

## LYNDA B. RANSELL

### EDUCATION AND EMPLOYMENT INFORMATION

#### EDUCATION

- Ph.D.            **Arizona State University**--Tempe, AZ  
Exercise and Wellness Education (Curriculum & Instruction), 1996  
*Phi Kappa Phi Honor Society*
- M.S.            **Smith College**--Northampton, MA  
Exercise and Sport Studies, 1988
- B.S.            **Eastern Kentucky University**--Richmond, KY  
Physical Education (Health Education Minor), 1985  
*Magna Cum Laude*

#### PROFESSIONAL EMPLOYMENT (Post Baccalaureate)

- 2013 – present    **Montana State University**—Bozeman, MT  
Dean & Professor, College of Education, Health and Human Development
- 2008-2012        **Boise State University**—Boise, ID  
Professor, Department of Kinesiology
- 2006-2008        **Boise State University**—Boise, ID  
Department Head of Kinesiology and Professor
- 2004-2006        **Boise State University**—Boise, ID  
Department Head of Kinesiology and Associate Professor
- 2003-2004        **University of Utah**—Salt Lake City, UT  
Graduate Program Co-Director (with Barry Shultz) & Associate Professor (Tenured),  
Department of Exercise and Sport Science; Adjunct Faculty, Department of Health  
Promotion and Education
- 1999-2003        **University of Utah**—Salt Lake City, UT  
Assistant Professor, Department of Exercise & Sport Science
- 1998-1999        **University of Kentucky**—Lexington, KY  
Assistant Professor, Department of Kinesiology & Health Promotion  
Graduate Coordinator, Health Promotion Concentration
- 1996-1998        **Colorado State University**—Ft. Collins, CO  
Assistant Professor, Department of Health & Exercise Science, Health Promotion  
Concentration
- 1992-1996        **Arizona State University**—Tempe, AZ  
Project Coordinator for Preparing Future Faculty Program/Graduate College Fellow  
Teaching Assistant Trainer for the Physical Education Department
- 1989-1992        **Oberlin College**—Oberlin, OH  
Assistant Professor, Department of Physical Education; Field Hockey/Lax Coach
- 1988-1989        **Northfield Mt. Hermon School**—Mt. Hermon, MA  
Physical Education Teacher; Head Field Hockey and Lacrosse Coach; Assistant

- Basketball Coach
- 1986-1988 **Smith College**—Northampton, MA  
Graduate Assistant; Head Junior Varsity Field Hockey and Lacrosse Coach; Assistant Varsity Field Hockey Coach
- 1985-1986 **Phillips Exeter Academy**—Exeter, NH  
Physical Education & Health Teaching Fellow (1-year position)  
Head Varsity Field Hockey Coach and Assistant Varsity Lacrosse Coach; JV Basketball Coach
- 1984-1990 **Camp Bear Creek**—Fairdealing, KY (Kentuckiana Girl Scouts)  
Various Jobs Including Assistant Camp Director, Waterfront/Boating Director, Waterfront Staff

### ADMINISTRATIVE EXPERIENCE

- 2013- present **Dean, College of Education, Health and Human Development** (Montana State University): Responsible for leading 54 full time, 100 adjunct faculty (pre- and post-tenure), and 5 staff.
- 2004-2008 **Department Head, Kinesiology** (Boise State University): Responsible for hiring and evaluating 14 full time and 80 adjunct faculty (pre- and post-tenure) and 4 staff; developing and implementing policies and procedures with faculty members; guiding curricular decisions; maintaining & scheduling facilities including two gymnasiums, a swimming pool, a student activity field, several classrooms, and a variety of other areas; working closely with athletics and campus recreation to deliver programs and schedule facilities; and managing a budget of approximately \$1,800,000.
- 2003-2004 **Graduate Co-Coordinator (with Barry Shultz), Exercise and Sport Science Program** (University of Utah): Responsible for recruiting and communicating with prospective graduate students, developing and implementing policies and procedures for graduate study (and writing a manual for the department), chairing graduate program policies and procedures committee within the department, serving on department chair's "administrative leadership team," ensuring quality of thesis and dissertation work, acting as a liaison for graduate studies with the Graduate College within the University.
- 2004-05 and 2011-13 **President, National Association for Girls and Women in Sport** (AAHPERD): Responsible for working with the board of governors to set the agenda for the coming year, delegating responsibilities for board members and various committees within NAGWS, and communicating with past-presidents and members regarding NAGWS initiatives. My specific successes as president-elect have included partnering with the Exergy Development Group to kick off the inaugural 2012 Exergy Women's Cycling Tour, improving online services available to members (e.g., *Women in Sport and Physical Activity Journal* online, "Women in Sport" course syllabi, "position papers"), nominating various individuals for awards, editing a theme issue for *JOPERD* related to "health issues for women in sport," and disseminating title IX information to the public through various forums.
- 1999-2005 **Co-Executive Director, PEAK Academy** (University of Utah Faculty & Staff Fitness Program): Responsible for assisting with annual report on strengths & weaknesses of programs, budget summary, major equipment purchases, and hiring, training, and evaluating staff

- 1998-1999 **Graduate Coordinator, Health Promotion** (University of Kentucky): Responsible for recruiting graduate students, developing and implementing policies and procedures for graduate study in health promotion, communicating with prospective students about the merits of the program, ensuring quality of thesis and dissertation work.
- 1988-1989 **Head Coach of Field Hockey and Lacrosse** (Oberlin College, Smith College, Northfield Mount Hermon School, Phillips Exeter Academy): Responsible for recruiting student-athletes, training team for success in academics and athletics, administering budget, and regularly evaluating players and assistant coaches.

## **TEACHING**

### **Boise State University**

- Health and Optimal Aging (Graduate Course)
- Applied Principles of Conditioning (Graduate & Undergraduate Courses)
- Health Promotion: Theories and Models of Health Behavior Change (Graduate Course)
- Organization & Administration of Physical Education & Sport (Undergraduate Course, Online)
- Measurement & Evaluation in Kinesiology (Undergraduate Course)
- Psychology of Coaching (Undergraduate Course)
- Beginning Ice Hockey (Activity Program Course)

### **University of Utah**

- Physical Activity Interventions (Graduate Course)
- Physical Activity Measurement (Graduate Course)
- Women in Sport (Undergraduate Course)
- Exercise and Health from a Cultural Perspective (Undergraduate Course, writing intensive)
- Exploration of Movement Sciences (Introduction course for undergraduate ESS majors)
- Methods of Teaching Secondary Physical Education (Undergraduate Course)
- Supervision of Student Teachers (Undergraduate Course)
- Methods of Teaching Elementary Physical Education for Classroom Teachers (UG Course)

### **University of Kentucky (All Graduate Level)**

- Introduction to Health Promotion
- Measurement in Health Promotion
- Health Promotion Interventions
- Seminar in Health Promotion

### **Colorado State University**

- Evaluating Health Promotion Interventions (Graduate Level)
- Theories and Models of Health Behavior Change (Graduate Level)
- Fitness for Life (Undergraduate Level)
- Games and Rhythmic Activities (Undergraduate Level)

### **Curriculum Development**

- State of Utah Physical Education Curriculum Development (2000-2004)
- Online “Fitness for Life” course developed for the Utah Electronic High School (Summer ’02)

## **CERTIFICATIONS**

- National Strength and Conditioning Association (NSCA), Certified Strength and Conditioning Specialist (CSCS) (2007 - present)
- USA Cycling, Level 2 Coach (2005 - present)
- USA Hockey, Level 4 Coach (2009 - present)
- USA Weightlifting, Level 1 Sports Coach (2010 - present)
- Functional Movement Screening Specialist (2011-present)
- TRX Trainer (2011 - present)

### **Graduate Students and Post-Doctoral Trainees**

#### Chair (Thesis/Dissertation Completed)

- Jessica Dratt, MS:* Daughters and Mothers Exercising Together (Colorado State University/Exercise & Sport Studies Dept., Health Promotion 1998)
- Joy Henderson, MS:* Church-Based Health Promotion in Northern Colorado (Colorado State University/Exercise & Sport Studies Dept., Health Promotion 1998)
- Dave Jennings, PhD:* Use of Resiliency Training to Facilitate Physical Activity Initiation and Adherence (University of Utah/Exercise & Sport Science Dept., Psychosocial 2002)
- Jennifer Huberty (White), PhD:* Qualitative perspectives on exercise adherence in previously sedentary versus sedentary individuals (University of Utah/Exercise & Sport Science Dept., Exercise Phys.2003)
- Josh DeCola, M.S.:* A comparison of online and traditional “Fitness for Life” physical education classes (University of Utah/Exercise & Sport Science Dept., Pedagogy 2003)
- Nilesh Palwar, M.S.:* Comparison of Four Body Composition Assessment Methods in Older Adults (Boise State University, ESS Degree, Spring 2009)
- Rhonna Krouse, M.S.:* A descriptive study examining the motivation, goal orientation, coaching and training practices of female ultrarunners. (Boise State University, ESS Degree, Psychosocial, Spring 2009)
- Zoe Hewett, M.S.:* An examination of the effectiveness of an 8-week Bikram Yoga program on mindfulness and physical fitness. (Boise State University, Psychosocial, Spring 2010)
- Monica Reynolds, M.S.:* An examination of strength training practices in 3 sports in Southwestern Idaho. (Boise State University, Psychosocial, Spring 2010).
- Brooke Harris, M.S.:* The use of athletic performance strategies in patient management of cancer: A case study. (Boise State University, Psychosocial, Spring 2010)
- Elizabeth Ellsworth Murdock, M.S.:* Revisiting the Magaria-Kalamen Stair Test: Validity and Reliability of a Power Test for masters athletes. (Boise State University/Dept. of Kinesiology, Biophysical, Fall 2010).
- Monique Schaal, M.S.:* Physiologic performance test differences between varsity high school and Division I female volleyball athletes: A comparative analysis. (Boise State University/Dept. of Kinesiology, Biophysical, Spring 2011).
- Kaman Leung, M.S.* Examining correlates of physical activity in Boise State University students. (Boise State University/Dept. of Kinesiology, Biophysical, Summer 2012)
- Josh Adams, M.S.:* Laboratory and field based correlates of off-road cycling race performance. (Boise State University/Dept. of Kinesiology, Biophysical, Summer 2012)
- Jennifer Summers (Chair), M.S.* Project PHIT: Results of a 10-week worksite intervention on a university campus. (Boise State University, Health Promotion, Fall 2012)

#### Committee Member (Thesis or Dissertation Completed)

- Barry Blackburn, MS:* Wellness Profiles in High School Students (Colorado State University/Exercise & Sport Science Dept., Health Promotion 1998)

- Jennifer Butts*, MS: Effectiveness of Self-Care Intervention with Hispanic Women (Colorado State University/Exercise & Sport Science Dept., Health Promotion 1998)
- Kim O'Day*, MS: Case Study—Changes in parenting style as a result of social work intervention (Colorado State University/Sociology Dept., 1998)
- Stacey Watley*, MS: Validity of five bioelectrical impedance analyzers (BIA) used to estimate body composition in young adults (University of Kentucky/Dept. of Kinesiology & Health Promotion, Exercise Physiology 1998)
- Dave Gatti*, MS: The contribution of physical education to physical activity levels of middle school students as measured by Pedometers (University of Utah/Exercise & Sport Science Dept., Pedagogy 2002)
- Eric Eastep*, M.S.: Do pedometers motivate individuals to increase physical activity (University of Utah/Exercise & Sport Science Dept., Pedagogy 2002)
- Shawn Hueglin*, Ph.D.: Development of a Historical Physical Activity Questionnaire to Assess Bone Loading (University of Utah/Exercise & Sport Science Dept., Exercise Physiology 2003)
- Jason Crandall*, Ph.D.: Binge Eating Disorders and Physical Activity (University of Utah/Exercise & Sport Science Dept., Exercise Physiology 2003)
- Brian Clocksin*, Ph.D.: Can an intervention with middle school students decrease media use and increase physical activity? (University of Utah/Exercise & Sport Science, Pedagogy 2004)
- Sharon Ballou-Mefford*, MS: Designing a school-based worksite wellness program (Boise State University/Dept. of Kinesiology, Psychosocial 2005)
- Robert DeVinaspre*, M.S.: Descriptive Analysis of Exercise Induced Arterial Hypoxemia in the Female Athlete (Boise State University/Dept. of Kinesiology, Biophysical 2005)
- Lynne Ornes*, Ph.D: An online intervention to increase physical activity in college students (University of Utah/Nursing 2005)
- Katie Sell*, Ph.D: Development of Minimal Physical Fitness Test Cut Points for Firefighters (University of Utah/Exercise & Sport Science, Exercise Phys. 2006)
- Mark Abel*, Ph.D.: Do Waist Circumference and Pedometer Placement Affect Step Count Accuracy in Youth? (University of Utah/Exercise & Sport Science Dept., Exercise Physiology 2006)
- Kristi Lund*, M.S.: The effect of stretch band resistance training on the aerobic performance of children. (Boise State University/Dept. of Kinesiology, Biophysical 2006)
- Kathy Berg*, M.S.: The effects of functional fatigue elicited by rapid, repetitive acceleration and deceleration on the ground reaction forces of a jump landing in female collegiate soccer players. (Boise State University/Dept. of Kinesiology, Biophysical, 2007)
- Duane Penner*, M.S.: A comparison between two physical education lesson plan formats (Dynamic vs. Traditional) in two sophomore basketball units. (Boise State University/Dept. of Kinesiology, Psychosocial, 2007)
- Jacob Stout*, M.S.: A comparison of dynamic warm-up protocols in terms of effects on force development and sprint speed (Boise State University/Dept. of Kinesiology, Biophysical, 2008)
- Sunita Merugu*, M.S.: Effects of strength training on older adults (Boise State University, ESS Degree, Fall 2008)
- Mikaela Boham*, Ed.D: The effects of gender on the biomechanics of the hip during athletic maneuvers (Boise State University, Kinesiology Emphasis, Summer 2009)
- David Gonzalez*, M.S. (Committee Member): Criterion validity of the air displacement plethysmography technique in the assessment of percent body fat (Boise State University, Biophysical Emphasis, Fall 2009)
- Pravin Moore*, M.S. (Committee Member): A comparison of warm-up protocols in terms of effects on cricket bowling speed (Boise State University/Dept. of Kinesiology, Biophysical, Fall 2009)
- Anand Date*, M.S. (Committee Member): Effects of Olympic lifts training on lactate production. (Boise State University/Dept of Kinesiology, Biophysical, Fall 2009)

- Josh Grieser (Committee Member), M.S.:* An examination of the energy expenditure of the Wii-Fit. (Boise State University/Dept. of Kinesiology, Biophysical, Spring 2010)
- Chris Scotten, M.S. (Committee Member):* Differences in muscle activation in the lower extremities during traditional squats and squats with excess forward lean. (Boise State University, Biophysical, Spring 2010).
- Jeff Wagner(Committee Member), M.S.:*Correlation between field tests of isometric core stability and functional core strength with sport performance variables in female soccer players. (Boise State University, Biophysical, Fall 2010).
- Kay Grant (External Committee Member), M.S.:* The impact of an online intervention on physical activity and self-worth in women. (University of Nebraska at Omaha/Dept. of Exercise Science and Health Promotion, Fall 2010)
- Guo (Gemma) Linxuan (External Committee Member), Ph.D.* Effects of Tai Chi and Walking Exercise on Selected Parameters of Middle-aged Office Workers. (Hong Kong Baptist University, Department of Physical Education, Spring 2011)
- Graeger, Daniel (Committee Member), MS:* Construct validity of a functional obstacle course as a tool to screen for fall risks in older adults. (Boise State University, Biophysical, Spring 2011)
- Cara Masterson (Committee Member), M.S.:* Effects of load carriage and fatigue on gait coordination in healthy adult men. (Boise State University, Biophysical, Spring 2012)
- Ben Stein (Committee Member), M.S.:* Kinematics and muscle activation patterns during simulated uphill pedaling on an indoor cycling ergometer. (Boise State University, Biophysical, Summer 2012)
- Kevin Peters (Committee Member), M.S.* An examination of finish time variation for collegiate cross country championships by gender. (Boise State University, Psychosocial, Fall 2012)

#### Committee Member (Non-Thesis Tract / Comprehensive Exams Only)

- Karma Madsen, MS* in Exercise and Sport Studies (Boise State University, Spring 2010)
- Katie Dahle, MS* in Exercise and Sport Science (University of Utah, Spring 2003)
- Jun Awakawa, MS* in Exercise and Sport Science (University of Utah, Spring 2000)
- Ross Blackport, MS* in Kinesiology and Health Promotion, Health Promotion Concentration (University of Kentucky/KHP, 1999)
- Audra Bowen, MS* in Kinesiology and Health Promotion, Health Promotion Concentrations (University of Kentucky/KHP, 1999)
- Mark DiNardo, MS* in Kinesiology and Health Promotion, Health Promotion Concentration (University of Kentucky/KHP, 1999)

### SCHOLARSHIP AND CREATIVE ACTIVITY

#### **Published Peer-Reviewed Papers (91 total)**

- Paul, D.R., Scruggs, P.W., Goc Karp, G., **Ransdell, L.B.**, Robinson, C., Lester, M.J., Gao, Y., Jones-Petranek, L., Brown, H., & Shimon, J.M. (in press). Developing a statewide childhood body mass index surveillance program. *American Journal of College Health*.
- Dellesara, C., **Ransdell, L.**, Gao, Y. (in press). Use of Integrated Technology in Team Sports: A Review of Opportunities, Challenges, and Future Directions for Athletes. *Journal of Strength and Conditioning Research*.
- Lau, P. W. C., Leung, W. C. Beeto, **Ransdell, L.** & Wong, P. (in press). The relationship between sport identity and sport participation in overweight and normal weight Chinese children. *International Journal of Physical Education*.
- Ransdell, L.B.**, Mason, S.M., Wuertzer, T., & Leung, K. (2013). Predictors of cycling in college students. *American Journal of College Health*, 61(5), 274-284.

- Schaal, M., **Ransdell, L.**, Gao, Y., & Simonson, S. (2013). Physiologic performance test differences in female volleyball athletes by competition level and player position. *Journal of Strength and Conditioning Research*, 27(7), 1841-1850.
- Ransdell, L.**, Murray, T., and Gao, Y. (2013). Off-Ice Fitness of Elite Female Ice Hockey Players by Team Success, Age, and Player Position. *Journal of Strength and Conditioning Research*, 27 (4), 875-884.
- Date, A., Simonson, S., Gao, Y., & **Ransdell, L.** (2013). Lactate response to different volume patterns of power clean. *Journal of Strength and Conditioning Research*, 27(3), 604-610.
- Lau, P.W.C., Lam, M.H.S., Leung, B.W.C., Choi, C.R., & **Ransdell, L.B.** (2012). Longitudinal changes in national identity in mainland China, Hong Kong, and Taiwan, before, during and after the 2008 Beijing Olympics. *International Journal of the History of Sport*, 29(9), 1281-1294.
- Crandall, J., Eisenman, P.A., **Ransdell, L.B.**, & Reel, J. (2012). Physical activity perceptions and binge eating disorder in community dwelling women. *Food and Public Health*, 2(5), 119-126.
- Du, M., Leung, M.L., Fu, F., & **Ransdell, L.B.** (2012). Managerial stress and job satisfaction in the sport and recreation industry in Hong Kong. *Women in Sport and Physical Activity Journal*, 21(1), 15-23.
- Lau, E.Y., Lau, P., Chung, P.W.C., & **Ransdell, L.** (2012). Evaluation of an Internet-SMS-based intervention for promoting physical activity in Hong Kong Chinese adolescent school children: A pilot study. *Cyberpsychology, Behavior, and Social Networking*, 15(8), 425-434.(DOI: 10.1089/cyber.2012.0161)
- Huberty, J., Vener, J., Gao, Y., Matthews, J., **Ransdell, L.**, Elavsky, S. (2012) Developing an instrument to measure physical activity related self-worth in women: Rasch analysis of the Women's Physical Activity Self-Worth Inventory (WPASWI), *Psychology of Sport & Exercise*, doi: 10.1016/j.psychsport.2012.07.009.
- Greiser, J., Gao, Y., **Ransdell, L.**, & Simonson, S. (2012). Determining intensity levels of selected Wii Fit activities in college age individuals. *Measurement in Physical Education and Exercise Science*, 16, 135-150.
- Reynolds, M., **Ransdell, L.B.**, Lucas, S., Petlichkoff, L., & Gao, Y. (2012). An examination of current practices and gender differences in strength and conditioning in a sample of varsity high school athletic programs. *Journal of Strength and Conditioning Research* 26 (1), 174-183.
- Du, M., **Ransdell, L.**, & Leung, M.L. (2012). Are LTPA and coping strategies moderators of stress, job satisfaction, and wellness in sport and recreation managers in Hong Kong? *Asian Sports Management Review*, 4(1), 65-102.
- Hoeger, W.K., Gonzalez, D., **Ransdell, L.B.**, Gao, Y. (2011). A comparison of air displacement plethysmography and hydrostatic weighing techniques for the assessment of percent body fat in adults by gender and BMI category. *International Journal of Body Composition Research*, 9(3), 89-94.
- Krouse, R., **Ransdell, L.B.**, Lucas, S., & Pritchard, M. (2011). Motivation, goal orientation, coaching and training habits of women ultrarunners. *Journal of Strength and Conditioning Research*, 25(10), 2835-2842.
- Ransdell, L.B.**, & Murray, T. (2011). A physical profile of elite female hockey players in the United States. *Journal of Strength and Conditioning Research*, 25(9), 2358-2363.
- Lau, P.W.C., Lau, E.Y., Wong, D.P., & **Ransdell, L.B.** (2011). A systematic review of ICT-based interventions for promoting physical activity behavior changes in children and adolescents. *J of Internet Medical Research* (DOI: 10.2196/jmir.1533).
- Hewett, Z., **Ransdell, L.B.**, Gao, Y., Lucas, S., & Petlichkoff, L. (2011). An examination of the effectiveness of an 8-week Bikram yoga program on mindfulness, perceived stress, and physical fitness. *Journal of Exercise Physiology and Fitness*, 9(2), 87-92.

- Crandall, J., Eisenman, P., Reel, J., & **Ransdell, L.B.** (2011). Binge eating and physical activity among community dwelling women. *International Journal of Psychology and Behavioral Sciences*, 1(1), 1-8 . DOI: 10.5923/j.ijpbs.20110101.01.
- Ransdell, L.B.** (2010). Is anyone conducting training studies with female athletes anymore? *Journal of Physical Education, Recreation, and Dance*, 81(8), 6-8, 10.
- Ornes, L.L., & **Ransdell, L.B.** (2010). A pilot study examining exercise self-efficacy as a mediator for walking behavior in college age women. *Perceptual and Motor Skills*, 110(3), 1098-1104.
- Huberty, J.L., Vener, J., **Ransdell, L.B.**, Schulte, L., Budd, M.A., & Gao, Y. (2010). *Women Bound to be Active* (Cohorts 3 & 4): Can a book club help women overcome barriers to physical activity and improve self worth? *Women and Health*, 50, 88-106.
- Huberty, J.L., Vener, J., Schulte, L., Roberts, S.M., Stevens, B.S., & **Ransdell, L.B.** (2009). Women Bound to Be Active: One Year Follow-Up to an Innovative Pilot Intervention to Increase Physical Activity and Self-Worth in Women. *Women and Health*, 49, 522-539.
- Ransdell, L.B.**, Vener, J., & Huberty, J. (2009). Masters Athletes: An analysis of performances in running, swimming, and cycling. *Journal of Exercise Physiology and Fitness*, 7(2), S61-S73.
- Lau, P.W.C., Cheung, M.W.L., & **Ransdell, L.B.** (2009). Intervention study for Chinese overweight children: Effects on exercise intention and body satisfaction. *Bio-Educational Journal*, 3(1), 23-30.
- Abel, M.G., Hannon, J.C., Eisenman, P.A., **Ransdell, L.B.**, Pett, M., & Williams, D.P. (2009). Waist circumference, pedometer placement, and step counting accuracy in youth. *Research Quarterly for Exercise & Sport*, 80(3), 434-444.
- Clocksinn, B., Watson, D., Williams, D., & **Ransdell, L.** (2009). An integrated health and physical education program to reduce media use and increase physical activity in youth. *The Physical Educator*, 66, 149-168.
- Moyer-Mileur, L., **Ransdell, L.**, & Bruggers, C.S. (2009). Fitness of children with standard risk acute lymphoblastic leukemia during maintenance therapy: Response to a home-based exercise and nutrition program. *Journal of Pediatric Hematology & Oncology*, 31(4), 259-266.
- Huberty, J.L., Vener, J., Sidman, C., Meendering, J.R., Blissmer, B., Schulte, L., & **Ransdell, L.** (2008). Women Bound to Be Active: A pilot study to explore the feasibility of an intervention to increase physical activity and self-worth in women. *Women and Health*, 48(1), 83-101.
- Huberty, J., **Ransdell, L.B.**, Sidman, C., Flohr, J.A., Shultz, B., Grosshans, O. & , Durrant, L (2008). Explaining long-term exercise adherence in women who complete a structured exercise program. *Research Quarterly in Exercise and Sport*, 79(3), 374-384.
- Lau, P.W.C., Cheung, M.L.W., & **Ransdell, L.B.** (2008). A structural equation model of the relationship between body perception and self-esteem: Global physical self-concept as the mediator. *Psychology of Sport and Exercise*, 9, 493-509.
- Ransdell, L.B.**, Toevs, S., White, J., Lucas, S., Perry, J., Grosshans, O., Boothe, D., & Andrews, S.K. (2008). Increasing the number of women administrators in the academy: A proposed application of the Transformational Leadership Model. *Women in Sport and Physical Activity Journal*, 17(1), 3-14.
- Ransdell, L.B.**, Rice, K., & Snelson, C., & DeCola, J. (2008). Online health related fitness courses: A wolf in sheep's clothing or a solution to some common problems? *Journal of Physical Education, Recreation, and Dance*, 79(1), 45-52.
- Hoeger, W., Bond, L., **Ransdell, L.**, Shimon, J.M., and Merugu, S. (2008). One mile step count at walking and running speeds. *ACSM Health & Fitness Journal*, 12(1), 14-19.



- Ornes, L., & **Ransdell, L.B.** (2007). Web-based physical activity intervention for college women. *International Electronic Journal of Health Education, 10*, 126-137. Retrieved on September 10, 2007 from <http://www.aahperd.org/iejhe/2007/webBasedPhysicalActivity.pdf>.
- Keating, M., Boham, M., & **Ransdell, L.** (2007). Consulting in health education/promotion: Everything you've always wanted to know but were afraid to ask. *California Journal of Health Promotion, 5*(3), 92-99.
- Lau, P.W.C., Lee, A., & **Ransdell, L.B.** (2007). Parenting style and cultural influences on overweight children's attraction to physical activity. *Obesity, 15*(9), 2293-2302.
- Ransdell, L.B.**, Hildebrand, K., Spear, C., & Lucas, S. (2007, invited paper). Higher, stronger, faster, drunker? The need to develop effective strategies for preventing alcohol-related problems among female athletes. *Journal of Physical Education, Recreation, and Dance, 78*(3), 5-7, 11.
- Lau, P.W.C., Lee, A., & **Ransdell, L.B.** (2007). Sport identity and sport participation: A cultural comparison between collective and individualistic societies. *International Journal of Sport Psychology, 5*(1), 66-81.
- Ornes, L., Pett, M., & **Ransdell, L.** (2006). Evaluating a modified exercise self-efficacy scale for college-aged women. *Perceptual and Motor Skills, 103*, 755-764.
- White, J., **Ransdell, L.B.**, Vener, J., & Flohr, J. (2005). Factors related to physical activity adherence in women: Review and suggestions for future research. *Women and Health, 41*(4), 123-148.
- Ransdell, L.B.**, Detling, N., Hildebrand, K., Lau, P., Moyer-Mileur, L., & Shultz, B. (2005). Daughters and Mothers Exercising Together (DAMET): Effects of home- and university-based physical activity interventions on perceived benefits and barriers related to exercise. *American Journal of Health Studies, 19*(5), 195-204.
- Ornes, L., **Ransdell, L.**, Robertson, L.A., & Trunnell, E. (2005). A 6-month pilot study of effects of a physical activity intervention on life satisfaction with a sample of three generations of women. *Perceptual and Motor Skills, 100*, 579-591.
- Ransdell, L.B.**, Robertson, L.A., Ornes, L., & Moyer-Mileur, L. (2005). Generations Exercising Together (GET FIT): A pilot study designed to increase physical activity and improve health-related fitness in three generations of women. *Women and Health, 40*(3), 79-96.
- White, J., Flohr, J.A., Winter, S., Vener, J., Feinauer, R., & **Ransdell, L.B.** (2004). Potential benefits of physical activity (PA) for children with acute lymphoblastic leukemia (ALL). *Pediatric Rehabilitation, 8*(1), 53-58.
- Eastep, E., Beveridge, S., Eisenman, P., **Ransdell, L.**, & Shultz, B. (2004). Does augmented feedback from pedometers increase adult walking behavior? *Perceptual and Motor Skills, 99*, 392-402.
- Ransdell, L.B.**, Grosshans, O., & Trunnell, E. (2004). Teaching at the secondary level: Wisdom from veteran health educators. *Journal of School Health, 74*(6), 209-214.
- Lau, P. W. C., Lee, A., **Ransdell, L.**, Yu, C. W., & Sung, R.Y. T. (2004). The association between global self-esteem, physical self-concept and actual versus ideal body size rating in Chinese primary school children. *International Journal of Obesity, 28* (2), 314-319.
- Grosshans, O., & **Ransdell, L.** (2004). So you want to teach in college? Some factors to consider prior to selecting a position. *California Journal of Health Promotion, 2*(1), 32-38.
- Ransdell, L.B.**, Detling, N., Taylor, A., Reel, J., & Shultz, B. (2004). Daughters and mothers exercising together (DAMET): Effects of home- and university-based physical activity interventions on physical self-perception. *Women and Health, 39*(2), 63-82.
- Ransdell, L.B.**, Vener, J., & Sell, K. (2004, invited paper). Gender and physical activity: International perspectives. *Journal of the Royal Society for the Promotion of Health, 124*(1), 12-13.
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### Papers In Review

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- Sell, K.M., **Ransdell, L.B.**, Eisenman, P., Shultz, B., Hammon, J., & Durrant, L. (in review). Development of minimal physical fitness standards for firefighters. *Journal of Occupational and Environmental Medicine*.
- Ornes, L.L., & **Ransdell, L.B.** (in review). Process evaluation of an internet-delivered physical activity intervention for college women. *Health Education & Behavior*.
- DeCola, J., **Ransdell, L.B.**, Beveridge, S., Reel, J., & Tippetts, D. (in review). A comparison of online and traditional fitness for life curricula in terms of effects on attitudes, knowledge, and behavior in high school students. *Perceptual and Motor Skills*.
- Ransdell, L.**, & Murray, T. (in review). Evaluating a 5-week dryland ice hockey training program with adult recreational ice hockey players. *Journal of Sports Medicine and Physical Fitness*.
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#### **Papers/Research/Books In Progress**

- Ransdell, L.**, Leung, C., & Murray, T. (in progress). Relationship between off-ice fitness and on-ice performance in adult recreational hockey players. *Journal of Strength and Conditioning Research*.
- Dreadwater, A.J., & **Ransdell, L.** (in progress). A comparison of philosophies of functional training. *Strength and Conditioning Journal*.
- Ellsworth, E., **Ransdell, L.**, Gao, Y., & Moore, J. (in progress). Development and validation of an alternative power test for masters athletes. *Journal of Strength and Conditioning Research*.
- Sun, H., Gao, Y., **Ransdell, L.**, & Johnson, T. (in progress). Objective measurement of physical activity levels of U.S. children by BMI category. *Medicine and Science in Sports and Exercise*.
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- Lau, W.P.C., & **Ransdell, L.B.** (in progress). Walking behaviors in elementary school children in Hong Kong. *Research Quarterly for Exercise & Sport*.

#### **Books Published**

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#### **Book Chapters and Proceedings**

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### Book and Video Reviews

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### Non Peer-Reviewed Publications

- Ransdell, L.B.** (2008). The female athlete triad: The spectrum approach. *Performance and Conditioning Newsletter*, 8(4), 8-10.

### Websites Designed

- University of Utah College Course for ESS 2500 (Fall 1999)
- University of Utah College Course for ESS 4710 (Fall 2000)
- High School Fitness for Life Course, Utah Electronic High School (Summer 2002)
- University of Utah College Course for Rural School Nurses, Physical Activity and Nutrition (Summer 2003)

### Posters/Presentations of Data-Based Research

- Wuerzer, T., **Ransdell, L.**, Mason, S. (April, 2013). Cycling behavior among college students: Is distance the final frontier? Urban Affairs Association National Conference in San Francisco, CA.
- Rukavina, P., Gibbone, A., Greenleaf, C., Langdon, J., Jenkins, J., Portman, P., & **Ransdell, L.** (April 2013). Achievement goals and diversity attitudes in physical education pre-service teachers. AAHPERD in Charlotte, NC.
- Gao, Y., Sun, H., & **Ransdell, L.** (April 2013). Rasch Analysis to Assess Appropriateness of the NHANES Depression Screener. AAHPERD Conference in Charlotte, NC
- Summers, J., **Ransdell, L.**, Gao, Y., Toevs, S., Spear, C., & McDonald, T. (April 2013). Is social support a mediator of changes in physical activity, fitness, and nutrition intake during a 10 week worksite intervention? AAHPERD Conference in Charlotte, NC.
- Peters, K, Petlichkoff, L.M., Gao, Y., Lucas, S., & **Ransdell, L.** (April 2013). Finishing times variation for collegiate cross-country national championships by gender. AAHPERD Conference in Charlotte, NC.
- Leung, K., **Ransdell, L.**, Gao, Y., Shimon, J., & Lucas, S. (April 2013). Examining predictors of physical activity in college students on a campus serving primarily non-traditional students. AAHPERD Conference in Charlotte, NC.
- Gragert, D., Gibson, T., Gao, Y., & **Ransdell, L.** (April 2013). Validity of a functional obstacle course as a tool to screen for fall risks in older adults. AAHPERD Conference in Charlotte, NC.
- Scruggs, P.W., Goc Karp, G., Brown, H.F., Davis, C.A., Shimon, J., Robinson, C., Lester, M.J., Paul, D.R., Gibson, T.A., **Ransdell, L.B.**, Vella, C.A., Browder, K.D., & Fitzpatrick, J.M. (April 2013). Idaho physical education: Quality and quantity surveillance data, 2009-2011. AAHPERD Conference in Charlotte, NC.
- Dellasarra, C., **Ransdell, L.**, & Gao, Y. (April 2013). Use of integrated technology (IT) in team sports. AAHPERD Conference in Charlotte, NC.
- Ransdell, L.**, Stampro, K., Rogacki, C., Leung, C., & Gao, Y. (April 2012). The effects of an 8-week dryland training program on recreational ice hockey players. Boise State University Undergraduate Research Symposium.
- Lau, E., Wong, D.P., Smith, A.W., & **Ransdell, L.** (June 2012). Association between total energy expenditure and body kinematics during active video gaming. American College of Sports Medicine Conference in San Francisco, CA.
- Leung, K., Gao, Y., Chung, P.K., & **Ransdell, L.** (March 2012). Parental influence on children's physical activity in Hong Kong. American Alliance for Health, Physical Education, Recreation, and Dance National Conference in Boston, MA.
- Grieser, J.D., Gao, Y., **Ransdell, L.**, Simonson, S.R. (March 2012). Intensity levels of selected Wii-Fit activities in college-age individuals. American Alliance for Health, Physical Education, Recreation, and Dance National Conference in Boston, MA.
- Huberty, J., Vener, J., Gao, Y., Jergenson, Al., Helseth, A., & **Ransdell, L.** (April 2012). Rasch analysis of the revised physical activity self-worth inventory (PASWI): An instrument to measure physical activity related self-worth in women. Society of Behavioral Medicine National Conference in New Orleans, LA.
- Abel, M., Sell, K., Pettitt, R., & **Ransdell, L.** (July 2011). Relationship of physical fitness outcomes to firefighter performance. National Strength and Conditioning Association in Las Vegas, NV.
- Ransdell, L.**, & Murray, T. (June 2011). Effects of a 5-Week Dryland Hockey Training Program on Adult Recreational Hockey Players. American College of Sports Medicine in Denver, CO.
- Huberty, J., Vener, J., Gao, Y., Matthews, G., & **Ransdell, L.** (April 2011). Preliminary development and validation of the Huberty Physical Activity Self-Worth Inventory: A Rasch Analysis. Society for Behavioral Medicine in Washington, DC.
- Gao, Y., Spear, C., & **Ransdell, L.** (April 2011). Correlates of Stress in College Students Using the ACHA Sample. American Alliance for Health, Physical Education, Recreation, and Dance in San Diego, CA.

- Goc Karp, G., Scruggs, P.W., Paul, D.R., Brown, H.B., Shimon, J., Robinson, C., **Ransdell, L.B.**, Lester, M., Gibson, T.A., Jones, L., & Fitzpatrick, J. (April 2011). Idaho physical education: Quality and quantity surveillance for program and policy change. American Alliance for Health, Physical Education, Recreation, and Dance in San Diego, CA.
- Paul, D.R., Scruggs, P., Karp, G.G., **Ransdell, L.B.**, Robinson, C., Lester, M., Brown, H., Petranek, L.J., Gibson, T.A., Shimon, J., Johnson, T., Fitzpatrick, J., Browder, K., Sahin, Z. (November 2010). Body mass index prevalence estimates of a statewide monitoring initiative in Idaho. American Public Health Association in Denver, CO.
- Reynolds, M., **Ransdell, L.**, Lucas, S., & Petlichkoff, L. (July 2010). An examination of strength training practices in 3 sports in Southwestern Idaho. National Strength and Conditioning Association Conference in Orlando, FL.
- Krouse, R., **Ransdell, L.**, Pritchard, M., & Lucas, S. (July 2010). A descriptive study examining the motivation, goal orientation, coaching and training practices of female ultrarunners. National Strength and Conditioning Association Conference in Orlando, FL.
- Sun, H., Gao, Y., **Ransdell, L.**, & Johnson, T. (June 2010). Objective measurement of physical activity levels of U.S. children by BMI category. American College of Sports Medicine Conference in Baltimore, MD.
- Gao, Y., Sun, H., & **Ransdell, L.** (June 2010). Accelerometer-measured physical activity (PA) levels of American Adults by BMI category. American College of Sports Medicine Conference in Baltimore, MD.
- Gonzalez, D., Hoeger, W.W.K., **Ransdell, L.B.**, & Gao, Y. (June 2010). Criterion validity of the air displacement plethysmography technique in the assessment of percent body fat. American College of Sports Medicine Conference in Baltimore, MD.
- Huberty, J., Vener, J., **Ransdell, L.**, Schulte, L., & Budd, M. (April 2010). *Women Bound to Be Active* (Cohorts 3 & 4): Can a book club help women overcome barriers to physical activity and improve self-worth? Society for Behavioral Medicine National Conference, Seattle, WA.
- Ransdell, L.B.** and Lucas, S. (November 2009). Masters Athletes: A comparison of performance in running, and swimming by gender and age. Western Society for the Physical Education of College Women. Asilomar, CA.
- Lau, P. W. C., Cheung M.W.L., **Ransdell, L.**, Wong, P. & Luk, T. C. (November 2007). Chinese children's pedometer-determined physical activity patterns during the segmented school day. New Horizons in Nutrition & Public Health, Tenth Anniversary Symposium of Centre for Nutritional Studies, School of Public Health, The Chinese University of Hong Kong, Hong Kong, China.
- Hoeger, W.K., **Ransdell, L.B.**, Bond, L., & Gonzalez, D. (June 2008). One mile (1609 m) step count differences between men and women. American College of Sports Medicine Annual Meeting in Indianapolis, IN.
- Hoeger, W.K., Bond, L., **Ransdell, L.B.**, Shimon, J., Merugu, S. (June 2007). One mile (1609 m) step count at walking and running speeds. American College of Sports Medicine Annual Meeting in New Orleans, LA.
- Abel, M.G., Hannon, J.C., Eisenman, P.A., **Ransdell, L.B.**, Pett, M., & Williams, D.P. (June 2007). Effects of pedometer placement in high and low waist circumference youth during self-paced walking. American College of Sports Medicine Annual Meeting in New Orleans, LA.
- Bruggers, C.S., Moyer-Mileur, L., & **Ransdell, L.** (May 2006). Body composition, bone mineral acquisition, and cardiovascular fitness in children with standard risk acute lymphoblastic leukemia: Response to a home-based physical activity and nutrition program. Pediatric Hematology Oncology Society Annual Meeting.
- Ornes, L., & **Ransdell, L.** (April 2006) A theory-based, web-mediated physical activity intervention for college women. Presented at the International Congress on Physical Activity and Public



Health in Atlanta, GA.

- Lau, P.W.C., Cheung, M.W.L., & **Ransdell, L.** (December 2005). Sport identity and sport participation: A cultural comparison between collective and individualistic societies. The 4<sup>th</sup> SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Taiwan.
- Lillie, T., Sell, K., Taylor, J.E., Vener, J., **Ransdell, L.**, & Tudor-Locke, C. (June 2005). Physical activity recommendations can be met using a physically interactive video game among college students. Presented at the American College of Sports Medicine Conference in Nashville, TN.
- Sell, K., Lillie, T., Taylor, J.E., Vener, J., **Ransdell, L.**, & Tudor-Locke, C. (June 2005). Quantifying upper body physical activity during interactive video gaming for college students. Presented at the American College of Sports Medicine Conference in Nashville, TN
- Taylor, J.E., Sell, K., Lillie, T., Vener, J., **Ransdell, L.**, & Tudor-Locke, C. (June 2005). Energy expenditure during physically interactive video game playing in male college students with different playing experience. Presented at the American College of Sports Medicine Conference in Nashville, TN.
- Grosshans, O., & **Ransdell, L.** (April 2005). Comparing health teaching at three different types of collegiate institutions. Presented at the American Alliance for Health, Physical Education, Recreation, and Dance in Chicago, IL.
- Lau, P.W.C., Cheung, M.W.L., & **Ransdell, L.** (July 2004). Measurement properties of subscales of the Physical Self-Descriptive Questionnaire in Chinese children. The II International Conference for Physical Educators (ICPE 2004), The Hong Kong Institute of Education, Hong Kong.
- Lau, P.W.C., Leung, B.W.C., & **Ransdell, L.** (April 2004). Sport identity and sport participation: A comparison between obese and non-obese children. The Australian Association of Exercise and Sports Science Inaugural Conference, Brisbane, Australia.
- Ransdell, L.**, Robertson, L., Shultz, B., Moyer-Mileur, L., & Taylor, A. (April 2003). Generations exercising together (GET FIT): A pilot study to examine the effects of a home-based intervention on physical activity and fitness in three generations of women. Presented at the National AAHPERD Convention in Philadelphia, PA.
- Crandall, J., Eisenman, P., **Ransdell, L.**, Reel, J., & Shultz, B. (May 2002). Relationship between binge eating disorder and physical activity in community dwelling individuals. Presented at National ACSM Convention in San Francisco, CA.
- Ransdell, L.**, Detling, N., Oakland, D., Taylor, A., Schmidt, J., Moyer-Mileur, L., & Shultz, B. (2002). Daughters and mothers exercising together (DAMET): Effects of home and university-based physical activity interventions on physical activity and physical self-perception. Presented at the American Academy of Health Behavior Convention in Napa Valley, CA.
- Ransdell, L.**, Taylor, A., Oakland, D., Detling, N., & Shultz, B. (2002). Which components of the social cognitive theory are related to changes in physical activity behavior? *Medicine and Science in Sports and Exercise*, 34(5), S65.
- Taylor, A., **Ransdell, L.**, Oakland, D., Schmidt, J., Moyer-Mileur, L., & Shultz, B. (2001). Daughters and mothers exercising together (DAMET): Effects of home- and university-based physical activity interventions on physical activity and fitness. Selected for the Student Research Award for the Southwest Chapter of the American College of Sports Medicine. Also presented at the national conference of the American College of Sports Medicine in St. Louis, MO. *Medicine and Science in Sports and Exercise*, 34(5), S91.
- Taylor, A., **Ransdell, L.**, Oakland, D., Schmidt, J., Moyer-Mileur, L., & Shultz, B. (2002). Daughters

and mothers exercising together (DAMET): Effects of home-and university-based physical activity interventions on family relations. *Research Quarterly for Exercise and Sport*, 73(1), A-96.

- Scruggs, P.W., Beveridge, S.K., Eisenman, P.A., Watson, D.L., Shultz, B., & **Ransdell, L.** (2002). Criterion-referenced pedometer standard for first- and second-grade physical education: Quantification of moderate to vigorous physical activity. *Research Quarterly for Exercise and Sport*, 73(1 Supp), A-4.
- Gatti, D., Beveridge, S., Watson, D., & **Ransdell, L.** (2002). The contribution of physical education to the activity levels of middle school students as measured by pedometers. *Research Quarterly for Exercise and Sport*, 73(1 Supp), A-4.
- White, J.L., **Ransdell, L.**, Shaw, J., & Eisenman, P. (2001). Behavior management intervention increases physical activity and improves psychological factors in previously sedentary adults. *Research Quarterly for Exercise and Sport*, 72(1 Suppl), A-24
- Massie, J., Wood, R., Dinger, M., & **Ransdell, L.** (2000). Use of the *Surgeon General's Report on Physical Activity and Health* among certified health education specialists (CHES). *Research Quarterly for Exercise and Sport*.
- Whatley, S.W., Florence, M., **Ransdell, L.B.**, Yates, J.W. & Clasey, J.L. (1999). Validity of five bioelectrical impedance analyzers (BIA) used to estimate body composition in young adults. *Medicine and Science in Sports and Exercise*.
- Kennedy, C., Christenson, M., McMillen, B., & **Ransdell, L.B.** (1998). Impact of physical activity on social activity patterns and perceived health status in Mexican American women with rheumatoid arthritis. *Physical Therapy: The Journal of the American Physical Therapy Association*, 78(5), 44.
- Ransdell, L.B.**, Beske S., & Cooke C. (1998). Publication in health education and health promotion--characteristics of journals, tips from journal editors, and contributions of women scholars. *Research Quarterly for Exercise and Sport*, 69(1 Suppl), A-39.
- DeVoe D., **Ransdell, L.B.**, & Sutlive, V. (1998). Recommendation for revision of the University academic core requirement--Physical Education/Wellness. *Research Quarterly for Exercise and Sport*, 69(1 Suppl), A-38.
- Ransdell, L.B.**, Manore, M.M., & Wells, C.L. (1997). Disordered eating in postmenopausal women relative to activity, percent body fat, and body fat distribution. *Medicine and Science in Sports and Exercise*, 29(5 Suppl.), S59.
- Ransdell, L.B.**, Wells, C.L., Swan, P., Corbin, C.B., & Manore, M.M. (1997). Subdomains of body image in postmenopausal women relative to physical activity, adiposity, age, and hormone replacement therapy status. *Research Quarterly for Exercise and Sport*, 68(1), A-106.
- Dale, D., Corbin, C.B., **Ransdell, L.B.**, & Abbadessa, P. (1996). Physical activity: Gender and grade differences among teens. *Research Quarterly for Exercise and Sport*, 67(Supp), A-41.

### Invited Presentations

- Ransdell, L.B.** (November 2012). *Research on female athletes: How can we jump start the field?!* Western Society for the Physical Education of College Women (WSPECW), Monterey Bay, CA.
- Ransdell, L.B.** (March 2010). Hong Kong Baptist University Visiting Scholar Lecture. *Strategies for conducting successful research in health, physical activity, and fitness*. Kowloon Tong, Hong Kong.

- Ransdell, L.B.** (March 2010). AAHPERD: Research Consortium Scholar Lecture. *From Jane Fonda to Jillian Michaels: Strategies for getting women off the couch and into the gym*. AAHPERD National Convention, Indianapolis, IN.
- Ransdell, L.B.** (December 2009). *Masters Athletes: Strategies for successfully extending your athletic career*. West YMCA. Boise, Idaho.
- Ransdell, L.B.** (August 2009). *Masters Athletes: An analysis of performance in running, swimming, and cycling*. Society for Chinese Scholars on Exercise Physiology and Fitness. Hong Kong, China.
- Ransdell, L.B.** (October 2008). Periodization strategies for team sports. Idaho Conference of the National Strength and Conditioning Association in Boise, ID
- Ransdell, L.B.** (May 2008). Finding your inner Xena: Strategies for success for women exercisers. Kentucky Dental Association Convention in Louisville, KY.
- Ransdell, L.B.** (May 2008). How to become the biggest loser—without going to Hollywood. Kentucky Dental Association Convention in Louisville, KY.
- Ransdell, L.B.** (January 2008). The Female Athlete Triad: An important issue for female cycling coaches and athletes. USA Cycling Conference for Women in Cycling in Colorado Springs, CO.
- Ransdell, L.B.** (December 2007). Women in Academic Leadership-Trials and Tribulations in the United States. International Sport Sciences Convention in Hiroshima, Japan.
- Ransdell, L.B.** (December 2007). Increasing Your Scholarly Productivity. Invited Scholar Lecture at Hong Kong Baptist University in Hong Kong, China.
- Ransdell, L.B.** (March 2007). The Female Athlete Triad: What Athletic Directors Need to Know. National AAHPERD Convention in Baltimore, MD
- Ransdell, L.B.** (March 2007). Chat with the Experts: Issues Related to Women & Leadership in Kinesiology. National AAHPERD Convention in Baltimore, MD.
- Ransdell, L.B.** (November 2006). Experiencing Inclusive Excellence: Bringing It Home. Western Society for Physical Education of College Women Annual Convention in Asilomar, CA
- Ransdell, L.B.** (October 2006). Women and Exercise. Southern Association of Women in Physical Activity, Sport and Health (SAWPASH) Annual Convention in Fayetteville, AR
- Ransdell, L.B.** (May 2006). Women and Exercise. Kentucky Dental Association Convention in Louisville, KY
- Ransdell, L.B.** (May 2006). The Environmental Influence on Physical Activity and Exercise. Kentucky Dental Association Convention in Louisville, KY.
- Ransdell, L.B.** (April 2005). Making the most of small grant opportunities. American Alliance for Health, Physical Education, Recreation and Dance. Chicago, IL. (Invited to present by President Brad Cardinal of the Research Consortium of AAHPERD)
- Ransdell, L.B.** (February 2005). Increasing physical activity in families. Kentucky Department of Health, Conference on Physical Activity and Public Health in Lexington, KY.
- Ransdell, L.B.** (February 2005). Designing, implementing, and evaluating physical activity interventions. Kentucky Department of Health, Conference on Physical Activity and Public Health in Lexington, KY.
- Ransdell, L.B.** (February 2005). Cooperative use of school, church, and community facilities to increase physical activity. Kentucky Department of Health, Conference on Physical Activity and Public Health in Lexington, KY.
- Ransdell, L.B.** (December 2003). Student athletic programs and the law: A primer on the legal issues associated with student athletes in Utah. Lorman Education Services. (Invited Speaker on Title IX and designing safe physical education programs.)
- Ransdell, L.B.** (October 2002). Invited Scholar Lecture: Women's health issues related to sport and physical activity. Hong Kong Baptist University. (Invited Scholar Lecture).

- Ransdell, L.B., & Lutz, R.** (September 2002). The Preparing Future Faculty Program: An avenue for effective doctoral student preparation. American Academy of Kinesiology, Tucson, AZ (Invited Speaker)
- Ransdell, L.B., & Dinger, M.K.** (March 2002). Factors related to publication productivity in women scholars in health education. American Academy of Health Behavior Meeting, Napa Valley, CA. (Invited Speaker)
- Strawbridge, M., & **Ransdell, L.B.** (April 2002). Masters women athletes: Physiological factors related to successful performance. AAHPERD Convention in San Diego (Invited Co-Presenter)
- Ransdell, L.B., Eisenman, P., & Phillips, W.** (November 2000). Approaches to effective university-based faculty/staff fitness programs: Go west young professional! Southwest Chapter of the American College of Sports Medicine, San Diego, CA (Invited Speaker; Discussant)
- Ransdell, L.B.** (February 2000). What can we learn from highly productive women scholars in exercise science? McDell Memorial Scholar Lecture. Rocky Mountain Chapter of the American College of Sports Medicine, Frisco, CO (Invited Speaker)
- Ransdell, L.B.** (February 2000). Exercise Psychology Roundtable: Exercise and depression. Rocky Mountain Chapter of the American College of Sports Medicine, Frisco, CO (Invited Speaker)
- Ransdell, L.B.** (April 1999). Effectively surviving the first years of an academic career. Preparing Future Faculty Special Lecture Series, Arizona State University, Tempe, AZ (Invited Speaker)
- Ransdell, L.B.** (February 1999). Exercise Psychology Roundtable: Exercise & the aging population. Rocky Mountain Chapter Conference, American College of Sports Medicine in Dillion, CO. (Invited Speaker)
- Ransdell, L.B.** (June 1998). Reaction to the Boyer Commission report on undergraduate education: A new professor's perspective. American Association of Colleges and Universities (AACU) Preparing Future Faculty National Conference in Colorado Springs, CO. (Invited Speaker; Panel Member)
- Ransdell, L.B.** (June 1998). Current health issues: Syndrome X—A postmenopausal woman's hidden nemesis. Lillian Smith Foundation Conference for Nutrition Educators in Fort Collins, CO. (Invited Speaker)
- Ransdell, L.B.** (April 1998). The meat market: Masterminding an effective job search in higher education. Arizona State University, Preparing Future Faculty Special Lecture Series, Tempe, AZ. (Invited Speaker; Panel Member)
- Ransdell, L.B.** (April 1998). Effective preparation for the annual review and tenure portfolio. Arizona State University, Preparing Future Faculty Special Lecture Series, Tempe, AZ. (Invited Speaker)
- Ransdell, L.B.** (April 1998). Women's health issues. Colorado State University Women's Studies Featured Lecture. (Invited Speaker)
- Ransdell, L.B.** (February 1998). Using theory to plan, implement, and evaluate physical activity interventions. Conference of the Rocky Mountain Chapter, American College of Sports Medicine. (Invited Speaker)
- Ransdell, L.B.** (January 1998). Physical activity interventions in underserved populations. Distinguished Scholar Lecture, University of Utah. (Invited Speaker)
- Ransdell, L.B.** (September 1997). Women's health issues. Colorado Association for Health, Physical Education, Recreation, and Dance Conference in Denver, CO. (Invited Speaker)

- Juszczak, L., Durley, G., Haller, P., Moody, J., **Ransdell, L.**, & Smith, F. (1997). Joining hands with communities of faith. School Health Policy Initiative Conference in Boston, MA. (Invited Speaker; Panel Member)
- Bernstein, B., Hart, A., Irwin, Z., Lambert, L., **Ransdell, L.**, & Taylor, O. (January 1997). Panel Member for “Preparing the future professoriate for changing faculty roles and responsibilities: Challenges and opportunities.” Pre-Conference Workshop at the Council of Graduate Schools Conference on Faculty Roles and Rewards in San Diego, CA. (Invited Speaker; Panel Member)
- Pruitt, A., Blondin, J.A., Bredesen, D., **Ransdell, L.B.**, & Steen, S. (July 1996). Hot topics: Preparing Future Faculty. Council of Graduate Schools Summer Workshop in Denver, CO. (Panel Presentation)
- Ransdell, L.B.**, & Denee, P. (July 1996) Using the Preparing Future Faculty Program for a more effective/successful job search. American Association of Colleges and Universities (AACU), Preparing Future Faculty National Conference in Colorado Springs, CO. (Invited Speaker; Panel Presentation)

### **Other Professional Presentations**

- Ransdell, L.B.**, LaVoi, N., Gill, D., Gao, Y., & Wughalter, E. (April 2013). Conducting research with female athletes: Strategies for success. AAHPERD Convention in Charlotte, NC (Session Organizer and Presenter).
- Ransdell, L.B.**, Oglesby, C., Sell, K.(July 2012). Conducting research with female athletes: Strategies for success. ICSEMIS Convention (International Olympic Congress) in Glasgow Scotland.
- Ransdell, L.B.** (April 2005). Chat with the experts: Conversations with NAGWS experts. AAHPERD Convention in Chicago, IL (Session Organizer and Panel Member).
- Ransdell, L.B.** (January 2005). Women in leadership. National Association of Kinesiology and Physical Education in Higher Education in Tucson, AZ (Presenter)
- Ransdell, L.B.**, Ainsworth, B.E., Tudor-Locke, C., & Dinger, M. (April 2004). Tips for designing successful physical activity interventions for women. AAHPERD Convention in New Orleans, LA (Presenter)
- Ransdell, L.B.** (April 2004). Chat with the experts: Conversations with NAGWS experts. AAHPERD Convention in New Orleans, LA (Session Organizer and Panel Member).
- Ransdell, L.B.**, & Hildebrand, K. (February 2004). The many faces of athletic equity: Health-Risk behaviors of male and female athletes. Southwest AAHPERD Convention in Santa Fe, NM (Presenter)
- Richardson, G., Trunnell, E., & **Ransdell, L.B.** (April 2003). Integrative health: A program of study. AAHPERD Convention in Philadelphia, PA (Presenter)
- Reel, J., & **Ransdell, L.B.** (April 2002). The stronger women get, the more women get paid to play. AAHPERD Convention in San Diego. (Presenter)
- Taylor, A., & **Ransdell, L.B.** (November 2001). Daughters and mothers exercising together (DAMET): A comparison of home- and university-based physical activity interventions. A. Taylor presented this research for the “student research award competition” at the Southwest Chapter, American College of Sports Medicine Convention in Salt Lake City, UT
- Ransdell, L.B.** (March 2001). Improving physical activity interventions with girls and women. AAHPERD Convention in Cincinnati, OH (Presenter)

- Ransdell, L.B.** (June 2000). A meta analysis to examine the relationship between physical activity and self-esteem. Southwest AHPERD Convention in Turtle Bay, Hawaii. (Presenter)
- Ransdell, L.B., & Shaw, J.** (March 2000). Is estrogen the next ergogenic aid? National AAHPERD Conference in Orlando, FL (Presenter)
- Ransdell, L.B.** (March 2000). Masters women athletes. National AAHPERD Conference in Orlando, FL (Presenter)
- Ransdell, L.B.** (March 2000). Soccer skills and drills with Florida's best coaches. National AAHPERD Conference in Orlando, FL (Clinic Organizer)
- Ransdell, L.B.** (March 2000). Women's basketball: Past, present, and future directions. National AAHPERD Conference in Orlando, FL (Panel Organizer)
- Ransdell, L.B.** (October 1998). Women's health issues: Data, discoveries, and future directions. Conference of the Southern Academy of Women in Physical Activity, Sport, and Health (SAWPASH) in Gatlinburg, TN. (Presenter)
- Ransdell, L.B., Beske S., & Cooke C.** (April 1998). Publication in health education and health promotion--Characteristics of journals, tips from journal editors, and contributions of women scholars. National AAHPERD Conference in Reno, NV. (Organizer; Presenter; Panel Member)
- DeVoe D., **Ransdell, L.B., & Sutlive, V.** (April 1998). Recommendation for revision of the University academic core requirement--Physical Education/Wellness. National AAHPERD Conference in Reno, NV. (Panel Member)
- Ransdell, L.B., Wells, C.L., Swan, P., Corbin, C.B., & Manore, M.M.** (March 1997). Subdomains of body image in postmenopausal women relative to physical activity, adiposity, age, and hormone replacement therapy status. National AAHPERD Conference in St. Louis, MO. (Presenter)
- Sutlive, V., DeVoe, D., & **Ransdell, L.B.** (March 1997). Symposium: Statistical significance versus practical significance in adapted physical activity research. National AAHPERD Conference in St. Louis, MO. (Discussant; Panel Member)
- DeVoe, D., & **Ransdell, L.B.** (March 1997). Health assessments in correctional settings. National Correctional Recreation Association Convention in Ft. Collins, CO. (Presenter)
- Ransdell, L.B., & Jones, K.** (March 1996). Training graduate student teaching assistants in physical education: The Arizona State University model. National AAHPERD Convention in Atlanta, GA. (Organizer; Presenter; Panel Member)
- Ewing, K.M., & **Ransdell, L.B.** (January 1996). Female graduate students: Weaving alternative mentoring programs. National Association of Student Personnel Administrators Conference (Western Region) in Phoenix, AZ. (Presenter; Panel Member)

## GRANTS

### Grants Funded:

The Idaho Collaborative Universities Research Team (2008-2009). Healthy Kids Initiative: Measuring BMI and Assessing the Status of Physical Education in Idaho. Collaborative Project with the University of Idaho, Boise State University, Lewis Clark State College, Idaho State University and the Idaho State Department of Education. Sub-contract from Idaho State Department of Education (who received funding from the CDC) (\$60,000) and Grant from Idaho AHPERD (\$15,000). Role: Co-Investigator.

LaMonte, M., Yanowitz, F., Horne, B., **Ransdell, L.B., & Ainsworth, B.E.** (2001). Fitness Institute

Physical Activity Questionnaire Validation Study. Funding for 01/01/02 through 01/01/03 (LDS Hospital Research Foundation: \$25,000). ROLE: Co-Investigator

**Ransdell, L.B.**, Moyer-Mileur, L.M., & Neumayer, L. (2001). Generations exercising together (GET FIT): Bone health and physical fitness outcomes in response to community- and home-based physical activity and nutrition interventions in three generations of women. Primary Children's Medical Center Foundation: Innovative Research Grant Award. Funding for 8/01/01 through 8/01/02 (\$25,000). ROLE: Primary Investigator

**Ransdell, L.B.** (2000). Daughters and Mothers Exercising Together (DAMET): An intervention to increase physical activity, fitness, and attitudes about activity. (University of Utah Faculty Research Grant: \$6,000) ROLE: Primary Investigator

Miller, J. (PI), Kifer, E., **Ransdell, L.B.**, Spalding, C., Mart, J., Thompson, T., Pressley, G., Jones, D., Meibers, B., & DeCroo, J. (1999). Increasing commitment to organ and tissue donation through a worksite intervention. (U.S. Department of Health and Human Services, Division of Transplantation: \$139,811). ROLE: Co-Investigator

McCrary, J. (PI), Clasey, J., & **Ransdell, L.B.** (1998). The etiology of osteoporosis and osteoarthritis. (UK Faculty Research Grant: \$15,000). ROLE: Co-Investigator

**Ransdell, L.B.** (1998). Funding for Completion of 4 Projects: a) BRFSS Data Analysis on the prevalence of irregular physical activity in Kentuckians, b) writing for external funding for DAMET studies, c) perform meta-analysis on the relationship between physical activity and self-esteem, and d) complete a paper on the contributions of women scholars in health promotion and exercise science (UK Summer Research Fellowship:\$5,000). ROLE: Primary Investigator

**Ransdell, L.B.** (1998). Daughters and mothers exercising together (DAMET): A theory-based intervention designed to increase physical activity and improve physical self-perception. (UK Faculty Research Grant: \$5,000) ROLE: Primary Investigator

**Ransdell, L.B.** & Ainsworth, B.E. (1998). Visiting Scholar Award, American College of Sports Medicine (\$4000). ROLE: Primary Investigator

**Ransdell, L.B.** & Kennedy, C. (1997). LIFE: Lifestyle Improvement Through Fitness and Exercise. (CSU Career Enhancement Grant: \$5000). ROLE: Primary Investigator

Kennedy, C., Henry, K., & **Ransdell, L.B.** (1997). Employee Health Risk, Needs Assessment, and Intervention Model. (Longmont Meat Packing: \$3500). ROLE: Co-Investigator

Kennedy, C., McMillen, B., & **Ransdell, L.B.** (1997). Impact of High School Health and Physical Education on Positive Health Behaviors. (Fort Collins High School: \$600). ROLE: Co-Investigator

**Ransdell, L.B.**, Kennedy, C., & DeVoe, D. (1997). LIFE: Lifestyle Improvement Through Fitness and Exercise. (CSU Applied Human Sciences Mini-Grant: \$400). ROLE: Primary Investigator

**Ransdell, L.B.**, DeYoung, W.A., Hutcheson, K., & Roderarmal, S. (1997). Improving Instruction in EX 123, 145, 403 & 405 courses. (CSU Instructional Services Grant: \$1500). ROLE: Primary Investigator

**Ransdell, L.B.**, & Kennedy, C. (1997). An examination of church-based health promotion programs in Fort Collins, CO. (CSU Applied Human Sciences Mini-Grant: \$300). ROLE: Primary Investigator

Linnell, S., **Ransdell, L.B.**, & Cordain, L. (1997). Purchase Nutritionist III Software. (CSU Applied Human Sciences Mini-Grant: \$500). ROLE: Co-Investigator

**Ransdell, L.B.**, Kennedy, C., & DeVoe, D. (1996). A comprehensive analysis of the publication process in health promotion and wellness journals. (CSU Applied Human Sciences Mini-Grant: \$500). ROLE: Primary Investigator

**Ransdell, L.B.**, & Kennedy, C. (1996). Increasing physical activity in adolescent girls and their mothers. (CSU Career Enhancement Grant: \$5000). ROLE: Primary Investigator

**Ransdell, L.B.**, & Wells, C.L. (1996). Body dissatisfaction and social physique anxiety relative to physical activity, adiposity, age, and hormone status in postmenopausal women. (ASU Women's Studies Mini-Grant Program: \$500). ROLE: Primary Investigator

**Ransdell, L.B.**, & Wells, C.L. (1996). Body image in postmenopausal women relative to physical activity. (ASU/Douglas Connely Memorial Award: \$400). ROLE: Primary Investigator

#### **Grants Submitted But Not Funded:**

**Ransdell, L.B.**, Vescovij, J., and Gao, Y. (2012). Determining the physical demands of female ice hockey players using advanced technology systems. USA Hockey Foundation. (\$25,000). Role: PI

**Ransdell, L.B.** (2012). Effects of Bingocize on physical and mental health in Seniors. Boise Rotary Club Foundation. (\$2,000). Role: PI

**Ransdell, L.B.**, Leung, K., & Gao, Y. (2012). Effects of the perceived environment on cycling behavior in Boise State University Students. Bikes Belong Foundation. (\$8,000) Role: PI.

Mason, S., **Ransdell, L.**, Gao, Y., and (February 2011). Geographic and Contextual Influences on Energy Balance. National Institutes of Health (R-21). Role: Co-PI (\$250,000 over 2 years).

Flint-Wagner, H., **Ransdell, L.**, Simonson, S., et al. (November 2009) Using physical activity to prevent and treat rheumatoid arthritis in seniors. National Institutes of Health-NIAAMS. Role: Co-PI (\$1,626,102 over 3 years).

Flint-Wagner, H., **Ransdell, L.B.**, Gao, Y., et al. Policy change to encourage and sustain outdoor physical activity in children. NIH Grant, ROLE: Co-PI (\$275,000 over 2 years)

Flint-Wagner, H., **Ransdell, L.B.**, Simonson, S., et al. (2008) Using physical activity to prevent and treat rheumatoid arthritis in seniors. National Institutes of Health-NIAAMS. Role: Co-Primary Investigator (\$1,626,102 over 3 years). Scored but not funded. Plan to re-submit in November 2009.

Huberty, J.L., Elavsky, S., **Ransdell, L.B.**, Hayntazki, G., Steven, B., Darrington, D., Welk, G, & Waltman, N. (2009). Fit Minded Cancer Survivors: A novel approach to increasing physical activity after cancer. \$893,191. National Institutes of Health - National Cancer Institute - Challenge grant. ROLE: Consultant.

Bigbee, J., & **Ransdell, L.B.** (2009). Nurse home visits and physical and mental health or rural grandparents raising grandchildren. Funding for 2009 through 2011 National Institutes of Health, Challenge Grant.) ROLE: Co-Investigator.

Scruggs, P.W., & **Ransdell, L.B.** (2004). Quantifying physical activity in physical education. Funding for 1/01/04 through 1/01/06 (Dept. Of Health and Human Services (NIH): \$163,651; scored 302; plan to re-submit on 7/1/04). ROLE: Co-Investigator

**Ransdell, L.B.** (2002). John R. Park Teachers' Fellowship. Funding for Fall '02.

Bruggers, C., Moyer-Mileur, L., White, J., & **Ransdell, L.B.** (2002). Improving health, fitness, and quality of life in children with acute lymphoblastic leukemia. Funding for 6/30/02 through 6/30/04 (Cancer Treatment Research Foundation: \$124,000). ROLE: Co-Investigator

Moyer-Mileur, L.J., **Ransdell, L.B.**, Bainbridge, C.N., & Shaw, J.M. (2001). Strong Girls: Strong Women. Clinical Trial Planning Grant (NIH AR-00-010). Funding for 12/01/01 through



11/30/02 (\$75,000). ROLE: Co-Investigator

Bainbridge, C.N., **Ransdell, L.B.**, & Moyer-Mileur, L.J. (2001). Generations Exercising Together (GET FIT). Willard L. Eccles Charitable Foundation Grant. Funding for 10/1/01 through 10/1/02 (\$30,000). ROLE: Co-Investigator

Ransdell, L.B. A comparison of health-related fitness curricula to activity-based curricula at the high school level. (2000). (AAHPERD Seed Grant Program, \$5,000). ROLE: Primary Investigator

Moyer-Mileur, L.J., **Ransdell, L.B.**, Watson, D., Shaw, J., & Newton, M. (2000). Promoting Healthy Lifestyles and Physical Activity in Early Adolescent Girls. 2001 Local Initiative Funding Partners Program for Robert Wood Johnson Foundation. Funding for 8/21/01 through 7/31/05 (\$950,000). ROLE: Co-Investigator

Clark, E., Moyer-Mileur, L.J., Bainbridge, C.N., **Ransdell, L.B.**, Shaw, J.M., Watson, J.M., Reading, J., Parker-Cohen, N., Bamshad, M., & Hoff, C. (2000). Trial of Activity in Adolescent Girls. National Institutes of Health, HL-00-011. Funding for 9/29/00 through 9/28/06 (\$2,749,823). ROLE: Co-Investigator

**Ransdell, L.B.** (2000). Daughters and Mothers Exercising Together (DAMET): A comparison of physical activity interventions. Submitted for consideration for AAHPERD Seed Grant Funding. (\$5,000). ROLE: Primary Investigator

**Ransdell, L.B.**, Beveridge, S., & Carr, N. (1999). A proposal to fund a training center for women interested in sport careers: A joint initiative between the University of Utah and Salt Lake Community College. Women's Sports Foundation Grant Program (\$1,000). ROLE: Primary Investigator

Auld, G.(PI), **Ransdell, L.B.**, Anderson, J., & Kennedy, C. (1998). Diet and physical activity in older Hispanic and Caucasian women. National Institutes of Health, RFA OD-980002 (Innovative Approaches to Disease Prevention). Funding for 4/1/99 through 3/31/03 (\$971,126) ROLE: Co-Investigator

Kennedy, C.(PI), & **Ransdell, L.B.** (1998). Using the transtheoretical model to facilitate increased physical activity in women with rheumatoid arthritis. National Arthritis Grant Foundation (\$10,000). ROLE: Co-Investigator

McCrory, J.(PI), Clasey, J., & **Ransdell, L.B.** (1998). The etiology of osteoporosis and osteoarthritis. American Federation for Aging Research, New Investigator Grant (\$40,000). ROLE: Co-Investigator

**Ransdell, L.B.** (1998). Daughters and mothers exercising together (DAMET): A theory-based intervention designed to increase physical activity and improve physical self-perception. American Alliance for Health, Physical Education, Recreation, and Dance Seed Grant Program (\$5,000). ROLE: Primary Investigator

**Ransdell, L.B.** (1998). Purchasing health risk appraisal and nutrition analysis software for use with KHP courses. UK Teaching and Learning Center Grant (\$3,500). ROLE: Primary Investigator

**Ransdell, L.B.** (1997). LIFE: Lifestyle improvement through fitness and exercise. American College of Sports Medicine, Fellowship Fund for Epidemiological Research on Physical Activity. (\$10,000). ROLE: Primary Investigator

## SERVICE

## **Montana State University**

### **Boise State University**

#### Department

- Chair, Department of Kinesiology (2004 – 2008)
- Facilities Committee (2004 – 2012)
- Tenure & Promotion Committee (2004 – 2012)
- Coordinator, Campus Visit for students from Mukogawa University in Japan (February, 2007)

#### College

- Promotion and Tenure Committee (2008-2010: Chair in 2009-2010)
- Chair, Search Committee for Chair of Special Education/Early Childhood Studies Department (Spring 2007)
- Doctoral Program Committee (2005 – 2012)
- College Curriculum Committee (2005 – 2007)
- Dean's Transition Team (2005 – 2007)

#### University

- Faculty Ombuds (2011-2012)
- Human Resources Advisory Council (2006 – 2012)
- Dean's Evaluation Committee (2005 – 2006)
- Chairs Advisory Committee (2005 – 2008)
- Graduate Council (2005 – 2008)
- Naming Policy Committee (2005 – 2010)
- HERS West Advisory Board (2004 – 2006)
- Non-Discrimination and Affirmative Action Committee (2005 – 2012)
- Student Recreation Center Advisory Board (2004 – 2006)
- Teaching & Learning Center Planning Committee (2004 – 2012)

### **University of Utah**

#### Department

- PEAK Co-Executive Director (with Dr. Janet Shaw) (Appointed, 1999-2004)
- Chair's Advisory Committee (1999)
- Search Committee, Sport and Exercise Psychology Position (Spring '00)
- Search Committee, Exercise Physiology Position (Spring '01)
- Co-Evaluator (with Dr. Barry Shultz), Departmental Comprehensive Exam Questions on Statistics (Appointed, 2000 – 2004)

#### College

- Kennecott Scholarship Selection Committee for the ESS Department (1999 – 2001)
- Adjunct Faculty for the Department of Health Education and Promotion (2000 to present)

#### University

- Campus Recreation Committee (Appointed, 2003 –2004)
- College of Health Representative, Undergraduate Council (Elected Term, 2000 – 2003)
- University Center for Teaching and Learning, Committee for Approving Writing Intensive Courses (Appointed, 2001-2003)

- Upward Bound Volunteer, Worked with Neftali Hernandez, an Upward Bound Graduate who is entering the University of Utah next fall (Summer '02)
- Secondary Education Admissions Committee, Department of Educational Studies (Spring '00)
- Graduate Council Ad Hoc Committee (Representing Undergraduate Council)—Review of Department of Special Education (Fall '01)

### **Colorado State University**

#### Departmental

- Department Core Curriculum Committee (Colorado State University, Appointed Term: 1997-98)
- Library Representative for the Department (Colorado State University, Appointed Term: 1997-98)
- Code Revision Committee for Department (Colorado State University, Appointed Term: Spring 1997)
- Moby Renovation Committee for Department (Colorado State University, Appointed Term: 1997-98)

#### College

- College Scholarship Committee (Colorado State University, Elected Term: 1997-99)

#### University

- Women's Studies Advisory Board (Colorado State University, Elected Term: 1997-99)

### **Professional Service: Regional, National, & International Level**

- Panel Member, *Hong Kong 2014 Research Assessment Exercise (RAE) for Education*. Serving on a 6 member international panel to evaluate Education Programs for Hong Kong's 8 Publically funded higher education institutions.
- Editorial Board, *Research Quarterly for Exercise and Sport* (2013-present) and *Women in Sport and Physical Activity Journal* (2013-present)
- External Reviewer for Promotion from Associate to Full Professor for Dr. Jody Clasey, University of Kentucky (August 2013)
- External Reviewer for Promotion from Associate to Full Professor for Dr. Tim Behrens, University of Colorado, Colorado Springs (August 2013)
- External Reviewer for Promotion and Tenure from Assistant Professor to Associate Professor for \_\_\_\_\_, New Mexico State University (August 2013).
- External Reviewer for Promotion from Associate to Full Professor for Dr. Tim Bungum, UNLV (September 2012)
- Exergy Tour (Women's International cycling race in Boise, ID from May 24-28, 2012); I served as President of NAGWS, which was the non-profit partner for the Exergy Tour; as a result of our partnership, a portion of proceeds go towards NAGWS grant and fundraising initiatives (with James Carkulis, Heather Hill and Kristen DeAngeli)
- University Liaison, U.S. Olympic Cross Country Ski Facility in Sun Valley (with Harry Griffin, Sun Valley Chamber of Commerce) (January 2012 - present)
- Grant Reviewer, Office of Safe and Drug Free Schools, Carol M White Physical Education for Progress Grants (May and July, 2011)
- External Reviewer for Promotion and Tenure to Associate Professor for Dr. Nat Ratnapradipa (Southern Illinois University) and Dr. Michelle Stockton (University of Memphis) (June 2011)
- Editor, *Women in Sport and Physical Activity Journal* (Appointed, 2010 –2011)

- Grant Reviewer, Office of Safe and Drug Free Schools, Alcohol Abuse Prevention Grants (May 2010)
- Chapter Reviewer, ACSM's Complete Guide to Fitness and Health (April 2010)
- Research Consortium, Fellow Selection Committee (December 2009-2011)
- Society of Behavioral Medicine, Abstract Review Committee (October 2009)
- Third Year Review, Dr. Danielle Dayton, University of Oklahoma (February 2009)
- Grant Reviewer, Social Science and Humanities Research Council of Canada (February 2009)
- Graduate Program Review (External Reviewer), Brigham Young University (April 2008)
- Conference Organizing Committee, Idaho State Conference of the National Strength and Conditioning Association (November 2008)
- Invited Grant Reviewer, Carol M. White, Physical Education for Progress Grant Competition. U.S. Department of Education, Division of Safe and Drug-Free Schools (April 2008 and June 2011)
- Section Editor, *Women in Sport and Physical Activity Journal* (2008-present)
- Research Consortium Research/Writing Award Committee, AAHPERD (2007)
- USA Hockey, Level 4 Certified Coach (out of 5 levels, 5 is the highest level) (2007-present)
- USA Cycling, Level 2 Certified Coach (out of 3 levels, 1 is the highest level) (2006 – present)
- President, National Association for Girls and Women in Sport (NAGWS), an association of the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), (2005-2006 and 2011-2012)
- Invited Grant Reviewer, Social Sciences and Humanities Research Council of Canada. "The influence of sport programs on youth development." (Fall 2004).
- President-Elect, National Association for Girls and Women in Sport (2003 – 2005)
- NAGWS/WSPAJ Writing Award Committee (2003-2004)
- Credentials Committee, Research Consortium, American Alliance for Health, Physical Education, Recreation, and Dance (Fall '02)
- Abstract Reviewer, Exercise Physiology and Fitness, American Alliance for Health, Physical Education, Recreation, and Dance (Fall '02, '03, '06)
- Abstract Reviewer, Student Award Competition, Southwest Chapter, American College of Sports Medicine (Fall '02)
- Grant Reviewer, Carol M. White Physical Education for Progress Act (PEP Grants). U.S. Department of Education, Division of Safe and Drug-Free Schools. (Summers '02 & '03).
- Textbook Reviewer, Lippincott and Williams. *Applied Exercise Physiology* by Kathryn Hildebrand. (Summer '02).
- Chair, Abstract Review Committee for the American Academy of Health Behavior National Convention (Appointed, Spring '02)
- Grant Reviewer, Research Consortium Grant Competition (Appointed, Spring 2002)
- Editor, *Women in Sport and Physical Activity Journal* (Appointed, 2000 –2002)
- Co-Editor, *Physical Activity Today* (A publication of the Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance) (2000- 2001)
- Member, Nominating Committee, Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance (Appointed, Spring 2001)
- Member, National Health Objectives Committee, American College of Sports Medicine (Appointed, Spring 2001)
- Invited Editor for NAGWS theme issue of the *Journal of Physical Education, Recreation, and Dance* (2000): Ensuring the mental and physical health of active girls and women.
- Chair, Policy Board for the *Journal of Physical Education, Recreation, and Dance* (Elected Term, 2000 - 2002)
- Reviewer, Dorothy Harris Scholarship, Women's Sports Foundation (February 2000)

- Vice President for Diversity (Board Member), Southwest District of the American Alliance for Health, Physical Education, Recreation, and Dance (Elected Term: 2000 – 2003)
- Chair, Abstract Review Committee for the Research Consortium of the American Alliance for Health, Physical Education, Recreation, and Dance (Fitness/Exercise Physiology Section) (Appointed Position, Fall '99)
- Vice President for Publications (Board Member), National Association for Girls and Women in Sport (Elected Term: Spring '99 – Spring '02)
- National Coordinator for the Pathfinder Award, National Association for Girls and Women in Sport (NAGWS) (Fall 1997/Spring 1998)
- Nominations Committee, National Association for Girls and Women in Sport (NAGWS) (Fall 1997 & 1998)
- Abstract Reviewer, National Conference of the American Alliance for Health, Physical Education (AAHPERD), Recreation, and Dance (Boston, 1999)
- Manuscript Reviewer, *Annals of Behavioral Medicine*, *Journal of the American Medical Women's Association*, *American Journal of Health Behavior*, *Research Quarterly for Exercise and Sport*, *American Journal of Health Education*, *Women in Sport and Physical Activity Journal*, *Journal of Sport and Exercise Psychology*, *ERIC Digest*, *Women and Health*, *QUEST*, *Journal of Physical Activity and Health*, *Medicine and Science in Sports and Exercise*, *Applied Physiology Nutrition and Metabolism*
- Board Member, Rocky Mountain Chapter, American College of Sports Medicine (Elected Term: Spring '97 – Spring '99)
- National Advisory Board of the Women's Sports Foundation (Elected Term, 1998-2001)
- Grant Reviewer for the "Girl Neighborhood Power" Initiative (September 1997), Department of Health and Human Services, Maternal and Child Health Division

### **Service to Utah Community**

- Utah State Department of Education, Secondary Physical Education Core Curriculum Committee (2001 to 2004)
- Utah Cardiovascular Health Coalition (1999 to 2004)
- Expert Witness for Southeast Philadelphia Transit Authority (SEPTA) vs. Lanning Trial (January 1998). Testified on the physical test requirements for male and female police officer recruits

### **AWARDS**

#### **National and International Awards:**

- Research Consortium, Scholar Lecture in 2010
- Who's Who Among Teachers (2006)
- Honorary Research Fellow, Dr. Stephen Hui Research Center for Physical Health and Recreation, Hong Kong Baptist University (2003)
- Fellow, American College of Sports Medicine (January 2002)
- Presidential Award, National Association for Girls and Women in Sport (April 1999)
- Fellow, Research Consortium for the American Alliance for Health, Physical Education, Recreation, and Dance (February 1999)
- Visiting Scholar Award (with Barbara Ainsworth), American College of Sports Medicine (Summer 1998)

**State and Regional Awards**

- Utah Academy of Arts, Sciences, and Letters: Distinguished Service Award for Health, Physical Education and Recreation (2003)
- Finalist, Southwest American College of Sports Medicine Student Research Competition (1995)

**University and Community Awards**

- Nominated for Foundation Teaching Scholar Award, Boise State University (2011)
- Outstanding Young Alumnae, Graduate College, Arizona State University (1999)
- Outstanding Alumni Award, Department of Physical Education, Eastern Kentucky University (1999)
- Phi Kappa Phi Honor Society, Arizona State University (1995-96)
- Magna Cum Laude (1985) and National Dean's List (1984-85), Eastern Kentucky University
- Presidential Scholar/Athlete Award, Eastern Kentucky University, 1984 and 1985
- "Outstanding Junior," Department of Physical Education, Eastern Kentucky University, 1984