

CURRICULUM VITA

JUDITH A. JUVANCIC-HELTZEL

WORK ADDRESS: School of Sport Science & Wellness Education
InfoCision Stadium 317
Akron OH 44325-5103
Phone: (330) 972-6273
Email: jaj52@uakron.edu

ACADEMIC TRAINING:

- Ph.D. Exercise Physiology – May 2010
 Kent State University
 Dissertation: The effect of variety on the reinforcing value and amount of
 physical activity in children, younger adults, and older adults
- M.A. Exercise Physiology – December 2006
 Kent State University
- B. S. Medical Technology - August 1975
 Kent State University

PROFESSIONAL EXPERIENCE:

School of Sport Science and Wellness Education, The University of Akron,
Akron, OH.
August 2015 – Present
Associate Professor

Institute for Life-Span Development and Gerontology – The University of Akron,
Akron, OH.
May 2010 – Present
Fellow

School of Sport Science and Wellness Education, The University of Akron,
Akron, OH.
August 2009 – Present
Assistant Professor

School of Exercise, Leisure, and Sport, Kent State University, Kent, OH.
January 2006 – May 2009
Graduate/Teaching Assistant

School of Exercise, Leisure, and Sport, Kent State University, Kent, OH.
June 2006-May 2009
Part-time faculty

St. Vincent Charity Hospital Cleveland, OH

January 2007–August 2007

Exercise Physiologist

School of Exercise, Leisure, and Sport, Kent State University, Kent, OH.

June 2008-August 2008

June 2006-December 2006

Undergraduate student internship advisor

Biomedical Laboratories, Youngstown, OH

January 1985 – May 2005

Laboratory Manager

Biomedical Laboratories, Youngstown, OH

November 1981 - December 1984

Medical Technologist

REFEREED PUBLICATIONS:

In Process

Juvancic-Heltzel, J.A., Richardson, L.A., Ramlo, S., Experiential learning: Student views after working with older adults in an exercise science curriculum

Murrock, C.J., Dolansky, M., **Juvancic-Heltzel, J. A.**, Self-Limiting progressive intensity to promote initiation and maintenance of physical activity

Richardson, L.A., Baranauskas, M., **Juvancic-Heltzel, J.A.** Pioneering online learning for obesity and weight management

Lieber, M., Richardson, L.A., **Juvancic-Heltzel, J. A.**, Implementing tiny goals after current habits to create consistent healthy lifestyle routine

Juvancic-Heltzel, J.A., Conrad, M.L., Perceptions of Two High Intensity Interval Training (HIIT) Exercise Formats

Baranauskas, M., **Juvancic-Heltzel, J.A.**, Sastry, S., Beyond traditional exercise programming: Incorporating nutrition into smart exercise prescriptions

Published

Sanders, G.J., **Juvancic-Hetzel, J.A.**, Williamson, M.L. Roemmich, J.N., Fedra, D.M., Barkley, J.E. (2016) The effect of increasing autonomy through choice on young children's physical activity behavior. *Journal of Physical Activity & Health*. 13(4) 428-32.

Johnson, K.E., Miller, B., **Juvancic-Heltzel, J.A.**, Gibson, A.L., McLain, T.A., Kappler, R.M., Otterstetter, R. (2016) A Comparison of Dual Energy X-ray Absorptiometry, Air Displacement Plethysmography and Ultrasound to Assess Body Composition in College-Aged Adults. *Clinical Physiology and Functional Imaging*. Accepted for publication - Published online 24 February 2016. DOI: 10.1111/cpf.12351

Baranauskas, M.N., Johnson, K.E., **Juvancic-Heltzel, J.**, Kappler, R.M., Richardson, L., Jamieson, S., Otterstetter, R. (2015) Seven Site Vs Three Site Method Of Body Composition Using Ultrasound Compared To Dual Energy X-Ray Absorptiometry. *Clinical Physiology and Functional Imaging*. Accepted for publication – Published online 22 October 2015. DOI: 10.1111/cpf.12307

Johnson, K.E., Miller, B., Kiger, D.L., Agnor, S.E., **Juvancic-Heltzel, J.**, Kappler, R.M., Otterstetter, R. (2014) Agreement between Ultrasound and Dual Energy X-ray Absorptiometry in Assessing Percent Body Fat in College-Aged Students. *Clinical Physiology and Functional Imaging*. November; 34(6), pp. 493-496.

Juvancic-Heltzel JA, Glickman EL, Barkley, JE. (2013). The effect of variety on physical activity: a cross-sectional study. *Journal of Strength and Conditioning Research*, 27(1), 244-51.

Pollock BS, Barkley JE, Potenzini N, De Salvo RM, Buser SL, Otterstetter R, **Juvancic-Heltzel JA** (2012). Validity of Borg ratings of perceived exertion during active video game play. *International Journal of Exercise Science*, 5 (4), 164-170.

Esmat TA, Clark KE, Muller MD, **Juvancic-Heltzel JA**, Glickman EL.(2012). 53 hours of total sleep deprivation has no effect on rewarming from cold air exposure. *Wilderness Environmental Medicine*, 23(4), 349-355.

Bellar D, Glickman EL, **Juvancic-Heltzel J**, Gunstad J. (2011). Serum insulin like growth factor-1 is associated with working memory, executive function and selective attention in a sample of healthy, fit older adults. *Neuroscience*, 178, 133-7

Miller LA, Spitznagel MB, Busko S, Potter V, **Juvancic-Heltzel J**, Istenes N, Glickman E, Gunstad J. (2011). Structured exercise does not stabilize cognitive function in individuals with mild cognitive impairment residing in a structured living facility. *The International Journal of Neuroscience*, 121(4), 218-23.

Benitez A , Gunstad J , Hughes J, Glickman E, Alexander T, Spitznagel MB, **Juvancic-Heltzel J**, & Murray L (2009). Troponin and S100B are associated with depression in healthy older adults. *Aging and Mental Health*. 13(6) 894-8.

Farnell GS, Pierce K E, Collinsworth TA, Murray LK, Demes RN, **Juvancic-Heltzel JA** & Glickman EL. (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 beta-amyloid 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 β 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). A beta 40 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 β is associated with reduced cognitive function in healthy older adults. *Neuropsychobiology*. 57(3) 121-125.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS:

V. Pinheiro, M. Chippa, **J. Juvancic-Heltzel**, & S. Sastry (2016) Blazing new technology: Future directions for online sport pedagogy and physical activity. Oral presentation at AIESEP International Conference, Laramie Wyoming.

L.A. Richardson, **J. A. Juvancic-Heltzel**, M. Baranauskas (2016) Pioneering Online Learning for Obesity and Weight Management. Oral presentation at Online Learning Consortium Innovate Conference, New Orleans, LA.

J.A. Juvancic-Heltzel, H. Pipardy, V.E .Pinheiro, S. Sastry, Ellen L. Glickman, FACSM. Detection Of Exercise Errors Analyzing Time-series Video-captured Data. Poster presented at ACSM National Conference – May 2015 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 47 (5) Supplement p. S228-231.

Beyerle, T.S., Riley, T.A., **Juvancic-Heltzel, J.A.**, Schupp, K., Moyer, C. (2013, October). Interprofessional Service-Learning: Optimizing student learning AND community health outcomes. Presentation at the Engaged Scholarship Consortium: Engaged Scholarship across Disciplines, Communities and Geography. Texas Tech University, Lubbock, TX.

J.A. Juvancic-Heltzel, Kelly E. Johnson, Laura A. Richardson, Ronald Otterstetter, Ellen L. Glickman, FACSM. Body Mass Index, Neck Circumference, Waist/height And Waist/hip Ratio Relationships In Healthy Adults. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45 (5) Supplement p. S661-668.

Kelly E. Johnson, Judith A. **Juvancic-Heltzel**, Ronald Otterstetter, Rachelle Kappler, Ellen L. Glickman, FACSM. Validation of an ultrasound body device in assessing body composition in college-age students. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45 (5) Supplement p. S443-451.

L.A. Richardson, C. Fister, SE Ramlo, **J.A. Juvancic-Heltzel** Views of Obesity: Investigating the Effect of an Exercise and Weight Control Curriculum- Using Q Methodology. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45 (5) Supplement p. S612-614.

R.M. DeSalvo, B.S. Pollock, N.T. Potenzini, R. Otterstetter, **J.A. Juvancic-Heltzel**, C. Fister, Influence of Wii Fit Plus Exercises on Lower Extremity Strength and Balance in Middle-Aged Adults. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44 (5) Supplement p. S423 - 2012

J.A. Juvancic-Heltzel, G. J. Sander, M.L. Williamson, J.N. Roemmich, D. M. Fedra, J.E. Barkley Effect of Level of Autonomy on The Amount Of Physical Activity In Young Children. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44 (5) Supplement p. S510 – 2012

B.S. Pollock, J.E. Barkley, N. Potenzini, R.M. DeSalvo, S. L. Buser, R. Otterstetter, **J.A. Juvancic-Heltzel** Validity of Borg Ratings of Perceived Exertion During Active Video Game Play. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44 (5) Supplement p. S641 – 2012

L.A. Richardson, **J.A. Juvancic-Heltzel** Weight Management, Weight Loss and Bariatric Care: A Curricular Approach Model to Therapeutic Exercise. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44 (5) Supplement p. S506 – 2012

T.A. Esmat, K.E. Pierce, M.A. Muller, **J.A. Juvancic-Heltzel**, E. G. Glickman Effects of Sleep Deprivation on Hormonal Responses to Multiple Bouts of Acute Cold Exposure Recovery. Poster presented at ACSM National Conference – May 2011 -*Medicine & Science in Sports & Exercise* - (abstract) Vol 43 5 p. S332 – 2011

L. Miller, M. Spitznagel, V. Potter, J. Smith, **J. Juvancic-Heltzel**, N. Istenes, E. Glickman J. Gunstad (2010). Structured Exercise Does Not Prevent Cognitive Decline in Assisted Living Facility Residents. Poster presentation at the annual meeting of the Midwestern Psychological Association, Chicago, Illinois.

J. Juvancic-Heltzel, J.E. Barkley, E. Glickman Effect of Variety on the Amount of Physical Activity in Children, Young and Older Adults. Poster presented at ACSM National Conference – May 2010 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 42 (5) Supplement p. S394 – 2010

J. Gunstad, M. Spitznagel, P. Hartman, N. Istenes, **J. Juvancic-Heltzel**, E. Glickman Structured Exercise Does Not Improve Neurocognition in Persons with Mild Cognitive Impairment. Poster presented at ACSM National Conference – May 2010 -*Medicine & Science in Sports & Exercise* - (abstract) Vol 42 (5) Supplement p. S518, 2010

M. Spitznagel, J. Gunstad, **J. Juvancic-Heltzel**, N. Istenes, E. Glickman Fitness is Associated with Better Appetite in Older Adults with Memory Loss. Poster presented at ACSM National Conference – May 2010 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 42 (5) Supplement p. S197 – 2010

T. Esmat, K. Pierce, **J. Juvancic-Heltzel**, M. Muller, E. Glickman Effects of Sleep Deprivation on Perceptual Responses to Multiple Bouts of Acute Cold Exposure Recovery. Poster presented at ACSM National Conference – May 2010 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 42 (5) Supplement p. S450 – 2010

L. Miller, M. Spitznagel, V. Potter, **J. Juvancic-Heltzel**, N. Istenes, E. Glickman, J. Gunstad (2010). Increased S100 β is Associated with Reduced Cognitive Function in Mild Cognitive Impairment. Poster presentation at the annual meeting of Ohio Association of Gerontology and Education in Kent, OH.

J. Juvancic-Heltzel, D. Bellar, J. Gunstad, E.L. Glickman Cognitive Function, Cardiovascular Fitness Level and BDNF in Older Adults. Slide presentation at ACSM National Conference – May 2009 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 41 (5) Supplement p. S6 – 2009

K. Ida, J.E. Barkley, E. Ryan, C.H. Kim, **J. Juvancic-Heltzel**, E. Glickman The Impact of a University-based Exercise Program on Functional Abilities in Elderly Population. Poster presented at ACSM National Conference – May 2009 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 41 (5) Supplement p. S469 – 2009

D. Bellar, J. Gunstad, **J. Juvancic-Heltzel**, T. Alexander, E.L. Glickman The Relationship Between Dynamic Balance, IGF-1, Psychomotor Speed and Executive Function in Healthy, Fit Older Adults. Slide presentation at ACSM National Conference – May 2009 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 41 (5) Supplement p. S52 – 2009

T.A. Collinsworth, K.E. Pierce, **J. Juvancic-Heltzel**, J.E. Barkley, G. H. Kamimori, E.L. Glickman Effects of Sleep Deprivation on the Thermoregulatory Responses During Recovery From Acute Cold Exposure. Poster presented at ACSM National Conference – May 2009 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 41 (5) Supplement p. S238 – 2009

L.S. Kakos, J. Gunstad, E. Glickman, T. Alexander, M.B. 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, E.L. Glickman, Body Composition, Serum S100beta and Leptin Levels in Older Adults. Poster presented at ACSM National Conference – May 2008 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 40 (5) Supplement p. S365 – 2008

L. Murray, E.L. Glickman, R. Demes, **J. Juvancic-Heltzel**, K. Pierce, G. Farnell, T. Collinsworth Effect of Fitness-level on Blood Coagulation Markers After Cold exposure in Healthy Males. Poster presented at ACSM National Conference – May 2008 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 40 (5) Supplement p. S228 – 2008

T. Collinsworth, G. Farnell, K. Pierce, L. Murray, R. Demes, **J. Juvancic-Heltzel**, E.L. Glickman The Influence of Ethnicity on Thermoregulation Following Acute Cold Exposure. Poster presented at ACSM National Conference – May 2007 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 39 (5) Supplement p. S276 – 2007

G. Farnell, L. Murray, R. Demes, **J. Juvancic-Heltzel**, K. Pierce. T. Collinsworth, E.L. Glickman Effects of body-weight dependent aspirin dosage on substrate utilization following acute cold exposure. Poster presented at ACSM National Conference – May 2007 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 39 (5) Supplement p. S276 – 2007

E.L. Glickman, L. Murray, R. Demes, **J. Juvancic-Heltzel**, K. Pierce. T. Collinsworth, R. Otterstetter, G. Farnell Effect of Aspirin Ingestion and Fitness Level on Thermal Sensation Following Acute Cold Exposure. Poster presented at ACSM National Conference – May 2007 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 39 (5) Supplement p. S275 – 2007

J. Juvancic-Heltzel, J. Gunstad, T. Collinsworth, L. Murray, K. Pierce, E.L. Glickman
Cognitive Ability and Timed “8-Foot Up and Go Test” Performance in the Older Adult.
Poster presented at ACSM National Conference – May 2007 - *Medicine & Science in Sports
& Exercise* - (abstract) Vol 39 (5) Supplement p. S163 – 2007

L. Murray, R. Demes, **J. Juvancic-Heltzel**, K. Pierce, G. Farnell, T. Collinsworth, R.
Otterstetter, E.L. Glickman Effect of Fitness Level on Thermoregulatory Variables After
Cold Exposure in Healthy Males. Poster presented at ACSM National Conference – May
2007 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 39 (5) Supplement p. S276
– 2007

K. Pierce, L. Murray, G. Farnell, R. Demes, **J. Juvancic-Heltzel**, T. Collinsworth, E.L.
Glickman, G. Kamimori Effects of Aspirin Ingestion on Epinephrine and Norepinephrine
Levels Following Acute Cold Exposure. Poster presented at ACSM National Conference –
May 2007 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 39 (5) Supplement p.
S275 – 2007

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*

REGIONAL ABSTRACTS/POSTER PRESENTATIONS:

Juvancic-Heltzel, J.A., MacCracken, M.J. (2017) BDNF: The Case for Why Your Brain
Does Need Fitness – Oral presentation at OAHPERD Regional Conference.

Juvancic-Heltzel, J.A., Smith, M.G., Dreisbach, M. D. (2017) Sitting is the New Smoking:
Incorporating Movement throughout the Day across the Lifespan – Oral presentation at
OAHPERD Regional Conference.

Clark, K. E., **Juvancic-Heltzel, J.A.**, Richardson, L. A. (2017) Adapting Alternative
Pedagogies Fostering Student Engagement: A Response to Stepping Out of Your Comfort
Zone – Symposium presentation at ACSM Midwest Regional Conference.

Juvancic-Heltzel, J.A., Richardson, L.A., Ramlo, S. (2017) Experiential Learning: Student
Views after Working with Older Adults in An Exercise Science Program – Oral presentation
at MWERA Regional Conference.

Clark, K. E., **Juvancic-Heltzel, J.A.**, Richardson, L. A. (2016) Step Out of Your Comfort
Zone: Adapting Alternative Pedagogies Fostering Student Engagement – Symposium
presentation at ACSM Midwest Regional Conference.

Johnson, K.E., **Juvancic-Heltzel, J.**, Kappler, R., Otterstetter, R. (2012) Validation of an
ultrasound body device in assessing body composition in college-aged students. - Poster
presentation at ACSM Midwest Regional Conference.

Pollock, B.S., Barkley, J.E., Potenzini, N., DeSalvo, R.M., Buser, S.L., Otterstetter, R., **Juvancic-Heltzel, J.A.** (2012) Validity of Borg Ratings of Perceived Exertion During Active Video Game Play - Poster presentation at ACSM Midwest Regional Conference

LOCAL PRESENTATIONS:

Johnson, K.E., **Juvancic-Heltzel, J.**, Kappler, R., Otterstetter, R. (2013) Validation of an ultrasound body device in assessing body composition in college-aged students. Oral presentation at 2nd Annual NEOESC meeting.

RESEARCH GRANTS

A Sustainable Behavioral and Primary Health Home (2016) HRSA BHW: Nurse Education, Practice, Quality and Retention - Behavioral Health Integration, \$999,629. (*Status: Not Funded*)

Interprofessional Gardening/Exercise Obesity Diminishing Endeavor (2013) RWJF Healthy Eating Research Round 8 Concept Paper, \$100,000. (*Status: Not funded*).

Body Composition Assessment Utilizing an Ultrasound Body Composition Analyzer (2013) The University of Akron College of Education Dean's Grant to Enhance Learning, \$1530.00 (*Status: Awarded*)

A Goal-seeking Framework to Empower Personalized Wellness Management (2012) National Science Foundation NSF1237069, \$1,285,613. (*Status: Awarded*)

The Northeast Ohio Health Careers Opportunity Program (HCOP) (2011) Health Resources and Services Administration HRSA-11-065, \$750,000. (*Status: Not funded*)

A Comparison of Body Composition Techniques in Adults (2011) The University of Akron College of Education Faculty Research Award, \$1875.00 (*Status: Awarded*)

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. (*Status: Awarded*)

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. (*Status: Awarded*)

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

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. (Status: Awarded)

CERTIFICATIONS/LICENSES

General X-Ray Machine Operator – License # 8866963, Expiration: 06/30/2019

American College of Sports Medicine (ACSM)
Exercise Physiologist Certified (May 2006-Current)

Zumba
Basic Zumba™ Licensed Instructor (February 2016 – Current)
Strong by Zumba™ Licensed Instructor (September 2016 – Current)

American Heart Association (AHA)
BLS for Healthcare Providers – December 2018

PROFESSIONAL AFFILIATIONS

Representative, Kent State University Graduate Student Senate (August 2007-May 2009)
American College of Sports Medicine (ACSM) - (2005 - present)
American College of Sports Medicine (ACSM) – Midwest Chapter (2010 - present)
Midwest Educational Research Association (MWERA) – (2017 – present)
Ohio Association for Health, Physical Education, Recreation and Dance (OAHPERD) – (2017 – present)

ACADEMIC HONORS

Awarded SELS Teaching Assistantship (Kent State University - 2006)
Graduated *Cum Laude* (Kent State University - 1975)

TEACHING HISTORY

Undergraduate courses taught at the University of Akron

Exercise and Weight Control
Health Promotion and Behavior Change
Exercise Leadership
Kinesiology
Practicum
Nutrition for Teachers/Coaches
Physiology of Exercise
Concepts of Health and Fitness
Exercise in Special Populations

Graduate courses taught at the University of Akron

ST: Exercise and Weight Control
Nutrition for Teachers and Coaches
Independent Study
ST: Exercise Leadership

STUDENT RESEARCH AND SCHOLARSHIP

Dissertation Committees:

Laura Richardson – Dissertation Title: Views of Obesity: An Exploration of University Exercise Science Students – The University of Akron – Committee Member – Spring 2016

Sherri Hartman – Dissertation Title: Development of “Teachers Integrating Physical Activity Into the Curriculum” (TIPAC) Using a Systems Model Approach – Committee Member – Spring 2017

David Blankenship – Dissertation Title: Differences in Professional Counselors’ Schizophrenia Symptomology Ratings Based on Clients’ Race - Committee Member – Spring 2017

Thesis Committees:

Michael Rebold – Thesis Title: The Influence of a Resistance Training Apparatus on Vertical Jump and 40-Yard Sprint Performance - The University of Akron – Committee Member – Spring 2011

Joshua Bauman – Thesis Title: The Influence of a Resistance Training Apparatus on Maximal Parallel Squat Performance and Agility - The University of Akron – Committee Member – Summer 2011

Brandon Pollock – Thesis Title: Changes in Body Composition and Resting Blood Pressure Among Adults Using Wii Fit Plus - The University of Akron – Chair – Spring 2011

Renee DeSalvo – Thesis Title: The Influence of a WiiFit Plus Exercise Protocol on Lower Extremity Strength and Balance in an Adult Population - The University of Akron – Chair – Spring 2011

Nicholas Potenzini – Thesis Title: The Effects of the Wii Fit Plus on Bone Mineral Density and Flexibility in Adults - The University of Akron – Chair – Spring 2011

Kelly Johnson – Thesis Title: A Validation of a Handheld Ultrasound Device to Assess Body Composition in College-aged Adults – Chair – Spring 2013

Andy Hanson – Thesis Title: Markerless Motion Capture and Analysis System to Enhance Exercise Professional Effectiveness: Preliminary Study – Chair – Fall 2016

Mohammed Ahmed – Thesis Title: Estimating the Impact of Need Fulfillment on Human Motivation According to Maslow’s Hierarchy of Needs – Committee Member – Spring 2017

Honors Project Committees:

Courtney Messner - A Review of the Relationship between Exercise and Memory in Older Adults - Department of Sport Science and Wellness Education – Fall 2011 – Honor’s Project Sponsor and Faculty Advisor

Brittany Baisch - The Effects of High-Intensity Interval Training vs. Long-Term Moderate Submaximal Aerobic Exercise Training on VO2 Maximum and Body Composition - Department of Sport Science and Wellness Education - Spring 2012 – Honor’s Project Reader and Faculty Advisor

Chris Welch - The Effects of High-Intensity Interval Training vs. Long-Term Moderate Submaximal Aerobic Exercise Training on VO2 Maximum and Body Composition - Department of Sport Science and Wellness Education - Spring 2012 – Honor’s Project Reader and Faculty Advisor

Kristina Kehoe - The Effectiveness of Three Recovery Methods in Blood Lactate Clearance Following a Wingate Test - Department of Sport Science and Wellness Education - Spring 2012 – Honor’s Project Reader and Faculty Advisor

Ellen Csepe - Fight the Fifteen: A Study Surveying the Effects of an Educational Component in an Exercise Intervention - Department of Sport Science and Wellness Education - Spring 2012 – Honor’s Project Reader and Faculty Advisor

Olivia Posladek - Lumbar ROM in Female Ballet Students - Department of Sport Science and Wellness Education - Spring 2012 – Honor’s Project Reader and Faculty Advisor

Amanda Wahl - Healthy Campus Initiative - Department of Sport Science and Wellness Education - Spring 2012 – Honor’s Project Sponsor and Faculty Advisor

Frank Bowen - How exercise education affects exercise adherence – Fall 2012 – Honor’s Project Reader

Tim Pavlak - A Study Surveying the Effects of an Educational Component in an Exercise Intervention – Fall 2012 – Honor’s Project Reader and Faculty Advisor

Cristin Cotter - Finding a Healthy U - Department of Sport Science and Wellness Education - Spring 2013 – Honor’s Project Sponsor and Faculty Advisor

Emily Roth - The acute effects of water consumption on body composition measured by air displacement plethysmography and skinfolds – Fall 2013 – Honor’s Project Reader and Faculty Advisor

Kelsey Corle - An analysis of the effects of body positioning on percent body fat measurements of young adult females using the BOD POD – Fall 2013 – Honor's Project Sponsor

Amelia Grace Simpson – Athletic strength vs active strength – Spring 2014 – Honor's Faculty Advisor

Marissa Baranauskas – Three site method of assessing body composition using ultrasound device – Spring 2014 Honor's Project Sponsor and Faculty Advisor

Cody Deeks – The fight against obesity: Pharmacological, bariatric and behavioral modification treatments – Spring 2014 Honor's Project Sponsor and Faculty Advisor

Nickole Najjar – Heart rate recovery in hydrated vs. dehydrated states – Spring 2014 Honor's Project Reader

Jacob Birkline – The psychology and treatment of suicidality in first responders – Summer 2014 Honor's Project Reader and Faculty Advisor

Alex Zazak - Literature Review: Effects of myofascial release on range of motion and athletic performance – Spring 2015 Faculty Advisor

Mariah Bloom - Wellness Wednesday: Monitoring lifestyle changes via the transtheoretical model – Spring 2015 Project Sponsor and Faculty Advisor

Taylor Graham - The effects of instructional strategies on adherence to a flexibility program and physiological outcomes – Spring 2015 Project Reader

Michelle Hudson - Water treadmill versus land treadmill training effects on leg strength and cardiovascular endurance – Spring 2015 Project Reader

Kailey Kaiser - Wellness Wednesday: Monitoring lifestyle changes via self-determination theory – Spring 2015 Project Sponsor and Faculty Advisor

Daniel McQuillan - Freshman 15: How the University of Akron is affected per residence hall – Spring 2015 Project Reader

Alissa Parsons - Body image differences between university students' major of study – Spring 2015 Project Reader

Rachael Thut - Women and weights: Understanding stereotypes and misconceptions – Spring 2015 Project Sponsor

Jonathan Vichosky – The University of Akron exercise science: Pre-physical therapy: Past, present and future – Spring 2015 Faculty Advisor

Meghan Brickner, Leah Rosler, Kristin Weismantel - Stress and Exercise in Undergraduate Health Professions Students – Fall 2015 Project Sponsor

Quentin Cieslinski - Comparing Personal Training and Strength and Conditioning Certifications Across Multiple Organizations – Spring 2016 Faculty Advisor

Megan Lieber - Implementing Tiny Goals After Current Habits To Create Consistent Healthy Lifestyle Routine – Spring 2016 Project Sponsor/Faculty Advisor

Nick Mendola - RPE as A Predictor of Weight Categories Determined by Anthropometric Measurements – Spring 2016 Faculty Advisor

Taylor Rodenbaugh - The Barriers and Facilitators to Physical Activity on Campus: An Analysis of UA PhotoVoice Research – Spring 2016 Faculty Advisor.

Lauren Hurley & Alexandra Smola - The Effect of Therapeutic Horseback Riding on Balance and Self-Efficacy in Children with Developmental Disabilities – Spring 2016 Project Sponsor

McNair Scholar Mentor:

Re'Anna Browne (Summer 2011, Summer 2012)

PROFESSIONAL SERVICE ACTIVITIES

Department Service

GRE Recommendation Committee Masters' Program – Chair (2011)

Majors Mosaic (2010, 2011, 2012, 2013, 2014, 2015, 2106, 2017)

Market Compression Ad-hoc Committee – (2011, 2012)

PhD program Ad-hoc Committee – (2011)

RTP Committee (Chair) – (2017)

Search Committee – Coordinator General Studies – (2011)

Search Committee – Tenure track exercise science faculty position (2013)

Search Committee – Non-tenure track exercise science faculty position (2016)

SSWE Explore (2010, 2011, 2012, 2013, 2014,2015, 2016, 2017)

SSWE School Director Review Committee – Chair (2017)

College Service

College of Education Community Committee (2010 – 2012, Chair 2011 - 2012)

College of Education Personnel Committee (2009 – 2011)

College of Education Presidents Advisory Committee – (2012 – 2013)

College of Education Technology Committee (2012, 2013)

College of Education Undergraduate Studies Committee (2011-2013, Co-Chair 2012 – 2013)

College of Education Ad Hoc Doctoral Programming Committee – (2010-2011)

College of Education Core Coursework Sub-Committee Ad-Hoc Doctoral Programming Committee – Co-Chair (2011)

College of Education Search Committee – Associate Dean, External Programs, Grants, Budgets, and Personnel (2011)

College of Health Professions By-laws Committee – (2014-2017) Chair

College of Health Professions Dean Search Committee (2017-2018)

College of Health Professions Holiday Party Committee (2015) Chair

College of Health Professions Minority Health Month Kick-Off Planning Committee (2015-2016)

College of Health Professions RTP Committee (2017-2018) Co-Chair

University Service

2018 NEXT Conference Planning Committee (2017-2018)

Fellow, Institute for Life-Span Development & Gerontology The University of Akron (2010 – Present)

Invitation to Excellence: Scholarship Saturday (2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017)

Ronald E. McNair Post Baccalaureate Achievement Program – Mentor (2011, 2012)

UA Employee Wellness Fair (Fall 2012, Fall 2013, Fall 2016)

UA Student Innovation Symposium (UASIS): a Showcase of Research Evaluator – (2012, 2013, 2014, 2015)

UA Wellness Wednesday Presenter - Revenge of the sit: Ways to incorporate short bouts of movement throughout the day – (Fall 2016)

School and Community Service

Active Aging Wellness Fair Callis Tower, Akron, OH (2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017) – Faculty Organizer and Advisor

American College of Sports Medicine National Meeting (2008, 2009) - Volunteer

American Heart Association Annual Heart Walk – Company Leader for The University of Akron (2012)

American Heart Association Annual Heart Walk – University Committee Member (2017)

American Heart Association National Walking Day (2013, 2017)

American Indian Health and Wellness Journey, North American Indian Cultural Center (Tallmadge, OH) – (2012)

Athletic Healthcare & Fitness College Tech Prep – Sixth District Educational Compact (2010, 2011)

A-Zip Senior Day (2013, 2014, 2015, 2016, 2017)

Delta Sigma Theta Sorority Physical Health Fitness Program (2012)

Graduate School Fair - Mount Union College (Alliance, OH) (2009)

Health Sciences Fitness Evaluation & Assessment Item Writing Workshop (Ohio Department of Education) – Subject Matter Expert (SME) - (Spring 2017)

Health Sciences Validation Workshop (Ohio Department of Education) - Subject Matter Expert (SME) - (Spring 2017)

Healthcare in Progress (HIP) Mentor – August 2017

Honor's College Interviewer (2010 – Present)

HRSA Falls Interprofessional Simulation (Faculty facilitator) – (Spring 2017)

Instructor American College of Sports Medicine (ACSM) Certified Personal Trainer (CPT) Certification Workshop – Kent State University, Kent, OH (2009 - 2011), YMCA Powell, OH (2012)

Instructor American College of Sports Medicine (ACSM) Health Fitness Specialist (HFS) Workshop-Kent State University, Kent, OH (2007 – 2011)

Junior Leadership Akron – (2010, 2011, 2012, 2013, 2014)

Leadership Akron at UA – (2012)

Midwest American College of Sports Medicine (ACSM) – Board of Directors (2018-20)

Midwest Educational Research Association (MWERA) – Division Conference Chair (2018)

Midwest American College of Sports Medicine (ACSM) - State News Representative (2009 – 2011)

Midwest American College of Sports Medicine (ACSM) – Abstract Reviewer for Regional Conference (2015, 2016)

Midwest American College of Sports Medicine (ACSM) – Session Moderator for Regional Conference (2014, 2015, 2016)

Midwest American College of Sports Medicine (ACSM) – Poster Evaluator for Regional Conference (2015, 2016, 2017)

Midwest American College of Sports Medicine (ACSM) – Oral session for Regional Conference (2016, 2017)

Midwest American College of Sports Medicine (ACSM) – Awards Committee Member (2016, 2017)

Northeast Ohio Exercise Science Conference (NEOESC) Second Annual Conference – Co-Host (Spring 2013)

Northeast Ohio Exercise Science Conference (NEOESC) – Presentation Evaluator (Spring 2012, 2013, 2014, 2015)

Northeast Ohio Exercise Science Conference (NEOESC) – Presenter (Spring 2012)

Northeast Ohio Exercise Science Conference (NEOESC) – Planning committee (2013, 2014, 2015)

Northeast Ohio Exercise Science Conference (NEOESC) – Ice Breaker Director (Spring 2015)

Panelist 35th Anniversary Institute of Life-Span Development and Gerontology (2011)

Peer Reviewer – Health Promotion Practice (2017)

Peer Reviewer – Journal of Cardiac and Pulmonary Rehabilitation (2017)

Peer Reviewer – Journal of Gerontology: Psychological Sciences (2010, 2011, 2012, 2013, 2014)

Peer Reviewer – Journal of Behavioral Health (2014, 2015, 2016, 2017)

Peer Reviewer - European Journal of Sport Science (2015, 2016)

Peer Reviewer – Sensors (2015)

Peer Reviewer – Gerontologist (2016)

Peer Reviewer - Kendall Hunt Publishing Company (2016)

Peer Reviewer – PLOS One (2016)

Peer Reviewer – FA Davis Publishing Company (2016)

Peer Reviewer – Physiology and Behavior (2017)

Roo Challenge - Athletic Healthcare & Fitness College Tech Prep – Sixth District Educational Compact (2010, 2011)

Site Co-coordinator American College of Sports Medicine (ACSM) Health Fitness Specialist (HFS) Workshop-Kent State University, Kent, OH (2008, 2010, 2011)

Site Visitor Commission on Accreditation of Allied Health Education Programs (CAAHEP) - (2011 - 2017)

Ursuline High School (Youngstown, OH) Career Day - (2011, 2014, 2017)

Wellness Wednesday – EdgeConnect – (2012, 2013, 2014, 2015, 2016, 2017)

WVIZ, Northeast Ohio Technology Association “Careers in Sports Medicine and Science” – Presenter (2014)