

# CURRICULUM VITAE

## RYAN T. WIET

### I. EDUCATION

August 2021	Ph.D. Exercise Physiology, Kent State University
May 2018	M.Ed. Exercise Science, Cleveland State University
April 2016	B.S. Exercise Science, Oral Roberts University

### II. PROFESSIONAL EXPERIENCE

July 2022 – Present	Postdoctoral Fellow, WWAMI Medical Education Program
August 2021 – May 2022	Visiting Assistant Professor, University of Mount Union
August 2019 – May 2021	Graduate Assistant, Kent State University
Summer 2019	Research Associate, Kent State University
August 2018 – May 2019	Graduate Assistant, Kent State University (Nursing)
January 2018 – May 2018	Strength and Conditioning Intern, Perry High School
January 2017 - May 2018	Graduate Assistant, Cleveland State University

### III. PUBLICATIONS

#### A. Peer Reviewed

1. Barkley, J.E., Farnell, G., Boyko, B., Turner, B., and **Wiet, R.** (2021). Impact of activity monitoring on physical activity, sedentary behavior, and body weight during the COVID-19 pandemic. *International Journal of Environmental Research and Public Health*, 18, 7418. <https://doi.org/10.3390/ijerph18147518>
2. Barkley JE, Lepp A, Glickman E, Farnell GS, Beiting J, **Wiet R**, and Dowdell B. (2020). The acute effects of COVID-19 pandemic on physical activity and sedentary behavior in university students and employees. *International Journal of Exercise Science*. *International Journal of Exercise Science*, 13(5), 1326 – 1339.

#### B. In Preparation

1. **Wiet R**, Lepp, A, Barkley, JE. The relationship of cell phone use with physical activity and sedentary behavior throughout the COVID-19 pandemic.
2. **Wiet R**, and Jajtner AR. The effects of different environmental conditions on exercise mediated BDNF release and the relationship between inflammation and BDNF: A retrospective analysis.

### IV. PRESENTATIONS

#### A. National (Peer Reviewed)

1. **Wiet R**, Boyko, B, Farnell G, Barkley J. (May 2020). Impact of Activity Monitoring Devices on Physical Activity, Sedentary Behavior, and Weight During the COVID-19 Pandemic. Abstract 2021 ACSM Annual Meeting.
2. Hargett TD, **Wiet R**, Arroyo E, Tagesen EC, Glickman EL, Jajtner AR. (May 2020). Effect of heat on serum and plasma Brain-Derived Neurotrophic Factor during aerobic exercise. Abstract was accepted at ACSM Annual Meeting but the conference was cancelled due to COVID-19. San Francisco, CA.
3. **Wiet, R**, Tagesen, EC, Hargett, TD, Sedlacek, C, Arroyo, E, Miller, BA, Boka, K, Glickman, EL, Jajtner, AR. (May 2020). Changes in Brain Derived Neurotrophic

Factor are correlated with changes in IL-6 during aerobic exercise. Abstract was accepted at 2020 ACSM Annual Meeting but the conference was cancelled due to COVID-19. San Francisco, CA.

4. Sedlacek, C., **Wiet, R**, Tagesen EC, Arroyo E, and Jajtner, AR. (May 2020). Brain Derived Neurotrophic Factor response to aerobic exercise in the cold. Abstract was accepted at ACSM Annual Meeting but the conference was cancelled due to COVID-19. San Francisco, CA.
5. Miller BA, **Wiet R**, Tagesen EC, Boka K, Arroyo E, Glickman EL, Jajtner AR. (May 2020). Relationships of serum and plasma BDNF to TNF-a, IL-10, and IL-1ra during aerobic exercise. Abstract was accepted at ACSM Annual Meeting but the conference was cancelled due to COVID-19. San Francisco, CA.
6. **Wiet, R**, Kenneth, S, Wajda, D, Genovese, J, & Kullman, E. (May 2019). The effects of acute aerobic exercise on BDNF levels and cognition in postmenopausal women. Poster presented at National Conference of American College of Sports Medicine

#### B. Regional

1. **Wiet, R**, Lepp, A, & Barkley, J. (November 2021). The effects of cell phone use on physical activity, sedentary behavior, and bodyweight throughout the COVID-19 pandemic. Virtual presentation presented at Midwest Chapter Conference of American College of Sports Medicine.
2. **Wiet, R**, Kenneth, S, Wajda, D, Genovese, J, & Kullman, E. (November 2018). The effects of acute aerobic exercise on BDNF levels and cognition in postmenopausal women. Poster presented at Midwest Chapter Conference of American College of Sports Medicine.

#### C. Collegiate

1. Hargett TD, **Wiet R**, Arroyo E, Tagesen EC, Glickman EL, Jajtner AR. Effect of heat on serum and plasma Brain-Derived Neurotrophic Factor during aerobic exercise. Poster was presented at the Virtual Research Symposium at Kent State University. Kent, OH.
2. Sedlacek, C., **Wiet, R**, Tagesen EC, Arroyo E, and Jajtner, AR. Brain Derived Neurotrophic Factor response to aerobic exercise in the cold. San Francisco, CA. Poster was presented at the Virtual Research Symposium at Kent State University. Kent, OH.
3. Miller BA, **Wiet R**, Tagesen EC, Boka K, Arroyo E, Glickman EL, Jajtner AR. Relationships of serum and plasma BDNF to TNF-a, IL-10, and IL-1ra during aerobic exercise. Poster was presented at the Virtual Research Symposium at Kent State University. Kent, OH.

## V. GRANTS

### A. Funded Proposals

1. Co-investigator. *Education, Health, and Human Services (EHHS) Graduate Student Grant*. The relationship of cell phone use with mental/physical health and academic performance in high school students. Spring 2020. \$500. *Principle Investigator* - Dr. Jacob E. Barkley
2. Co-investigator. *Kent State University Research Council Research/Scholarly Activity Funds*. Relationship between Heat, Inflammation, and Brain Derived Neurotrophic Factor (BDNF). Fall 2019. \$3500. *Principle Investigator* - Dr. Adam R. Jajtner

## VI. TEACHING ACTIVITIES

### A. *University of Idaho (WWAMI Medical Education Program)*

1. Summer 2022  
FMR E22 Clinical Research Methods

### B. *University of Mount Union*

1. Spring 2022  
EXS 110 Exercise Physiology I  
EXS 111 Exercise Physiology II  
EXS 280 Medical Terminology  
EXS 471 Senior Research Thesis Data Collection
2. Fall 2021  
EXS 110 Exercise Physiology I  
EXS 260 Scholarship in Exercise Science

### C. *Kent State University*

1. Spring 2021  
EXSC 35023 Professional Certification Preparation (Lecture/Lab)  
EXSC 35068 Statistics for the Exercise Scientist (Lab)
2. Fall 2020  
EXCS 15010 Introduction to Exercise Science  
EXSC 35068 Statistics for the Exercise Scientist (Lab)  
UC-DKS 10097 First Year Experience
3. Spring 2020  
EXSC 35068 Statistics for the Exercise Scientist (Lab)  
EXCS 45080 Physiology of Exercise (Lab)
4. Fall 2019  
EXCS 15010 Introduction to Exercise Science  
EXSC 35022 Exercise Leadership (Lab)  
EXSC 35068 Statistics for the Exercise Scientist (Lab)

## VII. THESIS/DISSERTATION

### A. *Dissertation*

**Wiet, R.** (2021). The relationships of cell phone use with physical activity, sedentary behavior, and psychometric variables in a sample of high school students and university students and employees [Doctoral dissertation, Kent State University]. OhioLINK Electronic Theses and Dissertations Center. [http://rave.ohiolink.edu/etdc/view?acc\\_num=kent1626458070353404](http://rave.ohiolink.edu/etdc/view?acc_num=kent1626458070353404)

### B. *Thesis*

**Wiet, R.** (2018). The effects of acute aerobic exercise on BDNF levels and cognition in postmenopausal women [Master's thesis, Cleveland State University]. OhioLINK Electronic Theses and Dissertations Center. [http://rave.ohiolink.edu/etdc/view?acc\\_num=csu1527873335485353](http://rave.ohiolink.edu/etdc/view?acc_num=csu1527873335485353)

## VIII. PROFESSIONAL DEVELOPMENT

### A. *How to Get Published Webinar Series*

- How to Write a Journal Article – 07/20/2022

**IX. PROFESSIONAL MEMBERSHIPS**

2019 – Present

National Strength and Conditioning Association

2016 – Present

American College of Sports Medicine

**X. CERTIFICATIONS**

American Red Cross Adult and Child CPR/AED

**XI. AWARDS**

American Kinesiology Association Doctoral Scholar (2021)

**XII. COMMUNITY INVOLVEMENT**

“Time to Shine” - Tim Tebow Foundation

February 2019

“Free to Be The Real Me” - Salvation Army

January 2018