Katherine Heimburger Ingram, Ph.D.

Kennesaw State University
WellStar College of Health and Human Services
Department of Exercise Science and Sport Management
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EDUCATION

B.S.	Sport Management, 1993	Tulane University, New Orleans
M.S.	Exercise Physiology, 1998	University of Nevada, Las Vegas
Ph.D.	Exercise Phys/ Nutrition minor, 2009	Georgia State University
Postdoctoral	Obesity Research, 2009-2011	NIH NIDDK T32 Fellowship, UAB
Postdoctoral	Diabetes Research, 2011- 2012	Nutrition Sciences, UAB

ACADEMIC APPOINTMENTS

Associate Professor of Exercise Science	Kennesaw State University, 2019-present WellStar College of Health and Human Services Department of Exercise Science and Sport Management
Assistant Professor of Exercise Science	Kennesaw State University, 2012-2019 WellStar College of Health and Human Services Department of Exercise Science and Sport Management
Adjunct Instructor	Samford University, Birmingham, Alabama, 2008-2009 Department of Kinesiology
Graduate Teaching/Research Assistant	Georgia State University, 2004 –2006 Department of Kinesiology and Health Human Performance Laboratory

SCHOLASTIC AWARDS/ RECOGNITION

KSU Career Services “Person who made the greatest difference in the life of a student”, 2015-2019
KSU Office of the Vice President of Research, Summer Research Scholars, 2019
WellStar College Research Fellowship Awards, Spring 2015, Spring 2016, Fall 2016, Fall 2017
KSU Incentive Funding Award for Scholarship & Creative Activity Award, CETL, FY 2016
KSU Foundation Publication Prize for WellStar College of Health and Human Service, August 2014
UAB Postdoctoral Research Day, 2nd Place award, February 2011
UAB Office of Postdoctoral Education Career Development Award, January 2011
Global Obesity Summit “Hot Topics” and Travel Award, November 2010
National Scholars Honor Society, 2008 - 2009
Golden Key International Honour Society, 2007-2009
Student Research Award, Gatorade Sport Science Institute, 2007
Excellent Achievement Award, Federal Occupational Health, 2001

PROFESSIONAL AFFILIATIONS

American College of Sports Medicine, national member 1992- present
American Heart Association, Council on Lifestyle and Cardiometabolic Health, 2014- present
Council on Undergraduate Research, national member 2017- present
American Association for the Advancement of Science, member 2011 - 2014
American Physiological Society, member 2007 – 2013
American Society for Nutritional Sciences, member 2005 – 2011
The Obesity Society (formerly NAASO), member 2006 – 2011
American Diabetes Association, member 2007 – 2011

PUBLICATIONS

ORCID ID 0000-0002-3052-9461

JM Catov, B Sun, M Bertolet, G Snyder, CE Lewis, N Allen, J Shikany, **KH Ingram,** D Appiah, EP Gunderson. Changes in Cardiovascular Risk Factors in Women Across the Life Course Related to the Development of Gestational Diabetes Mellitus: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Obesity* (2020), in press.

KM Whitaker, **KH Ingram**, D Appiah, WK Nicholson, WL Bennett, CE Lewis, JP Reis, PJ Schreiner, EP Gunderson. Pre-Pregnancy Fitness and Risk of Gestational Diabetes: A Longitudinal Analysis. *Med Sci Sports Exerc* (2018)*,* 50: 8; 1613-1619.

KH Ingram, GH Hunter, JF James, BA Gower. Central Fat Accretion and Insulin Sensitivity: Differential Relationships in Parous and Nulliparous Women. *Int J Obesity* (2017), 41:1214-17.

E Ma, **KH Ingram,** GL Milne, WT Garvey. F2-Isoprostanes Reflect Oxidative Stress Correlated with Lean Mass and Bone Density but Not Insulin Resistance**.** *J Endoc Soc* (2017),1;5;436-448.

LB VanWagner, JG Terry, LS Chow, AC Alman, H Kang, **KH Ingram**, C Shay, CE Lewis, RN Bryan, LJ Launer, JJ Carr. Nonalcoholic Fatty Liver Disease and Measures of Early Brain Health in Middle-Aged Adults: The CARDIA study. *Obesity* (2017) 25; 3: 642-651.

AE Bantle, LS Chow, LM Steffen, Q Wang, J Hughes, DG Mashek, NH Durant, **KH Ingram,** JP Reis, PJ Schreiner. The Association of Mediterranean Diet and Cardiorespiratory Fitness with Development of Prediabetes and Diabetes – the Coronary Artery Risk Development in Young Adults (CARDIA) Study. *BMJ Open Diabetes Research & Care* (2016) 4*.*

LS Chow, AO Odegaard, TA Bosch, AE Bantle, Q Wang, J Hughes, M Carnethon, **KH Ingram,** NH Durant, CE Lewis, J Ryder, CM Shay, AS Kelly, PJ Schreiner. 20-Year Fitness Trends in Young Adults and Incidence of Prediabetes and Diabetes: the CARDIA Study. *Diabetologia* (2016) 59: 1659-1665.

AE Thalacker-Mercer*, **KH Ingram***, F Guo, CB Newgard, WT Garvey. BMI, RQ, Diabetes, and Sex Affect the Relationships Between Amino Acids and Clamp Measures of Insulin Action in Humans. *Diabetes* (2014) 63; 2: 791-800. *Denotes equal effort

O Affuso, K Kaiser, TL Carson, **KH Ingram**, M Schwiers, H Robertson, F Abbas, G Cutter, DB Allison. Association of Run-in Periods with Weight Loss in Obesity Randomized Controlled Trials. *Obesity Reviews* (2014) 15; 1: 68-73.

V Pisprasert, **KH Ingram**, MF Lopez-Davila, AJ Munoz, WT Garvey. Limitations in the Use of Indices Using Glucose and Insulin Levels to Predict Insulin Sensitivity: Impact of Race and Gender and

Superiority of the Indices Derived from Oral Glucose Tolerance Test in African Americans. *Diabetes Care* (2013) 36; 4: 845-53. PMC: 3609485.

KH Ingram, H Hill, D Moellering, B Hill, C Lara-Castro, B Newcomer, LJ Brandon, C Ingalls, M Penumetcha, J Rupp, WT Garvey. Skeletal muscle lipid peroxidation and insulin resistance in humans. *J Clin Endocrinol Metab* (2012) 97; 7:E1182-1186. PMC3387404.

KH Ingram, C Lara-Castro, BA Gower, R Makowsky, DB Allison, BR Newcomer, AJ Munoz, TM Beasley, J Clunk Lawrence, R Lopez-Ben, D Rigsby, WT Garvey. Intramyocellular lipid and insulin resistance: Differential relationships in European Americans and African Americans. *Obesity* (2011) 19; 7: 1469-1475. PMC3171736.

BOOK CHAPTERS

Katherine Ingram and Gary Cutter. Nutrition Monitoring and Research Studies: Observational Studies. In *Handbook of Nutrition and Food, Third Edition*, eds. Johanna Dwyer, Carolyn D. Berdanier, Elaine B. Feldman. CRC Press, 2012.

PUBLISHED ABSTRACTS/PRESENTATIONS

KH Ingram, J Amason, C Coleman, B Kliszczewicz. Associations Among Measures of Abdominal Fat and Metabolic Health in Normoglycemic Women. *Medicine and Science in Sports and Exercise*, 52:5S, ACSM Meeting, May 2020.

TT Torres, H Patel, **KH Ingram.** Validity Of Body Composition Measures By Inbody 770 Bioelectrical Impedance Analyzer. *Medicine and Science in Sports and Exercise*, 52:5S, ACSM, May 2020.

KH Ingram, A Watson, A Woday, R Morris, J Amason. Differential associations among free-living activity, insulin sensitivity, and central versus peripheral fat distribution. *Submitted for Cell Symposia: Exercise Metabolism conference, Sitges, Spain, May 2019.*

KH Ingram, J Amason. Central Fat Distribution and Metabolic Health in Normoglycemic Young Women. *Circulation, American Heart Association meeting, March 2019.*

AM Morris, E Stevenback, R Lopez, **KH Ingram**. Validity of Adhesive Worn ActiGraph GT3X+ Accelerometer. *Medicine and Science in Sports and Exercise, ACSM meeting, June 2018.*

KH Ingram, R Lopez. Insulin Resistance during Pregnancy is Inversely Associated with Gynoid Fat Distribution Postpartum. *Circulation, American Heart Association meeting, March 2018.*

KM Whitaker, **KH Ingram**, D Appiah, WK Nicholson, WL Bennett, CE Lewis, JP Reis, PJ Schreiner, EP Gunderson. Cardiorespiratory Fitness, Physical Activity, and Television Viewing Before Pregnancy and Risk of Gestational Diabetes: A Longitudinal Analysis from the CARDIA Study. *Circulation, American Heart Association meeting, March 2018. Oral presentation and recipient of Trudy Fellowship award.*

KH Ingram, K Kidane, AM Morris. Utility of Skinfold Measures and Lifestyle Questionnaires in Prenatal Care. *Medicine and Science in Sports and Exercise, ACSM meeting, June 2017.*

KH Ingram, K Pierre, J Amason. Ultrasound measures of abdominal fat predict gestational insulin resistance. *Circulation, American Heart Association meeting, March 2017.*

PJ Schreiner, S Bae, N Allen, K Liu, J Reis, C Wu, **K Ingram**, D Lloyd-Jones, CE Lewis, J Rana. Cumulative Body Mass Index and Incident Prediabetes over 30 Years of Follow Up: The

Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Circulation, American Heart Association meeting, March 2017.*

AP Carson, D Goff, D Jacobs, C Kiefe, J Shikany, S Sidney, K Kershaw, N Allen, D Lloyd-Jones, D Laadu, J Rena, **K Ingram**, CE Lewis. Are Racial Differences in Cardiovascular Health Factors Explained by Cardiovascular Health Behaviors? The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Circulation, American Heart Association, March 2017.*

KH Ingram, A Grant, A Showalter. Abdominal fat, sedentary behavior, and insulin resistance in pregnancy. *Medicine and Science in Sports and Exercise, ACSM meeting, June 2016.*

AE Bantle, LS Chow, LM Steffen, Q Wang, JHughes, DG Mashek, NH Durant, **KH Ingram**, JP Reis, PJ Schreiner. The Association of Mediterranean Diet and Cardiorespiratory Fitness with Development of Prediabetes and Diabetes: The Coronary Artery Risk Development in Young Adults (CARDIA) Study. *Endocrine Reviews, Endocrine Society meeting, 2016.*

LB VanWagner, JG Terry, JJ Carr, LS Chow, A Alman, H Kang, **KH Ingram**, C Shay, CE Lewis, RN Bryan, L Launer. Associations of Nonalcoholic Fatty Liver Disease with Measures of Early Brain Health: The CARDIA study. *Circulation, American Heart Association meeting, 2016.*

E Ma, **KH Ingram,** WT Garvey. Urinary F2-Isoprostanes Do Not Reflect Oxidative Stress Operative in Human Insulin Resistance, but are Correlated with Lean Mass and Serum Lipids. *Obesity*, October 2015.

KH Ingram, B Gower, G Hunter. Fat distribution and metabolic health: central and lower body adipose tissue depots are differentially associated with insulin sensitivity in overweight parous and nulliparous Caucasian and African American women. *Circulation;* 131(1) Suppl., 2015

KH Ingram, A Thalacker-Mercer, WT Garvey. Individual amino acids and insulin sensitivity: relationships determined by race and gender. *FASEB J*.; 27 (Suppl), 2013.

A Thalacker-Mercer, **KH Ingram,** WT Garvey. Fat utilization impacts the negative relationship between insulin sensitivity and Leucine. *FASEB J*.; 27 (Suppl), 2013.

KH Ingram, A Thalacker-Mercer, WT Garvey. Amino acids and insulin sensitivity in non-obese, obese, and type 2 diabetic patients. *Med Sci Sports Exerc*; 45 (5) Suppl. 1, 2013.

KH Ingram, B Gower, G Hunter. Parity and race influence relationships among fitness, central fat accumulation, and insulin sensitivity. National ACSM meeting, oral presentation, May 2012. *Med Sci Sports Exerc*; 44 (5) Suppl. 1, 2012.

KH Ingram, KA Kaiser, O Affuso, TL Cox, F Abbas, TM Beasley, G Cutter, DB Allison. Predictors of dropout rates in recent obesity RCTs. *Obesity*, 19 (1), S182, 2011.

KA Kaiser, O Affuso, **KH Ingram**, TL Cox, F Abbas, G Cutter, DB Allison. Is Intervention Intensity Related to Participant Dropout Rates in Obesity Randomized Controlled Trials? *Obesity,* 19 (1), S181, 2011.

O Affuso, TL Cox, K Kaiser, **K Ingram**, H Robertson, F Abbas, DB Allison. Reporting quality of pediatric obesity randomized controlled trials - a preliminary analysis. *Obesity*, 19 (1), S110, 2011.

KH Ingram, R Makowsky, G Hunter, B Gower. Change in insulin sensitivity with weight gain is determined by fatness better than by fitness. *Med Sci Sports Exerc*; 43 (5) Suppl. 1, 2011.

GB Chen, **KH Ingram**, G de los Campos, N Yi, XY Lou, D Pomp, DB Allison. A two-step modeling strategy for testing and estimating genetic susceptibility to the ill-effects of adiposity: Illustration in an outbred F2 mice population. *Int J Obesity*: S2: 21, 2011.

KH Ingram. Skeletal muscle HNE is elevated in type 2 diabetic patients. UAB Postdoctoral Research Day, oral presentation. February 2011. *Awarded 2nd place among presentations.*

Kaiser KA, Affuso O, **Ingram KH**, Cox TL, Abbas F, Allison DB. Is intervention intensity related to dropout rates in diet/supplement randomized controlled trials (RCTs)? *Obesity Reviews*, 12 (Suppl. 1): 21-37, 2011.

KH Ingram, R Makowsky, G Hunter, B Gower. Change in insulin sensitivity with weight gain is determined by fatness better than by fitness. Global Obesity Summit, oral presentation, November 2010. *Recipient of "Hot Topics" Travel Award.*

KH Ingram, LJ Brandon, CP Ingalls, JC Rupp, M Penumetcha, WT Garvey. Skeletal muscle HNE is related to insulin resistance in sedentary individuals. *FASEB J*.; 24 (Suppl), 2010.

Affuso O, Kaiser K, Cox TL, Robertson H, **Ingram K**, Allison DB. A preliminary analysis of the association of run-in periods with drop-out rates and weight loss in obesity randomized controlled trials. *Obesity Reviews*, 11 (Suppl. 1): 288, 2010.

Cox TL, Affuso O, Kaiser K, **Ingram K**, Robertson H, Allison DB. Reporting quality of obesity randomized controlled trials: A preliminary review. *Obesity Reviews*, 11 (Suppl. 1): 335, 2010.

K Heimburger, C Lara-Castro, B Newcomer, A Shiflett, D Rigsby, WT Garvey. Racial differences in intramyocellular lipids and their relationships to metabolic traits. *Obesity*; 15 (9 Suppl), 2007.

KD Heimburger and LJ Brandon. Is BMI a good predictor of fatness? *Med Sci Sports Exerc*; 39 (5 Suppl), 2007.

LJ Brandon and **K Heimburger**. Comparison of the relationship of BMI, percent fat and skinfolds with blood pressure. *Med Sci Sports Exerc*; 39 (5 Suppl) S374-S375, 2007.

JC Rupp, MS Green, BT Corona, **KD Heimburger**, PR Pullen, AS Everest. Physiological predictors of 10 kilometer running performance. *Med Sci Sports Exerc*; 39 (5 Suppl), 2007.

K Heimburger, K Manning, J Owen, and LJ Brandon. Comparison of body composition estimated from DXA and skinfolds with BMI. *ACSM Southeast chapter, annual meeting, oral presentation, 2007.*

TEACHING EXPERIENCE

Medical Terminology	KSU ES 2300, 2 sections
Principles of Nutrition	KSU ES 2500, 7 sections
Physiology of Exercise	KSU ES 3900, 8 sections
Nutrition and Performance	KSU ES 4200, 3 sections
Physiology of Exercise in Aging	KSU ES 4300, 5 sections
Exercise Prescription	KSU ES 4600, 3 sections
Exercise Testing	KSU ES 4650, 4 sections
	GSU KH 2231, 2 sections
Experiential Learning	KSU ES 3398, 12 students
Directed Study (Biology)	KSU BIOL 4400, 2 students

STUDENT MENTORSHIP

Shamora Holt, Graduate Research Assistant, Spring 2020 to present. "Ultrasound Abdominal Fat as a Predictor of Metabolic Health in Normoglycemic Women", Submitted to *The Obesity Society* for November 2020 presentation.

Ami Eho, undergraduate research assistant, Spring 2020 to present. **"**Two Models for Body Composition Assessment During Pregnancy and Associations With Insulin Resistance", presented at the *KSU Symposium for Student Scholars*, April 2020. Submitted to *The Obesity Society* for November 2020 presentation.

Bryan O. Okosun, undergraduate research assistant, Summer 2020 to present. Co-authored **"**Two Models for Body Composition Assessment During Pregnancy and Associations With Insulin Resistance", Submitted to *The Obesity Society* for November 2020 presentation.

Raine Morris, undergraduate research assistant, Spring 2019 to present. "The Association Between Caffeine and Insulin Sensitivity in Non-Diabetic Young Women", presented at the *KSU Symposium for Student Scholars*, April 2020.

Calah Coleman, undergraduate research assistant, Fall 2019 to present. "The Relationship between Adiponectin Levels and Dietary Iron in Non-Diabetic Young Women**"**, presented at the *Georgia Undergraduate Research Conference (GURC)*, co-author "Ultrasound Abdominal Fat as a Predictor of Metabolic Health in Normoglycemic Women".

Andreana Henry, undergraduate research assistant, Spring 2020. "Gestational Diabetes: What About Your Exercise?" Presented at the *KSU Symposium for Student Scholars*, April 2020

Thalia T. Torres, undergraduate assistant, Fall 2019- Spring 2020. " Validity Of Body Composition Measures By InBody 770 Bioelectrical Impedance Analyzer" presented at *ACSM Southeast Regional Meeting*, February 2020.

Ayaa Woday, undergraduate assistant, Honors Biology, Spring 2019 to Fall 2019. "The relationship between physical activity and pancreatic β-cell function in non-diabetic young women", presented at the *National Conference for Undergraduate Research (NCUR)*.

Harine Patel, undergraduate assistant, Fall 2019. Co-authored "Validity Of Body Composition Measures By Inbody 770 Bioelectrical Impedance Analyzer".

Aneesa Watson, graduate assistant, Spring 2019 to Fall 2019. Co-authored "The relationship between physical activity and pancreatic β-cell function in non-diabetic young women", presented at the *National Conference for Undergraduate Research (NCUR)*.

Aisha Abdulkadir, undergraduate assistant, Spring 2018 to Summer 2019. Assisted data collection for "Reliability Study: Effects of Abdominal Adiposity and Physical Activity on Metabolic Health." Co-authored "The relationship between physical activity and pancreatic β-cell function in non-diabetic young women", presented at the *National Conference for Undergraduate Research (NCUR)*.

Roxanna Lopez, graduate assistant, Fall 2017 through Summer 2018. "Insulin Resistance during Pregnancy is Inversely Associated with Gynoid Fat Distribution Postpartum," presented at *American Heart Association meeting, March 2018;* "Validity of Adhesive Worn ActiGraph GT3X+ Accelerometer," presented at *ACSM meeting, June 2018.*

AnnaMagee Morris, undergraduate assistant, Fall 2016 to Summer 2018. "Validity of Adhesive Worn ActiGraph GT3X+ Accelerometer," presented at *SEACSM meeting, June 2018.* "A Comparison of Self-Reported and Measured Levels of Physical Activity in a Free-Living Environment for a Pregnant Population", *2017 KSU Symposium for Student Scholars*

Michael Snyder, graduate assistant, Summer 2018. "Validity of total body water assessed by bioelectric impedance techniques against isotope dilution technique".

Joni Weatherspoon, undergraduate assistant, Summer 2018. Assisted "Validity of total body water assessed by bioelectric impedance techniques against isotope dilution technique".

Kimberly Fincher, undergraduate assistant, Fall 2017- Spring 2018. Assisted data collection for "Reliability Study: Effects of Abdominal Adiposity and Physical Activity on Metabolic Health."

Cian Roche, graduate assistant, Spring 2018. Assisted data collection for "Reliability Study: Effects of Abdominal Adiposity and Physical Activity on Metabolic Health."

Kristen Persaud, undergraduate assistant, Spring 2018. Assisted data collection for "Reliability Study: Effects of Abdominal Adiposity and Physical Activity on Metabolic Health."

Eleanor Stevenback, undergraduate assistant, Fall 2016 to Spring 2018. Co-author: "A Comparison of Self-Reported and Measured Levels of Physical Activity in a Free-Living Environment for a Pregnant Population", *KSU 2017 Symposium for Student Scholars*

Katherine Gauthier, undergraduate assistant, Spring 2017 to Spring 2018. "Gestational Weight Gain in Relation to Infant Birthweight." *KSU 2017 Symposium for Student Scholars*

Kidan Kidane, undergraduate assistant, Summer 2016 to Fall 2017. "Utility of Skinfold Measures and Lifestyle Questionnaires in Prenatal Care." Co-presenter at *American College of Sports Medicine annual meeting, June 2017 (recipient of CETL travel grant).* "Gestational Weight Gain in Relation to Infant Birthweight." Presented at *KSU 2017 Symposium for Student Scholars*

Kareem Pierre, undergraduate assistant, Fall 2015 to Summer 2017. "The Association between Fat Distribution and Insulin Resistance In pregnancy", presented at *American College of Sports Medicine, 2017 Southeast Regional Meeting (recipient of travel grant)* and "Sleep quality, but not quantity, during pregnancy is associated with insulin resistance", Co-presenter at *KSU 2016 Symposium for Student Scholars*

Danielle Logan, undergraduate assistant, Fall 2015 to Summer 2017. "The relationship between potato consumption and insulin resistance in pregnancy", presented at *KSU 2016 Symposium for Student Scholars*

Sarah Anderson, undergraduate assistant, Spring 2015- Summer 2016. "Sleep quality, but not quantity, during pregnancy is associated with insulin resistance", Co-presenter at *KSU 2016 Symposium for Student Scholars*

JaBreia F. James, undergraduate assistant, Fall 2014 to Summer 2016. "The Relationship Between Abdominal Fat Accumulation And Gestational Insulin Resistance", presented at *American College of Sports Medicine, 2016 Southeast Regional Meeting, and the Peach State Louis Stroke Alliance Minority Participation (LSAMP) Research Symposium, 2015.* **1st Place Award** Honors capstone, "Pilot Study: The of the Influence of Physical Activity on Abdominal Fat Accumulation During Mid-pregnancy and Post-Partum."

Alexandra Grant, undergraduate assistant, Spring 2015- Summer 2016. "Mid-Pregnancy Physical

Activity Is Associated With Post-Partum Body Composition", presented at *American College of Sports Medicine, 2016 Southeast Regional Meeting*

Ashlyn Showalter, undergraduate assistant, Spring 2015- Summer 2016. "Adiposity Is Associated With Physical Inactivity In Low Active Pregnant Women", Presented at *American College of Sports Medicine, 2016 Southeast Regional Meeting*

Hannah Delia, undergraduate assistant, Fall 2015- Spring 2016. "Sleep quality, but not quantity, is associated with reduced abdominal fat accumulation during pregnancy", Presented at *KSU 2016 Symposium for Student Scholars*

Gabriella Sciacchitano, undergraduate assistant, Summer 2015-Spring 2016. "Validity Of The Inbody 720 Bioimpedance Analyzer For Measuring Percent Fat Mass In Pregnant Women", Presented at *American College of Sports Medicine, 2016 Southeast Regional Meeting* and *KSU 2016 Symposium for Student Scholars*

Mary Kate Higgins, undergraduate assistant, Spring 2015- Spring 2016. "Maternal Abdominal Fat and Birth Weight", Presented at *KSU 2015 Symposium for Student Scholars*

Ayles Herrington, graduate assistant, Spring 2015- Fall 2015. "Is there an association between sex hormone levels and visceral fat accumulation in postpartum women?" Co-presenter *KSU 2015 Symposium for Student Scholars*

Danielle Brown, graduate assistant, Spring 2015. "Is prenatal exercise participation associated with reduced discomforts of pregnancy?" Presented at *KSU 2015 Symposium for Student Scholars*

Melanie White, undergraduate assistant, Spring 2015. "Is prenatal exercise participation associated with reduced discomforts of pregnancy?" Co- presenter at *KSU 2015 Symposium for Student Scholars*

Michelle Scroggins, undergraduate assistant, Spring 2015. "The Relationship Between Abdominal Fat Accumulation And Gestational Insulin Resistance", Co-presenter at *KSU 2015 Symposium for Student Scholars*

Kayleigh Noble, undergraduate assistant, Spring 2015-Summer 2015. "Is there an association between sex hormone levels and visceral fat accumulation in postpartum women?" Presented at *KSU 2015 Symposium for Student Scholars*

Taylor Swanson, undergraduate assistant, Spring 2015. "Is prenatal exercise participation associated with reduced discomforts of pregnancy?", Co-presenter at *2015 KSU Symposium for Student Scholars*

GRANTS AND CONTRACTS

2017-2018 KSU One-Time Funding for Strategic Priority Initiatives

- $52,370 awarded for “Reliability Study: Effects of Abdominal Adiposity and Physical Activity on Metabolic Health.” Role: PI

2017-2018 WellStar College Research Fellowship, July 2017

- $60,000 awarded for equipment to support “Effects of Abdominal Adiposity and Physical Activity on Metabolic Health.” Role: PI

2017-2018 Grant to Catalyze External Funding, July 2017

- KSU Office of the Vice President of Research
- $14,992 awarded for “Reliability Study: Effects of Abdominal Adiposity and Physical Activity on Metabolic Health.” Role: PI

2016-2017 WellStar College Research Fellowship, May 2017

- $7711 awarded for CARDIA Hormone Study. Role: PI.

2015-2016 WellStar College Research Fellowship, October 2015

- $23,320 awarded for “Impact of abdominal obesity and inactivity on maternal metabolic health (in-house extension study).” Role: PI.

2015-2016 Incentive Funding Award for Research & Creative Activity, July 2015

- KSU Center for Excellence in Teaching and Learning
- $7918 awarded for “Impact of abdominal obesity and inactivity on maternal metabolic health.”

2014 Grant to Catalyze External Funding, January 2014

- KSU Office of the Vice President of Research
- $9982 awarded for “Differential effects of visceral fat and inactivity on maternal metabolic health in Caucasian and African American women.” Role: PI

2011 Postdoctoral Career Enhancement Award

- Office of Postdoctoral Education, University of Alabama at Birmingham, January 2011
- $1500 awarded for training visit to the laboratory of Sonia Caprio, MD at Yale University

2010 Travel Award

- Global Obesity Summit, Jackson, Mississippi, November 2010
- $1000 awarded to present research as “Hot Topic” at the Global Obesity Summit

2007 Student Research Award

- Gatorade Sport Science Institute, July 2007
- $1500 awarded for dissertation research support

NON-ACADEMIC POSITIONS

Exercise Physiologist, UAB Eat Right obesity program, 2011-2012
Continuing Education Instructor, Evenings at Emory, Health/Wellness topics, 2002-2003
Wellness Program Coordinator, Federal Occupational Health, 2000-2004
Exercise Physiologist and Group Instructor, Canyon Ranch Spa Club, 1999-2000
Group Exercise Leader, healthy adult population, various centers, 1990-2009
Personal Trainer Educator, NAFTA workshop, 1999
Exercise Physiologist and Group Instuctor, Nellis Air Force Base, 1997-2000
Group Exercise Leader Educator, University of Missouri Rec Center, 1993-1994
Group Exercise Leader, arthritis, osteoporosis, cardiac rehab classes, 1990-2000
Founder and Leader, Fitness Over 50 group exercise program, San Antonio, 1990-1991

FITNESS TRAINING AND CERTIFICATIONS

American College of Sports Medicine, Health / Fitness Instructor, 1992 to present
American Council on Exercise, Aerobics/ Group Exercise Instructor, 1990 to present
CPR, AED, and Emergency Care, American Heart Association, 1990 to present
Perinatal Exercise, Moms in Motion, Sara's City Workout, 2005
Pilates Matwork Fundamentals, Sara's City Workout, 2001
Yoga, YogaFit, 2000
Indoor Cycling: Star Trac Precision Cycling, May 2001; Cycle Reebok, 1998
Arthritis Foundation, People with Arthritis Can Exercise (PACE), 1998