



Candidate for Regional Representative to ACSM



Becki Battista, PhD, FACSM

Appalachian State University

It is an honor to be considered to once again serve on the SEACSM Board. Having previously served as a Member At Large and President, I understand the importance of being an active participant in supporting and advancing our chapter. Since being President I have remained actively involved with SEACSM, with attending and presenting at each meeting since and, more recently, working with the Mentoring Committee. I have also been active within ACSM serving on the Board of Trustees, the American Fitness Index, Chairing a Presidential Task Force, and being a member and past Chair of the Special Health Initiative Youth Sports and Health. However, I firmly believe my biggest impact can be made at the regional level.

SEACSM is a very strong and thriving chapter, and I am committed to ensuring it remains the premier regional chapter within ACSM. In today's rapidly evolving world, we face both opportunities and challenges. As a Board member it is our responsibility to navigate those challenges and identify opportunities that can drive success. I believe it is essential to keep SEACSM's mission and vision aligned with ACSM's broader goals while addressing the unique needs of our region. If elected, I aim to play a key role in strengthening communication between the National ACSM Office and our region - sharing advancements from ACSM while ensuring our chapter's voice is clearly heard. Keeping our membership strong in numbers, while maintaining our integrity will be critical in the years to come.

I am dedicated to ensuring the needs and interests of the members are heard and working collaboratively to enhance and grow our regional activities. Thank you for considering me for the SEACSM Regional Representative to ACSM.

Rebecca A. Battista, Ph.D.

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Department of Public Health and Exercise Science
Appalachian State University, Boone, NC

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EDUCATION

Ph.D. in Growth and Motor Development, 2004

Michigan State University, East Lansing, MI

Dissertation study. Relationship between physical characteristics and 2K rowing ergometer performance in collegiate female rowers.

M.S. in Exercise Physiology, 1998

Indiana University, Bloomington, IN

Masters Project. Age trends in the United States male competitors at USA Swimming long course Nationals over a 20 year time span.

B.S. in Physical Education Studies, Cum Laude, 1995

University of Delaware, Newark, DE

B.S. in Health Science, 1992

Lock Haven University, Lock Haven, PA

LEADERSHIP DEVELOPMENT

2023

Appalachian State University Beaver College of Health Sciences Dean's Office Fellow Program.

2019

BRIDGES Academic Leadership. Professional Development Program for women in institutions of higher education in North Carolina.

2017

Harvard Graduate School of Education, Professional Education. Including Ourselves in the Change Equation: Personal Learning for Organizational Performance.

ADMINISTRATIVE POSITIONS

Director, Office of Student Research, Appalachian State University, Boone, NC.

8/18-present

Interim Director, 7/17- 7/18

Position holds a 50% course release per semester.

Administer and review over 400 grants per year. Promote and support student research opportunities campus-wide by staying informed about faculty research and creative activities. Provide guidance regarding university policies and guidelines related to student research. Plan and coordinate yearly an on-campus event highlighting student research (>150 student presentations). Collaborate with areas across campus including Academic Affairs and the Office of Research and Innovation, to actively promote student research. Stay informed regarding student related research activities within the UNC System including serving as Chair for grant proposals.

**Assistant Director, Office of Student Research, Appalachian State University, Boone, NC.
8/14-7/17**

Position held a 25% course release per semester.

Assisted the Director in reviewing student research and travel grants. Developed assessment plans regarding monthly and yearly grants. Contributed to the planning of the Annual Celebration of Student Research and Creative Endeavors event. Represented the office at various campus and UNC System meetings when the Director was unavailable.

Healthy Outdoor Play and Exercise (HOPE) Lab

8/10-present

Co-Founder and Team member of an interdisciplinary research group dedicated to bringing together researchers and practitioners from a variety of disciplines and fields to promote health across the lifespan through spending time outdoors engaged in physical activity, exercise, and play. Mentor students and faculty associated with the lab. Applied for \$436,000 in external grants and \$65,000 in internal grants. Created and currently hosts a podcast – Appalachian Outdoorosity – to share stories that entertain, inspire and inform about living an active outdoor lifestyle.

<https://outdoorosity.podcasts.appstate.edu/>

ACADEMIC POSITIONS

**Professor, Department of Public Health and Exercise Science, Appalachian State University.
8/18-present**

*Tenured Full Professor, 2018-present, *50% course release since 2017*

Tenured Associate Professor, 2013-2018

Associate Professor, 2009-2013

Initially tasked with teaching a 3-course load per semester, exceptions occurred upon joining the Office of Student Research. Supervise graduate and undergraduate students in their research projects, theses, and Independent Study courses. Continually develop curriculum to align with current trends. Actively engage in research and present and publish findings. Pursue internal and external funding opportunities. Participate in department, college and university related committees and events. Serve on regional and national committees.

**Adjunct Faculty, Wake Forest School of Medicine, Physician Assistant Studies Program,
Wake Forest University, Winston-Salem, NC.**

8/12-6/14

Created and taught a 3-credit course (ES 3590) for undergraduates at Appalachian State University, focusing on interprofessional communication in the context of physical activity and its role in health

care. Implemented problem-based learning experiences and actively participated in the Interprofessional Education Day in the Beaver College of Health Sciences.

Assistant Professor, Department of Exercise and Sport Science, University of Wisconsin – La Crosse, La Crosse, WI.

8/04- 8/09

*Director, Undergraduate Fitness Program. 1/07- 8/09 *25% course release*

*Associate Director of the Human Performance Lab. 8/06-8/09 *25% course release*

Taught a 4-course load per semester, including both graduate and undergraduate courses, until granted course releases to oversee the Human Performance Lab and direct the Undergraduate Fitness Program. Mentored 38 graduate students and 15 undergraduate students in various research projects, theses or Independent Studies. Managed the curriculum with 7 faculty members and 300+ students majors. Coordinated admissions process the Fitness Program and provided guidance to students in navigating graduate programs and planning future careers. Engaged in research and service related activities.

Teaching Assistant, Department of Kinesiology, Michigan State University, East Lansing, MI.

8/02- 5/04

Responsible for teaching 6 credits per semester. Taught 1 credit physical activity related courses until built a teaching record then independently taught 3 credit undergraduate level courses. Assisted faculty in grading and course preparation. Evaluated other Teaching Assistants in health related general education courses.

Associate Instructor, Indiana University, Department of Kinesiology, Elective Program, Bloomington, IN.

8/96 - 5/98

Responsible for teaching 4 credits per semester of physical activity related courses. Assisted in performing fitness evaluations of students enrolled in physical activity related courses.

PROFESSIONAL POSITIONS

Research Assistant, Youth Sports Institute, Michigan State University, East Lansing, MI.

8/00-5/02

Physiology Research Assistant, USA Swimming, Colorado Springs, CO.

9/98 – 8/00

Staff Member, President's Council on Physical Fitness, Indiana University, Bloomington, IN.

5/98 - 8/98

PROFESSIONAL DEVELOPMENT

- External Program Reviewer - Reviewed Exercise Science/Kinesiology Programs (Florida Gulf Coast University, James Madison University)

- Program Comprehensive Review - Revisions for the Exercise Science Graduate Program
- Peer Mentor Circles
- Teaching Quality Framework
- Legacy Faculty Reading Group
- GUIDE: A Guiding Universities in Demonstrating Empathy Training
- Mid-Career ReVision. Professional Development Program for mid-career Faculty.
- Unpacking Implicit Bias
- Interpersonal Violence Training
- Conflict Management Skills: for Work and Beyond

PROFESSIONAL DEVELOPMENT PRESENTATIONS

- Connect and Direct: Increasing your network and stepping into leadership.
- North Carolina public and private colleges and universities converge around undergraduate research.
- Got gold? Everything you wanted to know about the updated ACSM certifications and more.
- Undergraduates and their participation in research – how do I get involved?
- To Infinity and Beyond: The “BUZZ” on Paths to Success for Careers in Exercise Science.
- From Doctoral student to faculty member – Establishing your independence in a tenure track position.
- A balancing act – How to be successful in your first few years of a tenure track position.
- Applying for an Academic Job – Early Career Day.
- Early Career: R1 vs R2 vs R3 – What’s the Difference and What Are the Expectations of an Assistant Professor at Each?

CERTIFICATIONS

2024

- ACSM’s Physical Activity and Public Health Specialist Certificate

2023

- Mental Health First Aid
- Title IX Training

2017

- American College of Sports Medicine Exercise is Medicine Ambassador

SCHOLARSHIP

I specialize in growth and motor development, with a primary focus on working with children and youth. My research interests revolve around promoting physical activity, particularly seeking ways to enhance and increase physical activity levels in children and youth.

PEER REVIEWED PUBLICATIONS – UNDER REVIEW:

(† indicates Student)

1. **Battista, R.A.**, Coe, D.P., Robinson, L., & Pfeiffer, K.A. Creating Positive Developmental Trajectories in Young Children: An Ecological Perspective on Policy Development and Implementation. *Childhood Obesity*, Under Review: submitted October 2024.
2. Smith, F.T., Kern, B.D., & **Battista, R.A.** The National Physical Activity Plans Early Childhood Education Strategy: State Policy Surveillance. *Childhood Obesity*, Under Review: submitted October 2024.
3. Coe, D.P., **Battista, R.A.**, Robinson, L. and Pfeiffer, K. Out to pasture or let it ride: Determining the fate of fitness testing in youth. *Journal of Physical Education, Recreation and Dance*. Under Review, submitted August 2024.
4. Towner, B.C., Broce, R., & **Battista, R.A.** Time and Location: Understanding Physical Activity in Parents and Children During COVID-19. *Journal of Appalachian Health*. under review February 2024.

PEER REVIEWED OR INVITED PUBLICATIONS:

1. **Battista, R.A.** (2024). Unlocking Nature's Power: Health Benefits of Engaging in Outdoor Physical Activity in the Appalachian Region. *Journal of the Appalachian Institute for Health and Wellness*, Volume 4, <https://jihhs.pubpub.org/volume-4>.
2. Bauer, P.W., Newsome, A.M., McAvoy, C.R. and **Battista, R.A.** (2024). EIM-OC: Beyond the launch, creating an impactful, sustainable, and supported program. *International Journal of Kinesiology in Higher Education*, In Press: submitted September 2024.
3. Greenberg, J., van der Mars, H., McKenzie T.L., **Battista, R.A.**, Chriqui, J., Cornett, K., Graber, K., Russell, J., Ward, D., and Wilson, W. (2024). A primer on the National Physical Activity Plan's Education Sector. *Journal of Physical Education, Recreation & Dance*, 95(2), p 7-16.
4. Towner, B.C., Broce, R., **Battista, R.A.**, and Christiana, R.C. (2023). A forced shift: Effects and outcomes of online higher education physical activity courses. *International Journal of Kinesiology in Higher Education*, DOI: 10.1080/24711616.2023.2182731.
5. † Creech, W, Towner, B.C., & **Battista, R.A.** (2022). Locations and reasons for physical activity during the COVID-19 Pandemic: A snapshot of a rural community. *Preventing Chronic Disease*, 19:220112. DOI: <http://dx.doi.org/10.5888/pcd19.220112>
6. Christiana, R.W., Bouldin, E.D., and **Battista, R.A.** (2021). Neighborhood Resources Mediate Rural and Non-Rural Differences in Physical Activity, Active Transportation, and Sedentary Behavior among Adolescents, *Preventative Medicine Reports*, 23. <https://doi.org/10.1016/j.pmedr.2021.101422>

7. Towner, B. C., Venrick, H.W., Broce, R. Christiana, R.W., **Battista, R.A.**, and James, J.J. (2021). Got nature? An interdisciplinary approach to promoting healthy outdoor play and exercise. *Journal of the Blue Cross NC Institute for Health and Human Services: Sustainable Health*, 1, 68-75.
8. **Battista, R.A.**, Bouldin, E.D., Pfeiffer, K.A., Pacewicz, C., Siegel, S.R., True, L., Martin, E.M., Branta, C.F., Haubenstricker, J, and Seefeldt, V. (2021). Physical Fitness and Performance: Predictors of High School Sport Participation. *Measurement in Physical Education and Exercise Science*, 25(1), 43-52, <https://doi.org/10.1080/1091367X.2020.1865964>.
9. Siegel, S.R., True, L., Pfeiffer, K.A., Wilson, J.D., Martin, E.M., Branta, C.F., Pacewicz, C. and **Battista, R.A.** (2021). Recalled age at menarche: A follow-up to the Michigan State University Motor Performance Study. *Measurement in Physical Education and Exercise Science*. 25(1), 78-86, <https://doi.org/10.1080/1091367X.2020.1769633>.
10. † Farrell, A.V., Christiana, R.W. **Battista, R.A.**, and James, J.J. (2020). Parental Impact on Child Physical Activity and Sedentary Time in Appalachian North Carolina. *Journal of Appalachian Health*, 2(3):26–40. DOI: <https://doi.org/10.13023/jah.0203.05>.
11. James, J.J., Christiana, R.W., and **Battista, R.A.** (2019). A Historical and Critical Analysis of Park Prescriptions. *Journal of Leisure Research*, 50(4), 311-329. DOI: <https://doi.org/10.1080/00222216.2019.1617647>.
12. Christiana R.W., † Holland, B., Needle, A., **Battista, R.**, and West, S. (2019). Physical Activity Levels Among Adolescents with Ankle Sprain and Chronic Ankle Instability. *PLoS ONE* 14(4): e0216243. <https://doi.org/10.1371/journal.pone.021624>.
13. Penglee, N., Christiana, R.W., **Battista, R.A.**, and Rosenberg, E. (2019). Smartphone Use and Physical Activity among College Students in the United States and Thailand. *International Journal of Environmental Research and Public Health*, 16(8), <https://doi.org/10.3390/ijerph16081315>. Impact factor: 2.145
14. Sharaievska I, **Battista R.A.**, and Zwetsloot JJ. (2019). Use of Physical Activity Monitoring Devices by Families in Rural Communities. *Journal of Medical Internet Research Pediatrics and Parenting*;2(1):e10658. DOI: 10.2196/pediatrics.10658
15. **Battista, R.A.** and West, S.T. (2018). The Use of Geocaching as a Form of Physical Activity in High School Students. *American Journal of Health Education*, 49(3), 125-132, DOI: 10.1080/19325037.2018.1428700.
16. Hege A, Christiana R.W., **Battista, R.A.**, and † Parkhurst, H. (2017). Active living environments in rural Appalachia: Using the Rural Active Living Assessment (RALA) tools to explore environmental determinants. *Preventive Medicine Reports*,8,261-266 DOI: 10.1016/j.pmedr.2017.11.007.

17. R.W., James, J.J, and **Battista, R.A.** (2017). Prescribing Outdoor Physical Activity to Children: Healthcare Providers' Perspectives. *Global Pediatric Health*, 4, 1-7, doi/pdf/10.1177/2333794X17739193
18. Christiana, R.W., **Battista, R.A.**, and James, J.J. (2017). Pediatrician prescriptions for outdoor physical activity among children: A pilot study. *Preventative Medicine Reports*, 5, 100-105, online December 8 doi: 10.1016/j.pmedr.2016.12.005 2017.
19. **Battista, R.A.**, West, S.T., Mackenzie, S.H., and Son J. (2016). Is this exercise? No, it's geocaching! Exploring factors related to aspects of geocaching participation. *Journal of Park and Recreation Administration*, 34(2), 30-48.
20. **Battista, R.A.** (2015). Physical literacy: Teaching children the ABC's of movement. *ACSM Fit Society*, 17(3), 1-2. (Invited Publication).
21. McBride, J.M., † Davis, J.A., † Alley, J.R., † Knorr, D.P., † Goodman, C.L., † Snyder, J.G., and **Battista, R.A.** (2015) Index of mechanical efficiency in competitive and recreational long distance runners. *Journal of Sports Sciences*. 33(13), 1388-1395 DOI: 10.1080/02640414.2014.990487.
22. **Battista, R.A.**, † Oakley, H., Weddell, M.S., Mudd, L.M., Greene, J.B., and West, S.T. (2014). Improving the physical activity and nutrition environment through self-assessment (NAP SACC) in rural area child care centers in North Carolina. *Preventative Medicine*, 67(1), S10-S16. DOI: 10.1016/j.ympmed.2014.01.022 2017.
23. Zwetsloot, K.A., † John, C.S., † Lawrence, M.M., **Battista, R.A.**, and Shanely, R.A. (2014). High-intensity interval training induces a modest systemic inflammatory response in active, young men. *Journal of Inflammation Research*, 7, 9-17.
24. **Battista, R.A.**, Foster, C., † Davis, J. And Wright, G. (2012). The female athlete triad in physically active college aged females. *Gazzetta Medica Italiana*, 171(1), 35-43.
25. Mally, K.K., **Battista, R.A.** and Roberton, M.A. (2011). Distance as a control parameter for place kicking. *Journal of Human Sport and Exercise*, 6(1), 122-134.
26. † Fencl, M., † Muras, J., Steffen, J., **Battista, R.**, and Elfessi, A. (2011). Physiological effects of bouldering activities in upper elementary school students. *The Physical Educator*, 68(4), 199-209.
27. Pettitt, R.W., Udermann, B.E., Wright, G., **Battista, R.A.**, Mayer, J.M., and Murray, S.R. (2010). Time-Course of DOMS Evoked by Three Intensities of Lumbar Eccentric Exercise. *Athletic Training & Sports Health Care*, 2(4), 171-176.
28. Murry, S.R., Udermann, B.E., Reineke, D.M., and **Battista, R.A.** (2009). Energy expenditure of sport stacking. *The Physical Educator*, 180-185.

29. † Johnson, B.D., † Joseph, T., Wright, G., **Battista, R.A.**, Dodge, C., † Balweg, A., deKoning, J.J., and Foster, C. (2009). Rapidity of responding to a hypoxic challenge during exercise. *European Journal of Applied Physiology*, 106, 493-499.
30. Foster, C., † Hendrickson, K.J., † Peyer, K., † Reiner, B., deKoning, J.J., Lucia, A., **Battista, R.A.**, Hettinga, F.J., Porcari, J.P., and Wright, G. (2009). Pattern of developing the performance template. *British Journal of Sports Medicine*, 43, 765-769.
31. Foster, C., Porcari, J.P., **Battista, R. A.**, Udermann, B., Wright, G., and Lucia, A. (2008). The risk in exercise training. *American Journal of Lifestyle Medicine*, 2, 279-284.
32. **Battista, R.A.**, Foster, C., † Andrew, J., Wright, G., Lucia, A., and Porcari, J.P. (2008). Physiological response during indoor cycling. *Journal of Strength and Conditioning Research*, 22, 1236-1241.
33. † Joseph, T., † Johnson, B., **Battista, R.A.**, Wright, G., Dodge, C., Porcari, J.P., deKoning, J., and Foster, C. (2008). Perception of fatigue during simulated competition. *Medicine and Science in Sports and Exercise*, 40(2), 381-386.
34. Foster, C., † Kuffel, E., Bradley, N., **Battista, R.A.**, Wright, G., Porcari, J.P., Lucia, A., and deKoning, J. (2007). VO₂max during successive maximal efforts. *European Journal of Applied Physiology*, 102, 67-72.
35. Foster, C., Wright, G., **Battista, R.A.**, and Porcari, J.P. (2007). Training in the aging athlete. *Current Sports Medicine Reports*, 6, 200-206.
36. **Battista, R.A.**, Pivarnik, J.M., Dummer, G.M., Sauer, N., and Malina, R.M. (2007). Comparisons of physical characteristics and performance among collegiate female rowers. *Journal of Sports Sciences*, 25(6), 651-657.
37. Cumming, S.P., **Battista, R.A.**, Standage, M., Ewing, M.E., and Malina, R.M. (2006). Estimated maturity status and perceptions of adult autonomy support in youth soccer players. *Journal of Sports Sciences*, 24(10), 1039-1046.

WHITE PAPERS/REPORTS

1. Elliott, E., Greenberg, J., **Battista, R.A.**, Guerrero, H.G. (2021). Physical Activity Recommendations for Children and Adolescents: More Important Than Ever. US Physical Activity Alliance. Washington, DC: US.
2. Towner, B.C, Broce, R., **Battista, R. A.**, & Christiana, R. (2021). Physical activity and COVID-19 in rural North Carolina: A report to the Appalachian District Health Department. Report prepared for AppHealthCare, Boone, NC, USA.

BOOKS AND BOOK CHAPTERS:

1. **Battista, R.A.** (2023). Exercise Physiology. In, *Exploring Health Sciences*, 2nd Edition, Kona Publishing and Media Group. Due out Fall 2024.

2. James, J.J., Towner, B.C., Venrick, H.W., Broce, R., Christiana, R.W., and **Battista, R.A.** (2022). The HOPE Lab: An interprofessional approach to researching and promoting healthy outdoor play and exercise. In, J.H. Hironaka-Juteau & S.V. Lankford (Eds.), *Interprofessional Collaboration in Parks, Recreation, and Human Services: Theory and Cases.* (pp. 75-84), Sagamore-Venture Publishing.
3. **Battista, R.A.**, (2017). Senior Editor. *ACSM's Resources for the Personal Trainer*, 5th edition. Senior Editor 2014-2017.
4. **Battista, R.A.** (2014). Associate Editor. *ACSM's Resources for the Personal Trainer*, 4th edition. Associate Editor 2011-2014.
5. **Battista, R.A.** (2010), revision (2012). *Human Anatomy and Physiology Lab Manual.* Kendall Hunt Publishing, Dubuque, Iowa.
6. Foster, C., **Battista, R.A.**, Gibson, M., Mikat, R.P., Porcari, J.P., Tymeson, G., Udermann, B., Waters, D., and Wright, G. (2010). So, your student wants to go to graduate school. In: *Praeger Handbook of Sports Medicine and Athlete Health:* Eds. Mooreman, C.T. and Kirkendahl, D.T. Santa Barbara, Praeger. pp. 221-234.
7. Foster, C., Lucia, A., DeKoning, J.J., Wright, G., Porcari, J.P., **Battista, R.A.**, Daniels, J.T., Chelstrom, D., Ferguson, B., Hayes, C., and Schaller, K. (2010). Energetic Cost of Exercise. In Eds, Connes, P., Hue, O., and Perrey, S. *Exercise Physiology: From a Cellular to an Integrative Approach*, IOS Press, Fairfax, VA, pp. 327-339.
8. Malina, R.M., **Battista, R.A.**, & Siegel, S.R. (2002). Anthropometry of adult athletes: Concepts, methods and applications. In Eds, Judy A. Driskall & Ira Wolinsky, *Nutritional Assessment of Athletes.* CRC Press, Boca Raton, FL.
9. Haubenstricker, J.L. & **Battista, R.A.** (2001). Trainability of children and youth. In Eds, V. Seefeldt, M. Clark, & E.W. Brown, *Program for Athletic Coaches Education*, Traverse City, MI: Cooper Publishing Group, pp. 42-47.
10. **Battista, R.A.** & Seefeldt, V. (2001). Injuries to girls and women. In Eds, V. Seefeldt, M. Clark, & E.W. Brown. *Program for Athletic Coaches Education*, Traverse City, MI: Cooper Publishing Group, pp. 97-104.

PEER REVIEWED SYMPOSIUM, COLLOQUIA, TUTORIAL AND/OR WEBINAR PRESENTATIONS:

1. Benchwarmers to Benchpressers: Using Benchmarks to Guide Youth Engagement in Physical Activity. Research Symposium. August 2024. North American Society for Pediatric Exercise Medicine Biennial Meeting.
2. It's More than Just a NAP and a SACC Lunch: Building Healthy Child Care Centers. Research Review Symposium. February 2024. Southeast American College of Sports Medicine.

3. Get Your Campus Moving: Exploring EIM-OC Activities, Events, Programming and Outcomes. Tutorial. February 2024. Southeast American College of Sports Medicine.
4. A “Golden” View: An In-depth Exploration of the Needs and Future Possibilities of EIM-OC. Tutorial. June 2023. American College of Sports Medicine.
5. Exercise Is Medicine On Campus: A Scoping Review and Call for Collaboration. February 2023. Symposium. Southeast American College of Sports Medicine.
6. Connect and Direct: Increasing Your Network and Stepping Into Leadership. February 2023. Tutorial. Southeast American College of Sports Medicine.
7. Survival of the 'Fit Test': A Brief Glimpse at the Fate of Fitness Testing in Youth. August 2022. Symposium. North American Society for Pediatric Exercise Medicine Biennial Meeting.
8. Out to Pasture or Let it Ride: Determining the Fate of Fitness Testing in Youth. June 2022. Highlighted Symposium. American College of Sports Medicine.
9. Survival of the “Fit Test”: Determining Roles, Relevance and Application of Fitness Testing in Youth. February 2022. Symposium. Southeast American College of Sports Medicine.
10. Utilizing the Outdoors to Get People Active. June 2021. Tutorial Lecture. American College of Sports Medicine.
11. It Only Takes a Hop, Skip and A Catch? Ways to Improve Physical Activity and Sport Participation. June 2020. Tutorial Presentation. American College of Sports Medicine Annual Meeting.
12. North Carolina Public and Private Colleges and Universities Converge Around Undergraduate Research. July 2018. Panel Presentation. Council on Undergraduate Research Biennial Conference.
13. What Comes First, Motor Skills or Physical Activity? Understanding the Role of Motor Skills in Children’s Physical Activity. Tutorial. May 2018. American College of Sports Medicine Annual Meeting 2018.
14. Get Outside: Understanding the Importance of Outdoor Physical Activity for Children and Youth. Tutorial. May 2018. American College of Sports Medicine Annual Meeting.
15. Hey Kid, Go Take a Hike! Strategies to Get Children and Youth Outside and Active. February 2018. Tutorial. Southeast American College of Sports Medicine Annual Meeting.
16. Got Gold? Everything You Wanted to Know About the Updated ACSM Certifications and More. February 2018. Tutorial. Southeast American College of Sports Medicine Annual Meeting.

17. Policies and their Associated Barriers to Physical Activity in Child Care Settings. June 2017. Symposium. American College of Sports Medicine Annual Meeting.
18. What the Heck is Physical Literacy? February 2017. Tutorial. Southeast American College of Sports Medicine Annual Meeting.
19. Physical Literacy in Diverse Populations in Children and Youth: A Call to Action. June 2016. Tutorial. American College of Sports Medicine Annual Meeting.
20. Undergraduates and Their Participation in Research – How do I Get Involved. February 2016. Tutorial. Southeast American College of Sports Medicine Regional Meeting.
21. Teacher and Staff Perceptions About Physical Activity, Nutrition, and Health in Child Care Settings. May 2015. Symposium. American College of Sports Medicine Annual Meeting.
22. Getting Children and Youth Moving in Many Ways and For Many Reasons. February 2015. Symposium. Southeast American College of Sports Medicine Regional Meeting.
23. The Power of Play: Influences on Motor Development, Fitness and Physical Activity and Sport Participation. May 2014. Symposium. American College of Sports Medicine Annual Meeting.
24. Effect of a National Public Health Project, Based on the Ecological Model of Human Development, to Reduce Childhood Obesity. April 2013. Paper Symposium. Society for Research in Child Development Biennial Meeting.
25. Environmental Influences on Physical Activity at Child Care Settings. February 2013. Tutorial. Southeast American College of Sports Medicine Annual Meeting.
26. To Infinity and Beyond: The “BUZZ” on Paths to Success for Careers in Exercise Science. February 2012. Tutorial. Southeast American College of Sports Medicine Regional Meeting.
27. Alternative Activities to Promote Learning in the Exercise Science Classroom. May 2011. Tutorial. American College of Sports Medicine Annual Meeting.
28. From Pregnancy to Adolescence – Current Guidelines Regarding Physical Activity Including Barriers, Benefits, and Practical Application. February 2011, Symposium. Southeast American College of Sports Medicine Regional Meeting.
29. Child’s Play: Strategies to Improve Fundamental Motor Skill Development and Physical Activity in Young Children. February 2010, Tutorial. Southeast American College of Sports Medicine Regional Meeting.
30. How to Increase Physical Activity and Have Fun Doing It! April 2010. American College of Sports Medicine’s Health and Fitness Summit.

31. Teens, Geocaching, and Other Physical Activities. Battling Obesity in North Carolina: Connecting Research To Practice. November 2010. North Carolina Recreation and Parks Association Annual Conference.
32. Alternative Activities to Promote Activity and Improve Fitness in Children and Youth. May 2009, Tutorial. American College of Sports Medicine Annual Meeting.
33. From Doctoral Student to Faculty Member – Establishing Your Independence in a Tenure Track Position. May 2009, Colloquia. American College of Sports Medicine Annual Meeting.
34. A balancing act – How to be successful in your first few years of a tenure track position. Colloquium. May 2007, Colloquia. American College of Sports Medicine Annual Meeting.

INVITED PRESENTATIONS:

1. How Can We Create a More Inclusive Culture of Physical Activity? September 2023. Panel Speaker. Physical Activity Alliance Symposium.
2. Outdoor Recreation: Challenges and Strategies to Get Children and Youth Outside and Active. August 2018. Keynote Lecture. North American Society for Pediatric Exercise Medicine.
3. Applying for an Academic Job – Early Career Day. June 2016. American College of Sports Medicine Annual Meeting.
4. Early Career: R1 vs R2 vs R3 – What’s the Difference and What Are the Expectations of an Assistant Professor at Each? May 2012. May 2013. American College of Sports Medicine Pre-Conference.
5. Thinking Outside the Box: Alternative Types of Sports and Activities to Offer Children and Youth and Why its Important to Offer Them. October 2010. North Carolina Recreation and Park Association Athletic Directors Workshop. Boone, NC.
6. “The State of Things”: Promoting Active Recreation in the Community. October 2010. North Carolina Chapter of American Society for Landscape Architects. Asheville, NC
7. Underage and Overweight: Combating the Obesity Epidemic. February 2008, Western Wisconsin Educators Conference, La Crosse, Wisconsin.
8. Much Ado About Nothing: Are Physically Active and Athletic Females Really at Risk for the Female Athlete Triad? January 2008, University of Wisconsin – La Crosse Research Day, La Crosse, Wisconsin.

PEER-REVIEWED ABSTRACT PUBLICATIONS AND PRESENTATIONS

(* denotes Graduate Student, ** denotes Undergraduate Student):

1. **Battista, R.A.**, Wu, Shenghui, and Christiana, R.W. (2024). Adolescent perceptions of parental support for physical activity engagement. American College of Sports Medicine Annual Meeting.

2. **Denton, E.M. and **Battista, R.A.** (2024). Adolescents' perception of parental support for engagement in physical activity. Southeast American College of Sports Medicine Annual Meeting, February 2024.
3. Towner, B.C., Broce, R. and **Battista, R.A.** (2021). Location, Type and Time: Understanding Physical Activity in Adults and Children During COVID-19. American College of Sports Medicine Annual Meeting - Virtual, May 2021.
4. Besenyi, G.M., Hayashi, EM., Christiana, RW., **Battista, RA.**, and James, JJ. (2019). Prescribing active living: Healthcare provider insights into physical activity counseling and park prescription programs. Active Living Research, February 2019.
5. **Farrell AV., Christiana RW, James JJ, **Battista RA.** (2019). Taking the family to the great outdoors: Park prescriptions impact on family outdoor physical activity. Presented at the Southeast American College of Sports Medicine Annual Meeting, February 2019.
6. *Hess RK., **Battista RA.**, Christiana RW., James JJ, and **Labi VL. (2019). Outdoor physical activity, time spent outdoors, and nature affinity levels among college students: A pilot study. Presented at the Southeast American College of Sports Medicine Annual Meeting, February 2019.
7. Zwetsloot JJ., **Battista R.A.**, Hartley K, Demczar C, Young A., and Larson E. (2018). Reducing attrition and improving program adherence in a Physician-referred weight loss program for adults. Presented at the American College of Sports Medicine Annual Meeting, May 2018.
8. Christiana, R.W., Ibes, D., James, J.J, and **Battista, R.A.** (2018). Assessing local parks and outdoor spaces for physical activity: Building an online database for physical activity prescription programs in rural and urban areas. Presented at Active Living Research Annual Conference.
9. **Farrell A.V., Penglee, N.T., Rosenberg, E., Christiana, R.W., and **Battista, R.A.** (2018). Physical activity behaviors and smartphone use in college aged students. Presented at Southeast American College of Sports Medicine Annual Meeting, February 2018.
10. *Hess R.K. and **Battista R.A.** (2018). Child development majors physical activity competence and attitudes. Presented at the Southeast American College of Sports Medicine Annual Meeting. (Student Award Poster Free Communication - Masters Student Competition Finalist)
11. Christiana, R. James, J.J. and **Battista, R.A.** (2017). Prescribing outdoor physical activity to children: What is the healthcare provider's perspective? Presented at the American Public Health Association Annual Meeting.
12. Hege, A., Christiana, R. **Parkhurst, H, and **Battista, R.A.** (2017). Assessing active living and physical activity opportunities in rural North Carolina: Methodology, implications and next steps. Presented at the American Public Health Association Annual Meeting.

13. Needle, A.R., *Holland, B., **Battista, R.A.**, West, S.T., and Christiana, R.W. (2017). Physical activity among rural high school students with a previous history of ankle sprain. Presented at the International Ankle Symposium.
14. Sharaievska, I., Zwetsloot, J., and **Battista, R.A.** (2017). Use of motion monitoring devices and its influence on level and perception of active recreation among families in rural communities. Presented at the National Recreation and Park Association Conference.
15. James, J.J., Christiana, R.W., and **Battista, R.A.** (2017). Park Rx Primer - How to get a prescription program in your community. Presented at the Carolinas Joint Recreation and Park Conference (meeting rescheduled for December 2017).
16. Zwetsloot, J.J., **Battista, R.A.**, Hartley, K, Calhoun, M, Demczar, C, and Young, A. (2017). Evaluation of a hospital-based weight loss program involving exercise, nutritional, and behavior change modification. *Medicine and Science in Sports and Exercise*, 49(5), S23.
17. Sharaievska I., **Battista R.A.**, and Zwetsloot, J. (2017). Use of monitoring devices by families in rural communities: Benefits and constraints approach. Presented at Southeastern Recreation Research Conference.
18. Hege A., Christiana R.W., **Parkhurst H., **Battista R.A.**, Reed, B, and Bishop A. (2017). Rural active living assessments of the Appalachian region of North Carolina. Presented at Active Living Research Conference.
19. Christiana R., **Battista R.A.**, and James, J.J. (2016). Addressing children's physical activity through Pediatrician prescriptions for outdoor play: A pilot study. Presented at American Public Health Association Annual Meeting.
20. **King, K.J., **Shaffer P.E., *Taylor, A.N, *Moton, K., Zwetsloot, J.J., Sharaievska, I., and **Battista, R.A.** (2016). The effects of physical activity trackers on physical activity levels in children. Presented at Southeast American College of Sports Medicine Annual Conference, National Conference on Undergraduate Research Annual Conference.
21. **Shaffer, P.E., McBride, J.M, and **Battista, R.A.** (2016). Comparisons of body composition in Division I football players. Presented at Southeast American College of Sports Medicine Annual Conference, National Conference on Undergraduate Research Annual Conference.
22. *Looney, C.E., Weddell, M.J., West, S.T., and **Battista, R.A.** (2015). Environmental assessment of policies and practices related to nutrition and physical activity of rural area child care centers. Presented at Southeast American College of Sports Medicine Annual Conference.
23. *Celec, A.N., Mudd, L.M., and **Battista, R.A.** (2015). Perceptions of safe physical activity practices and sources of health related knowledge among young women with unplanned pregnancies. Presented at Southeast American College of Sports Medicine Annual Conference.

24. *Taylor, A.N., Oakley, H. and **Battista, R.A.** (2015). Increasing physical activity: Focus on child care staff. Presented at Southeast American College of Sports Medicine Annual Conference.
25. *Oakley, H and **Battista, R.A.** (2013). Nutrition and Physical Activity Practices and Policies in Rural Area Child Care Centers. *Medicine and Science in Sports and Exercise*, 45(5), S493.
26. **Battista, R.A.**, **Glover, L, **Ausband, LR, *Oakley, H and Mudd, LM. (2013). Physical activity participation in child care staff. *Medicine and Science in Sports and Exercise*, 45(5), S271.
27. West, S., Weddell, M., **Battista, R.A.**, Jilcott-Pitts, S. and Whetstone, L. (2013). Rating Obesity Prevention Strategy Winnability: Us vs. Them. Presented at the North Carolina Recreation and Park Association Annual Conference.
28. Weddell, M., West, S., **Battista, R.A.**, Farmer, J. and Chancellor, H. C. (2013). The Conflicting Relationship between Tourists and Residents: The Effect of Tourism on Local Farmer Markets. Presented at the Leisure Research Symposium.
29. *Lagasse, L., Weddell, M.S., West, S.T., and **Battista, R.A.** (2013). Rural Farmer's Market in Appalachia: A Closer Look at the Visitor Experience. Presented at the Appalachian Studies Conference.
30. *Oakley, H., **Battista, R.A.**, Weddell, M.S., and West, S.T., & (2013). Nutrition and Physical Activity Practices and Policies in Rural Area Child Care Centers. Presented at the Appalachian Studies Conference.
31. Weddell, M.S., Bedford, K., **Battista, R.A.**, and West, S.W. (2013). Are All Farmers' Market Visitors the Same? Tourists vs. Residents. Presented at the Southeast Recreation and Research Conference.
32. **Battista, R.A.** and Mudd, L.M. (2012). Cardiovascular Fitness and Bone Health of Adolescent Girls According to Age of Menarche. *Medicine and Science in Sports and Exercise*, 43(5), S1271.
33. Mudd, L.M, **Battista, R.A.**, and Kerver, J. (2012). Physical activity and lipid levels during pregnancy: Results for 1999-2006 NHANES data. *Medicine and Science in Sports and Exercise*, 43(5), S1478.
34. **Brown, E., **Battista, R.A.**, and West, S.T. (2012). Geocaching as an alternative way to promote physical activity participation in youth. Presented at the National Conference for Undergraduate Research.
35. *Fleig, H, **Battista, R.A.**, and Mudd, L.M. (2012). Nutrition and physical activity environments in rural area child care centers. Presented at the Southeast American College of Sports Medicine Regional Meeting.

36. *Knorr, D. and **Battista, R.A.** (2012). Bone mineral density and factors related to the Female Athlete Triad in collegiate female athletes. Presented at the Southeast American College of Sports Medicine Regional Meeting.
37. **Battista, R.A.**, West, S.T., *Bassett, J., and *Delaija, A. (2011). Geocaching as a potential technology based form of physical activity participation in rural youth. *Medicine and Science in Sports and Exercise*, 42(5), S3145.
38. **Weaver, M., **Brown, E., **Battista, R.A.**, and West, S.T. (2011). Physical activity participation time in rural western North Carolina youth. Presented at the National Conference for Undergraduate Research.
39. **Battista, R.A.**, Dodge, C., *Davis, J., *Boyce, D., and Foster, C. (2010). Comparisons of bone mineral density, menstrual cycle, and nutrient intake in active and athletic females. *Medicine and Science in Sports and Exercise*, 42(5), S225.
40. *Haines, T.L., McBride, J.M., *Kirby, T.J., Delalija, A., *Skinner, J.W., **Battista, R.A.**, and Triplett, N.T. (2010). A comparison between male and female strength to body mass ratios and varus/valgus knee angles during jump landings. Presented at the National Strength and Conditioning Association National Conference.
41. **Battista, R.A.**, *Dreyer, L., Dodge, C., and Foster, C. (2009). Comparisons of relationships to bone mineral density in Division III female collegiate athletes. *Medicine and Science in Sports and Exercise*, 41(5), S1840.
42. *Hazuga, R.J., **Battista, R.A.**, Wright, G., Kline, D., and Foster, C. (2009). Effects of a sports performance training program on adolescent athletes. *Medicine and Science in Sports and Exercise*, 41(5), S1952.
43. *Johnson, J.K., **Battista, R.A.**, Pein, R., Dodge, C., and Foster, C. (2009). Comparison of monitoring tools for training intensity in swimmers. *Medicine and Science in Sports and Exercise*, 41(5), S1839.
44. **Peyer, K., **Battista, R.A.**, Foster, C., and Pivarnik, J.M. (2009). Stability of power output before and after training in beginner rowers. *Medicine and Sports in Science and Exercise*, 41(5), S2807.
45. Foster, C., Wedekind, L., **Battista, R.A.**, Pein, R., Needham, C., and Porcari, J.P. (2009). Comparison of coach vs athlete ratings of training: Effect of sex and performance ability. *Medicine and Science in Sports and Exercise*, 41(5), S1831.
46. **Reichwaldt, R., Erickson, T.M., and **Battista, R.A.** (2008). The effect of working with a personal trainer on fitness and motivation in college aged students. Presented at the National Strength and Conditioning Annual Conference and the National Conference on Undergraduate Research.

47. **Battista, R.A.**, Dodge, C., and Foster, C. (2008). Changes during a competitive season in physical characteristics and caloric intake in female collegiate swimmers. *Medicine and Science in Sports and Exercise*, 40(5), S2155.
48. *Johnson, B.D., *Joseph, T., Wright, G., **Battista, R.A.**, Dodge, C., Ballweg, A, deKoning, J.J., and Foster, C. (2008). Rapidity of sensing metabolic disturbances during exercise. *Medicine and Science in Sports and Exercise*, 40(5), S1274.
49. Foster, C., Lucia, A., Esteve-Lanao, J., *Chelstrom, D., **Battista, R.A.**, Wright, G., and Porcari, J.P. (2008). Anthropometric determinants of running economy. *Medicine and Science in Sports and Exercise*, 40(5), S810.
50. **Peyer, K., **Battista, R.A.**, Foster, C., and Dodge, C. (2008). The effect of pacing strategies on power output while performing a novel task. *Medicine and Science in Sports and Exercise*, 40(5), S2153.
51. **Hendrickson, K., **Battista, R.A.**, Dodge, C., Porcari, J., Hettinga, F.J., deKoning, J.J., and Foster, C. (2008). Developing the performance template during cycle time trials. *Medicine and Science in Sports and Exercise*, 40(5), S2146.
52. **Battista, R.A.**, *Peckman, M.K., Foster, C., Dodge, C., Maher, M.A., and Udermann, B.E. (2007). Bone mineral density, body composition, and nutrient intake during a collegiate season in female gymnasts. *Medicine and Science in Sports and Exercise*, 39(5), S1470.
53. Murray, S.R., Udermann, B.E., Reineke, D.M., and **Battista, R.A.** (2007). Energy expenditure of sport stacking. *Medicine and Science in Sports and Exercise*, 39(5), S2222.
54. **Hendrickson, K.J., **Battista, R.A.**, Dodge, C., White, K.K., Hettinga, F.J., deKoning, J.J., and Foster, C. (2007). Changing pattern of power output in cycle time trials. *Medicine and Science in Sports and Exercise*, 39(5), S2412.
55. White, K.K., Foster, C., **Battista, R.A.**, Dodge, C., and Porcari, J.P. (2007). Comparison of heart rate and power based methods of quantitating exercise training intensity. *Medicine and Science in Sports and Exercise*, 39(5), S 2421.
56. **Hendrickson, K., **Battista, R.A.**, and Foster, C. (2007). Evolution of cycling pacing strategy in non-athletes. Presented at the National Conference on Undergraduate Research, San Rafael, CA, April 2007.
57. **Tenpas, B. and **Battista, R.A.** (2007). Impact of an after school running program on physical fitness and self-motivation in 3rd to 5th grade girls. Presented at the National Conference on Undergraduate Research.
58. **Holt, R.J. and **Battista, R.A.** (2007). Effects of one year of a competitive swimming season on body composition, bone mineral content, and bone mineral density in female collegiate athletes. Presented at the National Conference on Undergraduate Research.

59. Foster C, Porcari JP, **Battista R.A.**, Reker E. (2006). Comparison of session RPE and HR zone based methods of monitoring exercise training. *Journal of Cardiopulmonary Rehabilitation* 26: 269.
60. *Ballweg A, Foster C, Dodge C, Reither K, **Battista R.A.**, Wright G, Porcari JP. (2006). Sensing metabolic derangement: Effect of hypoxia on exercise performance. *Journal of Cardiopulmonary Rehabilitation* 26: 270.
61. Foster C, *Andrew J, **Battista R. A.**, Porcari JP. (2006). Metabolic and perceptual responses to indoor cycling. *Journal of Cardiopulmonary Rehabilitation*, 26: 270.
62. **Battista, R.A.**, Reineke, D.M., Pivarnik, J.M., Dummer, G.A., Udermann, B.E., Sauer, N., and Malina, R.M. (2006). Use of modeling to predict performance from physical characteristics in collegiate female rowers. *Medicine and Science in Sports and Exercise*, 38(5), S1608.
63. Udermann, B.E., Reineke, D.M., Mayer, J.M., Murray, S.R., **Battista, R.A.**, and Uhrich, M.J. (2006). Developing delayed onset muscle soreness in the lumbar extensor muscles. *Medicine and Science in Sports and Exercise*, 38(5), S2178.
64. *Dohlman, D.M., Udermann, B.E., **Battista, R.A.**, Reineke, D.M., and Porcari, J.P. (2006). Comparisons of physiological characteristics in female college freshmen in relation to current and previous athletic experience. *Medicine and Science in Sports and Exercise*, 38(5), S2612.
65. **Hazuga, R.J., Erickson, T.M., and **Battista, R.A.** (2006). Effect of personal trainers on motivation and physical activity in college aged females. Presented July 2006, National Strength and Conditioning Association Annual Conference, Washington D.C., National Conference on Undergraduate Research.
66. **Battista, R.A.**, Pivarnik, J.M., Dummer, G.M., Sauer, N., & Malina, R.M. (2005). Characteristics and performance of female collegiate rowers. *Medicine and Science in Sports and Exercise*, 37(5), S462.
67. Foster, C., *Ingli, A., **Battista, R.A.**, Greany, J., and Porcari, J.P. (2005). Inadequacy of the %HRmax to define intensity at ventilatory threshold. *Journal of Cardiopulmonary Rehabilitation*, 25, 307.
68. *Rennenberg, M.L., Foster, C., Maher, M.A., **Battista, R.A.**, and Porcari, J.P. (2005). Comparison of capillary and venous insulin responses. *Journal of Cardiopulmonary Rehabilitation*, 25, 305.
69. **Battista, R.A.**, Pivarnik, J.M., Dummer, G.M., & Malina, R.M. (2004). Physical characteristics of female collegiate rowers. *Medicine and Science in Sports and Exercise*, 36(5), S1429.

70. **Battista, R.A.**, Cumming, S.P., & Malina, R.M. (2003). Body size and estimated maturity status of youth soccer players of both sexes. *Medicine and Science in Sports and Exercise*, 35(5), S23.
71. **Battista, R.A.** & Malina, R.M. (2002). Comparison of anthropometric characteristics of elite collegiate swimmers in relation to age of menarche. *Medicine and Science in Sports and Exercise*, 34(5), S198.
72. **Battista, R.A.** & Malina, R.M. (2001). Comparisons of heights and weights of elite age group swimmers. *Medicine and Science in Sports and Exercise*, 33(5), S160.
73. Taylor, J.E., **Battista, R.A.**, Roberts, M.R., Tanner, D.A., & Stager, J.M. (1999). Energy expenditure of Masters swimmers. *Medicine and Science in Sports and Exercise*, 31(5), S378.

OTHER PUBLICATIONS:

1. James, J.J., **Battista, R.A.**, Christiana, R., Towner, B., Broce, R. & Venrick, H. (Winter, 2021). Promoting Hope Across the Lifespan.” *Recre8-NC*, 75:4, 10-11.
https://emflipbooks.com/flipbooks/NCRPA/RECRE8_NC/Winter2021/?fbclid=IwAR26iq1opwdgE2RX2dls6w9juGBChsFW8scoseoLamyVfAjYykEGYaV6-uM
2. James, J.J., **Battista, R.A.** and Christiana, R.W. (2018). Developing a park prescription program for your community. *Parks and Recreation*, April 2018, 28-29.
3. Taylor, J., Stager, J.M., Tanner, D.A., **Battista, R.**, & Roberts, M. (2001). Who are masters swimmers? Previous competitive experience, events, and training. *American Swim Coaches Association (ASCA)*, vol 6.
4. Dummer, G., **Battista, R.A.**, Tuffey, S., Riewald, S., & Sokolovas, G. (2000). Performance capabilities of swimmers with a disability. *Coaches Quarterly*, 6(3), 17-21.
5. **Battista, R.A.** (2000). Chronic fatigue syndrome: What parents and coaches need to know. *Spotlight on Youth Sports*, 25(3), 1, 3-5.
6. Tuffey, S. & **Battista, R.** (2000). Cognitive control research: Can the use of self-talk enhance practice performance? *Coaches Quarterly*, 6(1), 13-15.
7. **Battista, R.** & Margarucci, C. (2000). Lactate clearance during post-race recovery in competitive swimmers. *Coaches Quarterly*, 6(1), 16-18.
8. **Battista, R.** & Margarucci, C. (2000). ICAR Physiological testing profiles. *Coaches Quarterly*, 6(1), 20-22.
9. Stager, J.M., Tanner, D.A., **Battista, R.** & Roberts, M. (1998). Who are masters swimmers? *SWIM*, 14(6), 13-14.

AWARDS/HONORS

- 2021 Interprofessional Champion Award, Beaver College of Health Sciences.
- 2015 Fellow, American College of Sports Medicine
- 2014 Appalachian State University Honors College Thesis Mentor of the Year Award
- 2008 Lock Haven University Alumni Achievement Award

RESEARCH FUNDING

EXTERNAL GRANTS:

Funded

- 2015 US Play Coalition Action Grant. Creating community awareness through prescribing outdoor play for children. Christiana, R., Battista, R.A., & James, J.J., \$3000.00 - Funded.
- 2013 Communities Putting Prevention to Work. Appalachian District Health Department. Consultant. Battista, R.A., West, S, Weddell, M. & Mudd, L. \$200,000 Funded.
- 2008 Science of Fitness, You Go Girl!. Girls in Science Education Program. Principal Investigator, University of Wisconsin – La Crosse. Principal Investigator, \$450.00 - Funded.
- 2007 Wisconsin's Comprehensive Cancer Control Plan in partnership with the Wisconsin Department of Health and Family Services' Nutrition and Physical Activity Program. Promoting Healthy Lifestyles at Worksites. Principal Investigator, \$800.00 - Funded.
- 2006 Timex Equipment Grant. Monitoring heart rates during indoor cycling sessions. Co-Investigator, \$4,000.00 – Funded.

Not Funded

- 2023 UNC System Proposals to Promote Resiliency, Mental Health and Wellbeing. Promoting Student Resiliency at Appalachian State University. Evaluator. Battista, R.A., \$350,000.00 - Not Funded.
- 2019 American College Health Foundation - College Well-being Award Funding Opportunity. Appalachian State Exercise Is Medicine On Campus Initiative. Key Personnel Hinnant, E. Dickey, G, Battista, R.A.& Lyons, J. \$3500.00 – Not Funded.
- 2018 National Institutes of Health - R34, National Institute of Diabetes and Digestive and Kidney Diseases. Pilot Study of an Outdoor Physical Activity Prescription Program to Increase Physical Activity among Overweight/Obese Children and their Families. Christiana, R. Battista, R.A. & James, J.J. \$411,000.00 - Not Funded.

2016 University of North Carolina System Undergraduate Student Research Grant. Increasing undergraduate research participation in the health sciences with minority and under-served students. McKenzie, M Winston Salem State University & Battista, R.A. Appalachian State University, \$10,000 - Not Funded.

2016 GlaxoSmithKline Foundation. Appalachian community weight loss program. Battista, R.A. & Zwetsloot, J. \$330,000 – Not Funded.

2016 Kate B. Reynolds Charitable Trust. Promoting physical activity among children of the North Carolina High Country through Physician prescriptions. Christiana, R., Battista, R.A. & James, J.J., \$7,000.00 – Not Funded.

2010 Head Start Body Start National Center for Physical Development and Outdoor Play. Literature review on the benefits of play. Principal Investigator. \$15,000 – Not Funded.

2008 American College of Sports Medicine. The female athlete triad in active college aged females. Principal Investigator, \$9,950.00 – Not Funded.

2008 The Wisconsin Partnership Program. Increasing physical activity and improving overall health in children. Principal Investigator, \$177,768 – Not Funded.

2007 American College of Sports Medicine. The female athlete triad in collegiate athletes. Principal Investigator, \$9,662.50 – Not Funded.

2006 USA Swimming. Evaluation and relationship of training and performance in collegiate and age group swimmers. Principal Investigator, \$14,252.00 – Not Funded.

2006 United State Tennis Association. Performance and recovery during a simulated tennis tournament in Junior level tennis players. Principal Investigator, \$29,463.00 – Not Funded.

2006 American Association of University Women Educational Foundation, Summer Short Term Publication Grant. Principal Investigator, \$6,000.00 – Not Funded.

INTERNAL GRANTS:

Funded

2023 Appalachian State University Teaching Quality Framework Grant. Center for Excellence in Teaching and Learning for Student Success. Cole, K.J., Battista, R.A., Fasczewski, K., Kurtz, J., Rogatzki, M., Skinner, J., and Zwetsloot, J. (2023-2024). \$3000.00. – Funded.

2023 Appalachian State University Peer Mentor Circles - Leader. Center for Excellence in Teaching and Learning for Student Success. (2023) Battista, R.A. and James, J.J. \$750.00. – Funded.

2022 Appalachian State University Assessment Grant Application. Program Comprehensive Review - Revisions for the Exercise Science Graduate Program. Fasczewski, K., Battista, R.A., and Kappus, R. (2022). \$2250.00 - Funded.

2020 Appalachian State University, Office of Research - COVID-19 Grant. Social Distancing and Physical Activity on Greenways and Rail Trails. Christiana, R.W., Shay, E., James, J.J., Battista, R.A., Towner, B., Broce, R., Venrick, H., Hege, A. \$7,430 - Funded.

2020 Appalachian State University, Office of Research - COVID -19 Grant. Family Physical Activity During COVID-19. Towner, B., Battista, R.A., Broce, R. \$7,500 - Funded.

2019 Appalachian State University, Scholarship of Diversity, Equity and Inclusion Grant. Peer-to-peer Prescription and Support Program for Outdoor Physical Activity: An Intervention among the Scholars with Diverse Abilities Program. James, J.J., Christiana, R., Battista, R.A., & Towner, B. \$1367.80 - Funded.

2017 Appalachian State University, Appalachian Innovation Scholars Program. Interdisciplinary collaboration to develop a regional outdoor recreation database that encourages outdoor physical activity for all ages. Christiana, R., Battista, R.A., & James, J.J. \$9,967.00 - Funded.

2015 Appalachian State University, University Research Council. Promoting outdoor physical activity among children. Co-Principal. Christiana, R. Battista, R.A., & James, J.J. \$1,995.00 - Funded.

2013 Appalachian Women Scientists Seed Grant. Active Together! Using technology to motivate physical activity among families. Principal Investigator. \$2,000.00 - Funded.

2011 Graduate Research Associate Mentoring Program. Communities Putting Prevention to Work. Principal Investigator. \$24,000.00 - Funded.

2010 Appalachian State University Humanities Research Cluster. Outdoor play and its relationship to health and wellness, the environment and human development. (Battista, R.A. & James, J.J.). 2010 - Part 1 – Funded \$1,485.00. 2011 - Part 2 – Funded \$624.54. 2012 - Part 3 Funded - \$600.00.

2010 Appalachian State University, University Research Council. Testing the efficacy of geocaching as a means for promoting physical activity. Principal Investigator. \$5,000.00 – Funded.

2006 University of Wisconsin – La Crosse Faculty Research Grant. Bone density, body composition, and energy balance and the relationship to performance in collegiate female athletes. Principal Investigator, \$13,322.00 - Funded.

1998 Indiana University School of Health, Physical Education and Recreation Grant - in - Aid of Research. Masters Project. - \$500.00 Funded.

Not Funded

2022 Appalachian State University, Quality Enhancement Concept Paper: Healthy & hAPPy! Empowering human potential by building connections around student well-being throughout their Appalachian Experience. James, J., Battista, R.A., Broce, R., Christiana, R.

DeHart, D., Leone, R., Towner, B., Venrik, H, & Waryold, D. (2022). \$1,219,000.00 - Not Funded.

2021 Appalachian State University, Chancellor's Innovation Scholars Program. Promoting a Culture of Health and Wellness: Developing strategies and partnerships to improve physical activity within the campus community. Battista, R.A. and Dickey, G. (2021). \$9,185.00 - Not Funded

2010 Institute for Health and Human Services, Appalachian State University Internal Grant. Physical activity participation and perceived barriers in pregnant teens in western North Carolina. Principal Investigator. \$5,000.00 – Not Funded.

LEADERSHIP IN SERVICE

As a faculty member, fulfilling the responsibilities of academic citizenship involves active engagement and leadership. This is especially true for senior level faculty members. I view service to address critical issues related to health and wellness. I approach my service involvement with intentionality, recognizing its potential to enrich both my teaching and research.

NATIONAL/INTERNATIONAL:

Discipline Related Outreach

American College of Sports Medicine (ACSM)

- 6/23-present, Board of Trustees.
- 6/23-present, Member, Board of Trustees Liaison. American Fitness Index Advisory Board. The Fitness Index ranks the top 100 healthiest cities in the United States. Along with the Elevance Health Foundation, the Index assists cities with strategies and policies for cities to improve health, physical activity for most residents with a priority on those in underserved communities.
- 6/23-present, Chair, ACSM Presidential Task Force – Youth Fitness. The ACSM President created this task force with the goal of aligning current resources within ACSM and organizing ACSM's efforts towards the enhancement of youth fitness.
- 8/20-6/22, Member. Special Health Initiative Forum
- 6/15-6/22, Chair, Special Health Initiative – Youth Sports and Health
- 5/05-6/15, Committee Member, Special Health Initiative – Youth Sports and Health
- 5/12-6/17, Co-Chair. Pediatric Exercise Science Special Interest Group
- 5/10-8/10, Review Panel Chair. ACSM's Complete Guide to Fitness and Health

National Youth Sports Health and Safety Institute (NYSHSI)

- 4/17-8/24, Ex-Officio Board Member.

North American Society for Pediatric Exercise Medicine (NASPEM)

- 6/23-present, Editorial Board. Pediatric Exercise Science*. Official Journal for NASPEM
- 8/24-present, President
- 8/22-8/24, President-Elect

- 8/20-8/22, Board Member. NASPEM Board Members are responsible for the overall management of the organization including serving on committees including membership, awards, scientific, social media, and diversity, equity and inclusion.

Physical Activity Alliance

- 6/20-8/24, Board Member.

National Physical Activity Plan

- 3/21-present, Member. Education Sector. The Education Sector aims to promote the Comprehensive School Physical Activity Program model, high-quality physical education programs throughout the year, and advocate for policies that promote physical activity among all students. Responsible for creating the strategies, tactics and objectives for the Education Sector.
- 8/18-8/20, Chair. College and Universities Committee.
- 2/16-8/18, Member. College and Universities Committee.

Student Research Outreach

Council on Undergraduate Research

- 3/16-6/19, Councilor – Health Sciences Division.

REGIONAL LEVEL:

Discipline Related Outreach

Southeast American College of Sports Medicine (SEACSM)

- 2/23-present, Member. Mentoring Breakfast Committee
- 2/18-2/21 President-Elect, President, Past-President.
- 2/14-2/16, Board Member - At Large.
- 8/09-present, Member

Student Research Outreach

University of North Carolina System Undergraduate Research Program Directors

- 8/22-present, Chair.
- 3/17-8/20, Chair.
- 1/16-present, Member.

State of North Carolina Undergraduate Research and Creativity Symposium Steering Committee.

- 8/14-present, Member

UNIVERSITY LEVEL:

Appalachian State University

- 9/23-present, Member. Quality Enhancement Plan Advisory Council.
- 9/17-present, Chair. Exercise is Medicine On Campus Working Group. Department of Wellness and Prevention Services, Student Health Services, Counseling and Psychological Services, University Recreation, Faculty Staff Health Promotion, Beaver College of Health Science.
- 9/18-present, Member. Global Symposium Committee.

- 9/17-present, Member. Administrative Representative. University Research Council
- 8/22-6/23, Member. Office of Research and Innovation. Strategic Planning Committee.
- 1/20-8/23, Member. Faculty Advisory Board - Vice Provost for Research.
- 9/19-8/23, Member. University Planning and Priorities Committee.
- 1/20-5/22, Member. Graduate Student Life Advisory Board.
- 9/21-8/22, Member. Search and Screen Committee. Assistant Director of Fitness, University Recreation.
- 9/17-5/21, Member. Non-tenure Track Committee – Faculty Senate Committee.
- 9/18-5/19, Member. Search and Screen Committee for Vice Provost for Research.
- 9/16-1/17, Member. Search and Screen Committee for Vice Chancellor for Student Development.
- 9/13-5/16, Member. Faculty Representative. University Research Council.
- 9/13-5/16, Member. Library Services Committee – Faculty Senate Committee.
- 9/11-8/15, Member. Service-Learning Council.
- 7/14-8/14, Member. Search and Screen Committee. Appalachian and the Community Together (ACT) Office.
- 9/13-5/14, Member. Advisory Board for the Office of Student Research.
- 9/10-5/13, Member. Graduate Council.
- 5/12-8/12, Member. Search and Screen Committee for Director of Civic Engagement.
- 10/11-5/12, Member. Writing Across the Curriculum.
- 9/10-5/12, Member. SACS Financial and Physical Resources Subcommittee.

University of Wisconsin – La Crosse

- 3/08-5/09, Member, National Conference on Undergraduate Research Steering Committee.
- 9/07-5/09, Member, Institutional Review Board.
- 9/07-5/09, Committee Member, Wellness Wednesday.
- 9/07-5/08, Chair, Faculty Development Committee.
- 9/05-5/07, Committee Member, Faculty Development Committee.

COLLEGE/DEPARTMENT LEVEL:

Appalachian State University

- 9/11- present, Committee Member, Department Promotion, Tenure and Retention Committee.
- 8/23-6/24, Chair, Mental Health and Wellness Committee, Beaver College of Health Sciences
- 8-22-2/23, Chair, Search and Screen Committee, Assistant Professor - Exercise Science, Department of Public Health and Exercise Science.
- 1/18-8/20, Deans Advisory Council. Beaver College of Health Sciences.
- 8-18-1/19, Committee Member, Search and Screen Committee, Assistant Professor – Exercise Science, Department of Health and Exercise Science.
- 8/16-8/18, Faculty Advisor. Exploring Health Sciences Residential Learning Community.
- 8/15-8/18, Faculty Advisor. Exercise Science Club.
- 8/15-8/17, Committee Member, Department Personnel Committee.

- 8-15-12/15, Committee Member, Search and Screen Committee, Chair for the Department of Health and Exercise Science.
- 9/13-4/14, Committee Member, Exercise Science Search and Screen Committee.
- 9/12-1/13, Committee Member, Recreation Management Search and Screen Committee.

University of Wisconsin – La Crosse

- 9/06-8/07, Chair, Wellness Committee, College of Science and Health.
- 9/06-5/09, Committee Member, Dean’s Summer Fellowship Committee, College of Science and Health.
- 9/05-5/09, Committee Member, Nutrition Minor Group, College of Science and Health.
- 9/05-5/09, Faculty Advisor, Fitness and Sport Management Club.
- 9/05-6/07, Chair, Writing in the Major Program, Department of Exercise and Sport Science.
- 9/04-5/05, Secretary to the Department, Department of Exercise and Sport Science.
- 9/04-5/05, Representative, Writing In the Major Program, Department of Exercise and Sport Science.
- 1/04-5/05, Committee Member, University of Wisconsin – La Crosse Foundation Scholarship Committee.

COMMUNITY LEVEL:

- 8/18-3/20, Volunteer. Seby B. Jones Regional Cancer Center. Appalachian Regional Healthcare System. Boone, NC.
- 1/17-5/18, Committee Member. Health Advisory Committee. Williams YMCA of Avery County, Linville, NC.
- 11/07-5/09, Planning Committee Member, La Crosse Fitness Festival and Marathon, La Crosse, WI. Planning marathon and fitness expo for the La Crosse area in May 2009.
- 8/07-5/09, Member, Activate America: Pioneering Healthier Communities. La Crosse Area Family YMCA, La Crosse, WI. Funding through the YMCA of the USA and the CDC.
- 8/07-9/08, Member, Healthy Wisconsin Leadership Institute, Community Teams Program, La Crosse, WI. Funded by the University of Wisconsin School of Medicine and Public Health’s Wisconsin Partnership Program and Medical College of Wisconsin’s Advancing a Healthier Wisconsin endowment.
- 5/07-5/09, Committee Member, Physical Activity Coalition, La Crosse, WI.
- 8/05-5/09, Committee Member, Coulee Childhood Obesity Coalition, La Crosse, WI.
- 8/05-5/09, Committee Member, Community Health Partners Board of Directors, La Crescent and Hokah School District, La Crescent, MN.

TEACHING EXPERIENCE

The goal of teaching is to not only impart essential content, theories and facts to students but also foster their ability to apply this knowledge to real world experiences. Teaching fundamental content, theory and facts are certainly essential; however, I encourage students to apply the information learned in a practical manner. Creating a classroom environment that facilitates multiple opportunities for student and teacher interaction and incorporating real-life scenarios, is essential in achieving a thorough understanding of the subject matter in question.

Appalachian State University, Boone, NC

Graduate Courses

ES 5200 Exercise Science Seminar (1 credit)

Undergraduate Courses

ES 2000 Human Anatomy and Physiology (5 credits - Lecture and Lab), ES 2030 Concepts in Human Anatomy and Physiology (4 credits - Lecture and Lab), ES 2005 Introduction to Physiological Assessment (3 credits), ES 2020 Measurement and Evaluation - In person and Web based (3 credits), ES 3005 Advanced Physiologic Assessment (3 credits), ES 3350 Introduction to Motor Behavior – In person and Web based (3 credits), ES 4100 Pediatric Exercise Science (3 credits), ES 4100 Youth Sport and Physical Activity (3 credits), ES 4050 Practicum, Pre-Professional - In person and Web based (3 credits), ES 4650/ES 3700 Seminar/Professional Development (1 credit)

Interdisciplinary Courses

ES 3590 Interprofessional Approaches to Health and Physical Activity (3 credits)

University of Wisconsin – La Crosse, La Crosse, WI

Graduate Courses

ESS 735 Interpretation of Statistical Data (3 credits), ESS 770 Physiology of Activity, ESS 767 Clinical Forum: Endurance Training (3 credits).

Undergraduate Courses

ESS 450 Exercise and Sport Science Internship (12 Credits), ESS 449 Seminar in Fitness/Sport Management (1 credit), ESS 443 Youth and Family Fitness (3 credits), ESS 344 Introduction to Fitness Assessment (3 credits), ESS 328 Field Experience in Fitness (3 credits), ESS 303 Biomechanics (3 credits), ESS 302 Physiology of Exercise, ESS 205 Human Anatomy Lecture and Lab (4 credits), HP 105 Creating a Healthy Lifestyle (3 credits).

Michigan State University, East Lansing, MI

Undergraduate Courses

KIN 411 Laboratory Experiences in Exercise Physiology (2 credits), KIN 360 Physical Growth and Motor Behavior (3 credits), KIN 250 Measurement and Evaluation in Kinesiology (3 credits), KIN 216 Applied Human Anatomy (3 credits)

STUDENT ENGAGEMENT

Appalachian State University

Dissertation Committees:

2019

- Member. Ligia Vasquez-Huot. University of North Carolina - Charlotte, Public Health Sciences Doctoral Program, College of Health and Human Services.

2018

- Member. Nakesha Merritt. Appalachian State University, Educational Leadership Doctoral Program, Reich College of Education. How does a teacher's knowledge of childhood

obesity and the corresponding risk factors affect a teacher's approach to creating relationships in the classroom?

Thesis Committees:

2018/19

- Chair. Rebecca Hess. Peer-to-peer Prescription and Support Program for Outdoor Physical Activity: An intervention among college students.

2016/17

- Member. Brittany Holland. The relationship between ankle sprain and chronic ankle instability and adolescents' physical activity levels.

2013/14

- Chair. Sara Tegner. Are the components of the Female Athlete Triad present in 30-50 year old women.

2012/13

- Member. Casey John. High intensity interval training induces a modest systemic inflammatory response in active, young men.
- Member. Daniel Knorr. Relationship between squat strength and standing long jump performance and spring performance.
- Member. Ligia Vasquez. Comparison of physiological and psychosomatic variables during aerobic and anaerobic exercise.

2010/11

- Chair. Ana Delaija. Sprinting patterns in youth initiating from two different types of starts.

2009/10

- Member. Tracie Haines. Relationship between squat strength and knee position during vertical jumping.

University of Wisconsin – La Crosse

Thesis Committees

2008/09

- Chair. Marni Benson. Nutrient intake in Division III track and field athletes.
- Chair. Jessica Davis. Does the female athlete triad exist in active college aged students?
- Chair. Rachel Hazuga. Effects of a sports performance program on young athletes.
- Member. Courtney Hayes. Running economy at steady state versus high speeds.
- Member. Josh Chelf. Estimated energy expenditure and heart rates of novice bouldering inside and outside.

2007/08

- Chair. Dorothy Boyce. Development and prevalence of one or more components of the Female Athlete Triad across the "run" of a collegiate Cross Country season.
- Chair. Mary Dooher. The relationship of physical activity, screen time, and BMI among college freshmen.
- Chair. Julie Ickler. The physiological and psychological effects of an eight-week Nia technique program in college students. Funded: University of Wisconsin – La Crosse Graduate Student Research Grant, \$1200.00.
- Chair. Julie Johnson. The comparison of lactate and ventilatory thresholds as practical monitoring tools for training intensity in swimming. Funded: University of Wisconsin – La Crosse Graduate Student Research Grant, \$1000.00.

- Chair. Kristina Konemann. Acute physiological and psychological responses to the Nia technique in college students.
- Member. Angela Henrichs. A content analysis of potential causes to childhood obesity.
- Member. Bridget Reiner. “Breaking Away”: The effect of non- uniform pacing on RPE growth.
- Member. Virginia Thayer. The clinical determinants of morbidity and mortality in heart failure patients.
- Member. Jenny Muras. Effects of bouldering games on heart rates of 4th and 5th grade girls.
- Member. Mathew Fencl. Effects of bouldering games on heart rates of 4th and 5th grade boys.
- Member. Chris Stratton. Physiological differences between recreational and competitive geocaching in college aged students.

2006/07

- Chair. Kendra Lee. An after school running program and its impact on physical fitness, motivation, and attitude towards physical activity in 3rd and 4th grade girls.
- Chair. Cindy Bausch. The energy cost of walking 10,000 steps compared to 30 minutes of walking as recommended by the CDC and ACSM. Funded: University of Wisconsin – La Crosse Graduate Research Grant, \$890.00.
- Member. G. Daniel Chelstrom. Anthropometric determinants of the aerobic cost of running.
- Member. Trent Joseph. Perception of fatigue during simulated competition.
- Member. Blair Johnson. Rapidity of sensing metabolic disturbances during hypoxic exercise.
- Member. Lisa Wedekind. Comparing session rate of perceived exertion and compliance between coaches versus male and female swimmers.
- Member. Krissa White. Exercise training with power output, heart rate, and rating of perceived exertion.
- Member. Aubrey Wesley. Does improvement in the isometric mid-thigh pull correlate with improvements in the 1 RM squat or vertical jump?

2005/06

- Chair. Jessica Andrew. Physiological and perceptual responses of indoor cycling. Funded: University of Wisconsin – La Crosse Graduate Research Grant, 1000.00.
- Chair. McKenzie Peckman. Dietary habits and patterns of “high risk” female athletes during a competitive season. Funded: University of Wisconsin – La Crosse Graduate Research Grant, \$1000.00.
- Member. Alicia Ballweg. Effects of hypoxia and hyperoxia on pacing strategy during time trials.
- Member. Dia Dohlman. Monitoring physiological variables in freshmen collegiate females during their first semester on campus.
- Member. Leah Herlacher. Changes in the “complaint index” during severe training and the effects of training monotony.
- Member. Nicolas Deitrich. The effect of the polarized or threshold training patterns on swimming performance.

2004/05

- Member. Amanda Inqli. Inadequacy of the %HRmax to define intensity at ventilatory threshold.

- Member. Megan Rennenberg. Comparison of capillary and venous insulin responses.

Appalachian State University

Undergraduate Research Projects – University and/or Department Honors

Spring 2024

- Emma Denton. Exploring the Landscape of Risky Play: A Content Analysis of Risk-Taking Behaviors in Early Childhood Environments. University Honors Project.

Spring 2022

- Wade Creech. Reasons and Locations for Physical Activity During the COVID-19 Pandemic in Rural Adults. University and Department Honors Thesis.

Spring 2021

- Rebecca Chapin. Use of greenways and trails for physical activity during COVID-19.

Fall 19

- Allison Farrell. Taking the family to the great outdoors: Park Prescription impact on family outdoor physical activity.

Spring 2014

- Nadareh Naseri. Latinas Activas! A learning experience: Implementation and evaluation of a physical activity intervention for Latinas in Watauga County, North Carolina.

Spring 2013

- Molly Elliott. The impact of the “Give Kids a Smile!” program on oral health and wellness.
- Meghan Kusper. Childhood obesity and the increasing prevalence of adult like risk factors for chronic disease.

Spring 2012

- Emily Boland. Protein based fad diets and the effects on cardiovascular risk factors.

Independent Study

Fall 2023

- Emma Denton. Assessing Physical Activity.

Spring 2023

- Ali Hibbard. Motor Learning.

Fall 2022

- Kaitlin Bullard. Research in Physical Activity.

Fall 2021

- Hannah Pendley. Physical Activity Programming for Disabilities.

Summer 2021

- Hannah Pendley. Motor Development and Physical Disabilities.

Spring 2021

- Ashlynn Hathaway. Adapted Physical Activity for Children and Youth.

Fall 20

- Alexa Dudash. Designing Sport Programs.

Fall 19

- Leigh Bernardy. Outdoor Physical Activity.

Spring 2018

- Kaylee Dowell. Exercise Is Medicine.

Fall 2017

- Alli St. John. Understanding fundamental movement skills in child care centers.

Spring 2017

- Rebecca Hess. Exploring perceptions and barriers to physical activity participation in pre-service child development majors.

Spring 2012

- Lindsey Glover and Becky Ausband. Physical activity participation in Child Care Staff Members in Rural North Carolina.

Fall 2010

- Maura Weaver. Technology and Exercise. Office of Student Research Undergraduate Research Assistantship.

University of Wisconsin – La Crosse

Undergraduate Research Projects – University and/or Department Honors

Summer 2009

- Claire Kaufman. Determinants of physical activity in children at a summer day care facility. Funded: University of Wisconsin – La Crosse Dean's Summer Fellowship, \$3500.00.

Fall 2008

- Maddison Krug. Transportation means relating to physical activity in college aged students. Funded: University of Wisconsin – La Crosse Undergraduate Research Grant, \$1150.00

Fall 2008

- Kacie O'Brien and Elizabeth Jeanes. Nutritional intake and the impact to performance in age group swimmers. Funded: University of Wisconsin – La Crosse Undergraduate Research Grant, \$703.80.

Summer 2008

- Adam Bisek. The effects of plyometric training on running economy in recreational endurance athletes. Funded: University of Wisconsin – La Crosse College of Science and Health Dean's Summer Fellowship, \$3500.00.

Spring 2008

- Gretchen Schmidt. The awareness local health professionals have in regards to the updated recommendations of physical activity for prenatal/postpartum women. Funded: University of Wisconsin – La Crosse Undergraduate Research Grant, \$560.00.

Summer 2007

- Karissa Peyer. Does training effect the development of pacing strategies when performing a novel task? Funded: University of Wisconsin – La Crosse College of Science and Health Dean's Summer Fellowship, \$3500.00.

Fall 2007

- Ryan Reichwaldt. The effect of personal trainers on physical fitness in college aged students. Funded: University of Wisconsin – La Crosse Undergraduate Research Grant, \$587.00.

Spring 2007

- Karissa Peyer. The effect of pacing strategies on power output while performing a novel task such as rowing. Funded: University of Wisconsin - La Crosse Undergraduate Research Grant, \$960.00.

Fall 2006

- Brooke Tenpas. The effectiveness of the Girls on the Go curriculum on physical fitness of middle school girls. Funded: University of Wisconsin - La Crosse Undergraduate Research Grant, \$650.00.

Fall 2006

- Rebekah Holt. Effect of a competitive season on bone mineral density in female collegiate volleyball players. Funded: University of Wisconsin – La Crosse Undergraduate Research Grant, \$630.00.

Spring 2006

- Justin Dhein. The physiological effects of bouldering in novice rock climbers. Funded: University of Wisconsin – La Crosse Undergraduate Research Grant, \$610.00

Spring 2006

- Adam Pulford and Kelli Wisinski. The effects of Olympic style weight training and plyometrics in endurance athletes. Funded: University of Wisconsin – La Crosse Undergraduate Research Grant, \$750.00.

Fall 2005

- Kirsten Hendrickson. Pacing patterns during heavy exercise in novice exercisers. Funded: University of Wisconsin – La Crosse Undergraduate Research Grant, \$813.00.

REVIEWER

American Journal of Preventive Medicine
 Children
 European Journal of Sports Science
 Global Pediatric Health
 International Journal of Exercise Science
 Journal of American College Health
 Journal of Physical Activity and Health
 Journal of Public Health
 Measurement in Physical Education and Exercise Science
 Medicine and Science in Sports and Exercise
 Pediatric Exercise Science
 Perceptual and Motor Skills
 Preventing Chronic Disease
 Preventive Medicine
 Preventive Medicine Reports
 Psychological Reports
 Research in Sports Medicine
 Research Quarterly for Exercise and Sport
 Translational Journal of the American College of Sports Medicine
 Women and Health

PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine (1997 – present)
 North American Society for Pediatric Exercise Medicine (2002 – 2003, 2016- present)
 Council on Undergraduate Research (2014 - present)

American Alliance of Health, Physical Education, and Recreation (1998, 2003-04)
SHAPE - previously called American Alliance of Health, Physical Education and Recreation
(2022 - present)