

# Karin Allor Pfeiffer, Ph.D.

Room 3 IM Sports Circle  
Department of Kinesiology  
Michigan State University  
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## EDUCATION

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Michigan State University Doctor of Philosophy, Kinesiology (Exercise Physiology)	East Lansing, Michigan August, 2001
Michigan State University Certificate in Epidemiology	East Lansing, Michigan August, 2001
Michigan State University Master of Science, Kinesiology (Sport and Exercise Psychology)	East Lansing, Michigan December, 1997
The University of Michigan Bachelor of Science in Kinesiology	Ann Arbor, Michigan April, 1994

## PROFESSIONAL EXPERIENCE

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- Michigan State University, Assistant Professor (August 2006-present)
- University of South Carolina, Research Assistant Professor (August 2004-June 2006)
- University of South Carolina, Post-Doctoral Research Assistant (Sept. 2001-Aug. 2004)
- Michigan State University
  - Courses taught as sole instructor:
    - KIN 411 Exercise Physiology Laboratory (Fall 1996-99)
    - KIN 310 Physiological Bases of Exercise (Summer 1999)
    - KIN 216 Applied Human Anatomy (Fall 2000)
    - KIN 217 Applied Human Anatomy Laboratory (Spring 2001)
    - KIN 125 First Aid and Personal Safety (Summer 1996, Spring '97)
    - KIN 106c, 106d Bowling I and II (1995-1998)
  - Teaching assistant:
    - KIN 216 Applied Human Anatomy (3 times)
    - KIN 811 Graduate level Exercise Physiology Laboratory (2 times)
    - KIN 490 Special EKG course (1 time)
  - Laboratory manager: Responsibilities
    - Maintain equipment, order supplies, assist in purchasing new equipment, and assist in physiological testing for research studies
    - Assessment of body composition and aerobic capacity for athletes

- Lansing Community College  
Course taught: PFHC 151 Adult Fitness and Cardiac Rehabilitation class  
Jan. 1995-May 2001

## GRANTS

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### Previous Grants/Support - External

- **Pfeiffer, K.A.** (PI). Baseline BMI surveillance in children. South Carolina Research Authority, \$4500 for three months (end date 6/30/05). Awarded.
- Pate, R.R. Trial of activity for adolescent girls. National Heart, Lung, and Blood Institute (NIH), 10% effort.
- Pate, R.R. Promotion of physical activity in high school girls. National Heart, Lung, and Blood Institute (NIH), 9% effort.
- Pate, R.R. Physical activity in preschool children. National Institute of Child Health and Human Development (NIH), 10% effort.
- Pate, R.R. Physical activity in preschool children – supplement. National Institute of Child Health and Human Development (NIH), 5% effort.

### Previous Grants/Support - Internal

- **Pfeiffer, K.A.** (PI). Family intervention for improvement of physical activity and dietary behaviors. Submitted 9/05; \$14,958 for one year (no salary support). Awarded.
- **Pfeiffer, K.A.** (PI). Sensitivity to change of accelerometry as a measure of physical activity. University of South Carolina Research and Productive Scholar Award, \$19,000 for 15 months (end date 4/06; no salary support). Awarded.
- Parra-Medina (PI). Obesity prevention in youth programs. Center for Research in Nutrition and Health Disparities Seed Grant Program. Submitted 4/05; ~\$19,000 for one year; 5% effort (in-kind). Awarded.

### Grants Submitted - External

- Kayman, S. (PI). TEAMUP: Training School Wellness Teams to Implement Policies to support children's healthy eating, physical activity and healthy growth. United States Department of Agriculture. Submitted 6/06; \$1,499,289? total cost for three years; 10% effort. In review.
- **Pfeiffer, K.A.** (PI). Longitudinal validity of accelerometry in youth – subcontract. National Institutes of Health. Submitted 6/06; \$993,324 total cost for 5 years; 30% effort (50% summer). In review.
- Pate, R.R. (PI). Multi-component intervention to increase physical activity

in preschool children. National Institutes of Health. Submitted 6/06; \$2,285,040 total cost over 4 years; 10% effort. In review.

- Liese, A. (PI). Lancaster County Child Health Survey. J.Marion Sims Foundation. Submitted 4/06; \$457,720 total cost for 2 years; 5% effort. Not funded.
- Pate, R.R. (PI). Sub-contract with Macro International for national physical activity and nutrition survey of high school students. Centers for Disease Control and Prevention. Submitted 11/05; \$459,873 total cost for 2 years; 10% effort. Funded.
- **Pfeiffer, K.A.** (PI). Girls on the Run. Junior League of Columbia. Submitted 11/05; \$5688 total cost for one year. Not funded.
- **Pfeiffer, K.A.** (PI). Accelerometer evaluation for physical activity research. National Institutes of Health. Submitted 11/05; \$450,000 direct cost for three years (R01); 30% effort. Not funded.
- Evans, S. (PI). Promoting diet and physical activity in schools via environmental change. American Cancer Society. Submitted 10/05; \$2,108,280 total cost for five years; 10% effort. Not funded.
- **Pfeiffer, K.A.** (PI). BMI surveillance in South Carolina children and youth. Department of Health and Human Services. Submitted 7/05; \$235,999 total cost for one year; 20% effort. Not funded.
- Pate, R.R. (PI). Physical activity of children in afterschool programs. Submitted 6/05; \$2,158,764 total cost for four years (R01); 15% effort. Not funded; to be re-submitted.
- Kayman, S. (PI). Schools team up for healthy children: a participatory school based intervention to improve nutrition and physical activity in children. United States Department of Agriculture. Submitted 6/05; \$1,499,289 total cost for three years; 10% effort. Not funded.
- **Pfeiffer, K.A.** (PI). Accelerometer evaluation for physical activity research. National Institutes of Health. Submitted 2/05; \$425,000 direct cost for three years (R01); 30% effort. Not funded (priority score 273).
- Pate, R.R. (PI). Prevention of obesity in preschool children. National Institutes of Health. Submitted 1/05; \$275,000 direct cost for two years (R21); 4% effort. Not funded (priority score 224).
- **Pfeiffer, K.A.** (PI). Evaluation of the Actiheart. Mini-Mitter. Submitted 1/05. \$1750 direct cost for one year. Not funded.

- Pate, R.R. (PI). Physical activity for obesity prevention in South Carolina's preschool children. Blue Cross Blue Shield of South Carolina. Submitted 12/04. Not funded.
- Pate, R.R. (PI). Role of school-based physical activity on indicators of academic performance in elementary school children. Centers for Disease Control (CDC), Special Interest Project (SIP 7-04). Submitted 5/04; \$926,944 direct cost for three years; 25% effort. Not funded.
- **Pfeiffer, K.A.** (PI). Accelerometer validation for physical activity research. National Institutes of Health, National Institute of Child Health and Human Development (NICHD). Submitted 2/04; \$390,591 direct cost for two years (R21); 35% effort. Not funded.

#### Grants Submitted – Internal

- Kayman, S. (PI). Obesity prevention in youth programs. South Carolina Nutrition Research Consortium. Submitted 2/05; ~\$19,000 for one year; 5% effort (in-kind). Not funded.

## PUBLICATIONS AND PRESENTATIONS

### Refereed Publications

- **Pfeiffer, K.A.**, Schmitz, K.H., McMurray, R.G., Treuth, M.S., Murray, D.M., and Pate, R.R. Variability in energy expenditure of selected activities in adolescent girls. American Journal of Preventive Medicine, in press (October or November 2006).
- **Pfeiffer, K.A.**, Dowda, M., Dishman, R.K., McIver, K.L., Sirard, J.R., Ward, D.S., and Pate, R.R. Sport Participation and Physical Activity in Adolescent Females Across a Four-Year Period. Journal of Adolescent Health, in press.
- Brown, W., **Pfeiffer, K.**, McIver, K., Dowda, M., Almeida, M., and Pate, R. Assessing preschool children's physical activity: the observational system for recording physical activity in children – preschool version (OSRAC-P), Research Quarterly for Exercise and Sport, in press.
- Dishman, R.K., Hales, D., Almeida, M.J., **Pfeiffer, K.A.**, Dowda, M., and Pate, R.R. Factorial validity and invariance of the physical self-description questionnaire among black and white adolescent girls. Ethnicity and Disease, in press (Spring 2006 Volume 16 No 2 or Summer 2006 Volume 16 No 3).

- Sirard, J.R., **Pfeiffer, K.A.**, and Pate, R.R. Motivational factors associated with sports program participation in middle school students. Journal of Adolescent Health, 2006, 38(6), p.696-703.
- Dishman, R.K., Hales, D.P., **Pfeiffer, K.A.**, Felton, G.A., Saunders, R., Ward, D.S., Dowda, M., and Pate, R.R. Physical self-concept and self-esteem mediate cross-sectional relations of physical activity and sport participation with depression symptoms among adolescent girls. Health Psychology, 2006, 25(3), p. 396-407.
- Hales, D., Dishman, R., Motl, R., Addy, C., **Pfeiffer, K.**, and Pate, R. Factorial Validity and Invariance of the Center for Epidemiologic Studies Depression (CES-D) Scale in a Sample of Black and White Adolescent Girls. Ethnicity and Disease, Winter 2006, 16(1), p. 1-8.
- **Pfeiffer, K.**, McIver, K., Dowda, M., Almeida, M., and Pate, R. Validation and calibration of the Actical accelerometer in preschool children. Medicine and Science in Sports and Exercise, 2006, 38(1), p.152-157.
- Sirard, J., Trost, S., **Pfeiffer, K.**, Dowda, M., and Pate, R. Calibration and evaluation of an objective measure of physical activity in preschool children. Journal of Physical Activity and Health, 2005, 2(3), p. 345-357.
- Voorhees, C.C., Murray, D.M., Welk, G., Birnbaum, A.S., Ribisl, K.M., Johnson, C.C., **Pfeiffer, K.A.**, Saksvig, B., and Jobe, J.B. The role of peer social network factors and physical activity in adolescent girls. American Journal of Health Behavior, 2005 Mar.-Apr., 29(2), p.183-190.
- Pate, R.R., **Pfeiffer, K.**, Trost, S.G., Ziegler, P., and Dowda, M. Physical Activity in Children Attending Preschools. Pediatrics, 2004, 114, p. 1258-1263.
- Trost, S., Sirard, J., Dowda, M., **Pfeiffer, K.**, and Pate, R. Physical activity in overweight and non-overweight preschool children. International Journal of Obesity, 2003, 27, p. 834-839.
- Craft, L., **Pfeiffer, K.**, and Pivarnik, J. Predictors of physical competence in adolescent girls. Journal of Youth and Adolescence, 2003, 32(6), p.431-438.
- **Pfeiffer, K.**, Pivarnik, J., Womack, C., Reeves, M., and Malina, R. Reliability and validity of the Borg and OMNI RPE scales in adolescent girls. Medicine and Science in Sports and Exercise, 2002, 34(12), p.2057-2061.
- **Allor, K.** and Pivarnik, J. Stability and convergent validity of three physical activity assessments. Medicine and Science in Sports and Exercise, April

2001, 33(4), p.671-676.

- **Allor, K.** and Pivarnik, J. Use of heart rate cutpoints to assess physical activity intensity in sixth-grade girls. Pediatric Exercise Science, August 2000 (12), p. 284-292.
- **Allor, K.**, Perkins, C., Sam, L., and Pivarnik, J. Treadmill economy in girls and women matched for height and weight. Journal of Applied Physiology, August 2000 (89), p. 512-516.
- Troutman, S., **Allor, K.**, Hartmann, D., and Pivarnik, J. Mini-Logger reliability and validity for estimating energy expenditure and heart rate in adolescents. Research Quarterly for Exercise and Sport March 1999 (70), p. 70-74.

#### Invited Publications

- Pivarnik, J. and **Pfeiffer, K.** Importance of physical activity for children and adolescents, update 2000. Position statement written for the Michigan Fitness Foundation/Michigan Governor's Council on Physical Fitness and Health (2002).

#### Published Abstracts

- **Pfeiffer, K.A.**, Dowda, M., Porter, D., and Pate, R.R. Association between living in proximity to churches and physical activity in high school girls (2006). Medicine and Science in Sports and Exercise, 38(5, Supp.), S473.
- Payn, T., Davis, J., **Pfeiffer, K.A.**, Hutto, B., Vena, J.E., LaMonte, M.J., Blair, S.N., and Hooker, S.P. Relationship of daily steps with age, BMI, physical activity, and perceived health in middle-aged and older adults (2006). Medicine and Science in Sports and Exercise, 38 (5, Supp.), S304.
- McIver, K.L., **Pfeiffer, K.A.**, Brown, W.H., Dowda, M., and Pate, R.R. Development and piloting of the observational system for recording physical activity of children: Home environments (2006). Medicine and Science in Sports and Exercise, 38 (5, Supp.), S102.
- Saksvig, B.I., Catellier, D.J., **Pfeiffer, K.A.**, Schmitz, K.H., Conway, T., Going, S., Ward, D., Strikmiller, P., Treuth, M.S. Travel by walking to school increases physical activity among adolescent girls (2006). Medicine and Science in Sports and Exercise, 38 (5, Supp.), S82.
- Rushovich, B.R., Voorhees, C., Davis, E., Neumark-Steiner, D., **Pfeiffer, K.A.**, Elder, J.P., Going, S., and Marino, V.G. The relationship between unsupervised time after school and physical activity in adolescent girls Medicine and Science in Sports and Exercise, 38 (5, Supp.), S80.

- Dowda, M., **Pfeiffer, K.A.**, Dishman, R.K., and Pate, R.R. Effect of employment on physical activity and other health indicators in 12<sup>th</sup> grade girls. Medicine and Science in Sports and Exercise, 38 (5, Supp.), S22.
- **Pfeiffer, K.A.**, McIver, K.L, Dowda, M., Almeida, M.J.C.A., and Pate, R.R. (2005). Calibration and cross-validation of the Actical accelerometer in preschool aged children. Medicine and Science in Sports and Exercise, 37 (5, Supp.), S114.
- McIver, K.L, **Pfeiffer, K.A.**, Dowda, M., Almeida, M.J.C.A., and Pate, R.R. (2005). Validity and inter-instrument reliability of the Actigraph accelerometer in 3-5 year old children. Medicine and Science in Sports and Exercise, 37 (5, Supp.), S113.
- Dowda, M., Pate, R.R., **Pfeiffer, K.A.**, Dishman, R.K., Saunders, R., Ward, D.S. and Felton, G. (2005). Relationship between perceived family support and physical activity of girls from 8<sup>th</sup> to 12<sup>th</sup> grade. Medicine and Science in Sports and Exercise, 37 (5, Supp.), S291.
- McIver, K.L., **Pfeiffer, K.A.**, Almeida, M.J.C.A., Dowda, M., and Pate, R.R. (2004). Validity of the ActiGraph and Actical accelerometers in 3-5 year-old children. Pediatric Exercise Science, 17(1), p.97.
- **Pfeiffer, K.A.**, Dowda, M., Sirard, J.R., Dishman, R.K., and Pate, R.R. (2004). Factors Affecting Naturally Occurring Change in Cardiorespiratory Fitness in Adolescent Females Over Four Years. Medicine and Science in Sports and Exercise, 36 (5, Supp.), S5.
- Almeida, M.J., McIver, K.L., Hastings, L.A., **Pfeiffer, K.A.**, Dowda, M., and Pate, R.R. (2004). Cardiorespiratory Responses to Locomotor Activities in Preschool Children. Medicine and Science in Sports and Exercise, 36 (5, Supp.), S65.
- McIver, K.L., **Pfeiffer, K.A.**, Mahar, M.T., and Pate, R.R. (2004). Associations Between Peak VO<sub>2</sub> and Field Tests of Cardiorespiratory Fitness in Adolescent Males. Medicine and Science in Sports and Exercise, 36 (5, Supp.), S134.
- Wilson, D.K., **Pfeiffer, K.A.**, Evans, A.E., Williams. J.E., and Pate, R.R. (2004). The Role of Peer Support on Vigorous Physical Activity in Underserved Adolescents. Medicine and Science in Sports and Exercise, 36 (5, Supp.), S146.
- **Pfeiffer, K.**, Almeida, M., Dowda, M., Sirard, J., and Pate, R. (2003). Predictors of physical fitness in adolescent females over one year. Medicine and Science in Sports and Exercise, 35 (5, Supp.), S12.

- Almeida, M.J., **Pfeiffer, K.**, Dowda, M., and Shuler, L. (2003). Physical activity patterns and levels in preschool children during outdoor playing. Medicine and Science in Sports and Exercise, 35 (5, Supp.), S349.
- **Pfeiffer, K.**, Pivarnik, J., Womack, C., Reeves, M., and Malina, R. (2003). Running economy in adolescent females. Pediatric Exercise Science, 15(1), p.110.
- **Pfeiffer, K.**, Pivarnik, J., Womack, C., Reeves, M., and Malina, R. (2002). Reliability and validity of the Borg and OMNI RPE scales in adolescent females. Medicine and Science in Sports and Exercise, 34 (5, Supp.), S278.
- **Allor, K.**, Podulka, D., and Pivarnik, J. (2001). Relationship between physical fitness and physical activity in Michigan charter school students. Medicine and Science in Sports and Exercise, 33 (5, Supp.), S36.
- Podulka, D., **Allor, K.**, and Pivarnik, J. (2001). Cardiovascular disease risk factors in charter school children. Medicine and Science in Sports and Exercise, 33 (5, Supp.), S36.
- **Allor, K.** and Pivarnik, J. (2001). Relationship between aerobic fitness and physical activity in sixth grade girls. Pediatric Exercise Science, 13(1), 91.
- **Allor, K.** and Pivarnik, J. (2000). Stability and convergent validity of three physical activity assessments in sixth-grade girls. Medicine and Science in Sports and Exercise, 32 (5, Supp.), S95.
- **Allor, K.** and Pivarnik, J. (1999). Exercise intensity levels in adolescent girls. Medicine and Science in Sports and Exercise, 31 (5, Supp.), S298.
- **Allor, K.** and Katzmarzyk, P. (1998). Prevalence of overweight and underweight in Michigan youth. Medicine and Science in Sports and Exercise, 30(5, Supp.), S149.
- **Allor, K.** and Ewing, M. (1997). The effect of perceived competence and attraction to physical activity on a diverse population of fifth graders. Journal of Applied Sport Psychology, 9 (Supp.), S61.
- **Allor, K.**, Troutman, S., Hartmann, D., and Pivarnik, J. (1997). Mini-Logger reliability and validity for estimating energy expenditure and heart rate in adolescents. Medicine and Science in Sports and Exercise, 29(5, Suppl.), S71.
- Garcia, A., Musich, S., Ivinson, J., **Allor, K.**, and Settini, P. (1995). Evaluation of a weight management program: short-term and long-term effects. Journal of Applied Sport Psychology, 7 (Suppl.), S63.



Other Presentations/Publications

- **Pfeiffer, K.A.**, McIver, K.L., Dowda, M., and Pate, R. (February 2006). Comparison of accelerometer time sampling intervals for assessment of physical activity among preschool children. Southeast American College of Sports Medicine. Charlotte, North Carolina.
- **Pfeiffer, K.A.** and Jeter, C. (February 2006). Raising a healthy family. Columbia Shrinkdown Project.
- **Pfeiffer, K.A.** (June 2005). Measurement of physical activity: Issues and new directions. Wake Forest University. Invited presentation.
- **Pfeiffer, K.A.**, Sirard, J.R., Dowda, M., McIver, K.L., Ward, D.S., Dishman, R.K., and Pate, R.R. (January 2005). Sports participation and vigorous physical activity in adolescent females over a four-year period. Southeast American College of Sports Medicine. Charlotte, North Carolina.
- McIver, K.L., **Pfeiffer, K.A.**, Dowda, M., Almeida, M.J.C.A., and Pate, R.R. (December 2004). Calibration and cross-validation of the Actigraph accelerometer in preschool aged children. Objective Monitoring of Physical Activity: Closing the Gaps in the Science of Accelerometry. Chapel Hill, North Carolina.
- **Pfeiffer, K.** (November 2003). An overview of physical activity in children and adolescents: status of the field and future directions. University of North Carolina- Greensboro. Invited presentation.
- **Allor, K.**, Pivarnik, J., and Podulka, D. (October 2000). Relationship between physical fitness and activity in Michigan charter school students. Midwest American College of Sports Medicine. Grand Rapids, Michigan.
- **Allor, K.** and Pivarnik, J. (October 1999). Physical activity measures in adolescent girls. American Association for Active Lifestyles and Fitness. Dallas, Texas.
- **Allor, K.** and Pivarnik, J. (October 1998). Determinants of fitness and physical activity in adolescent girls. Midwest American College of Sports Medicine. Cleveland, Ohio.
- **Allor, K.**, Troutman, S., Hartmann, D., and Pivarnik, J. (October 1996). Reliability and validity of the Mini-Logger for assessing energy expenditure and heart rate in adolescents. Midwest American College of Sports Medicine. St. Charles, Illinois.

**RESEARCH**

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- Consultant for measurement of physical activity in NAP-SACC project, Dianne Ward (PI), University of North Carolina at Chapel Hill
- Measurement Coordinator for Trial of Activity in Adolescent Girls (TAAG) (March 2002-Aug. 2005)
- Doctoral Dissertation – “Running economy and perceived exertion in adolescent females” (September 2000-August 2001)
- Project Coordinator for “Health-related fitness characteristics in charter school students” (Sept. 1999-May 2000)
- Project Coordinator for “Running economy in girls and women matched for stature and weight” (Jan. 1999-August 1999)
- Project Coordinator for “Determinants of physical fitness and physical activity in African American and Caucasian adolescent girls” (Sept. 1997-May 1998)
- Master’s Thesis - “The Relationship of Attraction to Physical Activity and Perceived Competence to Physical Activity in a Diverse Population of Fifth Graders” (Sept. 1995-May 1997)

### **COMMUNITY OUTREACH AND SERVICE**

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- Chair, 2006 Biennial Meeting of the North American Society for Pediatric Exercise Medicine
- Co-Chair of Pediatric Special Interest Group, American College of Sports Medicine, June 2005-present
- Member of Southeast American College of Sports Medicine Membership Committee, March 2005-June 2006
- Consultant for Lexington/Richland 5 School District regarding BMI assessment for students, February 2005-June 2006
- Panelist at Women’s Breakfast, Southeast American College of Sports Medicine, January 2005
- Faculty Advisor, Girls on the Run – USC Student Organization, January 2005-present
- Council Director, Girls on the Run – USC Chapter, July 2004-May 2006
- Reviewer for European Journal of Applied Physiology, June 2005 – present
- Reviewer for Pediatric Exercise Science, June 2004-present
- Reviewer for Annals of Behavioral Medicine, July 2004-present

- Reviewer for Medicine and Science in Sports and Exercise, April 2003-present
- Grant reviewer for American Alliance for Health, Physical Education, Recreation, and Dance, Research Consortium, March 2003
- Grant reviewer for American College of Sports Medicine, Doctoral Student Research Grant, March 2003
- Department of Kinesiology Student Representative on Search Committee for Exercise Physiologist, Nov. 1998-Feb. 1999 and October 2000-April 2001
- Department of Kinesiology Representative to University Council of Graduate Students, Sept. 1997-Sept. 1999
- Instructor for Healthy U Program, Michigan State University- Exercise Support Group Program, September 1998-November 1998
- Department of Kinesiology Graduate Student Organization Doctoral Co-Chair, Sept. 1997-Sept. 1998
- Department of Kinesiology Coordinator's Advisory Committee, May 1997-Aug. 1998
- Institute for the Study of Youth Sport- Instructor for Basketball Coaching Clinics, December 1996-December 1998
- Department of Kinesiology CPR and First Aid Re-Certification Instructor, Aug. 1996-Aug. 1998
- Assistant Coach for Williamston Seventh Grade Girls Basketball Team, Sept. 1996-Nov. 1996

#### **CERTIFICATIONS/PROFESSIONAL AFFILIATIONS**

- Research Consortium for Children and Families, University of South Carolina, March 2005-present
- Program for Athletic Coaches' Education (P.A.C.E.) Certified Coach
- Adult CPR certification, National Safety Council
- American College of Sports Medicine 1996-Present (Granted Fellow status, 2006)
- North American Society for Pediatric Exercise Medicine 1998-Present
- American Alliance for Health, Physical Education, Recreation and Dance 2000-Present

#### **PROFESSIONAL TRAINING**

- Physical Activity and Public Health Course, Park City, Utah, September 2002

## **HONORS AND AWARDS**

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- Spencer Foundation Fellowship, 2001
- “Together Encouraging Academic Merit” (T.E.A.M.) Member for MSU Women’s Basketball Team, November 2000
- MSU Graduate School Travel Fellowship, 2000
- Department of Kinesiology Student Presentation Award, 1999
- American College of Sports Medicine Outstanding Graduate Student, Midwest Chapter, 1999
- Outstanding Kinesiology Graduate Student, 1997
- Dean’s Scholar Award, 1997-2000
- Physical Education Department Fellowship, 1996-1997