

Katherine N. Dillon, Ph. D.
Assistant Professor of Kinesiology
Department of Kinesiology
Albion College
203 Park St.
Albion, MI 49224
Email: Kdillon@albion.edu; phone: (951) 317-2935

A. Educational Background

Texas Tech University

2024

Ph.D. in Exercise Physiology

Dissertation: *"The Effects of Two Weeks of L-Citrulline on Arterial Function and Blood Pressure at Rest and During Exercise in Hypertensive Postmenopausal Women"*

California Baptist University

2020

M. S. in Kinesiology

Thesis: *"The Effects of Chronic Dietary Grape Seed Extract Supplementation on Hemodynamic Responses in Obese/Overweight Males During Submaximal Exercise"*

California Baptist University

2018

B.S in Kinesiology

B. Teaching Experience

Albion College, Albion, MI

2024 - 2025

Assistant Professor of Kinesiology

- Courses taught:
 - KIN 101: Introduction to Kinesiology
 - KIN 310: Research & Statistics in Kinesiology
 - KIN 379 L: Exercise Physiology (laboratory)
 - KIN 379: Exercise Physiology Lecture
 - KIN 315: Sports Nutrition
 - KIN 200: Medical Terminology (online)

Texas Tech University, Lubbock, TX

2020 - 2024

Instructor of Record

- Courses taught:
 - KIN 3308: Science of a Healthy Lifestyle
 - KIN 3307: Medical Terminology for Kinesiology Majors

Graduate Part-Time Instructor

- Courses taught:
 - KIN 4306L: Exercise Testing and Prescription Laboratory

C. Peer-Reviewed Publications

1] **Dillon, K. N.**, Shariffi, B., Thompson, B., Steele, R., Kim, J. K. Effects of Acute Grape Seed Extract Supplementation on Hemodynamics in Normal Body Weight and Obese Males. *J Nutr Sci Vitaminol (Tokyo)*, 66(5): 427-43, 2020.

2] **Dillon, K. N.**, Shariffi, B., Boyer, W. R., Gillum, T., Sullivan, S., Kim, J. K. Effects of Chronic Dietary Grape Seed Extract Supplementation on Aortic Stiffness and Hemodynamic Responses in

- Obese/Overweight Males During Submaximal Exercise. *European Journal of Sport Science*, 22(7): 1057-1064, 2021.
- 3] Shariffi, B., **Dillon, K. N.**, Gillum, T., Boyer, W., Sullivan, S., Lee, E., Kim, J. K. Effects of Combined Grape Seed Extract and L-Citrulline Supplementation on Hemodynamic Responses to Exercise in Young Males. *Journal of Dietary Supplements*, 20(4): 531-542, 2023.
- 4] Maharaj, A., Fischer, S. M., **Dillon, K. N.**, Kang, Y., Martinez, M. A., Figueroa, A. Acute Citrulline Blunts Aortic Systolic Pressure during Exercise and Sympathoactivation in Hypertensive Postmenopausal Women. *Medicine and Science in Sports and Exercise*, 54(5): 761-768, 2022.
- 5] Kang, Y., Maharaj, A., **Dillon, K. N.**, Fischer, S. M., & Figueroa, A. Menopause influences aortic pulse pressure and pressure wave responses to metaboreflex activation in women. *Menopause*, 29(12), 1423-1429, 2022.
- 6] Maharaj, A., Fischer, S. M., **Dillon, K. N.**, Kang, Y., Martinez, M. A., & Figueroa, A. Effects of L-Citrulline Supplementation on Endothelial Function and Blood Pressure in Hypertensive Postmenopausal Women. *Nutrients*, 14(20), 4396, 2022.
- 7] Kang, Y., **Dillon, K. N.**, Martinez, M. A., Maharaj, A., Fischer, S. M., & Figueroa, A. Combined L-Citrulline Supplementation and Slow Velocity Low-Intensity Resistance Training Improves Leg Endothelial Function, Lean Mass, and Strength in Hypertensive Postmenopausal Women. *Nutrients*, 15(1), 74, 2022.
- 8] Figueroa, A., Maharaj, A., Kang, Y., **Dillon, K. N.**, Martinez, M. A., Fischer, S. M. Combined Citrulline and Glutathione Supplementation Improves Endothelial Function and Blood Pressure Reactivity in Postmenopausal Women. *Nutrients*, 15(7), 1557, 2023.
- 9] **Dillon, K. N.**, Kang, Y., Maharaj, A., Martinez, M. A., Fischer, S. M., & Figueroa, A. L-Citrulline Supplementation Attenuates Aortic Pressure and Pressure Waves During Metaboreflex Activation in Postmenopausal Women. *British Journal of Nutrition*, 1-21.
- 10] Fischer, S. M., Maharaj, A., Kang, Y., **Dillon, K. N.**, Martinez, M. A., & Figueroa, A. (2024). Endothelial and exercise vasodilation are reduced in postmenopausal females with obesity versus lean and overweight. *International Journal of Obesity*, 48(11), 1534-1541.
- 11] Martinez, M. A., **Dillon, K. N.**, Kang, Y., Maharaj, A., Fischer, S. M., & Figueroa, A. (2024). Endothelial dysfunction influences augmented aortic hemodynamic responses to metaboreflex activation in postmenopausal women. *European Journal of Applied Physiology*, 124(9), 2603-2613.
- 12] Kang, Y., **Dillon, K. N.**, Martinez, M. A., Maharaj, A., Fischer, S. M., & Figueroa, A. (2024). L-Citrulline Supplementation Improves Arterial Blood Flow and Muscle Oxygenation during Handgrip Exercise in Hypertensive Postmenopausal Women. *Nutrients*, 16(12), 1935.

D. Manuscripts [In Preparation]

- 1] Kang, Y., **Dillon, K. N.**, Levitt, D., Figueroa, A. L-Citrulline Improves Endothelial Function, Arterial Stiffness, and Blood Glucose Level In The Fasted State And Acute Hyperglycemic State In Type 2 Diabetics. -*Preparation stage: Submitted to Diabetes Research and Clinical Practice*
- 2] Figueroa, A., **Dillon, K. N.**, Levitt, D., & Kang, Y. Citrulline Supplementation Improves Microvascular Function and Muscle Strength in Middle-aged and Older Adults with Type 2 Diabetes. -*Preparation stage: Nutrients*

E. Refereed Abstracts/Presentations/Posters

- 1] **Dillon, K. N.**, Maharaj, A., Fischer, S. M., Kang, Y., Martinez, M. A., Figueroa, A. Antihypertensive Medication Attenuates Aortic Blood Pressure Responses to Metaboreflex Activation in Postmenopausal Women. 2022 American College of Sports Medicine Annual Meeting and World Congresses, San Diego, CA, May 2022.
Presentation Format: Poster
- 2] Kang, Y., Maharaj, A., Fischer, S. M., **Dillon, K. N.**, Martinez, M. A., Figueroa, A. Impact Of Age On Aortic Pressure And Pressure Waves Responses To Metaboreflex Activation In Women. 2022 American College of Sports Medicine Annual Meeting and World Congresses, San Diego, CA, May 2022.

Presentation Format: Poster

3] **Dillon, K. N.**, Maharaj, A., Fischer, S. M., Kang, Y., Martinez, M. A., Figueroa, A. L-Citrulline Attenuates Aortic Pressure and Pressure Waves Amplitude During Metaboreflex Activation in Postmenopausal Women. 2023 American College of Sports Medicine Annual Meeting and World Congresses, Denver, CO, May 2023.

Presentation Format: Rapid-fire presentation

4] Kang, Y., **Dillon, K.N.**, Martinez, M. A., Maharaj, A., Figueroa, A. L-Citrulline with Low-Intensity Resistance Training Improves Endothelial Function and Lean Mass in Postmenopausal Women. 2023 American College of Sports Medicine Annual Meeting and World Congresses, Denver, CO, May 2023. *Presentation*

Format: Rapid-fire presentation

5] Martinez, M. A., **Dillon, K. N.**, Maharaj, A., Kang, Y., Figueroa, A. Endothelial Dysfunction Influences Exaggerated Aortic Hemodynamic Responses To Metaboreflex Activation in Postmenopausal Women. 2023 American College of Sports Medicine Annual Meeting and World Congresses, Denver, CO, May 2023.

Presentation Format: Thematic poster

6] **Dillon, K.N.**, Kang, Y., Martinez, M. A., Figueroa, A. L-Citrulline Supplementation Improves Leg Endothelial Function and Blood Flow Responses to Plantarflexion Exercise in Hypertensive Postmenopausal Women. 2024 American Physiological Summit, Long Beach, CA, April 2024.

Presentation Format: Poster

7] Martinez, M. A., Fischer, S. M., Maharaj, A., Kang, Y., **Dillon, K. N.**, Figueroa, A. Postmenopausal Women With Obesity Have Reduced Leg Endothelial Function and Exercise Vasodilatory Capacity. 2024 American Physiological Summit, Long Beach, CA, April 2024.

Presentation Format: Poster

8] Kang, Y., **Dillon, K. N.**, Martinez, M. A., Figueroa, A. Acute and Chronic Hyperglycemia Blunts Microvascular Reactivity in Postmenopausal Women With Type 2 Diabetes. 2024 American Physiological Summit, Long Beach, CA, April 2024.

Presentation Format: Poster

F. Grant Applications

1] Effects of Two Weeks of L-Citrulline on Arterial Function and Blood Pressure in Hypertensive Postmenopausal Women: **Dillon, K. N.**, (2022) - ACSM 2022 Foundation Doctoral Student Research Grant. *Not funded* - \$5,000

2] Effects of Stretch Training and Slow-Velocity Low-Intensity Resistance Training on Cardiovascular and Muscular Parameters in Older Adults with Elevated Blood Pressure and Hypertension: **Dillon, K. N.**, (2024) – Albion College. *Funded* - \$5,500

G. Awards

1] Graduate Student Research Support Award - \$1,500 (2023)

2] AT&T Chancellor's Fellowship (2020-2024)

H. Supervision of Undergraduate Research

1] Ruth Dessie, 2025. Project topic: The Effects of Stretch Training and Slow-Velocity Low-Intensity Resistance Exercise Training on Cardiovascular and Muscular Health in Older Adults with Elevated Blood Pressure and Hypertension.