

## VITAE

Name: Dr. Melissa (Miller) Cook, EP-C  
Division: Health and Human Performance  
University: Indiana Wesleyan University (IWU)

Department: Exercise Science  
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### EDUCATION

Doctor of Education  
Ball State University (BSU), Muncie, Indiana  
Specialization: Physiology and Health Science  
Cognate: Human Performance

Masters of Science  
California State University, Fullerton, California  
Specialization: Kinesiology and Health Promotion

Bachelor of Arts  
University of the Pacific, Stockton, California  
Major: Sports Sciences  
Track: Sports Medicine

### TEACHING/RESEARCH EXPERIENCE

2016 – present	Professor, Health and Human Performance, IWU
2009 – 2016	Associate Professor, Health and Human Performance, IWU
Spring 2009	Assistant Professor, Online professor for semester in Zambia
2007 – 2009	Assistant Professor, Health, Kinesiology, Recreation and Sports Studies Department, IWU
2005 – 2007	Assistant Professor, Kinesiology and Exercise Science Department, ETBU
2004 – 2005	Graduate Assistant, Biology Department, BSU
2003 – 2004	Research Assistant, Muncie Center for Medical Education, BSU
2003	Contract Faculty, Physiology and Health Science Department, BSU
2002 – 2003	Graduate Assistant, Physiology and Health Science Department, BSU
2000 – 2002	Associate Instructor of Human Performance, Indiana University
2000	Teaching/Lab Assistant of Exercise Physiology, JHU/CTY

### PROFESSIONAL ORGANIZATIONS/MEMBERSHIPS

Christian Society for Kinesiology and Leisure Studies (CSKLS), 2010 - present  
Professional & Organization Development Network in Higher Education, 2010 - 2011  
Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD), 2009 – 2016  
Midwest Regional Chapter of American College of Sports Medicine (MWACSM), 2007 – present  
American College of Sports Medicine (ACSM), 2007 - present  
Texas Association for Health, Physical Education, Recreation & Dance, 2005-2007  
National Science Teachers Association, 2004-2005  
Indiana Academy of Science, 2002-2004  
American Physiological Society, 2002-2003

## **CERTIFICATIONS**

2012 – present ACSM Certified Exercise Physiologist (ACSM ID#: 639845)  
2012 – present American Red Cross CPR for the Professional Rescuer  
2013 – present National Safety Council for First Aid

## **AWARDS AND HONORS**

Academic All-American, 1995-1996 and 1996-1997  
Big West Conference and University of the Pacific Scholar Athlete, 1995-1996 and 1996-1997  
University of the Pacific Academic Achievement Award, 1996-1997  
Mr. and Mrs. Jessie Grogan Endowed Scholar, 1995-1996 and 1996-1997  
Team Captain of University of the Pacific softball team, 1996-1997

## **DEPARTMENTAL, UNIVERSITY AND OTHER PROFESSIONAL SERVICE**

### Departmental:

Exercise Science Faculty Search Committee, IWU, 2016, 2017, 2018  
Director of the CAAHEP Accredited Exercise Science program, 2013 – present  
CAAHEP accreditation proposal for Exercise Science, 2010 – 2013  
CSKLS 2012 Conference Planning Committee, IWU, 2012  
PE Pedagogy Faculty Search Committee, IWU, 2009  
Head Athletic Trainer Search Committee, IWU, 2008  
Exercise Science Department Coordinator, IWU, 2007 - present  
Biology Department Promotion and Tenure Committee, BSU, 2004 - 2005  
Anatomy & Physiology Faculty Search Committee, BSU, 2003 - 2004

### University:

General Education Committee, 2018 - present  
Faculty Senate, IWU, 2016 – 2018, Senate Secretary 2016 - 2017  
CAS Faculty Relations Council, IWU, 2015 - 2018  
Academic Affairs Council, IWU, 2010 – 2011, 2015 – 2017  
Wellness Committee, IWU, 2014 - present  
Definition of a Student Sub-committee, Student Life Council, IWU, 2013 - 2014  
Student Life Council, IWU, 2013 – 2015, Chair  
Athletic Committee, IWU, 2013 – 2015, 2018 - present  
Director of Campus Recreation Search Committee, IWU, 2013  
University Faculty Scholarship Award Committee, IWU, 2012 - 2013  
Lilly Funds Award Committee, IWU, 2012 - 2013  
Ticket Appeals Sub-committee, Student Life Council, IWU, January 2013 – September 2018  
Student Development Council, IWU, 2011 - 2013  
Assessment Committee, IWU, 2010 - 2012  
University Student Lilly scholarship Award Committee, IWU, 2011 - 2012  
University Teaching & Mentoring Award Committee, IWU, 2010 – 2012  
Faculty Development Council, IWU, 2009 – May 2012  
CAS Technology Committee, IWU, 2009 - 2010  
University Instructional Technology Council, IWU, 2009 - 2010  
Human Subjects Review Board, IWU, 2008 - 2010  
Travel Study Abroad Committee, ETBU, 2005 - 2007 (2006 - 07, chair)  
Contract Faculty Affairs Committee, BSU, 2003 - 2004  
University Research Committee, BSU, 2003 – 2004

**Church Service/Responsibilities:**

Welcome Center team member, Brookhaven Wesleyan Church, August 2018 - present  
Strat Op team member, Leadership Pipeline team leader, March 2018 – present  
Discipleship Group Leader, Brookhaven Wesleyan Church, August 2014 – present  
Nursery Room Worker, Brookhaven Wesleyan Church, August 2013 – September 2018  
Nominating Committee, Brookhaven Wesleyan Church, June 2013 – May 2014, June 2018 - present  
Assistant Secretary/Treasurer, Wesleyan Women, Brookhaven Wesleyan Church,  
June 2013 – May 2014  
Church Teller, Brookhaven Wesleyan Church, September 2012 – present  
Food Pantry Committee, Brookhaven Wesleyan Church, May 2012 – May 2014  
Small Group Leader, God’s House Ministries, Marion, Indiana, September 2009 – November 2010  
God’s Kid’s Ministry, God’s House Ministries, Marion, Indiana, May 2009 - December 2009  
“After High” Co-director, New Life Community Church, October 2007 - June 2008

**Community Service:**

Ole Miss Youth Sports, Soccer Coach 3<sup>rd</sup> – 5<sup>th</sup> grade, 2018  
Volunteer, Bridges to Health, Marion, Indiana, March 2013 – August 2016  
Licensed Foster Parent, The Villages, March 2012 – April 2015  
Parent Representative, Sonshine Preschool Board, Sweetser, Indiana, August 2010 – May 2012  
Purdue Master Gardener, Grant County, January 2009 - present  
Project Leadership Mentor, Marion, Indiana, 2007  
The Optimist Club, Marshall, Texas, 2005 - 2007

**FACULTY DEVELOPMENT**

Faculty Reading Group Coordinator, Fall 2010 – May 2012  
Coordinator, CAS Faculty Development, August 2010 – December 2011  
Faculty Development Council, Fall 2009 – May 2012  
Women’s Leadership Development Reunion Retreat, IWU, Indianapolis, Indiana, May 7 – 8, 2009  
New Faculty Mentor, IWU, 2009 – 2010  
Advancing Women Leadership Cohort, Women’s Leadership Development Initiative, IWU, 2008 -  
2009

**RESEARCH AND SCHOLARSHIP**

**Undergraduate courses taught**

Indiana Wesleyan University

PHE 101 Concepts of Health and Wellness	PHE 370L Biomechanics Lab
PHE 102 Adult Fitness	PHE 374 Physiology of Exercise
PHE 170 Introduction to Exercise Science	PHE 374L Physiology of Exercise Lab
PHE 190 Medical Terminology	PHE 377 Physics of Sport Movement
PHE 235 Professional Experience I	PHE 385 Psychology of Motor Learning
PHE 236 Professional Experience II	PHE 482 Senior Seminar
PHE 282 Motor Development	PHE 483 Exercise Science Internship
PHE 286 Kinesiology	PHE 485 Senior Research Seminar I
PHE 370 Biomechanics	PHE 486 Senior Research Seminar II
	PHE 487 Culminating Senior Experience

East Texas Baptist University (ETBU)

KINE 1302 Introduction to the Structure and Function of the Human Body	
KINE 2303 Lifespan Motor Development	KINE 3312 Kinesiology/Applied Anatomy
KINE 3310 Personal Concepts of Health and Wellness	KINE 4306 Evaluation in Kinesiology
KINE 3311 Physiology of Exercise	KINE 4310 Human Diseases

Ball State University (BSU)

ANAT 201 Human Anatomy
ANAT 201 Lab Human Anatomy Lab
PHYS 210 Lab Human Physiology Lab

Indiana University (IU)

HPER P205 Lab Structural Kinesiology Lab
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John Hopkins University/Center for Talented Youth (JHU/CTY)

Exercise Physiology
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### ACCREDITATION/CURRICULUM

CAAHEP Accredited Exercise Science Program, 2013 – present  
Continuing accreditation through March 2028, 10 year accreditation award  
Initial accreditation through March 2018, 5 year accreditation award

#### New Courses Developed

##### Indiana Wesleyan University

PHE 190 – Medical Terminology, New Online Course Developer, CAS Blended Learning Initiative, IWU, Spring 2012  
PHE 374L – Physiology of Exercise Lab, IWU  
PHE 370L – Biomechanics Lab, IWU  
PHE 485 – Senior Seminar I, IWU  
PHE 486 – Senior Seminar II, IWU

##### Ball State University

Honors 298 – Food, Values, Politics and Society, New Course Developer, BSU, Spring 2005 - Involved in the design, development, implementation and assessment (Doctoral Dissertation) of an inter-disciplinary *Fast Food Nation* Course

### REFEREED PUBLICATIONS

Biggs, N.C., England, B.S., Turcotte, N.J., Cook, M.R., and Williams, A.L. (2017). Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness. *International Journal of Exercise Science*, 10(1), 128 - 136. Available at: <http://digitalcommons.wku.edu/ijes/vol10/iss1/13>

Davison, E.A, Anderson, C.T., Ponist, B.H., Werner, D.M., Jacobs, M.E., Thompson, A.J., and Cook, M.R. (2016). Inhibitory Effect of the Kinesio Taping® Method on the Gastrocnemius Muscle. *American Journal of Sports Science and Medicine*, 4(2), 33-38. DOI: 10.12691/ajssm-4-2-2. Available at: <http://pubs.sciepub.com/ajssm/4/2/2/index.html>

- Cook, M.R. and Mulvihill, T.M. (2008). Problem-Based Learning and Scientific Literacy. *Academic Exchange Quarterly*, Spring 2008, 158-162.
- Cook, M.R. and Mulvihill, T.M. (2008). Examining US College Students' Attitudes Toward Science: Learning From Non-Science Majors. *Educational Research and Reviews*, January 2008, 038-047.
- Coggan, J.S., Grutzendler, J., Bishop, D.L., Cook, M.R., Gan, W., Heym, J. and Lichtman, J.L. (2004). Age-Associated Synapse Elimination in Mouse Parasympathetic Ganglia. *Journal of Neurobiology*, 60(2), 214-226.

## **PRESENTATIONS AT PROFESSIONAL MEETINGS**

### *Lecture*

- Mulvihill, T.M., Latz, A., Cook, M.R. and Pauline, G. Collaborative Autoethnography: understanding how athletic experiences shape the professional identity of some women college and university faculty, presented at the 2010 Association for the Study of Higher Education (ASHE) conference, Indianapolis, Indiana, November 18, 2010.
- Cook, M.R., Pauline, G., Mulvihill, T.M. and Latz, A. Autoethnographically speaking: case studies of women college and university faculty examining their athletic experiences, accepted to be presented at the 22nd Annual Conference on Ethnographic and Qualitative Conference (EQRC), Cedarville, Ohio, June 4-5, 2010.
- Cook, M.R. Examining Students' Attitudes toward Science and Scientific Literacy in a Non-Science Major, Interdisciplinary Course, presented at the Midwest Scholars Conference, Indiana Wesleyan University, Indianapolis, February 22, 2008.
- Miller, M.R. A Comparison of the Sidearm Throws Versus the Overarm Throws in Softball Players, presented at the Southern California Conference on Biomechanics, University of Southern California, April 8, 2000.

### *Abstract*

- Blakey, A., Cook, M.R., Rogers, W., Johnson, S., Hott, A.M., Eflin, J. and Gray, J. Science: The Success Catalyst – Instructors Energizing Novel Courses and Engaging Students, presented at SENCER (Science Education for New Civic Engagement and Responsibilities) Summer Institute, Santa Clara, California, August 2005.

### *Poster*

- Cook, M.R., Williams, A.L., Bantz, E., Blubaugh, J., and Peters, C. The Effects of Simulated Altitude Masks on Aerobic Endurance in Trained Individuals, presented at the American College of Sports Medicine (ACSM) Annual Meeting, Minneapolis, MN, June 2<sup>nd</sup>, 2018.
- Kirby, J., Hayden, H., Coffey, M., Forbes, B., Cook, M.R., and Williams, A.L. The Accuracy of Caloric Expenditure in Fitness Tracking Technology, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.

- Moore, C., Deaton, K., Meinert, B., Price, C., Cook, M.R., and Williams, A.L. The Effects of Bingocize on Muscular Strength, Balance, Body Composition and Confidence in ADLs in The Elderly, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.
- Yoder, W., Bantz, E., Blubaugh, J., Peters, C., Cook, M.R., and Williams, A.L. The Effects of Simulated Altitude Masks on Aerobic Endurance in Trained Individuals, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.
- Shimmons, E., Balzano, D., Cain, L., Hornett, E., Cook, M.R., and Williams, A.L. The Effects of HIIT on Body Composition and Muscular Endurance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.
- England, B.S., Biggs, N.C., Turcotte, N.J., Cook, M.R., and Williams, A.L. Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 4 – 5, 2016.
- Williams, A.L., Cook, M.R., Shaffer, J., & Cuzzort, M. Dissociative Effects of a Spin Studio, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Stearns, E.M., Cook, M.R., Williams, A.L., Anglemeyer, C., DeMoss, L., & Godbey, J. Effects of Time of Day on Muscular Strength, Muscular Endurance and Flexibility, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Cook, M.R., Williams, A.L., Anglemeyer, T., Stephens, J., Hoffman, S., & Spencer, C. The Effects of a Plyometric Training Program on College Students, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Beerman, J., Cook, M.R., Williams, A.L., Hayden, A., Krebs, T., & Bok, B. The Relationship between Rate of Perceived Exertion and Actual Heart Rate, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Alao, D., Wilson, K., Cook, M.R., Williams, A.L., Miller, D., & VanKerkhoff, M.G. The Effects of Different Stretching Protocols on Golf Performance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Ryan, M., Worthman, J., Cook, M.R., Williams, A.L., Thompson, Z., & Jones, A. The Effects of High Intensity Interval Training on Gender, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.

- Anglemyer, C.P., Cook, M.R., Williams, A.L., Brackenhoff, M.D., Kursonis, B.A., Lapp, M.R., & Smith, K.R. The Effects of Participation in a Bingocize™ Program on Self- Efficacy, Muscular Strength, Balance & Flexibility of Older Adults, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Merrillville, IN, November 7 – 8, 2014.
- Ream, J-M., Cook, M.R., Williams, A.L., Greentree, J., Orozco, L. & Reinke, A. Let's Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Merrillville, IN, November 7 – 8, 2014.
- Cook, M.R., Carmichael, M., Enger, D., Golden, K., Stemmler, E. & Williams, A.L. Effects of an Energy Drink On Blood Lactate Levels During Maximal Anaerobic Exercise, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.
- Speidel, J., Cook, M.R., Williams, A.L., Arnold, S., Copple, S., Gurley, T., & Percy, E. Effectiveness of Blood Lactate Clearance in Arm Ergometry Active Recovery, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.
- Williams, A.L., Cook, M.R., Bush, L., Humason, S., Rosenkranz, S., Sailor, B., & Springer, M. The Effects of a College Multiple Skill Activities, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.
- Wilson, L., Lohser, A., Cook, M.R., Williams, A.L., Breckner, H., Hochstettler, A., & Stoneking, K. Tennis Ranking Correlation with Resting Heart Rate and  $\dot{V}O_2\text{max}$ , presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.
- Wilcoxson, E., Cook, M.R., Williams, A.L., Cocallas, T., Froderman, H., Klingeman, R., & Pedersen, M. Duration of Post-Exercise Effects on Brain Cognition, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, Indiana, October 28 – 29, 2011.
- Rosenkranz, S., Cook, M.R., Williams, A.L., Baker, K., Malkowski, L., Miller, B., & Thompson, P. Effects of Music Tempo on Performance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, Indiana, October 28 – 29, 2011.
- Horsch, S., Dufek, J.S., Cook, M.R., Williams, A.L., Dixon, L., Hanson, B., Hamilton, K., & Reikowsky, L. The Influence of Static, Dynamic, and Active Isolated Stretching on Vertical Jump Performance, presented at the Southwest American College of Sports Medicine (SWACSM) 30<sup>th</sup> Annual Meeting, Reno, Nevada, October 21 – 22, 2011.
- Cook, M.R. and Bishop, D.L. Structural Correlates to Synapse Reoccupation and Axon Regeneration at the Neuromuscular Junction, presented at Society for Neuroscience, San Diego, California, October 26, 2004.

*Poster - Student Research Specific*

Anglemyer, C.P., Cook, M.R., Williams, A.L., Brackenhoff, M.D., Kursonis, B.A., Lapp, M.R., & Smith, K.R. The Effects of Participation in a Bingocize™ Program on Self- Efficacy, Muscular Strength, Balance & Flexibility of Older Adults, presented at the Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November 5 – 7, 2014. – **This poster won the student poster research competition.**

Ream, J-M., Cook, M.R., Williams, A.L., Greentree, J., Orozco, L. & Reinke, A. Let's Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise, presented at the Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November 5 – 7, 2014.

Gurley, T., McKinley, J., Cook, M.R., Williams, A.L., Foulk, S. & Pearce, H. The Potential Benefits and Effects of CrossFit® on Cardiovascular Endurance, Muscular Strength and Speed, presented at Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November, 2011.

Percy, E. Cook, M.R., Williams, A.L., Devereax, K., Garber, K., Hamsley, J. and Schortgen, J. Wii Fit® with Aerobic Step Platform and the Effects on Target Heart Rate, presented at Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November, 2011.

Rosenkranz, S., Cook, M.R., Williams, A.L., Baker, K., Malkowski, L., Miller, B., & Thompson, P. Effects of Music Tempo on Performance, presented at the Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November, 2011. – **This poster won the student poster research competition.**

## **BOOKS**

Cook, M.R. (2016). *A Comparison of the Sidearm Throw Versus the Overarm Throw*. Germany: Lambert Academic Publishing.

Cook, M.R. (2009). *Examining Students' Attitudes About Science and Scientific Literacy*. Germany: VDM Verlag.

## **GRANTS RECEIVED**

Indiana Academy of Science Grant, 2003 (\$1,417)  
Research Grant-in-Aid, Indiana University, 2001 (\$443.30)

## **DOCTORAL COMMITTEE APPOINTMENTS**

Committee Member for EdD in Organizational Leadership  
Dissertation: A Healthy Dose of Leadership: Superintendents' Leadership Styles in Implementing School Health and Wellness Programs in Indiana  
Student: Alice J. Robertson  
Institution: Indiana Wesleyan University  
Completion: August 2009



## **LILLY SCHOLARSHIP AWARDS**

- Student Lilly Scholarship Award Mentor, Tennis Ranking Correlation with Arm Ergometer VO2 Max Test, IWU, Lauren Wilson, 2012 - 2013  
Student Lilly Scholarship Award Mentor, Analysis of Indiana Wesleyan University's Wellness Program, IWU, Emily Percy, 2011 - 2012

## **TEXTBOOK/WEBSITE/LMS/MANUSCRIPTS/ABSTRACTS**

### Technology

Multiple LMS/websites/apps in design - Pearson Education Publishers – Indianapolis, IN, 2012 - present

### Textbooks

Fitquest: A Personal Journey by Bell, Garver, McCurley, Mood and Banks (2014) – Bearface Instructional Technologies  
Exercise for Older Adults by ACSM (2013) - Lippincott, Williams, & Wilkins Publishers  
Basic and Applied Sports Kinesiology by Declan Connolly (2013) - Lippincott, Williams, & Wilkins Publishers  
Total Fitness Assessment by Ng and Bosso (2013) – Lippincott, Williams, & Wilkins Publishers  
Introduction to Exercise Science by Housh, Housh, and Johnson (2012) - Holcomb Hathaway Publishers  
Basic Biomechanics (6E) by Hall (2012) - McGraw-Hill  
Exercise Physiology by William Kraemer, Steven Fleck and Michael Deschenes (2011) – Lippincott, Williams, & Wilkins Publishers  
Introduction to Human Disease: Pathophysiology for Health Professionals (5E) by Hart and Loeffler (2006) – Jones & Bartlett Learning

### Manuscript Proposals

Journal of Sports Science manuscript reviewer, 2016 – present

### Abstract Proposals

CSKLS conference proposal reviewer, 2016  
ASHE conference proposal reviewer, Teaching, Learning, Assessment and Methods, 2011 – 2014

## **SUPERVISED UNDERGRADUATE STUDENT RESEARCH PROJECTS (IWU)**

The Accuracy of Activity Trackers Measuring Energy Expenditure while Walking, 2017 - 2018  
Accuracy of Fitness Trackers in Predicting Caloric Expenditure During Stationary Biking, 2017 - 2018  
Heart Rate and Caloric Expenditure Accuracy of Popular Fitness Trackers, 2017 - 2018  
The Effect of Music Preference on Exercise Performance in College Students, 2017 - 2018  
Correlation Analysis of the Skulpt<sup>®</sup> and BodPod, 2017 – 2018  
Competition's Impact on Heart Rate in Zumba Exergaming, 2016 - 2017  
The Effects of Elevation Training Masks on Aerobic Endurance in Trained Individuals, 2016 - 2017  
The Effects of Bingocize<sup>™</sup> on Muscular Strength, Balance, Body Composition and Confidence in Activities of Daily Living in the Elderly, 2016 - 2017  
The Effects of HIIT on Body Composition and Muscular Endurance, 2016 - 2017  
The Accuracy of Caloric Expenditure in Activity Tracking Technology, 2016 - 2017  
Vibration's Impact on Flexibility, 2016 - 2017  
Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness, 2015 - 2016

Comparison of Physiological Benefits and Enjoyment of Dance Dance Revolution With and Without a Partner, 2015 - 2016

Muscle Activation During Front and Back Squat, 2015 - 2016

The Impact of Whole-Body Vibration Training on Muscle Activation and Flexibility, 2015 - 2016

What's Your Power Hour? The Effects of Time of Day on Exercise Performance, 2014 - 2015

PLYO+: The Effects of Plyometric Training on the Active Non-Athlete College Population, 2014 - 2015

The Effect of Dissociation in a Spin Studio Environment, 2014 - 2015

A Comparison of Perceived Exertion Versus Actual Exertion During Exercise, 2014 - 2015

HIIT IT: The Physiological Differences Between Men and Women in Response to HIIT Training, 2014 - 2015

Effects of Gatorade and Water on Exercise, 2014 - 2015

Stretching and Golf Performance: The Significance of Dynamic, Static, and No Stretching on Performance of a Golf Swing, 2014 - 2015

The Effect of Participation in a Bingocize® Program on Self-Efficacy, Muscular Strength, Balance, and Flexibility of Older Adults, 2013 - 2014

Let's Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise, 2013 - 2014

The Effects of Music Tempo and Enjoyment on Exercise Performance, 2012 - 2013

The Relationship Between Religious Values, Health Habits, and Motivation for Exercise, 2012 - 2013

The Different Modes of Exercise and their Effects of Cognitive Function, 2012 - 2013

Effectiveness of Blood Lactate Clearance in Arm Ergometry Active Recovery, 2011 - 2012

Effects of 5-Hour Energy® on Blood Lactate Levels During Maximal Anaerobic Exercise, 2011 - 2012

The Effects of a College Multiple Skills Activities Class, 2011 - 2012

The Effects of Longboarding on the Cardiovascular System, 2011 - 2012

Tennis Ranking Correlation with Resting Heart Rate and VO2 Max, 2011 - 2012

Effects of Music Tempo on Performance, 2010 - 2011

Duration of Post-Exercise Effects on Brain Cognition, 2010 - 2011

The Potential Benefits and Effects of CrossFit® on Cardiovascular Endurance, Muscular Strength and Speed, 2010 - 2011

The Validity of Power Balance® Bracelets, 2011 - 2011

Wii Fit® with Aerobic Step Up Platform and the Effects on Target Heart Rate, 2010 - 2011

Investigating Perceived versus Actual Activity Levels While Exercising on the Wii Fit®, 2009 - 2010

The Influence of Static, Dynamic, and Active-Isolated Stretching on Vertical Jump Height, 2009 - 2010

Comparing Body Composition Between Health Related and Non-Health Related Academic Majors, 2009 - 2010

### **STUDENT CLUBS/ORGANIZATIONS ADVISOR**

Swing Dance Club advisor, IWU, 2013 - 2014

IWU Remix advisor, IWU, 2010 - 2013

Exercise Science and Applied Health and Fitness Club advisor, IWU, 2010 - 2011

Martin Hall Unit Parents (Holly King, Britta Sjoberg, Brittany Molnar), IWU, 2009 - 2012

### **SERVICE PROJECTS/MISSION TRIPS**

IWU students:

Hephzibah Children's Home, Macon, Georgia, May 1 - May 7, 2016

95 Acts of Intentional Kindness, Brookhaven Wesleyan Church, Marion, IN, September 4, 2015

Hephzibah Children's Home, Macon, Georgia, February 28 - March 7, 2015

94 Acts of Intentional Kindness, Brookhaven Wesleyan Church, Marion, IN, August 29, 2014

World Gospel Mission:

Sanyu Babies Home, Kampala, Uganda, May 31 – June 11, 2015

### **PANEL SPEAKER**

Cancer Center Support Group, Exercise Recommendations for Cancer Patients, October 16, 2018  
Instructor, Nutrition and Exercise Recommendations for Children, Foster Care Training, The Villages, August 19, 2014

Faculty Panel, SPAS Undergraduate Research Highlights, SPAS Faculty Retreat, August 21, 2014

Math and Athletics Instructor, Camp Blast, Fairmount Campgrounds, July 1, 2014

Guest Speaker, Parish Nurses Luncheon, Marion General Hospital, April 2014

Faculty Panel, Teaching Online Classes in the Summer: Effective & Efficient or Mediocre & Misguided?, SPAS Faculty Retreat, IWU, August 23, 2012

CAS Faculty Panel, Scholarship as a Christian Vocation, CAS Faculty Retreat, IWU, August 31, 2009

Health and Wellness Panel, Grant County Young Professionals Network, Meshingomesia Country Club, Marion, Indiana, April 2009

### **LEARNING ACADEMY COURSES COMPLETED**

Course Design (Spring 2012)

Assessment of Student Learning (Spring 2012)

### **PROFESSIONAL DEVELOPMENT/WORKSHOPS**

#### *Discipline Specific*

ACSM 65<sup>th</sup> Annual Meeting, Minneapolis, MN, May 29 – June 2, 2018

MWACSM Annual meeting, Grand Rapids, MI, November 10 – 11, 2017

ACSM 64<sup>th</sup> Annual Meeting, Denver, Colorado, May 31 – June 3, 2017

ACSM's 21<sup>st</sup> Health and Fitness Summit and Exposition, San Diego, CA, April 6 – 9, 2017

MWACSM Annual meeting, Fort Wayne, IN, November 4 – 5, 2016

ACSM 63<sup>rd</sup> Annual Meeting, Boston, Massachusetts, June 1 – 4, 2016

MWACSM Annual meeting, Fort Wayne, IN, November 6 – 7, 2015

ACSM 62<sup>nd</sup> Annual Meeting, San Diego, California, May 26 – May 30, 2015

MWACSM Annual meeting, Merrillville, IN, November 7 – 8, 2014

IAHPERD, Indianapolis, Indiana, November 6 – 8, 2014

ACSM 61<sup>st</sup> Annual Meeting, Orlando, Florida, May 27 – May 31, 2014

ACSM 60<sup>th</sup> Annual Meeting, Indianapolis, Indiana, May 29 – June 1, 2013

MWACSM Annual meeting, Oregon, Ohio, November 1-3, 2012

ACSM's 16<sup>th</sup> Health and Fitness Summit and Exposition, Las Vegas, NV, March 27 – 30, 2012

IAHPERD, Indianapolis, Indiana, November 9 – 11, 2011

MWACSM Annual meeting, Indianapolis, Indiana, October 28 – 29, 2011

ACSM 58<sup>th</sup> Annual Meeting, Denver, Colorado, May 31 – June 4, 2011

ACSM's 15<sup>th</sup> Health and Fitness Summit and Exposition, Anaheim, CA, April 13 – 16, 2011

MWACSM Annual meeting, Indianapolis, Indiana, October 29 – 30, 2010

ACSM's 57<sup>th</sup> Annual Meeting, Baltimore, Maryland, June 1 – 4, 2010

Perform Better 3-Day Functional Training Summit, Chicago, IL, May 2010

ACSM's 56<sup>th</sup> Annual Meeting, Seattle, Washington, May 27 – 30, 2009

Effective Techniques for Total Body Strengthening workshop, Indianapolis, IN, March 24, 2009

ACSM's 55<sup>th</sup> Annual Meeting, Indianapolis, Indiana, May 28 – 31, 2008

5<sup>th</sup> Annual Conference on Girls' and Women's Physical Activity and Sport, Louisiana State University, Shreveport, Louisiana, February 16, 2007

TAHPERD Annual Convention, Fort Worth, Texas, November 30 – December 2, 2006  
NSCA Personal Trainers Conference, Las Vegas, Nevada, March 12 – 13, 2006

*Faith Integration Specific*

Christian Society for Kinesiology and Leisure Studies, IWU, June 7 – 9, 2012  
The Pedagogy of Faith in the Science Classroom, IWU, June 27 – 29, 2011  
Life Calling Workshop, Indiana Wesleyan University, May 12 – 13, 2008  
Midwest Scholars Conference, Indiana Wesleyan University, Indianapolis, IN, February 22, 2008  
New Faculty Development Course, Indiana Wesleyan University, Fall 2007  
Gnosis to Epignosis: A Seminar on Faith Integration in Christian Higher Education, La  
Tourneau University, November 1, 2005

*Teaching Specific*

Assessment Workshop, Indiana Wesleyan University, May 7, 2013  
IDEA Mentor Training, 2011  
Performance Task Academy, Indiana Wesleyan University, May 2011  
2010 ASHE Annual Conference, Indianapolis, Indiana, November 18 – 20, 2010  
35<sup>th</sup> Annual POD Conference, St. Louis, Missouri, November 3 – 7, 2010  
8<sup>th</sup> Annual “Technology for Teaching” Conference, Taylor University, Upland, Indiana,  
August 19 – 20, 2010  
Map-works Training, IWU, 2010  
2010 ICI, Instructional Technology Summit, Butler University, August 6, 2010  
New Faculty Mentor Training, IWU, August 21, 2009  
2009 ICI, Instructional Technology Summit, Taylor University, August 14, 2009  
6<sup>th</sup> Annual “Technology for Teaching” Conference, Taylor University, Upland, Indiana,  
August 14 – 15, 2008  
3rd Annual Conference: “No Educator Left Behind: Equipping Adjunct Faculty with Skills  
and Knowledge”, Indianapolis, Indiana, June 20, 2008  
Advising Webinar, Indiana Wesleyan University, Spring 2008  
Promoting an Undergraduate Research Culture, Inside Higher Education Audioconference,  
Indiana Wesleyan University, December 12, 2007  
Faculty Development/Frenzy Workshops, August 2007 – present  
SENCER Summer Institute, Santa Clara University, August 2004

*General Employee*

Blood Borne Pathogens, Employee Professional Development Training, 2007 - present  
Code of Conduct, Employee Professional Development Training, December 5, 2017  
FERPA, Employee Professional Development Training, December 5, 2017  
Information Security, Employee Professional Development Training, December 5, 2017  
Code of Conduct, Employee Professional Development Training, November 29, 2016  
American with Disabilities Act, Employee Professional Development Training, January 19,  
2016  
Workplace Bullying, Employee Professional Development Training, January 19, 2016  
Managing Workplace Stress, Employee Professional Development Training, January 19,  
2016  
Information Security, Employee Professional Development Training, January 19, 2016  
Code of Conduct, Employee Professional Development Training, IWU, February 2, 2015  
Title IX, Employee Professional Development Training, IWU, February 2, 2015  
Preventing Discrimination and Harassment – EE, Employee Professional Development  
Training, IWU, February 2, 2015

Active Shooter Preparedness, Employee Professional Development Training, IWU, January 23, 2015  
FERPA, Employee Professional Development Training, IWU, January 23, 2015  
ALICE Training, Mario Rangel, IWU, August 21, 2014  
Diversity Awareness Training, IWU, August 23, 2013  
Realizing the Potential for Women's Leadership Webinar, IWU, May 12, 2011  
Managing Energy, not Time, Is the Key to High Performance and Personal Renewal, Wabash Leadership Luncheons, April 16, 2009  
Women's Leadership Development Conference, Indiana Wesleyan University, Indianapolis, Indiana, May 8 – 9, 2008