

LYNDA B. RANSELL

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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)

- May 2017 – present **Northern Arizona University**—Flagstaff, AZ
Dean & Professor, College of Health and Human Services
- 2015 – 2017 **Arizona State University**—Phoenix, AZ (Downtown Campus)
Associate Dean for Faculty Development & Professor, College of Hlth Solutions
- 2012 –2015 **Montana State University**—Bozeman, MT
Dean & Professor, College of Education, Health and Human Development
- 2004-2012 **Boise State University**—Boise, ID
Department Head (2004-2008), Promoted from Associate to Full Professor in 2006,
Department of Kinesiology
- 1999-2004 **University of Utah**—Salt Lake City, UT
Promoted from Assistant to Associate Professor with Tenure in 2003; Graduate
Program Director (2003-04) & PEAK Director (Faculty/Staff Fitness Wellness
Program) from 1999 to 2005, Department of Exercise and Sport Science; Adjunct
Faculty, Department of Health Promotion and Education
- 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

- 2017 – present **Dean, College of Health and Human Services** (Northern Arizona University)
Responsible for faculty development, promotion and tenure, accreditation oversight, personnel hiring, budgeting, and fundraising for college with the the 3rd largest undergraduate and 2nd largest graduate enrollment at NAU. The College of Health and Human Services serves over 4800 students, 154 faculty, and 50 staff. Managed a budget of over \$25M. Specific accomplishments include:
- Facilitated licensure and certification examination pass rates in 13 accredited programs that were above the national averages for past 3 years.
 - Supported hiring and infrastructure to boost the Physician Assistant Studies program to a #37 US News and World Report (USNWR) ranking in its 5th year of existence (70% of the students are from underrepresented backgrounds, 85% stay in Arizona to practice, and 49% go back to underserved communities for their first job).
 - Supported hiring and infrastructure to boost the Occupational Therapy program to a #93 USNWR ranking in its 6th year of existence. This program also serves a significant number of underrepresented students who stay in AZ to practice OT.
 - Led successful accreditation processes in Physical Therapy (2020), Nursing (2019), ACEND/Nutrition (2019); experience with accreditation in Athletic Training at Boise State and submitted self-studies for re-accreditation in Dental Hygiene (2021) and Athletic Training (2021).
 - Student state quiz bowl championships in PA Studies (2018 & 2019) and Communication Sciences and Disorders (2018); Regional Championship Quiz Bowl winners at Rocky Mountain Athletic Training Association (2019)
 - As Dean, led 5 of the 10 U.S. News and World Report (USNWR) ranked programs at NAU (Physician Assistant Studies #37; Physical Therapy #40; Occupational Therapy #93, Speech Language Pathology #108, and MS in Nursing #164)
 - Worked to Improve Research Development Infrastructure: Implemented College-Wide faculty grants, hired grant & contract coordinator, collaborated with VP for Research and Center for Health Equity Research (CHER) to

offer “Grant Writing Boot Camp” for faculty, hired grant/manuscript editing and statistical consulting services for faculty

- Worked with departments to update promotion and tenure documents
- Worked to enhance inter-professional education and practice within the college (e.g., regular workshops, SIM lab sharing across disciplines, SHOW clinic in Phoenix to serve homeless; Community Health Mentor Program, funded by the BHHS Legacy Foundation)
- Facilitated the development of “faculty-led initiatives” whereby faculty propose fundraising priorities for CHHS
- Helped to develop and grow new graduate programs in Interdisciplinary Health (PhD with the College of Social and Behavioral Sciences; approximately 20 applicants/year) and Masters of Public Health in Nutrition and Health Promotion (68 applicants for 30 slots)
- Developed Graduate and Undergraduate Student-Advisory boards that meet regularly to discuss college-wide issues that affect our students
- Worked to ensure that communication and recognition across our 5 nursing campuses (Yuma, Tucson, Ft. Defiance, Flagstaff, North Phoenix) is systematic and effective
- Grew student clinical hours to underserved and rural communities to over 565,964 hours per year
- Significant emphasis on diversity such that 29% of department chairs and 12% of the faculty are from diverse backgrounds; 39% of students in CHHS are from diverse backgrounds
- Nominated NAU’s first Native American Regents’ Professor (who was appointed as a Regents’ professor in 2019)
- Created funds for student travel to present research (\$8,000)
- Created fund for staff development to increase opportunities for growth and development of staff leadership (\$4,000/yr)
- Created seed funding for faculty grants (\$20,000/yr)
- CHHS has finished every budget year with funds left over under my leadership. In addition, CHHS has successfully addressed university budget deficits with college contributions totaling over \$500,000 per year for 2 years; this past year, we contributed over \$2M to budget shortfall due to COVID.
- Successfully collaborated with distance campuses in Tucson, Yuma, Fort Defiance, North Phoenix, and the Phoenix Biomedical Campus
- Hosted Northern Arizona’s first annual free dental clinic in collaboration with Missions of Mercy and the Arizona Dental Association

2015-2017

Associate Dean for Faculty Affairs, College of Health Solutions (Arizona State University): Responsible for faculty development, promotion and tenure, accreditation oversight, course evaluations, personnel hiring, and other duties as assigned in the 5th largest college at ASU. The college of Health Solutions serves over 5500 students, 125 full time faculty, and numerous staff. Specific accomplishments include:

- Refined and streamlined the promotion and tenure process throughout the college (e.g., added deadlines, facilitated document development, etc.)
- Facilitated ASU Accreditation process by working with units to complete assessment plans and assessment reports

- Facilitated transition from college-centered course evaluation structure to central/ASU course evaluation structure (to save funds)
- Developed a series of “Best Practices in Teaching” workshops for the college. Topics included: data-based strategies for improving teaching, teaching the millennials, online teaching, problem-based learning, test construction, etc.)
- Working with a committee to develop a “Distinguished Teaching Award” for non-tenure track and tenure-track faculty.
- Facilitated enhanced communication between faculty and fundraising team, and initiated a development report structure to enhance communication about fundraising throughout the college. Working to implement a “faculty initiative” program whereby faculty can propose case studies to fund their work.
- Facilitated collaborations with athletics including #Keepthebeat, an initiative of ASU women’s basketball to raise awareness about heart health. CHS students administered step tests (a submaximal test of cardiorespiratory fitness), to teach participants how to self-test for this and why it is important. Also helped to organize a flashmob dance team, who made a video to promote heart health.
- Developed various college-wide policies including online teaching compensation, promotion and tenure guidelines for tenure track and non-tenure eligible faculty.
- Worked with leadership team to implement online course fee structure, college core curriculum, and facility development for the college.
- Served as Master of Ceremonies for Graduation/Convocation for the College of Health Solutions (Fall and Spring 2016 and Spring 2017)

2012- 2015

Dean, College of Education, Health and Human Development (Montana State University): Responsible for leading the third largest undergraduate and second largest graduate enrollment for the 8 colleges at Montana State University. Our programs served over 2000 students, 57 full time faculty, 75 adjunct faculty, and numerous staff. During my tenure as Dean, I led initiatives such as: Grant writing boot camp, Distinguished College Lecture Series to recognize those who excel in teaching, research, and service, Women’s Health Symposium, Strategic Planning, Role and Scope (aka Promotion and Tenure) Document Revision, Mentoring program with MT public schools, Recognition of Dean’s List students and Alumni, Improving Donor Relations and Growing the Endowment/Fundraising Initiatives. Managing a budget of approximately \$4 million in appropriated dollars, \$8-10 million in grant funding, and \$4.6 million in endowed foundation funding. Other accomplishments include:

- Successful accreditation in Dietetics, Dietetics Internships (ASCEND or the Accreditation Council for Education in Nutrition and Dietetics), & Counseling (CACREP or the Council for the Accreditation of Counseling and Related Educational Programs)
- CAEP (Council for the Accreditation of Educator Preparation) Accreditation report submitted in February 2015 with visit in November 2015
- Sustainable Foods program named one of the top 10 college environmental programs in the U.S. in 2013 by Mother Nature Network

- Towne’s Harvest Garden received a commendation from the Association of Public and Land Grant Universities as an “Exemplary Outreach and Engagement Project” (2014)
- Earned the status of being the Top Ranked program in Montana for the highest number of graduates in education and teaching according to the Online College Database’s “Shaping the Next Generation” category
- Developed a lecture series to honor the outstanding teachers, researchers, and service providers in the college
- Hosted a golf clinic and tournament fundraiser for the college
- Designed and implemented a women’s health symposium with the College of Nursing with a focus on physical activity and nutrition
- Dietetics Exam pass rate of 87% in the past 4 years
- Implemented EHHD college advisory boards that assist with strategic direction, public relations, and fundraising
- Academic Analytics Ranking of #3 in Health and Human Development in terms of total grant dollars—behind Michigan and Columbia Teachers College
- Academic Analytics Ranking of #13 in Education in terms of total number of grants—behind Stanford, Michigan, Harvard, Cal Berkley, ASU, and UNC-Chapel Hill
- Eleven (11) year Grant Activity Average = \$6.8 million with total funding obtained topping \$74 million during this time period
- Grew grant funding in the college from approximately \$2 million when I arrived to over \$11 million currently (79% of tenure track faculty are submitting grants and the success rate for grant submissions is about 61%)
 - Sources of Funding: FEDERAL = DOD, NSF, NIH, DoED, USDA; STATE = OCHE, DoAG, DPHHS, OPI
- Obtained funding for a \$100,000 lab facility for a Nutrition and Health Disparities Laboratory
- Worked on a collaborative interdisciplinary laboratory facility between Biomechanics and Engineering and/or Exercise Physiology and Physiology or Biology
- Led the strategic planning process to develop a plan concurrent with the MSU strategic plan (2014-2017)
- Working on revising the Role and Scope (Tenure and Promotion) document after the Tenure Track Faculty Union was disbanded
- Served on the Dean of Agriculture and Director of Office of Institutional Equity Search Committees (2014)
- Largest Fundraising Gift to date of \$150,000 toward rural student teaching scholarships; additional fundraising success funding scholarships for Dietetics Internships, Graduate Students, and various undergraduate scholarships.
- Increased fundraising by 227% from 2013-14 to 2014-15 (from \$89,594 to \$292,328)

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, and leading a department of over 700 students; developed and implemented policies and procedures with faculty members; guided curricular decisions; maintained & scheduled facilities including two gymnasiums, a swimming pool, a student activity

field, several classrooms, and a variety of other areas; worked closely with athletics and campus recreation to deliver programs and schedule facilities; successfully passed Athletic Training Accreditation; and managed a budget of approximately \$1,800,000.

- 2003-2004 **Graduate Coordinator, 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): I was the only two-term President in the herstory of NAGWS. 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 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

Northern Arizona University

- IH 702 Health Interventions (Doctoral Course, Co-Instructor): Spring 2019 & 2020

Arizona State University

- Best Practices in University Teaching (Doctoral Seminar Course): Spring 2016 & 2017
- Health Promotion Theory (Graduate Course): Fall 2016
- Introduction to College of Health Solutions: Special Topics—Strength & Conditioning (CHS 101): Fall 2016

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, Level 1 (2011-present) and Level 2 (2017-present)
- TRX Trainer (2011 - present)
- Mental Health First Aid, National Council for Behavioral Health (2019-2022)

Graduate Students and Post-Doctoral Trainees

Chair (Thesis/Dissertation In Progress)

Committee Member (Thesis/Dissertation in Progress)

Natasha Birchfield, Ph.D.: Applying Exercise is Medicine to a college campus. (Arizona State University/Dept. of Exercise Science and Health Promotion, Physical Activity, Nutrition, and Wellness Program).

Kat Brown, M.S. Food pantry intervention among college students (Arizona State University/Nutrition).

Chair (15 Thesis Projects/Dissertations Completed: 2 PhD and 13 MS)

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, M.S.: Project PHIT: Results of a 10-week worksite intervention on a university campus. (Boise State University, Health Promotion, Fall 2012)

Justin Freeman, M.S.: The status of third party reimbursement for certified athletic trainers in National Athletic Trainers’ Association District 10. (Montana State University, Health Enhancement, Spring 2015)

Committee Member (43 Thesis Projects or Dissertations Completed: 14 PhD and 29 MS)

- 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)
- Daniel Graegert (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)
- Laura Horrigan (Committee Member), M.S.* Influence of anthropometric characteristics on insulin responses to uphill and downhill walking in women. (Montana State University, Exercise Physiology, Spring 2014).
- Yanan Zhao (Committee Member, External Evaluator), Ph.D.* The effect of a tailor-made exercise program on improving balance among older adults at risk of falling. (Hong Kong Baptist University, Kowloon Tong, Hong Kong, Spring 2015).
- Liang Yan (Committee Member, External Evaluator), Ph.D.* Effects of active video game intervention on promoting physical activity among Hong Kong Chinese Children. (Hong Kong Baptist University, Kowloon Tong, Hong Kong, Spring 2015).
- Kala French Loughheed (Committee Member, External Evaluator), Ph.D.* Effective engagement: A study of educational leaders interactions with legislators in the 2013 session and its impact on education policy in Montana. (Montana State University, Educational Leadership, Spring 2015).
- Kate Zemek, Ph.D.:* Hydration and Cognition (Arizona State University/Dept. of Exercise Science and Health Promotion, Physical Activity, Nutrition, and Wellness Program, Spring 2017).
- Taylor Haynes, M.S.* An Evaluation of Exercise is Medicine at ASU (Arizona State University, Exercise Science, Spring 2017).
- Courtney Johnson, M.S.:* The fitness tourist: Goal content of exercisers through the wellness tourism industry. (Arizona State University/Dept. of Community Resources and Development, Spring 2017).
- Ellie Kim, M.S.:* An assessment of the feasibility and acceptability of a food pantry intervention among college students. (Arizona State University/Nutrition, Spring 2017).

Heidi Lynch, Ph.D.: The effect of a vegetarian diet on athletic performance. (Arizona State University/Dept. of Exercise Science and Health Promotion, Physical Activity, Nutrition, and Wellness Program, Spring 2018).

Tiffany Dowling, M.S. Implementing a mindfulness/meditation program in semi-professional baseball. (Arizona State University/Dept. of Exercise Science and Health Promotion, Physical Activity, Nutrition, and Wellness Program, Spring 2018)

Devi Davis-Strong, Ph.D.: Supports and Barriers to Exercise Adherence Among Exercising and Non-Exercising African American Women. (Loma Linda University, Public Health program, Fall 2018)

Undergraduate Honors Thesis Projects

Kelsey Kring, B.S. (Chair). The effect of static stretching and whole body vibration on strength and power in recreationally active college females. (Kinesiology, Arizona State University, Fall 2017).

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 (105 total) (NOTE: Underlined authors were/are students)

105. Lynch, H., Buman, M., Dickinson, J.M., **Ransdell, L.B.**, Johnston, C.S., & Wharton, C.M. (2020). No significant differences in muscle growth and strength development when consuming soy and whey protein supplements matched for Leucine following a 12 week resistance training program in men and women: A randomized trial. *International Journal of Environmental Research and Public Health*, 17, 3871. DOI: 10.3390/ijerph17113871.
104. Leung, K.M., Chung, P.K., Chan, A.W.K., **Ransdell, L.B.**, Siu, P.M.F., Sun, P., Yang, J., & Chen, T.C. (2020). Promoting healthy ageing through light volleyball intervention in Hong Kong: Study protocol for a randomized controlled trial. *BMC Sports Science Medicine and Rehabilitation*. <https://doi.org/10.1186/s13102-019-0151-7>.
103. **Ransdell, L.B.**, Murray, T., Bicura, D., & Jones, P. (2020). A 4-year analysis of game demands for elite Division I women's basketball players. *Journal of Strength and Conditioning Research*, 34(3):632-638. doi: [10.1519/JSC.0000000000003425](https://doi.org/10.1519/JSC.0000000000003425).
102. Allen, J., **Ransdell, L.B.**, & Smith, J. (2019). Missing or seizing the opportunity? The effect of an opportunity hire on job offers to science faculty candidates. *Equality, Diversity, and Inclusion* (Special Issue on the Underrepresentation of Women Faculty in STEM). DOI: <https://doi.org/10.1108/EDI-09-2017-0201>
101. Lau, P.W., Leung, W.C.B, Pitkethy, A.J., & **Ransdell, L.B.** (2018). Do physical education teachers and general teachers differ in their implicit anti-fat bias towards overweight Chinese students? *International Journal of Physical Education*, 55(1), 27-37.

100. **Ransdell, L.B.**, Nguyen, N., Hums, M., Clark, M., & Williams, S.B. (2017). Voices from the field: Perspectives of U.S. Kinesiology chairs on opportunities, challenges, and the role of mentoring in the chair position. *Quest*. ISSN: 0033-6297- 1543-2750; DOI: 10.1080/00336297.2017.1371047
99. **Ransdell, L.B.** (2017). Obtaining resources for your kinesiology department. *International Journal of Kinesiology in Higher Education*, 1(4), 107-112. ISSN: 2471-1616 , 2471-1624; DOI: 10.1080/24711616.2017.1322856
98. Gao, Y., Sun, H., Zhuang, J., Zhang, J., **Ransdell, L.**, Zhu, Z., & Wang, S. (2016). Metabolic equivalents of selected sedentary and physical activities in Chinese youth. *Journal of Physical Activity and Health*, 13 (Suppl 1), S48-S52.
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Papers In Review

- Peters, K., Petlichkoff, L., Lucas, S., Gao, Y., & **Ransdell, L.** (in review) An examination of finish time variation for collegiate cross country national championships by gender. *Journal of Intercollegiate Sport*
- Davis-Strong, D., Herring, R.P., Modeste, N., & **Ransdell, L.** (in review). Facilitators of exercise adherence among exercising and non-exercising African-American women: A qualitative study. *Research Quarterly for Exercise and Sport*.

Davis-Strong, D., Herring, R.P., Modeste, N., & **Ransdell, L.** (in review). Barriers related to exercise adherence among exercising and non-exercising African American women: A qualitative study. *Journal of Health Disparities Research and Practice*.

Papers/Research/Books In Progress

- 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*.
- Gao, Y., Sun, H., & **Ransdell, L.** (in progress). Accelerometer-measured physical activity (PA) levels of American Adults by BMI category. *Medicine and Science in Sports and Exercise*
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Books & Instructors Manuals Published (6 total)

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11. Sell, K., Newton, M., & **Ransdell, L.B.** (2005) Tennis. In: K. Christiansen, A. Guttmann, & G. Pfister (Eds.) *International Encyclopedia of Sport* Macmillan Reference USA: New York, NY.
10. **Ransdell, L.B.**, Lucas, S., & Warner, S. (2005). Mountain Biking. In: K. Christiansen, A. Guttmann, & G. Pfister (Eds.) *International Encyclopedia of Sport*. Macmillan Reference USA: New York, NY.

9. Lau, P.W.C., & **Ransdell, L.B.** (2005). The contribution of sport identity and physical self-perception to physical activity and sport participation of girls and women. In: L. Ransdell & L. Petlichkoff (Eds.) *Ensuring the health of active and athletic girls and women*. Reston, VA: AAHPERD Publications, pp. 295-309.
8. Sell, K., & **Ransdell, L.B.** (2005). Exploring gender-based correlates of physical activity in school-age children: A worldwide perspective. In: L. Ransdell & L. Petlichkoff (Eds.) *Ensuring the health of active and athletic girls and women*. Reston, VA: AAHPERD Publications, pp. 29-43.
7. Lau, P. W. C., Cheung, M.W. L., & **Ransdell, L.** (2004). Measurement properties of subscales of the Physical Self-Descriptive Questionnaire in Chinese children. In M.K. Chin, L.D. Hensley, P. Cote & S. H. Chen, (Eds.), *Global Perspectives in the Integration of Physical Activity, Sports, Dance and Exercise Science in Physical Education: From Theory to Practice* (pp. 439-446). Hong Kong: The Hong Kong Institute of Education.
6. **Ransdell, L.B.** (2002). The maturing young female athlete: Biophysical considerations. In F. Smoll and R. Smith (Eds.), *Children and Youth in Sport: A Biopsychosocial Perspective* (2nd ed.). Madison, WI: Brown & Benchmark (pp. 311-338).
5. **Ransdell, L.B.** (2001). Mountain Biking. In: K. Christiansen, A. Guttmann, & G. Pfister (Eds.) *International Encyclopedia of Women & Sport (Volume 2)*. Macmillan Reference USA: New York, NY. (pp. 757-760).
4. **Ransdell, L.B.**, & Taylor, A. (2001). Softball. In: N. J. Dougherty (Ed.), *Physical Activity and Sport for the Secondary School Student*. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance (pp. 247-263).
3. **Ransdell, L.B.** and Oakland, D. (2001). Softball. In: N.J. Dougherty (Ed.) *Principles of Safety in Physical Education and Sport*. Reston, VA: American Alliance for Health, Physical Education, Recreation, and Dance (pp. 196-208).
2. Wells, C.L., & **Ransdell, L.B.** (1995). The maturing young female athlete: Biophysical considerations. In: F. Smoll and R. Smith (Eds.), *Children and Youth in Sport: A Biopsychosocial Perspective*. Madison, WI: Brown & Benchmark. (pp. 200-225)
1. **Ransdell, L.B.** (1998). Women's Health Issues. *SAWPASH Proceedings*, 63, 31-39.

Book and Video Reviews

- Ransdell, L.B., & Hewett, Z. (2010). Book review of *The Hidden faces of eating disorders and body image* by Justine Reel & Kathy Beals (Eds.) (AAHPERD Publishers, Reston, VA). *Women in Sport and Physical Activity Journal*, 19(1), 86-88.
- Ransdell, L.B. (2009). Book review of *Standing Tall: A Memoir of Tragedy and Triumph* by C. Vivian Stringer (304 pages, Crown Publishers, 2008). *Women in Sport and Physical Activity Journal*, 18(2), 74-75.
- Gidley, L., **Ransdell, L.B.**, Taylor, J., & Sannes, A. (2003). Video review of: *Uphill all the way*. *Women in Sport and Physical Activity Journal*, 12(1), 136-138.
- Ransdell, L.B.** (2003). Book review of: *More than a game: A woman's battle with Title IX*. *Women in Sport and Physical Activity Journal*, 12(1), 134-135.
- Ransdell, L.B.** (2002). Book review of: *The First Big Ride: A Woman's Journey*. By E. Hammer. Nashville, TN: Cumberland House Publishers. Published in *Women in Sport and Physical Activity Journal*, 11(1), 183-184.

Sell, K., Schoen, C., Stobbe, C., Estanol-Johnson, E., Cory, L., & Ransdell, L.B. (2002). Video review of: *Sandy Spin Slade: Beyond Basketball*. Published in *Women in Sport and Physical Activity Journal*, 11(1), 184-185.

Ransdell, L.B. (2001). Book review of: *Women and Sport: Issues and Controversies*, (2nd edition). By Greta Cohen (Ed.). Oxon Hill, MD: AAHPERD Publications. Published in *Women in Sport and Physical Activity Journal*, 10(2), 203-205.

Clocksln, B., Crandall, J., Eastep, E., Vener, J., Detling, N., Schoen, C., & Ransdell, L.B. (2001). Book review of: *International Encyclopedia of Women & Sport*. By K. Christensen, A. Guttmann, & G. Pfister. Farmington Hills, MI: The Gale Group. Published in *Women in Sport and Physical Activity Journal*, 10(2), 208-210.

Schoen, C., Estanol-Johnson, E., Crandall, J., & Ransdell, L.B. (2001). Video review of: *Breakin' the Glass: History of the ABL (1996-1998)*. Published in *Women in Sport and Physical Activity Journal*, 10(2), 212-213.

Warner, S., White, J., Hueglin, S., Estana-Johnson, E., Schoen, C., & Ransdell, L.B. (2001). Book review of: *Women in Sport* by Barbara Drinkwater (Ed.). Malden, MA: Blackwell Science. Published in *Women in Sport and Physical Activity Journal*, 10(1), 143-148.

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 (62 total)

62. **Ransdell, L.B.**, Nguyen, N., Hums, M., Clark, M., & Williams, S. (January 2017). Voices from the field: Kinesiology department chairs perspectives on mentoring, reasons for pursuing leadership, and career challenges. Paper presented at National Association for Kinesiology in Higher Education (NAKHE) in Orlando, FL.
61. Sidman, C., & **Ransdell, L.** (January 2017). Competency-Based College-Level Core Curriculum: Development and Challenges. Paper presented at National Association for Kinesiology in Higher Education (NAKHE) in Orlando, FL.
60. Smith, J. L., Allen, J., **Ransdell, L.** & Rae, N. (2016, May). *Missing or Seizing the Opportunity? The Effect of an Opportunity Hire on Job Offers to Science Faculty Candidates*. Paper presented at the 28th annual meeting of the Association for Psychological Science, Chicago, IL.
59. Gao, Y., Sun, H., & **Ransdell, L.B.** (May 2016). NHANES Grip Test Measured Muscular Strength of American Adults. ACSM in Boston, MA.
58. **Ransdell, L.B.**, Allen, J., Smith, J.L. (January, 2016). The impact of unconscious bias in kinesiology faculty search processes. National Association for Kinesiology in Higher Education in San Diego, CA.

57. 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.
56. 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.
55. Gao, Y., Sun, H., & **Ransdell, L.** (April 2013). Rasch Analysis to Assess Appropriateness of the NHANES Depression Screener. AAHPERD Conference in Charlotte, NC
54. 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.
53. 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.
52. 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.
51. 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.
50. 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.
49. Dellasarra, C., **Ransdell, L.**, & Gao, Y. (April 2013). Use of integrated technology (IT) in team sports. AAHPERD Conference in Charlotte, NC.
48. **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.
47. 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.
46. 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.
45. 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.
44. 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.
43. 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.
42. **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.
41. 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.
40. 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.

39. 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.
38. 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.
37. 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.
36. 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.
35. 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.
34. 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.
33. 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.
32. 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.
31. **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.
30. 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.
29. 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.
28. 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.
27. 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.
26. 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.
25. 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.

24. 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 4th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Taiwan.
23. 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.
22. 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
21. 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.
20. 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.
19. 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.
18. 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.
17. **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.
16. 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.
15. **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.
14. **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.
13. 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.

12. 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.
11. 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.
10. 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.
9. 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
8. 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*.
7. 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*.
6. 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.
5. **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.
4. 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.
3. **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.
2. **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.
1. 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 (49 total)

51. **Ransdell, L.B.,** Lounsbery, M., McCubbin, J., & Torabi, M. (January 2019). Invited discussant for Pre-Conference Dean Panel on "Engaging Alumni and Fundraising for Kinesiology" held at the American Kinesiology Association national meeting.
50. **Ransdell, L.B.,** Germain, J., & Estes, S. (July 2018). Invited leader of discussion on "Communication strategies for Kinesiology Leaders" held at the Summer Leadership

- Development Workshop (LDW) and Department Head Certification Training (DHCT) workshop in Flagstaff, AZ.
49. **Ransdell, L.B.** (March 2018). Panelist to discuss “Opportunities and expectations of international collaborations between Chinese and American Universities.” Society for Health and Physical Education National Conference (SHAPE) in partnership with the International Chinese Society for Physical Activities and Health (ICSPAH) in Nashville, TN.
 48. **Ransdell, L.B.**, & Estes, S. (January 2017). Coordinator and Session Leader for Administrator Pre-Conference Workshop, National Association for Kinesiology in Higher Education (NAKHE) in Orlando, FL. Session topics included: tailoring the vitae and cover letter to the job, survival strategies in a fast growth/slow resource environment, and budgeting 101.
 47. **Ransdell, L.B.** (March 2016). Panelist for: Women Pursuing Leadership in Higher Education. Society of Behavioral Medicine in Washington, DC.
 46. **Ransdell, L.B.**, Oglesby, C., Hutchinson, G., Wrynn, A., Evans, G. Tools for breaking the glass ceiling. WSPECW in Asilomar, CA (November 2015).
 45. Le Masurier, G., Corbin, C., & **Ransdell, L.B.** (April 2014). Online Physical Education: Strengths and Challenges. American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), St. Louis, MO.
 44. **Ransdell, L.B.** (January 2014). Women as Leaders in Kinesiology and Beyond: Breaking through the glass obstacles. Amy Homans Lecture (Keynote at NAKHE). National Association for Kinesiology in Higher Education (NAKHE).
 43. **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.
 42. **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.
 41. **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.
 40. **Ransdell, L.B.** (December 2009). Masters Athletes: Strategies for successfully extending your athletic career. West YMCA. Boise, Idaho.
 39. **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.
 38. **Ransdell, L.B.** (October 2008). Periodization strategies for team sports. Idaho Conference of the National Strength and Conditioning Association in Boise, ID
 37. **Ransdell, L.B.** (May 2008). Finding your inner Xena: Strategies for success for women exercisers. Kentucky Dental Association Convention in Louisville, KY.
 36. **Ransdell, L.B.** (May 2008). How to become the biggest loser—without going to Hollywood. Kentucky Dental Association Convention in Louisville, KY.
 35. **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.
 34. **Ransdell, L.B.** (December 2007). Women in Academic Leadership-Trials and Tribulations in the United States. International Sport Sciences Convention in Hiroshima, Japan.
 33. **Ransdell, L.B.** (December 2007). Increasing Your Scholarly Productivity. Invited Scholar Lecture at Hong Kong Baptist University in Hong Kong, China.
 32. **Ransdell, L.B.** (March 2007). The Female Athlete Triad: What Athletic Directors Need to Know. National AAHPERD Convention in Baltimore, MD
 31. **Ransdell, L.B.** (March 2007). Chat with the Experts: Issues Related to Women & Leadership in Kinesiology. National AAHPERD Convention in Baltimore, MD.
 30. **Ransdell, L.B.** (November 2006). Experiencing Inclusive Excellence: Bringing It Home. Western Society for Physical Education of College Women Annual Convention in Asilomar, CA

29. **Ransdell, L.B.** (October 2006). Women and Exercise. Southern Association of Women in Physical Activity, Sport and Health (SAWPASH) Annual Convention in Fayetteville, AR
28. **Ransdell, L.B.** (May 2006). Women and Exercise. Kentucky Dental Association Convention in Louisville, KY
27. **Ransdell, L.B.** (May 2006). The Environmental Influence on Physical Activity and Exercise. Kentucky Dental Association Convention in Louisville, KY.
26. **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)
25. **Ransdell, L.B.** (February 2005). Increasing physical activity in families. Kentucky Department of Health, Conference on Physical Activity and Public Health in Lexington, KY.
24. **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.
23. **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.
22. **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.)
21. **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).
20. **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)
19. **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)
18. Strawbridge, M., & **Ransdell, L.B.** (April 2002). Masters women athletes: Physiological factors related to successful performance. AAHPERD Convention in San Diego (Invited Co-Presenter)
17. **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)
16. **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)
15. **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)
14. **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)
13. **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)

12. **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)
11. **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)
10. **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)
9. **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)
8. **Ransdell, L.B.** (April 1998). Women's health issues. Colorado State University Women's Studies Featured Lecture. (Invited Speaker)
7. **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)
6. **Ransdell, L.B.** (January 1998). Physical activity interventions in underserved populations. Distinguished Scholar Lecture, University of Utah. (Invited Speaker)
5. **Ransdell, L.B.** (September 1997). Women's health issues. Colorado Association for Health, Physical Education, Recreation, and Dance Conference in Denver, CO. (Invited Speaker)
4. 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)
3. 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)
2. 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)
1. **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 (25 total)

- Ransdell, L.B.**, Lund, J., Florentino, L, Lounsbery, M., & Hildebrand, K. (April 2014). Women in administration: perspectives, possibilities, and pathways. American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), St. Louis, MO.
- 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 & CONTRACTS

Grants Submitted (Awaiting Decision):

Vitalyst Foundation Spark Grant (February 2020). DiCarlo, D. and Ransdell, L. \$30,000 “Survivorship on the Go” to fund a mobile treatment van for NAU/Arizona.

Grants & Contracts Funded & Completed (\$2.55 million to date):

Hong Kong Research Impact Fund (RIF) for 2018-19 Leung, C. (PI), Chung, P.K. and **Ransdell, L.B. (Co-PIs)**. **\$7.4 million HKD or \$943,224 USD** “Promoting healthy ageing through light volleyball (LVB) promotion in Hong Kong and Mainland China.” The primary goal of this project is to compare the effects of a 16-week light volleyball intervention to tai chi and a control group in terms of improving functional fitness, psychological attributes, quality of life, and balance in adults aged 60 years and older. Secondary goals include facilitating light volleyball clinics and competitions in Hong Kong and Mainland China and disseminating knowledge about light volleyball by training the trainer, developing teaching aids, and creating a website that connects individuals interested in teaching and/or playing light volleyball.

U.S Department of Defense Gaub (PI); **Ransdell (Co-PI)** 01/01/14-05/30/15
Troops to Teachers (TT): Montana State University

The goal of the project, nationwide, is to present teaching as a viable career option for military veterans returning from war or retiring from active duty. Our goal was to increase the number of military veterans who consider teaching as a viable career across a 5-state region. I worked closely with LeRoy Gaub to ensure that we hired and recruited TT staff and veterans, and this grant enabled us to recruit, educate, and place approximately 15 veterans in

schools across the nation in the two years I ran the project.

Montana Department of Public Health & Human Services 01/01/14 – 12/31/14

Ransdell (PI); Tarabochia & Keller (Co-PIs)

Million Hearts Worksite Health Initiative for Montana employers that have 100 or more employees

The goal of our second year of this program was to provide large Montana businesses (100+ employees) with strategies for offering effective worksite wellness programs to employees, and for assessing the cost to benefit ratio and other tangible benefits of these programs. Our research successfully trained and assessed over 20 businesses in Montana in 2014, and we found impressive gains in the health & well-being of these worksites in terms of increased program participation, more systematic evaluation of programs, and improvements in some measures of physical and psychological well-being.

Montana Department of Public Health & Human Services 03/01/13 – 12/31/13

Ransdell (PI); Tarabochia & Keller (Co-PIs)

Million Hearts Worksite Health Initiative for Montana employers that have 100 or more employees

The goal of our first year of this program was to provide large Montana businesses (100+ employees) with strategies for offering effective worksite wellness programs to employees, and for assessing the cost to benefit ratio and other tangible benefits of these programs. Our research successfully trained and assessed over 10 businesses in Montana in 2014, and we found impressive gains in the health & well-being of these worksites in terms of increased program participation, more systematic evaluation of programs, and improvements in some measures of physical and psychological well-being.

Centers for Disease Control/Idaho State Department of Education/Idaho AHPERD (No award number because this work was completed with several sources of funding)

01/01/08 – 12/31/09

Ransdell (PI for Subcontract with Boise State University) with Shimon & Petranek (Co-Is).

Healthy Kids Initiative: Measuring BMI and Assessing the Status of Physical Education in Idaho.

The goal of this project was to: (a) develop and complete a statewide assessment plan to measure BMI in elementary and secondary classrooms (instead of using self-reported data); and (b) link BMI in our students to various characteristics of physical education in Idaho. My role was to collaborate with other university liaisons across the state to develop a testing protocol, organize testing throughout the region that includes Boise (the largest region in the state), collect data from physical education teachers, and link BMI to physical education.

Willard L. Eccles Charitable Foundation 08/01/00 – 08/01/01

Bainbridge (PI); **Ransdell** & Moyer-Mileur (Co-Is)

Generations Exercising Together (GET FIT). This funding was used to design and test the feasibility of a 3-generation (daughters, mothers, grandmothers) nutrition and exercise intervention on bone density, nutritional intake, and various aspects of fitness.

- Primary Children's Medical Center Foundation 10/01/01 – 08/01/02
Ransdell (PI); Moyer-Mileur & Neumayer (Co-PIs)
 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. The goal of this study was to test the efficacy of home-based versus community-based interventions in three generations of women for the impact on bone density, nutritional intake, physical activity behaviors, physical fitness, and psychological outcomes.
- LDS Hospital Foundation 01/01/02 – 01/01/03
 LaMonte (PI); Yanowitz, Horne, **Ransdell** & Ainsworth (Co-Is)
 Fitness Institute Physical Activity Questionnaire Validation Study
 The goal of this study was to conduct fitness testing in hospital patients recovering from cardiac incidents and compare fitness test results to questionnaire answers in an effort to develop a valid questionnaire to assess physical activity participation after cardiac rehabilitation.
- Ransdell, L.B.**, Jackson, V., Mean, L., Stewart, P. (2016-17). Jenny Norton/IHR Research Cluster Grant. Arizona State University. Role: Co-Primary 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. ROLE: Co-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: 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: ROLE: Co-Investigator
- McCrary, J. (PI), Clasey, J., & **Ransdell, L.B.** (1998). The etiology of osteoporosis and osteoarthritis. (UK Faculty Research Grant). ROLE: Co-Investigator
- Ransdell, L.B.** & Ainsworth, B.E. (1998). Visiting Scholar Award, American College of Sports Medicine ROLE: Primary Investigator
- Ransdell, L.B.** & Kennedy, C. (1997). LIFE: Lifestyle Improvement Through Fitness and Exercise. (CSU Career Enhancement Grant). ROLE: Primary Investigator
- Kennedy, C., Henry, K., & **Ransdell, L.B.** (1997). Employee Health Risk, Needs Assessment, and Intervention Model. (Longmont Meat Packing). ROLE: Co-Investigator
- Ransdell, L.B.**, Kennedy, C., & DeVoe, D. (1997). LIFE: Lifestyle Improvement Through Fitness and Exercise. (CSU Applied Human Sciences Mini-Grant). 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). 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). ROLE: Primary Investigator
- Linnell, S., **Ransdell, L.B.**, & Cordain, L. (1997). Purchase Nutritionist III Software. (CSU Applied Human Sciences Mini-Grant). 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:). ROLE: Primary Investigator
- Ransdell, L.B.**, & Kennedy, C. (1996). Increasing physical activity in adolescent girls and their mothers. (CSU Career Enhancement Grant). 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). ROLE: Primary Investigator
- Ransdell, L.B.**, & Wells, C.L. (1996). Body image in postmenopausal women relative to physical activity. (ASU/Douglas Connely Memorial Award). ROLE: Primary Investigator

Grants Submitted But Not Funded:

- USDA-NIFA-NLGCA-006361 9/1/18 – 8/30/21
 (Wharton, PI; **Ransdell, Co-PI**; Beardsley, Co-PI; Atkinson, Co-PI)
 Transforming food and agricultural education: Employing a novel model of systems thinking and leadership development. The project has two goals: 1) advance academic and public understanding of food and agriculture from a systems perspective, and 2) create actionable deliverables related to health and sustainability outcomes in the food system for multiple stakeholders, including the public, academics, and policy makers.
- NIH/NIAMS R15 Warren, M (PI), Lininger, M. (Co-PI), Chimera, N (Co-I), Smith, C (Co-I)
Ransdell, L (Co-I), Ainsworth, B (Co-I) and Huberty, J (Co-I). Association of Functional Screening Test with injury in community sports. This project addresses the mission of NIAMS by identifying specific movement dysfunction as an etiological factor for sport-related musculoskeletal injuries (MSK). This work will: (1) identify and describe the MSK injuries that occur in college recreational club athletes (age 18-30 yrs); (2) determine the relationship between functional screening tests and MSK injury; and (3) calculate the incidence density of these MSK injuries in the same sample.
- NSF 16-594 7/01/18 – 6/30/21
 Watwood, PI; Entin, Co-PI; Bounds, Co-PI; **Ransdell, Co-PI**; Gallagher, Co-PI
 ADVANCE at NAU: Building gender equity through hiring enhancements and faculty mentoring. National Science Foundation. Our goal is to lessen gender inequity issues in STEM at NAU by improving faculty hiring practices (e.g., improving search processes, training Equity Advocates), increasing start-up funds for women and underrepresented faculty, and enhancing mentoring of new female faculty members.
- Corbin, C., Kulinna, P., Corbin, W., Wilde, B., Lorenz, K, **Ransdell, L.**, & Mullins, G. (January 2016). Fitness and Wellness Education: Changing the Face of Physical Education. President's Award for Innovation. Role: Co-I
- Ransdell, L.B.**, and Bird, Elizabeth. U.S. Dept. of State, Division of Cultural Affairs (2014). TI YU (Teachers Improving Your Universe): through physical education and sport: A cross-cultural SPORT FOR HEALTH exchange between Montana State University and East China Normal University (Shanghai) China. Role: Co-PI

- 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. Role: PI
- Ransdell, L.B.** (2012). Effects of Bingocize on physical and mental health in Seniors. Boise Rotary Club Foundation. 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. 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
- 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
- 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
- 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. Scored but not funded.
- 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. 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) scored but not funded. 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). 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. 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). 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 Woods Johnson Foundation. Funding for 8/21/01 through 7/31/05. 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 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. 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 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). 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 ROLE: Co-Investigator
- McCrary, J.(PI), Clasey, J., & **Ransdell, L.B.** (1998). The etiology of osteoporosis and osteoarthritis. American Federation for Aging Research, New Investigator Grant 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 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 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. ROLE: Primary Investigator

SERVICE

Northern Arizona University

University

- Chair, Search Committee for Dean, College of Engineering, Informatics and Applied Sciences (2020)
- Search Committee, Provost (2019)
- Search Committee, Vice President for Fundraising and Alumni Relations (2018)
- Executive Committee, Yale National Institute for Navajo Nation Educators, 2017 – present
- CoCo-SUS Committee (2019) Campus Sustainability

Arizona State University

Department

- Member, Selection Committee for SNHP Service Award (2016)
- Certification, Quality Matters Rubric Application—for online course quality assurance (May 2016)
- Department Fundraising Committee (2016-17)

College

- Chair, College Assembly (2015 to present)

University

- Search Committee, College of Health Solutions Dean (Spring 2016)

- Competitive Grant Funding Committee to Determine which proposals from ASU can be submitted to federal grant agencies (Fall 2016-Spring 2017)
- Commission on the Status of Women, Downtown Campus Representative (2016-2017: Mentoring Committee, Annual Conference Planning Committee)

Montana State University

University

- President's Commission on the Status of University Women (PCOSUW), Chair (2013-2015)
- Member, Search Committee for Dean of Agriculture (2014)
- Member, Search Committee for Director of the Office of Institutional Equity (2014)
- Member, Degree Acceleration Task Force (2013)

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, 1999-2005)
- 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 UniversityDepartmental

- 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

- Editorial Board, Quest (2018-2020) and Women in Sport and Physical Activity Journal (2018-present)
- External Reviewer for Promotion to Full Professor, University of Northern Colorado (Fall 2018)
- External Reviewer for Appointment to Full Professor, University of Colorado Health Sciences Center--Anschutz, (September 2017)
- External Reviewer for Appointment to Research Professor Position, Hong Kong Baptist University (March 2019)
- Vice President (Elect-Active-Past), National Association for Kinesiology in Higher Education (NAKHE), Elected position, starting in 2017-2020; Responsible for assisting with Phoenix, AZ 2018 conference; for planning, delivering, and evaluating the 2019 NAKHE conference in Savannah, GA; and assisting with the 2020 conference in Palm Springs, CA.
- External Reviewer for Promotion to Full Professor (top level in Chinese system), Chinese University of Hong Kong (Dec 2016)
- External Reviewer for Promotion to Full Professor (top level in Chinese system), Hong Kong Baptist University (Dec 2015).

- External Reviewer for Tenure and Promotion to Associate Professor, University of Mississippi (August 2016)
- Member, Leadership Training Workshop Planning Committee, National Association for Kinesiology in Higher Education (NAKHE), 2016 – present
- Member, Selection committee for Leadership Training, National Association for Kinesiology in Higher Education (NAKHE), 2016-present.
- Member, Publications Committee, National Association for Kinesiology in Higher Education (NAKHE), 2016-2019.
- Chair, External Program Review for Kinesiology Program at Hong Kong Baptist University (April 2016).
- External Reviewer for Tenure and Promotion to Associate Professor, National University of Singapore (May 2015).
- External Reviewer for Promotion from Full Professor to Full Professor Chair, Hong Kong Baptist University (April 2015).
- Panel Member, *Hong Kong 2014 Research Assessment Exercise (RAE) for Education*. Serving on a 6 member international panel to evaluate Education, Health, and Human Development Research Programs for Hong Kong's Eight (8) publically funded higher education institutions.
- Editorial Board, *Research Quarterly for Exercise and Sport* (2013-2016) and *Women in Sport and Physical Activity Journal* (2013-present)
- External Reviewer for Retention, University of Oklahoma (November 2013)
- External Reviewer for Promotion from Associate to Full Professor, Idaho State University (August 2013)
- External Reviewer for Promotion from Associate to Full Professor, University of Kentucky (August 2013)
- External Reviewer for Promotion from Associate to Full Professor, University of Colorado, Colorado Springs (August 2013)
- External Reviewer for Promotion and Tenure from Assistant Professor to Associate Professor, New Mexico State University (August 2013).
- External Reviewer for Promotion from Associate to Full Professor, 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 (Southern Illinois University & 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, 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*, *Journal of Strength and Conditioning Research*, *Journal of Functional and Morphological Kinesiology*
- 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:

- Fellow, National Academy of Kinesiology (#579) (September 2018)
- Amy Morris Homans Scholar Lecture, National Academy of Kinesiology in Higher Education (January 2014)
- Fellow, North American Society of Health, Physical Education, Recreation, Sport and Dance Professionals (2013)
- Research Consortium, Scholar Lecture (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 Dr. 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