

RENEE J. ROGERS, Ph.D.
CURRICULUM VITAE

CONTACT INFORMATION

Business Address: University of Pittsburgh
Physical Activity and Weight Management Research Center
32 Oak Hill Ct
Pittsburgh, PA 15261

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EDUCATION

Undergraduate

Youngstown State University Youngstown, OH	Exercise Science	Bachelor of Science	2004
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Advanced Degree

University of Pittsburgh Pittsburgh, PA	Exercise Physiology	Masters of Science	2009
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University of Pittsburgh Pittsburgh, PA	Exercise Physiology	Doctor of Philosophy	2012
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Dissertation Topic: The comparison of a technology-based system and in-person behavioral weight loss intervention in the severely obese.

PROFESSIONAL CERTIFICATION

Aerobic and Fitness Association of America	Group Fitness Instructor	2003-present
American Red Cross	Adult and AED CPR	2002-present
VR X-Biking	Indoor Cycling Instructor	2009-present
International Society of Densitometry	Certified Bone Density Technologist	2012-present

ACADEMIC APPOINTMENT

Assistant Professor	Department of Health and Physical Activity School of Education University of Pittsburgh Pittsburgh, PA	2013 - present
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Instructor	Department of Health and Physical Activity School of Education University of Pittsburgh Pittsburgh, PA	2012
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Graduate Student Researcher	Department of Health and Physical Activity Physical Activity and Weight Management Research Center University of Pittsburgh Pittsburgh, PA	2010-2012
Graduate Student Assistant	Department of Health and Physical Activity University Club Fitness Center University of Pittsburgh Pittsburgh, PA	2009-2010
Adjunct Faculty	Human Performance and Exercise Science Department Department of Theatre and Dance Youngstown State University Youngstown, OH	2004-2009 2004-2009

MEMBERSHIP IN SOCIETIES

American Alliance for Health, Physical Education Recreation, and Dance Ohio Alliance for Health Physical Education, Recreation and Dance	2003-present
American College of Sports Medicine National Affiliation Midwest Regional Affiliation Mid-Atlantic Regional Affiliation	2004-present
The Obesity Society	2011-present

PUBLICATIONS (peer reviewed)

1. Pintar JA, Learman KE, **Rogers R**. Traditional exercises do not have a significant impact on abdominal peak force in healthy young adults. *Journal of Strength and Conditioning Research*. 2009;23(7):2083-2089.
2. Jakicic JM, Mishler AE, **Rogers RJ**. Fitness, fatness, and cardiovascular disease risk and outcomes. *Curr Cardiovasc Risk Rep*. 2011; 5:113-119.
3. Jakicic JM and **Rogers RJ**. [Physical activity for weight maintenance, weight loss, and prevention of weight re-gain](#). *President's Council on Fitness, Sports and Nutrition (PCFSN) Research Digest*. 2013; June
4. Jakicic JM, King WC, Gibbs BB, **Rogers RJ**, Rickman AD, Davis KK, Wahed A, Belle SH. Objective versus Self-Reported Physical Activity in Overweight and Obese Young Adults. *J Phys Act Health*. 2015; 12: 1394-1400 [Epub ahead of print 19, Jan 2015] PMID: 25599334
5. Gibbs BB, King WC, Davis KK, Rickman AD, **Rogers, RJ**, Wahed A, Belle SH, Jakicic JM. Objective versus Self-Reported Sedentary Behavior in Overweight and Obese Young Adults. *J Phys Act Health*. 2015; 12(12): 1551-1557 [Epub ahead of print 2015 Feb 24] PMID: 25710325
6. Jakicic JM, King WC, Marcus MD, Davis KK, Helsel D, Rickman AD, Gibbs BB, **Rogers RJ**, Wahed A, Belle SH. Short-Term Weight Loss with Diet and Physical Activity in Young Adults: the IDEA Study. *Obesity*. 2015; 23(12): 2385-2397. (doi:10.1002.oby.21241)
7. Creasy SA, **Rogers RJ**, Byard TD, Kowalsky RJ, Jakicic JM. Energy Expenditure During Acute Periods of Sitting, Standing, and Walking. *J Phys Act Health*. 2015 Dec 21. [Epub ahead of print]. PMID: 26693809
8. Portzer LA, **Rogers RJ**, Barone Gibbs B, Hergenroeder AL, Rickman AD, Jakicic JM. Energy expenditure and enjoyment of active television viewing. *International Journal of Exercise Science*. 2016; 9(1): 64-76. Available at: <http://digitalcommons.wku.edu/ijes/vol9/iss1/8>
9. **Rogers RJ**, Lang W, Gibbs BB, Davis KK, Burke LE, Kovacs SJ, Portzer LA, Jakicic JM. Applying a technology-based system for weight loss intervention in adults with obesity. *Obesity Science and Practice*. 2016; doi: 10.1002/osp4.18
10. Gibbs BB, Brach JS, Byard T, Creasy S, Davis KK, McCoy S, Peluso A, **Rogers RJ**, Rupp K, Jakicic JM. Reducing Sedentary Behavior vs. Increasing Moderate-to-Vigorous Intensity Physical Activity in Older Adults:

a 12-Week Randomized, Clinical Trial. *Journal of Aging and Health*. 2016; DOI: 10.1177/0898264316635564

11. **Rogers RJ**, Jakicic JM. Examination of the Estimated Resting Metabolic Equivalent (MET) in Overweight and Obesity. *Obes Res Open J*. 2016; 3(1): 6-9. doi: 10.17140/OROJ-3-121.
12. Peluso A, Barone Gibbs B, **Rogers RJ**, Jakicic JM. Fruit and vegetable consumption and diet quality in response to a behavioral weight loss intervention. In Press: *American Journal of Health Behaviors*.
13. Jakicic JM, Davis KK, **Rogers RJ**, King WC, Marcus MD, Helsel D, Rickman AD, Wahed AS, Belle SH. Effect of wearable technology combined with a lifestyle intervention on long-term weight loss in the IDEA Study: a randomized clinical trial. In Review: *JAMA*.
14. Sherman SA, **Rogers RJ**, Davis KK, Minster RL, Creasy SA, Mullarkey NC, O'Dell M, Donahue P, Jakicic JM. Energy expenditure in Vinyasa yoga versus walking. In Review: *Medicine and Science in Sports and Exercise*.

DISSERTATION:

Rogers RJ, Barone Gibbs B, Davis, KK, Burke LE, Jakicic JM. The comparison of a technology-based system and in-person weight loss intervention in the severely obese. Doctoral Dissertation, University of Pittsburgh.

A technology-based system incorporating a physical activity monitor and a web interface to monitor dietary intake and body weight combined with monthly telephone contact has been shown to be an effective intervention for weight loss. Whether this type of intervention is effective for individuals with Class II (BMI = 35.0 to <40.0 kg/m²) or III (BMI ≥40 kg/m²) obesity has not been examined. Continuous enhancements in technology require ongoing evaluation of the effectiveness of these interventions. **PURPOSE:** To examine weight loss in response to standard behavioral weight loss (SBWL), technology (TECH), and an enhanced technology (TECH-BT) interventions in adults with Class II or III obesity. **METHODS:** Subjects were 39 adults (age: 39.0±9.7, BMI: 39.5±2.8kg/m²) randomized to SBWL (n=14), TECH (n=12), or TECH-BT (n=13). The prescription for all subjects included decreases in energy intake (1500-2100kcal/d), and increases in physical activity (200min/wk). SBWL attended weekly in-person group intervention sessions. TECH was provided with a wearable activity monitor that interfaced with a web-based program to monitor dietary intake and body weight (BodyMedia FIT®), also with one 10-minute intervention telephone call per month. TECH-BT received the same component as TECH, with the technology enhanced with Bluetooth® capability to allow for real-time monitoring of energy balance (intake and expenditure)(BodyMedia LINK®). **RESULTS:** Body weight was significantly reduced (p<.001) from 110.9±9.1 to 107.7±8.8kg in SBWL (-3.2±3.1kg; -2.9±2.9%), 112.2±10.5 to 107.2±10.5kg in TECH (-5.0±3.7kg; 4.9±3.8%), and 108.8±15.0 to 104.0±16.2kg in TECH-BT (-3.3±4.2kg; 3.5±4.8%) from 0 to 3 months. However, weight loss was not significantly different between the intervention groups. While significant improvements (p<.05) were found in waist and hip circumferences, percent body fat, physical activity, and dietary intake, there were no group significant group differences. **CONCLUSIONS:** These findings suggest that significant short-term weight loss can be achieved in individuals with Class II or III obesity with less in-person contact using a technology-based system combined with monthly telephone contact. These findings may have significant clinical implications for effective delivery of weight loss interventions for severely obese adults. Whether these findings extend beyond the initial 3 months of intervention and the long-term acceptability of a technology-based intervention warrants further investigation.

ABSTRACTS:

1. **Rogers RJ**, Pintar JA. Effects of Aerobic Dance in children with autism. *Mid-West ACSM*. Toledo, OH. 2003.
2. **Rogers RJ**, Pintar JA. Effects of Aerobic Dance in children with autism. *Academic Alliance Regional Research Symposium*. Youngstown, OH. 2004
3. **Rogers RJ**, Pintar JA. Effects of Aerobic Dance in children with autism. *Quest*. Youngstown, OH. 2004
4. **Rogers RJ**, Jakicic JM. Differences in measured versus estimated oxygen consumption to represent metabolic equivalents (METS) in overweight and obese adults. (poster) *The Obesity Society Annual meeting*, Orlando, FL. 2011.
5. Michael JC, Marcus MD, Davis KK, **Rogers RJ**, Taylor M, Coppock J, McGuire M, Unick JL, Jakicic JM.

- Acute affective responses to varying durations of physical activity among overweight and obese women. *Society for Behavioral Medicine*. April 2011.
6. **Rogers RJ**, Davis KK, Tate DF, Polzien K, Jakicic JM. Influence of objectively measured physical activity on change in fitness in a weight loss intervention. (poster) *ACSM Annual meeting*, San Francisco, CA. 2012.
 7. **Rogers RJ**, Barone Gibbs B, Davis, KK, Burke LE, Jakicic JM. The comparison of a technology-based system and in-person weight loss intervention in the severely obese. (thematic poster) *ACSM Annual meeting*, Indianapolis, IN. 2013.
 8. **Rogers RJ**, Davis KK, Barone Gibbs B, Jakicic JM. The comparison of a technology-based system and in-person behavioral weight loss intervention in the severely obese. *The Obesity Society Annual meeting*. Atlanta, GA, 2013.
 9. Jakicic JM, **Rogers RJ**, Schelbert EB. Influence of fitness and BMI on cardiac structure and function in overweight and obese adults. *The Obesity Society Annual meeting*, Atlanta, GA, 2013.
 10. Jakicic JM, King WC, Garcia DO, **Rogers RJ**, Coppock J, Moody A, Nagle J, Wisniewski L, Portzer L. Physical Activity among Overweight and Obese Young Adults: Association with Fitness and BMI. *The Obesity Society*, 2013.
 11. **Rogers RJ**, Davis KK, Gibbs BB, Burke LA, Jakicic JM. The comparison of a technology-based system and in-person behavioral weight loss intervention in the severely obese. *American College of Sports Medicine*, 2013.
 12. Davis, KK, Baron Gibbs B, **Rogers RJ**, Moody AM, Nagle JA, McGuire MR, Jakicic JM. Racial differences in sedentary behavior in overweight and obese adults. (poster) *ACSM Annual meeting*, Indianapolis, IN. 2013.
 13. Moody AM, Barone Gibbs B, McGuire MR, Nagle JA, **Rogers RJ**, Jakicic JM. Effect of Sedentary Time on Physical Fitness in Overweight and Obese Adults. (poster) *ACSM Annual meeting*, Indianapolis, IN. 2013.
 14. **Rogers RJ**, Barone Gibbs B, Davis KK, Jakicic JM. Association of technology intervention components with weight loss in severely obese adults. *ACSM Annual meeting*, Orlando, FL. 2014.
 15. Barone Gibbs B, King WC, Davis KK, Rickman AD, **Rogers RJ**, Jakicic JM. Objective vs. self-reported sedentary behavior and cardiovascular risk factors in overweight and obese young adults. *ACSM Annual meeting*, Orlando, FL. 2014.
 16. Byard T, **Rogers RJ**, Jakicic JM. Association between body image and weight loss in adult patients with obesity. *The Obesity Society*, 2014.
 17. Creasy S, **Rogers RJ**, Jakicic JM. Weight loss is associated with dose and types of physical activity. *The Obesity Society*, 2014.
 18. **Rogers RJ**, McGuire MR, Nagle J, Rupp K, Peluso A, McCoy S, Barone Gibbs B, Jakicic JM. Association of Lifestyle Physical Activity Components and Sedentary Behavior with Weight Loss. *The Obesity Society*, 2014.
 19. McCoy S, **Rogers RJ**, Jakicic JM. Association between perceived value of health, fitness, and appearance with engagement in behavioral weight loss intervention components. *The Obesity Society*, 2014.
 20. Peluso A, **Rogers RJ**, Jakicic JM. Association between Fruit and Vegetable Consumption and Weight Loss in Response to a Behavioral Weight Loss Intervention. *The Obesity Society*, 2014.
 21. Barone Gibbs B, King WC, Davis KK, Rickman, RD, **Rogers RJ**, Belle SH, Jakicic JM. Self-reported vs. objective sedentary behavior assessment in young adults. *American Heart Association Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism meeting*. San Francisco, CA 2014.
 22. **Rogers RJ**, McGuire M, Jakicic JM. Early Physical Activity Adoption is Associated with 6 Month Engagement in a Weight Loss Intervention. *American College of Sports Medicine*, 2015.
 23. Jakicic JM, King WC, Davis KK, Barone Gibbs B, Helsel D, Marcus MD, Rickman AD, **Rogers RJ**, Wahed A, Belle SH. Weight loss, body mass index (BMI), and body composition 24 months after a behavioral intervention including wearable technology in young adults: The IDEA Study. *The Obesity Society*, 2015.
 24. **Rogers RJ**, McGuire M, Schelbert EB, Jakicic JM. Behavioral Interventions with Varying Doses of Physical Activity on Weight Loss: The Heart Health Study. *The Obesity Society*, 2015.
 25. Donofry SD, Watt JC, **Rogers RJ**, Verstynen T, Jakicic JM, Erickson KI. Impulsivity and brain responses to visual food stimuli in adults with obesity. *The Obesity Society*, 2015.

26. Kovacs S, Kalarchian MA, Marcus MD, Courcoulas AP, Levine MD, **Rogers RJ**, Jakicic JM. Change in Physical Activity Prior to Bariatric Surgery does not Predict Post-Surgery Weight Loss. *American College of Sports Medicine*, 2016.
27. Kowalsky RJ, Barone Gibbs B, Davis KK, **Rogers RJ**, Wisniewski L, Jakicic JM. Association of Resting Blood Pressure with Adiposity and Physical Activity in Young Adults. *American College of Sports Medicine*, 2016.
28. Perdomo SJ, Barone Gibbs B, Davis KK, **Rogers RJ**, Wisniewski L, Jakicic JM. Associations of Fitness, Physical Activity, and Obesity with Heart Rate Recovery in Young Adults with Overweight and Obesity. *American College of Sports Medicine*, 2016.
29. Sherman S, **Rogers RJ**, Jakicic JM. Feasibility of the Addition of Yoga to a Standard Behavioral Weight Control Program. *American College of Sports Medicine*, 2016.
30. **Rogers RJ**, Schelbert EB, Barone Gibbs B, McGuire MR, Creasy SA, Kovacs SJ, McCoy SM, Peluso A, Rupp K, Jakicic JM. 12 Month Behavioral Weight Loss Intervention with Varying Doses of Physical Activity: The Heart Health Study. *American College of Sports Medicine*, 2016
31. **Rogers RJ**, Kovacs SJ, Byard TD, Collins KA, Creasy SA, Gomberg MA, McCoy SM, Peluso A, Raybuck SD, Rupp K, Jakicic JM. Weight loss and Program Satisfaction in Response to the Weight Watchers SmartPoints Plan. *Experimental Biology*, 2016.
32. Jakicic JM, **Rogers RJ**, Kovacs SJ, Byard TD, Collins KA, Creasy SA, Gomberg MA, McCoy SM, Peluso A, Raybuck SD, Rupp K, Wojtanowski A, Foster GD. A Commercial Program is Effective for Weight Loss and Improving Health-related Outcomes in Adults. *American College of Sports Medicine*, 2016.

ABSTRACTS – RECENTLY SUBMITTED:

1. **Rogers RJ**, McGuire MR, Jakicic JM. Barriers and Self-Efficacy to Varying Doses of Physical Activity within a 12-Month Behavioral Weight Loss Intervention: The Heart Health Study. *The Obesity Society Annual Meeting, November 2016 – pending acceptance*.

BOOK CHAPTERS:

1. **Jakicic JM**, Rogers RJ. Exercise in the Management of Obesity. *Eating Disorders and Obesity: A Comprehensive Handbook, 3rd Edition*. Eds: Kelly D. Brownell and B. Timothy Walsh. Guilford Publications, Inc.: New York. *In Press*.
2. **Jakicic JM**, Rogers RJ. Physical Activity as a Weight Management Strategy. *Treatment of the Obese Patient. 2nd Edition*. Eds: Robert F. Kushner and Daniel H. Bessesen. Springer-Verlag: New York. 2014, 215-224.
3. Gunnarsdottir, T, Rogers RJ, **Jakicic JM**, Hill, JO. Leisure-time physical activity and obesity. In: *Handbook of Obesity, Vol. 1, Epidemiology, Etiology, and Physiopathology, Third Edition*. Eds: George A. Bray and Claude Bouchard. CRC Press (Informa Healthcare): London. 2014.
4. **Jakicic JM**, Garcia DO, Rogers RJ. Exercise management of the obese patient. *Lifestyle Medicine, 2nd Edition*. Eds: James M. Rippe. CRC Press: New York. 2013, 529-535

INVITED SPEAKER/PRESENTATIONS:

1. Exercise in the Health and Fitness Program. *Obesity as a Chronic Care Model: Integrated Care Delivery Options*. University of Pittsburgh. Pittsburgh, PA. May 2014
2. Finding your “Fit at Pitt.” *School of Law*. University of Pittsburgh. Pittsburgh, PA. June 2014
3. Opportunities for Pitt Staff to Become Fit. *Staff Association Council Brown Bag Symposium*. University of Pittsburgh, Pittsburgh, PA. Upcoming: Fall 2014.
4. Tracking your Health with Apps and Tech Devices. Minimally Invasive Bariatric and General Surgery Patient Support Group. Magee Women’s Hospital of UPMC. Pittsburgh, PA. April 2015.
5. Understanding the Activity Spectrum from Sedentary Behavior to Fitness: Why Move? Office of Alumni Relations, Health Sciences, University of Pittsburgh, Pittsburgh, PA. May 2015.
6. How to Use Exercise Tools and Free Apps to Get Similar Results to DPP But at a Fraction of the Cost. American Diabetes Association Clinical Conference, Orlando, FL. May 2015.
7. Effective Application of Technology to Lifestyle Change for Obesity Treatment. Symposium Title: Implementing Lifestyle Interventions for Obesity: Moving from Science to Practice. *American College of Sports Medicine –Symposium for Annual Meeting 2015*.
8. Technology for Patients to Self-monitor Physical Activity after Bariatric Surgery. Minimally Invasive Bariatric

- & General Surgery, Magee Women's Hospital of UPMC. Pittsburgh, PA. June 2015.
9. The Health Behavior Spectrum. Superintendents Forum of Western Pennsylvania, Nemacolin Woodlands Resort, Pittsburgh, PA. December 2015
 10. PITT and Wellness. Superintendents Forum of Western Pennsylvania, Nemacolin Woodlands Resort, Pittsburgh, PA. December 2015
 11. Wellness and Be Fit Pitt. Seneca Valley School District Administration. Pittsburgh, PA. March 2016.
 12. Making the Move: Transitioning to a Physically Activity Lifestyle. Staff Association Council Spring Assembly featured presenter. May 2016.
 13. Wellness and Be Fit Pitt. Apollo Ridge School District Administration. Pittsburgh, PA. June 2016.

UNIVERSITY TEACHING ROLES:

Youngstown State University:

- | | |
|---|-----------|
| 1. Teaching Assistant: Research Design and Statistics in Exercise Science
Human Performance and Exercise Science Department (HPES 4820) | 2004 |
| 2. Adjunct Faculty: Tap and Jazz 1
Department of Theatre and Dance (DNCE 1570) | 2004-2006 |
| 3. Adjunct Faculty: Fitness Walking
Human Performance and Exercise Science Department (HPES 1554) | 2004-2005 |
| 4. Adjunct Faculty: Tap and Jazz 2
Department of Theatre and Dance (DNCE 1571) | 2005-2006 |
| 5. Adjunct Faculty: Methods of Teaching Rhythmic Aerobic Activity
Human Performance and Exercise Science Department (HPES 2615) | 2007 |
| 6. Adjunct Faculty: Aerobic Conditioning Activities/Introduction to Exercise Science
Human Performance and Exercise Science Department (HPES 1559) | 2008-2009 |
| 7. Adjunct Faculty: Jazz 3
Department of Theatre and Dance (DNCE 3770) | 2009 |

University of Pittsburgh:

- | | |
|--|---------|
| 1. Teaching Assistant: Advanced Lab Techniques
Department of Health and Physical Activity (HPA 3374) | 2011 |
| 2. Supervising Professor: Cycling Exercise
Department of Health and Physical Activity (PEDC 0222) | current |
| 3. Supervising Professor: Kettle Bell and Conditioning
Department of Health and Physical Activity (PEDC 0340) | current |
| 4. Professor: Directed Study
Department of Health and Physical Activity (HPA 1998) | current |
| 5. Professor: Human Physiology
Department of Health and Physical Activity (HPA 1033) | current |
| 6. Supervising Professor: Assist and supervise MS Students within research experience
Department of Health and Physical Activity (HPA 2998) | current |
| 7. MS Program Advisor – Clinical Track | |

UNIVERSITY SUPERVISION ROLES:Youngstown State University:

1. Supervision of Undergraduate Exercise Science Internship Experiences
Human Performance and Exercise Science Department at The Fitness, LLC 2006-2008

University of Pittsburgh:

1. Supervision of Undergraduate Exercise Science Internship Experiences
Department of Health and Physical Activity at University Club Fitness Center 2009-2011
2. Supervision of Masters Exercise Physiology Volunteer and Internship Experiences
Department of Health and Physical Activity at University Club Fitness Center 2009-2011
3. Coordination of Undergraduate Exercise Science Directed Study Experiences
Department of Health and Physical Activity at University Club Fitness Center 2011-2012

UNIVERSITY RESEARCH ROLES/PROJECTS:

1. Faculty: Physical Activity and Weight Management Research Center
University of Pittsburgh 2012-present

ACTIVE:

Rogers (PI)

Submitted: University of Pittsburgh, Central Research Development Fund

Effect of a Technology-Based Intervention on Weight Change Post-Bariatric Surgery

This study will examine the effect of applying a minimal contact technology-based intervention (TECH) at 1 year post bariatric surgery on weight change compared to Standard

Care. Role: Principal Investigator

R01 Jakicic (PI)

NIH-NHLBI

Effect of Exercise and Weight Loss on Cardiovascular Health.

To examine the effect of weight loss through diet and alone and diet plus different doses of exercise on cardiac measures using MRI and CVD risk factors across a 2 year intervention in overweight and obese adults.

Role: Project Coordinator:

Supervise recruitment, retention, assessment, cardiac MRI coordination, intervention, and assist with supervision and mentorship of masters-level students and graduate student researchers within a research setting.

Erikson (PI)

Influence of Physical Activity and Weight Loss on Brain Plasticity

This study examines the impact of physical activity and weight loss on brain health.

Role: Co-Investigator

Coordination of Brain MRI

Jakicic (PI)

Technology to Quantify Energy Expenditure and Physical Activity: Free-Living Component of this Study

To improve the accuracy of energy expenditure measurement in free-living conditions.

Role: Co-Investigator

Jakicic (PI)

Technology to Quantify Energy Expenditure and Physical Activity: Acute Validation Component of this

Study

To improve the accuracy of energy expenditure measurement during periods of activity.

Role: Co-Investigator

NCT01134874 Jakicic (PI)
NIH-NHLBI

Enhanced Behavioral Intervention to Improve Long-Term Weight Loss in Young Adults

This study will examine whether the added use of text messaging and wearable technology enhances weight loss in young adults (18-35 years of age) compared to a standard behavioral weight loss program Role: Interventionist:

Technology coordinator, intervention, and mentorship of masters-level students within a research setting.

2. Graduate Student Researcher: Physical Activity and Weight Management Research Center

University of Pittsburgh, Advisor: John M. Jakicic, PhD

2011-2012

Jakicic (PI) 8/15/09-5/31/14 NIH-NHLBI

Enhanced Behavioral Intervention to Improve Long-Term Weight Loss in Young Adults

This study will examine whether the added use of text messaging and wearable technology enhances weight loss in young adults (18-35 years of age) compared to a standard behavioral weight loss program. Responsibilities:

Recruitment: Telephone screenings, assist with orientation sessions

Assessment: Height, weight, anthropometrics, resting and exercise blood pressure, resting heart rate, bioelectric impedance analysis, DXA preparation and positioning, electrocardiogram preparation, graded-exercise test assistant, questionnaire administration

Intervention Materials: assisted lead interventionist with preparation of group lesson materials, created, directed, edited exercise video for participants, developed handbook for wearable armband technology

Intervention: Delivery of behavioral weight loss group interventions, delivery of individual telephone interventions, subject retention, administration and orientation of wearable armband technology to study participants, technology liaison to participants

Other: Assist with supervision and mentorship of masters-level students within a research setting during assessment and intervention sessions

Acute affective responses to varying durations of physical activity among overweight and obese women.

Responsibilities:

Assessment: Height, weight, anthropometrics, resting and exercise blood pressure, resting heart rate, bioelectric impedance analysis, electrocardiogram preparation, graded-exercise test assistant

Protocol: Supervised treadmill exercises, monitored: speed, grade, heart rate, affect, and mood, administered and monitored wearable armband technology for energy expenditure monitoring, administered questionnaires related to intervention, prepared and administered food to participants.

3. Undergraduate Research Assistant: Human Performance and Exercise Science Department

Youngstown State University, Advisor: Jennifer Pintar, PhD, MPH

2002-2004

Traditional exercises do not have a significant impact on abdominal peak force in health young adults.

Responsibilities:

Assessment: Isokinetic dynamometry/abdominal peak force, height, weight, body composition/skin fold, anthropometrics, electromyography preparation

Protocol: Administration of exercise intervention to experimental groups, retention of subjects, data entry

Results: Manuscript co-author

Effects of aerobic dance on children with autism

Responsibilities:

Design: Assist with design of exercise intervention, developed exercise group sessions, development and research of study materials

Assessment: Heart monitoring, questionnaire administration, subjective monitoring of participant behaviors

Protocol: Administration of exercise interventions, data entry

Results: Manuscript co-author

Development of RPE scales for usage in children with autism

Responsibilities:

Design: Assist with design of exercise intervention, developed exercise group sessions, development and research of study materials, development of population specific RPE scales

Assessment: Heart monitoring, questionnaire administration, RPE administration

Protocol: Administration of exercise interventions, data entry

Results: Manuscript co-author

Other: Peer advisement and mentorship in a research setting

Assessing the physical activity and health perceptions and attitudes within the population of the National Youth Sports Program

Responsibilities:

Design: Survey co-author

Protocol: Survey distribution and administration

Jump stretch: static versus ballistic training

Responsibilities:

Assessment: Joint angle measurement, flexibility assessment

Protocol: Assisted with administration of exercise protocol, data entry

Other: Peer advisement and mentorship in a research setting

OTHER UNIVERSITY POSITIONS AND ROLES:

University of Pittsburgh:

University Club Fitness Center Assistant to the Facility Director 2009-2012
Within a health and fitness setting, assisted with exercise and weight management programming for the faculty and staff members; lead group instructor; incentive program development; member retention events; mentorship and supervision of undergraduate and masters level students conducting directed study, teaching experiences, and internships at the facility.

Health and Fitness Program Director 2011-present
Supervision of all program entities: advertising, promotion, registration, policy development, identify and hire instructors, manage 5,000 sq/ft exercise facility, supervise graduate student staff and provide training professional experiences for HPA undergraduates.

UNIVERSITY SERVICE ROLES:

Youngstown State University:

Volunteer Instructor National Youth Sports Program 2000-2004
Taught and supervised inner city school children (K-8) to swim and participate in group sports and physical activities

- Committee Member Smokey Hollow Run 2003-2005
 Coordinated with faculty and president of the University to facilitate a fundraising run to assist with the improvement of areas surround the university.
- Fitness Wellness Expo Committee Human Performance and Exercise Science Dept. 2003-2004
 Lead coordinator of large-scale fitness and wellness expo open to all faculty, staff, and students.
- Invited Speaker Elementary and Middle School, Youngstown, OH 2004-2005
 Gave 1 hour lectures on developing healthy physical activity behaviors across 12 area school

University of Pittsburgh:

1. University:
 1. Medical Advisory Committee current
 Committee consists of faculty and staff members that review survey data, benefits renewal information and plan design changes.
2. School of Education:
 1. Undergraduate Committee current
 Committee implemented to review procedures related to undergraduate recruitment and consistent translation of information across the School of Education.
 2. School Council newly appointed
3. Department – HPA:
 1. Graduate Student Assistant Search Committee 2012-current
 Review, interview and select graduate student assistants for the Department of Health and Physical Activity.
 2. EdD Preliminary Planning current

PROFESSION AFFILIATION SERVICE ROLES:

1. American College of Sports Medicine 2013-2016
 1. Committee on Obesity Prevention and Treatment

OTHER CAREER RELATED EXPERIENCE:

- Group Exercise Leader Various Locations across Ohio 2002-present
Populations: Children, college students, adults, geriatrics, special populations (children with autism) & clinical populations
Classes: Dance aerobics, high impact / low impact aerobics, step, kickboxing, BOSU, introductory Pilates, body sculpting/conditioning, boot camp, circuit training, interval training, indoor cycling.
- Exercise Scientist/Wellness Coordinator The Fitness, LLC, Youngstown, OH 2006-2008
Responsibilities: Exercise programming within a health and wellness facility, facility management, coordination with dietitian and counseling staff, supervision of staff and exercise science undergraduate interns from Youngstown State University.

