

Katrina Taylor, Ph.D.

Assistant Professor of Exercise Science

Department of Physical Education, Health and Recreation

Eastern Washington University

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ACADEMIC DEGREES

- 2016 **Doctor of Philosophy in Education with an emphasis in Exercise Physiology**
University of Idaho, Moscow, ID
GPA: 4.00 on a 4.00 scale
Title: Associations among sitting, physical activity, resilience, and quality of life in people with inflammatory bowel disease compared to healthy controls
Mentor: Dr. Chantal A. Vella, FACSM
- 2016 **Graduate Certificate in Statistical Sciences**
University of Idaho, Moscow, ID
GPA: 4.00 on a 4.00 scale
- 2010 **Bachelor of Science with Honours in Sport and Exercise Science**
University of Central Lancashire, Preston, Lancashire, UK
Grade: First Class Honours
Dissertation: The effects of carbohydrate ingestion on badminton serve accuracy following fatiguing exercises
Mentor: Dr. Lindsay Bottoms

CERTIFICATES

- 2018 – Present Intersections: Preventing Harassment and Sexual Violence
- 2018 – Present CITI Program – IRB Members Basic
- 2014 – Present Mental Health First Aid Certification
- 2014 – Present Responsible Conduct of Research Training
- 2012 – Present American Heart Association CPR and AED certified
- 2012 – Present National Institute of Health Human Subjects Protections Training
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RESEARCH INTERESTS

My research is currently focused around the beneficial effects of physical activity along with the deleterious effects of sedentary behavior in healthy individuals and those with chronic disease. I have a special interest in understanding more about sedentary behavior in athletes and the role it can play in transitioning from student-athlete status to life after college sport. Further, I am interested in understanding the role of metabolic syndrome as a latent construct and the association with sedentary behavior, physical activity, and cardiorespiratory fitness.

PROFESSIONAL EXPERIENCE

2016 – Present	Assistant Professor of Exercise Science, Tenure-track, with the Department of Physical Education, Health and Recreation at Eastern Washington University, Cheney, WA
Jan – Mar 2016	Temporary Instructor with the Department of Movement Sciences at the University of Idaho, Moscow, ID
2014 – 2016	Research Assistant with the Department of Movement Sciences at the University of Idaho, Moscow, ID
May – Aug 2013	Research Assistant with the Department of Movement Sciences at the University of Idaho, Moscow, ID
2012 – 2016	Graduate Teaching Assistant with the Department of Movement Sciences at the University of Idaho, Moscow, ID
Apr – Aug 2010	Research Intern with the Centre for Applied Sport and Exercise Sciences at the University of Central Lancashire, Preston, UK
2009 – 2010	Lead Student Advisor for the Physiological Support Team to Wigan Warriors Rugby League Team at the University of Central Lancashire, Preston, UK
2009 – 2010	Lead Student Advisor for the Biomechanical Support Team to Preston North End Football Club at the University of Central Lancashire, Preston, UK
Apr – Aug 2009	Research Intern with the Centre for Applied Sport and Exercise Sciences at the University of Central Lancashire, Preston, UK

TEACHING

EASTERN WASHINGTON UNIVERSITY

Undergraduate	PHED 251 Motor Control and Learning
	PHED 350 Physiological Kinesiology
	HLED 372 Applied Nutrition and Physical Fitness
	HLED 374 Introduction to Epidemiology
	EXSC 455 Research and Analysis
	EXSC 481 Electrocardiography Interpretation
Graduate	PHED 505 Current Issues and Ethics
	PHED 555 Advanced Exercise Physiology
	PHED 596 Graduate Seminar: Current Issues and Readings

UNIVERSITY OF IDAHO

Teaching Asst.	PEP 300 Applied Human Anatomy and Biomechanics
	PEP 360 Motor Behavior
	PEP 418 Exercise Physiology
	PEP 455 Design and Analysis of Research in Movement Sciences
	H&S 490 Health Promotion
	PEP 493 Fitness Assessment and Prescription

Lead Instructor MVSC 201 Physical Activity, Wellness and Behavior Change for Healthy Active Lifestyles
PEP 300 Applied Human Anatomy and Biomechanics
ISEM 301 Disparities in Obesity health
H&S 450 Critical Health Issues
PEP 455 Design and Analysis of Research in Movement Sciences
PEP 493 Fitness Assessment and Prescription

STUDENT ADVISING

2018 – Present Emily Dunston, Graduate Student
Masters in Physical Education with an emphasis in Exercise Science
Thesis Advisor

2018 – Present Benjamin Adams, Graduate Student
Masters in Physical Education with an emphasis in Exercise Science
Thesis Second Committee Memeber

2018 – Present Exercise Science Club
Department of Physical Education, Health and Recreation
Club Advisor

2018 – Present Donovan Howard, Graduate Student
Masters in Physical Education with an emphasis in Sport and Recreation Administration
Thesis Advisor

2017 – Present Nicholas Taylor, Graduate Candidate
Masters in Physical Education with an emphasis in Exercise Science
Thesis Advisor

2016 – Present Nathaniel Roley, Graduate Candidate
Masters in Physical Education with an emphasis in Exercise Science
Thesis Advisor

Aug 2016 – Dec 2017 Anthony Campitelli, Graduate Student
Masters in Physical Education with an emphasis in Exercise Science
Teaching Assistant Mentor

Sept – Dec 2016 Brooke Monson, Undergraduate Student
Bachelor of Science in Exercise Science
Research Internship Supervisor

Sept – Dec 2016 Paige Monson, Undergraduate Student
Bachelor of Science in Exercise Science
Research Internship Supervisor

Sept – Dec 2016 David White, Undergraduate Student
Bachelor of Science in Exercise Science
Research Internship Supervisor

SCHOLARSHIP GRANTS

- 2018 **NCAA Innovations in Research and Practice Grants Program**
Title: Athlete lifestyle or healthy lifestyle: Does education SPAN the gap in student-athletes? A pilot study.
Principal Investigator: **K Taylor**
Amount Requested: \$24,916.64 (Declined)
- 2018 **American College of Sports Medicine Chapter Grants Program**
Title: ACSM Northwest Student Mentorship Program
Author: **K Taylor**, E Dunston (on behalf of ACSM Northwest)
Amount Requested: \$2,950 (Awarded)
- 2018 **American College of Sports Medicine Northwest Chapter Student Research Award**
Title: ACSM Northwest Student Research Award
Principal Investigator: Emily Dunston (Mentor: **K Taylor**)
Amount Requested: \$1,796 (Awarded)
- 2015 **American College of Sports Medicine Chapter Grants Program**
Title: ACSM Northwest Student Research and Travel Award Program
Author: **K Taylor** (on behalf of ACSM Northwest)
Amount Requested: \$3,000 (Awarded)
- 2014 **Gatorade Sports Science Institute Student Research Grant**
Title: The relationship between physical activity, resilience, and quality of life in patients with inflammatory bowel diseases.
Principal Investigator: **K Taylor** (Mentor: C Vella)
Amount Requested: \$3,336.65 (Awarded)

PEER-REVIEWED PUBLICATIONS

Dunston ER, Christ SN, Waldrip MP, Vahk A, **Taylor K**. (Under Review). Physical activity is associated with grit and resilience in college students: Is intensity the key to success? *American Journal of College Health*.

- Taylor K**, Scruggs PW, Balemba O, Wiest M, Vella CA. (Under Review – Revise and Resubmit). Physical activity, sitting, quality of life and resilience in people with IBD. *Journal of Clinical Exercise Physiology*.
- Nelson MC, **Taylor K**, Vella CA. (Under Review – Revise and Resubmit). Comparison of self-report and objective physical activity in undergraduate students. *Measurement in Physical Education and Exercise Science*.
- Taylor K**, Scruggs PW, Balemba O, Wiest M, Vella CA. (2018). Associations between physical activity, resilience, and quality of life in people with inflammatory bowel disease. *European Journal of Applied Physiology*, 118(4), 829-836.
- Start A, Pickering M, Martinez V, **Taylor K**, Hoomiratana A, Vidic Z, Burton D. (2017). Brief report: Multi-group measurement invariance analysis of the task and ego orientation in sport questionnaire. *International Journal of Sport Psychology*, 48(6), 610-624.
- Vella CA, **Taylor K**, Drummer DD. (2017). Effects of high-intensity interval training on exercise enjoyment, adherence, and cardiometabolic health in overweight and obese adults. *European Journal of Sport Science*, 27(9), 1203-1211.
- Taylor K**, Seegmiller J, Vella CA. (2016). The decremental protocol as an alternative protocol to measure maximal oxygen consumption in athletes. *International Journal of Sport Physiology and Performance*, 11(8), 1094-1099.
- Green AN, McGrath RP, 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.
- Bottoms L, Sinclair J, **Taylor K**, Polmon R, Fewtrell D. (2012). The effects of carbohydrate ingestion on the badminton serve after fatiguing exercise. *Journal of Sports Science*, 30(3), 285-293.
- Sinclair J, Bottoms L, **Taylor K**, Greenhalgh A. (2010). Tibial shock measured during the fencing lunge: The influence of footwear. *Sports Biomechanics*, 9(2), 65-71.

INVITED PRESENTATIONS

- Taylor K**. (2015). Finding your career path: Pursuing graduate school or industry while not letting rejection stand in your way. American College of Sports Medicine Annual Meeting, San Diego, CA.

ORAL PRESENTATIONS

- Taylor K**, Vella CA. (2019). Physical activity and sedentary behavior levels between high-intensity interval training and moderate-intensity continuous training exercise interventions in previously inactive, overweight adults. Annual Congress of the European College of Sports Science, Prague, Czech Republic.
- Dunston E, Waldrip M, Chriest S, Skillingstad A, Vahk A, **Taylor K**. (2019). Physical activity is associated with grit and resilience in college students: Is intensity the answer? *International Journal of Exercise Science*, 8(7). *Faculty mentor for this project.
** Awarded Best Masters Student Oral Presentation
American College of Sports Medicine Northwest Chapter Annual Meeting, Bend, OR.
- Howard D, Dunston E, Hammermeister J, **Taylor K**. (2019). Physical activity, sedentary behavior, and stress in graduate students: The PASS Study. *International Journal of Exercise Science*, 8(7). *Faculty mentor for this project.
**Not presented due to extenuating circumstances.

American College of Sports Medicine Northwest Chapter Annual Meeting, Bend, OR.

Taylor K. (2018). Sedentary behaviors are associated with a latent model of metabolic syndrome, independent of physical activity, in US adults.

Annual Congress of the European College of Sports Science, Dublin, Ireland.

Dunston E, Chriest S, Avena S, **Taylor K***, Vahk A. (2018). The effects of pretest instructions and between day test-retest reliability of air displacement plethysmography. *International Journal of Exercise Science*, 8(6). *Faculty co-mentor for this project
**Awarded Best Undergraduate Student Research Thematic Presentation.

American College of Sports Medicine Northwest Chapter Annual Meeting, Bend, OR.

Gay G, Davis M, Bass S, Yee B, Vahk A, **Taylor K***. (2018). Does tempo matter? The effect of music tempo on rowing performance in female college students. *International Journal of Exercise Science*, 8(6). *Faculty mentor for this project.

American College of Sports Medicine Northwest Chapter Annual Meeting, Bend, OR.

Magana J, Jones K, Fields K, Cornejo J, Sanchez K, Waham E, Vahk A, **Taylor K***. (2018). The effects of co-action social facilitation on indoor cycling performance. *International Journal of Exercise Science*, 8(6). *Faculty mentor for this project.

American College of Sports Medicine Northwest Chapter Annual Meeting, Bend, OR.

Vella CA, **Taylor K.** (2017). Is sitting the new smoking? Research insights on the science of sedentary behavior. *Symposium session*.

American College of Sports Medicine Northwest Chapter Annual Meeting, Bend, OR.

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. *International Journal of Exercise Science*, 8(5). *Awarded Best Doctoral Oral Student Presentation.

American College of Sports Medicine Northwest Chapter Annual Meeting, Bend, OR.

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. *International Journal of Exercise Science*, 8(5).

American College of Sports Medicine Northwest Chapter Annual Meeting, Bend, OR.

Taylor K, Scruggs PW, Vella CA. (2016). Sedentary behavior is independently associated with quality of life in people with inflammatory bowel disease. *International Journal of Exercise Science*, 8(4).

American College of Sports Medicine Northwest Chapter Annual Meeting, Tacoma, WA.

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. *International Journal of Exercise Science*, 8(3).

American College of Sports Medicine Northwest Chapter Annual Meeting, Bend, OR.

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. *International Journal of Exercise Science*, 8(1).

American College of Sports Medicine Northwest Chapter Annual Meeting, Salem, OR.

Taylor K, Vella CA. (2013). Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women. *International Journal of Exercise Science*, 8(1).

American College of Sports Medicine Northwest Chapter Annual Meeting, Salem, OR.

POSTER PRESENTATIONS

- Dunston E, **Taylor K.** (2019). Physical activity, stress, and sedentary behavior in graduate students: The PASS Study. European Congress of Sports Science, Prague, Czech Republic.
- Taylor K,** Nelson MC, Vella CA. (2019) Associations between time spent in sedentary behaviors and cardiometabolic disease risk factors in young adults. *Medicine and Science in Sports and Exercise*, 51(1).
American College of Sports Medicine Annual Meeting, Orlando, FL.
- Dunston E, Waldrup M, Chriest S, Skillingstad A, Vahk A, **Taylor K.** (2019). Physical activity is associated with grit and resilience in college students: Is intensity the answer? *Medicine and Science in Sports and Exercise*, 51(1). *Faculty mentor for this project.
American College of Sports Medicine Annual Meeting, Orlando, FL.
- 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(1), S5.
American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Dunston E, Chriest S, Avena S, **Taylor K,** Vahk A. (2018). The effects of pretest instructions and between day test-retest reliability of air displacement plethysmography. *Medicine and Science in Sports and Exercise*, 50(1), S5.
American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Chaves D, Avena S, Vahk A, **Taylor K***. (2018). Effects of therapeutic strategies on flexibility in football players: A pilot study. *International Journal of Exercise Science*. 8(6). *Faculty mentor for this project.
American College of Sports Medicine Northwest Annual Meeting, Bend, OR.
- Chriest S, Dunston E, Halverson S, Crusch M, Johnson B, Vahk A, **Taylor K***. (2018). Stress, academic load, and physical activity in college students: A pilot study. *International Journal of Exercise Science*, 8(6). *Faculty mentor for this project.
American College of Sports Medicine Northwest Annual Meeting, Bend, OR.
- Waldrup M, DeWinkler J, Hulubei A, Loe L, Wood A, Vahk A, **Taylor K***. (2018). The effects of blinded pacing on 1-mile run time: A case study. *International Journal of Exercise Science*, 8(6). *Faculty mentor for this project.
American College of Sports Medicine Northwest Annual Meeting, Bend, OR.
- Vahk A, Brewer C, **Taylor K.** (2018). Effects of recovery nutrition on body composition and session RPE in collegiate tennis players. *International Journal of Exercise Science*, 8(6).
American College of Sports Medicine Northwest Annual Meeting, Bend, OR.
- Vahk A, Brewer C, **Taylor K.** (2018). Effects of recovery nutrition on body composition and session RPE in collegiate tennis players. *Medicine and Science in Sports and Exercise*, 50(1), S5.
American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- 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(1), S5.
American College of Sports Medicine Annual Meeting, Denver, CO.
- Taylor K,** Vella CA. (2017). Prevalence of physical activity and sitting in people with inflammatory bowel disease and healthy individuals. *International Journal of Exercise Science*, 8(1).

American College of Sports Medicine Northwest Annual Meeting, Bend, OR.

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(1), S5.

American College of Sports Medicine Annual Meeting, Denver, CO.

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(1), S5.

American College of Sports Medicine Annual Meeting, Denver, CO.

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(1), S5.

American College of Sports Medicine Annual Meeting, Denver, CO.

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(1), S5.

American College of Sports Medicine Annual Meeting, Boston, MA.

Taylor K, Scruggs PW, Vella CA. (2016). Moderate-to-vigorous physical activity is related to quality of life in people with inflammatory bowel disease. *Medicine and Science in Sports and Exercise*, 48(1), S5.

American College of Sports Medicine Annual Meeting, Boston, MA.

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(1), S5.

American College of Sports Medicine Annual Meeting, San Diego, CA.

Taylor K, Paul DR, Martin AK, Beitey SP, Croston SL, Goc Karp G, Vella CA, Rosselrova D, Young KJ, Drake EM, Scruggs PW. (2014). Physical activity measurement and validity of motion sensor technologies in laboratory settings. *Medicine and Science in Sports and Exercise*, 46(1), S5.

American College of Sports Medicine Annual Meeting, Orlando, FL.

Taylor K, Paul DR, Martin AK, Beitey SP, Croston SL, Goc Karp G, Vella CA, Rosselrova D, Young KJ, Drake EM, Scruggs PW. (2014). Physical activity measurement and validity of motion sensor technologies in laboratory settings. *International Journal of Exercise Science*, 8(2).

American College of Sports Medicine Northwest Annual Meeting, Wenatchee, WA.

Anderson TJ, Lawson DM, **Taylor K**, Thompsom M, Seegmiller J. (2014). The correlation between fatigue and symmetrical maximal vertical ground reaction forces during multiple drop landings. *International Journal of Exercise Science*, 8(2).

American College of Sports Medicine Northwest Annual Meeting, Wenatchee, WA.

Vella CA, Martinez V, **Taylor K**, Green AN, McGrath R, Paul DR. (2014). Cardiorespiratory fitness mediates the associations between sedentary behavior and markers of cardiometabolic health in women. *Medicine and Science in Sports and Exercise*, 46(1), S5.

American College of Sports Medicine Annual Meeting, Orlando, FL.

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(1), S5.

American College of Sports Medicine Annual Meeting, Indianapolis, IN.

Taylor K, Vella CA. (2013). Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women. *Medicine and Science in Sports and Exercise*, 45(1), S5.

American College of Sports Medicine Annual Meeting, Indianapolis, IN.

NON-PEER REVIEWED PUBLICATIONS

PODCASTS

2018 HIITCAST 029: Health risks of sitting...even if you exercise!
Taylor K, Vahk A, Dunston E, Bennion, T.

ARTICLES

2019 “How to Run with an Inflammatory Bowel Disease – Exercising with IBD has added challenges, but it’s doable – and recommended.”
US News and World Report

HONORS AND AWARDS

2018 Faculty Mentor Award, College of Arts, Letters and Education, Eastern Washington University

2016 Nominated for ‘Outstanding Graduate Student Teaching Award’ by Dr. Philip Scruggs (Dept. Chair) and Dr. Chantal Vella (Major Professor)

2015 Regional Chapter Research Award from the American College of Sports Medicine

2015 Leon Green Scholarship from the Department of Movement Sciences, University of Idaho

2015 ‘Service Award in Special Recognition and Appreciation for Leadership and Service to the Chapter’ awarded by the Northwest Chapter of the American College of Sports Medicine

2015 ‘Outstanding Doctoral Student Research Award’ from the Northwest Chapter of the American College of Sports Medicine

2014 Leon Green Scholarship from the Department of Movement Sciences, University of Idaho

2014 ‘International Student Endowment Scholarship for Academic Achievement and Leadership in the Community’ awarded by the International Programs Office, University of Idaho

2014 ‘Outstanding Doctoral Student Research Poster’ awarded by the Northwest Chapter of the American College of Sports Medicine

2013 ‘Outstanding Doctoral Student Research Award’ from the Northwest Chapter of the American College of Sports Medicine

2010 Ella Olesen Scholarship from the Department of Education and Children, Isle of Man Government

2010 ‘Leon Atkinson Memorial Prize for Best Dissertation’ awarded by the University of Central Lancashire

- 2010 'Best Centre for Applied Sport and Exercise Sciences Student' awarded by the University of Central Lancashire
- 2009 'Best Second Year Centre for Applied Sport and Exercise Sciences Student' awarded by the University of Central Lancashire
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SERVICE

PROFESSIONAL SERVICE

- 2018 - Present Reviewer for the British Medical Journal
- 2018 - Present Reviewer for the European Journal of Applied Physiology
- 2018 – Present Strategic Planning Committee Member, American College of Sports Medicine, Indianapolis, IN
- 2017 – Present Annual Meeting Committee, Northwest Chapter of the American College of Sports Medicine
- 2017 – Present Member of the Membership Committee, American College of Sports Medicine, Indianapolis, IN
- 2017 – 2020 Board of Trustees, American College of Sports Medicine, Indianapolis, IN
- 2017 – 2020 Abstract Coordinator, Northwest Chapter of American College of Sports Medicine
- 2017 – 2020 Member-at-Large for Research for Executive Board, Northwest Chapter of American College of Sports Medicine
- 2016 – Present Moderator, Northwest Chapter of American College of Sports Medicine
- 2016 - Present Abstract Reviewer, Northwest Chapter of American College of Sports Medicine
- 2016 - Present Presentation Judge, Northwest Chapter of American College of Sports Medicine
- 2013 – 2017 National Student Representative for Executive Board, Northwest Chapter of American College of Sports Medicine
- 2013 – 2017 Student Affairs Committee, American College of Sports Medicine, Indianapolis, IN
- 2013 – Present Student Knowledge Bowl Committee, American College of Sports Medicine, Indianapolis, IN

UNIVERSITY SERVICE

- Nov, 2018 – Present PEHR Athletic Training Tenure-track Faculty Search Committee, Department of Physical Education, Health and Recreation, Eastern Washington University, Cheney, WA
- 2018 – Present Faculty Mentor of the Exercise Science Club, Eastern Washington University, Cheney, WA
- 2018 – Present Medal and Awards Committee, UAC Representative, Eastern Washington University, Cheney, WA
- 2018 – Present Strategic Planning Core Theme Learning Committee, Eastern Washington University, Cheney, WA

2018 – Present	Academic Programs Assessment Committee, UAC Representative, Eastern Washington University, Cheney, WA
2018 – Present	Rules Committee, UAC Representative, Eastern Washington University, Cheney, WA
2018 – Present	Undergraduate Affairs Council, Vice-chair, Eastern Washington University, Cheney, WA
May – Aug, 2018	PEHR Lecturer Search Committee, Chair, Department of Physical Education, Health and Recreation, Eastern Washington University, Cheney, WA
Jan – June, 2018	Undergraduate Affairs Council, Member, CALE Representative, Eastern Washington University, Cheney, WA
2017 – Present	Department Policies and Procedures Revision Committee, Department of Physical Education, Health and Recreation, Eastern Washington University, Cheney, WA
Oct – Feb, 2018	RCLS Tenure-track Faculty Search Committee, Department of Physical Education, Health and Recreation, Eastern Washington University, Cheney, WA
2017 – Present	IRB Alternate Member, Department of Physical Education, Health and Recreation, Eastern Washington University, Cheney, WA
2017 – Present	RED Mentor, Athletics Department, Eastern Washington University, Cheney, WA
2016 – Present	Exercise Science Faculty Committee, Department of Physical Education, Health and Recreation, Eastern Washington University, Cheney, WA
2016 – Present	Graduate Faculty Committee, Department of Physical Education, Health and Recreation, Eastern Washington University, Cheney, WA
2015 – 2016	Dean Search Committee – Graduate Student Representative, College of Education, University of Idaho, Moscow, ID
2015 – 2016	Travel Awards Committee Chair for the Graduate and Professional Student Association, University of Idaho, Moscow, ID
2014 – 2016	Student Senator for the Graduate and Professional Student Association, University of Idaho, Moscow, ID
Oct – Dec, 2014	Periodic Review Committee Member for Dean Cori Mantle-Bromley in the College of Education, University of Idaho, Moscow, ID
2014 – 2016	Editorial Board, 'In Motion' Department of Movement Sciences Newsletter, University of Idaho, Moscow, ID

MEMBERSHIPS

2017 – Present	European College of Sports Science
2017 – Present	SHAPE America
2017 – Present	American Heart Association
2012 – Present	American College of Sports Medicine

2012 – Present American College of Sports Medicine, Northwest Chapter
2010 – 2012 British Association of Sport and Exercise Sciences

PROFESSIONAL DEVELOPMENT

2019 American College of Sports Medicine, Northwest Chapter Annual Meeting, Bend, OR
2018 European College of Sports Science Annual Meeting, Dublin, Ireland
2018 American College of Sports Medicine Annual Meeting, Minneapolis, MN
2018 American College of Sports Medicine, Northwest Chapter Annual Meeting, Bend, OR
2017 SHAPE Idaho Annual Meeting, Lewiston, ID
2017 American College of Sports Medicine Annual Meeting, Denver, CO
2017 American College of Sports Medicine, Northwest Chapter Annual Meeting, Bend, OR
2016 American College of Sports Medicine Annual Meeting, Boston, MA
2016 American College of Sports Medicine, Northwest Chapter Annual Meeting, Tacoma, WA
2015 American College of Sports Medicine Annual Meeting, San Diego, CA
2015 American College of Sports Medicine, Northwest Chapter Annual Meeting, Bend, OR
2014 American College of Sports Medicine Annual Meeting, Orlando, FL
2014 American College of Sports Medicine, Northwest Chapter Annual Meeting, Wenatchee, WA
2013 American College of Sports Medicine Annual Meeting, Indianapolis, IN
2013 American College of Sports Medicine, Northwest Chapter Annual Meeting, Salem, OR
2010 National Conference for Undergraduate Research, Missoula, MT

TRAINING

2017 K4b² mobile metabolic cart training, Eastern Washington University
2017 ParvoMedics metabolic cart training, Eastern Washington University
2013 PhysioFlow, non-invasive cardiac output monitoring, University of Idaho
2012 ActiGraph accelerometer training, University of Idaho
2012 ParvoMedics metabolic cart training, University of Idaho
2011 BOD POD body composition technician training, University of Idaho
2010 Biometrics electromyography system training, University of Central Lancashire
2009 VISUAL 3-D human motion analysis software training, University of Central Lancashire
2009 Qualysis motion capture system training, University of Central Lancashire
2009 KISTLER force plate training and certification, University of Central Lancashire
2009 Calcaneal bone densitometry training, University of Central Lancashire