



Candidate for At-Large Member



Robert Kowalsky, PhD, FACSM

Appalachian State University

I am an Associate Professor at Appalachian State University, where my work centers on cardiometabolic health research and developing students as emerging scholars and professionals in kinesiology. I joined SEACSM in 2022 after five years of active involvement in Texas ACSM, including serving on its Board of Directors as a member-at-large from 2020 to 2023. That experience shaped my understanding of how regional chapters can meaningfully support students, faculty, and early-career professionals. Since transitioning to SEACSM, I have steadily expanded my service by contributing annually as an abstract reviewer and session chair, sponsoring App State's student bowl team for the past two years, and serving on the SEACSM Student Bowl Committee, where I have helped write and review questions and act as a scorer. I have also mentored student research presented at SEACSM, with five students presenting across last year's meeting and this 2026 conference. This past year, I was honored to earn Fellow status with ACSM, further strengthening my commitment to the organization.

My motivation for running for member-at-large is rooted in a desire to enhance the student and early-career experience within SEACSM. Our chapter spans a wide range of institutions and does a wonderful job creating powerful opportunities for our diverse student population. In this endeavor, SEACSM leads the way and is a gold-standard example for all other ACSM chapters. If elected, I hope to expand professional development pathways, strengthen faculty-student mentorship opportunities, and support programming that brings our regional community together. SEACSM has quickly become an important professional home for me, and I would be honored to contribute my prior board experience, student-centered focus, and commitment to service to the continued growth of the chapter.

Curriculum Vita

Robert J. Kowalsky, Ph.D., FACSM, ACSM-CEP

Associate Professor
Department of Kinesiology
Appalachian State University
Boone, NC 28608
office: 828-262-6799
Email: kowalskyrj@appstate.edu

EDUCATION

Ph.D.	University of Pittsburgh	2017	Exercise Physiology
M.S.	University of Pittsburgh	2014	Health, Physical Activity, and Chronic Disease
B.S.	Slippery Rock University	2013	Exercise Science

CERTIFICATIONS

American College of Sports Medicine- Clinical Exercise Physiologist (2015-Present)
American College of Sports Medicine- Exercise Physiologist (2013-2016)
American Heart Association- Basic Life Support (2009-Present)
National Council for Mental Wellbeing-Adult Mental Health First Aid USA (2023-Present)

EMPLOYMENT HISTORY

Academic

2025-Present Associate Professor, Department of Kinesiology
Appalachian State University
2022-2025 Assistant Professor, Department of Public Health & Exercise Science
Appalachian State University
2017-2022 Assistant Professor, Department of Health & Kinesiology
Texas A&M University-Kingsville
2009-2015 Graduate Student Assistant, Department of Health & Physical Activity
University of Pittsburgh

LIST OF COURSES TAUGHT

Appalachian State University

ES/KIN 3002 Exercise Physiology (writing intensive)
ES/KIN 3003 Exercise Physiology Laboratory
ES 3005 Advanced Physiological Assessment
KIN 4660 Exercise Prescription of Clinical Populations
ES 4800 Exercise Prescription (writing intensive, capstone course)

Texas A&M University-Kingsville

EDKN 2340 Medical Terminology (online)
EDKN 3436 Basic Exercise Physiology & Laboratory
EDKN 4324 Exercise in Chronic Disease/Disability
EDKN 4329 Senior Seminar (writing intensive)
EDKN 4401 Exercise Testing & Prescription
EDKN 5312 Exercise Physiology (graduate)
EDKN 5325 Physical Activity and Aging (graduate)
EDKN 5333 (Special topic) Exercise Testing & Prescription (graduate)

University of Pittsburgh

HPA 1044 Biomechanics Lab
HPA 1042 Physiology of Exercise Lab
HPA 1226 Assessment and Prescription for Special Populations Lab
HPA 2371 Advanced Exercise Physiology Lab

PUBLICATIONS

*Refereed Journal Articles (*indicates mentorship of student)*

1. **Kowalsky, R.J.**, Chauntry A.J., Zieff, G., Quinn, T.D., Stone, K., Kappus, R.M., Barone Gibbs, B., Stoner, L. The standing paradox: why a simple health behavior fix is not so simple. *J Phys Act Health*. 2025; 1-3. doi: <https://doi.org/10.1123/jpah.2025-0544>
2. *Ambriz, J., Shipherd, A.M., **Kowalsky, R.J.** A Comparison of Brief Resistance and Aerobic Exercise Bouts on Cognitive Processing Speed in Young Adults. *Int J Exerc Sci*. 2025; 8(4) 119-129. doi: <https://doi.org/10.70252/NTHW8907>
3. Kline, C.E., Kubala, A.G., **Kowalsky, R.J.**, Gibbs, B.B. The effect of replacing prolonged sitting with intermittent standing during a simulated workday on the subsequent night's sleep. *Sleep Biol Rhythms*. 2024; <https://doi.org/10.1007/s41105-024-00552-x>
4. **Kowalsky, R.J.**, van Werkhoven, H., Meucci, M., Quinn, T.D., Stoner, L., Hearon, C.M., Gibbs, B.B. Distinguishing Passive and Active Standing Behaviors From Accelerometry. *J Meas Phys Behav*. 2024; 7(1). <https://doi.org/10.1123/jmpb.2024-0004>
5. Kappus, R.M., **Kowalsky, R.J.** Healthy Aging: The Role of Physical Activity in Optimizing Cardiovascular Health. *The Journal of the Blue Cross NC Institute for Health and Human Services*. 2023. <https://jihhs.pubpub.org/pub/jc8t1t09/release/1>
6. **Kowalsky, R.J.**, Grosicki, G.J., Meucci, M., Hanson, E.D., Moore, J.B., Stoner, L. Unseating the Sedentary Threat: A Vital Strategy for Curbing Cardiovascular Disease in Young Adults. *J Phys Act Health*. 2023; 20(12):1078-1080. doi:10.1123/jpah.2023-0480
7. **Kowalsky, R.J.**, Farney, T.M., Kline, C.E., Hinojosa, J.N., Creasy, S.A. The Impact of the COVID-19 Pandemic on Health-Related Behaviors in College Students. *J Am College Health*. 2023; 71(4) 1161-1166. doi:10.1080/07448481.2021.1923505 PMID: 34161199
8. **Kowalsky, R.J.**, Farney, T.M., Hearon, C.M. Effect of Daily Resistance Exercise Breaks in College Students for Ratings of Discomfort, Fatigue, and Sleepiness Across One Week. *Res Q Exerc Sport*. 2023; 94(1), 210–215. <https://doi.org/10.1080/02701367.2021.1959508>
9. *Poles, J., Burnet, K., Kelsch, E., Heffernan, K.S., Meyer, M.L., **Kowalsky, R.J.**, Gibbs, B.B., Stoner, L. Overall and repeated measures agreement between brachial-femoral and carotid-femoral measures of pulse wave velocity in young and healthy individuals. *Blood Press Monit*. 2022;27(5):334-340. doi:10.1097/MBP.0000000000000614 PMID: 35866509
10. Gibbs, B.B., Diaz, K., **Kowalsky, R.J.**, Smith, P., Stoner, L. Association of Standing with Cardiovascular Disease and Mortality in Adults. *Curr Epidemiol Rep*. 2021; 8(4): 200-211. <https://doi.org/10.1007/s40471-021-00276-3>
11. **Kowalsky, R.J.**, Stoner, L., Faghy, M.A., Gibbs, B.B. A Call to Clarify the Intensity and Classification of Standing Behavior. *Int J Environ Res Public Health*. 2021; 18(16): 8460. <https://doi.org/10.3390/ijerph18168460> PMID: 34444209
12. Stoner, L., Gibbs, B.B., Meyer, M.L., Fryer, S., Credeur, D., Paterson, C., Stone, K., Hanson, E., **Kowalsky, R.J.**, Horiuchi, M., Mack, C. Dave, G. A Primer on Repeated Sitting Exposure and the Cardiovascular System: Considerations for Study Design, Analysis, Interpretation and Translation. *Front Cardiovasc Med*. 2021. doi: 10.3389/fcvm.2021.716938 PMID: 34485414
13. *Fick, A.N., **Kowalsky, R.J.**, Stone, M.S., Hearon, C.M., Farney, T.M. Acute and chronic supplementation of citrulline malate on muscle contractile properties and fatigue rate of the quadriceps. *Int J Sport Nutr Exerc Metab*. 2021; 31(6) 490-496. <https://doi.org/10.1123/ijsnem.2021-0117> PMID: 34470906

Curriculum Vita

14. *Hinojosa, J.N., Hearon, C.M., **Kowalsky, R.J.** Blood Lactate Response to Active Recovery in Athletes vs. Non-Athletes. *Sport Sci Health*. 2021; 17, 699-705. <https://doi.org/10.1007/s11332-021-00735-w>
15. **Kowalsky, R.J.**, Hergenroeder, A.L., Gibbs, B.B. Breaking Up Prolonged Sitting with Resistance Exercise Breaks. *Workplace Health Saf*. 2021; 69(8), 359-365. PMID: 33509068
16. *Alansare, A.B., **Kowalsky, R.J.**, Jones, M.A., Perdomo, S.J., Stoner, L, Gibbs, B.B. The effects of a simulated workday of prolonged sitting on seated vs. Supine blood pressure and pulse wave velocity. *J Vasc Res*, 2020; 57(6): 355-266. doi:10.1159/000510294. PMID: 32937620
17. Farney, T.M., **Kowalsky, R.J.**, Salazar, D.A., Fick, A.N., Nelson, A.G., Hearon, C.M. The effect of vinegar supplementation on cycle sprint performance within recreationally trained individuals. *Medicina*, 2020; 56(9) 429. doi: 10.3390/medicina56090429 PMID: 32867047
18. **Kowalsky, R.J.**, Stoner, L., Perdomo, S.J., Taormina, J.M., Jones, M.A., Credeur, D.P., Gibbs, B.B. Validity and reliability of peripheral pulse wave velocity measures in a seated posture. *J Hypertens Res*, 2020; 43, 845-847. PMID: 32152481
19. *Armas, C., **Kowalsky, R.J.**, Hearon, C.M. Comparison of 7-minute circuit training vs HIIT training on acute cardiometabolic outcomes. *Int J Exerc Sci*, 2020; 13(2): 306-409. PMID: 32148625
20. Hergenroeder, A.L., Gibbs, B.B., Kotlarczyk, M.P., Perera, S., Quinn, T., Shuman, V., **Kowalsky, R.J.**, Brach, J.S. Sit Less for Successful Pilot Aging: Feasibility of an Intervention to Reduce Sedentary Time in Older Adults in Independent Living Communities. *Cardiopulm Phys Ther*, 2020; 31(4) 142-151. PMID: 33897306
21. **Kowalsky, R.J.**, Jakicic, J.M., Hergenroeder, A.L., Rogers, R.J., Gibbs, B.B. Acute cardiometabolic effects of interrupting sitting with resistance exercise breaks. *Appl Physiol Nutr Metab*, 2019; 44(10), 1025-1032. <https://doi.org/10.1139/apnm-2018-0633> PMID: 30779597
22. Perdomo S.J., Gibbs, B.B., **Kowalsky, R.J.**, Taormina, J.M., Jakicic, J.M., Balzer, J. Effects of alternating standing and sitting compared to prolonged sitting on cerebrovascular hemodynamics. *Sport Sci Health*, 2019; 15(2):375-383. doi:10.1007/s11332-019-00526-4. PMID: 31814853
23. Hergenroeder, A.L., Gibbs, B.B., Kotlarczyk, M.P., Perera, S., **Kowalsky, R.J.**, Brach, J.S. Accuracy and acceptability of commercial grade physical activity monitors in older adults. *J Aging Phys Act*, 2019; 27(2), 222-229. doi:10.1123/sapa.2018-0036. PMID: 30117355
24. **Kowalsky, R.J.**, Perdomo, S.J., Taormina, J.M., Kline, C.E., Hergenroeder, A.L., Balzer, J.R., Jakicic, J.M., Gibbs, B.B. Effect of using a sit-stand desk on ratings of discomfort, fatigue, and sleepiness across a simulated work day in overweight and obese adults. *J Phys Act Health*, 2018; 15(3), 788-794. PMID: 30139293
25. Hergenroeder, A.L., Gibbs, B.B., Kotlarczyk, M.P., **Kowalsky, R.J.**, Perera, S., Brach, J.S. Accuracy of objective physical activity monitors in measuring steps in older adults. *Gerontol Geriatr Med*, 2018; 4, 2333721418781126. PMID: 29977979
26. *Taormina, J.M., **Kowalsky, R.J.**, Perdomo, S.J., Jones, M.A., Gibbs, B.B. Characteristics associated with lower blood pressure when using a sit-stand desk. *J Hypertens*, 2018; 36(5), 1207-1208. PMID: 29578965
27. Gibbs, B.B., Hergenroeder, A.L., Perdomo, S.J., **Kowalsky, R.J.**, Delitto, A., Jakicic, J.M. Reducing sedentary behaviour to decrease chronic low back pain: the stand back randomized trial. *Occup Environ Med*, 2018; 75(5), 321-327. PMID: 29330230

Curriculum Vita

28. Gibbs, B.B., **Kowalsky, R.J.**, Perdomo, S.J., Taormina, J.M., Balzer, J.R., Jakicic, J.M. Effect of alternating standing and sitting on blood pressure and pulse wave velocity during a simulated workday in adults with overweight/obesity. *J Hypertens*, 2017; 35(12), 2411-2418. PMID: 28704258
29. Gibbs, B.B., **Kowalsky, R.J.**, Perdomo, S.J., Grier, M., Jakicic, J.M. Energy expenditure of deskwork when sitting, standing or alternating positions. *Occup Med*, 2017; 67(2), 121-127. PMID: 27515973
30. Creasy, S.A., Rogers, R.J., Byard, T.D., **Kowalsky, R.J.**, Jakicic, J.M. Energy expenditure during acute periods of sitting, standing, and walking. *J Phys Act Health*, 2016; 13(6), 573-578. PMID: 26693809

Referred Abstracts (*indicates mentorship of student)

1. **Kowalsky, R.J.**, Meucci, M., Quinn, T.D., McCallum, O, Hearon, C.M. (2025). Prolonged Passive vs. Active Standing: Influence on Pulse Wave Velocity and Musculoskeletal Outcomes. *Medicine & Science in Sports & Exercise*, 57(10S):346-347.
2. Meucci, M., Lassiter, A., Collier, S.R., **Kowalsky, R.J.**, Hwan, K., Obrian, N. (2025). Association Between Increased Body Weight and Central Arterial Stiffness in Youth: A Cross-Sectional Study. *Medicine & Science in Sports & Exercise*, 57(10S):39.
3. **Kowalsky, R.J.**, van Werkhoven, H., Meucci, M., Quinn, T., Stoner, L., Hearon, C.M., Gibbs, B.B. (2023). Identification of Static vs. Active Standing from a Triaxial Accelerometer. *Medicine & Science in Sports & Exercise*, 55(9s):346.
4. *Morales Dozal, J., Meucci, M., Collier, S.R., **Kowalsky, R.J.** (2023). Differences in Blood Pressure and Pulse Wave Analysis Between Sitting and Supine in Young Adults. *Medicine & Science in Sports & Exercise*, 55(9s):393-394.
5. *Ambriz, J.A., Shipherd, A.M., **Kowalsky, R.J.** (2022). A Comparison of Resistance Exercise to Aerobic Exercise on Cognitive Processing Speed in Young Adults. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Issue 14, article 32.
6. *Poles, J., Adams, N., Kelsch, E., Heffernan, K., Meyer, M.L., Burnet, K., **Kowalsky, R.J.**, Gibbs, B.B., Stoner, L. (2021). Agreement between acute changes in carotid-femoral and brachial-femoral pulse wave velocity. *Medicine & Science in Sports & Exercise*, 53(8S):76-77.
7. *Adams, N., Poles, J., Kelsch, E., Heffernan, K., Meyer, M.L., Burnet, K., **Kowalsky, R.J.**, Gibbs, B.B., Stoner, L. (2021). Agreement of Seated and Supine Pulse Wave Velocity Measurements with Prolonged Sitting. *Medicine & Science in Sports & Exercise*, 53(8S):76-77.
8. **Kowalsky, R.J.**, Lee, S., Yoo, S. (2021). Preliminary Jaguar Health Study Findings: Changes in Cardiometabolic Risk Factors in College Freshmen. *Medicine & Science in Sports & Exercise*, 53(8S): 62.
9. **Kowalsky, R.J.**, Farney, T.M., & Hearon, C.M. (2020). Simple resistance exercise breaks to interrupt sedentary behavior in college students. *Medicine & Science in Sports & Exercise*, 52(5, Suppl.), S8 (#98).
10. *Hinojosa, J.N., **Kowalsky, R.J.**, Hearon, C.M. (2020). Comparison of Lactate Response during Active Recovery for Athletes vs Non-Athletes. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Issue. 12, Article 18.
11. *Fick, A., Farney, T.M., Stone, M., **Kowalsky, R. J.**, Hearon, C.M. (2020). Acute vs. Chronic Citrulline Malate Supplementation on Muscle Fatigue. *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Issue. 12, Article 41.

Curriculum Vita

12. **Kowalsky, R.J.**, Jakicic, J.M., Hergenroeder, A.L., Rogers, R.J., Gibbs, B.B. (2019). The Use of Resistance Exercises to Interrupt Sitting: Acceptability and Impact on Sleepiness, Discomfort, and Fatigue. *Medicine & Science in Sports & Exercise*. 51(6):478, June 2019.
13. Kline, C.E., **Kowalsky, R.J.**, Perdomo, S.J., Strollo Jr, P.J., Gibbs, B.B. (2019). Impact of a Simulated Workday of Sit-Stand Desk Use on Sleep Among Adults Screened as High Risk for Sleep Apnea. *Medicine & Science in Sports & Exercise*. 51(6):112, June 2019.
14. *Alansare, A.B., **Kowalsky, R.J.**, Perdomo, S.J., Stoner, L., Gibbs, B.B. (2019). Measurement of Peripheral Pulse Wave Velocity Responses to Prolonged Sitting: Influence of Posture. *Medicine & Science in Sports & Exercise*. 51(6):667, June 2019.
15. **Kowalsky, R.J.**, Stoner, L., Perdomo, S., Taormina, J.M., Jones, M., Credeur, D., Gibbs, B.B. (2019). Abstract P380: Validity and Reliability of Pulse Wave Velocity Measurement in a Seated Posture. *Circulation*, 139(Suppl_1), AP380-AP380.
16. *Armas, C., **Kowalsky, R.J.**, Hearon, C.M. (2019) "Comparison of Acute Cardiometabolic Responses in a 7-Minute Body Weight Circuit to a 7-Minute HIIT Cycle Protocol," *International Journal of Exercise Science: Conference Proceedings: Vol. 2: Issue. 11, Article 29.*
17. Farney, T.M., **Kowalsky, R.J.**, Salazar, D.A., Hearon, C.M. (2020). The effect of Recovery Beverages on Cycle Sprint Performance Within Trained Individuals. *Journal of Strength & Conditioning Research*. 34(1): e87-e88.
18. **Kowalsky, R.J.**, Jakicic, J.M., Hergenroeder, A.L., Rogers, R.J., Gibbs, B.B. (2018). Cardiometabolic Effects of Interrupting Sitting with Resistance Exercise Breaks. *Medicine & Science in Sports & Exercise*, 50(5S), 134.
19. *Taormina, J.M., **Kowalsky, R.J.**, Perdomo, S.J., Jones, M.A., Gibbs, B.B. (2018). Characteristics Associated with Lower Blood Pressure When Using a Sit-Stand Desk. *Circulation*. 137:AP333
20. **Kowalsky, R.J.**, Perdomo, S.J., Taormina, J.M., Kline, C.E., Hergenroeder, A.L., Balzer, J.R., Jakicic, J.M., Gibbs, B.B. (2017). The Influence of A Sit-stand Desk on Sleepiness, Physical Discomfort, Physical Fatigue, and Mental Fatigue. *Medicine & Science in Sports & Exercise*, 49(5S), 844.
21. Kline, C.E., **Kowalsky, R.J.**, Perdomo, S.J., Gibbs, B.B. (2017). Use of a Sit-stand Desk Reduces Wake Time during the Subsequent Night's Sleep. *Medicine & Science in Sports & Exercise*, 49(5S), 854-855.
22. Creasy, S.A., Rogers, R.J., Davis, K.K., Gibbs, B.B., Kershaw, E.E., Kovacs, S.J., Maher, M.R., **Kowalsky, R.J.**, O'Dell, M, Collins, K. A., Raybuck, S.D., Marcin, M.L., Donahue, P.T., Jakicic, J.M. (2017). Effects of Supervised and Unsupervised Physical Activity Programs for Weight Loss. *Medicine & Science in Sports & Exercise*, 49(5S), 863.
23. Perdomo, S.J., Gibbs, B.B., **Kowalsky, R.J.**, Taormina, J.M., Balzer, J.R. (2017). Effects of Alternating Standing and Sitting Compared to Prolonged Sitting on Cerebral Blood Flow Velocity. *Medicine & Science in Sports & Exercise*, 49(5S), 695-696.
24. **Kowalsky, R.J.**, Gibbs B.B., Davis K.K., Rogers R.J., Wisniewski, L., Jakicic J.M. (2016). Association of Resting Blood Pressure with Adiposity and Physical Activity in Young Adults. *Medicine & Science in Sports & Exercise*, 48 (5S), 72.
25. Creasy, S.A., Rogers, R.J., Byard, T.D., **Kowalsky, R.J.**, Jakicic, J.M. (2016). Energy Expenditure during Acute Periods of Sitting, Standing, and Walking. *Medicine & Science in Sports & Exercise*, 48(5 Suppl 1), 157-157.

Curriculum Vita

BOOK CHAPTERS

1. **Kowalsky, R.J.** (2022). Chapter 6: Physical Activity and Exercise Recommendations. In: Burt, D.J. Hersman, B.L. (Eds.), *Movement in Special Populations: Fitness, Sport, and Physical Education for Individuals with Disabilities*. 1st ed. Kendall Hunt Publishing Company.
2. **Kowalsky, R.J.** (2022.) Chapter 7: Exercise Medicine and Programming. In: Burt, D.J. Hersman, B.L. (Eds.), *Movement in Special Populations: Fitness, Sport, and Physical Education for Individuals with Disabilities*. 1st ed. Kendall Hunt Publishing Company.
3. **Kowalsky, R.J.** (2022.) Chapter 6: Physical Activity and Exercise Recommendations. In: Burt, D.J. Hersman, B.L. (Eds.), *Movement in Special Populations: Fitness, Sport, and Physical Education for Individuals with Disabilities*. 2nd ed. Kendall Hunt Publishing Company.
4. **Kowalsky, R.J.** (2022.) Chapter 7: Exercise Medicine and Programming. In: Burt, D.J. Hersman, B.L. (Eds.), *Movement in Special Populations: Fitness, Sport, and Physical Education for Individuals with Disabilities*. 2nd ed. Kendall Hunt Publishing Company.

PRESENTATIONS

*International/National (*indicates mentorship of student)*

1. **Kowalsky, R.J.**, Meucci, M., Quinn, T.D., McCallum, O., Hearon, C.M. (2025). Prolonged Passive vs. Active Standing: Influence on Pulse Wave Velocity and Musculoskeletal Outcomes. ACSM annual conference, Atlanta, Georgia.
2. Meucci, M., Lassiter, A., Collier, S.R., **Kowalsky, R.J.**, Kim, H., Obrian, N. (2025) Associations Between Increased Body Weight and Central Arterial Stiffness in Youth: A Cross-Sectional Study. ACSM annual conference, Atlanta, Georgia.
3. **Kowalsky, R.J.**, van Werkhoven, H., Meucci, M., Quinn, T.D., Stoner, L., Hearon, C.M., Gibbs, B.B. (2023). Identification of Static vs. Active Standing from a Triaxial Accelerometer. ACSM annual conference, Denver, Colorado.
4. *Morales Dozal, J., Meucci, M., Collier, S.R., **Kowalsky, R.J.** (2023). Differences in Blood Pressure and Pulse Wave Analysis Between Sitting and Supine in Young Adults. ACSM annual conference, Denver, Colorado.
5. Lu, P., Lee, S., **Kowalsky, R.J.**, Yoo, S. (2021). Exploring Mental, Physical and Educational Factors that Influence Freshman-Year College Students' Health-An Investigation on Gender Difference. International Organization for Health, Sport, and Kinesiology (IOHSK) conference, virtual.
6. **Kowalsky, R.J.**, Lee, S., Yoo, S. (2021). Preliminary Jaguar Health Study Findings: Changes in Cardiometabolic Risk Factors in College Freshmen. ACSM annual conference, virtual.
7. *Poles, J., Adams, N., Kelsch, E., Heffernan, K., Meyer, M.L., Burnet, K., **Kowalsky, R.J.**, Gibbs, B.B., Stoner, L. (2021). Agreement between acute changes in carotid-femoral and brachial-femoral pulse wave velocity. ACSM annual conference, virtual.
8. *Adams, N.T. Poles, J., Kelsch, E., Heffernan, K., Meyer, M.L., Burnet, K., **Kowalsky, R.J.**, Gibbs, B.B., Stoner, L. (2021). Overall and repeated measurement agreement of central and peripheral pulse wave velocity measurements. ACSM annual conference, virtual.
9. Ivy, D., **Kowalsky, R.J.**, Abu-Baker, A., Ali, H.I. (2020). Developing an IPE Activity for PharmD and Exercise Science Students on the Management of Diabetes Mellitus. NEXUS Summit 2020, virtual.
10. **Kowalsky, R.J.**, Farney, T.M., Hearon, C.M. (2020). Simple resistance exercise breaks to interrupt sedentary behavior in college students. ACSM annual conference, virtual.

Curriculum Vita

11. *Grandhi, S.J., Ivy, D., **Kowalsky, R.J.**, Abu-Baker, A., Ali, H. I. (2019). IPE between PharmD and Exercise Science Students. AAPS (American Association of Pharmaceutical Scientists) PharmSci 360-Advancing Pharmaceutical Sciences, Career, and Community. San Antonio, Texas.
12. **Kowalsky, R.J.**, Jakicic, J.M., Hergenroeder, A.L., Rogers, R.J., Gibbs, B.B. (2019). The Use of Resistance Exercises to Interrupt Sitting: Acceptability and Impact on Sleepiness, Discomfort, and Fatigue. ACSM annual conference, Orlando, Florida.
13. Kline, C.E., **Kowalsky, R.J.**, Perdomo, S.J., Strollo Jr, P.J., Gibbs, B.B. (2019). Impact of a Simulated Workday of Sit-Stand Desk Use on Sleep Among Adults Screened as High Risk for Sleep Apnea. ACSM annual conference, Orlando, Florida.
14. *Alansare, A.B., **Kowalsky, R.J.**, Perdomo, S.J., Stoner, L., Gibbs, B.B. (2019). Measurement of Peripheral Pulse Wave Velocity Responses to Prolonged Sitting: Influence of Posture. ACSM annual conference, Orlando, Florida.
15. Menaker, B., **Kowalsky, R.J.**, Shipherd, A. (2019). Mind over Miles: An Integrative Community Outreach Program to Increasing Physical Activity through Running and Walking. American Association of Sports Psychology Conference (AASP), Portland, Oregon.
16. **Kowalsky, R.J.**, Stoner, L., Perdomo, S.J., Taormina, J.M., Jones, M.A., Credeur, D.P., Gibbs, B.B. (2019). Validity and Reliability of Pulse Wave Velocity Measurement in a Seated Posture. AHA epi-lifestyle conference, Houston, Texas.
17. Farney, T.M., **Kowalsky, R.J.**, Salazar, D.A., Hearon, C.M. (2019). The effect of Recovery Beverages on Cycle Sprint Performance Within Trained Individuals. National Strength & Conditioning Association (NSCA) national conference, Washington, D.C.
18. **Kowalsky, R.J.**, Jakicic, J.M., Hergenroeder, A.L., Rogers, R.J., Gibbs, B.B. (2018). Cardiometabolic Effects of Interrupting Sitting with Resistance Exercise Breaks. ACSM annual conference, Minneapolis, Minnesota.
19. *Taormina, J.M., **Kowalsky, R.J.**, Perdomo, S.J., Jones, M.A., Gibbs, B.B. (2018). Abstract P333: Characteristics Associated With Lower Blood Pressure When Using a Sit-Stand Desk. AHA epi-lifestyle conference, New Orleans, Louisiana.
20. **Kowalsky, R.J.**, Perdomo, S.J., Balzer, J.R., Kline, C.E., Gibbs, B.B. (2017). The Influence of a Sit-stand Desk on Sleepiness, Physical Discomfort, Physical Fatigue, and Mental Fatigue. ACSM annual conference, Denver, Colorado.
21. **Kowalsky, R.J.**, Gibbs B.B., Davis K.K., Rogers R.J., Wisniewski L, Jakicic J.M. (2016). Association of Resting Blood Pressure with Adiposity and Physical Activity in Young Adults. ACSM annual conference, Boston, Massachusetts.

State/Regional (*Indicates mentorship of student)

1. *McCallum, O., Meucci, M., Hearon, C.M., **Kowalsky, R.J.** (2025). Prolonged Passive vs. Active Standing: Influence On Discomfort, Physical Fatigue, And Mental Fatigue. Southeast ACSM annual conference, Greenville, SC.
2. Meucci, M., Lassiter, A., Collier, S.R., **Kowalsky, R.J.**, Kim, H., Obrian, N. (2025) Associations Between Increased Body Weight and Central Arterial Stiffness in Youth: A Cross-Sectional Study. Southeast ACSM annual conference, Greenville, SC.
3. **Kowalsky, R.J.**, Meucci, M., Hearon, C.M. (2025). Chair Champions: Assessing Cardiovascular and Musculoskeletal Outcomes from a Disability-Specific Sedentary Behavior Intervention. Research and Creative Activity At Appalachian, Boone, NC.

Curriculum Vita

4. *Pizarro, B.J., Shipherd, A.M., & **Kowalsky, R.J.** (2022). The effects of music on muscular fatigue and performance in individuals with previously injured knees. Baylor McNair Research Conference, Waco, TX.
5. *Ambriz, J.A., Shipherd, A.M., **Kowalsky, R.J.** (2022). A Comparison of Resistance Exercise to Aerobic Exercise on Cognitive Processing Speed in Young Adults. Texas ACSM Annual Conference, Waco, Texas.
6. Poles, J., Adams, N., Kelsch, E., Heffernan, K., Meyer, M.L., Burnet, K., **Kowalsky, R.J.**, Gibbs, B.B., Stoner, L. (2021). Agreement between acute changes in carotid-femoral and brachial-femoral pulse wave velocity. Southeast ACSM 2021 meeting, virtual.
7. Adams, N.T. Poles, J., Kelsch, E., Heffernan, K., Meyer, M.L., Burnet, K., **Kowalsky, R.J.**, Gibbs, B.B., Stoner, L. (2021). Overall and repeated measurement agreement of central and peripheral pulse wave velocity measurements. Southeast ACSM 2021 meeting, virtual.
8. Lu M.P., Yoo S., Lee S., **Kowalsky R.J.** (2020). Exploring mental, physical and educational factors that influence freshman-year college students' health. 2020 College Health Professions Annual Research Symposium "Building Capacity and Community Partnership", University of Texas Rio Grande Valley, Texas.
9. *Hinojosa, J.N., **Kowalsky, R.J.**, Hearon, C.M. (2020). Comparison of Lactate Response during Active Recovery for Athletes vs. Non-Athletes. Texas ACSM Annual Conference, Waco, Texas.
10. *Fick, A., Farney, T.M., Stone, M., **Kowalsky, R.J.**, Hearon, C.M. (2020). Acute vs. Chronic Citrulline Malate Supplementation on Muscle Fatigue. Texas ACSM Annual Conference, Waco, Texas.
11. *Grandhi, S.J., Ivy, D., **Kowalsky, R.J.**, Zakaria, A.E., Abu-Baker, A., Ali, H. I. IPE between PharmD and Exercise Science Students. (2019). IPER 5 Interprofessional Education and Research Symposium (IPER5). Bryan, Texas.
12. *Armas, C., **Kowalsky, R.J.**, Hearon, C.M. (2019). Comparison of Acute Cardiometabolic Responses in a 7-Minute Body Weight Circuit to a 7-Minute HIIT Cycle Protocol. Texas ACSM annual conference, Fort Worth, Texas.

RESEARCH AND SCHOLARLY ACTIVITIES

Grants

1. **Kowalsky, R.J.**, Quinn, T.D., Stock, J., Barone Gibbs, B. Cardiovascular Mechanisms of Passive Standing: A Novel Risk Factor? AHA's Institutional Enhancement Research Award (AIREA), 26AIREA1548546 (2025, \$200,000). Under Review.
2. **Kowalsky, R.J.**, Parry, R.M., Quinn, T.D., van Werkhoven, H., Barone Gibbs, B. Multidimensional Standing and Cardiovascular Health: Using Team Science to Advance Measurement and Clarify Risks. *AHA's Collaborative Science Award*, 25CSA1375336. (2025, \$1,000,000). Not funded.
3. **Kowalsky, R.J.**, Standing Strong: The Role of Active vs. Passive Standing in Cardiovascular Disease Risk. *Appalachian State's Summer Stipend for Writing a Grant (SWAG) program*. (2023, \$3,500) Funded, summer 2024.
4. **Kowalsky, R.J.**, Meucci, M., Thompson, M., Hanson, E.D., Moore, J.B., Lim, F., Stoner, L. Cardiovascular Outcome Negation Through Early-adulthood Context-Specific Sedentary Behavior Reduction at Appalachian State University (CONTEXT-APPSTATE). *1R15HL175567-01*. (2023, \$414,000) Not Funded.
5. Triplett, T., Meucci, M., **Kowalsky, R.J.** Course-Mapping for Exercise Science Program Accreditation. *Appalachian State University- Assessment Grant* (2022, \$2,250.00) Funded.

Curriculum Vita

6. **Kowalsky, R.J.** Aerobic vs. Resistance Exercise Breaks for Individuals with Disabilities (CHAIR-EX). *Appalachian State University-University Research Grant (URC)* (2022, \$4,010.00) Funded.
7. **Kowalsky, R.J.** Aerobic vs. Resistance-Based Seated Exercise Breaks for Office Workers with Disabilities. *Texas A&M University-Kingsville College of Education and Human Performance Research Grant* (2021, \$5,000.00) Funded.
8. Shen, S., Elias, V., Lee, S., **Kowalsky, R.J.**, Chen, J., Kwon, S., Yoo, S., Lu, M. South Texas Student Health Initiative (SHASI Study). *Meadows Foundation*. (2021, \$77,000.00). Funded.
9. **Kowalsky, R.J.**, Farney, T.M. South Texas Community Health: Assessing Regional Health Outcomes through Ultrasound Technology. *College of Education and Human Performance Grant*. (2020, \$15,000.00) Not Funded.
10. **Kowalsky, R.J.**, Farney, T.M., Hearon, C.M. The Impact of Hourly Resistance Exercises on Sedentary Office Workers. *NIH R15 AREA Grant*. (2020, \$361,878.00) Not Funded.
11. **Kowalsky, R.J.**, Farney, T.M., Hearon, C.M. The Impact of Sit-Stand Desks Paired with Hourly Resistance Exercise Breaks on Sedentary Office Workers. *American College of Sports Medicine Research Endowment* (2019, \$7,960.30) Not Funded.
12. Farney, T.M., **Kowalsky, R.J.**, Stone, M. The Impact of Citrulline Malate on Blood Flow Circulation and Ammonia Accumulation Following Resistance Exercise. *National Strength and Conditioning Association Young Investigator Grant* (2019, \$20,400.00) Not Funded.
13. **Kowalsky, R.J.** New Faculty Investment Program Professional Development Award. *Texas A&M University-Kingsville* (2018 \$500.00) Funded.
14. **Kowalsky, R.J.** Transculturation Program-Professional Development Award. *Texas A&M University-Kingsville* (2018, \$250.00) Funded.
15. **Kowalsky, R.J.** Understanding Physiological Response to Exercise. *Title-V: Integrating a Culture of Academic and Research Engagement (I-Care) Grant, Texas A&M University - Kingsville* (2018; \$2,500.00) Funded.
16. Shipherd, A.M., Menaker, B.E., & **Kowalsky, R.J.** Running to retention: A student-led community physical activity event. *Center for Student Success Retention Grant, Texas A&M University - Kingsville* (2018; \$980.96). Funded.
17. Menaker, B.E., Shipherd, A.M., **Kowalsky, R.J.** Community Driven Walking and Running Programs: An integrative Kinesiology Approach to Increasing Physical Activity. *Texas A&M University - Kingsville Service-Learning Grant* (2018; \$2,561.39). Funded.
18. Menaker, B.E., Shipherd, A.M., Sherman, N.W., **Kowalsky, R.J.** Building a Culture of Physical Activity: An Integrative Kinesiology Approach to Increasing Physical Activity through Running/Walking Programs in Kingsville, TX. *Texas A&M University - Kingsville Service-Learning Grant* (2017; \$5,930.00). Not Funded.

Completed Student Projects @ App State (*Indicates student)

1. *Kodack, D.E., Shanley, R.A., **Kowalsky, R.J.**, Meucci, M. Exploring the Relationship between Visceral Adipose Tissue and Muscle Density. Role: Honor's project 2nd reader
2. *Morales Dozal, J. Meucci, M. Collier, S.R., **Kowalsky, R.J.** Differences in Blood Pressure and Pulse Wave Analysis Between Seated and Supine in Young Adults. Role: Research project committee member

Curriculum Vita

3. *Campbell, B., **Kowalsky, R.J.**, Skinner, J. Acute Aerobic vs. Skill-based Exercises on Cognition (ACE Study). Role: Honor's project 2nd reader
4. *Newcombe, K., Meucci, M., **Kowalsky, R.J.** Lasting Influence of the COVID-19 Shutdown on College Students' Physical Activity, Sedentary Behavior, and Mental Health. Currently in data collection. Role: Honor's project director.
5. *Ambriz, J.A., Shipherd, A.M., **Kowalsky, R.J.** Brief Aerobic vs. Resistance Exercise Bouts on Cognitive Processing Speed. *Int J Exerc Sci*. Role: Thesis committee member, content expert.
6. *Doherty, S., **Kowalsky, R.J.**, Needle, A., van Werkhoven, H. Graduate Thesis. Can the OpenCap Markerless Motion Capture Framework Detect Lower Extremity Kinematic Changes During a Fatiguing Run? Role: Thesis committee member.

Current Research Project/Collaborations (*Indicates mentorship of student)

1. *Monahan, M. Quinn, T.D., Stock, J.M., Barone Gibbs, B., **Kowalsky, R.J.** Validity and Reliability of Standing Pulse Wave Velocity Assessment. Currently in manuscript preparation. Role: UG Honors project director.
2. **Kowalsky, R.J.**, Meucci, M. Does Aerobic Fitness Protect Against Prolonged Standing-Induced Cardiovascular Changes? Currently in manuscript preparation.
3. **Kowalsky, R.J.**, Adams, N., James, K., Hearon, C.M., Stoner, L. Feasibility of Seated Upper-Body Exercise Breaks for Interrupting Workplace Sedentary Behavior: An Evaluation Using Bowen's Feasibility Framework. Currently in manuscript preparation.
4. *Nazarenko, A., DuBois, S.L., **Kowalsky, R.J.** Memory and 24-Hour Activity Association. Currently in data collection. Role: UG Honors project director.
5. *Winslow, B., Shanely, R.A., **Kowalsky, R.J.** Battle of the HIITs: Comparing Cardiovascular Responses in Males vs. Females in Micro-Bout Training. Currently in data collection. Role: UG Honors project director.
6. *Fish, C., Christinia, R.W., **Kowalsky, R.J.** 24-Hour Standing Behavior Classification. Currently in data collection. Role: UG Honors project director.
7. *Justice, C., *Maser, K., *Maystruk, K., *Sickler, O., Smith, C., **Kowalsky, R.J.** Validation of Hip Worn Bag for COSMED K5 Portable Analyzer. Currently in Study Planning.

PROFESSIONAL GROWTH AND ACTIVITIES

Professional Society Memberships

American College of Sports Medicine (ACSM) (2015-Present)

-Fellow (FACSM) status awarded 2025

American College of Sports Medicine-Mid Atlantic chapter (2015-2017)

American College of Sports Medicine-Texas chapter (2017-2023)

American College of Sports Medicine-Southeast Chapter (2022-Present)

Phi Epsilon Kappa Honor Fraternity-Zeta Mu chapter, faculty member (2018-2022)

American Heart Association (AHA), Council on Lifestyle and Cardiometabolic Health (2018-Present)

Sedentary Behavior Research Network (SBRN) (2018-Present)

Clinical Exercise Physiology Association (2019-2025)

Professional Society Meeting Attendance

ACSM annual conference, Atlanta, GA (2025)

Southeast ACSM annual conference, Greenville, SC (2025)

ACSM annual conference, Boston, MA (2024)

Curriculum Vita

Southeast ACSM annual conference, Greenville, SC (2024)
ACSM annual conference, Denver, CO (2023)
Southeast ACSM annual conference, Greenville, SC (2023)
ACSM annual conference, San Diego, CA (2022)
Texas ACSM annual conference, Waco, TX (2022)
International Organization for Health, Sports, and Kinesiology, virtual conference (2021)
ACSM annual conference, virtual conference (2021)
Northeast ACSM annual conference, virtual conference (2021)
Texas ACSM annual conference, virtual conference (2021)
American Kinesiology Association, 14th Annual Leadership Workshop, virtual (2021)
NEXUS Summit 2020, virtual conference (2020)
ACSM annual conference, virtual conference (2020)
Texas ACSM annual conference, Waco, TX (2020)
ACSM annual conference, Orlando, FL (2019)
Texas Inter-Professional Education (IPE) conference, Houston, TX (2019)
AHA Epi-Lifestyle conference, Houston, TX (2019)
Texas ACSM annual conference, Fort Worth, TX (2019)
ACSM annual conference, Minneapolis, MN (2018)
Texas ACSM annual conference, Austin, TX (2018)
ACSM annual conference, Denver, CO (2017)
ACSM annual conference, Boston, MA (2016)
ACSM annual conference, San Diego, CA (2015)

Professional Society Service-Leadership

Texas ACSM Board of Directors: non-medicine representative, elected by membership (2020-2023)
Chair, Texas ACSM Undergraduate/Master student research development grant committee, appointed by society president (2021)
Co-Chair, Texas ACSM poster competition committee, appointed by society president (2021-2022)

Professional Society Service-Committees and Task Forces

National ACSM research award committee, appointed by ACSM president (2025-Present)
National ACSM exhibits advisory committee, appointed by ACSM president (2025-Present)
Southeast ACSM abstract review committee, appointed by committee chair (2025)
Southeast ACSM student bowl committee, appointed by committee chair (2025)
Southeast ACSM scientific session moderator, appointed by the board of directors (2025)
Southeast ACSM scientific session moderator, appointed by the board of directors (2024)
Southeast ACSM abstract review committee, appointed by committee chair (2024)
Southeast ACSM student bowl committee, appointed by committee chair (2023)
Southeast ACSM scientific session moderator, appointed by the board of directors (2023)
National ACSM Exhibits advisory committee, appointed by ACSM president (2022-2025)
Texas ACSM body composition scholarship committee, appointed by executive director (2021)
Texas ACSM manuscript award review committee, appointed by executive director (2020)
Texas ACSM poster competition committee, appointed by executive director (2020)
Texas ACSM poster competition committee, appointed by executive director (2019)
Texas ACSM student research development grant committee, appointed by executive director (2019)

Professional Society Service-Other

Southeast ACSM student bowl scorer, appointed by student bowl chairperson (2025)
Southeast ACSM student bowl scorer, appointed by student bowl chairperson (2023)
Texas ACSM student bowl referee, appointed by executive director (2020)
Texas ACSM student bowl referee, appointed by executive director (2018)

Journal Editor/Reviewer

Manuscript Peer Reviewer for BMC Geriatrics (2025)
Manuscript Peer Reviewer for BMJ Open Sport & Exercise Medicine (2023, 2024)
Manuscript Peer Reviewer for European Journal of Investigation in Health, Psychology and Education (2023)

Curriculum Vita

Manuscript Peer Reviewer for International Journal of Environmental Research and Public Health (2023)
Manuscript Peer Reviewer for European Journal of Applied Physiology (2022)
Manuscript Peer Reviewer for Sports Medicine and Health Science (2022)
Manuscript Peer Reviewer for Vascular Medicine (2022)
Manuscript Peer Reviewer for Blood Pressure Monitoring (2022)
Manuscript Peer Reviewer for Scientific Reports (2021, 2023, 2025)
Manuscript Peer Reviewer for Sport Science for Health (2021)
Manuscript Peer Reviewer for BMC Public Health (2020, 2022, 2025)
Manuscript Peer Reviewer for Frontiers in Cardiovascular Medicine (2020)
Manuscript Peer Reviewer for Safety and Health at Work (2020)
Manuscript Peer Reviewer for Journal of Science and Medicine in Sport (2019)
Manuscript Peer Reviewer for Applied Physiology (2019)
Manuscript Peer Reviewer for American Journal of Lifestyle Medicine (2019)
Manuscript Peer Reviewer for Public Library of Science (PLOS) One (2019)
Manuscript Peer Reviewer for International Journal of Exercise Science (2018-2021)
Manuscript Peer Reviewer for Journal of Physical Activity and Health (2017)
Manuscript Peer Reviewer for Applied Physiology, Nutrition, and Metabolism (2017)

Workshop Participation

Getting Started with Gemini (2025)
Empower Your Classroom: Free Assistive Technologies to Enhance Student Success (2025)
AHA's CVSN Early Career Committee: Leveraging Artificial Intelligence to Advance Cardiovascular Health Equity (2025)
Closed Captioning for Accessibility: Kaltura and YouTube Studio (2025)
Getting Started with Microsoft Copilot (2024)
AI in higher education (2024)
ChatGPT: Policies, Strategies, and Beyond (2024)
Student Motivation Training (2021)
Online Instruction through Blackboard (2020)
Kingsville Transcultural Program (2018)
New Faculty Investment Program (NFIP; 2017-2018)

Invited Lectures

Know your Numbers, Elevate Your Health. Presented to App State's Employee Wellness Program. Boone, NC. (2025)
The Effect of Interrupting Sedentary Behavior with Resistance Exercise Breaks on Cardiovascular and Metabolic Outcomes. Presented to Integrated Health 21, Pittsburgh, PA (2017)

Continuing Education

-CVSN Early Career Committee Presents: "Leveraging Artificial Intelligence to Advance Cardiovascular Health Equity" (2025)
-ACSM's From Around the Field: Contemporary Anti-Obesity Medications: Body Composition and Physical Activity Considerations and Opportunities (2024)
-Pulse Wave Velocity: Theory, Applications, Methods, and Future Directions by Lee Stoner, PhD, and Gabriel Zieff, MA, Hosted by InsideScientific (2021)
-Texas A&M University System Chancellor's Summit on Diversity, Equity, and Inclusion (2021)
-Hologic Dual Energy X-ray Absorption (DEXA) Certification and training (2021)
-Texas Radiation Training (2020)
-3rd Annual High-Impact Practices in Higher Education Conference, Texas A&M University-Kingsville, TX. (2018)
-Certificate in Interactive Learning Spaces. Distance Learning & Instructional Technologies, Texas A&M University – Kingsville, Kingsville, TX. (2018)

Curriculum Vita

SERVICE ACTIVITIES

APPALACHIAN STATE UNIVERSITY (APP)

PHES Dept Exercise Physiology Teaching Laboratory Director (2023-2025)

KIN Dept Undergraduate Program-Applied Exercise Physiology- Accreditation Director (2025-Present)

APP Committees

APP: Department

Member, Digital Engagement Committee (2025-Present)

Member, Annual Promotion & Tenure Committee (2025-Present)

Member, Open Faculty Position, Dept Chair Search (2024-2025)

Member, Exercise Science Program Accreditation Committee (2022-2025)

Member, Fall 2023 Assistant/Associate Professor Faculty Search (2023-2024)

Member, Undergraduate Curriculum Committee (2022-Present)

APP: University

Member, Peer Assisted Review Enterprise (PARE) Reviewer (2025-2027)

APP: Other Service

Kinesiology Program Orientation (2025)

Interprofessional Education (IPE) Day (2025)

Next Step: Appalachian Admission Event (2025)

NCSSM-Morganton & App State Partnership Tour (2025)

Open house for prospective students (2022, 2023, 2025)

Review of tenure & promotion guidelines (2023)

App State SEACSM student bowl team faculty mentor (2024-Present)

App State One Heartbeat Club faculty sponsor (2023-2025)

TEXAS A&M UNIVERSITY-KINGSVILLE (TAMUK)

Undergraduate Program Coordinator

Pre-Physical Therapy/Exercise Science Program, Texas A&M University-Kingsville (2019-2021)

Exercise Science Program, Texas A&M University-Kingsville (2021-Present)

TAMUK Committees

TAMUK: University

Member, Faculty Senate liaison for “Back in the Splash” event, appointed by Senate president (2021-2022)

Member, development of maker space on campus committee, appointed by dept. chair (2020-2021)

Member, faculty senate, elected by dept. faculty (2020-2023)

-Member, elections committee, appointed by senate president (2020-2021)

-Member, administrative size study ad hoc committee, appointed by senate president (2020)

-Member, executive committee, appointed by senate president (2021)

-Member, admin evaluation committee, appointed by Committee on Committees (2021-2022)

Member, graduate council committee, elected by college faculty (2019-Present)

-Member, graduate council curriculum review committee, appointed by Provost (2019-2020)

-Member, graduate program review committee, appointed by dean of graduate studies (2021)

Alternate member, Institutional Review Board, appointed by dept. chair (2018-Present)

Member, new assistant director of fitness and wellness for student recreation search committee (2019)

Member, university’s grievance committee, appointed by dean (2020)

TAMUK: College

Member, college undergraduate curriculum committee, appointed by dept. chair (2017-18, 2020-2021)

Member, college scholarship committee, appointed by dept. chair (2018-2019, 2021)

Member, Welhausen scholarship committee, appointed by dept. chair (2019)

Member, COVID-19 transitional advisory task force, appointed by the dean (2020)

Curriculum Vita

TAMUK: Department/Program

- Member, Distance Learning Committee (2021)
- Member, marketable skills committee, appointed by dept. chair (2020)
- Member, new assistant professor search committee (2019-2020)
- Member, phi epsilon kappa selection committee (2019, 2020)
- Member, undergraduate curriculum committee (2017-Present)
 - chair (2017-2018, 2020-2021)
- Member, graduate curriculum committee (2018-Present)
- Member, new assistant/associate professor search committee (2017-18)
- Member, Marroquin Award selection committee (Fall 2018, Fall 2020)

Other Texas A&M University-Kingsville Service

- Fiesta Weekend (Parent's Weekend) Classroom Experience Presentation (2021)
- Department Social Media Manager (2019-Present)
- Faculty Testimonial for University Promotional Videos (2020)
- Marketable photography and video for student recruitment for University/Department (2020)
- Co-College representative & banner holder for President Hussey's Inauguration (2019)
- Faculty Judge for the Annual Javelina Research Symposium (2018-2019)
- Texas ACSM student bowl faculty advisor (2017-Present)
- Building Emergency Manager, Health & Recreation Building (2018-Present)
- Invited presentation to new faculty members at Texas A&M University-Kingsville for recruitment of the Transculturation program implemented by the Center for Teacher Effectiveness (2018)
- Faculty Sponsor. Pre-Physical Therapy Association. Texas A&M University-Kingsville. (2019-2020)
- Speaker for Javelina Squared event – a retention program aimed of college sophomores (2019). Topic: *Service Learning Opportunities at Texas A&M University-Kingsville.*
- Invited Speaker for Javelina Preview Days- Lecture on Department of Health & Kinesiology (2019)
- Invited Speaker for Dean's Advisory Council- Lecture on Department of Health & Kinesiology (2019)
- Co-Faculty Organizer for Texas A&M University-Kingsville Department of Health & Kinesiology and Texas A&M University School of Pharmacy Inter-professional Education (IPE) Events (Fall 2019, Spring 2021) Topic: *Management of Type 1 Diabetes through medication & exercise.*

HONORS AND AWARDS

- Texas A&M University-Kingsville, College of Education and Human Performance, Outstanding Junior Faculty Award. (2022)
- Texas A&M University-Kingsville, College of Education and Human Performance, *Dean's "Above and Beyond" Service Award.* (2020)
- University of Pittsburgh, Department of Health & Physical Activity *Robert J. Robertson Most Outstanding Doctoral Student* (2017)

COMMUNITY SERVICE

- Community Health and Fitness Assessment Program at Appalachian State University; Providing health and fitness assessment to Appalachian State and the surrounding Boone community (2023-Present).
- Facilitated a 12-week walking/running program led by students for the City of Kingsville in partnership with the Parks & Rec Department (2018)
- Organized and implemented a 5k race (once/semester) that utilized student volunteers from various Kinesiology classes for the city of Kingsville in collaboration with the Parks & Rec Depart. (2018-2019)
- Organized a 5k race on the university's campus that utilized student volunteers from various kinesiology classes for the university at large, as well as surrounding community members. (2021)