

**KARA A. WITZKE, PhD, FACSM**  
Oregon State University – Cascades  
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## EDUCATION

- Ph.D. Oregon State University, Corvallis OR, 1997**  
Human Performance/Exercise Physiology, Nutrition/Biochemistry (minor)
- M.S. California State University, Fullerton CA, 1993**  
Physical Education/Exercise Physiology
- B.S. Biola University, La Mirada CA, 1990**  
Physical Education/Exercise Science

## TEACHING/ADMINISTRATIVE EXPERIENCE

- Sep 2016 – present **Interim Assistant Dean of Academic Affairs**, OSU-Cascades, Bend, OR
- Sep 2017 – present **Program Lead, Senior Instructor I**, Kinesiology, OSU-Cascades, Bend, OR.
- Sep 2013 – Sep 2017 **Program Lead, Instructor**, Kinesiology, OSU-Cascades, Bend, OR.
- Jun 2013 – Sep 2013 **Professor**, Dept. of Kinesiology, California State University, San Marcos
- Jan 2006 – Jun 2013 **Department Chair, Associate Professor**, Dept. of Kinesiology, CSUSM, Tenured 2006.
- Aug 2012 – Jun 2013 **Interim Department Chair**, Dept. of Human Development, CSUSM
- Aug 2000 – Dec 2005 **Associate Professor**, Dept. of Health, Physical Education and Exercise Science, Norfolk State University, VA. Tenured 2004.
- Jan 2000 – May 2000 **Adjunct Instructor**, College of William and Mary, Williamsburg, VA.
- Jan 2000 – May 2000 **Adjunct Assistant Professor**, Old Dominion University, Norfolk, VA.
- Aug 1998 – May 1999 **Instructor**, University of Maryland University Campus, Asian Division, Guam.
- Jan 1998 – May 1999 **Adjunct Assistant Professor**, University of Guam.
- Sep 1993 – Apr 1997 **Instructor/Graduate Teaching Assistant**, Oregon State University, Corvallis, OR.
- Sep 1990 – May 1993 **Instructor/Graduate Teaching Assistant**, California State University, Fullerton.

## RESEARCH APPOINTMENTS

- Dec 2005 – Feb 2008 **Adjunct Research Professor**, Norfolk State University, Norfolk, VA.
- Oct 2002 – Dec 2005 **Research Fellow, Strelitz Diabetes Institutes**, Eastern VA Medical School, Norfolk, VA.
- Sep 1993 – Apr 1997 **Research Assistant, Bone Research Laboratory**, Oregon State University, Corvallis, OR.
- Jun 1995 – Jun 1997 **Doctoral Research**, Oregon State University, Corvallis, OR.

<b>COURSES TAUGHT</b>
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## Oregon State University - Cascades

KIN 490 Scientific Inquiry in Kinesiology  
 KIN 394 Resistance Training Program Design  
 KIN 481 Critical Issues in Kinesiology (Writing intensive course)  
 KIN 437 Physical Activity, Aging, and Chronic Disease  
 KIN 307 Pre-Internship seminar  
 KIN 334/410 Practicum/Internship

## California State University, San Marcos

KINE 426 Exercise Physiology for Special Populations  
 KINE 403 Measurement & Evaluation in Kinesiology  
 KINE 306 Exercise, Fitness, & Health

## Norfolk State University

PED 480 Diversity Issues in Physical Education  
 EXS 363 Clinical Aspects of Aging  
 EXS 369 Measurement & Evaluation in Exercise Science  
 EXS 356 Biomechanics/Applied Kinesiology  
 EXS 170 Introduction to Exercise Science  
 PED 100 Fundamentals of Fitness for Life  
 FSN 110 Science of Human Nutrition

## College of William and Mary

BIO 242 Human Physiology laboratory

## Old Dominion University

EXSS 202 Lifetime Fitness

## University of Maryland – Asian Division

BIO 101 Introduction to Biology with lab

## University of Guam

EXSS 110 Exercise & Wellness

## Oregon State University

EXSS 324 Exercise Physiology  
 EXSS 414 Exercise and Aging  
 HHP 231 Lifetime Fitness for Health with labs

<b>GRANTS</b>
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**External - funded**

<b>NATIONAL INSTITUTES OF HEALTH</b>	Witzke (PI)	2008-2013
<b>NATIONAL INSTITUTE OF GENERAL MEDICAL SCIENCE - 1SC3GM084705-01</b>		
Dose-Dependent Effects of Jumping on Bone Health in Premenopausal Women		
\$444,000		

<b>CALIFORNIA DEPARTMENT OF EDUCATION</b>	Cutrer (PI)	2005-2011
<b>TITLE III</b>		
Creating a College of Health & Human Services through Community Partnerships		
Role: Co-investigator		
\$1,600,000		

**COMMONWEALTH HEALTH RESEARCH BOARD** Witzke (PI) 2005-2008  
Improving Treatment of Charcot Foot in the Diabetic Patient: Understanding the Etiology of the Disease and its Associated Fractures  
Co-investigator: Aaron I Vinik, MD, PhD., Director, Strelitz Diabetes Institutes, EVMS  
\$266,000

**NATIONAL INSTITUTES OF HEALTH** Witzke (PI) 2004-2005  
**NATIONAL CENTER ON MINORITY HEALTH AND HEALTH DISPARITIES - NOT-OD-02-05**  
Bone Quality in the Diabetic Foot: Understanding the Etiology of Fractures and Fracture Outcomes in Minority Patients  
\$8,800

**EASTERN VIRGINIA MEDICAL SCHOOL** Witzke (PI) 2004-2005  
**DEPT. OF INTERNAL MEDICINE**  
Diabetic Peripheral Neuropathy, Race, and Bone Mass: Is Nerve Dysfunction Associated with Osteopenia in the Feet?  
\$7,000

**NATIONAL INSTITUTES OF HEALTH** Witzke (PI) 2002-2004  
**NATIONAL CENTER ON MINORITY HEALTH AND HEALTH DISPARITIES - NOT-OD-01-05**  
The Relationship between Ethnicity and Peripheral Neuropathy on Lower Extremity Bone Mass in Type 2 Diabetic Patients.  
\$17,400

**NORFOLK FOUNDATION** McElhane (PI) 2002-2004  
Disparities in Determinates of Prostate Cancer Outcomes  
Role: Co-Investigator  
\$50,000

**JOHN C. ERKILLA ENDOWMENT** Snow (PI) 1995-1997  
Effects of High-Impact Plyometric and Weighted Vest Exercise on Bone Mass in Adolescent Girls.  
Role: Co-investigator  
\$19,000

**AMERICAN ASSOCIATION FOR RETIRED PERSONS** Snow (PI) 1993-1997  
The Effects of Lower Body Resistance Training on Indices of Fracture in Post-Menopausal and Retirement Home Dwelling Women.  
Role: Research assistant  
\$250,000

**Internal - funded**

**CSUSM UNIVERSITY PROF DEVELOPMENT/RSC GRANT** Witzke (PI) 2011-2012  
The JumpStudy @ CSUSM - The Role of Frequency in Bone's Dose-Response  
\$4,150

**CSUSM GRANT PROPOSAL SEED MONEY** Witzke (PI) 2011  
Side-to-side Difference in Ground Reaction Force During Jump Landings

\$3,000

<b>CSU COMMISSION ON THE EXTENDED UNIVERSITY</b>	Witzke (PI)	2009-2011
Development of the Master in Public Health (MPH) at CSU San Marcos		
\$50,000		
<b>CSUSM GRANT PROPOSAL SEED MONEY</b>	Witzke (PI)	2008
Strengthening Partnerships Between CSUSM, SMUSD, and the SD County		
Dept of Children's Services		
\$1,000		
<b>CSUSM FACULTY CENTER PROF DEVELOPMENT AWARD</b>	Witzke (PI)	2007-2008
ACSM Symposium: How Much is Enough? Elucidating the Minimum		
Effective Dose for Bone Health, travel award		
\$750		
<b>CSUSM FACULTY CENTER PROF DEVELOPMENT AWARD</b>	Witzke (PI)	2006-2007
ACSM Abstract Presentation, travel award		
\$750		
<b>CSUSM UNIVERSITY PROF DEVELOPMENT/RSC GRANT</b>	Witzke (PI)	2007-2008
Dose-Dependent Effects of Jumping on Bone Health in Premenopausal Women: A Pilot Study		
\$2,250		
<b>CSUSM LOTTERY FUND</b>	Witzke (PI)	2006-2007
Ensuring Success in Anatomy and Exceptional Experiences in the Human Performance Lab		
\$16,112		
<b>NSU RESEARCH INITIATION AWARD</b>	Witzke (PI)	2004
Health Disparities in Hampton Roads: A Collaborative Project Between EVMS and Norfolk State University		
Examining Falls and Fractures in African American and White Diabetes Patients		
\$5,800		
<b>NSU CENTER FOR EXCELLENCE IN UNIVERSITY TEACHING</b>	Witzke (PI)	2001-2002
Diversity Education for Fitness Professionals: A multicultural exchange and videoconference project		
between Norfolk State University and the University of Utah.		
\$2,800		
<b>OSU CENTER FOR TECHNOLOGY</b>	Wilcox (PI)	1995-1996
Enhancing Classroom Learning through the World Wide Web		
Role: Co-investigator		
\$2,000		
<b><u>Submissions - unfunded</u></b>		
<b>OREGON STATE UNIVERSITY-CASCADES</b>	Witzke (PI)	2015
<b>LEARNING INNOVATION GRANT</b>		
Teaching the 21 <sup>st</sup> Century Learner using iPads in a SCALE-UP Classroom		
Proposed budget: \$10,099 (unfunded)		

**NATIONAL INSTITUTES OF HEALTH** Witzke (PI) 2009-2011  
**NATIONAL INSTITUTE OF GENERAL MEDICAL SCIENCE**  
 NOT- NOT-OD-09-060  
 Student Summer Supplement to 1SC3GM084705-01 (stimulus funds)  
 Dose-Dependent Effects of Jumping on Bone Health in Premenopausal Women  
 Proposed budget: \$69,312 (unfunded)

**NATIONAL INSTITUTES OF HEALTH** Witzke (PI) 2009-2011  
**NATIONAL INSTITUTE OF GENERAL MEDICAL SCIENCE**  
 NOT- NOT-OD-09-056  
 Administrative Supplement to 1SC3GM084705-01 (stimulus funds)  
 Dose-Dependent Effects of Jumping on Bone Health in Premenopausal Women  
 Proposed budget: \$110,781 (unfunded)

**CHRISTOPHER & DANA REEVE FOUNDATION** Astorino (PI) 2007-2008  
 Efficacy of Intense, Multimodal Training to Enhance Bone Mineral Density, Body Composition, and  
 Quality of Life in Individuals with Spinal Cord Injury  
 Role: Co-investigator  
 Proposed budget: \$69,520 (unfunded)

**CITY OF OCEANSIDE COMMUNITY PLANNING AND DEVELOPMENT GRANT** Witzke (PI) 2006-2007  
 CSUSM FIT TOGETHER: Building Healthier Individuals and Communities through Fitness and Partnership  
 Proposed budget: \$34,960 (unfunded)

**THE CALIFORNIA WELLNESS FOUNDATION** Witzke (PI) 2007-2008  
 CSUSM FIT TOGETHER: Building Healthier Individuals and Communities through Fitness and Partnership  
 Proposed budget: \$51,375 (unfunded)

**TRI-CITIES HEALTHCARE DISTRICT** Witzke (PI) 2006-2007  
 CSUSM FIT TOGETHER: Building Healthier Individuals and Communities through Fitness and Partnership  
 Proposed budget, \$45,511 (unfunded)

**CSUSM RESEARCH, SCHOLARSHIP, & CREATIVE ACTIVITY GRANT** Witzke (PI) 2006-2007  
 We have built it...so why don't they come? Measuring perceived benefits and barriers to physical  
 activity and using physical performance testing to promote physical activity on the college campus  
 Proposed budget, \$10,600 (unfunded)

**NATIONAL INSTITUTES OF HEALTH** Witzke (PI) 2006-2008  
**NATIONAL INSTITUTE OF DIABETES & DIGESTIVE & KIDNEY DISEASES**  
 PA-04-074 Health Disparities in NIDDK Diseases (R21)  
 Bone Quality and Quality of Life in African Americans with Charcot Arthropathy  
 Proposed budget, \$356,281 (unfunded)

**NATIONAL INSTITUTES OF HEALTH** Witzke (PI) 2004-2007  
**NATIONAL INSTITUTE OF ARTHRITIS AND MUSCULOSKELETAL AND SKIN DISEASES**  
 PAR-02-030 (R03)

Influence of Diabetic Neuropathy and Race on Bone Mass  
Proposed budget, \$185,367 (unfunded)

#### AWARDS/HONORS

- University Outreach Award, OSU-Cascades, 2016
- Fellow, American College of Sports Medicine, 2014
- Community of Scholars, CSUSM, 2006-2013
- Health Disparities Scholar, National Institutes of Health, National Center on Minority Health and Health Disparities, 2002-2005
- Six University Faculty Development Awards, NSU, 2000-2005.
- Outstanding presentation in Health & Human Performance award. Graduate Student Research Conference, Oregon State University, 1996.

#### PEER-REVIEWED PUBLICATIONS

**Journal Articles** [work cited 713 times; H-factor, 7]

1. **Witzke KA**, Nessler JA, & Clark A (in review). The influence of follow-up on force production during a home-based jump intervention. Submitted to *Medicine & Science in Sports and Exercise*. Role: PI. [5-yr impact factor: 5.222]
2. Astorino, TA, Harness, ET, & **Witzke, KA** (2015). Chronic activity-based therapy does not improve body composition, insulin-like growth factor-I, adiponectin, or myostatin in persons with spinal cord injury. *The Journal of Spinal Cord Medicine*, 38(5), 615-625. Role: collaborator. [5-yr impact factor: 2.226, cited by 5]
3. Astorino TA, Harness ET, & **Witzke KA** (2013). Effect of chronic activity-based therapy on bone mineral density and bone turnover in persons with spinal cord injury. *European Journal of Applied Physiology*, 113(12), 3027-3037. doi:10.1007/s00421-013-2738-0. Role: collaborator. [5-yr impact factor: 2.567, cited by 19]
4. **Witzke KA**, Vinik AI (2012). Charcot Neuroarthropathy may be the RAGE. *Journal of Diabetes and Metabolism*. S1:005. doi: 10.4172/2155-6156.S1-005. Role: PI. [cited by 2]
5. **Witzke KA**, Vinik AI, Grant LM, Grant WP, Parson HK, Pittenger GL, Burcus N (2011). Loss of RAGE Defense: A Cause of Charcot Neuroarthropathy? *Diabetes Care*. Jul;34(7):1617-21. doi: 10.2337/dc10-2315. Role: PI. [5-yr impact factor: 10.03, cited by 46]
6. **Witzke KA**, Vinik AI. (2005). Diabetic Neuropathy in Older Adults. *Reviews in Endocrine and Metabolic Disorders*. 6(2):117-27. Role: co-PI. [5-yr impact factor: 4.652, cited by 30]
7. Snow CM, Winters KM, Shaw JM, **Witzke KA**. (2000). Long-Term Exercise using Weighted Vests Prevents Hip Bone Loss in Postmenopausal Women. *Journal of Gerontology: Medical Sciences*, 55A, M489. Role: collaborator. [5-yr impact factor: 5.783, cited by 171]
8. **Witzke KA**, & Snow CM. (2000). Effects of plyometric jump training on bone mass in adolescent girls. *Medicine and Science in Sports and Exercise*, 32(6), 1051-1057. Role: PI. [5-yr impact factor: 5.222, cited by 295]
9. **Witzke KA**, & Snow CM. (1999). Lean body mass and leg power best predict bone mineral density in adolescent girls. *Medicine and Science in Sports and Exercise*, 31(11), 1558-1563. Role: PI. [5-yr impact factor: 5.222, cited by 75]

**[Manuscripts in preparation]**

10. Landing Strategies May Attenuate Peak Ground Reaction Forces in a Home-Based Jumping Program in Premenopausal Women.
11. Minimal Jumping May Improve Bone Strength at the Hip Despite No Change in Femoral Bone Mineral Density.

**Book Chapters (peer reviewed)**

1. **Witzke KA** & Winters-Stone KM (2017). Osteoporosis and Bone Health. In B. Bushman (Ed.) *ACSM's Complete Guide to Fitness and Health (2<sup>nd</sup> Ed.)*. Champaign, IL: Human Kinetics.
2. **Witzke KA** (2015). Osteoporosis and Osteopenia. In J.S. Skinner, C.X. Bryant, S. Merrill, and D. Green (Ed.) *ACE Medical Exercise Specialist Manual*. San Diego: American Council on Exercise
3. **Witzke KA**. (2015). The Physiology of Obesity. In J. Porcari, C. Bryant, and F. Comana (Ed.) *Exercise Physiology*. Philadelphia: F.A. Davis.
4. **Witzke KA**. (2013). The Physiology of Obesity. In C. Bryant, D. Green, S. Merrill (Eds.) *ACE Health Coach Manual*. San Diego: American Council on Exercise
5. Astorino TA & **Witzke KA**. (2012). Does Exercise Training Slow Bone Loss in the Spinal Cord Injured? Efficacy, Technical Considerations, and Questions that Remain to be Answered. In N. Gotsirdze-Columbus (Ed). *Spinal Cord Injuries: Causes, Risk Factors and Management*. Hauppauge, NY: Nova Science Publishers
6. Winters-Stone KM & **Witzke KA**. (2011). Osteoporosis and Bone Health. In B. Bushman (Ed.) *ACSM's Complete Guide to Fitness and Health*. Champaign: Human Kinetics.
7. **Witzke KA**. (2009). Osteoporosis and Osteopenia. In D. Green (Ed.) *Advanced Health & Fitness Specialist Manual*. San Diego: American Council on Exercise
8. **Witzke KA**. (2008). The Physiology of Obesity. In C. Ekeroth (Ed.) *Lifestyle and Weight Management Consultant Manual*. San Diego: American Council on Exercise
9. Shaw JM, **Witzke KA**, & Winters KM. (2001). Exercise for Skeletal Health and Osteoporosis Prevention. In Roitman, JL (Ed). *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* (4th Ed). San Diego, CA: Academic Press
10. **Witzke Kara A**. (1999). Exercise and Osteoporosis. In Cotton, R (Ed). *Clinical Exercise Specialist Manual: ACE's Source for Training Special Populations*. San Diego, CA: American Council on Exercise
11. Shaw JM & **Witzke KA**. (1997). Exercise for Skeletal Health and Osteoporosis Prevention. In Roitman, JL (Ed). *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* (3rd Ed). San Diego, CA: Academic Press

**Abstracts (peer reviewed) (italics indicate undergraduate students whom I mentored)**

1. *Viloria E, Witzke K, FACSM (2018). Effects of hippotherapy on gross motor function for a child with spastic quadriplegia cerebral palsy. International Journal of Exercise Science: Conference Proceedings, 9(5).*
2. **Witzke K, Bedingfield N, Burt R, Charter M, Frasher-Slavin A, Galles C, Gehring L, Gonzalez P, Lizee T** (2017). VO<sub>2</sub>, RER, and heart rate during recovery following a whole-body high-intensity and moderate intensity workout. *Medicine and Science in Sports and Exercise, 49(5), 639.*
3. *Degn S, Gibson C, Lopez G, Peck K, Schumacher D, Witzke K, FACSM (2017). Effects of different inter-set recovery strategies on whole body high-intensity performance. International Journal of Exercise Science: Conference Proceedings, 8(5), Article 15.*

4. Holmes M, Caldwell K, Cutting H, Estrada J, **Witzke K**, FACSM (2017). Effects of simulated rapid weight gain on cardiovascular measures. *International Journal of Exercise Science: Conference Proceedings*, 8(5), Article 30.
5. Nichol L, Battey G, Mitchell S, Shibata T, **Witzke K**, FACSM (2017). Effects on dynamic and static stretching and self-myofascial release on muscle power and flexibility. *International Journal of Exercise Science: Conference Proceedings*, 8(5), Article 26.
6. Prater T, Carter S, Ritchey E, Violet N, **Witzke K**, FACSM (2017). Physiological response during stationary vs dynamic rowing ergometry. *International Journal of Exercise Science: Conference Proceedings*, 8(5), Article 49.
7. Vilorio E, Lott J, Katich M, **Witzke K**, FACSM (2017). Effects of fatigue on lower extremity biomechanics during squatting. *International Journal of Exercise Science: Conference Proceedings*, 8(5), Article 43.
8. Charter M, Ter Har J, Ford R, Rynning J, Owens R, **Witzke K**, FACSM, Pollard CD (2017). The influence of maximal running shoes on biomechanics prior to and following a 5K run. *International Journal of Exercise Science: Conference Proceedings*, 8(5), Article 54.
9. Adams T, Carlson A, Fountain J, Hunt J, Linn S, Murphy H, Stone C, Violet N, **Witzke K** (2016). Effect of dynamic stretching and self-myofascial release on muscle power and flexibility. *International Journal of Exercise Science: Conference Proceedings*, 8(4), Article 36.
10. Gonzalez P, Lizee T, Gehring L, Charter M, Frasher-Slavin A, Burt R, Johnson N, Galles C, **Witzke K** (2016). Heart rate and EPOC following high-intensity interval training vs. moderate-intensity exercise. *International Journal of Exercise Science: Conference Proceedings*, 8(4), Article 37.
11. Strang J, DeAvilla M, Pope C, Silver J, Tallon A, Conti C, **Witzke K**, Pollard C (2016). The influence of maximal running shoes on lower extremity biomechanics in recreational runners. *International Journal of Exercise Science: Conference Proceedings*, 8(4), Article 43.
12. LaPlante J, Nice T, Esselstrom A, Reeves T, **Witzke K** (2016). Effects of acute exercise on the measurement of body composition. *International Journal of Exercise Science: Conference Proceedings*, 8(4), Article 4.
13. Burts S, Dehaan J, Kite E, Lunsford E, Morris L, Periman M, Solomon E, Conti C, Pollard C, **Witzke K** (2015). Effects of Fatigue on Ground Reaction Forces During Running. *International Journal of Exercise Science: Conference Proceedings*, 8(3), Article 6.
14. McCready V, Chase K, DeAvila M, Pollard C, **Witzke K** (2015). The Effects of a High Carbohydrate vs. a High Protein Meal on Resting RER And VO<sub>2</sub>. *International Journal of Exercise Science: Conference Proceedings*, 8(3), Article 31.
15. Bozilov N, Adams J, Glover L, Conti C, Pollard C, **Witzke K**. (2015). Do Shorter Incremental Increases in Workload Affect VO<sub>2</sub> Peak Measurement? *International Journal of Exercise Science: Conference Proceedings*, 8(3), Article 11.
16. Meredith K, Castle B, Hines D, Oelkers N, Peters J, Reyes N, Conti C, Pollard C, **Witzke K**. (2015). Peak Impact Ground Reaction Force During Barefoot and Shod Running. *International Journal of Exercise Science: Conference Proceedings*, 8(3), Article 13.
17. King N, Leet A, McDonald J, Conti C, Pitkin C, Pollard C, **Witzke K** (2015). Validity of the Cardiocoach Metabolic System for the Determination of VO<sub>2</sub> Peak. *International Journal of Exercise Science: Conference Proceedings*, 8(3), Article 23.
18. Gairo S, Almanza J, McDonnell M, Pitkin C, Pollard C, **Witzke K** (2015). Cardiovascular Responses to Short-Term Sprint Interval Training. *International Journal of Exercise Science: Conference Proceedings*, 8(3), Article 14.



19. Pollard CD, Conti CA, Brockman C, **Witzke KA**. (2015). Bracing Improves Knee Mechanics and Function in a Recreational Athlete with Knee Osteoarthritis. *Medicine and Science in Sports and Exercise*, 47(5). [5-yr impact factor: 5.222]
20. **Witzke K**, Nessler J, Clark A, Martin B. (2014). Bone Density and Strength of the Hips are Negatively Associated with Impact Force and Volume in Premenopausal Women. *Medicine and Science in Sports and Exercise*, 46(5), 200. [5-yr impact factor: 5.222]
21. Clark A, **Witzke K**, Nessler J, Weeks B, Beck B. (2014). Does the Bone-Specific Physical Activity Questionnaire Detect Changes in Bone Following a Jumping Intervention? *Medicine and Science in Sports and Exercise*, 46(5), 209. [5-yr impact factor: 5.222]
22. Astorino TA, Harness ET, **Witzke KA**. (2013). Effect of Multimodal Training on Bone Mineral Density in Individuals with Spinal Cord Injury. *Medicine and Science in Sports and Exercise*, 45(5), 56. [5-yr impact factor: 5.222]
23. **Witzke KA**, Nessler J, Amiton C, Xavier A, Martin B. (2011). Minimal Jumping May Improve Bone Strength at the Hip Despite No Change in Femoral Bone Mineral Density. *Medicine and Science in Sports and Exercise*, 43(5), S32. [5-yr impact factor: 5.222]
24. Amiton C, Nessler, J, Xavier A, Martin B, **Witzke KA**. (2011). Regular Follow-Up Increases Ground Reaction Forces During a Home-Based Exercise Intervention to Improve Bone Mass in Young Women. *Medicine and Science in Sports and Exercise*, 43(5), S523. [5-yr impact factor: 5.222]
25. **Witzke KA**, Nessler, J, Amiton C, Owen A, Martin, B. (2010). Dose-Dependent Effects of Jumping on Femoral Bone Density and Femoral Strength Index in Premenopausal Women. *Medicine and Science in Sports and Exercise*, 42(5), 919. [5-yr impact factor: 5.222]
26. Amiton C, Nessler J, Owen A, Martin B, Jackson R, **Witzke KA**. (2010). Landing Strategies May Attenuate Peak Ground Reaction Forces in a Home-Based Jumping Program in Premenopausal Women. *Medicine and Science in Sports and Exercise*, 42(5), 1758. [5-yr impact factor: 5.222]
27. Astorino TA, **Witzke KA**, Harness ET. (2009). Efficacy of Multimodal Training to Alter Bone Mineral Density and Body Composition in Persons with Spinal Cord Injury: A Case Study. *Proceedings of Southwest American College of Sports Medicine*.
28. Amiton C, Nessler J, Owen A, Martin B, Lane J, Jackson R, & **Witzke KA**. (2009). Landing Strategies May Attenuate Peak Ground Reaction Forces in a Home-Based Jumping Program in Premenopausal Women. *Proceedings of Southwest American College of Sports Medicine*.
29. **Witzke KA**. (2009). Dose-Response Effects and Feasibility of a Home-Based Jump Training Program on Bone Health in Women. *Medicine and Science in Sports and Exercise*, 41(5), S411.
30. Bigam E, Whatoff T, & Alva G. & **Witzke K**. (2009). Vagal Withdrawal Theory. Paper presented at the 40th annual meeting of the Association for Applied Psychophysiology and Biofeedback, Albuquerque, NM.
31. Amiton C, Arnold N, Thigpen-Lane J, Schachtsiek L, Thomason K, Astorino A & **Witzke K**. (2008). Predictors of Bone Mineral Content, Density, and Strength in Young Women. *Proceedings of Southwest American College of Sports Medicine*.
32. **Witzke KA**, Vinik AI, Parsons HK, & Pittenger G. (2008). An Impaired Oxidative Stress Defense Mechanism May Reduce Bone Stiffness in Diabetic Charcot Neuroarthropathy. *Journal of Bone and Mineral Research*, 23(Supplement 1). [5-yr impact factor: 6.628]
33. Vinik A, **Witzke K**, Parson H, & Pittinger G. (2008). Loss of RAGE Defense: A Cause of Charcot Neuroarthropathy? *Proceedings of the 18<sup>th</sup> Annual Meeting of the Diabetic Neuropathy Study Group of the EASD*.

34. Stafford A, Ernisse R, McGhee D, Bazarnik C, Sanchez J, Giannaris B, **Witzke K**, & Astorino T. (2007). Prediction of Peak Anaerobic Power from Physiological Parameters of the Lower Extremities. *Proceedings of the Southwest Chapter of the American College of Sports Medicine*.
35. **Witzke KA**, Parson HK, & Vinik AI. (2007). Type 2 diabetic patients with Charcot arthropathy display reduced calcaneal stiffness despite normal foot BMD. *Journal of Bone and Mineral Research*, 22(Supplement 1).
36. Winters-Stone KM, Nail L, Schwartz A, **Witzke, K**. (2007). Fracture Risk Factors in Breast Cancer Survivors with Chemotherapy-induced Amenorrhea. *Journal of Bone and Mineral Research*, 22(Supplement 1).
37. **Witzke KA**, Parson HK, & Vinik AI. (2007). Charcot Patients Display Reduced Calcaneal Stiffness but not Foot Bone Mineral Density. *Diabetes* 56(6). [5-yr impact factor: 8.652]
38. **Witzke KA** & Winters-Stone KM. (2006). Does bone exhibit a dose-response to jumps of increasing height and repetitions? *Medicine and Science in Sports and Exercise*, 38(5), S531. [5-yr impact factor: 5.222]
39. **Witzke KA**, Vinik AI. (2005). Loss of A $\delta$  nerve fibers may be detrimental to bone mineral density in type 2 diabetic patients. *Diabetes*, 54(Supplement 1), A217-A218. [5-yr impact factor: 8.624]
40. **Witzke KA**, Vinik AI. (2004). High Skin Blood Flow of the Feet in Patients with Severe Peripheral Neuropathy is Associated with Elevated Foot BMD. *Journal of Bone and Mineral Research*, 19(Supplement 1).
41. **Witzke, KA**, Maddalozzo, GF, Snow, CM. (2002). Estrogen Replacement Therapy Determines Changes in Bone Mineral Density Independent of Changes in Muscle Strength. *Medicine and Science in Sports and Exercise*, 34(5), S37.
42. **Witzke, KA**, Shaw, JM, & Snow, CM. (2000). Five years of weighted vest and jumping exercise increases hip bone mass in postmenopausal women. *Medicine and Science in Sports and Exercise*, 32(5), S79.
43. **Witzke, KA**, Snow, CM, & Shaw, JM. (1999). Collegiate wrestlers display high bone mass at the hip compared with age-matched normals. *Medicine and Science in Sports and Exercise*, 31(5), S247.
44. **Witzke, KA**, & Snow, CM. (1997). Effects of high-impact exercise on bone mass in adolescent girls. *Journal of Bone and Mineral Research*, 12(Supplement 1), T568.
45. Fuchs, R, **Witzke, K**, & Snow, C. (1997). Genetic contributions of bone mineral density between postmenarcheal teenage daughters and both biological parents. *Journal of Bone and Mineral Research*, 12(Supplement 1), S560.
46. Shaw, J, Winters, K, **Witzke, K**, Fox, S, & Snow, C. (1997). Exercise training and detraining alters bone mass in older women. *Journal of Bone and Mineral Research*, 12(Supplement 1), T571.
47. **Broxson, KA**, Shaw, JM, & Snow, CM. (1996). Maximum leg power best predicts femoral neck and lumbar spine BMD in 14-yr. old girls. *Medicine and Science in Sports and Exercise*, 28(5), S147.
48. **Broxson, KA**, Snow-Harter, CM, Shaw, J, Fox, S. (1995). Regional muscle strength increases in premenopausal women despite no changes in regional muscle mass. *Medicine and Science in Sports and Exercise*, 27(5), S205.

<b>OTHER PUBLICATIONS – non peer-reviewed</b>
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1. **Witzke, K**. When it Comes to Exercise – Less is More. *Pulse Magazine*, Spring 2019.

2. **Witzke, K.** Putting Health Over Convenience. Bridging the Gap: Behavior change is the secret to unlocking potential and power to change. *Idea Fitness Journal*, January, 2014.
3. **Witzke, K.** Go ahead and JUMP! Plyometric training for osteoporosis prevention. *ACE Certified News*, October, 2008.
4. **Witzke, K.** What is the role of Historically Black Colleges and Universities in Reducing Health Disparities in America? *Norfolk State University, School of Education newsletter*, Norfolk State University, Fall 2003.
5. **Witzke, K.** Are we training students to be good citizens? *Norfolk State University, School of Education newsletter*, Norfolk State University, Fall 2002.
6. **Witzke, KA.** Climb hi! *Fitness Matters: A Publication of the American Council on Exercise*. 4(1), 4-6, 1998.

#### KEYNOTE/INVITED RESEARCH PRESENTATIONS

1. "Exercise and Chronic Disease." An invited symposium presentation at the Cascade Conference on Successful Aging, Bend, OR, Sept. 13, 2016.
2. "Young at heart in an aging body: Training smarter to mitigate injury risk with age." Boomeritis, treating the active, aging adult, The Center, Bend, OR, April 11, 2015.
3. "Exercise is medicine! How to manage chronic disease with physical activity." An invited symposium presentation at the Cascade Conference on Successful Aging, Bend, OR, Sept. 9, 2014.
4. "The importance of impact exercise for bone health across the lifespan." An invited symposium presentation at SWACSM, Reno, NV, Oct. 2011.
5. "How much is Enough? Elucidating the minimum effective dose of exercise for bone health." A symposium presentation (chair/submitter) at the ACSM National Meeting, Indianapolis, IN, May 2008.
6. "Deposits in the Bone Bank – When is exercise most beneficial to bone?" A keynote presentation at the ACSM Health & Fitness Summit, Austin, TX, April 2007.

#### CONFERENCE RESEARCH PRESENTATIONS (as presenting author)

1. "VO<sub>2</sub>, RER, and heart rate during recovery following a whole-body high-intensity and moderate intensity workout." A poster presented at the 2017 annual meeting of the American College of Sports Medicine, Denver, CO, May 2017.
2. "Bone density and strength of the hips are negatively associated with impact force and volume in premenopausal women." A poster presented at the 2014 annual meeting of the American College of Sports Medicine, Orlando, FL, May 2014.
3. "Minimal jumping may improve bone strength at the hip despite no change in femoral bone mineral density." A thematic poster presented at the 2011 annual meeting of the American College of Sports Medicine, Denver, CO, May 2011.
4. "Dose-dependent effects of jumping on femoral bone density and femoral strength index in premenopausal women." A talk presented at the 2010 annual meeting of the American College of Sports Medicine, Baltimore, MD, May 2010.
5. "Dose-response effects and feasibility of a home-based jump training program on bone health in women." A poster presented at the 2009 annual meeting of the American College of Sports Medicine, Seattle, WA, May 2009.

6. "An impaired oxidative stress defense mechanism may reduce bone stiffness in diabetic Charcot neuroarthropathy." A poster presented at the 2008 annual meeting of the American Society for Bone and Mineral Research, Montreal, Quebec, September 2008.
7. "Type 2 diabetic patients with Charcot arthropathy display reduced calcaneal stiffness despite normal foot BMD." A poster presented at the 2007 annual meeting of the American Society for Bone and Mineral Research, Honolulu, HI, September 2007.
8. "Charcot patients display reduced calcaneal stiffness but not foot bone mineral density." A poster presented at the 2007 annual meeting of the American Diabetes Association, Chicago, IL, June 2007.
9. "Does bone exhibit a dose-response to jumps of increasing height and repetitions?" A poster presented at the 2006 annual meeting of the American College of Sports Medicine, Denver, CO, May 2007.
10. "Loss of A $\delta$  nerve fibers may be detrimental to bone mineral density in type 2 diabetic patients." A poster presented at the 2005 annual meeting of the American Diabetes Association, San Diego, CA, June 2005.
11. "High skin blood flow of the feet in patients with severe peripheral neuropathy is associated with elevated foot BMD." A poster presented at the 2004 annual meeting of the American Society for Bone and Mineral Research, Seattle, WA, September 2004.
12. "Estrogen replacement therapy determines changes in bone mineral density independent of changes in muscle strength." A talk presented at the 2002 Annual meeting of the American College of Sports Medicine, St. Louis, IN, May 2002.
13. "Bone mineral density in African-Americans." A talk presented at the First Annual Research Symposium, Norfolk State University, April 2001.
14. "Five years of weighted vest and jumping exercise increases hip bone mass in postmenopausal women." A talk presented at the 2000 Annual meeting of the American College of Sports Medicine, Indianapolis, IN, May 2000.
15. "Collegiate wrestlers display high bone mass at the hip compared with age-matched normals." A talk presented at the 1999 Annual meeting of the American College of Sports Medicine, Seattle, WA, May 1999.
16. "The effects of high-impact exercise on bone mass in adolescent girls." A poster presented at the 1997 Annual meeting of the American Society for Bone and Mineral Research, Cincinnati, OH, September 1997.
17. "Maximum leg power best predicts femoral neck and lumbar spine BMD in 14-year old girls." Presented at the 1996 Annual meeting of the American College of Sports Medicine, Minneapolis, MN, May 1996.
18. "Regional muscle strength increases in premenopausal women despite no change in regional muscle mass." Presented at the 1995 Annual meeting of the American College of Sports Medicine, Indianapolis, IN, May 1995.
19. "Eating disorders and menstrual dysfunction in elite female rock climbers." Presented at the 1993 Annual meeting of the American College of Sports Medicine, Seattle, WA, May 1993.

<b>NON-CONFERENCE INVITED PRESENTATIONS</b>
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1. "Nutrition for the CrossFit Athlete." CrossFit Thrive, Bend, OR, January 6, 2016.
2. "Recovery – It's More than a Rest Day!" Recharge, Bend, OR, October 27, 2015.

3. "Nutrition for the CrossFit Athlete." CrossFit Thrice, Bend, OR, January 11, 2015.
4. "Keep Bones Strong at any Age – It's Never Too Late!" A workshop for the Delta Kappa Gamma, Alpha Rho state convention, Bend, OR, May 3, 2014.
5. "Keep Bones Strong at any Age – It's Never Too Late!" An "It's in the Bag" community lecture, OSU-Cascades, March 26, 2014.
6. "Bone Health Across the Lifespan – Practical Tips for Keeping Bones Strong at Any Age." Community Resource Fair, Oceanside, CA, September 26, 2009.
7. "Build bone the active way! Osteoporosis prevention through effective exercise." A keynote wellness lecture, CSUSM Road to Wellness Fair, April 16, 2009.
8. "What do you mean I have osteoporosis—I'm young and active!" A keynote wellness lecture, CSUSM Road to Wellness Fair, April 18, 2007.
9. "Know your body." A San Diego Channel 6 interview to promote the OSHER Lifelong Learning Institute, February, 2007.
10. "Obesity in Children." A keynote presentation to the Tri-City Medical Center, Oceanside, CA, March 8, 2006.
11. "Exercise and diabetes—make the connection!" A presentation to the Moyoc, NC diabetes support group, July 15, 2004.
12. "Get moving—The link between diabetes and exercise." A presentation and workshop presented at the 2004 WTKR Health and Fitness Expo, January 24, 2004.
13. "If you have type 2 diabetes, get moving!" American Diabetes Association Diabetes Care Day 2003, Norfolk, VA, May 31, 2003.
14. "Metabolic and Nutritional Aspects of Exercise and Training." National Strength and Conditioning Association Workshop, Norfolk State University, VA, May 15, 2003.
15. "Osteoporosis prevention with exercise across the lifespan." 21<sup>st</sup> Annual IHRS International Convention and Trade Show, Phoenix, AZ, March 9, 2002.
16. "The Importance of Exercise in Disease Prevention and Weight Control." Guest speaker: Suburban House and Granby House Retirement Living Facility, Norfolk, VA, Sept 2000.
17. "Exercise for Weight Control." Guest speaker, Take off Pounds Sensibly (TOPS), Norfolk Chapter. Topic: Aug 2000.
18. "Lifetime Fitness for Health." 1996 Annual Extension Home Economics In-service Conference, Oregon State University Extension Service.
19. "Clinical Applications for the Biodex Stability System." In-service meeting for Outpatient Physical Therapy Services, Oregon Health Sciences University, 1996.
20. "Dual-energy x-ray absorptiometry for body composition assessment." Graduate techniques class, OSU, 1995.
21. "The use and efficacy of multimedia in the classroom." A University-wide presentation, sponsored by the Communication Media Center, OSU, 1995.
22. "Fad diets and healthy eating: exploring the myths." Undergraduate wellness class, Cal State Fullerton, 1992.

<b>THESIS/DISSERTATION ADVISING, EXTERNAL REVIEWS</b>
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**External Reviews**

- External program reviewer, Graduate Program in Kinesiology, Texas Women's University,

Denton, TX. Site visit: March 24, 2015.

- External full professor promotion reviewer, David Nichols, Texas Women's University, 2011.
- External associate professor/tenure reviewer, Hawley Almstead, Loyola Marymount University, 2010.

### **Graduate and Undergraduate Student Mentoring**

- Candace Brink - Masters committee member, Oregon State University, Corvallis, OR, July 2017.
- Matthew Holmes - undergraduate research project presented at ACSMNW conference, Bend, OR, February 2017.
- Elese Vioria - undergraduate research project presented at ACSMNW conference, Bend, OR, February 2017.
- Trevor Prater - undergraduate research project presented at ACSMNW conference, Bend, OR, February 2017.
- Sean Degn - undergraduate research project presented at ACSMNW conference, Bend, OR, February 2017.
- Lani Nichol - undergraduate research project presented at ACSMNW conference, Bend, OR, February 2017.
- Mimi Charter - undergraduate research project presented at ACSMNW conference, Bend, OR, February 2017.
- Tiffany Adams – undergraduate research project presented at ACSMNW conference, Tacoma, WA, April 2016. Advisor and mentor for position as Cardiac Rehab Specialist in Portland
- Pablo Gonzalez – undergraduate research project presented at ACSMNW conference, Tacoma, WA, April 2016
- JT Strang – undergraduate research project presented at ACSMNW conference, Tacoma, WA, April 2016. Advisor and mentor for acceptance into three graduate programs, he chose University of Montana.
- Jacob LaPlante – undergraduate research project presented at ACSMNW conference, Tacoma, WA, April 2016. Advisor and mentor for acceptance into OSU-Cascades MAT program.
- Seth Burts – undergraduate research project presented at ACSMNW conference, Bend, OR, March 2015
- Valerie McCready – undergraduate research project presented at ACSMNW conference, Bend, OR, March 2015
- Nick Bozilov – undergraduate research project presented at ACSMNW conference, Bend, OR, March 2015
- Kayla Meredith – undergraduate research project presented at ACSMNW conference, Bend, OR, March 2015
- Nolan King – undergraduate research project presented at ACSMNW conference, Bend, OR, March 2015
- Sergio Gairo – undergraduate research project presented at ACSMNW conference, Bend, OR, March 2015
- Benjamin Weeks - Doctoral dissertation committee member, School of Physiotherapy and Exercise Science, Griffith University, Australia, 2008.
- Arleen Hammerschmidt - Masters thesis committee member, College of Education, California State University, San Marcos, 2006.

<b>GRANT/JOURNAL REVIEW BOARDS</b>
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- National Institutes of Health, National Center on Minority Health and Health Disparities, P20

Grant review committee, 2007

- National Institutes of Health, National Center on Minority Health and Health Disparities Special Emphasis Panels, 2003, 2004
- Journal Board of Reviewers, *British Medical Journal Open (BMJ Open)*
- Journal Board of Reviewers, *Journal of Applied Physiology*
- Journal Board of Reviewers, *Medicine and Science in Sports and Exercise*
- Journal Board of Reviewers, *Bone*
- Journal Board of Reviewers, *American Journal of Lifestyle Medicine*
- Journal Board of Reviewers, *Canadian Journal of Applied Physiology*
- Journal Board of Reviewers, *National Women's Health Resource Center*
- Journal Board of Reviewers, *The Journal of Pediatrics*
- Journal Board of Reviewers, *Pediatrics*

## PROFESSIONAL DEVELOPMENT

### Non-credit courses and workshops – OSU-Cascades

- 2018-19 – Organizer/presenter, Teaching Workshop series
- Spring 2018 – Participant in Student Success Summit, Corvallis
- Summer 2018 – Organizer/presenter, OSU-Cascades Cat I writing workshops
- Fall 2017 – Participant in Search Advocate training and certification
- Fall 2017 – Participant in DACA Information session, Corvallis
- Summer 2017 – Campus Hearing Officer training and certification as the OSU-Cascades Hearing Officer
- Spring 2017 – Participant in IRB workshop and training
- Winter 2017 – Participant in Professional development for Supervisors, presented by the Office of Equal Opportunity and Access
- Fall 2016-present – Participant in Advancement Resources training
- Fall 2016 – Participant in a workshop entitled, “High-impact teaching practices” facilitated by the Center for Teaching and Learning
- Fall 2016 – Participant in the Leadership Development Project, Leadership Collaborative I Cohort. This was an intensive term-long program representing an initiative within the Center for Learning and Organizational Development designed to develop Leadership capacity within OSU.
- Fall 2016 – Open OSU, Open Textbook Initiative workshop participant. This workshop prepared me to be an open content reviewer for OSU.
- Spring 2016 – Active learning workshop planner and presenter, OSU-Cascades – organized and co-lead a workshop with faculty from OSU-Cascades and the Center for Teaching and Learning on strategies for engaging students in active learning activities in the classroom.
- Spring 2016 – Suicide prevention training participant, OSU-Cascades – attended workshop on identifying and referring students at risk for suicidality, as part of the OSU-Cascades Health and Wellness initiative.
- Summer 2015 – Advances in Vitamin D webinar participant (OSU)
- Fall 2014 – Academic vision planner and presenter – proposed, developed, and presented a workshop for all faculty regarding developing a vision for your program. The initial presentation was followed up with two additional working meetings where programs assembled and worked on their 3-year program visions, including plans for expansion, space and equipment needs, and benchmarking.
- Fall 2014 – Participant at co-sponsored event. Speaker: Jim Sallis. Topic: Effects of the Built Environment on Our Health: What the Research Says – and What We Can Do.

- Summer 2013 – Hybrid workshop participant, Center for Teaching and Learning - developed EXSS 436 as a hybrid course which was approved and offered as hybrid starting in Winter 2014.

#### **Curriculum development-OSU-Cascades & CSUSM**

- Fall 2017 - Submitted Cat I and 13 Cat II proposals for RN to BSN nursing program
- Summer 2017 – Lead four weekly workshops for Cat I writers (Nursing, Outdoor Products, Software Engineering, Arts Media & Technology, Digital Communication, Engineering)
- Winter 2017 – New Cat II, KIN 490: Scientific Inquiry in Kinesiology, unique to OSU-C
- Fall 2016 - Initiated the rollout of KIN major as a 4-yr degree, added NUTR, H, HHS courses
- Fall 2016 - Served as champion of RN-BSN nursing program, developed initial course list for budgeting/feasibility study and contract language to hire a consultant for work related to the Cat I proposal
- Winter 2016-Fall 2016 – Envisioned a unique way to deliver Physical Activity Courses (PAC) at Cascades, partnered with 11 local fitness businesses, initiated contracts for student access, launched.
- Fall 2015 - Team-developed and taught a new course, KIN 437: Exercise, Aging, and Chronic Disease as part of revised degree program for Cascades and Corvallis
- Fall 2013 – present - Participate in monthly department curriculum meetings and curricular revisions in Corvallis
- Summer 2013 - Winter 2014 - Hybrid Course Development Program, EXSS 436, OSU Center for Teaching & Learning
- 2011-2013 - Wrote Masters in Public Health curriculum proposal (similar to Cat I at OSU), coordinated Advisory Committee including city and hospital representatives and members from two different universities, CSUSM.
- 2012-2013 - Faculty sponsor for Master of Social Work curriculum proposal, coordinated local and consulting faculty members, facilitated university representatives from across the campus to get controversial new program through Senate committees, CSUSM.
- 2010 - Launched Kinesiology major at Temecula branch campus, CSUSM.
- 2009 - Launched Kinesiology major on Pendleton Marine Corp base, CSUSM.
- 2007-2009 - Developed four new options in the Kinesiology major, CSUSM.

#### **PROFESSIONAL/COMMUNITY SERVICE**

- American College of Sports Medicine, Northwest conference director (Feb. 23-24, 2018 - 400 attendees), 2016-2018.
- American College of Sports Medicine, Northwest conference poster judge, 2016
- Accreditation Task Force member, Trinity Lutheran High School, Bend, OR, 2014
- Volunteer trainer, Autism/PTSD Dogs, Tender Loving Canines Assistance Dogs, 2012
- Interest Group Advisory Board, American College of Sports Medicine, 2010-2013
- Co-Chair, Bone and Osteoporosis Network Exchange Interest Group (elected), American College of Sports Medicine, 2006-2010
- Sub-committee on Physical Education member, San Marcos Unified School District, 2006-2008.
- Faculty Board of Advisors, American Council on Exercise, 2000-2002
- Certification Exam Content and Material Reviewer, American Council on Exercise, 1997-present
- Media Spokesperson & Book Reviewer, American Council on Exercise
- Member of the Governor's Council on Physical Fitness, Guam. 1998-99



- Contributor/interviewee for various health and fitness topics for magazines such as Parenting, Golf, Women's Fitness, and *Prevention Magazine*, 1999-present
- Ombudsman, Navy SEAL Team Two, Task Unit Charlie, 2000-2001

## UNIVERSITY SERVICE

### Oregon State University

#### Departmental service

- Chair, Kinesiology instructor search committee, 2016
- KIN Club Faculty Mentor, 2013-2016
- KIN program curriculum representative to Corvallis, 2013-present

#### College service (CPHHS and Cascades)

- Search committee search advocate for Bio Science Research Tech, 2019
- Search committee for University Construction Project Manager, 2018
- Search Advocate, 2017-present
- Undergraduate Research symposium committee, dean liaison, 2017-18
- Baccalaureate Core committee, dean liaison, 2017-18
- Program Lead committee, 2017-present
- Co-Curricular Council, 2016-18
- Operations Council, member, 2016-present
- Search committee chair for Academic Administrative Coordinator, 2017
- Search committee member for Associate Director of Admissions & Recruiting, 2017
- Search committee member for Anatomy & Physiology instructor, 2017
- Search committee member for MAT/Counseling placement coordinator, 2016, 2017
- Program Lead compensation task force (chair), 2017-2018
- Academic Curriculum Council, 2016-17
- Search committee member for Library specialist, 2016
- Search committee chair for Kinesiology instructor, 2016
- Campus culture committee (chair), 2016-17, dean liaison, 2017-18
- Community canvassing event participant, Fall 2016
- Program Expansion committee (chair), 2015-present
- Dean's Council rep for the Division of Human Health & Wellness (elected), 2014-16
- Long Range Development Planning advisory group (appointed), 2015-present
- Health and Wellness advisory group, 2015-16
- Physical Activity (PAC) Program coordinator, 2015-present
- University Academic Program Vision (lead), 2014-2015
- Faculty workload ad hoc committee, 2015
- Instructor Merit ad hoc committee chair, 2014
- Peer-review of Teaching, Committee Chair for two faculty, 2013-14
- Academic Working Group, campus design team, 2013-2015
- Information Technology Working Group, campus design team, 2013-2015
- Healthcare Task Force, campus design team, 2013-2015

#### University service

- Leapfrog Course and Program Management System Implementation Team, 2018-present
- Faculty Senator (elected), 2018-present
- Campus Hearing Officer, 2017-present
- Learn@OregonState Advisory Committee, 2017-present

- University Assessment Council, 2017-present
- University Curriculum Council, Corvallis, 2017-18
- Canvas Learning Management System Evaluation and Implementation Team, 2014-15

Service to the public

- VO<sub>2</sub> max demonstrations, Trinity Lutheran High School Anatomy & Physiology class, Bend, OR, 2014, 2016.
- Cardiovascular and pulmonary function demonstration, REALMS Middle School, Bend, OR, 2015, 2016.
- Accreditation Task Force member, Trinity Lutheran High School, Bend, OR, 2014
- Volunteer, Autism/PTSD Dog Trainer, Tender Loving Canines Assistance Dogs, 2012
- Ombudsman, Navy SEAL Team Two, Task Unit Charlie, 2000-2001

**California State University, San Marcos**

- Academic Senator (elected), 2012-2013
- Institutional Review Board, 2012-2013
- General Education Committee, 2013
- Budget and Academic Planning Committee, CEHHS, 2013
- Academic Affairs College Restructuring Taskforce (appointed by Provost), 2011-12
- Academic Affairs Ad-Hoc Faculty Workload Committee, 2011
- Chaired four Peer-Review Committees, 2006-present
- Chaired five hiring committees, member of four others, 2008-2013
- Strategic Planning Committee, College of Arts and Sciences, 2008-2010
- Hiring and Academic Planning Committee, College of Arts and Sciences, Chair, 2008-2010
- Ad-Hoc Budget Committee, College of Arts and Sciences, 2009
- Academic Disqualification/Reinstatement Committee, 2009-2013
- Program Assessment Committee, 2008-2009
- Kappa Omicron Nu, Nu Upsilon Honor Society, faculty advisor, 2007-2011
- University Curriculum Committee, 2006-2008
- Radiation Safety Committee, 2006-2013
- Athletics Steering Committee, 2007-2013
- Faculty Hearing Panel Committee, 2007-2013

**Norfolk State University**

- University Research Committee, 2003-2005
- Scholarship Committee, 2002-2005
- PRAXIS Accreditation Taskforce Member, 2000-2005
- Diversity and Multicultural Committee, 2002-2004
- Curriculum Committee, 2003-2005
- Judging Committee, IHSA Personal Trainer of the Year Award, 2000-2002

**PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS**

- Member, American College of Sports Medicine, 1990-present
- Member, American College of Sports Medicine, Northwest chapter, 2014-present
- Member, American College of Sports Medicine, Southwest chapter, 2006-2013
- Member, American Society for Bone and Mineral Research, 1995-2009
- Member, American Diabetes Association, 2004-2006

- Certified Personal Trainer, American Council on Exercise, 2000-2011
- Certified Exercise Test Technologist, American College of Sports Medicine, 1992-2012
- X-Ray Operator, Limited Permit in Bone Densitometry, State of California Radiologic Health Branch, 2006-2013
- Limited Permit in Bone Densitometry, State of Virginia Board of Medicine, 2004-2006
- Limited Permit in Bone Densitometry, State of Oregon Board of Radiology, 1995-1997
- Certified Open Water SCUBA diver, PADI, 1997-present