

## Curriculum Vitae of

### Judith Ann Juvancic-Heltzel, M.A.

#### HOME ADDRESS

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#### EDUCATION

<u>Kent State University: Kent, OH</u>	
<i>Ph.D.: Exercise Physiology, current</i>	December -2009
<i>M.A.: Exercise Physiology</i>	December-2006
<i>B.S.: Medical Technology</i>	August-1975

#### TEACHING EXPERIENCE

<i>Assistant Professor, The University of Akron</i>	
5550:220 Health Promotion and Behavior Change	Fall 2009
5550:330 Exercise and Weight Control	Fall 2009
<i>Graduate Teaching Assistant, Kent State University</i>	January 2006-May 2009
<i>Part-time faculty, Kent State University</i>	June 2006-May 2009

#### RELATED EMPLOYMENT

<i>Exercise Physiologist-St. Vincent Charity Hospital Cleveland, OH</i>	January 2007–August 2007
<i>Undergraduate student internship advisor-Kent State University</i>	June 2008-August2008 June 2006-December2006
<i>Laboratory Manager–Biomedical Laboratories, Youngstown, OH</i>	January 1985 – May 2005
<i>Medical Technologist–Biomedical Laboratories, Youngstown, OH</i>	November 1981 - December 1984

## RESEARCH EXPERIENCE

S. Olds, S. Mitchell, N. Caine-Bish, A. DeJulius, N. Egbert, T. Gore, K. Pierce, **J. Juvancic-Heltzel**, J. Barkley. Healthy K.I.D.S.: 4321 (2005-2007).

L. Murray, E. Glickman, K. Pierce, G. Farnell, T. Collinsworth, **J. Juvancic-Heltzel**, R. Demes. The effects of aspirin on the thermoregulatory, metabolic, hormonal, hematologic, and perceptual responses of Caucasian and African American, trained and untrained males during and after acute cold air exposure (2005–2006).

J. Gunstad, E. Glickman, **J. Juvancic-Heltzel**, L. Murray, T. Collinsworth. Exercise and cognitive function in older adults. (2006-2007).

D. Bellar, E. Glickman, **J. Juvancic-Heltzel**, J. Gunstad. Heart rate/rhythm and cognitive function in older adults (2007-2008).

K. Pierce, E. Glickman, T. Collinsworth **J. Juvancic-Heltzel**, E. Ryan, D. Bellar, M. Bliss, G. Kamimori. The effects of 53 hours of sleep deprivation on the thermoregulatory, hormonal, metabolic and cognitive responses of young adult males to multiple bouts of acute cold exposure (2008).

T. Collinsworth, E. Glickman, K. Pierce, **J. Juvancic-Heltzel**, E. Ryan, D. Bellar, M. Bliss, G. Kamimori. The effects of 53 hours of sleep deprivation on the thermoregulatory, hormonal, metabolic and cognitive responses of young adult males to recovery from acute cold exposure (2008).

M. Rittenhouse, J. Barkley, **J. Juvancic-Heltzel**, E. Ryan, D. Bellar, M. Bliss. The effect of peer influence on the amount of physical activity performed in 8-11 year old boys (2008).

J. Malloy-McFall, **J. Juvancic-Heltzel**, M.B. Spitznagel, J. Gunstad. Attenuating the cognitive decline in mild cognitively impaired individuals with exercise in an assisted living facility (2008- June 2009).

**J. Juvancic-Heltzel**, JE Barkley, J Gunstad, E Glickman. The Effect of Variety on the Reinforcing Value and Amount of Physical Activity in Children, Younger Adults and Older Adults (2008 – 2009).

## PEER REVIEWED PUBLICATIONS

### In Review

Gunstad J, Spitznagel MB, Glickman E, **Juvancic-Heltzel J**, Smith J, Collinsworth T, & Murray L (In review). Physical fitness and cognitive function in older adults. *Psychological Reports*.

**In Press**

Benitez A , Gunstad J , Hughes J, Glickman E, Alexander T, Spitznagel MB, **Juvancic-Heltzel J**, & Murray L (In press). Troponin and S100B are associated with depression in healthy older adults. *Aging and Mental Health*.

Spitznagel MB, Gunstad J, Glickman E, Alexander T, **Juvancic-Heltzel J**, Walter K, Murray L (In press) Serum amyloid beta is associated with reduced cognitive function in healthy older adults *Journal of Neuropsychiatry and Clinical Neurosciences*.

**Published**

Farnell, G.S., Pierce, K. E., Collinsworth, T.A., Murray, L.K. Demes, R.N., **Juvancic-Heltzel, J.A.** & Glickman, E.L. (2008). The influence of ethnicity on thermoregulation after acute cold exposure. *Wilderness and Environmental Medicine*. 19(4) 238-44.

Gore T, Caine-Bisch N, Olds R, DeJulius A, Mitchell S, **Juvancic-Heltzel J**, Pierce K & Egbert N (2008). The 4:3:2:1 Healthy Kids Project: A pilot intervention to reduce childhood obesity in elementary school students. *Cases in Public Health Communications and Marketing*. 2:88-103.

Gunstad J, Benitez A, Smith J, Glickman E, Spitznagel MB, Alexander T, **Juvancic-Heltzel J**, & Murray L (2008). Serum-brain derived neurotrophic factor is associated with cognitive function in healthy older adults. *Journal of Geriatric Psychiatry and Neurology*. 21(3)166-70.

Gunstad J, Spitznagel MB, Glickman E, Alexander T, **Juvancic-Heltzel J**, Walter K, & Murray L (2008). Serum amyloid beta is associated with reduced cognitive function in healthy older adults. *Journal of Neuropsychiatry and Clinical Neurosciences*. 20(3) 327-30.

Gunstad J, Spitznagel MB, Keary TA, Glickman E, Alexander T, Karrer J, Stanek K, Reese L, & **Juvancic-Heltzel J** (2008). Serum leptin levels are associated with cognitive function in older adults. *Brain Research*. 1230:233-6.

Keary T, Gunstad J, Neal D, Glickman E, Alexander T, Spitznagel MB, **Juvancic-Heltzel J** (2008). Light to moderate alcohol consumption is associated with S100 $\beta$  and amyloid beta levels in healthy older adults. *Experimental Aging Research*. 34(2) 101-113.

Leahey T, Myers T, Gunstad J, Glickman E, Spitznagel MB, Alexander T, & **Juvancic-Heltzel J** (2008). AB40 is associated with cognitive function, body fat, and physical fitness in healthy older adults. *Nutritional Neuroscience*. 10(5-6) 205-209.

Stanek K, Gunstad J, Leahey T, Glickman E, Alexander T, Spitznagel MB, **Juvancic-Heltzel J**, Murray L (2008) Serum derived neurotrophic factor is associated with reduced appetite in healthy older adults. *Journal of Nutrition Health and Aging*. 12(3)183-5.

Yadavalli S, Gunstad J, Glickman E, Alexander T, Spitznagel M, **Juvancic-Heltzel J**, Murray L, & Collinsworth T (2008). Increased S100 $\beta$  is associated with reduced cognitive function in healthy older adults. *Neuropsychobiology*. 57(3) 121-125.

## **ABSTRACTS/SCIENTIFIC CONFERENCE PRESENTATIONS**

**J Juvancic-Heltzel**, D Bellar, J Gunstad, EL Glickman(2009) Cognitive function, cardiovascular fitness level and BDNF in Older Adults, The American College of sports Medicine, Annual Meeting, Seattle, WA. *Medicine & Science in Sports & Exercise*. 41(5):8.

K Ida, JE Barkley, E Ryan, CH Kim, **J Juvancic-Heltzel**, E Glickman (2009) The impact of a university-based exercise program on functional abilities in elderly population. The American College of Sports Medicine, Annual Meeting, Seattle, WA. *Medicine & Science in Sports & Exercise*. 41(5):367.

D Bellar, J Gunstad, **J Juvancic-Heltzel**, T Alexander, EL Glickman (2009) The relationship between dynamic balance, IGF-1, psychomotor speed and executive function in healthy, fit older adults. The American College of sports Medicine, Annual Meeting, Seattle, WA. *Medicine & Science in Sports & Exercise*. 41(5):70.

TA Collinsworth, KE Pierce, **J Juvancic-Heltzel**, JE Barkley, GH Kamimori, EL Glickman (2009) Effects of sleep deprivation on the thermoregulatory responses during recovery from acute cold exposure. The American College of sports Medicine, Annual Meeting, Seattle, WA. *Medicine & Science in Sports & Exercise*. 41(5):57.

LS Kakos, J Gunstad, E Glickman, T Alexander, MB Spitznagel, **J Juvancic-Heltzel**, K Stanek, A Szabo (2009) Ghrelin is Associated with Cognitive Function, Fitness, and Appetite in Healthy Older Adults, International Neuropsychological Society, Atlanta, GA

**J Juvancic-Heltzel**, J Gunstad, T Collinsworth, L Murray, K Pierce, EL Glickman (2008). Body composition, serum S100beta and leptin levels in older adults. The American College of Sports Medicine National Meeting, Indianapolis, IN. *Medicine in Science in Sport and Exercise* 40:5S365.

K Pierce, G Farnell, R Demes, **J Juvancic-Heltzel**, E Ryan, M Bliss, D Bellar, J Barkley, E Glickman, Gary Kamimori (2008) Effect of Body Composition on Epinephrine and Norepinephrine Levels During Immersion in 18, 22 and 26°C water. *Medicine in Science in Sport and Exercise* 40: S 228.

L Murray, E L Glickman, R Demes, **J Juvancic-Heltzel**, K Pierce, G Farnell, T Collinsworth (2008). Effect of fitness-level on blood coagulation markers after cold exposure in healthy males. The American College of Sports Medicine National Meeting, Indianapolis, IN. *Medicine in Science in Sport and Exercise* 40: S 228.

R Demes, G Farnell, K Pierce, E Ryan, T Collinsworth, **J Juvancic-Heltzel**, JE Barkley, EL Glickman, (2008) Immunological responses to cold water immersion in high and low fat males. *Medicine in Science in Sport and Exercise* 40: S 228.

EL Glickman, G Farnell, R Demes, **J Juvancic-Heltzel**, K Pierce, T Collinsworth, E Ryan, M Bliss, JE Barkley (2008) Effect of body composition on thermal sensation during immersion in 18, 22 and 26°C water *Medicine in Science in Sport and Exercise* 40: S 228.

T Collinsworth, G Farnell, K Pierce, L Murray, R Demes, **J Juvancic-Heltzel**, EL Glickman (2007). The influence of ethnicity on thermoregulation following acute cold exposure. The American College of Sports Medicine National Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise*, 39 (5) S 276.

G Farnell, L Murray, R Demes, **J Juvancic-Heltzel**, K. Pierce. T Collinsworth, EL Glickman (2007). Effects of body-weight dependent aspirin dosage on substrate utilization following acute cold exposure. The American College of Sports Medicine National Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise*, 39 (5) S 276.

EL Glickman. L Murray, R Demes, **J Juvancic-Heltzel**, K. Pierce. T Collinsworth, R Otterstetter, G Farnell (2007). Effect of aspirin ingestion and fitness level on thermal sensation following acute cold exposure. The American College of Sports Medicine National Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise*, 39 (5) S 276.

**J Juvancic-Heltzel**, J Gunstad, T Collinsworth, L Murray, K Pierce, EL Glickman (2007). Cognitive ability and timed "8-Foot up and Go Test" performance in the older adult. The American College of Sports Medicine National Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise*, 39 (5) S 163.

L Murray, R Demes, **J Juvancic-Heltzel**, K Pierce, G Farnell, T Collinsworth, R Otterstetter, EL Glickman (2007). Effect of fitness level on thermoregulatory variables after cold exposure in healthy males. The American College of Sports Medicine National Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise*, 39 (5) S275.

K Pierce, L Murray, G Farnell, R Demes, **J Juvancic-Heltzel**, Tiffany Collinsworth, EL Glickman, G Kamimori (2007). Effects of aspirin ingestion on epinephrine and norepinephrine levels following acute cold exposure. The American College of Sports Medicine National Meeting, New Orleans, LA. *Medicine and Science in Sports and Exercise*, 39 (5) S275.

N Egbert, T D Gore, N Caine-Bish, R S Olds, A DeJulius, S Mitchell, J Juvancic-Heltzel, K Pierce (2007) "The 4:3:2:1 Healthy Kids Project Part I: A Pilot Intervention to Reduce Childhood Obesity in Elementary Students" *Paper presented at the annual meeting of the International Communication Association, TBA, San Francisco, CA*

## RESEARCH GRANTS

*The Effect of Variety on the Reinforcing Value and Amount of Physical Activity in Children, Younger Adults and Older Adults* (2009) Kent State University Graduate Student Senate, \$1765.00.

*The Effect of Variety on the Reinforcing Value and Amount of Physical Activity in Children, Younger Adults and Older Adults* (2008) Kent State University School of Exercise, Leisure and Sport, \$500.00.

*Exercise and cognitive function in older adults* (2006) Kent State University School of Exercise, Leisure and Sport, \$500.00.

*Effects of aspirin on the thermoregulatory, metabolic, hormonal, hematologic, and perceptual responses of caucasian and african american, trained and untrained males during and after acute cold air exposure* (2005) Kent State University School of Exercise, Leisure and Sport, \$500.00.

## CERTIFICATIONS

Certified Health Fitness Specialist American College of Sports Medicine (ACSM)	May 2006-Current
Group Fitness Instructor Aerobics Fitness Association of America (AFAA)	May 1998-Current
Certified Step Instructor (AFAA)	May 1998-Current
CPR/AED - Adult American Red Cross	September 2008–Current

## PROFESSIONAL AFFILIATIONS

Representative, Kent State University Graduate Student Senate	August 2007-May 2009
Member, American College of Sports Medicine	2005 – present

## ACADEMIC HONORS

Awarded SELS Teaching Assistantship (2006)

Graduated *Cum Laude* (1975)

**SERVICE**

<i>Instructor ACSM Certified Personal Trainer (CPT) Certification Workshop</i>	May-2009
Volunteer - The American College of Sports Medicine National Meeting, Seattle, WA	May-2009
Volunteer - The American College of Sports Medicine National Meeting, Indianapolis, IN	May-2008
<i>Site Co-coordinator ACSM HFS Workshop-Kent State University</i>	May-2008
<i>Instructor ACSM Health Fitness Specialist (HFS) Certification Workshop</i>	May-2007, May-2008
COE Personnel Committee – The University of Akron	August 2009 – Present