

**Lesley M. Scibora, DC, PhD**

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**EDUCATION**

Ph.D., School of Kinesiology, University of Minnesota, Kinesiology, 2011

D.C., Northwestern College of Chiropractic, 1998

B.S., Northwestern College of Chiropractic, Human Biology, 1996

A.A., North Dakota State College of Science, Pre-Chiropractic, 1994

**PROFESSIONAL APPOINTMENTS**

Associate Professor: Health and Exercise Science Department, University of St. Thomas, 2018 - present

Co-Director: First Year Experience Program, University of St. Thomas, 2019 - 2020

Assistant Professor: Health and Human Performance Department, University of St. Thomas, 2013 – 2018

Adjunct Faculty: Health and Human Performance Department, University of St. Thomas, 2012-2013

Postdoctoral Associate: School of Kinesiology, University of Minnesota, 2011 – 2012

**PROFESSIONAL EMPLOYMENT**

Doctor of Chiropractic: 1998 – present (Active MN License #3619)

Nutrition Educator/Training Consultant: Nutritional Weight and Wellness, St. Paul, MN, 2008 – present

Research Consultant, Musculoskeletal Health: Center for Translational Sciences Institute, University of Minnesota, 2012 – 2013

Executive Administrator: B.F. Nelson Corporation, Savage, MN, 2001 – 2006

## PEER-REVIEWED PUBLICATIONS

### Journal Articles

- 2020 Miller, M., Kojetin, S., **Scibora, L. M.** (2020). Site-specific effects of swimming on bone density in female collegiate swimmers. *International Journal of Exercise Science*, 13(1), 249-259.
- 2019 Bruininks, B. D., Korak, J. A., **Scibora, L. M.**, Sage, S. K., Mellick, P. F. (2019). Swimming and bone density: a DXA and pQCT study examining swimming as an osteogenic activity. *Journal of Exercise Physiology Online*, 22(1), 75-91.
- 2018 **Scibora, L. M.**, Mead, T. P., Larson, C. (2018). The influence of iPads on course performance and student perceptions of learning in human anatomy. *Journal of Teaching and Learning with Technology*, 7(1), 108-124. doi:10.14434/jotlt.v7n1.23973.
- 2016 Mead, T. P., **Scibora, L. M.**, Gardner, J. K., and Dunn, S. M. (2016). The Impact of Fitness Balls and Five-Minute Physical Activity Breaks on 6th Grade Math Scores. *The Physical Educator Journal*, 73(3), 1-16.
- 2015 **Scibora, L. M.**, Buchwald, H., Petit, M. A., Hughes, J., and Ikramuddin, S. (2015). Bone strength is preserved following bariatric surgery. *Obesity Surgery*, 25(2), 263-270.
- 2014 **Scibora, L. M.** (2014). Skeletal effects of bariatric surgery: examining bone loss, potential mechanisms and clinical relevance. *Diabetes, Obesity and Metabolism*, 16(12), 1204-1213.
- 2013 Schwartz, A., Vittinghoff, E., Margolis, K. L., **Scibora, L. M.**, Palermo, L., Ambrosius, W. T., Hue, T. F., Petit, M. A., Ensrud, K. E. (2013). Intensive glycemic control and TZD use: Effects on cortical and trabecular bone at the radius and tibia. *Calcified Tissue International*, 92(5):477-86.
- 2012 **Scibora, L. M.**, Ikramuddin, S., Buchwald, H., Petit, M. A. (2012). Examining the link between bariatric surgery, bone loss and osteoporosis: a review of bone density studies. *Obesity Surgery*, 22(4): 654-67.
- 2010 Stoffregen, T.A., Yoshida, K., Villard, S., **Scibora, L.**, Bardy, B. (2010). Stance width influences postural stability and motion sickness. *Ecological Psychology*, 23(3): 169-191.

### Book Chapters

- 2018 **Scibora, L. M.** & Hughes J. M. (2018). Special considerations for osteoporosis and bone health. In M. Paternostro Bayles & A. Swank (Eds.) *American College of Sport Medicine's Textbook for Exercise Testing and Prescription*. Baltimore, MD: Wolters

Kluwer.

- 2013 Petit, M. A., Hughes, J. M., **Scibora, L. M.** (2013). Exercise prescription for patients with osteoporosis. In J.K. Ehrman, ed., *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*. (7<sup>th</sup> ed.). Baltimore: Lippincott Williams & Wilkins; 699-712.
- 2007 **Scibora, L.**, Villard, S., Flanagan, M., Stoffregen, T.A. (2007). Motion sickness and postural motion affected by stance width. In S. Cummins-Sebree, M. Riley, K. Shockley (Eds.) *Fourteenth International Conference on Perception and Action: Studies in Perception and Action IX*. New York: Lawrence Erlbaum; 111-114.

### Conference Proceedings

- 2019 Miller, M.\* , Kojetin, S.\* , **Scibora, L. M.** (2019). The effects of swimming on bone density in female collegiate swimmers, *Medicine & Science in Sports & Exercise*, 51(6): 432.
- 2018 Loxtercamp, B.\* , Moore, M.\* , Austen, S., DeNunzio, G., **Scibora, L. M.** (2018). Influence of attentional focus in a weighted barbell back squat among experience performers. *Medicine & Science in Sports & Exercise*, 50(5S): 431.
- 2017 Loxtercamp, B.\* , Moore, M.\* , Kelleher, L., **Scibora, L. M.** (2017). Influence of experience and attentional focus in a single arm isokinetic elbow flexion. *Medicine & Science in Sports & Exercise*, 49(5S), 481.
- 2016 McGowan, J. J.\* , Bruininks, B. D., Duoos, B. A., & **Scibora, L. M.** (2016). Side-to-side musculoskeletal differences in the arm of a collegiate pitcher related to strength and flexibility. *Medicine and science in sports and exercise*, 48(5 Suppl 1), 1005.
- 2016 Freire, R. A., Street, G. M., Smock, A. J., Bruininks, B., & **Scibora, L. M.** (2016). Comparison of tibial strength between adult female dancers, gymnasts, and runners. *Medicine and science in sports and exercise*, 48(5 Suppl 1), 146.
- 2016 Polgreen, L. E., Petryk, A., Rudser, K., Kaiser, A., **Scibora, L. M.**, Miller, B. S., Whitley, C. S., Fung, E. B. (2016). High bone turnover is associated with lower bone density in Hurler-Scheie and Hunter syndromes treated with enzyme replacement therapy. *Molecular Genetics and Metabolism*, 117(2): S95–S96.
- 2015 Polgreen, L.E., Petryk A., Kelly A. S., **Scibora L. M.**, Miller B. S., Whitley C. B., Fung, E. B. (2015). Early bone deficits measured by pQCT in the mucopolysaccharidoses despite current therapies. *J Bone Miner Res* 30 (Suppl 1).
- 2015 Berglove, K.\* , **Scibora L. M.** (2015). Previous anterior cruciate ligament injury compromises bone and muscle strength in collegiate athletes. *Medicine & Science in Sports & Exercise*, 47(5S):7-9.

- 2015 Meeks, H. L. \*, **Scibora L. M.** (2015). Effect of high school sport participation on bone density of college-aged females. *Medicine & Science in Sports & Exercise*, 47(5S):702-705.
- 2015 Haight, K. \*, **Scibora L. M.**, Bruininks, B., Duoos, B.A. (2015). Differences between tibia bone density and geometry of male collegiate rowers and sedentary males. *Medicine & Science in Sports & Exercise*, 47(5S):7-9.
- 2015 Hulstein, E. \*, **Scibora L. M.** (2015). Vigorous physical activity is positively correlated with grade point average in college-age females. *Medicine & Science in Sports & Exercise*. 47(5S):453-459.
- 2012 Bruininks, B., **Scibora, L. M.** (2012). Bone density and strength differences among elite female athletes in weight-bearing versus non weight-bearing sports. *J Bone Miner Res* 27 (Suppl 1).
- 2009 **Scibora, L.**, Villard, S., Bardy, B., Stoffregen, T. A. (2009). Cybersickness and postural instability in a moving room. *Cyberpsychology and Behavior*, 12(1): 105.
- 2008 **Scibora, L.**, Flanagan, M., Villard, S., Albanese, G., Stoffregen, T.A. (2008). Motion sickness, postural instability and virtual environments. *Aviation, Space and Environmental Medicine*, 79(3): 300.
- 2007 **Scibora, L.**, Flanagan, M., Faugloire, E., Mehrim O., Stoffregen, T.A. (2007). Motion sickness, console video games and head mounted displays. *Aviation, Space and Environmental Medicine*, 78(3): 112.

\*denotes student-faculty collaborative research

### HONORS AND AWARDS

Distinguished Educator, Tommy Leadership Recognition, University of St. Thomas (2014)

Plenary Poster Award, American Society for Bone and Mineral Research Annual Meeting, Minneapolis, MN (2012)

President's Poster Award Nominee, American Society for Bone and Mineral Research, Toronto, ON, Canada (2010)

### GRANTS AND FELLOWSHIPS

Teaching Enhancement Grant, Faculty Development Center, University of St. Thomas, \$2,000 (Summer 2018)

Research Grant, Faculty Development Center, University of St. Thomas, \$4,800 course release equivalent. (Spring 2018)

Teaching Enhancement Grant, Faculty Development Center, University of St. Thomas, \$2,000. (Summer 2017)

Minnesota Obesity Consortium Pilot and Feasibility Grant, \$10,000 (2012)

Doctoral Dissertation Fellowship, Graduate School, University of Minnesota (2010 – 2011)

School of Kinesiology Block Grant, University of Minnesota, \$800 (2010)

Thesis Research Grant, University of Minnesota, \$1200 (2009)

## CONFERENCE ACTIVITY

### Panel Co-Chair

2013 Bone and Muscle Interactions Working Group, American Society for Bone and Mineral Research Annual Meeting, October 2013, Baltimore, MD.

### Invited Oral Presentations

2017 **Scibora, L. M.** (2017). *Bariatric surgery: bone loss, vitamin D and parathyroid hormone*. Presented at American Society for Bariatric and Metabolic Surgery/The Obesity Society Annual Meeting, November 2017, Washington, DC.

2014 Duos B. A., **Scibora L. M.** (2014). *Musicians as athletes*. Presented at MidNorth Horn Workshop, October 2014, Minneapolis, MN.

2013 **Scibora L. M.**, Buchwald H., Hughes J., Petit M. A, Ikramuddin S. (2013). *Bone strength is preserved following bariatric surgery*. Presented at Bone and Muscle Interactions Working Group, American Society for Bone and Mineral Research Annual Meeting, October 2013, Baltimore, MD.

### Refereed Conference Presentations

2020 O'Connell, M.\*, McKay, J.\*, **Scibora, L. M.** (2020). *The correlation between physical activity behaviors and academic performance in college students [poster accepted for presentation]*. American College of Sports Medicine Annual Meeting. Scheduled for San Francisco, May 2020. Canceled due to COVID-19.

2020 Ness, S.\*, Effertz, A., **Scibora, L. M.** (2020). *Effects of a 10-week physical activity intervention among seminary students [poster accepted for presentation]*. American

College of Sports Medicine Annual Meeting. Scheduled for San Francisco, May 2020. Canceled due to COVID-19.

- 2019 Scibora, L. M.** (2019). *Bone loss following bariatric surgery: potential mechanisms, clinical relevance, and reducing fracture risk [poster]*. The Obesity Society Annual Meeting. Las Vegas, NV. November 7, 2019.
- 2019 Miller, M.\*, Kojetin, S.\*, **Scibora, L. M.** (2019). *The effects of swimming on bone density in female collegiate swimmers [oral thematic poster]*. American College of Sports Medicine Annual Meeting May 31, 2019, Orlando, FL.
- 2018 **Scibora, L. M.**, Smock, A., Kurzer, M. S., Petit, M. A., Buchwald, H. (2018). *Bone strength is not adapted to body weight in women with obesity [invited poster]*. Presented at The Obesity Society Annual Meeting November 14, 2018, Nashville, TN.
- 2018 **Scibora, L. M.**, Miller, M.\*, Schiferl, D., Buchwald, H. (2018). *Leg muscle and intermuscular adipose tissue is lost in women following bariatric surgery [invited poster]*. Presented at The Obesity Society Annual Meeting November 14, 2018, Nashville, TN.
- 2018 Loxtercamp, B.\*, Moore, M.\*, Austen S., DeNunzio, G. **Scibora, L. M.** (2018). *Influence of attentional focus in a weighted barbell back squat among experienced performers [poster]*. Presented at American College of Sports Medicine Annual Meeting May 30, 2018, Minneapolis, MN.
- 2017 Prichard, J. R., Hornung, C. \*, **Scibora, L. M.**, Cunningham, B. (2017). *Cell phone use: A mediating factor of undergraduate health and wellness [oral presentation]*. Presented at American College Health Association Annual Meeting June 2, 2017, Austin, TX.
- 2017 Loxtercamp, B. \*, Moore, M. \*, Kelleher, L., **Scibora, L. M.** (2017). *Influence of experience and attentional focus in a single arm isokinetic elbow flexion [poster]*. Presented at American College of Sports Medicine Annual Meeting May-June, 2017, Denver, CO.
- 2016 Doroschak, M. \*, Duoos, B. A., Beiseigel, J., **Scibora, L. M.** (2016). *Bone strength is compromised in premenopausal women following a gluten-free diet [poster]*. Presented at The Obesity Society Annual Meeting October 31 – November 4, 2016, New Orleans, LA.
- 2016 McGowan, J. \*, Bruininks, B. D., Duoos, B. A., **Scibora, L. M.** (2016). *Side-to-side musculoskeletal differences in the arm of a collegiate pitcher related to strength and flexibility [poster]*. Presented at American College of Sports Medicine Annual Meeting May-June, 2016, Boston, MA.
- 2016 Freire Ribeiro, A. B., Street, G. M., Smock, A. J., Bruininks, B. D., **Scibora, L. M.** (2016). *Comparison of tibial strength between adult female dancers, gymnasts, and*

- runners [poster]*. Presented at American College of Sports Medicine Annual Meeting May-June, 2016, Boston, MA.
- 2016 Polgreen, L. E., Petryk, A., Rudser, K., Kaiser, A., **Scibora, L. M.**, Miller, B. S., Whitley, C. S., Fung, E. B. (2016). *High bone turnover is associated with lower bone density in MPS IA and IIA treated with ERT [poster]*. Presented at WORLDSymposium February 2016, San Diego, CA.
- 2015 Mead, T. P., & **Scibora, L. M.** (2015). *Integrating Physical Activity into Core Academic Areas [oral presentation]*. Presented at SHAPE triannual PETE/HETE national conference, October 30, 2015, Atlanta, GA.
- 2015 **Scibora, L. M.**, Schiferl, D., Petit, M. A. (2015). *Changes in lean muscle and intermuscular adipose tissue following bariatric surgery [poster]*. Presented at The Obesity Society Annual Meeting November 2015, Los Angeles, CA.
- 2015 Polgreen, L. E., Petryk, A., Kelly, A., **Scibora, L. M.**, Miller, B. S., Whitley, C. B., Fung, E. B. (2015). *Early bone deficits measured by pQCT in the mucopolysaccharidoses despite current therapies [poster]*. Presented at American Society for Bone and Mineral Research Annual Meeting October 2015, Seattle, WA.
- 2015 Berglove, K.\*, **Scibora, L. M.** (2015). *Previous anterior cruciate ligament injury compromises bone and muscle strength in collegiate athletes [oral thematic poster]*. Presented at American College of Sports Medicine Annual Meeting May 27, 2015, San Diego, CA.
- 2015 Meeks, H.L.\*, **Scibora L. M.** (2015). *Effect of high school sport participation on bone density of college-aged females [oral thematic poster]*. Presented at American College of Sports Medicine Annual Meeting May 2015, San Diego, CA.
- 2015 Haight, K.\*, **Scibora L. M.**, Bruininks, B., Duoos, B.A. (2015). *Differences between tibia bone density and geometry of male collegiate rowers and sedentary males [oral thematic poster]*. Presented at American College of Sports Medicine Annual Meeting May 2015, San Diego, CA.
- 2015 Hulstein, E.\*, **Scibora L. M.** (2015). *Vigorous physical activity is positively correlated with grade point average in college-age females [poster]*. Presented at American College of Sports Medicine Annual Meeting May 2015, San Diego, CA.
- 2015 **Scibora, L. M.**, Mead, T. P. (2015). *Influence of iPads on course engagement and learning outcomes [poster]*. Presented at Scholarship of Teaching and Learning Commons Conference, March 2015, Savannah, GA.
- 2012 Bruininks, B., **Scibora, L. M.** (2012). *Bone density and strength differences among elite female athletes in weight-bearing versus non weight-bearing sports [Plenary poster]*. Presented at American Society for Bone and Mineral Research Annual

Meeting, October 2012, Minneapolis, MN.

- 2012 Polgreen, L., Thomas, W., **Scibora, L. M.**, Fung E., Viskochil, D., Stevenson, D., Whitley, C. (2012). *Update on the longitudinal study of bone disease and the impact of growth in hormone treatment in MPS I, II, and VI: skeletal outcomes [poster]*. Presented at The Lysosomal Disease Network 8<sup>th</sup> Annual World Symposium, February 2012, San Diego, CA.
- 2011 **Scibora, L. M.**, Lewis, B.A., Barr-Anderson, D., Petit, M.A. (2011). *Self-efficacy for physical activity increases in adults following bariatric surgery [poster]*. Presented at The Obesity Society Annual Meeting, October 2011, Orlando, FL.
- 2011 **Scibora, L. M.**, Ikramuddin, S., Buchwald, H., Beck, T.A., Petit, M.A. (2011). *Short-term bone strength is preserved in adults following bariatric surgery [poster]*. Presented at American Society for Bone and Mineral Research Annual Meeting, September 2011, San Diego, CA.
- 2010 **Scibora, L. M.**, Smock, A., Kaufman, B., Kurzer, M.J., Beck, T.A., Petit, M.A. (2010). *Bone strength in overweight and obese women [poster]*. Presented at American Society for Bone and Mineral Research Annual Meeting, October 2010, Toronto, ON, Canada.
- 2008 **Scibora, L.**, Flanagan, M., Villard, S., Albanese, G., Stoffregen, T.A. (2008) *Motion sickness, postural instability and virtual environments [poster]*. Presented at Aviation, Space and Environmental Medicine Association Annual Meeting, May 2008, Boston, MA.
- 2007 **Scibora, L.**, Villard, S., Bardy, B., Stoffregen, T.A. (2007). *Wider stance reduces body sway and motion sickness [oral presentation]*. Presented at First International Symposium on Visually Induced Motion Sickness, Fatigue, and Photosensitive Epileptic Seizures, December 2007, Hong Kong, China.
- 2007 **Scibora L.**, Villard, S., Stoffregen, T.A. (2007). *Motion sickness and postural motion affected by stance width [poster]*. Presented at Fourth International Conference on Enactive Interfaces, November 2007, Grenoble, France.
- 2007 **Scibora, L.**, Villard, S., Flanagan, M., Stoffregen, T.A. (2007). *Motion sickness and postural motion affected by stance width [poster]*. Presented at Fourteenth International Conference on Perception and Action, July 2007, Yokohama, Japan.
- 2007 **Scibora L**, Flanagan M, Mehri O, Faugloire E, Stoffregen TA. (2007). *Motion sickness, console video games and head mounted displays [oral presentation]*. Presented at Cybertherapy 12 Annual Meeting; June 2007, Washington, DC.
- 2007 **Scibora, L.**, Flanagan, M., Faugloire, E., Mehri, O., Stoffregen, T.A. (2007). *Motion sickness, console video games and head mounted displays [poster]*. Presented at Aviation, Space and Medicine Association Annual Meeting, May 2007, New Orleans,

LA.

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## TEACHING EXPERIENCE

### University of St. Thomas

#### Undergraduate Courses

Exercise Science Research Methods  
Exercise Science Internship  
Experiential Learning in Exercise Science  
Foundations of Exercise Science  
Honors Music and Athletics  
Human Anatomy & Laboratory  
Theology in Israel and Jordan  
Personal Health and Wellness (Living-Learning Community)  
Thrive: Health, Fitness and Well-being (Living Learning Community)

### University of Minnesota

#### Undergraduate Courses

Understanding Kinesiology Research  
Motor Control, Learning and Development  
Survey of Kinesiology, Recreation, and Sport

#### Graduate Courses

Research Methodology in Kinesiology, Recreation, and Sport  
Kinesiology Graduate Research Seminar  
Responsible Conduct in Research

## ADVISING & MENTORING

### Thesis / Dissertation Committees

Doctoral Dissertation Committee Member, University of Minnesota (2011 – 2015)

Katie Schuver: *Mindfulness-based yoga intervention for women with elevated levels of depressive symptoms*

Ana Freire: *Comparison of tibial geometry, density and strength between adult female dancers, gymnasts and runners*

Amanda Bonikowske: *Acute effects of a sit-stand workstation on blood glucose regulation in working women with impaired fasting glucose*

Master's Thesis Committee Member, University of Minnesota (2011 – 2015)

Nicholas Ethen: *Etiology of sarcopenia and the role of exercise and vitamin D in its prevention and management: a review*

Laura Roach: *Thermoregulation and marathon performance*

## **Undergraduate Faculty Mentor**

Tommies Do Well(ness) Living Learning Community (Fall 2016-2019)

### Collaborative Inquiry Grants, University of St. Thomas

Margaret Miller: *Bone strength in female collegiate swimmers* (Fall 2017)

Chris Hornung: *Cell Phone Use: A mediating factor of undergraduate health and wellness* (Spring 2017)

Blake Loxtercamp: *Influence of experience and attentional focus in a single arm isokinetic elbow flexion* (Fall 2016)

Caleb Fernholz: *The Effects of a Shoulder-Strengthening Program on the Muscle Fatigue in Collegiate Baseball Pitchers* (Fall 2016)

Maya Doroschak: *The effects of Celiac disease diagnosis age on bone density and remodeling* (Spring 2016)

Jordan McGowan: *Bilateral musculoskeletal adaptation to throwing in collegiate baseball pitchers* (Fall 2015)

Catherine Rudnicki: *Effect of a standing intervention on bone mineral density and bone strength of children with severe cerebral palsy* (Fall 2014)

Samuel Sutton: *Effect of different sport-specific running intensities on bone mineral density and body composition* (Fall 2014)

### Young Scholars Grants, University of St. Thomas

Blake Loxtercamp: *Influence of experience and attentional focus on the kinetics, kinematics, and ground reaction force of a barbell back squat* (Summer 2017)

Katie Berglove: *Effect of anterior cruciate ligament reconstruction on bone strength and muscle strength among collegiate athletes* (Summer 2014)

Heather Meeks: *The effect on bone density of participation in single versus multiple high school sports* (Summer 2014)

### Bridget A. Duos Endowed Research Grants

Mackenzie O'Connell and Jennifer Mckay: *Undergraduate student physical activity and academic performance* (Fall 2019)

Margaret Miller: *Upper extremity bone adaptation among female collegiate swimmers* (Fall 2018)

Blake Loxtercamp: *Influence of experience and attentional focus on the kinetics, kinematics, and ground reaction force of a barbell back squat* (Summer 2017)

### Excel! Summer Research Scholars

- Jade Tutewohl: *Patient and provider communication in the rehabilitation for hip injuries in dancers* (Summer 2019)

### Undergraduate Research Opportunity Program (UROP) Grants, University of Minnesota

Kolbi Becker: *Nutritional status and body composition among adolescent dancers* (2011 – 2012)

Danielle Wills: *Bone health in young and older female gymnasts* (2011 – 2012)

## UNIVERSITY SERVICE

### Departmental

#### Tenure and Promotion Committees

- Tenure and Promotion committee, member (2020)
- Tenure and Promotion committee, chair (2019)
- Triennial Review committee, member (2019)
- Tri-party Teaching Panel for Promotion, chair (2018)

#### Faculty Search Committees

- Nutrition, chair (2018 – 2019)
- Health Promotion, member (2015 – 2016)
- Public Health Studies, member (2014; 2017)
- Exercise Science, member (2014); department contributor (2016)

#### Staff Search Committees

- Department Coordinator, member (2015; 2017)

#### Curriculum Committees

- Nutrition Minor (2020 – present)
- Exercise Science Revision (2018 - 2020)
- Health Promotion Revision (2015; 2019)

Adjunct Faculty Mentor (2013 – 2014)

Adjunct Peer Teaching Evaluator (2015)

Decennial Report, contributor (2015 – 2016)

Learning Community Faculty Leader, Human Anatomy (Fall 2015-2018; Spring 2015-2019)

Library Liaison (2013 – 2019)

### College

SOLV Grant, reviewer, College of Arts and Science (Fall 2018; Fall 2019)

Tenure and Promotion Committee, member, Morrison Family College of Health (Spring 2020)

### University

First Year Experience Curriculum Implementation Subcommittee, Co-director: University of St. Thomas (Spring 2019 – present)

Faculty Senate, Division 3 Senator: University of St. Thomas (Fall 2018 – Spring 2019)

Faculty Senate, Division 4 Senator: University of St. Thomas (Fall 2014 – Spring 2017)

Health Professions Advisory Committee, member: University of S. Thomas (2014 – 2018)

Integrated and Expanded Health and Wellness Task Force, member: University of S. Thomas (2015 – 2016)

Undergraduate Research Board, member: University of St. Thomas (Fall 2016 – Spring 2019)

Strategic Scholarship Faculty Learning Community, Co-leader: University of St. Thomas (2015 – 2018)

Search Committees, Faculty Development Center Instructional Designer (2), member: University of St. Thomas (2015)

Learning Management System Evaluation Committee, University of St. Thomas (2015 – 2016)

Provost Academic Appeal Committee, student representative: University of Minnesota (2010 –

2011)  
Graduate Student Organization, member: School of Kinesiology, University of Minnesota (2010 – 2011)  
Student Academic Integrity Committee, University of Minnesota (2009 – 2010)

## **SERVICE TO THE PROFESSION**

### **Boards of Director**

Free Bikes 4 Kidz, Minneapolis, MN (2020 – present)  
Cycle Health, Eden Prairie, MN (2017 – present)  
H.C. Sweere Center for Clinical Biomechanics and Applied Ergonomics, Northwestern Health Sciences University (2013 – present)  
Chair, Mission and Vision Subcommittee (January 2016 – May 2016)  
M.D. Life, Inc., Eden Prairie, MN (2010 – 2012)

### **Abstract Reviewer for referred scientific conferences**

American Society for Bone and Mineral Research Annual Meeting: Sarcopenia, Muscle and Bone (Clinical) division (2014; 2015)  
American College of Sports Medicine Northland Chapter Spring Meeting (2014)

### **Manuscript Reviewer for refereed journal publications**

American College of Sports Medicine (Chapter reviewer)  
Anatomical Sciences Education  
Bone  
International Journal of Obesity  
International Journal of Sports Medicine  
Journal of Bone and Mineral Research  
Obesity  
Surgery for Obesity and Related Diseases

## **PROFESSIONAL MEMBERSHIPS & AFFILIATIONS**

American College Health Association  
American College of Sports Medicine  
American College of Sports Medicine Northland Chapter  
American Society for Bone and Mineral Research  
Human Anatomy and Physiology Society  
Minnesota Chiropractic Association  
National Center for Faculty Development and Diversity  
The Obesity Society