

**ELIZABETH C. WUORINEN, Ph.D.**

**EDUCATION**

**Ph.D. School of Kinesiology: Exercise Physiology Center, December 2007**

The University of Michigan, Ann Arbor, Michigan

Primary Specialization: **Exercise Physiology**; Supporting Specialization: **Exercise Endocrinology**. **Dissertation:** Detection of Exercise Energy Expenditure

**Masters of Science: Exercise Science August, 1991**

Northern Michigan University, Marquette, Michigan

**Bachelors of Applied Arts: Health Fitness/Health Promotion in a Corporate or Clinical Setting December 1988, Minor: Business Administration**

Central Michigan University, Mt. Pleasant, Michigan

**RELEVANT EXPERIENCE**

**Northern Michigan University, Marquette, Michigan**

School of Health and Human Performance

Associate Dean and Director, July 2016 – present

**Courses Taught:** Exercise Endocrinology

**Norwich University, Northfield, Vermont**

Department of Biology and Physical Education

Chair, 2015-2016

Physical Education Coordinator, 2010-2015

Associate Professor, 2012 – 2016

Assistant Professor, 2005 – 2012

**Courses Taught:** Exercise Testing and Electrocardiography, Advanced Exercise Physiology and Prescription, Physiology of Exercise, Kinesiology, Management of Sports Facilities, Lifelong Motor Development, Personal and Community Health, Fitness and Wellness Assessment, Biological Readings and Research, Pathophysiology for Sports Medicine, Foods and Nutrition

**Eastern Michigan University, Ypsilanti, Michigan**

Department of Exercise Science

Visiting Lecturer, 2004-2005

**Courses Taught:** Pathology of Sports Medicine, Human Physiology, Human Anatomy

**The University of Michigan, Ann Arbor, Michigan**

School of Kinesiology

Summer Orientation Graduate Student Instructor Representative, 2003-2004

Laboratory Manager/Technician, Exercise Endocrinology Laboratory, 2000-2005

Graduate Student Instructor, 2000-2004

**Courses Taught:** Human Anatomy and Physiology Laboratory

**Keene State College, Keene, New Hampshire**

Physical Education and Athletic Training: Exercise Science

Manager of BodyWorks, 1996-2000

Adjunct Faculty, 1996-2000

**Courses Taught:** Practicum: Health Promotion and Fitness; Exercise Programming; Fitness Testing; Facilities Management; Physiology of Exercise

**Northern Michigan University, Marquette, Michigan**

School of HPER: Exercise Science

Graduate Assistant, 1989-1990

**Course Taught:** Physical Well Being

**HONORS AND RECOGNITION**

**Charles A Dana Category I Award**, Norwich University, April 2007, 2015

Charles A. Dana Category I are awarded annually to eligible faculty who have a superior record in scholarship, teaching, and university service. Recipients participate in the Charles A. Dana Category I Lecture Series for the year in which they hold their awards.

**Faculty Development 0.25 release time**, Norwich University, Fall 2011, 2014

**Faculty Development Independent Study Leave**, Norwich University, Fall 2012; 2013

Worked in collaboration with a group in Australia and prepared three manuscripts for publication.

**Travel Award**, The Endocrine Society, June, 2006

**Dodge Teaching Award (finalist)**, Norwich University, 2011, 2013, 2015

Award for the most outstanding professor in their first ten years, given every two years. Was nominated and a finalist for three consecutive cycles.

**New Investigator Travel Award**, Society for the Study of Ingestive Behavior, 2004

**Margaret Dow Towsley Scholarship**, Center for the Education of Women, The University of Michigan, 2004

**Rackham One-Term Dissertation Award**, The University of Michigan, 2004

**Blue Cross Blue Shield Student Award**, Blue Cross Blue Shield of Michigan Foundation, 2003

**Adventis Metabolism Award**, Women in Endocrinology, 2003

**Hunsicker Memorial Award**, School of Kinesiology, The University of Michigan, 2002

Awarded to the graduate student who has demonstrated superior scholarship and professional zeal and promise.

**PUBLICATIONS**

Wuorinen EC, Cowens K, Wuorinen S, LeClerc S, and Wuorinen J. Varied aerobic intensity effects on hormonal, anthropometric, and health changes. *Open Journal of Molecular and Integrative Physiology*, 4:36-48, 2014.

Wuorinen EC. The psychophysical connection between exercise, hunger, and energy intake. Norwich University, Northfield, Vermont. *American Journal of Lifestyle Medicine*, 20(1): 1-5, 2014.

Wuorinen EC and Borer KT. Circadian and ultradian components of hunger in human meal-to-meal eating. Norwich University, Northfield, Vermont and School of Kinesiology, The University of Michigan, Ann Arbor, Michigan. *Physiology and Behavior*, 122: 8-16, 2013.

Borer KT, Wuorinen E, Lukos, J, Denver J, Porges SW, and Buran, C. Two bouts of exercise before meals, not after meals, lower fasting blood glucose. School of Kinesiology, Internal medicine, The University of Michigan, Ann Arbor, Michigan, and the Psychiatric Institute, University of Illinois at Chicago, Chicago, IL. *Medicine and Science in Sport and Exercise*, 41(8):1606-1614, 2009.

Borer KT, Wuorinen E, Ku K, and Burant C. Appetite responds to changes in meal content, whereas ghrelin, leptin, and insulin track changes in energy availability. School of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. *The Journal of Clinical Endocrinology and Metabolism*, 94(7): 2290-2298, 2009.

Borer KT, Wuorinen EC, Chao C, Burant, C. Exercise energy expenditure is not consciously detected due to oro-gastric, not metabolic, basis of hunger sensation. *Appetite*, 45(2): 177-181, 2005.

## **PRESENTATIONS: Peer-reviewed or Invited**

### ***Peer-reviewed***

Borer KT and Wuorinen E. Isocaloric Two-intensity Intermittent Exercise Blunts Detection, Leptin Response, and Dietary Compensation in Obese Women. School of Kinesiology, The University of Michigan, Ann Arbor, Michigan and School of Health and Human Performance, Northern Michigan University, Marquette, Michigan. American College of Sports Medicine Annual Meeting, June 2017, Denver, Colorado.

Wuorinen E, Wuorinen S, and Page R. Acute and chronic varied exercise intensity effects on total antioxidant capacity and protein carbonylation. School of Health and Human Performance, Northern Michigan University, Marquette, Michigan and Department of Biological Sciences, Norwich University, Northfield, Vermont. Experimental Biology Annual Meeting, April 2017, Chicago, Illinois.

Borer KT and Wuorinen E. Obesity Blunts Detection of, and Compensation for, Exercise-Induced Energy Deficit. School of Kinesiology, The University of Michigan, Ann Arbor, Michigan and Department of Biology and Physical Education, Norwich University, Northfield, Vermont. Endocrine Society Annual Meeting, April 2016, Boston, Massachusetts.

Wuorinen E. Charles A. Dana Category I Lecture. Norwich University, Northfield, Vermont, February 2016.

Wuorinen E, Wuorinen S, Cowens K, and LeClerc S. Low intensity exercise more successful at generating weight and circumference changes from 10 to 20 weeks of training as compared to

high intensity exercise. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. Obesity Society Annual Meeting, October 2011, Orlando, Florida.

Wuorinen E. Effects of exercise intensity over 20-weeks of training in middle-aged overweight women. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. Vermont Genetics Network 10<sup>th</sup> Annual Retreat, August 2011, Burlington, Vermont.

Wuorinen E and Wuorinen S. Resistance Tube Training Elicits Similar Testosterone and Growth Hormone Changes as Weight Training and Running. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. The Endocrine Society Annual Meeting, June 2011, Boston, Massachusetts.

Wuorinen S and Wuorinen E. Testosterone Concentrations Following Running, Traditional Weight Training, and Resistance Tube Training. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. National Conference on Undergraduate Research, Ithaca, New York, March/April 2011.

Wuorinen E. The effect of varied exercise intensity over a 20-week training period in middle-aged women. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. Vermont Genetics Network 9<sup>th</sup> Annual Retreat, August 2010, Burlington, Vermont.

Wuorinen E. Middle-aged overweight women consume more kilocalories than overweight young women when sedentary, but not following exercise of varied intensity. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. The Obesity Society Annual Meeting, October 2009, Washington, D.C.

Wuorinen E. Varied exercise intensity and the effects on appetite and food consumption in middle-aged women. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. Vermont Genetics Network 8<sup>th</sup> Annual Retreat, August 2009, Burlington, Vermont.

Borer KT, Wuorinen E, and Ku K. Changes in brain-derived neurotrophic factor (BDNF) are not related to exercise-induced appetite suppression. School of Kinesiology, The University of Michigan, Ann Arbor, Michigan. Endocrine Society Annual Meeting, Washington, D.C., June 2009.

Borer KT, and Wuorinen E. Appetite responds to gastrointestinal events while ghrelin, leptin, and insulin track changes in energy availability. School of Kinesiology, The University of Michigan, Ann Arbor, Michigan. American College of Sports Medicine Annual Meeting, Seattle, Washington, May, 2009.

Wuorinen E. Exercise-induced energy expenditure and the effects on appetite. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. Vermont Genetics Network 7<sup>th</sup> Annual Retreat, August 2008, Burlington, Vermont.

Wuorinen E, Burant C, and Borer KT. No effect of catecholamines on appetite as a result of varied exercise intensity. Department of Movement Science, Division of Kinesiology, Internal medicine, The University of Michigan, Ann Arbor, Michigan. Society for the Study of Ingestive Behavior, July 2008, Paris, France.

Wuorinen E. Hunger is suppressed during exercise but increased food consumption occurs in a dose-dependent manner in lean, young women. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. Society for the Study of Ingestive Behavior Annual Meeting, July 2008, Paris, France.

Borer KT, Wuorinen E, and Burant C. Loss of exercise-associated suppression of hunger and plasma leptin in obese but not in lean women. Department of Movement Science, Division of Kinesiology, Internal medicine, The University of Michigan, Ann Arbor, Michigan. Endocrine Society Annual Meeting, June 2008, San Francisco, CA.

Borer KT, Wuorinen E, and Burant C. Differential responses of gut peptides to changes in meal size and intravenous nutrient infusion and relationship to ratings of hunger and satiety. Department of Movement Science, Division of Kinesiology, Internal medicine, The University of Michigan, Ann Arbor, Michigan. The Society of Neuroscience. November 2007, San Diego, CA.

Borer KT, Wuorinen E, and Burant C. Caloric expenditure rather than exercise intensity is a stimulus for GH secretion and GH pulse advance. Department of Movement Science, Division of Kinesiology, Internal medicine, The University of Michigan, Ann Arbor, Michigan. The Endocrine Society Annual Meeting, June 2007, Toronto, ON, CANADA.

Borer KT, Vargas S, Wuorinen E, and Burant C. Tracking by leptin of negative energy balance induced by exercise or food restriction. Department of Movement Science, Division of Kinesiology, Internal medicine, The University of Michigan, Ann Arbor, Michigan. American College of Sports Medicine Annual Meeting, June 2007, New Orleans, LA.

Borer KT, Hiruntrakul A, Wuorinen E, and Burant C. Caloric expenditure rather than exercise intensity is a stimulus for cortisol secretion. Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. Society for Neuroscience Meeting, October 2006, Atlanta, GA.

Borer KT, Wuorinen EC, and Burant C. Exercise energy expenditure increases meal-associated ghrelin secretion independently of its intensity. Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. Endocrine Society Meeting, June 2006, Boston, MA.

Wuorinen E, Burant C, and Borer KT. Ghrelin Is Stimulated More By Lack Of Gastro-Intestinal Calories Than By Exercise Energy Expenditure. Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. Endocrine Society Meeting, June 2006, Boston, MA.

Wuorinen E, Borer KT, and Burant C. Glucose-lowering effect of exercise before the meals. Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. Society for Neuroscience, November 2005, Washington, D.C..

Wuorinen EC, and Borer KT. No effect of moderate or high intensity exercise on psychophysical ratings of appetite. Division of Kinesiology, The University of Michigan, Ann Arbor, Michigan. Society for the Study of Ingestive Behavior, July 2005, Pittsburgh, PA.

Wuorinen E, Burant C, and Borer KT. Exercise in a fasted state delays the CCK response to a meal. Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. Society for the Study of Ingestive Behavior, July 2004, Cincinnati, Ohio.

Wuorinen E, Lin PJ, Burant C, and Borer KT. Is increased lipolysis during fasting exercise due to ghrelin-induced growth hormone secretion? Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. Endocrine Society Meeting, June 2004, New Orleans, LA.

Wuorinen E, Lin PJ, Burant C, and Borer KT. Exercise-induced ghrelin secretion is associated with increased lipolysis. Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. American College of Sports Medicine Annual Meeting, June 2004, Indianapolis, IN.

Wuorinen E, Borer KT, Fogleman K, Horowitz J, and Burant C. Ghrelin is stimulated by exercise but unassociated with increased hunger or reduced fullness. Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. Society for Neuroscience Meeting, 2003, New Orleans, LA.

Wuorinen E, Borer KT, Horowitz JF, and Burant C. Increased fullness and appetite suppression by exercise in postmenopausal women. Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. Society for the Study of Ingestive Behaviors Annual Meeting, 2003, Groningen, Netherlands

Wuorinen E, Borer KT, Horowitz JF, and Burant C. Role of insulin and leptin in the suppression of appetite by exercise. Department of Movement Science, Division of Kinesiology, Internal Medicine, The University of Michigan, Ann Arbor, Michigan. The Endocrine Society Meeting, 2003, Philadelphia, PA.

Fogleman KM, Borer KT, Sowers MF, and Wuorinen E. Walking stimulates increases in BMD in post-menopausal women. Department of Movement Science, Division of Kinesiology, School of Public Health, The University of Michigan, Ann Arbor, Michigan. The Endocrine Society Meeting, 2003, Philadelphia, PA.

Wuorinen E, Borer KT, Horowitz J, Kasa-Vubu J, and Pieper D. Training-induced changes in FFA concentrations are related to changes in postprandial insulin and nocturnal GH and cortisol. Department of Movement Science, Division of Kinesiology, Department of Internal Medicine, School of Medicine, The University of Michigan, Ann Arbor, Michigan and Department of Medical Education, St. John Hospital, Detroit, Michigan. American College of Sports Medicine's Annual Meeting, June 2002, St. Louis, MS.

Wuorinen E and Borer K. Stimulating effects of training intensity on nocturnal melatonin levels in postmenopausal women. Department of Kinesiology, University of Michigan, Ann Arbor, Michigan. Endocrine Society's Annual meeting, June 2001, Denver, CO.

DiNatale, S. and Wuorinen, E. Exercise Modification for an Obese Population: A Practical Approach. New England American College of Sports Medicine's Meeting, November 1995, Boxborough, MA.

Nicklas (Wuorinen), E., Larsen, L., and Watts, P. Ventilatory threshold reliability for four assessments over an eight- day period. *Medicine and Science in Sports and Exercise* Supplemental May, 1994. American College of Sports Medicine's Annual Meeting, June 1994, Indianapolis, IN.

### ***Invited***

Wuorinen E. The path through professorship, research, to administration. ES 531 Advanced Seminar in Exercise Physiology, February 2018.

Wuorinen E. Exercise Endocrinology. ES 315 Physiology of Exercise course, December 2017.

Wuorinen E. Why Exercise? Can't I Just Take A Pill? School of Health and Human Performance, Northern Michigan University, Marquette, Michigan. Science on Tap, March 2017.

Wuorinen E. Laboratory techniques to evaluate the connection between exercise, hunger, and energy intake. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. Johnson State College, October 2014, Johnson, Vermont.

Wuorinen E. The psychophysical connection between exercise and hunger. Department of Biology and Physical Education, Norwich University, Northfield, Vermont. The University of New Hampshire, November 2013, Durham, New Hampshire.

Wuorinen E, and Newton C. If we are all so fat, we do we want to be thin?" Department of Biology and Physical Education, Department of Social Sciences, Norwich University, Northfield, Vermont. Norwich University Annual Faculty Celebration. Northfield, Vermont, October 2009.

### **GRANTS FUNDED**

**Capital Equipment Grant**, Norwich University, 2015: \$36,230.

**Faculty Development Activity Grant**, Norwich University, 2015: \$2215.10.  
Title: Exercise Intensity Effects on Protein Carbonylation and Antioxidant Status

**Faculty Development Activity Grant**, 2015 Endocrine Society Annual Meeting, \$2,300.

**Vermont Genetics Network NIH/INBRE Pilot Grant**, 2015 –2016: \$5,000.  
Title: Exercise Intensity Effects on Protein Carbonylation and Antioxidant Status

**Publication Grant**, Norwich University, 2014: \$800.

**Faculty Development Activity Grant**, Norwich University, 2014: \$1999.50.  
Title: Exercise Intensity Effects on the Human Plasma Proteome

**Vermont Genetics Network NIH/INBRE Pilot Grant**, 2014- 2015: \$25,000.  
Title: Exercise Intensity Effects on the Human Plasma Proteome

**Faculty Development Activity Grant**, Norwich University, 2013: \$804.  
Title: Exercise Intensity Effects on the Human Plasma Proteome

**Board of Fellows Prize**, Norwich University, 2012-2013: \$6,000.

Title: The effects of high and low intensity exercise on gastric motility, hormones, and hunger

**Faculty Development Activity Grant**, Norwich University, 2011: \$2,383.

**Vermont Genetics Network NIH/INBRE Project Grant**, 2009- 2011: \$140,000.

Title: Exercise Intensity Effects on Weight and Fat Loss in Middle-Aged Women

**Vermont Genetics Network NIH/INBRE Project Grant**, 2008 – 2009: \$70,000.

Title: Exercise Intensity Effects on Appetite in Middle-Aged Women

**Vermont Genetics Network NIH/INBRE Project Grant**, 2007 – 2008: \$68,357.

Title: Exercise-Induced Energy Expenditure and the Effects on Appetite

**Vermont Genetics Network NIH/INBRE Project Grant**, 2006 – 2007: \$26,300.

Title: Exercise Intensity and Appetite Suppression

**Faculty Development Activity Grant**, Norwich University, 2006: \$1,371.

Title: Exercise Intensity and Appetite Suppression

**Faculty Development Travel Grants**, Norwich University, 2005-2016: \$22,000.

Travel Awards to conferences each year

#### **GRANTS SUBMITTED – Not Funded**

**National Institutes of Health**, R03, 2018: \$121,056.

Title: Prehabilitation in breast cancer survivors contrasting outdoor versus indoor exercise.

**National Institutes of Health - Native American Research Centers for Health**, 2017:  
\$375,000.

Title: Comparison of traditional and native-inspired exercise programs in rural American Indian population of Upper Michigan on health outcomes.

**Patient-Centered Outcomes Research Institute**, 2017: Letter of Intent – not invited.

Title: The Feasibility of a Mobile Health Technology Exercise Program in Cancer Survivors

**Patient-Centered Outcomes Research Institute**, 2017: Letter of Intent – INVITED. \$49,932.

Title: Rural Community Coalition for Cancer Research

**Vermont Genetics Network**, 2016: \$25,000.

Title: How Does Exercise Affect Protein Carbonylation and Antioxidant Production?

**National Processed Raspberry Council**, 2015: \$93,594.

Title: Red raspberry and exercise effects on antioxidant status and protein carbonylation

**Vermont Genetics Network**, 2013: \$67,760.

Title: The effects of varied exercise on hunger and gut hormones

**National Institutes of Health**, R15, 2012: \$117,924.



Title: The effects of exercise on hunger, antropyloroduodenal motility, and gut hormones

**National Science Foundation**, TUES, 2012: \$170,633.

Title: Enhancing Undergraduate Research in Physiology with Applications to Studies in Human Performance and Obesity

**Vermont Genetics Network**, 2012: \$70,000.

Title: The effects of exercise on hunger, antropyloroduodenal motility, and gut hormones

**Burroughs Wellcome Travel Grant**, 2011: \$15,000.

Funding for Sabbatical Travel to Australia

**National Institutes of Health**, R15, 2011: \$354,270.

Title: Effect of exercise at different times of day on weight loss in overweight women

**Nutrisystem**, 2011: \$70,000.

Letter of intent – not invited.

**Vermont Genetics Network**, 2011: \$70,000.

Title: Effect of exercise at different times of day on weight loss in overweight women

**National Institutes of Health**, R15, 2010: \$300,000.

Title: 24-Week Training Study in Overweight Women at Varying Times of Day

**National Institutes of Health**, United States Department of Agriculture, R21, 2009: \$313,888.

Title: 24-Week Training Study of Overweight Individuals

## **PROFESSIONAL DEVELOPMENT**

### **Northern Michigan University**

Experimental Biology – April 2018; San Diego, CA.

Council on Accreditation of Athletic Training Education – October 2017; Tampa, FL.

Fred Hutchinson Cancer Survivorship – October 2017; Seattle, WA.

Annual Leadership Conference – May 2017, 2018

Experimental Biology – April 2017; Chicago, IL.

Patient-Centered Outcomes Research Institute Workshop – April 2017; Chicago, IL.

Online Fellows Program II – March 2017

Online Fellows Program I – November 2016

The Connected Leader, Northern Michigan University – August 2016

## **PROFESSIONAL SERVICE**

External Reviewer

Obesity Society Annual Meeting – Abstract Reviewer, 2015

Journal of Exercise Science, 2013-2014

Medicine and Science in Sport and Exercise, 2012 - 2014

*Exercise Physiology: Integrating Theory and Application*. Kraemer, W., et al., 2014. Wolters Kluwer, publishers. 2014

## **UNIVERSITY SERVICE**

**NORTHERN MICHIGAN UNIVERSITY, 2016 – present**

**Admissions Review Committee** 2017 – present  
**Academic Cabinet**, 2017 – present  
**Area Health Education Center Supervisor**, 2016 – present  
**Center for Exercise Oncology**, 2017 - present  
**Community Action Board** – School of Nursing, 2017  
**Dean College of Arts and Sciences Search Committee**, 2018  
**22<sup>nd</sup> Annual Celebration of Student Scholarship: Judge** – April 2017, 2018  
**Graduate Faculty Status** – March 2017  
**Interim Dean College of Arts and Sciences Search Committee**, Fall 2016  
**Cancer and Exercise Research Center Development Committee**, Fall 2016 – present  
**Wildcat Weekend** – October 2016; March 2017; 2018  
**Parent Orientation**, Summer 2017  
**Honors Student Program Facilitator**, Spring 2017

**NORWICH UNIVERSITY, 2005-2016**

**Chair, Department of Biology and Physical Education**, 2015 – 2016  
**Physical Education Coordinator**, 2011-2015  
**Faculty Senate**, elected University-wide member-at-large, 2011 – 2016  
**Physical Education/Education Results Oriented Review Approval**, 2005 – 2016  
**Institutional Review Board**, 2014 – 2016  
**Center for the Enhancement of Life Sciences (CELS) Organizational Committee**, 2014 – 2015  
**Larsen Lecture Committee**, 2008 – 2016  
**Faculty Budget and Finance Committee**, 2011 – 2012  
**Student Research Committee**, 2009 – 2012  
**School (College) Curriculum Committee**, 2008 – 2010  
**Senior Vice President of Academic Affairs Search Committee**, 2011 – 2012  
**Chair, Physical Education Search Committee**, 2011 – 2015  
**Biology Search Committee**, 2008; 2012 – 2015  
**Wellness Committee**, 2006 – 2012  
**Student Life Committee**, 2007 – 2012  
**National Girls and Women in Sports Day Committee**, 2006 – 2008  
**Assessment Committee**, 2005-2006

**ADDITIONAL SERVICE**

**Club Advisor**

Men's Club Hockey, 2008 – 2012  
Women's Club Hockey, 2010 – 2012  
Field Hockey Club, 2011 – 2013  
Racquetball Club, 2015 – 2016

**COMMUNITY SERVICE**

**Track and Field Head Coach**, Northfield Middle and High School, 2008-2016

Built the program from eight athletes to a championship and state finalist teams for the last four years in both the boys and girls programs.

**Cross Country Coach**, Northfield Middle and High School, 2010-2016

Built the team from a small group to a championship and state finalist program in the middle and high school.

**Soccer Coach**, Dynamos Soccer Club, Northfield Vermont, 2006-2012.

Volunteered to coach the youth travel soccer teams.

## **PROFESSIONAL MEMBERSHIPS**

American College of Sports Medicine, 1990 – present

American Society for Nutrition, 2016 - present

The Endocrine Society, 2001-present

Obesity Society, 2003 - present

Society for Neuroscience, 2002 - present

Society for the Study of Ingestive Behavior, 2001 - 2012

Eta Sigma Gamma Health Honorary, 1985-1988

Sigma Xi, 2012-2014

## **UNDERGRADUATE STUDENT RESEARCH PROJECTS ADVISED**

Norwich University

Rhiannon Page: “Protein carbonylation and antioxidant production in middle-aged women over a 20-week training period” – Summer 2016

Madyson Moore: “Alzheimer’s disease: Long term effect of concussions” – Fall 2015

Rachel Putney: “Leptin levels, bone mineral density, and female youth gymnastics.” - Fall 2015 (**Won the Senior Library Prize for Most Outstanding Paper in a science discipline**)

Kaitlyn McMullen: “The Effect of Physical Activity on Alzheimer’s Disease Induced Rat and Mouse Models: Neurogenesis, Symptom Relief and Reduced Neuron Cell Death”, Fall 2014

Kayla Inouye: “Keto-friendly is not Glioma friendly”, Fall 2014

Mallory Clark: “The Impact of Four Surfaces on the Performance, Heart Rate, and Metabolic Cost in Running a one mile in Male Collegiate Cross Country Runners”, Spring 2013

Julie Fortier: “The effects of a 6 Week Core and Balance Training Program on the Performance of a Star Excursion Balance Test and a Core Muscle Strength Test in Collegiate Women’s Ice Hockey Players”, Spring 2012.

Felicia Jones: “Hypothyroidism in Patients Treated with Radiotherapy”, Fall 2011.

Stefan Wuorinen: “The effects of three types of training on testosterone and growth hormone secretion”, Fall 2011.

Gregory Eskedjian: “The Effect of Flexibility on Skating Speed”, Spring 2011.

Cindy Fortin: “The Clinical Implications of Functional Movement Screen in College Ice Hockey Players”, Spring 2011.

Chelsea Martin: “The Effects of Physical Education Programs in K-8 scores on Tri-Fit Scores”, Spring 2011.

Tyler Riel: “The Effects of Breakfast on Physical Education Participation in 9-12 Students in Central Vermont”, Spring 2011.

Chad Anderson: “Development of Asthma in Colder Climates”, Fall 2010.

Joshua Tulloch: “Rapid Hypothermia to Improve Outcome Following Cardiac Arrest”, Fall 2010.

Morgan Ziemba: “The Effects of Fetal Alcohol Syndrome on Infant Function”, Fall 2010.

Michael Ohrenberger: “Weight Loss in Obese Young Women When Recording Caloric Intake Versus Non-recording Women”, Summer 2010.

Stefan Wuorinen: “Testosterone Levels in Weight Training versus Resistance Tube Training in Athletic Young Men”, Summer 2010.

Vanessa Badgley: “Effects of Posttraumatic Stress Disorder Among Postpartum Women, Fall 2009.

Kylie Cowens: “The Effects of Leptin on Immunological Function in Obese Individuals”, Fall 2009 (**Won the Senior Library Prize for Most Outstanding Paper in a science discipline**)

Michael Ohrenberger: “Testosterone and the Effects on Muscle”, Fall 2009.

Ashley Sanford: “Sleep Deprivations: Adverse Effects on Daily and Long-term Activities”, Fall 2009.

Monica Selander: “Beta Cell Destruction in Type I Diabetes”, Fall 2008.

Lauren Pacelli: “Induced Hypothermia Treatment for Spinal Cord Injuries”, Fall 2007.

Micah Lieberman: “Exercise Intensity and Appetite Suppression”, Spring 2007.

Christopher Grodski: “Alpha1-Antitrypsin Deficiency Leading to Adverse Effects Including Emphysema and Cirrhosis”, Fall 2005.

**INTERNSHIP SUPERVISOR AND RESEARCH MENTOR IN THE HUMAN PERFORMANCE LABORATORY**

Rhiannon Page 2014-2016  
Sienna Wuorinen 2014-2016  
Brendan Tallon 2014  
Caroline Barth 2014  
Ryan Hawley 2014  
Mallory Clark 2013  
Julie Fortier 2012  
Kacey Abbriano 2012  
Samantha Graves 2012  
Lauren Cooper 2010-2011  
Joshua Brown 2011  
Natalie Marchese 2010  
Clarissa Wynn 2010  
Sophie LeClerc 2009-2011  
Stefan Wuorinen 2009-2011  
Brittany Moore 2009-2011  
Kylie Cowens 2009-2010  
Jeff Wuorinen 2009-2010  
JohnHenry Schreifer 2009  
Sean McCartin 2009  
Monica Selander 2007-2009  
Lauren Pacelli 2007-2009  
Jaimie Barron 2007-2008  
Ashley Westbrook 2007-2008  
Micah Lieberman 2006-2007