

5. **Forbes SC**, Raymer GH, Kowalchuk JM, Thompson RT, Marsh GD. Effects of recovery time on phosphocreatine kinetics during repeated bouts of heavy-intensity exercise. *European Journal of Applied Physiology* 103(6):665-75, 2008. DOI 10.1007/s00421-008-0762-2.
6. **Forbes SC**, Kowalchuk JM, Thompson RT, Marsh GD. Effects of hyperventilation on phosphocreatine kinetics and muscle deoxygenation during moderate-intensity plantar flexion exercise. *Journal of Applied Physiology* 102(4): 1565-1573, 2007.
7. Raymer, GH, **Forbes SC**, Kowalchuk JM, Thompson RT, Marsh GD. Prior exercise delays the onset of acidosis during incremental exercise. *Journal of Applied Physiology* 102(5):1799-805, 2007. doi:10.1152/jappphysiol.01151.2006
8. **Forbes SC**, Raymer GH, Kowalchuk JM, Marsh GD. NaHCO₃-induced alkalosis reduces the phosphocreatine slow component during heavy-intensity forearm exercise. *Journal of Applied Physiology* 99(5): 1668-1675, 2005. doi:10.1152/jappphysiol.01200.2004

Published Abstracts and Conference Proceedings

1. **Forbes SC**, Slade JM, Braman JE, Coil YI, Drenowatz C, Papineau M, Radic Z, Siebel MB, Sutton D, Visintine KR, Meyer RA (2008). Short-term high-intensity cycling interval training improves quadriceps strength, cycling power, and muscle oxidative capacity. Presented at Mid-west American College of Sports Medicine (MWACSM), Bowling Green, Ohio, October, 2008 (poster presentation).
2. **Forbes SC**, Slade JM, Meyer RA. Effects of high-intensity cycling training on phosphocreatine recovery kinetics. Presented at the American Physiological Society (APS) Intersociety Meeting: The Integrative Biology of Exercise V: Hilton Head, South Carolina, September, 2008 (poster presentation).
3. **Forbes SC**, Forbes DA, Markle-Reid M, Morgan DG, Wood J. Effects of physical activity programs on persons with dementia: A cochrane review. *Alzheimers Dement.* 4(4 suppl 2): T500. Presented at the International Conference of Alzheimer's Disease (ICAD), Chicago, Illinois, July, 2008 (poster presentation).
4. **Forbes SC**, Paganini AT, Slade JM, Towse TF, Meyer RA. Non-negative least squares and CSI analyses of phosphocreatine recovery kinetics in human skeletal muscle. *Proc. Intl. Soc. Mag. Reson. Med.* 16: 2569, 2008. Presented at the International Society of Magnetic Resonance Meeting (ISMRM), Toronto, Ontario, May, 2008 (poster presentation).
5. Stein NJ, Carlson JJ, **Forbes SC**, Meyer RA, Wiseman RW, Slade JM. A high fat meal has no direct effect on the brain BOLD response in young adults. *Proc. Intl. Soc. Mag. Reson. Med.* 16: 2514, 2008. Presented at the International Society of Magnetic Resonance Meeting (ISMRM), Toronto, Ontario, May, 2008 (poster presentation).
6. **Forbes SC**, Slade JM, Weston CL, Meyer RA. Muscle heterogeneity does not explain biphasic phosphocreatine recovery kinetics after plantar flexion exercise in humans. *Med. Sci. Sports*

- Exerc.*, 40 (5): S347, 2008. Presented at the 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana, June, 2008 (poster presentation).
7. Meyer RA, Slade JM, Towse TF, Olive JL, **Forbes SC**. Phosphocreatine resynthesis during recovery after exercise with blood flow occlusion. *Med. Sci. Sports Exerc.*, 40 (5): S349, 2008. Presented at the 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana, June, 2008 (poster presentation).
 8. Slade JM, Paganini AT, **Forbes SC**, Towse TF, Meyer RA. Biphasic phosphocreatine recovery after plantar flexion in humans. *Med. Sci. Sports Exerc.*, 40 (5): S352. Presented at the 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana, June, 2008 (poster presentation).
 9. **Forbes SC**, Raymer GH, Kowalchuk JM, Thompson RT, Marsh GD. Phosphocreatine metabolism during repeated bouts of heavy-intensity exercise separated by 3-min rest. *Appl. Physiol. Nutr. Metab.*, 31 Suppl S1, 2006. Presented at the 14th annual meeting of the Canadian Society for Exercise Physiology, Halifax, Nova Scotia, November, 2006 (poster presentation).
 10. Raymer GH, **Forbes SC**, Thompson RT, Kowalchuk JM, Rice CL, Marsh GD. Effects of prior exercise on the metabolic response to incremental exercise. *Appl. Physiol. Nutr. Metab.*, 31 Suppl S1, 2006. Presented at the 14th annual meeting of the Canadian Society for Exercise Physiology, Halifax, Nova Scotia, November, 2006 (poster presentation).
 11. **Forbes SC**, Raymer GH, Kowalchuk JM, Thompson RT, Marsh GD. Phosphocreatine metabolism and acidosis during repeated bouts of heavy-intensity exercise separated by 15-min rest. *Med. Sci. Sports Exerc.*, 38 (11): Suppl 1: S28, 2006. Presented at ACSM Integrative Physiology, Indianapolis, Indiana, September, 2006 (poster presentation).
 12. **Forbes SC**, Kowalchuk JM, Thompson RT, Marsh GD. Effects of respiratory alkalosis on phosphocreatine kinetics during moderate-intensity plantar flexion exercise. *Med. Sci. Sports Exerc.*, 38 (5): S520, 2006. Presented at the 53rd Annual Meeting of the American College of Sports Medicine, Denver, Colorado, June, 2006 (poster presentation).
 13. **Forbes SC**, Raymer GH, Kowalchuk JM, Rice CL, Thompson RT, Marsh GD. Reproducibility of on-transient PCr kinetics during moderate-intensity exercise using 3-tesla ³¹P-MRS. Presented at the Workshop on Investigation of Human Muscle Function In Vivo, Nashville, Tennessee, October, 2005 (poster presentation).
 14. Raymer GH, **Forbes SC**, Marsh GD, Kowalchuk JM, Rice CL, Thompson RT. The effect of prior heavy exercise on progressive exercise to fatigue. Presented at the Workshop on Investigation of Human Muscle Function In Vivo, Nashville, Tennessee, October, 2005 (poster presentation).
 15. **Forbes SC**, Kowalchuk JM, Thompson RT, Marsh GD. Effects of induced metabolic alkalosis on phosphocreatine kinetics during moderate and heavy forearm exercise. *Med. Sci. Sports Exerc.*, 37 (5): S443, 2005. Presented at the 52nd Annual Meeting of the American College of Sports Medicine, Nashville, Tennessee, 2005 (poster presentation).

16. **Forbes SC**, Kilmer CA, Rice CL, Thompson RT, Marsh GD. Metabolic comparison of voluntary isotonic dorsiflexion and plantar flexion exercise. *Can. J. Appl. Physiol.*, 29: S48, 2004. Presented at the 12th Annual Meeting of the Canadian Society for Exercise Physiology, Saskatoon, Saskatchewan, October, 2004 (oral presentation).
17. Kilmer CA, **Forbes SC**, Rice CL, Thompson RT, Marsh GD. Reproducibility of metabolic and force measures during electrically induced isometric dorsiflexion exercise. *Can. J. Appl. Physiol.*, 29: S58, 2004. Presented at the 12th Annual Meeting of the Canadian Society for Exercise Physiology, Saskatoon, Saskatchewan, 2004 (poster presentation).
18. Lusina SC, **Forbes SC**, Marsh GD. Gender comparison of skeletal muscle metabolism during eccentric and concentric forearm flexion exercise. *Med. Sci. Sports Exerc.*, 36 (5): S119, 2004. Presented at the 51st Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana, 2004 (poster presentation).
19. **Forbes SC**, Raymer GH, Kowalchuk JM, Marsh GD. Metabolic effects of induced alkalosis during moderate and heavy exercise. *Med. Sci. Sports Exerc.*, 35 (5): S92, 2003. Presented at the 50th Annual Meeting of the American College of Sports Medicine, San Francisco, California, 2003 (poster presentation).
20. Raymer GH, **Forbes SC**, Marsh GD, Kowalchuk JM, Thompson RT. Metabolic effects of induced alkalosis during exercise and recovery. *Can. J. Appl. Physiol.*, 27: S42, 2002. Presented at the 10th Annual Meeting of the Canadian Society for Exercise Physiology, St.John's, Newfoundland, 2002 (oral presentation).
21. Raja MK, Raymer GH, Moran G, **Forbes SC**, Bartolini M, Wilson K, Marsh GD, Thompson RT. An *In Vivo* examination of exercise-induced changes in intracellular water concentration using ³¹P NMR and bioimpedance analysis. *Can. J. Appl. Physiol.*, 27: S41, 2002. Presented at the 10th Annual Meeting of the Canadian Society for Exercise Physiology, St.John's, Newfoundland, 2002 (oral presentation).
22. **Forbes SC**, Marsh GD. Metabolic comparison of eccentric and concentric exercise. *Can. J. Appl. Physiol.*, 27: S17, 2002. Presented at the 10th Annual Meeting of the Canadian Society for Exercise Physiology, St.John's, Newfoundland, 2002 (poster presentation).

Research Awards and Scholarships

1. Cochrane Dementia and Cognitive Improvement Group (Oxford University, London, England). Travel award for the International Conference on Alzheimer's Disease (ICAD), Chicago, Illinois (2008).
2. ISMRM Student Education Stipend. ISMRM 16th Scientific Meeting & Exhibition in Toronto, Ontario, Canada (2008).
3. Ontario Graduate Scholarship (OGS), The Government of Ontario (2006-2007) (declined).

4. Ontario Graduate Scholarship in Science and Technology (OGSST), The University of Western Ontario (2004-2005, 2005-2006).
5. Special University Scholarship (SUS): Graduate Tuition award, The University of Western Ontario (2003-2004).
6. Jimmy Condon Scholarship, University of Alberta (1994-95, 1995-96, 1996-97, 1997-98).
7. Academic All-Canadian, University of Alberta (1994-95, 1995-96, 1996-97).

Teaching Experience

Course Instructor	Neuromuscular Responses to Exercise (Kin 813). Graduate course. Department of Kinesiology, Michigan State University (Fall 2007).
Teaching Assistant	Exercise Physiology (Kin 230). School of Kinesiology, The University of Western Ontario (2003-2004, 2004-2005, 2005-2006). Track and Field (Kin 200). School of Kinesiology, The University of Western Ontario (2001-2002, 2002-2003).

Teaching Awards

1. Graduate Student Teaching Award Nominee, The University of Western Ontario (2003-2004).
2. University Students' Council (USC) Teaching Honor Roll: Award of Excellence, The University of Western Ontario (2002-2003).

Professional Activities

Professional Affiliations	American College of Sports Medicine (ACSM) (2005-present). American College of Sports Medicine, Midwest Chapter (2007-present). ACSM Noninvasive interest group (2005-present). Canadian Society for Exercise Physiology (CSEP) (2005-present). International Society for Magnetic Resonance in Medicine (ISMRM) (2007-present).
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