

## **2022-23 Edwin M. Moseley Faculty Lectureship Award Recipient**

**Paul J. Arciero**  
**Professor, Health and Human Physiological Sciences Department**

The Faculty Development Committee is pleased to announce Paul Arciero as the 2022-23 recipient of the Edwin M. Moseley Faculty Leadership Award. It is difficult to summarize in a single page the scholarship, research, and publishing that Paul Arciero has undertaken over his 28 years at Skidmore. His research findings are widely published and broadcast across a far-reaching array of media, and cited by health professionals internationally. The list of media outlets publishing and citing Paul's findings reveals how his research informs public health, and also the cultural appetite for meaningful research on dietary health and exercise science.

In a broad sense, Professor Arciero's research and scholarship is focused on systematic changes to diet and physical activity, and the resulting measurable improvements to heart health, body composition, and metabolism. This research is all the more critical in a time when the prevalence of processed foods and lack of physical activity leaves people at a higher risk for serious health concerns. An offshoot of this research is Paul's significant contributions to current thinking on sports nutrition, physical fitness, and athletic performance. In addition to this valuable research, Paul has also been involved with innovative research relating to neuro-exergaming and its impact on Alzheimer's Disease and other forms of dementia.

Paul has published his research findings at an impressive pace throughout his tenure at Skidmore. He has published over 60 articles in respected peer-reviewed journals, and over 80 scientific abstracts. Many of his published articles have reached "Classic" status, meaning they've been cited by other scientists over 100 times. One of Paul's position papers, published in *The Journal for the International Society for Sports Nutrition*, has been cited by fellow scientists over 500 times. In the scientific world, the high bar for measuring quality of research and findings is acknowledgment and citations from peers in your field. His research and clinical studies are in-depth, and he often spends nearly a year collecting data alone. Throughout his time at Skidmore, Paul has excelled at securing external funding to support his ambitious research agenda. To date, he has secured over \$1.7 million in grant funding, competing with faculty researchers from prestigious R1 institutions. These projects frequently include Skidmore students and provide them with hands-on experience in research methodologies as well as opportunities to disseminate results at national conferences.

A list doesn't do justice to the in-depth research that Paul has undertaken while teaching at Skidmore. Nonetheless, a few of the peer-reviewed journals that have disseminated this research include *Frontiers in Physiology*, *The American Journal of Preventative Medicine*, *Metabolism: Clinical and Experimental*, and the journal *Nutrients*. Mainstream media coverage of Paul's research has also been widespread. Outside magazine, The Huffington Post, and Muscle and Fitness magazine have all referenced Paul's clinical studies and findings. These are just a few of a long list of outlets that have helped bring Paul's research to the broader public. A great strength in Paul's writing is his ability to relay his findings in understandable ways that are meaningful to the layperson. This is all the more important given the impact his research has on public health and policy.

Paul has consistently been a model teacher and scholar of the highest caliber. It is a great privilege to count him as a faculty member and colleague at Skidmore. From the Faculty Development Committee and the entire Skidmore community, we offer Paul our heartfelt congratulations!