

SUE RODEARMEL, Ed.D.
Principal Investigator – Hayward Promise Neighborhood
Assistant Professor
Exercise Physiologist / Obesity Prevention Specialist
Department of Kinesiology
California State University, East Bay

EDUCATION

University of Northern Colorado: Greeley, CO
Doctor of Education (EdD): August 1997
School of Kinesiology and Physical Education
Major: Physiological Kinesiology / Physical Education

Humboldt State University: Arcata, CA
Master of Arts (MA): May 1991
Department of Health and Physical Education
Major: Physical Education
Emphasis: Exercise Physiology and Teaching / Coaching

Humboldt State University: Arcata, CA
Bachelor of Arts (BA): June 1978
Department of Science and Health
Major: Zoology

PROFESSIONAL HISTORY

- Sept 2008 – present
- Assistant Professor
Department of Kinesiology
California State University East Bay, Hayward, CA
- 2007 - 2008
- Obesity and Weight Gain Prevention Specialist, Community Coalition Development
CanDo - Coalition for Activity and Nutrition to Defeat Obesity, Live Well Colorado
Poudre Valley Health System, Community Health Improvement, Fort Collins, CO
- 2002 - 2006
- Professional Research Associate
 - Research Director - *America on the Move for Families* Obesity Prevention Research
Center for Human Nutrition, School of Medicine
University of Colorado at Denver and Health Sciences Center, Denver, CO
 - Visiting Professor
Department of Exercise and Sport Science
Colorado State University, Fort Collins, CO
- March 2004
- Instructor
School of Medicine: Department of Physical Medicine and Rehabilitation – Physical Therapy
University of Colorado at Denver and Health Sciences Center, Denver, CO
- 1998 - 2002
- Assistant Professor
Department of Physical Therapy; Rueckert-Hartman School for Health Professions
and Biology Department, Regis College (split appointment)
Regis University, Denver, CO
- 1996 - 1998
- Assistant Professor / Post-doctoral Teaching Fellow (2 year funded position)
Department of Health and Exercise Science, School of Applied Human Sciences
Colorado State University, Fort Collins, CO
- 1995 - 1996
- Assistant Professor
 - Director: Exercise Physiology/Human Performance Laboratory
Department of Physical Education and Sport
State University of New York, College at Brockport, Brockport, NY
- 1992 - 1995
- Doctoral Graduate Assistant / Doctoral Graduate Research Assistant
 - Director: UNC-Weld County District 6 Adapted Aquatics Swimming Program
 - Exercise Leader Coordinator: Tobey-Kendel Fitness Center
School of Kinesiology and Physical Education
University of Northern Colorado, Greeley, CO

- 1988 - 1992
- Assistant Professor
 - Head Coach: Women's Intercollegiate Swimming
Department of Health and Physical Education
Humboldt State University, Arcata, CA
- 1979 - 1988
- Instructor of Dance, Music, Culture, Costume / Principal Dancer and Performer / Costume Director
AMAN International Music and Dance Company, Los Angeles, CA

TEACHING EXPERIENCE (* indicates graduate level courses)

Over 17 years of teaching experience at the university level specializing in exercise physiology, obesity and weight gain prevention, health and wellness, human physiology, human anatomy, and nutrition.

California State University, East Bay - Department of Kinesiology and Physical Education (Fall 2008 - present)

Responsibilities: teaching, research, service

KPE 1625	Nutrition and Performance (lecture) – F09	4 credits
KPE 3320	Exercise Physiology (lecture and lab) – Sp09, Sp10	5 credits
KPE 4005	Exercise Nutrition and Metabolism (lecture) – F08, F09, F10	4 credits
KPE 4030	Professional Field Experience (supervision) – every qtr	1- 4 credits
KPE 4031	Professional Field Experience (supervision) – every qtr	1- 4 credits
KPE 4330	Clinical Exercise Physiology (lecture) – Sp09, Sp10, Sp11	4 credits
KPE 4610	Exercise Prescription (lecture & lab) – W09, W10, W11	4 credits
KPE 4614	Exercise and Well Being (lecture) – F08, W09, Sp09, F09, W10, Sp10, F10	4 credits
KPE 6420*	Seminar in Exercise Physiology (seminar) – W09	4 credits
KIN 6420*	Perspectives in Health and Wellness (seminar) – W10	4 credits
KIN 6670*	Training for Physical Performance – F10	4 credits
KIN 6850*	Supervised Graduate Research – ongoing	1- 4 credits
KIN 6899*	Graduate Project – most quarters	1- 4 credits
KIN 6900*	Graduate Independent Study – most quarters	1- 4 credits
KPE 7816	Childhood Obesity–DCIE Continuing Education – W09	3 credits
KPE 7816	Hot Topics in Sports Performance–DCIE Continuing Education – W10	3 credits

University of Colorado at Denver and Health Sciences Center - School of Medicine, Department of Physical Medicine and Rehabilitation - Physical Therapy Program (transition clinical doctorate course) (Spring 2004)

PT 6000*	Prevention, Health Promotion, and Wellness (lecture)	1 credit
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Regis University - Department of Physical Therapy [clinical masters (600 level courses, 1998-2002) and clinical doctorate (700 level courses, 2002)]

Responsibilities: teaching, service, research, thesis advising

DPT 702*	Human Physiology (lecture)	3 credits
DPT 708*	Wellness and Health / Exercise Physiology (lecture and lab)	4 credits
DPT 732*	Cardiopulmonary Management (Course Coordinator – lecture and lab)	3 credits
PT 602*	Human Physiology (lecture and lab)	4 credits
PT 608*	Exercise Physiology (lecture)	2 credits
PT 653*	Physical Therapy Professional Issues I	1 credit
PT 654*	Physical Therapy Professional Issues II	1 credit
PT 655*	Physical Therapy Professional Issues III	1 credit
PT 618*	Cardiopulmonary Management (Course Coordinator – lecture and lab)	3 credits

Regis University – Biology Department, Regis College (undergraduate program) (1998 - 2002)

Responsibilities: teaching, service

KIN 423	Physiological Kinesiology / Exercise Physiology (lecture and lab)	3 credits
BL 244	Human Anatomy and Physiology I (lecture)	3 credits
BL 245	Human Anatomy and Physiology I (lab)	1 credits
BL 246	Human Anatomy and Physiology II (lecture)	3 credits
BL 247	Human Anatomy and Physiology II (lab)	1 credits

Colorado State University - Department of Exercise and Sport Science (1996-1998)

Responsibilities: teaching, service

EX 444	Exercise and Aging (lecture)	2 credits
EX 405	Exercise Testing Instrumentation (lecture and lab)	2 credits
EX 303	Anatomical Kinesiology (lecture and lab)	3 credits
EX 145	Health and Wellness (lecture)	3 credits
EX 119	Games and Rhythmic Activities for PE Student Teachers (lecture, lab)	2 credits
ED 485	Student Teacher Supervision – Physical Education	3 credits
ED 493	Professional Seminar - Student Teachers – Physical Education	1 credit

State University of New York at Brockport - Department of Physical Education and Sport (1995-1996)

Responsibilities: teaching, service, research

PES 310	Exercise Physiology I (lecture)	3 credits
PES 410	Exercise Physiology II (lecture and lab)	3 credits
PES 416	Laboratory Techniques in Exercise Physiology	3 credits
PEP 361	Cardiac Rehabilitation (lecture and lab)	3 credits
PES 143	Bicycle Touring	1 credit
PES 252	Beginning Weight Training	1 credit
PES 343	Advanced Weight Training	2 credits

University of Northern Colorado - School of Kinesiology and Physical Education (1992-1995)

Responsibilities: graduate assistant teaching

KINE 625*	Laboratory Techniques in Exercise Physiology Lab (assisted)	3 credits
KINE 502*	Human Performance Assessment Lab	3 credits
KINE 402	Human Performance Assessment Lab	3 credits
KINE 220	Anatomical Kinesiology Lab	3 credits
PE 174	Social Dance	1 credit
PE 152	Fitness Swimming	1 credit
PE 149	Fitness and Conditioning	1 credit
PE 146	Aerobics	1 credit
PE 128	Cycling	1 credit
PE 118	Beginning Swimming	1 credit
PE 104	Volleyball	1 credit

Humboldt State University - Department of Health and Physical Education (1988-1992)

Responsibilities: coaching, teaching, service

PE 445W	Intercollegiate Swimming - Women (Head Coach)	5 credits
PE 425	Dance for Majors	1 credit
PE 346	Advanced Fitness Swimming	1 credit
PE 246	Intermediate Fitness Swimming	1 credit
PE 146	Beginning Fitness Swimming	1 credit
PE 289	Water Fitness / Water Aerobics	1 credit
PE 145	Beginning Swimming Instruction	1 credit
PE 119	Aerobics	1 credit

RELATED PROFESSIONAL WORK EXPERIENCE:

Principal Investigator, Hayward Promise Neighborhood, California State University, East Bay (Oct 2010 – present)

California State University, East Bay was one of 21 (of 339) applicants nationwide to receive a Promise Neighborhood (PN) planning grant from the US Department of Education (DOE) to spend a year developing a plan to improve educational outcomes and overall life prospects for low-income children in South Hayward. The grant runs from 10/1/10 through 9/30/11. During this year CSUEB will work with its Management Team partners, Advisory Board, Work Groups, program evaluators, and planning partners to develop and apply project level indicators, and a needs assessment to develop a Comprehensive Neighborhood Revitalization Plan that will improve academic success, revitalize the neighborhood and enable participation in a national discussion of cradle to career neighborhood revitalization efforts. The partnership will apply for a Dept. of Education implementation grant in June 2011 to begin executing the plan in 2011-2012. More information about the program can be found at:

www2.ed.gov/programs/promiseneighborhoods/index.html.

At the time of the award (Oct 1, 2010) the primary author of the planning grant proposal, Dr. Nan Maxwell, CSUEB Professor and Director of the CSUEB HIRE Center, was identified as the Principal Investigator (PI). With Dr Maxwell's departure from CSUEB, I applied for and was offered the Principal Investigator position.

- Promise Neighborhood Initiative
 - Obama administration initiative to break the cycle of generational poverty
 - PN focused on developing
 - a comprehensive approach to improving the educational outcomes
 - and overall life prospects of low income children and their families
 - To create a comprehensive pipeline of educational and community supports to make certain that children reach their full potential
 - PN based on principles of Harlem Children's Zone model – a guide for communities to create their own unique systems

- GOALS of Promise Neighborhoods (HPN): A Comprehensive Approach to...
 - Improving
 - academic success and life outcomes of poor children and their families
 - Serving an entire neighborhood
 - Comprehensively
 - And at scale
 - Creating
 - a college-going culture in low income neighborhoods
 - Building a seamlessly integrated continuum of solutions (focusing on academic programs) from Cradle-to-Career
 - to build the next generation of educated workers
 - build a community that can contribute back to their own neighborhoods
 - Building community among:
 - residents
 - institutions
 - agencies
 - stakeholders
 - Integrating existing programs/supports in neighborhoods,
 - filling gaps
 - breaking down agency silos
 - Sustaining and “scaling up” what works
 - Building capacity
 - in local communities
 - by supporting a lead organization that collaborates with local governments and others to deliver effective programs
 - Doing rigorous evaluation of program outcomes:
 - to measure progress towards improving the life prospects of poor children
 - to use data on an ongoing basis for improving/refining programs
- 1 yr Planning Grant: Goals
 - Focus on Jackson Triangle area of South Hayward
 - To develop a structured planning process
 - To engage community, residents, stakeholders
 - To conduct a neighborhood needs assessment of HPN children along the cradle-to-career continuum
 - To conduct a data segmentation analysis to better target solutions specifically for HPN children and their families
 - Create a Comprehensive Neighborhood Revitalization Plan:
 - Propose evidence-based practices/strategies to deliver the cradle-to-career solutions that address the challenges and gaps identified through the needs assessment and data segmentation analysis
 - To apply for Promise Neighborhood implementation funding from DOE in early summer 2011

Principal Investigator duties include working to:

- Provide Hayward Promise Neighborhood Planning Grant oversight and leadership
- Interface with community partners/stakeholders/residents to further stated goals of the PN grant
 - Work effectively with a wide variety of constituents, including community partners, South Hayward residents, HUSD school district personnel, City of Hayward officials, DOE project officers, foundations, CSUEB offices.
- Lead a team of academics, program heads, practitioners, consultants, officials, and community residents in producing a high quality deliverable within the designated timeframe and within budget
 - Problem solve in a team-based project environment
- Communicate grant’s progress to internal and external stakeholders
- Facilitate Management Team, Advisory Board, and Work Group meetings
- Work closely with Project Director to guide grant implementation
- Ensure data-driven, standards-based practices are used in PN
- Comply with grant, contract, and research policies and procedures
- Work with National Evaluation Team (DOE) to ensure compliance
- Participate in relevant Communities of Practice (CoPs) with the 21 PN grantees
- Ensure fiscal and administrative compliance
- Monitor financial resources and adhere to financial reporting requirements
- Leverage fiscal resources

Pioneer Wellness Challenge - Co-Principal Investigator: Rodearmel, S.J., Coulman, C., Miranda, J. Department of Kinesiology, Department of Nursing and Health Sciences, and Student Health Services, CSUEB. Kaiser Permanente Community Benefit Grants Program, Strategic/Collaborative Grant - Southern Alameda County. Award \$50,000.00 for obesity prevention research project with CSUEB freshmen living in Pioneer Heights residence halls (The Pioneer Wellness Challenge). Co-PI on award. Jan - May 2010

The goal of this study was to provide CSUEB's first-time freshmen living in the residence halls a program called the "Pioneer Wellness Challenge" – a program focused on "moving more and eating well". The Pioneer Wellness Challenge promoted a message similar to that of the national initiative "America on the Move™" – one that empowers individuals to take control of their health by making and sustaining small, measurable changes in daily eating and physical activity routines. The program promoted that participants progressively increase daily physical activity levels and eat more healthfully by replacing high-fat, high-sugar, high-calorie convenience/snack foods and beverages typically consumed with the consumption of healthier foods and beverages. Our goal was to help CSUEB's first-time freshmen become more physically active and to consume healthier foods in efforts to promote lifelong healthy behaviors that combat the national trend of increasing inactive lifestyles, poor food choices, and excessive weight gain and the resultant health-, psychosocial-, and disease-related issues facing our population. Logically, the most optimal way to significantly affect the prevalence of overweight and obesity in our nation is not through treatment, but prevention of weight gain.

Obesity Prevention Specialist – The Coalition for Activity and Nutrition to Defeat Obesity (CanDo), Poudre Valley Health System; Community Health Improvement, Fort Collins, Co (April 2007 – Sept 2008) (www.CanDoOnline.org)

I worked for the Coalition for Activity and Nutrition to Defeat Obesity (CanDo), a community coalition in Fort Collins, CO as an obesity prevention specialist from April 2007 – Sept 2008. CanDo is comprised of community leaders from healthcare, government, business, and academia with the goal of addressing the rising prevalence of obesity in Fort Collins, CO. Representing the city of Fort Collins, CanDo was one of first groups in Colorado to received grant funding from LiveWell Colorado (www.LiveWellColorado.org), the states central coordinating organization for obesity prevention initiatives. LiveWell Colorado is funded by 3 major organizations; Kaiser Permanente, the Colorado Health Foundation, and the Kresge Foundation, and has developed a strategic plan, Fostering Healthy People and Places: the Power of All of Us, which outlines goals and strategies that guide Colorado's statewide efforts to advance policies, programs and environmental changes. This strategic plan has guided CanDo as the roadmap to a healthier Colorado, especially with regards to enhancing opportunities for healthy eating and active living.

The vision of CanDo is for Fort Collins to become a model 21st century community in which healthy lifestyles are valued and practiced by its citizens, and opportunities for physical activity and healthy eating are created and supported by its local government, worksites, schools, and the health care community. The mission of CanDo is to improve the health of the community by increasing physical activity and healthy eating to reduce and prevent obesity.

The four main long-term goals of CanDo are to:

1. Reduce the prevalence of overweight and obesity among Fort Collins citizens
2. Increase the percent of Fort Collins citizens who engage in regular physical activity
3. Increase the percent of Fort Collins citizens who practice healthy eating habits
4. Create environments and policies that support healthy eating, active living, and healthy weights

Job duties and responsibilities with CanDo included:

- Established cooperative relationships with CanDo coalition members, key community leaders, agencies, media, and community members
- Conducted public presentations on obesity prevention to a variety of community audiences
- Developed strong working relationships with school wellness and corporate wellness leaders in the community
- Developed and conducted needs assessments for obesity prevention in the community
- Developed, implemented, and evaluated school and worksite wellness initiatives and strategies
- Planned, developed, distributed, and evaluated school wellness resources and materials
- Coordinated, conducted, and evaluated school wellness training workshops at the district and local level
- Developed, coordinated, and provided technical assistance to school wellness committees
- Participated in CanDo committee meetings, programs, and special events
- Contributed to efforts to expand CanDo into 2 surrounding communities, Greeley and Loveland, CO

Committee Membership: Coalition for Activity and Nutrition to Defeat Obesity (CanDo); Poudre Valley Health System, Fort Collins, CO:

Member: Poudre School District Wellness Committee, Fort Collins, CO
Member: CanDo Youth Committee, Fort Collins, CO
Member: CanDo Adult Committee, Fort Collins, CO
Member: CanDo Steering Committee, Fort Collins, CO

Obesity and Weight Gain Prevention Research and Program Implementation - University of Colorado at Denver and Health Sciences Center - Center for Human Nutrition; School of Medicine, Denver, CO (2002 – 2006). Under the direction of James O. Hill, PhD; Professor of Pediatrics and Medicine and Director of the Center for Human Nutrition, a nutrition center funded by the National Institutes of Health.

- Exercise physiologist specializing in obesity and weight gain prevention research, interventions, and the promotion of healthy eating and active living for adult and pediatric populations.
- Four years of specialized obesity and weight gain prevention work experience at one of the top obesity prevention and weight management centers in the nation.
- Director for *America On the Move Family Research Studies*
 - Directed two large-scale, real-life, family/child-oriented weight gain/obesity prevention research studies.
 - Studies based on the concepts of the national weight gain prevention initiative, America On The Move!™ (AOM) (www.americaonthemove.org).
 - AOM suggests that weight gain (or weight gain in excess of that attributable to normal growth in the case of children) can be prevented in approximately 90% of the population by modifying energy balance (some combination of eating less and moving more) by 100 kcals/day.
 - The two studies examined whether excessive weight gain could be prevented in growing overweight children and their parents if the entire family participated in a simple program encouraging all to make two small lifestyle changes – to move a little more (take an extra 2000 steps/day) and eat a little less (cut out 100 kcals/day from the normal diet).
 - As the director of these studies, both my research team and I had the great privilege of working closely with over 350 families with overweight children encouraging each family to make small, achievable lifestyle changes.
- Highly experienced in the planning, design and development, implementation, evaluation, and translation of obesity prevention programs and research focusing on healthy eating and active living.
- Highly experienced public speaker, instructor, lecturer in the area of obesity prevention, weight gain prevention, health and wellness, nutrition, and exercise science.
- Responsibilities and accomplishments included:
 - Research protocol development, design, writing, and submission for approval from institutional review boards
 - Collaboration with professionals/scientists from both UCDHSC and external funding sources
 - Development of *America on the Move for Families* program materials, educational materials, and assessment tools.
 - Hiring, training, and supervising a research team of 25 employees and student interns
 - Recruiting, screening, randomizing, and managing research participants.
 - Meeting with and conducting interviews with families several times over the course of the studies; providing family- and individual-specific education/suggestions and counseling on how to make simple, attainable healthy lifestyle changes in nutrition and physical activity.
 - Assessing measures of physical activity (steps/day), sugar and food intake, nutrition, height, weight, body fat (% body fat, BMI, %BMI-for-age), body image, and attraction to physical activity.
 - Data collection, entry, and analysis.
 - Managing large budgets for both research studies (\$750,000.00 and \$350,000.00)
 - Presenting evidence-based obesity prevention and weight gain prevention information and research results at international, national, regional, and local professional conferences and meetings
 - Lead author of 2 manuscripts based on these studies published by scientifically acclaimed professional journals

Rodearmel, S.J., Wyatt, H.R., Stroebele, N., Smith, S.M., Ogden, L.G., Hill, J.O. Small changes in dietary sugar and physical activity as an approach to preventing excessive weight gain: The *America on The Move* Family Study. *Pediatrics* 2007, 120(4):e869-e879.

Rodearmel, S.J., Wyatt, H.R., Barry, M.J., Dong, F., Pan, D., Israel, R.G., Cho, S.S., McBurney, M.I., & Hill, J.O. A family-based approach to preventing excessive weight gain. *Obesity* 2006, 14(8):1392-1401.

Invited Instructor: ACSM Health/Fitness Certification Review Course - Invited instructor (2x/yr for 5 years; 1998 - 2002): Invited instructor for the American College of Sports Medicine (ACSM) Health Fitness Instructor (HFI) Review Course, a review course for the national HFI certification exam. Taught review courses in exercise physiology, exercise considerations for special populations, exercise prescription, nutrition, and health and wellness. Denver Technical College, Denver and Colorado Springs campuses, CO.

Director: Exercise Physiology Laboratory - SUNY Brockport (1995-96): Human Performance Laboratory Director responsible for developing and conducting human performance assessment testing for students, student-athletes, faculty, and community members. Testing included assessment of cardiovascular functional capacity, anaerobic power, muscular strength and endurance, flexibility, body composition, and computerized diet analysis.

Exercise Leader Coordinator - University of Northern Colorado (1994-95): Managed and supervised UNC residence hall fitness center program, exercise/aerobic leaders, and personal trainers. Provided orientation and training for exercise/aerobic leaders and personal trainers; interviewed and selected staff; scheduled fitness classes and instructors; provided performance reviews for staff; designed and implemented weekly fitness, health, and wellness seminars for dorm residents; and taught a variety of aerobics classes (i.e. step, floor, abs, etc).

Director: Adapted Aquatics Program - University of Northern Colorado (1992-94): Directed and managed a swimming instructional program for over 150 physically, mentally, and/or socially disabled students from Weld County District 6 schools; hired, trained, supervised, and scheduled approx. 80 employees, volunteers, and work-study students (UNC students and community members) each academic year; organized student and instructor participation in Colorado Special Olympics; taught swimming lessons; managed \$8,000 annual budget.

Head Intercollegiate Swimming Coach – Humboldt State University (1988-91): Head coach for the HSU, Division II women's intercollegiate swim team; recruited student-athletes, prepared and managed an \$20,000 annual budget; organized and directed fundraising events; provided academic advising for student-athletes; supervised graduate teaching assistants and volunteer assistant coaches; provided media relations; scheduled, organized and conducted competitive swimming and diving events. Awarded Coach of the Year of the Northern California Athletic Conference in 1990. Overall team accomplishments during 3 year tenure: school records established in 24 events, including individual, relay and diving events; 8 swimmers awarded All-Conference honors; highest finish at a conference championship; most individual qualifiers at a conference championship.

AMAN International Music and Dance Company (1979-88): Principal instructor for AMAN in association with the Los Angeles Music Center Education Division/Artist-in-Residence Program. Taught multi-cultural dance, music, costuming, culture, and history in elementary, junior high and senior high schools throughout southern California. Resident artist with AMAN's 11-member core company presenting multi-cultural educational music and dance performances in over 300 schools annually. Principal dancer/performer with AMAN's 50-member music and dance company involved in professional dance/music concerts throughout the world. AMAN highlights include:

- Three-month engagement at Disney's EPCOT Center, Orlando, FL
- Internationally televised appearance in EPCOT Center's Grand Opening Special
- U.S. Information Agency, "Ambassador-of-Good-Will Tour" to Middle East and North Africa
- Invited participant, 1984 Los Angeles Olympic Arts Festival, Pasadena, CA
- Invited participant, 1984 Los Angeles Olympic Opening Ceremonies

PEER-REVIEWED PUBLICATIONS (Manuscripts)

Rodearmel, S.J., Wyatt, H.R., Stroebele, N., Smith, S.M., Ogden, L.G., Hill, J.O. Small changes in dietary sugar and physical activity as an approach to preventing excessive weight gain: *The America on The Move Family Study*. *Pediatrics* 2007, 120(4):e869-e879.

Rodearmel, S.J., Wyatt, H.R., Barry, M.J., Dong, F., Pan, D., Israel, R.G., Cho, S.S., McBurney, M.I., & Hill, J.O. A family-based approach to preventing excessive weight gain. *Obesity* 2006, 14(8):1392-1401.

Hayward, R., Dennehy, C.A., **Rodearmel, S.J.**, & Schneider, C.M. Serum creatine kinase, CK-MB, and perceived soreness following eccentric exercise in oral contraceptive users. *Journal of Sports Medicine, Training, and Rehabilitation* 1998, 8:193-207.

Rodearmel, S.J. Plasma creatine kinase - MB isoforms (CK-MB₁ and CK-MB₂) in male and female marathon runners: Ramifications for the early detection of acute myocardial infarction. Dissertation. University of Northern Colorado, 1997.

Schneider, C.M., Dennehy, C.A., **Rodearmel, S.J.**, Hayward, J.R. The effects of physical activity on creatine phosphokinase and the isoenzyme creatine kinase - MB. *Annals of Emergency Medicine* 1995. 25(4):520-524.

PEER-REVIEWED PUBLICATIONS (Abstracts)

- Rodearmel, S.J.**, Hutcheson, K.A., Hyslop, R.M., Dennehy, C.A., & Schneider, C.M. Plasma CK-MB isoforms in females following an unaccustomed weight lifting bout. Medicine and Science in Sports and Exercise, 29 (5): S52, May 1997.
- Hutcheson, K.A., **Rodearmel, S.J.**, Hyslop, R.M., & Schneider, C.M. Leukocyte differentials in females following an unaccustomed weight lifting bout. Medicine and Science in Sports and Exercise, 29 (5): S52, May 1997.
- Rodearmel, S.J.**, Hutcheson, K.A., Hyslop, R.M., & Schneider, C.M. Creatine kinase subforms in marathon runners. Medicine and Science in Sports and Exercise, 28 (5) :S142, May 1996.
- Hutcheson, K.A., **Rodearmel, S.J.**, Dennehy, C.A., & Schneider, C.M. Confounding factors that may contribute to the misdiagnosis of acute myocardial injury. Medicine and Science in Sports and Exercise, 28 (5):S112, May 1996.
- Rodearmel, S.J.**, Moffit, J.K., Dennehy, C.A. & Schneider, C.M. Exercise effects on serum creatine kinase activity: A meta-analysis. Medicine and Science in Sports and Exercise, 27:S5, May 1995.
- Schneider, C.M., Dennehy, C.A., **Rodearmel, S.J.**, Moffit, J.K., & Bertoff, M. The relationship of estrogen concentrations on CK activity in premenopausal females. Medicine and Science in Sports and Exercise, 27:S5, May 1995.
- Rodearmel, S.J.**, Arnett, M., Dennehy, C.A., Moffit, J., & Schneider, C.M. Suitability of serum creatine kinase MB activity as a marker for muscle injury in pre-menarchial females. Medicine and Science in Sports and Exercise, 26:S5, May 1994.
- Arnett, M., **Rodearmel, S.J.**, Dennehy, C.A., Moffit, J., Lennon, A., & Schneider, C.M. The effects of exercise-induced muscle injury on serum creatine kinase (CK) and CK-MB in females of varying menarchial status. Medicine and Science in Sports and Exercise, 26:S5, May 1994.
- Hayward, J.R., Dennehy, C.A., **Rodearmel, S.J.**, Lennon, A., & Schneider, C.M. Effect of oral contraceptives on serum creatine kinase and CK-MB following exercise-induced muscle injury. Medicine and Science in Sports and Exercise, 26:S5, May 1994.

PROFESSIONAL PRESENTATIONS AT SCIENTIFIC CONFERENCES (Peer – reviewed)

- Rodearmel, S.J.**, V.L. Grotz, L.J. Goldsmith, L. Ogden, H. Wyatt, S. Smith, J.O. Hill. *America on The Move* Family Study: Assessing the Effectiveness of *Families on the Move!* – A family-based approach for preventing excessive weight gain in overweight children. Presented at the 2006 Pediatric Academic Societies Annual Meeting, San Francisco, CA. April 2006.
- Rodearmel, S.J.**, V.L. Grotz, L.J. Goldsmith, L. Ogden, H. Wyatt, S. Smith, J.O. Hill. *America on The Move* Family Study: Assessing the Effectiveness of *Families on the Move!* – A family-based approach for preventing excessive weight gain in overweight children. Presented at the 2006 Centers for Disease Control, Cardiovascular and Diabetes Conference, Denver, CO. May 2006.
- Rodearmel, S.J.**, Barry, M.B., Dong, F., Pan, D., Israel, R.G., Cho, S.S., McBurney, M.I., Hill, J.O. *Families on The Move™*: A family approach to addressing obesity. Presented at the 2004 International Society for Behavioral Nutrition and Physical Activity national conference, Omaha, NB. June 2004.
- Rodearmel, S.J.** Keynote Address: “America on the Move: Weight Gain Prevention Initiative”. Presented at the 2004 National Association for Physical Education in Higher Education national conference, Clearwater, FL. January 19, 2004.
- Barry, M.B., **Rodearmel, S.J.** “Colorado on the Move for Schools and Families: Taking It One Step at a Time”. Co-presented with Mary J. Barry, Ph.D. at the 2004 Annual Conference of the Colorado Association for School-Based Health Care on Managing Child and Adolescent Overweight and Obesity in Schools. Denver, CO. April 2004.
- Rodearmel, S.J.**, Hutcheson, K.A., Hyslop, R.M., Dennehy, C.A., & Schneider, C.M. Plasma CK-MB isoforms in females following an unaccustomed weight lifting bout. Medicine and Science in Sports and Exercise, 29 (5): S52, May 1997. Presented at the 1997 Annual Meeting of the American College of Sports Medicine, Denver, CO. June 1997.
- Hutcheson, K.A., **Rodearmel, S.J.**, Hyslop, R.M., & Schneider, C.M. Leukocyte differentials in females following an unaccustomed weight lifting bout. Medicine and Science in Sports and Exercise, 29 (5): S52, May 1997. Presented at the 1997 Annual Meeting of the American College of Sports Medicine, Denver, CO, June 1997.
- Rodearmel, S.J.**, Hutcheson, K.A., Hyslop, R.M., & Schneider, C.M. Creatine kinase subforms in marathon runners. Medicine and Science in Sports and Exercise, 28 (5) :S142, May 1996. Presented at the 1996 Annual Meeting of the American College of Sports Medicine, Cincinnati, OH, June 1996.

- Hutcheson, K.A., **Rodearmel, S.J.**, Dennehy, C.A., & Schneider, C.M. Confounding factors that may contribute to the misdiagnosis of acute myocardial injury. Medicine and Science in Sports and Exercise, 28 (5):S112, May 1996. Presented at the 1996 Annual Meeting of the American College of Sports Medicine, Cincinnati, OH, June 1996.
- Rodearmel, S.J.**, Moffit, J.K., Dennehy, C.A. & Schneider, C.M. Exercise effects on serum creatine kinase activity: A meta-analysis. Medicine and Science in Sports and Exercise, 27:S5, May 1995. Presented at the 1995 Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, June 1995.
- Schneider, C.M., Dennehy, C.A., **Rodearmel, S.J.**, Moffit, J.K., & Bertoff, M. The relationship of estrogen concentrations on CK activity in premenopausal females. Medicine and Science in Sports and Exercise, 27:S5, May 1995. Presented at the 1995 Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, June 1995.
- Rodearmel, S.J.**, Arnett, M., Dennehy, C.A., Moffit, J., & Schneider, C.M. Suitability of serum creatine kinase MB activity as a marker for muscle injury in pre-menarchial females. Medicine and Science in Sports and Exercise, 26:S5, May 1994. Presented at the 1994 Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, June 1994.
- Arnett, M., **Rodearmel, S.J.**, Dennehy, C.A., Moffit, J., Lennon, A., & Schneider, C.M. The effects of exercise-induced muscle injury on serum creatine kinase (CK) and CK-MB in females of varying menarchial status. Medicine and Science in Sports and Exercise, 26:S5, May 1994. Presented at the 1994 Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, June 1994.
- Hayward, J.R., Dennehy, C.A., **Rodearmel, S.J.**, Lennon, A., & Schneider, C.M. Effect of oral contraceptives on serum creatine kinase and CK-MB following exercise-induced muscle injury. Medicine and Science in Sports and Exercise, 26:S5, May 1994. Presented at the 1994 Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, June 1994.
- Wyatt, F.B., Simonson, S.R., **Rodearmel, S.J.**, & Moffit, J.K. Comparison of ventilatory threshold for the treadmill and supine cycle ergometer. Presented at the Winter Meeting of the American College of Sports Medicine, Rocky Mountain Chapter, Frisco, CO, January 21, 1995.
- Simonson, S.R., Wyatt, F.B., **Rodearmel, S.J.** & Moffit, J.K. Comparison of cardiovascular parameters for the supine cycle ergometer and the treadmill. Presented at the Winter Meeting of the American College of Sports Medicine, Rocky Mountain Chapter, Frisco, CO, January 21, 1995.
- Rodearmel, S.J.** & Kazukawa, J. Dimensions of enjoyment experienced in a university aerobics class: Implications for physical activity involvement and adherence. Presented at the Winter Meeting of the American College of Sports Medicine, Rocky Mountain Chapter, Frisco, CO, January 20 1994.

GRANT ACTIVITY/FELLOWSHIPS/FUNDED PROJECTS

- Applied: **Rodearmel, S.J.**, Stewardship Council Grant. Award \$200,000 (with additional 100% match) to fund building of a park in the Jackson Triangle of the Hayward Promise Neighborhood. The goal of the grant is to address the lack of outdoor space for underserved children and youth by building parks to support long-term infrastructure improvements. The ultimate goal is to create more welcoming outdoor and park environments for children and youth that encourage park usage.
- Applied: **Rodearmel, S.J.** Kaiser Permanente Community Benefit Grants Program, Strategic/Collaborative Grant - Southern Alameda County. Award \$150,000.00 for school-based Healthy Eating Active Living (HEAL) initiatives focused on the Hayward Promise Neighborhood schools.
- Dec 2010 **Rodearmel, S.J.** San Francisco Foundation Education Grant. SFF Education grant award of \$18,500 to support the Hayward Promise Neighborhood planning grant. SFFs goal is to improve education outcomes for children and youth in the Bay Area's most challenged schools and districts, so that students arrive to school safe, healthy and ready to learn, succeed in school, graduate high school ready for work or ready for college, and experience opportunities to become confident, caring, and contributing adults. SFF grants seek to support policy development to establish, implement, fund, and sustain full-service community schools in our highest poverty and lowest performing public schools and districts.
- Oct 2010 **Rodearmel, S.J.**, Maxwell, N. Promise Neighborhood Planning Grant. Award \$500,000.00 for planning for implementing a Hayward Promise Neighborhood in the Jackson Triangle. **Grantee: CSUEB.**
- Jan 2010 **Rodearmel, S.J.**, Coulman, C., Miranda, J. Department of Kinesiology and Student Health Services, CSUEB. Kaiser Permanente Community Benefit Grants Program, Strategic/Collaborative Grant - Southern Alameda County. Award \$50,000.00 for obesity prevention research project with CSUEB freshmen living in Pioneer Heights residence halls (the Pioneer Wellness Challenge). **Grantee: CSUEB.**

- Nov 2008 **Rodearmel, S.J.** CSUEB New Faculty Development Grant, California State University East Bay. Award: \$10,000.00 funded by the Department of Sponsored Programs, California State University, East Bay for community-based obesity prevention efforts.
- Nov 2008 **Rodearmel, S.J.** Department of Kinesiology and Physical Education matching grant for the CSUEB New Faculty Development Grant. Matching Award: \$5,000.00 funded by the Department of Kinesiology and Physical Education for community-based obesity prevention efforts.
- 2004-2006 Hill, J.O., Wyatt, H., **Rodearmel, S.J.** Director of the *Families on the MoveII* research project. Significant contributor to the development, design, implementation, conduction, analysis, and result dissemination of a research project designed to encourage Colorado families with overweight children to increase physical activity levels and reduce caloric intake over a 12-month period. Award approx \$750,000. Funded by McNeil Nutritionals and NIH grant *DK42549*. **Grantee: James O. Hill, PhD.**
- 2002-2004 Hill, J.O., Barry, M.J., & **Rodearmel, S.J.** Director of the *Families on the MoveI* research project. Significant contributor to the development, design, implementation, conduction, analysis, and result dissemination of a research project designed to encourage Colorado families with overweight children to increase physical activity levels and make healthy food choices over a 14-week period. Award approx \$250,000. Funded by the Kellogg Company and NIH grant *DK42549*. **Grantee: James O. Hill, PhD.**
- 1996 - 1998 **Rodearmel, S.J.** Post-doctoral Teaching Fellow Award (2 year award), Colorado State University, Fort Collins, CO
- April 1997 Ransdell, L.B., DeYoung, W.A., Hutcheson, K.A., & **Rodearmel, S.J.** Investing in Instruction Grant, Colorado State University. Designed and produced instructional aids/slides for several health and wellness, and exercise physiology courses (EX 123, 145, 303, 403, and 405). Award: \$1,500.
- March 1995 **Rodearmel, S.J.** Plasma creatine kinase - MB isoforms (CK-MB₁ and CK-MB₂) in male and female marathon runners: Ramifications for the early detection of acute myocardial infarction. Research project funded in part by Helena Laboratories, Beaumont, TX. Award included assay reagents and supplies, loan of high-voltage electrophoresis instrument (Cardio-Rep), and assay procedure training provided by Helena Laboratories. Award: \$25,000 plus instrument loan (instrument cost approx \$70,000.00).
- Nov 1995 **Rodearmel, S.J.** New Faculty Development Grant, State University of New York, College at Brockport. Award: \$1500.00.

PROFESSIONAL PRESENTATIONS, PUBLICATIONS, TRAININGS, and PRINT MATERIALS (Non-juried)

Ongoing: Meetings of the Hayward Promise Neighborhood Initiative – lead organizer, convener, presenter:

Management Team:	Monthly (Oct 2010 – Oct 2011)
Management Team Subcommittee:	Multiple times per month (Oct 2010 – Oct 2011)
Advisory Board meetings:	Every other month (5 total; Nov 2010 – Aug 2011)
Work Group meetings:	Multiple times per month (Jan – July 2011)

Ongoing: Presented overview of Hayward Promise Neighborhood initiative to promote awareness about the initiative and encourage stakeholder/community support/collaboration/involvement.

- 2/4/11 KQED Education Division: In-person presentation with CSUEB's President, Chief of Staff, Provost, Gateways
- 2/2/11 CSUEB, CLASS faculty meeting
- 2/1/11 Bishop Macklin, Glad Tidings Church, Hayward, CA
- 1/27/11 Dr. Debra Farar, CSU Board of Trustees; In-person presentation with CSUEB's President, Provost, Gateways
- 1/26/11 CSUEB, College of Education and Allied Studies Winter Forum; In-person presentation to CEAS faculty/staff
- 12/13/10 CSUEB President's Extended Cabinet; In-person presentation to CSUEB's President, Chief of Staff, Provost, Gateways, and Extended Cabinet

- 12/1/10 Nanette Dillard, Exec Director Alameda County Associated Community Action Program; In-person presentation with CSUEB's Chief of Staff, Gateways (referred by Jeff Hild, Legislative Director for Representative Pete Stark (CA-13))
- 12/1/10 Pedro Rosado and Martha Toscano, Representatives from Senator Hancock's office; Phone presentation with CSUEB's Chief of Staff, Gateways
- 11/24/10 Albert Beltra, Representative from Congressman Mike Honda's office; Phone presentation with CSUEB's Chief of Staff, Gateways
- 11/17/10 Dr. Roberta Achtenburg, CSU Board of Trustees; In-person presentation with CSUEB's President, Provost, Gateways
- 11/10/10 Senator Feinstein's legislative aides; In-person presentation with CSUEB's Provost, Dr. James Houpis
- 11/10/10 Senator Boxer's legislative aides; In-person presentation with CSUEB's Provost, Dr. James Houpis
- 12/21/10 Quoted in Contra Costa Times, San Jose newspaper article: "How to conquer plateaus at any stage of your weight loss plans" by Jessica Yadegaran.
- 11/5/10 Saint Rose Hospital Foundation, Hayward, CA. Presented overview of Hayward Promise Neighborhood initiative to promote awareness about the initiative and encourage stakeholder/community support/collaboration/involvement.
- 9/2010 CSUEB College of Education and Allied Studies: Invited Presenter – Faculty Research Presentation; Childhood Obesity: A Health Problem of Epidemic Proportions. Sept 21, 2010
- 3/2010 2010 CSUEB Faculty Research, Scholarship, and Creative Activity Poster Exhibit: The Pioneer Wellness Challenge: Helping CSUEB Freshmen Avoid the "Freshman 15". March 2010.
- 3/2010 2010 CSUEB Faculty Research, Scholarship, and Creative Activity Poster Exhibit: America On the Move Family Study: A Family-Based Approach for Preventing Excessive Weight Gain in Children. March 2010.
- 1/2010 CanDo (Coalition for Activity and Nutrition to Defeat Obesity) School Wellness Resource Kit – second edition. Primary contributor to developing a comprehensive school wellness resource kit to help schools promote physical activity and healthy eating across all levels in the Poudre R-1 School District, Fort Collins, CO. New edition includes – updated information throughout; updated information in the "Why School Wellness" section; At-Home section – handouts translated into Spanish!; "Your Wellness Team" section has new tools and updated information; updated resources and community information.
- 10/2009 Featured in Cal State East Bay Magazine – Shaping Healthy Communities Locally and Globally. Article title: "University keeps community fit in more ways than one"; F2009, pg 11-15.
- 6/9-12/09 Took 3 CSUEB Kinesiology masters students (Catherine McKeefery, Tom Soltes, Brittney Boliba) to the 5th Biennial Childhood Obesity Conference in Los Angeles funded by my New Faculty Support grant.
- 5/29/09 Refresh Your Life - Hayward Public Library Lecture Series. Provided a 2 hour presentation on exercise and heart health for patrons of the Hayward Public Library, Hayward, CA.
- 10/11/08 Refresh Your Life - Hayward Public Library Lecture Series. Provided a 2 hour presentation on weight loss for patrons of the Hayward Public Library, Hayward, CA.
- 10/08 Quoted in 5280 Magazine - The Weighting Game: Alarming figures say Colorado kids aren't as fit as they should be.
- 4/2008 Coordinated School Health - Grant Information Workshop, Coalition for Activity and Nutrition to Defeat Obesity (CanDo), Fort Collins, CO. Provided training to 17 Poudre R-1 schools who were awarded grants from CanDo on how to implement the CDC's Coordinated School Health Model specifically focusing on improving physical activity and healthy eating opportunities for students and staff, Fort Collins, CO.
- 10/2007 School Wellness Workshop for the Poudre R-1 School District – Linking Health and Academics, Fort Collins, CO. Presented evidence-based information on improving physical activity and healthy eating opportunities in K-12 schools for wellness champions (support staff) from Poudre R-1 School District, Fort Collins, CO
- 10/2007 School Wellness Workshop for the Poudre R-1 School District - Linking Health and Academics, Fort Collins, CO. Presented evidence-based information on improving physical activity and healthy eating opportunities in K-12 schools for 200 wellness champions (administrators, teachers, specialists, nurses, PE teachers) from Poudre R-1 School District, Coalition for Activity and Nutrition to Defeat Obesity (CanDo); Fort Collins, CO.

- 10/2007 CanDo (Coalition for Activity and Nutrition to Defeat Obesity) School Wellness Resource Kit – first edition. Primary contributor to developing a comprehensive school wellness resource kit to help schools promote physical activity and healthy eating across all levels in the Poudre R-1 School District, Fort Collins, CO.
- 10/28/07 Arena Pharmaceuticals ‘Healthy Lifestyle Program’: A consultant and contributor to the development of a healthy lifestyles program and print materials focusing on diet, physical activity, and weight management practices for participants in BLOOM-DM (Behavioral modification and Lorcaserin Second Study for Overweight and Obesity Management in Diabetes Mellitus), a Phase 3 clinical weight loss drug trial sponsored by Arena Pharmaceuticals. Provided a one day train-the-trainer course on the “Healthy Lifestyles Program” for counselors and clinical investigators from medical sites participating in the clinical trial. Scottsdale, AZ.
- 10/14/07 A consultant and contributor to the development of a healthy lifestyles program and print materials focusing on diet, physical activity, and weight management practices for participants in BLOSSOM (Behavioral modification and Lorcaserin Second Study for Overweight and Obesity Management), a Phase 3 clinical weight loss drug trial sponsored by Arena Pharmaceuticals. Provided a one day train-the-trainer course on the “Healthy Lifestyles Program” for counselors and clinical investigators from medical sites participating in the clinical trial. Washington, D.C.
- 1/2006 University of Colorado Health Sciences (UCDHSC), Center for Human Nutrition Professional Lecture Series. *America on The Move* Family Study: Assessing the Effectiveness of *Families on the Move!* – A family-based approach for preventing excessive weight gain in overweight children. UCDHSC, Denver, CO
- 2004-06 “Families on the Move”. Major contributor to the content development of educational print materials used for the “Families on the Move” research studies. Print materials included family-oriented guidelines on how to move more and eat better, physical activity tracking charts, dietary logs, and other research study information.
- 4/23/04 “Families on the Move”. Presented at the annual meeting of the Colorado Medical Association Society, Denver, CO.
- 3/04 “Colorado on the Move –Small Lifestyle Changes for Better Health”. Presented to faculty and staff, Greeley School District 6. Greeley, CO.
- 1/22/04 University of Colorado Health Sciences, Center for Human Nutrition Professional Lecture Series. “Families on the Move!, a research component of Colorado on the Move”, Denver, CO
- 4/97 “Creatine kinase-MB isoforms in male and female marathon runners: Ramifications for the early detection of acute myocardial infarction.” Presented to a exercise physiology graduate research class at Colorado State University, Fort Collins, CO
- 4/96 “Does Running a Marathon Cause Heart Damage or Heart Attacks?” Presented at the State University of New York, College at Brockport, Scholar’s Day, Brockport, NY

MEMBERSHIP IN SCIENTIFIC/PROFESSIONAL SOCIETIES/ORGANIZATIONS

- 1993 – Present American College of Sports Medicine, member
- 2009 – Present American College of Sports Medicine, Southwest Chapter, member
- 2002 – 2008 Colorado Coalition for Physical Activity and Nutrition (COPAN), Denver, CO, member
- 2005 - 2008 Coalition for Activity and Nutrition to Defeat Obesity, PoudreValley Health System, Fort Collins, CO, member
- 2003 – 2008 NAASO, The Obesity Society, member
- 1994 – 2008 American College of Sports Medicine, Rocky Mountain Chapter, member
- 1995 – 1998 American Alliance for Health, Physical Education, Recreation, and Dance, member

PROFESSIONAL CONFERENCES AND WORKSHOPS ATTENDED

Goldman Sachs Leadership Academy: Leadership training for Promise Neighborhood planning grantees. New York, NY. April 5, 6, 7, 2011.

Promise Neighborhoods New Grantee Meeting: The Power of Promise: Transforming Neighborhoods for Our Children's Future, Department of Education and Policy Link Institute, Washington DC, Nov 8-10, 2010

5th Biennial Childhood Obesity Conference, Los Angeles, CA, June 11-14, 2009 (also funded 3 CSUEB grad students to attend)

Dorsey Hughes Symposium, Colorado Health Foundation, Beaver Creek, CO, July 24-26, 2008

New Partners for Smart Growth: Building Safe, Healthy, Livable Communities Conference, Washington DC, Feb 7- 9, 2008

Colorado Culture of Health Conference, Denver, CO, Oct 30, 2007

Lillian Fountain Smith Nutrition Conference, Colorado State University, Fort Collins, CO, June 14, 2007

Pediatric Academic Societies Annual Meeting, San Francisco, CA. April 2006

American College of Sports Medicine Annual Meeting; June 1994 - 2004.

American College of Sports Medicine, Rocky Mountain Chapter, Annual Meeting and Symposium: Feb 1994 - 2004.

NAASO, The Obesity Society Annual Meeting, Vancouver, Canada, Oct 15-19, 2005.

The International Society for Behavioral Nutrition and Physical Activity Annual Meeting, June 2004.

National Association for Physical Education in Higher Education National Conference, Jan 2004.

American Alliance for Health, Physical Education, Recreation and Dance Annual Meeting; 1994, 1995.

PROFESSIONAL DEVELOPMENT

1/18/11 ongoing

Webinar Series - Promise Neighborhood Institute (PNI; Policy Link Technical Assistance to Promise Neighborhood Grantees) 10 webinars in 3 months focused on ongoing training on neighborhood revitalization process.

3/1/11 PNI Webinar: Program Financing (Financing Track)

2/22/11 PNI Webinar: Program Growth and Development (Financing Track)

2/15/11 PNI Webinar: Developing Leadership Capacity Within the Community (Community Engagement Track)

2/8/11 PNI Webinar: Strategic Ways to Continuously Engage the Community (Community Engagement Track)

2/3/11 PNI Webinar: Results Driven Partnerships with Traditional Public Schools (Partnership Track)

2/1/11 PNI Webinar: Developing Capacity to Use Data for Planning, Implementation, Community Accountability (Data Track)

1/27/11 PNI Webinar: Partnership Day-to-Day Management and Decision-making (Partnership Track)

1/25/11 PNI Webinar: Designing a Longitudinal Data System (Data Track)

1/20/11 PNI Webinar: Partnership Requirements, Principles, and Accountabilities (Partnership Track)

1/18/11 PNI Webinar: Promise Neighborhood Indicators: Gathering the Information (Data Track)

1/18/11 Gateways/Strive Continuous Improvement Training; CSUEB

1/7/11 East Bay Economic Development Alliance Reception, CSUEB

Nov 2010 to present

Jackson Triangle/South Hayward Neighborhood Partnership Meetings sponsored by the City of Hayward, Hayward, CA – every other month – ongoing.

Nov 2010 - present

South Hayward Neighborhood Collaborative Meetings, Hayward, CA – 1st Thurs of every month

11/10/2010

Promise Neighborhoods: Bringing the Power of Promise Neighborhoods to Capitol Hill – Policy Link Institute, Washington DC Hill visit training from Policy Link followed by personal visits to Senator Feinstein and Boxer's offices to encourage support of Promise Neighborhoods initiative.

11/8-10/10

Promise Neighborhoods New Grantee Meeting: The Power of Promise: Transforming Neighborhoods for Our Children's Future, Department of Education and Policy Link Institute, Washington DC, Nov 8-10, 2010

Attended as Principal Investigator with 4 other CSUEB Hayward Promise Neighborhood representatives.

10/21-22/2010

Hayward Promise Neighborhood Site Visit/Technical Assistance Training from Policy Link – Promise Neighborhood Institute

9/30/2010 CSUEB Fall Faculty Reception

9/21/10 Webinar Training: Policy Link – the Convergence Partnership's Healthy People, Healthy Places Webinar; The Art and Science of Evaluation

9/21/10 CEAS College Fall Forum, CSUEB

9/20/10 CSUEB Fall Convocation

9/16/10 Back to the Bay, California State University East Bay, Hayward, CA

6/13/10 CEAS Graduation Ceremony, CSUEB

4/29/10 CEAS College Spring Forum, CSUEB

1/21/10 CEAS Faculty Retreat, CSUEB

10/29/09 ACSM Webinar – The Role of Strength Exercise in Weight Loss and Wellness: Why and How

9/21/09 CEAS Fall Faculty Retreat, CSUEB

9/2009 CSUEB Fall Convocation

9/2009 Back to the Bay, California State University East Bay, Hayward, CA

6/2009 CEAS Graduation Ceremony, CSUEB

11/19/08 CSUEB Faculty Brown Bag Teaching & Research Forum: How to Submit Your Proposal through ORSP, CSUEB

10/31/08 Funding Search Workshop, Office of Research and Sponsored Programs, CSUEB

10/16/08 Training with PARVO Medics on KPE's new Metabolic Cart, Department of KPE, CSUEB

10/15/08 CEAS New Faculty Orientation, CSUEB

10/13/08 CSUEB Fall Reception – honoring 2007-08 retiring faculty and welcoming 2008-09 new faculty

10/3/08 CSUEB Dossier Preparation Workshop

9/22-23/08 CEAS Fall Faculty Retreat: Collaborating to Strengthen the CEAS Community, CSUEB

9/22/08 CSUEB Fall Convocation

9/18-19/08 Back to the Bay, California State University East Bay, Hayward, CA

- 9/17/08 CSUEB New Faculty Orientation, California State University East Bay, Hayward, CA
- 4/17/08 Colorado Coalition for Physical Activity and Nutrition (COPAN), Member Meeting, Denver, CO
- 4/7/08 COPAN LiveWell Colorado Grantee Training (4 hrs)
- 3/18/08 Safe Routes to School Webinar (1.5 hrs)
- 3/5/08 LiveWell Colorado Planning and Mobilization Grant Orientation Training (2.5 hrs)
- 2/16/08 Safe Routes to School Webinar (1.5 hrs)
- 2/13/08 Poudre R-1 School District "Response to Intervention" Training, Fort Collins, CO (7 hrs)
- 2/12/08 Colorado Connections for Healthy Schools Workshop, Denver, CO, Sponsored by the Colorado Dept of Education
- 1/28/08 Healthy Children, Successful Schools, Strong Colorado - Western Dairy Council, Leprino Foods, Denver, CO (2 hrs)
- 1/17/08 LiveWell Colorado – Prevention Institute Policy Training, University of Denver, Denver, (4 hrs)
- 1/17/08 Colorado Coalition for Physical Activity and Nutrition (COPAN), Member Meeting, Denver, CO (3.5 hrs)
- 12/12/07 Power Writing Training, Learn & Grow Professional Development, Poudre Valley Health System, Fort Collins, CO
- 12/5/07 Nutritional Education and Physical Activity in the Classroom Workshop, Colorado Dept of Education, Thornton, CO
- 11/27/08 LiveWell Colorado SMART Meal Training (2 hrs)
- 10/18/07 LiveWell Colorado – Prevention Institute Policy Training, University of Denver, Denver, CO (4 hrs)
- 9/28/07 Live Well Coordinated School Health Training, Rocky Mountain Center for Health, Golden, CO (6 hrs)
- 9/5/07 Action for Healthy Kids – Parents Training for School Wellness, Adams 12 School Dist, Thornton, CO (7 hrs)
- 8/9/07 Colorado Association for Health Executives Meeting, Denver, CO (3 hrs)
- 7/19/07 Colorado Coalition for Physical Activity and Nutrition (COPAN), Member Meeting, Denver, CO (3.5 hrs)
- 6/29/07 Planning Active Community Environments (PLACE) Training, Denver, CO. Sponsored by the Rocky Mountain Land Use Institute and the Regional Institute for Health and Environmental Leadership. (7 hrs)
- 6/19/07 LiveWell Colorado – Prevention Institute Policy Training, University of Denver, Denver, CO (4 hrs)
- 6/11-12/07 Healthy School Leadership Retreat, Boulder, CO. Sponsored by the Rocky Mountain Center for Health (14 hrs)
- 4/26/07 Well Workplace University, Wellness Council of America, Greeley, CO (7 hrs)
- 1999-2000 *Conversations on the Future of Jesuit Education*. An eight-session seminar involving ten Regis University faculty designed to provide a forum for conversation/discussion regarding selected readings addressing the future of Jesuit education.
- Oct 1999 Heartlands/Delta Faculty Conversation II Conference – "Justice in the Universe", Marquette University, Milwaukee, WI. A conference for faculty from the Heartland/Delta Jesuit schools designed to provide an opportunity for extended frank conversations on the identity and mission of Jesuit education and to reflect on the roles faculty have in this tradition.
- Dec 1998 A.D.A.M. Technology Training Workshop: A.D.A.M. Interactive Software Technology and Curriculum Integration Training- anatomy and physiology, University of Northern Colorado.

CONSULTATIVE, ADVISORY, SUPERVISORY POSITIONS HELD

5/2010-10/2010

Obesity Prevention Consultant: Have had ongoing conversations/consulting sessions with representatives from the San Leandro School District regarding the role the Department of Kinesiology might play if the district is awarded a Carol M White PEP grant. Grant was submitted in June 2010. The initiative focuses on enhancing physical education and physical education opportunities for all students in the San Leandro School District K-12.

10/09-present

Invited by TJ Welch, Battalion Chief, Alameda County Fire Department to be a member of the California Firefighters Incident Command Certification System (CICCS) Physical Fitness Task Force. The goal of this state-wide task force is to conduct research and develop recommendations that will determine a firefighter's physical ability to perform within a specific position based on health and fitness. My role as an exercise physiology/physical fitness specialist is to provide evidence-based research and recommendations about appropriate methods to assess physical fitness levels of firefighters and to help determine fitness for duty standards for California Firefighters.

11/ 09-2/10

Obesity Prevention Consultant: Have had ongoing conversations/consulting sessions with Craig McKinley, Physical Education Coordinator, Alameda County Office of Education and the County of Alameda Health Services, regarding the role the Department of Kinesiology might play if the County of Alameda Health Services is awarded a large CDC grant (up to \$20 million dollars) titled *Communities Putting Prevention to Work Initiative!*. The initiative focuses on efforts to enhance the health and wellness of our local communities through the development of a community coalition focused on developing, implementing, evaluating, and reporting obesity prevention/treatment strategies and initiatives for the County of Alameda. Our department has committed to partner with this group which gives us the potential to apply for funding from this grant or directly contract with them if they are awarded the grant. As a result of numerous discussions with both Alameda County and the Kinesiology faculty, I have written a letter of support on behalf of our department supporting the involvement of our faculty and students in this effort. Grant award announcement is due Feb 2010.

11/ 2009-2010

Obesity Prevention Consultant: Have had ongoing conversations/consulting sessions with Shannon Ladner-Beasley, MPH, Senior Health Educator, Injury Prevention and Physical Activity Projects from Contra Costa Health Services regarding the role the Department of Kinesiology might play with Contra Costa Health Services if they are awarded a large CDC grant (up to \$20 million dollars) titled *Communities Putting Prevention to Work Initiative!*. The initiative focuses on efforts to enhance the health and wellness of our local communities through the development of a community coalition focused on developing, implementing, evaluating, and reporting obesity prevention/treatment strategies and initiatives for Contra Costa County. Our department has committed to partner with Contra Costa which gives us the potential to apply for funding from this grant or directly contract with them if they are awarded the grant. As a result of numerous discussions with both Contra Costa and the Kinesiology faculty, I have written a letter of support on behalf of our department supporting the involvement of our faculty and students in this effort.

Oct 09 - Jun 2010 Supervisor/mentor for over 50 student interns and volunteers who assisted with the Pioneer Wellness Challenge research study aiming to enhance healthy eating and active living practices by CSUEB first time freshmen, California State University East Bay, Hayward, CA.

2008 – present Provide body fat and fitness assessments for Alameda County Fire Department.

10/2008- present Consultant to “*Shape Up San Leandro*” community health and wellness coalition

2008 – present Undergraduate and Graduate Student Academic Advisor, Department of Kinesiology

2002 – 2006 Supervisor/mentor for 25+ employees, student interns, and volunteers who assisted with the *Families on the Move* research projects, Center for Human Nutrition, University of Colorado Health Sciences Center, Denver, CO

2002 – 2004 Research practicum advisor/mentor/supervisor for 7 Colorado State University MS candidates who assisted with the *Families on the Move I* research project.

1998 - 2002 Graduate Student Academic Advisor, Department of Physical Therapy, Regis University.

2001-2002 Physical Therapy Graduate Student Research Project Advisor; Department of Physical Therapy, Regis University. Determining the Effectiveness of Repetitive Bilateral Arm Training for Improvement in Motor Function in Hemiparetic Stroke Patients. Brandeis, B., Carter, A., DiCarlo, H., Johnson, I., Montgomery, T., Weitz, L. December 2002. Secondary advisor.

- 2000-2001 Physical Therapy Graduate Student Research Project Advisor; Department of Physical Therapy, Regis University. Coussens, M., Katic, C., Kaufman, F., Lund, J., Ryan, S., Rothman, D. The Effect of Core Musculature Training in 9- and 10-Year Old Male Soccer Players. December 2001. Primary advisor. Project was awarded the 2001 Department of Physical Therapy "Outstanding Research Award".
- 2000-2001 Physical Therapy Graduate Student Research Project Advisor; Department of Physical Therapy, Regis University. Jacobs, J., Landefeld, K., Landry, E., Livingston, D., Morgan, D., Scott, K. (2001). The Ability of Specific Field Tests to Profile Male High School Basketball Players. December 2001. Secondary advisor
- 1999-2000 Physical Therapy Graduate Student Research Project Advisor; Department of Physical Therapy, Regis University. Alley, K., Astrachan, P., Etu, R., Feldhake, B., Martin, A., Voges, A. (2000). Postural Positioning and its Effect on Muscle Function in Participants with and without Glenohumeral Joint Laxity. December 2000. Primary advisor.
- 1998 – 1999 Physical Therapy Graduate Student Research Project Advisor; Department of Physical Therapy, Regis University Steele, S., Walz, T., Kulbacki, R., London, N., Wilcox, D., Sadvar, R. The Effects of ICAM-1 and ICAM-2 Deficiency on Exercise-Induced Muscle Damage. December 1999. Primary advisor. Project was awarded the 1999 Department of Physical Therapy "Outstanding Research Award".
- 1999 - 2002 Supervisor/mentor each academic semester for 2 undergraduate laboratory teaching assistants for BL 245 and BL 247, Human Anatomy and Physiology Laboratory I and II, Biology Department, Regis College, Regis University
- 1999 – 2000 Undergraduate Student Research Advisor in collaboration with Dr. Eugene Delay; Regis College Undergraduate Honors Program, Regis University. Rebecca Isaacson; The Effects of High Intensity, Vigorous Exercise on Sensorimotor Performance Using the Pegboard Maze and a Stereoagnosia Task.
- May 00, 01 Invited Reviewer; Regis University Faculty Projects Fund proposals, Sponsored Projects Academic Research Council, Regis University
- Sept 1999 Invited Reviewer: Research Consortium member, Fitness/Exercise Physiology section, Reviewed research abstracts for the 1999 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD) National Conference and refereed journal, Research Quarterly for Exercise and Sport.
- May 99, 00, 01 Invited Reviewer; Regis University student research abstract reviewer, Sponsored Projects Academic Research Council, Regis University

SERVICE: UNIVERSITY/COLLEGE/SCHOOL/DEPARTMENT ON COMMITTEES/COUNCILS/COMMISSIONS

California State University East Bay

Department of Kinesiology

- 2008 Department of Kinesiology and Physical Education Faculty Search Committee – Chair
2008 – present Undergraduate and Graduate Student Academic Advisor

College of Education and Allied Sciences

No committee appointments to date

University

- 2009 – present Institutional Review Board, Member
2008 – present Student Health Advisory Committee, Faculty Advisor/Member
2008 – present Basic Skills Requirements Appeals Subcommittee/Committee on Instruction & Curriculum, Member

Regis University

Department of Physical Therapy

- 1998 - 2002 Graduate Student Academic Advisor
1998 - 2002 Faculty Planning Committee, Member
1998 - 1999 Curriculum Committee, Member
1999 - 2000 Outcomes Assessment Committee, Member
2000 - 2002 Outcomes Assessment Committee, Chair
1999 - 2002 Student Awards Committee, Member
2000 - 2002 Undergraduate Kinesiology Committee, Member

School for Health Care Professions

- 2001 - 2002 Academic Council, Member
1999 - 2001 Resource and Technology Committee, Chair

1999 - 2001	Evaluation and Outcomes Committee, Secretary
University	
1998 - 2001	Library Advisory Committee, Member
1999 - 2002	Sponsored Projects Academic Research Council, Member
1999	Library Faculty Search Committee; Information Services Librarian and Distance Learning Librarian

Colorado State University

Graduate Faculty Committee, Department of Exercise and Sport Science (1997 - 98)
 Undergraduate Academic Advisor, Department of Exercise and Sport Science (1997 - 98)
 Department of Exercise and Sport Science Facilities Remodeling Committee, (1997 - 98)
 Exercise and Sport Science Faculty Search Committee (Fall 1997)

State University of New York, College at Brockport

Undergraduate Academic Advisor, Department of Physical Education and Sport (1995-96)
 Faculty Planning Committee (1995-96)
 Academic Affairs, Student Research Grant Committee (Spring 1996)

University of Northern Colorado

American Heart Association "Swim for Heart" fund-raiser; Assistant Director (March 1994 and 1995).
 Trained and supervised UNC Kinesiology majors providing health and fitness evaluations at various community health fairs (1994-95, academic year)

Humboldt State University

Undergraduate Academic Advisor; Department of Health and PE (1990-92)
 Supervisor; graduate teaching assistants (1990-92)
 Supervisor; assistant coaching staff – intercollegiate and masters swimming and diving (1988-91)
 Search Committee; cross-country coach (1991)
 Search Committee; aerobic coordinator (1991)
 Aquatics Facility Planning Committee (1990-92)
 HSU Sport Auction and Celebrity Dinner Organizing Committee (1988-92)
 All-Sport Coaches Clinic Committee (1991)
 Coordinator: Symposium for Black Student Awareness Week (1992)
 Founder, director, head coach, and board member; Humboldt Swim Club, US Swimming (1991-92)
 Founder, director, and instructor; Humboldt Swimming Lessons Program (1990-92)
 Founder, director, head coach, and board member; Humboldt Aquatic Masters Swim Club (1991-92)
 "Humboldt Tri- Kids" triathlon race organizing committee member and race clinic director (1990-94)

OTHER PROFESSIONAL COMMITTEES

2007-2008	Coalition for Activity and Nutrition to Defeat Obesity (CanDo, Fort Collins, CO)
Member	Poudre School District Wellness Committee, Fort Collins, CO
Member	CanDo Youth Committee, Fort Collins, CO
Member	CanDo Adult Committee, Fort Collins, CO
Member	CanDo Steering Committee, Fort Collins, CO

HONORS / AWARDS / DISTINCTIONS

1996 - 1998	Colorado State University, Post-doctoral Teaching Fellow Award (2 year award)
1992	California State University Forgivable Loan -Doctoral Incentive Program Award Recipient
1990	Coach of the Year (swimming), Northern California Athletic Conference, Humboldt State University
1986	Athletic Hall of Fame (swimming), Humboldt State University, Arcata, CA