CURRICULUM VITA

M. DIXIE STANFORTH, PH.D.

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EDUCATION

2010 Ph.D.	Advertising/Health Communication, The University of Texas at Austin
1982 M.S.	Physical Education, University of Arizona
1981 B.A.	Physical Education, College of William and Mary

PROFESSIONAL EXPERIENCE

2022-present	Professor of Instruction, Emerita, Department of Kinesiology and Health Education, The University of Texas at Austin
2020-2022	Professor of Instruction, Department of Kinesiology and Health Education, The University of Texas at Austin
2012-2020	Associate Professor of Instruction, Department of Kinesiology and Health Education, The University of Texas at Austin
1995-2012	Senior Lecturer, Department of Kinesiology and Health Education, The University of Texas at Austin
1985-1995	Teaching Specialist, Department of Kinesiology and Health Education, The University of Texas at Austin
1982-1985	Assistant Manager, City Club, Tucson Arizona

PEER-REVIEWED/RESEARCH PUBLICATIONS

1. Wooten, S.V., J.S. Wolf, D. Mendoza, J.B. Bartholomew, P.R. Stanforth, D. Stanforth, H. Tanaka, R.Y.D. Fleming. (2022) The impact of multimodal sport science-based prehabilitation program on clinical outcomes in abdominal cancer patients: A cohort study. The American Surgeon, DOI: 10.1177/00031348221103657.
2. Wooten, S.V., R.Y.D. Fleming, J.S. Wolf, S. Stray-Gunderson, J.B. Bartholomew, D. Mendoza, P.R. Stanforth, D. Stanforth, L.M. Hernandez, H. Tanaka. (2021) Prehabilitation program composed of blood flow restriction training and sports nutrition improves physical functions in abdominal cancer patients awaiting surgery. European Journal of Surgical Oncology, DOI: 10.1016/j.ejjso.2021.05.038.
3. Stanforth, D. & Graham, K. (2018) Celebrate Success! ACSM's Health and Fit J. 22(2): 1-7. [Feature article]
4. Brown, K. & Stanforth, D. (2017). Go Green with Outdoor Activity. ACSM's Health and Fit J. 21(1):10-15. [Feature article]
5. Stanforth, D., Lu, T., Stults-Kolehmainen, M.A., Crim, B., & Stanforth, P.R. (2016). Bone mineral content and density among female NCAA Division I athletes across the competitive season and over a multi-year time frame. J Strength Cond Res Oct. 30(10):2828-38.

6. Stanforth, D., Brumitt, J., Ratamess, N.A., Atkins, W., & Keteyian, S.J. (2015). Training Toys: Bells, Ropes, and Balls-Oh My! ACSM's Health and Fit J. 19(4):5-11. [Feature article]
7. King, M. & Stanforth, D. (2015). The Movement-Based Programming Method for Select Populations. ACSM's Health and Fit J. 19(1):17-22. [Feature article]
8. Stanforth, P.R., Crim, B.N., Stanforth, D., Stults-Kolehmainen, M.A. (2014) Body Composition Changes Among Female NCAA Division 1 Athletes Across the Competitive Season and Over a Multiyear Time Frame. The Journal of Strength & Conditioning Research, 28(2), 300-307.
9. King, M. & Stanforth, D. (2013). 10,000 workouts in 10 minutes: Movement-based programming. ACSM's Health and Fit J. 17(1):8-14. [Feature article]
10. Mackert, M., Stanforth, D., Garcia, A.A. (2011). Undermining of Nutrition and Exercise Decisions: Experiencing Negative Social Influence. Public Health Nursing, 28(5), 402-410.
11. Stanforth, D., Steinhardt, M., Mackert, M., Stanforth, P.R., & Gloria, C. (2011). Does mind-set matter? An investigation of exercise and the placebo effect. American Journal of Health Behavior, 35(3), 257-268.
12. Stanforth, D. & Mackert, M. (2009). Social undermining of healthy eating and exercise behaviors. ACSM's Health and Fitness Journal, 13(3), 14-19.
13. Stanforth, D., Stanforth, P.R., & Hoemeke, M.P. (2000). Physiologic and metabolic responses to a Body Pump® workout. Journal of Strength and Conditioning Research, 14(2), 144–150, 2000.
14. Stanforth, D., Stanforth, P.R., Hahn, S., & Phillips, A. (1998). A 10-week training study comparing Resistaball® and traditional trunk training. J Dance Med Sci. 2(4), 134-140.
15. Stanforth, P.R. & Stanforth, D. (1996). The effect of adding external weight on the aerobic requirement of bench stepping. Res Q Exerc Sport. 67(4), 469–472.
16. Stanforth, D., Stanforth, P.R., & Velasquez, K.S. (1993). Aerobic requirement of bench stepping. Int J Sport Med. 14(3), 129-133.

PEER-REVIEWED RESEARCH ABSTRACTS

1. D. Stanforth, A. Lazard, P. R. Stanforth, B. Wyeth, M. Mackert, X. Li. Signage increases stair use: Applying visual metaphors with health and non-health messages for behavior change. Med Sci Sports Exerc. 48(5S):137, May 2016. (Presented at the Annual Meeting in Boston, MA.)
2. P. R. Stanforth, A. E. Talley, V. Jarzabkowski, K. Carolan, M. Miller, D. Stanforth. Body composition changes with weight loss. Med Sci Sports Exerc. 48(5S) 540-541, May 2016. (Presented at the Annual Meeting in Boston, MA.)
3. D. Stanforth, P.R. Stanforth, B.N. Crim, M.A. Stults-Kolehmainen. Bone mineral content and density among NCAA Division I female athletes across competitive seasons and over a multi-year time frame. Med Sci Sports Exerc. 45(5S), 2013. (Presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)
4. Crim, B.N., P.R. Stanforth, D. Stanforth, M.A. Stults-Kolehmainen. Body Composition Changes Among Female Collegiate Athletes Across the Competitive Season and Over Multiple Years. Med Sci Sports Exerc. 45(5S):443-451, 2013. (Presented at the 60th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)

5. D. Stanforth. Role Model Stories Delivered on YouTube: Promotional Strategies and Impact on Exercise and Exercise Self-Efficacy. International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Austin, TX, May 23-26, 2012.
6. D. Stanforth, D., Manika, D., and Stout, P. Prostate cancer awareness: Texas campaign evaluation. Center for Women's and Gender Studies Health Research Cluster Student Conference, April 28, 2009.
7. D. Stanforth, Smith, P., et al. Urine specific gravity in EMS flight workers. (Abst.) Med Sci Sports Exerc. 40(5): 1344, 2008. (Presented at the 55th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.)
8. D. Stanforth, Stanforth, P.R. and Hoemeke, M.P. The metabolic cost of the Body Pump® training program. (Abst.) Med Sci Sports Exerc. 30(5): S198, 1998.
9. Hahn, S., Stanforth, D., Stanforth, P.R., and Phillips, A. A 10 week training study comparing Resistaball® and traditional trunk training (Abst.) Med Sci Sports Exercise. 30(5): S199,1998.
10. M.P. Hoemeke, Stanforth, D. and Stanforth, P.R. Gender differences in the Body Pump® training program. (Abst.) Medicine and Science in Sports and Exerc. 30(5): S199, 1998.
11. D. Stanforth and Stanforth, P.R. Aerobic requirement of Jazzerstep. (Abst.) Med Sci Sports Exerc. 25:S83, 1993. (Presented at the 40th Annual Meeting of the American College of Sports Medicine, Seattle, WA.)
12. D. Stanforthand Stanforth, P. The effect of adding external weight on the aerobic requirement of bench stepping. (Abst.) Med Sci Sports Exerc.25: S451, 1993.
13. D. Stanforth, Velasquez, K., and Stanforth, P.R. The effect of bench height and rate of stepping on the metabolic cost of bench stepping. (Abst.) Med Sci Sports Exerc.23(4): S143, 1991.
14. D. Stanforth, Hamman, C., and Senechal, C. Relationship of heart rate and oxygen consumption during low impact aerobic movements. (Abst.) Med Sci Sports Exerc.20:S88, 1988.

PROFESSIONAL PUBLICATIONS

1. Stanforth, D. & Burton, H. (2024) Invited column: Celebrate Success! Veteran Care that Works: THRIVE. *ACSM's Health & Fitness Journal,* 28(6): 53-56.
2. Stanforth, D. & Corral, C. (2024) Invited column: Celebrate Success! Be Your Own Fortune Cookie. *ACSM's Health & Fitness Journal,* 28(4): 84-86.
3. Stanforth, Dixie Ph.D., FACSM; Sherlock, Joe. (2023) Invited column: Michael Joyner, MD, FACSM: A Magnificent Anomaly. ACSM's Health & Fitness Journal 27(6):p 56-59.
4. Stanforth, D. & Crownover, E. (2023) Invited column: Celebrate Success! Legacy of a Legend. *ACSM's Health & Fitness Journal,* 27(4): 85-90.
5. Stanforth, D. & Crownover, E. (2023) Invited column: Celebrate Success! 1% Better. *ACSM's Health & Fitness Journal,* 27(2): 63-66.
6. Stanforth, D. & Crownover, E. (2022) Invited column: Celebrate Success! This is…Student Jeopardy. *ACSM's Health & Fitness Journal,* 26(4): 57-60.
7. Stanforth, D. & Crownover, E. (2022) Invited column: Celebrate Success! The Latest Prescription: Exercise is Medicine. *ACSM's Health & Fitness Journal,* 26(2): 63-66.
8. Stanforth, D. & Crownover, E. (2021) Invited column: Celebrate Success! ACSM's Health & Fitness Journal Turns 25: A Journey of Innovation to Bridge the Gap. *ACSM's Health & Fitness Journal,* 25(6): 65-68.

9. Stanforth, D. & Crownover, E. (2021) Invited column: Celebrate Success! Dynamax: The Bentley of Medicine Balls. *ACSM's Health & Fitness Journal,* 25(4): 56-59.
10. Stanforth, D. & Van Overdam J. (2021). Invited column: Standing on the Shoulders of Giants: Celebrating the Success of Cooper Aerobics. *ACSM's Health & Fitness Journal,* 25(2), 51-56.
11. Stanforth, D. & Van Overdam J. (2020). Invited column: Celebrate success! Social Justice at Cabrini University. *ACSM's Health & Fitness Journal,* 24(6), 51-53.
12. Stanforth, D. & Van Overdam J. (2020). Invited column: Celebrate success! Using Your Strength to Serve. *ACSM's Health & Fitness Journal,* 24(4), 58-60.
13. Stanforth, D. & Van Overdam, J. (2020). Invited column: Celebrate Success! Still on a Mission: The Stories of Make A Vet Sweat and Heroes' Movement. *ACSM's Health & Fitness Journal,* 24(2), 49-51.
14. Stanforth, D. & Weidenheft, A. (2019). Invited column: Celebrate Success! The Your Trainer Story. *ACSM's Health & Fitness Journal,* 23(6):68-69.
15. Stanforth, D. & Graham, K. (2019). Celebrate success! Function First. *ACSM's Health & Fitness Journal,* 23(4): 44-46.
16. Stanforth, D. & Weidenheft, A. (2019). Invited column: Celebrate Success! Wellcoaches. *ACSM's Health & Fitness Journal,* 23(2):42-44.
17. Stanforth, D. & Weidenheft, A. (2018). Invited column: Celebrate Success! Girls Gone Strong. *ACSM's Health & Fitness Journal,* 22(6):64-66.
18. Stanforth, D. & Weidenheft, A., (2018). Invited column: Celebrate the Success of ATX 100. *ACSM's Health & Fitness Journal,* 22(4):33-35.
19. Allen, S., Dudley, G.A., Iosia, M., Stanforth, D., & Steuerwald, B. (2002). Sports Science Exchange Roundtable 47:13(1).
20. Stanforth, D. & Stanforth, P.R. (1997-2000). Stanforth's on Fitness. Austin Health and Fitness monthly column.
21. Stanforth, D. & Stanforth, P.R. (1992). Burning Fat: The Rest of the Story. American College of Sports Medicine (ACSM) Certified News, 2(2): 5-8.

BOOKS AND EDUCATIONAL VIDEOS

1. Book Chapter: Being an Effective Communicator (with Jim Peterson.) ESPN's and USA Football's Coaching Football Beyond the X's and O's. Provided free to high school coaches August 2016.
2. Dynamic Warm Up: iTunesU, 2014.
3. Healthy Learning Video Series, 2011:
    a. Vertical Core Training
    b. The Power of Personal Stories to Change Health Behaviors
4. American College of Sports Medicine Healthy Learning Video Series, Monterey, California, 1999:
    a. Name that Energy System
    b. Fat Burning
    c. Exercise Evaluation
    d. Passive Stretching
    e. Developing a Walking Program
    f. Permanent Weight Loss
5. Stanforth, D. and Ellison, D. (1997) Aerobic Dance Exercise. New York: McGraw Hill.

EXTERNAL FUNDING/GRANTS.

2009 Elizabeth Christian Public Relations: $8,750 pro bono creative work to develop booklet for Texas Cancer Coalition
2007 The Gatorade Company, Research Award: $5,800
1998 The Step Company, Research funding: $4,650
1996 Nike, Inc., Research funding, in kind award: $3,000 (shoes)
1993 Jazzercise, Inc., $3,000
1991 Nike, Inc., Research funding, in kind award: $3,000 (shoes)

INTERNAL FUNDING

2020 Experiential Learning Initiative Course Developer Grant: $10,000
2011-12 The University of Texas at Austin Vision Award: $3,000
2008-11 Division of Housing and Food Services Wellness Initiative: Funding to support one graduate student (~ $40,560 per year)
2005-06 The University of Texas at Austin Fast-Tex Award: $4,000
2004-05 The University of Texas at Austin Fast-Tex Award: $4,000
2003-04 The University of Texas at Austin Vision Award: $1,000
2002-03 The University of Texas at Austin Vision Award: $1,000

HONORS/AWARDS

2022 Emerita Fellow, American College of Sports Medicine
2020 Dad's Centennial Teaching Fellowship, The University of Texas at Austin
2016 American College of Sports Medicine Fellow
2016 Provost's Teaching Fellowship
2014 Alpha Lambda Delta and Phi Eta Sigma Honor Societies: Faculty of the Year Award
2011 (Inaugural) Teaching Excellence Award, Department of Kinesiology and Health Education, The University of Texas at Austin
2008-09 Tracy-Locke/Morris Hite Endowed Presidential Scholarship
1998 International Dance Exercise Association (IDEA) "5 Star Presenter" Award
1997 IDEA International Member of the Year/Appreciation Award

INVITED REVIEWER

Editorial Board, ACSM Health and Fitness Journal, 2002-2016
Associate Editor, ACSM Health and Fitness Journal, 2017-present
Sample Books:
- YMCA Water Fitness for Health
- Get Fit, Stay Fit
- Introduction to Strength and Conditioning Concepts of Physical Fitness
- Advanced Fitness and Exercise Prescription
- American Council on Exercise Lifestyle and Weight Management Consultant Manual

Sample Journals:
- Journal of Strength and Conditioning Research
- International Journal of Sports Medicine Sports Medicine, Training and Rehabilitation
- British Journal of Sports Medicine

INVITED PRESENTATIONS TO PROFESSIONAL ORGANIZATIONS

1. Delta Kappa Gamma Leadership Management Seminar, Executive Education – McCombs School of Business, UT Austin. Optimal Wellness: Nutrition & Fitness (2020 canceled); July 1, 2022
2. Graduway Leadership Summit. Invited Panelist. Boston, MA, Oct. 15-16, 2018.
3. Delta Kappa Gamma Leadership Management Seminar, Executive Education – McCombs School of Business, UT Austin, July 6, 2018. A Journey of Wellness for All Ages. (Invited 2020, 2022)
4. American College of Sports Medicine Health & Fitness Summit, San Diego, CA, April 6-9, 2017. Analyzing and Communicating Controversies in Metabolism.
5. American College of Sports Medicine Health & Fitness Summit, San Diego, CA, April 6-9, 2017. Hot Topics Panel: The Future of Personal Training.
6. Delta Kappa Gamma Leadership Management Seminar, Executive Education – McCombs School of Business, UT Austin, July 27, 2016. Obtaining Optimal Wellness: Eat Less, Move More.
7. American College of Sports Medicine Health & Fitness Summit, Orlando, Florida, March 29-April 1, 2016. Hot Topic Panel: Extreme Sports & Exercise: What Are the Limits?
8. American College of Sports Medicine Health & Fitness Summit, Orlando, Florida, March 29-April 1, 2016. Activity Trackers: Moving the Non-Movers. [with Carol Kennedy-Armbruster, Ph.D.]
9. American College of Sports Medicine Rocky Mountain Chapter Regional Meeting, Austin, Texas, March 27, 2015. Sponsored Keynote Address: Small Changes, Big Rewards.
10. American College of Sports Medicine Health & Fitness Summit, Phoenix, Arizona, March 31-April 3, 2015. Panel Moderator: Hot Topic Panel: High Intensity Training: The Good, The Bad & the Questions.
11. American College of Sports Medicine Health & Fitness Summit, Phoenix, Arizona, March 31-April 3, 2015. Panel Moderator: Oh, The Places You'll Go.
12. Delta Kappa Gamma Leadership Management Seminar, Executive Education – McCombs School of Business, UT Austin, July 11, 2014. Obtaining Optimal Wellness: Eat Less, Move More.
13. American College of Sports Medicine Health & Fitness Summit, Atlanta, Georgia, April 1-4, 2014. Panel Moderator: Oh, The Places You'll Go.
14. American College of Sports Medicine Southwest Regional Meeting, Austin, Texas, March 1, 2013. Sponsored Keynote Address: Small Changes, Big Rewards.
15. American College of Sports Medicine Health & Fitness Summit, Las Vegas, Nevada, March 12-15, 2013. Exercise is Medicine on Campus (Panel presentation.)
16. Delta Kappa Gamma Leadership Management Seminar, Executive Education – McCombs School of Business, UT Austin, July 5, 2012. Obtaining Optimal Wellness: Eat Less, Move More.
17. Texas Comprehensive Cancer Control Program, Prostate Cancer Webinar, June 18, 2012. Prostate Awareness Campaigns and Social Journalism.
18. Athletic Business Conference, Orlando, Florida, Dec. 1-3, 2011. Vertical Core Training (presented with Tim Skwiat, M.Ed., Train 4 The Game.) Rated one of the Top 10 presentations for content and delivery.
19. Texas Comprehensive Cancer Control Program, Prostate Cancer Webinar, June 17, 2011. Effective Use of Media to Change Prostate Cancer Screening Behaviors.

20. Delta Kappa Gamma Leadership Management Seminar, Executive Education through the McCombs School of Business at The University of Texas at Austin, July 5, 2010. 1) Developing Optimal Wellness: Resilience, Physical and Nutritional Health; 2) Optimal Wellness: Nutrition and Diets through the Decades.
21. U.S. Air Force, Lackland AFB, San Antonio, TX, August 21, 2009. Core Training – Functional Connections.
22. Texas Cancer Coalition First Annual Community Cancer Stakeholder Summit. Austin, TX, June 16-17, 2009. Effective Use of Media and Behavioral Journalism.
23. Insituto Multispa, Your Health Trainers, San Jose, Costa Rica, May 16, 2009. Functional Core Training.
24. School of Physical Education, Universidad de Costa Rica, San Jose, Costa Rica, May 18, 2009. Fitness Research Update.
25. Texas Cancer Coalition, Dallas, TX, February 26, 2009. Effective Use of Media.
26. Illinois Dietetic Association Annual meeting, Chicago, IL, April 7-8, 2006. Nutrition All Around Us.
27. Sports, Cardiovascular and Wellness Nutritionists (SCAN) Sports Nutrition Symposium, Austin, TX, April 13- 15, 2007. FUNctional Walk Training: Core and Flexibility.
28. National Strength and Conditioning Association Personal Trainers' Conference, 2004. Why Low Fat and Low Carb Diets are Ineffective.
29. SCAN Annual Symposium: Cardiovascular Disease and Obesity, Austin, TX, 2004. What's Fat Got To Do With It?
30. 7th International Congress of Sports Medicine, Mexico City, Mexico, 2003. Developing Creative Circuit Training Programs.
31. Health Promotion and Aerobic Convention, Taiwan National Fitness Organization, Personal Training Preconference, Taipei, Taiwan, 2002. 1) Stability Ball Training/Progressions; 2) Stability Ball Training: The Basics, 2002.
32. Health Promotion and Aerobic Convention, Taiwan National Fitness Organization, General Conference, Taipei, Taiwan, 2002. 1) Stability Ball Training: The Total Body Workout; 2) No Wet Heads: Deep Water Running Workshop; 3) The ABC's of Creative Circuit Training; 4) Name That Energy System.
33. Gatorade Sports Science Conference, Optimal Training and Nutrition for Fitness and Sport, Phoenix, AZ, 2001. Training for General Fitness.
34. IDEA International Conference, San Diego, CA, 2001. Hydration Hints for Fitness Professionals.
35. Fitness Awareness for Continuing Education International Conference (FACT), Chicago, IL, 2000. 1) The Skinny on Fat Burning; 2) Beyond the Crunch: Movers and Shakers.
36. Gatorade Sports Science Conference, 1999. Educating Athletes, Coaches and Clients about Sports Nutrition.
37. FACT, Chicago, IL, 1999. 1) Beyond the Crunch: Movers and Shakers; 2) Passive Stretching; 3) Fat Burning: Just the Facts.
38. IDEA Strength and Conditioning Conference, 1999. Effective Diet and Exercise Strategies to Permanently Control Body Fat.
39. FACT Annual Meeting, Chicago, IL, 1998. 1) Fat Burning: Fact or Fiction; 2) One-on-One Teaching Skills; 3) Ready, Set, Go - or Dropout?

40. IDEA Personal Training Conference, 1998. 1) Making the Transition to Personal Training: Program Design & Evaluation (I & II); 2) Motivation and Program Adherence; 3) One-on-One Teaching Skills; 4) Fat Burning: Fact or Fiction?
41. IDEA International Conference, Anaheim, CA, 1997. 1) Making the Transition to Personal Training: Program Design & Evaluation (I & II); 2) Motivation and Program Adherence; 3) One-on-One Teaching Skills; 4) The Art and Business of Personal Training; 5) Separating Fat from Fiction: The Fat Burning Myth.
42. FACT Annual Meeting, Chicago, IL, 1997. 1) Women's Health Issues: Research Update; 2) Name that Energy System; 3) ACSM Guidelines: Boring Research or "Must Know Info?"
43. IDEA Personal Training Conference, New York, NY, 1997. 1) Making the Transition to Personal Training: Program Design & Application (I & II); 2) Motivation and Program Adherence; 3) Developing One-on-One Skills; 4) Fat Burning: Separating Fat from Fiction.
44. FACT Personal Trainer conference, Chicago, IL, 1996. 1) Women's Health Issues: Research Review; 2) Name That Energy System; 3) Ready, Set, Go - or Drop Out?
45. IDEA Personal Training Conference, 1996. 1) Making the Transition to Personal Training: Program Design & Evaluation (I & II); 2) Motivation and Program Adherence; 3) One-on-One Teaching Skills; 4) Understanding the Fat Burning Myth.
46. FACT Instructor Conference, Chicago, IL, 1996. 1) Fitness Research Update: Women's Health Issues; 2) Understanding Fat Burning; 3) Name That Energy System.
47. IDEA Sixth Annual Sports Performance Symposium, 1996. A 10-week Training Study Comparing Resistaball© and Traditional Trunk Training.
48. FACT Instructor Conference, Chicago, IL, 1996. 1) Ready, Set Go-Or Drop out? 2) Name that Energy System; ACSM Guidelines: Boring Research or "Must Know Info?"
49. IDEA World Research Forum, 1996. Women's Health Issues.
50. IDEA International Conference, Orlando, FL, 1996. 1) Fat Burning: Separating Fat from Fiction; 2) Making the Transition to Personal Training: Program Design & Application I, Program Design & Application II; 3) Motivation and Program Adherence; 4) Developing One-on-One Skills.
51. FACT Fest, Chicago, IL, 1996. 1) Step Training Research Review; 2) A "FRAME" for Evaluating Exercise Safety; and 3) Understanding Fat Burning.
52. IDEA Personal Training Conference, 1996. 1) Making the Transition to Personal Training: Program Design & Application I, Program Design & Application II; 2) Motivation and Program Adherence; 3) Developing One- on-One Skills.
53. IDEA Specialty Training Conference, Baltimore, MD, 1995. 1) Making the Transition to Personal Training: Program Design & Application I, Program Design & Application II; 2) Motivation and Program Adherence; 2) Developing One-on-One Skills; 3) Becoming a Group Exercise Leader: Foundations of Energy Systems; 3) Foundations of Muscle Conditioning: Theory; 4) Foundations of Muscle Conditioning: Practical.
54. FACT Personal Trainers Conference, New Brunswick, NJ, 1995. 1) Understanding Fat Burning; 2) Name that Energy System; 3) A "FRAME" for Evaluating Exercise Safety.
55. IDEA World Research Forum, San Diego, CA, 1995. Group Exercise: Research Review.
56. World IDEA Conference, San Diego, CA, 1995. 1) Research Review; 2) Making the Transition to Personal Training: Program Design & Application I, Program Design &

Application II; 3) Motivation and Program Adherence; 4) Developing One-on-One Skills; 5) Becoming a Group Exercise Leader: Foundations of Energy Systems.

57. Sweden Aktiverum "Maximum Performance" Conference, 1995. 1) Step Training: Research Review; 2) Understanding Fat Burning; 3) Personal Training in America: Application to Swedish Fitness Centers.
58. IDEA World Conference, Baveno, Italy, 1995. 1) Understanding Fat Burning; 2) A "FRAME" for Evaluating Exercise Safety; 3) Understanding Energy Systems.
59. FACT Fest, Chicago, IL, 1995. 1) 1994 Research Review; 2) Step Training Research Review; 3) Understanding Fat Burning.
60. IDEA Specialty Training Conference, Indianapolis, IN, 1995. 1) Invited panelist, "High Risk" Exercise Summit;2) Making the Transition to Personal Training: Program Design & Application I, Program Design & Application II; 3) Motivation and Program Adherence; 4) Developing One-on-One Skills; 5) Understanding Fat Burning.
61. IDEA World Fitness and Educational Conference, Las Vegas, NV, 1994. 1) High Risk Exercise Summit: Panel Discussion; 2) 1994 Research Review: Group Exercise; 3) Sharpening Your Practical Skills; 4) Becoming an Excellent Aerobics Instructor; 4) Becoming a Personal Trainer: A Practical Workshop.
62. IDEA Specialty Conference, 1993. 1) Step Training Clinic: Specialty Workshop; 2) High Risk Exercise Summit: Panel Discussion.
63. IDEA International Research Forum, San Diego, CA, 1993. 1) Fitness Research Review: Step Training and Aerobic Dance Exercise; 2) Aerobic Requirement of Jazzerstep®-Original Research Investigation.
64. IDEA International Conference, 1993. 1) The Physiology of Step Training; 2) Fitness Research Review: Step, Slide and Walk.
65. All Well Health Promotion Conference Annual Meeting, 1993. Developing a Personal Walking Program.
66. IDEA Educational Conference, 1992. Fitness Research Update.
67. IDEA International Research Forum, San Diego, CA, 1992. The Metabolic Cost of Bench Stepping.
68. IDEA World Fitness International Convention, San Diego, CA, 1990. Energy Systems: Aerobic and Anaerobic.

PRESENTATIONS TO PROFESSIONAL ORGANIZATIONS

1. American College of Sports Medicine Health & Fitness Summit, Orlando, Florida, March 29-April 1, 2016. Activity Trackers: Moving the Non-Movers. (Presented with Carol Kennedy, Ph.D.)
2. American College of Sports Medicine Health & Fitness Summit, Atlanta, Georgia, April 1-4, 2014. Movement Based Programming: 10,000 Workouts in 10 Minutes. [Preconference session]
3. American College of Sports Medicine Health & Fitness Summit, Las Vegas, Nevada, March 12-15, 2013. Eat Less, Move More: Easy 2 Say, Hard 2 Do.
4. Athletic Business Conference, New Orleans, LA, November 28-December 1, 2012. Beyond the Core (presented with Tim Skwiat, M.Ed., Train 4 The Game.)
5. Annual Conference of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Austin, TX, May 24, 2012. Role model stories delivered on

YouTube: Promotional strategies and impact on exercise and exercise self-efficacy (abstract no. 145915; e poster presentation.)

6. Athletic Business Conference, Orlando, Florida, Dec. 1-3, 2011. The Use of Personal Stories in Changing Health Behaviors. Rated one of the Top 10 presentations for delivery.
7. ACSM Health and Fitness Summit, Anaheim, CA, April 13-16, 2011. The Use of Personal Stories in Changing Health Behaviors: Theory to Practice.
8. ACSM Health and Fitness Summit, Austin, TX, April 7-10, 2010. Vertical Core Training (with Tim Skwiat, Train4TheGame.)
9. ACSM Health and Fitness Summit, Austin, TX, April 7-10, 2010. Sphygmomanometers: Not Just for Blood Pressure Anymore (with Ryan Stukel, Sport Performance International.)
10. ACSM Health and Fitness Summit, Atlanta, GA, March 26-29, 2009. Functional Connections: Movement that Matters.
11. ACSM Health and Fitness Summit, Preconference, Long Beach, CA, March 24-27, 2008. Is Gravity Winning the Battle?
12. ACSM Health and Fitness Summit, Dallas, TX, March 21-24, 2007. Effective Communication to Enhance Client Retention and Motivation.
13. ACSM Health and Fitness Summit, Las Vegas, NV, March 29-April 1, 2005. Diets Through the Decades.
14. ACSM Health and Fitness Summit, Reno, NV, 2003. What's Fat Got To Do With It?
15. ACSM Health and Fitness Summit, 2001. Play Ball: Stability Ball Basics.
16. ACSM Health and Fitness Summit, San Diego, CA, 2000. Beyond the Crunch: Movers and Shakers.
17. IDEA Personal Trainer Congress, 2000. Passive Stretching Workshop.
18. ACSM Health and Fitness Summit, 1999. Passive Stretching; Panel Discussion: Selecting a Graduate School.
19. ACSM Health and Fitness Summit, 1998. 1) Motivation and Exercise Adherence; 2) Name that Energy System; 3) Ready, Set, Go-or Drop Out?
20. Association for Fitness in Business National Meeting, 1992. Implementing and Evaluating WorkStation Stretching Programs.
21. International Symposium on the Scientific and Medical Aspects of Aerobic Dance Exercise, San Diego, CA, 1989. 1) The Fat Burning Concept: Implications for Aerobic Dance; 2) Understanding Aerobic and Anaerobic Energy Systems.

PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine
International Dance Exercise Association
National Strength & Conditioning Association

CERTIFICATIONS/ACCREDITATIONS

Association of College & University Educators, UT Cohort, Effective Online Teaching Practices (Aug. 2020-May 2021)
American Council on Exercise, Personal Training Certification [ongoing]
CPR Certification, American Heart Association [ongoing]
Trigger Point Myofascial Release [2010 – present]
Postural Restoration Institute [2016]

CURRENT TEACHING (2012-2022)

Fall Semester:

1. Strategic Health Communication (HED 364)
2. Physiological Basis of Conditioning (KIN 310)
3. Techniques of Fitness Leadership (KIN 332)
4. Fieldwork in Personal Training (KIN 327)

Spring Semester:

1. Physiological Basis of Conditioning (KIN 310)
2. Techniques of Fitness Leadership (KIN 332)
3. Fieldwork in Personal Training (KIN 327)
4. Specialization Internships: Medical Fitness & Rehabilitation (KIN 627), Health Fitness Instructor (KIN 627), and Community Health and Wellness (HED 627)

Summer Semester:

1. Specialization Internships: Medical Fitness & Rehabilitation (KIN 627), Health Fitness Instructor (KIN 627), and Community Health and Wellness (HED 627)

NATIONAL SERVICE & PROFESSIONAL CONTRIBUTIONS

1. AARP, Virtual Programs for ages 50-70 (2020-present)
2. The Art of Aging Well, Havey Pro Cinema, American Public Television, Public Broadcasting System (2020)
3. Associate Editor, ACSM Health and Fitness Journal (2017-present)
4. Invited member, ACSM Select Member Group, CEO Search (2017)
5. ACSM Presidential Task Force on Faith-Based Initiatives (2017-present)
6. American Council on Exercise Spokesperson(1998-present)
7. Gatorade Sports Science Institute, Speakers Bureau Expert (1997-present)
8. Consultant: Primal 7 Suspension Training (2015-present)
9. Editorial Board, ACSM Health and Fitness Journal (2002-present)
10. Celebrate Success: Invited regular column in ACSM Health Fitness Journal following popular reception of initial peer-reviewed feature article (2018-present)
11. Program Committee, ACSM Health & Fitness Summit (2012-2016)
12. ACSM-Adidas Scientific Advisory Panel (2017-2018)
13. ACSM University Summit Task Force (2015-2017)
14. ACSM 64th Annual Meeting, Denver, CO. Invited presenter: ACSM Meet the Expert panel (June 2, 2017)
15. Gatorade Replay Training Council: an award-winning, original program. REPLAY stages re-matches of classic games between some of the nation's best high school sports teams and allows former athletes to live the dream of "once an athlete always an athlete." As part of the Training Council I am involved in testing the athletes, developing their 8 week training programs, assessing implementation, and provide feedback and motivation to players. Replay was nominated for multiple Emmy awards and was the winner of 8 Cannes Lions at their International Advertising Festival. (2009-2013)
16. Media consultant/Sample Interviews
    a. 2020 interviews: Wall Street Journal (Jan.), Washington Post (Jan.), NerdWallet/Gear Patrol (Jan.), Kinesiology Today (Dec.)
    b. 2019 interviews: USA Today, Nerd Wallet, Wall Street Journal, Real Simple Magazine, Havey Pro Cinema

c. Featured sample fitness interviews: regular interviews/content provider
    i. Consumer Reports: Binge Watching (2018), Austin American Statesman, Austin Monthly, Gizmodo (2017), Natcom Global TV: fitness apps for women (2016) National Public Radio (2014)
    ii. USA Today, Women's Health (feature article, March 2011), Vogue Magazine, Glamour Magazine, Walking Magazine, Self Magazine, Allure, Better Homes and Gardens, Redbook, Men's Health, Cooking Lite, Weight Watchers, Real Simple Magazine, Seventeen, Shape Magazine

17. Long Island Cheer Conference, Long Island, NY, September 16, 2006. Keynote address: Hydration and Sports Nutrition 101.
18. National Varsity Camp Cheerleaders, Dallas, TX, 2004. Hydration and Sports Nutrition 101.
19. Gatorade National Managers Meeting, Miami, FL, 2004. Workplace Flexibility: Stretch your potential.
20. National Media Spokesperson, Propel – The Fitness Water. (2002-2015)
21. Young Presidents Organization, Austin, TX, 2001. Diets through the Decades.
22. Naturally Fit TV. Fox Fitness Network (1998)
23. Harbinger Fitness Advisory Board (2006-2018)
24. Clif Bar Sport Ambassador Program (2004-2015)
25. Gatorade Board of Advisors for Science and Education (1997-2008)
26. Contributing Fitness Editor, Shape Magazine (1997-2004)
27. Christine McIntyre Awards Selection Committee (1997)
28. Nike Fitness Innovation Awards Selection Committee (1996)
29. IDEA Personal Trainer Practical Exam Committee (1996)
30. IDEA World Leadership Council (1996)
31. IDEA Professional Instructor Evaluation Development Committee (1995-97)
32. IDEA Aerobic Dance Exercise Leader & Personal Trainer Written Certification Committee (1995)
33. IDEA World Leadership Council (1994)
34. IDEA Compensation Task Force (1994)
35. International Business Machines (1995-1997), workplace ergonomics consulting
36. Contributing Editor, Living Fit Magazine (1997-1999)
37. Jane Fonda Fitness (1995)
38. International In-line Skating Association: certification and review board (1996-2000)

STATE/LOCAL SERVICE & PROFESSIONAL CONTRIBUTIONS

1. Invited speaker, MTO Shahmaghsoudi School of Islamic Sufism, The State of Education Panel (2021)
2. Go Red for Women, American Heart Association Executive Leadership Team (2018-2021)
3. Active Life and It's Time Texas (2010-2020)
4. Instructor Training for CEC credit, Body Business Fitness. Austin, Texas, Jan. 10, 2019. Assessing Core Stability.
5. Covenant Presbyterian Adult Learning Group, Austin, Texas. May 12, 2017. Wellness at Every Age.
6. Covenant Presbyterian Adult Learning Group, Austin, Texas. May 15, 2014. How can you Just Do It?

7. Lake Austin Spa, Austin, TX, January 5 and 26, 2008. Success Strategies for Eating and Exercise.
8. Cedar Park Bariatric Clinic, Cedar Park, TX, Sept. 21, 2013. Small Changes, Big Rewards.
9. Longhorn Village, invited speaker. Exercise through the ages. 2016.
10. American Heart Association Heart Savvy Summit, Austin, TX, March 21, 2006. Dieting through the Decades.
11. Women's Advisory Board, Heart Hospital of Austin (2005-2007)
12. Lake Austin Spa "Gathering of Wise Women," Austin, TX, October 9, 2004. Making Wise Choices: Diet, Exercise and Botox?
13. Run Tex, Castle Hill Fitness, Austin Triathlete group, Austin, TX, 2004. Hydration for endurance athletes. Sponsored by Gatorade.
14. Heart Hospital "Her Heart" Symposium, Austin, TX, 2004. The Heart of Exercise: Cardiovascular Training.
15. Lake Austin Spa and Resort. Austin, TX, 2002. In-house Instructor Training for CEC credits, Stability Ball Training: The Basics.
16. S.A.S. Computers, Employee Wellness Program Austin, TX, 2002. Invited speaker, What's the BEST Program?
17. Lake Austin Spa and Resort, "National Women's Health Month," Austin, TX, 2002. Diets through the Decades.
18. Danskin Triathlon series, Pre-Event Fitness Conference, Austin, TX, 2002. Hydration: You Can't Race Without it.
19. Lake Austin Spa and Resort Continuing Education, Austin, TX, 2001. Play Ball: Stability Ball Training.
20. H-E-B Shape Your Life. Pharr, Corpus Christi, San Antonio and Austin, TX, 2000.

UNIVERSITY SERVICE & PROFESSIONAL CONTRIBUTIONS

1. Invited member, Undergraduate Studies Advisory Committee, UGSACS (2021-22)
2. Provosts Teaching Fellow, Senior Provost's Teaching Fellow, Emerita PTF (2016-present)
    a. Steering Committee, Senior/Alumni Fellow Representative (2019-22)
    b. New Faculty Symposium planning committee [strategic development, planning & implementation]
    c. Web and PR Sub-committee
    d. Eyes on Teaching planning committee [strategic development, docent & observed teacher]
    e. Online Teaching Days, Texas Teach Up (docent and observed)
    f. Peer Mentor for incoming Provost Teaching Fellows
    g. The Other Side of Campus Podcast, co-host and developer
3. Invited presentation: Academy of Distinguished Teachers, PTF Podcast – The Other Side of Campus (2021)
4. Invited presentation: Academy of Distinguished Teachers, Wellness Strategies for Any Classroom/ELI initiative (2021)
5. Invited presentation: Texas Exes Professor Preview (2021)
6. Freshman Reading Round-Up Faculty mentor (2019, 2020, 2021)
7. Experiential Learning Task Force (2020)

8. Camp Texas. Invited student mentor and Professor panel presenter (2017, 2018, 2019, 2020, 2021, 2022)
9. UT Retired Faculty, Invited presentation: Walk This Way and Other Active Aging Strategies (March 7, 2018)
10. Faculty Innovation Center: Featured faculty in Experiential Learning module on Canvas (ongoing)
11. Texas Undergraduate Research Panel, Nov. 17, 2016. Narratives in Medicine.
12. Nike U: Departmental liaison for student selection/participation (2016)
13. Gone to Texas: invited speaker for Carver Academy students (2016)
14. College of Education Invited Marshal, May University-wide Commencement (2014 and 2021)
15. Division of Housing and Food Services Wellness Initiative: Co-founding faculty member and student supervisor (2008-2011) Engaged >30 students (graduate & undergraduate), published and presented data collected and generated internal funding for one graduate student.
16. Texas Exes, Class of 1962 Reunion, Austin, TX, April 26, 2012. Small Changes, Big Rewards.
17. Texas Exes Alumni College, Austin, TX, June 24, 2011. Eat Less, Move More: Five Strategies for Eating Well.
18. Allied Health Careers, The University of Texas at Austin, Austin, TX, Feb., 24, 2011. Finding the Health Career that is Right For You.

COLLEGE SERVICE & PROFESSIONAL CONTRIBUTIONS

1. Departmental web liaison (2012-present)
    a. Engage with Communications team for all KHE web-based content development
    b. Supervise regular updates and redesign of all elements of web presence, including faculty profiles, program information, etc.
    c. Gather and pitch new web content to highlight and promote department within College and University
    d. Oversee social media platforms (Facebook, Twitter, Instagram) and electronic monitors
2. Fall 2020 Planning Committee, member
3. Experiential Learning Task Force, member (2020-2021)
4. Student affairs support (2010-present)
    a. Meet Your Professor Virtual Panel, invited presenter (2020, 2021)
    b. Freshman Mock Lecture, presenter (2020, 2021)
    c. EDvantage Panel, presenter (2021)
    d. KHE Career Panel, presenter (2021)
    e. Summer orientations (yearly, ongoing)
    f. Significant recruitment for job/internship fair
    g. Invited presenter to numerous College undergraduate student programs, i.e., Professor Luncheon, FIGs, TRIGs (yearly, ongoing)
5. Marshal for December and May commencement ceremonies
6. Fitness Institute of Texas: Ongoing program development, staff mentorship and collaborations.
    a. Educational seminar: Core Training
    b. Custodial Services: Development of stretching program with video and written educational materials
    c. Development of FIT video for marketing purposes
    d. Faculty/staff virtual stretch break
7. Communications Director hiring committee member
8. Office of Instructional Innovation hiring committee member

DEPARTMENT SERVICE & PROFESSIONAL CONTRIBUTIONS

1. Initiated collaborative research effort with Dell Medical School and Nutrition to create a pre-surgical cancer exercise and nutrition protocol to improve surgical outcomes à recruitment of undergraduate students and research. (2018-present)
2. Experiential Learning Task Force, 2020.
3. Collaboration with It's Time Texas to provide students and research capacity for the Be Strong Austin initiative. (ongoing)
4. Curriculum development: key role in creation and ongoing management of Specializations for undergraduate majors (Medical Fitness & Rehabilitation, Health Fitness Instructor, Community Health & Wellness).
5. Teaching committee
    a. Teachers Learning Together: created a 2-day format for faculty to observe others within the department; shifted to promote participation in Eyes on Teaching to support the campus-wide initiative.
6. Non-tenured faculty merit review committee, member

7. Hall of Honor Selection Committee, member
8. Teaching Award Committee, chair
9. Undergraduate Program committees: Applied Movement Science, Health Promotion, Health Promotion and Fitness.
10. Student Services
    a. Advising of 50+ undergraduate students per year (referrals from advising staff and classes)
    b. Invited speaker, Freshmen Interest Groups and Transfer Interest Groups (5+ times/year)
    c. Letters of recommendation: 30+ undergraduate students per year (multiple letters/student)
        i. Graduate school (medical, physical therapy, occupational therapy, exercise science, etc.)
        ii. Job applications
        iii. Study abroad
    d. Vendor recruitment for KHE job/internship fair (i.e., Apple Computer)