

## **B. SUE GRAVES, ED. D.**

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### **I. PERSONAL DATA**

#### **Office**

Department of Exercise Science and Health Promotion  
Florida Atlantic University  
777 Glades Road, Field House 11  
Boca Raton, Florida 33431  
Office Telephone/Fax: (561) 297-2790; (561) 297-2839  
E-mail: [sgraves@fau.edu](mailto:sgraves@fau.edu)

#### **EDUCATIONAL EXPERIENCE**

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Ed.D. University of North Carolina, Greensboro. (Exercise Physiology & Biomechanics).  
Dissertation topic, Physiological response of female sport divers to exercise during treadmill and underwater workouts.

M.S.E. Henderson State University, Arkadelphia, Arkansas. (Physical Education)

B.S.E. Henderson State University, Arkadelphia, Arkansas, (Physical Education and Math)

#### **PROFESSIONAL EXPERIENCE**

Associate Professor. Department of Exercise Science and Health Promotion. Florida Atlantic University. Boca Raton Campus. (August 2007 to present)

Chair and Faculty Member. Department of Exercise Science and Health Promotion. Florida Atlantic University. Boca Raton Campus. (May 2009 to August 2013)

Chair and Faculty Member. Department of Exercise Science and Health Promotion. Florida Atlantic University. Davie Campus. (August 2007 to May 2009)

Interim Chair and Faculty Member. Department of Exercise Science and Health Promotion. Florida Atlantic University. Davie Campus. (August 2006 to 2007)

Associate Professor. Tenured. Department of Exercise Science and Health Promotion. Florida Atlantic University. Davie Campus. (August 2003 to present)

Assistant Professor. Tenure tract. Department of Exercise Science and Health Promotion. Florida Atlantic University. Davie Campus. (1997 to 2003)

Visiting Assistant Professor. Department of Exercise Science and Wellness Education. Florida Atlantic University. Davie Campus. (1995 to 1997)

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Adjunct Faculty. Education Department--Physical Education for the Elementary School

Teacher, one-week workshop. Nova Southeastern University, Davie, Florida.  
(July 1995)

Adjunct Faculty. Health, Physical Education, Recreation and Dance Department. Broward  
Community College-South Campus, Pembroke Pines, Florida.

Research and Teaching Graduate Assistant. University of North Carolina-Greensboro.

Physical Education, Math Teacher and Coach. Guilford County Public Schools, Greensboro, North  
Carolina.

Adjunct Faculty. Physical Education Department. Tarrant County Junior College, Hurst, Texas.

Math Teacher and Coach. Dallas County Public Schools, Texas.

Math Teacher. Rison Public Schools, Arkansas.

Graduate Teaching Assistant. North Texas State University, Denton, Texas.

Physical Education Teacher and Coach. El Dorado Public Schools, Arkansas.

Research and Graduate Teaching Assistant. Henderson State University, Arkadelphia, Arkansas.

Physical Education Teacher and Coach. Magnet Cove High School, Arkansas.

## II. RESEARCH AND SCHOLARLY ACTIVITIES

### Refereed Works

#### **Journal Articles:**

#### **International/National: Refereed**

#### **Published/Accepted:**

Klemp, A., Dolan, C., Quiles, J., Blanco, R., Zoeller, R. F., **Graves, B. S.**, and Zourdos, M. (2016).  
Volume-Equated High and Low Repetition Daily Undulating Programming Strategies  
Produce Similar Hypertrophy and Strength Adaptations. *Applied Physiology, Nutrition, and  
Metabolism*, 41:17:699-705.

**Graves, B. S.** (2016). University football players, postural stability, and concussions. *Journal of  
Strength and Conditioning*, 30 (2), 579-583.

Brazendale, K., **Graves, B.S.**, Penhollow, T., Whitehurst, M., Pittinger, E., & Randel, A. B. (2015).  
Children's enjoyment and perceived competence in physical education and its effects on their  
physical activity participation outside of school. *Report on Emotional & Behavioral  
Disorders in Youth*, 15(3), pp. 65-69.

- Pittinger, Elizabeth S. and **Graves, B. Sue**. (December 2014). Swimming as exercise prescription for breast cancer patients. *Strength and Conditioning Journal*, 35 (6), 46-53.
- Johnson, M. M., Kumi-Diaka, K.J., Zoeller, R., **Graves, B.S.** (May 2012). Merchant, K.T. and Hormann, V.P. Therapeutic efficiency of Genistein- Cytoreg® combination in breast cancer cells. *Functional Foods* 2(5), 137-150.
- Goldstein, E., Ziegenfuss, T., Kalman, D., Kreider, R., Campbell, B, Wilborn, C., Taylor, L., Willoughby, D., Stout, J., **Graves, B.S.**, Wildman, R., Ivy, J., Spano, M., Smith, A., Antonio, J. (2010). Caffeine and performance position stand. *Journal of the International Society of Sports Nutrition* 7(5), 1-15.
- Costa, P.B., **Graves, B.S.** Jacobs, P., and Whitehurst, M. (2009). The acute effects of different durations of static stretching on dynamic balance performance. *Journal of Strength and Conditioning*, 21(1), 141-147.
- Stout, J.R., **Graves, B.S.**, Smith, A.E., Hartman, M.J., Cramer, J.T. Beck, T.W. and R.J. Harris. (November 2008). The effect of beta-alanine supplementation on neuromuscular fatigue in elderly (55-92 years): a double-blind randomized study. *Journal of the International Society of Sports Nutrition* 5 (11), 21-27.
- Stout, JR., **Graves, B.S.**, Cramer, JT., Goldstein, E.R., Costa, P.B., Smith, A.E., Walter, A.A. (2007). Effects of creatine supplementation on the onset of neuromuscular fatigue threshold and muscle strength in elderly men and women (64-86 years). *Journal of Nutrition, Health and Aging*, 11(6), 459-464.
- Godo, J., **Graves, B.S.**, O’Kroy, J., and Hecht, S. (2006). Influences of dietary supplement use in South Florida adolescent athletes. *American Journal of Health Studies*, 21(2), 91-98.
- Graves, B S.** (2005). Creating a gerontology conference for professionals and older adults. Jones, G.R., Taylor A.W., Ecclestone, N.A. (editors). *Scientific proceedings from ISAPA 6<sup>th</sup> world congress on aging and physical activity ‘research to action for an aging society*. 213-215.
- Grande, B.M. and **Graves, B.S.** (2005). Creatine supplementation: Forms, function, and effects. *Strength and Conditioning Journal*, 21 (1), 62-68.
- Schutzer, K.A., and **Graves, B.S.** (2004). Barriers and motivations to exercise in older adults. *Preventive Medicine*, 39, 1056-1061.
- Ford, M.A., Bass., M.A., Turner, L.W., Mauromoustakos, A., and **Graves, B.S.** (2004). Past and recent physical activity and bone mineral density in college-ages women, *Journal of Strength and Conditioning Research*, 18 (3), 405-409.
- Graves, B.S.** and Welsh, R., (2004). Recognizing the signs of body dysmorphic disorder and muscle dysmorphia. *ACSM’s Health and Fitness Journal*, 8 (1), 11-13.
- Graves, B. S.** (August 2000). Web basics for the strength and conditioning professional.

*Strength and Conditioning Journal*, 22 (4), 1-4.

Bridges, F.S., Williamson, C.B., Scheibe, J.J., & **Graves, B. S.** (1999). The lost letter technique and the 1996 presidential election. *Perceptual and Motor Skills*, 88, 273-280.

Bridges, F. S., Welsh, R., **Graves, B. S.**, & Sonn, M. (1997). Differences in lost letter and postal card returns from cities and smaller urban communities. *Psychological Reports*, 80, 363-368.

Bridges, F. S. & **Graves, B. S.** (1996). Accessibility of minors of smokeless tobacco products—Broward County, Florida, March--June 1996. *Morbidity and Mortality Weekly Report*, 45 (49):1079-1082.

Bridges, F. S. & **Graves, B. S.** (1996). Accessibility of minors of cigarettes from vending machines—Florida, 1996. *Morbidity and Mortality Weekly Report*, 45 (47):1036-1038.

#### **Books/chapters in books:**

**Graves, B.S.** (2013). Participation health screening and risk stratification, *In American College of Sports Medicine's Resources for the Personal Trainer 3e*, Chapter 2. Philadelphia: Lippincott Williams & Wilkins.

**Graves, B.S.** Screening and risk stratification. (2010). *In American College of Sports Medicine's Resources for the Personal Trainer 3<sup>rd</sup> edition*, Chapter 13. Philadelphia: Lippincott Williams & Wilkins.

**Graves, B.S.**, Whitehurst, M. and Jacobs, P. Lifespan effects of aging and deconditioning. (2010). Chapter 6, Lifespan effects of aging and deconditioning. *In American College of Sports Medicine's Resource manual for exercise testing and prescription (6<sup>th</sup> edition)*, Philadelphia: Lippincott Williams & Wilkins.

**Graves, B.S.**, Whitehurst, M. and Findley, B. (2006). Physiological effects of aging and deconditioning, Chapter 4. *In American College of Sports Medicine's resource manual for exercise testing and prescription (5<sup>th</sup> edition)*, Philadelphia: Lippincott Williams & Wilkins.

#### **State Journals: Refereed**

Welsh, R., **Graves, B. S.** and Campbell, K.D. (Spring 2001). Physical Education: Forecasts for the new century. *Florida Journal of Health, Physical Education, Recreation, Dance and Driver Education Journal*, 39 (2).

Taylor, C. and **Graves, B. S.** (Fall 1999). Goal setting. *Florida Journal of Health, Physical Education, Recreation, Dance and Driver Education Journal*, 37 (3).

Bridges, F. S. & **Graves, B. S.** (Fall 1998). Accessibility of condoms and other contraceptives by collegians in South Florida. *Florida Journal of Health, Physical Education, Recreation, Dance and Driver Education Journal*, 36 (3):40.

**Graves, B. S.** Student membership. (Fall 1996). *Florida Journal of Health, Physical Education, Recreation, Dance, and Driver Education*, 34 (3):20.

Bridges, F. S & **Graves, B. S.** (Summer/Fall 1996). Availability of cigarettes to underage youth in Fort Lauderdale, Florida 1995. *Florida Journal of Public Health*, 8 (1):24-26.

## Published Abstracts (Refereed)

- Klemp, A., Blanco, R., Dolan, C., Quiles, J.M., Krahwinkel, A.J., Zoeller, R. F., **Graves, B. S.**, and Zourdos, M.C. Two volume-equated daily undulating periodization models enhance strength similarly independent of specific repetition range. ACSM National Conference, San Diego, May 2015.
- Dolan, C., Klemp, A., Blanco, R., Quiles, J.M., Krahwinkel, A.J., Zoeller, R. F., **Graves, B. S.**, and Zourdos, M.C. Volume-equated high and low repetition daily undulating periodization models for lower body muscle hypertrophy. ACSM National Conference, San Diego, May 2015.
- Quiles, J.M., Klemp, A., Blanco, R., Dolan, C., Krahwinkel, A.J., Zoeller, R. F., **Graves, B. S.**, and Zourdos, M.C. Volume-equated high and low repetition daily undulating periodization models for upper body muscle hypertrophy. ACSM National Conference, San Diego, May 2015.
- Graves, B.S.**, Burnside, J., Kiddy, J., and A.J. Krahwindel. Collegiate Football Players Concussion Assessment. NSCA National Conference, Las Vegas, Nevada, July 2014.
- Zourdos, M.C., Quiles, J.M., Klemp, A. Dolan, C., Schau, K.A., Crimmins, J., Esagro, B., Garcia Merino, S., **B.S. Graves**. A comparison of efficiency between experienced and novice squatters during high intensity squats. ACSM, Orlando, FL. Medicine and Science in Sports and Exercise (Supp), 2014.
- Brazendale, K., **Graves, B. S.**, Penhollow, T.M., Whitehurst, M., and Pittinger, E. Children's experiences in physical education and its effects on physical activity participation outside of school. ACSM, Orlando, FL. Medicine and Science in Sports and Exercise (Supp), 2014.
- Dolan, C., Schau, K.A., Quiles, J.M., Klemp, A., Day, B., Garcia Merino, **B.S. Graves**, and Zourdos, M.C.. Comparison of center of pressure during the squat between experienced and novice squatters. ACSM, Orlando, FL. Medicine and Science in Sports and Exercise (Supp), 2014.
- Klemp, A., Quiles, J.M., Dolan, C., Schau, A. Crimmins, J., Esagro, B. Garcia Merino, S., **B.S. Graves**, and Zourdos, M.C. Does high intensity squatting elicit post activation potentiation on the squat? ACSM, Orlando, FL. Medicine and Science in Sports and Exercise (Supp), 2014.
- Graves, B. S.** and D'Angelo, A. Effects of a university-based exercise program intervention as compared to community-dwelling seniors. Medicine and Science in Sports and Exercise (Supp), 2012.
- Klepacki, B.J., **Graves, B.S.**, and Hellberg, P.A. (2009). The effect of ingesting a caffeine-enhanced sport drink on resting energy expenditure and blood pressure in females. *Journal of International Society of Sports Nutrition*, 3 (1), 20.
- Penhollow, T.M., **Graves, B.S.**, Young, M.E. and Jackson, M. (2009). Predictors of Physical activity and life satisfaction among college students. AAHPERD.
- Graves, B.S.**, D'Angelo-Herold, A., and Hartman, M.J. (2008). Assessment of a community-based walking program using the Senior Fitness Test. *Journal of Aging and Physical Activity*, 16: Supplement.
- Graves, B. S.**, Curran, R.N., and Hartman, M.J. (2008). Assessing concussions in collegiate football players. *Journal of Strength and Conditioning Research*, 22(4): Supplement.

- Costa, P.B. **Graves, B.S.**, Jacobs, P., and Whitehurst, M. Effects of balance and stretching on females. *Journal of Strength and Conditioning Research*, 21(4): Supplement.
- Graves, B.S.**, Stout, J.R., Goldstein, E.R., Costa, P.B., Goddard, X., and Curran, R. (2007). Effects of creatine supplementation on the physical working capacity at fatigue threshold and muscle function in elderly men and women (64-86 Years). *Medicine and Science in Sports & Exercise*, 39 (5), S424.
- Graves, B.S.** (2005). The signs of muscle dysmorphia and body dysmorphic disorder. *Journal of International Society of Sports Nutrition*, 2 (1), 119.
- Rakes, M., Zoeller, R., O’Kroy, Torok, D., J., Stout, J.R., Mielke, M. and **Graves, B.S.** (2005). Effects of 28 days of beta-alanine and creatine monohydrate supplementation on oxygen uptake, ventilatory and lactate thresholds, and time to exhaustion. *Journal of International Society of Sports Nutrition*, 2 (1), 97-98.
- Stout, J.R., O’Kroy, J., Mielke, M., Zoeller, R., Torok, D.J., Rakes, M., and **Graves, B.S.** (2005). Effects of 28 days of beta-alanine and creatine monohydrate supplementation on physical working capacity at neuromuscular fatigue threshold. *Journal of International Society of Sports Nutrition*, 2 (1), 105.
- Graves, B.S.**, Quinn, J.V., O’Kroy, J.A., Torok, D.J. (2005). Influence of pilates-based mat exercise on chronic lower back pain. *Medicine and Science in Sports & Exercise*, 37, Supplement 27.
- Graves, B.S.** (2004). Creating gerontology conference for professionals and older adults. *Journal of Physical Activity and Aging*, 12 (3), 213-214.
- Lai, K., O’Kroy, J., Torok, D.J., **Graves, B.S.** Active isolation stretching does not improve hamstring flexibility better than traditional stretching methods. *Medicine and Science in Sports & Exercise*, 35 (5). S79. May 2003.
- Howard, N., Torok, D., Sirounis, M., O’Kroy, J. and **Graves, B.S.** 12 weeks of gravitron training increases upper body strength in 11-13 year old students. *Medicine and Science in Sports & Exercise*, 34, Supplement 5, May 2002.
- Sol, C., Mitchell, K., Banks, S., Torok, D., **Graves, B.S.**, and Welsh, R. Changes in ground reaction forces utilizing the Pose method of running. *Medicine and Science in Sports & Exercise*, 33, Supplement 5, May 2001.
- Miller, J. M., O’Kroy, J.A., **Graves, B. S.**, and Torok, D. J. The role of airflow limitation in exercise-induced arterial hypoxemia, *Medicine and Science in Sports & Exercise*, 32, Supplement 5, June 2000.
- Whitehurst, M., Brown. L. E., Miller, J.M., Lee, L., **Graves, B.S.**, O’Kroy, J., Rossi, M., Grant, K., and D’Angelo-Herold, A. Wearing a weighted vest while walking increases oxygen consumption, *Medicine and Science in Sports & Exercise*, 32, Supplement 5, June 2000.
- Graves, B. S.** and Poirier, S. (1999). HIV/AIDS update of the older population in South Florida. *Journal of Aging and Physical Activity*, 7 (3), 292.
- Graves, B. S.** and Torok, D. Exercise science and wellness education survey of graduates. *Medicine and Science in Sports & Exercise*, 31, Supplement 5, May 1999.

**State: None**

**Local: None**

## **Conference Presentations**

### **Abstracts**

### **International (Refereed)**

- Graves, B.S.**, Krahwinkel, A.J., Dolan, C., Goldsmith, J. and Zourdos, M.C. January 2017, Functional fitness and activity levels of community dwelling older adults, Japan's 5<sup>th</sup> National Strength and Conditioning, Makhuhari Messe, Chiba.
- Graves, B.S.**, D'Angelo-Herold, A., and Hartman, M. July 28, 2008. Assessment of a university-based walking program using the Senior Fitness Test. *7<sup>th</sup> World Congress on Aging and Physical Activity*: Tsukuba, Japan.
- Graves, B. S.** July 2004. Creating a gerontology conference for professionals and older adults. International Society for Aging and Physical Activity's *6<sup>th</sup> World Congress on Aging and physical activity: from research to action for an aging society*, London, Ontario, Canada.
- Graves, B. S.** and Poirier, S. August 10-14, 1999. Roundtable discussion, HIV/AIDS Update of the older population in Broward County, Florida, *5<sup>th</sup> Annual World Congress on Physical Activity, Aging, and Sports*, Orlando, Florida.

### **National (Refereed)**

- Graves, B. S.**, Burnside, J., and Gupta, M. (June 2016). Assessing football players with concussions. Presented at American College of Sports Medicine's National Meeting. Boston, Massachusetts.
- Graves, B. S.** (January 25, 2014). Eating disorders and issues in high level athletes. Presented at the International Society of Sports Nutrition and Florida State University's Optimal Human Performance Symposium, Tallahassee, Florida.
- Graves, B. S.** and D'Angelo, A. (June 2012). Effects of a university-based exercise program intervention as compared to community-dwelling seniors. Presented at American College of Sports Medicine's National Meeting. San Francisco, California.
- Penhollow, T., **Graves, B.S.** Young, M.E., and Jackson. M. (April 2009). Predictors of physical activity and life satisfaction among college students. American Alliance of Health, Physical Education, Recreation and Dance National Convention and Exposition, Tampa, Florida.
- Graves, B. S.**, Curran, R.N., and Hartman, M.J. July 2008. Assessing concussions in collegiate football players. Presented at National Strength and Conditioning National Conference, Las Vegas, Nevada.
- Costa, P.B., **Graves, B.S.**, Jacobs, P., Whitehurst, M. July 2007. Effects of balance and stretching on females (18-35). Presented National Strength and Conditioning National Conference, Atlanta, GA. (oral presentation)
- Graves, B. S.**, Stout, J.R., Goldstein, E.R., Costa, P.B., Goddard, X., Curran, R. June 2006. Effects of creatine supplementation on the onset of neuromuscular fatigue threshold and muscle strength in elderly men and women (64-86 years). American College of Sports Medicine Meeting, New Orleans, Louisiana.
- Graves, B. S.** June 2005. 2<sup>nd</sup> Annual International Society of Sports Nutrition, New Orleans, Louisiana. The signs of muscle dysmorphia and body dysmorphic disorder. (Invited speaker).
- Rakes, M., Zoeller, R., O'Kroy, J., Torok, D., Stout, J.R., Mielke, M., and **Graves, B. S.** June 2005. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on oxygen uptake, ventilatory and lactate thresholds, and time to exhaustion. International Society of Sports Nutrition Conference, New Orleans, Louisiana.
- Graves, B. S.**, Vinci, J.Q., O'Kroy, J.A., and Torok, D.J. June 2005. Influence of Pilates-based mat

- exercise on chronic lower back pain. American College of Sports Medicine Annual Meeting, Nashville, Tennessee.
- Lai, K., O’Kroy, J., Torok, D.J., **Graves, B. S.** June 2003. Active isolation stretching does not Improve hamstring flexibility better than traditional stretching methods. American College of Sports Medicine Meeting, San Francisco, California.
- Graves, B. S.**, Jones, J. and Wood, R. H. June 2002. (Colloquium). Conducting Research with Older Populations: IRB Approval, Recruiting Subjects, Testing and Assessments. American College of Sports Medicine Meeting, St. Louis, Missouri.
- Howard, N. J., Torok, D. Sirounis, M., O’Kroy, J. and **Graves, B. S.** June 2002. 12 weeks of gravitation training increases upper body strength in 11-12 year old students. American College of Sports Medicine Meeting, St. Louis, Missouri.
- Graves, B. S.** June 2001. Successful Active Aging Programs — What is out there? Presented within Mini-Symposium, Key Factors in Successful Active Aging Programs. American College of Sports Medicine Meeting, Baltimore, Maryland.
- Sol, C., Mitchell, K., Banks, S., Torok, D., **Graves, B.S.**, and Welsh, R. June 2001. Changes in ground reaction forces utilizing the Pose method of running. American College of Sports Medicine Meeting, Baltimore, Maryland.
- D’Angelo-Herold, A., Whitehurst, M., and **Graves, B. S.** September 2000. Adherence to a university-based walking program. American College of Sports Medicine Specialty Conference: Physical Activity Programming for the Older Adult. Indianapolis, Indiana.
- Miller, J. M., O’Kroy, J.A., **Graves, B. S.**, and Torok, D. J. June 2000. The role of airflow limitation in exercise-induced arterial hypoxemia. American College of Sports Medicine Meeting, Indianapolis, Indiana.
- Whitehurst, M., Brown, L. E., Miller, J.M., Lee, L., **Graves, B.S.**, O’Kroy, J., Rossi, M., Grant, K., And D’Angelo-Herold, A. June 2000. Wearing a weighted vest while walking increases oxygen consumption. American College of Sports Medicine Meeting, Indianapolis, Indiana.
- Poirier, S. and **Graves, B. S.** January 2000. HIV/AIDS Update of older population in Florida. Partnerships for Health in the New Millennium Conference/Launching Healthy People 2010, convened by the Office of Disease Prevention and Health Promotion, United States Department of Health and Human Services, Washington, D.C.
- Graves, B. S.** and Poirier, S. August 1999. HIV/AIDS Update of the older population in Broward County, Florida. 5<sup>th</sup> Annual World Congress on Physical Activity, Aging, and Sports, Orlando, Florida. (round-table discussion).
- Graves, B. S.** June 1999. Exercise science and wellness education survey of graduates. American College of Sports Medicine Meeting, Seattle, Washington. June 1999. (Thematic Poster Presentation).
- Graves, B. S.** March 1999. Programming Exercise for the Older Adult. American College of Sports Medicine’s CEQ: Exercise and the Older Adult, Florida Atlantic University, Davie, Florida. (Topic Presentation).
- Graves, B. S.** March 1998. Alternative Careers to Physical Education. National Education Wellness Seminar, Fort Lauderdale, Florida. (Invited Speaker).

### **Regional (Refereed)**

- Klemp, A., Blanco, R., Dolan, C., Quiles, J.M., Krahwinkel, A.J., Zoeller, R. F., **Graves, B. S.** Zourdos, M.C. Effects of volume-equated high and low repetition daily undulating



periodization models on maximal strength. Southeast American College of Sports Medicine, Jacksonville, FL.

- Quiles, J.M., Klemp, A., Blanco, R., Dolan, C., Krahwinkel, A.J., Zoeller, R. F., **Graves, B. S.** Zourdos, M.C. Volume-equated high and low repetition daily undulating periodization models for hypertrophy. Southeast American College of Sports Medicine, Jacksonville, FL.
- Brazendale, K., **Graves, B.S.**, Penhollow, T., Whitehurst, M., Pittinger, E. Children's experiences in physical education and its effects on their physical activity participation outside of school. Thematic Poster, Southeast American College of Sports Medicine, Greenville, South Carolina, February 14, 2014. (accepted, not presented)
- Graves, B. S.** and Moore-Harrison, T. Facilitating effective mentoring relationships. Tutorial. Southeast American College of Sports Medicine, Greenville, South Carolina, February 14, 2014. (accepted, not presented)
- Klemp, A., K.A. Schau, J.M. Quiles, C. Dolan, Esgro, B., **B.S. Graves**, and Zourdos, M.C. A comparison of average velocity at maximal intensity in the squat as a marker of efficiency between experienced and novice squatters. Poster, Southeast American College of Sports Medicine, Greenville, South Carolina, February 14, 2014. (accepted, not presented)
- Dolan, C., K.A. Schau, J.M. Quiles, A. Klemp, B. Day, **B.S. Graves**, and Zourdos, M.C.. An examination of center of pressure during the squat at various intensities as a marker of technique efficiency between experienced and novice squatters. Thematic Poster, Southeast American College of Sports Medicine, Greenville, South Carolina, February 14, 2014. (accepted, not presented)
- Graves, B.S.** and D'Angelo, A. Comparison of active community-dwelling seniors in a structured and non-structured exercise program. Southeast American College of Sports Medicine, Greenville, South Carolina, February 5, 2011.
- Lai, K., O'Kroy, J., Torok, D.J., **Graves, B. S.** February 2003. Active isolation is not more effective at increasing hamstring flexibility than traditional methods. Southeast American College of Sports Medicine's Annual Meeting. Atlanta, Georgia.
- Howard, N., Torok, D., Sirounis, M., **Graves, S.**, and O'Kroy, J. February 2002. Upper body strength in 11-13 year old students is increased with 12 weeks of Gravitron training. Southeast American College of Sports Medicine's Annual Meeting. Atlanta, Georgia.
- Sol, C., Mitchell, K., Torok, D., **Graves, S.**, and Welsh, R. January 2001. Changes in ground reaction forces utilizing the Pose method of running. Southeast American College of Sports Medicine's Annual Meeting. Atlanta, Georgia.

#### **State (Refereed)**

- D'Angelo-Herold, A. and **Graves, B. S.** September 2002. FAU-Well Program. Florida Department of Elder Affairs Best Practices. Tampa, Florida.

**Competitive Grants and External Funding** (\$103,869 awarded)

**Federal Grants** (\$64,000 awarded)

Principle Investigator. U. S. Department of the Interior/U. S. Fish and Wildlife Service. August 1999 to November 30, 1999. Education and Outreach Program. \$5,000.

Principle Investigator. U. S. Department of the Interior/U. S. Fish and Wildlife Service. September 1998 to July 31, 1999. Education and Outreach Program. \$14,000.

Principle Investigator. U. S. Department of the Interior/U. S. Fish and Wildlife Service. August 1998 to July 31, 1999. Education and Outreach Program. \$10,000.

Principle Investigator. U. S. Department of the Interior/U. S. Fish and Wildlife Service. January 31, 1998 to July 31, 1998. Education and Outreach Program. \$5,000.

Principle Investigator. U. S. Department of the Interior/U. S. Fish and Wildlife Service. August 4, 1997 to January 31, 1998. Education and Outreach Program. \$30,000.

**External Funding** (\$39,469 awarded)

Awarded. \$1000. SAS Global Forum Faculty Scholarship. (Registration fees, meals, tutorial session), March 2014, SAS Global Forum, Washington, DC.

Awarded, \$1000. Travel grant from Federation of American Societies for Experimental Biology for SEACSM conference, Greenville, SC, February 13-15, 2014.

Mentor. \$1000 to Rocky Blanco, FAU ESHP graduate student. Travel grant from Federation of American Societies for Experimental Biology for SEACSM conference, Greenville, SC, February 13-15, 2014.

Principle Investigator. \$210,000 (submitted, October 2007). NIH Grant, The effects of supplementation (creatine, beta alanine) on a four-week strength-training program fatigue in community-dwelling older adults (ages 55+). (not funded)

Principle Investigator. \$3000 (awarded, 2006). College of Education, Research Incentive Seed Grant, A twelve-week training study of the effect of creatine monohydrate supplementation on neuromuscular fatigue in community-dwelling older adults.

Co-Principle Investigator with Anita D'Angelo-Herold. \$4,469 (awarded Fall 2005 to Spring 2006). FAU Fitness Video, The Allegany Franciscan Ministries of Palm Beach County, Florida.

Co-Principle Investigator with Dr. Jeffrey Stout. A crossover study of effective fourteen days of creatine monohydrate supplementation on neuromuscular fatigue in community-dwelling older adults. FAU Sponsored Research Grant. \$15,000 (not funded, Fall 2005)

Co-Investigator with Dr. Torok. The Starting Place Inc. of Hollywood, Florida. Evaluation of Not On Tobacco Program. \$2,500. (Awarded January 2004 to December 31, 2005).

Co-Principle Investigator with D. Torok. The Starting Place. Not On Tobacco Assessment. January 2003 to December 2003. Awarded \$2,500.

Principle Investigator. The American Lung Association of South Florida, Inc. March 2002 to March 2003. Not on Tobacco Program--Miami-Dade County, Florida. Awarded \$5,000.

Co-Principle Investigator with D. Torok. The American Lung Association of South Florida, Inc. March 2002 to March 2003. Not On Tobacco Program--Broward County, Florida. Awarded \$2000.

Principle Investigator. The American Lung Association of South Florida, Inc. June 2001 to May 2002. Tobacco 411--Awareness Program--Miami-Dade County, Florida. Awarded \$5,000.

Co-Principle Investigator. The American Lung Association of South Florida, Inc. June 2001. to May 2002. Tobacco 411--Awareness Program--Broward County, Florida. Awarded

\$5000.

Principle Investigator. The American Lung Association of South Florida, Inc. February 2000 to November 2000. Tobacco 411—Awareness Program--Miami-Dade County, Florida. Awarded \$5,000.

Co-Principle Investigator. The American Lung Association of South Florida, Inc. February 2000 to November 2000. Tobacco 411--Broward County, Florida. Awarded \$5,000.

**Internal funding (competitive grants, Florida Atlantic University)**

Principle investigator. Technology grant (awarded, April 2016).

- Funded, \$19,598, Trazer equipment, ESHP Lab

Principle investigator. Technology grant (requested, November 2015), \$97,100

- Alter-G equipment
- Not funded

Co-Principle investigator with Communication Disorders and Counselor Education (requested, October 2015), Internal FAU Healthy Aging Grant. Cognition, Swallowing, and Balance: Keeping the Aging Adult at Home.

- Not funded

Principle investigator. Technology grant (awarded, April 2015), \$172, 235

- Funded, \$172,235, Equi-test machine, ESHP Lab

Principle investigator. Technology grant (awarded, April 2014), \$1968.40

- Funded, \$1968.40, Electronic scale
- Not funded, \$116,497.70; lactate analyzers, ESHP Lab, Microsoft Surface tablets, metabolic analysis system, ParvoMedics system, treadmills

Principle investigator. Technology grant (awarded, April 2013), total \$132,292.

- \$10,000 for lactate analyzers, ESHP Lab
- \$122,292 for ESHP cycle ergometers, portable VO<sub>2</sub> system, and other ESHP new lab equipment

Principle investigator. Technology grant (awarded spring 2012), total \$1500

- \$1,000 for digital video cameras for class use.
- \$500 for scanners for ESHP lab

Principle investigator. Technology grant (awarded Fall 2011), total \$44,876.

- \$41,951 upgrade and replacement of Bod Pod (body composition analysis).
- \$2,925 for portable computers for ESHP student use

Principle investigator. Technology grants (awarded April 2010), total \$42,446).

- \$22,444 for computer and software upgrades for ESHP lab, 11A. Funded.
- \$19,002 for computer, software, and room upgrade for ESHP lab, GY 152. Funded.
- \$43,546, upgrade/replacement of Bod Pod (body composition analysis), Not funded.

Principle investigator. College of Education incentive grant. Fall 2006.

- \$3000, Project title: A twelve-week training study of the effect of creatine monohydrate supplementation on neuromuscular fatigue in community dwelling older adults.

**Gifts/Donations or Equipment Grants (\$7,000)**

Memorial West Health and Fitness Center. 2005. Two Nu-Step machines to the Exercise Science Student Laboratory. \$2000 value.

Memorial West Health and Fitness Center. 2002. Two bicycle ergometers to Exercise Science Student Laboratory. \$1500 value.

HealthSouth Corporation, Birmingham, Alabama. January 1998. Southeast American College of Sports Medicine's Women's Breakfast Meeting, 26<sup>th</sup> Annual Meeting, SanDestin, Florida. \$1,000 donation for sponsorship.

HealthSouth Hospital, Plantation, Florida. Spring 1996. Three bicycle ergometers to FAU Exercise Science Student Laboratory. \$2500 value.

**Patents:** None

### **Non-Refereed Works**

#### **International Publications: Non-refereed**

**Graves, B. S.** (editor). (June 2002). *Successful Active Aging Programs*. Booklet for American College of Sports Medicine's Interest Group on Aging. Published electronically.

**Graves, B. Sue.** (January 2001). Preventing dehydration. Bimini Bahamas Big Game Annual Publication--*Tournament Book*.

**Graves, B. Sue,** McCully, K., and Whitehurst, M. (editors). (June 2000). *Successful Active Aging Programs*. Booklet for American College of Sports Medicine's Interest Group on Aging.

**Graves, B. Sue.** (January 2000). Fishing fitness. Bimini Bahamas Big Game Annual Publication--*Tournament Book*.

#### **National Publications: Non-refereed**

**Graves, B. S.** and Juris, P. (November 2004). A comparative kinematic and biomechanical analysis of two gait simulators. A white paper prepared for CYBEX International.

**Graves, B. S.** (October 2001). Explosive training for seniors in Point/Counterpoint, *Strength and Conditioning Journal*, 23, (5), 30-31.

Mazza, V. and **Graves, B. S.** (March 2001). Time management techniques for managers. *Fitness Management*. News features section on Website.

**Graves, B. S.** and 15 industry experts. (March 2000). State of the Industry: The experts speak out and propose new directions for the *Personal Fitness Professional Magazine*.

**Graves, B. S.** (November/December 1998). National Strength and Conditioning Association (NSCA) student membership. *NSCA National Newsletter*, 19 (6).

#### **Presentations, Professional (Non-refereed)**

##### **International Presentations**

**Graves, B.S.** (July 21, 2008). Invited to contribute expertise in field of active aging and health. The National Taiwan Sports University, Taipei County, Taiwan.

##### **Professional Meetings**

Older adult's day. Interest Group on Aging. American College of Sports Medicine National Conference. June 2010.

Health risks behaviors program: training module. Florida Tobacco Pilot Program: 1998. Summer Institutes, Saddlebrook, Wesley Chapel, Florida, June 28-July 3, 1998.

### **State and Local presentations**

- Featured guest speaker, Rotary International. June 11, 2014. Exercise and Aging. John Knox Village, Pompano Beach, Florida.
- Featured guest speaker. May 13, 2013. Senior Challenge opening ceremony for Olympic Day. John Knox Village, Pompano Beach, Florida.
- Guest speaker. October 10, 2012. Nutrition lecture. FAU women's track team.
- Guest speaker (featured). August 2010. Bikini Bash (African American Association) for women's health. Fort Lauderdale, Florida
- Guest speaker. **Graves, B.S.**, Hartman, M., Goldstein, E.R. (August 2007). The effects of beta alanine supplementation on neuromuscular fatigue in community-dwelling older adults. John Knox Village, Pompano Beach, Florida.
- Guest speaker. June 2007. Nutrition, exercise and aging. Women's Study Group, First Baptist Church of Hollywood, Florida.
- Invited guest speaker. September 2005. Aging—60 is the new 40. WCI Communities. Tampa, FL.
- Invited guest speaker. March 2002. Fitness and aging. Second Annual Interdisciplinary Gerontology Conference, Florida Atlantic University, Boca Raton, Florida.
- Guest speaker. 6:30 am, September 1, 2001. Rose Lee Archer's Talk Show, Palm Beach, Florida for the Fox Network, taped August 31, 2001, broadcast of Anti-Aging Solutions. Rebroadcasted nationally on Fox Cable Network.
- Guest speaker. November 14, 2000. Why exercise? The St. Ambrose Separated, Divorced, Widowed Support Group, Pompano Beach, Florida.
- Guest speaker. June 21, 2000. Exercise and aging. Delray Beach Kiwanis Club, Florida.
- Guest speaker. February 16, 1999. Women and Exercise. Women's Auxiliary, Coral Ridge Yacht Club, Fort Lauderdale, Florida.
- Guest speaker. January 9, 1998. Women and exercise, what we need to know. Boca Raton Resort and Club, Boca Raton, Florida.
- Guest speaker. April 8, 1997. Availability of cigarettes and smokeless tobacco to underage youth in Fort Lauderdale, Florida. Public Health Committee of the Health and Human Services Board of Broward County, Fort Lauderdale, Florida.

### **University**

- Football recruitment breakfasts. December to February 2015.
- Football recruitment breakfasts. Spring 2014.
- Presentation. January 30, 2013. Title: Opportunities and diversity." High School Guidance Counselor Luncheon. Boca Campus.
- Football recruitment breakfasts. Spring 2013.
- Supervising Faculty. April 5, 2013. Oral presentation, Tamara Estevez, Human Consumption of Dioxins. Third Annual Undergraduate Research Symposium. Boca Campus
- Presentation, October 18, 2012, Nutrition. FAU women's track team.
- Presentation. January 2011. High School Guidance Counselor Luncheon. Boca Campus.
- Presentation. January 2010. Introduction to Exercise Science and Health Promotion. Freshman orientation. Boca Campus.
- Presentation. January 19, 2010. ESHP Information. Freshman Orientation. Boca Campus.
- Presentation. November 20, 2009. Health, Aging and Fitness. Research Seminar Series. Healthy

Aging Initiative. Boca Campus.  
Presentation. March 13, 2009. ESHP Information. Student orientation. Boca Campus.  
Presentation. October 13, 2006. *A twelve-week training study of the effect of creatine monohydrate supplementation on neuromuscular fatigue in community-dwelling older adults (55+)*.  
College of Education's Research Exchange & Luncheon: capacity building in research.  
Workshop. February 2, 2000. Essentials of fitness and training, evaluation, steroids and ergogenic aids. Undergraduate nutrition class in the College of Sciences, Davie Campus.

### **Department**

Test Examiner for Exercise Testing laboratory classes, each semester. 2002 to 2009.  
Presented HIV/AIDS Update of the Older Population to Exercise Science And Wellness Education Research Forum, FAU, Davie, Florida, November 21, 1999.  
Presented Programming Exercise for American College of Sports Medicine's CEQ: Exercise and the Older Adult, one day seminar, Florida Atlantic University, Davie, Florida, March 27, 1999.  
FAU Exercise Science And Wellness Education graduate survey presented to Exercise Science And Wellness Education Research Forum, April 7, 1999.  
Minors access to cigarettes in Fort Lauderdale, FL. Exercise Science Research Activity Group, FAU, Davie, Florida, November 16, 1998.  
Minors Access to Cigarettes in Fort Lauderdale, Florida presented to Exercise Science And Wellness Education Research Forum, October 6, 1998.  
Education and outreach program. Exercise Science Research Activity Group, FAU, Davie, Florida, November 1997.  
Availability of Cigarettes to Underage Youth in Fort Lauderdale, Florida. Exercise Science Research Activity Group, FAU, Davie, Florida, February 15, 1996.  
Physiological Aspects of Female Sport Diver. Presentation to Exercise Science Research Activity Group, Florida Atlantic University, Davie, Florida, October 26, 1995.

### **Professional Affiliations**

American College of Sports Medicine, Fellow Status, (2002 to present)  
American College of Sports Medicine, Health Fitness Instructor (1997 to present). Name revised to Health Fitness Specialist. In 2015, name revised to Certified Exercise Physiologist.  
American College of Sports Medicine (1997 to present)  
American Physiological Society (1997 to 2005)  
International Society of Sports Nutritionists (2004 to present)  
National Strength and Conditioning Association (1999 to present)  
Southeast American College of Sports Medicine (1997 to present)

## **III. SERVICE**

### **National Service**

#### **American College of Sports Medicine (ACSM)**

Mentor, Leadership and Diversity Training Program. Level 1 Mentor, Ms. Maria Enid-Santiago, master's student, University of Puerto Rico. June 2015 to present. Recognized at Diversity Reception at National Meeting.  
Mentor, Leadership and Diversity Training Program. Level 2 Mentor, Dr. Alicia Bryan, faculty,

Columbus State University. June 2012 to present. Recognized at Diversity Reception at National Meeting.

Presenter. June 2010. Aging Interest Group. Older Adult's Day.

Mentor, Leadership and Diversity Training Program. Level 2 Mentor. Brandon Hollis, Ph.D. Student, Louisiana State University. June 2008 to June 2011. Recognized at Diversity Reception at National Meeting. Seattle, Washington.

Chair. June 2005 to 2008 and June 2001 to June 2003. Interest Group on Aging.

Coordinator. June 2008. Election of Chair and Co-Chairs for Interest Group on Aging.

Member. June 2007 to June 2011. Interest Group Forums Committee.

Volunteer. 2007. Annual Meeting Blood Drive at National Meeting (New Orleans, Louisiana).

Member. June 2005 to June 2007. Interest Group Forums (ad hoc) Committee.

Member. June 2005 to 2008 and June 2001 to June 2003. Interest Group Chair/Co-Chair Meeting.

Member. June 1999 to present. Interest Group on Aging.

Proctor. November 18, 2005. Health, Fitness Instructor exam, FAU.

Lead discussion. 2002 to present. Aging, table discussion, at each national conference Rathbone Memorial Breakfast.

Area representative. January 2002. Abstracts for the 2002 National Conference.

Area representative. January 2001. Abstracts for the 2001 National Conference.

Member. March 2, 2001 to March 1, 2006. Membership Committee.

Site Director. March 27, 1999. Professional Exam: Exercise and the Older Adult, one-day seminar, Florida Atlantic University, Davie, Florida.

Examiner. April 26, 1997. Health Fitness Exam, Doctor's Hospital, Coral Gables, Florida.

### **National Strength and Conditioning Association (NSCA)**

Invited Panelist: **Graves, B. S.**, Stone, M., Hudy, A., and Schilling, L. Solution Session: Female Athletes and females in the field.

Reviewer. October 2016. Journal of National Strength and Conditioning.

Reviewer. October 2015. Journal of National Strength and Conditioning.

Reviewer. April 2015. Journal of National Strength and Conditioning.

Reviewer. Fall 2014. Journal of National Strength and Conditioning.

Moderator and Judge. July 2014. National conference. Las Vegas, Nevada

Judge. July 2014. PhD and MS Student posters. National conference. Las Vegas, Nevada

Reviewer. April 2014 to present. National conference. NSCA Special Interest Group, review articles for website.

Judge. July 2013. National conference. PhD student posters. Las Vegas, Nevada.

Judge. July 2012. National conference. Panel of three for twenty-one Ph.D. abstracts at national conference. Providence, Rhode Island.

Session Moderator. July 2012. National conference, Providence, Rhode Island.

Member. July 2010. International Focus Group. Orlando, Florida.

Program Director. 2008 to present. NSCA ERP Program for department, graduate and undergraduate.

Reviewer. October 2009. NSCA Strength and Conditioning Journal.

Session Moderator. July 2009. NSCA National Conference. Las Vegas, Nevada.

Member. 2008-2009. Search Committee for new NSCA Executive Director.  
Associate Editor. December 2007 to present. *Strength and Conditioning Journal*.  
Vice-Chair, October 2007 to July 2011. Nutrition, Metabolism, and Body Composition Group Executive Council.  
Session Moderator. July 2008. NCSA National Conference. Las Vegas, Nevada.  
Member. 2007 to present. NSCA Research Committee.  
Session Moderator. July 2007. NCSA National Conference. Atlanta, Georgia.  
Scholarship reviewer, Spring 2007. Doctoral research grants.  
Reviewer. Grant Review Panel. 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016.  
Reviewer. Research Abstract Review for National Conference. 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016.  
Reviewer. Fall 2003 to present. *Strength and Conditioning Journal*.  
Reviewer. Fall 2001. *Strength and Conditioning Journal*.  
Member. August 3, 1999 to present. *Strength and Conditioning Journal* Editorial Advisory Board.

### **Other National Service**

Expedited Anonymous Review, April 2015, for professor under consideration for a vacancy in the Health and Human Development Department, rank of assistant professor, position @4A5228, Montana State University—Bozeman.  
Volunteer, tutorial room host duties, March 24, 2014. SAS Global Forum, Washington, DC.  
Editorial Board. Spring 2014 to Fall 2015. *Journal of Exercise, Sports & Orthopedics*.  
Editorial Board. Spring 2014 to present. *Journal for Orthopedics and Rheumatology*.  
Proctor, April 2012. CISSN exam. Two students.  
Proctor. August 2010. CISSN exam. Ten students.  
Proctor. April 2009. CISSN exam. Nine students.  
Fellow Status. September 15, 2008. International Society of Sports Nutrition.  
Advisory Board Member. August 29, 2008 to present. International Society of Sports Nutrition Advisory Board.  
Site Director for International Society of Sports Nutrition exam. Davie, Florida. March 2007.  
Interview. June 2005. Press release (quote) for American College of Sports Medicine's *Pilates and yoga programs provide welcome benefits*.  
Interview. March 2005. Press release (quote) for the International Council on Active Aging.  
Interview. Spring 2002. Reebok Alliance Newsletter. The Great Yoga Debate  
Site Director and presenter (Programming Exercise) for American College of Sports Medicine's Exercise and the Older Adult Workshop, a Certificate of Enhanced Qualification. Davie, Florida. March 27, 1999.

### **Reviews:**

Reviewer, November 2015, *Journal of Strength and Conditioning*.  
Reviewer, October 2015, *Journal of Strength and Conditioning*.  
Reviewer, July 2015, *Research Quarterly for Exercise and Sport*.  
Reviewer, August 2014, *Canadian Journal on Aging*.  
Reviewer, June 2014, *Journal of Aging*.  
Reviewer, March 2014, *Journal of Strength and Conditioning*.  
Reviewer. Fall 2011. *Strength and Conditioning Journal*.  
Reviewer. August 2009. *Medicine and Science in Sports and Exercise*.



Reviewer. 2009 and 2010. ISSN Journal.

Reviewer. Summer 2009 and 2010. International Journal of Sport Nutrition and Exercise Metabolism.

Reviewer. Summer 2009, Fall 2010, Spring 2011 Summer 2013, Spring 2014. Journal of Health Psychology.

Reviewer. Spring 2009. Strength and Conditioning/nutrition text.

Reviewer. March 2009. Clinical Nutrition.

Reviewer. Summer 2008. Dynamic Medicine article.

Reviewer. Summer 2008. Physical Therapy in Sport article.

Reviewer. October 2007. International Journal of Sport Nutrition & Exercise Metabolism article.

Reviewer. February 2007. Journal of Cross-Cultural Gerontology.

Reviewer. Spring 2005. Book proposal for a guide to careers and internships in sport management and exercise science. Human Kinetics.

Reviewer. Summer 2003. Journal of Physical Activity and Aging.

Reviewer. Spring 2002. Advances in Physiological Education. Manuscript for American Physiological Society.

Reviewer. Spring 2002. Text book for McGraw-Hill.

Reviewer. July 2001. Medicine in Science and Sports and Exercise Journal. Manuscript #0701-07, Dance-based aerobic exercise may improve indices of falling risk in older women.

Reviewer. April 2001. Manuscript #105-01, Gymnastics exercises to supplement pole strength vault training. Strength & Conditioning Journal.

Reviewer. May 2000. The fitness professional: A Perspective for the Strength and Conditioning Journal.

Reviewer. December 1999. Journal of Strength and Conditioning, volume 21.

Reviewer. August 3, 1999. Journal of Strength and Conditioning, Submaximal Testing for the Strength and Conditioning Specialist and Certified Personal Trainer.

Reviewer. Spring 1999. National Strength & Conditioning article, The Role of Continuing Education in the NSCA, for Strength and Conditioning Journal.

Reviewer. August 6, 1997. Introduction to Exercise Science. Authors: Terry and Dona Housh. Allyn & Bacon (Simon & Schuster Education Group).

Reviewer. May 2, 1997. Administration/Management of Physical Activity and Sport. Author: David F. Anderson. Allyn & Bacon (Simon & Schuster Education Group).

Reviewer. April 14, 1997. Introduction to Human Movement. Authors, Shea/Wright. Allyn & Bacon (Simon & Schuster Education Group).

Reviewer. Introduction to Exercise Science. Authors: Terry and Dona Housh. Allyn & Bacon (Simon & Schuster Education Group), August 6, 1997.

Reviewer. Administration/Management of Physical Activity and Sport. Author: David F. Anderson. Allyn & Bacon (Simon & Schuster Education Group), May 2, 1997.

Reviewer. Introduction to Human Movement. Authors, Shea/Wright. Submitted review to Allyn & Bacon (Simon & Schuster Education Group), April 14, 1997.

**Regional (Southeast American College of Sports Medicine)**

Regional Chapter Trustee, nominated for 2017.

Past President. February 2016-2016

President. February 2015-2016.

President candidate for organization. February 2014.

Mentor. February 2014 to 2015. SEACSM's Leadership and Development Program. Mentoree, Lola Fisher, Junior, Auburn University.

Session Moderator. February 2014. Southeastern American College of Sports Medicine, Columbia, South Carolina.

Mentor. February 2013 to February 2014. SEACSM's Leadership and Development Program. Mentoree, Carolina Sarmiento, Junior at the University of Gainesville.

Chaired session. February 2012. ACSM Leadership & Diversity Training Program.

Judge. February 2012. Master's Research Award entries.

President candidate for organization. February 2012. Did not get elected.

Judge. February 2010 and February 2011. Student Bowl: Exercise physiology competition. Southeastern American College of Sports Medicine, Columbia, South Carolina.

Judge. February 2010. Master's posters for regional award. Southeastern American College of Sports Medicine, Columbia, South Carolina.

Session Moderator. February 2010. Southeastern American College of Sports Medicine, Columbia, South Carolina.

Session Moderator. February 2009. Southeastern American College of Sports Medicine, Columbia, South Carolina.

Organizer. 2008 to present. FAU ESHP majors provided audio-visual support, obtained free hotel room.

Committee Member. 2008 to present. Women of Southeastern American College of Sports Medicine.

President candidate for organization. February 2009. Did not get elected.

Session Chair, February 2008. Southeastern American College of Sports Medicine, Birmingham, Alabama.

Session Chair, February 2007. Southeastern American College of Sports Medicine, Atlanta, Georgia.

Member-At-Large. January 2003 to January 2005. Elected to Southeast American College of Sports Medicine Board.

Chaired Women's Breakfast Meeting. January 1998. Southeast American College of Sports Medicines Annual Meeting, Sandestin, Florida.

### **State**

External Reviewer. Tenure review for associate professor, University of Wisconsin-Parkside. Spring 2015.

External Reviewer. Assistant professor promotion to associate professor, University of South Florida. July 2012.

External Reviewer. Associate professor promotion to full professor, University of North Florida, July 2011.

External Reviewer. Assistant professor promotion to associate professor, University of North Florida, July 2007.

External Reviewer. Associate professor's promotion to full professor, University of West Florida, July 2007.

College Advisor. Florida Alliance for Health, Physical Education, Recreation and Dance, 2000 to 2007.

## **Local**

Supervised Nova Southeastern University College of Osteopathic Medicine student in two Clinical Rotations, 2015 to 2016.

Attended. February 22, 2008. Childhood obesity initiative symposium. Agatston Research Foundation. South Beach, Florida.

Interview. August 1, 2007. Boca Raton Magazine. Topic: Finding the right gym.

Interview. February 25, 2007. Palm Beach Post's Healthy Living Special. *Fitness training for your real life.*

Leader. March 15, 2006. Research Mentorship Workshop. Nova Southeastern University, Davie, Florida.

Interview. February – March 2007. David Posnack's Jewish Community Center's *Chai Lights*. Posnack JCC and FAU become partners in research.

Ambassador. January 2005. Orange Bowl Committee. National Championship Game, ProPlayer Stadium, Miami, Florida.

Advisor. 2004 to present. John Knox Village Fitness program. Pompano Beach, Florida.

Featured. June 2000. Palm Beach Post, Article titled: Selecting a personal trainer.

Interview. July 8, 2000. The Palm Beach Post for Personal Training Article.

Completed. HIV Update 1999, Certificate of Attendance by Broward County Human Services Department, Alcohol and Drug Abuse Services Division, April 22, 1999.

Interview. March 18, 1997. Teens and Tobacco. Channel 6 Evening News, NBC Affiliate.

Volunteer and speaker. April 1996. Broward County employees program, Davie, Florida, Nutrition in the Work Place. Broward County Cooperative Extension Service and the University of Florida, four-week program.

## **Florida Atlantic University**

Full member. (October 2016 to present) Institute for Healthy Aging and Lifespan Studies. (I-HeAL member).

Member, Faculty Panel for Incoming FAU Athletes, July 22, 2016, Member, Summer 2016, FAU Athletic Department's Summer Bridge Program, invited faculty.

Member. Summer 2016. Student Affairs Committee, FAU Director for Campus Recreation.

Member. Spring to Summer 2016. Graduate Fellowship for Academic Excellence Selection Committee. FAU Graduate College.

Member. Spring 2016 to Fall 2016. Health Science BA Degree Committee. Boca Campus Mentor. (2015-16). Connections Mentoring Program, component of The Mentoring Project.

Participant. October 17, 2013. FAU human subject's protections workshop. Health Sciences Session.

Judge. April 5, 2013. Abstracts for the 3<sup>rd</sup> Annual FAU Undergraduate research symposium.

Member. March 29, 2013. FAU Department Chairs Workshop. Break-out sessions.

Panelist/presenter. January 30, 2013. Undergraduate research. Primary focus was opportunities and diversity.

Presenter and member of academic highlights panel. January 30, 2013. High School Guidance Counselor Luncheon.

Participant. January 24, 2013. Academic Affairs Leadership Team Meeting. Office of the Provost.

Member. Fall 2011- Spring 2013. Search Committee for Director for Today and Beyond Wellness. Boca Campus.

Reviewer. October 31, 2012. FAU campus recreation external program review.

Presenter and member of academic highlights panel. January 26, 2011. High School Guidance Counselor Luncheon.

Member. Spring 2010. University Student Eligibility Appeals Board. Boca Campus.

Presenter. January 19, 2010. Reviewed ESHP program, research, and possible partnerships with athletics to Athletic Department's monthly meeting.

Member. May 2009. Student Activity Fee Committee.

Member. 2009 to present. Healthy Aging: Interdisciplinary research to improve the quality of life and the quality of care for aging Americans.

Presenter. November 20, 2009. Health and fitness programs: an interdisciplinary program preparing professionals for the FAU interdisciplinary healthy aging research seminar series.

Member. Fall 2009. Search committee for COE Dean.

Member. Summer 2009. Ad Hoc Committee for Student Activity Fees. Boca Campus.

Member. Summer 2008. Search committee for COE Interim Dean.

Presentor. March 13, 2009. FAU Campus Day, Exercise Science and Health Promotion Information for South Florida high school counselors.

Member. 2005-2007. Gerontology Interdisciplinary Conference, College of Nursing, Boca Campus.

Chair. 2003-2004. Gerontology Interdisciplinary Conference, Boca Campus. April 2, 2004.

Member, 2002-2005. Advisory Board, Student Wellness Center, Davie Campus.

Member. 2001-2002. Broward Achievement Awards for Davie Campus.

Co-chair. 2001 to 2006. FAU Gerontology Certificate Program's Conference Program Committee. Three conferences, Pathways to Successful Aging and Aging with Meaning: 21<sup>st</sup> Century Perspectives.

Member. January 2001 to September 2002. The President's Task Force on Student Support.

Member. March 2000 to 2007. Gerontological Certification Program Advisory Board.

Member. 2000. University Search Committee for Student Wellness Director's position.

Member. January 25, 1999 to 2006. Student Wellness Center Advisory Board, Davie Campus.

### **College of Education, Florida Atlantic University**

Faculty advisor. November 12, 2013. 13<sup>th</sup> Annual Research Symposium, Unheard voices: the hidden dimensions of research. Two ESHP graduate posters.

Member. Spring 2010. Outstanding Dissertation Award Committee.

Member. September 2009. Clinical experiences committee.

Session Moderator. Spring 2009. SACS accreditation.

Faculty Sponsor. March 2009. Student Advisory Council's 8<sup>th</sup> Annual Research

Presenter. March 13, 2009. COE Campus Day event.

Presenter. March 9, 2009. COE Campus Day event for future freshmen.

Member. Fall 2008 to 2013. COE Academic Assessment Systems Committee.

Member. Fall 2008 to Spring 2009. Search Committee for COE Dean Position.

Member. Spring 2008 to 2009. COE Interim Dean/Dean Search Advisory Committee.

Faculty Sponsor. March 2008. Student Advisory Council's 7<sup>th</sup> Annual Research Symposium.

Member. Fall 2007 to present. Assessment Committee.

Marshall. Summer 2007. Summer ceremony commencement.

Member. 2006 to present. Department Chair Committee.

Member. 2006 to present. Executive Committee.

Marshall. Summer 2006, Summer ceremony commencement.

Faculty Sponsor. March 31, 2006. Student Advisory Council Research Symposium V. Pablo

Costa's presentation, The effects of stretching on the risk of injury.  
Facilitator. September 9, 2005. COE Retreat.  
Facilitator. April 23, 2004. COE Retreat.  
Member. 2003 to 2008. NCATE Committee.  
Member. 1999 to 2000. Search Committee, Coordinator of Academic Programs, Davie, Florida.  
Member. 2002. Strategic Planning Committee.  
Participant. 2002. Open House. Davie, Florida.  
Marshall. Fall 2001. Fall ceremony commencement.  
Member. 1999 to 2000. Search Committee, Coordinator of Academic Programs, Davie, Florida.  
Member. November 1999. Search Committee, Academic Advisor, Davie, Florida.  
Member. October 1999 to 2007. Undergraduate Curriculum Committee.  
Member. October 1999 to April 2000. Salary Equity Committee.  
Member. March 23, 1999 to 2006. Distance Learning Committee, Boca Raton, Florida.  
Member. Spring 1999. Research Committee. Award Researcher of the Year and COE Awards.  
Representative. 1999. Committee for Awards for Undergraduate Advising.  
Member. December 1997 to 2005. Undergraduate Petitions Committee, Boca Raton, Florida.  
Member. Spring 1996. Broward Achievement Awards Committee, Davie, Florida.

### **Departmental Service, Florida Atlantic University**

Member. November 2016-present. Internship Committee.  
Chair. Fall 2015- Spring 2016. Search Committee for ESHP Biochemistry position.  
Basic X-Ray Machine Operator License, May 2015 to May 31, 2018. Department of Health, State of Florida.  
Chair. Summer 2012. Search committee for temporary laboratory manager.  
Chair. Spring 2012. Search committee for temporary laboratory manager.  
Member. Spring 2012. Search committee for health assistant professor position.  
Member. Spring 2012. Search committee for instructor position.  
Member. Spring 2012. Search committee for strength and conditioning position.  
Chair. Summer 2011. Search committee for visiting instructor position.  
Chair. Summer 2011. Search committee for temporary laboratory manager/adviser.  
Chair. Summer 2011. Search committee for secretary position.  
Chair. Fall 2010. Search committee for senior secretary position.  
Chair. Summer 2010. Search committee for visiting instructor/assistant professor position.  
Member. Spring 2009. Search committee for exercise physiology position.  
Chair. Spring 2009. Search committee for visiting instructor/assistant professor position.  
Chair. Spring 2009. Search committee for senior secretary position.  
Chair. Summer 2008. Search committee, visiting instructor position (health).  
Member. 2006-2008. Undergraduate Curriculum Revision.  
Chair. 2006-2007. Faculty Search Committee.  
Chair. 2005-2006, Search Committee for assistant professor position (health).  
Faculty Advisor. 2006-2007, ESHP Club.  
Evaluator. 2004-2009. Exercise Testing practical exams for Dr. Zoeller, each semester.  
Chair. 2004-2005. Search Committee for assistant professor health position.  
Faculty Mentor. Fall 2004.  
Coordinated. March 22, 2004. Health professions graduate school fair. Boca Campus.  
Member. Spring 2004. Search committee for kinesiology position.

Coordinator. February 2004. Human Motion: An Integrated Approach to Functional Training.  
Member. Spring 2003 to present. Doctor of philosophy degree planning committee.  
Member. Spring 2003. Search committee for biomechanics/kinesiology position.  
Coordinator. July 2002. National Strength and Conditioning Association's Recognition Program in strength and conditioning.  
Coordinator. April 2002. Integrated Functional Training Seminar.  
Faculty advisor. January 2002. Health Fair.  
Administration. Fall/Spring 2002. Submitted new courses for curriculum.  
Member. Spring 2001. Search committee for Health Position.  
Member. Spring 2001. Search committee for Exercise Physiology Position.  
Faculty Advisor. 2001-2002. Exercise Science and Health Promotion Student Club.  
Organizer. March 2001. Open House for Department of Exercise Science and Health Promotion.  
Member. 1998-present. Media committee.  
Member. 1998-present. Graduate Policies Committee.  
Member. 1998-present. Direction/Curriculum committee.  
Chair. Spring 1999 to present. Brochure committee for department.  
Member. Spring 1999. Search Committee for Health Educator position,  
Member. 1998 to present. Undergraduate Advisement handbook. Spring  
Assistant. 1998. National Run to Work Day/Exercise Science and Wellness Education Majors.  
Member. Fall 1997 to Spring 1998. Undergraduate Course Revision Committee.  
Member. Fall 1997 to 2002. Undergraduate Advisement Committee.  
Member. Fall 1997 to Spring 1998. Search Committee, faculty position for Boca campus.  
Member. Spring 1997. Search Committee, Physical Therapy clinical coordinator position for Davie campus.

### **Local (Community)**

Organizer. Open House for Exercise Science and Health Promotion Department, September 2009.  
Food bank volunteer. 2003 to 2011. First Baptist Church of Hollywood, Florida.  
Education Director. 2003 to 2007. First Baptist Church of Hollywood, Florida.  
Volunteer fund-raiser. 2004-2008. The Billfish Foundation (a Rockefeller Charity).  
Volunteer fund-raiser. 1988 to 2006. Computers and other supplies for elementary schools in The Bahamas.  
Organizer. Open House for Department of Exercise Science and Health Promotion, March 2001.

### **Thesis Committees (ESHP Department unless noted otherwise)**

Thesis Committee. Spring 2014 to present. Elizabeth Pittinger. Does substrate utilization vary between oophorectomized previvors and age-matched premenopausal women?  
Thesis Committee. Fall 2013 to present. Alex Klemp. The effects of high and low repetition daily undulating periodization models with equated volume on strength and hypertrophy in trained males.  
Thesis Chair. Spring 2012 to Summer 2013. Keith Brazendale. An empirical study of children's enjoyment and perceived competence in physical education and its effects on their physical activity participation outside of school.  
Thesis Committee. Fall 2011 to Spring 2012. Kelley Rhoads. An educational tobacco intervention: Impact of the health belief model on college students.  
Thesis Committee. Fall 2010 to Fall 2011. Frederick Feil. The effects of compression socks worn

- post exercise on muscle damage/soreness.
- Thesis Committee. Spring 2010 to Summer 2011. Corine Stinson. Anticarcinogenic effects of anthocyanins and genistein in MCF-7 human breast cancer cells. College of Science. (Graduated summer 2011).
- Thesis Chair. Spring 2010. Flavia Pereira. Comparison of female volleyball performance, inside and outdoor courts. Changed to non-thesis, summer 2010.
- Thesis Committee. 2007-2009. Janelle Hamilton. Phytochemical Alternative Treatments to Cervical Cancer. College of Science. Changed to non-thesis, summer 2009).
- Thesis committee. 2006 to 2008. Michelle Johnson. Therapeutic options for the treatment of breast cancer using Cytoreg<sup>®</sup> and genistein isoflavone. College of Science. (graduated summer 2008).
- Thesis committee. 2006 to 2007. Karen Hooks. Comparing the use of a business plan with a community intervention model in a volunteer project of a not-for-profit agency. (graduated summer 2007).
- Thesis chair. 2006 to 2007. Pablo Costa. The acute effects of static stretching on balance, reaction time, and movement velocity. (graduated summer 2007)
- Thesis committee. 2005 to 2006. Sreedevi Bodepudi, Genisten targets only proliferating but not quiescent cells: potential therapeutic significance in breast cancer. College of Science (graduated Spring 2006).
- Thesis committee. 2003 to 2006. Priscilla Goodwin. The relationship among commuting, dietary, and exercise behaviors in college students (graduated Summer 2006)
- Thesis chair. 2004-2005. Michael Haber. (transferred to another school)
- Thesis chair. 2003 to 2004. Elaine Coetzee. (changed to non-thesis option)
- Thesis chair. 2002 to 2005. Jill Vinci. Influence of Pilates mat-based exercise on lower back pain. (completed May 2005)
- Thesis chair. 2002 to 2004. Jennah Dodge. Assessing influences of dietary supplement use in South Florida adolescent athletes. (completed Fall 2004)
- Thesis committee. 2001 to 2003. Kenric Lai. Different methods of improving hamstring flexibility. (completed 2003)
- Thesis committee. 2002 to 2003. Patti Burns. Chest pain monitor: a gender comparison of diagnostic treatments in the emergency department. (graduated August 2003)
- Thesis committee. 2002. Valerie Duggan. Protein supplementation's effects on tennis performance. (changed to non-thesis option)
- Thesis committee. 2000 to 2002. Robert Fernandez. The effects of smokeless tobacco on heart rate variability. (changed to non-thesis option)
- Thesis chair. 2000 to 2001. Helayne Schurr. Effects of Tai Chi Practice on Postural Strategy. (changed to non-thesis option)
- Thesis committee. 2000 to 2002. Carlye Barat. Short-term effects of a comprehensive employee wellness program on cardiovascular risk factors. (graduated)
- Thesis committee. Fall 1999 to December 2001. Jim Roberts. The scapula's role for optimizing recruitment of the pectoralis major during the supine dumbbell chest press. (graduated)
- Thesis committee. Fall 1999 to 2001. Connie Sol, Changes in ground reaction forces utilizing the Pose Method of running. (graduated)
- Thesis committee. Spring 2000 to Fall 2001. Victoria Von Ammon. Lifetime exercise mode and the propensity of falling in older adults. (graduated)
- Thesis committee. Spring 2000 to Spring 2002. Nancy Howard. Effects of gravitron training on

upper body strength in 11-13 year old students. (graduated)  
Thesis chair. Summer 1999 to Spring 2000. Corrie Miller. Evaluation of Tobacco 411 Programs.  
(changed to non-thesis option)  
Thesis committee. Fall 1998 to Summer 2000. Lenny Lee. The effects of smokeless tobacco on heart  
rate variability. (changed to non-thesis option)  
Thesis committee. Fall 1998 to Summer 2000. Joshua Miller. The role of airflow limitation in  
exercise-induced arterial hypoxemia. (graduated)

## **Courses Taught:**

### **Undergraduate Teaching (Florida Atlantic University)**

HSC 3102, Perspectives in Health and Wellness  
HSC 4581, Health Promotion  
PEO 4204, Teaching Team Sports  
PEP 3136, Exercise Leadership II  
PEP 4720, Programming Exercise for the Older Adult  
PET 3102, Introduction to Exercise Science and Health Promotion  
PET 4330C, Kinesiology  
PET 4402, Programming Exercise for the Older Adult  
PET 4404, Management Principles in Exercise Science and Health Promotion  
PET 4551, Fitness Assessment and Exercise Prescription  
PET 4720C, Physical Education in the Elementary School  
PET 4905, Professional Seminar  
PET 4905, Directed Independent Study  
PET 4930, Special Topics: Exercise and the Older Adult  
PET 4946, Internship  
PET 4947, Practicum

### **Graduate Teaching (Florida Atlantic University)**

HUN 6247, Advanced Sport Nutrition  
HSC 5303, Personal and Community Health  
HSC 5315, Teaching Health in the Elementary School  
PET 5417, Programming Exercise for the Older Adult  
PET 5930, Special Topics: Programming Exercise for the Senior Citizen  
PET 5947, Practical Applications  
PET 6112, Management of Organizational Behavior in Health/Fitness Programs  
PET 6146, Professional Issues: Exercise Science and Health Promotion  
PET 6146, Professional Seminar in Exercise Science and Health Promotion (name change)  
PET 6216, Behavior and Performance in Sport and Exercise  
PET 6505, Research and Evaluation  
PET 6905, Directed Independent Study  
PET 6971, Master's Thesis  
SPM 6116, Entrepreneurship for Health Fitness Industry

## **Honors or Awards**

### **Florida Atlantic University**



Certificate of Completion. Eliminate Campus Sexual Violence. November 12, 2014.  
Recognized for outstanding service, department chair. August 2013.  
Certificate of Training. Updated, March 20, 2013, November 29, 2011. Original date, September 25, 2006. OSHA Bloodborne Pathogens. FAU Environmental Health and Safety.  
Recognition. December 17, 2010. Named 'schedule hero' in email by Dr. Michael Armstrong, Associate VP of Enrollment Management. Department met ESHP student demands for classes.  
Nominated. March 2010. President's Leadership Award.  
Received Broward Campus Award. April 27, 2007. Owl Award.  
Honorary coach. November 18, 2006. FAU vs. FIU football game, Dolphin Stadium.  
Service Award. April 11, 2006. Ten years of service to university.  
Received sabbatical. Spring Semester 2005.  
Employee reward. June 2002. Outstanding contribution/commitment to FAU.  
Finalist. Spring 2002. College of Education Distinguished Teacher of the Year.  
Club Advisor of the Year Award for the Leadership Awards (runner-up). May 2001. Davie Campus.  
Nominated. October 2000. Florida Atlantic University Broward Achievement Faculty/Staff of the Year Award.  
Received award. December 1998. Teaching Incentive Program (TIP).  
Nominated. Spring 1998. FAU's Excellence in Undergraduate Advising Award.

### **Other**

Awarded. March 23-26, 2014. SAS Global Forum Faculty Scholarship. Value \$375, included conference registration and preconference tutorial. Ninety applications, only ten selected.  
Volunteer Coordinator. March 24, 2014. Book Drive Volunteer. SAS Global Forum. Washington, DC.  
Listed. 2006-2007. American College of Sports Medicine's Leadership Manual.  
Volunteer. January 4, 2005. FedEx Orange Bowl, pregame/halftime show.  
Volunteer greeter. January 2, 2005. Met arriving flights, Fort Lauderdale airport, attendees, FedEx Orange Bowl.  
Article featured. August 2004. Home web page of the National Strength and Conditioning Association for a week as significant research (Past and recent physical activity and bone mineral density in college-aged women).  
Feature. Boca Raton News, Article titled: Professors, assistant professors publish manuscripts, books. Monday, June 26, 2000.  
Certificate of Appreciation. Florida Nutrition Program and University of Florida Cooperative Extension Service, Fort Lauderdale, Florida, September 26, 1997.  
Alumni. Delta Zeta Sorority.

### **Merit (Florida Atlantic University)**

Received Superior Meritorious Performance Award. (2007).  
Superior Meritorious Performance Award. (2006).  
Received Meritorious Performance Award. (2005)  
Received Superior Meritorious for Annual Merit. (2004)  
Superior Meritorious Performance Award. September 22, 2000.  
Superior Meritorious Performance Award. October 15, 1999.  
Meritorious Performance Award. October 15, 1998.

## **Continuing Education**

DXA certification, renewed May 2016 to May 2018.

Trazer equipment training. August 2015.

Natus training on the Equi-Test equipment. August 15-16, 2015. Chicago, Illinois.

DXA certification, Spring 2015, Florida Department of Health.

FAU x-ray safety course, Spring 2015.

4-Hour Comprehensive HIV/SIDS for Radiology Licensing. Provider number, 3201064. April 16, 2014.

E-Learning course. Fall 2014. Successfully completed CEL 1001: elearning designer and facilitator certification course (November 15, 2013).

Cosmed training on Quark metabolic system, cycle ergometers, and Excaliber ergometer. July 2013.

Training. October 13, 2013. Health Sciences Training for Researchers, FAU IRB.

Training. March 29, 2013. Chair Director Workshop. FAU Provost Office.

Member. February 27, 2013. Faculty Advisory Board meeting: FAU Healthy Aging Research Initiative (HARI).

Biological Waste, Laboratory Safety, and Hazardous Waste Awareness & Handling. May 2013. Original training, September 30, 2004. FAU.

Bod Pod Training, May 13, 2011. Completed at FAU in ESHP Department through Cosmed Corporation.

Renewed. April 15, 2010. CITI (Collaborative Institutional Training Initiative). Training through FAU.

Fire Safety and Fire Extinguisher Training. May 2011. Original training, October 25, 2004. FAU.

Golf Cart Training. Fall 2009. FAU.

Renewed. Fall 2008. CITI Training through FAU.

Completed. Fall 2006. FAU PeopleAdmin Training.

Completed. Fall 2006. FAU Banner Training (eprint and two other sessions).

Completed. October 25, 2004. FAU Environmental Health & Safety Certificate.

Attended. October 2003. North American Association for the Study of Obesity. Fort Lauderdale, Florida.

Completed. 2002 to present (updates). FAU OSHA Bloodborne Pathogens Training.

Completed. April 6, 2002. Integrated Functional Training (7 hours). Florida Atlantic University and Memorial Hospital West Fitness and Rehabilitation Center.

Completed. 2001. National Institutes of Health Human Participant Protections Education for Research Completion Certificate.

Completed. 2001. OSHA Bloodborne Pathogens Training. Florida Atlantic University.

Training. 2000. NeuroCom Balance Master Clinical Integration Seminar, Portland, Oregon.

Completed. April 22, 1999. HIV Update, Certificate of Attendance by Broward County Human Services Department, Alcohol and Drug Abuse Services Division, Fort Lauderdale, Florida.

Health risks behaviors program: training module. June 28-July 3, 1998. Florida Tobacco Pilot Program: 1998 Summer Institutes, Saddlebrook, Wesley Chapel, Florida.

Certification of Enhancement: Exercise and the Older Adult. 1997. American College of Sports Medicine.

Health/Fitness Instructor (changed to Health Fitness Specialist). 1997 to present. Certified. American College of Sports Medicine.