

CURRICULUM VITAE

Jennifer Scheid
Daemen College

Education:

Postdoctoral Research Associate
SUNY at Buffalo
2012- 2015
Behavioral Medicine

Doctor of Philosophy
Pennsylvania State University, Pennsylvania, USA
2008 - 2012
Kinesiology: Exercise Physiology

Masters of Science
University of Toronto, Toronto, Ontario, Canada
2005 – 2007
Exercise Science

Bachelor of Science in Kinesiology (Honors)
University of Western Ontario, London, Ontario, Canada
2001- 2005

Licensure Information/Registration Number:

Certifications:

National Strength and Conditioning Association
Certified Strength and Conditioning Specialist
2016

Employment and Positions Held:

Assistant Professor
Daemen College Department of Health Promotion
Amherst, NY
2015 – Present

Indoor Cycling Instructor
Buffalo Athletic Club
Williamsville, NY
2014 – Present

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

Red Cross and Life Saving Society Swimming Instructor
Faculty of Physical Education and Health University of Toronto
Toronto, Ontario, Canada
2005 – 2008

Peer Reviewed Publications:

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.

O'Donnell, E., **Scheid, J.L.**, West, S., & 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

Vescovi, 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.

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.

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.

Published Abstracts of Peer Reviewed 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. *Medicine & Science in Sports & Exercise*. 2019. 49(5): S315.

Koltun, K.J., De Souza, M.J., **Scheid, J.L.**, & Williams, N.I. Amenorrhea In Exercising Women Is Associated With A Greater Reduction In Post-prandial Ghrelin. *Journal of the Endocrine Society*. 2019. 3 (Supplement 1): MON-111.

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. *Medicine & Science in Sports & Exercise*. 2018. 50(5): S82.

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. *Obesity*. 2013. T-336-P.

Carr, K.A., **Scheid, J.L.**, & Epstein, L.H. Working memory load influences the rate of habituation in overweight/obese women. *Obesity*. 2013. T-731-P. (Late Breaking Abstract).

Carr, K.A., Lin, H., Fletcher KD, Sucheston, L., Singh, P., Salis, R., Erbe, R.W., **Scheid, J.L.**, Faith, M., Allison, D.B., & Epstein, L.H. Evidence of Differential Susceptibility in an Interaction between Food Reinforcement and the Serotonin 2A Receptor. *Obesity*. 2012. S48.

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. *Obesity*. 2012. S48.

Hill, B.R., De Souza, M.J., **Scheid, J.L.**, & Williams, N.I. 24-hour Ghrelin And Cortisol Are Associated Subsequent To Diet- And Exercise-induced Weight Loss. *Medicine & Science in Sports & Exercise*. 2012. 44(5): S79.

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. *Appl. Physiol. Nutr. Metab.* 2011. S350.

Gibbs, J.C., Williams, N.I., Reed, J.L., **Scheid, J.L.**, & De Souza, M.J. A High Cognitive Restraint is Associated with Lower levels of Energy Availability in Exercising Women. *Medicine & Science in Sports & Exercise*. 2011. 43(5): 738.

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. *Journal of Clinical Endocrinology and Metabolism*. 2011. 99: P2-199.

Scheid, J.L., Toombs, R.J., Gibbs, J.C., Ducher, D., Williams, N.I., & De Souza, M.J. Estrogen and Peptide YY are Associated with Bone Mineral Density in Premenopausal Exercising Women. *Applied Physiology Nutrition and Metabolism*. 2010. 35 (S1), S92-93.

Gibbs, J.C., Williams, N.I., **Scheid, J.L.**, & De Souza, M.J. Energy Intake, Exercise Training, and Resting Energy Expenditure Characteristics of Exercising Women Categorized by Drive for Thinness Status. *Applied Physiology Nutrition and Metabolism*. 2010. 35 (S1), S32.

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. *Journal of Bone and Mineral Research*. 2010. 25(S1): SA202.

Toombs, R.J., Williams, N.I., Ducher, G., **Scheid, J.L.**, & De Souza, M.J. Menstrual Cycle History but not Percent Body Fat Predicts Bone Mineral Density in Exercising Women. *Journal of Bone and Mineral Research*. 2010. 25(S1): SU363.

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. *Medicine & Science in Sports & Exercise*. 2010. 42(5):S309.

Toombs, R.J., **Scheid, J.L.**, Williams, N.I., & De Souza, M.J. PYY is Negatively Associated with Bone Mineral Density in Exercising Women with Amenorrhea. *Medicine & Science in Sports & Exercise* 2010. 42(5):S495.

Bowell, J.L., **Scheid, J.L.**, Reed, J.L., Corr, M., De Souza, M.J., & Williams, N.I. Energy Density Is Lower in Exercising Women with Energy Related Menstrual Cycles Disturbances. *Medicine & Science in Sports & Exercise* 2010. 42(5):S310.

Gibbs, J.C., Williams, N.I., **Scheid, J.L.**, & De Souza, M.J. High Drive for Thinness Is Associated with Severe Energy Deficiency-Related Menstrual Disturbances in Exercising Women. *Medicine & Science in Sports & Exercise* 2010. 42(5):S81.

Gibbs, J.C., **Scheid, J.L.**, Williams, N.I., & De Souza, M.J. Sensitivity and Specificity of Drive for Thinness Score in Identifying Energy Deficiency in Exercising Women. *Applied Physiology Nutrition and Metabolism* 2009. 34 (S1), S34.

Scheid, J.L., Williams, N.I., West, S.L., Little, J.L., & De Souza, M.J. Six Month Intervention of Increased Caloric Intake Induces Resumption of Menses and Improves BMD in Exercising Women with Amenorrhea. *Journal of Clinical Endocrinology and Metabolism*. 2009, P1-328.

Toombs, R.J., Williams, N.I., **Scheid, J.L.**, West, S.L., O'Donnell E & De Souza, M.J. High prevalence and incidence of luteal phase defects and anovulation in exercising women necessitates careful characterization. *Journal of Clinical Endocrinology and Metabolism*. 2009, P1-329.

Scheid, J.L., Williams, N.I., West, S.L., Awdishu, S., & De Souza, M.J. 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. *Journal of Bone and Mineral Research*. 2008, 23(S1): S286.

West, S.L., **Scheid, J.L.**, Awdishu, S., & De Souza, M.J. The Effects of Exercise and Estrogen on Osteoprotegerin in Premenopausal Women. *Journal of Bone and Mineral Research*. *Journal of Bone and Mineral Research*. 2008, 23(S1): S281.

Awdishu, S., West, S.L., **Scheid, J.L.**, & De Souza, M.J. Elevated Androgens are Associated with Increased Bone Formation in Premenopausal Exercising Women. *Journal of Bone and Mineral Research*. 2008, 23(S1): S287.

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. *Journal of Clinical Endocrinology and Metabolism*.

2008, 717, P3-454.

De Souza, M.J., West, S.L., **Scheid, J.L.**, Jamal, S.A., Hawker, G.A., & Williams, N.I. The Presence of Both an Energy Deficiency and Estrogen Deficiency Exacerbate Alterations of Bone Metabolism in Exercising Women. *Journal of Clinical Endocrinology and Metabolism*. 2008, 167, OR53-1.

Awdishu, S., Williams, N.I., **Scheid, J.L.**, West, S.L., Bellem, A.C., & De Souza, M.J. Energetic Status, Androgen Hormones, and Reproductive Profiles of Oligomenorrheic Exercising Women. *Journal of Clinical Endocrinology and Metabolism*. 2008, 743, P3-554.

Scheid, J.L., West, S.L., Awdishu S, & De Souza, M.J. Elevated Hunger in Exercising Women with Anovulatory Menstrual Cycles. *Applied Physiology Nutrition and Metabolism*. 2007, 32(S1): S80.

West, S.L., **Scheid, J.L.**, Awdishu S, & De Souza, M.J. Eating disorder inventory profiles of premenopausal exercising women characterized by menstrual and energy status. *Applied Physiology Nutrition and Metabolism*. 2007, 32(S1): S91.

Awdishu S, **Scheid, J.L.**, West, S.L., & De Souza, M.J. Reproductive and energetic status of an oligomenorrheic exercising women. *Applied Physiology Nutrition and Metabolism*. 2007, 32(S1): S3.

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. *Journal of Bone and Mineral Research*. 2007, 22(S1): S279.

West, S.L., **Scheid, J.L.**, Williams, N.I., Vescovi, J.D., Jamal, S.A., Hawker, G.A., Awdishu, S., & De Souza, M.J. Increased Caloric Intake Is Associated with Reversal of Amenorrhea and Favorable Changes in Metabolic and Bone Markers: A Case Study Report. *Journal of Bone and Mineral Research*. 2007, 22(S1): S279.

Scheid, J.L., Williams, N.I., Lee, D.K., VanHeest, J.L., & De Souza, M.J. Resting Energy Expenditure is Decreased along a Continuum of Energy-Related Menstrual Cycle Disturbances in Exercising Women. *Applied Physiology Nutrition and Metabolism*. 2006, 31(S1): S74.

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. *Osteoporosis International*. 2006, 17: S337.

Gurd, B.J., **Scheid, J.L.**, Paterson, D.H., & Kowalchuk, J.M. Menstrual Cycle Phase has no Effect on VO₂ Kinetics During Moderate-Intensity Exercise in Young Females. 2005, *Canadian Journal of Applied Physiology*, 30: S33.

Peer Reviewed Scientific and Professional Presentations (those not cited under abstracts):

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.L.**, 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).

Abstracts (not presented):

Non-Peer Reviewed Publications:

Non-Peer Reviewed Presentations:

Funded/In Review Grant Activity:

Other Scholarly Products:

Research Activity:

Continuing Education Workshops Organized:

Membership in Scientific/Professional Organizations:

American College of Sports Medicine

National Strength and Conditioning Association

Consultative and Advisory Positions Held:

Community Service:

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

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
2017-2018

The College of Human Health and Development Graduate Student Council – Vice President
2010-2011

The College of Human Health and Development Graduate Student Council – Member
2009-2010

Happy Valley Lady Barbarian Rugby Club
2008-2010

Member of the Student Female Athlete Triad Coalition, University of Toronto
2006-2007

The University of Western Ontario Varsity Women's Rugby Team
2001- 2004

The University of Western Ontario Varsity Wrestling Team
2002- 2004

Waterloo County Rugby Football Club
2001- 2004

Honors and Awards:

Daemen College Faculty Research Grant
2019

Daemen College Think Tank Grant (with Erin Deheer)
2018

Daemen College Faculty Research Grant
2018

Endocrine Trainee Day at the Endocrine Society
2011

CIHR Doctoral Research Award
2009-2011

Endocrine Society Presidential Poster Competition
2009

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

CIHR Institute for Gender and Health participation in CIHR Research Poster Competition
2008

The Endocrine Society Travel Grant
2008

ASBMR Student Travel Award
2007

CIHR: Canada Graduate Scholarships Doctoral Award
2007

University of Toronto Graduate Fellowship
2006

University of Toronto Graduate Fellowship
2005

James Edwards Melbourne Flin Award in Kinesiology (Athletic Leadership)
2005

Deans Honors List
2005/2004

CIS Academic All-Canadian (Academic/Athletic)
2005/2004

The Western Scholar Award
2001

Continuing Education Attended:

Current Teaching Responsibilities:

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