

CURRICULUM VITAE

Jennifer L. Scheid, Ph.D.
Daemen College

Education:

Doctor of Philosophy (PhD)
Pennsylvania State University
University Park, Pennsylvania, USA
Kinesiology: Exercise Physiology
May 2012

Master of Science (MS)
University of Toronto
Toronto, Ontario, Canada
Exercise Science
May 2007

Bachelor of Science (BS)
University of Western Ontario
London, Ontario, Canada
Kinesiology
May 2005

Licensure Information:

n/a

Certifications (eg, ABPTS):

National Strength and Conditioning Association
Certified Strength and Conditioning Specialist (CSCS)
2016

Employment and Positions Held: from most recent to earliest

Associate Professor
Tenured
Daemen College Department of Physical Therapy and Health Promotion
Amherst, NY
2021– present

Assistant Professor
Tenure Track
Daemen College Department of Physical Therapy and Health Promotion
Amherst, NY
2019 – 2021

Assistant Professor
Tenure Track
Daemen College Department of Health Promotion
Amherst, NY
2015 – 2019

Adjunct Professor
Canisius College Office of Professional Studies
Buffalo, NY
2014 – 2015

Postdoctoral Research Associate/Project Coordinator
University at Buffalo Division of Behavioral Medicine and Pediatrics Department
Buffalo, NY
2012 – 2015

Graduate Teaching Assistant
Pennsylvania State University Department of Kinesiology
University Park, PA
2008 – 2009

Graduate Teaching Assistant
University of Toronto Department of Exercise Sciences
Toronto, Ontario, Canada
2005 – 2008

Peer Reviewed Publications:

De Souza, J.L., Mallinson, R.J., Strock, N.C.A., Koltun, K.J., Olmsted, M.P., Ricker, E.A., **Scheid, J.L.**, Allaway, H.C., Mallinson, D.J., Don, P.K., & Williams, N.I. (2021) Randomised Controlled Trial of the Effects of Increased Energy Intake on Menstrual Recovery in Exercising Women with Menstrual Disturbances: the 'REFUEL' study. *Human Reproduction*, 36 (8), 2285-2297. <https://doi.org/10.1093/humrep/deab149>

Kershaw, M.E., Lupien, S.P., & **Scheid, J.L.** (2021). Impact of Web-Based Meeting Platform Usage on Overall Well-Being Among Higher Education Employees. *European Journal of Investigation in Health, Psychology and Education*, 11(2), 372-381. <https://doi.org/10.3390/ejihpe11020028>

Scheid, J.L. & Lupien, S.P. (2021). Fitness Watches and Nutrition Apps: Behavioral Benefits and Emerging Concerns. *ACSM's Health & Fitness Journal*, 25(2):21-25.
<https://doi:10.1249/FIT.0000000000000644>

Scheid, J.L., Lupien, S.P., Ford, G.S., & West, S.L. (2020) Commentary: Physiological and Psychological Impact of Face Mask Usage during the COVID-19 Pandemic. *The International Journal of Environmental Research and Public Health*, 17(18), 6655.
<https://doi.org/10.3390/ijerph17186655>

O'Keeffe, N., **Scheid, J.L.**, & West, S.L. (2020). Sedentary behavior and the use of wearable technology: an editorial. *The International Journal of Environmental Research and Public Health*, 17(12), 4181. <https://doi.org/10.3390/ijerph17124181>

Koltun, K.J., Williams, N.I., **Scheid, J.L.**, & De Souza, M.J. (2020). Discriminating hypothalamic oligoamenorrhea/amenorrhea from hyperandrogenic oligomenorrhea/amenorrhea in exercising women. *Applied Physiology, Nutrition, and Metabolism*, 45(7), 707-714.
<https://doi.org/10.1139/apnm-2019-0640>

Koltun K.J., De Souza, M.J., **Scheid, J.L.**, & Williams, N.I. (2020). Energy Availability is Associated with Luteinizing Hormone Pulse Frequency and Induction of Luteal Phase Defects. *The Journal of Clinical Endocrinology & Metabolism*, 105(1), 185-193.
<https://doi.org/10.1210/clinem/dgz030>

Scheid, J.L. & Stefanik, M.E. (2019). Drive for Thinness Predicts Musculoskeletal Injuries in Division II NCAA Female Athletes. *Journal of Functional Morphology and Kinesiology*, 4(52), 1-8. <https://doi.org/10.3390/jfmk4030052>

Scheid, J.L. & West, S.L. (2019). Opportunities of Wearable Technology to Increase Physical Activity in Individuals with Chronic Disease: An Editorial. *The International Journal of Environmental Research and Public Health*, 16(17), 3124.
<https://doi.org/10.3390/ijerph16173124>

Scheid, J.L. & O'Donnell, E. (2019). Revisiting Heart Rate Target Zones Through the Lens of Wearable Technology. *ACSM's Health & Fitness Journal*, 23(3), 21-26.
<https://doi.org/10.1249/FIT.0000000000000477>

O'Donnell, E., **Scheid, J.L.**, West, S.L., & De Souza, M.J. (2019) Impaired endothelial function is associated with low bone mineral density in hypoestrogenic physically active women. *Scandinavian Journal of Medicine and Science in Sports*, 29(4), 544-553.
<https://doi.org/10.1111/sms.13354>

Epstein, L.H., Carr, K.A., **Scheid, J.L.**, Gebre, E., O'Brien, A., & Temple, J.L. (2015) Taste and food reinforcement in non-overweight youth. *Appetite*, 91:226-232.
<https://doi.org/10.1016/j.appet.2015.04.050>

Reed, J.L., De Souza, M.J., Mallinson, R.J., **Scheid, J.L.**, & Williams, N.I. (2015). Energy availability discriminates clinical menstrual status in exercising women. *Journal of the International Society of Sports Nutrition*, 12:11. <https://doi.org/10.1186/s12970-015-0072-0>

Scheid, J.L., Carr, K.A., Lin, H., Fletcher, K.D., Sucheston, L., Singh, P.K., Salis, R., Erbe, R.W., Faith, M.S., Allison, D.B., & Epstein, L.H. (2014). FTO Polymorphisms Moderate the Association of Food Reinforcement with Energy Intake. *Physiology and Behavior*, 132, 51-56.
<https://doi.org/10.1016/j.physbeh.2014.04.029>

Mallinson, R.J., Williams, N.I., Olmsted, M.P., **Scheid, J.L.**, & De Souza, M.J. (2013). A case report of recovery of menstrual function following a nutritional intervention in two exercising women with amenorrhea of varying duration. *Journal of the International Society of Sports Nutrition*, 10(1), 34. <https://doi.org/10.1186/1550-2783-10-34>

Scheid, J.L., Birch LL, Williams, N.I., Rolls, B.J., & De Souza, M.J. (2013). Postprandial peptide YY is lower in young college-aged women with high dietary cognitive restraint. *Physiology and Behavior*, 120, 26-33. <https://doi.org/10.1016/j.physbeh.2013.06.025>

Scheid, J.L., De Souza, M.J., Hill, B.R., Leidy, H.J., & Williams, N.I. (2013). Decreased luteinizing hormone pulse frequency is associated with elevated twenty-four-hour ghrelin after calorie restriction and exercise training in premenopausal women. *American Journal of Physiology – Endocrinology and Metabolism*, 304(1), E109-116.
<https://doi.org/10.1152/ajpendo.00360.2012>

Scheid, J.L., De Souza, M.J., Leidy, H.J., & Williams, N.I. (2011). Ghrelin but not peptide YY is related to change in body weight and energy availability. *Medicine & Science in Sports & Exercise*, 43(11), 2063-2071. <https://doi.org/10.1249/mss.0b013e31821e52ab>

Gibbs, J.C., Williams, N.I., **Scheid, J.L.**, Toombs, R.J., & De Souza, M.J. (2011). The association of a high drive for thinness with energy deficiency and severe menstrual disturbances: Confirmation in a large population of exercising women. *International Journal of Sport Nutrition & Exercise Metabolism*, 21(4), 280-290. <https://doi.org/10.1123/ijsnem.21.4.280>

Scheid, J.L., Toombs, R.J., Gibbs, J.C., Ducher, G., Williams, N.I., & De Souza, M.J. (2010). Estrogen and peptide YY are associated with bone mineral density in premenopausal exercising women. *Bone*, 49(2), 194-201. <https://doi.org/10.1016/j.bone.2011.04.011>

Scheid, J.L., & De Souza, M.J. (2010). Menstrual irregularities and energy deficiency in physically active women: The role of ghrelin, PYY and adipocytokines. *Medicine and Sports Science*, 55, 82-102. <https://doi.org/10.1159/000321974>

De Souza, M.J., Toombs, R.J., **Scheid, J.L.**, O'Donnell, E., West, S.L., & Williams, N.I. (2010). High prevalence of subtle and severe menstrual disturbances in exercising women: confirmation using daily hormone measures. *Human Reproduction*, 25(2), 491-503. <https://doi.org/10.1093/humrep/dep411>

Scheid, J.L., Williams, N.I., West, S.L., VanHeest, J.L., & De Souza, M.J. (2009). Elevated PYY is associated with energy deficiency and indices of subclinical disordered eating in exercising women with hypothalamic amenorrhea. *Appetite*, 54(1), 184-192. <https://doi.org/10.1016/j.appet.2008.09.016>

West, S.L., **Scheid, J.L.**, & De Souza, M.J. (2009). The effect of exercise and estrogen on osteoprotegerin in premenopausal women. *Bone*, 44(1), 137-144. <https://doi.org/10.1016/j.bone.2008.09.008>

Vescosvi, J.D., **Scheid, J.L.**, Hontscharuk, R., & De Souza, M.J. (2008). Cognitive dietary restraint: Impact on bone, menstrual and metabolic status in young women. *Physiology and Behavior*, 95(1-2):48-55. <https://doi.org/10.1016/j.physbeh.2008.04.003>

Gurd, B., Scheid, J., Paterson, D., & Kowalchuk, J.M. (2007). O₂ uptake and muscle deoxygenation kinetics during the transition to moderate-intensity exercise in different phases of the menstrual cycle in young adult females. *European Journal of Applied Physiology*, 101(3), 321-330. <https://doi.org/10.1007/s00421-007-0505-9>

De Souza, M.J., Lee, D.K., VanHeest, J.L., **Scheid, J.L.**, West, S.L., & Williams, N.I. (2007). Severity of energy-related menstrual disturbances increases in proportion to indices of energy conservation in exercising women. *Fertility and Sterility*, 88(4), 971-975. <https://doi.org/10.1016/j.fertnstert.2006.11.171>

Peer Reviewed Scientific and Professional Presentations:

Invited Presentations:

Scheid, J.L. The Female Athlete Triad: Physiology, Prevalence and Return to Play. National Strength and Conditioning Association (NSCA) Western New York/Northern

Pennsylvania Performance Workshop, Canisius College, Buffalo, New York, USA, November 1, 2014.

Scheid, J.L. Behavioral Aspects of Exercise and Food Intake: The Role of Executive Function. Canadian Society of Exercise Physiology Annual Meeting, Toronto, Ontario, Canada, October 17, 2013 (Symposium Presentation).

Scheid, J.L. & De Souza, M.J. Energy Homeostasis, Eating Behavior, and Reproduction. Obesity: Cause, Consequences, and Treatment Invited Lecture, Penn State University, University Park, Pennsylvania, USA, February 16, 2010.

Scheid, J.L., De Souza, M.J, Leidy, H.J., & Williams, N.I. Circulating Total Peptide YY Is Not Sensitive to Changes in Body Weight during a Diet and Exercise Program in Non-Obese Young Women. Noll Laboratory Research Progress Day, Penn State University, University Park, Pennsylvania, USA, December 11, 2009.

Scheid, J.L. The Effects of Menopause on Body Composition. Scientific Basis of Exercise for Older Adults Invited Lecture, Penn State University, University Park, Pennsylvania, USA, December 4, 2009.

Scheid, J.L. & De Souza, M.J. The Benefits of Exercise for Women. The Female Athlete Invited Lecture, Penn State University, University Park, Pennsylvania, USA, September 14, 2009.

Oral Presentations:

Scheid, J.L., Williams, N.I., & De Souza, M.J. History of Amenorrhea and Beck Depression Score Predict Peptide YY Concentrations in Exercising Young Women. Canadian Society for Exercise Physiology Annual Conference, Québec City, Québec, Canada, October 22, 2011 (Oral Presentation).

Scheid, J.L., De Souza, M.J., Birch L, Rolls B, and Williams, N.I. Eating Behaviors Phenotypes: Peripheral Hormonal and Gut Peptide Feeding Signals Associated with High Dietary Cognitive Restraint. Penn State Institute for Diabetes and Obesity (PSIDO) Annual Research Summit, State College, Pennsylvania, USA, March 14, 2011 (Oral Presentation).

Scheid, J.L., Toombs RJ, Gibbs JC, Ducher G, Williams, N.I., & De Souza, M.J. Estrogen and Peptide YY are Associated with Bone Mineral Density in Premenopausal Exercising Women. Canadian Society for Exercise Physiology Annual Conference, Toronto, Ontario, Canada, November 5, 2010 (Oral Presentation).

Scheid, J.L., De Souza, M.J., Leidy HJ, and Williams, N.I. PYY is Not Sensitive to Changes in Body Weight in Non-Obese Young Women. Mid-Atlantic Region Chapter of the American College of Sports Medicine 2009 Annual Meeting, Harrisburg, Pennsylvania, USA, November 6, 2009 (Oral Presentation).

De Souza, M.J., West, S.L., **Scheid, J.L.**, Jamal SA, Hawker GA, and Williams, NI. The Presence of Both an Energy Deficiency and Estrogen Deficiency exacerbate Alterations of Bone Metabolism in Exercising Women. The Endocrine Society Annual Conference, San Francisco, CA, USA, June 18, 2008 (Oral Presentation – Presenting Author).

Scheid, J.L., West, S.L., Awdishu S, & De Souza, M.J. Elevated Hunger in Exercising Women with Anovulatory Menstrual Cycles. Canadian Society for Exercise Physiology Annual Conference, London, Ontario, Canada, November 15, 2007 (Oral Presentation).

Awdishu S, **Scheid, J.L.**, West, S.L., and MJ De Souza. Reproductive and energetic status of an oligomenorrheic exercising women. Canadian Society for Exercise Physiology Annual Conference, London, Ontario, Canada, November 15, 2007 (Oral Presentation – Presenting Author).

Scheid, J.L., West, S.L., Vescovi, J.D., Awdishu S, & De Souza, M.J. Bone Formation is Predicted by Resting Metabolic Rate and Leptin in Exercising Women with Hypothalamic Amenorrhea. Women's College Research Institute Research Rounds, Toronto, Ontario, Canada, September, 5, 2007 (Oral Presentation).

Scheid, J.L., Williams, N.I., West, S.L., Burke TG, & De Souza, M.J. The Effects of Bone Metabolism on Exercising Premenopausal Women with Osteopenia. The Centre for Research in Women's Health Graduate Student Research Day, Toronto, Ontario, Canada, May 12, 2006 (Oral Presentation).

Scheid, J.L., Gurd BJ, and JM Kowalchuk. The Effect of Menstrual Cycle Phase on Oxygen Uptake Kinetics during Transition to Moderate Intensity Exercise. The University of Toronto National Undergraduate Research Conference, Toronto, ONT, Canada, April 1, 2005 (Oral Presentation).

Poster Presentations:

Scheid, J.L., Kenney, J.W., Lang, D.H., & Chimera, N. Whole-body Cryotherapy: Case Series of Sleep, Pain and Anxiety in Healthy Individuals. American College of Sport Medicine 66th Annual Meeting in Orlando, Florida, May 30, 2019 (Poster Presentation).

Scheid, J.L., Stefanik, M.E., Copolo-Ziemer, M., & Roehling, L.R. Moderate Risk of the Female Athlete Triad Predicts Injuries in Division II Female Athletes. American College of Sport Medicine 65th Annual Meeting in Minneapolis, Minnesota, May 30, 2018 (Poster Presentation).

Scheid, J.L. Using Online Tools to Practice Memory Retrieval in the Classroom. 17th Annual CCTL Conference on Teaching and Learning at Niagara University, January 9, 2018. (Poster Presentation)

Scheid, J.L., Raja, S., Baek, S., Carr, K.A., & Epstein, L.H. Common genetic variation near MC4R moderates the relationship between fast food restaurants and body mass index. The Obesity Society Annual Meeting, Atlanta, Georgia, USA, November 13, 2013 (Poster Presentation).

Scheid, J.L., Carr, K.A., Lin, H., Fletcher, K.D., Sucheston, L., Singh, P., Erbe, R.W. & Epstein, L.H. FTO Polymorphisms Moderate the Effect of Food Reinforcement on Energy Intake. The Obesity Society Annual Meeting, San Antonio, Texas, USA, September 21, 2012 (Poster Presentation).

Scheid, J.L., De Souza, M.J., Leidy, H.J., & Williams, N.I. Decreased Luteinizing Hormone Pulse Frequency Is Associated with Elevated 24-Hour Ghrelin after Calorie Restriction and Exercise Training in Non-Obese Women. The Endocrine Society Annual Conference, Boston,

Massachusetts, USA, Sunday June 5, 2011 (Invited Presidential Poster Competition).

Scheid, J.L., Williams, N.I., Ducher, G., & De Souza, M.J. Bone Formation Is Predicted by Triiodothyronine and Lean Body Mass in Exercising Women with Hypothalamic Amenorrhea. American Society of Bone and Mineral Research Annual Meeting, Toronto, Ontario, Canada, October 16, 2010 (Poster Presentation).

Scheid, J.L., De Souza, M.J., Leidy, H.J., & Williams, N.I. PYY is Not Sensitive to Changes in Body Weight in Non-Obese Young Women. American College of Sports Medicine 2010 Annual Meeting, Baltimore, Maryland, USA, June 3, 2010 (Poster Presentation).

Scheid, J.L., Williams, N.I., West, S.L., Little JL, & De Souza, M.J. Six Month Intervention of Increased Caloric Intake Induces Resumption of Menses and Improves BMD in Exercising Women with Amenorrhea. The Endocrine Society Annual Conference, Washington, D.C., USA, June 10, 2009 (Invited Presidential Poster Competition).

Scheid, J.L., Williams, N.I., West, S.L., Awdishu S, & De Souza, M.J. (2008). Increased Caloric Intake in Energy Deficient Exercising Women with Functional Hypothalamic Amenorrhea Is Associated with Decreased Ghrelin and Increased Bone Formation: Preliminary Data from an RCT to Reverse Exercise- Associated Menstrual Disturbances. American Society of Bone and Mineral Research 30th Annual Meeting, Montreal, Québec, Canada, September 14, 2008 (Poster Presentation).

Awdishu S, West, S.L., **Scheid, J.L.**, & De Souza, M.J. (2008). Elevated Androgens Are Associated with Increased Bone Formation in Premenopausal Exercising Women. American Society of Bone and Mineral Research 30th Annual Meeting, Montreal, Québec, Canada, September 14, 2008 (Poster Presentation – Presenting Author).

Scheid, J.L., Williams, N.I., West, S.L., VanHeest, J.L., & De Souza, M.J. Elevated PYY Is Associated With Energy Deficiency And Indices Of Subclinical Disordered Eating In Exercising Women With Hypothalamic Amenorrhea. The Endocrine Society Annual Conference, San Francisco, CA, USA, June 17, 2008 (AWARD winning Poster Presentation, Travel Award).

Scheid, J.L., Williams, N.I., West, S.L., Awdishu, S., & De Souza, M.J. Decreased Ghrelin Is Associated with Increased Caloric Intake in Exercising Women with Hypothalamic Amenorrhea: Preliminary Data from an RCT to Reverse Exercise-Associated Menstrual Disturbances. Canadian Institutes of Health Research Poster Competition, Winnipeg, Manitoba, Canada, June 4, 2008 (Invited Poster Presentation and Travel Award).

Scheid, J.L., West, S.L., Vescovi, J.D., Awdishu S, & De Souza, M.J. Bone Formation is Predicted by Resting Metabolic Rate and Leptin in Exercising Women with Hypothalamic Amenorrhea. American Society of Bone and Mineral Research 29th Annual Meeting, Honolulu, HI, USA, September 18, 2007 (Poster Presentation) (Travel Award).

Scheid, J.L., Williams, N.I., Lee D, VanHeest, J.L., & De Souza, M.J. Resting Energy Expenditure is Decreased along a Continuum of Energy-Related Menstrual Cycle Disturbances in Exercising Women. Canadian Society for Exercise Physiology Annual Conference, Halifax, NS, Canada, November 2, 2006 (Poster Presentation).

Scheid, J.L., Williams, N.I., West, S.L., Burke, T.G., & De Souza, M.J. Bone Resorption is increased in Premenopausal Exercising Women with Osteopenia. International Osteoporosis

Foundation World Congress on Osteoporosis, Toronto, ONT, Canada, June 3, 2006 (Poster Presentation). (Also presented to the Bone and Mineral Group at Mount Sinai Hospital May 19, 2006).

Gurd BJ, **Scheid, J.**, Paterson, D.H., & Kowalchuk, J.M. Menstrual Cycle Phase has no Effect on VO₂ Kinetics During Moderate-Intensity Exercise in Young Females. Canadian Society for Exercise Physiology Annual Conference, Gatineau, QU, Canada, November 10, 2006 (Poster Presentation – Co- presenter).

Funded/In Review Grant Activity:

Co-Investigator with Drs. Shannon Lupien and Jack Peltz

\$2,000

Project Title “Nutrition Apps and Wearable Technology: The Good, the Bad, and the Ugly”
Daemen College Faculty Grant 2020

Primary Investigator with students Taylor Miller and Kisten Schlabach

\$760

Project Title “Obesity and Physical Activity in Health Professional Students”
Daemen College Think Tank Grant 2019

Primary Investigator

\$420

Project Title “Does Drive for Thinness Predict Musculoskeletal Injuries in Division II NCAA Female Athletes?”
Daemen College Faculty Research Grant 2019

Primary Investigator with Erin Deheer

\$100

Project Title “The Knowledge of Athletic Trainers on the Female Athlete Triad”
Daemen College Think Tank Grant 2018

Primary Investigator

\$2,069

Project Title “Obesity and Physical Activity Levels of Students in the Health Professions”
Daemen College Faculty Research Grant 2018

Current/Active Research Activity:

- **Research Project:** “Obesity and Physical Activity Levels of Students in the Health Professions”
 - Role: Primary Investigator/Faculty Supervisor (AT Students and PT Students)
 - Project Status: Applied and received a faculty research grant and received (\$350.00) to purchase an electronic scale and a Think Tank Grant (\$760) to purchase two more Actigraphs. *Working on data collection.*
- **Research Project:** “Wearable Technology for Physical Activity and Food Intake and associations with Eating Behaviors”
 - Role: Co-Primary Investigator (with Shannon Lupien)
 - Project Status: *Study design in process.*
- **Research Project:** “Wearable Technology for Physical Activity and Sleep”
 - Role: Co-Primary Investigator (with Jack Platz)
 - Project Status: *Study design in process.*

Membership in Scientific/Professional Organizations:

American College of Sports Medicine
2016-present

National Strength and Conditioning Association
2016-present

Consultative and Advisory Positions Held:

Manuscript Reviewer and Guest Editor
International Journal of Environmental Research and Public Health

Manuscript Reviewer
European Journal of Sports Science

Manuscript Reviewer
Sports

Manuscript Reviewer
Healthcare

Manuscript Reviewer
Sustainability

Manuscript Reviewer
Obesity

Manuscript Reviewer
Contemporary Clinical Trials

Manuscript Reviewer
Frontiers

Community Service:

Services to the University/College/School on Committees/Councils/Commissions:

University-wide

Daemen College Faculty Senate
2018-Present

Center for Excellence in Teaching and Learning Advisory Board
2018-Present

Daemen College Library Committee Member
2017-Present

Daemen College Institutional Review Board
2015-Present

Daemen College Health Determinates Conference Committee

September 2021

2017-2018

Honors and Awards:

2019 Outstanding Reviewer Award

The International Journal of Environmental Research and Public Health
2020

Endocrine Trainee Day Award
Endocrine Society
2011

CIHR Doctoral Research Award
Canadian Institute of Health Research
2009

Winner of the TRANSLATIONAL ABSTRACTS – Hypoglycemia, Gut Peptides & the Metabolic Syndrome in the Humans category
Endocrine Society 2008 Annual Meeting
2008

The Endocrine Society Travel Grant
Endocrine Society
2008

ASBMR Student Travel Award
American Society of Bone and Mineral Research
2007

CIHR: Canada Graduate Scholarships Doctoral Award
Canadian Institute of Health Research
2007

James Edwards Melbourne Flin Award in Kinesiology (Athletic Leadership)
University of Western Ontario
2005

Continuing Education Attended:

Online Course: Data Science: R Basics, offered by HarvardX, an online learning initiative of Harvard University (8-week course) - Completed June 18, 2020.

Online Continuing Education through Human Kinetics (6 Hour course) - Heart Rate Training - Completed January 21, 2020.

Webinar through the American College of Sports Medicine: Essential Elements of Heart Rate Based Training – Key concepts & practical applications for training. December 11, 2019.

Research Symposium: Physical Therapy Evidence Based Practice Clinical Research Symposium – December 7, 2019.

Webinar through the American College of Sports Medicine: Fitness in the Modern World: The Rise of Technology in Personal Training starts – November 14, 2019.

September 2021

American College of Sport Medicine 66th Annual Meeting in Orlando – May 29 – June 1, 2019.

Online Continuing Education with the National Strength and Conditioning Association:
Foundations of Fitness Programming – Completed April 18, 2019.

American College of Sport Medicine 65th Annual Meeting in Minneapolis, Minnesota - May 29 – June 1, 2018.

12th Annual Learning & Teaching Symposium, Daemen College, Amherst, NY – January 22nd, 2018.

17th Annual CCTL Conference on Teaching and Learning, Niagara University, Niagara Falls, New York - January 9, 2018.

Certified Personal Trainers Network Conference, Toronto, Ontario, Canada – June 2-3, 2017.

16th Annual CCTL Conference on Teaching and Learning, Niagara University, Niagara Falls, New York, – January 10-11th 2017.

Current Teaching Responsibilities in the Entry-Level Program for Academic Year of Site Visit:

First Year Professional Phase, Fall Semester:

PT 506/L – Kinesiology & Biomechanics I

PT 508/L – Physiology of Exercise

First Year Professional Phase, Spring Semester:

PT 507/L – Kinesiology & Biomechanics II

Second Year Professional Phase, Spring Semester:

PT 544 – Clinical Research I

Third Year Professional Phase, Fall Semester:

PT 555 – Clinical Research II