

Andrew W. Best

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PROFESSIONAL APPOINTMENTS

- 2021- Assistant Professor, Department of Biology, Massachusetts College of Liberal Arts, North Adams, MA
- 2021 Visiting Lecturer in Biological Sciences, Mount Holyoke College, South Hadley, MA.
- 2017-2020 Instructor and co-creator, Anthropology First Year Seminar: The Human Species. University of Massachusetts.
- 2015-2020 Lab Coordinator, Physical Anthropology wing, University of Massachusetts Department of Anthropology.
- 2014-2018 Instructor, Anthropology 103: Human Origins and Variation. Online course through Continuing and Professional Education, University of Massachusetts.
- 2012-2021 High School Biology Teacher, Pioneer Valley Chinese Immersion Charter School, Hadley, MA.
- 2013-2015 Teaching Assistant, Anthropology 103: Human Origins and Variation. University of Massachusetts.
- 2013 High School Biology Teacher, summer school. Amherst Regional High School, Amherst, MA.
- 2013 Test question writer, Pearson Education, Hadley, MA.
- 2010-2012 Biology Teacher, Easthampton High School, Easthampton, MA.
- 2007-2010 Biological Science Teacher, Academy at Swift River, Cummington MA.
- 2006-2007 Biology Teacher and Track Coach, Manchester High School, Manchester CT.

EDUCATION

- 2021 Ph.D., Anthropology, University of Massachusetts
- 2016 M.A., Anthropology, University of Massachusetts
- 2006 M.A., Teaching, Quinnipiac University
- 2004 B.S., Biology, Saint Michael's College

GRANTS

- 2019 Wenner-Gren Foundation Dissertation Fieldwork Grant, PI (with Jason Kamilar, University of Massachusetts, Faculty Advisor). “Diversity and evolution of human eccrine sweat gland density” (\$10,524)
- 2019 Leakey Foundation Research Grant, PI (with Jason Kamilar, University of Massachusetts, Faculty Advisor), “Diversity and evolution of human eccrine sweat glands” (\$14,999)
- 2019 University of Massachusetts Graduate School Dissertation Research Grant, PI (with Jason Kamilar, University of Massachusetts, Faculty Advisor), “Evolution and diversity of human eccrine sweat glands” (\$940)
- 2018 University of Massachusetts Department of Anthropology Predissertation Research Award, PI (with Jason Kamilar, University of Massachusetts, Faculty Advisor), “Human eccrine sweat gland activation: Environmental factors and evolutionary context” (\$3,000)
- 2018 University of Massachusetts Graduate School Predissertation Grant, PI (with Jason Kamilar, University of Massachusetts, Faculty Advisor) (\$996)

PEER-REVIEWED ARTICLES

- 2020 Best, A. Why does strength training improve endurance performance? *American Journal of Human Biology*, e23526.
- 2019 Best, A.W., Lieberman, D.E., and Kamilar, J.M. Diversity and evolution of human eccrine sweat gland density. *Journal of Thermal Biology*, 84, 331-338.
- 2018 Best, A., Kamilar, J. The evolution of eccrine sweat glands in human and nonhuman primates. *Journal of Human Evolution*, 117(4), 33-43.
- 2017 Best, A., Holt, B., Troy, K., Hamill, J. Trabecular bone in the calcaneus of runners. *PloS one*, 12(11), e0188200.
- 2017 Best, A., Braun, B. Using a novel data resource to explore heart rate during mountain and road running. *Physiological Reports*, 5(8), e13256.
- 2016 Godfrey, L. R., Crowley, B. E., Muldoon, K. M., Kelley, E. A., King, S. J., Best, A. W., Berthaume, M. A. What did Hadropithecus eat, and why should paleoanthropologists care?. *American Journal of Primatology*, 78(10), 1098-1112.

AWARDS

2018 Honorable mention, Armelagos-Swedlund Graduate Research Award. For podium presentation at AAPA annual meeting: Primate Sweat Gland Evolution.

CONFERENCE PRESENTATIONS AND INVITED APPEARANCES

- Nov 2020 Contemporary variation in human eccrine sweat gland density. Podium presentation, Northeastern Evolutionary Primatologists annual meeting, virtual/remote.
- Nov 2020 An evolutionary perspective on strength training for endurance athletes. Poster presentation, American Physiological Society- Integrative Physiology of Exercise meeting, virtual/remote.
- April 2020 Let's Talk About Sweat (podcast). Guest interview. YouTube: https://www.youtube.com/watch?v=Nm8gOdhjW8&t=352s&ab_channel=Carpe
- March 2020 Beating the heat: How sweating helped make us human. Invited online lecture, Waikato Institute of Technology Centre for Sport Science and Human Performance. YouTube: https://www.youtube.com/watch?v=FMacNahWfdk&t=2646s&ab_channel=RussellBest
- March 2020 Beating the heat: How sweating helped make us human. Invited lecture, Biological Sciences Seminar Series, Mount Holyoke College.
- Nov 2019 Variation in human eccrine sweat gland density and its relationship to heat dissipation. Poster presentation, Northeastern Evolutionary Primatologists annual meeting, Amherst MA.
- Oct 2019 Evolution and diversity of human eccrine sweat gland density. Podium presentation, Engaging Anthropology Conference, Amherst MA.
- April 2018 Primate sweat gland evolution. Podium presentation, American Association of Physical Anthropologists annual meeting, Austin TX.
- Nov 2016 The evolution of endurance running. Invited lecture, Sugarloaf Mountain Athletic Club yearly banquet, Amherst MA.
- April 2015 Trabecular bone in the calcaneus of runners: Implications for interpreting fossil hominin morphology. Poster presentation, Paleoanthropology Society annual meeting, San Francisco CA.

PEER REVIEW

- 2020 Ad hoc reviewer, BMJ Open Sport and Exercise Medicine
- 2020 Ad hoc reviewer, Military Medical Research

2017 Ad hoc reviewer, American Journal of Human Biology

MEDIA COVERAGE

- July 2021 "Giving sweat the respect it deserves." <https://www.the-scientist.com/reading-frames/giving-sweat-the-respect-it-deserves-68855>
- July 2021 *The Joy of Sweat: The Strange Science of Perspiration* by Sarah Everts. <https://wnorton.com/books/9780393635676>
- Nov 2020 "Rethinking the cross-training paradox"- Outside Online <https://www.outsideonline.com/2419022/rethinking-cross-training-paradox>
- Nov 2019 "Don't sweat it: an anthropological look at the science of perspiration"- University of Massachusetts College of Social and Behavioral Sciences <https://www.umass.edu/sbs/news/students/don%E2%80%99t-sweat-it-anthropological-look-science-perspiration>
- July 2019 "Cool down with the slick science of sweat"- PBS Nova <https://www.pbs.org/wgbh/nova/article/science-of-sweat/>
- Sept 2018 "This broken gene may have turned our ancestors into marathoners- and helped humans conquer the world"- Science Magazine <https://www.sciencemag.org/news/2018/09/broken-gene-may-have-turned-our-ancestors-marathoners-and-helped-humans-conquer-world>
- March 2018 "New study from UMass Amherst Anthropologists Examines the Evolution of Mammalian Perspiration"- UMass Amherst News and Media Relations <https://www.umass.edu/newsoffice/article/new-study-umass-amherst-anthropologist-0>
- June 2018 "Gonna make you sweat"- UMass Magazine https://issuu.com/uofmassachusettsamherst/docs/umassmag_summer2018_optimized