

**KARA A. WITZKE**

**California State University, San Marcos**  
**333 S. Twin Oaks Valley Road**  
**San Marcos, CA 92096**  
**760.750.7355**  
**kwitzke@csusm.edu**

**EDUCATION**

**Ph.D. Oregon State University, Corvallis, OR, 1997.**

Major: Exercise Physiology      Minor: Nutrition/Biochemistry

Dissertation title: Effects of high-impact exercise on bone mass in adolescent girls

Advisor: Christine M. Snow, Ph.D., FACSM

**M.S. California State University, Fullerton, CA, 1993.**

Major: Physical Education

Thesis title: Prevalence of eating disorders and athletic amenorrhea in elite and recreational female rock climbers. Advisor: Gene Adams, Ph.D., FACSM

**B.S. Biola University, La Mirada, CA, 1990.**

Major: Physical Education

**TEACHING EXPERIENCE**

1/06-  
present      **Department Chair, Associate Professor**, Dept. of Kinesiology, California State University San Marcos

8/00-12/05      **Associate Professor**, Dept. of Health, Physical Education and Exercise Science, Norfolk State University, VA (tenured 2004)

1/00-5/00      **Adjunct Instructor**, College of William and Mary, Williamsburg, VA

1/00-5/00      **Assistant Professor**, Adjunct, Old Dominion University, Norfolk, VA

8/98-5/99      **Instructor**, University of Maryland University Campus, Asian Division, Guam

1/98-5/99      **Assistant Professor**, Part-time, University of Guam

9/93-4/97      **Instructor/Graduate Teaching Assistant**, Oregon State University, Corvallis, OR

9/90-6/93      **Instructor/Graduate Teaching Assistant**, California State University, Fullerton

**RESEARCH EXPERIENCE**

12/05-2/08      **Adjunct Research Professor**  
Norfolk State University, Norfolk, VA. Ongoing research project on the etiology of Charcot foot in type 2 diabetic patients

10/02-12/05      **Research Fellow, Strelitz Diabetes Institutes**  
Eastern Virginia Medical School, Norfolk, VA. A collaborative researcher under the supervision of Aaron I. Vinik, MD, PhD, Director, investigating factors that contribute to

fractures among type 2 diabetics, especially in minorities.

- 9/93-4/97 **Research Assistant, Bone Research Laboratory**  
Oregon State University, Corvallis, OR. Supported by the AARP, investigated the effects of lower body resistance training on bone density, balance, muscle strength and power in post-menopausal and retirement home dwelling women.
- 6/95-6/97 **Doctoral Research**  
Oregon State University, Corvallis, OR. Supported by the John C. Erkkila Endowment investigated the effects of high-impact plyometric exercise on bone mass in adolescent girls. Worked with the school district to implement exercise classes into current high school PE curriculum.

#### LEADERSHIP/MANAGEMENT EXPERIENCE

- 2/00-8/00 **Wellness Coordinator**  
US Navy, Addictions Rehabilitation Department, Norfolk Naval Base, VA.
- 7/00-8/00 **Fitness Presenter**  
Fitness Resources, Boulder, CO.
- 4/97-10/97 **Professional Development Coordinator**  
American Council on Exercise (ACE), San Diego, CA.
- 9/96-4/97 **Assistant Director, Bone Research Laboratory**  
Oregon State University, Corvallis, OR.
- 9/96-4/97 **Course Coordinator, Interim**  
Oregon State University, Corvallis, OR.
- 3/94-9/94 **Assistant Recreation Director**  
Summer Youth Tennis Camp and Summer Youth Sports Program, OSU
- 7/91-9/93 **Supervising Exercise Physiologist**  
FitWorks, Pacific Bell Telephone, Riverside, CA.
- 9/90-6/93 **Assistant Director, Physical Performance Program**  
California State University, Fullerton.

#### GRANTS

##### In review

- |   |             |           |
|---|-------------|-----------|
| <b>NATIONAL INSTITUTES OF HEALTH</b>                                    | Witzke (PI) | 6/09-5/11 |
| <b>NATIONAL INSTITUTE OF GENERAL MEDICAL SCIENCE</b>                    |             |           |
| NOT- NOT-OD-09-056  |             |           |
| Supplement to 1SC3GM084705-01   |             |           |
| Dose-Dependent Effects of Jumping on Bone Health in Premenopausal Women |             |           |
| \$110,781   |             |           |
| <b>NATIONAL INSTITUTES OF HEALTH</b>                                    | Witzke (PI) | 6/09-5/11 |
| <b>NATIONAL INSTITUTE OF GENERAL MEDICAL SCIENCE</b>                    |             |           |
| NOT- NOT-OD-09-060  |             |           |

Student Summer Supplement to 1SC3GM084705-01  
 Dose-Dependent Effects of Jumping on Bone Health in Premenopausal Women  
 \$69,312

### Current

**NATIONAL INSTITUTES OF HEALTH** Witzke (PI) 8/08-7/12  
**NATIONAL INSTITUTE OF GENERAL MEDICAL SCIENCE**  
 1SC3GM084705-01  
 Dose-Dependent Effects of Jumping on Bone Health in Premenopausal Women  
 \$444,000

**CSU COMMISSION ON THE EXTENDED UNIVERSITY** Witzke (PI) 6/09-5/11  
 Development of the Master in Public Health (MPH) at CSU San Marcos  
 \$50,000

**CALIFORNIA DEPARTMENT OF EDUCATION** Cutrer (PI) 8/05-7/10  
**TITLE III**  
 Creating a College of Health & Human Services through Community Partnerships  
 \$1,600,000  
 Role: Co-investigator

### Completed

**CALIFORNIA STATE UNIVERSITY, SAN MARCOS** Witzke (PI) 12/07-6/08  
**UPD/RSC GRANT**  
 Dose-Dependent Effects of Jumping on Bone Health in Premenopausal Women: A Pilot Study  
 Funded, \$2,250

**COMMONWEALTH HEALTH RESEARCH BOARD** Witzke (PI) 7/05-2/08  
 Improving Treatment of Charcot Foot in the Diabetic Patient: Understanding the Etiology of the Disease  
 and its Associated Fractures  
 Co-investigator: Aaron I Vinik, MD, PhD., Director, Strelitz Diabetes Institutes, EVMS  
 \$266,000

**CALIFORNIA STATE UNIVERSITY, SAN MARCOS** Witzke (PI) 8/06-7/07  
**LOTTERY FUND**  
 Ensuring Success in Anatomy and Exceptional Experiences in the Human Performance Lab  
 \$16,112

**NATIONAL INSTITUTES OF HEALTH** Witzke (PI) 9/04-12/05  
**NATIONAL CENTER ON MINORITY HEALTH AND HEALTH DISPARITIES**  
 NOT-OD-02-051  
 Bone Quality in the Diabetic Foot: Understanding the Etiology of Fractures and Fracture Outcomes in  
 Minority Patients  
 \$8,800

**EASTERN VIRGINIA MEDICAL SCHOOL** Witzke (PI) 8/04-7/05

**DEPT. OF INTERNAL MEDICINE**

Diabetic Peripheral Neuropathy, Race, and Bone Mass: Is Nerve Dysfunction Associated with Osteopenia in the Feet?  
\$7,000

**NATIONAL INSTITUTES OF HEALTH**

Witzke (PI) 9/02-8/04

**NATIONAL CENTER ON MINORITY HEALTH AND HEALTH DISPARITIES**

NOT-OD-01-051

The Relationship between Ethnicity and Peripheral Neuropathy on Lower Extremity Bone Mass in Type 2 Diabetic Patients.  
\$17,400

**NSU RESEARCH INITIATION AWARD**

Witzke (PI) 1/04-7/04

Health Disparities in Hampton Roads: A Collaborative Project Between EVMS and Norfolk State University Examining Falls and Fractures in African American and White Diabetes Patients  
\$5,800

**NORFOLK FOUNDATION**

McElhane (PI) 3/02-3/04

Disparities in Determinates of Prostate Cancer Outcomes  
Role: Co-Investigator  
\$50,000

**NORFOLK STATE UNIVERSITY**

Witzke (PI) 11/01-12/02

**CENTER FOR EXCELLENCE IN UNIVERSITY TEACHING**

Diversity Education for Fitness Professionals: A multicultural exchange and videoconference project between Norfolk State University and the University of Utah.  
\$2,800

**JOHN C. ERKILLA ENDOWMENT**

Snow (PI) 5/95-5/97

Effects of High-Impact Plyometric and Weighted Vest Exercise on Bone Mass in Adolescent Girls.  
Role: Co-investigator  
Funded, \$19,000

**AMERICAN ASSOCIATION FOR RETIRED PERSONS**

Snow (PI) 9/93-5/97

The Effects of Lower Body Resistance Training on Indices of Fracture in Post-Menopausal and Retirement Home Dwelling Women.  
Role: Research assistant  
\$250,000

**OSU CENTER FOR TECHNOLOGY**

Wilcox (PI) 9/95-9/96

Enhancing Classroom Learning through the World Wide Web  
Role: Co-investigator  
\$2,000

**Previous submissions--unfunded**

**CHRISTOPHER & DANA REEVE FOUNDATION**

Astorino (PI) 12/07-11/08

Efficacy of Intense, Multimodal Training to Enhance Bone Mineral Density, Body Composition, and Quality of Life in Individuals with Spinal Cord Injury

Role: Co-investigator  
 Proposed budget, \$69,520

**CITY OF OCEANSIDE COMMUNITY PLANNING AND DEVELOPMENT GRANT**

Witzke (PI) 7/06-6/07

CSUSM FIT TOGETHER: Building Healthier Individuals and Communities through Fitness and Partnership  
 Proposed budget: \$34,960

**THE CALIFORNIA WELLNESS FOUNDATION**

Witzke (PI) 8/07-5/08

CSUSM FIT TOGETHER: Building Healthier Individuals and Communities through Fitness and Partnership  
 Proposed budget: \$51,375

**TRI-CITIES HEALTHCARE DISTRICT**

Witzke (PI) 7/06-6/07

CSUSM FIT TOGETHER: Building Healthier Individuals and Communities through Fitness and Partnership  
 Proposed budget, \$45,511

**CSUSM RESEARCH, SCHOLARSHIP, & CREATIVE ACTIVITY GRANT**

Witzke (PI) 8/06-5/07

We have built it...so why don't they come? Measuring perceived benefits and barriers to physical activity and using physical performance testing to promote physical activity on the college campus  
 Proposed budget, \$10,600

**NATIONAL INSTITUTES OF HEALTH NATIONAL INSTITUTE OF DIABETES & DIGESTIVE & KIDNEY DISEASES**

Witzke (PI) 4/06-3/08

PA-04-074 Health Disparities in NIDDK Diseases (R21)  
 Bone Quality and Quality of Life in African Americans with Charcot Arthropathy  
 Proposed budget, \$356,281

**NATIONAL INSTITUTES OF HEALTH NATIONAL INSTITUTE OF ARTHRITIS AND MUSCULOSKELETAL AND SKIN DISEASES**

Witzke (PI) 7/04-6/07

PAR-02-030 (R03)  
 Influence of Diabetic Neuropathy and Race on Bone Mass  
 Proposed budget, \$185,367

**AWARDS/HONORS**

- Faculty Center Travel Award, CSUSM, 2006, 2008
- Community of Scholars, CSUSM, 2006-present
- Health Disparities Scholar, National Institutes of Health, National Center on Minority Health and Health Disparities, 2002-2005
- Six University Faculty Development Awards, NSU, 2000-2005.
- Outstanding presentation in Health & Human Performance award. Graduate Student Research Conference, Oregon State University, 1996.

**PEER-REVIEWED PUBLICATIONS**

1. **Witzke, KA.** Osteoporosis and osteopenia. In D. Green (Ed.) *Advanced Health & Fitness Specialist Manual*. San Diego: American Council on Exercise. 2009.

2. **Witzke, KA.** The Physiology of Obesity. In C. Ekeroth (Ed.) *Lifestyle and Weight Management Consultant Manual*. San Diego: American Council on Exercise, 2008.
3. **Witzke KA,** Vinik AI. Diabetic Neuropathy in Older Adults. *Reviews in Endocrine and Metabolic Disorders*. 6(2):117-27, 2005.
4. Shaw, JM, **Witzke, KA,** & Winters, KM. Exercise for Skeletal Health and Osteoporosis Prevention. In Roitman, JL (Ed). *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* (4th Ed). San Diego, CA: Academic Press, 2001.
5. Snow, CM, Winters, KM, Shaw, JM, **Witzke, KA.** Long-Term Exercise using Weighted Vests Prevents Hip Bone Loss in Postmenopausal Women. *Journal of Gerontology: Medical Sciences*, 55A, M489, 2000.
6. **Witzke, KA,** & Snow, CM. Effects of plyometric jump training on bone mass in adolescent girls. *Medicine and Science in Sports and Exercise*, 32(6), 1051-1057, 2000.
7. **Witzke, KA,** & Snow, CM. Lean body mass and leg power best predict bone mineral density in adolescent girls. *Medicine and Science in Sports and Exercise*, 31(11), 1558-1563, 1999.
8. **Witzke, Kara A.** Exercise and Osteoporosis. In Cotton, R (Ed). *Clinical Exercise Specialist Manual: ACE's Source for Training Special Populations*. San Diego, CA: American Council on Exercise, 1999.
9. Shaw, JM, & **Witzke, KA.** Exercise for Skeletal Health and Osteoporosis Prevention. In Roitman, JL (Ed). *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription* (3rd Ed). San Diego, CA: Academic Press, 1997.

<b>PEER-REVIEWED ABSTRACTS</b>
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1. **Witzke KA.** Dose-Response Effects and Feasibility of a Home-Based Jump Training Program on Bone Health in Women. *Medicine and Science in Sports and Exercise*, 41(5), S411, 2009.
2. Amiton C, Arnold N, Thigpen-Lane J, Schachtsiek L, Thomason K, Astorino A & **Witzke K.** Predictors of Bone Mineral Content, Density, and Strength in Young Women. *Proceedings of Southwest American College of Sports Medicine*, 2008.
3. **Witzke KA,** Vinik AI, Parsons HK, & Pittenger G. An Impaired Oxidative Stress Defense Mechanism May Reduce Bone Stiffness in Diabetic Charcot Neuroarthropathy. *Journal of Bone and Mineral Research*, 23(Supplement 1), 2008.
4. Vinik, A, **Witzke K,** Parson H, & Pittinger, G. Loss of RAGE Defense: A Cause of Charcot Neuroarthropathy? *Proceedings of the 18<sup>th</sup> Annual Meeting of the Diabetic Neuropathy Study Group of the EASD*, 2008.
5. Stafford A, Ernisse R, McGhee D, Bazarnik C, Sanchez J, Giannaris B, **Witzke K,** & Astorino T. Prediction of Peak Anaerobic Power from Physiological Parameters of the Lower Extremities. *Proceedings of the Southwest Chapter of the American College of Sports Medicine*, 2007.
6. **Witzke, KA,** Parson, HK, & Vinik, AI. Type 2 diabetic patients with Charcot arthropathy display reduced calcaneal stiffness despite normal foot BMD. *Journal of Bone and Mineral Research*, 22(Supplement 1), 2007.
7. Winters-Stone, KM, Nail, L, Schwartz A, **Witzke, K.** Fracture Risk Factors in Breast Cancer Survivors with Chemotherapy-induced Amenorrhea. *Journal of Bone and Mineral Research*, 22(Supplement 1), 2007.

8. **Witzke, KA**, Parson, HK, & Vinik, AI. Charcot Patients Display Reduced Calcaneal Stiffness but not Foot Bone Mineral Density. *Diabetes* 56(6), 2007.
9. **Witzke, KA** & Winters-Stone, KM. Does bone exhibit a dose-response to jumps of increasing height and repetitions? *Medicine and Science in Sports and Exercise*, 38(5), S531, 2006.
10. **Witzke KA**, Vinik AI. Loss of Ad nerve fibers may be detrimental to bone mineral density in type 2 diabetic patients. *Diabetes*, 54(6), 2005.
11. **Witzke, KA**, Vinik, AI. High Skin Blood Flow of the Feet in Patients with Severe Peripheral Neuropathy is Associated with Elevated Foot BMD. *Journal of Bone and Mineral Research*, 19(Supplement 1), 2004.
12. **Witzke, KA**, Maddalozzo, GF, Snow, CM. Estrogen Replacement Therapy Determines Changes in Bone Mineral Density Independent of Changes in Muscle Strength. *Medicine and Science in Sports and Exercise*, 34(5), S37, 2002.
13. **Witzke, KA**, Shaw, JM, & Snow, CM. Five years of weighted vest and jumping exercise increases hip bone mass in postmenopausal women. *Medicine and Science in Sports and Exercise*, 32(5), S79, 2000.
14. **Witzke, KA**, Snow, CM, & Shaw, JM. Collegiate wrestlers display high bone mass at the hip compared with age-matched normals. *Medicine and Science in Sports and Exercise*, 31(5), S247, 1999.
15. **Witzke, KA**, & Snow, CM. Effects of high-impact exercise on bone mass in adolescent girls. *Journal of Bone and Mineral Research*, 12(Supplement 1), T568, 1997.
16. Fuchs, R, **Witzke, K**, & Snow, C. Genetic contributions of bone mineral density between postmenarcheal teenage daughters and both biological parents. *Journal of Bone and Mineral Research*, 12(Supplement 1), S560, 1997.
17. Shaw, J, Winters, K, **Witzke, K**, Fox, S, & Snow, C. Exercise training and detraining alters bone mass in older women. *Journal of Bone and Mineral Research*, 12(Supplement 1), T571, 1997.
18. **Broxson, KA**, Shaw, JM, & Snow, CM. Maximum leg power best predicts femoral neck and lumbar spine BMD in 14-yr. old girls. *Medicine and Science in Sports and Exercise*, 28(5), S147, 1996.
19. **Broxson, KA**, Snow-Harter, CM, Shaw, J, Fox, S. Regional muscle strength increases in premenopausal women despite no changes in regional muscle mass. *Medicine and Science in Sports and Exercise*, 27(5), S205, 1995.

<b>OTHER PUBLICATIONS</b>
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1. **Witzke, K**. Go ahead and JUMP! Plyometric training for osteoporosis prevention. *ACE Certified News*, October, 2008.
2. **Witzke, K**. What is the role of Historically Black Colleges and Universities in Reducing Health Disparities in America? *Norfolk State University, School of Education newsletter*, Norfolk State University, Fall 2003.
3. **Witzke, K**. Are we training students to be good citizens? *Norfolk State University, School of Education newsletter*, Norfolk State University, Fall 2002.
4. **Witzke, KA**. Climb hi! *Fitness Matters: A Publication of the American Council on Exercise*. 4(1), 4-6, 1998.

## RESEARCH PRESENTATIONS

1. "Dose-Response Effects and Feasibility of a Home-Based Jump Training Program on Bone Health in Women." A poster presented at the 2009 annual meeting of the American College of Sports Medicine, Seattle, WA.
2. "An Impaired Oxidative Stress Defense Mechanism May Reduce Bone Stiffness in Diabetic Charcot Neuroarthropathy." A poster presented at the 2008 annual meeting of the American Society for Bone and Mineral Research, Montreal, Quebec.
3. "Type 2 diabetic patients with Charcot arthropathy display reduced calcaneal stiffness despite normal foot BMD." A poster presented at the 2007 annual meeting of the American Society for Bone and Mineral Research, Honolulu, HI.
4. "Charcot Patients Display Reduced Calcaneal Stiffness but not Foot Bone Mineral Density. A poster presented at the 2007 annual meeting of the American Diabetes Association, Chicago, IL.
5. "Deposits in the Bone Bank – When is exercise most beneficial to bone?" A keynote presentation at the ACSM Health & Fitness Summit, Austin, TX, April 2007.
6. "Does bone exhibit a dose-response to jumps of increasing height and repetitions?" A poster presented at the 2006 annual meeting of the American College of Sports Medicine, Denver, CO.
7. "Loss of Ad nerve fibers may be detrimental to bone mineral density in type 2 diabetic patients." A poster presented at the 2005 annual meeting of the American Diabetes Association, San Diego, CA.
8. "High Skin Blood Flow of the Feet in Patients with Severe Peripheral Neuropathy is Associated with Elevated Foot BMD." A poster presented at the 2004 annual meeting of the American Society for Bone and Mineral Research, Seattle, WA.
9. "Estrogen Replacement Therapy Determines Changes in Bone Mineral Density Independent of Changes in Muscle Strength." A talk presented at the 2002 Annual meeting of the American College of Sports Medicine, St. Louis, IN.
10. "Bone mineral density in African-Americans." A talk presented at the First Annual Research Symposium, Norfolk State University, 2001.
11. "Five years of weighted vest and jumping exercise increases hip bone mass in postmenopausal women." A talk presented at the 2000 Annual meeting of the American College of Sports Medicine, Indianapolis, IN.
12. "Collegiate wrestlers display high bone mass at the hip compared with age-matched normals." A talk presented at the 1999 Annual meeting of the American College of Sports Medicine, Seattle, WA.
13. "The Effects of High-Impact Exercise on Bone Mass in Adolescent Girls." A poster presented at the 1997 Annual meeting of the American Society for Bone and Mineral Research, Cincinnati, OH.
14. "Maximum leg power best predicts femoral neck and lumbar spine BMD in 14-year old girls." Presented at the 1996 Annual meeting of the American College of Sports Medicine, Minneapolis, MN.

15. "Regional muscle strength increases in premenopausal women despite no change in regional muscle mass." Presented at the 1995 Annual meeting of the American College of Sports Medicine, Indianapolis, IN.
16. "Eating disorders and menstrual dysfunction in elite female rock climbers." Presented at the 1993 Annual meeting of the American College of Sports Medicine, Seattle, WA.

<b>OTHER INVITED PRESENTATIONS</b>
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1. "Build bone the active way! Osteoporosis prevention through effective exercise." A keynote wellness lecture, CSUSM Road to Wellness Fair, April 16, 2009.
2. "What do you mean I have osteoporosis—I'm young and active!" A keynote wellness lecture, CSUSM Road to Wellness Fair, April 18, 2007.
3. "Know your body." A San Diego Channel 6 interview to promote the OSHER Lifelong Learning Institute, February, 2007.
4. "Obesity in Children." A keynote presentation to the Tri-City Medical Center, Oceanside, CA, March 8, 2006.
5. "Exercise and diabetes—make the connection!" A presentation to the Moyoc, NC diabetes support group, July 15, 2004.
6. "Get moving—The link between diabetes and exercise." A presentation and workshop presented at the 2004 WTKR Health and Fitness Expo, January 24, 2004.
7. "If you have type 2 diabetes, get moving!" A keynote talk to the American Diabetes Association Diabetes Care Day 2003, Norfolk, VA, May 31, 2003.
8. "Metabolic and Nutritional Aspects of Exercise and Training." A talk presented at a National Strength and Conditioning Association Workshop, Norfolk State University, VA, May 15, 2003.
9. "Osteoporosis prevention with exercise across the lifespan." A talk presented at the 21<sup>st</sup> Annual IHSA International Convention and Trade Show, Phoenix, AZ, March 9, 2002.
10. Guest lecturer, Suburban House and Granby House Retirement Living Facility. Topic: "The Importance of Exercise in Disease Prevention and Weight Control." Sept. 2000.
11. Guest lecturer, Take off Pounds Sensibly (TOPS), Norfolk Chapter. Topic: "Exercise for Weight Control." Aug. 2000.
12. "Lifetime Fitness for Health." A lecture presented at the 1996 Annual Extension Home Economics Inservice Conference, Oregon State University Extension Service.
13. "Clinical Applications for the Biodex Stability System." Presented at an inservice meeting for Outpatient Physical Therapy Services, Oregon Health Sciences University, 1996.
14. "Dual-energy x-ray absorptiometry for body composition assessment." Graduate techniques class, OSU, 1995.
15. "The use and efficacy of multimedia in the classroom." A University-wide presentation, sponsored by the Communication Media Center, OSU, 1995.
16. "Fad diets and healthy eating: exploring the myths." Undergraduate wellness class, Cal State Fullerton, 1992.

#### THESIS/DISSERTATION ADVISING

- Doctoral dissertation committee member, Benjamin Weeks, School of Physiotherapy and Exercise Science, Griffith University, Australia, 2008.
- Masters thesis committee member, Arleen Hammerschmidt, College of Education, California State University, San Marcos, 2006.

#### GRANT/JOURNAL REVIEW BOARDS

- National Institutes of Health, National Center on Minority Health and Health Disparities, P20 Grant review committee, 2007
- National Institutes of Health, National Center on Minority Health and Health Disparities Special Emphasis Panels, 2003, 2004
- Journal Board of Reviewers, *Medicine and Science in Sports and Exercise*
- Journal Board of Reviewers, *Bone*
- Journal Board of Reviewers, *American Journal of Lifestyle Medicine*
- Journal Board of Reviewers, *Canadian Journal of Applied Physiology*
- Journal Board of Reviewers, *National Women's Health Resource Center*
- Journal Board of Reviewers, *The Journal of Pediatrics*
- Journal Board of Reviewers, *Pediatrics*

#### PROFESSIONAL/COMMUNITY SERVICE

- Co-Chair, Bone and Osteoporosis Network Exchange Interest Group (elected), American College of Sports Medicine, 2006-present
- Sub-committee on Physical Education member, San Marcos Unified School District, 2006-2008.
- Faculty Board of Advisors, American Council on Exercise, 2000-2002
- Certification Exam Content and Material Reviewer, American Council on Exercise, 1997-present
- Media Spokesperson & Book Reviewer, American Council on Exercise, 2001-present
- Member of the Governor's Council on Physical Fitness, Guam. 1998-99
- Contributor/interviewee for various health and fitness topics for magazines such as Parenting, Golf, Women's Fitness, and *Prevention Magazine*, 1999-present
- Ombudsman, Navy SEAL Team Two, Task Unit Charlie, 2000-2001

#### COMMITTEE SERVICE

- Strategic Planning Committee, College of Arts and Sciences, 2008-present
- Hiring and Academic Planning Committee, College of Arts and Sciences, CSUSM, Chair, 2008-present
- Program Assessment Committee, CSUSM, 2008-2009.
- Kappa Omicron Nu, Nu Upsilon Honor Society, CSUSM faculty advisor, 2007-present
- University Curriculum Committee, CSUSM, 2006-2008
- Radiation Safety Committee, CSUSM, 2006-present
- Athletics Steering Committee, CSUSM, 2007-present
- Faculty Hearing Panel Committee, CSUSM, 2007-present
- University Research Committee, Norfolk State University, 2003-2005
- Scholarship Committee, Norfolk State University, 2002-2005

- PRAXIS Accreditation Taskforce Member, Norfolk State University, 2000-2005
- Diversity and Multicultural Committee, Norfolk State University, 2002-2004
- Curriculum Committee, Norfolk State University, 2003-2005
- Judging Committee, IHSA Personal Trainer of the Year Award, 2000-2002

<b>PROFESSIONAL MEMBERSHIPS &amp; CERTIFICATIONS</b>
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- Member, American Society for Bone and Mineral Research, 1995-present
- Member, American College of Sports Medicine, 1990-present
- Member, American Diabetes Association, 2004-2006
- Certified Personal Trainer, American Council on Exercise, 2000-present
- Certified Exercise Test Technologist, American College of Sports Medicine, 1992-present
- X-Ray Operator, Limited Permit in Bone Densitometry, State of California Radiologic Health Branch, 2006-present
- Limited Permit in Bone Densitometry, State of Oregon Board of Radiology, 1995-1997
- Limited Permit in Bone Densitometry, State of Virginia Board of Medicine, 2004-2006
- Certified Open Water SCUBA diver, PADI, 1997-present