**1. First Author Publications**

1. **Kurgan N**, Stoikos J, Baranowski BJ, Yumol J, Dhaliwal R, Sweezey-Munroe JB, Fajardo VA, Gittings W, Macpherson REK, Klentrou P. (2023). Sclerostin Influences Exercise-Induced Adaptations in Body Composition and White Adipose Tissue Morphology in Male Mice. Journal of bone and mineral research : the official journal of the American Society for Bone and Mineral Research, 38(4), 541–555. https://doi.org/10.1002/jbmr.4768. **(PhD Thesis).**
2. **Kurgan N**, Skelly LE, Ludwa IA, Klentrou P, Josse AR. (2023). Twelve weeks of a diet and exercise intervention alters the acute bone response to exercise in adolescent females with overweight/obesity. Frontiers in physiology, 13, 1049604. https://doi.org/10.3389/fphys.2022.1049604. **(PhD Thesis).**
3. **Kurgan, N**, Baranowski B, Stoikos J, MacNeil AJ, Fajardo VA, MacPherson REK, Klentrou P. (2023). Characterization of sclerostin's response within white adipose tissue to an obesogenic diet at rest and in response to acute exercise in male mice. Frontiers in physiology, 13, 1061715. https://doi.org/10.3389/fphys.2022.1061715. **(PhD Thesis).**
4. **Kurgan N**, Islam H, Matusiak JBL, Baranowski BJ, Stoikos J, Fajardo VA, MacPherson REK, Gurd BJ, Klentrou P. (2022) Subcutaneous adipose tissue sclerostin is reduced and Wnt signaling is enhanced following 4-weeks of sprint interval training in young men with obesity. Physiological Reports. 10(6): e15232. **(PhD Thesis).**
5. **Kurgan N**, McKee K, Calleja M, Josse AR, Klentrou P. (2020) Cytokines, Adipokines, and Bone Markers at Rest and in Response to Plyometric Exercise in Obese vs Normal Weight Adolescent Females. Frontiers in Endocrinology. 11: 531926. **Special issue on Obesity.** (**PhD Thesis).**
6. **Kurgan N**, Whitley KC, Maddalena LA, Moradi F, Stoikos J, Hamstra SI, Rubie EA, Kumar M, Roy BD, Woodgett JR, Stuart JA, Fajardo VA. (2019) A Low-Therapeutic Dose of Lithium Inhibits GSK3 and Enhances Myoblast Fusion in C2C12 Cells. Cells. 8(11): E1340. **(PhD).**
7. **Kurgan N**, Noaman N, Pergande MR, Cologna SM, Coorssen JR, Klentrou P. (2019) Changes to the Human Serum Proteome in Response to High Intensity Interval Exercise: A Sequential Top-Down Proteomic Analysis. Frontiers in Physiology. 10(362): 362. **The Role of the Muscle Secretome in Health and Disease. (PhD).**
8. **Kurgan N**, Bott K, Helmeczi E, Roy BD, Brindle ID, Klentrou P, Fajardo VA. (2019) Low dose lithium supplementation activates Wnt/beta-catenin signalling and increases bone OPG/RANKL ratio in mice. Biochemical and Biophysical Research Communications. 511(2): p. 394-397. **(PhD).**
9. **Kurgan N**, Logan-Sprenger HM, Falk B, Klentrou P. (2018) Bone and Inflammatory Responses to Training in Female Rowers over an Olympic Year. Medicine & Science in Sports & Exercise. 50(9): p1810-1817. **Used as the cover of the issue; also featured in Time Magazine, Men's Health, and other prominent fitness magazines. (MSc Thesis).**
10. **Kurgan N**, Tsakiridis E, Kouvelioti R, Moore J, Klentrou P, Tsiani E. (2017) Inhibition of Human Lung Cancer Cell Proliferation and Survival by Post- Exercise Serum Is Associated with the Inhibition of Akt, mTOR, p70 S6K, and Erk1/2. Cancers (Basel). 9(5): E46. **Used as the cover of the issue. (MSc).**

***\*For all first-author publications, I was involved in the design, conceptualization, sample collection, analysis, interpretation, and writing of the manuscript.***

***\*Indication of when papers were completed is in brackets at the end of each reference.***

**3. Co-Author Publications**

1. **(15%)** Baranowski RW, Braun JL, Hockey BL, Yumol JL, Geromella MS, Watson CFF, **Kurgan N**, Messner HN, Whitley KC, MacNeil AJ, Gauquelin-Koch G, Bertile F, Gittings W, Vandenboom R, Ward WE, Fajardo, V. A. (2023). Towards countering muscle and bone loss with spaceflight: GSK3 as a potential target. iScience, 107047. doi:https://doi.org/10.1016/j.isci.2023.107047: *Bone preparation and method development. Reviewed and edited the manuscript.*
2. **(30%)** Copeland EN, Watson CJF, Whitley KC, Baranowski BJ, **Kurgan N**, MacNeil AJ, MacPherson REK, Fajardo VA, Allison DJ. (2022) Kynurenine metabolism is altered in mdx mice: a potential muscle to brain connection. Exp Physiol. 107(9):1029-1036. **(PhD):** *Processed and analyzed samples. Reviewed and edited the manuscript.*
3. **(50%)** Prowting JL, Skelly LE, **Kurgan N**, Fraschetti EC, Klentrou P, Josse AR. (2022) Acute Effects of Milk vs Carbohydrate on Bone Turnover Biomarkers following Loading Exercise in Young Adult Females. Frontiers in Nutrition. 29(9): 840973. **(PhD).** *Processed and analyzed samples. Contributed to the writing, reviewing, and editing of the manuscript.*
4. **(70%)** Guzman A, **Kurgan N**, Moniz SC, Sale C, Logan-Sprenger H, Elliott-Sale K, Hazell TJ, Klentrou P. (2022) Menstrual Cycle Related Fluctuations in Circulating Markers of Bone Metabolism at Rest and in Response to Running in Eumenorrheic Females. Calcified Tissue International. 111(2): 124–136. *Processed and analyzed samples. Contributed to the writing, reviewing, and editing of the manuscript.*
5. **(40%)** McKinlay BJ, Wallace PJ, Olansky S, Woods S, **Kurgan N**, Roy B, Josse AR, Falk B, Klentrou P. Intensified Training in Adolescent Female Athletes: A Cross-Over Study of Greek Yogurt Effects on Indices of Recovery. (2022) Journal of the International Society of Sports Nutrition. 19(1): 17-33. **(PhD).** *Recruited participants, collected/processed blood samples, and analyzed samples. Reviewed and edited the manuscript.*
6. **(50%)** Klentrou P, McKee K, McKinlay BK, **Kurgan N**, Roy B, Falk B. Circulating Levels of Bone Markers After Short-term Intense Training with Increased Dairy Consumption in Adolescent Female Athletes. (2021) Children. 8(11): 961. **(PhD). Special issue: New Research in Childhood Nutrition.** *Processed and analyzed samples. Contributed to the writing, reviewing, and editing of the manuscript.*
7. **(20%)** Efthymios P, Gillen JB, Moore DR, Au D, **Kurgan N**, Klentrou P, Finelli A, Alibhai A, Shabbir MH, Santa MD. (2021) High-intensity interval training or resistance training versus usual care in men with prostate cancer on active surveillance: A three-arm feasibility randomized controlled trial. Applied Physiology, Nutrition, and Metabolism. 46(12): 1535–1544. **(PhD).** *Processed and analyzed samples. Reviewed and edited the manuscript.*
8. **(70%)** Beigpoor A, McKinlay BJ, **Kurgan N**, Plyley M, O’Leary D, Falk B, Klentrou P. (2021) Cytokine concentrations in saliva compared to plasma at rest and in response to intense exercise in adolescent athletes. Annals of Human Biology. 48(5): 389–392. **(PhD).** *Recruited participants, performed exercise testing, and collected, processed, and analyzed blood samples. Contributed to the writing, reviewing, and editing of the manuscript.*
9. **(70%)** Skelly LE, Barbour-Tuck E, **Kurgan N**, Calleja M, Klentrou P, Falk B, Josse A. (2021) Neutral effect of increased dairy product intake, as part of a lifestyle modification program, on cardiometabolic health in adolescent girls with overweight/obesity: a secondary analysis from a randomized controlled trial. Frontiers in Nutrition. 8: 673589. **(PhD).** *Recruited participants, performed exercise testing, and collected, processed, and analyzed blood samples. Contributed to the writing, reviewing, and editing of the manuscript.*
10. **(60%)** McKinlay BJ, Theocharidis A, Adebero T, **Kurgan N**, Fajardo VA, Roy BD, Josse AR, Logan-Sprenger H, Falk B, Klentrou P. (2020) Immediate and short-term effects of post-exercise whey protein on performance recovery, muscle damage and inflammatory cytokines in young competitive swimmers. International journal of environmental research and public health. 17(21): 7761. **(PhD).** *Recruited participants, performed exercise testing, and collected, processed, and analyzed blood samples. Reviewed and edited the manuscript.*
11. **(30%)** Hamstra SI, Whitley KC, Baranowski RW, **Kurgan N**, Braun JL, Messner HN, Fajardo VA. (2020) The role of phospholamban and GSK3 in regulating rodent cardiac SERCA function. American Journal of Physiology-Cell Physiology. 319(4): 694-699. **(PhD).** *Contributed to the writing, reviewing, and editing of the manuscript.*
12. **(50%)** Hamstra SI, **Kurgan N**, Baranowski R, Qiu L, Watson CJF, Messner H, MacNeil AJ, Roy BD, Fajardo VA. (2020) Low dose lithium feeding improves murine left ventricular SERCA function by regulating SERCA2a and phospholamban expression. Experimental Physiology. 105(4): 666-675. **(PhD).** *Processed and analyzed samples. Reviewed and edited the manuscript.*
13. **(70%)** Kouvelioti R, **Kurgan N**, Falk B, Ward WE, Josse AR, Klentrou P. (2019) Cytokine and Sclerostin Response to High-Intensity Interval Running versus Cycling. Medicine & Science in Sports & Exercise. 51(12): p. 2458-2464. **Used as the cover of the issue. (PhD).** *Recruited participants, performed exercise testing, and collected, processed, and analyzed blood samples. Contributed to the writing, reviewing, and editing of the manuscript.*
14. **(80%)** Kouvelioti R, **Kurgan N**, Falk B, Ward WE, Josse AR, Klentrou P. (2018) Response of Sclerostin and Bone Turnover Markers to High Intensity Interval Exercise in Young Women: Does Impact Matter? Biomedical Research International. 2018: 4864952. **(PhD).** *Recruited participants, performed exercise testing, and collected, processed, and analyzed blood samples. Contributed to the writing, reviewing, and editing of the manuscript.*
15. **(70%)** Klentrou P, Angrish K, Awadia N, **Kurgan N**, Kouvelioti R, Falk B. (2018) Wnt Signaling-Related Osteokines at Rest and Following Plyometric Exercise in Prepubertal and Early Pubertal Boys and Girls. Pediatric Exercise Science. 30(4): 457-465. **(MSc).** *Recruited participants, performed exercise testing, and collected, processed, and analyzed blood samples. Contributed to the writing, reviewing, and editing of the manuscript.*
16. **(60%)** Dekker J, Nelson K, **Kurgan N**, B Falk, Josse AR, Klentrou P. (2017) Wnt Signaling-Related Osteokines and Transforming Growth Factors Before and After a Single Bout of Plyometric Exercise in Child and Adolescent Females. Pediatric Exercise Science. 29(4): 504-512. **(MSc).** *Recruited participants, performed exercise testing, and collected, processed, and analyzed blood samples. Contributed to the writing, reviewing, and editing of the manuscript.*

***\*Percentages in brackets at the beginning of each reference indicate my contribution level to the manuscript's completion.***

***\*Indication of what career stage papers were completed is in bolded brackets***

***\*Italic text at the end of each reference describes my specific contribution.***