

Erica L. Rauff, Ph.D.

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EDUCATION

- 1/2010-12/2013 Ph.D., Kinesiology
Area of Specialization: Exercise Psychology
The Pennsylvania State University, University Park, PA
Adviser: Dr. Danielle Symons Downs
- 8/2007-12/2009 M.S. Kinesiology
The Pennsylvania State University, University Park, PA
Adviser: Dr. Danielle Symons Downs
- 8/2003-5/2007 B.A., Psychology, Minor: Health Care Studies
Cum Laude Honors
Susquehanna University, Selinsgrove, PA
Regents College, London, England (*International Student Exchange Program*)

POSITIONS AND EMPLOYMENT

- 8/2023-present Associate Teaching Professor, Department of Biobehavioral Health
College of Health & Human Development
The Pennsylvania State University, University Park, PA
- 4/2023-present Associate Professor (tenured), Acting Department Chair, & Graduate
Program Director, Kinesiology Department
College of Arts & Sciences
Seattle University, Seattle, WA
- 9/2022-4/2023 Assistant Professor, Acting Department Chair, & Graduate Program
Director, Kinesiology Department
College of Arts & Sciences
Seattle University, Seattle, WA
- 9/2020-9/2022 Assistant Professor & Graduate Program Director, Kinesiology
Department
College of Arts & Sciences
Seattle University, Seattle, WA
- 9/2017-9/2020 Assistant Professor, Kinesiology Department
College of Arts & Sciences
Seattle University, Seattle, WA
- 9/2016-8/2017 Adjunct Instructor & Internship Coordinator, Kinesiology Department
College of Arts & Sciences
Seattle University, Seattle, WA

12/2014-8/2017 Research & Evaluation Scientist (working remotely from Seattle, WA)
Clearinghouse for Military Family Readiness
The Pennsylvania State University, University Park, PA

1/2016-3/2016 Adjunct Instructor, Kinesiology Department
Seattle University, Seattle, WA

7/2014-9/2014 Contract Research Scientist
Clearinghouse for Military Family Readiness
The Pennsylvania State University, University Park, PA

1/2014-7/2014 Postdoctoral Fellow
Healthy Mom Zone, NHLBI 1R01HL119245-01
The Pennsylvania State University, University Park, PA

8/2013-12/2013 Instructor, Department of Kinesiology
The Pennsylvania State University, University Park, PA

8/2007-12/2013 Graduate Teaching Assistant, Department of Kinesiology
The Pennsylvania State University, University Park, PA

TEACHING EXPERIENCE

Seattle University, Kinesiology Department (Quarter Courses)

For each of the following: designed the course content, structure of lectures, teaching materials, and taught the course

Undergraduate Courses:

Sport & Exercise Psychology

Winter Quarter, 2016
Fall Quarter, 2016
Winter Quarter, 2017
Spring Quarter, 2017

Sport Psychology

Fall Quarter, 2017
Fall Quarter, 2018

Exercise Psychology

Winter Quarter, 2018
Fall Quarter, 2018
Spring Quarter, 2019
Winter Quarter, 2020
Spring Quarter, 2020 (online)
Fall Quarter, 2020 (online)
Fall Quarter, 2021
Fall Quarter, 2022

Internship

Fall Quarter, 2016
Winter Quarter, 2017
Spring Quarter, 2017
Summer Quarter, 2017

Winter Quarter, 2020

Research in Exercise Science

Fall Quarter, 2017
Spring Quarter, 2018
Winter Quarter, 2019

Health & Wellness

Spring Quarter, 2018
Winter Quarter, 2019
Spring Quarter, 2019
Fall Quarter, 2019
Spring Quarter, 2020 (online)
Winter Quarter, 2021 (online)
Winter Quarter, 2022
Spring Quarter, 2022
Winter Quarter, 2023
Spring Quarter, 2023

Graduate Courses:

Research Methods in Movement Science

Fall Quarter, 2020 (hybrid)
Fall Quarter, 2021 (hybrid)

Exercise & Mental Health

Winter Quarter, 2022 (hybrid)

Pennsylvania State University, Kinesiology Department & Biobehavioral Health Department (Semester Courses)

For each of the following: designed the course content, structure of lectures, teaching materials, and taught the course unless designated as teaching assistant

Introduction to Kinesiology

Fall Semester, 2007 (teaching assistant)
Spring Semester, 2008 (teaching assistant)
Fall Semester, 2008 (teaching assistant)
Fall Semester, 2009 (teaching assistant)

Biophysical Basis of Kinesiology

Fall Semester, 2011 (teaching assistant)
Spring Semester, 2012 (teaching assistant)

Careers in Kinesiology

Fall Semester, 2012 (teaching assistant)

Research Strategies for Studying Biobehavioral Health

Fall Semester, 2023
Spring Semester, 2024

Values & Ethics in Biobehavioral Health Research & Practice

Fall Semester, 2023
Spring Semester, 2024

Psychology of Movement Behavior

Spring Semester, 2009 (teaching assistant)
Spring Semester, 2010 (teaching assistant)
Fall Semester, 2010 (teaching assistant)
Summer Semester, 2010 – co-taught
Spring Semester, 2011 (teaching assistant)
Spring Semester, 2024

Exercise Psychology

Fall Semester, 2013 -

PUBLICATIONS

Peer Reviewed Journal Publications

Supervised Student

1. Fricke, A., **Rauff, E. L.**, Fink, P. W., Lark, S. D., Mundel, T., & Shultz, S. P. (2023). Perceptions of a 12-week mini trampoline exercise intervention for postmenopausal women. *The Journal of Science in Sport & Exercise*, 7(1), 53-59.
2. **Rauff, E. L.** & **Kumazawa, M.** (2022). Physical activity motives and self-efficacy to overcome physical activity barriers in first-year undergraduates: Do they differ based on physical activity levels? *Journal of American College Health*, epub ahead of press.
3. O'Brien, W. J., **Rauff, E. L.**, Shultz, S. P., Slougher, M., Fink, P. W., Breier, B. & Kruger, R. (2022) Replacing sedentary time with physically active behaviour predicts improved body composition and metabolic health outcomes. *International Journal of Environmental Research & Public Health*, 19, 8760-8771.
4. **Rauff, E. L.**, **Herman, A.**, Berninger, D., Machak, S & Shultz, S. P. (2022). Using sport science data in collegiate athletics: Coaches' perspectives. *International Journal of Sports Science & Coaching*, epub ahead of press.
5. **Rauff, E. L.** & **van der Meulen, C.** (2021). First Year Undergraduate Students: Depressed, Distressed, and Drained? The influence of depressive symptoms on psychological well-being and health behaviors. *Journal of American College Health*, epub ahead of press.
6. Beale, C., **Rauff, E. L.**, O'Brien, W. J., Shultz, S. P., Fink, P. W., & Kruger, R. (2020). Are all sedentary behaviors equal? An examination of sedentary behavior and associations with indicators of disease risk factors in women. *International Journal of Environmental Research & Public Health*, 17(8), 2643.
7. Sforzo, G. A., Kaye, M. P., Harenberg, S., Costello, K., Cobus-Kuo, L., **Rauff, E.**, ...Moore, M. (2019). Compendium of health and wellness coaching: 2019 addendum. *American Journal of Lifestyle Medicine*, 14(2), 155-168.
8. **Rauff, E. L.**, & Downs, D. (2018). A prospective examination of physical activity predictors in pregnant women with normal weight and overweight/obesity. *Women's Health Issues*, 28(6), 502-508.
9. **Rauff, E. L.** & Downs, D. S. (2018). Mobile health technology in prenatal care: Understanding OBGYN providers beliefs about using technology to manage gestational weight gain. *Journal of Technology in Behavioral Medicine*, 4(1), 17-24.

10. Symons Downs, D., Savage, J. S., & **Rauff, E. L.** (2014). Falling short of guidelines? Lacking nutrition education knowledge to achieve gestational weight gain recommendations in pregnancy. *Journal of Women's Health Care*, 3, 184-201
11. **Rauff, E. L.** & Symons Downs D. (2011). The Mediating Effects of Body Image Satisfaction on Exercise Behavior, Depressive Symptoms, and Gestational Weight Gain in Pregnancy. *Annals of Behavioral Medicine*, 42(3), 381-390.

Book Chapters

1. Symons Downs, D., Nigg, C. R., Hausenblas, H. A., & **Rauff, E. L.** (2013). Understanding of why people change physical activity behavior. In Nigg, C. (Ed). *Behavioral Aspects of Exercise*. Lippincott Williams & Wilkins.
- 2.
3. **Rauff, E. L.** & Duley, H, Y. (2024). Problem-Based Learning for Health & Wellness. In Shultz, S. & Heintz Walters, B, (Ed). *Problem-Baed Learning in Kinesiology*. Information Age Publishing.

WORKS IN PROGRESS

Manuscripts Under Review

1. Rauff, E. L, Korhonen, R. V., & Spinetta, M. J. (2023). Comparison of health behaviors and mental health in first-year undergraduate students prior to and during the COVID-19 pandemic. *Submitted to Journal of American College Health*.
2. Hann, H, & Rauff, E. L. (2023). Barriers and Facilitators to Student Recreation Center Usage in First-Year University Students: A Comparison of SRC User and Non-User Groups. *Submitted to Recreation Sport Journal*.

ABSTRACTS & RESEARCH PRESENTATIONS

Refereed Presentations at National Conferences

Note. Presenting authors have been underlined

Supervised Student

1. Herman, A., Rauff, E. L., Berninger, D., Machak, S., & Shultz, S. P. (June 2021). Using Sport Science Data in Collegiate Athletics: Coaches' Perspectives. (Poster)

Presented: North American Society for the Psychology of Sport and Physical Activity (Virtual, June 2021)
2. Rauff, E. L. & Spinetta, M. (2020). The influence of sleep and physical activity on psychological health and health behaviors in first-year college students. *Journal of Sport & Exercise Psychology*, 42(S1), S102.

Presented: [Online Conference, Poster and Oral Sessions Cancelled] North American Society for the Psychology of Sport and Physical Activity, June 2020
3. **Rauff, E. L.** & van der Meulen, C. (2019). The influence of depressive symptoms on psychological well-being & health behaviors in first year college students. *Journal of Sport & Exercise Psychology*, 41, S84. (Oral)

Presented: North American Society for the Psychology of Sport and Physical Activity (Baltimore, Maryland, June 2019)

4. Dinallo, J. M., Rauff, E. L., Kaye, M. P., & Perkins, D. F. (2017). Child obesity programs: Where is the evidence? (Poster)

Presented: Society for Prevention Research (Washington, D.C., June 2017)

5. Dinallo, J. M., Rauff, E. L., & Perkins, D. F. (2017). Promoting health among military families: 5210 Healthy Military Children. (Poster)

Presented: Society of Behavioral Medicine (San Diego, CA, April 2017)

6. Symons Downs, D. Feinberg, M. E., Heron, K. E., Hillemeier, M., **Rauff, E. L.,** Smyth, J. M., Fonzi, P., Govey, P., & Wales, F. E. (2015). Women's preferences about using smartphones in a preconception health intervention. (Poster)

Presented: Society of Behavioral Medicine (San Antonio, TX, April 2015)

7. **Rauff, E. L.** & Symons Downs, D. (2014). Technology in health care: Understanding OBGYN providers' beliefs about integrating e-health technology in prenatal care. (Poster)

Presented: Society of Behavioral Medicine (Philadelphia, PA, April 2014)

8. **Rauff, E. L.,** Symons Downs, D. & Savage, J. S. (2012). Gestational weight gain...does knowledge really matter? (Poster)

Presented at the Obesity Society (San Antonio, TX, September 2012)

9. Downs, D. S., Rauff, E. L., Savage, J. S. (2011). Preconception Physical Activity Behavior and Psychological Well-Being in Pregnancy. (Poster)

Presented: Obesity Society (Orlando, FL, October 2011)

10. **Rauff, E. L.,** & Symons Downs, D. (2011). Contributions of depression and exercise for predicting gestational weight gain in pregnancy. (Poster)

Presented: Obesity Society (Orlando, FL, March 2011)

11. **Rauff, E. L.,** & Symons Downs, D. (2011). The mediating effects of body image satisfaction on exercise behavior, depressive symptoms, and gestational weight gain in pregnancy. (Poster)

Presented: Society of Behavioral Medicine (Washington, D.C., April 2011)

12. **Rauff, E. L.,** & Downs, D. S. (2010). Examining the mediating relationship between body image satisfaction and its biopsychosocial correlates from first to second pregnancy trimester. (Oral)

Presented: North American Society for the Psychology of Sport and Physical Activity, (Tucson, AZ, June 2010)

13. Downs, D. S., DiNallo, J. M., **Rauff, E. L.,** Ulbrecht, J. S., Birch, L. L. & Paul, I. M. (2010). Pregnant women's exercise motivation and behavior: Preliminary findings from a randomized physical activity intervention. (Oral)

Presented: North American Society for the Psychology of Sport and Physical Activity (Tucson, AZ, June 2010)

14. Symons Downs, D., DiNallo, J. M., **Rauff, E. L.**, & Minogue, A. C. (2009). Perceived Control and Physical Activity Determinants & Behaviors among Pregnant Women with and Without Gestational Diabetes. (Poster)

Presented: American College of Sports Medicine (Seattle, WA, May 2009)

15. **Rauff, E. L.**, Symons Downs, D., & DiNallo, J. M. (2009) The moderating influence of pre-pregnancy BMI on *body* satisfaction and physical activity in pregnancy. (Poster)

Presented: American College of Sports Medicine (Seattle, WA, May 2009)

16. **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. (Oral)

Presented: North American Society for the Psychology of Sport and Physical Activity (Niagara Falls, Ontario, Canada, June 2008)

Refereed Local Presentations

Note. Presenting authors have been underlined

Supervised Student

1. Korhonen, R. V. & Rauff, E. L. (April 2023). Effects of body esteem on first-year students' physical activity and mental health in the first quarter of university. Presented at the Northwest Student Sport and Exercise Psychology Symposium (Regional AASP) in Bellingham, WA.
2. Lee, N. Y. & Rauff, E. L. (February 2023). The influence of anxiety levels on physical activity and mental health during the first year of university. Presented at the American College of Sports Medicine Northwest Regional Conference in Portland, OR.
3. Korhonen, R. V. & Rauff, E. L. (February 2023). The effects of stress level on physical activity and motivation in first-year undergraduate students. Presented at the American College of Sports Medicine Northwest Regional Conference in Portland, OR.
4. Herman, A. & **Rauff, E. L.** (April 2022). A comparison of health behaviors and mental health in first-year university students prior to the COVID-19 pandemic and during the pandemic. Presented at the Northwest Student Sport and Exercise Psychology Symposium (Regional AASP) in Seattle, WA.
5. Herman, A., **Rauff, E. L.**, Machak, S., Berninger, D., & Shultz, S. P. (April 2021). Using sport science data in collegiate athletics: Coaches' perspectives. Presented at the Northwest Student Sport and Exercise Psychology Symposium (Regional AASP), virtual conference.
6. Fisher, E., Kumazawa, M. & **Rauff, E. L.** (May 2019). The relationship between physical activity knowledge, barriers, and exercise behavior in first-year undergraduate students. Presented at the Seattle University Undergraduate Research Association in Seattle, WA.
7. Fisher, E., Kumazawa, M. & **Rauff, E. L.** (April 2019). The relationship between physical activity knowledge, barriers, and exercise behavior in first-year undergraduate students. Presented at the Northwest Student Sport and Exercise Psychology Symposium (Regional AASP) in Bellingham, WA.

**Note. Students received a Student Research Award from Seattle University College of Arts & Sciences to travel for this presentation and an Undergraduate Research Award through the Seattle University Lemieux Library & McGoldrick Learning Commons for this research presentation and project*

8. Symons Downs, D., Feinberg, M.E., Heron, K.E., Hillemeier, M., **Rauff, E.L.**, Smyth, J.M., Fonzi, P., Govey, P., & Wales, F.E. (April 2015). SMART Strong Healthy Women: Preliminary findings from a pilot study. Presented at Women's Health Research Day, The Pennsylvania State University & Pennsylvania State University College of Medicine: Hershey, PA.
9. **Rauff, E. L.** & Symons Downs, D. (April 2014). Technology in health care: Understanding OBGYN providers' beliefs about integrating e-health technology in prenatal care. Presented at the Women's Health Research Day, The Pennsylvania State University & Pennsylvania State University College of Medicine: Hershey, PA.
10. Symons Downs, D., Feinberg, M. E., Heron, K. E., Hillemeier, M., **Rauff, E. L.**, Smyth, J. M., Fonzi, P., & Wales, F. E. (2014). SMART strong healthy women: Preliminary findings from a pilot study. Pennsylvania State University College of Medicine, Hershey, PA.**Rauff, E. L.**, Symons Downs, D. & Savage, J. S. (March 2013). Gestational weight gain...does knowledge really matter? Presented at the Pennsylvania State University Graduate Exhibition.
11. **Rauff, E. L.**, Heaslip, C., Bowling, M., Symons Downs D. Contributions of depression and exercise for predicting prenatal gestational weight gain. (November 2012). Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
12. Ludwig C., **Rauff E. L.**, Pugh, S., & Symons Downs, D. (November 2012). Pregnancy Brain: Physical Activity, Psychological Health, and Cognitive Functioning of Mothers During and After Pregnancy. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
13. **Rauff, E. L.**, Symons Downs, D., Ludwig C., Adams, A., & Savage, J. (April 2012). Gestational weight gain...does knowledge really matter? Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
14. **Rauff, E. L.** & Symons Downs, D. (February 2012). Contributions of depression and exercise for predicting gestational weight gain in pregnancy. Presented at the Childhood Obesity Prevention Transdisciplinary Research Forum, The Pennsylvania State University.
15. **Rauff, E. L.** & Symons Downs, D. (November 2011). Contributions of depression and exercise for predicting gestational weight gain in pregnancy. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
16. **Rauff, E. L.** & Symons Downs, D. (March 2011). The mediating effects of body image satisfaction on exercise behavior, depressive symptoms, and gestational weight gain in pregnancy. Presented at the Pennsylvania State University Graduate Exhibition.
17. **Rauff, E. L.** & Symons Downs, D. (March 2011). The mediating effects of body image satisfaction on exercise behavior, depressive symptoms, and gestational weight gain in pregnancy. Presented at the Pennsylvania State University Institute for Diabetes and Obesity Research Summit, The Pennsylvania State University.
18. **Rauff, E. L.** & Symons Downs, D. (November 2010). The mediating effects of body image satisfaction on depression and gestational weight gain in early pregnancy. Presented at the

Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.

19. DiNallo, J. M., Symons Downs, D., & **Rauff, E. L.** (November 2010). Process evaluation of a structured exercise program for pregnant women. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
20. DiNallo, J. M., Symons Downs, D., & **Rauff, E. L.** Beliefs about exercise after pregnancy among women with GDM. (April 2010). Presented at the Pennsylvania State University Institute for Diabetes and Obesity Research Summit, The Pennsylvania State University.
21. Symons Downs, D., DiNallo, J. M., **Rauff, E. L.**, Ulbrecht, J. S., Birch, L. L., Paul, I. M., & Parker Klees, L. (April 2010). Pregnant women's exercise motivation and behavior: preliminary findings from a randomized physical activity intervention. Presented at the Pennsylvania State University Institute for Diabetes and Obesity Research Summit, The Pennsylvania State University.
22. **Rauff, E. L.** & Symons Downs, D. (April 2010). Examining the mediating relationship between body image satisfaction and its biopsychological correlates from first to second trimester. Presented at the Pennsylvania State University Institute for Diabetes and Obesity Research Summit, The Pennsylvania State University.
23. **Rauff, E. L.** & Symons Downs, D. (March 2010). Examining the mediating relationship between body image satisfaction and its biopsychological correlates from first to second trimester. Presented at the Department of Health and Human Development Research Forum, The Pennsylvania State University.
24. **Rauff, E. L.** & Symons Downs, D. (November 2009) Relationship between prepregnancy weight status and body image satisfaction in the first and second trimesters of pregnancy. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Forum, The Pennsylvania State University.
25. **Rauff, E.L.**, Symons Downs, D., DiNallo, J. M. (August, 2009). Relationship between pregnancy body mass index, psychological health, and physical activity in pregnancy. Presented at the 28th Summer Symposium in Molecular Biology: Nutrition, Genes, and Physical Activity: Understanding Obesity from Conception and Beyond, The Pennsylvania State University.
26. 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.
27. 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 Research Summit, The Pennsylvania State University.
28. 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. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Summit, The Pennsylvania State University.
29. DiNallo, J. M., Symons Downs, D., **Rauff, E. L.**, & Ulbrecht, J. S. (April, 2008). Effects of structured exercise on blood glucose in GDM women. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Summit, The Pennsylvania State University

30. **Rauff, E. L.**, Symons Downs, D., & DiNallo, J. M. (April, 2008). Gestational weight gain and physical activity. Presented at the Pennsylvania State Institute of Diabetes and Obesity Research Summit, The Pennsylvania State University.
31. **Rauff, E. L.**, Symons Downs, D., & DiNallo, J. M. (March, 2008). *Gestational weight gain and physical activity*. Presented at the Pennsylvania State University Graduate Exhibition.
32. **DiNallo, J. M.**, Symons Downs, D., **Rauff, E. L.**, & Ulbrecht, J. S. (November, 2007). Effects of structured exercise on blood glucose in GDM women. Presented at the Mid-Atlantic Regional Chapter for the American College of Sports Medicine, Harrisburg, PA.
33. **Rauff, E. L.**, DiNallo, J. M., & Symons Downs, D. (November, 2007). Gestational weight gain and physical activity. Presented at the Mid-Atlantic Regional Chapter for the American College of Sports Medicine, Harrisburg, PA.

INVITED PRESENTATIONS

1. **Rauff, E. L.** (2021) Kinesiology Department, Western Washington University. Invited Speaker for KIN 420 [Seminar in Sport Psychology]. Discussion with Senior Undergraduate Students about My Career Path within the field of Sport & Exercise Psychology and My Current Research Agenda.
2. **Rauff, E. L.** (2019). Kinesiology Department, Seattle University. Invited Speaker for SPEX 1550 [Introduction to Kinesiology]. Title of Presentation: Sport and Exercise Psychology: An Introduction & Careers.
3. **Rauff, E. L.** (2019). Kinesiology Department, Seattle University. Invited Speaker for SPEX 4910 [Integrated Approach to Musculoskeletal Injuries]. Title of Presentation: Psychology of Recovery.
4. **Rauff, E. L.** (2019). Kinesiology Department, Seattle University. Invited Speaker for SPEX 4910 [Integrated Approach to Musculoskeletal Injuries]. Title of Presentation: Psychology of Injury.
5. **Rauff, E. L.** (2019). The Consortium of Interdisciplinary Scholars, Seattle University. Invited Panel Speaker at Round Table. Title of Presentation: Personal Data and Data of Persons
6. **Rauff, E. L.** (2018). Kinesiology Department, Seattle University. Invited Speaker for SPEX 1550 [Introduction to Kinesiology] Title of Presentation: Sport and Exercise Psychology: An Introduction & Careers.
7. **Rauff, E. L.** (2018) ZGF Architects. Invited Speaker. Title of Presentation: Physical Activity & The Built Environment: Strategies for Increasing Physical Activity.
8. **Rauff, E. L.** (2017). Sport and Exercise Science Department, Seattle University. Invited Speaker for SPEX 1550 [Introduction to Kinesiology] Title of Presentation: Sport and Exercise Psychology: An Introduction.
9. **Rauff, E. L.** (2016). Sport and Exercise Science Department, Seattle University. Invited Speaker for SPEX 1550 [Introduction to Kinesiology] Title of Presentation: Sport and Exercise Psychology: An Introduction.
10. **Rauff, E. L.** (2014). Department of Exercise and Sport Sciences, Ithaca College. Invited Speaker. [Graduate Student Colloquium]. Title of Presentation: *Managing Weight Gain in Pregnancy*.

11. **Rauff, E. L.** (2013). Department of Exercise and Sport Sciences, Ithaca College. Invited Speaker. [Graduate Student Colloquium]. Title of Presentation: *Maternal Health Behaviors in Pregnancy: The Link to Obesity?*
12. **Rauff E. L.** (2012). Department of Nutrition, Pennsylvania State University. Invited Speaker for Nutrition 251 [Introductory Principles of Nutrition] Title of Presentation: *Fitness and Nutrition.*
13. **Rauff, E. L.** (2009). Department of Kinesiology, Pennsylvania State University. Invited Speaker for Kinesiology 180 [Introduction to Kinesiology] Title of Presentation: *Sport and Exercise Psychology: An Introduction to the Field.*

PREVIOUS RESEARCH SUPPORT

Dana Foundation Brain Awareness Week Outreach Grants Program (1/15/22 – 4/1/22)

The purpose of this project is to celebrate Brain Awareness Week through a series of creative, innovative activities targeting high school students, university students, and the general public. Proposed activities include 1) a school program incorporating 3D printing, 2) a live interview and podcast, 3) a social media campaign, and 4) poster distribution.

Role: Co-Investigator

Association for Applied Sport Psychology (AASP) Regional Conference Grant (10/1/21-5/1/22)

The mission of the 2022 AASP Pacific Northwest Regional Conference, the Northwest Student Sport and Exercise Psychology Symposium, in the tradition of other regional student conferences held throughout the United States, is to foster personalized learning and interaction between students and prominent professionals in the field of sport and exercise psychology. The symposium will provide a forum for students to present completed and proposed research, to introduce unique intervention techniques or programs, to discuss professional issues, and to meet professionals in both formal and informal settings. In addition to the funding from AASP, I have also obtained sponsorship funding from Seattle University College of Arts & Sciences, Athletics Department, and Swedish Health Services

Role: Principal Investigator/Conference Organizer

Seattle University College of Arts & Science Dean's Fellowship (7/2018 - 6/2019)

Longitudinal Study of Weight & Health Behaviors in First-Year College Students

The purpose of this project is twofold: 1) to identify predictors of weight gain during the first year of college by examining first-year college students' weight, psychological health, physical activity, dietary, health behaviors, and social support for these health behaviors and 2) to understand students' preferences regarding the format and strategies to be used in developing a future weight-management intervention. The findings from this project will be used to design a behavioral weight-management intervention in first-year college students. The goal is to apply for additional funding to conduct a pilot test of this intervention.

Role: Principal Investigator

Penn State Clinical and Translational Science Institute (1/2012 - 12/2013)

Predocutorial Training Program TL1

Needs Assessment of Healthy Eating & Physical Activity in Pregnancy to Promote Appropriate Gestational Weight Gain.

The goal of this study was to conduct semi-structured individual interviews and focus group interviews with OBGYN residents, physicians, nurses, and dietitians to examine the following: (1) OBGYN providers' beliefs and preferences for incorporating e-health technology into prenatal care, (2) OBGYN providers' barriers in using e-health technology in prenatal care, and (3) OBGYN providers' perceptions of their patients' barriers in using e-health technology to monitor diet and PA behaviors to manage GWG.

Role: Principal Investigator

RESEARCH EXPERIENCE

NIDDK (PI: Downs, D. Symons)

(9/15/08– 6/30/09)

R21DK075867-01

ACTIVE MOMS

The goal of this project was to deliver a behavioral physical activity intervention, Active MOMS, to pregnant women both with and without gestational diabetes and to compare the effects of the interventions (semi-intensive, face-to-face vs. less intensive, home-based physical activity) to a standard of care control group on maternal PA behaviors and psychological correlates, complications, and infant birth weight/growth.

Role: Research Assistant

Social Science Research Institute, Pennsylvania State University (PI Downs, D. Symons)

Beliefs About Exercise After Pregnancy (BEAP)

The goal of this study was to examine the beliefs and health behaviors of postpartum women who had gestational diabetes in their most recent pregnancy. Participants completed self-report surveys at 6 and 24 weeks postpartum, participated in a 60-min focus group with other postpartum women, and wore exercise monitors for one week during their free-living.

Role: Research Assistant

Social Science Research Institute, Pennsylvania State (PI: Downs, D. Symons)

Pregnancy and Exercise Survey Study

This research study longitudinally examined exercise, healthy eating, and other health beliefs and behaviors of pregnant and postpartum women. Women completed surveys midway through the first, second, and third pregnancy trimesters and at 6-weeks, 6-months, 1-year, and 2-years postpartum. Standardized measures obtained in this study included: exercise intention, attitude, subjective norm, perceived behavioral control, control beliefs, normative beliefs, behavioral beliefs, exercise behavior, body image, depression, anxiety, social support, self-efficacy, exercise dependence, exercise barriers, eating beliefs and behaviors, weight gain attitudes, health history, pregnancy complications, cognition, and memory.

Role: Research Assistant

Social Science Research Institute, Pennsylvania State

(4/1/10-06/30/11)

(PI: Downs, D. Symons & Gottschal, J.)

Moms Overcoming Barriers & Incorporating Lifestyle walking & Exercise (MOBILE)

The objective of this study was to employ a multidisciplinary approach to examine the psychological, physical, and environmental barriers of walking in pregnancy.

Role: Research Assistant

Clinical Translational Science Institute, Pennsylvania State University (PI: Downs, D.)

Feasibility of Integrating Innovative Mobile Phone Technology for Delivering the Strong Healthy Women (SMART) Preconceptional Intervention to Overweight and Obese Women in Underserved Rural and Urban Central Pennsylvania Communities

The purpose of this project was to conduct feasibility research to integrate mobile technology into the Strong Healthy Women Intervention and develop a NIH R01 application for a future RCT.

Role: Research Assistant

NHLBI (PI: Downs, D.) 1R01HL119245-01

(8/2013-5/2018)

Healthy Mom Zone

The purpose of this project was to develop and optimize (effective and efficient) individually tailored interventions to manage gestational weight gain in overweight/obese pregnant women. This project utilized principles from behavioral theory, systems science, and dynamical modeling to inform intervention design and implementation.

Role: Postdoctoral Research Fellow

Clearinghouse for Military Family Readiness Research Projects:

Continuum of Evidence Research Project. This research aims to identify, select, and implement the right evidence-based programs and practices to address wide-ranging family and mental health issues—from healthy parenting to preventing problematic and risky behaviors.

Role: Research & Evaluation Scientist

5210 Healthy Military Children and 5210 Healthy Children. This community-based program aims to improve the health of children and families by spreading a common health message about children's dietary, physical activity, screen-time behaviors and beverage consumption. The 5210 Healthy Military Children and 5210 Healthy Children campaigns were developed through collaboration between the Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy and the Resource Center for Obesity Prevention within the Clearinghouse for Military Family Readiness at The Pennsylvania State University.

Role: Research & Evaluation Scientist

SEATTLE UNIVERSITY SERVICE

Department

Kinesiology Instructor Hiring Committee, Summer 2017
Kinesiology Club Faculty Advisor, Fall 2017- Spring 2020
Kinesiology Department Chair Hiring Committee, Winter, 2018
Kinesiology Department Library Liaison, Summer 2018-Spring 2023
Kinesiology Department Program Coordinator Hiring Committee, Summer 2018
Exercise is Medicine Faculty Advisor; Fall 2018-Fall 2022
Program Director, Master of Science in Kinesiology, Fall 2019-Spring 2023
Kinesiology Tenure Track Line Hiring Committee, Fall, 2019
Kinesiology Department Program Coordinator Hiring Committee, Summer 2021
Acting Chair, Kinesiology Department, Fall 2022-Spring 2023

College

College of Arts & Sciences Summer Faculty Fellowship Committee Member, Spring 2019
Graduate Executive Council, Member, Fall 2019- Spring 2023
Professional Formation Advisory Board, Internship Subcommittee Member Spring 2020- Fall 2021
Graduate Curriculum Committee, Fall 2021- Spring 2023
College of Arts & Sciences Awards Committee, Spring 2021

University

Assistant Director of University Recreation Hiring Committee, University Recreation, Seattle University; Winter 2019
Applied Data Science Committee, College of Arts & Sciences Representative, Spring 2019 – Present
Office of Sponsored Projects Advisory Council, Committee Member, Fall 2020- Present
Director of University Recreation Hiring Committee, University Recreation, Seattle University, Fall 2021

THE PENNSYLVANIA STATE UNIVERSITY SERVICE

Department

Director, Biobehavioral Health Student Center, Fall 2023-present
Biobehavioral Health Academic Advisor Hiring Committee, Fall 2023
Biobehavioral Health Undergraduate Curriculum Committee, Fall 2023-present
Biobehavioral Health Assistant Teaching Professor Hiring Committee, Spring & Summer, 2024

EXTRAMURAL SERVICE

Exercise is Medicine on Campus Committee Member, American College of Sports Medicine, Spring 2020-present
Girls on the Run, Coach, Spring 2021-present
Girls on the Run Puget Sound, Board Member, Fall 2022-present

TRAINEES & MENTORSHIP

Undergraduate and Graduate Research Assistants and Trainees under my Direct Supervision

Carolyn van der Meulen (2018-2021)	Seattle University graduated 2018
Ella Fisher (2018 – 2019)	Seattle University graduated 2019
Monet Kumazawa (2019-2020)	Seattle University graduated 2020
Makayla Stahl (2020)	Seattle University graduated 2020
Johna Anderson (2020)	Seattle University graduated 2020
Jacky Fan (2021)	Seattle University graduated 2021
Augustine Herman (2020-2022)	Seattle University graduated 2022
Riley Korhonen (2022)	

Undergraduate and Graduate Teaching Assistants & Learning Assistants under my Direct Supervision

Qioafeng Ye	Penn State University, fall 2023
Yuqi Shen	Penn State University, spring 2024
Bethany Haag	Penn State University, spring 2024
Bipanpreet Kaur	Penn State University, spring 2024
Emily Bromirski	Penn State University, fall 2023
Tess Leonard	Penn State University, fall 2023-spring 2024
Saran Ashley-Douglas	Penn State University, fall 2023-spring 2024
Jordan Yerger	Penn State University, spring 2024
Katrina Genca	Penn State University, spring 2024 - present

SUPERVISION

Seattle University

2021-2023	Haley Hann (M.S., Kinesiology) <i>Barriers and Facilitators to Student Recreation Center Usage in First-Year University Students: A Comparison of SRC User and Non-User Groups</i>
2020-2022	Tyler Mansfield (M.S, Kinesiology) <i>Influence of the COVID-19 Pandemic on Mental Distress Associated with Return to Play in Collegiate Student Athletes</i>

- 2021 Anja Fricke (Ph.D., College of Health Scholarship) *Mini trampoline jumping as an exercise intervention to improve female specific health risk factors and functional fitness in postmenopausal women*, Consulting Supervisor

INVITED REVIEWER (JOURNALS & BOOKS)

1. Research Quarterly for Exercise and Sport (2012-Present)
2. Sport, Exercise, and Performance Psychology (2012)
3. BMC Pregnancy and Childbirth (2014; 2019)
4. Applied Psychology: Health & Well Being (2018)
5. Psychology of Sport & Exercise (2018)
6. PLOS One (2019)
7. International Journal of Environmental Research & Public Health (2019)
8. Women's Health Issues (2020)
9. Maternal & Child Health Journal (2020)
10. American College of Sports Medicine Resources for the Exercise Physiologist [Chapter 2, Preparticipation Physical Activity Screening and Guidelines; 2020]
11. Mental Health & Physical Activity (2020)

AWARDS & FELLOWSHIPS

- 2009 Golden Key International Honor Society
2010 NASPSPA Student Research Award
2013 Graduate Exhibition, 2nd place poster for Social and Behavioral Sciences
2019 Academic Service-Learning Faculty Fellow
2022 National Research Mentoring Network Strategic Empowerment Tailored for Health Equity Investigators Health Equity Collaboratory Participant

PROFESSIONAL MEMBERSHIPS

1. The Obesity Society (2011 - 2014)
2. Society of Behavioral Medicine (2011, 2014)
3. American College of Sports Medicine (2009, 2020-present)
4. North American Society for the Psychology of Sport and Physical Activity (2008- 2010; 2019-2021)
5. Golden Key International Honor Society (2009 – Present)
6. Psi Chi National Psychology Honor's Society (2003 – 2007)
7. Alpha Lambda Delta National Honor Society (2003-2007)

CERTIFICATIONS

- 2004 – 2013 American Red Cross First Aid Certification