

# PAMELA DIANE SWAN, PhD, FACSM, FTOS, EP-C

Exercise Science  
College of Health Solutions  
Arizona State University  
Phoenix, AZ 85004



Cell Phone 480-467-8978  
Office Phone: 602-827-2281  
Fax: 602-496-1873  
EMail: [pswan@asu.edu](mailto:pswan@asu.edu)

## RESEARCH INTERESTS

My research focus has been to study the physiological effects of exercise and diet on obesity and chronic lifestyle diseases. Recently my attention has been to explore novel physical activity modalities (such as whole-body vibration exercise training) to help improve metabolic and musculoskeletal fitness in women following extreme weight loss (bariatric surgery).

## EDUCATION

- PhD 1991, University of Tennessee, Knoxville; Subject area: Exercise Physiology  
Dissertation Title: "The effects of body fat distribution on metabolism at rest and during exercise in women".  
Advisor: Edward Howley
- MS 1987, University of North Carolina, Greensboro; Subject area: Exercise Physiology,  
Thesis Title: "The effect of habitual physical activity on left ventricular end diastolic diameter and left ventricular posterior wall thickness: in postmenopausal women as measured by m-mode echocardiography".  
Advisor: Diane Spittler
- BA 1978, University of California, Santa Barbara; Subject area: Physical Anthropology

## PROFESSIONAL EXPERIENCE

2018-present, Arizona State University, College of Health Solutions (CHS)

- **Associate Professor, Exercise Science**
- Faculty Affiliations: Honor's Faculty

2017-2018, Arizona State University, Exercise Science and Health Promotion Program; School of Nutrition and Health Promotion

- **Associate Professor**
- **Associate Director School of Nutrition and Health Promotion**
- Faculty Affiliations: Honor's Faculty

2013-2017, Arizona State University, Exercise Science and Health Promotion Program

- **Associate Professor**
- **Director of the Interdisciplinary Ph.D. in Physical Activity, Nutrition and Wellness**
- Faculty Affiliations: Honor's Faculty

2010-2013, Arizona State University, Exercise and Wellness Program

- **Associate Professor**
- **Director of the Interdisciplinary Ph.D. in Physical Activity, Nutrition and Wellness**
- Faculty Affiliations: Honor's Faculty

2007-2010, Arizona State University at the Polytechnic Campus, Department of Exercise and Wellness

- **Associate Professor**
- **Interim Department Chair**
- **Director of the Interdisciplinary Ph.D. in Physical Activity, Nutrition and Wellness**
- Coordinator, Exercise and Wellness Research Laboratory

2001-2007, Arizona State University at the Polytechnic Campus, Department of Exercise and Wellness

- **Associate Professor**
- **Coordinator, Exercise and Wellness Research Laboratory**
- Director of the Interdisciplinary Ph.D. in Physical Activity, Nutrition and Wellness
- Director of the MS Degree in EXW

2000-2001, Arizona State University, Department of Exercise Science and Physical Education

- **Associate Professor, Exercise and Wellness Faculty**
- **Coordinator, Exercise and Wellness Research Laboratory**

1994-2000, Arizona State University, Department of Exercise Science and Physical Education

- **Assistant Professor, Exercise and Wellness Faculty**
- **Coordinator, Exercise and Wellness Research Laboratory**
- Faculty Affiliations: Women's Studies Program; Gerontology Program

1991-1994, University of Colorado, Boulder, Department of Kinesiology

- **Instructor**
- Associate Director University Community Wellness Evaluation and Education Program

1988-1991, University of Tennessee, Knoxville, Dept. of Human Performance and Sport Studies

- **Graduate Teaching Associate**

1985-1988, University of North Carolina, Greensboro, Dept. of Exercise and Sport Science & Office of Campus Recreation

- **Graduate Teaching Assistant/ Program Director: Fitness Education**

1986-1988, Guilford College YMCA, Greensboro, North Carolina

- **Co-Director Phase II Cardiac Rehabilitation Program**

1983-1985, Asheville YWCA, Asheville, North Carolina

- **Fitness Specialist/Consultant**

1978-1983, Mariposa Unified School District, Mariposa, California

- **Teacher, Grades 4-6**

## RESEARCH, SCHOLARLY AND PROFESSIONAL ACTIVITIES

### Manuscripts in Review/ Preparation (Data Based)

1. Caveidas J; Li B; **Swan PD**, Chen J ([In Review](#)). "A New Wearable Stretch Sensor Array for 3D Spine Model Visualization During Therapeutic Exercise", *Medical Engineering & Physics*.

### Invited Manuscript

1. **Swan PD**, Ainsworth BA, Freedson P, Millard-Stafford M, Ransdell L, Garber-Ewing C. ([In Preparation](#)). "Leading the Way: Preeminent Women in Exercise Physiology", *Women in Sport and Physical Activity Journal*. Slated for publication October 2021.

### Articles Published or In Press

72. Wherry S<sup>2</sup>, DerAnanian C, **Swan PD** (2019). "Feasibility of a home-based balance intervention in middle-aged women using Wii Fit Plus®" *Journal of Physical Activity & Health*. 16(9):736-744.
71. Renteria Mexia AM<sup>3</sup>, Vega Lopez S, **Swan PD**, Lee C, Williams A, Shaibi G<sup>a</sup> (2018). "Effects of a lifestyle intervention on markers of cardiometabolic risk and oxidized lipoproteins among obese youth with prediabetes" *Public Health Nutrition*. 22 (4), 706-713.
70. Ashurst J, van Woerden I, Dunton G, Todd M, Ohri-Vachaspati P, **Swan PD**, Bruening M, (2018). "The association among emotions and food choices in first-year college students using mobile-ecological momentary assessments", *BMC Public Health*, 18(1):1-9.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

69. Zeigler ZS<sup>2</sup>, **Swan PD**, Buman MP, Mookadam F, Gaesser GA, Angadi SS<sup>a</sup>. (2018). "Postexercise hemodynamic responses in lean and obese men". *Med Sci Sports Exerc.* 50(11):2292-2300.
68. Zeigler ZS<sup>2</sup>, Birchfield N<sup>3</sup>, Moreno K<sup>2</sup>, James D<sup>3</sup>, **Swan PD**<sup>a</sup> (2018) "Fatness and fluctuating body weight: Effect on central vasculature", *BioResearch Open Access* 7:1, 90-100.
67. Aslam F<sup>3</sup>, Iqbal S; Nasir M, Anjum AA, **Swan PD**, Sweazea K. (2017). "Effect of hydrogenated fat replacement with white sesame seed oil on physical, chemical and nutritional properties of cookies". *Italian Journal of Food Science.* 30:1-13.
66. Aslam F<sup>3</sup>, Iqbal S; Nasir M, Anjum AA, **Swan PD**, Sweazea K. (2017). "Evaluation of white sesame seed oil on glucose control, antioxidant activity and biomarkers of hepatic, cardiac, and renal function in male sprague-dawley rats with chemically induced diabetes". *Journal of Medicinal Food.* May;20(5):448-457.
65. Zeigler Z<sup>2</sup> & **Swan PD**<sup>a</sup> (2016). "Acute effects of whole-body vibration with resistance exercise on post exercise blood pressure and oxygen consumption in prehypertensive adults", *Journal of Exercise Science and Fitness.* 14(1),14-23.
64. Benton MJ, Raab S, Waggner GT & **Swan PD** (2016). "Effect of training status on oxygen consumption in women after resistance exercise", *Journal of Strength Conditioning Research,* 30(3):800-806.
63. James D<sup>3</sup>, Sebren A, DerAnanian C, Breuning M, Rooney L<sup>1</sup>, Araas T<sup>2</sup> & **Swan PD**<sup>a</sup> (2016). "Associations among self-compassion, eating behaviors, and stress in college freshmen", *Journal of Basic and Applied Sciences,* 12:92-97.
62. Smith L<sup>3</sup>, Wherry S<sup>2</sup>, Larkey LK, Ainsworth BE & **Swan PD**<sup>a</sup>. (2015). "Energy expenditure and cardiovascular responses to Tai Chi Easy" *Complementary Therapies in Medicine.* 23(6):802-5.
61. Der Ananian C, Soroush A, Ainsworth BE, Belyea M, Walker J<sup>2</sup> Poortvliet E, **Swan PD**, & Ygnve A (2015). "Trajectories and predictors of steps in a worksite intervention: ASUKI-Step", *Health Behavior and Policy Review,* 2(1): 46-61.
60. Kelly SB<sup>3</sup>, Brown LE, Hooker SP, **Swan PD**, Buman MP, Alvar BA, & Black LE<sup>3</sup>. (2015). "Comparison of Concentric and Eccentric Bench Press Repetitions To Failure". *J Strength Cond Res.* Apr;29(4):1027-32
59. Zeigler Z<sup>2</sup>, **Swan PD**<sup>a</sup>, Bhammar D, & Gaesser GA. (2015). "Use of A Walking Workstation Reduces Ambulatory Blood Pressure In Prehypertension", *Journal of Physical Activity and Health.* 2015 Jun 16;12. Suppl 1:S119-S127.
58. Walker J<sup>2</sup>, Soroush A, Der Ananian C, Ainsworth BE, Belyea M, Poortvliet E, **Swan PD**, Ygnve A. (2014). "U.S. Cohort Differences In Body Composition Outcomes Of A 6-Month Pedometer-Based Physical Activity Intervention: The ASUKI Step Study", *Asian Journal of Sports Medicine,* Dec;5(4):e25748. doi:10.5812/asjasm.25748. Epub 2014 Dec 1.
57. Walker J<sup>2</sup>, Ainsworth B, Hooker S, Keller C, Fleury J, Chisum J, & **Swan P** (2014). "Optimal Health (Spirit, Mind, And Body): A Feasibility Study Promoting Well-Being For Health Behavior Change", *J Religion Health.* 54 (5), 1681-1698.
56. Heumann KJ<sup>2</sup> & **Swan PD**<sup>a</sup>. (2014). "Quantitative Ultrasound of the *Os Calcis* in Competitive Jump Rope Participants", *Women in Sport and Physical Activity.* 22(1):54-58.
55. Soroush A, Der Ananian C, Ainsworth BE, Belyea M, Poortvliet E, **Swan PD**, Walker J, Ygnve A. (2013). "Effects of a 6-Month Walking Study On Blood Pressure And Cardiorespiratory Fitness In U.S. and Swedish adults: ASUKI Step Study". *Asian Journal of Sports Medicine,* 4(2):114-124.
54. Huck CJ<sup>2</sup>, Johnston CS, Beezhold BL<sup>3</sup>, & **Swan PD**<sup>a</sup> (2013). "Vitamin C status and perception of effort during exercise in obese adults adhering to a calorie-reduced diet." *Nutrition,* 29(1):42-45.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

53. Soroush A, Walker J<sup>2</sup>, Poortvliet E, Belyea M, Ainsworth BE, **Swan P**, & Ygnve A, (2012) "Effects of a 6-month pedometer-determined physical activity intervention on body composition characteristics in Swedish adults: The ASUKI Step Study". *International Journal of Body Composition Research*, 10(2):35-62.
52. Ainsworth BE, Der Ananian C, Soroush A, Walker J<sup>2</sup>, **Swan P**, Poortvliet E, Ygnve A, (2012). "'ASUKI Step' Pedometer Intervention in university staff: Rationale and design". *BMC Public Health*. 12:657-667.
51. Warr BJ<sup>2</sup>, Heumann KJ<sup>2</sup>, Dodd DJ<sup>3</sup>, **Swan PD**<sup>a</sup>, Alvar BA. (2012). "Injuries, changes in fitness, and medical demands in deployed national guard soldiers". *Military Medicine*. 177(10):1136.
50. Warr BJ<sup>2</sup>, Alvar B, Dodd D<sup>3</sup>, Heumann K<sup>2</sup>, Mitros M<sup>3</sup>, Keating C<sup>3</sup> & **Swan PD**<sup>a</sup>. (2011). "How do they compare? an assessment of pre-deployment fitness in the Arizona National Guard". *J Strength Cond Research*, 25(11):2955- 2962.
49. Benton MJ, **Swan PD**, Sanderson SL & Schlairet MC (2011). "Comparison of body composition measurement with whole body multi-frequency bioelectrical impedance and air displacement plethysmography in healthy middle-aged women," *Health Care for Women International*, 32(12):1068-1078.
48. Benton MJ, Kasper MJ, Raab S, Waggener GT & **Swan PD**. (2011). "Short-Term effects of resistance training frequency on body composition in middle-aged women". *Journal of Strength and Conditioning Research*.
47. Pomeroy J<sup>2</sup>, Brage S, Curtis J, **Swan PD**<sup>a</sup>, Knowler W & Franks P. (2011). "Between-monitor differences in step counts are related to body size: Implications for objective physical activity measurement". *PLoS ONE* 6(4): e18942. doi:10.1371/journal.pone.0018942.
46. Mitros M<sup>3</sup>, Pettee-Gabriel K., Ainsworth BE, Lee CD, Herrmann S<sup>3</sup>, Campbell K & **Swan PD**. (2011). "Comprehensive Evaluation of a single-stage submaximal treadmill walking protocol in healthy, middle-aged women". *European Journal of Applied Physiology*, 11(1): 47-56.
45. Pettee Gabriel KK, Rankin RL<sup>3</sup>, Lee C, Charlton ME, **Swan PD**, & Ainsworth BE. (2010). "Test-Retest Reliability and validity of the 400-meter walk test in healthy middle-aged women." *J Physical Activity and Health*, 7(5):649-657.
44. Benton MJ, **Swan PD** & Whyte M. (2010). "Progressive Resistance training during pregnancy: A Case Study". *Physical Medicine and Rehabilitation*. 2(7), 681-684.
43. Black LE<sup>1</sup>, **Swan PD**<sup>a</sup> & Alvar BA. (2010). "Effects of Intensity and volume on insulin sensitivity during acute bouts of resistance training". *J Strength Conditioning Research*. 24(4):1109-1116.
42. Pettee Gabriel K, McClain J<sup>3</sup>, Lee C, **Swan PD**, Alvar B., Mitros M<sup>3</sup>, & Ainsworth B. (2009). "The Evaluation of physical activity measures used in middle-aged women", *Medicine and Science in Sports and Exercise*, 41(7):1401- 1412.
41. Benton MJ<sup>2</sup>, **Swan PD**<sup>a</sup> & Peterson M<sup>2</sup>. (2009). "Evaluation of Multiple 1 RM strength trials in untrained women", *Journal of Strength and Conditioning Research*. 23(5):1503-7.
40. Benton MJ<sup>2</sup> & **Swan PD**<sup>a</sup>. (2009). "Influences On energy expenditure in women after an acute bout of resistance exercise". *European Journal of Sport Science*. 9: 213-218.
39. Benton, MJ<sup>2</sup> & **Swan PD**<sup>a</sup> (2007). "Effect of Protein ingestion on energy expenditure and substrate utilization after resistance exercise in middle-aged women." *International Journal of Sports Nutrition and Metabolism*, 17:544-555.
38. White A<sup>3</sup>, Johnston CS, **Swan PD**, Tjonn SL & Sears B. (2007). "Blood Ketones are directly related to fatigue and perceived effort during exercise in overweight adults adhering to low carbohydrate diets for weight loss: A Pilot Study." *Journal of the American College of Nutrition*, 107:1792-1796.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

37. Johnston CS, Beezhold B<sup>3</sup>, Mostow B & **Swan PD**. (2007). "Plasma Vitamin C is inversely related to body mass index and waist circumference but not to plasma adiponectin in nonsmoking adults". *Journal of Nutrition*, 137(7):1757-62.
36. Kleiner RE, Hutchins AM, Johnston CS, **Swan PD**. (2006). "Effects of an 8-week high-protein or high-carbohydrate diet in adults with hyperinsulinemia". *Medscape General Medicine*. 8(4):39.
35. Johnston CS, Corte C<sup>3</sup> & **Swan PD** (2006). "Marginal Vitamin C Status is associated with reduced fat oxidation during submaximal exercise in young adults". *Nutrition & Metabolism*. 31(3):35.
34. Johnston CS, Tjonn SL, **Swan PD**, White A, & Sears B. (2006). "Low-Carbohydrate, high-protein diets that restrict potassium-rich dairy products and vegetables promote calciuria". *Osteoporosis International*, 17:1820-1821.
33. Benton MJ<sup>2</sup> & **Swan PD**<sup>a</sup> (2006). "Addition of resistance training to pulmonary rehabilitation programs: an evidence-based rationale and guidelines for use of resistance training with elderly patients with COPD." *Cardiopulmonary Physical Therapy Journal*, 17(4):127-133.
32. Johnston CS, Tjonn SL, **Swan PD**, White A, Hutchins A & Sears B (2006). "Ketogenic Low-carbohydrate diets have no metabolic advantage as compared to non-ketogenic low-carbohydrate diets". *Journal of the American College of Nutrition*, 83(5):1055-1061.
31. Ball SD<sup>2</sup>, **Swan PD**<sup>a</sup>, & Altena T. (2006). "Skinfolds: Accuracy and application". *Measurement In Physical Education and Exercise Science*. 10(4):255-264.
30. Tudor-Locke C, Sisson SB<sup>3</sup>, Collova T<sup>3</sup>, Lee SM<sup>3</sup> & **Swan PD** (2005). "Pedometer- determined step count guidelines for classifying walking intensity in a young ostensibly healthy population". *Canadian Journal of Applied Physiology*, 30(6): 666-676.
29. Ball SD<sup>2</sup>, Bowen-Thwaites J<sup>1</sup>, & **Swan PD**<sup>a</sup>. (2004). "Oral creatine supplementation does not improve body composition in recreationally active men during strength training". *Journal of Exercise Physiology Online*. 7(6):9-15.
28. Goss FL, Robertson RJ, **Swan PD**, Harris GS, Trone GA<sup>2</sup>, Dube JJ & Utter AC. (2004). "Comparison of Measured and predicted residual lung volume in determining body composition of collegiate wrestlers". *The Journal of Strength and Conditioning Research*: 18(2): 281–285.
27. Ball SD<sup>2</sup>, Altena TS, & **Swan PD**<sup>a</sup>. (2004). "Comparison of anthropometry To DXA: A New prediction equation for men". *European Journal of Clinical Nutrition*, 58(11):1525-1531.
26. Pepin V<sup>2</sup>, McMahan S & **Swan PD**<sup>a</sup> (2004). "A Social ecological approach to the obesity epidemic". *American Journal of Health Studies*. 19(2):122-125.
25. Ball SD<sup>2</sup>, **Swan PD**<sup>a</sup> & DeSimone R. (2004). "Comparison of anthropometry to dual energy x-ray absorptiometry: A new prediction equation for women". *Research Quarterly For Exercise and Sport*, 75(3):248-258.
24. Pepin V<sup>2</sup>, Phillips WT & **Swan PD**<sup>a</sup> (2004). "Functional Fitness assessment of older cardiac rehabilitation patients". *Journal of Cardiopulmonary Rehabilitation*; 24(1):34-37.
23. Phillips WT, Broman TE<sup>3</sup>, Burkett LN & **Swan PD** (2004). "Single set strength training increases strength, endurance and functional fitness in community living older adults". *Activities, Adaptation & Aging*. 27:1-18.
22. Johnston CS, Tjonn SL & **Swan PD**. (2004). "High-protein, low-fat diets are effective for weight loss and favorably alter biomarkers in healthy adults". *Journal of Nutrition*. 134(3):134:586-591.
21. Ball SD<sup>2</sup> & **Swan PD**<sup>a</sup> (2003). "Accuracy of estimating intraabdominal fat mass in obese women". *Journal of Exercise Physiology Online*. 6(4):1-7.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab



20. Utter AC, Goss FL, **Swan PD**, Harris GS, Robertson RJ & Trone GA<sup>2</sup>. (2003). "Evaluation of the air displacement method for assessing body composition of collegiate wrestlers". *Medicine and Science in Sports and Exercise*, 35(3):500-505.
19. Huso ME<sup>1</sup>, Hampl J, Johnston C & **Swan PD**<sup>a</sup> (2002). "Creatine Supplementation influences substrate utilization at rest". *Journal of Applied Physiology*, 93:2018-2022.
18. Johnston, CS, Day CS, & **Swan PD** (2002). "Post-prandial thermogenesis is increased 100% on a high-protein, low- fat diet versus a high-carbohydrate, low-fat diet in healthy, young women". *Journal of The American College of Nutrition*, 21(1):55-61.
17. Gilliatt-Wimberly M<sup>3</sup>, Manore MM, Woolf K<sup>3</sup>, **Swan PD**, & Carroll SS. (2001). "Effects of Exercise on resting metabolic rate and body composition of mid-life active and sedentary women". *Journal of The American Dietetic Association*, 101(10):1181-8.
16. Binzen C<sup>1</sup>, **Swan PD**<sup>a</sup>, & Manore MM. (2001). "Acute effect of resistance exercise on post-exercise oxygen consumption and substrate oxidation in women". *Medicine and Science in Sports and Exercise*, 33(6):932-938.
15. McConnell KE<sup>2</sup> & **Swan PD**<sup>a</sup> (2000). "Body esteem and body shape satisfaction in women with regional fat distribution". *Journal of Social Behavior and Personality*, 15(4):504-513.
14. Davis MC, Twamley EW, Hamilton N & **Swan PD** (1999). "Body fat distribution influences hemodynamic responses to stress in premenopausal women". *Health Psychology*, 18(6):625-630
13. **Swan PD** & McConnell K.E<sup>2</sup> (1999). "Anthropometry and bioelectrical impedance inconsistently predicts fatness in women with regional adiposity". *Medicine and Science in Sport and Exercise*, 31(7):1068-1075.
12. Johnston C, **Swan PD**, & Corte C<sup>3</sup> (1999). "Substrate utilization and work efficiency during submaximal exercise in vitamin c depleted – repleted adults". *International Journal For Vitamin and Nutrition Research*, 69(1):41-44.
11. Davis, MC & **Swan PD** (1999). "Association of negative and positive social ties with fibrinogen in healthy young women". *Health Psychology*, 18(2):131-139.
10. Ransdell LB<sup>3</sup>, Wells CL, Manore MM, **Swan PD**, & Corbin CB. (1998). "Social physique anxiety in postmenopausal women". *Journal of Women and Aging*, 10(3):19-39.
9. Park JJ<sup>1</sup> & **Swan PD**<sup>a</sup> (1997). "Effects of obesity and regional adiposity on the QTc interval in women". *International Journal of Obesity*, 21:1104-1110.
8. **Swan PD**, Byrnes, WB, & Haymes, EM. (1997). The reliability and validity of estimating energy expenditure using the Caltrac accelerometer during running, racewalking, and stepping. *British Journal of Sports Medicine*, 31(3):235- 239.
7. **Swan PD**, Spittler DL, Whiddon, S, Evans B, & Fulton M. (1997). "Assessment of Lifetime patterns of dairy food intake and physical activity". *Nutrition and Health*, 4:255-270.
6. **Swan PD** & Howley ET. (1994). "Fuel Utilization during prolonged exercise in women with different body fat distribution patterns". *International Journal of Obesity*, 18(4):263-268.
5. Bond V, Bassett DR, Howley ET, Lewis J, Walker AJ, **Swan PD**, Tearney RJ, & Adams RG. (1993). "Evaluation of the Colin STBP-680 at rest and during exercise: An automated blood pressure monitor using R-wave gating". *British Journal of Sports Medicine*, 27(2):107-109.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

4. **Swan PD** & Spitler DL. (1993). "Effects of habitual physical activity and age on cardiac dimensions in women". *The Foil*, Spring:4-6.
3. Jones G, Spitler DL, & **Swan PD** (1989). "Health and fitness assessment criteria for public service agencies". *Journal of Physical Education, Recreation, and Dance*, 60(8):12-16.
2. **Swan PD** & Spitler DL (1989). "Cardiac dimensions and physical profile of masters level swimmers". *Journal of Sports Medicine and Physical Education*, 29(1):97-103.
1. **Swan PD**, Spitler DL, Todd KT, Darragh PM, Maupin JL, & Lewis CL (1989). "Effects of posture on upper and lower limb peripheral resistance following submaximal cycling". *Archives of Physical Medicine and Rehabilitation*, 70(9):678-680.

### Chapters in Books/ Book Editor

2. *ACSM's Resources for the Personal Trainer*, 4<sup>th</sup> Edition, (2013). **Senior Editor:** Bushman BA; **Associate Editors:** Battista R, Ransdell L, **Swan PD** & Thompson WR. (Primary editing responsibility and major rewriting: 6 Chapters: [Chapter 13 - Comprehensive Program Design](#); [Chapter 14-Resistance Training Programs](#); [Chapter 15- Cardiorespiratory Training Programs](#); [Chapter 16- Guidelines for Designing Flexibility Programs](#); [Chapter 17- Personal Training Session Components](#); [Chapter 19- Special Populations](#)). Lippincott Williams & Wilkins: Philadelphia.
1. Benton MJ, **Swan PD** & Johnston, CS. (2008). "Timing of post-exercise protein does not affect gains in lean mass but influences loss of fat mass in women", In: *Progress in Exercise and Women's Health Research*. Janet P. Coulter, Ed., pp 229-240, Nova Science Publishers Inc:Hauppauge NY.

### Non-Data Based—Professional Articles / or Letters Published

3. Johnston CS, White A, Tjonn SL, **Swan PD**, Hutchins H & Sears B. (2007). Letter: "Reply to NJ Krilanovich". *American Journal of Clinical Nutrition*, 85:239-240.
2. Howe NL & **Swan PD**<sup>a</sup> (2003). Training Obese Clients: Examining our Assumptions. *ACSM's Health & Fitness Journal*, 7(6):1-4.
1. Wright, DC & **Swan PD**<sup>a</sup> (2001). Exercise for Type 2-Diabetes. *Diabetes Spectrum*, 14:93-97.

### Abstracts and Presentations (Presented by first author)

67. Ishida A<sup>2</sup>, **Swan PD**<sup>a</sup>, Beaumont J<sup>3</sup>, Vezina, J (2019). "The ability of internal and external workload to predict injuries in college female soccer players". Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL 2019.
66. Moreno KI<sup>2</sup>, **Swan PD**, Buman M, Zeigler Z. (2017). "Association of cardiorespiratory fitness, visceral fat and weight cycling history in pre-menopausal women." Presented at the Annual Meeting of the American College of Sports Medicine, Denver, CO, 2017.
65. James D<sup>4</sup>, Sebren A, DerAnanian C, Bruening M, Rooney L, Araas T & **Swan PD**. (2016), "Associations among self- compassion, stress, and eating behaviors in college freshmen", Presented at the International Symposium for Contemplative Studies, San Diego, CA 2016.
64. Zeigler Z<sup>3</sup>, Smith A<sup>1</sup> & **Swan PD** (2015). "Effects of body weight cycling on arterial stiffness in obese middle aged woman". Presented at "Obesity Week", The Obesity Society Annual Meeting, Los Angeles, CA, October, 2015.
63. **Swan P**, Zeigler Z<sup>2</sup>, Smith A<sup>1</sup> & Moreno K<sup>2</sup>. (2015). "Association of body weight cycling on visceral fat deposition in obese middle-aged woman". Presented at "Obesity Week", The Obesity Society Annual Meeting, Los Angeles, CA, October, 2015.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

62. Birchfield, N<sup>4</sup>, **Swan PD**, Smith, A<sup>1</sup> & Zeigler Z<sup>2</sup> (2015). "Association of Body Weight Cycling on Measures of Cognitive Restraint, Disinhibition and Hunger in Middle Aged Obese Woman". Presented at "Obesity Week", The Obesity Society Annual Meeting, Los Angeles, CA, October, 2015.
61. **Swan PD** & Zeigler Z<sup>2</sup>. (2015). "Association of Body Weight Cycling on Arterial Stiffness and Visceral Fat in Obese Women". *Medicine and Science in Sports and Exercise*, Presented at the Annual Meeting of the American College of Sports Medicine, San Diego, CA, May 2015.
60. Wherry SJ<sup>2</sup> & **Swan PD**. (2015). "Effect of Wii Fit® Intervention on Balance In Middle Aged Women", *Medicine and Science in Sports and Exercise*, Presented at the Annual Meeting of the American College of Sports Medicine, San Diego, CA, May 2015.
59. **Swan P** & Zeigler Z<sup>2</sup> (2014). "Energy Expenditure Response to Acute Vibration Exercise". Presented at "Obesity Week", The Obesity Society Annual Meeting, Boston, MA, October, 2014.
58. Zeigler Z<sup>2</sup> & **Swan PD** (2014). "Acute effects of whole body vibration with resistance on post exercise blood pressure and VO<sub>2</sub>", *Medicine and Science in Sports and Exercise*, Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL May, 2014.
57. Knurick JR<sup>4</sup>, Johnston CS, **Swan PD**. (2014). "High carbohydrate oxidation is associated with vegan diets and dyslipidemia", *Medicine and Science in Sports and Exercise*. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, May, 2014.
56. Walker JR<sup>2</sup>, **Swan PD**, Keller C, Hooker S, Fleury J, Chisum J, & Ainsworth B (2014). "Feasibility of a spirituality- based wellness program on stress reduction and health behavior change", *Annals of Behavioral Medicine*, Presented at the Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA., April, 2014.
55. Gordon A<sup>4</sup>, **Swan PD**, Der Ananian C, & Buman MP. (2014). "A theory-based pilot study to decrease sitting time in the workplace", *Annals of Behavioral Medicine*, Presented at the Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA., April, 2014.
54. Wherry SJ<sup>2</sup> & **Swan PD** (2013). "Comparison of bone health parameters using qualitative ultrasound and dual energy X-ray absorptiometry", *Medicine and Science in Sports and Exercise* Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IL, May, 2013.
53. Walker J<sup>2</sup>, Soroush A, Belyea M, Ainsworth B, **Swan PD** & Ygnve A. (2013). "The effects of a six-month pedometer-based physical activity intervention on body composition characteristics in a US university worksite setting: the ASUKI step study", *Medicine and Science in Sports and Exercise*. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IL, May, 2013.
52. Zeigler Z<sup>1</sup>, Gordon A<sup>4</sup>, Bhammar D, & **Swan PD**. (2013). "Acute effects of walking workstation on ambulatory blood pressure in the pre-hypertensive population", *Medicine and Science in Sports and Exercise*, Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IL, May 2013.
51. **Swan PD** & DeWeese R<sup>2</sup>. (2012). Relationship of body composition to knee extensor peak torque and muscular fatigue in young and middle-aged women. *Medicine and Science in Sports and Exercise*, Presented at the Annual Meeting of the American College of Sports Medicine, San Francisco, CA. May, 2012.
50. Sussman EJ<sup>4</sup>, Johnston CS, & **Swan PD** (2012). "Effects of short-term energy restrictive diets compared to resistance training on body composition and resting metabolism", *Medicine and Science in Sports and Exercise*, Presented at the Annual Meeting of the American College of Sports Medicine, San Francisco, CA., May, 2012.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab



49. Walker JR<sup>2</sup>, James D<sup>2</sup>, **Swan PD** (2012). "The relationships between stress, physical activity and body composition in women". *Medicine and Science in Sports and Exercise*. Presented at the American College of Sports Medicine Conference, San Francisco, CA, 2012.
48. Johnston CS, Smith LL, Schlueter AK, **Swan PD**. (2012). "Vitamin C status is associated with physical fitness and activity indices in college men: A cross-sectional study". *FASEB J*, Presented at the Annual Experimental Biology Conference, San Diego, CA, 2012.
47. Walker JR<sup>2</sup>, **Swan PD**, Soroush A, Ainsworth B, & Ygnve A. (2012). "Cardiorespiratory fitness level does not mediate the relationship between dispositional mindfulness and measures of obesity", *Journal of General Internal Medicine*, 27(2):439-439, July, 2012
46. Heumann KJ<sup>2</sup>, **Swan PD**. (2011). "Feasibility of measuring acute Os Calcis stiffness index (OSCI) changes in two exercise groups". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Denver, CO, 2011.
45. Mitros M<sup>4</sup>, Der Ananian C, Ainsworth B, Alvar B, **Swan PD**, Lee C. (2011). "Evaluation of community-based, multifactorial falls prevention program", *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Denver, CO; 2011.
44. Walker JR<sup>2</sup>, **Swan PD**, Soroush A, Ainsworth B, & Ygnve A. (2011). "Cardiorespiratory fitness level does not mediate the relationship between dispositional mindfulness and measures of obesity", *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Denver, CO, 2011.
43. Heumann KJ<sup>2</sup>, & **Swan PD** (2010). "Feasibility of measuring acute changes in Os Calcis Stiffness Index following whole-body vibration with resistance and jump training in young women". *Osteoporosis International*. Presented at the International Osteoporosis Foundation World Conference on Osteoporosis, Florence, Italy, 2010.
42. Walker J<sup>2</sup>, **Swan P**, Der Ananian C, Herrmann S, Peloquin S, Soroush A, Ainsworth, B, & Ygnve A. (2010). "Comparison of body composition and physical activity by cardiorespiratory fitness level: The ASUKI Step study". *Journal of Physical Activity and Health*. Presented at the *International Congress for Physical Activity and Health*, Toronto, Canada, May, 2010.
41. Heumann KJ<sup>2</sup>, Warr BJ<sup>2</sup> & **Swan PD**. (2010). "Body composition and the relationship to strength and power in young women". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Baltimore, MD 2010.
40. **Swan PD**, Walker JR<sup>2</sup>, Herrmann S<sup>4</sup>, & Ainsworth BE. (2010). "Walking positively influences body composition indices in men and women participating in a stepping competition". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Baltimore, MD May 2010.
39. Meckes N<sup>4</sup>, Herrmann S<sup>4</sup>, Walker J<sup>2</sup>, **Swan PD** & Ainsworth BE. (2010). "Physical inactivity is not related to waist circumference in active adults after adjusting for covariates". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Baltimore, MD May 2010,
38. Walker J<sup>2</sup>, **Swan PD**, Herrmann S & Ainsworth BE. (2010). The effects of physical activity and body composition on dispositional mindfulness. *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Baltimore, MD May 2010.
37. Keating CJ<sup>1</sup>, **Swan PD** & Heumann KJ<sup>3</sup>. (2010). "Comparison of total body water in high school wrestlers using bio- impedance measures". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Baltimore, MD May 2010.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

36. Warr BJ<sup>2</sup>, Dodd D, Alvar B & **Swan PD**. (2010). "Effectiveness of interval training in small ability groups to improve cardiovascular fitness". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Baltimore, MD May 2010.
35. Heumann KJ<sup>1</sup>, **Swan PD**, & Kahl K<sup>1</sup>. (2009). "Sport participation effects on bone quality in pre-pubertal girls". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Seattle, WA May 2009.
34. Huck CJ<sup>2</sup>, **Swan PD**, Johnston CS. (2009). "Effects of vitamin C supplementation on substrate utilization and perception of fatigue in overweight men". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Seattle, WA May 2009.
33. Peterson M<sup>2</sup>, Rhea MR & **Swan PD**. (2009). "Effects of progressive resistance training on sarcopenic outcomes: Inferences from a systematic review." *Medicine and Science in Sports and Exercise*, Presented at the American College of Sports Medicine Conference, Seattle, WA May 2009.
32. Benton M<sup>2</sup>, **Swan PD**, Raab S, & Waggener GT.(2009). "Effect of resistance training frequency on body composition in middle-aged women" *Medicine and Science in Sports and Exercise*, Presented at the American College of Sports Medicine Conference, Seattle, WA May 2009.
31. Benton M<sup>2</sup> & **Swan PD** (2008) "Fat oxidation in women during the post-exercise recovery period is not influenced by absolute or relative lean mass", *Obesity: A Research Journal*, Presented at the Annual Conference for the North American Association for the Study of Obesity (NAASO), Fall 2008.
30. Riggs D<sup>2</sup>, Sebren A, & **Swan PD** (2007). "Women's lived experience and meaning of bariatric surgery". *Annals of Behavioral Medicine*, Presented at the Annual Meeting for the Society of Behavioral Medicine, Washington, DC, May 2007.
29. Johnson L, **Swan PD**, Alsac B<sup>1</sup>. (2007). "The reliability of energy expenditure measures of a standardized protocol of Dance, Dance Revolution® in college age men and women", *Medicine and Science in Sports and Exercise*, Presented at the American College of Sports Medicine Conference, New Orleans, LA; May 2007.
28. Huck C<sup>2</sup>, **Swan PD**, Weyers T<sup>1</sup>, Johnston C. (2007). "Relationship between Vitamin C status and respiratory exchange ratio during submaximal exercise in healthy adults". *Medicine and Science in Sports and Exercise*. Presented at the American College of Sports Medicine Conference, New Orleans, LA; May 2007.
27. Weyers T<sup>1</sup>, **Swan PD**, Huck C<sup>2</sup>, Johnston C. (2007). "Vitamin C status is directly associated with brachial artery distensibility following maximal exercise in adults", *Medicine and Science in Sports and Exercise*, Presented at the American College of Sports Medicine Conference, New Orleans, LA, May 2007.
26. Benton M<sup>2</sup> & **Swan PD** (2007) "Comparison of air displacement plethysmography and whole-body bioelectrical impedance in middle-aged women". *Medicine and Science in Sports and Exercise*. Presented at the American College of Sports Medicine Conference, New Orleans, LA; May 2007.
25. Benton M<sup>2</sup> & **Swan PD**, (2006). "Effect of protein supplementation following resistance exercise on energy expenditure and substrate utilization in middle aged women", *Obesity Research*, Presented at the Annual Meeting of the North American Society for Obesity Research, Boston, MA, Fall 2006.
24. Beezhold B<sup>4</sup>, Johnston CS & **Swan PD** (2006). "Vitamin C depletion reduces fat oxidation at rest in obese adults consuming a calorie-restricted diet". *FASEB Journal*, Presented at the Annual Meeting of the Federation of the American Society of Experimental Biology (Nutrition Science Division), San Francisco, CA, 2006.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

23. **Swan PD**, Huck C<sup>2</sup>, Beezhold B<sup>4</sup>, & Johnston CS. (2006). "Vitamin C supplementation enhances fat oxidation during walking in obese subjects". *Medicine and Science in Sports and Exercise*, Presented at the American College of Sports Medicine Conference, Denver, CO, May 2006.
22. Havenar JM<sup>4</sup>, Stone WJ, **Swan PD** (2006). First time marathon runners: comparing the participation motivations of dropouts and race finishers. *Medicine and Science in Sports and Exercise*, Presented at the American College of Sports Medicine Conference, Denver, CO, May 2006.
21. Pomeroy J<sup>2</sup>, Brage S, Begay T, Curtis J, Wareham NJ, Troiano R, Leitzmann MF, Franks PW, **Swan PD**. (2006). "Cross-sectional correlation between corrected pedometer step counts and characteristics of metabolic disorders in American Indians" *Medicine and Science in Sports and Exercise*, Presented at the American College of Sports Medicine Conference, Denver, CO, May 2006.
20. White A<sup>4</sup>, Johnston CS, **Swan PD**, & Tjonn SL (2006). "Energy expenditure, respiratory exchange ratio, and fat utilization during sub-maximal exercise in overweight adults adhering to the Atkins or Zone diet". *FASEB Journal*, Presented at the Annual Meeting of the Federation of the American Society of Experimental Biology (Nutrition Science Division), San Francisco, CA, 2006.
19. Alexon CL<sup>4</sup>, Johnston CS, Beezhold B<sup>4</sup> & **Swan PD** (2006). "Vitamin C status and fatigue in obese adults consuming a reduced-caloric diet". *FASEB Journal*, Presented at the Annual Meeting of the Federation of the American Society of Experimental Biology (Nutrition Science Division), San Francisco, CA, April, 2006.
18. **Swan PD** & Benton M<sup>2</sup> (2005). "The effect of timing of post-exercise protein intake on body composition in women". *Obesity Research*, 13 (Suppl.):A136. Presented at the Annual Conference for the North American Association for the Study of Obesity (NAASO), Vancouver, CANADA, 2005.
17. **Swan PD** & Rosenthal D<sup>1</sup>. & (2003). "Changes in body dissatisfaction following exercise and diet interventions in overweight and obese women". *Obesity Research*, 11 (Suppl.):A82. Presented at the Annual Conference for the North American Association for the Study of Obesity (NAASO), Fort Lauderdale, FL, 2003.
16. Ball SD<sup>2</sup> & **Swan PD** (2003). "Comparison of anthropometry to dual energy x-ray absorptiometry: A new prediction equation for women". *Medicine and Science in Sports and Exercise*, Presented at the American College of Sports Medicine Conference, San Francisco, CA, May 2003.
15. Ball SD<sup>2</sup>, **Swan PD**, Desimone R. (2003). "Accuracy of Anthropometry Compared to Dual Energy X-Ray Absorptiometry: A New Prediction Equation for Women". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, San Francisco, CA, May 2003.
14. Pepin V<sup>2</sup>, **Swan PD**, McMahan S. (2001). "The Social Ecological Approach to Understand Physical Activity Adherence: A Preliminary Study". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Baltimore, MD, May 2001.
13. Phillips W T, Broman TL<sup>4</sup>, Burkett LN, **Swan PD**. (2001). "Increases in strength and physical function in older adults following 12 weeks of a single set strength training according to ACSM 1998 Guidelines". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Baltimore, MD, May 2001.
12. **Swan PD**, Foster-Burns B<sup>2</sup>, McConnell KE<sup>2</sup>. (1999). "Metabolic variables predict fat loss in obese women". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Seattle, WA, May 1999.
11. Binzen C<sup>1</sup>, **Swan PD**, Manore M. (1999). "Effect of resistance exercise on post-exercise oxygen consumption (EPOC) and substrate oxidation in women". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Seattle, WA, May 1999.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

10. **Swan PD.** (1998). "Effect of exercise training on cardiovascular risk factors in obese women with regional adiposity". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Orlando, FL, May 1998.
9. Park JJ<sup>1</sup> & **Swan PD.** (1998). "Effect of exercise on the QTC interval in obese premenopausal women with regional adiposity". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Orlando, FL, May 1998.
8. Kang SJ<sup>1</sup>, **Swan PD.** (1998). "Whole and segmental bioelectric impedance (BIA) analysis of body fat and regional fat in women". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Orlando, FL May 1998.
7. **Swan PD,** McConnell KE<sup>2</sup>. (1997) "Accuracy of skinfold equations to predict percent body fat in women with regional adiposity". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Denver, CO, May 1997.
6. **Swan PD.** (1996). "Thermogenic response to ephedrine+ caffeine in obese women with different patterns of regional adiposity". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Cincinnati, OH, May 1996.
5. **Swan PD,** Long CS<sup>3</sup>, Vielehr TL<sup>3</sup>. (1995). "Prediction of percent body fatness in women with different body fat distribution patterns". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Minneapolis, MN May 1995.
4. **Swan PD,** Vielehr TL<sup>3</sup>. (1994). "Effects of ephedrine/caffeine on resting metabolic rate in women with different body fat distribution patterns". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Indianapolis, IN, May 1994.
3. **Swan PD,** Byrnes WC, Haymes EM. (1993). "Energy expenditure during running, racewalking and stepping measured with the Caltrac portable accelerometer". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Seattle, WA, May 1993.
2. **Swan PD.** (1992). "Substrate utilization during prolonged walking in women with different body fat distribution patterns". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Dallas, TX, May 1992.
1. Bond V, **Swan PD,** Walker A, Bassett D, Howley ET, Lewis J. (1990). "Validation of an automatic blood pressure monitor for stress testing using r-wave gating for Korotkoff sounds". *Medicine & Science in Sports & Exercise*, Presented at the American College of Sports Medicine Conference, Salt Lake City, UT May 1990.

#### **Invited Lectures / Tutorials / Symposia (Not Published)**

17. Buman MP, Gordon A, **Swan PD,** Der Ananian C. "A Theory-based Pilot Study to Decrease Sitting Time in the Workplace", Presented at the 5<sup>th</sup> International Congress on Physical Activity and Public Health, Rio de Janeiro, Brazil, April 2014.
16. **Swan PD** "What's the Skinny on Fatness and Fitness?", Invited Plenary Lecture for the 63<sup>rd</sup> Annual Obesity and Associated Conditions Symposium, American Society of Bariatric Physicians, Scottsdale, AZ, October 2013.
15. **Swan PD** "Moving During Menopause... You're Already Warmed Up", Panel presentation: "*Menopause the Workshop*", Mesa Arts Center, ASU Academy for Continuing Education. February, 2011.
14. **Swan PD** "Fitness and Fatness: Research on Obesity, Exercise and Health." Presented at the R. Tait McKenzie Symposium in Honor of Edward T. Howley, University of Tennessee, Knoxville, March 2007.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

13. **Swan PD** "Exercise is good for you... But not for the reason you think". Invited Lecture / Presentation for the Arizona Dietetics Association, Annual Meeting, October, 2005.
12. **Swan PD** "Exercise is good for you... But not for the reason you think. Examining the Concept of Fitness and Fatness". Invited Lecture / Presentation for the Arizona Osteopathic Medical Association, Annual Meeting February, 2005.
11. **Swan PD** "Perspectives on the Obesity Epidemic", Panel Member /Speaker, for the Arizona Osteopathic Medical Association Planning Meeting, June, 2004.
10. **Swan PD**, Etnier J., Pomeroy, J. & Weiler, A. "Exercise & Obesity: Practice & Programming" Provider Education Symposium. Sponsored by American Heart Association, American College of Sports Medicine and offered by a grant from APS. Fall, 2003.
9. **Swan PD** "Exercise and Obesity: Application for Exercise Professionals", Invited tutorial at the Southwest Regional Chapter of the American College of Sports Medicine, Fall, 2003.
8. **Swan PD** "Exercise is good for you... But not for the reason you think. Examining Exercise, Weight Loss and Health", Invited presentation for the Arizona Public Health Association Conference: Women's Health Issues: Translating Research Into Practice, Spring, 2003.
7. **Swan PD** "Fitness and Fatness: Exercise, Obesity and Cardiovascular Disease Risk", Invited presentation for the annual meeting of the Arizona Society for Cardiovascular and Pulmonary Rehabilitation (ASCVPR), Spring, 2003.
6. **Swan PD** "Excess Intra-abdominal Adipose Tissue: Physiology and Disease Consequences". Lecture for the American Society of Bariatric Physicians, Annual Meeting, Spring, 2003.
5. **Swan PD** "Exercise is Important -- but not for the reasons you think", Lecture/Presentation for the American Society of Bariatric Physicians Annual Meeting, Spring, 2003.
4. **Swan PD** & Johnston, C. Seminar Co-Lecturer, CEC Seminar. "Exercise, Obesity and Disease in Women". Central Arizona District Dietetic Association. Spring, 2003.
3. **Swan PD** & Johnston, C. Seminar Co-Lecturer, "Hazards of Obesity: Exploding the Myths", American Heart Association Lecture Series, Fall, 2002.
2. **Swan PD** Workshop Speaker/Lecturer. ACSM Health Fitness Instructor Workshop. Topics: Exercise Physiology, Metabolic Calculations, CHD Risk and Pathophysiology. CGCC. Spring, 2003.
1. **Swan PD** Workshop Speaker/ Lecturer. ACSM Exercise Specialist Workshop. Topics: Exercise Physiology, Metabolic Calculations, CHD Risk and Pathophysiology. CGCC. Summer, 2003.

#### [Presentations Given at Professional Meetings \(Proceedings not published\).](#)

18. James D, Sebren A, Der Ananian C, Bruening M, Rooney L, Araas T & **Swan PD** (2016). "Associations Among Self- Compassion, Eating Behaviors, and Stress in College Freshmen" Presentation for the International Symposium for Contemplative Studies, San Diego, CA November, 2016.
17. James D; Sebren A; **Swan P**, Der Ananian C. (2014). "Associations among self-compassion, stress, and eating behaviors in college freshmen", Presentation for the Bridging the Hearts and Minds of Youth Conference, San Diego, CA, February 2014.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

16. Kelly SB, Brown LE, Hooker SP, **Swan PD**, Buman MP, Alvar BA, Black LE. (2013). "Comparison of 1-repetition maximum in concentric and eccentric bench press", Presented at the Annual Meeting of the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, Newport Beach, CA, October, 2013.
15. Wherry, SJ & **Swan PD**. (2013). "Test-retest reliability of the Achilles Insight® Calcaneal qualitative ultrasonometer in women aged 18- 65". Presented at the Annual Meeting of the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, Newport Beach, CA, October, 2013.
14. Zeigler, Z., Hawley, M., & **Swan PD** (2013). The effect of an energy drink on acute muscle strength and fatigue in young males". Presented at the Annual Meeting of the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, Newport Beach, CA, October, 2013.
13. Zeigler ZS, Bhammar DM, **Swan PD**, Gaesser GA (2012). "Acute effects of a walking workstation on ambulatory blood pressure in prehypertensive adults". Presentation for the National Strategic Summit: Roadmap for Physical Activity, Lifestyle, and Comparative Effectiveness Research Conference. Phoenix, AZ, November, 2012.
12. Wherry, SJ & **Swan PD**. (2012), "Comparison of bone health parameters using qualitative ultrasound and dual energy X-ray absorptiometry", Presented at the Annual Meeting of the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, Newport Beach, CA, October, 2012.
11. Zeigler, Z., Gordon, A., Bhammar, D. **Swan PD** (2012). "Acute effects of a walking workstation on ambulatory blood pressure in prehypertensive adults", Award Winner, SWACSM Student Research Award. Presented at the Annual Meeting of the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, Newport Beach, CA, October, 2012.
10. Benton MJ, Raab, S., Waggener, G.T. & **Swan PD** (2010). "Effect of increased lean mass on resting metabolic rate in middle-aged women", Presented at the Annual Meeting of the *Southeast Chapter of the American College of Sports Medicine (SEACSM)*, Greenville, SC, February, 2010.
9. Keating, C., **Swan PD** & Heumann, KJ (2009). "Comparison of total body water in high school wrestlers using bio-impedance measures". Presented at the Annual Meeting of the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, San Diego, CA, November, 2009.
8. Warr, B.J., Dodd, D., Alvar, B., & **Swan PD** (2009). "Effectiveness of interval training in small ability groups to improve cardiorespiratory fitness". Finalist, SWACSM Student Research Award. Presented at the Annual Meeting of the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, San Diego, CA, October, 2009.
7. Walker J, **Swan P**, Ainsworth, B Ygnve A. (2009). "Influence of a university walking intervention (ASUKI Step) and body composition on mindfulness, stress, and coping". Presented at the *Southwest Chapter of the American College of Sports Medicine Annual Meeting*, San Diego, CA, October, 2009.
6. Heumann KJ, **Swan PD**, Ainsworth BE, & Ygnve A. (2009). "Comparison of bone strength in adults classified by ACSM physical activity guidelines". Award Winner, SWACSM Student Research Award. Presented at the Annual Meeting of the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, San Diego, CA, October, 2009.
5. Benton, MJ, **Swan, P.D.** & Whyte, M. (2009). Resistance training to maintain body composition during pregnancy: A case Study. Presented at the Annual Meeting of the *Southeast Chapter of the American College of Sports Medicine (SEACSM)*, Birmingham, AL, February, 2009.
4. Heumann, K.J. & **Swan PD**. (2008)." A comparison of calcaneal ultrasound measurements in competitive jump ropers and normally active females". Poster presented at the *Southwest American College of Sports Medicine Chapter Meeting*, San Diego, CA., November 2008.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab



3. Johnson, L, **Swan PD.**, & Alsac, B. (2006). "The reliability of energy expenditure measures of a standardized protocol of Dance, Dance Revolution® in college age men and women", Presented at the Annual Meeting of the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, San Diego, CA, November, 2006.
2. Sisson, SB, Benton, MJ, **Swan PD**; & Tudor-Locke, C (2005). Preliminary steps/minute in older adults: Public health recommendations. Presented at the Annual Conference for the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, Las Vegas, NV, November, 2005.
1. Benton M & **Swan PD** (2005). Evaluation of Multiple 1-RM Strength Trials in Untrained Females. Presented at the Annual Conference for the *Southwest Chapter of the American College of Sports Medicine (SWACSM)*, Las Vegas, NV, November, 2005.

### Published Book Reviews

2. **Swan PD** (2001). Reviewed, Energy Diagnostic and Treatment Methods, by Fred P. Gallo. *Complementary Health Practice Review*. 6(2):249.
1. **Swan PD** (1996). Reviewed Medical and Orthopedic Issues of Active and Athletic Women by Rosemary Agostini. *Women in Sport and Physical Activity Journal*. 5(3):113-118.

### Book Editor/Associate Editor

1. American College of Sports Medicine, *ACSM's Resources for the Personal Trainer*, 4<sup>th</sup> Edition; Philadelphia, Lippincott Williams & Wilkins. 2013.

## GRANTS

### External Grants (In Preparation)

1. **Swan PD (In preparation)**, **Type:** R21, **Title:** *Novel Exercise Intervention to Attenuate Bone Loss in Post-Bariatric Surgery Patients with Type 2 Diabetes*; **Role:** Principal Investigator, **Agency:** NIH, **Amount:** \$ 250,000. **Purpose:** Test the effectiveness of a 12-week whole body vibration plus resistance training intervention on musculoskeletal and metabolic changes in Post-Bariatric Surgery Patients with Type 2 Diabetes.

### External Grants (Submitted)

1. Li B, Caviades J, **Swan PD (2020, In review)**. **Title:** *HCC Medium: Designing and Building an Intelligent Wearable System for Precise At Home Physical Therapy*. **Role:** Co-PD/PI - Fitness testing supervisor/ specialist. **Agency:** National Science Foundation. **Total Direct Amount:** \$846,543. **Total F&A:** \$353,394; **Total Sponsor Budget:** \$1,199,937. **Purpose:** To design, develop and pilot-test a novel wearable system, for supporting and improving unsupervised physical therapy at home.

### External Grants (Funded)

5. Johnston, C & **Swan PD**. (2005). **Title:** *Impact of Vitamin C status on fat oxidation, adiponectin concentrations and body mass*. **Role:** Co-Principal Investigator, **Sponsor:** General Mills Bell Institute of Health and Nutrition. **Amount:** \$50,000.
4. Johnston, C.S. & **Swan PD**. (2004). **Title:** *Evaluation of the efficacy and healthfulness of two popular high protein diets: "Atkins" versus "The Zone."* **Role:** Co-PI. **Sponsor:** The Barry Sears Foundation, **Amount:** \$50,000.
3. **Swan PD** (2001). **Title:** *Validation of air displacement plethysmography in wrestlers*. **Role:** Principal Investigator, **Sponsor:** Life Measurement, Inc. **Amount:** \$5000.

---

<sup>a</sup>Senior/ Corresponding Author; <sup>1</sup>MS student working under my primary mentorship; <sup>2</sup>PhD student working under my primary mentorship, <sup>3</sup>Undergraduate or Graduate Student working in my lab

2. **Swan PD** (1999). *The influence of sustainable exercise on cardiovascular disease risk in obese women.* **Role:** Principal Investigator, **Sponsor:** American Health Assistance Foundation (AHAf) for the National Heart Foundation, **Amount:** \$22,500.
1. **Swan PD** (1996). *Exercise and disease risk in women with regional adiposity.* **Role:** Principal Investigator, **Sponsor:** American College of Sports Medicine Foundation, **Amount:** \$10,000.

#### **External Grants (Submitted NOT - FUNDED)**

15. Li B, Caviades J, **Swan PD** (Spring 2020). **Title:** *SenSE: Enabling Precise At-home Physical Therapy via Developing an Intelligent Wearable Sensor System.* **Role:** Co-PD/PI - Fitness testing supervisor/ specialist. **Agency:** National Science Foundation. **Total Direct Amount:** \$524,538. **Total F&A:** \$225,458. **Purpose:** To design, develop and pilot-test a novel wearable system, for supporting and improving unsupervised physical therapy at home. Ranking: Not reviewed. Considered not a fit for the RFP.
14. Mullane S, **Swan PD**, & Buman M. (2016). "Reducing sedentary behavior in transit workers using smartphone technology: The effects of a 3-month micro-randomized trial on visceral body fat". **Role:** Mentor. **Sponsor:** Early Career Grant, The Obesity Society (TOS). **Amount:** \$40,000. **Ranking:** Not reviewed.
13. Vidt M, **Swan PD** & Lee, C. (2015). "Assessment of shoulder musculoskeletal injury risk in obese workers". **Role:** Co-Investigator. **Sponsor:** NIH **Amount:** \$275000. **Ranking:** Not reviewed.
12. **Swan PD**, Huberty J, & Buman M (2014). **Title:** "Smartphone-supported book club for increasing physical activity and decreasing health risk in middle aged women." **Role:** Primary Investigator. **Sponsor:** Weight Watchers Karen Miller-Kovach Research Grant, The Obesity Society. **Amount:** \$40,000. **Ranking:** Top 7 of 31 (only 7 invited to write full grant only #1 funded).
11. **Swan PD** & Johnston CS (2013). **Title:** *Impact of Increased Protein Content of School Breakfast on Attendance, Tardiness and Standardized Test Scores.* **Role:** Primary Investigator. **Sponsor:** Egg Nutrition Center Research Grant, The Obesity Society. **Amount:** \$40,000. **Ranking:** Top 5 of 26 (only 5 invited to write full grant proposal, only #1 funded).
10. Ainsworth B, Stodden D, Keller C , Szalacha T, **Swan PD**. (2010). **Title:** *Motor Skill Competence, Physical Activity, and Fitness in Perimenopausal Women* (1R21AG037855-01), **Role:** Co- Investigator. (Fitness testing supervisor/ specialist). **Agency:** NIH-Office of Women's Health. **Amount:** \$150,000/yr (52.5% F & A) (2-year duration). **Resubmission:** 11/16/10. **Purpose:** Assess relationship between motor skills, physical fitness, and physical activity in menopausal women. **Score:** 33 (33<sup>rd</sup> percentile).
9. Ainsworth B, **Swan PD**, Keller C , Szalacha T, Stodden D. (2009). **Title:** *Motor Skill Competence, Physical Activity, and Fitness in Perimenopausal Women* (1R21AG037855-01), **Role:** Co- Investigator. (Fitness testing supervisor/ specialist). **Agency:** NIH-Office of Women's Health. **Amount:** \$150,000/yr (52.5% F & A) (2-year duration). **Submitted** 10/16/09. **Purpose:** Assess relationship between motor skills, physical fitness, and physical activity in menopausal women. **Score:** 52 (52<sup>nd</sup> percentile).
8. Ainsworth B, Woolf K ,Gaesser G, **Swan P**, DerAnanian C, Belyea M, Martin J, Vega-Lopez S(2009). **Title:** *Physical Activity and Diet Assessment (PADIAT)* (1-R25CA151043-01). **Role:** Consultant body composition/ stress testing and fitness testing specialist. **Agency:** NIH – NCI (PAR-08-120) R18: Cancer Education Grants Program, **Amount:** \$300,000/yr (52.5% F & A) (5-year duration). **Submitted** 9/25/09.
7. **Swan PD** (2009) **Title:** *Musculoskeletal and neuroendocrine effects of whole-body vibration plus resistance exercise in bariatric surgery patients.* **Role:** Principal Investigator, **Sponsor:** Obesity Society Covidien Grant for Bariatric Surgery. **Amount:** \$50,000.
6. **Swan PD** (2007) **Title:** *Effect of progressive resistance exercise on body composition, bone density and health indices in bariatric surgery patients.* **Role:** Principal Investigator, **Sponsor:** Pfeiffer Foundation. **Amount:** \$75,000.

5. Johnston C, **Swan PD**, Tudor-Locke C. (2006). **Title:** *The impact of vitamin C nutrition on fat oxidation and markers of adiposity.* **Role:** Co-Principal Investigator, **Sponsor:** NIH. **Amount:** \$700,000
4. Hutchins, A., Johnston, C & **Swan PD**. (2005). **Title:** *Impact of diet and exercise on visceral fat gain in perimenopausal women.* **Role:** Co-Principal Investigator, **Sponsor:** USDA, Bioactive Foods for Optimal Health. **Amount:** \$400,000.
3. Davis, Mary. (2005). **Title:** *Cultural factors and risk for obesity in Mexican American adolescents.* **Role:** Co- investigator—5% effort. **Sponsor:** NIH. **Amount:** \$ 300,000.
2. **Swan PD**, Hutchins, A., Johnston, C (2004). **Type:** R01. **Title:** *Effect of exercise, calcium and soy supplementation on regional adiposity and CHD risk factors in peri-menopausal women.* **Role:** Co-Principal Investigator, **Sponsor:** NIH-CAM, **Amount:** \$750,000.
1. Hutchins, A., Johnston, C & **Swan PD**, (2004). **Title:** *Dietary interventions to reduce visceral fat gain in perimenopausal women.* **Role:** Co-Principal Investigator, **Sponsor:** USDA, NRI Human Nutrition and Obesity. **Amount:** \$800,000.

### Internal Grants (FUNDED)

12. **Swan PD**; Lee, CD; Madura, J; Moreno, K; Ma, T (2017). **Type:** Faculty Pilot Grant. **Title:** *The Effects of Whole-Body Vibration Plus Resistance Exercise on Maintaining Fat-Free Mass and Resting Metabolic Rate in Post- Bariatric Surgery Patients 12-24 Months Post Surgery,* **Role:** Principal Investigator, **Sponsor:** Obesity Solutions, **Amount:** \$5,000.
11. **Swan PD** (2010). **Type:** Faculty Pilot Grant. **Title:** *Feasibility of whole-body vibration exercise in bariatric surgery patients,* **Role:** Principal Investigator, **Sponsor:** CONHLI, **Amount:** \$5,000.
10. **Swan PD**, Hutchins, A., Johnston, C (2002). **Type:** Faculty Grant in Aid (FGIA). **Title:** *Effect of exercise and soy supplementation on regional adiposity and CHD risk factors in post-menopausal women.* **Role:** Co-Principal Investigator, **Sponsor:** Arizona State University, **Amount:** \$20,000.
9. Johnston, C. & **Swan PD** (2001). **Type:** Faculty Grant in Aid (FGIA). **Title:** *Efficacy of moderately high-protein diets with low glycemic index for weight loss and diabetes treatment.* **Role:** Co-Principal Investigator, **Sponsor:** Arizona State University, **Amount:** \$20,000.
8. **Swan PD** & McMahan, S. (2000). **Type:** Summer Research Award, *Social ecological approach to obesity prevention.* **Role:** Co-Principal Investigator, **Sponsor:** Women's Studies Summer Research Awards Program, Arizona State University, **Amount:** \$1256.
7. **Swan PD** (1997). **Type:** Travel grant, **Title:** *Effects of resistance and aerobic training on resting metabolism in obese women.* Presentation at the North American Association for the Study of Obesity (NAASO). November, 1997, Cancun, MX. **Sponsor:** College Liberal Arts and Science, Arizona State University, **Amount:** \$610.
6. Jones, K. and **Swan PD** (1997). **Type:** Mini-Grant, **Title:** *A test of delivery methods for weight loss education for women.* **Role:** Faculty Sponsor, **Sponsor:** Women's Studies Program, Arizona State University, **Amount:** \$350.
5. **Swan PD** (1996). **Type:** Faculty Grant in Aid (FGIA), **Title:** *Validation of various field techniques to predict percent body fat in women with different body fat distribution patterns.* **Role:** Principal Investigator, **Sponsor:** Arizona State University, **Amount:** \$6,000.
4. Davis, M.C. & **Swan PD** (1996). **Type:** Summer Research Award, *Cardiovascular response to stress in women with regional adiposity.* **Role:** Co-Principal Investigator, **Sponsor:** Women's Studies Summer Research Awards Program, Arizona State University, **Amount:** \$800.

3. **Swan PD** (1995). **Type:** Faculty Grant in Aid (FGIA), **Title:** *The effects of ephedrine/caffeine compound on resting metabolism in obese women with different patterns of regional adiposity*. **Role:** Principal Investigator, **Sponsor:** Arizona State University, **Amount:** \$6,000.
2. **Swan PD** (1995). **Type:** Travel grant. **Title:** *Where do you hold your folds? Fitness and fatness: Women and wellness*. Presentation at the Annual Symposium for the Advancement of Women: Women's Wellness: Balancing and Leveraging. November, 1995, Lexington, KY. **Sponsor:** College of Liberal Arts and Science, Arizona State University, **Amount:** \$285.
1. **Swan PD & Boynton, M.M.** (1995). **Type:** Mini-Grant: **Title:** *Physiological and psychological responses to exercise in women with different patterns of regional obesity*. **Role:** Principal Investigator, **Sponsor:** Women's Studies Program, Arizona State University, **Amount:** \$500.

#### Internal Grants (NOT-FUNDED)

4. **Swan PD, Roust, L** (2009). **Title:** *Musculoskeletal and Neuroendocrine Effects of Whole-Body Vibration Plus Resistance Exercise in Bariatric Surgery Patients*. **Role:** Principal Investigator, **Sponsor:** ASU/Mayo Seed Grant. **Amount:** \$40,000.
3. **Swan PD, Roust, L, Swain, J.** (2006). **Title:** *Effect of Progressive Resistance Exercise on Body Composition and Health Indices in Bariatric Surgery Patients*. **Role:** Principal Investigator, **Sponsor:** ASU/Mayo Seed Grant. **Amount:** \$40,000.
2. **Swan PD, Roust, L, Swain, J.** (2005). **Title:** *Effect of Progressive Resistance Exercise on Body Composition and Health Indices in Bariatric Surgery Patients*. **Role:** Principal Investigator, **Sponsor:** ASU/Mayo Seed Grant. **Amount:** \$40,000.
1. **Swan PD; Roust, L., Swain, J.** (2004). **Type:** Seed Grant. **Title:** *Effect of Progressive Resistance Exercise on Body Composition and Health Indices in Bariatric Surgery Patients*, **Role:** Co-PI. **Sponsor:** ASU/MAYO Partnership for Collaborative Research. **Amount:** \$40,000.

#### Grants by Graduate Students FACULTY MENTOR

##### Not Funded: External Grants by Graduate Students

3. Moreno, Karen (2016). **Title:** "Wii Play: Exploring Mastery Experience and Exercise Self-Efficacy with Active Gaming", **Type:** Graduate Student Grant, **Sponsor:** ACSM Foundation Doctoral Student Research Grant, **Amount:** \$5000.
2. Zeigler, Zachary. (2015). **Title:** "Effect of the Obese Phenotype on Post Exercise Hypotension", **Type:** Graduate Student Grant, **Sponsor:** ACSM Foundation Doctoral Student Research Grant, **Amount:** \$5000.
1. Wherry, Sarah. (2013). **Title:** "Effects of exergaming on multiple markers of fall risk in middle aged women", **Type:** Young Investigator Grant, **Sponsor:** International Osteoporosis Foundation, **Amount:** 40,000 Euros.

##### Funded Grants: External Grants by Graduate Students

5. Moreno, Karen (2017). **Title:** "Mixed Methods Feasibility & Acceptability Study". **Type:** Professional Development, **Sponsor:** Western Society for Physical Education of College Women, **Amount:** \$750.
6. Wherry, Sarah. (2013). **Title:** "Effect of Wii Fit Intervention on Balance in Older Women", **Type:** Graduate Student Grant, **Sponsor:** ACSM Foundation Doctoral Student Research Grant, **Amount:** \$5000.
4. Zeigler, Zachary. (2012). **Title:** "Acute Effects of a Walking Workstation on Ambulatory Blood Pressure In Prehypertensive Adults", **Type:** Gail Butterfield Student Research Award, **Sponsor:** SWACSM. **Amount:** \$500.
3. Warr, Brad (2010). **Title:** "Evaluating the Effects of Long-Term Combat Deployment on Physical Fitness in the Military", **Type:** Graduate Student Grant, **Sponsor:** ACSM Foundation Student Research Grants, **Amount:** \$5000.

2. Heumann, Kristin, (2009). **Title:** “Bone strength in competitive jump ropers and inactive age matched controls”, **Type:** Foundation, **Sponsor:** AAU Jump Rope Association, **Amount:** \$500.
1. Heumann, Kristin, (2009). **Title:** “Bone quality in competitive jump ropers and inactive age matched controls”, **Type:** Gail Butterfield Student Research Award, **Sponsor:** SWACSM. **Amount:** \$500.

#### **Funded Grants: Internal– Grants by Graduate Students**

20. Moreno, K (2018). **Title:** “Move More To Do More: A Mixed Methods Feasibility & Acceptability Study Exploring Reframed Physical Activity Messaging among Midlife Female Bariatric Patients”. **Type:** Student Research Grant. **Sponsor:** Graduate and Professional Student Association Research Grant Program. **Amount:** \$1212.
19. Moreno, Karen. (2016). **Title:** “Let's Play: An active gaming recreation program feasibility and acceptability study”. **Type:** Graduate Student Grant, **Sponsor:** Sun Devil Fitness Complex Research Grant, **Amount:** \$2000.
18. Zeigler, Zachary. (2015). **Title:** “Effect of the Obese Phenotype on Post Exercise Hypotension”, **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program. **Amount:** \$2000.
17. Zeigler, Zachary. (2015). **Title:** “Obesity Paradox: Weight Cycling and Cardiovascular Health”. **Type:** Graduate Student Grant, **Sponsor:** Athletic Grant, Graduate and Professional Student Association Research Grant Program, **Amount:** \$1500.
16. Zeigler, Zachary. (2014). **Title:** “Weight Cycling and Cardiovascular Health”. **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$550.
15. Wherry, Sarah. (2013). **Title:** “Effect of Wii Fit Intervention on Balance in Older Women”, **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$2500.
14. Zeigler, Zachary. (2013). “Acute Effects of Tradition Resistance Exercise Compared to Whole Body Vibration Exercise on Energy Expenditure and Post Exercise Blood Pressure in Young Prehypertensive Adults”. **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$750.
13. Wherry, Sarah. (2012). **Title:** “Feasibility of Wii Fit Among Middle-Aged Women”. **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$750.
12. Heumann, Kristin, (2010). **Title:** “The effects of exercise on indices of bone turnover in young women with low bone mass”. **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$3000.
11. Walker, Jenelle, (2010). **Title:** “Relationship between stress, body fat distribution and physical activity”. **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$1000.
10. DeWeese, Robin, (2010). **Title:** “Relationship of lean body mass to leg strength and fatigue in young and middle-aged women”, **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$1000.
9. Heumann, Kristin, (2009). **Title:** “Exercise Training and the Effects on Bone”, **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$1900.
8. Heumann, Kristin, (2009). **Title:** “Bone quality in competitive jump-ropers and inactive age matched controls”, **Type:** Student Research Award, **Sponsor:** SWACSM. **Amount:** \$500.
7. Keating, Christopher. (2008). **Title:** "BIA versus BIS in high school wrestlers". **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$2000.



6. Araas, Teresa. (2007). **Title:** "Association of mindfulness, perceived stress and health behavior risk factors in college freshmen", **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$2000.
5. Huck, Corey, (2007). **Title:** "The effects of vitamin C supplementation on substrate utilization in obese, vitamin C- depleted men", **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$2000.
4. Heumann, Kristin, (2007). **Title:** "Comparison of calcaneal ultrasound in competitive jump ropers and inactive age matched controls", **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$1900.
3. Araas, Teresa, (2007). **Title:** "Mindfulness-Based Stress Reduction in Mind-Body Medicine", **Type:** EarlA. and Lenore H. Tripke Graduate Student Travel Award. **Sponsor:** ASU Graduate Division, **Amount:** \$800.
2. Black, Laurie (2006). **Title:** "Acute effects of resistance exercise protocols on insulin sensitivity in individuals with elevated blood glucose". **Type:** Graduate Student Grant, **Sponsor:** Graduate and Professional Student Association Research Grant Program, **Amount:** \$1765.
1. Benton, M. (2005). **Title:** "Effect of Protein Supplementation Following High Intensity Resistance Exercise On Energy Expenditure and Substrate Utilization in Middle Aged Women", **Type:** Graduate Student Research Grant, **Sponsor:** Corbin PCPFS Research Scholarship/Grant Award, **Amount:** \$500.

#### Research or Professional Honors/Awards

4. Fellow of the American College of Sports Medicine (**FACSM**), 1997.
3. Fellow of The Obesity Society (**FTOS**) 1996.
2. Outstanding Doctoral Student Award, Department of Human Performance and Sport Studies, University of Tennessee, Knoxville. 1991.
1. Phi Kappa Phi, 1989.

## TEACHING

#### Teaching / Mentoring Awards and Honors

1. 2014 Arizona State University; Outstanding Doctoral Mentor Award

#### Courses Taught and Developed

(¥ original developer)

(¥\* current primary responsibility/ lead instructor)

##### Undergraduate:

Pre-Internship (EXW 284)  
 Fundamentals of Wellness (EXW 302)  
 Fitness for Life (EXW 325)  
 Physical Activity in Health and Disease (EXW 344)  
 Obesity: Perspectives and Prescriptions (HEP 410) ¥\*  
 Exercise Testing (EXW 420) ¥  
 Exercise Prescription (EXW 425) ¥  
 Internship (EXW 484)  
 Exercise Prescription for Cardiometabolic Fitness' (EXW 494) ¥\*

##### Graduate:

Obesity: Perspectives and Prescriptions (EXW 510) ¥\*  
 Advanced Exercise Assessment and Prescription (EXW 535) ¥\*  
 Exercise and Wellness Graduate Research Seminar (EXW 591/691) ¥  
 Teaching Internship (EXW 784) ¥  
 Doctoral Seminar (EXW 791) ¥



**Student Advising: Doctoral Students [Chair](#)**

19. Santana, Robert, 2020- present. Co-Chair. *Through: Edson College of Nursing and Health Innovation*. Proposal TBD.
  18. Moreno, Karen, 2015 – present. “Reframing physical activity among midlife women: a mixed methods feasibility study”. Anticipated Graduation, December, 2021.
  17. Roman, Gretchen, 2016-2018. “Upper extremity biomechanics in non-native and native sign language users”. Graduation, December 2018.
  16. Zeigler, Zachary, 2013- 2016. “Effect of the obese phenotype on post exercise hypotension”, Graduation, May 2016.
  15. Wherry, Sarah, 2011-2014. “Effect of Wii Fit® intervention on balance in middle aged women”, Graduation: May 2014.
  14. Walker, Jenelle, 2008-2012. "The feasibility of a spirituality-based wellness program on stress reduction and health behavior change", Graduation: December, 2012.
  13. Warr, Bradley, 2008-2011. “Evaluating the effects of long-term combat deployment on physical fitness in the military”, Graduation: August 2011.
  12. Heumann, Kristin, 2008-2011. “The effects of exercise on indices of bone turnover in young women with low bone mass”, Graduation: May 2011.
  11. Pomeroy, Jeremy, 2005-2009. “Actiheart validity in American Indian adults”. Graduation: May 2009.
  10. Peterson, Mark. 2005-2008. “Progressive resistance training for strength and lean body mass in elderly men and women: a meta-analysis”. Graduation: December 2008.
  9. Huck, Corey, 2005-2008. “The effects of vitamin C supplementation on substrate utilization in obese, vitamin C-depleted men”, Graduation: May 2008.
  8. Arras, Teresa, 2006-2008. “Association of mindfulness, perceived stress and health behavior risk factors in college freshmen”, Graduation: May 2008.
  7. Benton, Melissa, 2004-2006. “Effect of protein supplementation following resistance exercise on energy expenditure and substrate utilization in middle aged women”, Graduation: May 2006.
  6. Riggs, Debbie. 2004-2005. “Women's lived experience and meaning of weight reduction surgery.” Graduation: December, 2005.
  5. Trone, Greg. 2001-2005. “Body composition factors and physical activity status as predictors of health-related quality of life in obese men and women”. Graduation: May, 2005.
  4. Pepin, Veronique. 2000-2003. “Functional fitness of coronary patients: Response to outpatient cardiac rehabilitation”, Graduation: May 2003.
  3. Ball, Steven. 1999-2002. “Accuracy of anthropometry compared to dual energy x-ray absorptiometry: A new generalizable equation”. Graduation: May, 2002.
  2. Foster, Boyd. 1996-1999. “The use of resting metabolic rate and respiratory quotient for prediction of successful fat loss”. Graduation: August, 1999.
  1. McConnell, Karen E. 1995-1998. “Body image as a determinant of physical activity in adolescent females”. Graduation: May, 1998.
-

**Student Advising: Visiting International Scholar Doctoral Student, Co-Chair**

1. Aslam, Farhan, 2015-2016. "Effects of White Sesame Seed Oil on Glucose Regulation and Oxidative Stress", Visiting Scholar and PhD Student, Department of Food Science and Human Nutrition, University of Veterinary and Animal Sciences, Lahore, Pakistan. Co-Mentor Karen Sweazea.

**Student Advising: Doctoral Students Dissertation Committee Member**

30. Perry, Christopher. 2018-present. Proposal: TBD.
29. Mayra, Selicia, 2018-2020. "Meal-time Matters: An 8-week Randomized Control Trial to Examine the Effects of a Daily 18-hour Fast on Diet Quality in College Students", Graduation, August, 2020.
28. Birchfield, Natasha. 2015-2019. "Implementing the Exercise is Medicine Solution: A Process Evaluation Conducted in a University-Based Healthcare System". Graduation: December 2019.
27. Scholtz, Cameron. 2018-2019: "Flavor stations: a pilot salad bar trial to increase fruit and vegetable consumption in elementary school children". Graduation: May 2019.
26. Phatak, Sayali. 2017-2018. "Design of a Large-Scale Self-Experimentation Tool for Self-Help? Interventions Pilot Testing of a Self-Experimentation Tool for Self-Help Interventions." Graduation: December 2018.
25. Renteria Mexia, Ana Maria. 2014-2017. "Effect of a Lifestyle and Type 2 Diabetes-Prevention Intervention on Biomarkers of Oxidative Stress in Obese Prediabetic Latino Youth", Graduation, December 2017.
24. Pregonero Florez, Argemiro Alberto. 2016-2017. "Monitors-Based Measurement of Sedentary Behaviors and Light Physical Activity in Adults" Graduation, May 2017.
23. Lynch, Heidi. 2014- 2016. "Muscle synthesis and strength development following a 12-week resistance training program: A comparison between consuming soy and whey protein supplements matched for leucine content." Graduation, May 2016.
22. Zemek, Kate. 2014-2016. "The use of technology compared to traditional educational methods to improve hydration status of club-level collegiate athletes with a focus on cognition performance". Graduation, May 2016.
21. Thompson-Felty, Claudia. 2014-2016. "Adoption and use of social media among registered dietitians in Arizona: implications for health communication". Graduation, May 2016.
20. Kelly, Steven 2010-2013. "Comparison of repetitions to fatigue in concentric and eccentric bench press", Graduation, May 2013.
19. Bhammar, Dharini, 2011-2013. "Effects of intermittent vs. continuous exercise on 24-hr ambulatory blood pressure and glucose control", Graduation, May 2013.
18. Black, Laurie, 2010-2013. "Effects of a fat-sugar supplemented diet, with and without exercise training, on endothelial function, blood pressure and markers of cardiovascular risk", Graduation, May 2013.
17. Sawyer, Brandon, 2011-2013. "Effects of eight weeks of high intensity interval training on blood glucose control, endothelial function, blood pressure control and visceral fat in obese adults", Graduation, May 2013.
16. Trier, Catherine, 2010- 2012. "Protein ingestion as a dietary strategy for managing caloric intake in healthy adults", Graduation, December, 2012.
15. Angadi, Siddhartha, 2009-2012. "Effects of a novel, high-intensity aerobic interval training program on vascular function, cardiorespiratory fitness and diastolic function in patients with heart failure with preserved ejection fraction". Graduation, May 2012.
14. Smith, Shannon. 2009-2011. "Evaluation of 'Taylor Place Fit's' stairway mural painting contest to determine the influence on stair usage", Graduation, May 2011.

13. Mitros, Melanie, 2008-2010. "Effectiveness of an interdisciplinary community-based falls prevention program". Graduation, August 2010.
12. Washington, Tracy. 2006-2009. "Relationship of neighborhood crime on physical activity levels at city recreational parks", Graduation, May 2010.
11. Abraham, Teresa. 2006-2009. "Comparison of physical activity and sedentary behavior as assessed by accelerometers and self-report record". Graduation, May 2009.
10. Dodd, Daniel, 2005-2008. "Comparison of psychological state and cardiovascular reactivity in firefighters during simulated tasks", Graduation: May, 2008.
9. White, Andrea, 2005– 2007. "Effect of chronic vinegar ingestion on glycemic control and body composition in adults with Type 2 Diabetes". Graduation, May 2007.
8. McClain, James, 2005-2007. "Effect of epoch length on physical activity intensity outputs from the actigraph accelerometer in children". Graduation, May 2007.
7. Susan, Sisson, 2003-2006. "Analysis of the environments related to cycling behavior on a university campus", Graduation, May 2006.
6. Willardson, Jeffery, 2002-2005. "Effect of rest interval length on bench press performance with heavy versus light loads", Graduation, May 2005.
5. Ziuraitis, Joana. 2000-2003. "Energy cost of single set resistance training: Comparison between older and younger adults", Graduation, May 2003.
4. Alexander, Jeffery. 2000-2003. "Effect of single set strength training on physical function among patients in pulmonary rehabilitation", Graduation, May 2003.
3. Dale, Darren. 1996-1999. "Using the CSA Accelerometer to examine compensatory increases in physical activity in children following different activity experiences." Graduation, May, 1999.
2. Kramer, Mary M. 1994-1996. "Effects of exercise on psychological well-being in women recovering from breast cancer", Graduation, May 1996.
1. Ransdell, Lynda B. 1994-1996. "Sub-domains of body image relative to physical activity, adiposity, age, and hormone status of postmenopausal women", Graduation, August 1996.

**Student Advising: Doctoral Students Comprehensive Exam Committee Member Only**

1. Toledo, Meynard. Fall 2017

**Student Advising: Masters Students Chair**

35. Yu, Gladys. "Associations of physical activity, mindfulness, & resilience practices with perceived quality of life among female college veterans". Graduation, May 2019.
34. Ishida, Ai. 2016-2018. "The relationships between internal and external workload to help predict non-contact soft tissue lower limb injury in women college soccer players". Graduation, May 2018.
33. Haynes, Taylor, 2015-2017. Capstone Research Project: "Exercise is Medicine® on campus pilot study: procedures, participants and problems". Graduation, May 2017.
32. Smith, Jared, 2015-2016. "Association between mindful eating and weight cycling in middle age women" Graduation, May 2016.

31. Zeigler, Zachary, 2011-2013. "Acute effects of walking workstation on ambulatory blood pressure in the prehypertensive population", Graduation: May 2013.
  30. Hawley, Michelle, 2010-2012. "The effect of an energy drink on acute muscle strength and fatigue in young men," Graduation: May 2012.
  29. Skipworth, Katherine, 2009-2011. "Relationship between perceived stress and depression in college students" Graduation: May 2011.
  28. DeWeese, Robin, 2010-2011. "Relationship of lean body mass to leg strength and fatigue in young and middle-aged women". Graduation, May 2011.
  27. Smith, Lisa, 2008-2010. "Relationship of fitness and physical activity to Vitamin C status in sedentary men". Graduation, May, 2010.
  26. Gray, Tiffany, 2006-2009. "Ambulatory activity and body composition in middle aged women", Graduation, May 2009.
  25. Keating, Christopher, 2007-2009. "Comparison of electrical impedance measures of total body water in high school wrestlers". Graduation, May 2009.
  24. Rooney, Laura, 2006-2008. "The associations between psychological state mindfulness and physical activity and eating behaviors", Graduation, May 2008.
  23. Heumann, Kristin, 2006-2008. "Comparison of calcaneal ultrasound in competitive jump ropers and inactive age matched controls", Graduation, May 2008.
  22. Abbey, Lovelyn, 2006-2008. "Influence of fitness and sex on differences in perceived exertion during submaximal walking", August 2008.
  21. Black, Laurie, 2005-2007. "Acute effects of resistance exercise protocols on insulin sensitivity in individuals with elevated blood glucose". Graduation, May 2007.
  20. Weyers, Tracy, 2005- 2007. "The effects of Vitamin C status and exercise intensity on arterial distensibility in adults". Graduation, August 2007.
  19. Sandeen, Janelle. 2003-2007. A secondary data analysis comparing multi-frequency bioelectrical impedance analysis in reference to the Bod Pod. Graduation, August 2007.
  18. Johnson, Lyndsi, 2004-2006. "The reliability of energy expenditure measures of a standardized protocol of Dance, Dance Revolution® in college age men and women", Graduation, August 2006.
  17. Alsac, Biray. 2005-2006. "Heart rate response to four physical activity tasks in a virtual exercise game in college age men and women", Graduation, August 2006.
  16. Girard, Susanne, 2004- 2005. "Effect of weight loss on muscular efficiency". Graduation, December 2005.
  15. Johnson, Janelle, 2003-2005. "Acute effects of isocaloric sucrose and high fructose corn syrup beverages on satiety, triglyceride, insulin and glucose concentrations", Graduation, May 2005.
  14. Rosenthal, Deborah. 2001-2003. "Changes in body dissatisfaction following exercise and diet interventions in young and midlife women". Graduation, May 2003.
  13. Wright, Bethany. 2000-2002. "A comparison of social physique anxiety in black and white women". Graduation, May, 2002.
  12. Johansson, Camilla. 2000-2002. "The effects of a moderate to high intensity aerobic exercise program and a high intensity resistance-training program on resting metabolic rate in women." Graduation, August, 2002.
-

11. Morales, Lissette, 2002-2002. "Differences in health-related quality of life score between active and in-active individuals with arthritis". Graduation, August, 2002.
10. Kokes, Jennifer. 1996-2001. "Influence of lactation on body weight and regional adiposity changes following pregnancy", Graduation, December, 2001.
9. Thwaites, Julie. 1997-2000. "Effects of creatine supplementation on components of body composition in men", Graduation, August, 2000.
8. Araki, Kristen. 1998-2000. "The effects of moderate intensity exercise on visceral fat deposition in post- menopausal women". Graduation, May, 2000.
7. Wright, David. 1997-1999. "Effects of seven consecutive days of intermittent moderate intensity exercise on insulin sensitivity." Graduation, August, 1999.
6. Binzen, Carol. 1997-1999. "Effects of an acute bout of resistance exercise on energy expenditure in women". Graduation, May, 1999.
8. Bieterman, Steven. 1996-1998. "Effect of exercise training on electrocardiographic indices of cardiovascular health in obese women". Graduation December, 1998.
4. Swarsbrook, Myrna. 1996-1998. "Exercise frequency in the development of fitness in elderly women: Analysis of a community exercise program". Graduation, May, 1998.
3. Kang, Suhjung. 1995-1997. "Assessment of percent body fat using whole and segmental bioelectrical impedance in women". Graduation, December, 1997.
2. Park, Jun Jung. 1995-1996. "The effect of regional adiposity on prolongation of QTc interval in women". Graduation, December, 1996.
1. Boynton, Mary. 1994-1996. "Perceived exertion of women: influences of body fat, body fat distribution and various psychological characteristics", Graduation, August, 1996.

#### **Student Advising: Masters Students [Committee Member](#)**

39. Merkel, Aubry. 2016-2018. "Effects of a lifestyle intervention on balance among overweight adults with arthritis". Graduation, May, 2019.
38. Dierickx, Erin. 2016-2017. "Muscle Quality, Muscle Mass, Muscle Strength, and Pulse Wave Velocity Between Healthy Young and Elderly Adults". Graduation, May 2017.
37. Barraza, Estella. 2014-2016. "Investigating the effects of a lifestyle intervention (physical activity and lifestyle education) on BDNF, a biomarker of cognitive health in obese Latino pre-diabetic youth". Graduation, December, 2016.
36. Ashurst, Jessica. 2015-2016. "The associations among emotions and food choices in college freshmen: a cross-sectional study using ecological momentary assessment", Graduation, May 2016.
35. Gordon, Amanda, 2012-2013. "Feasibility of a theory-based sedentary intervention to decrease sitting time in the workplace". Graduation: May 2014.
34. Obermeyer, Lindsay, 2012-2013. "Relationship of plasma vitamin c to fat oxidation in healthy omnivorous and vegetarian adults". Graduation, May 2013.
33. James, Darith, 2012-2013. Association of self-compassion, perceived stress and eating behaviors in college freshmen", Graduation: May 2013.

32. Burks, Hillary, 2011-2012. "Physical activity and executive functioning in college students". Graduation, May 2012.
  31. Neiland, Heidi, 2009-2011. "Effect of Vitamin C supplementation on stepping activity and mood in young men", Graduation, May 2011.
  30. Wood, Lindsey, 2010-2011. "Almond consumption and weight loss in obese and overweight adults". Graduation, May 2011.
  29. Schlueter, Amanda, 2008- 2010. "The Diet Quality Index: Relationships to plasma Vitamin C and mood state in healthy, young adult college-age males", Graduation, May 2010.
  28. Bhammar, Dharnini. 2009-2010. "Effect of exercise intensity on endothelial function in college men", Graduation, August 2010.
  27. Fumack, Cynthia, 2009-2010. "Effect of exercise intensity on post exercise blood pressure in college men". Graduation, May 2010.
  26. Gonzales, Denise, 2006-2009. "Sublingual Vitamin B supplementation versus placebo in the treatment of elevated plasma total homocysteine levels. Graduation, May 2009.
  25. Davis, Rachel, 2006-2008. "Long term yoga practitioners experience of the role of yoga in stress reduction", Graduation, August 2008.
  24. Soria, Shannon, 2006-2008. "Comparison of bone stiffness in girls participating in various after school physical activities", Graduation, May 2008.
  23. Kahl, Kaleen, 2006-2008. "Bone stiffness index and body composition in 9-12-year-old female swimmers", Graduation, August, 2008.
  22. Stern, Jennifer, 2006-2007. "Vitamin C Status and exercise-induced oxidative stress: Across sectional correlation". Graduation, May 2007.
  21. Hatch, Quinlan, 2006-2008. "Fat oxidation in relation to the consumption of macronutrients in healthy adults". Graduation, May, 2008.
  20. Alexon, Christy, 2005 – 2007. "Effect of vitamin C on fat oxidation and plasma carnitine in obese adults", Graduation, May, 2007.
  19. Hale-Griffith, Meredith, 2005-2007. "The influence of aerobic capacity, power and strength on the performance of boxers ". Graduation, August, 2007.
  18. Hostetler, Dawn, 2005-2007. "The effects of Vitamin C status on substrate utilization and resting metabolic rate at rest in adults". Graduation, August, 2007.
  17. Hipke, Jodi, 2003-2004. "Reliability of the Yamax pedometer during treadmill walking and free-living ambulation". Graduation, May, 2004.
  16. Elsenbaumer, Kelly, 2002-2003. "Accuracy of pedometers to assess ambulatory activity in obese men and women". Graduation, May, 2003.
  15. Wisowaty, Kim., 2001-2002. "Effect of Cardiac Rehabilitation on Depression in Men and Women." Graduation, December, 2002.
  14. Essex, Matt, 2001-2001. "The effects of high-intensity, single set strength training on the blood lipid profiles of untrained older adults". Graduation, December, 2001.
  13. Day, Carol. 1999-2001. "Effects of high dietary protein on resting metabolic rate and substrate utilization in healthy women", Graduation, August, 2001
-



12. Huso, Erik. 1999-2001. "Effects of creatine supplementation on resting metabolic rate and substrate utilization in men", Graduation, May, 2001.
11. Saurial, Amy, 1999-2000. "Effects of exercise on resting metabolic rate and body composition of post- menopausal active and sedentary women", Graduation, December, 2000.
10. Broman, Tannah. 1999-2000. "Effects of moderate-intensity strength training on strength and physical function among elderly men and women". Graduation, December, 2000.
9. Shassian, Ali. 1999-2000. "The effects of a high-protein, high starch, and high sucrose diet on metabolism in healthy women", Graduation, August, 2000.
8. Fukuchi, Jennifer. 1997-1999. "Effect of spousal involvement on confidence levels of patients an spouses in cardiac rehabilitation", Graduation, May, 2000.
7. Gilliatt, Meredith. 1999-2000. "Effects of exercise on resting metabolic rate and body composition of mid-life active and sedentary women", Graduation, May, 2000.
6. Chong, Dave. 1998-1999. "Stress levels and exercise habits in airline pilots: Comparing regional, national and major air carriers", Graduation, August, 1999.
5. Rena, Cynthia. 1997-1998. "Effects of knowledge of body fatness on body image in college students", Graduation, December, 1998.
4. Grabau, Lisa. 1997. "Reproducibility of exercise intensity based on ratings of perceive exertion in women", Graduation, August, 1997.
3. Delfs, Jan. 1997. "Is aerobic demand of running linear and predictable from a single test speed?", Graduation, August, 1997.
2. Parmenter, Mark A. 1997. "Exercise recovery metabolism associated with three exercise intensities". Graduation, August, 1997.
1. Jerome, Linda. 1995-1997. "Energy expenditure during a resistance exercise protocol in women with regional adiposity", Graduation, August, 1997.

#### Undergraduate Honors Students: [Chair](#)

8. Lam, Ellen (2018-2020). "The relationship between bone and muscle: Effect of exercise on osteoporosis and sarcopenia". Graduation, May 2020.
7. Fuentes, Braegen (2018-2020). "Bone health basics". Graduation May 2020.
6. Woods, Jessica. (2016-2019). **NOTE: 2017 Bidstup Award Winner.** "Effects of exercise on blood glucose control". Graduation, May 2019.
5. McCreery, Lillianne (2017-2018). "Effects of resistance training on resting energy expenditure in women". Graduation, December, 2018.
4. Stich, Alex (2017-2018). "Bariatric Surgery: The Good, Bad, & Questionable." Graduation, May 2018.
3. Wright, Joan (2016). "Is it hunger or hormones? Association of plasma ghrelin levels with eating behaviors and weight cycling history in obese and overweight women." Graduation, May 2016.
2. Zilveti, Jason. "Comparison of substrate utilization during submaximal exercise following 8-weeks of endurance and resistance exercise training", Graduation, May 2003.

1. Corte, Corinne. "Energy cost of submaximal exercise in Vitamin C depleted and repleted men and women" Graduation, May 1997.

#### Undergraduate Honors Students: Committee Member

2. Abelev, Daniel. (2014) "Effects of continuous exercise versus interval training on body fat composition", Graduation, 2014.
1. Moore, Kerryn, (2005). "The ability of personality variables, to predict long-term gastric bypass surgery outcome for patients", Graduation, 2005.

#### Master's Student Independent Research Faculty Mentor (EXW 592)

4. Pitts, Christina (Spring 2019)
3. Jenkins, Courtney (Fall 2018)
2. Engelman, Jen (Spring 2018).
1. Kaur, Monika (2017-2018).

#### Undergraduate Research Faculty Mentor (EXW 492)

- |     |         |                   |
|-----|---------|-------------------|
| 22. | 2018-19 | Lazalde, Stevie   |
| 21. | 2017-18 | Coronel, Jaid     |
| 20. | 2017-18 | Smith, Brandon    |
| 19. | 2017-18 | Levy, Joshua      |
| 18. | 2017-18 | Parikh, Neha      |
| 17. | 2017-18 | Pathania, Vinay   |
| 16. | 2017-18 | Leon, Rene        |
| 15. | 2017-18 | Andersen, Desiree |
| 14. | 2016-17 | Aguilar, Jose     |
| 13. | 2016-17 | Patel, Neha       |
| 12. | 2016-17 | Simmonds, Melissa |
| 11. | 2016-17 | Montag, Abigail   |
| 10. | 2016-17 | Barraza, Gabriela |
| 9.  | 2016-17 | Patchin, Samantha |
| 8.  | 2016-17 | Talebi, Tara      |
| 7.  | 2016-17 | Miller, Danielle  |
| 6.  | 2016-17 | Yaphet, Jennifer  |
| 5.  | 2014-15 | Ernesto Rodriguez |
| 4.  | 2014-15 | Zach Gulley       |
| 3.  | 2013-14 | Nora Mihalick     |
| 2.  | 2013-14 | Chestiny Fair     |
| 1.  | 2012-15 | Aubrey Smith      |

#### Professional Development: Teaching

June 9-10	2021	<i>REMOTE: The Connected Faculty Summit</i>
May 4	2021	McGraw-Hill Connect Workshop
July 13-24	2020	ASU <i>Snyc Workshop</i>
July 13-14	2020	<i>REMOTE: The Connected Faculty Summit</i>
Nov 28	2018	<i>Advanced Canvas Course</i> , CHS Learning Innovation Group
Nov 13	2018	<i>Introduction to Canvas</i> ; CHS Learning Innovation Group
Oct 25	2018	Canvas Introduction Training, UTO Academic Technology
June 6-20	2016	ASU <i>Online Master Class</i> (Formally BootCamp)

#### Teaching Service

2018 (fall)	Guest Lecturer OBS 501: <i>Bariatric Surgery, The Good, The Bad, and The Questionable.</i>
2018 (fall)	Guest Lecturer OBS 501: <i>Obesity and Stress</i>

## PROFESSIONAL SERVICE

### Committee Service in Professional Organizations

2011-2013	Member of the 'Clinical Committee' for <i>The Obesity Society</i> . Chair of 'Clinician Recognition and Awards' Subcommittee.
2007-2009	Steering Committee Member, "Activate Arizona", Valley of the Sun YMCA Community Program.
2006-2007	Past President, Southwest Chapter of the American College of Sports Medicine.
2005-2006	President, Southwest Chapter of the American College of Sports Medicine,
2004-2005	President Elect, Southwest Chapter of the American College of Sports Medicine,
2000-2007	Committee Member, Planning Committee, "Arizona's Obesity Prevention Plan", Arizona Department of Health Services
1996-1997	Charter Member, American College of Sports Medicine Special Interest Group, "Health Education and Promotion".
1992-1994	Board Member, Rocky Mountain Chapter of the American College of Sports Medicine.
1987-1988	Program Committee Member, Southeast Chapter of the American College of Sports Medicine,

### Reviewer Service for Professional/Scientific Organizations

2019-2020	Grant Reviewer (PADOH) Pennsylvania Department of Health Formula Grants Final Performance Review - 2019-2020 Cycle A.
2018- 2019	Grant Reviewer, (FLDOH) <i>Florida Department of Health Biomedical Research Programs Review</i> , James and Esther King Research Program 2018-2019 Oak Ridge Associated Universities (ORAU).
2017- 2018	Grant Reviewer, Pennsylvania Department of Health (PA DOH), " <i>Cancer prevention and treatment.</i> " Research projects funded by the PA DOH Master Tobacco Settlement Funds, Oak Ridge Associated Universities (ORAU).
2014- 2017	Grant Reviewer NIH, "ZRG1 RPHB-C. "Risk, Prevention and Health Behavior", Small Business Innovative Research (SBIR) Program.
2012- 2014	Grant Reviewer NIH, "ZRG1 RPHB-C. "Risk, Prevention and Health Behavior", Small Business Innovative Research (SBIR) Program.
2011-2012	Program Reviewer, Pennsylvania Department of Health (PA DOH), " <i>Obesity prevention and treatment.</i> " Research projects funded by the PA DOH Master Tobacco Settlement Funds, Oak Ridge Associated Universities (ORAU).
2008-2009	Grant Reviewer NIH, "Risk, Prevention and Health Behavior", Small Business Innovative Research (SBIR) Program.
2005 -2006	Grant Reviewer: (Special Emphasis Panel) NIDDK in response to the PAR-04-082 entitled "Small Clinical research Grants in Digestive Diseases and Nutrition."
2004-2005	Grant Reviewer (Special Emphasis Panel), NCI/NIH, "Mechanisms of Physical Activity Behavior Change'.
2003-2004	External Grant Reviewer, Collaborative Grants Competition, City University of New York (CUNY).
2003-2004	External Grant Reviewer, Research Board, University of Missouri.
2003-2004	Grant Reviewer, American Heart Association Peer Review Study Group Behavioral Science, Epidemiology and Prevention-2.
2002-2006	Grant Reviewer. NIH, "Risk, Prevention and Health Behavior", Small Business Innovative Research (SBIR) Program.
2002-2003	Reviewer, SWACSM Research Abstracts, Southwest American College of Sports Medicine.

### External Reviewer Promotion and Tenure

2019	University of New Mexico
2019	Midwestern University
2012	University of New Mexico.
2012	University of Colorado, Colorado Springs

### External Reviewer Professional Programs

2017-2019	External Evaluator for a program in Nutrition, Health & Wellness at Singapore Polytechnic University in Singapore.
2015-2017	External Evaluator for a program in Nutrition, Health & Wellness at Singapore Polytechnic University in Singapore.

### University Committee Service

2020-present	Committee Member (Alternate), ASU Institutional Review Board, Biosciences.
2020- present	Committee Member, Senate Governance Grievance Committee (3 year; 2023)
2019-2020	Reviewer, Graduate College Outstanding Faculty Mentor Awards
2018-2019	Reviewer, Graduate College Outstanding Faculty Mentor Awards
2017-2018	Reviewer, Graduate College Outstanding Faculty Mentor Awards
2015-2019	Committee Member (Alternate), ASU Institutional Review Board, Biosciences.
2016-2017	<b>Chair</b> , Faculty Senate Governance Grievance Committee.
2014-2015	Committee Member, Faculty Senate Governance Grievance Committee.
2008-2011	Committee Member, Faculty Senate Committee on Academic Freedom and Tenure (CAFT).
2005-2010	Committee Member (Alternate), ASU Institutional Review Board, Biosciences.
2004-2007	Committee Member, ASU Polytechnic Graduate Council.
2002-2003	Senator, ASU Academic Senate.

### College of Health Solutions (Formally School of Nutrition and Health Promotion) Service

2018-present	Committee Member, CHS College Curriculum Committee
2017-2019	Committee Member, CHS College Workload Committee
2017-2018	<b>Associate Director</b> , School of Nutrition and Health Promotion
2017-2018	College of Health Solutions Visioning Committee Member; <i>Faculty Success Hub</i> ; <i>Teaching Sub-Committee</i> ; <i>Curriculum Process Sub Committee</i> ; <i>Scheduling Best Practices Committee</i>
2013-2016	<b>Chair</b> , SNHP Ad-Hoc Personnel Committee, Promotion and Tenure & Sabbatical Reviews School of Nutrition and Health Promotion.
2004-2017	<b>Director</b> Interdisciplinary Ph.D. Program in Physical Activity Nutrition and Wellness.
2013-2014	Committee Member, Research Specialist Senior Search Committee, School of Nutrition and Health Promotion.
2013-2015	Committee Member, Promotion Committee, Non-Tenure Eligible Faculty, School of Nutrition and Health Promotion.
2012-2013	Committee Member, Annual Review Personnel Committee, School of Nutrition and Health Promotion.
2012-2013	Committee Member, Assistant/Associate Professor School of Nutrition and Health Promotion Cluster Hire Search Committee.
2010-2011	Committee Member, College of Nursing and Health Innovation Tenure/Tenure Track Search Committee
2006-2009	Committee Member, School of Applied Arts and Sciences Personnel Committee.
2002-2004	Committee Member, East College Personnel Committee.
2003-2004	Member, Executive Committee, ASU East Academic Assembly.
2002-2004	Grievance Committee Representative, ASU East Academic Assembly.
2000-2004	<b>Chair</b> of Interdisciplinary Ph.D. Program Development Committee.

### Movement Science Neighborhood (formerly Exercise and Wellness Program) Service

2020-present	CES Degree Curriculum Committee
2020-present	ACSM Program Accreditation Committee MS and BS degrees
2019-2020	MS Degree Committee Curriculum Revision Committee
2018-2019	MS Degree Committee Ad Hoc Comprehensive Exam Reviewer
2017-2018	Personnel Committee Member
2016-2017	Committee Member, Clinical Assistant Professor Search Committee
2016-2017	<b>Advisor/Chair Student Club</b> . Exercise is Medicine at ASU, Student Club.
2014-2017	Committee Member, Exercise Science and Health Promotion MS Degree Committee
2014-2015	Coordinating Committee Member, ASU / ACSM Fitness Summit Phoenix, AZ

2013-2017	Undergraduate Curriculum Committee, EXW Concentration.
2013-2014	Committee Member, Promotion and Tenure Committee, Exercise Science and Health Promotion Faculty
2012-2013	<b>Chair</b> , Lab Coordinator Search Committee, Exercise and Wellness Program.
2012-2013	<b>Chair</b> Bylaws Committee.
2007-2009	<b>Chair</b> Interim EXW Department,
2009-2013	Committee Member, Personnel Committee.
2006-2007	Coordinator EXW "Booth" ASUP 10th Anniversary Event-Fall.
2004-2006	<b>Chair</b> , Associate/Full Professor Search Committee, EXW Department.
2004-2005	Committee Member Healthy Lifestyle Center/Research Building Planning.
2002-2005	<b>Coordinator</b> , Departmental Research Colloquia.
2001-2007	<b>Degree Coordinator</b> Exercise and Wellness Master's Degree.
2001-2004	Committee Member, Undergraduate Health Promotion Curriculum
2002-2003	<b>Co-Chair / Co-PI</b> : Healthy Lifestyles Institute Facility Grant, NIH Application.
2004-2018	<b>Advisor/Chair</b> , Student Club, EXW Graduate Student Club Advisor.

### Editorial Board Professional Journals

2016- present	Women in Sport and Physical Activity Journal
---------------	--

### Reviewer for Professional Journals

2020-present	Applied Sciences
2019-2020	The Journal of Nutrition
2019-2020	Journal of Women and Aging
2019-2020	Journal of Musculoskeletal and Neuronal Interactions
2018-2019	International Journal of Qualitative Studies in Health & Well-being
2017-present	PLOS One
2012- present	Journal of Physical Activity and Health
2012-present	Journal of Strength and Conditioning Research
2000-present	Medicine and Science in Sports and Exercise
1994-present	Women in Sport and Physical Activity Journal
2016-2019	Rehabilitation Research and Practice.
2010-2015	Journal of Nutrition and Health.
2010-2015	Journal of Obesity.
2013-2015	Experimental Physiology
2013-2015	Journal of Nutrition and Metabolism
2004-2010	American Journal of Preventive Medicine.
2002-2010	International Journal of Obesity.
2000-2009	Obesity Research.

### Community and Professional Service Lectures/Presentations

2016	Invited Speaker, Center for Diabetes Management; Dignity Health Mesa, AZ. "Exercise and Diabetes", January, 2016.
2014	Invited Speaker/Panel Member, ASU Retirees Association (ASURA). "Wellness for Seniors: Backs, Bones, Muscles and More!" Spring.
2010	Participated in CONHI "Make Just One..." Walk and Kickoff event during Homecoming Parade. Fall.
2007	Invited Speaker/ Panel Member, <i>Activate Arizona</i> "Dream Team", Valley of the Sun YMCA's initiative to build partnerships to address health challenges and reduce the effects of chronic disease and related risk factors. Phoenix, AZ, Fall.
2007	Invited Speaker, Sun City Anthem at Merrill Ranch, Title: "Exercise and Aging: Principles and Practice", Florence, AZ, Spring.
2006	Invited Speaker, Federal Employees Retirees Association, Title: "Exercise and Aging: Principles and Practice", Tempe, AZ, Fall.

- 2006 Invited Speaker, Phoenix Rotary Club, Title: "Exercise and Aging: Principles and Practice", Phoenix, AZ, Fall,
- 2005 Invited Lecture, Women's Studies Program, Title: "Physiological differences in gender during sport and exercise", Phoenix, AZ, Fall,

### Professional Memberships/ Affiliations

- 2021- Present Clinical Exercise Physiologist Association (CEPA)
- 1988-Present American College of Sports Medicine (ACSM)
- 1994-Present Southwest Chapter of the American College of Sports Medicine (SWACSM)
- 1991-Present The Obesity Society (TOS)
- 1998-2007 American Diabetes Association
- 2000-2010 American Heart Association
- 2010-2012 Society of Behavioral Medicine

### Professional Certifications

- 2018-2021 Re-certification (2018) ACSM Certified Exercise Physiologist®  
Recertification (2004, 2008, 2011, 2014, 2017)
- 2000 ACSM Certified Exercise Physiologist®, EP-C First Certification Number: # 3468,