**Scott C. Forbes, Ph.D, CSEP-CEP, IOC Dip Sport Nutr.**

**Curriculum Vitae**

***Personal Information***

**Contact Information**

Email: forbesS@brandonu.ca

Office Phone: 204-727-9639

Cell: 204-901-3432

Mail: 85 Lakeview Dr., Brandon, MB, Canada, R7B4G8

**Professional Employment**

* Associate Professor, Physical Education, Faculty of Education, Brandon University, 2019 - present
* Assistant Professor, Physical Education, Faculty of Education, Brandon University, 2017-2019
* College Professor: Human Kinetics, Biology Department, Okanagan College, 2014-2017

**Affiliations:**

* Adjunct Professor, Faculty of Kinesiology and Health Studies, University of Regina, 2018-Present
* Research Affiliate, University of Manitoba, Centre on Aging, 2019-present

**Education**

* **Post-Doctoral Fellowship** *(Faculty of Medicine)*: University of Calgary, 2013-2014
* **International Olympic Committee diploma in Sport Nutrition:** 2014-2016
* **Ph.D.** *(Physical Education and Recreation)*: University of Alberta, 2007 – 2012
* **M.Sc.** *(Kinesiology):* University of Saskatchewan, 2005-2007
* **B.Sc.** *(Kinesiology)*: University of Saskatchewan, 2001-2005

***Research***

[***https://scholar.google.ca/citations?user=G1l9mDQAAAAJ&hl=en***](https://scholar.google.ca/citations?user=G1l9mDQAAAAJ&hl=en)

**Current Research in Progress**

P.I. **Scott Forbes,** Co-Investigator Darren Candow. Creatine supplementation on golf drive distance and functional indices of golf performance. Brandon University Research Committee grant. 2021. $4947.68

P.I. **Scott Forbes.** Co-ingestion of creatine and protein during resistance training on gains in hypertrophy and strength: a narrative review. Brandon University Mobilization Grant. 2021. $2000.00.

P.I. Joel Krentz. Co-Investigator **Scott Forbes.** Emphasized eccentric training on muscle thickness, strength, and functional performance in older adults. Brandon University Research Committee grant. 2017-2018. $7487.23

**Manuscripts (Published 61):**

1. Abdollahi, S., Soltani, S., de Souza, R. J., Forbes, S. C., Toupchian, O., & Salehi-Abargouei, A. (2021). Associations between Maternal Dietary Patterns and Perinatal Outcomes: A Systematic Review and Meta-Analysis of Cohort Studies. *Advances in Nutrition (Bethesda, Md.),* nmaa156 [pii]

2. Amiri, M., Ghiasvand, R., Kaviani, M., Forbes, S. C., & Salehi-Abargouei, A. (2018). Chocolate milk for recovery from exercise: a systematic review and meta-analysis of controlled clinical trials. *European Journal of Clinical Nutrition,* 10.1038/s41430-018-0187-x [doi]

3. Amiri, M., Raeisi-Dehkordi, H., Sarrafzadegan, N., Forbes, S. C., & Salehi-Abargouei, A. (2020). The effects of canola oil on cardiovascular risk factors: a systematic review and meta-analysis with dose-response analysis of controlled clinical trials. *Nutrition, Metabolism and Cardiovascular Diseases,*

4. Antonio, J., Candow, D. G., Forbes, S. C., Gualano, B., Jagim, A. R., Kreider, R. B., Rawson, E. S., Smith-Ryan, A. E., VanDusseldorp, T. A., Willoughby, D. S., & Ziegenfuss, T. N. (2021). Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show? *Journal of the International Society of Sports Nutrition, 18*(1), 13-w. 10.1186/s12970-021-00412-w [doi]

5. Antonio, J., Candow, D. G., Forbes, S. C., Ormsbee, M. J., Saracino, P. G., & Roberts, J. (2020). Effects of Dietary Protein on Body Composition in Exercising Individuals. *Nutrients, 12*(6), 10.3390/nu12061890. E1890 [pii]

6. Bagheri, R., Forbes, S. C., Candow, D. G., & Wong, A. (2020). Effects of branched-chain amino acid supplementation and resistance training in postmenopausal women. *Experimental Gerontology,* , 111185. S0531-5565(20)30533-7 [pii]

7. Bagheri, R., Hooshmand Moghadam, B., Ashtary-Larky, D., Forbes, S. C., Candow, D. G., Galpin, A. J., Eskandari, M., Kreider, R. B., & Wong, A. (2020). Whole Egg Vs. Egg White Ingestion During 12 weeks of Resistance Training in Trained Young Males: A Randomized Controlled Trial. *Journal of Strength and Conditioning Research,* 10.1519/JSC.0000000000003922 [doi]

8. Bell, G. J., Game, A., Jones, R., Webster, T., Forbes, S. C., & Syrotuik, D. (2013). Inspiratory and expiratory respiratory muscle training as an adjunct to concurrent strength and endurance training provides no additional 2000 m performance benefits to rowers. *Research in Sports Medicine (Print), 21*(3), 264-279. 10.1080/15438627.2013.792090 [doi]

9. Bhambhani, Y., Forbes, S., Forbes, J., Craven, B., Matsuura, C., & Rodgers, C. (2012). Physiologic responses of competitive Canadian cross-country skiers with disabilities. *Clinical Journal of Sport Medicine: Official Journal of the Canadian Academy of Sport Medicine, 22*(1), 31-38. 10.1097/JSM.0b013e3182432f0c [doi]

10. Candow, D. G., Chilibeck, P. D., & Forbes, S. C. (2014). Creatine supplementation and aging musculoskeletal health. *Endocrine, 45*(3), 354-361. 10.1007/s12020-013-0070-4 [doi]

11. Candow, D. G., Forbes, S. C., Chilibeck, P. D., Cornish, S. M., Antonio, J., & Kreider, R. B. (2019). Effectiveness of Creatine Supplementation on Aging Muscle and Bone: Focus on Falls Prevention and Inflammation. *Journal of Clinical Medicine, 8*(4), 10.3390/jcm8040488. E488 [pii]

12. Candow, D. G., Forbes, S. C., Chilibeck, P. D., Cornish, S. M., Antonio, J., & Kreider, R. B. (2019). Variables Influencing the Effectiveness of Creatine Supplementation as a Therapeutic Intervention for Sarcopenia. *Frontiers in Nutrition, 6*, 124. 10.3389/fnut.2019.00124 [doi]

13. Candow, D. G., Forbes, S. C., Little, J. P., Cornish, S. M., Pinkoski, C., & Chilibeck, P. D. (2012). Effect of nutritional interventions and resistance exercise on aging muscle mass and strength. *Biogerontology, 13*(4), 345-358. 10.1007/s10522-012-9385-4 [doi]

14. Candow, D. G., Forbes, S. C., & Vogt, E. (2019). Effect of pre-exercise and post-exercise creatine supplementation on bone mineral content and density in healthy aging adults. *Experimental Gerontology, 119*, 89-92. S0531-5565(18)30710-1 [pii]

15. Candow, D. G., Vogt, E., Johannsmeyer, S., Forbes, S. C., & Farthing, J. P. (2015). Strategic creatine supplementation and resistance training in healthy older adults. *Applied Physiology, Nutrition, and Metabolism = Physiologie Appliquee, Nutrition Et Metabolisme, 40*(7), 689-694. 10.1139/apnm-2014-0498 [doi]

16. Cheetham, S. J., Harber, V. J., McCargar, L. J., Forbes, S. C., & Bell, G. J. (2015). Glucose and hormonal response to nutrition bars that differ in glycemic index and load  
. *Agro Foods Inc High Tech, 26*(4), 14-19.

17. Cornish, S. M., Candow, D. G., Jantz, N. T., Chilibeck, P. D., Little, J. P., Forbes, S., Abeysekara, S., & Zello, G. A. (2009). Conjugated linoleic acid combined with creatine monohydrate and whey protein supplementation during strength training. *International Journal of Sport Nutrition and Exercise Metabolism, 19*(1), 79-96.

18. Fereshtian, S., Sheykhlouvand, M., Forbes, S. C., Agha-Alinejad, H., & Gharaat, M. (2017). Physiological and performance responses to high-intensity interval training in female inline speed skaters. *Apunts. Meicina De L'Esport, 52*(196), 131-138.

19. Forbes, D., Forbes, S. C., Blake, C. M., Thiessen, E. J., & Forbes, S. (2015). Exercise programs for people with dementia. *The Cochrane Database of Systematic Reviews, (4):CD006489. doi*(4), CD006489. 10.1002/14651858.CD006489.pub4 [doi]

20. Forbes, D., Thiessen, E. J., Blake, C. M., Forbes, S. C., & Forbes, S. (2013). Exercise programs for people with dementia. *The Cochrane Database of Systematic Reviews, (12):CD006489. doi*(12), CD006489. 10.1002/14651858.CD006489.pub3 [doi]

21. Forbes, S. C. (2016). Omega-3 combined with exercise on cognitive function in older adults. *Agro Foods Inc High Tech, 27*(3), 42-45.

22. Forbes, S. C., & Bell, G. J. (2011). The acute effects of a low and high dose of oral L-arginine supplementation in young active males at rest. *Applied Physiology, Nutrition, and Metabolism = Physiologie Appliquee, Nutrition Et Metabolisme, 36*(3), 405-411. 10.1139/h11-035 [doi]

23. Forbes, S. C., & Bell, G. J. (2019). Whey Protein Isolate Supplementation While Endurance Training Does Not Alter Cycling Performance or Immune Responses at Rest or After Exercise. *Frontiers in Nutrition, 6*, 19. 10.3389/fnut.2019.00019 [doi]

24. Forbes, S. C., & Bell, G. J. (2020). Whey protein isolate or concentrate combined with concurrent training does not augment performance, cardiorespiratory fitness, or strength adaptations. *The Journal of Sports Medicine and Physical Fitness, 60*(6), 832-840. 10.23736/S0022-4707.20.10314-1 [doi]

25. Forbes, S. C., & Candow, D. G. (2018). Timing of creatine supplementation and resistance training: A brief review. *Journal of Exercise and Nutrition, 1*(5) <https://www.journalofexerciseandnutrition.com/ManuscriptUploadsPDF/62.pdf>

26. Forbes, S. C., Candow, D. G., Ferreira, L. H. B., & Souza-Junior, T. P. (2021). Effects of Creatine Supplementation on Properties of Muscle, Bone, and Brain Function in Older Adults: A Narrative Review. *Journal of Dietary Supplements,* 1-18. 10.1080/19390211.2021.1877232 [doi]

27. Forbes, S. C., Candow, D. G., Krentz, J. R., Roberts, M. D., & Young, K. C. (2019). Changes in Fat Mass Following Creatine Supplementation and Resistance Training in Adults >/=50 Years of Age: A Meta-Analysis. *Journal of Functional Morphology and Kinesiology, 4*(3), 10.3390/jfmk4030062. E62 [pii]

28. Forbes, S. C., Candow, D. G., Little, J. P., Magnus, C., & Chilibeck, P. D. (2007). Effect of Red Bull energy drink on repeated Wingate cycle performance and bench-press muscle endurance. *International Journal of Sport Nutrition and Exercise Metabolism, 17*(5), 433-444.

29. Forbes, S. C., Candow, D. G., Smith-Ryan, A. E., Hirsch, K. R., Roberts, M. D., VanDusseldorp, T. A., Stratton, M. T., Kaviani, M., & Little, J. P. (2020). Supplements and Nutritional Interventions to Augment High-Intensity Interval Training Physiological and Performance Adaptations-A Narrative Review. *Nutrients, 12*(2), 10.3390/nu12020390. E390 [pii]

30. Forbes, S. C., & Chilibeck, P. D. (2007). Comparison of a kayaking ergometer protocol with an arm crank protocol for evaluating peak oxygen consumption. *Journal of Strength and Conditioning Research, 21*(4), 1282-1285. R-20636 [pii]

31. Forbes, S. C., Chilibeck, P. D., & Candow, D. G. (2018). Creatine Supplementation During Resistance Training Does Not Lead to Greater Bone Mineral Density in Older Humans: A Brief Meta-Analysis. *Frontiers in Nutrition, 5*, 27. 10.3389/fnut.2018.00027 [doi]

32. Forbes, S. C., Chilibeck, P. D., Craven, B., & Bhambhani, Y. (2010). Comparison of a double poling ergometer and field test for elite cross country sit skiers. *North American Journal of Sports Physical Therapy : NAJSPT, 5*(2), 40-46.

33. Forbes, S. C., Forbes, D., Blake, C. M., Chong, L. Y., Thiessen, E. J., Little, J. P., & Rutjes, A. (2015). Exercise interventions for preventing dementia or delaying cognitive decline in people with mild cognitive impairment. *Cochrane Database of Systematic Reviews,* (5)

34. Forbes, S. C., Forbes, D., Forbes, S., Blake, C. M., Chong, L. Y., Thiessen, E. J., Little, J. P., & Rutjes, A. (2015). Exercise interventions for maintaining cognitive function in cognitively healthy people in mid-life. *Cochrane Database of Systematic Reviews,* (5)

35. Forbes, S. C., Forbes, D., Forbes, S., Blake, C. M., Chong, L. Y., Thiessen, E. J., Rutjes, A., & Little, J. P. (2015). Exercise interventions for maintaining cognitive function in cognitively healthy people in late life. *Cochrane Database of Systematic Reviews,* (5)

36. Forbes, S. C., Fuller, D., Little, J. P., Krentz, J., & Chilibeck, P. D. (2009). Physiological predictors of flat-water 1000 m kayak performance in young adolescents before and after a high volume training camp. *International Journal of Exercise Science, 2*(2), 106-114.

37. Forbes, S. C., Harber, V., & Bell, G. J. (2013). The acute effects of L-arginine on hormonal and metabolic responses during submaximal exercise in trained cyclists. *International Journal of Sport Nutrition and Exercise Metabolism, 23*(4), 369-377. 2012-0190 [pii]

38. Forbes, S. C., Harber, V., & Bell, G. J. (2014). Oral L-arginine before resistance exercise blunts growth hormone in strength trained males. *International Journal of Sport Nutrition and Exercise Metabolism, 24*(2), 236-244. 10.1123/ijsnem.2013-0106 [doi]

39. Forbes, S. C., Holroyd-Leduc, J. M., Poulin, M. J., & Hogan, D. B. (2015). Effect of Nutrients, Dietary Supplements and Vitamins on Cognition: a Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Canadian Geriatrics Journal : CGJ, 18*(4), 231-245. 10.5770/cgj.18.189 [doi]

40. Forbes, S. C., Kennedy, M. D., & Bell, G. J. (2013). Time-motion analysis, heart rate, and physiological characteristics of international canoe polo athletes. *Journal of Strength and Conditioning Research, 27*(10), 2816-2822. 10.1519/JSC.0b013e318280d2a2 [doi]

41. Forbes, S. C., Kennedy, M. D., Boule, N. B., & Bell, G. (2014). Determination of the optimal load setting for arm crank anaerobic testing in men and women. *International Journal of Sports Medicine, 35*(10), 835-839. 10.1055/s-0034-1368789 [doi]

42. Forbes, S. C., Little, J. P., & Candow, D. G. (2012). Exercise and nutritional interventions for improving aging muscle health. *Endocrine, 42*(1), 29-38. 10.1007/s12020-012-9676-1 [doi]

43. Forbes, S. C., McCargar, L., Jelen, P., & Bell, G. J. (2014). Dose response of whey protein isolate in addition to a typical mixed meal on blood amino acids and hormonal concentrations. *International Journal of Sport Nutrition and Exercise Metabolism, 24*(2), 188-195. 10.1123/ijsnem.2013-0136 [doi]

44. Forbes, S. C., & Sheykhlouvand, M. (2016). A review of the physiological demands and nutritional strategies for canoe polo athletes. *Sports Nutrition and Therapy, 1*(3)

45. Forbes, S. C., Sletten, N., Durrer, C., Myette-Cote, E., Candow, D., & Little, J. P. (2017). Creatine Monohydrate Supplementation Does Not Augment Fitness, Performance, or Body Composition Adaptations in Response to Four Weeks of High-Intensity Interval Training in Young Females. *International Journal of Sport Nutrition and Exercise Metabolism, 27*(3), 285-292. 10.1123/ijsnem.2016-0129 [doi]

46. Forbes, S. C., Waltz, X., & Candow, D. (2014). Creatine timing on muscle mass and strength: appetizer or dessert? *Agro Foods Inc High Tech, 25*, 19-22.

47. Forbes, S., Game, A., Syrotuik, D., Jones, R., & Bell, G. J. (2011). The effect of inspiratory and expiratory respiratory muscle training in rowers. *Research in Sports Medicine (Print), 19*(4), 217-230. 10.1080/15438627.2011.608033 [doi]

48. Hartmann, S. E., & Forbes, S. C. (2014). Attenuated effects of exercise with an antioxidant supplement: too much of a good thing? *The Journal of Physiology, 592*(2), 255-256. 10.1113/jphysiol.2013.266999 [doi]

49. Little, J. P., Chilibeck, P. D., Ciona, D., Forbes, S., Rees, H., Vandenberg, A., & Zello, G. A. (2010). Effect of low- and high-glycemic-index meals on metabolism and performance during high-intensity, intermittent exercise. *International Journal of Sport Nutrition and Exercise Metabolism, 20*(6), 447-456.

50. Little, J. P., Forbes, S. C., Candow, D. G., Cornish, S. M., & Chilibeck, P. D. (2008). Creatine, arginine alpha-ketoglutarate, amino acids, and medium-chain triglycerides and endurance and performance. *International Journal of Sport Nutrition and Exercise Metabolism, 18*(5), 493-508.

51. Manders, R. J., Little, J. P., Forbes, S. C., & Candow, D. G. (2012). Insulinotropic and muscle protein synthetic effects of branched-chain amino acids: potential therapy for type 2 diabetes and sarcopenia. *Nutrients, 4*(11), 1664-1678. 10.3390/nu4111664 [doi]

52. Mills, S., Candow, D. G., Forbes, S. C., Neary, J. P., Ormsbee, M. J., & Antonio, J. (2020). Effects of Creatine Supplementation during Resistance Training Sessions in Physically Active Young Adults. *Nutrients, 12*(6), 10.3390/nu12061880. E1880 [pii]

53. Paiva, J. M., Souza, C., Valle, V. O., Forbes, S. C., Pereira, R., & Machado, M. (2020). Creatine monohydrate enhanced fixed and planned load reduction resistance training without altering ratings of perceived exertion. *Journal of Exercise and Nutrition, 3*(3)

54. Pereira, C. G. M., Santana, E. R. S., Ramos, J. E. R., da Silva, H M B S, Nunes, M. A. P., Forbes, S. C., & Santos, H. O. (2020). Low Serum Zinc Levels and Associated Risk Factors in Hospitalized Patients Receiving Oral or Enteral Nutrition: A Case-Control Study. *Clinical Therapeutics,* S0149-2918(20)30554-3 [pii]

55. Pialoux, V., Genevois, C., Capoen, A., Forbes, S. C., Thomas, J., & Rogowski, I. (2015). Playing vs. nonplaying aerobic training in tennis: physiological and performance outcomes. *PloS One, 10*(3), e0122718. 10.1371/journal.pone.0122718 [doi]

56. Raeisi-Dehkordi, H., Amiri, M., Zimorovat, A., Moghtaderi, F., Zarei, S., Forbes, S. C., & Salehi-Abargouei, A. (2020). Canola oil compared with sesame and sesame-canola oil on glycaemic control and liver function in patients with type 2 diabetes: A three-way randomized triple-blind cross-over trial. *Diabetes/Metabolism Research and Reviews,* , e3399. 10.1002/dmrr.3399 [doi]

57. Sarshin, A., Fallahi, V., Forbes, S. C., Rahimi, A., Koozehchian, M. S., Candow, D. G., Kaviani, M., Khalifeh, S. N., Abdollahi, V., & Naderi, A. (2021). Short-term co-ingestion of creatine and sodium bicarbonate improves anaerobic performance in trained taekwondo athletes. *Journal of the International Society of Sports Nutrition, 18*(1), 10-7. 10.1186/s12970-021-00407-7 [doi]

58. Sarshin, A., Naderi, A., da Cruz, C J G, Feizolahi, F., Forbes, S. C., Candow, D. G., Mohammadgholian, E., Amiri, M., Jafari, N., Rahimi, A., Alijani, E., & Earnest, C. P. (2020). The effects of varying doses of caffeine on cardiac parasympathetic reactivation following an acute bout of anaerobic exercise in recreational athletes. *Journal of the International Society of Sports Nutrition, 17*(1), 44-6. 10.1186/s12970-020-00373-6 [doi]

59. Sheyklouvand, M., & Forbes, S. C. (2018). Aerobic capacities, anaerobic power, and anthropometric characteristics of elite female canoe polo players based on playing position. *Sports Sciences for Health, 14*(1), 19-24.

60. Slade, S. C., Dionne, C. E., Underwood, M., Buchbinder, R., Beck, B., Bennell, K., Brosseau, L., Costa, L., Cramp, F., Cup, E., Feehan, L., Ferreira, M., Forbes, S., Glasziou, P., Habets, B., Harris, S., Hay-Smith, J., Hillier, S., Hinman, R., . . . White, C. (2016). Consensus on Exercise Reporting Template (CERT): Modified Delphi Study. *Physical Therapy, 96*(10), 1514-1524. ptj.20150668 [pii]

61. Tyndall, A. V., Argourd, L., Sajobi, T. T., Davenport, M. H., Forbes, S. C., Gill, S. J., Parboosingh, J. S., Anderson, T. J., Wilson, B. J., Smith, E. E., Hogan, D. B., Hill, M. D., & Poulin, M. J. (2016). Cardiometabolic risk factors predict cerebrovascular health in older adults: results from the Brain in Motion study. *Physiological Reports, 4*(8), 10.14814/phy2.12733. 10.14814/phy2.12733 [doi]

**Book Chapters (5):**

1. Nutritional strategies to promote muscle mass and function across the health span. E-book. Frontiers in Nutrition and Frontiers in Physiology. Chapter.
2. Role of Dairy Foods in Sport Nutrition. Chapter. Sara Beigrezaei, **Scott C. Forbes**, Mojtaba Kaviani, Brian D. Roy, Amin-Salei-Abargouei. Dairy Foods as Sport Drink, Dairy Foods: Processing, Quality, and Analytical Techniques. Publisher: Elsevier. Under Review.
3. Clinical Nutrition and Aging: Sarcopenia and Muscle Metabolism. Publisher: CRC press. Chapter. Ralph J. Manders, Jonathan P. Little, **Scott C. Forbes** and Darren G. Candow. Insulinotropic and Muscle Protein Synthetic Effects of Branched-Chain Amino Acids: Potential Therapy for Type 2 Diabetes and Sarcopenia. **2017**
4. Arginine in Clinical Nutrition. Publisher: Springer. Chapter: **Forbes, SC.** Oral L-arginine supplementation in young males: endocrinology, metabolic, and physiological responses at rest and during exercise. **2016**
5. Foods and Dietary supplements in the prevention and treatment of disease in older adults: Publisher: Springer: **Chapter: Forbes, SC**., Candow, DG., McLeod K.Sarcopenia – Potential beneficial effects of creatine supplementation. **2015. https://www.sciencedirect.com/science/article/pii/B978012418680400004X**

**Knowledge Translation:**

July 2011 - The acute effects of a low and high dose of oral L-arginine supplementation in young active males at rest. Canadian Society for Exercise Physiology.

**Presentations (Poster/Oral Presentations at Conferences)**

33. Koozehchian, M, Sarshin A, Fallahi V, Rahimi A, Kaviani K, **Forbes S,** Candow DG, Artioli

G, Naderi A. The acute caffeine ingestion improved performance during traditional and

cluster-based resistance training models in resistance-trained male athletes. Experimental

biology, 2021.

32. Koozehchian, M, Sarshin A, Fallahi V, Rahimi A, Kaviani K, **Forbes S,** Candow DG, Artioli

G, Naderi A. Effect of creatine and sodium bicarbonate supplementation on exercise

performance in elite taekwondo players. Experimental Biology, 2020. FASEB Journal

34(S1):1.

31. Kennedy, MD, **Forbes, SC,** Falk Neto J. Does the mixed relay triathlon affect respiratory

function in healthy junior triathletes? 2020. Medicine and Science in Sports and Exercise

52(7S), 58-59.

30. Falk Neto, **Forbes, SC,** Kennedy, MD. Relationship between mixed relay performance and

physiological measures of fatigue and metabolism in junior triathletes. 2020. Medicine and

Science in Sports and Exercise, 52(17), 67.

29. **Forbes SC,** Krentz, JR, Candow, DG. Body fat changes following creatine and resistance

training in older adults: a meta-analysis. November 7, 2019. Canadian Society for Exercise

Physiology annual conference. Kelowna, BC, Canada.

28. **S.C. Forbes**, D. Candow. (2017). Meta-Analysis: Timing of creatine supplementation and

resistance training. Canadian Society for Exercise Physiology Annual Conference. Winnipeg,

Manitoba, Canada.

27. N. Sletten, **S.C. Forbes**, C. Durrer, D. Candow, and J.P. Little. (2015). The effects of

creatine and high intensity interval training on cardiorespiratory fitness, performance, and

body composition in young females. Applied Physiology, Nutrition, and Metabolism,

40(9(suppl. 1)):S1-S169. Canadian Society for Exercise Physiology Annual Conference.

Hamilton, Ontario, Canada.

26. Cardiometabolic risk factors clustered around metabolic syndrome and apolipoprotein E

genotype predict cerebrovascular health in older adults: results from the *Brain in Motion*

study. Amanda V. Tyndall, Laurie Argourd, Tolulope T. Sajobi, Margie H. Davenport, **Scott**

**C. Forbes**, Stephanie J. Gill, Jillian S. Parboosingh, Todd J. Anderson, Ben J. Wilson, Eric E.

Smith, David B. Hogan, Michael D. Hill and Marc J. Poulin. Society for Neuroscience

conference to be held October 17-21 in Chicago.

25. Noel-Storr A., Ware J., Gouda P., Hull M., Jackson D., Murrieta Alvarez I, **Forbes S.,** Rutjes

A. Using innovative methods in trial identification for 12 Cochrane Intervention Reviews.

Cochrane Colloquium 2016.

24. Forbes, D., Thiessen, E., Blake, C. **Forbes, SC**, & Forbes, S.What does the evidence tell us

about physical activity for persons with dementia? **Oral.** Annual Scientific and Educational

Meeting of the Canadian Association on Gerontology, 2013, Halifax, Nova-Scotia.

23. Ainsley, EN., **Forbes, SC.,** Raymond, DA., DeLorey, DS. Does exercise training alter leg

sympathetic vasoconstrictor responsiveness at rest and during exercise? Canadian Society for

Exercise Physiology, 2013, Toronto, Ontario.

22. Forbes, D., Thiessen, E., Blake, C. **Forbes, SC**, & Forbes, S. (2013). Promising findings:

The effects of physical activity on persons with dementia. Optimal Aging Through Research,

The Gerontological Society of America’s 66th Annual Scientific Meeting. November 20-24,

2013, New Orleans.

21. E.N. Ainsley, **S.C. Forbes,** D.A. Raymond, D.S. DeLorey. **Poster.** Within-day

reproducibility of the mean arterial blood pressure and leg vascular conductance response to

isometric hand grip and cold-pressor test. Canadian Society for Exercise Physiology, 2012,

Regina, Saskatchewan.

20. **S.C. Forbes,** V. Harber, G.J. Bell. **Oral.** Can L-arginine supplementation combined with

acute aerobic exercise enhances growth hormone and its associated metabolic and

physiological responses? Canadian Society for Exercise Physiology, 2012, Regina,

Saskatchewan.

19. **S.C. Forbes**, V. Harber, G.J. Bell. **Poster.** L-arginine Combined With Resistance Exercise

On Growth Hormone, Growth Hormone Secretagogues, and Insulin-like Growth Factor-1.

American College of Sports Medicine, 2012, San Francisco, California, USA.

18. P.D. Chilibeck, G.A. Zello, J.P. Little, C. Bennett, D. Ciona, S. Abeysekara, H.

Vatanparast, J. Rooke, H. Rees, **S.C. Forbes**, T. Barss, & A. Vandenberg. **Poster.**

Development of a Lentil-based Sports Nutrition Bar for Endurance Athletes.

Canadian Athletic Therapists Association conference, 2011, Banff, Alberta.

17. **S.C. Forbes,** G.J. Bell, M. Kennedy, & N. Boule. **Poster.** Determination of the

Optimal Resistance Setting for Upper Body Anaerobic Testing in Trained and

Untrained Males. Canadian Society for Exercise Physiology, 2010, Toronto, Ontario.

16. **S.C. Forbes,** G.J. Bell. **Poster.** Dose response characteristics of L-arginine

supplementation in young healthy humans at rest. Canadian Nutrition Society, 2010,

Edmonton, Alberta.

15. **S.C. Forbes,** S. Tibbo, M.D.  Kennedy and G. Bell Time motion analysis and

physiological characteristics of international canoe polo players. **Oral.** Canadian

Society for Exercise Physiology, 2009, Vancouver, British-Columbia.

14. **S.C. Forbes,** G. Bell, G. Scime, W. Rodgers, K. Courneya, C. Wild. **Poster.** Do

individuals who choose an exercise program get fitter and healthier? Canadian

Society for Exercise Physiology, 2008, Banff, Alberta.

13. D. Ciona, J.P. Little, P.D. Chilibeck, **S.C. Forbes**, Albert Vandenberg. **Poster.** The effects

of a lentil meal before a soccer match on digestive symptoms and ratings of perceived

exertion. Health Science Fair, University of Saskatchewan, Saskatoon. 2008.

12. D.M. Ciona, J.P. Little, P.D. Chilibeck, **S.C. Forbes**, A. Vandenberg, G.A. Zello.

Acceptance and effects on metabolism and performance of lentils as a soccer-specific pre-

exercise meal. Canadian Society for exercise physiology, 2008, Banff, Alberta.

11. G.A. Zello, P.D. Chilibeck, A. Vandenberg, J.P. Little, D. Ciona, & **S.C. Forbes**. **Poster.**

Lentils to enhance soccer performance. Pulse Food Symposium Proceedings, Pulse Canada,

Toronto, Ontario, 1(1):7, January 2008.

10. **S.C. Forbes**, D. Fuller, J. Krentz, J.P. Little, & P. Chilibeck. **Poster.** Anthropometric and

Physiological Predictors of Flat-Water 1000 meter Performance in Young Adolescent

Kayakers. Canadian Society for exercise physiology (2007), London, Ontario.

9. **S.C. Forbes,** P.D. Chilibeck, B. Craven, & Y. Bhambhani. **Poster.** Comparison of a double

poling ergometer and field test for cross country sit skiers. Canadian Society for exercise

physiology (2007), London, Ontario.

8. J.P. Little, **S.C. Forbes,** D.G. Candow, P.D. Chilibeck. **Poster.** Effect of a nutritional

supplement containing creatine monohydrate and arginine alpha-ketoglutarate on Wingate

and bench press performance. Canadian Society for exercise physiology (2007), London,

Ontario.

7. **S.C. Forbes**, D.G. Candow, J.P. Little, & P.D. Chilibeck. **Poster.** Effects of a Nutritional

Supplement Containing Creatine Monohydrate and Arginine Alpha-Ketoglutarate in Young

Males. American College of Sports Medicine (2007), New Orleans.

6. D. Candow, **S.C. Forbes,** J.P. Little, C. Magnus, & P.D. Chilibeck. **Poster.** Effect of Red

Bull Energy Drink on Wingate Cycling Performance and Muscular Endurance. American

College of Sports Medicine (2007), New Orleans.

5. **S.C**. **Forbes,** P.D. Chilibeck, B. Craven, & Bhambhani, Y. (2006). **Poster**: Comparison of a

Double Poling Ergometer and Field Test for Assessing Peak Oxygen Uptake in Sit Skiers.

Canadian Society for Exercise Physiology, Halifax, NS.

4. D. Candow, **S.C. Forbes,** C. Magnus, J.P. Little, & P.D. Chilibeck. (2006). **Poster:** Effect of

Red Bull Energy Drink on Wingate Cycling Performance and Muscular Endurance. Canadian

Society for Exercise Physiology, Halifax, NS.

3. **S.C.** **Forbes,** P.D. Chilibeck. (2005). **Oral**: Validation of a Kayaking Ergometer Protocol for

Evaluating Peak Oxygen Consumption. Saskatchewan Exercise Science Association, Regina.

2. D. Forbes, D. Morgan, B. Janzen, H.J. Biem, S. Peacock, J. Adamson, N. Pelletier, & **S.C.**

**Forbes** (April 7-9, 2005). **Poster**: Older Canadians with Dementia: Use of Health Care

Services. Alzheimer Society of Canada 27th National Conference, Regina, SK.

1. D.A. Forbes, D. Morgan, B. Janzen, H.J. Biem, S. Peacock, J. Adamson, N. Pelletier, & **S.C.**

**Forbes.** (2004). **Poster**: Canadians with Alzheimer Disease: Prevalence and Utilization of

Health care Services. Promoting the Health of an Aging Population: GSA 57th Annual

Scientific Meeting. Washington, DC, November 19-23. Gerontological Society of America.

**Invited Symposium Chair at national conferences**

1. Canadian Society for Exercise Physiology, 2012, Regina, Saskatchewan. Free communication: Nutrition and Physical Performance.

2. Canadian Society for Exercise Physiology, 2017, Winnipeg, Manitoba. Free Communication: Nutrition.

**Research Funding**

At Brandon University:

P.I. **Scott Forbes,** Co-Investigator Darren Candow. Creatine supplementation on golf drive distance and functional indices of golf performance. Brandon University Research Committee grant. 2021. $4947.68

P.I. **Scott Forbes.** Co-ingestion of creatine and protein during resistance training on gains in hypertrophy and strength: a narrative review. Brandon University Mobilization Grant. 2021. $2000.00.

P.I. **Scott Forbes**.Co-Investigator Joel Krentz. The effect of creatine timing on resistance training adaptations. A within-subject design. Brandon University Research Committee grant. 2017-2018. $7500.00

P.I. Joel Krentz. Co-Investigator **Scott Forbes.** Emphasized eccentric training on muscle thickness, strength, and functional performance in older adults. Brandon University Research Committee grant. 2017-2018. $7487.23



**Certifications and Professional Organization Memberships**

* **Clinical Exercise Physiologist**: Canadian Society for Exercise Physiology (CSEP)
* **Performance Specialist**: Canadian Society for Exercise Physiology (CSEP)
* Canadian Society for Exercise Physiology (CSEP) – **Certified Personal Trainer** **Instructor/Examiner.**
* **International Society for Sport Nutrition (ISSN) –** Member
* **American Physiological Association –** Member
* Level 1 National Coaching Certification Program (NCCP)-Canoe Kayak
* Level 2 NCCP Technical and Theory-Canoe Kayak
* Level 1 NCCP Technical-Gymnastics
* Level 1 NCCP Technical-Track and Field

**Research Connection**

Research Connection – Brandon University. Get fit quickly. Can Creatine Help?

*https://www.brandonu.ca/research-connection/rc-article/get-fit-quickly-can-creatine-help/*

Research Connection – Brandon University. Not just for muscle! Creatine supplementation and fat loss in older adults. January 2020. https://www.brandonu.ca/research-connection/article/not-just-for-muscle-creatine-supplementation-and-fat-loss-in-older-adults/

**Supervisory Committee Roles**

1. Supervisory Committee member – Scotty Mills. Title: Effects of creatine monohydrate supplementation during resistance training in trained young adults. University of Regina.

M.Sc. Completed.

2. Supervisory Committee member – Avery Pakulak. Title: Effects of creatine and caffeine co-supplementation on muscle mass and muscle performance in trained young adults. University of Regina. M.Sc. Completed.

3. Supervisory Committee member – Sara Butchart. Title: The effects of creatine monohydrate supplementation and resistance training in stroke survivors. University of Regina. M.Sc. Completed.

4. Supervisory Committee member – Joao Falk Neto. PhD. Candidate. University Alberta. 2019-Present.

5. Supervisory Committee member – Jessica Lewgood. Title: Nutritional interventions (creatine, protein) and exercise in postmenopausal women with Type II diabetes. University of Regina. 2020-present.

6. Supervisory Committee member – Rayna Sharma – Caffeine and Altitude. University of Alberta. 2020-present.

7. Supervisory Committee member – Luis Ferreira – Creatine supplementation in older adults, Brazil

**Academic Honors and Awards**

* Scholarly and Creative Activity Award – Okanagan College. 2016.
* Queen Elizabeth II Ph.D. Scholarship $15,000 (2011-2012)
* Queen Elizabeth II Ph.D. Scholarship $15,000 (2010-2011)
* Queen Elizabeth II Ph.D. Scholarship $15,000 (2009-2010)
* Sport Medicine Council of Alberta (SMCA) sport scientist (2009), $500
* 2001 Edmonton World Master Games Scholarship (2009), $1000
* SMCA sport nutrition (2009), $500
* University of Alberta Recruitment Scholarship, 2007-present: $20,000/year
* Art Quinney 2007-2008- $3000
* Dean’s Award 2006-2007 – $18,000/year
* Dean’s Medal 2005- $1000 (highest graduating average)
* Canadian Society for Exercise Physiology Medal-2005
* University of Saskatchewan Academic award 2004 - $1500
* University of Saskatchewan Academic award 2004 - $3000

***Teaching***

**Courses Taught**

* **05:351** Fitness Testing/Prescription Laboratory – Brandon University
* **05:251** Fitness Theory and Practice – Brandon University
* **05:454** Introduction to Applied Biomechanics – Brandon University
* **05:370:** Health Education – Brandon University.
* **05:176** Resistance Training –Brandon University.
* **05:373** Anatomy –Brandon University.
* **05:479** Exercise Physiology and Labs Brandon University.
* **HKIN 241:** Introduction to Athletic Injuries - Okanagan College
* **HKIN 230:** Motor Control and Learning - Okanagan College
* **HKIN 111:** Health and human nutrition – Okanagan College
* **HKIN 273:** Fitness Assessment and Prescription – Okanagan College
* **HKIN 275:** Exercise Physiology – Okanagan College
* **HKIN 103:** Active Health – Okanagan College
* **PEDS 335**: Advanced Conditioning Methodology – University of Alberta
* **PEDS 334**: Body Composition, Nutrition, and Physical Activity – University of Alberta

**Teaching Assistant**

* **PEDS 200**: Physiology of Exercise: University of Alberta
* **HEED 311**: Assessment of Fitness and Health: University of Alberta
* **KIN 121.3**: Functional Effects of Physical Activity: University of Saskatchewan
* **KIN 225.3**: Introductory Exercise Physiology 1: University of Saskatchewan
* **KIN 226.3**: Introductory Exercise Physiology 2: University of Saskatchewan
* **KIN 381.3**: Adult Fitness and Exercise Management 1: University of

Saskatchewan

* **KIN 382.3**: Adult Fitness and Exercise Management 2: University of

Saskatchewan

**Guest Lecturer**

* Fitness Testing and Prescription Lab – Brandon University (2021)
* **Fundamentals of Inquiry** – Brandon University (2020).
* **PENT Health Education –** Brandon University.
* **Kennesaw State –** Sport Nutrition Graduate level course (2019/2020).
* **University of Hertfordshire –** Sport Nutrition (2020)
* **Foundations –** Brandon University (2020) – Personality and Sport Lecture.
* **KNES 495:** Physiological aspects of aging, disease and physical activity: University of Calgary
* **PEDS 518:** Hormonal Response to Exercise: Graduate Level Course:

University of Alberta

* **PEDS 200:** Physiology of Exercise: University of Alberta
* **HEED 311**: Assessment of Fitness and Health: University of Alberta
* **PEDS 409**: Introduction to Research: University of Alberta
* **PEDS 334**: Body Composition, Nutrition, Physical Activity: University of

Alberta

* **PEDS 412/512**: Selected Topics in Advance Exercise Physiology:

University of Alberta

* **AFNS 524**: Nutrition and Metabolism Related to Cancer: University of Alberta
* **PEDS 200:** Physiology of Exercise: Grant MacEwan

***Service***

**Service to the University**

* **Brandon University – Campus Recreation Director hiring committee – 2020-2021**
* **Brandon University Dean of Arts hiring committee – 2020-2021**
* **Brandon University Research Ethics Committee (BUREC) – 2020-present**
* **Brandon University Senate -2020-present**
* **Brandon University Research Committee (BURC) – 2019-2020**
* **Brandon University – University Tenure Committee – 2020-present**
* **Faculty of Education Research Committee - 2020**
* **Faculty of Education Fall Planning Committee (Covid-19) - 2020**
* **Brandon University Senate Bylaw Policy Review Committee - 2021**
* **Brandon University Physical Education Club (BUPEC) - 2018-present**
* **Acting Department chair (on various occasions) – 2017-present**
* **Faculty of Education – Professional Development. Invited Speaker. Sept. 28, 2018.**
* **Brandon University – Healthy Living Centre: Personal Trainer hiring committee - 2019**
* **Assisted with the development of fitness testing protocols and standardized testing for Bobcat athletes: 2017-2019**

**National Organization Committees**

* **Canadian Society for Exercise Physiology CEP subcommittee 2019-2020**
  + **I was involved in the revised version of the Clinical Exercise Physiology study guide. This was a large undertaking.**
* **Canadian Exercise Science Collegium – 2018 to present**
* **Canadian Society for Exercise Physiology – Performance Specialization working group lead (2019-2020)**
  + **This service was a career service highlight. I developed all the lecture material and examination questions for the new high performance specialization which is now launched through the Canadian Society for Exercise Physiology. This service work took an enormous amount of time.**

**Service to the community**

* **Fitness Consultant,** Sport Health Assessment Center, Edmonton, Alberta, Sept 2007-2012.
* **Fitness Consultant,** Edmonton Police, Fitness Assessments, Alberta, 2009.
* **Athlete Testing,** FC Edmonton, Edmonton, Alberta, 2011.
* **Athlete Testing,** Edmonton Oilers, Edmonton, Alberta, 2008-2010.
* Brandon Youth Soccer Association – Head Coach (2019)
* MPHETE – Lecture on inclusive education (January 2020) – Winnipeg.
* Organizing Committee for the Exercise Physiology of Western Canada (EPOWC)

Conference 2011 (Edmonton, Alberta).

* Speaker for Employ-Abilities (a group with physical and or mental disabilities learning

skills to find and maintain a job) on the benefits of Physical Activity (2008-present).

* Head Coach: Men's National Canoe Polo team (2011-2012)
* Strength and Conditioning Coach: Men's and Women's National Canoe Polo Team, 2007-2010.
* International Society for Sport Nutrition Annual Conference – Poster Judge. 2019
* Triathlon Taren Podcast: https://triathlontaren.com/scottforbes/
* Earth Fed Muscle Podcast: https://www.garagestrength.com/blogs/news/creatine-and-sports-performance.
* Doctors formula scientific advisor: 2018-2020
* Sport Manitoba Presentation on Brain Health. 2018.
* Sport Manitoba Presentation on Evidence Based Nutrition: 2018.
* Research connection podcast – BU CARES. https://www.brandonu.ca/bu-cares/podcasts/not-just-for-muscle-creatine-supplementation-and-fat-loss-in-older-adults/
* Institute of Performance Nutrition podcast. We do science podcast. https://podcasts.apple.com/is/podcast/creatine-myths-common-questions-dr-scott-forbes-phd/id885246231
* Rise and Shine Podcast: https://www.listennotes.com/podcasts/rise-shine/do-supplements-actually-work-jWQERUnL53v/
* Colin Doherty Podcast. https://www.youtube.com/watch?v=xtlOL-EvrCA
* Renegrade podcast: The truth behind creatine and why you should be taking it. https://www.renegademovementandperformance.com/podcast/creatine-with-scott-forbes
* Tacito Junior podcast: Live on Instagram (2020)
* The fight science podcast. https://thefightdietitian.com/making-weight-and-creatine-what-you-need-to-know-with-dr-scott-forbes/
* Johanna Colin – live on Instagram (2020)
* Strength Jedi: <https://thestrengthjedi.com/strength-jedi-council-webinar-series-april-2020>
* Brosdoscience: <https://www.youtube.com/watch?v=pwBAW1Mytr4>
* FireSQfitness blog: <https://www.firesqfitness.com/post/creatine>
* Earth Fed Muscle Blog: <https://www.earthfedmuscle.com/blogs/articles/eight-things-i-learned-from-dr-scott-forbes-about-creatine>
* KinetcMD: <https://kinectmd.ca/onboarding/?redirect_to=https%3A%2F%2Fkinectmd.ca%2F2020%2F10%2F10%2Funderstanding-creatine-with-dr-scott-forbes%2F>
* Erik Bustilo: <https://player.fm/series/education-with-erik-b/scott-forbes-phd-scottforbes14-on-twitter-talks-arginine-creatine-and-research>
* KC performance: <https://kc-performance.com/hiit-nutrition-context/>
* Iran Research Week – International research highlight: Dec. 3, 2020.
* Invited lecture on Physical Activity for Health: University of Guilan. December 6, 2020
* Westman Hope presentation: <https://www.mdacbrandon.com/westman-hope>
* 4th Shift Fitness Podcast: The Most Misunderstood Supplement: Creatine is for Firefighters <https://www.4thshiftfitness.com/tailboard-talk-a-4th-shift-fitcast> January 27, 2021.
* TeamTriTech podcast. February 1st, 2021. <https://podcasts.apple.com/gb/podcast/tritech-triathlon-performance-podcast/id1537179861>
* Interview: Nutrition Business Journal. February 5, 2021. The next ingredient to escape the weight room? Long a standard in the weight room, creatine may be inching closer to the mainstream. https://store.newhope.com/products/march-2020-active-lifestyle?\_pos=1&\_sid=8c78e7700&\_ss=r
* Nutritional consultations: 2018-present; Examples,
  + Brandon University Men’s curling team.
  + Dallas Cowboys.
  + Individual student athletes.
* Volleyball Coaching Submit (Brandon University): February 27, 2021. <https://gobobcats.ca/news/2021/2/2/virtual-volleyball-coaching-summit-set-for-feb-27.aspx?fbclid=IwAR06_fIQrketwcm6jC1oAfPhJd65-QBhMARmx-GcFNMdPgtDOCJH47Ft5Mg>
* Strength and Condition Seminar: University of Tehran. February 12, 2021.
* Muscle Mike podcast. February 17, 2021.
* Salma Hayder podcast March 2, 2021.

**Service to the academic community**

**Reviewer**

Editorial board - Nutrients

Review Editor – Frontiers in Nutrition: Sport and Exercise Nutrition

Review Editor – Frontiers in Physiology: Exercise Physiology

Editorial board – Journal of the Society for Neurosports

Editorial board – Critical comments in biomedicine: An international review journal

* International Journal of Exercise Science: (4 manuscripts)
* Medicine Science in Sports and Exercise (2 manuscripts)
* Research in Sports Medicine: An International Journal: (1 manuscript)
* Journal of Sports Sciences: (2 manuscript)
* Journal of Aging and Physical Activity (4 manuscript)
* Journal of Applied Gerontology (3 manuscript)
* European Journal of Sport Science (1 manuscript)
* Neurobiology of Aging (2 manuscript)
* Nutrients (4 manuscript)
* Journal of Diabetes Research and Clinical Metabolism (1 manuscript)
* Journal of Strength and Conditioning Research (3 manuscript)
* The Journal of Nutrition, Health and Aging (6 manuscript)
* Agro Foods (2 manuscript)
* BMC Geriatrics (1 manuscript)
* British Journal of Psychiatry (1 manuscript)
* Applied Physiology Nutrition Metabolism (4 manuscript)
* British Journal of Nutrition (2 manuscript)
* Frontiers in Physiology (12 manuscripts)
* Frontiers in Nutrition (2 manuscript)
* PlosOne (3 manuscript)
* Medical Hypotheses (1 manuscript)
* Journal of Science and Medicine in Sport (3 manuscript)
* International Journal of Sport Nutrition and Exercise Metabolism (3 manuscripts)
* Journal of the International Society of Sport Nutrition (1 manuscript)

**Invited External Reviewer:**

* University of Saskatchewan, Faculty of Medicine. COMRAD grants. 2020.
* NSERC – External reviewer: Discovery Grant. Title of proposal: Understanding the regulation of cellular creatine content. November 17, 2019.
* Mitacs proposal: How does Canada succeed in the ultra-short triathlon events: examining the physiological characteristics and recovery strategies to enhance performance in the mixed relay event for 2020 and beyond.
* Mitacs proposal: Investigating the effect of novel nutritional compounds on skeletal  
  muscle protein synthesis and growth in vivo.
* Invited reviewer: King Fahd University of Pertroleum and Minerals, Dhahran-Saudi Arabia. Title of proposal: Effect of Resistance Training on the Selected Physical and Physiological Variables of the Male Students. 2015
* Invited reviewer: King Fahd University of Pertroleum and Minerals, Dhahran-Saudi Arabia. Title of proposal: Relationship and comparison of training design and sports injuries. 2017

**Invited Talks**

1. Euro League Players' Association in conjunction with ELPA Performance Advisory Board. ELPA Performance International Congress (EPIC) - May 29th 2021. Creatine supplementation for muscle and brain health in basketball playes.
2. Bloomsburg University: Virtual Seminar Series: Department of Exercise Science. The king of supplements: Creatine for health and performance. February 24, 2021.
3. University of Bogata: Creatine supplementation for health and performance. February 10, 2021.
4. The single most important factor for health. University of Tehran. December 6, 2020.
5. Second International Sport Nutrition Congress of Iran. Performance and Therapeutic impact of creatine. November 11, 2020.
6. International Conference on Taekwondo. Creatine Supplementation for Taekwondo Athletes: Science to Practice. September 4, 2020.
7. American College of Sports Medicine, Special Interest Group: Combat sports. Creatine supplementation: practical strategies and considerations for mixed martial arts.
8. International Society of Sports Nutrition – Webinar. Creatine – Does creatine make you smarter. July 8, 2020.
9. Exercise and Nutrition to Enhance Cognition. Sport Nutrition Conference. September 15, 2018, Regina, Saskatchewan Canada.
10. **Forbes, SC.** New insights into the role of creatine supplementation on health and performance. Science Seminar. Brandon University. January 24, 2019.
11. **Forbes, SC.** Performance and therapeutic impact of creatine supplementation. Research Seminar Series. University of Manitoba. Health, Leisure, and Human Performance Institute. March 15, 2018.
12. **Forbes, SC.** Maximizing brain health: important role of exercise and nutrition. Sport Nutrition, health and performance conference. University of Regina. September 15, 2018.
13. **Forbes, SC.** New insights into the role of creatine supplementation on health and performance. September 14, 2018. University of Regina, Kinesiology Health Studies Fall Research Seminar.
14. **Forbes SC.** Lies, Fries, and Chicken Thighs. Presented on behalf of **Jose Antonio.** September 15, 2017 – ISSN Canada. Regina, Saskatchewan.
15. Triathlon Canada. Edmonton. July 23. 2019.
16. Society of Neuro Sports. Florida. November 15-16, 2019.
17. International Society of Sport Nutrition. Edmonton. July 25, 2020.
18. Exercise testing and guidelines in older adults. Edmonton lifelong learners association: ELLA. Edmonton, Alberta, 2011.
19. Ergometry for Training and Testing: Monitoring Performance. The International *e*-Conference on Kinesiology and Integrated Physiology. Symposium. Alternative training methodologies: Non-conventional training applications to accomplish conventional training goals. 2010.

Indigenous Activities

* Decolonizing Physical Activity and Sport. February 26, 2021. Roundtable discussion.