

CURRICULUM VITAE

University of Idaho

NAME: Chantal A. Vella, PhD, FACSM

DATE: December 2018

RANK OR TITLE: Associate Professor

DEPARTMENTS: Movement Sciences & WWAMI Medical Education Program

OFFICE LOCATION AND CAMPUS ZIP: PEB 207

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DATE OF FIRST EMPLOYMENT AT UI: December 29, 2010

DATE OF TENURE: July 1, 2013

DATE OF PRESENT RANK OR TITLE: July 1, 2013

EDUCATION BEYOND HIGH SCHOOL:

Degrees:

Doctor of Philosophy, University of New Mexico, Albuquerque, NM, 2004, Health, Exercise and Sports Sciences, Graduated with Distinction.

Master of Science, California Polytechnic State University, San Luis Obispo, CA, 1997, Exercise Science and Health Promotion, Graduated with Distinction.

Bachelor of Science, California Polytechnic State University, San Luis Obispo, CA, 1992, Nutritional Science.

Certificates and Licenses:

ACSM Certified Exercise Physiologist, 1998–present

American Heart Association CPR and AED certified, 2010–present

American Red Cross First Aid & CPR Instructor, 1997–2007

Radiation Safety Training Certificate, 2005–2010, 2016–present

Dual-energy X-ray Absorptiometry (DXA) Operator Training Certificate, 2007–2011, 2016–present

Blood Borne Pathogen and Hazardous Waste Training Certificate, 2005–present

NIH Human Subjects Protections Training Certificate, 2005–present

Certified Assessor, University Interscholastic League Wrestling Weight Certification Program, 2006–2010

EXPERIENCE:

Teaching, Extension and Research Appointments:

Associate Professor with tenure and Director of the Exercise Physiology Laboratory, joint appointment between the College of Education, Health and Human Sciences, Department of Movement Sciences and the WWAMI Medical Education Program, University of Idaho, Moscow, ID, June 2013–present.

Affiliate Assistant Professor, University of Washington, School of Medicine, Department of Physiology and Biophysics, Seattle, WA, October 2012–present.

Assistant Professor and Director of the Exercise Physiology Laboratory, joint appointment between the College of Education, Health and Human Sciences, Department of Movement Sciences and the WWAMI Medical Education Program, University of Idaho, Moscow, ID, December 2010–June 2013.

Assistant Professor, College of Health Sciences, Department of Kinesiology, University of Texas at El Paso, El Paso, TX. Director, Border Clinical Research Center and Co-Director, Human Performance Laboratory, August 2005–January 2011.

Clinical Research Associate, University of New Mexico School of Medicine, Division of Endocrinology and Metabolism, Albuquerque, NM, August 2004–July 2005 (Post-doctoral).

Adjunct Professor, University of New Mexico, College of Education, Department of Health, Exercise and Sports Sciences, Albuquerque, NM, August 2004–July 2005.

Lecturer and Director of Campus Fitness Testing Program, San Francisco State University, College of Health Sciences, Department of Kinesiology, San Francisco, CA, August 1997–June 2000.

Non-Academic Employment:

Informal Recreation Coordinator, California Polytechnic State University Recreational Sports, San Luis Obispo, CA, 1995–1996.

Program Director, Rockville Sport & Health Fitness Center, Rockville, MD, 1992–1994.

TEACHING ACCOMPLISHMENTS:

Areas of Specialization: Exercise Physiology, Cardiometabolic Disease, Obesity, Health Disparities

Courses Taught:

University of Idaho, Department of Movement Sciences

Fitness Testing and Exercise Prescription, PEP 493, 2011–present

Physical Activity, Health and Metabolic Disease, PEP 563, 2012–present

Disparities in Obesity and Health, ISEM 301, 2014–2016

Physical Activity, Wellness, and Behavior Change, HPRD 201, 2011–2014

Advanced Exercise Physiology, PEP 518, 2013

University of Idaho, WWAMI Medical Education Program

Health Disparities Seminar, MEDS 501, graduate course, 2012–2017

Lectures and Case Study Facilitation in Academic Blocks – Circulatory Systems and Energetics & Homeostasis

University of Texas at El Paso, Department of Kinesiology

Advanced Exercise Physiology, KIN 5372, online graduate course, 2010

Coronary Intervention Programs, KIN 4334, 2006–2010

Coronary Intervention Programs, KIN 5372, graduate course, 2006–2010

Internship in Cardiac Rehabilitation, KIN 4350, 2009–2010

Current Issues in Exercise Science: Physical Activity and Health, KIN 4323, 2007–2008

Exercise Physiology, KIN 4312, 2005–2006

Fitness Programs, KIN 4330, 2005

University of New Mexico, Department of Health, Exercise and Sports Sciences

Testing and Measurement in Physical Education, 2004

Intermediate Weight Training, 2000–2004

Jogging for Fitness, 2000–2004

Stretching and Relaxation, 2001–2004

San Francisco State University, Department of Kinesiology

Exercise Testing and Prescription, 1997–2000

Physiological Basis of Movement, 1997–2000

Health-related Fitness and Wellness, 1997–2000

Internship in Fitness and Wellness, 1997–2000

Fitness Program Management, 1997–2000

Field Experience in Fitness and Wellness, 1998–2000

CPR and First Aid, 1998–2000

Students Advised:**Undergraduate Students:** (advised, number per year)University of Idaho

25+ students advised in each academic semester 2014–present

20+ Vandal Friday incoming freshman advising 2011–2016

70 students advised in academic year 2012–2013

University of Texas at El Paso

136 students advised in academic year 2009–2010

89 students advised in academic year 2008–2009

80 students advised in academic year 2007–2008

107 students advised in academic year 2006–2007

Graduate Students:**Advised to completion of degree- Major Professor:** (student name, degree, and date)University of Idaho*MS Students*

[REDACTED] MS, Movement and Leisure Science, 5/2016

[REDACTED] MS, Movement and Leisure Science, 8/2015

[REDACTED] MS, Movement and Leisure Science 5/2014

[REDACTED] MS, MS, Movement and Leisure Science 5/2014

[REDACTED] MS, Movement and Leisure Science 8/2014

[REDACTED] MS, Movement and Leisure Science, 5/2013

[REDACTED] MS, Movement and Leisure Science 8/2013

[REDACTED] MS, Movement and Leisure Science 5/2013

[REDACTED] MS, Movement and Leisure Science 5/2013

PhD students

[REDACTED] PhD, Education with Exercise Physiology and Statistics emphasis, 8/2016

[REDACTED] PhD, Education with Exercise Physiology and Leadership emphasis, 12/2015, co-Major

Professor

University of Texas at El Paso

[REDACTED] MPH, Thesis, 2008–2010

[REDACTED] MS, Kinesiology Program, Thesis, 2006–2008

Advised as Major Professor, in progress: (student name, degree, and date)University of Idaho

[REDACTED] PhD, Education, Health and Human Sciences with Exercise Science emphasis, 2015–present

[REDACTED] PhD, Education, Health and Human Sciences with Exercise Science emphasis, 2018–present

Advised as major professor but left the university or program prior to student completing degree:

[REDACTED] PhD, Education with Exercise Science and Statistics emphasis, University of Idaho, 2011–2015, student dropped out of program

[REDACTED] PhD, Education with Exercise Science emphasis, 2012–2014, University of Idaho, student switched emphasis area

[REDACTED] MS, Kinesiology Program, Project, University of Texas at El Paso, 2009–2010

[REDACTED] MS, Kinesiology Program, Thesis, University of Texas at El Paso, 2010

[REDACTED] MS, Kinesiology Program, Project, University of Texas at El Paso, 2007

[REDACTED] PhD, Interdisciplinary Health Sciences, University of Texas at El Paso, 2008–2010

Graduate student committee member: (student name, degree, and date)University of Idaho

[REDACTED] MS, Family and Consumer Sciences, Thesis, 2017–present

[REDACTED] MS, Movement and Leisure Sciences, Thesis, 2017–present

[REDACTED] MS, Movement and Leisure Sciences, Thesis, 2016–present

[REDACTED] MS, Family and Consumer Sciences, Thesis 2016–present
 [REDACTED] MS, Exercise Science, California State University San Marcos, Thesis 2017–present
 [REDACTED] MS, Movement and Leisure Sciences, Comprehensive Exam committee, 2018
 [REDACTED] MS, Movement and Leisure Sciences, Comprehensive Exam committee, 2017
 [REDACTED] PhD, Education with Exercise Science emphasis, Dissertation, 2014–2015
 [REDACTED] MS, Veterinary & Comparative Anatomy, Pharmacology, Physiology, Washington State University, Thesis, 2013–2015
 [REDACTED] Wildlife Biology and Veterinary Medicine, Washington State University, Thesis, 2013–2015
 [REDACTED] MS, Movement and Leisure Science, Thesis, graduation 12/2015
 [REDACTED] MS, Movement and Leisure Sciences, Comprehensive Exam committee, 2014
 [REDACTED] MS, Movement and Leisure Sciences, Comprehensive Exam committee, 2014
 [REDACTED] PhD, Education with Exercise Science emphasis, Dissertation; student dropped out 2013

University of Texas at El Paso

[REDACTED] MS, Kinesiology Program, Project, 2010
 [REDACTED] MS, Kinesiology Program, Thesis, 2010
 [REDACTED] PhD in Interdisciplinary Health Sciences, 2010
 [REDACTED] MS, Health Promotion Program, Thesis, 2010
 [REDACTED] MS, Speech Language Pathology Program, Project, 2010
 [REDACTED] MS, Kinesiology Program, Project, 2009
 [REDACTED] MS, Kinesiology Program, Thesis, 2008
 [REDACTED] MS, Kinesiology Program, Project, 2007

Research mentor:

University of Idaho

Undergraduate Student Research Mentor

[REDACTED] Movement Sciences Practicum (40 hours), 2017
 [REDACTED] Movement Sciences Program Internship (360 hours), 2016
 [REDACTED] Movement Sciences Program Practicum, 2015-2016
 [REDACTED] Movement Sciences Program Practicum 2015
 [REDACTED] Movement Sciences Program Practicum 2015
 [REDACTED] Movement Sciences Program Practicum, 2014
 [REDACTED] Movement Sciences Program Practicum, 2012
 [REDACTED] Movement Sciences Program Practicum, 2012
 [REDACTED] Movement Sciences Program Practicum, 2012
 [REDACTED] Movement Sciences Program Practicum, 2012
 [REDACTED] Movement Sciences Program Practicum, 2011
 [REDACTED] Movement Sciences Program Practicum, 2011
 [REDACTED] Movement Sciences Program Practicum, 2011
 [REDACTED] Movement Sciences Program Practicum, 2011
 [REDACTED] Movement Sciences Program Practicum, 2011
 [REDACTED] Movement Sciences Program Practicum, 2011

Graduate Student Research Mentor

[REDACTED] PhD, Education with Exercise Science emphasis, 2018–present
 [REDACTED] PhD, Education with Exercise Science emphasis, 2015–present
 [REDACTED] MS, Movement and Leisure Sciences, 2015
 [REDACTED] MS, Movement and Leisure Sciences, 2015
 [REDACTED] PhD, Education with Exercise Science emphasis, 2012–2014
 [REDACTED] MS, Movement and Leisure Sciences, 2014
 [REDACTED] PhD, Education with Exercise Science emphasis, 2012–2017
 [REDACTED] PhD, Education with Exercise Science emphasis, 2012–2014
 [REDACTED] PhD, Education with Exercise Science emphasis 2011–2014
 [REDACTED] MS, Movement and Leisure Sciences, 2011

University of Texas at El Paso*Undergraduate Student Research Mentor*

[REDACTED] Kinesiology Program, 2010
 [REDACTED] Engineering Program, 2010
 [REDACTED] Kinesiology Program, 2010
 [REDACTED] Kinesiology Program, 2009–2010
 [REDACTED] Kinesiology Program, 2008–2009
 [REDACTED] Kinesiology Program, 2007–2009
 [REDACTED] Kinesiology Program, 2007
 [REDACTED] Microbiology Program, 2007
 [REDACTED] Kinesiology Program, 2007
 [REDACTED] Kinesiology Program, 2006

Graduate Student Research Mentor

[REDACTED] Interdisciplinary Health Sciences PhD Program, 2010
 [REDACTED] Psychology Program, 2009–2010
 [REDACTED] Kinesiology Program, 2009–2010
 [REDACTED] Public Health Program, 2008–2010
 [REDACTED] Public Health Program, 2008–2009
 [REDACTED] Nursing Program, 2008–2010
 [REDACTED] Interdisciplinary Health Sciences PhD Program, 2008–2010
 [REDACTED] Kinesiology Program, 2006–2008

Courses Developed:University of Idaho

Disparities in Obesity and Health, ISEM 301, online upper division course, Summer 2013
 Health Disparities Seminar, MEDS 501, graduate seminar, Spring 2012
 Physical Activity, Health and Metabolic Disease, PEP 563, graduate course, Fall 2012

University of Texas at El Paso

Advanced Exercise Physiology, online graduate course, Spring 2010
 Current Issues in Exercise Science - Physical Activity and Health, upper division course, Fall 2007
 Coronary Intervention Programs, upper division course, Spring 2006

San Francisco State University

Health-related Fitness and Wellness, upper division course, 1997

Non-credit Classes, Workshops, Seminars, Invited Lectures, etc.:Invited Guest Lectures

PEP 100 Introduction to Exercise Science and Health, Invited Exercise Physiology, Introduction to Exercise Physiology Fall 2013
 PEP 100 Introduction to Exercise Science and Health, Invited Exercise Physiology Panel Member, Fall 2012
 PEP 100 Introduction to Exercise Science and Health, Invited Exercise Physiology Panel Member, Fall 2011
 KIN 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, February 23, 2006
 KIN 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, June 20, 2006
 KIN 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, September 2, 2006
 KIN 4312 Exercise Physiology, Cardiovascular Physiology, March 6, 2006
 KIN 4312 Exercise Physiology, Cardiovascular Responses to Exercise, March 8, 2006
 CHSC 6304 Pro-seminar in Interdisciplinary Health Sciences, Theories in Exercise Physiology Research, March, 2006
 Kin 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, March, 2007
 Kin 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, June 19, 2007
 Kin 1303 Foundations of Kinesiology, Research in Exercise Physiology, April 29, 2008
 Kin 1303 Foundations of Kinesiology, Research in Exercise Physiology, October 30, 2008
 Kin 5372 Advanced Exercise Physiology, Measuring Cardiac Function, March 18, 2008
 Kin 1303 Foundations of Kinesiology, Research in Exercise Physiology, June 19, 2008

CHSC 6304 Pro-seminar in Interdisciplinary Health Sciences, Research Theories in Insulin Resistance and Metabolic Syndrome, Feb. 11, 2009
 KIN 5371 Measurement Techniques in Exercise Physiology, Techniques for Measuring Cardiac Function during Exercise, April 7, 2009
 KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, April 9, 2009
 KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, October 9, 2009
 KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, April 2010
 KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, June 2010

Teaching Honors and Awards:

University of Idaho President's Mid-career Faculty Excellence Award, 2014-2016
 Fellow, American College of Sports Medicine, 2013-present
 University of Texas at El Paso, Dodson Travel Funds Award, Awarded to the Kinesiology Dept., 2007-2010
 University of Texas Telecampus, Online Course Revision Grant, \$1500, 2009
 Faculty Marshall of Students for College of Health Sciences, University of Texas at El Paso Graduation, 2009
 Distinction awarded for Doctoral Dissertation, Department of Health, Exercise and Sports Sciences, University of New Mexico, 2004
 Outstanding Doctor of Philosophy Award, College of Education, University of New Mexico, 2004
 Distinction awarded for Doctoral Comprehensive Exams, Department of Health, Exercise and Sports Sciences, University of New Mexico, 2002
 Community Service Learning Honoree, San Francisco State University, 1999
 Distinction awarded for Master of Science, California Polytechnic State University, San Luis Obispo, CA, 1997
 Graduate Fellowship, California Polytechnic State University, San Luis Obispo, CA, 1996

SCHOLARSHIP ACCOMPLISHMENTS:

Publications

TOTAL PUBLICATIONS (98)

Total Refereed Publications: 89

- Refereed Journal Article Publications: 45 (32 as first author or primary author [last author & mentor])
- Refereed Abstract Publications: 44 (28 as first author or primary author)

Other Publications: 9 (5 as first author)

Note * indicates a student (18 article publications include students)

Refereed Journal Article Publications (45)

- Vella CA, Allison MA (2018)** Associations of abdominal intermuscular fat and markers of inflammation: The Multi-ethnic Study of Atherosclerosis. *Obesity Research and Clinical Practice* 12:534-540. doi: 10.1016/j.orcp.2018.08.002. Impact factor 2.2; Acceptance rate 9%
- Astorino TA, Vella CA (2018)** Predictors of change in affect in response to high intensity interval exercise (HIIE) and sprint interval exercise (SIE). *Physiology & Behavior* 196:211-217. doi: 10.1016/j.physbeh.2018.08.017. Impact factor 2.5; Ranked 24/51 in Behavioral Sciences and 6/14 in Psychology, Biological; Acceptance Rate 38%
- Vella CA, Michos ED, Sears DD, Cushman M, Van Hollebeke RB, Wiest M, Allison MA (2018)** Associations of sedentary behavior with abdominal muscle density: The MESA. *Journal of Physical Activity and Health* 15(11):827-833. doi: 10.1123/jpah.2018-0028. Impact factor 1.9; Acceptance Rate 19%
- Vella CA, Cushman M, Van Hollebeke RB, Allison MA (2018)** Associations of abdominal muscle area and density with adiponectin and leptin: The Multi-ethnic Study of Atherosclerosis. *Obesity* 26(7):1234-1241. doi:10.1002/oby.22208. Impact factor 4.0; Ranked 34/143 in Endocrinology and Metabolism and 19/81 in

Nutrition and Dietetics

- Nelson M*, Casenova M*, **Vella CA** (2018) The Effectiveness of Standing on a Balance Board for Increasing Energy Expenditure. *Medicine and Science in Sports and Exercise* 50(8):1710-1717. doi: 10.1249/MSS.0000000000001595. Impact factor 4.1; Ranked 6/81 in Sport Sciences; Acceptance rate 20%
- Taylor K*, Scruggs PW, Balemba OB, Wiest MM, **Vella CA** (2018) Associations of Physical Activity, Resilience, and Quality of Life in People with Inflammatory Bowel Disease. *European Journal of Applied Physiology* Apr 118(4):829-836. doi.org/10.1007/s00421-018-3817-z. Impact factor 2.1; Ranked 24/81 in Sport Sciences
- Paul DR, McGrath RP*, **Vella CA**, Kramer M, Baer DJ, Moshfegh AJ (2018) Understanding the nature of measurement error when estimating energy expenditure and physical activity via physical activity recall. *Journal of Physical Activity and Health* 15(7):543-549. doi: 10.1123/jpah.2017-0089. Impact factor 1.9; Acceptance Rate 19%
- Vella CA**, Taylor K*, Drummer D* (2017) Efficacy of high-intensity interval training on exercise enjoyment, adherence and cardiometabolic health in overweight adults. *European Journal of Sports Sciences* 17(9):1203-1211. Impact factor 2.7; Ranked 15/81 in Sport Sciences
- McGrath R*, **Vella CA**, Scruggs P, Peterson M, Williams C, Paul DR (2017) The Impact of Low Accelerometer Wear Time on the Estimates and Application of Sedentary Behavior and Physical Activity Data in Adults. *Journal of Physical Activity and Health* Dec 1;14(12):919-924. Impact factor 1.9; Acceptance Rate 19%
- Rivet D*, Nelson OL, **Vella CA**, Jansen H, Robbins CT (2017) Systemic effects of a high saturated fat diet in grizzly bears. *Canadian Journal of Zoology* 95(11):797-807. Impact factor 1.3; Ranked 55/162 in Zoology
- Vella CA**, Allison MA, Cushman M, Jenny NS, Miles MP, Larsen B, Lakowski SG, Michos ED, Blaha MJ (2017) The Association of Physical Activity and Inflammation is Independent of Central Obesity in the Multi-Ethnic Study of Atherosclerosis. *Medicine and Science in Sports and Exercise* 49(5): 915-921. Impact factor 4.1; Ranked 6/81 in Sport Sciences; Acceptance rate 20%
- Rigano KR*, Gehring JL*, Evans Hutzenbiler BD, Chen AV, Nelson OL, **Vella CA**, Robbins CT, Jansen HT (2017) Life in the fat lane: Seasonal regulation of insulin sensitivity, food intake, and adipose biology in brown bears *Journal of Comparative Physiology B* 187(4):649-676. Impact factor 1.9; Ranked 35/162 in Zoology
- Vella, CA** (2017) News Briefs. A new study looks at the associations between physical activity and inflammatory markers. *ACSM's Health & Fitness Journal* May/June. Impact factor 0.6; Ranked 72/81 in Sport Sciences
- Taylor K*, Seegmiller J, **Vella CA** (2016) The decremental protocol may be used as an alternative protocol for measuring maximal oxygen consumption in runners and triathletes. *International Journal of Sport Physiology and Performance* 11(8): 1094-1099. Impact factor 2.7; Ranked 16/81 in Sport Sciences
- Vella CA**, Van Guilder GP, Dalleck LC (2016) Low Cardiorespiratory Fitness is Associated with Markers of Insulin Resistance in Young, Normal-weight Hispanic Women. *Metabolic Syndrome and Related Disorders* 14(5):272-278. Impact factor 2.0; Acceptance rate 35%
- Kravtitz L, **Vella CA** (2016) Reducing sedentary behaviors: sit less and move more. American College of Sports Medicine <http://acsm.org/public-information/brochures>
- Dalleck LC, Van Guilder G, **Vella CA** (2015) The prevalence of adverse cardiometabolic responses to exercise training with evidence-based practice is low. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy* Jan 29(8):73-78. Impact factor 2.96; Ranked 79/143 in Endocrinology and Metabolism.
- Green A*, McGrath R*, Martinez V*, Taylor K*, Paul DR, **Vella CA** (2014) Associations of objectively-measured sedentary behavior, light activity, and markers of cardiometabolic health in young women. *European Journal of Applied Physiology* 114(5):907-919. Impact factor 2.2; Ranked 24/81 in Sport Sciences
- Dieter BP*, McGowan C, Stoll S., **Vella CA** (2014) Muscle activation patterns and patellofemoral pain in cyclists. *Medicine & Science in Sports & Exercise* 46(4):753-761. Impact factor 4.1; Ranked 6/81 in Sport Sciences; Acceptance rate 20%

- Dieter BP*, **Vella CA** (2013) A proposed mechanism for exercise attenuated methylglyoxal accumulation: Activation of the ARE-Nrf Pathway and increased glutathione biosynthesis. *Medical Hypotheses* Nov;81(5):813-815. Impact factor 1.1
- Vella CA**, Burgos-Monzon X*, Ellis CJ, Zubia RY*, Ontiveros D*, Reyes H*, Lozano C* (2013) Associations of insulin resistance with cardiovascular risk factors and inflammatory cytokines in normal-weight, Hispanic women. *Diabetes Care* May; 36(5):1377-1383. Impact factor 11.3; Acceptance rate 13%; Ranked 5/138 in Endocrinology & Metabolism
- Vella CA**, Paul D, Bader J (2012) Cardiac response to exercise in normal-weight and obese men and women: implications for exercise prescription. *Acta Physiologica* 205:113-123. Impact factor 4.9; Ranked 7/84 in Physiology
- Vella CA**, Ontiveros D*, Zubia RY*, Dalleck L (2011) Physical activity recommendations and cardiovascular disease risk factors in young Hispanic women. *Journal of Sports Sciences* 29(1):37-45
- Vella CA**, Ontiveros D*, Zubia RY*, and Bader JO (2011) Acculturation and metabolic syndrome risk factors in young Hispanic women. *Journal of Immigrant and Minority Health* 13(1):119-126
- Vella CA**, Ontiveros D*, Zubia RY* (2011) Cardiac function and arteriovenous oxygen difference during exercise in obese adults. *European Journal of Applied Physiology* 111(6):915-923
- Deemer S*, King GA, Dorgo S, **Vella CA**, Tomaka J, Thompson D (2010) Relationship of leptin, resting metabolic rate, and body composition in pre-menopausal Hispanic and non-Hispanic white women. *Endocrine Research* 35(3):95-105
- Vella CA**, Zubia RY*, Ontiveros D*, Cruz, ML (2009) Physical activity, cardiorespiratory fitness and metabolic syndrome risk factors in young Mexican and Mexican American women. *Applied Physiology Nutrition and Metabolism* 34(1):10-17
- Vella CA**, Zubia RY*, Burns SF, Ontiveros D* (2009) Cardiac response to exercise in young, normal weight and overweight men and women. *European Journal of Applied Physiology* 105(3):411-419
- Vella CA**, Robergs RA, Yamada PA (2008) Fitness, body size, ventilation and the oxygen cost of breathing in adults. *Journal of Exercise Physiology Online* 11(6):67-76
- Vella CA**, Robergs RA (2008) Diversity of stroke volume response should be recognized: Point: Counterpoint Stroke volume does/ does not decline during exercise at maximal effort in healthy individuals. *Journal of Applied Physiology* 104:281-283
- Araiza P, Hewes H, Gashetewa C, **Vella CA**, Burge MR (2006). Efficacy of a pedometer-based physical activity program on parameters of diabetes control in type 2 diabetes. *Metabolism* 55:1382-1387
- Vella CA**, Marks D, Robergs RA (2006) The oxygen cost of ventilation during incremental exercise to VO_2 max. *Respirology* 11(2):175-181
- Vella CA**, Robergs RA (2005) Non-linear relationships between central cardiovascular variables and VO_2 during incremental cycling exercise in endurance-trained individuals. *Journal of Sports Medicine and Physical Fitness* 45(4):452-459
- Marks D, Robergs RA, Nelson J, **Vella CA**, Bell-Wilson J, Apkarian M (2005) The oxygen cost of ventilation and its effect on the VO_2 plateau. *Journal of Exercise Physiology Online* 8(5):1-14
- Dalleck LC, **Vella CA**, Kravitz L, Robergs RA (2005) The accuracy of the ACSM metabolic equation for walking at altitude and higher grade conditions. *Journal of Strength & Conditioning Research* 19(3):534-537
- Vella CA**, Robergs RA (2005) A review of the stroke volume response to upright exercise in healthy subjects. *British Journal of Sports Medicine* 39:190-195
- Vella CA** (2005) Whole body vibration training. *IDEA Fitness Journal* 2(1):23-25
- Vella CA**, Kravitz L (2004) The exercise afterburn: research update. *IDEA Fitness Journal* 1(5):42-47

- Freeman BM, **Vella CA**, Kravitz L (2004) Women and weight loss: research update. *AKWA Aquatic Exercise Association Journal* 2004; 18(3)
- Vella CA**, Kravitz L (2003) Staying cool when your body is hot. *AKWA Aquatic Exercise Association Journal* 2003; 17(4):16-17
- Vella CA**, Kravitz L (2002) Gender differences in fat metabolism. *IDEA Health & Fitness Source* 20(10):36-46
- Kravitz L, **Vella CA** (2002) Energy expenditure in different modes of exercise. *ACSM Current Comment*, June
- Vella CA**, Kravitz L (2002) Sarcopenia, the mystery of muscle loss. *IDEA Personal Trainer* 13(4):30-35
- Vella CA**, Kravitz L, Janot JM (2001) A review of the impact of exercise on cholesterol levels. *IDEA Health and Fitness Source* 19(10):48-54
- Unnithan VB, Veehof SHE, **Vella CA**, Kern M (2001) Is there a physiological basis for creatine use in children and adolescents? *Journal of Strength and Conditioning Research* 15(4):524-528

Refereed Journal Article Publications (currently scheduled or submitted):

- Nelson M, Taylor K, **Vella CA**. Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students. *Revision 1 submitted to Measurement in Physical Education and Exercise Science, 12/2018*
- Taylor K*, Scruggs PW, Balemba OB, Wiest MM, **Vella CA**. Differences in quality of life, physical activity, sitting, and resilience levels between people with inflammatory bowel disease and healthy controls. *Revision 1 Submitted to Journal of Clinical Exercise Physiology, 12/2018*
- Vella CA**, Taylor K, Nelson M. Patterns of sedentary behavior and cardiometabolic health in young adults. *In progress*
- Taylor K*, Scruggs PW, Wiest MM, Balemba OB, **Vella CA**. Confirmatory Factor Analysis of the Connor-Davidson Resilience Scale in a Cohort of People with Inflammatory Bowel Disease. *In progress*

Refereed Abstract Publications with Presentations (44)

- Taylor K*, Nelson MC*, **Vella CA** (2018) Associations between sedentary behavior and metabolic syndrome are mediated by cardiorespiratory fitness but not MVPA. *Medicine and Science in Sports and Exercise* 50(5S):712
- Nelson MC*, Casanova MP*, Eason K*, Biancosino E*, **Vella CA** (2018) The effectiveness of standing on a balance board for increasing energy expenditure while performing sedentary work, *Medicine and Science in Sports and Exercise* 50(5S):714
- Vella CA**, Allison MA, Cushman M, Jenny NS, Miles MP, Larsen B, Lakowski SG, Michos ED, Blaha MJ (2017) The Association of Physical Activity and Inflammation is Independent of Central Obesity in the Multi-Ethnic Study of Atherosclerosis. *Circulation* 135:AP301
- Deng Y*, **Vella CA**, Paul DR (2017) Longitudinal Association between Screen Time and Clustered Metabolic Risk Factors from Adolescence to Young Adulthood. *Medicine and Science in Sports and Exercise* 49(5S):520
- Vella CA**, Taylor K* (2017) Prolonged Bouts of Sedentary Behavior are Associated with Cardiometabolic Disease Risk Factors in Young Adults *Medicine and Science in Sports and Exercise* 49(5S):912
- Connor K*, Taylor K*, Drummer D*, Nelson MC*, **Vella CA** (2017) Self-Reported Screen Time is Independently Associated with Cardiometabolic Disease Risk Factors in Young Adults. *Medicine and Science in Sports and Exercise* 49(5S):55
- Nelson MC*, Taylor K*, Drummer D*, Connor K*, **Vella CA** (2017) Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students. *Medicine and Science in Sports and Exercise* 49(5S):473-474
- Paul DR, Vincent BM, **Vella CA**, Scruggs PW, Williams CJ, McGrath RP* (2017) Data Imputation Improves

- Sedentary Behavior and Physical Activity Estimates in Accelerometer Data with Low Wear Time. *Medicine and Science in Sports and Exercise* 49(5S):1051
- Taylor K*, **Vella CA** (2017) Prevalence of Physical Activity and Sitting in People with Inflammatory Bowel Disease and Healthy Individuals. *Medicine and Science in Sports and Exercise* 49(5S):71
- Vella CA**, Taylor K*, Drummer D (2016) Efficacy of high-intensity interval training on exercise enjoyment, adherence and cardiometabolic health in overweight adults. *Medicine and Science in Sports and Exercise* 48(5 suppl 1)
- Taylor K*, Scruggs PW, **Vella CA** (2016) Moderate-vigorous physical activity is related to increased quality of life in people with inflammatory bowel disease. *Medicine and Science in Sports and Exercise* 48(5 suppl 1)
- Taylor K*, Scruggs PW, **Vella CA** (2016) Sedentary behavior is independently associated with quality of life in people with inflammatory bowel disease. *Medicine and Science in Sports and Exercise* 48(5 suppl 1)
- McGrath R*, **Vella CA**, Scruggs PW, Williams CJ, Paul DR (2016) Low Accelerometer Wear Time Adherence Underestimates Sedentary Behavior and Physical Activity. *Medicine and Science in Sports and Exercise* 48(5 suppl 1)
- Taylor K*, Seegmiller J, McJannet Z*, Martinez V*, Drummer D*, **Vella CA** (2015) Maximal oxygen consumption is similar with decremental and traditional incremental protocols in runners and triathletes. *Medicine and Science in Sports and Exercise* 47(5S):151-154
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- Scruggs PW, Paul DR, Goc Karp G, Brown HB, **Vella CA**, Davis CA*, Jensen KD (2014) Surveillance of Physical Education Physical Activity in Idaho. *Medicine and Science in Sports and Exercise* 46(5S):646-651
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- Green AN*, Paul DR, McGrath RP*, Martinez V*, Taylor K*, **Vella CA** (2013). Sedentary behavior, central obesity and cardiovascular disease risk factors in young women *Medicine and Science in Sports and Exercise* 45(5S):40-43
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- Burgos-Monzón XB*, **Vella CA**, Lozano C*, Ellis C, Reyes H*, Cruz M (2010). Insulin resistance and non-alcoholic fatty liver disease in Hispanic youth, *Obesity* 18(2):S217
- Zubia R*, Burns SF, King GA; Tomaka G, **Vella CA** (2009) Substrate Oxidation and Energy Expenditure During and One Hour After Isocaloric Exercise Bouts of Different Intensity, *Medicine and Science in Sports and Exercise* 41(5):S42
- Vella CA**, Burgos XB*, Lozano C*, Reyes H*, Ellis CJ*, Ontiveros D* (2009) Adiposity is related to cardiovascular disease risk factors in young, normal-weight Hispanic women, *Obesity* 17(2):S199
- Vella CA**, Zubia RY*, Ontiveros D*, Rios A* (2009) Cardiovascular Responses to Submaximal Exercise in Young, Normal-Weight and Obese Men and Women, *Obesity* 17(2):S135
- Vella CA**, Zubia RY*, Burns SF (2008) Cardiac response to progressive cycle exercise in young, overweight men and women, *Circulation* 117(11):P27
- Vella CA**, Zubia RY, Ontiveros D, Grijalva N, Burns SF (2008) Acculturation, Fitness, Activity and Metabolic Syndrome Risk Factors in Young Hispanic Women, *Medicine and Science in Sports and Exercise* 40(5):S316
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- Gamache L, **Vella CA**, Burge MR (2006) Oral ethanol suppresses overnight endogenous ghrelin secretion in nondiabetic and type 2 diabetic subjects. *Journal of Investigative Medicine* 54(Suppl. 1):S151
- Gamache L, **Vella CA**, Burge MR (2006) Disparate effects of oral ethanol on overnight blood glucose regulation in nondiabetic and type 2 diabetic subjects. *Journal of Investigative Medicine* 54(Suppl. 1):S158
- Yamada PM, **Vella CA**, Robergs RA (2006) Maximal ventilation and body size determine the oxygen cost of ventilation. *The FASEB Journal* 20:A1449
- Vella CA**, Dalleck LC, Kravitz L, Mermier C, Robergs RA (2003) A comparison of fuel utilization during graded walking under hyperoxia and normoxia conditions. *Medicine and Science in Sports and Exercise* 35(5):S86
- Janot J, Robergs R, Bell J, **Vella C**, Kravitz L (2003) Interindividual variability of cardiac output, stroke volume, and heart rate responses during incremental exercise to VO_2max . *Medicine and Science in Sports and Exercise* 35(5):S277
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- Vella CA**, Dalleck LC, Kravitz L, Mermier CM, Robergs RA (2003) Heart rate and rating of perceived exertion correlation during graded walking: normoxia versus hyperoxia. *Medicine and Science in Sports and Exercise* 34(5):S294
- Janot J, Robergs R, Bell J, **Vella C**, Kravitz L (2002) Determination of the relationship between cardiac output, stroke volume, and heart rate with VO_2 during incremental exercise to VO_2max . *Medicine and Science in Sports and Exercise* 34(5):S111

Other Publications (technical reports and non-peer reviewed articles) (9)

- Brown H, Ramsey S, **Vella CA**, Goc Karp G, Davis Jennie* (2015). *Muevete y Cambia tu Vida! Health Indicators Assessment Protocols*. Technical Report prepared for Migrant and Seasonal Health Start Program. Community Council of Idaho, Caldwell, ID
- Brown H, Scruggs P, Goc Karp G, Son J, **Vella CA** (2014) Measuring what Matters. Idaho Obesity Indicators. Blue Cross of Idaho Publications
- Vella, CA** (2014) Research bite on high intensity interval training. American College of Sports Medicine Northwest Chapter website
- Vella CA** (2012) Research highlight on sedentary behavior. American College of Sports Medicine Northwest Chapter website
- Vella, CA** (2008) The exercise afterburn, Health Column. El Paso Times, January
- Vella, CA** (2007) Exercise and HDL cholesterol, Health Column. El Paso Times, October
- Kravitz L, **Vella CA** (2007) Fat metabolism and gender differences. DSW Fitness, Center for Continuing Education www.DSWfitness.com
- Kravitz L, **Vella CA** (2005) The exercise afterburn: getting the most out of your workout. *Fitness Magazine* March
- Vella CA** (2002) Mind over matter. *Oxygen-Women's Fitness Magazine*, March 148-151

Presentations:**Invited Presentations**

- Invited Symposium – Vella CA and Taylor K. *Is smoking the new sitting? Research insights into the science of sedentary behavior*. American College of Sports Medicine Northwest, Bend OR, Feb 2017.
- Invited Presentation - Vella CA. *Patterns of sedentary behavior and cardiometabolic risk factors in young adults*. University of San Diego, School of Medicine, Aug 2016.

Professional Conference Presentations (without abstract publications)

- Vella CA**. Clinical Translational Research Infrastructure Network Annual Meeting, June 2016, Slide Presentation. *Sedentary Behavior and Cardiometabolic Disease Risk Factors in College Students*.
- Brown H, Scruggs PW, Goc Karp G, Son J, and **Vella CA**. Association of Public Health Nutritionists, Little Rock AR, June 2016, Poster Presentation. *Establishing statewide obesity indicators: A collaborative, cross sectional approach*.
- Vella CA**, Taylor K, Drummer DD. Clinical Translational Research Infrastructure Network Annual Meeting. June 2015, Slide Presentation. *Exercise and C-reactive protein in overweight and obese adults*.
- Baker RT, Graham VL, Seegmiller JG, Nasypany A, **Vella CA**. *Clinical reaction time is not significantly affected by moderate-intensity aerobic exercise*. Slide Presentation, March 2015, Northwest Athletic Trainers' Association Annual Meeting and Clinical Symposium.
- Graham VL, Baker RT, Seegmiller JG, Nasypany A, **Vella CA**, Logan, K. National Athletic Training Association conference, March 2015, Poster Presentation. *Establishing a Valid Baseline Score for the King-Devick Test for Concussion*.
- Green AN, McNamara M, Oser C, **Vella CA**. American Association of Cardiovascular and Pulmonary Rehabilitation Conference Sept 2014, Poster presentation. *Factors associated with non-completion of cardiac rehabilitation – Men vs. Women*.
- Rivet DR, Nelson OL, **Vella CA**, Jansen HT, Robbins HT. International Bear Association Conference September 2013, Poster presentation. *Diets Higher in Polyunsaturated Fatty Acids May Yield Health*

Benefit for Bears.

- Scruggs PW, Goc Karp G, Brown HB, Paul DR, **Vella CA**. NASPE Conference on Physical Education Teacher Education (PETE) October 2012, 50 min Podium Presentation, *Physical Education Physical Activity: Policy and Assessment*.
- Scruggs PW, Goc Karp G, Paul DR, **Vella CA**, Davis C. Annual meeting for Idaho Association for Health, Physical Education, Recreation, & Dance in Pocatello, ID., October 2011. *Statewide Surveillance of Physical Education Quality and Quantity in Idaho*.
- Riskowski J, Macias K, **Vella CA**. American Public Health Association Annual Meeting, October 2011. Poster Presentation. *Effects of Diabetes Understanding on Health and Lifestyle Changes in Individuals after Attending a Diabetes Education Seminar*.
- Vella CA**, Ontiveros D, Zubia RY. US/Mexico Health Research Conference, El Paso, TX, September 2008. Podium presentation. *Physical Activity, fitness and metabolic syndrome in young Mexican and Mexican American women*.
- Vella CA**. University of Texas at El Paso Interdisciplinary Health Sciences Lecture Series, November 3, 2006. 50 min podium presentation. *Obesity and cardiovascular dysfunction*.
- Vella CA**. New Mexico Dietetics Association Annual Meeting, Albuquerque, NM, April 2, 2004, 50 min podium presentation, *Sarcopenia: The mystery of muscle loss*.
- ACSM Southwest Chapter Meeting, Las Vegas, NV, October 22, 2004, Poster presentation, *Non-linear relationships between central cardiovascular variables and VO₂ during incremental cycling exercise in endurance-trained individuals*.
- ACSM National Meeting, San Francisco, CA, May 29, 2003, Poster presentation, *A comparison of fuel utilization during graded walking under hyperoxia and normoxia conditions*.
- ACSM National Meeting, St. Louis, MO, May 30, 2002, Poster presentation, *Heart rate and rating of perceived exertion correlation during graded walking: normoxia versus hyperoxia*.
- ACSM Southwest Chapter Meeting, San Jose, CA, November 15, 1999, Poster presentation, *An explorative investigation into creatine usage in trained junior athletes*.
- Vella CA**. National Strength and Conditioning Association State Conference, Santa Fe, NM, June 21, 2003, 50 min podium presentation, *Gender differences in fat metabolism*.
- Vella CA**. New Mexico Dietetics Association Annual Meeting, Albuquerque, NM, May 8, 2003, 50 min podium presentation, *Gender differences in fat metabolism*.
- Vella CA**. IDEA Fact Fest Conference, Rosemont, IL. April 25, 2003, 50 min podium presentation, *Women, hormones, exercise and metabolism*.
- Vella CA**. IDEA Fact Fest Conference, Rosemont, IL, April 26, 2003, 50 min podium presentation, *The mystery of muscle loss*.

Student Mentored Presentations

- American College of Sports Medicine Annual Conference, May 2018, Poster Presentation, *Associations between sedentary behavior and metabolic syndrome are mediated by cardiorespiratory fitness but not MVPA*. K Taylor, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2018, Poster Presentation, *The effectiveness of standing on a balance board for increasing energy expenditure while performing sedentary work*, M Nelson, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, Feb 2018, Slide Presentation, *The Effectiveness of Standing on a Balance Board for Increasing Energy Expenditure*. M Nelson, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.

- American College of Sports Medicine Annual Conference, May 2017, Poster Presentation, *Self-Reported Screen Time is Independently Associated with Cardiometabolic Disease Risk Factors in Young Adults*, K Connor, Exercise Science and Health Undergraduate Program, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2017, Poster Presentation, *Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students*, M Nelson, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, Feb 2017, Slide Presentation, *Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students*. M Nelson, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2017, Poster Presentation, *Prevalence of Physical Activity and Sitting in People with Inflammatory Bowel Disease and Healthy Individuals*, K Taylor, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2016, Poster Presentation, *Moderate-vigorous physical activity is related to increased quality of life in people with inflammatory bowel disease*, K Taylor, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2016, Poster Presentation, *Sedentary behavior is independently associated with quality of life in people with inflammatory bowel disease*, K Taylor, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2015, Poster Presentation, *Maximal oxygen consumption is similar with decremental and traditional incremental protocols in runners and triathletes*. K Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, Feb 2015, Slide Presentation, *Maximal oxygen consumption is similar with decremental and traditional incremental protocols in runners and triathletes*. K Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- University of Idaho, Innovation Showcase, Moscow, ID. April 2015, Slide Presentation, *Maximal oxygen consumption is similar with decremental and traditional incremental protocols in runners and triathletes*. K Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- American Association of Cardiovascular and Pulmonary Rehabilitation National Conference, September 2014, Poster Presentation, *Factors associated with non-completion of cardiac rehabilitation: men vs. women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, April 2014, Slide Presentation, *Cardiac rehabilitation reduces depression and improves quality of life in men and women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- University of Idaho, Innovation Showcase, Moscow, ID. April 2014, *Cardiac rehabilitation reduces depression and improves quality of life in men and women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, March 2013, Slide Presentation, *Sedentary behavior, central obesity and cardiovascular disease risk factors in young women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, March 2013, Slide Presentation, *Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women*. K. Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- University of Idaho, Innovation Showcase, Moscow, ID. April 2013, *Sedentary behavior, central obesity and cardiovascular disease risk factors in young women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.

- University of Idaho, Innovation Showcase, Moscow, ID. April 2013, *Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women*. K. Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- University of Idaho, Innovation Showcase, Moscow, ID. April 19, 2012. Slide Presentation, *Dietary fructose is associated with TNF-alpha in normal-weight, Hispanic women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine Regional Meeting, Coeur d'Alene, ID. March 31, 2012. Slide Presentation, *Dietary fructose is associated with TNF-alpha in normal-weight, Hispanic women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Obesity Society Annual Scientific Meeting, San Diego, CA. October 11, 2010. Poster Presentation, *Insulin resistance and non alcoholic fatty liver disease in Hispanic adolescents*. X Burgos, Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso.
- ACSM National Meeting, Seattle WA. May 2009. Poster presentation. *Substrate Oxidation and Energy expenditure during and one hour after isocaloric exercise bouts of different intensity*. RY Zubia, Kinesiology Program, University of Texas at El Paso.
- Paul L. Foster School of Medicine, Texas Tech University Research Colloquium, May 6, 2009, Podium Presentation, *Relationships between estimates of adiposity, fructose Intake, and non-alcoholic fatty liver disease in overweight Hispanic adolescents*. H Reyes, Public Health Program, University of Texas at El Paso.
- Paul L. Foster School of Medicine, Texas Tech University Research Colloquium. May 6, 2009, Podium Presentation, *Cardiac function during exercise in overweight adults*. AE Rios, Kinesiology Program.
- Paul L. Foster School of Medicine, Texas Tech University Research Colloquium. May 6, 2009, Poster Presentation, *Association between body fatness and cardiovascular disease risk factors in normal-weight Hispanic women*. X Burgos, Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso.
- Texas Chapter of ACSM 29th Annual Meeting, Odessa, February 29, 2008. Poster presentation. *Fat and CHO oxidation during and one hour after isocaloric exercise bouts of different intensity*. RY Zubia, Kinesiology Program, University of Texas at El Paso.
- University of Texas at El Paso Interdisciplinary Health Sciences Lecture Series, May 10, 2007. Poster presentation. *Obesity and cardiovascular dysfunction*. RY Zubia, Kinesiology Program, University of Texas at El Paso.

Grants and Contracts Awarded (Total Funding \$1,095,465):

Grant Funding Awarded

National Institutes of Health (NIH), National Institute of General Medical Sciences P20GM104420
Center for Modeling Complex Interactions Pilot Grant, PI: Kolok
Title: Mountain west mine tailings, watersheds and adverse human health outcomes
Funding: \$114,649
Role: Co-PI
Dates: 10/25/2018-9/30/2019

InBody USA, PI: Vella
Title: Associations of Visceral Fat Area with Biomarkers of Inflammation and Cardiometabolic Disease
Funding: \$35,229
Dates: 4/1/2018-7/31/2019

National Institutes of Health (NIH), National Institute of General Medical Sciences 1U54GM104944-01A1
Clinical Translational Research-infrastructure Network Mini Grant, PI: Vella
Title: Sedentary Behavior and cardiometabolic Risk Factors during college; the SuRF study
Funding: \$13,507
Dates: 1/15/2016-6/30/2016

NIH, National Institute of General Medical Sciences P20GM103408, PI: Vella
IDeA Network of Biomedical Research Excellence (Idaho INBRE) Institutional Development Award
Title: Efficacy of High-intensity Interval Training on Exercise Enjoyment, Adherence and Cardiometabolic Health in Young, Overweight and Obese Adults
Funding: \$10,000
Dates: 9/1/2015-4/30/2016

Cambia Health Foundation, subaward via Community Council of Idaho, Inc, PI: Brown, H
Title: Building Capacity to Prevent Obesity and Diabetes among Children and Families of Migrant and Seasonal Farmworkers
Funding: \$435,088 (\$49,974 for University of Idaho of total funding \$435,088 for two years)
Role: Co-PI
Dates: 11/1/2014-10/31/2016

NIH, National Institute of General Medical Sciences (NIGMS) 1U54GM104944-01A1, Clinical Translational Research-infrastructure Network Pilot Grant, PI: Vella
Title: Exercise and C-reactive protein in young, overweight and obese adults (**15% funding rate**)
Funding: \$84,500
Dates: 7/1/2014-6/30/2015

University of Idaho, College of Education Faculty Award, PI: Horan
Title: Trio and Movement Sciences Collaborative
Funding: \$5,000
Role: Co-PI
Dates: 6/2014-8/2015

Diann L. Haslett Faculty Excellence Fellowship Fund, College of Education, PI: Vella
Title: Exercise Intensity and Cardiovascular Disease Risk Factors in Young Women: A Pilot Study
Funding: \$12,000
Dates: 6/2013-6/2014

Technology-Infused Research Project, College of Education, PI: Scruggs
Title: Physical Activity Motion Sensor Technology Validation in Physical Education
Funding: \$12,769
Role: Co-investigator
Dates: 2013-2014

Blue Cross of Idaho, Foundation for Health, Inc., PI: Brown, H
Title: HEAL- Healthy Eating and Active Living
Total Funding: \$50,000
Role: Co-investigator
Dates: 2012-2013

Idaho State Department of Education, PI: Scruggs
Title: Statewide Surveillance of Physical Education Quantity and Quality in Idaho. Idaho State Department of Education Coordinated School Health Program
Total Funding: \$10,900
Role: Co-investigator
Dates: March 1, 2011–August 15, 2011

University of Idaho Seed Grant, PI: Vella
Title: Physical Inactivity, Inflammation, and Metabolic Syndrome Risk Factors in Young Women
Funding: \$12,000
Dates: July 31, 2011–February 28, 2013

NIH, National Institute of Diabetes and Digestive and Kidney Diseases, 3SC2DK083061-02S1, PI: Vella
Title: Supplement to Characteristics of Metabolically Obese but Normal-weight Hispanic Women.
Total Funding: \$99,225.
Dates: September 1, 2009–July 31, 2011

University Research Institute, University of Texas System, PI: Vella
Title: Heart Rate Recovery in Obese Adults
Total Funding: \$4,560.
Dates: September 1, 2009–August 31, 2010

NIH, National Institute of Diabetes and Digestive and Kidney Diseases 1SC2DK083061-01, PI: Vella
Title: Characteristics of Metabolically Obese but Normal-weight Hispanic Women.
Total Funding: \$333,000.
Dates: August 8, 2008–July 31, 2011

Paso del Norte Health Foundation, Center for Border Health Research, PDN1571, PI: Vella
Title: Metabolic Syndrome in Young Normal-Weight Hispanic Women
Total Funding: \$75,000
Dates: January 2008–December 2009

National Institutes of Health, NCMHD, P20MD002287, PI: Vella
Sub-grant to write an NIH grant proposal
Title: Insulin sensitivity and non-alcoholic fatty liver disease in young, non-obese Hispanic women
Total Funding: \$6,000
Dates: June 1, 2009–August 31, 2009

Paso del Norte Health Foundation, Center for Border Health Research, PDN1458, PI: Vella
Title: Insulin Resistance and Non-Alcoholic Fatty Liver Disease in Overweight Hispanic Adolescents
Total Funding: \$75,000
Dates: June 2008–December 2008

Hispanic Health Disparities Research Center, PI: Vella
Title: Cardiovascular Fitness and Physical Activity in Young Hispanic Women and Relationships with the Metabolic Syndrome Risk Factors
Total Funding: \$19,652
Dates: October 2006–September 2008
Center funded by the NIH National Center on Minority Health and Health Disparities (Grant P20 000548)

University Research Institute, University of Texas, PI: Vella
Title: Assessment of Heart Function in Obese Individuals
Total Funding: \$4,000
Dates: December 2005–May 2007

Paso del Norte Health Foundation, Step it Up Initiative, PI: Vella & Tomaka
Title: UTEP Employee Health and Wellness Program
Total Funding: \$60,000
Dates: May 2007–March 2008

Community Service Learning Curriculum Development, San Francisco State University, PI: Vella & Kern
Total Funding: \$8,500
Dates: 1998–1999

Grants in Review

NIH NIOSH, PI: Keefe
Title: Reducing wildland firefighter fatalities and injuries and increasing safety through real-time location and data sharing
Funding requested: \$2,233,609
Role: Co-PI, submitted July 2018

NSF Cyber-physical Systems and USDA NIFA, PI: Keefe
Title: Use of wearable technology to improve productivity, safety, and wellness in forestry: consequences of Type I and Type II error in cyber-physical systems
Funding requested: \$1,386,074
Role: Co-PI, submitted May 2018

NIH National Institute of General Medical Sciences (NIGMS) 1U54GM104944-01A1
 Clinical Translational Research-infrastructure Network Pilot Grant
 Title: Perceptions of Lead Contamination and Behavioral Intentions in a Mining Community
 Funding requested: \$65,705
 Role: Co-investigator, **Received notification of intent to fund**

Unfunded Grants

NIH National Institute of General Medical Sciences (NIGMS) 1U54GM104944-01A1
 Clinical Translational Research-infrastructure Network Pilot Grant
 Title: Prolonged Sitting and Vascular Function in Rural Adults with Type 2 Diabetes
 Role: PI

AFRI, National Institute of Food and Agriculture, PI: Ramsay
 Title: Increasing Trout Consumption in Young Children and Families for Inflammatory and Cognitive Benefit
 Role: Co- PI

INBRE Pilot Grant Program, PI: Vella
 Title: Associations of Physical Activity and Adiposity-related Inflammation
 Ranked 7th out of over 25 applications; agency funded 2 applications

R01, National Institutes of Health, NHLBI, PI: Vella
 Title: Dose-response of high-intensity interval training and CVD risk factor reduction

1R15HL115547-01, National Institutes of Health, NHLBI, PI: Vella
 Title: Effects of exercise intensity on inflammation and CVD risk in young adults
 NIH Priority Score: 30

National Institutes of Health COBRE program, PI: Wichman
 Title: Center for Excellence in Interdisciplinary Research
 Role: Collaborator

Blue Cross of Idaho, Foundation for Health, Inc., PI: Brown, H
 Title: HEAL- Healthy Eating and Active Living
 Role: Collaborator

Institute for Translational Health Sciences Pilot Grant, PI: Vella
 Title: The inflammatory response to exercise in obesity: implications for exercise prescription

USDA Agriculture and food research initiative, competitive grants program, PI: Scruggs
 Title: Creating healthy interventions for lifelong learning afterschool (Chill afterschool)
 Role: Co-PI

Robert Wood Johnson Foundation Active Living Research, Rapid-Response Round 3 Grants, PI: Paul
 Title: Streams of Stakeholders Creating a Confluence to Support a Healthy Community
 Role: Co-investigator

1R21HL104323-01, National Institutes of Health, NIDDK, PI: Vella
 Title: Role of Fitness, Activity, and Sedentary Behaviors in Nonalcoholic Fatty Liver Disease

Student Mentored Grants

Gatorade Sport Science Institute, Student Grant Program
 Student: Katrina Taylor
 Title: Relationships among physical activity, quality of life, and resilience in inflammatory bowel diseases.
 Total Funding: \$2665

University of Texas Graduate Enhancement Grant
 Student: Raul Y. Zubia

Title: *Fat Oxidation during Exercise in Overweight Adults.*
Total Funding: \$3599

University of Texas Graduate Enhancement Grant
Student: Ximena Burgos, Ph.D. student
Title: *Metabolic Syndrome and Carotid Intima Medial Thickness in Hispanic Women*
Total Funding: \$2700

University of Texas Graduate Studies Grant
Student: Ximena Burgos, Ph.D. student
Title: *Metabolic Syndrome and Carotid Intima Medial Thickness in Hispanic Women*
Total Funding: \$500

Scholarship Honors and Awards:

University of Idaho President's Mid-career Faculty Excellence Award, 2014-2016
University of Idaho, College of Education, Excellence in Research and Scholarship Award, 2015
Fellow, American College of Sports Medicine, 2013-present
Diann Haslett Faculty Excellence Fellow Award, 2012-2013
University of Idaho Faculty Expert for Research, 2013-2015
University of Idaho Representative for the Tri-state Research Initiative on Rural Health, 2011-2013
Federation of American Societies for Experimental Biology (FASEB) Minority Access to Research Careers Conference Travel Award, 2010
Outstanding Performance for Securing Extramural Funding, University of Texas at El Paso, 2009
Federation of American Societies for Experimental Biology (FASEB) Minority Access to Research Careers Conference Travel Award, 2009
Endocrinology Scholar Award, American Federation for Medical Research, Western Regional Conference, 2006

Student Mentored Awards

Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Presentation, Megan Nelson.
The Effectiveness of Standing on a Balance Board for Increasing Energy Expenditure, 2018.
Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Presentation, Megan Nelson.
Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students, 2017.
Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Abstract, Amber Green,
Cardiac rehabilitation reduces depression and improves quality of life in men and women, 2014.
Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Abstract, Amber Green,
Sedentary behavior, central obesity and cardiovascular disease risk factors in young women, 2013.
Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Abstract, Katrina Taylor,
Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women, 2013.
Northwest American College of Sports Medicine, Award for Outstanding M.S. Abstract, Brad Dieter, *Muscle activation patterns differ between cyclist with patellofemoral pain and those without*, 2013.
University of Idaho 2012 Innovation Showcase, 2nd Place Award for Graduate Disciplinary Research (\$300),
Amber Green, *Dietary Fructose is Associated with TNF-alpha in Normal-weight, Hispanic Women*, 2012.
Northwest American College of Sports Medicine, Award for Best Ph.D. Abstract, Amber Green, *Dietary Fructose is Associated with TNF-alpha in Normal-weight, Hispanic Women*, 2012.

SERVICE:**Major Committee Assignments:**University of Idaho*Department*

2018 Committee member, promotion committee for clinical faculty member in Movement Sciences
 2018 Committee member, third year review committee for clinical faculty member in WWAMI
 2016–2017 Chair, Search Committee, Assistant Professor in Exercise Science and Health Biomechanics search
 2015–2016 Search Committee member, Assistant Professor in Exercise Science and Health search
 2015–2017 Committee member, MS Movement and Leisure Sciences Assessment committee
 2014–2016 Committee member, By-laws, Policy and Procedures committee
 2012–2013 Chair, Search Committee, Clinical Assistant Professor in Exercise Science and Health search
 2013–2016 Faculty Advisor, Exercise Science Student Club
 2013–2016 Committee member, Policy and Procedures committee
 2012 Committee member, Movement Sciences Core Curriculum Subcommittee
 2011–2012 Committee member, Exercise Science and Health Undergraduate Curriculum Revision ad hoc committee
 2011 Committee member, Exercise Science and Health Graduate Curriculum Revision ad hoc committee

College

2016–2018 Committee member, College of Education, Health and Human Sciences Curriculum Committee
 2014–2016 Committee member, College of Education Tenure and Promotion committee
 2014–2015 Committee member, College of Education Tenure and Promotion Guidelines ad hoc committee
 2014–2016 Committee member, Exercise science teaching laboratory COEd renovation ad hoc committee
 2011, 2013–2016 Committee member, College of Education Graduate Research and Policy Committee
 2011–2013 Committee member, Dean's Advisory Council
 2011–2012 Committee member, College of Education Technology Committee
 2011 Search Committee Member, College of Education Search Committee for Associate Dean

University

2016–2019 Senator (elected), Faculty Senate
 2016–2018 Committee member, Faculty Compensation Task Force
 2013–2016 Committee member, Faculty Affairs
 2013–2016 Alternate Senator (elected), Faculty Senate
 2015 Committee member, Biology Tenure Review Committee, Craig McGowan, Biological Sciences
 2013 Committee member, Biology Tenure Review Committee, Onesmo Balemba, Biological Sciences
 2013–2014 Search Committee member, WWAMI Medical Education Program Director
 2013 Search Committee member, Wellness Coordinator search, Student Recreation Center
 2013–2016 Faculty Expert (nominated), Media Relations, University of Idaho
 2011–2016 Rural Health representative (nominated), Tri-state Initiative for Research Consortium
 2012–2014 Faculty Member at Large, Board Member, Athena Women's Professional Association

University of Texas at El Paso*Department*

2008–2011 Coordinator, Program Learning Outcomes Assessment Committee
 2009–2010 Department Signing Official for Chair when she is traveling
 2007–2008 Committee member, Biomechanics Search Committee
 2008–2009 Committee member, Motor Learning and Biomechanics Search Committee
 2008–2009 Committee member, Kinesiology department strategic planning committee
 2007–2009 Committee member, Laboratory planning and design for the new College of Health Sciences building
 2009–2010 Assisted with Kinesiology website revisions
 2007 Assisted in the revision of degree plans to meet 120 hour requirement

College

2009–2011 Committee member, Academic Affairs Committee, College of Health Sciences
 2007–2010 Council member, PhD Executive Council, Interdisciplinary Health Sciences PhD program

2010–2011 Secretary (Elected), Faculty Organization Committee, College of Health Sciences
 2009–2010 Member at Large (Elected), Faculty Organization Committee, College of Health Sciences
 2007–2008 Committee member, Merit Rubric Committee, College of Health Science
 2009 Faculty Marshall of Students for Health Sciences

University

2009–2012 Senator, Faculty Senate
 2009–2011 Committee member, Graduate Scholarship Committee
 2008–2009 Alternate Senator, Faculty Senate
 2007–2009 Committee member, Student Conduct Committee
 2008 Biomedical Engineering Conference Program Committee
 2008 Biomedical Engineering Conference Abstract Review Committee

Other Service:

University of Idaho

Department

College

2015–2016 Mentor for new faculty, Hung Pil Jun
 2013–2015 Mentor for new faculty, Mostafa Hegazi

University

2014 Judge, Biology Research Showcase, University of Idaho
 2012–2014 Judge, Innovation Showcase, University of Idaho

Professional and Scholarly Organizations: (including memberships, committee assignments, editorial services, offices held and dates)

President (elected), Northwest chapter of the American College of Sports Medicine Executive Board, 2016–2019
 Member at Large, Clinical (elected), American College of Sports Medicine Northwest Chapter Executive Board, 2013–2016
 Invited Grant Reviewer, American Heart Association, Behavioral Population and Outcomes Population peer review committee, 2016–present
 Consumer Information Committee, American College of Sports Medicine, 2015–present
 Ad hoc Scientific Content Advisory Committee, American College of Sports Medicine, 2011–present
 Undergraduate Poster Committee Judge, Texas chapter of the American College of Sports Medicine, 2010
 Masters Poster Committee Judge, Northwest chapter of the American College of Sports Medicine, 2012
 Examiner for ACSM Health Fitness Instructor Practical Exam, 2001–2004
 Reviewer, American Journal of Preventive Medicine
 Reviewer, Medicine and Science in Sports and Exercise
 Reviewer, British Journal of Sports Medicine
 Reviewer, American Journal of Public Health
 Reviewer, Journal of Applied Physiology
 Reviewer, Journal of Immigrant and Minority Health
 Reviewer, Journal of Gerontology, Psychological Sciences
 Reviewer, Journal of Exercise Physiology online (Editorial Board member)
 Reviewer, Journal of Undergraduate Kinesiology Research
 Member, Obesity Society, 2006–2010
 Member, American Heart Association, 2006–present
 Member, American Society for Exercise Physiologists, 2002–2004
 Member, American College of Sports Medicine, 1998–present

Outreach Service: (Including popular press, interview articles, newspaper articles, workshops-seminars-tours organized, Extension impact statements)

Eating Well magazine, interview regarding article on physical activity and inflammation, Jan 2018.
 Tuft's University Health and Nutrition Letter interview and article highlight, July 2017.

UI Radio interview discussing cardiovascular disease in young adults, February 2012.

Vella, CA. The exercise afterburn, Health Column. El Paso Times, January 2008.

Vella, CA. Exercise and HDL cholesterol, Health Column. El Paso Times, October 2007.

Community Service: (non-academic unrelated to employment)

El Paso Diabetes Association, Diabetes Education Program, 2010

University Interscholastic League of Texas High School Wrestling Minimum Weight Certification Program, Certified Assessor, 2006-2010

Faces of Diabetes Annual Conference planning committee; a collaboration between the El Paso Diabetes Association, Sierra Providence Health Network, and University Medical Center of El Paso, 2006-2008

Volunteer, American Red Cross Health and Safety Instructor, 1997-2007

Volunteer, Coordinator of alternate physical fitness testing site for NM Department of Public Safety, 2007

Honors and Awards:

PROFESSIONAL DEVELOPMENT: (workshops and seminars attended)

Scholarship:

American College of Sports Medicine Annual Conference, May 2018

American College of Sports Medicine Northwest Annual Conference, Feb 2018

American College of Sports Medicine Annual Conference, May 2017

American College of Sports Medicine Northwest Annual Conference, Feb 2017

American Heart Association, Epidemiology and Lifestyle Conference, March 2016

Mountain West Research Consortium Annual Meeting, June 2016.

American College of Sports Medicine Annual Conference, May 2016

American College of Sports Medicine Northwest Annual Conference, April 2016

Mountain West Research Consortium Annual Meeting, June 2015.

American College of Sports Medicine Annual Conference, May 2015

American College of Sports Medicine Northwest Annual Conference, Feb 2015

American College of Sports Medicine Annual Conference, May 2014

American Heart Association Annual Conference, San Francisco CA, March 2014

American College of Sports Medicine Annual Conference, May 2013

American College of Sports Medicine Northwest Annual Conference, April 2013

Clinical Research Training Conference, University of Washington, September 2012

Promotion and Tenure Workshop, March 2012

Dean's Monthly Mentoring Workshops February 2012

Actigraph Software Training, Online December 2011

Referencing Programs Library Seminar, University of Idaho, Fall 2011

American College of Sports Medicine Annual Conference, Denver, CO, June 2011

Meeting of MBRS-Support of Competitive Research (SCORE) Program SC1 and SC2 Principal Investigators.

National Institute of General Medicine, December 2010

Ethical Issues in Community Based Research, UTEP HHDRC Summer Institute, June 2010

Working with Large Data Sets, UTEP HHDRC Summer Institute, June 2010

Writing Winning Grants Training Seminar, UTEP HHDRC Summer Institute, May 2010

A Day with NIH at UTEP, February, 2010

National Science Foundation Leadership Conference, November 2009

Creating an Electronic Professional Portfolio for Tenure, Promotion, and Awards, UTEP CETaL, September 2009

Documenting Your Accomplishments Workshop 2: Creating an Electronic Professional Portfolio for Tenure, Promotion, and Awards, October 7, 2009

Radiation Safety Training, University of Texas at El Paso, November 2009

Blood Borne Pathogen and Hazardous Waste Training, October 2009

Institutional Review Board Training, University of Texas at El Paso, November 2009

Obesity Society Annual Scientific Meeting, Washington, DC, Oct 2009

American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2010

American College of Sports Medicine Texas Regional Meeting, Tyler, TX, Feb 2009

American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009

Texas Tech University Health Sciences Center Paul L. Foster School of Medicine and The University of Texas
 El Paso 3rd Annual Research Colloquium, El Paso, May 2009
 International Obesity Society Annual Meeting, Washington DC, October 2009
 American Heart Association Nutrition, Physical Activity, and Metabolism Annual Conference, Colorado
 Springs, CO, March 2008.
 American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 2008.
 US/Mexico Health Research Conference, El Paso, TX, September 2008.
 American College of Sports Medicine National Conference, New Orleans, LA, May 2007.

Teaching:

Leading Effective Discussions workshop, Fall 2017
 Blackboard Learn Hands-on workshop, June 2012
 Apple Educational Workshop, Made for Mobile Learning, April 2012
 Apple Educational Workshop, Learning Tour 2012 Engage students. Explore apps, interactive books, and
 Multi-Touch textbooks, April 2012
 Advising Workshop – University of Idaho, September, 2011
 Teaching Online - UTTC Facilitated Faculty Workshop, UT Telecampus Nov. 2 – Dec. 4, 2009
 Online Blackboard 8 Training, UT Telecampus, October 2009
 Copyright: Just the Basics, Online Course, UT Telecampus, October 2009
 Instructional Design Tutorial, UT Telecampus, October–November 2009; Earned Certificate for Online
 Teaching
 Sun Conference on Teaching and Learning, UTEP CETaL, March 2010
 Designing Valid Assessments of Students Learning, UTEP CETaL, September 2009
 Turn-it-in Workshop, UTEP Instructional Support Services, September 22, 2009
 Reaching and Retaining Students, Council of UG Advisors Professional Development Series, September 17,
 2009
 Creating Objective Assessments, CETaL Workshop, Sept. 3, 2009
 Team Based Learning Course, UTEP CeTAL, May 13, 2008.
 CHS Writing for the Public workshop, August 2007
 Banner / Goldmine Student Information Workshop, September 27, 2005

Other Training and Certifications:

Dual-energy X-ray Absorptiometry (DXA) operator training, October 2016
 Media Training for Faculty Research Expert, University of Idaho, May 2013
 Bod Pod body composition technician training, 2011–present
 National Institutes of Health Protecting Human Research Participants Training, 2010–present
 Dual Energy X-ray Absorptiometry Operator Training, 8 hours, General Electric, 2006–2011
 Certified Assessor, University Interscholastic League Wrestling Weight Certification Program, 2006–2011
 Sonosite Ultrasound Operator Training, September 4, 2008.
 ACSM Exercise Physiologist Certification (formerly Health Fitness Instructor Certification), 1998–present
 American Red Cross First Aid & CPR Instructor, 1997–2006
 Radiation Safety Training, University of Texas at El Paso, 2005–2011
 Blood Borne Pathogen and Hazardous Waste Training, University of Texas at El Paso, 2005–present
 Institutional Review Board Training, University of Texas at El Paso, 2005–present
 Human Research Review Training Course, University of New Mexico, February, 2003
 University of New Mexico Health Sciences Center & University Hospital HIPPA Compliance Training Course,
 April, 2003 and March, 2005
 Examiner for ACSM Health Fitness Instructor Practical Exam, 2001–2004