
Jennifer M. DiNallo, Ph.D.

Assistant Teaching Professor

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EDUCATION

- 2011 Doctor of Philosophy in Kinesiology, Specialization: Exercise Psychology
Pennsylvania State University, University Park, PA
Advisor: Dr. Danielle Symons Downs
Minor: Human Development and Family Studies; Advisor: Dr. Leann Birch
- 2000 Master of Science in Exercise and Sports Science, Specialization: Exercise Physiology
East Carolina University, Greenville, NC
Advisor: Dr. Matthew Mahar
- 1995 Bachelor of Science in Health and Physical Education, Specialization: Fitness Specialist
West Chester University, West Chester, PA
University of Hawaii, Honolulu, HI (*National Student Exchange Program*)

ACADEMIC TEACHING, MENTORING, AND CURRICULUM DEVELOPMENT

2019-Current Assistant Teaching Professor

Department of Biobehavioral Health

The Pennsylvania State University, University Park, PA

- Instruct World Campus BBH courses (101, 311, 302, 316, 305)
- Instruct BBH Residential courses (101, 119, 130, 301, 302, 310, 315, 316, 411)
- Faculty Adviser for BBH WC Course Revision (Health Promotion [316]).
- Serve on the BBH World Campus (current), BBH Undergraduate Program, and the DEI Committee (current)
- Serve on the NTT search committee for BBH Teaching Professor

2017-Current Adjunct Instructor

School of Kinesiology, George Mason University

- KINE 310 (Fall 2017)
- KINE 450 (Spring 2018, 2019)
- EFHP 610 (Fall 2018)
- EFHP 618 (Fall 2017, Spring 2018)

2013-2018 Curriculum Development for Parenting & Health Promotion Programs

- 5210 Healthy Military Children and 5210 Healthy Children campaigns
- Grow Face-to-Face and Online parenting programs
- Take Root Online parenting program
- Take Root Home Visitation parenting program
- Sprout Online parenting program

- 2011-2018 Intern and Graduate Assistant Supervisor**
- Supervise undergraduate interns' and graduate assistants' day-to-day tasks and research experiences.
 - Developed rubric for bi-annual reviews for providing feedback to academic interns and graduate assistants.
- 2014-2018 PSU Guest Lecturer in the following courses over the past four years**
- KINES 321- Exercise Psychology (re: Danielle Symons Downs, Ph.D.)
 - KINES 427- Developmental Sport & Exercise Psychology (re: Danielle Symons Downs, Ph.D.)
 - NUTR 456- Community Nutrition (re: Jennifer Savage Williams, Ph.D.)
 - HDF5 402- Military Families (re: Janet Welsh, Ph.D.)
 - HDF5 415- Program Development in Family Relationships (Fall 2018; re: Janet Welsh, Ph.D.): Technology-assisted interventions
- 2011-2012 PSU Instructor, PSU World Campus**
- Kinesiology 321 (Fall 2011; Spring 2012)
 - Course: Psychology of Movement Behavior
- 2009-2010 PSU Instructor, Departments of Kinesiology & Biobehavioral Health**
- Kinesiology 321 (Fall 2009; Spring 2010; Fall 2010)
 - Course: Psychology of Movement Behavior
 - Biobehavioral Health 297A (Spring 2010, Fall 2010)
 - Course: Strategies for Addressing the Obesity & Diabetes Epidemic
- Graduate Teaching Assistant (PSU Department of Kinesiology)**
- Kinesiology 497A (Spring 2010)
 - Course: Laboratory Experience in Exercise Psychology
- Exercise Psychology Laboratory Manager (PSU Department of Kinesiology)**
- Mentored four undergraduate students in the Exercise Psychology Laboratory
- 2009 Course Development and Design; and Transition to GHA Status**
- Co-developed course with Dr. Jan Ulbrecht, and instructed course in the Spring and Fall of 2010.
- The Pennsylvania State University, University Park, PA
- Biobehavioral Health (BBH 297A; Fall 2009)
- PSU Instructor, Department of Kinesiology**
- The Pennsylvania State University, University Park, PA
- Kinesiology 321 (Fall 2009)
- 2004-2007 Graduate Teaching Assistant, Department of Kinesiology**
- The Pennsylvania State University, University Park, PA
- Kinesiology 456 (2004- 2005)
 - Kinesiology 321 (2006- 2007)

- 2001-2004 Physical Fitness Specialist Course Instructor & Physical Fitness Laboratory Supervisor**
Lifetime Fitness & Sports, Pennsylvania College of Technology, Williamsport, PA 17701
- Experience includes teaching several general education courses, as well as Physical Fitness Specialist [PFS] major courses (Lifetime Fitness, Strength Training, Cardiovascular Training, Physical Fitness Assessment, Fitness Program Development). In addition, a main responsibility was supervising internships for PFS students; and creating and teaching laboratories for PFS students.

- 2001-2004 Summer Youth Career Awareness Program Instructor**
Pennsylvania College of Technology, Williamsport, PA 17701
- Instructing youth participants who are from the YMCA and STEP programs in hands-on career activities in the health and physical fitness field, i.e., jobs, expected income, necessary education, as well as the types of things they could do with an education in this area.

- 2000-2003 Lecturer; various lecturing experiences**
Department of Health, Lycoming County
- Delivering a seminar for school nurses on calculating and analyzing body mass index for children. In addition, topics included nutrition education for parents and children, increasing physical activity levels, and behavior modification skills for families.

Williamsport Area School District

- Delivering a seminar on increasing physical activity and improving nutritional habits in elementary school-aged children for physical education teachers in Williamsport Area School District.

Lycoming/Clinton County *Head Start*

- Delivering physical activity and nutrition seminars focusing on childhood obesity performed for directors, childcare workers, aides, food buyers, and parents of children participating in the Head Start Program in Lycoming and Clinton Counties.

Children's Nutrition Seminar; East Carolina University

- Lectures held in conglomeration with the after-school physical activity program for overweight, prepubescent children. Lectured on basic principles of nutrition and prepared healthy snacks.

Nutrition Seminar for School Nurses in Eastern NC

- Performed lectures on improving nutritional habits and increasing physical activity levels for school nurses in Eastern North Carolina; providing attendees with CEUs.

- 2000 Instructor; Graduate Assistant**
East Carolina University, Greenville, NC
Experience includes lecturing undergraduate Exercise and Sport Science 1000 classes (topics include cardiovascular fitness, muscular strength and endurance, body composition, measurement, and exercise adherence); and instructing physical conditioning activity classes.

RESEARCH AND ADMINISTRATION EXPERIENCE

2017-12/2018 Associate Research Professor, The Pennsylvania State University

Director of Research, Clearinghouse for Military Family Readiness; The Pennsylvania State University

- Program Manager for the THRIVE Parenting Initiative;
- Direct oversight for the management and supervision of 8 to 10 project teams;
- Contributes to strategic planning;
- Engages in proposal development and budget management;
- Provides leadership on research directions and priorities;
- Provides assistance, support, and advice to supervisors and direct reports on employee relation issues;
- Assures timely completion of research projects;
- Co-developed internal Clearinghouse Steering Committee; and
- Supervise undergraduate interns' and graduate assistants' day-to-day tasks and research experiences.

2012-2017 Assistant Research Professor, The Pennsylvania State University

Lead Research and Evaluation Scientist; Clearinghouse Leadership Team; Group Lead of Dissemination & Implementation Support Group, Clearinghouse for Military Family Readiness; The Pennsylvania State University

- Team Lead for the Clearinghouse's legacy projects: THRIVE and 5210 HMC;
- Oversight of approximately 35 research staff (~10 projects) within the Clearinghouse at Penn State, including key projects such as the Continuum of Evidence, and the Technical Assistance and Implementation Support;
- Interact and collaborate internally with our Director, as well as with our DoD and Service-specific partners to support the decision-making processes with respect to evidence-based solutions;
- Participate in Clearinghouse strategic planning;
- Assist with the development of proposals and statements of work, and managing budgets;
- Assist with research directions and priorities;
- Provide assistance, support, and advice to supervisors and direct reports on employee relation issues, as well as on end-of-year reviews;
- Manage THRIVE team, as well as the communication and project timelines with our Learning Design & Communications Group; and
- Supervise undergraduate interns' and graduate assistants' day-to-day tasks and research experiences.

2010-2012 Research & Evaluation Scientist

Clearinghouse for Military Family Readiness & Resource Center for Obesity Prevention, Pennsylvania State University, University Park, PA 16802

- Research lead for Navy Youth Sports & Fitness project;

- Development of and research lead for the Continuum of Evidence; (www.militaryfamilies.psu.edu)
- Development and oversight of the Resource Center for Obesity Prevention;
- Reviewing obesity prevention and intervention programs; and
- Grant-writing; Statement of Work development.

2004-2011 Graduate Research Assistant

Department of Kinesiology, The Pennsylvania State University, University Park, PA

- M.O.B.I.L.E. Research Study (IRB# 33430)
- Healthy Eating Focus Group Study (IRB# 23915)
- Active MOMS (IRB#24174)
- Jump Start to Fitness: Examining High School Students Thoughts, Feelings, and Beliefs About Their Exercise and Health-Related Behaviors (IRB#15716)
- Pregnancy and Exercise Survey Study (IRB#23915)
- Beliefs about Exercise After Pregnancy (IRB#23986)
- Validity of Exercise Measures During Pregnancy (IRB#18826)
- Effects of an After-school Physical Activity Program (IRB#20446)

**2002-2004 Research Study Coordinator; After-school Activity Program
Williamsport & Lock Haven YMCAs, Williamsport, PA**

Member of the Childhood Obesity Committee at the Williamsport YMCA

- Grant-writing: *Blue Ribbon Foundation of NEPA* in order to receive monies to implement my program design for the *KIDS ON THE MOVE* Physical Activity Program at the Williamsport and Lock Haven YMCAs. (\$150,000 received). Led on data collection and training of the After School PALS (Physical Activity Leaders), who implemented the program.

Susquehanna Health System Community Outreach Liaison

Olweus Bullying Prevention Program Evidence-based program

Williamsport, PA 17701

- Experience includes working with Williamsport Area School District and SHS in directing a bullying prevention program to enhance the atmosphere in the Williamsport Alternative School to improve learning conditions.

1998-2000 Graduate Research and Teaching Assistant

Leroy T. Walker International Human Performance Laboratory

East Carolina University, Greenville, NC

Experience includes collecting data for research including body composition (skinfolds, bioelectrical impedance, and hydrostatic weighing with measured residual volume); administering graded exercise tests; maximal oxygen uptake tests (treadmill and bicycle ergometer), and ECGs (resting and exercise).

1998-2000 Research Assistant

East Carolina University, Greenville, NC

The Effects of Exercise Training of Various Exercise Intensities on Insulin Sensitivity in Previously Sedentary, Middle-aged Men and Women.

Responsibilities include administering maximal oxygen uptake tests (treadmill and bicycle ergometer); assisting with minimal models for insulin sensitivity and muscle biopsies; personal fitness training and counseling; taking blood pressures (resting and exercise); and collecting and analyzing nutrition logs for subjects (1998-2000).

Dupont Marketing Video Research Study

Responsibilities include assisting in pilot study as well as in video production; subject preparation; maximal oxygen uptake testing, temperature, and hydration control during 1-hour treadmill run (1999).

Physical Activity, Body Composition, and Aerobic Capacity of Obese and Non-obese Children and Their Mothers

Responsibilities include body composition analysis of prepubescent children and their mothers; maximal treadmill test; administering physical activity and psychological questionnaires; assessing children's physical activity levels with the Tritrac accelerometer and Digiwalker pedometer; and blood draw for the children (1999).

Tracking of Physical Activity and Obesity in Children.

Responsibilities include body composition analysis (skinfolds and bioelectrical impedance analysis) on children in the school setting, as well as assisting with the administration of physical activity and psychological questionnaires (1998)

Effect of Exercise Training on Body Composition, Aerobic Fitness, Serum Leptin, and Serum Lipids in Prepubescent Boys and Girls

Responsibilities include maximal treadmill tests, body composition, and blood draws on children (1998).

RESEARCH: GRANTS & AWARDS

Active

- 2018 **Co-Investigator** (Perkins- PI), Clearinghouse for Military Family Readiness. USDA/NIFA 2016-48709-25896. Total award: pending

- 2017 **Co-Investigator** (Perkins- PI), Clearinghouse for Military Family Readiness. USDA/NIFA 2016-48709-25896. Total award: \$1,700,000

Funded & Completed

- 2013-2014 **Primary Investigator** (Perkins- CI), Navy Youth Sports and Fitness Research Grant: Phased Implementation; Kansas State (NIFA). Total award: \$289,256

- 2013 **Primary Investigator** (Perkins- CI), Navy Youth Sports and Fitness Research Grant: Support the development of the Directory of Opportunities and implementation of the new Youth Fitness requirements; Kansas State (NIFA). Total award: \$67,000

- 2012-13 **Primary Investigator** (Perkins- CI), Navy Youth Sports and Fitness Research Grant; Kansas State (NIFA). Total award: \$453,000

- 2011-12 **Co-Investigator** (Perkins- PI), Navy Youth Sports and Fitness Research Grant; Kansas State (NIFA). Total award: \$200,000

2010-12 **Project Manager** (Downs-PI; Birch-CI), Preventing Overweight Among Mothers and their Infants; Program Project Planning Grant. Total award: \$100,000

2006-09 **Project Manager** (Downs-PI), ACTIVE MOMS: A Physical Activity Intervention for Women with Gestational Diabetes; NIDDK. Total award: \$398,700

Submitted, Not Funded

04/2018 Promoting family and child health through positive parenting: Implementing the Grow parenting program. AETNA Foundation Cultivating Healthy Communities Grant Program. (Co-PI, with Dr. Melina Czymoniewicz-Klippel; \$98,463).

01/2018 Promoting family and child health through positive parenting: Implementing the Grow parenting program. Caplan Foundation for Early Childhood. Submitted (Co-PI, with Dr. Melina Czymoniewicz-Klippel; \$98,463).

01/2018 Grow parenting program with military families with children between the ages of five and ten years. Dominion Energy Foundation. (Co-PI, with Dr. Melina Czymoniewicz-Klippel; \$48,604.75).

03/2017 South Dakota State University and Pennsylvania State University Sustainable Community Project: Ready, Set, *Grow!* Parenting and Health Promotion Program (Co-PI, with Dr. Ann Michelle Daniels, South Dakota State, and Dr. Melina Czymoniewicz-Klippel, Penn State). United States Department of Agriculture, Children, Youth, and Families At-Risk (CYFAR Sustainable Community Projects).

10/2015 CTSI: Bridges to Translation. The Development and Evaluation of a Targeted Anticipatory Guidance Tool to Integrate Evidence-Informed Child Health Promotion Recommendations into Primary Care Practice. (PI; with Chris Bunt, M.D., Christian Ledford, Ph.D., & Ryan Rosendale, Ph.D.; \$38,700).

10/2015 Optimizing the Feasibility and Effectiveness of a Universal Parenting Program for Use in the Military Context: *Grow!* Online (PI, with Dr. Melina Czymoniewicz-Klippel as Co-PI). Department of Defense, Defense Health Program, Comprehensive Universal Prevention/Health Promotion Interventions Award: \$1,155,145 USD

In Progress

06/2018 Evaluation of a Web-based Universal Parenting Program for Parents of 0-3 year-olds: Take Root Online. (PI). Social Science Research Institute, Level 2.

Peer Reviewed Journal Publications

1. Materia, F.T., Chesnut, R.P., Czymoniewicz-Klippel, M.T., **DiNallo, J.M.** & Perkins, D.F. (2020). Examining Implementation Feasibility of a Multicomponent Parenting and Health Promotion Program for Military Families. *Military Behavioral Health*, <https://doi.org/10.1080/21635781.2020.1792012>
2. Czymoniewicz-Klippel, M.T., Chesnut, R.P., **DiNallo, J.M.**, & Perkins, D.F. (2019). Patterns of participation in the Grow parenting program, *Journal of Children's Services*, 14 (1), 27-41, <https://doi.org/10.1108/JCS-06-2018-0014>
3. Chesnut, R. P., **DiNallo, J. M.**, Czymoniewicz-Klippel, M. T., & Perkins, D. F. (2018). The Grow parenting program: Demonstrating proof of concept. *Health Education*, <https://doi.org/10.1108/HE-01-2018-0005>
4. Palmer, L., McCarthy, K.J., Perkins, D.F., Borden, L.M., & **DiNallo, J. M.** (2018). Online child's health assessment tool for obesity prevention programming. *Journal of Youth Development*, 13(3), 237-258.
5. Czymoniewicz-Klippel, M.T., Chesnut, R.P, **DiNallo, J. M.**, & Perkins, D.F. (2018). Evidence-informed program development: Using a common components analysis Approach to develop universal parenting programs for U.S. military and civilian families. *Children & Youth Services Review*, 90, 166-177.
6. Czymoniewicz-Klippel, M. T., Chesnut, R. P., **DiNallo, J.M.**, & Perkins, D. F. (2017). Understanding the implementation of the Grow parenting program: Findings from a mixed methods pilot study. *Children and Youth Services Review*, 82, 99-107. doi: 10.1016/j.childyouth.2017.09.016
7. Karre, J.K., Perkins, D.F., Aronson, K.R., **DiNallo, J. M.**, Kyler, S., Olson, J., & Mentzer, C.E. (2017). The Evolution of a Continuum of Evidence on Evidence-Based Programs: A New Resource for Use in Military Social Service Delivery, *Military Behavioral Health*, 1-10.
8. Symons Downs, D., **DiNallo, J. M.**, Birch, L. L., Paul, I. M., Ulbrecht, J. S. (2017). Randomized face-to-face vs. home exercise interventions in pregnant women with gestational diabetes, *Psychology of Sport and Exercise*, 30, 73-81.
9. Perkins, D. F., Aronson, K. R. Karre, J. K., Kyler, S. J., & **DiNallo, J. M.** (2015). Reducing barriers to evidence-based practice with Military families: The Clearinghouse for Military Family Readiness. *Military Behavioral Science*, 4, 47-57.
10. Symons Downs, D., Savage, J. S. **DiNallo, J. M.** (2013). Self-determined to exercise? Leisure-time exercise behavior, exercise motivation, and exercise dependence in youth. *Journal of Physical Activity & Health*, 10(2), 176-184.
11. **DiNallo, J. M.**, Symons Downs, D., & Le Masurier, G. C. (2012). Objectively Assessing Treadmill Walking During the Second and Third Pregnancy Trimesters. *Journal of Physical Activity & Health*, 9(1), 21-28.

12. Savage, J. S., **DiNallo, J. M.**, & Symons Downs, D. (2009). Adolescent Body Satisfaction: The Role of Perceived Parental Encouragement for Physical Activity. *International Journal of Behavioral Nutrition and Physical Activity*, 6: 90, 1-8. This article is available from: <http://www.ijbnpa.org/content/6/1/90>.
13. **DiNallo, J. M.**, Le Masurier, G. C., Williams, N. I., & Symons Downs, D. (2009). Walking for Health in Pregnancy: Assessment by Indirect Calorimetry and Accelerometry. *Research Quarterly for Exercise & Sport*, 79(1), 28-35.
14. Symons Downs, D., **DiNallo, J. M.**, & Le Masurier, G. C. (2009). Baby steps: Pedometer-determined and self-reported physical activity behaviors of pregnant women. *Journal of Physical Activity and Health*, 6(1), 63-72.
15. **DiNallo, J.M.**, & Symons Downs, D. (2008). The Role of Exercise in Preventing and Treating Gestational Diabetes: A Comprehensive Review and Recommendations for Future Research. *Journal of Applied Biobehavioral Research*, 12, (3-4), 141-177.
16. Symons Downs, D., **DiNallo, J. M.**, & Kirner, T. L. (2008). Determinants of Pregnancy and Postpartum Depression: Prospective Influences of Depressive Symptoms, Body Image Satisfaction, and Exercise Behavior. *Annals of Behavioral Medicine*, 36(1), 54-63.
17. Symons Downs, D., **DiNallo, J. M.**, Savage, J., S., & Davison, K. K. (2007). Determinants of eating attitudes among overweight and non-overweight adolescents. *Journal of Adolescent Health*, 41(2), 138-145.

Manuscripts in Preparation

1. Materia, F. T., Chesnut, R. P., **DiNallo, J. M.**, Czymoniewicz-Klippel, M. T., & Perkins, D. F. (In prep). Examining the feasibility of a multicomponent parenting and health promotion program for military families. *Military Behavioral Health*.
2. **DiNallo, J. M.**, Rauff, E. L., Kaye, M. P., & Perkins, D. F. (In prep). Childhood obesity prevention programs: Where is the evidence? Will be submitted to *Health Promotion Practice*, October 2018.

Book Chapter Publications

1. **DiNallo, J. M.**, Kulh, M., Borden, L. M., & Perkins, D. F. (2016). Interventions to support and strengthen parenting in military families: State of the evidence. In A. H. Gewirtz & A. M. Youssef (Eds.), *Parenting and children's resilience in military families* (195-212). Switzerland: Springer International Publishing.

Conference Proceeding Publications

1. Fischer, A. V., Bell, K., Chesnut, R. P., Czymoniewicz-Klippel, M. T., **DiNallo, J. M.**, & Perkins, D. F. (2018, February). *Feasibility of implementing parenting programs in a school setting*. Paper.

2. **DiNallo, J.M.**, Rauff, E.L., & Perkins, D.F. (2017). Promoting Health Among Military Families: 5210 Healthy Military Children. Poster presented at the Society of Behavioral Medicine in San Diego, CA.
3. **DiNallo, J.M.**, Czymoniewicz-Klippel, M.T., Chesnut, R.P., & Perkins, D.F. (2017). The *Grow!* Parenting Program: A Hybrid Type III Design Study. Poster presented at the Society of Behavioral Medicine in San Diego, CA.
4. Chesnut, R.P., **DiNallo, J.M.**, Czymoniewicz-Klippel, M.T., & Perkins, D.F. (2017). A Hybrid Design Study of the *Grow!* Parenting Program. Poster presented at the Society for Prevention Research in Washington, D.C.
5. Czymoniewicz-Klippel, M.T., Chesnut, R.P., **DiNallo, J.M.**, & Perkins, D.F. (2017). "Thrive"-ing from the Start: Using a common components analysis to develop a parent education and health promotion program for families with infants. Poster presented at the Society for Prevention Research in Washington, D.C.
6. **DiNallo, J.M.**, Rauff, E.L., Kaye, M.P., & Perkins, D.F. (2017). Childhood Obesity Programs: Where is the evidence? Paper presented at the Society for Prevention Research in Washington, D.C.
7. Chesnut, R.C., **DiNallo, J.M.**, Czymoniewicz-Klippel, M., & Perkins, D.F. (2016). The *Grow!* Parenting Program: A Hybrid Type III Design Study. Poster presented at the 9th Annual Dissemination and Implementation in Health Conference in Washington, D.C.
8. Czymoniewicz-Klippel, M., **DiNallo, J.M.**, Chesnut, R.C., & Perkins, D.F. (2016). Tailoring the *Grow!* Parenting Program for Military Families: Opportunities and Challenges in Program Adaptation. Poster presented at the 8th Annual Dissemination and Implementation in Health Conference in Washington, D.C.
9. **DiNallo, J.M.**, Rosendale, R., Bunt, C.W., Ledford, C.J.W., & Perkins, D.F. (2015). Use of Technology to Integrate Evidence-Informed Health Promotion Recommendations into Pediatric Health Counseling. Poster presented at the 8th Annual Dissemination and Implementation in Health Conference in Washington, D.C.
10. Chesnut, R.C., **DiNallo, J.M.**, Czymoniewicz-Klippel, M., & Perkins, D.F. (2015). Identifying Common Components of Effective Parenting Programs: The THRIVE Experience. Poster presented at the 8th Annual Dissemination and Implementation in Health Conference in Washington, D.C.
11. Czymoniewicz-Klippel, M., Chesnut, R.C., **DiNallo, J.M.**, & Perkins, D.F. (2015). *Grow!* Implementation and Evaluation: Resourceful parents. Resilient children. Ready families. Poster presented at the 8th Annual Dissemination and Implementation in Health Conference in Washington, D.C.
12. **DiNallo, J.M.**, Symons Downs, D., & Rauff, E. R. (2010). Process Evaluation of a Structured Exercise Program for Pregnant Women. Poster presented at the 4th Thematic Wine and Chocolate Research Forum for the Penn State & Hershey Diabetes Center, Hershey, PA.

13. **DiNallo, J. M.**, Symons Downs, D., & Rauff, E. R. (2010). Beliefs About Exercise After Pregnancy Among Women with GDM. Poster presented at the 2010 Penn State Institute of Diabetes and Obesity Annual Research Retreat, Hershey, PA.
14. Symons Downs, D., **DiNallo, J. M.**, Rauff, E.L., Ulbrecht, J. S., Birch, L. L., Paul, I. M., & Parker Klees, L. (2010). Pregnant Women's Exercise Motivation and Behavior: Preliminary Findings from a Randomized Physical Activity Intervention. Poster presented at the 2010 Penn State Institute of Diabetes and Obesity Annual Research Retreat, Hershey, PA.
15. **DiNallo, J. M.**, Symons Downs, D., & Le Masurier, G. C. (2009). *Examining the stability of activity monitors in pregnancy. Medicine & Science in Sports & Exercise*, 41 (5), S494. Poster presented at American College of Sports Medicine, Seattle, WA.
16. Rauff, E.L., Symons Downs, D., **DiNallo, J. M.** (2009). Relationship between pregnancy body mass index, psychological health, and physical activity in pregnancy. *Medicine & Science in Sports & Exercise*, 41 (5), S505. Poster presented at American College of Sports Medicine, Seattle, WA.
17. Symons Downs, D., **DiNallo, J. M.**, Rauff, E.L., & Minogue, A. (2009). Perceived control and physical activity determinants and behaviors among pregnant women with gestational diabetes. *Medicine & Science in Sports & Exercise*, 41 (5), S505. Poster presented at American College of Sports Medicine, Seattle, WA.
18. Rauff, E. L., Symons Downs, D., **DiNallo, J. M.** (2008). *Prospective examination of physical activity and gestational weight gain in pregnancy. Journal of Sport & Exercise Psychology*, 30, S194. Poster presented at North American Society for the Psychology of Sport and Physical Activity. Niagara Falls, Ontario, Canada.
19. **DiNallo, J. M.**, Savage, J. F., & Symons Downs, D. (April, 2007). *Adolescent body satisfaction: The role of perceived parental encouragement for physical activity.* Poster presented at the 3rd Annual Penn State Diabetes Center Research Retreat, University Park, PA.
20. **DiNallo, J. M.**, & Symons Downs, D. (2007). *Walking for Health during Pregnancy: Assessment by Indirect Calorimetry and Accelerometry.* Poster presented at the Penn State Graduate Exhibition, University Park, PA.
21. **DiNallo, J. M.**, & Symons Downs, D. (April, 2006). *Gestational diabetes mellitus and physical activity: A comprehensive review.* Poster presented at the 2nd Annual Penn State Diabetes Center Research Retreat, Harrisburg, PA.
22. **DiNallo, J. M.**, & Symons Downs, D. (2006). *Preliminary examination of triaxial accelerometer activity counts with pregnant women.* Poster presented at the Penn State Graduate Exhibition, University Park, PA.
23. **DiNallo, J. M.**, & Symons Downs, D. (May, 2005). *Physical activity, diabetes, and obesity in children: A social-ecological perspective.* Poster presented at the 1st Annual Diabetes Research Congress, The Pennsylvania State University.

24. **DiNallo, J. M.**, & Symons Downs, D. (2005). *After-school activity program improves overweight children's body composition*. Poster presented at the Penn State Graduate Exhibition, University Park, PA.
25. **DiNallo, J. M.**, & Symons Downs, D. (2005). *After-school activity program improves overweight children's body composition*. Poster presented at the 113th Annual Convention of the American Psychological Association, Washington, DC.
26. Russoniello, C.V., Mahar, M.T., **DiNallo, J.M.**, McCammon, M.R., Skalko, T.K., & Rowe, D.A. (2002). *Effects of a physical activity program on heart rate variability in obese children*. Poster presented at the 33rd Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Las Vegas, NV.
27. **DiNallo, J.M.** (1999). *The effects of an 8-week resistance training program on physical activity, muscular strength and endurance, body composition, and selected psychological variables in prepubescent, obese girls*.
28. **DiNallo, J.M.**, Jackson, A.S., & Mahar, M.T. (2000). *A submaximal treadmill test for prediction of aerobic capacity*. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
29. **DiNallo, J.M.**, Hales, D.P., Williams, G., & Mahar, M.T. (2000). *Relationships between physical activity, aerobic capacity, and body composition in children*. Paper presented at the Southeast American College of Sports Medicine Annual Meeting, Charlotte, NC.
30. Mahar, M.T, Hales, D.P., Williams, G., & **DiNallo, J.M.** (1999). *Physical activity assessment by the Tritrac-R3D accelerometer, Digiwalker pedometer, and self-report measures in children*. Paper presented at the Measurement and evaluation of Physical Activity Symposium at the Cooper Institute for Aerobics Research, Dallas, TX.
31. Mahar, M.T., Williams, G., **Grove, J.M.**, & Dawson, D.M. (1999). *Measures of self-reported physical activity of obese and non-obese youth*. Paper presented at the Southern District Alliance for Health, Physical Education, Recreation, and Dance Convention, Greensboro, NC.
32. Mahar, M.T., Williams, G., **Grove, J.M.**, & Dawson, D.M. (1999). *Classification agreement among four self-report measures of physical activity in adolescents*. Paper presented at the American College of Sports Medicine Annual Meeting, Seattle, WA.

Program Content Developed

1. **DiNallo, J.**, Rudy, T., & Turley, A. (2018). *SPROUT: Six Everyday Moments in a parenting program for parents of three to five-year olds*. University Park, PA.
2. **DiNallo, J.**, Turley, A., & Cook, K. (2017). *How to Teach Your Children about Tolerance & Acceptance: Tip Sheets*. University Park, PA.
3. Cook, K., **DiNallo, J.**, & Turley, A. (2017). *How to Teach Your Children about Tolerance & Acceptance: Video*. University Park, PA.

4. **DiNallo, J.**, Czymoniewicz-Klippel, M.T., & Chesnut, R. (2017). *Grow!* Online Parenting Curriculum. University Park, PA.
5. Czymoniewicz-Klippel, M.T., **DiNallo, J.**, & Dombro, A. (2017). *Take Root!* Online Parenting Curriculum. University Park, PA.
6. Materia, F., Chesnut, R. & **DiNallo, J.** (2015). Participating in Research - The *Grow!* Parenting Program. Video. University Park, PA: Clearinghouse for Military Family Readiness.
7. Wilson, F., Whitehead, K., **DiNallo, J.** & Materia, F. (2015). How to Teach Your Child About Money. Video. University Park, PA: Clearinghouse for Military Family Readiness.
8. McCarthy, K., **DiNallo, J.**, Cook, K. & Materia, F. (2015). *Grow!* Week 1 Supplemental Skill Building Video. Video. University Park, PA: Clearinghouse for Military Family Readiness.
9. McCarthy, K., **DiNallo, J.**, Cook, K. & Materia, F. (2015). *Grow!* Week 2 Supplemental Skill Building Video. Video. University Park, PA: Clearinghouse for Military Family Readiness.
10. McCarthy, K., **DiNallo, J.**, Cook, K. & Materia, F. (2015). *Grow!* Week 3 Supplemental Skill Building Video. Video. University Park, PA: Clearinghouse for Military Family Readiness.
11. McCarthy, K., **DiNallo, J.**, Cook, K. & Materia, F. (2015). *Grow!* Week 4 Supplemental Skill Building Video. Video. University Park, PA: Clearinghouse for Military Family Readiness.
12. McCarthy, K., **DiNallo, J.**, Cook, K. & Materia, F. (2015). *Grow!* Week 5 Supplemental Skill Building Video. Video. University Park, PA: Clearinghouse for Military Family Readiness.
13. McCarthy, K., Materia, F., Hankey, C., Chesnut, R., **DiNallo, J.** & McGee, M. (2014). *Grow!* Coordination Guide. University Park, PA: Clearinghouse for Military Family Readiness.
14. McCarthy, K., Miller, E., Gungor, D., & **DiNallo, J.** (2014, October). *Grow! Curriculum of the THRIVE Parenting Initiative*. University Park, PA: The Clearinghouse for Military Family Readiness.
15. Gungor, D. E., **DiNallo, J. M.**, & Perkins, D. F. (2014, July). *5210 Healthy Military Children Implementation Guide*. University Park, PA: The Clearinghouse for Military Family Readiness.
16. Gungor, D. E., **DiNallo, J. M.**, & Perkins, D.F. (2014, July). *5210 Healthy Military Children training webinar*. University Park, PA: The Clearinghouse for Military Family Readiness.
17. Gungor, D. E., Rosendale, R. P., Diaz, C., **DiNallo, J. M.**, & Perkins, D. F. (2014, April). *5210 Healthy Military Children toolkit*. University Park, PA: The Clearinghouse for Military Family Readiness.
18. Gungor, D. E., Rosendale, R. P., Diaz, C., **DiNallo, J. M.**, & Perkins, D. F. (2014, April). *5210 Healthy Children toolkit*. University Park, PA: The Clearinghouse for Military Family Readiness.

Web Content Developed

1. **DiNallo, J. M.**, Czymoniewicz-Klippel, M.T., & Flude, J. (2017, March). *THRIVE Initiative* [Website]. Retrieved from <http://thrive.psu.edu/>
2. **DiNallo, J. M.**, Diaz, C., & Flude, J. (2017, May). *5210 Healthy Military Children* [Website]. Retrieved from <http://5210.psu.edu/>
3. Gungor, D. E., **DiNallo, J. M.**, Rosendale, R. P., & Perkins, D. F. (2014, May). *5210 Healthy Military Children* [Website]. Retrieved from <http://5210.healthymilitarychildren.psu.edu/>
4. **DiNallo, J. M.** (2012, February) *The Resource Center for the Prevention of Child Obesity* [Video blog post]. Retrieved from <http://www.militaryfamilies.psu.edu/resources/blog/uphill-battle-against-childhood-obesity-and-how-we-can-help>

PRESENTATIONS

Refereed Presentations at National Conferences

1. **DiNallo, J.**, Rauff, E., Kaye, M., and Perkins, D. F. (2017, May). *Child Obesity Prevention Programs: Where Is the Evidence?* The Society for Prevention Research, 25th Annual Meeting. Washington, D.C.
2. Materia, F., Chesnut, R., Miller, E., & **DiNallo, J.M.** (2015, May). Enhancing Program Evaluation through the Use and Integration of Technologies. Presented at The Society for Prevention Research Annual Conference, Washington, D.C.
3. Karre, J.K., Perkins, D.F., Aronson, K., **DiNallo, J.**, & Kyler, S. (May, 2015). *The Clearinghouse for Military Family Readiness' Continuum of Evidence: A tool to aid knowledge translation and exchange*. Flash Presentation presented at the biennial Global Implementation Conference, Dublin, Ireland.
4. **DiNallo, J. M.**, Perkins, D., Kyler, S., & Aronson, K. (April, 2011). Identifying evidence-based programs & practices. Presented at the 2011 DoD/USDA Family Resilience Conference, Chicago, IL.
5. Perkins, D., Kyler, S., **DiNallo, J.**, & Aronson, K. (April, 2011). Promoting sustainability among evidence-based programs and practices. Presented at the 2011 DoD/USDA Family Resilience Conference, Chicago, IL.
6. Perkins, D. & **DiNallo, J.** (May, 2011). Sports: A positive youth development opportunity. Presented at the BGCA National Conference in New Orleans, LA.
7. Perkins, D., **DiNallo, J.**, Kyler, S., & Aronson, K. (August, 2011). Penn State Clearinghouse for Military Family Readiness: Bringing Evidence to Practice. Presented at the Global Implementation Conference in Washington D.C.
8. Perkins, D., **DiNallo, J.**, Kyler, S., & Aronson, K. (October, 2011). Identifying Evidence-based Programs & Practices. Presented at the 12th Annual National Outreach Scholarship Conference in Michigan.

9. **DiNallo, J. M.**, Symons Downs, D., & Le Masurier, G. C. (June, 2009). *Stability of Activity Monitors in Pregnancy*. Paper presented the National American College of Sports Medicine, Seattle, WA.
10. Symons Downs, D., **DiNallo, J. M.**, Rauff, E. L., & Minogue, A. C. (June 2009). *Perceived Control and Physical Activity Determinants & Behaviors Among Pregnant Women With and Without Gestational Diabetes*. Paper presented the National American College of Sports Medicine, Seattle, WA.
11. Rauff, E. L., Symons Downs, D., & **DiNallo, J. M.** (June 2009) *The moderating influence of pre-pregnancy BMI on body satisfaction and physical activity in pregnancy*. Paper presented the National American College of Sports Medicine, Seattle, WA.
12. Rauff, E., Symons Downs, D., & **DiNallo, J. M.** (June, 2008). Prospective examination of physical activity and gestational weight gain in pregnancy. *Paper presented at the North American Society for the Psychology of Sport and Physical Activity*. Niagara Falls, Ontario, Canada.
13. **DiNallo, J. M.**, Symons Downs, D., Rauff, E. L., & Ulbrecht, J. S. (November, 2007). *Effects of structured exercise on blood glucose in GDM women*. Paper presented at the Mid-Atlantic Regional Chapter for the American College of Sports Medicine, Harrisburg, PA.
14. Rauff, E. L., **DiNallo, J. M.**, & Symons Downs, D. (November, 2007). *Gestational weight gain and physical activity*. Paper presented at the Mid-Atlantic Regional Chapter for the American College of Sports Medicine, Harrisburg, PA.
15. Symons Downs, D., **DiNallo, J. M.**, Kirner, T. L. (June, 2007). *Pregnant women's exercise motivation and behavior: The moderating influence of parental status*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
16. **DiNallo, J. M.**, Savage, J. F., & Symons Downs, D. (June, 2007). *Adolescent body satisfaction: The role of perceived parental encouragement for exercise*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
17. Symons Downs, D., **DiNallo, J. M.**, Kirner, T. L. (March, 2007). *Prospective examination of women's exercise behavior and psychological correlates before, during, and after pregnancy*. Paper presented at the Society of Behavioral Medicine, Washington, DC.
18. Symons Downs, D., **DiNallo, J. M.**, Rhodes, R. E. (March, 2007). *Youth exercise intention: Does age moderate the associations among the TPB constructs?* Poster presented at the Society of Behavioral Medicine, Washington, DC.
19. **DiNallo, J. M.**, Le Masurier, G. C. & Symons Downs, D. (June, 2006). *Preliminary examination of triaxial accelerometer activity counts with pregnant women*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.
20. **DiNallo, J. M.**, Symons Downs, D., & Le Masurier, G. C. (June, 2006). *Walking for Health during Pregnancy: Assessment by Indirect Calorimetry and Accelerometry*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity, Denver, CO.
21. Symons Downs, D., **DiNallo, J. M.**, Kirner, T. L., & Shevchik, H. (March, 2006). *Baby steps: Prospective*

examination of pregnancy physical activity behaviors. Poster presented at the Society of Behavioral Medicine, San Francisco, CA.

22. Cook, B., Hausenblas, H. A., Symons Downs, D., & **DiNallo, J. M.** (March, 2006). *Longitudinal examination of exercise beliefs during pregnancy.* Poster presented at the Society of Behavioral Medicine, San Francisco, CA.
23. **DiNallo, J. M.**, & Symons Downs, D. (November, 2005). *Perceived parental exercise and adolescent leisure-time exercise.* Poster presented at the Mid-Atlantic Regional Conference for the American College of Sports Medicine, Harrisburg, PA.
24. Symons Downs, D., Hausenblas, H. A., **DiNallo, J. M.**, & Cook, B. (October, 2005). *Physical activity recommendations during pregnancy: Is walking enough?* Poster presented at the American College of Sports Medicine, Walking for Health, Measurement and Research Issues and Challenges, University of Illinois, Urban-Champaign.
25. **DiNallo, J. M.**, & Symons Downs, D. (2005). *After-school activity program improves overweight children's body composition.* Poster presented at the 113th Annual Convention of the American Psychological Association, Washington, DC.

Refereed Local Presentations

1. **DiNallo, J. M.**, Rauff, E. L., Parker Klees, L., Berlyand, D., Ulbrecht, J. S., & Symons Downs, D. (April 2009). *Effects of Structured Exercise on Blood Glucose in GDM Women.* Presented at the Pennsylvania State University Institute for Diabetes and Obesity, The Pennsylvania State University.
2. **DiNallo, J. M.**, Rauff, E. L., Parker Klees, L., Berlyand, D., Ulbrecht, J. S., & Symons Downs, D. (April 2009). *Fasting Blood Glucose in GDM Women Participating in an Exercise Intervention.* Presented at the Pennsylvania State University Institute for Diabetes and Obesity, The Pennsylvania State University.
3. **DiNallo, J. M.**, Symons Downs, D., & Le Masurier, G. C. (August, 2009). *An Objective Examination of Physical Activity in Pregnancy.* 28th Summer Symposium on Nutrition, Genes, and Physical Activity: Understanding Obesity from Conception and Beyond, The Pennsylvania State University.
4. Symons Downs, D., **DiNallo, J. M.**, Rauff, E. L., Ulbrecht, J. S., Klees, L. P., Birch, L. L., & Paul, I. M. (April, 2008). *Active MOMS: Physical activity intervention for women with gestational diabetes.* Fourth Annual Research Congress, Penn State Institute of Obesity and Diabetes, The Pennsylvania State University.
5. **DiNallo, J. M.**, Symons Downs, D., Rauff, E. L., & Ulbrecht, J. S. (April, 2008). *Effects of structured exercise on blood glucose in GDM women.* Fourth Annual Research Congress, Penn State Institute of Obesity and Diabetes, The Pennsylvania State University.
6. Rauff, E. L., Symons Downs, D., & **DiNallo, J. M.** (April, 2008). *Gestational weight gain and physical activity.* Fourth Annual Research Congress, Penn State Institute of Obesity and Diabetes, The Pennsylvania State University.

7. **DiNallo, J. M.**, Savage, J. F., & Symons Downs, D. (May, 2007). *Adolescent body satisfaction: The role of perceived parental encouragement for exercise*. Third Annual Diabetes Research Congress, The Pennsylvania State University.
8. **DiNallo, J. M.**, & Symons Downs, D. (April, 2006). *Gestational diabetes mellitus and physical activity: A comprehensive review*. Second Annual Penn State Diabetes Center Research Retreat, Harrisburg, PA.
9. **DiNallo, J. M.**, & Symons Downs, D. (May, 2005). Physical activity, diabetes, and obesity in children: A social-ecological perspective. First Annual Diabetes Research Congress, The Pennsylvania State University.

Invited Presentations/Discussions/Guest Lectures

1. **DiNallo, J. M.** (2018, August). Grow Parenting Program: Face-to-Face and Online Deliveries. Presented via webinar for the Military Family Learning Network.
2. **DiNallo, J. M.** (2018, April). Family Advocacy Quarterly Meeting. Presented Take Root Home Visitation program development (Alexandria, VA).
3. **DiNallo, J. M.** (2018, January). The THRIVE Initiative. Presented via webinar for the Military Family Learning Network.
4. **DiNallo, J. M.**, & Turley, A. (2017, July). Family Advocacy Home Visitor Training. Ready, Set, Grow! Implementing an Evidence-Informed Parenting Program with Military Families (San Antonio, TX)
5. **DiNallo, J. M.** (2017, May). 5210 for Military Families. Presented at the Virtual Military Spouse Symposium, by Spouse Education & Career Opportunities (Washington, DC).
6. **DiNallo, J. M.** (2017, April). The THRIVE Initiative: Grow Face-to-Face and Grow Online. Presented at the Spouse Ambassador Network Conference at the U.S. Chamber of Commerce in Washington, DC.
7. **DiNallo, J. M.** (2016, May). The Clearinghouse for Military Family Readiness. Presented at the American Evaluation Association Webinar series.
8. **DiNallo, J. M.** (2015, June). 5210 health messaging campaign: Development, implementation, and evaluation in military and civilian communities. Presented for the National Children, Youth, and Families at Risk (CYFAR) Program, Arlington, VA.
9. **DiNallo, J. M.** (2014, June). *An examination of the effectiveness of childhood obesity programs*. Presented for the National Children, Youth, and Families at Risk (CYFAR) Program, Arlington, VA.
10. **DiNallo, J. M.** (2009). Department of Kinesiology, Lecturer for Kinesiology 421. Title of Presentation: *Exercise and Depression*.
11. **DiNallo, J. M.** (2009). Department of Nutrition, Lecturer for Nutrition 100.

Title of Presentation: *Fitness and Water.*

12. **DiNallo, J. M.** (2009). Department of Kinesiology, Lecturer for Kinesiology 497C [Exercise Psychology]
Title of Presentation: *Personality and Sport Psychology.*
13. **DiNallo, J. M.** (2009). Department of Kinesiology, Lecturer for Kinesiology 497C [Exercise Psychology]
Title of Presentation: *Stress and Burnout in Children.*
14. **DiNallo, J. M.** (2009). PSU Cooperative Extension, Lecturer for Diabetes In-Service
Title of Presentation: *Physical Activity and Pregnancy.*
15. **DiNallo, J. M.** (2009). Department of Nutrition, Lecturer for Graduate-level Nutrition Class.
Title of Presentation: *Physical Activity Assessment in Special Populations.*
16. **DiNallo, J. M.** (2008). Department of Health Development and Family Studies, Lecturer for Childhood Obesity Graduate Class
Title of Presentation: *Measurement of Physical Activity in Children.*
17. **DiNallo, J. M.** (2007). Department of Kinesiology, Lecturer for Kinesiology 497C [Exercise Psychology]
Title of Presentation: *Childhood obesity.*
18. **DiNallo, J. M.** (2007). Restek Cooperation, Bellefonte, PA Lecturer for Health Fair. Title of Presentation: *Family physical activity.*
19. **DiNallo, J. M.** (2005, 2006, 2007, 2008). Department of Kinesiology, Lecturer for Kinesiology 264 [Health-related Physical Fitness] Undergraduate lecture/demonstration: teaching progressive core stability to high school students using various pieces of equipment such as a stability ball, hand weights, and exer-tubing, emphasizing the basic skills and methods of teaching, assessing, and prescribing health-related fitness and strength training activities.
20. **DiNallo, J. M.** (2000). School of Physical Therapy, East Carolina University, Greenville, NC Graduate student lecture: Preparing and administering a resting and exercise electrocardiogram; how to take skinfolds (3-site and 7-site), and calculating percent fat; and teach waist-to-hip ratio (circumferences).

FITNESS INDUSTRY & INSTRUCTOR EXPERIENCE

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|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2018 | Owner, FITOLOGY Studio, State College, PA |
| 2013-2018 | Fitness Instructor, PYP Studio, State College, PA <ul style="list-style-type: none">• Experience includes teaching TRX Suspension & RIP, RIPPED, and indoor cycling classes |
| 2013-2015 | CrossFit L1 Instructor, CrossFit Nittany, State College, PA |

- 2009-2012 Fitness Instructor, State College YMCA, State College, PA
- Experience includes teaching indoor cycling and core stability classes
- 2009-2012 Fitness Instructor, State College, PA
- Experience includes instructing Boot Camp outdoor fitness classes
- 2008 Fitness Instructor, Lionheart Fitness, State College, PA
- Experience includes instructing core fitness classes.
- 2004-2006 Fitness Instructor & Indoor Cycling Instructor, C-5 Fitness Center, State College, PA
- Experience includes instructing group core strength and indoor cycling classes.
- 2001-2003 Physical Fitness Laboratory Supervisor & Instructor, Lifetime Fitness & Sports
 Pennsylvania College of Technology, Williamsport, PA 17701
 Experience includes supervising internships for Physical Fitness Specialist (PFS) students; creating and teaching laboratories for PFS students; teaching Basic Fitness Training fitness elective courses, First Aid: Responding to Emergencies, Professional CPR/AED, and Weight Training courses to Penn College students; instructing on body composition analysis, cardiorespiratory analysis, and exercise prescription; supervising work-study students in the PFS laboratory; and creating a WebCT intranet website for the PFS Lab and courses taught in Lifetime Fitness and Sports.
- 2003-2004 Wellness Team Leader and Fitness Instructor for Sports & Recreation Ministry
 First United Methodist Church, Williamsport, PA
 Experience includes scheduling instructors and childcare workers; advertising program; organizing information for instructors and patrons; collecting and managing the finances of the program; purchasing and maintaining equipment and supplies; and teaching fitness classes for First Church. Lecturing for various groups, such as Mothers of Preschoolers, on physical fitness for moms and kids and improving nutrition habits.
- 2001-2003 Core Stability & Functional Training Instructor
 Mayer Sport Training Center, Williamsport, PA
 Experience includes instructing functional training (“core training”) classes for children, adults, athletes, and special populations.
- 2001-2002 Group Fitness Instructor
 Williamsport YMCA, Williamsport, PA
 Experience includes teaching a variety of group fitness classes including step, floor, cardio -circuit training, strength training, cardio boxing, and indoor cycling.
- 2001-2003 Group Fitness Instructor
 Fitness Factory, Williamsport, PA
 Experience includes teaching a variety of group fitness classes including step, floor, cardio -circuit training, strength training, cardio boxing, and stability ball classes.
- 1998-2000 Group Fitness Instructor
 Student Recreation Center, East Carolina University, Greenville, NC

Experience includes teaching a variety of aerobics/ fitness classes, i.e. step, floor, slide, faculty classes, spinning (cycling), cardio-boxing, aqua, and circuit classes.

- 1997-1999 Personal Fitness Trainer, Group Fitness Instructor
Pulse Athletic Club, Greenville, NC
Experience includes personal training; fitness testing using Tri-Fit computer program; instructing aerobics/step/slide/cross-training/spinning classes; desk and floor duties.
- 1997 Personal Fitness Trainer, Group Fitness Instructor
Pro-Fitness Health & Fitness Club, Rockaway, NJ
Experience includes personal training; fitness testing and counseling; instructing a wide variety of aerobic/fitness classes, including those with senior citizens; developing strength training videos for local television channel; and desk and floor duties.
- 1995-1997 Marine Corps Personal Fitness Trainer & Group Fitness Instructor
French Creek Fitness Center, Camp LeJeune, NC
Experience includes:
- Training Marines: training marines in a group fitness setting as well as one-on-one personal training
 - Special Marine Populations: Instructing special units of marines with the goal of weight loss
 - Training: training new fitness instructors and trainers
 - Certification Instruction: leading study groups for ACE certifications
 - Fitness Testing: one-on-one personal training, counseling, and cardiovascular and strength fitness testing
 - Group Fitness Instruction: instructing aerobics, step, slide, and circuit training classes;
 - Media for Marines: developing training videos on proper use of weight and cardiovascular equipment
 - Military Families & Community: organizing and working cycling and road races, end-of-year awards ceremonies; and leading fitness/nutrition education classes for local elementary school children.

AWARDS

- 2008 PSU Graduate Research Exhibition (1st Place)
2007 PSU Graduate Research Exhibition (3rd Place)
2006 PSU Graduate Research Exhibition (3rd Place)
2001 Doctoral Fellowship at Pennsylvania State University
1999 University of North Carolina Institute of Nutrition Scholarship
1998 Graduate Fellowship at East Carolina University, North Carolina

JOURNAL REVIEWS & SERVICE

- 2018 Journal of Physical Activity & Health

2017 Health Education Research
Health Promotion Practice
Journal of Women's Health
2016 Maternal & Child Health
Health Promotion Practice
2014-current Journal of Physical Activity & Health
2012-current Research Quarterly for Exercise & Science
2006-current Pediatrics; Journal of Women's Health
2006-2008 Department of Kinesiology, Member, Faculty/Staff Awards Committee

PROFESSIONAL MEMBERSHIPS

2005- North American Society for Psychology of Sport and Physical Activity
2000- American College of Sports Medicine
1999-2001 Southeast Chapter of the American College of Sports Medicine
1993- Phi Epsilon Kappa, Academic Honors Fraternity

CERTIFICATIONS

2018 Les Mills, BODY ATTACK & BODY PUMP Instructor Certification
2013 TRX Suspension Trainer & TRX RIP Trainer certification
2012 CrossFit Level 1 certification
2003 NDEITA personal training certification
2001- American Red Cross CPR/1st Aid Instructor
2001 American Red Cross 1st Aid Certification
1999 American College of Sports Medicine Health Fitness Instructor
1996 American Council on Exercise Personal Trainer
1996 American Council on Exercise Aerobics Instructor
1996 American Council on Exercise Lifestyle/Weight Management
1990 ARC Cardiopulmonary Resuscitation Certification