

# Michael W. Beets, M.Ed., M.P.H., Ph.D.

Associate Professor • Health Aspects of Physical Activity • Department of Exercise Science  
Arnold School of Public Health • University of South Carolina

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## EMPLOYMENT

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Associate Professor, Health Aspects of Physical Activity (HAPA)  
Department of Exercise Science  
Arnold School of Public Health  
University of South Carolina, Columbia SC  
June 2013 – to present

Assistant Professor, Health Aspects of Physical Activity (HAPA)  
Department of Exercise Science  
Arnold School of Public Health  
University of South Carolina, Columbia SC  
August 2008 – June 2013

Post Doctoral Fellow  
Department of Public Health  
Oregon State University, Corvallis OR  
June 2007 to June 2008  
TERN (Tobacco Etiology Research Network)  
Program Evaluation – *Positive Action*

## EDUCATION

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Doctorate of Philosophy, April 2007  
Health Education and Behavior Change  
Oregon State University, Corvallis OR  
Dissertation: *“Factors Associated with the Implementation Fidelity of a School-Based Social and Character Development Program: Findings from the Positive Action Program, Hawai’i”*  
Major Professor: Dr. Brian R. Flay  
Minor Professor: Dr. Bradley J. Cardinal

Masters of Public Health (MPH), May 2003  
Wichita State University, Wichita, Kansas  
Practicum: *“Environmental Determinants of Physical Activity and Quality of Life”*  
Major Professor: Dr. Kenneth H. Pitetti

Masters of Education in Exercise Science (MEd), December 2002  
Wichita State University, Wichita, Kansas  
Thesis: *“Physical Education Curriculums and Physical Activity Levels of Twelfth Grade High School Students in Wichita, Kansas”*  
Major Professor: Dr. Michael E. Rogers and Dr. Kenneth H. Pitetti

Bachelors of General Science, December 2000  
Emphasis in Communications and Management

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Wichita State University, Wichita, Kansas

Associates of Applied Science in Digital Imaging and Commercial Photography, October 1995  
Colorado Institute of Art, Denver, Colorado

## FACULTY RESPONSIBILITIES

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Program Director    Master of Public Health in Physical Activity and Public Health (MPH-PAPH)  
Department of Exercise Science, Arnold School of Public Health, University of  
South Carolina  
June 2011 to Present

Graduate Division Head    Health Aspects of Physical Activity (HAPA)  
Department of Exercise Science, Arnold School of Public Health, University of  
South Carolina  
August 2009 to August 2011

## EXTERNAL FUNDING

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2014    Title:    Utilizing Physical Activity Coordinators to Increase Physical Activity Among Youth  
Role:    Co-Investigator (Moore, PI)  
Dates:    Aug 2014 to June 2016  
Funder:    NIH/NHLBI  
Award:    \$275,000

Title:    Turn Up the HEAT - Healthy Eating and Activity Time in Summer Day Camps  
Role:    Principal Investigator  
Dates:    August 2014 to August 2018  
Funder:    NIH/NICHHD (R01)  
Award:    \$2,353,517

Title:    Policy to Practice: Statewide Rollout of YMCA Childhood Obesity Standards  
Role:    Principal Investigator  
Dates:    May 2014 to April 2018  
Funder:    NIH/NICHHD (R01)  
Award:    \$2,240,000

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2012

Title: Development of an Innovative Physical Activity Self-report Instrument for Youth

Role: Co-Investigator (Pate, PI)

Dates: August 2012 to July 2014

Funder: NIH/NCI (R21)

Award: \$275,000

Title: Physical Activity and Nutrition Intervention in Afterschool Programs

Role: Principal Investigator

Dates: August 2012 to June 2016

Funder: NIH/NHLBI (R01)

Award: \$2,682,891

Title: Comparison of online vs. face-to-face training of afterschool program staff to promote children's physical activity: Feasibility, acceptability, and efficacy

Role: Principal Investigator

Dates: July 2012 to July 2013

Funder: USC Internal Grant

Award: \$13,700

Title: Feasibility, acceptability, and effectiveness of a playground intervention to decrease bullying behavior while increasing physical activity in elementary school children

Role: Co-Investigator (Moore, PI)

Dates: July 2012 to July 2013

Funder: USC Internal Grant

Award: \$14,828

2011

Title: Policies to Influence Physical Activity and Nutrition in YMCA Programs

Role: Principal Investigator

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Dates: August 2011 to August 2013

Funder: NIH/NHLBI (R21)

Award: \$275,000

2010 Title: Parents' perception of promoting healthful dietary and physical activity behaviors of children with an intellectual disability: A qualitative study

Role: Principal Investigator

Dates: September 2009 to August 2010

Funder: USC Internal Grant

Award: \$6,715

## PUBLICATIONS – Articles

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Note: *Underlined authors are Master, PhD graduate students, or Post-Doctoral Fellows*  
*\* indicate publications related to out-of-school-time programs (primary research setting)*

- 127 Brazendale, K., **Beets, M.**, Bornstein, D., Moore, J.B., Pate, R., Weaver, R., Falck, R., Chandler, J., Andersen, L., Anderssen, S., Cardon, G., Cooper, A., Davey, R., Froberg, K., Hallal, P., Janz, K., Kordas, K., Kriemler, S., Puder, J., Reilly, J., Salmon, J., Sardinha, L., Timperio, A., & van Sluijs, E. (2015). Equating accelerometer estimates among youth: the Rosetta Stone 2. *Journal of Science and Medicine in Sport*.
- \* 126 **Beets, M. W.**, Weaver, R. G., Turner-McGrievy, G., Huberty, J., Ward, D. S., Freedman, D. A., Hutto, B., Moore, J. B., & Beighle, A. (in press). Making healthy eating policy practice: A group randomized controlled trial on changes in snack quality, costs, and consumption in afterschool programs. *American Journal of Health Promotion*.
- \* 125 **Beets, M. W.**, Weaver, R. G., Turner-McGrievy, G., Huberty, J., Ward, D. S., Pate, R. R., Freedman, D. A., Hutto, B., Moore, J. B., & Beighle, A. (in press). Making policy practice in afterschool programs: A randomized control trial on physical activity changes. *American Journal of Preventive Medicine*.
- \* 124 Huberty, J., Dinkel, D., & **Beets, M. W.** (in press). Are practitioner-based programs effective in improving physical activity?: Evaluation of GoGirlGo! *BMC Public Health*.
- 123 Millard-Stafford, M., Becasen, J. S., **Beets, M. W.**, Nihiser, A. J., Lee, S. M., & Fulton, J. E. (in press). Is Physical Fitness Associated with Health in Overweight and Obese Youth? A Systematic Review. *Kinesiology Reviews*.
- 122 Moore, J. B., **Beets, M. W.**, Barr-Anderson, D. J., & Evenson, K. R. (in press). Sedentary time and vigorous physical activity are independently associated with cardiorespiratory fitness in middle school youth. *Journal of Sports Sciences*.
- 121 Pitetti, K. H., Miller, R. A., & **Beets, M. W.** (in press). Measuring Joint Hypermobility using the Beighton Scale in Children with Intellectual Disability. *Pediatric Physical Therapy*.
- 120 Turner-McGrievy, G. M., & **Beets, M. W.** (in press). Tweet for Health: Using an online social network to examine temporal trends in weight loss-related posts. *Translational Behavioral Medicine: Practice, Policy and Research*.

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- \* 119 Weaver, R. G., **Beets, M. W.**, & Webster, C. (in press). LET US Play: Maximizing children's physical activity in physical education. *Strategies*.
- 118 Webster, C. A., **Beets, M. W.**, Weaver, R. G., Vazou, S., & Russ, L. (in press). Rethinking recommendations for implementing Comprehensive School Physical Activity Programs: A partnership model. *Quest*.
- \* 117 **Beets, M. W.**, Weaver, R. G., Tilley, F., Turner-McGrievy, G., Huberty, J., Ward, D. S., & Freedman, D. A. (2015). Salty or Sweet? Nutritional Quality, Consumption, and Cost of Snacks Served in Afterschool Programs. *J Sch Health*, 85(2), 118-124.
- 116 Bornstein, D. B., Pate, R. R., **Beets, M. W.**, Ortaglia, A., Saunders, R. P., & Blair, S. N. (2015). New Perspective on Factors Related to Coalition Success: Novel Findings From an Investigation of Physical Activity Coalitions Across the United States. *J Public Health Manag Pract*.
- 115 Crowley, S. K., Wilkinson, L. L., Wigfall, L. T., Reynolds, A. M., Muraca, S. T., Glover, S. H., Wooten, N. R., Sui, X., **Beets, M. W.**, Durstine, J. L., Newman-Norlund, R. D., & Youngstedt, S. D. (2015). Physical fitness and depressive symptoms during army basic combat training. *Med Sci Sports Exerc*, 47(1), 151-158.
- 114 Russ, L. B., Webster, C. A., **Beets, M. W.**, & Phillips, D. S. (2015). Systematic Review and Meta-Analysis of Multi-component Interventions Through Schools to Increase Physical Activity. *J Phys Act Health*.
- \* 113 Weaver, R. G., **Beets, M. W.**, Huberty, J., Freedman, D., Turner-McGrievy, G., & Ward, D. (2015). Physical Activity Opportunities in Afterschool Programs. *Health Promot Pract*.
- \* 112 Ajja, R., Clennin, M. N., Weaver, R. G., Moore, J. B., Huberty, J. L., Ward, D. S., Pate, R. R., & **Beets, M. W.** (2014). Association of environment and policy characteristics on children's moderate-to-vigorous physical activity and time spent sedentary in afterschool programs. *Prev Med*, 69 Suppl 1, S49-54.
- 111 Barry, V. W., Baruth, M., **Beets, M. W.**, Durstine, J. L., Liu, J., & Blair, S. N. (2014). Fitness vs. fatness on all-cause mortality: a meta-analysis. *Prog Cardiovasc Dis*, 56(4), 382-390.
- \* 110 **Beets, M. W.**, Glenn Weaver, R., Turner-McGrievy, G., Huberty, J., Ward, D. S., Freedman, D. A., Saunders, R., Pate, R. R., Beighle, A., Hutto, B., & Moore, J. B. (2014). Making healthy eating and physical activity policy practice: the design and overview of a group randomized controlled trial in afterschool programs. *Contemp Clin Trials*, 38(2), 291-303.
- \* 109 **Beets, M. W.**, Shah, R., Weaver, R. G., Huberty, J., Beighle, A., & Moore, J. B. (2014). Physical Activity in Afterschool Programs: Comparison to Physical Activity Policies. *J Phys Act Health*.
- \* 108 **Beets, M. W.**, Tilley, F., Kyryliuk, R., Weaver, R. G., Moore, J. B., & Turner-McGrievy, G. (2014). Children select unhealthy choices when given a choice among snack offerings. *J Acad Nutr Diet*, 114(9), 1440-1446.
- \* 107 **Beets, M. W.**, Tilley, F., Turner-McGrievy, G., Weaver, R. G., & Jones, S. (2014). Community partnership to address snack quality and cost in after-school programs. *J Sch Health*, 84(8), 543-548.
- \* 106 **Beets, M. W.**, Tilley, F., Weaver, R. G., Turner-McGrievy, G., Moore, J. B., & Webster, C. (2014). From policy to practice: addressing snack quality, consumption, and price in after-school programs. *J Nutr Educ Behav*, 46(5), 384-389.
- \* 105 **Beets, M. W.**, Tilley, F., Weaver, R. G., Turner-McGrievy, G. M., & Moore, J. B. (2014). Increasing fruit, vegetable and water consumption in summer day camps--3-year findings of the healthy lunchbox challenge. *Health Educ Res*, 29(5), 812-821.
- \* 104 **Beets, M. W.**, Weaver, R. G., & Moore, J. B. (2014). Understanding the real value of youth physical activity promotion. *Prev Med*.

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- \* 103 **Beets, M. W.**, Weaver, R. G., Moore, J. B., Turner-McGrievy, G., Pate, R. R., Webster, C., & Beighle, A. (2014). From policy to practice: strategies to meet physical activity standards in YMCA afterschool programs. *Am J Prev Med*, 46(3), 281-288.
- 102 **Bornstein, D. B.**, Pate, R. R., **Beets, M. W.**, Saunders, R. P., & Blair, S. N. (2014). Organizational Member Involvement in Physical Activity Coalitions Across the United States: Development and Testing of a Novel Survey Instrument for Assessing Coalition Functioning. *Health Educ Behav*.
- \* 101 **Brazendale, K.**, **Beets, M. W.**, Weaver, R. G., Huberty, J., Beighle, A. E., & Pate, R. R. (2014). Wasting Our Time? Allocated Versus Accumulated Physical Activity in Afterschool Programs. *J Phys Act Health*.
- 100 Carson, R. L., Castelli, D. M., Pulling Kuhn, A. C., Moore, J. B., **Beets, M. W.**, Beighle, A., Aija, R., Calvert, H. G., & Glowacki, E. M. (2014). Impact of trained champions of comprehensive school physical activity programs on school physical activity offerings, youth physical activity and sedentary behaviors. *Prev Med*, 69 Suppl 1, S12-19.
- \* 99 **Dinkel, D.**, Huberty, J., **Beets, M.**, & Tibbits, M. (2014). Staff's perceptions of the use of evidence-based physical activity promotion strategies for promoting girls' physical activity at afterschool programs: a qualitative study. *Eval Program Plann*, 45, 102-109.
- \* 98 **Dinkel, D. M.**, Huberty, J., & **Beets, M. W.** (2014). Qualitative Evaluation of GoGirlGo! Insights From Staff on Using a Curriculum Within After-School Programs to Improve Physical Activity. *Health Promot Pract*.
- 97 Huberty, J. L., **Beets, M. W.**, Beighle, A., Saint-Maurice, P. F., & Welk, G. (2014). Effects of ready for recess, an environmental intervention, on physical activity in third- through sixth-grade children. *J Phys Act Health*, 11(2), 384-395.
- \* 96 Huberty, J. L., **Dinkel, D. M.**, & **Beets, M. W.** (2014). Evaluation of GoGirlGo!; A practitioner based program to improve physical activity. *BMC Public Health*, 14, 118.
- \* 95 **Hughey, S. M.**, Weaver, R. G., Saunders, R., Webster, C., & **Beets, M. W.** (2014). Process evaluation of an intervention to increase child activity levels in afterschool programs. *Eval Program Plann*, 45, 164-170.
- \* 94 Iachini, A. L., **Beets, M. W.**, Ball, A., & Lohman, M. (2014). Process evaluation of "Girls on the Run": exploring implementation in a physical activity-based positive youth development program. *Eval Program Plann*, 46, 1-9.
- 93 Loprinzi, P. D., & **Beets, M. W.** (2014). Need for increased promotion of physical activity by health care professionals. *Prev Med*, 69, 75-79.
- 92 Moore, J. B., **Beets, M. W.**, Kaczynski, A. T., Besenyi, G. M., Morris, S. F., & Kolbe, M. B. (2014). Sex moderates associations between perceptions of the physical and social environments and physical activity in youth. *Am J Health Promot*, 29(2), 132-135.
- 91 Moore, J. B., **Beets, M. W.**, Morris, S. F., & Kolbe, M. B. (2014). Day of the Week is Associated With Meeting Physical Activity Recommendations and Engaging in Excessive Sedentary Time in Youth. *Journal of Physical Activity & Health*, 11(5), 971-976.
- 90 Moore, J. B., **Beets, M. W.**, Morris, S. F., & Kolbe, M. B. (2014). Comparison of objectively measured physical activity levels of rural, suburban, and urban youth. *Am J Prev Med*, 46(3), 289-292.
- 89 Morgan, C. F., Tsuchida, A. R., **Beets, M. W.**, Hetzler, R. K., & Stickley, C. D. (2014). Step Rate Recommendations for Moderate-Intensity Walking in Overweight/Obese and Healthy Weight Children. *J Phys Act Health*.
- \* 88 **Tilley, F.**, **Beets, M. W.**, Jones, S., & Turner-McGrievy, G. (2014). Evaluation of compliance to national nutrition policies in summer day camps. *Public Health Nutr*, 1-6.

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- \* 87 Tilley, F., Weaver, R. G., **Beets, M. W.**, & Turner-McGrievy, G. (2014). Healthy eating in summer day camps: the Healthy Lunchbox Challenge. *J Nutr Educ Behav*, 46(2), 134-141.
- \* 86 Weaver, R. G., **Beets, M. W.**, Saunders, R. P., & Beighle, A. (2014). A Coordinated Comprehensive Professional Development Training's Effect on Summer Day Camp Staff Healthy Eating and Physical Activity Promoting Behaviors. *J Phys Act Health*, 11(6), 1170-1178.
- \* 85 Weaver, R. G., **Beets, M. W.**, Saunders, R. P., Beighle, A., & Webster, C. (2014). A comprehensive professional development training's effect on afterschool program staff behaviors to promote healthy eating and physical activity. *J Public Health Manag Pract*, 20(4), E6-E14.
- \* 84 Weaver, R. G., **Beets, M. W.**, Turner-McGrievy, G., Webster, C. A., & Moore, J. (2014). Effects of a competency-based professional development training on children's physical activity and staff physical activity promotion in summer day camps. *New Dir Youth Dev*, 2014(143), 57-78.
- \* 83 Weaver, R. G., **Beets, M. W.**, Webster, C., & Huberty, J. (2014). System for Observing Staff Promotion of Activity and Nutrition (SOSPAN). *Journal of Physical Activity & Health*, 11(1), 173-185.
- \* 82 Wiecha, J. L., **Beets, M. W.**, Colabianchi, N., Ferree, A., Hall, G., Hofman, J., & Rauworth, A. (2014). Promoting physical activity in Out-of-School-Time programs: we built the bridge--can we walk over it? *Prev Med*, 69 Suppl 1, S114-116.
- \* 81 **Beets, M. W.**, Huberty, J., & Beighle, A. (2013). Systematic Observation of Physical Activity in Afterschool Programs: Preliminary Findings From Movin' Afterschool Intervention. *Journal of Physical Activity & Health*, 10(7), 974-981.
- \* 80 **Beets, M. W.**, Huberty, J., Beighle, A., Moore, J. B., Webster, C., Ajja, R., & Weaver, G. (2013). Impact of Policy Environment Characteristics on Physical Activity and Sedentary Behaviors of Children Attending Afterschool Programs. *Health Education & Behavior*, 40(3), 296-304.
- \* 79 **Beets, M. W.**, Weaver, R. G., Beighle, A., Webster, C., & Pate, R. R. (2013). How Physically Active Are Children Attending Summer Day Camps? *Journal of Physical Activity & Health*, 10(6), 850-855.
- \* 78 **Beets, M. W.**, Webster, C., Saunders, R., & Huberty, J. L. (2013). Translating policies into practice: a framework for addressing childhood obesity in afterschool programs. *Health Promotion Practice*, 14(2), 228-237.
- 77 Erwin, H. E., Babkes Stellino, M., **Beets, M. W.**, Beighle, A., & Johnson, C. E. (2013). Physical education lesson content and teacher style and elementary students' motivation and physical activity levels. *Journal of Teaching in Physical Education*, 32, 321-334.
- \* 76 Huberty, J., **Beets, M.**, & Beighle, A. (2013). Effects of a Policy-Level Intervention on Children's Pedometer-Determined Physical Activity: Preliminary Findings From Movin' Afterschool. *Journal of Public Health Management and Practice*, 19(6), 525-528.
- 75 Huberty, J., Dinkel, D., **Beets, M. W.**, & Coleman, J. (2013). Describing the use of the internet for health, physical activity, and nutrition information in pregnant women. *Matern Child Health J*, 17(8), 1363-1372.
- \* 74 Huberty, J. L., **Beets, M. W.**, Beighle, A., & McKenzie, T. L. (2013). Association of Staff Behaviors and Afterschool Program Features to Physical Activity: Findings From Movin' After School. *Journal of Physical Activity & Health*, 10(3), 423-429.
- 73 Kim, Y., **Beets, M. W.**, Pate, R. R., & Blair, S. N. (2013). The effect of reintegrating Actigraph accelerometer counts in preschool children: Comparison using different epoch lengths. *Journal of Science and Medicine in Sport*, 16(2), 129-134.

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- 72 Liu, J. H., Sun, H., **Beets, M. W.**, & Probst, J. C. (2013). Assessing Natural Groupings of Common Leisure-Time Physical Activities and Its Correlates Among US Adolescents. *Journal of Physical Activity & Health*, 10(4), 470-479.
- 71 Loprinzi, P. D., Schary, D., **Beets, M. W.**, Leary, J. M., & Cardinal, B. J. (2013). Association between hypothesized parental influences and preschool children's physical activity behavior. *American Journal of Health Education*, 44, 9-18.
- 70 Mitchell, J. A., Pate, R. R., **Beets, M. W.**, & Nader, P. R. (2013). Time spent in sedentary behavior and changes in childhood BMI: a longitudinal study from ages 9 to 15 years. *International Journal of Obesity*, 37(1), 54-60.
- 69 Ross, S. E. T., Dowda, M., **Beets, M. W.**, & Pate, R. R. (2013). Physical Activity Behavior and Related Characteristics of Highly Active Eighth-Grade Girls. *Journal of Adolescent Health*, 52(6), 745-751.
- 68 Snyder, F. J., Acock, A., Vuchinich, S., **Beets, M. W.**, Washburn, I., & Flay, B. R. (2013). Preventing negative behaviors among elementary-school students through enhancing students' social-emotional and character development. *American Journal of Health Promotion*, 28(1), 50-58.
- 67 Turner-McGrievy, G. M., **Beets, M. W.**, Moore, J. B., Kaczynski, A. T., Barr-Anderson, D. J., & Tate, D. F. (2013). Comparison of traditional versus mobile app self-monitoring of physical activity and dietary intake among overweight adults participating in an mHealth weight loss program. *Journal of the American Medical Informatics Association*, 20(3), 513-518.
- 66 Agiovlasis, S., **Beets, M. W.**, Motl, R. W., & Fernhall, B. (2012). Step-rate thresholds for moderate and vigorous-intensity activity in persons with Down syndrome. *Journal of Science and Medicine in Sport*, 15(5), 425-430.
- \* 65 Ajja, R., **Beets, M. W.**, Huberty, J., Kaczynski, A. T., & Ward, D. S. (2012). The Healthy Afterschool Activity and Nutrition Documentation Instrument. *American Journal of Preventive Medicine*, 43(3), 263-271.
- \* 64 **Beets, M. W.** (2012). Enhancing the translation of physical activity interventions in afterschool programs. *American Journal of Lifestyle Medicine*, 6(4), 328-341.
- 63 **Beets, M. W.**, Beighle, A., Bottai, M., Rooney, L., & Tilley, F. (2012). Pedometer-determined step count guidelines for afterschool programs. *Journal of Physical Activity and Health*, 9(1), 71-77.
- \* 62 **Beets, M. W.**, Huberty, J., & Beighle, A. (2012). Physical Activity of Children Attending Afterschool Programs Research- and Practice-Based Implications. *Am J Prev Med*, 42(2), 180-184.
- 61 Kim, Y., **Beets, M. W.**, & Welk, G. J. (2012). Everything you wanted to know about selecting the "right" Actigraph accelerometer cut-points for youth, but ... : A systematic review. *Journal of Science and Medicine in Sport*, 15(4), 311-321.
- 60 Moore, J. B., Mitchell, N. G., **Beets, M. W.**, & Bartholomew, J. B. (2012). Physical self-esteem in older adults: A test of the indirect effect of physical activity. *Sport, Exercise, and Performance Psychology*, 1(4), 231-241.
- 59 O'Neill, J. R., Pate, R. R., & **Beets, M. W.** (2012). Physical Activity Levels of Adolescent Girls During Dance Classes. *J Phys Act Health*, 9(3), 382-388.
- 58 Sallis, J. F., McKenzie, T. L., **Beets, M. W.**, Beighle, A., Erwin, H., & Lee, S. (2012). Physical Education's Role in Public Health: Steps Forward and Backward Over 20 Years and HOPE for the Future. *Research Quarterly for Exercise and Sport*, 83(2), 125-135.

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- \* 57 Weaver, R. G., **Beets, M. W.**, Webster, C., Beighle, A., & Huberty, J. (2012). A Conceptual Model for Training After-School Program Staffers to Promote Physical Activity and Nutrition. *J Sch Health*, 82(4), 186-195.
- 56 Avula, R., Gonzalez, W., Shapiro, C. J., Fram, M. S., **Beets, M. W.**, Jones, S. J., & Frongillo, E. A. (2011). Positive parenting practices associated with subsequent childhood weight gain. *The Journal of Primary Prevention*, 32(5), 271-281.
- 55 **Beets, M. W.**, Banda, J., Erwin, H. E., & Beighle, A. (2011). A pictorial view of the physical activity socialization of young adolescents outside of school. *Research Quarterly for Exercise and Sport*, 82(4), 769-778.
- 54 **Beets, M. W.**, Bornstein, D., Dowda, M., & Pate, R. R. (2011). Compliance With National Guidelines for Physical Activity in U.S. Preschoolers: Measurement and Interpretation. *Pediatrics*, 127(4), 658-664.
- 53 **Beets, M. W.**, Morgan, C. F., Banda, J. A., Bornstein, D., Byun, W., Mitchell, J., Munselle, L., Rooney, L., Beighle, A., & Erwin, H. (2011). Convergent validity of pedometer and accelerometer estimates of moderate-to-vigorous physical activity of youth. *J Phys Act Health*, 8 Suppl 2, S295-305.
- 52 **Beets, M. W.**, & Pitetti, K. H. (2011). Using pedometers to measure moderate-to-vigorous physical activity for youth with an intellectual disability. *Disability and Health Journal*, 4(1), 46-51.
- \* 51 **Beets, M. W.**, Tilley, F., Kim, Y., & Webster, C. (2011). Nutritional policies and standards for snacks served in after-school programmes: a review. *Public Health Nutr*, 14(10), 1882-1890.
- 50 Bornstein, D. B., **Beets, M. W.**, Byun, W., & McIver, K. (2011). Accelerometer-derived physical activity levels of preschoolers: A meta-analysis. *J Sci Med Sport*, 14(6), 504-511.
- 49 Bornstein, D. B., **Beets, M. W.**, Byun, W., Welk, G., Bottai, M., Dowda, M., & Pate, R. (2011). Equating accelerometer estimates of moderate-to-vigorous physical activity: in search of the Rosetta Stone. *J Sci Med Sport*, 14(5), 404-410.
- 48 Foley, J. T., **Beets, M. W.**, & Cardinal, B. J. (2011). Monitoring Children's Physical Activity with Pedometers: Reactivity Revisited *Journal of Exercise Science and Fitness*, 9(2), 82-86.
- 47 Huberty, J. L., **Beets, M. W.**, Beighle, A., & Welk, G. (2011). Environmental modifications to increase physical activity during recess: preliminary findings from ready for recess. *J Phys Act Health*, 8 Suppl 2, S249-256.
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- 2 Beighle, A., Erwin, H. E., **Beets, M. W.**, & Morgan, C. F. (2010). Comprehensive school physical activity programs: Introduction. *pelinks4u.org*,
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## OTHER REPORTS

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*Note: Underlined authors are Master and PhD graduate students*

2010

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## PUBLICATIONS – Conference Abstracts

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2015

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- 90 Russ, L., Webster, C.A., Beets, M.W., & Phillips, D. (2015, March). Systematic Review and Meta-Analysis of School-based Multi-component Physical Activity Interventions. Presented at the SHAPE America National Convention and Exposition, Seattle, WA.
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2014

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- 55 Byun, W., Bornstein, D., Beets, M. W., Welk, G., Dowda, M., & Pate, R. R. (2011). *Accelerometer Cutpoint Non-Equivalence in Preschool Children*. Paper presented at the American College of Sports Medicine.
- 54 Smith, N., Blake, C., & Beets, M. W. (2011). *Promoting Positive Dietary Behaviors of Youth through Hands-On Cooking*. Paper presented at the Discovery Day at USC.
- 53 Weaver, R. G., Beets, M. W., Webster, C., Beighle, A., & Huberty, J. L. (2011). *A conceptual model for training afterschool program staffers to promote physical activity and nutrition*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance, San Diego, CA
- 52 Beets, M. W., Tilley, F., Kim, Y. W., & Webster, C. (2011). *Nutritional Policies and Standards for Snacks Served in Afterschool Programs: A Review*. Paper presented at the Healthy Eating in Context: The Role of Political, Physical, Economic, and Social Structures in Nutrition. University of South Carolina, Columbia SC.
- 51 Kim, Y.W., Beets, M.W., McIver, K., Dowda, M., (2011). *The effect of reintegrating accelerometer counts in preschool children: comparison using different epoch lengths*. Paper presented at the American College of Sports Medicine 58th Annual Meeting, Denver, CO.
- 50 Kim, Y. W., Beets, M. W., McIver, K., & Dowda, M. (2011). *Reintegration of accelerometer counts for preschool children: Comparison using different epoch lengths*. Paper presented at the Annual Meeting for the Southeastern Chapter of the ACSM.
- 49 Sieverdes, J. C., Barry, V. W., & Beets, M. W. (2011). *Energy Expenditure from Excess Post Oxygen Consumption: A Meta-analysis*. Paper presented at the Annual Meeting for the Southeastern Chapter of the ACSM.
- 48 Huberty, J. L., Beets, M. W., Siahpush, M., & Beighle, A. (2011). *Environmental modifications to increase physical activity during recess: Preliminary findings from Ready for Recess*. Paper presented at the Active Living Research, San Diego, CA.
- 2010
- 47 Sun, H. K., Liu, J., Beets, M. W., & Probst, J. C. (2010). *Assessing Common Leisure-time Physical Activities During Adolescence and Their Natural Groupings*. Paper presented at the South Carolina Public Health Association.
- 46 Agiovlasitis, S., Beets, M. W., Fahs, C. A., Ranadive, S. M., Yan, H., & Fernhall, B. (2010). *Establishing a Steps-per-minute Moderate-intensity Threshold for Adults with Down Syndrom*. Paper presented at the North American Federation of Adapted Physical Activity biannual symposium.
- 45 Beets, M. W., Morgan, C. F., Banda, J., Bornstein, D., Byun, W., Mitchell, J., Munselle, L., Rooney, L., Beighle, A., & Erwin, H. E. (2010). *Can pedometers estimate moderate-to-vigorous physical activity of youth? Comparison with accelerometry*. Paper presented at the American College of Sports Medicine 57th Annual Meeting, Baltimore, MD.

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- 44 Barry, V. W., Shuger, S. L., Beets, M. W., Xuemei, S., Wilcox, S., Hand, G., McClain, A. C., & Blair, S. N. (2010). *Wearing the SenseWear™ Armband and Weight Loss in Sedentary Overweight and Obese Adults*. Paper presented at the American College of Sports Medicine 57th Annual Meeting, Baltimore, MD.
- 43 **Beets, M. W., Wallner, M., & Beighle, A.** (2010). *Standards and Policies for Promoting Physical Activity in Afterschool Programs*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance.
- 42 Chase, N., & Beets, M. W. (2010). *Comparison of Physical Activity of Rural and Urban Youth Meta-Analysis*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance.
- 41 Erwin, H. E., Beighle, A., & **Beets, M. W.** (2010). *Relation of Social and Physical Environments to Children's Physical Activity*. Paper presented at the American Alliance for Health, Physical Education, Recreation, and Dance.
- 40 Bornstein, D., Beets, M. W., Beighle, A., Cardinal, B. J., & Morgan, C. F. (2010). *A 13 country review of pedometer-measured physical activity patterns of youth*. Paper presented at the South East American College of Sports Medicine 2010 Annual Meeting.

2009

- 39 Banda, J., Beets, M. W., Erwin, H. E., & Beighle, A. (2009). *Using photographs to understand young-adolescents' perceptions of their physical activity socialization*. Paper presented at the American Public Health Association.
- 38 Harvey, S., Wegis, H., M., **Beets, M. W., Bryan, R., Massa-Gonzalez, A.-N., & van der Mars, H.** (2009, 14th - 17th May). *Changes in student perceptions of their involvement in a multi-week TGfU unit of soccer*. Paper presented at the TGfU Simply Good Pedagogy: Understanding a Complex Challenge: Teaching Games for Understanding Conference, Vancouver, BC, Canada.
- 37 Beighle, A., **Beets, M. W., Erwin, H., & Morgan, C. F.** (2009). *School-Based Physical Activity Promotion for Youth: A Comprehensive Approach*. Paper presented at the American Alliance for Health Physical Education Recreation and Dance, Tampa, FL.
- 36 **Beets, M. W., Beighle, A., Erwin, H. E., & White, J.** (2009). *Impact of After-School Programs to Increase Physical Activity – A meta-analysis*. Paper presented at the AAHPERD National Convention and Exposition.

2008

- 35 **Beets, M. W., Acock, A., & Vuchinich, S.** (2008). *Design and results from a school-based randomized trial of a positive youth development program*. American Educational Research Association.

2007

- 34 **Beets, M. W., & Mitchell, E.** (2007). *Effects of yoga on stress, depression, and health-related quality of life in a non-clinical, bi-ethnic sample of adolescents*. American Public Health Association.

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- 33 Beighle, A., **Beets, M. W.**, & Pangrazi, R. (2007). *Effects of a comprehensive physical activity program: Using school wellness policies to promote physical activity*. American Public Health Association.
- 32 Flay, B. R., & **Beets, M. W.** (2007). Symposium – *Fidelity of implementation and adaptation of prevention programs – measurement and practice issues*. Paper presented at the Society for Community Research and Action.
- 31 Flay, B., Allred, C., **Beets, M. W.**, Acock, A., & Vuchinich, S. (2007). *Preliminary Implementation and Outcome Results of the Positive Action program*. Society for Prevention Research.
- 30 Flay, B., Allred, C., **Beets, M. W.**, Acock, A., & Vuchinich, S. (2007). *Preliminary Results from the Hawai'i Randomized Trial of the Positive Action Program*. Society for Prevention Research.
- 29 Allred, C., Flay, B., **Beets, M. W.**, Acock, A., & Vuchinich, S. (2007). *Pre-Implementation Training, Booster Sessions, and Other Social and Character Development Activities*. Society for Prevention Research.
- 28 **Beets, M. W.**, Flay, B., Allred, C., Acock, A., & Vuchinich, S. (2007). *A Diffusion of Innovations Model of Positive Action*. Society for Prevention Research.
- 27 **Beets, M. W.**, & Flay, B. R. (2007). *Teacher- and School-specific Factors Related to Implementation of the Positive Action Program*. American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, Maryland.
- 26 Tindall, D. W. S., Foley, J. T., Lieberman, L., & **Beets, M. W.** (2007). *Accuracy of Three Voice-Announcement Pedometers for Youth with Visual Impairments*. American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, Maryland.
- 25 Beighle, A., & **Beets, M. W.** (2007). *Do body mass index referenced step count recommendations apply to US children (6-12 years)*. American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, Maryland.
- 24 Foley, J. T., Bryan, R. R., & **Beets, M. W.** (2007). *Parental Role in Reducing Television Viewing in Kindergartners: Findings from a National Study*. American Alliance for Health, Physical Education, Recreation, and Dance, Baltimore, Maryland.

2006

- 23 Foley, J. T., **Beets, M. W.**, Loughlin, S., Lieberman, L., & Tindall, D. W. S. (2006). *Comparison of physical activity levels of youth with visual impairments across five activities*. 8th North American Federation of Adapted Physical Activity Symposium, University of Michigan, Ann Arbor, Michigan.
- 22 Pitetti, K. H., Combs, C., & **Beets, M. W.** (2006). *The Accuracy of Pedometer Steps and Time During Walking in Youth with Disabilities*. North American Society for Pediatric Exercise Medicine, Charleston, South Carolina.
- 21 Fernhall, B., A. Figueroa, T. Baynard, S. Gouloupoulou, S. Collier, I. Giannopoulou, **M. Beets**, K. Pitetti. *Hemodynamic responses to submaximal cycle ergometry in individuals with Down syndrome*. *Medicine and Science in Sports and Exercise*. 38(5):Abs. 1072, S114, 2006

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- 20 T. Baynard, S. Goulopoulou, I. Giannopoulou, S. R. Collier, A. Figueroa, **M. Beets**, K. Pitetti. *Heart rate variability responses to handgrip and cycle ergometry in persons with Down syndrome*. *Medicine and Science in Sports and Exercise*. 38(5):Abs 1904, S317, 2006.
- 19 **Beets, M. W.**, Vogel, R., Pitetti, K. H., Chapman, S., & Cardinal, B. J. (2006). *Modeling the Relationship Among Social Support, Self-Efficacy, and Adolescent Girls' Activity*. Abstract presented at the 2006 AAHPERD National Convention and Exposition, Salt Lake City, UT.
- 18 Harvey, S., Van der Mars, H., Wegis, H., & **Beets, M. W.** (2006). *Physical Activity Levels of High School Male Soccer Players During Team Practices*. Abstract presented at the 2006 AAHPERD National Convention and Exposition, Salt Lake City, UT.
- 17 **Beets, M. W.**, Vogel, R., Chapman, S., Maxfield, J., Cardinal, B. J., & Pitetti, K. H. (2006). *Relationship Between Social Support and Children's Activity: Pedometer Versus Self-Report*. Abstract presented at the 2006 AAHPERD National Convention and Exposition, Salt Lake City, UT.

2005

- 16 **Beets, M.**, Hammer, S., & Pitetti, K. (2005). *Relationship Of Maturation And Sport Participation To 20-m Shuttle Run Performance In High School Girls*. Abstract presented at the American College of Sports Medicine, Nashville, TN.
- 15 Pitetti, K. H., **Beets, M. W.**, & Hammer, S. B. (2005). *Criterion-referenced Equivalence Between The 1-mile Run/walk And Pacer In High School Students*. Abstract presented at the American College of Sports Medicine, Nashville, TN.
- 14 Hammer, S., **Beets, M. W.**, & Pitetti, K. H. (2005). *Contribution Of Biological Maturation And Sport Participation To 1-mile Walk Run Performance In High School Males*. Abstract presented at the American College of Sports Medicine, Nashville, TN.
- 13 Figueroa-Galvez, A., Baynard, T., Collier, S., Giannopoulou, I., Goulopoulou, S., Pitetti, K., **Beets, M.**, & Fernhall, B. (2005). *Hemodynamic Responses To Submaximal Cycling Are Not Attenuated In Individuals With Down Syndrome*. Abstract presented at the American College of Sports Medicine, Nashville, TN.
- 12 Foley, J. T., **Beets, M. W.**, & Cardinal, B. J. (2005). *The Reactive Effect Of Pedometers On Girls' Physical Activity*. Abstract presented at the American College of Sports Medicine, Nashville, TN.
- 11 Slater-Vandaveer, C., **Beets, M. W.**, Hammer, S. B., & Pitetti, K. H. (2005). *Agreement Of Overweight-Obese Status From Self Report And Measured Height And Weight Of Adolescents*. Abstract presented at the American College of Sports Medicine, Nashville, TN.
- 10 Fernhall, B., Figueroa, A., Baynard, T., Collier, S., Goulopoulou, S., Giannopoulou, I., **Beets, M.**, & Pitetti, K. (2005). *Obesity Does Not Influence Autonomic And Hemodynamic Responses To Isometric Handgrip Exercise In Individuals With Down Syndrome*. Abstract presented at the American College of Sports Medicine, Nashville, TN.

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- 9 Fernhall, B., Collier, S., Baynard, T., Goulopoulou, S., Giannopoulou, I., Figueroa, A., Pitetti, K., & **Beets, M.** (2005). *Arterial compliance during isometric and endurance exercise in adolescents and adults with Down syndrome*. Abstract presented at the North American Society for Pediatric Medicine, Children and exercise XXIII - PWP 2005, Gwatt Zentrum, Switzerland

2004

- 8 Baynard, T., Collier, S., Figueroa, A., Goulopoulou, S., Pitetti, K. H., **Beets, M. W.**, et al. (2004). *Hemodynamic comparisons between adolescents and middle-aged adults with down syndrome during isometric and aerobic exercise*. Abstract presented at the North American Society for Pediatric Exercise Medicine, New Brunswick, Canada.
- 7 Pitetti, K. H., & **Beets, M. W.** (2004). *Criterion-Referenced Agreement Between the 1-Mile Run/Walk and PACER*. Abstract presented at the North American Society for Pediatric Medicine, New Brunswick, Canada.
- 6 **Beets, M. W.**, and Pitetti, K. H. (2004). *The relationship between BMI and 20-meter shuttle run performance for males, age 8-18yrs*. Abstract presented at the American College of Sports Medicine, Indianapolis, IN.
- 5 Pitetti, K. H., and **Beets, M. W.** (2004). *The relationship between BMI and 20-meter shuttle run performance for females, age 8-18yrs*. Abstract presented at the American College of Sports Medicine, Indianapolis, IN.
- 4 Mancillas, A., **Beets, M. W.**, and Pitetti, K. H. (2004) *Reliability of peak heart rates on the 20-meter shuttle run for male youth with mental retardation*. Abstract presented at the American College of Sports Medicine, Indianapolis, IN.

2003

- 3 **Beets, M. W.**, Pitetti (FACSM), K. H., & Rogers, M. E. (2003). *Self-reported physical activity levels of 12th grade students in a mid-sized metropolitan city*. Abstract presented at the American College of Sports Medicine, San Francisco, CA.
- 2 Hammer, S. B., Rogers, M. E., Bohlken, R. M., **Beets, M. W.**, & Sporleder, L. R. (2003). *Effects of ginseng/ astragalus botanical extracts and creatine on cholesterol levels in resistance-training older adults*. Abstract presented at the American College of Sports Medicine, San Francisco, CA.
- 1 Bohlken, R. M., Rogers, M. E., Hammer, S. B., **Beets, M. W.**, & Sporleder., L. R. (2003). *Effects of creatine and ginseng/ astragalus botanical extract on strength in resistance-training older adults*. Abstract presented at the American College of Sports Medicine, San Francisco, CA.

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REVIEW OF MANUSCRIPTS REQUESTED

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1. International Journal of Sports Medicine
2. American Journal of Health Promotion
3. Journal of Women's Health
4. Medicine and Science in Sports and Exercise
5. Adapted Physical Activity Quarterly
6. Preventive Medicine
7. Karger's Medicine and Sport Science series
8. European Journal of Pediatrics
9. Sex Roles
10. Journal of Physical Activity and Health
11. Applied Physiology Nutrition and Metabolism
12. Research Quarterly for Exercise and Sport
13. American Journal of Preventive Medicine
14. Indian Pediatrics
15. Public Health Nutrition
16. International Journal of Environmental Research and Public Health
17. Pediatrics

## REVIEWS REQUESTED

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1. University of Hong Kong, Grant Reviewer, 2010
2. Netherlands Organisation for Health Research and Development (ZonMw), Grant Reviewer, 2011
3. Centers for Disease Control and Prevention, School Health Policies and Practices Study (SHPPS) Review of Survey Questions, 2011
4. Centers for Disease Control and Prevention, Review of Guidelines, "*School Health Guidelines for Healthy Eating and Physical Activity*", 2011
5. The National Center for Chronic Disease Prevention and Health Promotion of the Centers for Disease Control and Prevention (CDC), Special Emphasis Panel Grant Reviewer, 2011
6. The National Institutes of Health, Grant Reviewer, November 2013

## TEACHING

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University of South Carolina (Graduate Courses)

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- Course Title** EXSC 754 – Community-based Physical Activity Intervention  
**Description** In-depth examination of community-based approaches to promoting physical activity  
**Date Taught** Spring 2011, 2013
- Course Title** EXSC 755B – Youth Physical Activity and Sedentary Behaviors  
**Description** Overview of youth (0-18yrs) physical activity, sedentary behaviors, interventions, measurement issues, and co-morbidities  
**Date Taught** Fall 2010
- Course Title** EXSC 755: Controlled Trials in Exercise Science  
**Description** Guest lecture for Dr. Steve Blair  
**Date Taught** Spring 2009, Spring 2010
- Course Title** EXSC 710 – Behavioral Aspects of Physical Activity  
**Description** Theoretical underpinnings of physical activity behavior  
**Date Taught** Spring 2009, Spring 2010
- Course Title** EXSC 787 – Research Methods and Design in Exercise Science  
**Description** Overview of research designs, internal/external validity, paradigms guiding exercise science research  
**Date Taught** Fall 2009, 2010, 2011, 2012, 2013
- Course Title** EXSC 755 – Measurement in Physical Activity Research  
**Description** Overview of measurement theory and approaches used to assess physical activity and sedentary behaviors across diverse populations  
**Date Taught** Spring 2012, 2014

Oregon State University

- Course Title** H225 Social and Individual Determinants of Health Behavior  
**Description** Undergraduate introduction to Public Health  
**Date Taught** 2003-05

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**Course Title** H220 Introduction to Health Statistics  
**Description** Introductory statistics class for Public Health majors  
**Date Taught** Winter 2004 and 2005

## AWARDS

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- 2012 YMCA of Columbia, Spirit, Mind and Body Award
- 2011 Fellow Research Consortium – American Alliance for Health, Physical Education, Recreation, and Dance
- 2007 The Kenneth Lutterman Student Research Award for the Mental Health Section – American Public Health Association
- Ruth Abernathy Presidential Scholarship Award – Graduate Award: American Alliance for Health, Physical Education, Recreation, and Dance
- 2003 Exercise Science Graduate Student of the Year: Wichita State University

## WORKSHOPS/TRAINING

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- 2006 Using Rasch to Measure Services and Outcomes. American Evaluation Association national conference. November 2006
- 2005 Early Childhood Longitudinal Study – Kindergarten Cohort. 3-day advanced studies seminar on the use of the ECLS-K database. June 2005

## PRESENTATIONS – Invited

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- 2012 September 2012 – Institute of Medicine, Before- and After-school Physical Activity programs including Intra- and Extramural Sports
- August 2012 – Active Living Research Webinar, Policies and Standards for Physical Activity in Afterschool Programs
- April 2012 – Action for Healthy Kids – If what get's measured get's done, who's measuring physical activity? Lincoln, NE

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- 2011 November 2011 – Institute of Medicine, Youth Fitness and Health: A Literature Review and Synthesis
- 2010 April 2010 - Columbia's Medical Society – Childhood Obesity: A Time for Transformation
- 2009 September 2009 - South Carolina Afterschool Alliance - Promoting Physical Activity in the Afterschool Setting: Policy, Strategies, and Evaluation
- April 2009 – South Carolina Afterschool Alliance, Importance of afterschool program to promote physical activity
- 2008 September 2008 – University of South Carolina, Graduate Student seminar: Impact of After-School Programs to Increase Physical Activity – A meta-analysis
- 2007 September 2007, Leeds University, United Kingdom. Invited presentation on the influences of physical activity and dietary behaviors of children and adolescents
- 2006 Spring 2006 Oregon State University: Presentation on accuracy and reactivity issues when using pedometers to measure physical activity levels of children.
- 2005 Winter 2005 Oregon State University: Presentation on the use of latent profile analysis to identify risk-related behaviors for physical and sedentary activities of adolescents. Statistical and substantive considerations
- 2004 Fall 2004 Oregon State University: Department of Nutrition and Exercise Sciences presentation on the use of pedometers to monitor physical activity levels in free-living populations.
- 2002 Fall 2002 Wichita State University: Handheld computing uses in physical education. Masters students in Physical Education. Field data collection techniques, database design, and assessment capabilities of handheld computers in physical education, Wichita, KS
- November 2002: Guest Lecturer, KSS 800 Recent Literature in the Profession. Presentation on the methods involved in conducting quality research and its application to the exercise science and the public health professions, Wichita, KS
- October 2002: Essential Balance Techniques and Elastic Band Training for Low-Income Asian Immigrant Older Adults, Healthy Options for Plainview, Wichita, KS

## SERVICE TO THE PROFESSION

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- 2012- Present Executive Board Member – Lexington, South Carolina YMCA
- 2009-present Community Advisory Board – Blythewood YMCA CDC ACHIEVE grant
- 2007 American Alliance for Health, Physical Education, Recreation, and Dance  
Presider, Research Consortium Free Communication: Strategies for Encouraging Youth to be

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## Physically Active

American Public Health Association, Annual Meeting & Exposition (November 3-7, 2007)  
Abstract Reviewer

2003-06 Webmaster and Developer: Central States Chapter of the American College of Sports  
Medicine. Online: [www.centralstatesacsm.org](http://www.centralstatesacsm.org)

2005-06 Expert panel member, Intervention Committee for the Oregon Institute on Disability &  
Development