. Effect of Juice Plus Supplementation on Endothelial Function in Overweight Men 2010, Funded by NSA, Int. \$28,330.

McKenzie, M., Goldfarb, A.H. Oxidative stress response to exercise: Comparison of African Americans to Caucasian Americans. 2009, Funded by HBSU \$5,000

Goldfarb, A.H. Muscle damage and repair: Influence of supplementation with fruit + vegetable concentrate vs. placebo to NSA 2007, \$113,989.

Goldfarb, A.H. Ischemia and Oxidative Stress in Paced Hearts. Mediwave Star Technology Inc.2005, \$3,680.

Goldfarb, A.H. The effectiveness of Juice Plus nature's blend in protecting against exercise-induced oxidative stress. Comparison with placebo and traditional antioxidants. Funded by NSA 2004-2006, \$89,865