

Guillaume Spielmann, BSc (*Hons*), MS, PhD

CONTACT INFORMATION

Louisiana State University
School of Kinesiology
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CURRENT ACADEMIC RANK AND POSITION

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| 2021- present | Associate Professor, Exercise Physiology/Immunology, School of Kinesiology, Louisiana State University, Baton Rouge, LA, USA. |
| 2021- present | Associate Professor, Adjunct, Pennington Biomedical Research Center, Baton Rouge, LA, USA. |
| 2015- present | Assistant Professor, Exercise Physiology/Immunology, School of Kinesiology, Louisiana State University, Baton Rouge, LA, USA. |
| 2015-present | Assistant Professor, Adjunct, Pennington Biomedical Research Center, Baton Rouge, LA, USA. |

EDUCATION

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| 04/2012 - 06/2015 | Postdoctoral Fellow in Space Immunology, Department of Health and Human Performance, University of Houston/NASA. |
| 12/2007- 01/2012 | PhD Exercise Immunology, School of Life Sciences, Edinburgh Napier University, Edinburgh, Scotland, UK. |
| 07/2009 - 10/2010 | MS in Exercise Science*, Department of Health and Human Performance, University of Houston, Houston, TX, USA. |

*Intercalated Master degree

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| 2005 - 2007 | BSc (<i>Hons</i>) in Immunology and Toxicology, School of Life Sciences, Edinburgh Napier University, Edinburgh, Scotland, UK. |
| 2003 - 2005 | DUT in Biological Engineering, IUT Louis Pasteur, Louis Pasteur University, Strasbourg, FRANCE. |

PREVIOUS PROFESSIONAL POSITIONS

University of Houston/NASA, Houston, TX, USA

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| 2009 - 2010 | Research Assistant in Health and Human Performance, University of Houston. |
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PUBLICATIONSPeer-Reviewed Journal Articles.

1. Schmitz K.H., Brown J.C., Irwin M.L., Robien K., Scott J.M., Berger N.A., Caan B., Cercek A., Crane T.E., Evans S.R., Ligibel J.A., Meyerhardt J.A., Agurs-Collins T., Basen-Engquist K., Bea J.W., Cai S.F., Cartmel B., Chinchilli V.M., Demark-Wahnefried W., Dieli-Conwright C.M., DiPietro L., Doerksen S.E., Edelstein S.L., Elena J., Evans W., Ferrucci L.M., Foldi J., Freylersthe S., Furberg H., Jones L.W., Levine R., Moskowitz C.S., Owusu C., Penedo F., Rabin B.A., Ratner E., Rosenzweig M., Salz T., Sanft T., Schlumbrecht M., **Spielmann G.**, Thomson C.A., Tjaden A.H., Weiser M.R., Yang S., Yu A.F., Perna F.M.; ENICTO Consortium (2024). Exercise and nutrition to improve cancer Treatment-Related outcomes (ENICTO), *J Natl Cancer*
2. Compton SLE, Yang S, Maniscalco LS, Muhsen RA, Shrestha P, Wu X, Woodard KT, Zunica ERM, Cho E, Wall RL, Brown J, Jayaraman A, Kirby BJ, Gilmore LA, Greenway FL, **Spielmann G**, Brown JC. (2024). A randomized trial of aerobic exercise in colorectal cancer: Rationale, design, recruitment, and exercise adherence results. *Contemp Clin Trials*
3. Matthews R, Höchsmann C, Erickson ML, Dorling JL, **Spielmann G**, Johannsen NM, Church TS, Martin CK. (2024) Modulators of Energy Expenditure Accuracy in Adults with Overweight or Obesity: E-MECHANIC secondary analyses. *Med Sci Sports Exerc*
4. Gibbs, K.W., et al. [PREOXI Investigators and the Pragmatic Critical Care Research Group, including **Spielmann, G.** and Cho, E.] (2024). Noninvasive ventilation for preoxygenation during Emergency Intubation. *N Engl. J Med.* 390(23): 2165-2177.
5. Brown, J.C., **Spielmann G.**, Yang, S., Compton, S.L.E., Jones, L.W., Irwin, M.L., Ligibel, J.A., Meyerhardt, J.A. (2024). Effects of exercise or metformin on myokine concentrations in patients with breast and colorectal cancer: A phase II multi-centre factorial randomized trial. *J Cachexia Sarcopenia Muscle.* June 18 online ahead of print.
6. Davis, B.H., Stampley, J.E., Granger, J., Scott, M.C., Allerton, T.D., Johannsen, N.M., **Spielmann G.**, Irving. B.A. Impact of low-load resistance exercise with and without blood flow restriction on muscle strength, endurance, and oxidative capacity: A pilot study. (2024). *Physiol. Rep.* 12(12): e16041.
7. Kim, Y., Campbell, J.P., Johannsen, N., Church, T., Cho, E., Heaney, J., **Spielmann, G.*** (2024) Effects of aerobic and resistance exercise for 9 months on serum free light chains in type 2 diabetes. *Front Phys.* 15: 1328470.
8. Cho, E., Grange, J., Thrall, B., Lemoine, N., Calvert, D., Marucci, J., Mullenix, S., O'Neal, H., Jacome, T., Irving, B.A., Johannsen, N., Carmichael, O., **Spielmann, G.***. (2024) Blood and MRI biomarkers of mild traumatic brain injury in non-concussed collegiate football players. *Scientific Reports.* 14(1): 665.
9. Wang, Z., Irving, B.A., **Spielmann, G.** Johannsen, N., Greenway, F., Dalecki, M. (2024) A simple exposure to 100% normo-baric oxygen therapy appears to improve sequence learning processes by increasing prefrontal cortex oxygen saturation. *Brain Research.* 1837:148962.
10. Brown, J.C., Compton, S.L.E., Meyerhardt, J.A., **Spielmann, G.**, Yang, S. (2023). The dose-response effect of aerobic exercise on inflammation in colon cancer survivors. *Front Oncol.* 13:1257767.
11. Wang, Z. **Spielmann, G.**, Johannsen, N., Greenway, F., Irving, B.A., Dalecki, M. (2023) A simple 100% normobaric oxygen treatment can substantially enhance sequence learning processes. *Behav. Brain. Res.* 455: 114658.

12. Wang, Z. **Spielmann, G.**, Johannsen, N., Greenway, F., Irving, B.A., Dalecki, M. (2023) Boost your brain: A simple 100% normobaric oxygen treatment improves human motor learning processes. *Frontiers in Neuroscience*. 17: 1175649.
13. Wang, H. Theall B.N., Early, K.S., Vincelle, C., Robelot, L., Sharp, R.L., Marucci, J., Mullenix, S., Calvert, D., Lemoine, N.P., Irving, B.A., **Spielmann G.**, Johannsen N.M. (2023) Seasonal changes in physiological and psychological parameters of stress in collegiate swimmers. *Scientific Reports*. Jul 7; 13(1) 10995.
14. Cho E, Stampley J, Wall R, Matthews R, Zunica E, Brown JC, Johannsen NM, Irving BA, **Spielmann G.*** (2023) Acute Exercise Increases NK Cell Mitochondrial Respiration and Cytotoxicity against Triple Negative Breast Cancer Cells under Hypoxic Conditions. *Med Sci Sports Exerc*. Jul 5. doi: 10.1249/MSS.0000000000003250.
15. Stampley JE, Cho E, Wang H, Theall B, Johannsen NM, **Spielmann G**, Irving BA. (2023) Impact of maximal exercise on immune cell mobilization and bioenergetics. *Physiol Rep*. Jun;11(11):e15753. doi: 10.14814/phy2.15753.
16. Hanson E.D., Sakkal S., Bates-Fraser L.C., Que D., Cho E., **Spielmann G.**, Kadife E., Violet J.A., Battaglini C.L., Stoner L., Bartlett D.B., McConell G.K., Hayes A. (2023). Acute exercise induces distinct quantitative and phenotypical T-cell profiles in men with prostate cancer. *Front Sports Act Living*. 5:1173377
17. Matthews R., Early KS., Vincelle CM>, Losso J., **Spielmann G.**, Irving B.A., Allerton T.D. (2023) The effect of watermelon Juice supplementation on Heart Rate Variability and metabolic response during an oral glucose challenge: A randomized double-blind placebo-controlled crossover trial. *Nutrients* 4: 15(4).
18. Granger, J., Cho, E., Lindsey, K., Lemoine, N., Calvert, D., Marucci, J., Mullenix, S., O'Neal, H., Irving B.A., Johannsen, N., **Spielmann, G.*** (2022). Salivary immunity of elite collegiate American football players infected with SARS-CoV-2 normalizes following isolation. *Scientific Reports*, 12(1): 9090.
19. Smith, T.J., Wilson, M., Whitney, c., Fagnant, H., Neumeir, W.H., Smith, C., Heaton, K.J., Cho, E., **Spielmann, G.**, Walsh, N.P., Karl, J.P. (2022). Supplemental protein and a multinutrient beverage speed wound healing after acute sleep restriction in healthy adults. *Journal of Nutrition*. 152(6): 1560-1573.
20. Theall, B., Stampley, J., Cho, E., Granger, J., Johannsen, N.M., Irving, B.A., **Spielmann, G.*** (2021). Impact of acute exercise on peripheral blood mononuclear cells nutrient sensing and mitochondrial oxidative capacity in healthy young adults. *Physiological Reports*, 9(23).
21. Wang, H., Martone, M., Owens, M.E., Lemoine, N.P., Marucci, J., Calvert, D., Mullenix, S., Church, T.S., Rood, J., Harrell, B., Irving, B.A., **Spielmann G.**, Johannsen, N. (2021) NCAA Division I American football players with sickle cell trait have altered hematological responses and hydration status. *Scientific Reports*, 11(1): 1844.
22. Vincelle, C.M., Losso J., Early K., **Spielmann G.**, Irving B.A., Allerton T.D. (2021). Supplemental watermelon juice attenuates acute hypoglycemia-induced macro- and microvascular dysfunction in healthy adults. *Journal of Nutrition*.
23. Zunica E.R.M., Axelrod C.L., Cho E., **Spielmann G.**, Davuluri G., Alexopoulos S.J., Beretta M., Hoehn K.L., Dantas W.S., Stadler K., King W.T., Pergola K., Irving B.A., Langohr I.M., Yang S., Hoppel C.L., Gilmore L.A., Kirwan J.P. Breast cancer growth and proliferation is suppressed by the mitochondrial targeted furazano[3,4-b]pyrazine BAM15. (2021). *Cancer Metabolism*, 9(1): 36.
24. Cho E., Theall B., Stampley J., Granger J., Johannsen J.M., Irving B.A., **Spielmann G.*** (2021). Cytomegalovirus infection impairs the mobilization of tissue-resident innate lymphoid cells into the peripheral blood compartment in response to acute exercise. *Viruses* 13(8):1535.
25. Hanson, E.R., Sakkal, S., Que, S., Cho, E., **Spielmann, G.**, Kadife, E., Vilet, J., Battaglini, C., Stoner, L., Bartlett, D.B., McConel, G., Hayes, A. (2020) Natural Killer Cell mobilization and egress following acute exercise during prostate cancer. *Experimental Physiology*. 105(9): 1524-1539

26. Bartlett, D.N., Slentz, C.A., Willis, L.H., Hoselton, A., Huebner, J.L., Kraus, V.B., Moss, J., Muehlbauer, M.J., **Spielmann, G.**, Muoio, D.M., Koves, T.R., Wu, H., Huffman, K.M., Lord, J.M., Kraus, W.E. (2020). Rejuvenation of Neutrophil functions in association with reduced diabetes risk following ten weeks of Low-Volume High Intensity Interval walking in older adults with prediabetes – A pilot study. *Frontiers of Immunology*, 11:729.
27. Lowe, A.C., **Spielmann, G.**, Reed, I., Marucci, J., Mullenix, S., Lind, E., Johannsen, N. Harris, M.N. (2020). Sampling salivary cortisol from the sidelines: Considerations for applied research. *Sage Research Methods*.
28. Agha, N. H., Baker, F.K., Kunz, H.E., **Spielmann, G.**, Mylabathula, P. L., Rooney, B. V., Mehta, S. K., Pierson, D. L., Laughlin, M. S., Markofski, M. M., Crucian, B. E, Simpson, R. J. (2020). Salivary antimicrobial proteins and stress biomarkers are elevated during a 6-month mission to the International Space Station. *Journal of applied physiology*, 128(2): 264-275.
29. Theall, B., Wang, H., Kuremsky, C. A., Cho, E., Hardin, K., Robelot, L., Marucci, J. Mullenix, S., Lemoine, Jr, N., Johannsen, N., Irving, B. A., **Spielmann, G.*** (2020). Allostatic stress load and CMV serostatus impact immune response to maximal exercise in collegiate swimmers. *Journal of applied physiology*, 128(1): 178-188.
30. Allerton, T. D., Irving, B. A., **Spielmann, G.**, Primeaux, S., Landin, D. K., Nelson, A. G., Johannsen, N. (2019). Metabolic flexibility is impaired in response to acute exercise in the young offspring of mothers with type 2 diabetes. *Physiological reports*, 7(17): e14189.
31. **Spielmann G.***, Agha N.H., Kunz H.E., Simpson R.J., Crucian B.E., Mehta S.K., Laughlin M., Campbell J. (2019). B-cell homeostasis is maintained during long duration spaceflight. *Journal of Applied Physiology*. 126(2):469-476.
32. Ross R., Goodpaster B.H., Koch L.G., Sarzynski M.A., Kohrt W.M., Johannsen N.M., Skinner J.S., Castro A., Irving B.A., Noland R.C., Sparks L.M., **Spielmann G.**, Day A.G., Pitsch W., Hopkins W.G., Bouchard, C. (2019). Precision exercise medicine: understanding exercise response variability. *British Journal of Sports Medicine*. Epub ahead of print.
33. Bigley A.B., Agha N.H., Baker F.L., **Spielmann G.**, Kunz H.E., Mylabathula P.L., Rooney B., Laughlin M.S., Pierson D.L., Mehta S.K., Crucian B.E., Simpson R.J. (2019). NK-cell function is impaired during long duration spaceflight. *Journal of Applied Physiology*. 126(4):842-853.
34. **Spielmann G.***, Laughlin M.S., Kunz H., Crucian B.E., Quiarte H.D., Mehta S.K., Pierson D.L., Simpson R.J. (2018). Latent viral reactivation is associated with changes in plasma antimicrobial protein concentrations during long-duration spaceflight. *Acta Astronautica*. 146: 111-116.
35. Allerton T., Proctor D.N., Stephens J.M., Dugas T.R., **Spielmann G.**, Irving B.A. (2018). L-Citrulline supplementation: Impact on cardiometabolic health. *Nutrients* 10(7)
36. Bartlett D.B., Willis L.H., Slentz C.A., Hoselton A., Kelly L., Huebner J.L., Kraus V.B., Moss J., Muehlbauer M.J., **Spielmann G.**, Kraus W.E., Lord J.M., Huffman K.M. (2018). Ten weeks of high-intensity interval walk training is associated with reduced disease activity and improved innate immune in older adults with rheumatoid arthritis: a pilot study. *Arthritis Research and Therapy* 20(1): 127.
37. Kunz H.E., **Spielmann G.**, Agha N.H., O'Connor D.P., Bollard C.M., Simpson R.J. (2018). A single exercise bout augments adenovirus-specific T-cell mobilization and function. *Physiology and Behavior*. 194: 56-65
38. †Turner J.E., †**Spielmann G.**, Wadley A.J., Aldred S., Simpson R.J., Campbell J.P. (2016) Exercise-Induced B-lymphocyte mobilization: Preliminary evidence for an influx of immature cells into the

bloodstream. *Physiology and Behavior*.164 (Pt A): 376-382. †**Co-First authors contributed equally to this manuscript.**

39. Irving, B. **Spielmann G.** (2016). Does Citrulline sit at the Nexus of Metformin's Pleiotropic Effects on Metabolism and Mediate its Salutatory effects in Individuals with Type 2 Diabetes. *Diabetes*. 65(12): 3537-3540.
40. **Spielmann G.**, Bollard C., Kunz H., Hanley P., Simpson R.J. (2016) A single exercise bout enhances the manufacture of viral-specific T-cells from healthy donors: implications for allogeneic adoptive transfer immunotherapy. *Scientific Reports*.6:25852.
41. Bigley A.B., **Spielmann G.**, Agha N., O'Connor D.P., Simpson R.J. (2016). Dichotomous effects of latent CMV infection on the phenotype and functional properties of CD8+ T-cells and NK-cells. *Cell Immunology*. 300: 26-32.
42. Simpson R.J., Bigley A.B., **Spielmann G.**, LaVoy E.C., Kunz H., Bollard C.M. (2016). Human cytomegalovirus infection and the immune response to exercise. *Exercise Immunology Review*. 22: 8-27.
43. Bigley AB., **Spielmann G.**, Agha N., Simpson R.J. (2015). The effects of age and latent cytomegalovirus infection on NK-cell phenotype and exercise responsiveness in man. *Oxidative Medicine and Cellular Longevity*. 2015:979645
44. Kunz H., Bishop N.C., **Spielmann G.**, Pistillo M., Reed J., Ograjsek T., Park Y., Mehta S.K., Pierson D.L., Simpson R.J. (2015). Fitness level impacts salivary antimicrobial protein responses to a single bout of cycling exercise. *European Journal of Applied Physiology*. 115(5): 1015-27.
45. **Spielmann G.***, Johnston C., O'Connor D.P., Foreyt J.P., Simpson R.J. (2014). Excess body mass is associated with T-cell differentiation indicative of immune aging in children. *Clinical and Experimental Immunology*. 176(2): 246-254.
46. LaVoy E.C., Bigley A.B., **Spielmann G.**, Rector J.L., Morrison M.R., O'Connor D.P., Simpson R.J. (2014). CMV amplifies T-cell redeployment to acute exercise independently of HSV-1 Serostatus. *Medicine and Science in Sports Exercise*. 46(2): 257-267.
47. **Spielmann G. ***, Bollard C.M., Bigley A.B., Hanley P.J., Blainey J.W., LaVoy E.C.P., Pircher H., Simpson R.J. (2013). The effect of age and latent cytomegalovirus infection on the redeployment of CD8+ T-cell subsets in response to acute exercise in humans. *Brain Behavior and Immunity*. 39: 142-151.
48. Pistillo M., Bigley A.B., **Spielmann G.**, LaVoy E.C.P., Morrison M.R., Kunz H., Simpson R.J. (2013). The effect of age and viral serology on $\gamma\delta$ T-cell numbers and exercise responsiveness in humans. *Cellular Immunology*. 284(1-2): 91-97.
49. Bigley A.B., **Spielmann G.**, LaVoy E.C.P., Simpson R.J. (2013). Can exercise-related improvements in immunity influence cancer prevention and prognosis in the elderly? *Maturitas*. 76(1): 51-56.
50. Simpson, R. J., Lowder T.W., **Spielmann G.**, Bigley A.B., LaVoy E.C., Kunz, H. (2012) Exercise and the aging immune system. *Ageing Research Reviews*. 11(3): 404-420.
51. Bigley A.B., Lowder T.W., **Spielmann G.**, Rector J.L., Pircher H., Simpson R.J. (2012). Latent cytomegalovirus infection alters NK-cell phenotypes and blunts their mobilization in response to acute exercise. *Brain, Behavior & Immunity*. 26(1): 177-186.
52. Cosgrove C., Galloway S.D., Neal C., Hunter A.M., McFarlin B.K., **Spielmann G.**, Simpson R.J. (2012). The impact of 6-month training preparation for an Ironman on the proportions of naïve, memory and senescent T-cells in resting blood. *European Journal of Applied Physiology*. 112(8): 2989-2998
53. **Spielmann G. ***, McFarlin. B.K., O'Connor D.P., Smith P.J.W., Pircher H., Simpson R.J. (2011). Aerobic fitness is associated with lower proportions of senescent blood T-cells in man. *Brain Behavior and Immunity*. 25(8): 1521-1529.

This manuscript was selected for a brief commentary in this issue of the journal:

Hong S. (2011). Can we jog our way to a younger-looking immune system? Brain Behavior and

Immunity. 25(8): 1519-1520.

54. Simpson, R. J., Cosgrove C., Chee M.M., McFarlin B.K., Bartlett D.B., **Spielmann G.**, O'Connor D.P., Pircher H., Shiels P.G. (2010). Senescent phenotypes and telomere lengths of peripheral blood T-cells mobilized by acute exercise in humans. *Exercise Immunology Review*. 16: 40-55.
55. Booth S., Flolda-James G.O., McFarlin B.K., **Spielmann G.**, O'Connor D.P., Simpson R.J. (2010). The impact of acute strenuous exercise on TLR2, TLR4 and HLADR expression on human blood monocytes induced by autologous serum. *European Journal of Applied Physiology*. 110(6): 1259-1268.
56. Simpson R.J., McFarlin B.K., McSparran C., **Spielmann G.**, O'Hartaigh B., Guy K. (2009). Toll-like receptor expression on classical and pro-inflammatory monocytes after acute exercise in humans. *Brain, Behavior and Immunity*, 23(2): 232-239.

* Lead Author/Corresponding Author Underline denotes graduate students

Textbook

1. James Turner, **Guillaume Spielmann** and John Campbell (2024). Exercise Immunology 2nd Edition, Routledge

Textbook Chapters

1. **Spielmann G.**, Turner, J., Campbell J., (2024). Human Immunology. In: *Exercise Immunology* 2nd Edition, Routledge
2. **Spielmann G.**, Simpson R J., (2024). Exercise and Immunosenescence. In: *Exercise Immunology* 2nd Edition, Routledge
3. **Spielmann G.**, Bigley A.B., LaVoy E.C., Simpson R.J. (2014). Ageing Immunity and the impact of physical exercise. In: *Immunology of Aging*. 369-397. (Editors: Massoud A. and Rezaei N.) Springer, NY, USA.
4. Bigley A., Baker F., **Spielmann G.**, Simpson R.J. Ageing Immunity and the Impact of Physical Exercise - 2017. In *Handbook of Immunosenescence: Basic Understanding and Clinical Applications*
5. Simpson, R.J. & **G. Spielmann** (2013). Exercise and Immunosenescence. In: *Immunosenescence: behavioral and psychosocial determinants*. 159-178. (Editors: Bosch J.A., Phillips A.C. and Lord J.M.) Springer, NY, USA.

Published Communications

1. **Spielmann G.**, Crucian B.E., Metha S.K., Kunz H., Pierson D.L., Simpson R.J. (2013). The impact of long duration Spaceflight on plasma Antimicrobial Proteins. *International Journal of Exercise Science: Conference Proceedings*.
2. **Spielmann G.**, Bollard C.M., Bigley A.B., Hanley P.J., Blainey J.W., LaVoy E.C.P., Pircher H., Simpson R.J. (2013). CMV-specific T-cells Mobilized with Exercise have Broad Epitope Specificity and a High-Differentiated Effector Memory Phenotype. *International Journal of Exercise Science: Conference Abstract Submissions*.
3. **Spielmann G.**, Johnston C.A., Simpson R.J., McFarlin B.K., Foreyt J.P. (2010) No impact of CMV or EBV seropositivity on the frequency of highly differentiated T-cells in Mexican-American adolescents. *International Journal of Exercise Science: Conference Abstract Submissions*. **2(2): 39**

4. **Spielmann G.**, McFarlin. B.K., Cosgrove C., Guy K., Smith P.J.W., Simpson R.J. (2009). A greater VO₂max is associated with a reduced frequency of senescent blood T-cells in middle-aged men but not younger men. *Medicine and Science in Sport and Exercise*. **41(5)**: 277.
5. Bartlett, D.B., Cosgrove, C., **Spielmann, G.**, Guy, K. and Simpson, R.J. (2009). Exercise-induced T-cell activation in human subjects is affected by the mobilization of KLRG1+ T-lymphocytes into the peripheral blood. *Medicine & Science in Sports and Exercise*. **41**:5.
6. **Spielmann G.**, Campbell M.L., Guy K., Cosgrove C., McFarlin B.K., Smith P.J.W., Simpson R. (2008). A reduced frequency of senescent T-lymphocytes is associated with a greater maximal aerobic capacity in middle-aged men: a pilot study. *Journal of Sports Sciences*. **26(S1)**: 148-149.

PRESENTATIONS

International Conferences

1. **Spielmann G.**, Presenter. A single bout of exercise enhances the ex vivo manufacture of CMV and EBV-specific T-cells from healthy donors: implications for adoptive transfer immunotherapy. *International Society of Exercise and Immunology*, Vienna, Austria, July 2015. **Invited Presentation.**
2. **Spielmann G.**, Presenter. The impact of long duration Spaceflight on plasma Antimicrobial Proteins. *International Society of Exercise and Immunology*, Newcastle, Australia, September 2013. **Poster Presentation.**
3. **Spielmann G.**, Presenter. CMV-specific T-cells mobilized with exercise have broad epitope specificity and a high-differentiated effector memory phenotype. *International Society of Exercise and Immunology*, Newcastle, Australia, September 2013. **Oral Presentation.**
4. **Spielmann G.**, Presenter. The impact of latent CMV and EBV infections on the mobilization of viral-specific and senescent T-cells with acute exercise. *International Society of Exercise and Immunology*, Oxford, UK, July 2011. **Poster Presentation.**
5. **Spielmann G.**, Presenter. Vo₂max is correlated with the frequency of differentiated T-cells throughout the lifespan. *Societe Francaise d'Immunologie*, Marseille, France, September 2010. **Poster Presentation.**
6. **Spielmann G.**, Presenter. VO₂max is associated with a reduced frequency of senescent T-lymphocytes in middle-aged men. *International Society of Exercise and Immunology*, Tubingen, Germany, September 2009. **Poster Presentation.**
7. **Spielmann G.**, Presenter. Greater physical activity level in middle-aged men reduces the frequency of senescent T-lymphocytes. *Edinburgh Napier University PG conference*, Edinburgh, Scotland May 2009. **Poster Presentation.**
8. **Spielmann G.**, Presenter. The role of leptin and physical inactivity in the premature senescence of T-cells in obesity. *Edinburgh Napier University PG conference*, Edinburgh, Scotland May 2008. **Oral Presentation.**

National Conferences

1. **Spielmann, G.** Presenter, Irving, B. A., Little, J., Bartlett, D., Huffman, K. Optimizing exercise to enhance immune cell function and bioenergetics in age- and cardiometabolic related disorders. *American College of Sports Medicine*, Denver, CO, United States. May 2019. **Oral Presentation – Symposium.**
2. **Spielmann, G.** Presenter. The use of Biologics in Collegiate Football. *Andrew's Institute*, Dallas, TX, United States. May 2019. **Oral Presentation**

3. **Spielmann, G.** Presenter, Campbell, J., Crucian, B. E., Laughlin, M., Simpson, R. The impact of long duration spaceflight on the function of plasma cells, *American College of Sports Medicine*, Minneapolis, MN, United States. June 2018. **Poster Presentation.**
4. **Spielmann, G.** Presenter, Campbell, J. Crucian, B. E., Laughlin, M., Simpson, R. J. The impact of long duration spaceflight on the function of plasma cells. *American College of Sports Medicine*, Denver, CO, United States. May 2017. **Poster Presentation.**
5. **Spielmann, G.** Presenter. The impact of Long Duration Spaceflight on the Function of B-cells and Biomarkers of Inflammation. *NASA Human Research Program 2018 Workshop*, Galveston, TX, United States. January 2018. **Poster Presentation.**
6. **Spielmann, G.** Presenter, Campbell J., Crucian B.E., Laughlin M., Simpson R.J. The impact of Long Duration Spaceflight on the Function of B-cells and Biomarkers of Inflammation. *NASA Human Research Program 2017 Workshop*, Galveston, TX, United States. January 2018. **Poster Presentation.**
7. **Spielmann G.** Presenter, Campbell J., Crucian B.E., Laughlin M., Simpson R.J. The impact of Long Duration Spaceflight on the Function of B-cells and Biomarkers of Inflammation. *NASA Human Research Program Investigators' Workshop*, Galveston, TX, USA, January 2017. **Poster Presentation.**
8. Simpson R., Bigley A. Presenter, **Spielmann G.**, Kunz H., Agha N., Baker F., Rooney B., Mylabathula P., Graff R., Laughlin M., Mehta S., Pierson D., Crucian B. Long duration spaceflight impairs NK-cell function in ISS crewmembers: findings from the "Salivary Markers" Project. *NASA 2017 Human Research Program Investigator's Workshop*, Galveston, TX, USA, January 2017. **Oral Presentation.**
9. **Spielmann, G.** Presenter. Long-duration Spaceflight And Latent Viral Reactivation Alter Plasma Antimicrobial Protein Concentrations. *American College of Sports Medicine*, Denver, CO, United States. May 2017. *Medicine and Science in Sports Exercise* 49: 289. **Poster Presentation.**
10. **Spielmann G.** Presenter, Bollard C., Kunz H., Hanley P.J., Simpson R.J. A single bout of exercise enhances the ex vivo manufacture of viral-specific T-cells. *American College of Sports Medicine*, Boston, MA, May 2016. *Medicine and Science in Sports Exercise* 48 (5 suppl 1): 85. **Poster Presentation.**
11. Simpson R.J. Presenter, Bigley A.B., **Spielmann G.**, Kunz H.E., Agha N., Baker F., Rooney B., Mylabathula P.L., Graff R.M., Crucian B.E., Laughlin M., Mehta S.K., Pierson D.L. Long Duration Spaceflight Impairs NK-cell Function in Astronauts. *American College of Sports Medicine*, Boston, MA, May 2016. *Medicine and Science in Sports Exercise* 48 (5 suppl 1): 87. **Poster Presentation.**
12. Kunz H. Presenter, **Spielmann G.**, LaVoy E.C., Agha N., Graff R.M, Bollard C.M., Simpson R.J. Enhancing the Generation of Adenovirus-Specific T-cells with Exercise for Immunotherapy. *American College of Sports Medicine*, Boston, MA, May 2016. *Medicine and Science in Sports Exercise* 48 (5 suppl 1): 86-87. **Poster Presentation.**
13. Agha N. Presenter, Baker F.L., **Spielmann G.**, Bigley A.B., Simpson R.J. Can a single Exercise Bout Increase the Yield of Hematopoietic Stem Cells From Peripheral Blood? *American College of Sports Medicine*, Boston, MA, May 2016. *Medicine and Science in Sports Exercise* 48 (5 suppl 1): 86. **Poster Presentation.**
14. Simpson, R., **Spielmann G.**, Bigley A.B., Kunz H., Agha N., Baker F., Rooney B., Mylabathula P., Graff R., Crucian B.E., Laughlin M., Mehta S.K., Pierson D.L. An ISS mission impairs NK-cell function and evokes anti-viral T-cell responses in astronauts. *NASA Human Research Program Investigators' Workshop*, Galveston, TX, USA, February 2016. **Poster Presentation.**
15. **Spielmann G.**, Presenter. The impact of long duration spaceflight on the immune system: an ongoing project. *NASA Human Research Program Investigators' Workshop*, Galveston, TX, USA, February 2015. **Oral Presentation.**
16. **Spielmann G.**, Presenter. *NASA Human Research Program Investigators' Workshop*, Galveston, TX, USA, February 2015. **Expert Panel Discussion.**

17. **Spielmann G.**, Presenter. The impact of long duration spaceflight on plasma Antimicrobial proteins. *NASA Human Research Program Investigators' Workshop*, Galveston, USA, February 2014. **Oral Presentation.**
18. **Spielmann G.**, Presenter. Pre-flight differences in immune function between astronauts and non-flying control subjects at 5 months prior to a 6-month mission to the International Space Station *Psychoneuroimmunology Research Society*, Philadelphia, USA, May 2014. **Poster Presentation.**
19. **Spielmann G.**, Presenter. Salivary Markers of immune function during Spaceflight. *NASA 37 and 38 Science Symposium*, Clear-lake, USA, May 2013. **Oral Presentation.**
20. **Spielmann G.**, Presenter. Validation and stability of saliva and blood assays to monitor in-flight changes in innate immunity during long duration spaceflight. *NASA Human Research Program Investigators' Workshop*, Galveston, USA, February 2013. **Oral Presentation.**
21. **Spielmann G.**, Presenter. A greater Vo2max is associated with a lower frequency of senescent T-lymphocytes in middle-aged but not younger men. *American College of Sport and Medicine*, Seattle, USA, June 2009. **Poster Presentation.**

Regional Conferences

7. **Spielmann G.**, Presenter. Excess Body Mass is associated with T-cell differentiation indicative of immune ageing in Children. *Texas Obesity Research Center Conference*, Houston, USA, November 2012. **Invited Oral Presentation.**
8. **Spielmann G.**, Presenter. No impact of CMV or EBV seropositivity on the frequency of highly differentiated T-cells in Mexican-American adolescents. *Texas ACSM Conference*, Houston, USA, June 2010. **Poster Presentation.**
9. **Spielmann G.**, Presenter. The role of leptin in the premature senescence of T-lymphocytes in obesity. *Texas Obesity Research Center Conference*, Houston, USA, November 2010. **Oral Presentation.**
10. **Spielmann G.**, Presenter. Greater physical activity level in middle-aged men reduces the frequency of senescent T-cells. *Texas ACSM Conference*, Houston, USA, November 2009. **Poster Presentation.**

AWARDS

- Lois Canulette & W.A. "Buster" Alumni Endowed Professorship 2023
- LSU Tiger Athletics Foundation Undergraduate Teacher's Award 2019.
- LSU Alumni Rising Faculty Research Award 2019.
- LSU CHSE Early Career Research Award 2018.
- International Society of Exercise and Immunology 2013, **Early Career Research Award: Best Oral Presentation.**
- International Society of Exercise and Immunology 2013, **Early Career Research Award: Best Poster Presentation**
- TACSM student research development award 2010.
- Edinburgh Napier University, **Best poster presentation award (2009).**