

# CURRICULUM VITAE

University of Idaho

**NAME:** Chantal A. Vella, PhD, FACSM

**DATE:** November 5, 2013

**RANK OR TITLE:** Associate Professor

**DEPARTMENT:** Movement Sciences

**OFFICE LOCATION AND CAMPUS ZIP:** PEB 108  
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Moscow ID 83844-2401

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**DATE OF FIRST EMPLOYMENT AT UI:** December 29, 2010

**DATE OF TENURE:** June, 2013

**DATE OF PRESENT RANK OR TITLE:** December 29, 2010

## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

Doctor of Philosophy, University of New Mexico, Albuquerque, NM, 2004, Health, Exercise and Sports Sciences, Graduated with Distinction.

Master of Science, California Polytechnic State University, San Luis Obispo, CA, 1997, Exercise Science and Health Promotion, Graduated with Distinction.

Bachelor of Science, California Polytechnic State University, San Luis Obispo, CA, 1992, Nutritional Science.

### Certificates and Licenses:

ACSM Health Fitness Specialist Certification, 1998–present

American Heart Association CPR and AED certified, 2010–present

American Red Cross First Aid & CPR Instructor, 1997–2007

Radiation Safety Training Certificate, 2005–2010

Dual Energy X-ray Absorptiometry Operator Training Certificate, 2007–2011

Blood Borne Pathogen and Hazardous Waste Training Certificate, 2005–2010

NIH Human Subjects Protections Training Certificate, 2005–present

Certified Assessor, University Interscholastic League Wrestling Weight Certification Program, 2006–2010

## EXPERIENCE:

### Teaching, Extension and Research Appointments:

Associate Professor with tenure and Director of the Exercise Physiology Laboratory, joint appointment between the College of Education, Department of Movement Sciences and the WWAMI Medical Education Program, University of Idaho, Moscow, ID, June 2013–present.

Affiliate Assistant Professor, University of Washington, School of Medicine, Department of Physiology and Biophysics, Seattle, WA, October 2012–present.

Assistant Professor and Director of the Exercise Physiology Laboratory, joint appointment between the College of Education, Department of Movement Sciences and the WWAMI Medical Education Program, University of Idaho, Moscow, ID, December 2010–present.

Assistant Professor, College of Health Sciences, Department of Kinesiology, University of Texas at El Paso, El Paso, TX. Director, Border Clinical Research Center and Co-Director, Human Performance Laboratory, August 2005–January 2011.

Clinical Research Associate, University of New Mexico School of Medicine, Division of Endocrinology and Metabolism, Albuquerque, NM, August 2004–July 2005 (Post-doctoral).

Adjunct Professor, University of New Mexico, College of Education, Department of Health, Exercise and Sports Sciences, Albuquerque, NM, August 2004–July 2005.

Lecturer and Director of Campus Fitness Testing Program, San Francisco State University, College of Health Sciences, Department of Kinesiology, San Francisco, CA, August 1997–June 2000.

**Non-Academic Employment:**

Informal Recreation Coordinator, California Polytechnic State University Recreational Sports, San Luis Obispo, CA, 1995–1996.

Program Director, Rockville Sport & Health Fitness Center, Rockville, MD, 1992–1994.

**TEACHING ACCOMPLISHMENTS:**

**Areas of Specialization:** Exercise Physiology, Cardiovascular Disease, Obesity, Health Disparities

**Courses Taught:**

University of Idaho, Department of Movement Sciences

Exercise Testing and Prescription, PEP 493, 2011–present

Physical Activity, Wellness, and Behavior Change, HPRD 201, 2011–present

Physical Activity, Health and Metabolic Disease, PEP 404/504, 2012

Advanced Exercise Physiology, PEP 518, 2013

Disparities in Obesity and Health, ISEM 301, 2014

University of Idaho, WWAMI Medical Program

Health Disparities Seminar, MEDS 501, graduate course, 2012–present

University of Texas at El Paso, Department of Kinesiology

Advanced Exercise Physiology, KIN 5372, online graduate course, 2010

Coronary Intervention Programs, KIN 4334, 2006–2010

Coronary Intervention Programs, KIN 5372, graduate course, 2006–2010

Internship in Cardiac Rehabilitation, KIN 4350, 2009–2010

Current Issues in Exercise Science: Physical Activity and Health, KIN 4323, 2007–2008

Exercise Physiology, KIN 4312, 2005–2006

Fitness Programs, KIN 4330, 2005

University of New Mexico, Department of Health, Exercise and Sports Sciences

Testing and Measurement in Physical Education, 2004

Intermediate Weight Training, 2000–2004

Jogging for Fitness, 2000–2004

Stretching and Relaxation, 2001–2004

San Francisco State University, Department of Kinesiology

Exercise Testing and Prescription, 1997–2000

Physiological Basis of Movement, 1997–2000

Health-related Fitness and Wellness, 1997–2000

Internship in Fitness and Wellness, 1997–2000

Fitness Program Management, 1997–2000

Field Experience in Fitness and Wellness, 1998–2000

CPR and First Aid, 1998–2000

**Students Advised:****Undergraduate Students:** (advised, number per year)University of Idaho

Vandal Friday incoming freshman advising 2011–present  
70 students advised in academic year 2012-2013

University of Texas at El Paso

107 students advised in academic year 2006–2007  
80 students advised in academic year 2007–2008  
89 students advised in academic year 2008–2009  
136 students advised in academic year 2009–2010

**Graduate Students:****Advised to completion of degree-major professor:** (student name, degree, and date)University of Idaho

Mike Vaccarro, MS, Movement and Leisure Science 5/2013  
Brian Neal, MS, Movement and Leisure Science 5/2013  
Britni Racus, MS, Movement and Leisure Science 8/2013

University of Texas at El Paso

Hector Reyes, MPH, Thesis, 2008–2010  
Raul Y. Zubia, MS, Kinesiology Program, Thesis, 2006–2008

**Advised as major professor, in progress:** (student name, degree, and date)University of Idaho

Amber Green, PhD, Education with Exercise Science emphasis, 2011–present  
Katrina Taylor, PhD, Education with Exercise Science emphasis, 2012–present  
Vanessa Martinez, PhD, Education with Exercise Science emphasis, 2012–present  
Isaiah Phelps, MS, Movement and Leisure Science, 2012  
Brian Phillips, MS, Movement and Leisure Science, 2013  
Zach McJannet, MS, Movement and Leisure Science, 2013  
Ashley Hall, MS, Movement and Leisure Science, 2013  
Brandon Close, MS, Movement and Leisure Science, 2013

**Advised as major professor but left UTEP prior to student completing degree:**

Ximena Burgos, PhD, Interdisciplinary Health Sciences, 2008–2010  
Alejandro Rios, MS, Kinesiology Program, Project, 2009-2010  
Elisabeth Cavegn, MS, Kinesiology Program, Thesis, 2010  
Miranda Bagdon, MS, Kinesiology Program, Project, 2007

**Graduate student committee member:** (student name, degree, and date)University of Idaho

Daniel Pollock, PhD, Education with Exercise Science emphasis, Dissertation; student dropped out of program 2013  
Danielle Lawson, MS, Movement and Leisure Science, Thesis 2012-2013

University of Washington

Kim Rigano, Veterinary & Comparative Anatomy, Pharmacology, and Physiology, MS Thesis 2013-present  
Danielle Rivet, wildlife biology and veterinary medicine, MS Thesis 2012-present

University of Texas at El Paso

Sandy Gabriel, MS, Kinesiology Program, Project, 2010  
Maricarmen Viscano, MS, Kinesiology Program, Thesis, 2010  
Clarissa Gomez, PhD in Interdisciplinary Health Sciences, 2010  
Lucia Hernandez, MS, Health Promotion Program, Thesis, 2010  
Judee Macias, MS, Speech Language Pathology Program, Project, 2010  
Brandi Below, MS, Kinesiology Program, Project, 2009  
Sarah Deemer, MS, Kinesiology Program, Thesis, 2008  
Joseph Ochoa, MS, Kinesiology Program, Project, 2007

**Research mentor:**University of IdahoUndergraduate Student Research Mentor

Kelsey Craft, Movement Sciences Program Practicum, 2012  
 Christopher Campbell, Movement Sciences Program Practicum, 2012  
 Rebecca Berger, Movement Sciences Program Practicum, 2012  
 Ashley Pond, Movement Sciences Program Practicum, 2012  
 Emma Goode, Movement Sciences Program, 2012  
 Jessie Gould, Movement Sciences Program Practicum, 2011-2012  
 Jason Valois, Movement Sciences Program Practicum, 2011  
 Mitch Gottschalk, Movement Sciences Program Practicum, 2011  
 Reed Kaus, Movement Sciences Program Practicum, 2011  
 Cameron Lorbiecki, Movement Sciences Program Practicum, 2011  
 Jeff McCullough, Movement Sciences Program Practicum, 2011

Graduate Student Research Mentor

Katrina Taylor, PhD, Education with Exercise Science emphasis, 2012–present  
 Vanessa Martinez, PhD, Education with Exercise Science emphasis, 2012–present  
 Amber Green, PhD, Education with Exercise Science emphasis 2011–present  
 Julie Zaranak, MS, Movement and Leisure Sciences, 2011

University of Texas at El PasoUndergraduate Student Research Mentor

Karen Macias, Kinesiology Program, 2010  
 Carlos Ibanez Alcala, Engineering Program, 2010  
 Stephanie Martinez, Kinesiology Program, 2010  
 Cameron Sheid, Kinesiology Program, 2009–2010  
 Alejandro Rios, Kinesiology Program, 2008–2009  
 Diana Ontiveros, Kinesiology Program, 2007–2009  
 Natalie Grijalva, Kinesiology Program, 2007  
 Elsa Warden, Microbiology Program, 2007  
 Daniel De Los Santos, Kinesiology Program, 2007  
 Roy Kohn, Kinesiology Program, 2006

Graduate Student Research Mentor

Clarissa Gomez, Interdisciplinary Health Sciences PhD Program, 2010  
 Ximena Burgos, Interdisciplinary Health Sciences PhD Program, 2008–2010  
 Carla Ellis, Nursing Program, 2008–2010  
 Raul Zubia, Kinesiology Program, 2006–2008  
 Diana Ontiveros, Psychology Program, 2009–2010  
 Alejandro Rios, Kinesiology Program, 2009–2010  
 Hector Reyes, Public Health Program, 2008–2010  
 Claudia Lozano, Public Health Program, 2008–2009

**Courses Developed:**University of Idaho

Health Disparities Seminar, MEDS 501, graduate seminar, Spring 2012  
 Physical Activity, Health and Metabolic Disease, PEP 404/504, graduate course, Fall 2012  
 Disparities in Obesity and Health, ISEM 301, online upper division course, Summer 2013

University of Texas at El Paso

Advanced Exercise Physiology, online graduate course, Spring 2010  
 Coronary Intervention Programs, upper division course, Spring 2006  
 Current Issues in Exercise Science - Physical Activity and Health, upper division course, Fall 2007

San Francisco State University

Health-related Fitness and Wellness, upper division course, 1997

**Non-credit Classes, Workshops, Seminars, Invited Lectures, etc.:**Invited Guest Lectures

- PEP 100 Introduction to Exercise Science and Health, Invited Exercise Physiology, Introduction to Exercise Physiology Fall 2013
- PEP 100 Introduction to Exercise Science and Health, Invited Exercise Physiology Panel Member, Fall 2012
- PEP 100 Introduction to Exercise Science and Health, Invited Exercise Physiology Panel Member, Fall 2011
- KIN 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, February 23, 2006
- KIN 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, June 20, 2006
- KIN 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, September 2, 2006
- KIN 4312 Exercise Physiology, Cardiovascular Physiology, March 6, 2006
- KIN 4312 Exercise Physiology, Cardiovascular Responses to Exercise, March 8, 2006
- CHSC 6304 Pro-seminar in Interdisciplinary Health Sciences, Theories in Exercise Physiology Research, March, 2006
- Kin 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, March, 2007
- Kin 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, June 19, 2007
- Kin 1303 Foundations of Kinesiology, Research in Exercise Physiology, April 29, 2008
- Kin 1303 Foundations of Kinesiology, Research in Exercise Physiology, October 30, 2008
- Kin 5372 Advanced Exercise Physiology, Measuring Cardiac Function, March 18, 2008
- Kin 1303 Foundations of Kinesiology, Research in Exercise Physiology, June 19, 2008
- CHSC 6304 Pro-seminar in Interdisciplinary Health Sciences, Research Theories in Insulin Resistance and Metabolic Syndrome, Feb. 11, 2009
- KIN 5371 Measurement Techniques in Exercise Physiology, Techniques for Measuring Cardiac Function during Exercise, April 7, 2009
- KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, April 9, 2009
- KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, October 9, 2009
- KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, April 2010
- KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, June 2010

**Honors and Awards:**

Fellow, American College of Sports Medicine, 2013-present

University of Texas at El Paso, Dodson Travel Funds Award, Awarded to the Kinesiology Dept., 2007-2010

University of Texas Telecampus, Online Course Revision Grant, \$1500, 2009

Faculty Marshall of Students for College of Health Sciences, University of Texas at El Paso Graduation, 2009

Distinction awarded for Doctoral Dissertation, Department of Health, Exercise and Sports Sciences, University of New Mexico, 2004

Outstanding Doctor of Philosophy Award, College of Education, University of New Mexico, 2004

Distinction awarded for Doctoral Comprehensive Exams, Department of Health, Exercise and Sports Sciences, University of New Mexico, 2002

Community Service Learning Honoree, San Francisco State University, 1999

Distinction awarded for Master of Science, California Polytechnic State University, San Luis Obispo, CA, 1997

Graduate Fellowship, California Polytechnic State University, San Luis Obispo, CA, 1996

**SCHOLARSHIP ACCOMPLISHMENTS:****Publications:**Refereed/Adjudicated Publications (i.e., blind review)

Dieter, B. P., McGowan, C., Stoll, S., **Vella, CA**. Muscle activation patterns and patellofemoral pain in cyclists. *Medicine & Science in Sports & Exercise*, in press.

Dieter BP, **Vella CA**. A proposed mechanism for exercise attenuated methylglyoxal accumulation: Activation of the ARE-Nrf Pathway and increased glutathione biosynthesis. *Medical Hypotheses* 2013; Nov;81(5):813-5.

**Vella CA**, Burgos-Monzon X, Ellis CJ, Zubia RY, Ontiveros D, Reyes H, Lozano C. Associations of insulin resistance with cardiovascular risk factors and inflammatory cytokines in normal-weight, Hispanic women.

*Diabetes Care*, 2013 May; 36(5):1377-83.

**Vella CA**, Paul D, Bader J. Cardiac response to exercise in normal-weight and obese men and women: implications for exercise prescription, *Acta Physiologica* 2012; 205:113-123.

**Vella CA**, Ontiveros D, Zubia RY, Dalleck L., Physical activity recommendations and cardiovascular disease risk factors in young Hispanic women, *Journal of Sports Sciences* 2011a; 29(1):37-45.

**Vella CA**, Ontiveros D, Zubia RY, and Bader JO. Acculturation and metabolic syndrome risk factors in young Hispanic women, *Journal of Immigrant and Minority Health* 2011b; 13(1):119-26.

**Vella CA**, Ontiveros D, Zubia RY. Cardiac function and arteriovenous oxygen difference during exercise in obese adults, *European Journal of Applied Physiology* 2011c; 111(6):915-23.

Deemer S, King GA, Dorgo S, **Vella CA**, Tomaka J, Thompson D. Relationship of leptin, resting metabolic rate, and body composition in pre-menopausal Hispanic and non-Hispanic white women. *Endocrine Research* 2010; 35(3):95-105.

**Vella CA**, Zubia RY, Ontiveros D, and Cruz, ML. Physical activity, cardiorespiratory fitness and metabolic syndrome risk factors in young Mexican and Mexican American women. *Applied Physiology Nutrition and Metabolism* 2009a; 34(1):10-17.

**Vella CA**, Zubia RY, Burns SF, and Ontiveros D. Cardiac response to exercise in young, normal weight and overweight men and women. *European Journal of Applied Physiology* 2009b; 105(3):411-419.

**Vella CA**, Robergs RA, and Yamada PA. Fitness, body size, ventilation and the oxygen cost of breathing in adults. *Journal of Exercise Physiology Online* 2008; 11(6):67-76.

Araiza P, Hewes H, Gashetewa C, **Vella CA**, and Burge MR. Efficacy of a pedometer-based physical activity program on parameters of diabetes control in type 2 diabetes. *Metabolism* 2006a; 55:1382-1387.

**Vella CA**, Marks D, and Robergs RA. The oxygen cost of ventilation during incremental exercise to  $\text{VO}_2$  max. *Respirology* 2006b; 11(2):175-181.

**Vella CA** and Robergs RA. Non-linear relationships between central cardiovascular variables and  $\text{VO}_2$  during incremental cycling exercise in endurance-trained individuals. *Journal of Sports Medicine and Physical Fitness* 2005a; 45(4):452-459.

Marks D, Robergs RA, Nelson J, **Vella CA**, Bell-Wilson J, and Apkarian M. The oxygen cost of ventilation and its effect on the  $\text{VO}_2$  plateau. *Journal of Exercise Physiology Online* 2005b; 8(5):1-14.

Dalleck LC, **Vella CA**, Kravitz L, and Robergs RA. The accuracy of the ACSM metabolic equation for walking at altitude and higher grade conditions. *Journal of Strength & Conditioning Research* 2005c; 19(3):534-537.

**Vella CA** and Robergs RA. A review of the stroke volume response to upright exercise in healthy subjects. *British Journal of Sports Medicine* 2005d; 39:190-195.

Unnithan VB, Veehof SHE, **Vella CA**, and Kern M. Is there a physiological basis for creatine use in children and adolescents? *Journal of Strength and Conditioning Research* 2001; 15(4):524-528.

#### Peer Reviewed/Evaluated Publications

**Vella CA** and Robergs RA. Diversity of stroke volume response should be recognized. Letter to the Editor on Point: Counterpoint Stroke volume does/ does not decline during exercise at maximal effort in healthy individuals. *Journal of Applied Physiology* 2008; 104:281-283.

Kravitz L and **Vella CA**. The exercise afterburn: getting the most out of your workout. *Fitness Magazine*, March 2005.

**Vella CA**. Whole body vibration training. *IDEA Fitness Journal* 2005; 2(1):23-25.

**Vella CA** and Kravitz L. The exercise afterburn: research update. *IDEA Fitness Journal* 2004; 1(5):42-47.

Freeman BM, **Vella CA**, and Kravitz L. Women and weight loss: research update. *AKWA Aquatic Exercise Association Journal* 2004; 18(3).

**Vella CA** and Kravitz L. Staying cool when your body is hot. *AKWA Aquatic Exercise Association Journal* 2003; 17(4):16-17.

**Vella CA** and Kravitz L. Gender differences in fat metabolism. *IDEA Health & Fitness Source* 2002; 20(10):36-46.

Kravitz L and **Vella CA**. Energy expenditure in different modes of exercise. *ACSM Current Comment* 2002; June.

**Vella CA** and Kravitz L. Sarcopenia, the mystery of muscle loss. *IDEA Personal Trainer* 2002; 13(4):30-35.

**Vella CA**, Kravitz L, and Janot JM. A review of the impact of exercise on cholesterol levels. *IDEA Health and Fitness Source* 2001; 19(10):48-54.

Refereed/Adjudicated Publications in Progress or Submitted

Green A, McGrath R, Martinez V, Taylor K, Paul DR, **Vella CA**. Associations of objectively-measured sedentary behavior, light activity, and markers of cardiometabolic health in young women. *Submitted to European Journal of Applied Physiology (impact factor 2.66), 9/2013, in revision*

Martinez M, **Vella CA**, Montoya J, and Wittenburg D. Language Acculturation positively influences perceived exercise benefits, motivation for exercise, and physical activity in young Hispanic women. *Submitted to the Journal of Behavioral Medicine, 10/2013*

Nelson OL, Jansen HT, Galbreath E, Morgenstern K, Lee J, Gong J, Shaywitz AJ, **Vella CA**, Robbins CT, Corbit KC. Natural, reversible insulin resistance and healthy obesity in grizzly bears. *In Review, Cell Metabolism (impact factor 14.6), 11/2013*

**Vella CA**, Burgos X, Lozano C, Reyes H, Ellis CJ, Ontiveros D. Adiposity is related to cardiovascular disease risk factors in young, normal-weight Hispanic women, *in progress*.

**Vella CA**, Ontiveros D, Zubia R. Heart rate recovery in obese and normal weight adults, *in progress*.

Refereed Published Abstracts and Presentations

McGrath RP, Moshfegh AJ, Kramer M, Rumpler WB, Baer DJ, **Vella CA**, Scruggs PW, and Paul DR. Prediction of Total Energy Expenditure and Moderate-to-Vigorous Physical Activity by the NHANES PAQ. *Medicine and Science in Sports and Exercise, 2013*

Green AN, Paul DR, McGrath RP, Martinez V, Taylor K, **Vella CA**. Sedentary behavior, central obesity and cardiovascular disease risk factors in young women *Medicine and Science in Sports and Exercise, 2013*

Taylor K, **Vella CA**. Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women. *Medicine and Science in Sports and Exercise, 2013*

Dorgo S, Reed-Jones R, Bulusu C, **Vella CA**. Short-term Changes in Resistance Training Exercise Confidence in Young and Older Adults, *Medicine and Science in Sports and Exercise* 2012; 44(5):S681-682.

**Vella CA**, Burgos-Monzon XB, Ellis CJ, Ontiveros D, Zubia RY, Sheid CE. Associations of Insulin Resistance with Cardiovascular Risk Factors and Inflammatory Cytokines in Normal-weight, Hispanic Women, *Medicine and Science in Sports and Exercise* 2011; 43(5):S459-460.

Dorgo S, Reed-Jones R, **Vella CA**, Samples C, Bulusu C. Effects of Training Loads on Short-term Strength Adaptations in Older Adults, *Medicine and Science in Sports and Exercise* 2011; 43(5):S516.

Burgos-Monzón X, **Vella CA**, Lozano C, Ellis C, Reyes H, Cruz M. Insulin resistance and non-alcoholic fatty liver disease in Hispanic youth, *Obesity* 2010; 18(2):S217.

Zubia, R, Burns SF, King GA; Tomaka G, VellaCA. Substrate Oxidation and Energy Expenditure During and One Hour After Isocaloric Exercise Bouts of Different Intensity, *Medicine and Science in Sports and Exercise* 2009; 41(5):S42.

**Vella CA**, Burgos X, Lozano C, Reyes H, Ellis CJ, Ontiveros D. Adiposity is related to cardiovascular disease risk factors in young, normal-weight Hispanic women, *Obesity* 2009; 17(2):S199.

**Vella CA**, Zubia RY, Ontiveros D, Rios A. Cardiovascular Responses to Submaximal Exercise in Young, Normal-Weight and Obese Men and Women, *Obesity* 2009; 17(2):S135.

**Vella CA**, Zubia RY, Burns SF. Cardiac response to progressive cycle exercise in young, overweight men and women, *Circulation* 2008; 117(11):P27.

**Vella CA**, Zubia RY, Ontiveros D, Grijalva N, Burns SF. Acculturation, Fitness, Activity and Metabolic Syndrome Risk Factors in Young Hispanic Women, *Medicine and Science in Sports and Exercise* 2008; 40(5):S316.

Nazeran N, Bolanos M, Haltiwanger E, and **Vella CA**, Heart Rate Variability Signal Features Quantify Normal Ranges of Blood Sugars in Healthy Individuals, *Biomedical Engineering Recent Developments*, Editors Otto Wilson, Binh Tran, Jafar Vossoughi. Medical and Engineering Publishers, Inc. Washington, DC, 2007; 26-29.

Hammer T, Gamache L, **Vella CA**, and Burge MR. Effect of ethanol before bed on IGF-1 and IGFBP3 dynamics in type 2 diabetic and nondiabetic subjects. *Journal of Investigative Medicine* 2007; 55:S95.

Gamache L, **Vella CA**, and Burge MR. Oral ethanol suppresses overnight endogenous ghrelin secretion in nondiabetic and type 2 diabetic subjects. *Journal of Investigative Medicine* 2006; 54(Suppl. 1):S151.

Gamache L, **Vella CA**, and Burge MR. Disparate effects of oral ethanol on overnight blood glucose regulation in nondiabetic and type 2 diabetic subjects. *Journal of Investigative Medicine* 2006; 54(Suppl. 1): S158.

Yamada PM, **Vella CA**, and Robergs RA. Maximal ventilation and body size determine the oxygen cost of ventilation. *The FASEB Journal* 2006; 20:A1449.

**Vella CA**, Dalleck LC, Kravitz L, Mermier C, and Robergs RA. A comparison of fuel utilization during graded walking under hyperoxia and normoxia conditions. *Medicine and Science in Sports and Exercise* 2003; 35(5):S86.

Janot J, Robergs R, Bell J, **Vella C**, and Kravitz L. Interindividual variability of cardiac output, stroke volume, and heart rate responses during incremental exercise to  $\text{VO}_2\text{max}$ . *Medicine and Science in Sports and Exercise* 2003; 35(5):S277.

Marks D, Robergs R, Nelson J, **Vella C**, Bell-Wilson J, and Apkarian M. The oxygen cost of ventilation and its effects on the  $\text{VO}_2$  plateau. *Medicine and Science in Sports and Exercise* 2003; 35(5):S227.

**Vella CA**, Dalleck LC, Kravitz L, Mermier CM, and Robergs RA. Heart rate and rating of perceived exertion correlation during graded walking: normoxia versus hyperoxia. *Medicine and Science in Sports and Exercise* 2003; 34(5):S294.

Janot J, Robergs R, Bell J, **Vella C**, and Kravitz L. Determination of the relationship between cardiac output, stroke volume, and heart rate with  $\text{VO}_2$  during incremental exercise to  $\text{VO}_2$  max. *Medicine and Science in Sports and Exercise* 2002; 34(5):S111.

Abstracts Submitted for Publication and Presentation

Other (reports, proceedings, papers, citations and references, performances)

**Vella, CA**. The exercise afterburn, Health Column. El Paso Times, January 2008.

**Vella, CA**. Exercise and HDL cholesterol, Health Column. El Paso Times, October 2007.

Kravitz L and **Vella CA**. Fat metabolism and gender differences Online Course. DSW Fitness, Center for Continuing Education, February 2007, www.DSWfitness.com.

**Vella CA**. Mind over matter. *Oxygen-Women's Fitness Magazine*, March 2002, 148-151.

**Presentations and Other Creative Activities:** (i.e. slide sets, web pages, video productions, etc., provide date and location)

Professional Presentations

Rivet DR, Nelson OL, **Vella CA**, Jansen HT, Robbins HT. International Bear Association Conference September 2013, Poster presentation. *Diets Higher in Polyunsaturated Fatty Acids May Yield Health Benefit for*



*Bears.*

Scruggs PW, Goc Karp G, Brown HB, Paul DR, **Vella CA**. NASPE Conference on Physical Education Teacher Education (PETE) October, 2012, 50 min Podium Presentation, *Physical Education Physical Activity: Policy and Assessment*.

Scruggs PW, Goc Karp G, Paul DR, **Vella CA**, Davis C. Annual meeting for Idaho Association for Health, Physical Education, Recreation, & Dance in Pocatello, ID., October, 2011. *Statewide Surveillance of Physical Education Quality and Quantity in Idaho*.

Riskowski J, Macias K, **Vella CA**. American Public Health Association Annual Meeting, October 2011. Poster Presentation. *Effects of Diabetes Understanding on Health and Lifestyle Changes in Individuals after Attending a Diabetes Education Seminar*.

**Vella CA**, Ontiveros D, Zubia RY. US/Mexico Health Research Conference, El Paso, TX, September 2008. Podium presentation. *Physical Activity, fitness and metabolic syndrome in young Mexican and Mexican American women*.

**Vella CA**. University of Texas at El Paso Interdisciplinary Health Sciences Lecture Series, November 3, 2006. 50 min podium presentation. *Obesity and cardiovascular dysfunction*.

**Vella CA**. New Mexico Dietetics Association Annual Meeting, Albuquerque, NM, April 2, 2004, 50 min podium presentation, *Sarcopenia: The mystery of muscle loss*.

ACSM Southwest Chapter Meeting, Las Vegas, NV, October 22, 2004, Poster presentation, *Non-linear relationships between central cardiovascular variables and VO<sub>2</sub> during incremental cycling exercise in endurance-trained individuals*.

ACSM National Meeting, San Francisco, CA, May 29, 2003, Poster presentation, *A comparison of fuel utilization during graded walking under hyperoxia and normoxia conditions*.

ACSM National Meeting, St. Louis, MO, May 30, 2002, Poster presentation, *Heart rate and rating of perceived exertion correlation during graded walking: normoxia versus hyperoxia*.

ACSM Southwest Chapter Meeting, San Jose, CA, November 15, 1999, Poster presentation, *An explorative investigation into creatine usage in trained junior athletes*.

**Vella CA**. National Strength and Conditioning Association State Conference, Santa Fe, NM, June 21, 2003, 50 min podium presentation, *Gender differences in fat metabolism*.

**Vella CA**. New Mexico Dietetics Association Annual Meeting, Albuquerque, NM, May 8, 2003, 50 min podium presentation, *Gender differences in fat metabolism*.

**Vella CA**. IDEA Fact Fest Conference, Rosemont, IL. April 25, 2003, 50 min podium presentation, *Women, hormones, exercise and metabolism*.

**Vella CA**. IDEA Fact Fest Conference, Rosemont, IL, April 26, 2003, 50 min podium presentation, *The mystery of muscle loss*.

*Professional Presentations Submitted**Student Mentored Presentations*

Northwest American College of Sports Medicine, March 2013, Slide Presentation, *Sedentary behavior, central obesity and cardiovascular disease risk factors in young women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.

Northwest American College of Sports Medicine, Slide Presentation, *Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women*. K. Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.

University of Idaho, Innovation Showcase, Moscow, ID. April 2013, *Sedentary behavior, central obesity and cardiovascular disease risk factors in young women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.

University of Idaho, Innovation Showcase, Moscow, ID. April 2013, *Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women*. K. Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.

University of Idaho, Innovation Showcase, Moscow, ID. April 19, 2012. Slide Presentation, *Dietary Fructose is associated with TNF-alpha in Normal-weight, Hispanic Women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.

Northwest American College of Sports Medicine Regional Meeting, Coeur d'Alene, ID. March 31, 2012. Slide Presentation, *Dietary Fructose is associated with TNF-alpha in Normal-weight, Hispanic Women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.

Obesity Society Annual Scientific Meeting, San Diego, CA. October 11, 2010. Poster Presentation, *Insulin Resistance and Non Alcoholic Fatty Liver Disease in Hispanic Adolescents*. X Burgos, Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso.

ACSM National Meeting, Seattle WA. May 2009. Poster presentation. *Substrate Oxidation and Energy Expenditure During and One Hour After Isocaloric Exercise Bouts of Different Intensity*. RY Zubia, Kinesiology Program, University of Texas at El Paso.

Paul L. Foster School of Medicine, Texas Tech University Research Colloquium, May 6, 2009, Podium Presentation, *Relationships between estimates of adiposity, fructose intake, and non-alcoholic fatty liver disease in overweight Hispanic adolescents*. H Reyes, Public Health Program, University of Texas at El Paso.

Paul L. Foster School of Medicine, Texas Tech University Research Colloquium. May 6, 2009, Podium Presentation, *Cardiac function during exercise in overweight adults*. AE Rios, Kinesiology Program.

Paul L. Foster School of Medicine, Texas Tech University Research Colloquium. May 6, 2009, Poster Presentation, *Association between body fatness and cardiovascular disease risk factors in normal-weight Hispanic women*. X Burgos, Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso.

Texas Chapter of ACSM 29th Annual Meeting, Odessa, February 29, 2008. Poster presentation. *Fat and CHO oxidation during and one hour after isocaloric exercise bouts of different intensity*. RY Zubia, Kinesiology Program, University of Texas at El Paso.

University of Texas at El Paso Interdisciplinary Health Sciences Lecture Series, May 10, 2007. Poster presentation. *Obesity and cardiovascular dysfunction*. RY Zubia, Kinesiology Program, University of Texas at El Paso.

**Grants and Contracts:** (provide principal and co investigators, title, sponsor, funding dates, amount)

Grant Funding Awarded

Diann L. Haslett Faculty Excellence Fellowship Fund, College of Education, PI: Vella, CA  
 Title: Exercise Intensity and Cardiovascular Disease Risk Factors in Young Women: A Pilot Study  
 Funding: \$12,000  
 Role: PI  
 Dates: 6/2013-6/2014

Blue Cross of Idaho, Foundation for Health, Inc., PI: Brown, H  
 Title: *HEAL- Healthy Eating and Active Living*  
 Total Funding: \$50,000  
 Role: Collaborator  
 Dates: 2012-2013

Idaho State Department of Education, PI: Scruggs, PW  
 Title: *Statewide Surveillance of Physical Education Quantity and Quality in Idaho. Idaho State Department of Education Coordinated School Health Program.*  
 Total Funding: \$10,900  
 Role: Co-investigator  
 Dates: March 1, 2011–August 15, 2011

University of Idaho Seed Grant, PI: Vella, CA

Title: *Physical inactivity, inflammation, and metabolic syndrome risk factors in young women*  
 Funding: 12,000  
 Dates: July 31, 2011–February 28, 2013

3SC2DK083061-02S1, National Institutes of Health, NIDDK American Recovery and Reinvestment Act Supplemental Grant Program, PI: Vella, CA  
 Title: *Supplement to Characteristics of Metabolically Obese but Normal-weight Hispanic Women.*  
 Total Funding: \$99,225.  
 Dates: September 1, 2009–July 31, 2011

University Research Institute, University of Texas System, PI: Vella, CA  
 Title: *Heart Rate Recovery in Obese Adults*  
 Total Funding: \$4,560.  
 Dates: September 1, 2009–August 31, 2010

1SC2DK083061-01, National Institutes of Health, NIDDK Pilot Grant Program, PI: Vella, CA  
 Title: *Characteristics of Metabolically Obese but Normal-weight Hispanic Women.*  
 Total Funding: \$333,000.  
 Dates: August 8, 2008–July 31, 2011

PDN1571, Paso del Norte Health Foundation, Center for Border Health Research, PI: Vella, CA  
 Title: *Metabolic Syndrome in Young Normal-Weight Hispanic Women.*  
 Total Funding: \$75,000  
 Dates: January 2008–December 2009

P20MD002287, National Institutes of Health, NCMHD, PI: Vella, CA  
 Sub-grant to write an NIH grant proposal  
 Title: *Insulin sensitivity and non-alcoholic fatty liver disease in young, non-obese Hispanic women*  
 Total Funding: \$6,000  
 Dates: June 1, 2009–August 31, 2009

PDN1458, Paso del Norte Health Foundation, Center for Border Health Research, PI: Vella, CA  
 Title: *Insulin Resistance and Non-Alcoholic Fatty Liver Disease in Overweight Hispanic Adolescents.*  
 Total Funding: \$75,000  
 Dates: June 2008–December 2008

Hispanic Health Disparities Research Center, PI: Vella, CA  
 Title: *Cardiovascular Fitness and Physical Activity in Young Hispanic Women and Relationships with the Metabolic Syndrome Risk Factors.*  
 Total Funding: \$19,652  
 Dates: October 2006–September 2008  
*Center funded by the NIH National Center on Minority Health and Health Disparities (Grant P20 000548)*

University Research Institute, University of Texas, PI: Vella, CA  
 Title: *Assessment of Heart Function in Obese Individuals.*  
 Total Funding: \$4,000  
 Dates: December 2005–May 2007

Paso del Norte Health Foundation, Step it Up Initiative, PI: Vella, CA & Tomaka J  
 Title: *UTEP Employee Health and Wellness Program.*  
 Total Funding: \$60,000  
 Dates: May 2007–March 2008

Community Service Learning Curriculum Development, San Francisco State University, PI: Vella CA & Kern M  
 Total Funding: \$8,500  
 Dates: 1998–1999

#### Grants in Review

RO1, National Institutes of Health, NHLBI, PI: Vella, CA  
 Title: Dose-response of high-intensity interval training and CVD risk factor reduction

Funding requested: \$2,920,544

Unfunded Grants

1R15HL115547-01, National Institutes of Health, NHLBI, PI: Vella, CA  
 Title: *Effects of exercise intensity on inflammation and CVD risk in young adults*  
 Funding requested: \$430,011  
 NIH Priority Score: 30  
 Submitted 2012

National Institutes of Health COBRE program, PI: Wichman, H  
 Title: *Center for Excellence in Interdisciplinary Research*  
 Total Direct Costs: \$7,787,750  
 Total Costs: \$10,837,891  
 Direct Costs on Project 4: \$1,208,050  
 Total Costs on Project 4: \$1,730,792  
 Role: Collaborator  
 Submitted 2012

Blue Cross of Idaho, Foundation for Health, Inc., PI: Brown, H  
 Title: *HEAL- Healthy Eating and Active Living*  
 Funding requested: \$300,000  
 Role: Collaborator  
 Submitted 2012

Institute for Translational Health Sciences Pilot Grant, PI: Vella, CA  
 Title: *The inflammatory response to exercise in obesity: implications for exercise prescription*  
 Funding requested: \$24,530  
 Submitted 2011

USDA Agriculture and food research initiative, competitive grants program, PI: Scruggs, PW  
 Role: Co-PI  
 Title: *Creating healthy interventions for lifelong learning afterschool (Chill afterschool)*  
 Submitted 2011

Robert Wood Johnson Foundation Active Living Research, Rapid-Response Round 3 Grants, PI: Paul, DR  
 Role: Co-investigator  
 Title: *Streams of Stakeholders Creating a Confluence to Support a Healthy Community*  
 Submitted 2011

1R21HL104323-01, National Institutes of Health, NIDDK, PI: Vella, CA  
 Title: *Role of Fitness, Activity, and Sedentary Behaviors in Nonalcoholic Fatty Liver Disease*  
 Submitted 2010

Student Mentored Grants

University of Texas Graduate Enhancement Grant  
 Role: Mentor  
 Student: Raul Y. Zubia  
 Title: *Fat Oxidation during Exercise in Overweight Adults.*  
 Total Funding: \$3599

University of Texas Graduate Enhancement Grant  
 Role: Mentor  
 Student: Ximena Burgos, Ph.D. student  
 Title: *Metabolic Syndrome and Carotid Intima Medial Thickness in Hispanic Women*  
 Total Funding: \$2700

University of Texas Graduate Studies Grant

Role: Mentor

Student: Ximena Burgos, Ph.D. student

Title: *Metabolic Syndrome and Carotid Intima Medial Thickness in Hispanic Women*

Total Funding: \$500

**Honors and Awards:**

University of Idaho Faculty Expert for Research, 2013 to present

University of Idaho Representative for the Tri-state Research Initiative on Rural Health, 2011 to present

Federation of American Societies for Experimental Biology (FASEB) Minority Access to Research Careers Conference Travel Award, 2010

Outstanding Performance for Securing Extramural Funding, University of Texas at El Paso, 2009

Federation of American Societies for Experimental Biology (FASEB) Minority Access to Research Careers Conference Travel Award, 2009

Endocrinology Scholar Award, American Federation for Medical Research, Western Regional Conference, 2006

Student Mentored Awards

Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Abstract, Amber Green, *Sedentary behavior, central obesity and cardiovascular disease risk factors in young women.*

Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Abstract, Katrina Taylor, *Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women.*

Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Abstract, Brad Dieter, *Muscle activation patterns differ between cyclist with patellofemoral pain and those without.*

University of Idaho 2012 Innovation Showcase, 2<sup>nd</sup> Place Award for Graduate Disciplinary Research (\$300), Amber Green, *Dietary Fructose is Associated with TNF-alpha in Normal-weight, Hispanic Women.*

Northwest American College of Sports Medicine, Award for Best Ph.D. Abstract, Amber Green, *Dietary Fructose is Associated with TNF-alpha in Normal-weight, Hispanic Women.*

**SERVICE:**

**Major Committee Assignments:**

University of Idaho

*Department*

2013 Search Committee Chair, Clinical Assistant Professor search

2013–present Faculty Advisor, Exercise Science Student Club

2013-present Policy and Procedures Committee

*College*

2011, 2012–2015 College of Education Graduate Research and Policy Committee

2011–2013 Dean’s Advisory Council

2011–2013 Dean’s Advisory Council

2011–2012 College of Education Technology Committee

2011 College of Education Search Committee for Associate Dean

*University*

2013–2016 Committee member, Faculty Affairs

2013–2016 Alternate Senator (elected), Faculty Senate

2013 Tenure review committee member, Onesmo Balemba, Biological Sciences

2013 Search Committee Member, Wellness Coordinator search, Student Recreation Center

2013–present Faculty Expert (nominated), Media Relations, University of Idaho

2011–present Rural Health representative (nominated), Tri-state Initiative for Research Consortium

2012–present Faculty Member at Large, Board Member, Athena Women’s Professional Association

University of Texas at El Paso

*Department*

2008–2011 Coordinator, Program Learning Outcomes Assessment Committee  
 2009–2010 Department Signing Official for Chair when she is traveling  
 2007–2008 Committee Member, Biomechanics Search Committee  
 2008–2009 Committee Member, Motor Learning and Biomechanics Search Committee  
 2008–2009 Committee Member, Kinesiology department strategic planning committee  
 2007–2009 Committee Member, Laboratory planning and design for the new College of Health Sciences building  
 2009–2010 Assisted with Kinesiology website revisions  
 2007 Assisted in the revision of degree plans to meet 120 hour requirement

*College*

2009–2011 Committee Member, Academic Affairs Committee, College of Health Sciences  
 2007–2010 Council Member, PhD Executive Council, Interdisciplinary Health Sciences PhD program  
 2010–2011 Secretary (Elected), Faculty Organization Committee, College of Health Sciences  
 2009–2010 Member at Large (Elected), Faculty Organization Committee, College of Health Sciences  
 2007–2008 Member, Merit Rubric Committee, College of Health Science  
 2009 Faculty Marshall of Students for Health Sciences

*University*

2009–2012 Senator, Faculty Senate  
 2009–2011 Member, Graduate Scholarship Committee  
 2008–2009 Alternate Senator, Faculty Senate  
 2007–2009 Committee Member, Student Conduct Committee  
 2008 Biomedical Engineering Conference Program Committee  
 2008 Biomedical Engineering Conference Abstract Review Committee

**Other Service:**University of Idaho*Department*

2011-2012 Exercise Science and Health Undergraduate Curriculum Revision ad hoc committee  
 2011 Exercise Science and Health Graduate Curriculum Revision ad hoc committee  
 2012 Movement Sciences Core Curriculum Subcommittee

*College*

2013-present Mentor for new faculty, Mostafa Hegazi

**Professional and Scholarly Organizations:** (including memberships, committee assignments, editorial services, offices held and dates)

- Board Member at Large, Clinical, Northwest chapter of the American College of Sports Medicine, 2013-2015
- Ad hoc Scientific Content Advisory Committee, American College of Sports Medicine, 2011–present
- Undergraduate Poster Committee Judge, Texas chapter of the American College of Sports Medicine, 2010
- Masters Poster Committee Judge, Northwest chapter of the American College of Sports Medicine, 2012
- Examiner for ACSM Health Fitness Instructor Practical Exam, 2001–2004
- Reviewer, British Journal of Sports Medicine
- Reviewer, American Journal of Public Health
- Reviewer, Journal of Applied Physiology
- Reviewer, Journal of Immigrant and Minority Health
- Reviewer, Journal of Gerontology, Psychological Sciences
- Reviewer, Journal of Exercise Physiology online (Editorial Board member)
- Reviewer, Journal of Undergraduate Kinesiology Research
- Member, Obesity Society, 2006–present
- Member, American Heart Association, 2006–present
- Member, American Society for Exercise Physiologists, 2002–2004
- Member, American College of Sports Medicine, 1998–present

**Outreach Service:** (Including popular press, interview articles, newspaper articles, workshops-seminars-tours organized, Extension impact statements)

- UI Radio interview discussing cardiovascular disease in young adults, February 2012.
- Vella, CA. The exercise afterburn, Health Column. El Paso Times, January 2008.
- Vella, CA. Exercise and HDL cholesterol, Health Column. El Paso Times, October 2007.

**Community Service:** (non-academic unrelated to employment)

- El Paso Diabetes Association, Diabetes Education Program, 2010
- University Interscholastic League of Texas High School Wrestling Minimum Weight Certification Program, Certified Assessor, 2006-2010
- Faces of Diabetes Annual Conference planning committee; a collaboration between the El Paso Diabetes Association, Sierra Providence Health Network, and University Medical Center of El Paso, 2006-2008
- Volunteer, American Red Cross Health and Safety Instructor, 1997-2007
- Volunteer, Coordinator of alternate physical fitness testing site for NM Department of Public Safety, 2007

**Honors and Awards:**

**PROFESSIONAL DEVELOPMENT:** (workshops and seminars attended)

**Scholarship:**

- Clinical Research Training Conference, University of Washington, September 2012
- Promotion and Tenure Workshop, March 2012
- Dean's Monthly Mentoring Workshops February 2012
- Actigraph Software Training, Online December 2011
- Referencing Programs Library Seminar, University of Idaho, Fall 2011
- American College of Sports Medicine Annual Conference, Denver, CO, June 2011
- Meeting of MBRS-Support of Competitive Research (SCORE) Program SC1 and SC2 Principal Investigators. National Institute of General Medicine, December 2010
- Ethical Issues in Community Based Research, UTEP HHDRC Summer Institute, June 2010
- Working with Large Data Sets, UTEP HHDRC Summer Institute, June 2010
- Writing Winning Grants Training Seminar, UTEP HHDRC Summer Institute, May 2010
- A Day with NIH at UTEP, February, 2010
- National Science Foundation Leadership Conference, November 2009
- Creating an Electronic Professional Portfolio for Tenure, Promotion, and Awards, UTEP CETaL, September 2009
- Documenting Your Accomplishments Workshop 2: Creating an Electronic Professional Portfolio for Tenure, Promotion, and Awards, October 7, 2009
- Radiation Safety Training, University of Texas at El Paso, November 2009
- Blood Borne Pathogen and Hazardous Waste Training, October 2009
- Institutional Review Board Training, University of Texas at El Paso, November 2009
- Obesity Society Annual Scientific Meeting, Washington, DC, Oct 2009
- American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2010
- American College of Sports Medicine Texas Regional Meeting, Tyler, TX, Feb 2009
- American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009
- Texas Tech University Health Sciences Center Paul L. Foster School of Medicine and The University of Texas El Paso 3rd Annual Research Colloquium, El Paso, May 2009
- International Obesity Society Annual Meeting, Washington DC, October 2009
- American Heart Association Nutrition, Physical Activity, and Metabolism Annual Conference, Colorado Springs, CO, March 2008.
- American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 2008.
- US/Mexico Health Research Conference, El Paso, TX, September 2008.
- American College of Sports Medicine National Conference, New Orleans, LA, May 2007.

**Teaching:**

- Blackboard Learn Hands-on workshop, June 2012
- Apple Educational Workshop, Made for Mobile Learning, April 2012
- Apple Educational Workshop, Learning Tour 2012 Engage students. Explore apps, interactive books, and Multi-Touch textbooks, April 2012
- Advising Workshop – University of Idaho, September, 2011
- Teaching Online - UTTC Facilitated Faculty Workshop, UT Telecampus Nov. 2 – Dec. 4, 2009

- Online Blackboard 8 Training, UT Telecampus, October 2009
- Copyright: Just the Basics, Online Course, UT Telecampus, October 2009
- Instructional Design Tutorial, UT Telecampus, October–November 2009; Earned Certificate for Online Teaching
- Sun Conference on Teaching and Learning, UTEP CETaL, March 2010
- Designing Valid Assessments of Students Learning, UTEP CETaL, September 2009
- Turn-it-in Workshop, UTEP Instructional Support Services, September 22, 2009
- Reaching and Retaining Students, Council of UG Advisors Professional Development Series, September 17, 2009
- Creating Objective Assessments, CETaL Workshop, Sept. 3, 2009
- Team Based Learning Course, UTEP CeTAL, May 13, 2008.
- CHS Writing for the Public workshop, August 2007
- Banner / Goldmine Student Information Workshop, September 27, 2005

**Other Training and Certifications:**

- Media Training for Faculty Research Expert, University of Idaho, May 2013
- Bod Pod body composition technician training, 2011–present
- National Institutes of Health Protecting Human Research Participants Training, 2010–present
- Dual Energy X-ray Absorptiometry Operator Training, 8 hours, General Electric, 2007–present
- Certified Assessor, University Interscholastic League Wrestling Weight Certification Program, 2006–present
- Sonosite Ultrasound Operator Training, September 4, 2008.
- ACSM Health Fitness Instructor Certification, 1998–present
- American Red Cross First Aid & CPR Instructor, 1997–2006
- Radiation Safety Training, University of Texas at El Paso, 2005–present
- Blood Borne Pathogen and Hazardous Waste Training, University of Texas at El Paso, 2005–present
- Institutional Review Board Training, University of Texas at El Paso, 2005–present
- Human Research Review Training Course, University of New Mexico, February, 2003
- University of New Mexico Health Sciences Center & University Hospital HIPPA Compliance Training Course, April, 2003 and March, 2005
- Examiner for ACSM Health Fitness Instructor Practical Exam, 2001–2004