

GERI A. MOORE, M.A.
ACSM Clinical Exercise Physiologist, NSCA-CPT
Director, Exercise Testing & Training Laboratory
Department of Exercise Science & Pre-Health Professions
College of Arts & Sciences
Creighton University

ADDRESS

Creighton University	Home address:
Department of Exercise Science	10583 Adams Drive
2500 California Plaza	Omaha, NE 68127
Omaha, NE 68178	(402) 593-0979
(402) 280-2494	
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**PROFESSIONAL
EXPERIENCE**

1/95 to Present **Department of Exercise Science and Pre-Health Professions
Creighton University, Omaha, NE**
Instructor and Director, Exercise Testing & Training Laboratory

Teaching Experience:

Undergraduate:

Laboratory Methods and Procedures

(EXS 489 Lecture and Laboratory sections)

Exercise Prescription (EXS 401)

Designing a Personalized Fitness Program (EXS 240)

Freshman Seminar (FRS 111)

Graduate:

Exercise Physiology (NUR 669)

Guest Lecturer

12/88 to 8/95 Clinical Exercise Specialist, Cardiovascular Disease Prevention and
Rehabilitation, Creighton Cardiac Center

Responsible for the direct supervision of Phase III participants and assisted with Phase II participants of the Cardiac Rehabilitation program. Evaluate cardiovascular parameters prior to, during and post-exercise. Developed patient reports to referring physicians. Maintained equipment and purchased supplies and equipment for the exercise area. Assisted in preparation of the Phase III budget. Assisted in research projects (pharmaceutical studies, exercise equipment trials). Provided patient and student intern education. Participated in Quality Improvement (QI) activities. Served as a Safety Director for the Cardiac Center during initial OSHA/JCHOA accreditation and inspection.

6/89 to 12/91 Exercise Physiologist, AMI-St. Joseph Hospital Weight Loss Program

Instructed participants of a physician-supervised weight loss/maintenance program for obese participants that encouraged exercise and healthy living in a team support setting.

1/88 to 12/88 Health Promotion Consultant, U.S. Public Health Service Federal Occupational Health Department

Responsible for administering health risk appraisals and follow up education to Federal Government employees in a clinical occupational health setting. Assisted with the design of the health education programs.

8/87 to 1/89 Exercise Specialist, Union Pacific Railroad Fitness Center

Responsible for the supervision of the center, administrative duties, conducted orientations for members and retirees, performed fitness evaluations including body composition, blood pressure, flexibility, pulmonary function and lipid evaluations. Performed submaximal exercise stress testing, formulated exercise prescriptions, educational literature and market programs. Instructed an aerobics class/group fitness class.

PROFESSIONAL

PREPARATION University of Nebraska at Omaha
Master of Arts degree in Exercise Science, 1988

University of Nebraska at Lincoln
Bachelor of Science degree in Exercise Science, 1987

CERTIFICATIONS

**American College of Sports Medicine Certified
Clinical Exercise Physiologist**
(Recertified December 2018- granted through 2021)

**National Strength and Conditioning Association
Certified Personal Trainer**
(Recertified December 2017- granted through 2020)

American Red Cross- First Responder CPR Certified: Adult, Child and Infant & AED instruction

(Recertified through Feb. 2019)

American Heart Association -Basic Cardiac Life Support (BCLS) Instructor Certified, (1989-2002)

Taught Adult, Child & Infant CPR courses to health professionals at CUMC and the local community

PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine

Northland Chapter of the American College of Sports Medicine

National Strength and Conditioning Association

American Heart Association-Nebraska Affiliate (1988-1995)

Nebraska Cardiovascular & Pulmonary Rehabilitation Network

PROFESSIONAL ASSOCIATION

OFFICES/COMMITTEES

American College of Sports Medicine

ACSM Member, 1988-present

Health /Fitness Instructor Certification Presenter/Examiner

ACSM Health/Fitness Instructor Examiner (1993 to 2004)

Development Chair and Planning Committee (1993 to 2002)

Healthy People 2000 Representative

Northland Chapter of the American College of Sports Medicine: Member, 1989-present

ACSM Northland Chapter Research Reviewer- present

Executive Board, Nebraska Representative 1989-92,

Development Chair 1991-93

Site Coordinator and Development Chair: ACSM Lecture Tour

(1991 & 1994), Coordinator and Development Chair: Regional Conference "Exercise and the Elderly (1992)

WorkWell (Lancaster County)/WELCOM (Douglas County)

Speaker's Bureau-Cardiovascular Education, 2010-2012

-Selected as a Cardiovascular Education/Risk Factor Reduction

Presenter as part of a United States Federal Grant awarded to the

Nebraska Department of Health and administered through the

Wellness Council of the Midlands

American Heart Association

AHA National Awareness Coalition Volunteer 2003- present

American Heart Association- *Go Red for Women* Heart Expo Representative, September 30th 2013

American Heart Association Speaker's Bureau 1989-present
-Promote Heart Disease Prevention through Heart Disease Awareness presentations and public forums

American Heart Association- Women and Heart Disease
"Go Red for Women" Volunteer/Presenter 2006-present

American Heart Association Public Relations

Representative 1989- present Radio/T.V. interviews, national print on AHA/Health-related topics and public appearances
Operation HeartBeat Program Committee

American Heart Walk Logistics Committee 1996-2016

Organize, Supervise Registration-Heart Walk

American Heart Association Committees/Service

Douglas County Program Committee, 1989-2003

American Heart Walk Team Captain 1996-2001

Douglas County Board of Directors, 1993-1999

Board of Directors Nominating Committee 1995-1999

Golf Scramble Committee, 1995-1998

Nebraska Affiliate Board of Directors, 1995-1998

Nebraska Affiliate Program Committee, 1993-1998

President, Douglas County Board of Directors, 1995-1997

Douglas County Program Chair (90 -93),

Affiliate Volunteer selected to attend the National American Heart Association "Synergy" conference (1992) and the "Heart of

Heart" Regional Training conference, Dallas, TX (1994)

Affiliate Minority Task Force 1993-1994.

Nebraska Cardiovascular and Pulmonary Rehabilitation Network, Member 1988-1996 & 2004-2005

NCVPRN Executive Board 1991-1994, elected Secretary 1994-95

Program Chair (organized a five-state Regional conference) 93-94

Public Relations Chair 91-93,

American Association of Cardiovascular and Pulmonary Rehabilitation, Member 1988-1996

AWARDS/HONORS

Creighton University- Distinguished Service Faculty Award,
February 7, 2017

Wellness Council of the Midlands 2011 Light of Wellness –
Leadership Award, November 3rd 2011

Creighton University SHINE Teaching Award
Gamma Phi Beta Sorority, March 25th 2009

Creighton University: College of Arts and Sciences Dean's Award for
Professional Excellence Non-Tenure Track Teaching, Febr, 2005

Women Educators, 2004-2005 Honors Edition Registry
Recognized as "Who's Who Among Executive & Professional

American Heart Association Service Award, Board President,
June 24, 1997

Received a "Letter of Commendation" at the Creighton Cardiac
Center, June 27, 1994

Outstanding Service Award, Program, American Heart
Association Nebraska Affiliate (1991-1993)

American Heart Association, Program Volunteer of the
Year, June 4, 1993

RESEARCH PUBLICATIONS (refereed journals):

Hamilton, L., Moore, G., Yee, J., Lanspa, S and Lambert, P. Markers of Intestinal
Damage in Individuals with and without Obesity, *International Journal of
Exercise Science*, submitted 2017, currently under revision.

Eckerson, J.M., Bull, A.B, Moore, G.A., Baechle, T., Yee, J, Egan, S.,
Fischer, C., O'Brien, D., and Pulverenti, T. Acute Ingestion of Sugar-Free
Red Bull Energy Drinks has no Effect on Upper Body Strength and
Muscular Endurance in Resistance-Trained Men, *Journal of Strength and
Conditioning Research*. 27(8):2248-2254, 2013

Lenz, T.L, Gillespie, M.S, Skrabal, M.Z., Faulkner, M.A., Skradski, J.J.,
Ferguson, L.A., Pagenkemper, J.J., Moore, G.A. and Jorgensen, D.A.
Using Employee Experts to offer an InterProfessional Diabetes Risk
Reduction Program to Fellow Employees. *Journal of Interprofessional
Care*. Sept.7, 2012.

Eckerson, J.M., Bull, A. and Moore, G.A. Effect of 30 Days of Creatine Phosphate Supplementation with Phosphate Salt Supplementation on Anaerobic Working Capacity in Men. *Journal of Strength and Conditioning Research*. 22(3):826-832, 2008.

Lambert, G.P, J.A. Lange, A.J. Bull, P.C. Pfeifer, J.M. Eckerson, and G.A. Moore. Fluid Restriction Increases GI Permeability *International Journal of Sports Medicine*. 29:194-198, 2008.

Eckerson, J.M., J.R. Stout, G.A. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity and Body Weight in Men and Women. *Journal of Strength and Conditioning Research*. 19(4):756-763, 2005

Eckerson, J.M., J.R. Stout, G.A. Moore, N.J. Stone, K. Nishimura, and K. Tamura. Effect of Two and Five Days of Creatine Loading on Anaerobic Working Capacity in Women. *Journal of Strength and Conditioning Research*, 18(1): 168-173, 2004.

Stout, J., J.M. Eckerson, K. Ebersole, G. Moore, S. Perry, T. Housh, A. Bull, J. Cramer, and A. Batheja. Effect of Creatine Loading on Neuromuscular Fatigue Threshold. *Journal of Applied Physiology* 88:109-112, 2000.

Stout, J., J. Eckerson, D. Noonan, G. Moore, and D. Cullen. Chronic Effects of Creatine Supplementation on Exercise Performance and Fat-Free Mass in Football Players During Resistance and Speed Training. *Nutrition Research*. 19:217-225,1999

PUBLISHED RESEARCH

ABSTRACTS/PRESENTATIONS:

Abigail Klick, Geri Moore, Stephen Lanspa and G. Patrick Lambert. Effect of Body Composition on Small Intestinal Permeability (Presented at Creighton University St. Albert's Day, Spring 2018).

Eckerson, J., L. Riesberg, K. Serreyn, J. Yee, G. Moore, D. Katsavelis, E. Bredahl, K. Drescher, D. Fukuda, L. Kurata and B. Moon. The Effect of Creatine Supplementation on Upper Body Strength and Immune Function in Men. *Medicine and Science in Sports and Exercise*, Volume 49:5, June 2017. (Presented at the 2017 Annual American College of Sports Medicine Meeting, Denver, Colorado).

Lambert, G.P., S. Lanspa, G. Moore, and Yee, J. Obesity Does Not Alter Urinary Concentrations of Markers of Intestinal Barrier Dysfunction. Haddix's President's Faculty Research Fund. University Research Day, March 2015.

Eckerson, J., A. Bull, G. Moore, T. Baechle, J. Yee, S. Egan, C. Fischer, D. O'Brien, and T. Pulverenti. The Effect of Sugar-Free Energy Drinks on Upper Body Strength and Muscular Endurance in Males. (Presented at the 2010 National Strength and Conditioning Annual Meeting, Orlando, FL).

Bull, A.J., J.M. Eckerson, T.S. Pulverenti, J.C. Yee, G.A. Moore, and C.J. Vacek. Reproducibility of a Simulated 20 Km Time Trial in Competitive Cyclists and Triathletes. (Accepted for presentation at the 2010 National Strength and Conditioning Annual Meeting, Orlando, FL).

Eckerson, J.M., A.J. Bull, G.A. Moore, J.C. Yee, and B.D. Roy. The Effect of Two Different Creatine Formulations on Skeletal Muscle Creatine Retention. *Medicine and Science in Sports and Exercise* 41(5):S321, 2009.

M. Healy, S. Ochi, S. Woita, S. Radniecki, J. Eckerson, A. Bull, G. Moore, J. Yee, L. Beisel, G. Holte, and S. Shirley. The Effect of Two Different Creatine Formulations on Strength and Power in Resistance Trained Men. Presentation at the 2008 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV).

Bull, A.J, J.M. Eckerson, G.A. Moore, P.C. Pfeifer, and D.R. Obermiller. Employee Perceptions of Wellness Program Needs at a Midwestern University. *Medicine and Science in Sports and Exercise*. 38(5): S253, 2006. Presented at the American College of Sports Medicine Annual Meeting in Denver, CO (May 31-June 3 2006)

Bull, A.J., P.C. Pfeifer, J.M. Eckerson, G.A. Moore, and M. Joshi. The Effect of 5 Days of Calorie Free Creatine Supplementation on Repeated Sprint Cycling (*Medicine and Science in Sports and Exercise*. 37(5):S44, 2005).

Pfeifer, P.C., A.J. Bull, J.M. Eckerson, G.A. Moore, and M. Joshi. The Effect of 5 Days of Creatine Supplementation on Anaerobic Indices of a Wingate Test. (*Medicine and Science in Sports and Exercise*. 37(5): S44-45, 2005).

Eckerson, J.M., A.J. Bull, and G.A. Moore. The Effect of 30 Days of Creatine Phosphate Supplementation on Body Weight in Men. *Medicine and Science in Sports and Exercise*. 35(5):S217, 2003. American College of Sports Medicine Annual Meeting, San Francisco, CA

Bull, A.J., J.M. Eckerson, and G.A. Moore. Effect of 30 Days of Creatine Phosphate Supplementation on the Critical Power Test in Men. *Medicine and Science in Sports and Exercise*.

35(5)S401, 2003. 2003 American College of Sports Medicine Annual Meeting, San Francisco, CA

Eckerson, J., J. Stout, G. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. The Effect of Creatine Phosphate Supplementation on Body Weight after Two and Six Days of Loading in Men, Presented at the 2002 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV.

Eckerson, J., J. Stout, G. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. The Effect of Creatine Phosphate Loading on Anaerobic Working Capacity in Women. *Medicine and Science in Sports and Exercise*. 34(5):S232, 2002.

Eckerson, J., J. Stout, G. Moore, J. Klein, M. Frazier, C. Chambers, and A. Posey. The Validity of the Tanita Body Fat Monitor/Scale for Estimating Percent Body Fat. *Medicine and Science in Sports and Exercise*. 33:S241, 2001.

Eckerson, J., J. Stout, G. Moore, N. Stone, K. Iwan, A. Gerbauer and R. Ginsberg. The Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity Following 2 and 6 days of Loading in Men. *J. Strength and Cond. Res.* 15(3): 392

Eckerson, J., L. Bachle, D. Petzel, J. Stout, G. Moore, L. Albertson, S. Yokoyama. Reliability of a 1-H Performance Test in Physically Active Males. (Presentation at the 2000 American College of Sports Medicine Annual Meeting, Indianapolis, IN)

Eckerson, J., J. Stout, G. Moore, K. Nishimura, K. Tamura, S. Swaney. The Effect of Creatine Supplementation on Anaerobic Work in Females Following Two and Five Days of Loading, (Presentation at the 2000 National Strength and Conditioning Association Annual Meeting, Orlando, FL).

Eckerson, J., L. Bachle, L. Albertson, D. Petzel, J. Stout, G. Moore. Reliability of a 1-H Performance Test in Physically Active Females. *Journal of Strength and Conditioning Research*, 13(4):423, 1999.

Eckerson, J., J. Stout, G. Moore, T. Housh, and G. Johnson. Validity of Bioelectrical Impedance Equations for Estimating Fat-Free Weight in Lean Females. *Medicine and Science in Sports and Exercise*. 31 (5):S204, 1999. (1999 American College of Sports Medicine Annual Meeting, Seattle, WA)

- Stout, J., J. Eckerson, G. Moore, K. Ebersole, S. Perry, and A. Bull.
The Effects of Creatine Loading on Neuromuscular Fatigue Threshold in Female Athletes, *Medicine and Science in Sports and Exercise*. 31(5):S204, 1999. (1999 ACSM Presentation -Annual Meeting, Seattle, WA)
- Stout, J., J. Eckerson, M. Jelinek, A. Haas, and G. Moore. Acute Effects of Neuro-Gain Kick™ on Strength and Endurance in Female Athletes.(1998 National Strength and Conditioning Meeting, Nashville, TN)
- Eckerson, J., J. Stout, D. Cullen, G. Moore, D. Baumgartner, J. Yee, D. Johnson, and D. Noonan. Validity of Dual-Energy X-ray Absorptiometry for Assessing Changes in Fat-Free Weight. (1998 American College of Sports Medicine Annual Meeting, Orlando, FL).
- Eckerson, J., G. Moore, J. Stout, D. Noonan, D. Cullen, J. Yee, D. Baumgartner, and D. Johnson. Prediction of Percent Body Fat Using Dual-Energy X-Ray Absorptiometry, Bioelectrical Impedance Analysis, and Near-Infrared Interactance. *Medicine and Science in Sports and Exercise*, 29:S53, 1997. (1997 American College of Sports Medicine Annual Meeting, Denver, CO)
- Stout, J., J. Eckerson, D. Noonan, G. Moore, and D. Cullen.
The Effects of a Supplement Designed to Augment Creatine Uptake on Exercise Performance and Fat-Free Mass in Football Players. *Medicine and Science in Sports and Exercise*, 29:S251, 1997. (1997 American College of Sports Medicine Annual Meeting, Denver, CO)
- J. Eckerson, J. Stout and G. Moore, C. Weber, and H. Mann.
The Validity of Bioelectrical Impedance Analysis, Near-Infrared Interactance, and Skinfold Equations for Estimating Percent Fat in Females. *Research Quarterly for Exercise and Sport*. 68:A-51 (Suppl). 1997 American Alliance for Health, Physical Education, Recreation and Dance Annual Meeting, St. Louis, MO)

NON-REFEREED PUBLICATIONS

CU on the Scale – Healthy Holiday Challenge Website and Blog, present: <http://gmoorecu.wixsite.com/holidaychallenge>

Created, launched and maintain a multi-page website and monthly blog for participants in the annual weight loss challenge.

Howley, E.T. & Thompson. with G. Moore & Steeves (2017)*.
Fitness Professional's Handbook Instructor Guide, 7th edition.
Champaign, IL: Human Kinetics.

(*Author - Online Instructor Guide & Ancillary Materials)

Consumers Digest, March 2014, Interviewed/Contributed to the article, "Health Club Memberships", Print & Online Edition

Howley, E.T. & Thompson. with G. Moore (2012).
Fitness Professional's Handbook Instructor Guide, 6th edition.
Champaign, IL: Human Kinetics.
(Author - Online Instructor Guide & Ancillary Materials)

Health and Fitness media spokesperson & representative for the CU Department of Exercise Science & Pre-Health Professions - Exercise Testing and Training Laboratory
Interviews/Contributions to Omaha World Herald Living Section, HealthWise Magazine, Creighton Magazine, Creightonian, 2001-present

Creighton Magazine (print/online article interview contribution):
2016: Feature Story: *Stress!*
<https://www.creighton.edu/creightonmagazine/2016sprfeaturestress/>

CU On the Scale! Fox42 News Interview and Feature Story, Creighton University Admissions) CU on the Scale! feature article: November 2009, Creightonian; CU Media Alert: April 3rd 2009 Exercise Science Major's Club Field Day)

Moore, G., Yee, J., Egan, S (2008). Human Performance Fitness Testing Laboratory: Flexibility Handout (created an educational handout with photos & descriptions) for students and clients

Howley, E.T. & Franks, B.D. with G. Moore (2007).
Fitness Professional's Handbook Instructor Guide, 5th edition.
Champaign, IL: Human Kinetics.(Author - Online Instructor Guide & Ancillary Materials)

CU Human Performance Laboratory featured in web article based on personal interview posted on Find Your Detour, <http://www.findyourdetour.com>, Oct. 2007.

Omaha World Herald, HealthWise Magazine- Saturday, Dec. 8th 2007 on Exercise Programming, Safety and Exercise Equipment

Nebraska State Plan for Cardiovascular Disease Prevention (Task Force that assisted in writing and editing the State Plan)

"Aerobic Exercise Prescription" addendum to the Essentials of Personal Training Symposium Workbook, Phoenix, Arizona, June 1995

FACULTY

DEVELOPMENT Jesuit Higher Education Seminar, September 2018 – April 2019
Sponsored by the Office of the Vice Provost for Mission and Ministry designed to deepen faculty members' understanding of the Catholic Jesuit Mission of Creighton University.

CITI Health Information Privacy and Security (HIPS) for Clinical Investigators, August 19, 2018 – August 18, 2021

Creighton University Cyber-Security Training Update 4/2018

Creighton University Security Training, 4/14/2017

Campus Labs Training for IDEA Online Teaching Evaluations, November 18, 2015
Creighton University College of Arts and Sciences Mission Catalyst Faculty Workshop: "Mission and the Ignatian Charisms", February 17, 2017

Qualtrics/BlueQ Survey Training, May 7, 2015
Instructional training on the new BlueQ Survey Tool

Student Organization Online Moderator Training, 2014 (renewed Fall 2017- Fall 2020)
Required online moderator training and examination renewed every three years

Collaborative Institutional Training (CITI) IRB Certified CITI Courses/Online Exams
-Human Research/Biomedical Research/Refresher Course, Jan. 2017
-CITI-Conflict of Interest /Refresher Course Jan. 2017
-Responsible and Ethical Conduct of Research Course
CITI Refresher Course Completed, Fall 2015/ Nov. 2007/Oct 2004

Preventing Discrimination & Violence Training/Working with Children & Vulnerable Adults Online Course Completion, December 2014-2017

Creighton University, Experience Series Technology Program Faculty Moderator, 2012-2013 -Develop and moderate a technology enrichment program for Creighton University faculty

Creighton University iPad Project, Sept. 2010- Dec. 2011
Selected to participate in a collaborative effort to explore possible iPad technology applications/innovations to enhance student learning, teaching, patient care and research

TYPO 3 Training (2006) Typo Ver.4.4 Upgrade, 2010-2011
Website Management Program Training and Updates for Department Website Editors

BOD-POD Training Completed, September 2010
Completed BOD-POD (Air Displacement Plethysmography Training hosted by Life Measurement Incorporated.

Research Compliance: Mandatory Disclosure Requirements Training, January 18, 2006, Creighton University, Criss III

Creighton University, Academic Development & Technology Center eFellow, May – September 2005

Computer Technology Development and Training Fellowship
Focuses on multi-media integration in the classroom and laboratory

The Experience Series- Faculty Moderator ADATC (CeLAI)
May 2012- September 2013
Collaborate with The Center for Academic Technology staff to develop curriculum for the faculty-led program that explores the use of technology to enhance teaching & research as well as encourage collaboration for faculty enrolled in the series that included: collaboration tools, blogs, google apps, social media, survey instruments, mobile devices, ipads, photography, audio, video and lecture capture

REVIEWER

Northland Chapter of the American College of Sports Medicine Student Research Review Committee, 1993-present

Wolter, Kluwer Health, Lippincott Williams & Wilkins
Reviewer: ACSM's Guidelines for Exercise Testing and Prescription Proposal Reviewer, November 2014

Wolter, Kluwer Health, Lippincott Williams & Wilkins
Reviewer: Total Fitness Assessment Online Tool, February, 2014

Human Kinetics, Textbook Review: Exercise Prescription: A Case Study Approach to the ACSM Guidelines, 2nd ed. by David Swain and Brian Leutholtz, 2005

Lippincott Williams & Wilkins, Textbook manuscript: *Essentials of Exercise Physiology*, 3rd edition: McKardle, Katch & Katch 2004-2005

Mindleaders and elementK Internet Server Review:
DoIT Educational Review (participation in online computer program review of potential products/services for CU for possible University usage of internet educational services, April 2004

Lippincott Williams & Wilkins, Textbook manuscript: *Exercise Physiology: Basis of Human Movement in Health and Disease*, edited by Stanley Brown, Ph.D. 2001-2003

Benjamin Cummings Health & Kinesiology, 2003 Interactive Physiology CD-ROM, a learning tool included with the text *Exercise Physiology for Health, Fitness and Performance*, March 2002

Benjamin Cummings Health & Kinesiology, Internet Exercise Physiology Website Review, 2002

American Heart Association Nebraska Affiliate Reviewer for Non-Standard Program & Nursing Research Grants, 1991-1998.

GRANTS & FELLOWSHIPS

Dr. George F. Haddix President's Faculty Research Fund (Research Personnel, Funded for Research in 2014-2015)

LB692-CTS, Effects of Creatine Supplementation on Immune System Function, June 2012 – June 2014, \$50,000 (Co-Investigator, Funded)

American Diabetes Association Innovation Grant, 'The Effect of a Culturally Appropriate Wellness Intervention Program on Type 2 Diabetes Risk Factors in Native American College Students', 2010, \$97,417 (Co-Investigator, Not Funded)

Fortress Systems International, The Effect of Beta-Alanine and Phosphorus Supplementation on Anaerobic Exercise Performance, 2007, \$12,748 (Co-Investigator, Not Funded)

Creighton University eFellowship Mentor to Dr. Judy Gale 2005-

2006, held regular meetings with mentee, assisted with projects with current eFellow, Creighton University eFellowship (Summer 2005)

Numico Research, Effect of 30-day Supplementation of Creatine Phosphate on Anaerobic Working Capacity in Men, 2001, \$10,800 (Co-Investigator, Funded)

Numico Research, Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity in Males and Females, 2000, \$9,150 (Co- Investigator, Funded).

American College of Sports Medicine Foundation Grant, Effects of Resistance Training on Older - Elderly Cardiac Patients, 1999, \$15,000 (Co-Investigator, Not Funded).

St. Joseph Hospital Service League, Pediatric CPR and Safety Courses, 1996, \$4000.00, (Funded).

PRESENTATIONS

**American Heart Association- “Heart Healthy Living”
Grand Reserve Retirement Facility, Elkhorn, NE
May 22, 2018**

Take Charge of Your Heart Health- American Heart Association Heart Attack Awareness, Hotel RL- Omaha, February 15, 2017

Wellness Council Healthy Luncheon Series
Staying Active During the Winter, December 13, 2016

Weight Training/Aerobic Training and Fitness Trackers
“Wellness Council Health Luncheon Series” Presentation with Jen Yee for Creighton University Employees, March 24, 2015

“Choose to Lose” ConAgra WebEx Webinar Presentation, BodPod Assessment & Weight Loss Tips, February 27, 2015

Gearing Up for the Holidays, Holiday Tips Roundtable
Presentation for Creighton University Employees, November 20th 2012

Experience Series Presentation, Breakfast Bytes Presentation, The Center for Academic Technology, Nov. 15th 2012

Team Coaching Tips, Presentation to participants in the CU on the Scale Weight Loss Challenge at Creighton University, Nov. 2nd 2012

CU ACTIVE! Resistance Training/Home Exercise Program
Presenters: Jen Yee, Geri Moore, Kelsey Blunck & Michaela Spenceri, December 2nd 2011

Physical Activity and Cardiovascular Disease
Creighton University Cardiovascular Risk Reduction Program
Creighton Cardiac Center, April 15th 2009

Heart Health for Women Seminar, University of Nebraska-Omaha, Chancellor's Commission on the Status of Women (CCSW) Lecture Series, February 28th 2007.

Women's Heart Health Presentation/Luncheon, Creighton University: Women's History Month Event, March 19th 2007.

Participant Workshop: CU on the Scale Weight Loss Challenge: Weight Loss Tips for Success, Creighton University, Kiewit Fitness Center Classroom 148, November 10th 2006

Women in Higher Education Leadership Annual Conference, University of Nebraska, Omaha, Nebraska, "Women and Heart Disease Awareness", March 31st 2006

American College of Sports Medicine Health/Fitness Instructor Workshop, Pre-Activity Screening: Risk Factors and Stratification May 2005

Introduction to Computer Technology Shopping, Fall 2005
Dept. of Exercise Science and Athletic Training Lecture/CD-ROM

Resistance Training with Elastic Bands, *CU on the Scale* Weight Loss Challenge, Fall 2005 (presented with Jen Yee)

Weight Loss Tips for Success, *CU on the Scale* Weight Loss Challenge (weight loss contest for Creighton employees, 2004)

Exercise Prescription Considerations for Older Adults, Friendship Program: Adult Care Center, Omaha, NE, March 2004

American College of Sports Medicine Health/Fitness Instructor
Workshop, Pre-Activity Screening: Risk Factors and Stratification
May 2004

American Heart Association Heart Healthy Presentation- Risk
Factors and Emergency Procedures/Automatic Defibrillator, United
Parcel Service, Bring your Child to Work Day (8-12 yr. old
children), April 24, 2003

American College of Sports Medicine Health Fitness Instructor
Certification Workshop, "Exercise Considerations for
Special Populations, May, 2003

Case Studies in Exercise Testing/Prescription, ACSM Health/Fitness
Instructor Workshop, May 2003

Exercise Prescription in Special Populations, The Friendship
Program, April 2002 Continuing Education Presentation for
Medical Personnel at the Friendship Program Facility.

"Exercise and Fluid Intake" Radio Interview-Public Broadcast
Midwest- 5 state region, American Heart Association representative,
June 25, 2002

Auxillary Presentation, "Women & Resistance Training", 1998

Women's Organization/Mary Our Queen, "Women and
Exercise Programming", 1998

American College of Sports Medicine Health Fitness Instructor
Certification Workshop, "Exercise Considerations for Special
Populations", May, 2002-1998

Risk Stratification, ACSM Health/Fitness Instructor Workshop, May
2000-2002

Case Studies in Exercise Testing/Prescription, ACSM Health/Fitness
Instructor Workshop, May 2002-00

Creighton University, Sponsor: Child Development Center
Parent Advisory Program, "Nutrition and Exercise for
Children", April 28, 1997

Creighton University Wellness Council, "Exercise Goals for 1997:
Have you Started Yet?", Febr. 27,1997. Creighton University

Tenth Region VII Cardiovascular Disease Risk Reduction Conference, American Heart Association, Omaha, NE June 13, 1996

BoysTown National Research Hospital's Science and Math program for Gifted Hearing and Deaf Youth, July 27 and Aug. 17, 1995, Omaha, NE," Benefit of Aerobic Exercise to the Cardiovascular System"

Nebraska Cardiovascular and Pulmonary Rehabilitation Network Annual Conference Roundtable Presentation, "The Importance of Certification", March 5,1993

Northland Chapter of the American College of Sports Medicine Annual Spring Meeting, Omaha, NE, "Update on Healthy People 2000", April 24, 1992

Nebraska Association for HPERD Annual Meeting, "Professional Opportunities in Exercise Science: Cardiac Rehabilitation"

**SERVICE TO THE
UNIVERSITY/
COLLEGE
of ARTS
& SCIENCES**

Mission Catalyst Committee Member, 2014-Present

Serves to facilitate reflection on, and implementation of Creighton's Jesuit Catholic Mission at the department, CCAS and University

Mission Catalyst Steering Committee Member, 2017-present

Helps to decide the priorities and order of events for the committee

Mission Catalyst/Welcome the Stranger Committee Member, Creighton University, December, 2016

Helped to plan, organize and promote the final Year of Mercy event. Assisted with the collection of "most needed items" to benefit the Lutheran Family Services Refugee program.

Creighton University- Faculty/Staff Letter writing/Calling Campaign for Admitted Students, January 2017- January 2019

Participated in the letter writing campaign and outreach calling to admitted students.

College of Arts and Sciences: Careers for Arts & Sciences Majors: Unlimited Opportunities

Creighton University, February 22, 2018

Coordinated the EXS Department Alumni presentation program for current students exploring career/professional school options. Program attendance: 173 students.

**College of Arts and Sciences: Unlimited Opportunities
Creighton University, February 21, 2017**

Coordinated the EXS Department Alumni representative for current students exploring career/professional school options

**College of Arts and Sciences: Unlimited Opportunities
Creighton University, February 22, 2016**

Coordinated the EXS Department Alumni presentation program for current students exploring career/professional school options

**College of Arts and Sciences: Dean's Fellows Program
Interviews, February, 2016**

Conducted phone interviews and follow-up with prospective Dean's Fellows students.

**DoIT Customer Relationship Management Committee,
February 2016-2017**

Serve as an advisory board representative and help to develop a vision and actionable goals for Creighton University communications, web and relationship management technologies.

**Mission Catalyst/Martin Luther King Committee Liaison,
January, 2016**

Helped to promote the Martin Luther King Week events as part of the Year of Mercy events at Creighton University

**Calling All Jays Program, Department of Residence Life at
Creighton University, September 29, 2014**

Meet with freshman residents and Resident Advisors and answer questions and get to know students in an effort to increase student retention at Creighton University.

Holiday Spirit Project -Department Coordinator 2007- 2016

Help to coordinate the Holiday Spirit project with department faculty and the student major's club. 2016 Project: Lutheran Family Services, 2015 Project: Siena Francis, 2014 Project: Omaha Heart Ministry Center. 2013 Project: Fulfill a Cancer patient's wish at Children's Hospital. 2007-2012: Adopt-A-Family/Family-to-Family.

**Creighton University Bereavement Ministry Member (2005-
present) & Bereavement Ministry Team Leader (2018-present)
Creighton University Collaborative Ministry**

As a Team Leader, I coordinate the monthly volunteers and assign

visits and deliver comfort gifts to the team. As a Ministry Member, I support and comfort the Creighton community by visiting and praying for those who have suffered the loss of a family member.

Creighton University Wellness Council Member, 1995 to present
Attend monthly meetings to help promote health and wellness for the entire Creighton community.

Creighton University Wellness Program - Wellness Champion, 2010- present Serve as an ambassador for the Creighton's Employee Wellness Program by helping to market and encourage participation in the various Wellness Programs.

Creighton University Wellness Program- Wellness Calendar & Culture Subcommittee, Fall 2018 – present
Help to create a monthly University Wellness Calendar and assist with promoting a healthy culture at Creighton University through wellness publications and a health and wellness book club.

Creighton University Wellness Program- Healthy Dining Subcommittee, 2016-2018
Support and encourage healthy dining initiatives on campus and promote health and wellness to the entire Creighton community.

Creighton University Wellness Website Subcommittee Chair, 2007 - 2016 - design/develop the website and organize committee training/activities using TYPO system

Creighton University Knitting and Crochet Faculty Moderator Fall 2017-present
Assisted this new student organization at Creighton University in 2017 and served as the faculty advisor.

Theta Phi Alpha Sorority, Faculty Moderator, Fall 2017-present
Serve as the faculty moderator, support philanthropic events and assist and advise sorority members throughout the year.

Creighton University CV Risk Reduction/Diabetes Mellitus Risk Reduction Program Team, Exercise Physiologist 2011

Creighton University Law School- Wellness Day, Jan. 27th 2011
Coordinate the Department of Exercise Science- Human Performance Laboratory's Presentation Booth

Creighton University Wellness Council Website, 2003 -2006

Developed and help to maintain the University Wellness Council Website using FrontPage working with a student web designer

College of Arts and Sciences Dean Search Committee,
Fall 2007- completed early 2008 (Presidential Appointment)

College of Arts and Sciences Dean Search Committee,
2006-2007 (Presidential Appointment)

Creighton University Greek Awards Judge, 2006
Reviewed CU Greek Organization reports and ranked

Meet with prospective students, give tours of the Exercise Testing and Training Laboratory and the EXS Department, discuss career options and the Exercise Science Major, present

Department of EXS- Exercise Testing and Training Laboratory volunteerism, present

Meet with Creighton University faculty/staff in the laboratory (health/fitness programs, testing, training at reduced/no charge to those in need). Offer fitness testing laboratory gift certificates as giveaways to organizations within the Creighton community and local organizations and perform services free of charge.

Creighton University Wellness Council Subcommittee to interview/select third party wellness vendors (i.e. SimplyWell)

Walk 100 Award Recognition Committee- Assist with the annual recognition luncheon, 2002- 2004

DoIT Videotaped Interview/Presentation: selected as a DoIT Discovery Workshop Series graduate to discuss course experiences & share classroom applications for a Multi-Media Conference Presentation by Collette Hanson, 2004.

Represented Creighton University at the 6th Annual Worksite Wellness Award Luncheon, accepted the Gold Well Workplace Award on behalf of the University, February 20, 2003

Gold Award Committee- Assist with the successful application of the Well Workplace Gold Award application
Co-chair of the Omaha Well-city Silver Award committee

United Way Representative, Exercise Science Department

“Bring Your Sons to Work Day” Laboratory Presentation
And Tours, 1998-1999

“Bring Your Daughters to Work Day” Laboratory Presentation
and Tour, 1998

Lady Jays Golf Marathon, Creighton University Athletic
Department, fundraiser for Creighton Women's Athletics
1996-1997

Bosses Challenge Softball Game, fundraiser to benefit the Omaha
Women's Shelter

Welcome Week/Summer Preview, participated as a freshman
advisor 1997

SERVICE TO THE DEPARTMENT

**Director, Department of Exercise Science and Pre-Health
Professions- Exercise Testing and Training Laboratory**
(formerly: Human Performance Fitness Testing Laboratory)

-Organize staff interviews/hiring, supervise the
laboratory, budget, laboratory staff scheduling, lab staff
evaluations, oversee equipment purchasing & maintenance,
laboratory safety, laboratory public relations/media and
website.

**-Coordinator of the Annual Creighton University
Employee Weight Loss Challenge: *CU on the Scale!***
includes updating the website, blog site, team results and
updates, educational handouts and presentations, raffle prizes
and a recognition/award ceremony for all participants. Assist
with HPL Boot Camp- help to develop and assist with fitness
program for weight loss challenge participants that choose
group exercise

**Department of Exercise Science & Pre-Health Professions
Website Editor**

Create and maintain Department of Exercise Science Website
including Faculty Biography updates and EXS Advising
Worksheets to assist current and prospective students in
curriculum planning

-EXS Website Redesign: Met with DoIT web team and
planned, redesigned and reformatted the entire department
website, Fall 2015

WellFest Wellness Fair, October, 2015, 2016, 2017, 2018
Coordinated and worked the EXS – ETT Laboratory Booth

Creighton University, Interfaith Prayer Service Department
Representative, February 4, 2015

EXS Web Re-Design, Spring/Summer 2007
Led the department in the process of training, redesign and implementation of the Exercise Science Department website. Spent many hours with DoIT and self-study to successfully launch the site

Assisted with the planning & implementation to equip the Human Performance Laboratory with a multi-media A-V system (help to obtain equip quotes, room plan/design)

Kiewit Management Training Program, Administrative

Develop & Coordinate Fitness programming for Kiewit Management Seminar: Corporate executives

Test/screen Creighton University ROTC cadets

Advisor, Exercise Science Majors, present
write letters of recommendation for medical/professional/graduate school, discuss career choices-present

Student Outcomes Assessment Co-Coordinator,
Assist Joan Eckerson in Outcomes Assessment – 2012

EXSEL (Exercise Science-Excellence in Leadership- Major's Organization) Moderator 1995 - 2016

Some activities as EXSEL Moderator include:

-EXSEL Website- create and maintain the EXSEL website, teach/encourage students to help design, develop and maintain the club website and media publications.

- Work with the EXSEL Officers to plan meetings and events, create and maintain a budget, receive member dues and update membership lists and submit annual reports and communicate with Student Activities office

-EXSEL membership management/ update the list on the CU Mailman Server – Group account management

-EXSEL Christmas Project – help to coordinate this project with EXS Department & submit to CU Holiday Spirit

-American Heart Association Heart Walk
Recruit and coordinate Creighton University Registration Volunteers (EXS students, faculty & employees)

-Supervise and organize fund-raising and social activities for EXSEL students and faculty/staff.

-Host Liberty School Field Day at CU, 2008 - 2013
Field day for K-3 grade students

-Assisted in the Liberty Elementary School Health & Fitness Program at Liberty Elementary School

-Siena Francis House/EXSEL BBQ, 2010-2014
helped to collect donations and submitted on behalf of the EXSEL group to benefit the Siena Francis House

-EXSEL Shoe Drive for the Siena Francis House and the Lydia house during December 2008 & December 2009
-Indoor Triathlon

-EXSEL Belly Buster Fun Run /Walk Event

Creighton University Law School Wellness Fair

Creighton University Employee Health fair

Creighton University Admissions CU Sunday Open house

Creighton University Major / Minor Exploration Fair
Discuss and promote the EXS Major to underclassman students

Creighton University Benefit's Fair
Promote the Exercise Science – Exercise Testing & Training Laboratory. Kick-off for CU on the Scale Weight Loss

Student Activities Involvement Fair (with the EXSEL club)

Exercise Science Senior Send-Off - assisted in organizing a farewell

reception for the Exercise Science Department and assisted with the photo/video presentation for the students & EXSEL recognition

EXS Department Open House (hosted by the Beadles)
Gave laboratory tours, discussed the major, 2007-2008

Student Health Fair (now is a combined Health Fair)

“Techniques for Estimating Body Composition” Co-Presenter,
Burke High School Student Tour/Presentation,
February 25th, 2004

Health Career Fair- Abraham Lincoln High School-
Febr. 28th, 2003, discussed health/exercise science careers
to high school students

Kiewit Fitness Center Advisory committee 1999-2003
Assist with student outcome revision, Internship Manual
development and Writing Proficiency Requirements

SERVICE TO THE COMMUNITY

Omaha Convention & Visitors Bureau Ambassador, 2014 – present

Volunteer at the Omaha Visitors Bureau headquarters -greeting out
of town visitors and providing information about the city and
promoting businesses and services within the city of Omaha.

Co-Chair Fundraising Event to benefit the Omaha Catholic
Charities/Juan Diego Center Catholic Charities, December 2013-2016

Gross Catholic High School – present

2019 Celebration Committee Volunteer

Attend the Kick-off Fundraising Meeting, solicit donors
and support the annual fundraising event as a past chair.

2017- 2018 Co-Chair Annual Fundraiser: Celebration

Host a Kick-off event, recruit volunteers, solicit donors and
host the annual event

Gross Catholic School/Athletic Department Volunteer

Support the Athletic Program, Attended Campaign
Meeting/Events & Donated to Program, 2008-2018

Gross Catholic High School Admissions/Development

Gross Catholic Recruitment Committee, 2008- 2012
Recruit new students and promote the school, attend recruitment meetings, plan events and volunteer at the Annual Open House and serve as a host family to potential recruits and their families

2011 Gross Catholic Casino Night Chairperson
Coordinate the Acquisitions, Set-up, Meetings and Volunteers at the fund-raising event

Gross Catholic Capital Campaign Committee
Solicitation of Advanced Gifts 2008-2009

Work Concession Stands, Fund raising/Donations, host team events, 2008- 2012

Gross Catholic Celebration Committee Volunteer
Gold Cup Committee Co-Chairperson, 2008-2013
Acquisitions/Quilt Committee Chair 2008-2012

St. Gerald Catholic Church

Christmas with Santa Fundraiser Volunteer to benefit St. Vincent DePaul and Juan Diego Center/Catholic Charities, 2012-2015

Capitol Campaign Leadership Volunteer
Meet with parishioners-discuss/solicit campaign contributions

St. Gerald Catholic Church & School, 1999 – present

Assist with various parish events and church fundraisers (i.e. creating fliers and advertising materials, support and volunteer at the events)

St. Gerald Silent Auction Committee/Volunteer, 2001- 2007, 2009-2013 Assist w/ “Last One Standing” at the event dinner

St. Gerald School Silent Auction
Assist with Oral/Silent Auction acquisitions
Classroom Basket Committee
Classroom Project Committee
Oral Auction Co-Chair
Acquisition Committee

St. Gerald Church Landscape committee 2002 - 2009

St. Gerald Parish Recruitment Volunteer-2007-2008
Develop detailed recruitment booklet school expansion

St. Gerald Graduation Committee Volunteer-2008
Helped to organize 8th grade graduation activities (Awards Breakfast, DVD, graduate gift, graduation ceremony and 8th grade field trip)

St. Gerald School Yearbook Volunteer- 2006-present
Attend computer program training, photograph and create yearbook pages using school software program

Computer/Technology Project Volunteer/Instructor, 2007
Taught middle school students to use PhotoStory Video software and basic photo editing and network storage

Computer/Technology Project Volunteer (2008 & 2006)
created and donated multi-media DVD presentation featuring school activities for 8th grade graduates and the 6th grade Outdoor Education Science experience

St. Gerald Elementary/Middle School Fundraising
Assisted with new and ongoing development/marketing and delivery of school/athletic organization fundraising projects, 2005-present

Middle School Chaperon- St. Gerald Social Event volunteer-
8th Grade Graduation Activities: Visit CU – KFC, Outdoor Education/St. Gerald Volunteer, 2006
Eastern Nebraska 4-H Center in Gretna, NE

St. Gerald Athletic Committee Volunteer 2005-2008
Assist the Athletic Committee at fundraising events, assist the Athletic Director and Parish Baseball Commissioner at various fundraising events and serve as a committee advisor/resource and volunteer at athletic events

Middle School Classroom Volunteer (assisted with
Elementary & Middle School classroom activities, assist students with computer/technology experience

Completed the Mandatory Archdiocese of Omaha Youth Volunteer Training Program for St. Gerald School

Heartland Family Services, Summer 2010
Assisted with neighborhood “wish-list” collection to
benefit Heartland Family Services

Institute for Latin American Concern (ILAC) at Creighton
University, 2009-2010
Helped to create and collect donations, blankets to benefit
the ILAC/Haiti Relief Project

Ralston Baseball Association
Volunteer/assist with baseball team, created team
publications using digital photography, created VCD

Catholic Youth Organization/PAL/South Omaha Saints League
Volunteer, Photography/Video and create video/digital publications
for sports teams and/or school publications

Boys/Girls Club of Omaha, Fitness Testing for children ages 8-12
yrs old, September 30, 1997

Over 100 community presentations and health fairs representing
Creighton University, The Creighton Cardiac Center and the
American Heart Association at various organizations and businesses
discussing Coronary Heart Disease/Risk Factor Modification and
Exercise. Some include: First Data Resources, The Omaha,
Ralston, Millard Public and Catholic Schools, Bellevue Eye
Institute, Union Pacific Railroad, U.S. West and ConAgra.