

Marilyn Campbell, PhD, MPH

122 SEATON BUILDING
1210 UNIVERSITY DRIVE
LEXINGTON, KENTUCKY 40506
PHONE: (859)257-2525
MCA243@UKY.EDU

EDUCATION:

University of Kentucky, Lexington, Kentucky

Degree earned: Master of Public Health

Concentration: Health Management and Policy

Capstone: The Impact of COVID-19 on Worksite Wellness Programs

Graduation: December 2020

University of Kentucky, Lexington, Kentucky

Degree earned: Doctor of Philosophy in Exercise Science

Concentration: Exercise Physiology

Dissertation: The Effect of Curcumin on Cardiovascular Health in Obese Men (Mentor: Dr. Brad Fleenor)

Graduation: May 2016

University of Kentucky, Lexington, Kentucky

Degree earned: Master of Science in Nutritional Sciences

Concentration: Molecular and Biochemical Nutrition

Graduation: May 2013

Asbury University, Wilmore, Kentucky

Degrees earned: Bachelor of Arts in Exercise Science; Spanish; French

Graduation: May 2010

PROFESSIONAL EXPERIENCE:

Current Position:

University of Kentucky, Lexington, KY (Fall 2016-Present)

Full-Time Lecturer in Kinesiology and Health Promotion

- Director of Life Fitness (July 2021-Present)
- Courses Taught:
 - KHP 151, Introduction to Kinesiology and Health Promotion (Taught 4 times)
 - KHP 240, Nutrition and Physical Fitness (Taught 21 times)
 - Study Abroad option in Italy with a focus on the Mediterranean Diet (Summer 2019)
 - Study Abroad option in Greece with a focus on the Mediterranean Diet (Summer 2021)
 - KHP 450, Introduction to Exercise Testing and Prescription (Taught 12 times)
 - KHP 395, Independent Study (Taught 2 times)
- Current research projects:
 - Impact of COVID-19 on physical activity among university employees
 - COVID-19 effects on various worksite wellness programs
 - Habitual diet and arterial stiffness in the general population

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Previous Positions:

Jessamine County Health Department, Nicholasville, KY (June 2019-December 2019)

Intern

- Developed website materials to connect Jessamine County residents with county-wide resources in each dimension of wellness – emotional, environmental, intellectual, occupational, physical, social, and spiritual
- Attended meetings and supported research projects related to wellness screenings and suicide prevention

Asbury University, Wilmore, KY (August 2013-Spring 2019)

Adjunct Professor

- Department of Health, Physical Education, and Recreation
- Courses taught:
 - HED 312: Nutrition for Health and Human Performance
 - Taught in-person (Spring 2014) and online (Spring 2015, Spring 2016, Spring 2017, Spring 2019)
 - PED/EXS 475: Senior Capstone for Health, Physical Education, and Recreation Majors (Fall 2013)
 - EXS 371: Motor Learning and Development (Fall 2013)

University of Kentucky, Lexington, KY (Fall 2011-May 2016)

Part-Time Instructor

- Department of Kinesiology and Health Promotion
- Courses taught:
 - KHP 240: Nutrition and Physical Fitness (Fall 2014 & Spring 2015)

Graduate Assistant for Employee Health and Wellness Program (June 2013-May 2016)

- Created exercise prescriptions for University employees and educated them on exercise equipment based on various needs
- Performed wellness screenings for employees including blood pressure readings, full lipid profiles, glucose screenings, and anthropometric measures
- Aided with and helped teach classes for “Eat Well Weight Loss” program

Research Assistant for Dr. Bradley Fleenor (August 2013-May 2016)

- Conducted ECGs on obese men and monitored cardiovascular health over 12-week period to determine improvements
- Conducted research on exercise and nutritional approaches to improve cardiovascular health with obesity and aging
- Studied mechanisms by which cardiovascular health declines in both humans and mice

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Research Assistant for Dr. Beatriz Hanaoka and Dr. Leslie Crofford (August 2012-May 2013)

- Aided with physical activity diagnostic testing for myositis patients
- Assisted Dr. Hanaoka in clinical and research settings
- Analyzed and studied inflammatory response in muscle tissue of diseased myositis patients

Research Assistant for Dr. Charlotte Peterson in Rehabilitation Sciences (August 2011-August 2012)

- Conducted 12-week exercise protocols in diabetic patients and monitored changes in cardiovascular parameters in response to exercise sessions
- Conducted experiments on muscle tissue for multiple research projects in the Peterson lab and assisted post-doctoral fellows in varied research projects
- Quantified and analyzed data from experiments

Transylvania University, Lexington, KY (August 2015-December 2015)

Adjunct Instructor

- Division of Natural Sciences and Mathematics
- Courses taught:
 - EXSC1113: Lifetime Fitness and Wellness (Fall 2015)

Urban Active / LA Fitness, Lexington, KY (June 2010-July 2013)

Personal Trainer

- Designed exercise prescriptions and nutrition plans for different clients, including many with various cardiovascular problems and other specialized populations
- Assessed client goals and fitness levels to design individualized programs
- Provided assessments every 4-6 weeks to determine progress and make adaptations to workout programs
- Led group workout sessions and boot camp classes

Humana, Louisville, KY (Summer 2009)

Intern

- Created exercise and nutrition materials for widespread use among companies with Humana insurance
- Developed lunch and learn presentations to be implemented at various sites serviced by Humana
- Helped in the creation of a user-friendly grocery store tour video for making healthy choices

ADVISING:

- Master's Committee Member for Caleb Voskuil (August 2020-May 2021), Master's student in Exercise Science: Unilateral forearm muscle fatigue during handgrip holds
- Undergraduate Research Mentor for Dorothy Tisdell (May 2019-August 2019), Undergraduate student in Kinesiology: Habitual diet and arterial stiffness

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- Master's Committee Member for Jensen Goh (May 2018-December 2019), Master's student in Exercise Science: Curcumin and neuromuscular activation
- Master's Committee Member for Lauren Herrick (August 2017-December 2019), Master's student in Exercise Science: Curcumin and critical power
- Master's Committee Member for Dominique Martin (January 2018-May 2018), Master's student in Exercise Science: Curcumin and sports performance
- Research Mentor for Summer Burke (June 2017-May 2018), Undergraduate student in Kinesiology: Habitual diet and arterial stiffness
- Research Mentor for Jessica Smith (September 2015-May 2017), Undergraduate student in Kinesiology: Curcumin and arterial stiffness, Habitual diet and arterial stiffness
- Research Mentor for Miriam Hazlett (November 2015-February 2016), Undergraduate student in Kinesiology: Curcumin and arterial stiffness
- Practicum Advisor and Research Mentor for Devin Kyle Waugh (January 2015-December 2015), Undergraduate student in Kinesiology: Curcumin and arterial stiffness
- Research Mentor for Joel Eastman (January 2015-December 2015), Undergraduate student in Kinesiology: Curcumin and arterial stiffness
- Research Mentor for Grant Irons (January 2015-November 2015), Post-baccalaureate in Kinesiology: Curcumin and arterial stiffness

PEER-REVIEWED PUBLICATIONS:

[Under Review] Voskuil CC, Dinyer-McNeely TK, Succi PJ, **Campbell MS**, Abel MG, Bergstrom HC. Unilateral handgrip holds to failure result in sex-dependent contralateral facilitation. Submitted to: *International Journal of Exercise Science*.

[Under Review] Abbasi E, Ghavami A, **Campbell MS**, Askari G. Does omega 3 fatty acid supplementation affect oxidative stress and inflammatory biomarkers in type 2 diabetic patients? A systematic review and meta-analysis of randomized controlled trials. Submitted to: *Clinical Endocrinology*.

Mason MR, Hudgins JH, **Campbell MS**, Biddle MJ, Ickes MJ, Dugan AJ, Bollinger LM. Changes in physical activity during the initial stages of the COVID-19 pandemic. *Journal of Sports Sciences*. 2021. doi: 10.1080/02640414.2021.1976569

Ghalishourani SS, Farzollahpour F, Shirinbakhshmasoleh M, Kolahdouz S, Ghaedi E, Behrouzian M, Haghghian HK, **Campbell MS**, Asbaghi O, Moodi V. Effects of grape products on inflammation and oxidative stress: a systematic review and meta-analysis of randomized controlled trials. *Phytotherapy Research*. 2021. 35(9):4898-4912. doi: 10.1002/ptr.7120

Moradi M, Sohrabi G, Golbidi M, Yarmohammadi S, Hemati N, **Campbell MS**, Moradi S, Kermani MAH, Farzaei MH. Effects of artichoke on blood pressure: a systematic review and meta-analysis. *Complementary Therapies in Medicine*. 2021, 57. doi: 10.1016/j.ctim.2021.102668

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Hajianfar H, Mollaghasemi N, Tavakoly R, **Campbell MS**, Mohtashamrad M, Arab A. The association between dietary zinc intake and health status, including mental health and sleep quality, among Iranian female students. *Biological Trace Element Research*. 2021, 199: 1754-1761. doi: 10.1007/s12011-020-02316-3.

Tisdell DM, Fleenor BS, Gadberry JJ, Burke SL, Carlini NA, **Campbell MS**. Dietary fat and alcohol in the prediction of indices of vascular health among young adults. *Nutrition*. 2021, 84. doi: 10.1016/j.nut.2020.111120

Asbaghi O, Hadi A, **Campbell MS**, Ventatakrishnan K, Ghaedi E. Effects of pistachios on anthropometric indices, inflammatory markers, endothelial function, and blood pressure in adults: A systematic review and meta-analysis of randomized controlled trials. *British Journal of Nutrition*. 2020, 1-27. doi:10.1017/S0007114520004523

Herrick LP, Goh J, Menke W, **Campbell MS**, Fleenor BS, Abel MG, Bergstrom HC. The effects of curcumin and fenugreek soluble fiber on the physical working capacity at the fatigue threshold, peak oxygen consumption, and time to exhaustion. *Journal of Strength and Conditioning Research*. 2020, 34(12):3346-3355.

Campbell MS, Carlini NA, Fleenor BS. Influence of curcumin on performance and post-exercise recovery. *Critical Reviews in Food Science and Nutrition*. 2020, 61:7. doi: 10.1080/10408398.2020.1754754.

Goh J, Menke W, Herrick LP, **Campbell MS**, Abel MG, Fleenor BS, Bergstrom HC. Examination of curcumin and fenugreek soluble fiber supplementation on submaximal and maximal aerobic performance indices. *Journal of Functional Morphology and Kinesiology*. 2020, 5:34. doi: 10.3390/jfmk5020034

Pourmotabbed A, Boozari B, Babaei A, Asbaghi O, **Campbell MS**, Mohammadi H, Hadi A, Moradi S. Sleep and frailty risk: a systematic review and meta-analysis. *Sleep and Breathing*. 2020, 1-11. doi: 10.1007/s11325-020-02061-w.

Hadi A, **Campbell MS**, Pourmasoumi M. The effect of cinnamon supplementation on blood pressure in adults: A systematic review and meta-analysis of randomized controlled trials. *Clinical Nutrition ESPEN*. 2020, 36: 10-16. doi: 10.1016/j.clnesp.2020.01.002.

Askarpour M, Hadi A, **Campbell MS**, Ghaedi E, Venkatakrishnan K. Effect of fenugreek supplementation on blood lipids and body weight: a systematic review and meta-analysis of randomized controlled trials. *Ethnopharmacology*. 2020, 253: 1-12. doi: 10.1016/j.jep.2019.112538.

Fleenor BS, Carlini NA, **Campbell MS**. Curcumin and arterial function in health and disease: impact on oxidative stress and inflammation. *Current Opinion in Clinical Nutrition and Metabolic Care*. 2019, 22(6):459-464. doi: 10.1097/MCO.0000000000000598.

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Campbell MS, Ouyang A, Krishnakumar IM, Charnigo RJ, Westgate PM, Fleenor BS. Influence of enhanced bioavailable curcumin on obesity-associated cardiovascular disease risk factors and arterial function: a double-blind, randomized-controlled trial. *Nutrition*. 2019, 62: 135-139. doi: 10.1016/j.nut.2019.01.002.

Campbell MS, Fleenor BS. The emerging role of curcumin for improving vascular dysfunction: A review. *Critical Reviews in Food Science and Nutrition*. 2018, 58(16): 2790-2799. doi: 10.1080/10408398.2017.1341865.

Mason MR, Ickes MI, **Campbell MS**, Bollinger LM. An incentivized corporate wellness physical activity initiative increases daily steps in previously sedentary employees. *American Journal of Health Promotion*. 2018, 32(3): 638-645. doi: 10.1177/0890117117723803.

Bollinger LM, **Campbell MS**, Brault JJ. Palmitate and oleate co-treatment increases myocellular protein content via impaired protein degradation. *Nutrition*. 2018, 46: 41-43. doi: 10.1016/j.nut.2017.07.017.

Campbell MS, Fleenor BS. Whole grain consumption is negatively correlated with obesity-associated aortic stiffness: a hypothesis. *Nutrition*. 2018, 45: 32-36. doi: 10.1016/j.nut.2017.06.028.

Garner T, Ouyang A, Berrones AJ, **Campbell MS**, Du B, Fleenor BS. Sweet potato (*Ipomoea batatas*) attenuates diet-induced aortic stiffening independent of changes in body composition. *Applied Physiology, Nutrition, and Metabolism*. 2017, 42(8): 802-809. doi: 10.1139/apnm-2016-0571.

Campbell MS, Berrones AJ, Krishnakumar IM, Charnigo RS, Westgate PM, Fleenor BS. Responsiveness to curcumin intervention is associated with reduced aortic stiffness in young, obese men with higher initial stiffness. *Journal of Functional Foods*. 2017, 29: 154-160. doi: 10.1016/j.jff.2016.12.013.

Spencer M, Finlin BS, Unal R, Zhu B, Morris AJ, Shipp LR, Walton RG, Adu A, Erfani R, **Campbell M**, McGehee RE Jr, Peterson CA, Kern PA. Omega-3 Fatty Acids Reduce Adipose Tissue Macrophages in Human Subjects with Insulin Resistance. *Diabetes*. 2013, 62(5): 210-210. doi: 10.2337/db12-1042.

POSTER AND ORAL PRESENTATIONS:

Mason MR, Hudgins JH, **Campbell MS**, Biddle MJ, Ickes MI, Bollinger LM. Changes in university employees' physical activity during the COVID-19 pandemic. Poster Presentation. MSSE, 53(8S):210, 2021.

Hudgins JH, Mason MR, **Campbell MS**, Biddle MJ, Ickes MI, Bollinger LM. Individual COVID-19 response policies' effects on university employees' daily steps. Poster Presentation. MSSE, 53(8S):207, 2021.

Voskuil CC, Dinyer TK, Succi PJ, Abel MA, **Campbell MS**, Bergstrom HC. Muscular fatigue from handgrip holds on ipsilateral and contralateral performance fatigability. National Strength and Conditioning Association National Conference. Orlando, FL. Poster Presentation. 2021.

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Campbell MS, Tisdell DM, Fleenor BS, Gadberry JJ, Burke SL, Carlini NA. Alcohol consumption positively predicts aortic stiffness among college-aged men and women. The International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Auckland, New Zealand. Poster Presentation. 2020. (Conference canceled due to COVID-19 pandemic)

Herrick LP, Goh J, Menke W, **Campbell MS**, Fleenor BS, Abel MG, Bergstrom HC. Effects of curcumin on the physical working capacity at the fatigue threshold. Southeast Regional Chapter of American College of Sports Medicine, Jacksonville, FL. Poster Presentation. p. 225, 2020.

Goh J, Herrick LP, Menke W, **Campbell MS**, Fleenor BS, Abel MG, Bergstrom HC. Effects of curcumin and fenugreek on the ventilatory threshold. Southeast Regional Chapter of American College of Sports Medicine, Jacksonville, FL. Poster Presentation. p. 223, 2020.

Campbell MS, Gadberry JJ, Burke SL, Fleenor BS. Cheese consumption positively predicts aortic stiffness in men and women. The International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Prague, Czech Republic. Poster Presentation. 2019.

Campbell MS, Ouyang A, Charnigo RJ, Westgate PM, Krishnakumar IM, Fleenor BS. Curcumin supplementation decreases homocysteine and increases HDL in young, obese men. American College of Sports Medicine Annual Meeting, Minneapolis, MN. Poster Presentation. MSSE, 49(5S):2924, p. S601, 2018.

Gadberry JJ, Carlini NA, Burke SL, **Campbell MS**, Fleenor BS. Dietary fat intake predicts aortic stiffness independent of physical activity. American College of Sports Medicine Annual Meeting, Minneapolis, MN. Poster Presentation. MSSE, 49(5S):822, p. S177, 2018.

Campbell MS, Krishnakumar IM, Fleenor BS. [International Presentation] CurQfen: a curcumin formulation for cardiovascular health. Vitafoods Europe, Geneva, Switzerland. Oral Presentation. 2017.

Campbell MS, Fleenor BS. Reduced whole grain consumption predicts obesity-related aortic stiffness. Experimental Biology, Chicago, IL. Poster Presentation. FASEB J. 31:1b314, 2017.

Mason MR, Ickes MI, **Campbell MS**, Bollinger LM. An incentivized corporate wellness physical activity initiative increases daily steps in employees with low levels of initial activity. Southeast Regional Chapter of American College of Sports Medicine, Greenville, SC. Poster Presentation. p. 246, 2017.

Hanaoka B, Nagareddy PR, **Campbell M**, Crofford LJ, Peterson CA, Rider LG, Miller FW. Impaired satellite cell activation and myofiber transition during skeletal muscle regeneration in patients with polymyositis and dermatomyositis. American College of Rheumatology, Washington, DC. Poster Presentation. Abstract 271, 2016.

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Bollinger LM, Herrenbruck AR, Berrones AJ, **Campbell M**, Garner T, Fleenor BS, Brault JJ. A hyperlipid environment of equimolar palmitate and oleate induces myocellular hypertrophy by inhibiting protein degradation rate. Southeast Regional Chapter of American College of Sports Medicine, Greenville, SC. Poster Presentation. p. 41, 2014.

Lee JD, Mula J, Fry C, Kirby T, Beggs J, **Campbell M**, McCarthy J, Peterson CA. Sarcopenia and aged skeletal muscle hypertrophy are independent of lifelong satellite-cell depletion. Gerontological Society of America National Scientific Meeting, New Orleans, LA. Poster Presentation. *Gerontologist*, 53:131-132, 2013.

Lee JD, Mula J, Fry C, Kirby T, Beggs, **Campbell M**, McCarthy J, Peterson CA. Lifelong satellite-cell depletion does not influence sarcopenia or aged skeletal muscle hypertrophy. Gerontological Society of America National Scientific Meeting, New Orleans, LA. Oral Presentation. *Gerontologist*. 53:531, 2013.

Lee JD, Fry C, Kirby T, Beggs J, **Campbell M**, McCarthy J, Peterson CA. Sarcopenia and aged skeletal muscle hypertrophy are independent of lifelong satellite-cell depletion. 8th Annual Spring Conference, Center for Clinical and Translational Sciences, Lexington, KY. Poster Presentation. Abstract 141, p. 71, 2013.

Lee JD, Mula J, Fry CS, Kirby TJ, Jackson JR, Beggs JA, **Campbell MS**, Kmiec TE, Dupont-Versteegden EE, McCarty JJ, Peterson CA. Sarcopenia and hypertrophy in aged skeletal muscle is independent of lifelong muscle stem cell depletion. *Experimental Biology*, Boston, MA. Poster Presentation. *FASEB J*. 27:1150.8, 2013.

Lee JD, Erfani RA, **Campbell MS**, Mula J, Peterson CA. Anti-inflammatory muscle macrophage phenotype is predictive of resistance training gain in older individuals. *Experimental Biology*, San Diego, CA. Poster Presentation. *FASEB J*. 26:1143.12, 2012.

INTRAMURAL PRESENTATIONS:

Food to Fuel Performance – Asbury University, Seminar for Asbury Cross-County Runners, September 2019

The Impact of Curcumin on Vascular Health in Obese Men – Asbury University, April 2019

Careers and Opportunities in Exercise Science – University of Kentucky, Interprofessional Healthcare Residential College Living Learning Community, September 2018

The Impact of Curcumin on Vascular Health in Obese Men: A Pilot Study – University of Kentucky, Kinesiology and Health Promotion Graduate Seminar, March 2016

Probiotics – University of Kentucky, Employee Health and Wellness program presentation, November 2015

Behavior Change and Motivation – University of Kentucky, Employee Health and Wellness program presentation, April 2015

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Exercise for Weight Loss – University of Kentucky, Employee Health and Wellness program presentation, November 2014

Arterial Stiffness: Why We Care, Experimental Design, and...the Sweet Potato – University of Kentucky, Kinesiology and Health Promotion Graduate Seminar, April 2014

Sports Nutrition Counseling Techniques for Senior Dietetics students at the University of Kentucky – University of Kentucky, Dietetics: Counseling and Communication Theory and Practice Undergraduate/Graduate Course (DHN 514), November 2013

Special Nutritional Considerations for the Female Athlete – University of Kentucky, Wellness and Sports Nutrition Graduate Course (NS 605), December 2011

Quick and Healthy Meals on a Budget – University of Kentucky, Employee Health and Wellness program presentation, October 2013

Learning and Memory – University of Kentucky, Advanced Topics in Motor Development Graduate Course (RHB 744), March 2013

Nutrition for the Female Athlete – Asbury University, Seminar for All Female Athletes, October 2011

FUNDING:

Co-Investigator: *Effects of COVID-19 induced social distancing on university employees' physical activity* (2020). Center for Clinical and Translational Science's UK CURE COVID-19 Pilot Program. Amount awarded: \$3,591.60 (PI: Lance Bollinger)

Co-Investigator: *Shaping Tomorrow's Environmental Stewards and Improving Site Ecology: Nature Playscape and Native Landscape at the Child Development Center of the Bluegrass* (2019-2021). Sustainability Challenge Grant. Amount awarded: \$36,000 (PI: Jordan Phemister)

Co-Investigator: *Bingocize®: An evidence-based health promotion program to improve the quality of life of Kentucky certified nursing facility residents* (2017-2020). U.S. Department of Health and Human Services and the Centers for Medicare & Medicaid Services. Amount awarded: \$744,202 (PI: Jason Crandall)

Principal Investigator: *The effect of curcumin on cardiovascular health in obese men* (2015-2016). Arvle and Ellen Thacker Mini-Grant. Amount awarded: \$1,000

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HONORS AND AWARDS:

- University of Kentucky 12th Annual Excellent Undergraduate Research Mentor Award (2019)
- University of Kentucky Undergraduate Faculty Mentor of the Week, April 29-May 5 (2019)
- One of three finalists selected for Nutraingredients Awards for Heart Health (2017)
- Thornton Scholarship for Full Tuition (2011-2013)
- All-Academic Team Scholar-Athlete for NAIA and NCCAA (2006-2010)
- Outstanding Senior in French Department at Asbury University (2010)
- Outstanding Senior in Exercise Science Department at Asbury University (2009)
- Outstanding Junior in Exercise Science Department at Asbury University (2008)
- 50% Academic Merit Scholarship from Asbury University (2006-2010)
- Mike Kabanica Scholarship from Wisconsin Youth Soccer Association (2006)

CONTINUING PROFESSIONAL DEVELOPMENT:

- *14-day Writing Challenge* (October 2020). – National Center for Faculty Development & Diversity
- *Global Engagement Academy Program* (March 2020-April 2021). – University of Kentucky
 - Internationalization at UK and Global Trends (3/6/2020)
 - Hiring International Employees (4/16/2020)
 - Developing a Course Abroad (4/23/2020)
 - International Travel Readiness (4/23/2020)
 - Global Mobility (10/2/2020)
 - Intercultural Communication (4/1/2021)
- *Master of Public Health* (Fall 2018-December 2020). – University of Kentucky
- *Grant Writing Course* (Fall 2019). – University of Kentucky
- *Faculty Fellows* (2018-2019). Cohort 9. Presentation U! Center for the Enhancement of Learning and Teaching (CELT) – University of Kentucky. Honorarium: \$2,000
- *Women's Leadership Series* (Fall 2019). – University of Kentucky

SERVICE:

College and Department:

- Chair's Advisory Committee (July 2021-Present)
- Life Fitness Director (July 2021-Present)
- Faculty Director: KHP & Wellness Living Learning Community (May 2018-August 2021)
- Course Director and Coordinator for Introduction to Kinesiology and Health Promotion (KHP 151) – mentorship of Graduate Teaching Assistant, Caleb Voskuil (Fall 2020-Present)
- Course Development of Introduction to Kinesiology and Health Promotion (KHP 151) (May-December 2021)
- First Semester Course Experience for KHP Students, Committee (Fall 2019-Spring 2020)

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- Meet the Researcher Assignment for Theories of College Student Success (EPE 174) – Met with 5 student groups (Fall 2019)
- Needs Report on Laboratory Space for Exercise Science Students (Spring 2019)
- Teaching Assistant Evaluator (Fall 2016-Present)
- Introduction to Exercise Testing & Prescription (KHP 450) Standardization Committee (2017-2019)
- Bingocize® Service-Learning Project in Certified Nursing Facilities (May 2017-June 2020)
- Sustainability Service-Learning Project (January 2019-December 2021)
- Faculty Mentor for Experiential Fieldwork (EXP 397) – Student: Josh Cochran (Fall 2018)
- Mentoring New Nutrition and Physical Fitness (KHP 240) Instructors
- College Representative for the University of Kentucky Education Abroad Fair (Fall 2018, Spring 2019, Fall 2019, Spring 2020, Fall 2020, Spring 2021)
- Undergraduate Student Learning Outcomes Assessment Evaluator (Spring 2018, Spring 2019)

University:

- Invited Speaker, Interprofessional Healthcare Residential College Living Learning Community (2018)
- Faculty Judge for 2nd Annual 5-Minute Fast Track Research Competition for Undergraduates (October 2019)

Profession:

- Ah-hoc Reviewer for Annals of Medicine (2021)
- Ah-hoc Reviewer for European Journal of Nutrition (2021)
- Ad-hoc Reviewer for International Journal for Vitamin and Nutrition Research (2020-2021)
- Ad-hoc Reviewer for British Journal of Nutrition (2020-2021)
- Ad-hoc Reviewer for Journal of Food Biochemistry (2020)
- Ad-hoc Reviewer for European Journal of Clinical Nutrition (2019)
- Ad-hoc Reviewer for Clinical Science (2018)
- Ad-hoc Reviewer for Applied Physiology, Nutrition, and Metabolism (2017-2018)

Public:

- Mars Hill Academy Science Fair Organizer (January 2021, January 2022)
- Mars Hill Academy Science Tutor for 7th Grade Science – Meet students once per week (August 2019-Present)
- Jessamine County Health Fair (in conjunction with the Jessamine Fall Festival), Planning Committee (August-September 2019)
- Roots and Heritage Youth STEAM Summit, Planning Committee (August-September 2018)
- Mars Hill Academy Science Fair Awards Presenter (January 2019, January 2020)
- Mars Hill Academy Science Fair Judge (January 2016-January 2020)
- Invited Speaker, Asbury University Athletics (2011, 2019)

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CERTIFICATIONS:

- National Strength and Conditioning Association: Certified Personal Trainer (NSCA-CPT) (2010-Present)
- Graduate Certificate in Applied Statistics (Completed 2016)
- CPR and AED Certified

ABILITIES:

- Conversational in both Spanish and French