CURRICULUM VITAE
Christos S. Katsanos, PhD

ACADEMIC APPOINTMENTS

10/2021 – 10/2025	Adjunct Associate Clinical Professor, School of Medicine/Department of Medical Education, Creighton University, Phoenix Campus, Phoenix, AZ.
08/2014 – present	Associate Professor and Barrett Honors Faculty, School of Life Sciences, Arizona State University, Tempe, AZ.
12/2011 – present	Adjunct Faculty, Department of Physiology and Biomedical Engineering, Mayo Clinic Arizona, Scottsdale, AZ.
05/2010 – 08/2014	Assistant Professor, School of Life Sciences and Center for Metabolic and Vascular Biology, Arizona State University, Tempe, AZ.
08/2006 – 05/2010	Assistant Professor, Department of Kinesiology, Arizona State University, Tempe, AZ.
11/2005 – 08/2006	Research Scientist, Department of Surgery/Metabolism Unit, University of Texas Medical Branch, Galveston, TX.
07/2004 – 06/2005	Lecturer, Department of Kinesiology, Rice University, Houston, TX.
11/2001 – 10/2005	Postdoctoral Fellow, Department of Surgery/Metabolism Unit, University of Texas Medical Branch, Galveston, TX.

PROFESSIONAL HONORS & RECOGNITION

08/2021	Fellow, American Physiological Society.
12/2020	Fellow, American College of Sports Medicine.
12/2015	Cure Care Commitment Award *(nominated)*, Arizona/New Mexico Office of the American Diabetes Association.

Current Research Support

Agency:	NIH/NIDDK
ID#:	R01 DK123441
Title:	Regulation of muscle protein phenotype in humans with obesity
PI:	Christos S. Katsanos, PhD

PROFESSIONAL JOURNALS

Editorial Boards

2025 – present	Executive Chief Guest Editor, Joint Special Issue of *Journal of Nutrition & American Journal of Clinical Nutrition*
2024 – Present	Editorial Board, *American Journal of Physiology Endocrinology and Metabolism*
2024 – Present	Editorial Board, *Scientific Reports*
2022 – 2024	Associate Editor, *Frontiers in Physiology – Skeletal Physiology*
2020 – 2024	Section Editor for Nutrition and Metabolism, *Nutrients*
2016 – 2022	Associate Editor, *Motriz. Journal of Physical Education*

PUBLICATIONS *(most recent/relevant).*

1. Jakicic JM, Behrens CE, Deemer SE, Forseth B, **Katsanos CS**, Nickerson BS, Prado WL, Wang X, Deru LS, Rogers RJ. Physical activity and exercise within the context of obesity treatment: Enhancing health beyond weight loss. *J Sport Health Sci* 2025 Oct 22:101097. doi: 10.1016/j.jshs.2025.101097.
2. Johnsson K, George JG, Parks EJ, **Katsanos CS**. Obesity versus endurance exercise training: plasma triacylglycerol and muscle lipoprotein lipase activity at the crossroads of lipid accumulation in muscle. *Am J Physiol Endocrinol Metab* 2025 329(5):E630-E643. doi: 10.1152/ajpendo.00162.2025.

3. Serrano N, Buras MR, Roust LR, De Filippis E, Katsanos CS. Optimizing the methodology for precise estimation of skeletal muscle fiber type proportions in humans. *Sci Rep* (2025) 15(1): 30006. doi: 10.1038/s41598-025-15163-w.
4. Freitas EDS, Roust LR, De Filippis E, Buras M, Brown B, Katsanos CS. Humans with obesity exhibit impaired circulating total, but not free, IGF-1 response to acute endurance exercise. P*hysiol Rep* (2025) 13(12):e70436. doi: 10.14814/phy2.70436.
5. **Katsanos CS**, Tran L, Hoffman N, Roust LR, De Filippis E, Mandarino LJ, Johnsson K, Belohlavek M, Buras MR. Impaired Suppression of Plasma Lipid Extraction and its Partitioning Away from Muscle by Insulin in Humans with Obesity. *J Clin Endocrinol Metab* (2024) Online ahead of print. doi: 10.1210/clinem/dgae727.
6. Serrano N, Hyatt JK, Houmard JA, Murgia M, **Katsanos CS**. Muscle fiber phenotype: a culprit of abnormal metabolism and function in skeletal muscle of humans with obesity. *Am J Physiol Endocrinol Metab* (2023) 325(6):E723-E733. doi: 10.1152/ajpendo.00190.2023.
7. Freitas EDS, Kras KA, Roust LR, De Filippis EA, Kimball SR, Buras M, **Katsanos CS**. Lower muscle protein synthesis in humans with obesity concurrent with lower expression of muscle IGF1 splice variants. *Obesity (Silver Spring)* (2023) 31(11):2689-2698. doi: 10.1002/oby.23896.
8. Freitas EDS, **Katsanos CS**. (Dys)regulation of protein metabolism in skeletal muscle of humans with obesity. *Front Physiol* (2022) 13:843087. doi: 10.3389/fphys.2022.843087.
9. Wahwah N, Kras KA, Roust LR, **Katsanos CS**. Subpopulation-specific differences in skeletal muscle mitochondria in humans with obesity: insights from studies employing acute nutritional and exercise stimuli. *Am J Physiol Endocrinol Metab* (2020) 318(4):E538-E553. doi: 10.1152/ajpendo.00463.2019.
10. Kras KA, Hoffman N, Roust LR, Benjamin TR, EA DEF, **Katsanos CS**. Adenosine triphosphate production of muscle mitochondria after acute exercise in lean and obese humans. *Med Sci Sports Exerc* (2019) 51(3):445-53. doi: 10.1249/MSS.0000000000001812.

MENTORING

Postdoctoral and Visiting Fellows

Eduardo D S Freitas, PhD; Nisreen Wahwah, DVM; Lee Tran, PhD; Guilherme Puga, PhD

Doctoral Students (Committee Chair)
Kjirstin Osland; Kailin Johnsson; Nathan Serrano; Anaissa-Ruiz Tejada; Katon Kras; Sarah Everman

PROFESSIIONAL SERVICE *(most relevant)*

American Physiological Society
2025 – present Chair, Translational Physiology Interest Group

Arizona Physiological Society
2022 - 2023 President *(established student, including minority student, travel awards to the American Physiology Summit)*

American Society for Nutrition
2024 - 2025 Chair, Energy and Macronutrient Metabolism Section

American College of Sports Medicine
2021 – present Member, Strategic Health Initiative - Obesity Committee