

CURRICULUM VITAE

Jennifer L. Scheid, Ph.D.
Daemen University

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– present

American College of Sports Medicine: Certified Exercise Physiologist (ACSM-EP)
2024– present

Employment and Positions Held: from most recent to earliest

Professor
Tenured
Daemen University, Department of Physical Therapy
Amherst, NY
2025– present

Associate Professor
Tenured
Daemen University, Department of Physical Therapy
Amherst, NY
2022– 2025

Associate Professor
Tenured
Daemen College Department of Physical Therapy and Health Promotion
Amherst, NY
2021– 2022

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:

Hou, D., Ndjoko, L.C.M., DeHeer, E., **Scheid, J.L.**, and Tjong, V.K. (2025) How Well Do Athletic Trainers Recognize and Evaluate the Female Athlete Triad? A Survey of Athletic Trainers in the Practicing United States. Journal of Women's Health. Online Ahead of print 21 April 2025. <https://doi.org/10.1089/jwh.2024.0910>

Scheid, J.L., Basile, S., & West, S.L. (2024). Low Energy Availability Risk Is Associated with Anxiety in Female Collegiate Athletes. Sports, 12(10), 269. <https://doi.org/10.3390/sports12100269>

O'Connell S., Brenner, I., **Scheid, J.L.**, & West, S.L. (2024). Disordered Eating Is Not Associated with Musculoskeletal Injury in University Athletes. Applied Physiology, Nutrition, and Metabolism, 49 (1), 87-92. <https://doi.org/10.1139/apnm-2023-0244>

Tanco, K., Olson, A., Fellman, B., Jankowski, M., Lai, S. Y., Shete, S., Harbison, K., **Scheid, J.**, & Bruera, E. (2023). Analysis of Dispensing and Utilization Patterns of Medical Cannabis Products in State Licensed Cannabis Dispensaries. *Journal of Palliative Medicine*, 26 (11), 1482-148. <https://doi.org/10.1089/jpm.2023.0075>

Scheid, J.L., Reed, J.L., & West, S.L. (2023). Commentary: Is Wearable Fitness Technology a Medical Device? Yes and No. *International Journal of Environmental Research and Public Health*. 20(13):6230. <https://doi.org/10.3390/ijerph20136230>

Elliott, C.G., Vidal-Amela, S., Harvey, P., O'Donnell, E., **Scheid, J.L.**, Visintini, S., & Reed, J.L. (2023). Examining the role of physical activity interventions in modulating androgens and cardiovascular health in postmenopausal females: A narrative review. *Canadian Journal of Cardiology Open*, 5, 54-71: <https://doi.org/10.1016/j.cjco.2022.10.008>

Scheid, J.L., Edwards, C., Seils, M., & West, S.L. (2022). Perceived Exertion during Moderate and Vigorous Physical Activity while Mask Wearing: A Quantitative and Qualitative Pilot Study. *International Journal of Environmental Research and Public Health*, 19(9), 5698. <https://doi.org/10.3390/ijerph19095698>

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.org/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. Physical Activity as a Vital Sign. Keynote Presentation at The Annual Interprofessional Education (IPE) Event, Daemen University, Amherst, New York, Wednesday, September 25, 2024.

Scheid, J.L. & Lupien, S.P. ACSM's Health & Fitness Journal® Paper of the Year: "Fitness Watches and Nutrition Apps: Behavioral Benefits and Emerging Concerns". Presented at ACSM's (American College of Sport Medicine) 2022 Annual Meeting, San Diego, California, June 3, 2022. This paper was presented at the Symposium - American College of Sports Medicine Journals: Three Years in Review.

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, N.I. 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:

Franjoine, M.R., Darr, N.A., and **Scheid, J.L.** "Predicting Performance of Children on the Pediatric Balance Scale, Second Edition Using PBS Scores." 50th Annual American Physical Therapy Association (APTA) Combined Section Meeting (CSM), Houston, Texas, February 15, 2005 (Pediatric Platform Session).

Seils, M.D., Green, M.D., **Scheid, J.**, & Gunterstockman, B.M. "Readiness Simulated Interviews: Perceptions of Interviewers and Physical Therapy Students." 19th Annual Physical Therapy Education Leadership Conference (ELC), Oakland, California, October 19, 2024 (Poster Presentation).

Seils, M.D., Hoyden, D., Musielak, G., Ogden, Z., Parker, R., Kessler, S., & **Scheid, J.** "DPT Students' Perspectives on Leadership Training utilizing the ACAPT Leadership Compass." 19th Annual Physical Therapy Education Leadership Conference (ELC), Oakland, California, October 18, 2024 (Poster Presentation).

Scheid, J.L., Lupien, S.P., & Young, A.F. "The Power of Groups: Collective Effervescence is Related to Group Fitness Participation." ACSM's (American College of Sport Medicine) 2024 Annual Meeting, Boston Massachusetts, May 30, 2024 (Poster Presentation).

Kowalik, D., Lenau, A., Roberts, A., Young, E., West, S.L. & **Scheid, J.L.** "The Male and Female Athlete Triad Are Associated with Anxiety in Collegiate Athletes." ACSM's (American College of Sport Medicine) 2024 Annual Meeting, Boston Massachusetts, May 29, 2024 (Poster Presentation).

Flower, H., Latvala, H., Luparello, A., Wright, C., Lupien, S.P., Peltz, J.S. & **Scheid, J.L.** "The Use of Wearable Technology Is Not Related to Anxiety or Cognitive Restraint." ACSM's (American College of Sport Medicine) 2024 Annual Meeting, Boston Massachusetts, May 29, 2024 (Poster Presentation).

Ross, M., Lavarro, L., **Scheid, J.**, & Seils, M. "Effects of an Interprofessional Education Experience on Physical Therapist Student's Readiness to Learn with Other Healthcare Professionals." Educational Leadership Conference (ELC). Philadelphia, Pennsylvania, October 13, 2023 (Poster Presentation).

Tanco, K., Olson, A., Fellman, B., Janowski, M., Lai A., Shete, S., **Scheid, J.**, Harbison, K., & Bruera, E. "Retrospective Analysis of Dispensing and Utilization Patterns of Medical Cannabis Products in A State Licensed Cannabis Dispensary." MASCC (Multinational Association of Supportive Care in Cancer) 2023 Annual Meeting, Nara, Japan, June 22, 2023 (E Poster Presentation).

Caltagirone, G., Ilievski, P., Vaillancourt, K., Vasquez, R., Lupien, S.P., Peltz, J.S. & **Scheid, J.L.** "The Effects of Wearable Technology on Health Behaviors." ACSM's (American College of Sport Medicine) 2023 Annual Meeting, Denver Colorado, June 1, 2023 (Poster Presentation).

Basile, S., Loar, M., Ryan, N., Taylor, M. & **Scheid, J.L.** "Psychosocial Insights into the Male and Female Athlete Triad: Association of the Triad with Anxiety in D2 Collegiate Athletes." ACSM's (American College of Sport Medicine) 2023 Annual Meeting, Denver Colorado, May 31, 2023 (Thematic Poster Presentation).

Kershaw, M.E., Lupien, S.P., & **Scheid, J.L.** "Impact of Web-Based Meeting Platform Usage on Overall Well-Being among Higher Education Employees." 2022 Nursing Education Accreditation Conference. Atlanta, July 14, 2022 (Poster Presentation).

Scheid, J.L., Edwards, C., Seils, M., & West, S.L. Ratings of Perceived Exertion during Moderate and Vigorous Physical Activity while Mask Wearing. ACSM's (American College of Sport Medicine) 2022 Annual Meeting, San Diego, California, June 3, 2022 (Poster Presentation).

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:

Primary Investigator

\$798

Project Title: “Effect of Assistive Devices on the Accuracy of Fitbits in Healthy Individuals”
Daemen University Faculty Grant 2024

Co-Investigator with Dr. Shannon Lupien

\$500

Project Title: “The Power of Groups: Exploring Collective Effervescence in Group Fitness Classes”

Daemen University Faculty Grant 2022

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** “Validity of Fitbit Placement in Individuals Using a Cane or Walker”
 - Role: Primary Investigator/ Faculty Mentor
 - *Data Collection to begin in Fall 2025*
- **Research Project** “Calm Under Pressure: Smiling Mind App Intervention for Anxiety in Athletes”
 - Role: Primary Investigator/ Faculty Mentor
 - *Data Collection to begin in Fall 2025*
- **Research Project:** “Signs of Hypogonadism and Disordered Eating are Associated with Anxiety in Male Collegiate Athletes”
 - Role: Primary Investigator
 - *Manuscript in Process*
- **Research Project:** “The Power of Groups: Exploring Collective Effervescence in Group Fitness Classes”
 - Role: Primary Investigator
 - *Manuscript in Process*
- **Research Project** “Effect of Assistive Devices on the Accuracy of Fitbits in Healthy Individuals”
 - Role: Primary Investigator/ Faculty Mentor
 - *Manuscript Submitted*

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 Institutional Review Board
2015-Present

Daemen University Faculty Senate
2018-2025

Daemen University Center for Excellence in Teaching and Learning Advisory Board
2018-2023

Daemen University Library Committee Member
2017-2020

Daemen College Health Determinates Conference Committee
2017-2018

Honors and Awards:

2023 One of the **Best Clinical Case/Research Abstract** – American College of Sports Medicine (ACSM) Annual Meeting

2021 **Paper of the Year** – American College of Sports Medicine (ACSM) Health & Fitness Journal

2019 **Outstanding Reviewer Award** – The International Journal of Environmental Research and Public Health

2011 Endocrine Society Endocrine **Trainee Day Award**

2009 **Doctoral Research Award** – Canadian Institute of Health Research (CIHR)

2008 **Winner of the Translational Abstracts** – Hypoglycemia, Gut Peptides & the Metabolic Syndrome in the Humans category – Endocrine Society Annual Meeting

2008 The Endocrine Society **Travel Grant** – Endocrine Society Annual Meeting

2007 **Student Travel Award** – American Society of Bone and Mineral Research (ASBMR) Annual Meeting

2007 **Canada Graduate Scholarships Doctoral Award** – Canadian Institute of Health Research (CIHR)

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

Continuing Education Attended:

19th Annual Daemen Learning & Teaching Symposium – January 17, 2025

American College of Sport Medicine Annual Meeting in Boston – May 28–31, 2024. Highlighted sessions of interest that I attended:

- Physical Activity and Cardiorespiratory Fitness as Modulators of Health Outcomes: A Compelling Case Presented in the Medical Community
- Update on Female Athlete Research: Appropriate Methodologies leading to Successful Outcomes
- High Intensity Interval Training in the Prevention and Treatment of Cardiometabolic Disease
- Clinical and Scientific 2024 Consensus Statement Updates: Female Athlete Triad
- What We Can Do With Wearables?
- Mental Health
- Sports Injury Epidemiology and Surveillance
- Behavioral Aspects of Physical Activity
- Diversity, Equity, and Inclusion
- General Athlete Care & Clinical Medicine

18th Annual Daemen Learning & Teaching Symposium: Designing for All Learners: UDL Strategies for Success - May 22, 2024

American College of Sport Medicine Annual Meeting in Denver– May 31 – June 3, 2023. Highlighted sessions of interest that I attended:

- Why do Jenny's Bones Keep 'Breaking'? Sowing the Seeds to Prevent Bone Stress Injuries in Distance Runners
- Exercise-Induced Appetite Suppression: What we know about how it works
- Adaptive Thermogenesis – What do we “Give Up” during Exposure to Low Energy Availability
- Fee Data? Yes Please! How to Use Federal Data for Impactful Research
- Military Physiology
- Physical Activity and Pregnancy: Maternal and Infant Outcomes
- Wearable Technology
- Gender in Sports

17th Annual Daemen Learning & Teaching Symposium: IDENTITY, INCLUSIVENESS, AND BELONGING – January 19, 2023

Quality Matters: APPQMR – December 21, 2022 – We learned about QM Rubric and its use in reviewing the design of online and blended courses. In addition to learning about the QM Rubric and the course review process, we also learned to apply the concept of alignment and draft helpful recommendations for course improvement.

PT Evidence Based Practice Clinical Research Symposium – December 10, 2022.

Encountering Our Differences – July 28, August 4, & August 11, 2022 – We earned, discussed, and reflected on identity, privilege, and anti-racism.

Blackboard Gradebook Workshop/Webinar – August 9, 2022 – Led by the Office of Instructional Design, we reviewed Ultra Gradebook and its settings, tools, notification features, and latest updates.

American College of Sport Medicine Annual Meeting in San Diego– May 31 – June 4, 2022.
Highlighted sessions of interest that I attended:

- Physiology and Mechanics of Bone and Connective Tissue
- Targeting Mitochondrial Health to Maintain a Healthy and Active Lifestyle: Key Role of Diet, Exercise and Advanced Nutrition Strategies
- Female & Male Athlete Triad Coalition Annual Meeting
- Performance
- 50 Years of Title IX: View through the Eyes of Athlete turned Orthopedic Surgeon
- Impact of the Covid-19 Pandemic
- American College of Sports Medicine Journals: Three Years in Review
- Women's Reproductive Health and Performance

Gamestorming: A Playful Way to Learn, Lead, and Live – May 20, 2022.

16th Annual Learning and Teaching Symposium *Communication within the Classroom* – January 19, 2022.

Research Symposium: Physical Therapy Evidence Based Practice Clinical Research Symposium – December 11, 2021.

15th Annual Daemen Learning & Teaching Symposium: Small Changes-Big Impact – February 4-5, 2021.

Sports Supplements, Online CE Course through Human Kinetics - Completed January 13, 2021.

Prescriptive Stretching, Online CE Course through Human Kinetics - Completed January 7, 2021.

Running Mechanics and Gait Analysis, Online CE Course through Human Kinetics - Completed January 6, 2021.

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 (- 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.

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 506L – Kinesiology & Biomechanics I

PT 508/L – Physiology of Exercise

First Year Professional Phase, Spring Semester:

PT 507L – Kinesiology & Biomechanics II

Second Year Professional Phase, Fall Semester:

PT 553 – Introduction to Clinical Research Design

Second Year Professional Phase, Spring Semester:

PT 501/S – Applied Statistics

PT 544 – Clinical Research I

Third Year Professional Phase, Fall Semester:

PT 555 – Clinical Research II