

Curriculum Vitae

Heather Hayes Betz, Ph.D., FACSM

Associate Provost

Professor

Department of Kinesiology

Albion College

Albion, MI 49224 USA

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EDUCATION:

2008-2011 Ph.D. in Kinesiology

Concentration: Exercise Physiology

Cognates: Human Growth, Epidemiology

Department of Kinesiology

Michigan State University

East Lansing, Michigan

Dissertation Advisors: Dr. Joey C. Eisenmann & Dr. Karin A. Pfeiffer

Dissertation Title: Associations of Fatness and Physical Activity with
Blood Pressure and C-Reactive Protein in Children and Adolescents

2003-2005 Masters of Arts in Kinesiology

Concentration: Exercise Science

San Francisco State University

San Francisco, California

Thesis Advisor: Dr. Marialice Kern

Thesis Title: Comparison of Air Displacement Plethysmography with the
Omron Body Fat Analyzer

1992-1996 Bachelors of Arts in Health and Human Performance

Saint Mary's College of California

Moraga, California

Advisor: Dr. Sheri Otto

ACADEMIC HONORS AND AWARDS:

2023 Granted Promotion – Full Professor

Albion College

Albion, Michigan

2019 Granted Fellow Status

American College of Sports Medicine

2017 Granted Tenure & Promotion – Associate Professor

Albion College
Albion, Michigan

2014 New Teacher of the Year Award

Albion College
Albion, Michigan

2008 - 2011 Dean's Scholar Award

Michigan State University
East Lansing, Michigan

2005 Distinguished Achievement Award for Academic Excellence

San Francisco State University
San Francisco, California

PROFESSIONAL EXPERIENCE:

2023 – Present Professor

Albion College
Department of Kinesiology

2022 - Present Associate Provost

Albion College

2020 - 2022 Dean of Curriculum

Albion College

2017 – 2023 Associate Professor

Albion College
Department of Kinesiology

2011 - 2017 Assistant Professor

Albion College
Department of Kinesiology

2009 - 2011 Graduate Research Assistant

Michigan State University
Department of Kinesiology/Department of Human Medicine
Responsible for coordination of measurement and data management for two-year intervention study involving six elementary schools in Grand Rapids, Michigan. Assisted in the evaluation and coordination of physical activity intervention.

2008 - 2009 Graduate Teaching Assistant

Michigan State University
Department of Kinesiology

2007 - 2008 Clinical Research Associate

Palo Alto VA/Stanford University

Palo Alto, California

Member of a research team working on an NIH-funded study (AAA STOP) investigating the effect of exercise history and treatment on the development of abdominal aortic aneurysms. Recruited, screened and obtained consent from research study participants. Participated in subject testing and evaluations (exercise testing, activity monitoring, activity questionnaires, cardiovascular evaluation, health monitoring, surveillance and cardiac risk reduction). Oversaw exercise sessions for treatment participants. Created databases, entered and managed data. Interacted and coordinated with research team, medical center clinical staff and other personnel for subject scheduling and other research-related activities. Maintained study records and performed study-related administrative and organizational tasks.

2005-2007 Lecturer

San Francisco State University

Kinesiology Department

San Francisco, California

PROFESSIONAL DEVELOPMENT:**2021 Justice Leaders Collaborative – Introduction to Social Justice for Educators**

An intensive seminar (Part 1 & 2) designed for school personnel who seek to deepen their understanding of and commitment to equity, inclusion, diversity, and social justice along lines of race, class, gender, sexual orientation, and ability.

2021 The Association of College and University Educators (ACUE): Course in Inclusive Teaching for Equitable Learning

A microcredential where faculty learn teaching practices for developing students' sense of belonging, ensuring course materials are accessible, developing appreciation for diverse viewpoints, understanding how diversity aids in innovation, and setting expectations for productive dialogue.

2018 - 2019 The Association of College and University Educators (ACUE): Course in Effective Teaching Practices with a concentration in Career Guidance and Readiness

A year-long course in effective college instruction, awarded in collaboration with the American Council on Education. This credential distinguishes faculty for their commitment to educational excellence.

2016 Association of American Colleges and University - Institute on Integrative Learning in the Departments

Four-day intensive workshop to develop faculty leadership to advance programs and curricula that build students' capacity to integrate their learning.

2016 Teagle Foundation for the Midwest Hybrid Learning Consortium

Collaboration with a faculty member from DePauw University for
KIN 369 (Human Physiology) – Fall 2016

2009 Canadian Obesity Network

Invited participant in the 2009 Summer Obesity Boot Camp program

TEACHING EXPERIENCE:

2023 – Present Professor

Albion College
Albion, Michigan

2017 - 2023 Associate Professor

Albion College
Albion, Michigan

2011 - 2017 Assistant Professor

Albion College
Albion, Michigan

KIN 207: Introduction to Kinesiology
KIN 211: Human Systems Anatomy
KIN 200: Medical Terminology (online)
KIN 240: Sport Nutrition
KIN 305: Physical Activity Epidemiology
KIN 310: Research and Statistics in Kinesiology
KIN 369: Human Physiology (in-class and online)
KIN 379: Exercise Physiology
KIN 381: Foundations of Exercise Testing and Prescription
KIN 382: Advanced Exercise Testing and Prescription (Scientific Basis
for Conditioning)
KIN 385: Human Physiology Laboratory
KIN 388: EKG

Guest Lecture:

HCI 102: Issues in Healthcare (Spring & Fall 2013, Fall 2014)
BIO 341: General Physiology (Fall 2014)

2008 - 2009 Graduate Teaching Assistant

Michigan State University
East Lansing, Michigan
KIN 310: Physiological Bases of Physical Activity (3 semesters)
KIN 121: Healthy Lifestyles

2005 - 2007 Lecturer

San Francisco State University
San Francisco, California

KIN 300: Health-Related Fitness and Wellness
KIN 308: Instructional Analysis: Fitness Activities
KIN 355: Science, Sport and Fitness (4 semesters)
KIN 420: Field Experience in Fitness and Wellness
KIN 490: Fitness Program Management
KIN 690: Fitness/Wellness Internship

THESIS/INDIVIDUALLY DESIGNED MAJOR ADVISING:

2025 Hope Wasoski – Albion College – Honors Thesis

Music and Resistance Training
Spring 2024 – Present
Thesis Chair

2025 Victoria Wooley – Albion College – Honors Thesis

Physical Activity Knowledge and Dietary Intake in Division III College Athletes
Spring 2024 – Present
Thesis Chair

2025 Logan McLaughlin – Albion College – Honors Thesis

The Effects of Caffeine on Spring Performance
Fall 2023 – Spring 2024
Thesis Committee Member

2024 Marrissa Price – Albion College – Honors Thesis

Prospective Anti-Cancer Agents and Chemopreventative Agents for Digestive Cancer Patients: Literature Review
Fall 2023 – Spring 2024
Thesis Committee Member

2023 Hunter Williams – Albion College – Honors Thesis

Assessment of Nutritional Knowledge in Division III College Athletes
Fall 2022 – Spring 2023
Thesis Chair

2022 Ashlyn Wetzel – Albion College – Departmental Thesis

Assessment of Nutritional Knowledge in Division III Athletes
Fall 2021 – Spring 2022
Thesis Chair

2019 Jenna Beer – Albion College – Departmental Thesis

Metatarsophalangeal Joint Flexibility and Vertical Jump in Volleyball Players
Fall 2017 – Spring 2019
Thesis Chair

- 2019** Jordan Church – Albion College – Departmental Thesis
Metatarsophalangeal Joint Flexibility and Balance in Volleyball
Players
Fall 2017 – Spring 2019
Thesis Chair
- 2019** Jacqueline Harbin – Albion College – Honors Thesis
The Relationship Between Grit, GPA, and the Ability to Cope
Throughout the College Years
Fall 2017 – Spring 2019
Thesis Chair
- 2019** Natalie Nichols – Albion College – Departmental Thesis
Performance, Coping Skills, and Stress in College Cross-Country
Runners Fall 2017 – Spring 2019
Thesis Chair
- 2018** Madison Vaive – Albion College – Departmental Thesis
Trust and Experience in Feeling Empathy in Social, Emotional, and
Physical Situations
Fall 2017 – Spring 2018
Thesis Committee Member
- 2016** Emily Werner – Drexel University – Masters' of Science in Human Nutrition
The Relationship Among Antioxidant Intake, Adiposity, and Aerobic
Capacity in an Athlete Population
Fall 2015 – Spring 2016
Thesis committee member
- 2016** Steven Lebenbom – Albion College – Individually Designed Major
Sports Management
Fall 2014 – Spring 2016
Committee member
- 2015** Dylan Danowski – Albion College – Honors Thesis
Psychological Momentum and Sport Performance
Fall 2014 – Spring 2015
Thesis Chair/Thesis committee member and reader
Work presented at 2015 Elkin-Isaac Student Research Symposium.
- 2014** Jalyn Ingalls – Albion College – Departmental Thesis
Leadership Development in 5th and 6th Graders
Fall 2012 – Spring 2014
Thesis Chair
Work presented at 2014 Elkin-Isaac Student Research Symposium.

2012 Carl Wharam – Albion College – Departmental Thesis
Progressive Resistance Training in Older Adults
Fall 2011 - Spring 2012.
Thesis committee member and reader
Work presented at 2012 Elkin-Isaac Student Research Symposium.

DIRECTED STUDIES:

2024 Sage Gettings – Albion College – Sleep, Physical Activity, and Cardiovascular Disease (.5 unit)

2014 Alex Pool – Albion College – Student Exercise Class – Boot Camp (.5 unit) Paige Trudeau – Albion College – Student Exercise Class – Walking (.5 unit)

2013 Jalyn Ingalls – Albion College – Leadership and School-based Physical Activity (.5 unit)

2013 Terron Bridgeman – Albion College – School-based Physical Activity (.5 unit)

2012 Amanda Weaver – Albion College – Clinical Exercise Physiology (.5 unit)

TUTORIALS:

2020 Madelin Darby – Albion College – KIN 200: Medical Terminology (0.5 unit)

2013 Mallory Godin – Albion College – KIN 381: Exercise Testing and Prescription (1.0 unit)

RESEARCH ADVISING:

2022 – 2023 Elena Welker – Albion College – Change in Knowledge of Physical Activity and Nutrition Recommendations Over Time

2018-2020 Sarah Macek – Albion College - The Effect of Nicotine on Behavioral Traits of College Students

2016-2017 Lauren Cook – Albion College – The Association between Posture and Balance in College Swimmers

Work presented at 2017 Elkin-Isaac Student Research Symposium.

2015 – 2016 Michael Crinion – Albion College - The Influence of Music on Perceived Exertion during Exercise

Work presented at 2016 Elkin-Isaac Student Research Symposium.

2014 – 2015 Student Research Partner – Albion College – Alena Farooq

2014 – 2015 Alex Pool – Albion College – Albion College Student Health Study
Work presented at 2015 Elkin-Isaac Student Research Symposium.

2013 – 2014 Emily Werner – Albion College – Knowledge of Physical Activity and
Nutrition Recommendations in College Students
Work presented at 2014 Elkin-Isaac Student Research Symposium.

2013 – 2014 Amy Bell – Albion College – Exercise Intensity and Creativity
Work presented at 2014 Elkin-Isaac Student Research
Symposium.

2013 – 2014 Student Research Partners – Albion College – Katie Buzan, Brittany Loder, and
Lauren Stull

INSTITUTIONAL SERVICE:

2024 – Present Albion College Athletic Director Search Committee

2023 - 2023 Albion College Strength and Conditioning Coach Search
Committee

2023 – 2024 Governance Committee for Assessment

2023 – 2023 Albion College Director of Institutional Effectiveness
Search Committee

2022 – 2023 Albion College Athletic Director Search Committee

2022 – 2023 Budget, Salary, and Benefits Committee, ex-officio

2022 – 2023 Faculty Development Committee, ex-officio

2021 – Present Retention and Completion Task Force

2021 – Present General Education Revision Organizing Committee, ex-officio

2020 – Present Committee for Student Learning Outcomes, ex-officio

2020 – Present Curriculum and Resource Committee, ex-officio

2020 – Present Course Change Committee, ex-officio

2020 – Present First Year Experience Committee, ex-officio

2020 – Present CAO Advisory Committee

2020 – Present Academic Cabinet

2020 – Present Newell Center for Teaching and Learning Committee

2020 – Present Public Health Concentration Planning Committee

2020 – 2020 Albion College Presidential Search Committee

2019 – 2022 Faculty Marshall

2018 – Present James and Lisa Wilson Institute for Medicine, Letter Writing Committee

2017 – 2020 Hearing and Grievance Committee

2016 – 2019 Committee for Student Learning Outcomes
Co-Chair (November 2017 – May 2018)

2016 – 2023 Human Services Concentration Advisory Committee

2016 – 2016 Research Planning Committee

2015 – 2018 Albion College Faculty Mentoring Planning Group

2014 – 2017 Albion College Faculty Development Committee
Secretary (2016 – 2017)

2014 – 2015 Albion College Year of Wellness Co-Chair

2013 – 2016 Albion College Assessment Committee

2013 – 2018 Classroom and Media Technology Committee, sub-group of the Albion College Information Technology Planning Committee

2013 – Present Albion College Faculty Athletic Representative for Female Athletes

2013 – 2015 Albion College Common Reading Experience Selection Committee

2013 – 2014 Albion College Judicial Board (1-year Sabbatical Replacement)

2012 – 2017 Faculty Advisor for the Albion College chapter of Phi Epsilon Kappa

2012 – 2018 Internal Advisory Committee – Albion College Institute for Healthcare Professions

PROFESSIONAL SERVICE:

2023 – Present Certification-Related Content Advisory Committee

American College of Sports Medicine

2020 – 2023 Strategic Planning Committee

American College of Sports Medicine

2020 – 2023 Regional Chapter Committee, Co-Chair

American College of Sports Medicine

2020 – 2023 Regional Chapter Trustee

American College of Sports Medicine, Board of Trustees

2018 Past-President

2017 President

2016 President-Elect

Midwest Chapter, American College of Sports Medicine

2016 American College of Sports Medicine, Annual Conference Boston, MA

Speaker, Graduate and Early Career Pre-Conference Event

Panel - Your First Year as a Professor

2012 – Present Refereed articles for the following professional journals:

Cardiology in the Young

International Journal of Environmental Research and Public Health

Journal of Physical Activity and Health (2)

Medicine and Science in Sports and Exercise (2)

Nutrition, Metabolism and Cardiovascular Diseases

Pediatric Exercise Science (2)

Scientific Reports

Teaching of Psychology (2)

2012-2015 Member-at-Large

Midwest Chapter, American College of Sports Medicine

Committee Assignments: Exercise Is Medicine on Campus (chair) 2012 - 2015, Abstract Committee 2015, Meet the Experts Panel 2015

2009-2012 Student Affairs Committee

American College of Sports Medicine

Organized Student Colloquium 2012, ACSM Annual Meeting, San Francisco, CA

2009-2012 Student Representative

Midwest Chapter, American College of Sports Medicine

Committee Assignments: Student Committee (chair), Exercise Is Medicine on Campus (member)

2009-2010 Graduate Studies Committee, Student Representative
Michigan State University

GRANTS:

Grants Funded:

Albion College (2020; \$1700.00)
Faculty Development Small Grant
Principal Investigator
Title – Knowledge of Physical Activity and Nutrition Recommendations in College Students

Binda Family Foundation (\$4500)
Principal Investigator
Title: Get Brit Fit

Albion College (2018; \$4235.67)
Faculty Development Combined Grant
Principal Investigator
Title – Physical Activity, Sleep, and Metabolic Syndrome Risk Factors

Albion College (2017; \$636.49)
Faculty Development Small Grant
Principal Investigator
Title – Electrocardiogram Training

Albion College (2015; \$3151.00)
Faculty Development Combined Grant
Grant on Behalf of the Center for Teaching and Learning
Title – Faculty and Staff Book Coterie Spring 2015 – Viral Storm

Albion College (2012; \$786.10)
Faculty Development Small Grant
Principal Investigator
Title – Influence of Pedometers in Changing Habitual Physical Activity in Adults with Vascular Disease

PUBLICATIONS: PEER-REVIEWED:

Hayes, HM; Eisenmann, JC; Heelen, KA; Welk, GJ; Tucker, JM. Joint Association of Fatness and Physical Activity on Resting Blood Pressure in 5-9-year old Children. *Pediatric Exercise Science*, 2011; 23: 97-105.

Eisenmann, JC; Alaimo, K; Pfeiffer, KA; Paek, H-J; Carlson, JJ; **Hayes, H;** Thompson, T; Kelleher, D; Oh, HJ; Orth, J; Randall, S; Mayfield, K; and Holmes, D. Project FIT: Rationale, design and baseline characteristics of a school- and community-based intervention to address physical activity and healthy eating among low-income elementary school children. *BMC Public Health*, 2011; 11: 607.

Hayes, HM; Eisenmann, JC; Pfeiffer, KA; Carlson, JJ. Weight Status, Physical Activity, and Vascular Health in 9-12 year old Children. *Journal of Physical Activity and Health*, 2013; 10: 205.

Montoye, A; Pfeiffer, KA; Alaimo, K; **Betz, HH**; Paek, H-J; Carlson, J; Eisenmann, J. Junk food consumption and screen time: Association with childhood adiposity. *American Journal of Health Behavior*, 2013; 37(3): 395.

Betz, HH; Myers, J; Jaffe, A; Smith, K; Dalman, R. Influence of Pedometers on Habitual Physical Activity Patterns in Patients with Vascular Disease. *Healthy Aging Research*, 2014; 3:16.

Paek, HJ; Jung, Y; Oh, HJ; Alaimo, K; Pfeiffer, K; Carlson, JJ; Wen, Y; **Betz, HH**; Orth, JA. A Social Marketing Approach to Promoting Healthful Eating and Physical Activity in Low-Income and Ethnically Diverse Schools. *Health Education Journal*, 2015; 74(3): 351-363.

Betz, HH; Myers, J; Jaffe, A; Smith, K; Dalman, R. Reproducibility of the Veterans Physical Activity Questionnaire in an Elderly Population. *Journal of Physical Activity and Health*, 2015; 12: 376-381.

Alaimo, K; Carlson, JJ; Pfeiffer, KA; Eisenmann, JC; Paek, H-J; **Betz, HH**; Thompson, T; Wen, Y; Norman, GJ. Project FIT: A School, Community and Social Marketing Intervention Improves Healthy Eating Among Low-Income Elementary School Children. *Journal of Community Health*, 2015; 40: 815-826.

Guseman, EH; Eisenmann, JC; **Betz, HH**; Pfeiffer, KA; Alaimo, K; Paek, H. Screen Time, Sleep Duration and Overweight among Low-Income 8-12-year old Children. *Journal of Behavioral Health*, 2016; 5(2): 39-42.

Betz, HH; Eisenmann, JC; Laurson, KR; DuBose, KD; Reeves, MJ; Carlson, JJ; Pfeiffer, KA. Physical Activity, BMI, And Blood Pressure in U.S. Children and Adolescents: NHANES 2003-2006. *Pediatric Exercise Science*, 2018; 30: 418-425.

Betz, HH; Laurson, K; Eisenmann, JC. Variation in Moderate-to-Vigorous Physical Activity by Weight Status Among U.S. Children and Adolescents: The “Fat but Active” Phenotype. *Acta Scientific Paediatrics*, 2019; 2(10): 20-26.

Werner, EN & **Betz, HH**. Knowledge of Physical Activity and Nutrition Recommendations in College Students. *Journal of American College Health*, 2020; 70(2): 340-346.

PUBLICATIONS: IN REVIEW:

PUBLICATIONS: IN PREPARATION:

Betz, HH; Eisenmann, JC; Reeves, MJ; Carlson, JJ; Ogunleye, A; Sandercock, G; Pfeiffer, KA. Physical Activity, Adiposity, And Resting Blood Pressure In 8-18 Year Olds: The East of England Healthy Hearts Study.

Betz, HH & Pool, A. The Impact of Sleep on Creativity in College Students.

Betz, HH; Wieth, M; Bell, AE. Exercise Intensity and Creativity.

Betz, HH; Leadbetter, VM; Cousins, JM. The Association Between Physical Activity, Sleep, and Cardiovascular Risk Factors in College Students.

Gibbs, RJ; Pfeiffer, KA; Carlson JJ; Alaimo, K; **Betz, HH;** Eisenmann, JC. Nutritional Practices of Athletic and Non-Athletic Youth from Low-Income Schools.

ABSTRACTS AND PRESENTATIONS:

Betz, HH; Welker, E; Rhodes, S; Cousins, JM. Change in Knowledge of Physical Activity and Nutrition Recommendations Over Time. ACSM Annual Meeting, Denver, CO, 2023

Cousins, JM; Lewis, E; Emerson, S; Myers, K; Rineman, D; Smith, L; **Betz, HH.** Sleep Quality, Sleep Duration, and Mental Health in College Athletes. ACSM Annual Meeting, Denver, CO, 2023

Betz, HH; Stewart, H; Wetzel, A; Cousins, JM. Knowledge of Physical Activity and Nutrition Recommendations on a College Campus. ACSM Annual Meeting, San Diego, CA, 2022.

Cousins, JM; Hood, TR; Christopher, AN; **Betz, HH.** Effects of a Six-Week Disc Golf Intervention on Mental Health. ACSM Annual Meeting, San Diego, CA, 2022.

Betz, HH; Leadbetter, V; Cousins, JM. Mental Health, Cardiovascular Risk Factors, and the College Student. ACSM Annual Meeting, San Francisco, CA, 2020.

Cousins, JM, Peterson, MJ, Christopher, AN, Francis, AP, **Betz, HH.** Grit and Ultramarathon Running. ACSM Annual Meeting, San Francisco, CA, 2020.

Betz, HH; Coughlin, AM; Nagelkirk, P. But I could've cheated! Innovative teaching strategies and how to handle student issues; lessons learned through decades of teaching experience. Midwest ACSM Annual Meeting. Oak Brook, IL, 2019.

Stanforth, D; **Betz, HH;** Smith, K. Educator's Colloquium: Standing on the Shoulders of Giants. ACSM Annual Meeting, Orlando, FL, 2019.

Cousins, JM, **Betz, HH.** Association between binge Watching TV and Physical Activity in College Students. ACSM Annual Meeting, Orlando, L, 2019.

Betz, HH & Cousins, JM. The Association Between Physical Activity, Sleep, and Cardiovascular Risk Factors in College Students. ACSM Annual Meeting, Minneapolis, MN, 2018.

Cousins, JM & **Betz HH.** Association Between Race Time, Body Mass, and Total Body Water in Ultramarathon Runners. ACSM Annual Meeting. Minneapolis, MN, 2018.

Werner, EN; Smith, SA; Mensinger, J; Milliron, BJ; **Betz, HH;** Volpe, SL. Antioxidant Intake, Adiposity, and Aerobic Capacity in an Athlete Population. ACSM Annual Meeting, Minneapolis, MN, 2018.

Betz, HH; Bell, AE; Wieth, M. Exercise Intensity and Creativity. ACSM Annual Meeting, Denver, CO, 2017.

Betz, HH & Pool, A. The Impact of Physical Activity and Sleep on Blood Pressure in College Students. ACSM Annual Meeting, Boston, MA, 2016.

Gibbs, RJ; Pfeiffer, KA; Carlson JJ; Alaimo, K; **Betz, HH**; Eisenmann, JC. Nutritional Practices of Athletic and Non-Athletic Youth from Low-Income Schools. ACSM Annual Meeting, Boston, MA, 2016.

Werner, EN & **Betz, HH**. Knowledge of Physical Activity and Nutrition Recommendations in College Students. ACSM Annual Meeting, San Diego, CA, 2015.

Betz, HH; Myers, J; Jaffe, A; Smith, K; Dalman, R. Influence of Pedometers on Habitual Physical Activity Patterns in Patients with Vascular Disease. ACSM Annual Meeting, Orlando, FL, 2014.

Betz, HH. Implementing Exercise is Medicine on your Campus. Midwest ACSM Annual Meeting, Merrillville, IN, 2013.

Betz, HH; Eisenmann, JC; Laurson, KR; DuBose, KD; Pivarnik, JM; Reeves, MJ; Carlson, JJ; Pfeiffer, KA. Physical Activity, BMI Percentile, and Vascular Health in U.S. Children and Adolescents: NHANES 2003-2006. ACSM Annual Meeting, San Francisco, CA, 2012.

Hayes, HM; Myers, J; Powell, A; Smith, K; Dalman, R. Reproducibility of the VA Physical Activity Questionnaire (VAPAQ) in an Elderly Population. ACSM Annual Meeting, Denver, CO, 2011.

Hayes, HM; Eisenmann, JC; Pfeiffer, KA; Carlson, JJ; Alaimo, K; Paek, H. Project FIT: Addressing childhood obesity in low-income environments at the individual-, school-, and community-level. Michigan ACSM, Annual Meeting, Gaylord, MI, 2011.

Hayes, HM; Eisenmann, JC; Pfeiffer, KA; Carlson, JJ; Alaimo, K; Paek, H. Project FIT: Rationale, Design, and Baseline Characteristics of a Multi-Level Childhood Obesity Intervention in Low-Income Urban Children. North American Society for Pediatric Exercise Medicine, Annual Meeting. Niagra-On-The-Lake, Ontario, Canada, 2010.

Hayes, HM; Eisenmann, JC; Pfeiffer, KA; Carlson, JJ. Relationship Between Fatness, Physical Activity, and C-Reactive Protein in 10-Year Old Children. ACSM Annual Meeting, Baltimore, MD, 2010.

Hayes, HM; Eisenmann, JC; Pfeiffer, KA; Carlson, JJ. Combined Influence Of Fatness And Physical Activity On Resting Blood Pressure In 10-Year Old Children. The Obesity Society Annual Meeting, Washington DC, 2009.

Hayes, HM; Eisenmann, JC; Pfeiffer, KA; Carlson, JJ. Relationship Between Fatness, Physical Activity, and C-Reactive Protein in 10-Year Old Children. ACSM Midwest Chapter Annual Meeting, St. Charles, IL, 2009.

Hayes, HM; Eisenmann, JC; Heelan, K; Welk, GJ; Tucker J. Combined Influence of Fatness and Physical Activity on Resting Blood Pressure In Children. ACSM Annual Meeting, Seattle, WA, 2009.

Hayes, HM; Lee, CM; Kern, M. Comparison of Air Displacement Plethysmography with the Omron® Body Fat Analyzer. ACSM Annual Meeting, Denver, CO, 2006.

Hayes, HM; Lee, CM; Kern, M. Comparison of Air Displacement Plethysmography with the Omron® Body Fat Analyzer. ACSM Southwest Chapter Annual Meeting, Las Vegas, NV, 2005.

INVITED PRESENTATIONS:

2012 San Francisco State University

Department of Kinesiology Commencement Address
May 19, 2012

OTHER RELATED EXPERIENCE:

2005-2007 Program Manager

BaySport
San Francisco, California
Managed all aspects of a corporate fitness center with 700 members.
Responsible for setting and meeting the monthly and yearly budget and making budget projections. Created annual plan – including all health education, health promotion, wellness, recreation and community involvement activities. Managed relationships with outside vendors and responsible for all invoicing. Promoted and marketed the programs and membership of the fitness center. Performed employee interviews, hiring, and annual reviews.

2002-2004 Exercise Physiologist

JPMorgan Chase
San Francisco, California
Created monthly health education bulletin board presentations, handouts, and lunch-n-learns. Created monthly health and wellness newsletter for fitness center members. Coordinated the health education program for 10 fitness centers nationwide. Performed fitness evaluations and orientations for new members. Designed individual exercise programs for fitness center members.

2000-2002 Sales & Marketing Coordinator/Editorial Assistant

InterMap Systems/YourDoctor.com
Berkeley, California
Planned and prepared for industry events and trade shows. Edited and prepared press releases and press packets. Coordinated the creation of marketing collateral and client proposals. Maintained a database of information on major market players. Analyzed the industry through on-line research and industry publications. Assisted with Quality Assurance. Wrote and edited medical content for web-based platform.

1999-2000 Editorial Assistant

Journal of the American College of Cardiology

San Francisco, California

Screened new research manuscripts for exclusivity and conflict of interest.

Processed and checked new and revised manuscripts for completeness.

Maintained new manuscript database. Provided written and electronic correspondence with authors.

1996-1998 Exercise Physiologist

Christiana Care Health System

Wilmington, Delaware

Assisted with program development in a Preventive Medicine/Cardiac Rehabilitation clinic. Developed, wrote, and edited educational and print material. Coordinated care between physicians and outside organizations.

Assisted with data collection for an Outcomes study in Cardiac Rehabilitation.