

Curriculum Vitae

Kate Snyder Heelan

Human Performance Laboratory
University of Nebraska at Kearney
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EDUCATION

University of Kansas. Lawrence, Kansas: 2002 Doctorate of Philosophy,
Exercise Physiology.

University of Nebraska at Kearney. Kearney, Nebraska: 1995 Master of Arts in
Education, Exercise Science.

Drury College. Springfield, Missouri: 1993 Bachelor of Arts, Mathematics, Biology.

PROFESSIONAL EXPERIENCE

Assistant Professor	Department of Health, Physical Education, Recreation and Leisure Studies, University of Nebraska at Kearney, Kearney, Nebraska (August 2001 - Present)
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Graduate Teaching Assistant	Department of Health, Sports and Exercise Sciences, University of Kansas, Lawrence, Kansas (August 1999 – May 2001)
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Graduate Research Assistant	Department of Health, Sports and Exercise Sciences, University of Kansas, Lawrence, Kansas (August 1999 - December 2000)
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Lecturer	Department of Health, Physical Education, Recreation and Leisure Studies, University of Nebraska at Kearney, Kearney, Nebraska (August 1997 - July 1999)
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Research Associate	Human Performance Laboratory, University of Nebraska at Kearney, Kearney, Nebraska (August 1995 - July 1999)
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University Employee Health and Wellness Coordinator	University of Nebraska at Kearney, Kearney, Nebraska (February 1998 - July 1999, August 2002 - present)
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Consultant/ Chair	Kearney Well City Initiative, Kearney, Nebraska (Summer 1999) Member of Board of Directors (August 2002- present)
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Graduate Research Assistant	Department of Health, Physical Education, Recreation and Leisure Studies, University of Nebraska at Kearney, Kearney, Nebraska (June 1993 - August 1995)
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RESEARCH EXPERIENCE

1. Department of Health, Physical Education, Recreation and Leisure Studies, University of Nebraska at Kearney (August 2001- present). Assistant Professor and Director of Human Performance Laboratory. Oversee graduate (masters thesis) and undergraduate research conducted in Human Performance Laboratory. Coordination of several grants involving physical activity, public health, weight control and children:
 - a. "Walking School Bus Approach to Increase Physical Activity Levels of Elementary School"
 - b. "Nebraska On the Move"
2. Department of Health, Sports and Exercise Sciences, University of Kansas (August 1999 - December 2000). Graduate Research Assistant involved with on-going projects involving obesity, energy balance and weight control:
 - a. "Long-term Exercise, Weight Loss and Energy Balance" National Institutes of Health.
 - b. "Diet Restriction And Exercise: A Meta-Analysis" National Institutes of Health.
3. Human Performance Laboratory, University of Nebraska at Kearney (August 1995 - July 1999). Project Manager for the following grants involving osteoporosis prevention, energy balance and weight control:
 - a. "Influence of Exercise and Nutritional Education on Skeletal Bone Density in Pre – and Pubescent Girls" Nebraska Research Initiative.
 - b. "Long-term Exercise, Weight Loss and Energy Balance" National Institutes of Health.
 - c. "Effects of Moderate Doses of Exercise On Aerobic Capacity And Metabolic Fitness" American Heart Association.
4. Human Performance Laboratory, University of Nebraska at Kearney (June 1993 - August 1995). Graduate Research Assistant involved with on-going projects involving energy balance and weight control with adults and children:
 - a. "Nutrition and Physical Activity Program To Attenuate Obesity And Promote Physical And Metabolic Fitness In Elementary School Children" Nebraska Beef Board.
 - b. "Will a Low Fat After School Snack Improve the Nutritional Quality of Elementary School Childrens' Diets?" Health Management Resources.
 - c. "Difference in Oxygen Consumption Drift During Submaximal Exercise Between Obese and Normal Weight Women" University of Nebraska at Kearney Research Services Council.
 - d. "Very Low Energy Diets for Obese Adults" Health Management Resources.

SCHOLARSHIP

PUBLICATIONS

Manuscripts:

Heelan, K.A. Implementing a Walking School Bus Program into Elementary Schools. **In progress.**

Heelan, K.A. Walking School Bus Approach to Increase Physical Activity Levels of Elementary School Children. **In progress.**

Holmes, M., Eisenmann, J.C., Johannsen, D., **Heelan, K.A.**, The Association Between Calcium Intake and Adiposity in 9-12 yr Old Children. **In progress.**

Boury, S.R., **Heelan, K.A.**, Archwamety, T., Benz, J.J, Bishop, P. L., Parental Perceived Barriers to Elementary School Children Active Commuting To and From School. American Journal of Public Health. **In review.**

Heelan, K.A., Eisenmann, J.C. Physical Activity, Media Time, And Body Composition In Young Children. Journal of Physical Activity & Health. **In Press.**

Eisenmann, J.C., Wrede, J., **Heelan, K.A.**, (2005) Associations Between Adiposity, Family History Of CHD And Blood Pressure In 3-8 Yr Old Children. Journal of Human Hypertension. Vol, 19:675-681.

Heelan, K.A., Donnelly, J.E., Jacobsen, D.J. Mayo, M.S., Washburn, R., Greene, L., (2005) Active Commuting To And From School And BMI In Elementary School Children – Preliminary Data. Child: Care, Health & Development. Vol.31(3): 341-349.

Eisenmann, J.C., **Heelan, K.A.**, Welk, G., (2004) Assessing Body Composition among 3-to- 8-Year-Old Children: Anthropometry, BIA, and DXA. Obesity Research. Vol.12:1633-1640.

Krueger, R., Cook, C., **Heelan, K.A.**, (2004) A Prediction Equation for Estimating Cardiorespiratory Fitness (VO₂max) using a Precor Elliptical Exercise Machine. Proceedings of the National Conference on Undergraduate Research.

Jacobsen, D.J., Donnelly, J.E., **Snyder -Heelan, K.A.**, Livingston, K.L. (2003) Adherence And Attrition With Intermittent And Continuous Exercise In Overweight Females. International Journal of Sports Medicine. Vol 24: 459-464.

Donnelly, J.E., Jacobsen, D.J., Hill, J.O., Potteiger, J., Sullivan, D., Johnson, S., **Heelan, K.A.**, Fennessey, P.V., Sonko, B., Sharp, T., Jakicic, J., Blair, S.N., Tran, Z.V., Mayo, M., Gibson, C., Washburn, R. (2003) The Effects Of A 16-Month, Randomized, Controlled Exercise Trial On Body Weight And Composition In

Young, Overweight Men And Women: The Midwest Exercise Trial (MET). Archives of Internal Medicine Vol. 163:1343-1350.

Falk, D. J., **Heelan, K.A.**, Thyfault, J. P., Koch, A. (2003) Effects Of Effervescent Creatine, Ribose, And Glutamine Supplementation On Muscular Strength, Muscular Endurance And Body Composition. Journal of Strength and Conditioning Research. Vol. 17 (4): 810-817

Sullivan, D., Legowski, P., Jacobsen, D., **Snyder Heelan, K.**, Johnson, S., Donnelly, J. (2002) A Low Fat After School Snack Improves the Nutritional Quality of Elementary School Children's Diets. Journal of the American Dietetic Association. Vol. 102 (5):707-709.

Donnelly, J.E., Jacobsen, D.J., **Snyder Heelan, K.A.**, Seip, R.L., (2000) Effects Of Long-term, Moderate Intensity, Intermittent Exercise on Weight Loss and Body Composition. International Journal of Obesity. Vol. 24: 566-572.

Snyder, K.A., Donnelly, J.E., Jacobsen, D.J., Hertner, G., Jakicic, J.M., (1997) The Effects of Long-term, Moderate Intensity, Intermittent Exercise on Aerobic Capacity, Body Composition, Blood Lipids, Insulin and Glucose in Overweight Females. International Journal of Obesity. Vol. 21: 1180-1189.

Refereed Published Abstracts:

Heelan, K.A., McFarland, S., (2006) Walking School Bus Approach to Increase Daily Physical Activity and Attenuate BMI in Grade School Children. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl.

McAlpin, J.K., **Heelan, K.A.**, (2006) Children Escorted to School: Preliminary Data on Parental Physical Activity. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl.

Unruh, S., **Heelan, K.A.**, (2006) Parent Expectation of A Walking School Bus Program Offered Through A Public School District In Nebraska. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl.

Ray, M.W., **Heelan, K.A.**, (2006) Influence of Active Commuting To School on Physical Activity Levels of Boys and Girls. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl.

Abbey, B.M., **Heelan, K.A.**, Welk, G., (2006) Evaluating Compliance Of Grade School-Aged Children To Wear Accelerometers. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl.

- Ihmels, M.A., Eisenmann, J.C., **Heelan, K.A.**, Welk, G., (2006) Assessing Body Fatness in Children: Comparing DXA, BIA, and Anthropometry and Application to *FITNESSGRAM*. Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl.
- Braucher, D., Eisenmann, J.C., **Heelan, K.A.**, Wickel, E.E., (2006) Does the Intrauterine Environment Influence Physical Activity During Childhood? Medicine and Science in Sports and Exercise. Vol 38 (5): Suppl.
- Heelan, K.A.**, (2005) Walking School Bus Approach to Alter Lifestyle Physical Activity Patterns of Elementary School Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl.
- Boury, S., **Heelan, K.A.**, (2005) Differences in Parental Perceived Barriers and Determinants to Active Commuting Among Elementary School Students. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl.
- Holmes, M.E., Eisenmann, J.C., Johannsen, D., **Heelan, K.A.**, (2005) The Association Between Calcium Intake and Adiposity in 9-12 Year Old Children. Journal of the International Society of Sports Nutrition. Vol 2(1):Suppl.
- Scantling, A., **Heelan, K.A.**, Abbey, B., Eisenmann, J., (2005) Associations Between Physical Activity And Body Composition In Preschool-aged Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl.
- Semin, K., **Heelan, K.A.**, Eisenmann, J., (2005) Prevalence Of Hypertension And Association With Overweight Among Preschool-aged Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl.
- Ray, M., **Heelan, K.A.**, Eisenmann, J., (2005) Influence Of Screen Media On Body Composition And Physical Activity In Preschool Age Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl.
- McFarland, S., **Heelan, K.A.**, (2005) Physical Education Versus Lifestyle Physical Activity In Elementary School Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl.
- Abbey, B., **Heelan, K.A.**, Scantling, A., Eisenmann, J., (2005) Physical Activity Levels Among 4-7 Year Old Children. Medicine and Science in Sports and Exercise. Vol 37 (5):Suppl.
- Boury, S., **Heelan, K.A.**, (2004) Parental Perceived Barriers and Determinants Predicting Active Commuting To and From School Among Elementary School Children. Obesity Research. Vol 12:Suppl.
- Heelan, K.A.**, (2004) Walking School Bus Approach to Increase Physical Activity Levels of Elementary School Children. Obesity Research. Vol 12:Suppl.
- Krueger, R.D., **Heelan, K.A.**, Cook, C., (2004) A Prediction Equation for Estimating

Cardiorespiratory Fitness (VO₂max) Using a Precor Elliptical Exercise Machine. Medicine and Science in Sports and Exercise. Vol 36 (5):Suppl.

Cook, C., **Heelan, K.A.**, Krueger, R.D., (2004) Comparison of Energy Expenditure on the Treadmill vs. the Elliptical Machine at a Self-Selected Intensity. Medicine and Science in Sports and Exercise. Vol 36 (5):Suppl.

McFarland, S.P., **Heelan, K.A.**, Cook, C., Krueger, R.D., Eisenmann, J.C. (2004) Physical Activity, Television Viewing, and Body Composition in Young Children. Medicine and Science in Sports and Exercise. Vol 36 (5):Suppl.

Heelan, K.A., Krueger, R.D., Cook, C., Eisenmann, J.C., (2004) Association Between Physical Activity, Parental Influence, and Overweight During the Adiposity Rebound Period. Medicine and Science in Sports and Exercise. Vol 36 (5):Suppl.

Boury, S., **Heelan, K.A.**, Frequency of Active Commuting To and From School and Parental Perceived Barriers to Active Commuting. (2004) Medicine and Science in Sports and Exercise. Vol 36 (5):Suppl.

Boury, S., **Heelan, K.A.**, (2003) Active Commuting to and From School Among 4th and 5th Grade Children. Medicine and Science in Sports and Exercise. Vol 35 (5): Suppl.

Cook, C., **Heelan, K.A.**, (2003) Association Between BMI and Body Fat Among 10-11 Year Old Boys and Girls. Medicine and Science in Sports and Exercise. Vol 35 (5): Suppl.

Heelan, K.A., Jacobsen, D.J., Hill, J.O., Donnelly, J.E. (2002) Do Young Adults Compensate for Exercise by Decreasing Habitual Physical Activity? The Midwest Exercise Trial. Medicine and Science in Sports and Exercise. Vol 34(5): Suppl.

Washburn, R., Donnelly, J.E., Jacobsen, D.J., **Heelan, K.A.**, (2002) Validity of the 7-Day Physical Activity Recall in Young Adults: The Midwest Exercise Trial. Medicine and Science in Sports and Exercise. Vol 34(5): Suppl.

Boury, S., **Heelan, K.A.**, Jacobsen, D.J., Donnelly, J.E., (2002) Change in Weight Among 4th and 5th Grade Elementary School Children From 1994-2001. Medicine and Science in Sports and Exercise. Vol 34(5): Suppl.

Snyder Heelan, K.A., Jacobsen, D.J., Hill, J.O., Johnson, S., Donnelly, J.E., (2001) Differences in Body Weight Changes Between Males and Females in Response to Exercise. Medicine and Science in Sports and Exercise. Vol. 33 (5): Suppl.

Snyder Heelan, K.A., Stanton, A., Donnelly, J.E., Pronk, N., Jacobsen, D.J., (2000) Does Occupational Stress Effect Exercise? Medicine and Science in Sports and Exercise. Vol. 32 (5): Suppl.

Kuebler, T., **Snyder Heelan, K.A.**, Jacobsen, D.J., Potteiger, J.A., Donnelly, J.E.,

(2000) Do Responders Have Higher EPOC Than Non-responders After 16 Months of Exercise? Medicine and Science in Sports and Exercise. Vol.32 (5): Suppl.

Marcusson, A.C., Atkins, S., Sorenson, K., Livingston, K., **Snyder, K.**, Seip, R.L., (2000) Effects of Jumping and Climbing Activities on Muscular Strength in Adolescent Females. Medicine and Science in Sports and Exercise. Vol. 32(5): Suppl.

Snyder Heelan, K.A., Christensen, A., Donnelly, J.E., Jacobsen, D.J., Potteiger, J.A., (1999) Efficiency of Weight Loss: A Meta-Analysis. Obesity Research. Vol. 1(7): Suppl.

Boudreau, D. **Snyder, K.**, Sorenson, K., Seip, R. (1999) Daily intake of twelve ounces of carbonated drinks: A threshold for decreased total body bone calcium in girls. Journal of Bone Mineral Research. 14 (suppl. I).

Boudreau, D.M., Livingston, K.L., **Snyder, K.**, Seip, R.L. (1999) Evaluation of a calcium education model designed for second and fifth grade girls and their parents. J. Amer. Diet. Assoc. 99(9):Suppl.

Jacobsen, D.J., Donnelly, J.E., Seip R.L., **Snyder, K.A.**, (1999) Will Eighteen Months Of Moderate Intensity, Intermittent Exercise Improve Body Composition Or Metabolic Fitness In Obese Adults? Medicine and Science in Sports and Exercise. Vol. 31(5): Suppl.

Seip, R.L., Boudreau, D.M., Livingston, K., Atkins, S., Sorenson, K., Marcusson, A., **Snyder, K.**, (1999) Decreased Dietary Calcium Intake with Onset of Adolescence in Girls. The Journal of the American Dietetic Association. Vol. 99 (9): Suppl.

Boudreau, D., Livingston, K., **Snyder, K.**, Seip, R., (1999) Evaluation of Calcium Education Model Designed for Second and Fifth Grade Girls and their Parents. The American Dietetic Association. Vol. 99 (9); Suppl.

Seip, R.L., **Snyder, K.**, Livingston, K., Atkins, S., Sorenson, K., Marcusson, A., (1999) Strength and Anthropometric Predictors of Bone Density in Girls. The FASEB Journal. Vol. 13(5) Part II: Suppl.

Donnelly, J.E., Jacobsen, D.J., Hill, J.O., Seip, R.L., **Snyder, K.A.**, (1999) Is Exercise Effective for Weight Loss? Preliminary Results from the Exercise Efficacy Trial. Medicine and Science in Sports and Exercise. Vol. 31 (5): Suppl.

Snyder, K.A., Donnelly, J.E., (1998) Intermittent Exercise May Not Provide Enough Stimulus to Maintain Long-Term Improvements in Aerobic Capacity. Medicine and Science in Sports and Exercise. Vol. 30 (5): Suppl.

Livingston, K.L., **Snyder, K.A.**, Seip, R.L., Jacobsen, D.J., Donnelly, J.E., (1998)

Adherence and Attrition to Long-Term. Moderate Intensity Exercise. Medicine and Science in Sports and Exercise. Vol. 30 (5): Suppl.

Atkins, S.A., Seip, R.L., **Snyder, K.A.**, Donnelly, J.E., (1998) Reasons for Attrition in Long-Term Exercise Programs. Medicine and Science in Sports and Exercise. Vol. 30 (5): Suppl.

Livingston, K.L., **Snyder, K.A.**, Donnelly, J.E., Jacobsen, D.J., (1997) Intermittent Exercise Produces Better Long-Term Adherence than Continuous exercise. Medicine and Science in Sports and Exercise. Vol. 29(5): Suppl.

Snyder, K.A., Donnelly, J.E., Jacobsen, D.J., (1996) Individual Differences in the Response to Moderate Levels of Discontinuous Exercise. Obesity Research. Vol. 4(1): Suppl.

Merkle, A., **Snyder, K.A.**, Ferris, J., Donnelly, J.E., Seip, R.L., (1996) Glucose Tolerance After Short Term Exercise Consisting of Continuous or Intermittent Bouts. Obesity Research. Vol. 4(1): Suppl.

Snyder, K.A., Donnelly, J.E., Jacobsen, D.J., (1996) How Much Exercise is Enough? Medicine and Science in Sports and Exercise. Vol. 28(5): Suppl.

Donnelly, J.E., **Snyder, K.A.**, Jacobsen, D.J., Pronk, N.P., (1996) Moderate Intermittent Doses of Exercise Improves Insulin and Insulin/Glucose in Overweight Females. Medicine and Science in Sports and Exercise. Vol. 28(5): Suppl.

Richards, N.E., **Snyder, K.A.**, Donnelly, J.E., Jacobsen, D.J., (1996) Does Long-term Moderate Exercise Increase Carbohydrate Intake? Medicine and Science in Sports and Exercise. Vol. 28(5): Suppl.

Jakicic, J.M., Donnelly, J.E., **Snyder, K.A.**, Richards, N. Jacobsen, D.J., (1996) The Relationship Between Body Fat Distribution and Respiratory Exchange Ratio (RER) in Adult Males. Medicine and Science in Sports and Exercise. Vol. 28(5): Suppl.

Rodgers, J.A., Donnelly, J.E., Jacobsen, D.J., **Snyder, K.A.**, (1996) Effects of Long-Term Resistance Training on Body Composition and Resting Metabolic Rate. Medicine and Science in Sports and Exercise. Vol. 28(5): Suppl.

Snyder, K.A., Jacobsen, D.J., Donnelly, J.E., (1995) Difference in Oxygen Consumption Drift During Submaximal Exercise Between Obese and Normal Weight Women. Obesity Research. Vol. 3(3): Suppl.

Snyder, K.A., Jacobsen, D.J., Donnelly, J.E., Whatley, J.E., (1995) Body Fat Accretion In Obese Children Is Not Responsive To A 2 Year Nutrition And Physical Activity Intervention. Medicine and Science in Sports and Exercise. Vol. 27(5): Suppl.

Snyder, K.A., Jacobsen, D.J., Donnelly, J.E., (1994) Prediction of VO₂max in Children Without Exercise Testing. Medicine and Science in Sports and Exercise. Vol. 26(5): Suppl.

PRESENTATIONS AT SCIENTIFIC MEETINGS

National

Walking School Bus Approach to Alter Lifestyle Physical Activity Patterns of Elementary School Children. American College of Sports Medicine National Meeting, Nashville, TN, June 2005. (competitive selection)

Differences in Parental Perceived Barriers and Determinants to Active Commuting Among Elementary School Students. American College of Sports Medicine National Meeting, Nashville, TN, June 2005. (competitive selection)

Walking School Bus Approach to Increase Physical Activity Levels of Elementary School Children. North American Association for the Study of Obesity. Las Vegas, Nevada, October, 2004. (competitive selection)

Association Between Physical Activity, Parental Influence, and Overweight During the Adiposity Rebound Period. American College of Sports Medicine National Meeting, Indianapolis, Indiana, June 2004. (competitive selection)

Do Young Adults Compensate for Exercise by Decreasing Habitual Physical Activity? The Midwest Exercise Trial. American College of Sports Medicine National Meeting, St. Louis, Missouri, June 2002. (competitive selection)

Relationship Between Exercise Adherence, Injury and Illness with Aerobic Capacity and Energy Expenditure in a Long-term Exercise Trial. Nutrition Week, San Diego, California. February, 2002. (competitive selection)

Differences in Body Weight Changes Between Males and Females in Response to Exercise. American College of Sports Medicine National Meeting, Baltimore, Maryland, June 2001. (competitive selection)

How Does Long-term Intermittent Exercise Affect Adherence and Metabolic Fitness.
Snyder, K.A., Seip, R.L., Donnelly, J.E., Jacobsen, D.J., The American Alliance for Health, Physical Education, Recreation and Dance National Meeting. Reno, Nevada, April 1998 (invited).

Regional

Walking School Bus Approach to Increasing Physical Activity Levels of Elementary School Children. 6th Annual Conference on the Prevention and Treatment of Obesity –

Emphasis on Childhood and Adolescent Obesity. Kansas City, Missouri, September 2004 (invited).

Differences in Energy Expenditure Between Males and females in Response to Exercise. Central States Chapter of American College of Sports Medicine Regional Meeting, Kansas City, Missouri, October 2000. (competitive selection)

The Effects of Long-term Moderate Intensity Exercise on Adherence and Attrition. Central States Chapter of American College of Sports Medicine Regional Meeting, Kansas City, Missouri, October 1999. (competitive selection)

State

Creating Energy Balance, **Heelan, K.A.**, Steinkrueger, R., Nebraska Association for Health, Physical Education, Recreation and Dance. Annual State Meeting. Kearney, Nebraska, October 2005 (invited).

The Impact of Physical Activity on the Obesity Epidemic, **Heelan, K.A.**, Nebraska Association of Exercise Physiologists Annual State Meeting. Kearney, Nebraska, March 2003 (invited).

GRANTS

Pending

American Heart Association. Funding Pending
Walking School Bus Approach to Increase Physical Activity Levels and Attenuate BMI of
Elementary School Children. \$71,500
Role: Principal Investigator

American Heart Association. Funding Pending
Longitudinal study of the obesity-hypertension phenotype
during the adiposity rebound \$143,000
Role: Co- Investigator

Current Research Grants

American Heart Association. Funded July 2004- June 2006
Walking School Bus Approach to Increase Physical Activity Levels of Elementary School
Children. \$143,000
Role: Principal Investigator

UNK Research Services Council. Funded September 2005
Will Walking Your Child To and From School Increase Your Own Health?
Role: Faculty Mentor \$700

Previous Research Grants

Minority Health Research Seed Projects. Funded March 2004 – March 2005
University of Nebraska Medical Center. \$56,000
A self-management Intervention for Adult Hispanics with Type 2 Diabetes
Role: Co- Investigator

UNK Undergraduate Research Council. Funded December 2004
The Effects of Rehydration with a Glucose Polymer on Performance in College Wrestlers
Role: Faculty Sponsor, Principal Investigator \$300

University of Nebraska at Kearney Graduate Office. Funded November 2003
Parental Perceived Barriers to Active Commuting To and From School of Elementary
School Children. \$700
Role: Faculty Sponsor, Principal Investigator

UNK Undergraduate Summer Research. Funded May 2003
Association Between Fatness, Physical Activity And Television Viewing In Children During
The Adiposity Rebound Period. \$5,000
Role: Faculty Sponsor, Principal Investigator

UNK Undergraduate Summer Research. Funded May 2003

Validation of Body Composition Measures During the Adiposity Rebound Period.
 Role: Faculty Sponsor, Principal Investigator \$5,000

UNK Research Services Council. Funded July 2003
 Walking School Bus Approach to Increase Physical Activity Levels of Elementary School
 Children \$4150
 Role: Principal Investigator

Nebraska Beef Council. Funded July 2003
 Walking School Bus Approach to Increase Physical Activity Levels of Elementary School
 Children \$4130
 Role: Principal Investigator

UNK Research Services Council. Funded December 2002
 Viability And Ease Of Using And Interpreting MTI Actigraph Activity Monitors To Measure
 Physical Activity In College Students. \$300
 Role: Faculty Sponsor, Principal Investigator

UNK Research Services Council. Funded December 2002
 Exercise Mode And Gender Comparisons Of Energy Expenditure At Self-Selected
 Intensities. \$300
 Role: Faculty Sponsor, Principal Investigator

UNK Research Services Council. Funded January 2002
 The Effects Of A Combination Of Creatine, Ribose And L-Glutamine On Body Composition
 And Athletic Performance In Weight-Trained Males. \$700
 Role: Faculty Sponsor, Principal Investigator

UNK Research Services Council. Funded October 2001
 The Association Between Physical Activity As A Means Of Transportation To And From
 School And BMI In Elementary School Children. \$4000
 Role: Principal Investigator

Service Grants

Nebraska Beef Council. Funded January 2006
 Nebraska On the Move Kids Fitness and Nutrition Day 2006 \$15,000
 Role: Principal Investigator

PACE: Physically Active Communities Excel Funded January 2006
 Kearney Get Moving \$10,000
 Role: Board of Director, Wellness Works of Kearney

Buffalo County Community Partners Funded December 2005
 Health Report Card \$2,875
 Role: Principal Investigator

Nebraska Beef Council Nebraska On the Move Kids Fitness and Nutrition Day Role: Principal Investigator	Funded September 2005 \$9,000
Wellness Councils of the Midlands Project PACE: Physically Active Communities Excel Role: Principal Investigator	Funded August 2005 \$20,000
Two Rivers Public Health Department. Nebraska On the Move Kids Fitness and Nutrition Day Role: Principal Investigator	Funded March 2005 \$4,500
Blue Cross & Blue Shield of Nebraska Walking Club for Kearney Community Learning Center Role: Principal Investigator	Funded September 2004 \$5,410
The Partnership to Promote Healthy Eating and Active Living Nebraska On the Move, An Affiliate of America On the Move Role: Principal Investigator	Funded March 2004 \$35,000

Other Nebraska On the Move Funding:

Two Rivers Public Health District	\$5000	Funded March 2005
Two Rivers Public Health District	\$3000	Funded February 2004
Buffalo County Community Partners	\$25,000	Funded November 2004
Nebraska Beef Council	\$5000	Funded August 2004
Buffalo County Community Partners	\$5000	Funded July 2004
Panhandle Public Health District	\$3000	Funded May 2003
Nebraska Health and Human Services	\$2000	Funded August 2004

STUDENT PROJECTS

Graduate Student Projects

McAlpin, J. Faculty Mentor: **Heelan, K.A.** Will Walking Your Child To and From School Increase Your Own Health? Thesis in progress.

Abbey, B., Mentor: **Heelan, K.A.** Physical Activity Levels Among 4-7 Year Old Children. Presented at: *The American College of Sports Medicine National Meeting, Nashville, TN, June 2005*

McFarland, S., Mentor: **Heelan, K.A.** Physical Education Versus Lifestyle Physical Activity In Elementary School Children. Presented at: *The American College of Sports Medicine National Meeting, Nashville, TN, June 2005*

McFarland, S. Effects of Exercise Duration on Glucose Tolerance and Insulin Sensitivity in Mildly Overweight Men. Thesis Committee Member. Anticipated date of completion: May 2005. Presented at: *Student Research Day 2005.*

McAlpin, J. Faculty Mentor: **Heelan, K.A.** Perceptions of Caloric Intake among College Students: Accurate or Inaccurate? *Presented at: Student Research Day 2005.*

Ray, M. Faculty Mentor: **Heelan, K.A.** Influence of Screen Media On Body Composition and Physical Activity in Preschool Age Children. Presented at: Student Research Day 2005 and at the American College of Sports Medicine National Meeting, Nashville, TN, June 2005

Boury, S., Parental Perceived Barriers to Active Commuting To and From School of Elementary School Children. Thesis Committee Chair. Completed August 2004. *Presented at UNK Student Research Day 2004.*

Steinkrueger, R., Faculty Mentor: **Heelan, K.A.** The Impact Of A Six-Month Worksite Stretching Program Aimed To Decrease Employee Injury Rates. *Masters Degree Comprehensive Exam Project 2004. UNK Student Research Day 2004.*

Sanchez, C., Faculty Mentor: **Heelan, K.A.** Healthcare providers and the metabolic syndrome. *Masters Degree Comprehensive Exam Project 2004. UNK Student Research Day 2004.*

McFarland, S. Faculty Mentor: **Heelan, K.A.** Effect of Hydrating Solutions on Peak Anaerobic Power in College Wrestlers. *UNK Student Research Day 2004.*

Boury, S., Faculty Mentor: **Heelan, K.A.** Viability And Ease Of Using And Interpreting MTI Actigraph Activity Monitors To Measure Physical Activity In College Students. Graduate Student Research Presented at: *Nebraska Association of Exercise Physiologist Annual State Meeting (2003), UNK Student Research Day 2003.*

Boury, S., Faculty Mentor: **Heelan, K.A.**, Active Commuting to and From School Among 4th and 5th Grade Children. Presented at the American College of Sports Medicine National Meeting, San Francisco, California, May 2003

Phillips, B.E., Seip, R.L., Faculty Mentor: **Heelan, K.A.**, Comparison of Body Fat Analysis by DXA and Under Water Weighing in 4th and 5th Grade Girls. Graduate Student Research Presented at: *UNK Student Research Day (2002) (2nd Place in Graduate Division).*

Falk, D., Faculty Mentor: **Heelan, K.A.**, Lopez, S. The Effects Of A Combination Of Creatine, Ribose And L-Glutamine On Body Composition And Athletic Performance In Weight-Trained Males. Graduate Student Research Presented at: *UNK Student Research Day (2002) (Honorable Mention in Graduate Division), Published in Journal of Strength and Conditioning Research. 2003; Vol. 17 (4): 810-817.*

Undergraduate Student Projects

Burbach, S. Faculty Mentor: **Heelan, K.A.** and Brown, G. Fitness Assessment on HPERL majors. Undergraduate Research. Presented at *UNK Student Research Day 2005*.

Semin, K. Faculty Mentor: **Heelan, K.A.** and Brown, G. Divergence Between Training, Competition, and Laboratory Measures of Maximum Heart Rate. Undergraduate Research. Presented at *UNK Student Research Day 2005*.

Semin, K., Faculty Mentor: **Heelan, K.A.**, Prevalence Of Hypertension And Association With Overweight Among Preschool-aged Children. Undergraduate Research. *Accepted for presentation at the National American College of Sports Medicine meeting 2005, The National Conference on Undergraduate Research 2005, UNK Student Research Day 2005 (First Place in Applied/Professional Science).*

Abbey, B., Faculty Mentor: **Heelan, K.A.**, Validation of HydraTrend™ Reagent Strips for the Assessment of Hydration Levels. Undergraduate Research. *Accepted for presentation at The National Conference on Undergraduate Research 2005, UNK Student Research Day 2005 (Second Place in Applied/Professional Science).*

Scantling, A., Abbey, B., Faculty Mentor: **Heelan, K.A.**, Association Between Physical Activity and Adiposity in Preschool Aged Children. Platte Studies Seminar Undergraduate Summer Research Program 2004. *Accepted for presentation at The National Conference on Undergraduate Research 2005, National American College of Sports Medicine meeting 2005, UNK Student Research Day 2005 (Student Choice award in Applied/Professional Science).*

Abbey, B., Scantling, A., Faculty Mentor: **Heelan, K.A.**, Comparison of Methods of Glycogen Replenishment and Repeated High Intensity Exercise Trials. Platte Studies Seminal Undergraduate Summer Research Program 2004. Presented at: *Student Research Day 2005*

Abbey, B., Faculty Mentor: **Heelan, K.A.** The Effects of Rehydration with a Glucose Polymer on Performance in College Wrestlers. Undergraduate Student Research Presented at: *The National Conference on Undergraduate Research 2004, UNK Student Research Day 2004 (First Place in Applied/Professional Science).*

Krueger, R., Cook, C., Faculty Mentor: **Heelan, K.A.**, A Prediction Equation for Estimating Cardiorespiratory Fitness (VO₂max) using a Precor Elliptical Exercise Machine. Undergraduate Student Research Presented at: *UNK Student Research Day 2003, The National Conference on Undergraduate Research 2004. , UNK Student Research Day 2004 (Second Place in Applied/Professional Sciences). Published in the NUCUR Proceedings, 2004.*

Holmes, M., Faculty Mentor: **Heelan, K.A.** The Association Between Physical Activity and Food Choices Among 4th and 5th Grade Children Undergraduate Student Research Presented at: *UNK Student Research Day 2004 (Honorable Mention in Applied/Professional Sciences).*

Scantling, A., Faculty Mentor: **Heelan, K.A.** Physiological and Psychological

Characteristics of Marathon Club Participants. Undergraduate Student Research Presented at: *UNK Student Research Day 2004*.

Cook, C., Krueger, R.D., Faculty Mentor: **Heelan, K.A.**, Physical Activity, Television Viewing, and Body Composition in Young Children. Summer Research 2003. *Accepted for presentation at National American College of Sports Medicine meeting 2004*.

Krueger, R.D., Cook, C., Faculty Mentor: **Heelan, K.A.**, Association Between Physical Activity, Parental Influence, and Overweight During the Adiposity Rebound Period. Summer Research 2003. *Accepted for presentation at National American College of Sports Medicine meeting 2004*.

Holmes, M., Faculty Mentor: **Heelan, K.A.** Protein and its Effects on Metabolism. Undergraduate paper published in the *University of Nebraska at Kearney Undergraduate Research Journal (2003)*.

Book, K., Boury, S., Faculty Mentor: **Heelan, K.A.** Do Female College Students Obtain Enough Moderate Intensity Physical Activity By Walking On Campus? Undergraduate Student Research Presented at: *UNK Student Research Day 2003*.

Cook, C., Krueger, R., Faculty Mentor: **Heelan, K.A.** Exercise Mode And Gender Comparisons Of Energy Expenditure At Self-Selected Intensities. Undergraduate Student Research Presented at: *The National Conference on Undergraduate Research 2003, UNK Student Research Day 2003*.

Cook, C., Faculty Mentor: **Heelan, K.A.** Association Between BMI and Body Fat Among 10-11 Year Old Boys and Girls. Presented at: *the American College of Sports Medicine National Meeting, San Francisco, California, May 2003*

Boury, S., Faculty Mentor: **Heelan, K.A.**, Change in Weight Among 4th and 5th Grade Elementary School Children From 1994-2001. Undergraduate Research Presented at: National Conference on Undergraduate Research 2002, UNK Student Research Day 2002, American College of Sports Medicine National Convention 2002.

Cook, C., Faculty Mentor: **Heelan, K.A.**, Does Exercise Training Alter Substrate Utilization in Sedentary, College Aged Males and Females. Undergraduate Research Presented at: *UNK Student Research Day 2002*.

TEACHING

COURSES TAUGHT

University of Nebraska at Kearney

Fitness Testing and Laboratory (PE 467/867)

Physiology of Exercise and Laboratory (PE 461/861)

Public Health Aspects of Exercise and Laboratory (PE 468)

Energy Balance and Weight Control and Laboratory (PE 469/866)

University of Kansas

Clinical Fitness Evaluation (HSES 673)

Physical Conditioning (HSES 108)

STUDENT SERVICES

University of Nebraska at Kearney

Faculty advisor of 3 Graduate Research Assistants in the Human Performance Laboratory

Faculty advisor to 2-4 undergraduate students each semester in the Human Performance

Laboratory completing Field Study Experience or Internship

Faculty advisor to 45-60 Exercise Science Majors

Faculty mentor for graduate and undergraduate research projects and thesis

SERVICE

INVITED PRESENTATIONS

Perceptions of Undergraduate Research. Research at Primarily Undergraduate Institutions. Conference sponsored by the University of Nebraska at Kearney. September 2005.

Preparing For The Future: Professional Development Issues for Graduate Assistants. Graduate Student Orientation, University of Nebraska at Kearney. August 2003, 2004, 2005.

Nebraska On the Move. New York WIC Association Annual Meeting. Rochester, New York, September 2004.

Physical Activity And Nutritional Recommendations For Young Children. Good Samaritan Hospital, Early Childhood Development Seminar, May 2004.

Preparing For The Future: Professional Development Issues for Graduate Assistants. Graduate Student Orientation, University of Nebraska at Kearney. August 2003, 2004, 2005.

The Implications of Physical Activity and Nutrition on the Obesity Epidemic. Nebraska Council of School Administrators, Administrators' Days 2003. Kearney, NE. August 2003.

Strength Training at Home. A Taste of Life (Learning Incentives for Enrichment) Conference Sponsored by UNK, Good Samaritan Health Systems and the Kearney Community. Kearney, NE, March 2003.

Physical Activity, Nutrition and Energy Balance. Kearney Hub Newspaper Employee

Wellness Program. Lunch and Learn Session, Kearney, NE. March 2003.

Weight Management and the Implications of Physical Inactivity. City of Kearney Employee Health and Wellness Program. Lunch and Learn Session. Kearney, NE. November 2002.

Weight Management. University of Nebraska at Kearney *Maintain Don't Gain, Holiday Weight Management Program*. Lunch and Learn Session, Kearney, NE. November 2002.

Physical Activity and Nutrition in Youth. Nebraska Association of School Administrators. Region 4 Superintendent Organization Meeting. Kearney, NE. October 2002.

Preparing For The Future: Professional Development Issues for Graduate Assistants. Graduate Student Orientation, University of Nebraska at Kearney. August 2002.

Physical Activity and Energy Balance. Nebraska Senior Olympics. Kearney Parks and Recreation, Kearney, NE. August 2002.

Weight Maintenance: The Implications of Physical Activity and Nutrition on Energy Balance. University of Nebraska at Kearney Health and Wellness Program Brownbag Luncheon. April 2002.

Physical Activity: Implications in Weight Control. University of Nebraska at Kearney PTE 200 Class. October 2001.

Energy Balance and Weight Control. National Kidney Foundation Regional Meeting, Kansas City, Missouri, May 2001.

Motivational Strategies for Exercise. American Heart Association, Life-Style Changes Conference. Kansas City, Missouri, September 2000.

The Dose Effects of Exercise. American Heart Association Nebraska Affiliate Meeting, Kearney, Nebraska, 1996.

ACTIVITIES / COMMITTEE WORK

University

Writing Intensive/Cultural Diversity Committee. University of Nebraska at Kearney. Committee Chair (January 2005- present)

General Studies Roundtable Discussions: Phase I. University of Nebraska at Kearney. Committee Member (February 2005- present)

Gender Equity Committee. University of Nebraska at Kearney. Committee Member (November 2003 – September 2004)

Undergraduate Research Council. College of Education Representative, University of Nebraska at Kearney (January 2002 - present)

Research Compliance Committee. University of Nebraska at Kearney. Committee Member (Fall 2003 – Present)

University of Nebraska Health Promotions Committee, Lincoln, Nebraska (February 1998 - July 1999)

Department

Nebraska On the Move, Affiliate of America On the Move TM. Executive Director (March 2004-present).

University of Nebraska at Kearney Professor of Exercise Science. Search Committee Member (2003-2004).

University of Nebraska at Kearney Health Educator. Search Committee Member (Summer 2002, Spring 2003).

Chair/Member, University of Nebraska at Kearney Employee Health and Wellness Program Task Force, Kearney, Nebraska (February 1998 - July 1999: August 2002-present)

Adult Fitness Program Director, University of Nebraska at Kearney, Kearney, Nebraska (August 1997 - July 1999 and August 2001 - present)

NCAA National Youth Sports Program, University of Nebraska at Kearney, Kearney, Nebraska (1993 -1999) and University of Kansas, Lawrence, Kansas (2000, 2001)
 Activity Director (Summer 1993, 1994, 1995, 1996, 1997, 2000)
 Nebraska State Coordinator (Summer 1998, 1999)
 Community Liaison/Co-Project Administrator (Summer 1998, 1999, 2001)

Community

Kearney Public School Wellness Policy. Development Team. (October 2005- May 2006)

Fit Society Page Newsletter. Editorial Board, American College of Sports Medicine. (June 2005- present).

Wellness Works Board of Directors. University of Nebraska at Kearney Representative, Kearney, Nebraska (August 2002- present)

Wellness Works Executive Board Member. University of Nebraska at Kearney Representative, Kearney, Nebraska (March 2005- present)

Weight and Wellness Coalition. Buffalo County Community Partners. Committee Member/Chair (Fall 2003- Present)

Chair, Buffalo County Community Health Partners Well Workplace Initiative, Kearney, Nebraska (July 1998 - July 1999)

HONORS AND AWARDS

Pratt-Heins Faculty Award for Research Nominee– Nominated February 2005.

College of Education Outstanding Research Award- May 2005, University of Nebraska at Kearney

KUDOS Award from the University of Nebraska Board of Regents – October 2004, University of Nebraska at Kearney

Sigma Xi: The Scientific Research Society – Inducted April 2004, University of Nebraska at Kearney

College of Education Faculty Mentor Award – April 2004, University of Nebraska at Kearney

Graduate Studies and Research Faculty Mentor Award – April 2004, University of Nebraska at Kearney

University of Nebraska at Kearney Faculty Mentor Award – April 2004, University of Nebraska at Kearney

Fellow, Physical Activity and Public Health Research Course- September 2002, Research Prevention Center, NIA School of Public Health, University of South Carolina

REFERENCES

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