

# CURRICULUM VITAE

## RYAN T. WIET

20 March 2023



### I. EDUCATION

August 2021 ..... Ph.D. Exercise Physiology, Kent State University  
May 2018 ..... M.Ed. Exercise Science, Cleveland State University  
April 2018 ..... B.S. Exercise Science, Oral Roberts University

### II. PROFESSIONAL EXPERIENCE

July 2022 – Present ..... Post Doctorate Research Fellow, University of Idaho  
August 2021 – May 2022 ..... Visiting Assistant Professor, University of Mount Union  
August 2019 – May 2021 ..... Graduate Assistant, Kent State University  
Summer 2019 ..... Research Associate, Kent State University  
August 2018 – May 2019 ..... Graduate Assistant, Kent State University (Nursing)  
January 2018 – May 2018 ..... Strength and Conditioning Intern, Perry High School  
January 2017 - May 2018 ..... Graduate Assistant, Cleveland State University

### III. PUBLICATIONS (N = 3)

#### A. Peer Reviewed

3. **Wiet, R**, Lepp, A, & Barkley, J. (2023). Cell Phone Use, Physical Activity, Sedentary Behavior, and Bodyweight During the COVID-19 Pandemic: A Cross-Sectional Study. *Research Directs in Psychology and Behavior*, 3(1). <https://doi.org/10.53520/rdpb2023.10752>
2. Barkley, J.E., Farnell, G., Boyko, B., Turner, B., and **Wiet, R**. (2021). Impact of activity monitoring on physical activity, sedentary behavior, and body weight during the COVID-19 pandemic. *International Journal of Environmental Research and Public Health*, 18, 7418. <https://doi.org/10.3390/ijerph18147518>
1. Barkley JE, Lepp A, Glickman E, Farnell GS, Beiting J, **Wiet R**, and Dowdell B. (2020). The acute effects of COVID-19 pandemic on physical activity and sedentary behavior in university students and employees. *International Journal of Exercise Science*. *International Journal of Exercise Science*, 13(5), 1326 – 1339.

#### B. In Preparation

3. **Wiet, R**, Casanova, M, Moore, J Baker, R. Something for The Pain Podcast: An innovative platform for Continuing Medical Education.
2. **Wiet, R**, Lepp, A, Barkley, JE. A Preliminary Assessment of The Relationship Between Cellphone Use and Physical Activity, Sedentary Behavior, Anxiety, and Academic Performance in High School Students.
1. **Wiet, R**, and Jajtner AR. The effects of different environmental conditions on exercise mediated BDNF release and the relationship between inflammation and BDNF: A retrospective analysis.

#### IV. PRESENTATIONS (N = 11)

##### A. National (Peer Reviewed)

6. **Wiet, R**, Boyko, B, Farnell G, Barkley J. (May 2020). Impact of Activity Monitoring Devices on Physical Activity, Sedentary Behavior, and Weight During the COVID-19 Pandemic. Abstract 2021 ACSM Annual Meeting.
5. Hargett TD, **Wiet R**, Arroyo E, Tagesen EC, Glickman EL, Jajtner AR. (May 2020). Effect of heat on serum and plasma Brain-Derived Neurotrophic Factor during aerobic exercise. Abstract was accepted at ACSM Annual Meeting but the conference was cancelled due to COVID-19. San Francisco, CA.\*
4. **Wiet, R**, Tagesen, EC, Hargett, TD, Sedlacek, C, Arroyo, E, Miller, BA, Boka, K, Glickman, EL, Jajtner, AR. (May 2020). Changes in Brain Derived Neurotrophic Factor are correlated with changes in IL-6 during aerobic exercise. Abstract was accepted at 2020 ACSM Annual Meeting but the conference was cancelled due to COVID-19. San Francisco, CA.
3. Sedlacek, C., **Wiet, R**, Tagesen EC, Arroyo E, and Jajtner, AR. (May 2020). Brain Derived Neurotrophic Factor response to aerobic exercise in the cold. Abstract was accepted at ACSM Annual Meeting but the conference was cancelled due to COVID-19. San Francisco, CA.\*
2. Miller BA, **Wiet R**, Tagesen EC, Boka K, Arroyo E, Glickman EL, Jajtner AR. (May 2020). Relationships of serum and plasma BDNF to TNF-a, IL-10, and IL-1ra during aerobic exercise. Abstract was accepted at ACSM Annual Meeting but the conference was cancelled due to COVID-19. San Francisco, CA.
1. **Wiet, R**, Kenneth, S, Wajda, D, Genovese, J, & Kullman, E. (May 2019). The effects of acute aerobic exercise on BDNF levels and cognition in postmenopausal women. Poster presented at National Conference of American College of Sports Medicine.

##### B. Regional

2. **Wiet, R**, Lepp, A, & Barkley, J. (November 2021). The effects of cell phone use on physical activity, sedentary behavior, and bodyweight throughout the COVID-19 pandemic. Virtual presentation presented at Midwest Chapter Conference of American College of Sports Medicine.
1. **Wiet, R**, Kenneth, S, Wajda, D, Genovese, J, & Kullman, E. (November 2018). The effects of acute aerobic exercise on BDNF levels and cognition in postmenopausal women. Poster presented at Midwest Chapter Conference of American College of Sports Medicine.

##### C. Collegiate

3. Hargett TD, **Wiet R**, Arroyo E, Tagesen EC, Glickman EL, Jajtner AR. Effect of heat on serum and plasma Brain-Derived Neurotrophic Factor during aerobic exercise. Poster was presented at the Virtual Research Symposium at Kent State University. Kent, OH.
2. Sedlacek, C., **Wiet, R**, Tagesen EC, Arroyo E, and Jajtner, AR. Brain Derived Neurotrophic Factor response to aerobic exercise in the cold. San Francisco, CA. Poster was presented at the Virtual Research Symposium at Kent State University. Kent, OH.
1. Miller BA, **Wiet R**, Tagesen EC, Boka K, Arroyo E, Glickman EL, Jajtner AR. Relationships of serum and plasma BDNF to TNF-a, IL-10, and IL-1ra during aerobic exercise. Poster was presented at the Virtual Research Symposium at Kent State University. Kent, OH.

## V. TECHNICAL REPORTS (N = 4)

### A. Idaho WWAMI Medical Education Program

4. Casanova MP, Dluzniewski A, **Wiet R**, Reeves AJ, & Baker RT. "Call Me: Stories from North Idaho" Documentary: Evaluation and Assessment Report. Report prepared for Panhandle Health District. February 2023.
3. Casanova MP, Reeves AJ, Dluzniewski A, **Wiet R**, & Baker RT. ECHO Idaho: Pediatric Autism MOC Quality Improvement Cohort Program Evaluation. Report prepared for ECHO Idaho. December 2022.
2. Casanova, MP, Dluzniewski, A, Reeves, AJ, **Wiet, R**, Winters Juel, L, Elvira, J, Rodgers, K, Baker RT. ECHO Idaho: Pediatric Autism Program Evaluation. Report prepared for ECHO Idaho. November 2022.
1. **Wiet, R**, Casanova, MP. North Idaho Substance Use Summit Continuing Education Report. Report prepared for Panhandle Health. September 2022.

## VI. GRANTS

### A. Funded Proposals

2. The relationship of cell phone use with mental/physical health and academic performance in high school students. Education, Health, and Human Services (EHHS) Graduate Student Grant. Spring 2020. \$500. Principle Investigator - Dr. Jacob E. Barkley.
  - Role: Co-investigator
1. Relationship between Heat, Inflammation, and Brain Derived Neurotrophic Factor (BDNF). Kent State University Research Council Research/Scholarly Activity Funds. Fall 2019. \$3,500. Principle Investigator - Dr. Adam R. Jajtner.
  - Role: Co-investigator

### B. In Review Proposals

2. Idaho *All of Us* Research Education and Mentorship Program. *All of Us* Engagement, Communications, and Enrollment Partnerships. All of Us Research Program through the National Institute of Health. OTA-22-006. February 2023. \$4,431,104. White paper submission. Principle Investigator – Dr. Russell Baker.
  - Role: Assist with grant development
1. GO8: Something for The Brain Podcast: An Innovative Platform to Reduce Health Disparities. National Library of Medicine through the National Institute of Health. February 2023. \$372,799.50. Principle Investigator(s) – Dr. Russell Baker and Dr. Eric Studebaker.
  - Role: Key Personnel; assist with grant development

## VII. TEACHING ACTIVITIES

### *University of Idaho*

Spring 2023

- E22 Cardiovascular System (Small groups)

Summer 2022

- FMR E22 Clinical Research Methods (Assistant)

### *University of Mount Union*

Spring 2022

- Exercise Physiology I (IOR)

- Exercise Physiology II (IOR)
- Medical Terminology (IOR)
- Senior Research Thesis Data Collection (IOR)

Fall 2021

- Exercise Physiology I (IOR)
- Scholarship in Exercise Science (IOR)

*Kent State University*

Spring 2021

- Professional Certification Preparation (IOR/Lab)
- Statistics for the Exercise Scientist (Assistant/Lab)

Fall 2020

- Introduction to Exercise Science (IOR)
- Statistics for the Exercise Scientist (Assistant/Lab)
- First Year Experience (IOR)

Spring 2020

- Statistics for the Exercise Scientist (Assistant/Lab)
- Physiology of Exercise (Assistant/Lab)

Fall 2019

- Introduction to Exercise Science (IOR)
- Exercise Leadership (Assistant/Lab)
- Statistics for the Exercise Scientist (Assistant/Lab)

## VIII. MENTORSHIP

*University of Idaho*

- Sleep Disorders in Healthcare Professionals – Student project (medical)
- Disordered Eating – Student project (medical)
- Psychometric Properties of DASS 21 – Student project (medical)

*University of Mount Union*

- Does a Combination of Aerobic Exercise and Mindfulness Reduce Burnout Syndrome Amount Healthcare Workers? – Student project (undergraduate)
- Comparison of Breathing Techniques and Energy Expenditure While Walking – Student project (undergraduate)

*Kent State University*

- Brain Derived Neurotrophic Factor response to aerobic exercise in the cold – ACSM Poster preparation (undergraduate)

## IX. PROFESSIONAL DEVELOPMENT

*Carpentries Data Visualization in R and Python*

- Intro to R – 11/29/2022 & 12/01/2022
- Intro to Python – 12/06/2022

*How to Get Published Webinar Series*

- How to Write a Journal Article – 07/20/2022

**X. PROFESSIONAL MEMBERSHIPS**

National Strength and Conditioning Association.....2019 – 2022  
American College of Sports Medicine..... 2016 – Present

**XI. CERTIFICATIONS**

American Red Cross Adult and Child CPR/AED.....2017 to Present

**XII. AWARDS**

American Kinesiology Association Doctoral Scholar .....2021

**XIII. SERVICE**

Associate Editor – Research Directs in Psychology and Behavior .....January 2023 to Present  
“Time to Shine” – Tim Tebow Foundation..... February 2019  
“Free to Be The Real Me” – Salvation Army .....January 2018