

**K. Jason Crandall, Ph.D., ACSM C-EP**  
**Professor**  
**2460 Krauss Court**  
**Owensboro, KY 42301**  
**Jason.Crandall@wku.edu**

**EDUCATION**

**University of Utah, Salt Lake City, UT** **2004**  
Doctor of Philosophy: Exercise and Sport Science  
Major Area: Exercise Physiology  
Cognate Areas: Counseling Psychology  
Analyses and Development of Teaching Methods

**University of Northern Colorado, Greeley, CO** **1999**  
Master of Arts: Kinesiology  
Emphasis: Exercise Physiology

**Western Kentucky University, Bowling Green, KY** **1996**  
Bachelor of Science: Physical Education  
Minor: Health Education  
Magna Cumme Laude

**PROFESSIONAL EXPERIENCE**

***Professor***

Western Kentucky University, *Bowling Green, KY* **2023-Present**

- Responsible for teaching undergraduate courses in the School of Kinesiology, Recreation, and Sport
- Conducting research
- Co-Director WKU Center for Applied Science in Health & Aging

***Associate Professor***

Western Kentucky University, *Bowling Green, KY* **2018-Present**

- Responsible for teaching undergraduate and graduate courses in the School of Kinesiology, Recreation, and Sport

***Assistant Professor***

Western Kentucky University, *Bowling Green, KY* **2013-2018**

- Responsible for teaching undergraduate and graduate courses in the School of Kinesiology, Recreation, and Sport
- Research Fellow in the WKU Center for Gerontology

***Co-Director & Co-Founder***

WKU Center for Applied Science in Health and Aging, *Bowling Green, KY* **2018-Present**

- Responsible all activities including engaging in rigorous applied research to promote health, vitality, and human potential in the aging community through innovative education, research, partnerships, and service.
- Collaborate with community organizations and university partners to identify and address needs in the aging community.

***Adjunct Professor***

Western Kentucky University Department of Public Health, *Bowling Green, KY* **2022-Present**

- Mentor undergraduate and graduate students
- Advise internship students

***Adjunct Professor***

York University School of Kinesiology and Health Science, *Toronto, Canada* **2022-Present**

- Serve on Ph.D. committee

***Visiting Professor***

Wroclaw University of Health and Sport Sciences, *Wroclaw, Poland* **2021-Present**

- Provide lectures focused on successful aging & advising Polish students

***Advisory Board Member***

Uniper-Care Health Systems, *Los Angeles, CA* **2019-Present**

- Assists and contributes to company's falls reduction strategy
- Attends company Advisory Board meetings
- Provide training and advise company on product design

***Assistant Professor***

Kentucky Wesleyan College, *Owensboro, KY* **2010-2013**

- Exercise Science Program Director
- Designed and implemented Exercise Science major in the fall of 2011
- Responsible for teaching undergraduate courses in the Department of Kinesiology and Health Promotion

***Adjunct Professor***

Kentucky Wesleyan College, *Owensboro, KY* **2004-2010**

- Responsible for teaching undergraduate courses in the Physical Education and Health Department

***Assistant Professor***

Morehead State University, *Morehead, KY* **2003-2004**

- Responsible for teaching quantitative and writing intensive undergraduate and graduate courses in the Physical Education Department

***Graduate Teaching Assistant***

University of Utah, *Salt Lake City, UT* **1999-2002**

- Responsible for teaching quantitative and writing intensive undergraduate courses in the Exercise and Sport Science Department

***P.E.A.K. Director of Athletic Testing***

University of Utah, *Salt Lake City, UT*

**2001-2002**

- P.E.A.K. (Performance Enhancement through Applied Knowledge) is a clinic within the Department of Exercise and Sport Science responsible for clinical and athletic testing
- Responsible for conducting athletic testing for the United States Olympic Speed skating team, United States Junior National Ski team, University of Utah athletic teams, and Salt Lake City community athletic groups

***Consultant***

**1998-1999**

Personal Exercise Guidance Program, *Greeley and Fort Collins, CO*

- Consulted obese and overweight clientele in proper exercise techniques
- Worked in partnership with the Rocky Mountain Eating Disorders Program

**SCHOLARSHIP**

**Funded External Grants/Contracts:**

USAgings-Kentucky Department of Aging and Independent Living, Principal Investigator, *Aging and Disability Vaccination Collaborative*. **\$152,837.00** **2023**

United States Centers for Disease Control and Prevention, Principal Investigator, *Promoting Health Equity & COVID Immunizations in Underserved Populations Across Kentucky Using the Bingocize® Platform: Phase III*. **\$258,728.00** **2023**

United States Centers for Disease Control and Prevention, Principal Investigator, *Promoting Health Equity & COVID Immunizations in Underserved Populations Across Kentucky Using the Bingocize® Platform: Phase II*. **\$385,007.00** **2022**

United States Centers for Disease Control and Prevention, Principal Investigator, *Promoting Health Equity & COVID Immunizations in Underserved Populations Across Kentucky Using the Bingocize® Platform: Phase I*. **\$107,058.00** **2022**

United States Center for Medicare Services Civil Money Penalty Grant; Principal Investigator, *Promoting Health Across the Lifespan Among Kentucky Certified Nursing Facility Residents Through Bingocize®, an Evidence-based Health Promotion Program*. **\$135,000.00** **2022**

University of Louisville-National Science Foundation Innovation Corps Grant; Bingocize®: *An evidence-based mobile application for improving older adults' quality of life*. **\$2,500.00** **2020**

United States Center for Medicare Services Civil Money Penalty Grant; Principal Investigator, *Bingocize®: An evidence-based health promotion program to improve the quality of life of Tennessee certified nursing facility residents*. **\$1,008,217.00** **2019**

National Institutes of Health- Institute on Aging Academic Research Enhancement Award (AREA) R15; Co-Principal Investigator, *Bingocize®: A Novel Mobile Application to Help Maintain or Improve Older Adults' Health, Function,*

<i>and Cognition. \$417,398.00</i>	<b>2018</b>
United States Center for Medicare Services Civil Money Penalty Grant; Principal Investigator; <i>Bingocize®: An evidence-based health promotion program to improve the quality of life of Kentucky certified nursing facility residents. \$898,945.00</i>	<b>2017</b>
Owensboro Regional Health Hospital Community Benefit Grant. Principal Investigator; <i>Bingocize® improves health and quality of life in older adults. \$36,677.00</i>	<b>2017</b>
University of Lincoln, Lincolnshire, England College Research Fund; Co-Investigator; <i>Bingocize®: A Novel Mobile Application to Help Maintain or Improve Older Adults' Health, Function, and Cognition. \$3,000.00</i>	<b>2017</b>
Ergotron Inc. <i>Evaluation of sit-stand desktop workstations in the workplace. \$25,000.00</i>	<b>2016</b>
Retirement Research Foundation Research Grant. Principal Investigator; <i>Efficacy of a mobile application for improving older adults' health, function, and cognition. \$94,682.00</i>	<b>2015</b>
Kentucky Science and Technology Corporation Kentucky Commercialization Fund Grant, Principal Investigator. <b>\$74,860.00</b>	<b>2014</b>
Kentucky Science and Technology Corporation SBIR/STTR Phase Double Zero Program Grant <b>\$3,650.00</b>	<b>2014</b>
Owensboro Health Hospital Community Benefit Grant <b>\$7,800.00</b>	<b>2013</b>
Wal-Mart Foundation Grant <b>\$500.00</b>	<b>2012</b>
Owensboro Medical Health Systems Community Benefit Grant <b>\$3,365.00</b>	<b>2012</b>
Kentucky Adult Day Care Association <b>\$400.00</b>	<b>2012</b>
Green River Area Development District <b>\$300.00</b>	<b>2012</b>
Green River Area Development District <b>\$450.00</b>	<b>2011</b>
Owensboro Medical Health Systems Community Benefit Mini-Grant <b>\$1,000.00</b>	<b>2010</b>
River Valley Behavioral Health <b>\$3,500.00</b>	<b>2010</b>

**Funded Internal Grants:**

Western Kentucky University College of Health and Human Service Quick Turn Around Grant (QTAG), Co-Principal Investigator; A study on the acceptance and efficacy of COVID-19 educational messaging among a convenience sample of Bingocize® participants in Owensboro and Todd counties <b>\$3,000.00</b>	<b>2022</b>
Western Kentucky University College of Health and Human Service Quick Turn Around Grant (QTAG), Warm and Accessible Ready Meals (WARM) Program <b>\$2,000.00</b>	<b>2021</b>
Western Kentucky University Office of International Programs International Activities Grant, Visiting Professorship in Wroclaw, Krakow, and Opole, Poland <b>\$750.00</b>	<b>2019</b>
Western Kentucky University College of Health and Human Service Quick Turn Around Grant (QTAG), Specific Aims of funded NIH R15 registered clinical trial <b>\$2,500.00</b>	<b>2018</b>
Western Kentucky University Office of International Programs International Activities Grant, <i>Improving Older Adult' Physical Activity Participation and University Student/Community Engagement in the United Kingdom: Lessons Learned from Bingocize®</i> <b>\$2000.00</b>	<b>2018</b>
Western Kentucky University Center for Citizenship & Social Justice <i>Scholars in Service</i> Grant to fund Graduate Assistant Thesis Research <b>\$1000.00</b>	<b>2017</b>
School of Public Health Interdisciplinary Seed Money Grant-Indiana University, Bloomington. Piatt, J., Taylor, J., <b>Crandall, K.J.</b> , Keith, T. Community-based health interventions: Decreasing secondary health conditions in older adults through physical activity. <b>\$5000.00</b>	<b>2016</b>
Western Kentucky University/University of Louisville Southern Kentucky Area Health Education Center <b>\$760.00</b>	<b>2016</b>
Western Kentucky University/University of Louisville Southern Kentucky Area Health Education Center <b>\$820.00</b>	<b>2016</b>
Western Kentucky University Research and Creative Activities Program (RCAP) grant <b>\$16,000.00</b>	<b>2015</b>
Western Kentucky University College of Health and Human Services Faculty Research Grant <b>\$6,000.00</b>	<b>2015</b>
Western Kentucky University ALIVE Center Community Partnership Grant <b>\$1,324.00</b>	<b>2015</b>

Western Kentucky University Faculty-Undergraduate Student Engagement (FUSE) Grant <b>\$3,000.00</b>	<b>2014</b>
Western Kentucky University Faculty-Undergraduate Student Engagement (FUSE) Grant <b>\$3,000.00</b>	<b>2013</b>
Western Kentucky University College of Health and Human Services Faculty Scholarship Grant <b>\$5,500.00</b>	<b>2013</b>
Western Kentucky University ALIVE Center Community Partnership Grant <b>\$2,500.00</b>	<b>2013</b>
Kentucky Wesleyan College Mini-Grant for High Impact Learning Practices <b>\$2,000.00</b>	<b>2012</b>
Kentucky Wesleyan College Mini-Grant for High Impact Learning Practices <b>\$2,500.00</b>	<b>2012</b>
Morehead State University Internal Grant <b>\$3,635.00</b>	<b>2003</b>
University of Northern Colorado Scholarly Activity Grant	<b>1999</b>

**Peer-reviewed Articles:**

**\*Denotes student author**

Schafer, M., P. Upright, J. Michalik, & **K.J. Crandall**. ((In Press). *Impact of 10-Week Evidence-Based Falls Prevention Program on Outcomes Related to Falls Risk in Community-Dwelling Older Adults*. International Journal of Exercise Science.

**Crandall, K.J.**, D.J. Sullivan, M. Schafer. (In Press). *Evaluating the Effect of a Supplemental Home-Delivered Meal Program on Physical Health and Nutrition Status of Community-Dwelling Vulnerable Older Adults: A Pilot Study*. Professional Development: The International Journal of Continuing Social Work Education

Schafer, M., **K.J. Crandall**, K. Dispennette, & J. Michalik\*. (In Review). *Effects of Training Environment on Muscle Dysmorphia Symptomatology in Men and Women*. International Journal of Exercise Science.

Doolittle, A., D. J. Sullivan, & **K. J. Crandall**. (In Press). *Student Reflections on an Intergenerational Service-Learning Program: Bingocize®*. Professional Development: The International Journal of Continuing Social Work Education

Neils-Strunjas, J., **K.J. Crandall**, B. Weiler, A. Gabbard\*, C. Wood\*, & X. Ding. (2021). Measurement of social engagement of nursing home residents during an exercise Program. *Perspectives of the ASHA Special Interests Group* 6(5): 1245-1253.  
[https://doi.org/10.1044/2021\\_PERSP-20-00302](https://doi.org/10.1044/2021_PERSP-20-00302)

Bragg, R.N.\* & **K.J. Crandall**. (2021). Physical activity interventions for older adults in the age of COVID-19 and beyond. *Topics in Exercise Science and Kinesiology*, 2(1):1-7  
[https://digitalscholarship.unlv.edu/scholarship\\_kin/vol2/iss1/6](https://digitalscholarship.unlv.edu/scholarship_kin/vol2/iss1/6)

Zakrocka, A \*, G. Zurek, **K.J. Crandall**, & M. Shake. (2020). An intercultural comparison of European and United States older adults physical fitness behaviors. *International Journal of Current Research*, 13 (01): 15970-159811. DOI: 10.24941/ijcr.40660.01.2021.

Middleton, G., H. Henderson, G. Clay, A. Mongan, M. Daniel, **K.J. Crandall**., M. Shake, & D. Broom. (2020). Exploring the effects of Bingocize®: an interactive community-based physical activity intervention for older adults in the UK. Technical Report. University of Lincoln, United Kingdom.

Neils-Strunjas, J., **K. J. Crandall**, X. Ding, A. Gabbard, S. Rassi, & S. Otto. (2020). Facilitators and Barriers to Attendance in a Nursing Home Exercise Program. *Journal of the American Medical Directors Association*. <https://doi.org/10.1016/j.jamda.2020.09.023>

Taylor, J., J. Piatt, C. Stanojevic, **K.J. Crandall** (2020). Bingocize® beyond the numbers: Motivations and perceptions of a multicomponent health promotion program among older adults living in long-term care. *American Journal of Recreation Therapy*, 19(1), 23-34.

**Crandall, K.J.** & J. Neils-Strunjas. (2019). A game-based health program for improving functional health and social engagement in long-term care residents. *Journal of Aging and Long-Term Care*, 2:2: 15-19. doi: 10.5505/jaltc.2019.29392

**Crandall, K.J.**, M. Shake, & U. Ziegler. (2019). Bingocize®: Assessing the impact of a game-centered mobile app on older adults' health activation. *OBM Integrative and Complementary Medicine*, 4(3):12; DOI:10.21926/obm.icm.1903041.

Dispennette, K\*, M. Schafer, M., Shake, G. Macy & B. Clark\*, **K.J. Crandall**. (2019). Effects of a game-centered health promotion program on fall risk, health knowledge, and quality of life in community-dwelling Older Adults. *International Journal of Exercise Science*, 12:4, 1149 - 1160. <https://digitalcommons.wku.edu/ijes/vol12/iss4/17>

Neils-Strunjas, J., **K.J.Crandall**, J. Shackelford, K. Dispennette\*, L.R. Stevens\*, & A. Glascock\* (2018). Students Report More Positive Attitudes Toward the Elderly Following an Interprofessional Service-Learning Course. *Gerontology & Geriatrics Education*. DOI: [10.1080/02701960.2018.1479262](https://doi.org/10.1080/02701960.2018.1479262)

Shake, M., **K.J. Crandall**, R. Mathews\*, D.G. Falls, & K. Dispennette\*. (2018). Efficacy of Bingocize®: A game-centered mobile application to improve physical and cognitive performance in older adults. *Games for Health Journal*. 7(4): 1-9. DOI.org/10.1089/g4h.2017.0139

Falls, D.G.\*, **K.J. Crandall.**, M. Shake, E. Norris, J. Taylor, & S. Arnett. (2018). Efficacy of a mobile application for improving gait performance in community-dwelling older adults. *American Journal of Therapeutic Recreation*. 17 (2):9-19. DOI.org/10.5055/ajrt.2018.0156

Pearson, R.\*, **K.J. Crandall**, & J. Maples. (2017). Students' perceptions of an applied research experience in an undergraduate exercise science Course. *International Journal of Exercise Science*. 10 (7): 926-941.

Sobrero, G., S. Arnett, M. Schafer, W. Stone\*, T.A. Tolbert, A. Salyer-Funk, **K.J. Crandall**, L.B. Farley, J. Brown\*, S. Lyons, T. Esslinger, K. Esslinger, J. Maples. ( 2017). A Comparison of High Intensity Functional Training and Circuit Training on Health and Performance Variables in Women: A Pilot Study. *Women in Sport and Physical Activity Journal*. 25(1): 1-30. DOI: <http://dx.doi.org/10.1123/wspaj.2015-0035>.

**Crandall, K.J.** & M. Shake. (2016). A mobile application for improving functional performance and health education in older adults: A pilot study. *Journal of Aging Science*. 4(2): 1-5. DOI:10.4172/2329-8847.1000151

**Crandall, K.J.**, B. Zagdsuren\*, M.A. Schafer, & T. S. Lyons. (2016). Static and active workstations for improving workplace physical activity and sitting time. *International Journal of Human Movement and Sports Sciences*. 4 (2): 20-25, DOI: 10.13189/saj.2016.040202.

Willard, M.R\*. & **K. J. Crandall**. (2016). Intergenerational service-learning to combat ageism in exercise science students. *Kentucky Association for Health, Physical Education, Recreation, and Sport*. 53(2): 55-67.

**Crandall, K.J.**, K. Steward, & T. Warf\*. (2016). A mobile application to reduce perceived stress in female undergraduate students. *American Journal of Health Studies*. 31 (2): 68-73.

Williams, K\*, A.K. Brown\*, **K.J. Crandall.**, & R. Tinius. (2016). Evidence-based educational information increases knowledge regarding physical activity during pregnancy in women of child-bearing age. *Kentucky Association for Health, Physical Education, Recreation, and Sport*. 54(1): 36-46

Walker, S\*. & **K. J. Crandall**, (2016). Wiihabilitation for Improving Balance in Clinical Populations. *Kentucky Association of Health, Physical Education, Recreation, and Dance*. 54 (1): 64-71.

Fairman C\*, K. Kendall, B. Harris, **K.J. Crandall**, J. McMillan. (2016). Effectiveness of a training program using an Alter-G treadmill to improve physiological and psychosocial measures in female breast cancer survivors. *International Journal of Exercise Science*. 9(1): 101- 109.

**Crandall, K. J.** & K.I. Steenbergen\*. (2015). Older adults' functional performance and health knowledge after a combination exercise, health education, and bingo game. *Gerontology and Geriatric Medicine* (1). October-December: 1-8, DOI: 10.1177/233372141515613201.



**Crandall, K.J.**, T. Carlin\*, & A. Flynn\*. (2015). Comparison of Dominant and Non-Dominant Range of Motion in Collegiate Baseball Pitchers. *International Journal of Human Movement and Sports Sciences*, 3(2): 16-18, DOI: 10.13189/saj.2015.030202.

**Crandall, K.J.**, C. Fairman\*, and D. Anderson\*. (2015). Functional fitness in older adults after a combination multicomponent exercise program and bingo game. *International Journal of Exercise Science*, 8 (1): 38-48.

**Crandall, K.J.** (2014). Bingocize®: Successful integration of intergenerational service-learning into an exercise science practicum project. *Journal of Community Engagement in Higher Education*, 6 (2): 1-6.

Vowels, M.R.\* & **K.J. Crandall**. (2014). A descriptive study of exercise science students' knowledge of, and attitudes toward, older adults. *Kentucky Association of Health, Physical Education, Recreation, and Dance Journal*, 51 (2): 66-78.

**Crandall, K.J.** and C. Zachary\*. (2013). The efficacy of service-learning in health education to increase pre-service teachers' openness to diversity. *Kentucky Association of Health, Physical Education, Recreation, and Dance Journal*, 51 (1): 8-15.

Erb, O.\* and **Crandall, K.J.** (2012). Effects of a NOIST standards based after-school physical activity program on health-related fitness in elementary school children. *Kentucky Association of Health, Physical Education, Recreation, and Dance Journal*, 50 (1): 7-12.

**Crandall, K.J.**, P.A. Eisenman, L. Ransdell, and J. Reel. (2012). Physical activity perceptions and binge eating disorder in community-dwelling women. *Food and Health*, 2 (5): 119-126. doi: 10:5923/j.fph.20120205

**Crandall, K.J.**, P.A. Eisenman, L. Ransdell, and J. Reel. (2011). Exploring binge eating and physical activity in community-dwelling women. *International Journal of Psychology and Behavioral Sciences*, 1 (1): 1-8. doi: 10.5923/j.ijpbs.20110101.01

**Crandall, K.J.** (2010). Binge Eating Disorder: What physical activity professionals need to know. *Kentucky Association for Health, Physical Education, Recreation, and Dance Journal*. 48(1), 18-21.

Watson, D.L., **K.J. Crandall**, S. Hueglin, and P.A. Eisenman. (2002). Incorporating service-learning into physical education teacher education programs. *Journal of Physical Education, Recreation and Dance*, 73 (5): 50-54.

**Crandall, K.J.** and P.A. Eisenman. (2001). Physical activity: A treatment strategy for binge eating disorder? *Women in Sport and Physical Activity Journal*, 10 (2): 95-116.

**Crandall, K.J.** and C.A. Dennehy. (2000). The effects of exercise intensity on energy deriving macronutrient composition, calorie intake, body composition and body weight in the overweight.

*Kentucky Association for Health, Physical Education, Recreation, and Dance Journal*, 36 (2): 33-35.

Wyatt, F.B., **K.J. Crandall**, and E.J. Greaney. (2000). The effects of aerodynamic cycling position on ventilatory response. *Kentucky Association for Physical Education, Health, Recreation, and Dance Journal* 36 (1): 27-31.

**Crandall, K. J.**, J. White, and L. Ransdell. (2000). The role of physical activity in the prevention and treatment of breast cancer. *The Journal of the Utah Academy of Sciences, Arts, and Letters*, 77, 163-171.

### **Other Scholarly Contributions:**

**Crandall, K.J.** (2021). Combine Bingo, Education, and Exercise to Improve Your Health Invited article for National Council on Aging website. <https://www.ncoa.org/article/combine-bingo-education-and-exercise-to-improve-your-health>.

**Crandall, K.J.** (2016). Bingocize<sup>®</sup>: A service-learning initiative to improve older adults' functional fitness while engaging undergraduate students and the community. Contribution to the Association for Gerontology in Higher Education: *A Hands-On Approach to Teaching About Aging: 32 Activities for the Classroom and Beyond* edited by Baker, H., Kruger, T. M., & Karasik, R.

### **Conference Proceedings:**

**Crandall, K.J.**, G. Xing, & Shake, M. Bingocize 3.0: A game based platform for promoting wellness in older adults. Conference on Bioinformatics, Computational Biology, and Health Informatics, September 09-12, 2015, Atlanta, GA, ACM 978-1-4503-3853-0/15/09. <http://dx.doi.org/10.1145/2808719.2811416>"

### **Published Abstracts:**

Taylor J., Piatt, J. & **Crandall, K.J.**, (2017). Bingocize<sup>®</sup>: An interdisciplinary health promotion program for older adults. *American Therapeutic Recreation Association Research Briefs* 2017.

**Crandall, K.J.**, Falls, D., Shake, M., Norris, Elizabeth, Arnett, S., Dispennette, K., & Mathews, R. (2017). A mobile application for improving gait characteristics in community-dwelling older adults. *Medicine and Science in Sports and Exercise*, 47 (5) supplement.

**Crandall, K.J.** & K.I. Steenbergen (2015). Functional performance and health knowledge after a combination exercise, health education, and bingo game. *Medicine and Science in Sports and Exercise*, 47 (5) supplement.

**Crandall, K.J.**, D. Anderson, and C. Fairman. (2014). Improved functional fitness in community-dwelling older adults using a combination exercise and bingo game. *Medicine and Science in Sports and Exercise*.

Gold, O. and **K.J. Crandall** (2013). Healthy Minds, Healthy Bodies: An after-school based physical activity program to combat childhood obesity. *Kentucky Association for Physical Education, Health, Recreation, and Dance Journal* 50 (2): 49.

**Crandall, K.J.**, D. Anderson, and C. Fairman. (2013). Bingocize: Combining exercise and bingo to improve functional fitness and reduce fall risks in older adults. *Kentucky Association for Physical Education, Health, Recreation, and Dance Journal* 50 (2): 50.

**Crandall, K.J.**, and C.A. Dennehy. (1999). The effects of exercise intensity on energy deriving macronutrient composition, caloric intake, body composition and body weight in the overweight. *Medicine and Science in Sports and Exercise* 31: S5.

Wyatt, F.B., **K.J. Crandall**, and E.J. Greaney. (1998). The effects of aerodynamic cycling position on ventilatory response. *Medicine and Science in Sports and Exercise* 30: S111.

### **Published Reviews:**

Clocksins, B., **K.J. Crandall**, E. Eastep, J. Vener, N. Detling, C. Schoen, and L. Ransdell. (2001). Review of *International Encyclopedia of Women and Sport*. In *Women in Sport and Physical Activity*.

Estanol-Johnson, E., C. Schoen, **K.J. Crandall**, and L. Ransdell (2001). Review of Breakin' the Glass: History of the ABL. *Women in Sport and Physical Activity*.

### **Thesis/Dissertation/Capstone Projects:**

Hall, D., H. Henderon (Chair), M. Ray, & **K.J. Crandall**. Bingocize®: Perceptions of a physical activity intervention in older adults in underserved communities in Lincolnshire. University of Lincolnshire, Lincolnshire, England. (In Progress).

Gabbard, A., **K.J. Crandall**, J. Neils-Strunjas, K. Green, & B. Weiler (Chair). Social engagement of nursing home residents: A comparison of two observation methods. Western Kentucky University, Bowling Green, KY. March, 2021.

Blake, D., **K.J. Crandall**, M. Woodward, & M. Shake (Chair). Bingocize®: An experimental intervention to improve functional health and cognitive performance in older adults. Western Kentucky University, Bowling Green, KY. December, 2020.

Tomes, A., M. Schafer, J. Smith, & **K.J. Crandall (Chair)**. The Effects of Bingocize® on physical fitness and nutrition education in children with autism spectrum disorder. Western Kentucky University, Bowling Green, KY. August, 2021.

Rassi, S., M. Shake, M. Schafer, & **K.J. Crandall (Chair)**. Effects of a game-centered health promotion program on physical activity and sleep in older adults. Western Kentucky University, Bowling Green, KY. July, 2020.

Batson, E., **K.J. Crandall**, J. Smith, B. Weiler, J. Neils-Strunjas (Chair). Reliability and validity of an assessment of engagement in nursing home residents during Bingocize®. Western Kentucky University, Bowling Green, KY. May 2020.

Stevens, L., **K.J. Crandall**, J. Smith, & J. Neils-Strunjas (Chair). Observation and self-report of fun and social engagement of nursing home residents during Bingocize®. Western Kentucky University, Bowling Green, KY. May 2019.

Taylor, J., W. Ramos, C. Kennedy-Armbruster, L. Huber, **K.J. Crandall**, & J. Piat (Chair). Effectiveness of a supplemental training targeting self-determination and enjoyment enhancement in long-term care facility residents enrolled in a multi-component health promotion program. Indiana University, Bloomington, IN. May, 2019.

Dispennette, A.K., M. Schafer, M. Shake, G. Macy, & **K. J. Crandall (Chair)**. Effects of Bingocize® on quality of life, fall risk, and health knowledge in community-dwelling older adults. Western Kentucky University, Bowling Green, KY. July, 2018.

Blasé, C., **K.J. Crandall**, M. Abel, H. Erwin, & J. Clasey. Comparing Children's Physical Activity during Three Recess Conditions. University of Kentucky, Lexington, KY. June, 2018.

Mathews, R.P., S. Muhler, **K.J. Crandall**, & M. Shake (Chair). The effects of Bingocize on cognitive aging: A Health Promotion Intervention. Western Kentucky University, Bowling Green, KY. March, 2018.

Falls, D., S. Arnett, M. Shake., B. Norris, & **K.J. Crandall (Chair)**. Efficacy of a mobile application for improving gait performance in community-dwelling older adults. Western Kentucky University, Bowling Green, KY. March, 2017.

Bubnis, M., M. Schafer, R. Grieves, & **K.J. Crandall (Chair)**. Body Image Comparisons Between CrossFit and Traditional Strength Training Participants. Western Kentucky University, Bowling Green, KY. May, 2016.

Vowels, M. & **K.J. Crandall (Chair)**. Intergenerational Service-Learning in Exercise Science. Undergraduate Honors Thesis, Western Kentucky University, Bowling Green, KY. December 2014.

W. Stone, M. Schafer, S. Lyons, S. Arnett, G. Evans, D. Hoover, **K.J. Crandall**, J. Maples. Twenty-four hour post exercise hypotension following concurrent cardiovascular and resistance exercise. Master of Kinesiology, Western Kentucky University, Bowling Green, KY. May 2014

C. Fairman, K. Kendall, B. Harris, J. McMillan, **K.J. Crandall**, P. Hyde. Effects of physical activity with antigravity treadmill training on physiological measures in breast cancer patients. Master of Kinesiology, Georgia Southern University, Statesboro, GA. December 2013.

## **Invited Reviews:**

Review of “Message sent, message received: Exploring the Physical Activity Guidelines for Americans information available to older adults”, for the *Journal of Medical Internet Research*, April 2021.

Review of “Implementing a University-Wide Global Health Service-learning Course”, for the *International Journal of Research on Service-Learning and Community Engagement*, July, 2017.

Review of “ Dynamic sitting: An under-the-table leg-movement device and energy expenditure”, for the *International Journal of Exercise Science*, November, 2016.

Review of “Tremor-dampening eating utensil”, for the *Kentucky Science and Engineering Foundation’s Phase SBIR/STTR Phase Zero Grant*, October, 2016.

Review of “Motivating University Employees for Health and Fitness: Bethel University Fitbit Challenge,” for the *International Journal of Workplace Health Management*, December, 2015.

Review of "Community engagement initiative: Academia partnering with the health department and community agencies for change," for *Journal of Community Engagement and Higher Education*, October, 2015

Review of “Students’ emotional experiences in direct versus indirect academic service-learning courses” for *International Journal of Research on Service-Learning and Community Engagement*, April 2015.

Review of “Activity monitors step count accuracy in community-dwelling older adults” for *Gerontology and Geriatric Medicine*, January 2015.

Review of "TRX Suspension Training: A new functional training approach for older adults – development, training control and feasibility" for *International Journal of Exercise Science*, December 2014.

Review of “Needs Assessment of an International Service-learning Program: An Innovative Approach to Community-Based Learning” for *Journal of Community Engagement in Higher Education*, June 2014.

Review of “Social Exergaming: A pilot study of enjoyment and physiological responses using Gamercize” for *International Journal of Exercise Science*, August 2013.

Review of textbook “American College of Sports Medicine’s Exercise for Older Adults”, April 2013.

Review of “Prediction of everyday eating characteristics by stress induced laboratory eating in obese women with binge eating disorder" for *Psychology Reports*, November 2012.

Review of “Evaluation of a dry land training program for recreational adult ice hockey players” for the *International Journal of Sport Physiology and Performance*, December 2011.

### **Professional Presentations:**

Helm, M., Lindsay, A., & **Crandall, K.J.** Improving Nutrition Outcomes for Older Adults – A Revised Workshop for Bingocize®. CalFresh Healthy Living 2023 Forum, Orange County, CA. October 2023.

Helm, M., Lindsay, A., & **Crandall, K.J.** Improving Nutrition Outcomes for Older Adults – A Revised Module for Bingocize®. Association of SNAP Nutrition Education Administrators (ASNNA) Virtual Conference, March 1<sup>st</sup>, 2023.

Schafer, M., Scali, S. Stone, W., Lyons, S, & **Crandall, K.J.** Impact of 10-week Bingocize program on self-reported general health, fear of falling, and physical activity. Southeast American College of Sports Medicine Conference, Greenville, SC. February 2023.

OoNorasak, K., Corrone, R., Kinnarney, M., Oberle, M., Yokokura, K., **Crandall, K.J.**, & Ickes, M. Student-led Bingocize nutrition workshop for marginalized community-dwelling older adults. Academy of Nutrition and Dietetics Food and Nutrition Conference, Orlando, FL. October, 2022.

Smith, E., Shake, M., Hamm, C., & **Crandall, K.J.** Improvements in Health-Related Quality of Life for Bingocize® Clinical Trial Participants. Gerontological Society of America Annual Scientific Meeting, Indianapolis, IN. November, 2022.

Sullivan, D., Doolittle, A., & **Crandall, K.J.** Bingocize®: Moving towards health equity one bingo roll at a time! Committee on Social Work Education Meeting, Anaheim, CA. November, 2022.

Sullivan, D., **Crandall, K.J.**, & Doolittle, A. Inter-Professional education through Bingocize. Virtual Optimal Aging Conference, Louisville, Ky. April, 2022.

Rassi, S., **Crandall, K. J.**, Schafer, M., & Shake, M., Otto, S. Activity trackers and older adults. Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Ottawa, Ontario. March, 2022.

Davis, B.A., Russell, A.R., Boyd, J.M., & **Crandall, K.J.** Bingocize®: Preparing students for careers in aging care through service-learning. Southeast American College of Sports Medicine Conference, Greendville, SC. February, 2022.

Niels-Strunjas, J., Yan, C., Plummer, J., & **Crandall, K.J.** Physical and social programs to increase physical activity and reduce social isolation. The Lancet Summit: Presymptomatic Prevention and Treatment of Neurodegenerative Diseases Virtual Conference, December 2021.

Taylor, J. & **Crandall, K.J.** Virtual Volunteering: Reimagining service-learning in long-term care settings. American Therapeutic Recreation Association Conference, Cleveland, OH. 2021.

**Crandall, K.J.** & Goforth A. Bingocize®: A web-based falls prevention program to improve quality of life and promote social engagement. National Council on Aging Age + Action Conference. Virtual Conference, Washington D.C., May 7th, 2021.

**Crandall, K.J.,** & Neils-Strunjas, J. A Program to Enhance Physical Activity and Social Engagement Among Residents in Nursing Home. Virtual Optimal Aging Conference, Louisville, Ky. April, 2021.

Rassi, S. & **Crandall, K.J.** Older Adults' Falls Efficacy, Physical Activity, Sleep Quality and Performance after Bingocize® Virtual Optimal Aging Conference, Louisville, Ky. April, 2021.

**Crandall, K.J.,** & Neils-Strunjas, J. Environmental and Personal Factors Influencing Nursing Home Residents' Participation in Programming. Virtual Optimal Aging Conference, Louisville, Ky. April, 2021.

**Crandall, K.J.** Bingocize®: A Novel Mobile Application to Help Improve Older Adult Health in Underserved Areas. Virtual Optimal Aging Conference, Louisville, Ky. April, 2021.

Zakrocka, A. & **Crandall, K.J.** Exploring the Cognitive and Physical Effects of a Mobile App-Based Social Game on Polish Older Adults: A Pilot Study. Virtual Optimal Aging Conference, Louisville, Ky. April, 2021.

Gabbard, A., Neils-Strunjas, J., Weiler, B., **Crandall, K.J.,** Wood, C., & Ding. Xiuhua. Measurement of Social Engagement of Nursing Home Residents During an Exercise Program. American Speech and Hearing National Conference, Washington D.C., November, 2021.

**Crandall, K.J.** Bingocize®: An Evidence-based Health Promotion Program for Improving the Quality of Life of Older Adults. American College of Sports Medicine International Health & Fitness Virtual Summit. April 10th, 2021.

Apelt, E.B., Neils-Strunjas, J., **Crandall, K.J.,** Weiler, B., Gabbard, A. Reliability and validity of an assessment of engagement during Bingocize®. American Speech and Hearing National Conference. San Diego, CA. November, 2020.

Lemberg, G., Sullivan, D., Doolittle, A., & **Crandall, K.J.** Effects of Bingocize® on Mental Health and Functional Performance in Older Adults. Council on Social Work Education Annual Meeting. Denver, CO., November, 2020.

**Crandall, K.J.** & Goforth A. Bingocize®: An evidence-based health promotion program to improve quality of life and promote community engagement. National Council on Aging Age + Action Conference. Dallas, TX., June 11<sup>th</sup>, 2020.

Copeland, A., Shake, M., **Crandall, K.J.**, Anderson, A., Blake, D., Putman, H., & Rodriguez, C. Rich get richer effects for executive function and physical performance in the Bingocize® clinical trial. American Psychological Association Convention. Washington, D.C., 2020.

Apelt, E.B., Neils-Strunjas, J., **Crandall, K.J.**, Weiler, B., Gabbard, A. Reliability and validity of an assessment of engagement during Bingocize®. Kentucky Rural Health Association Conference, Bowling Green, KY. November, 2019.

Dispennette, K.A., **Crandall, K.J.**, Clark, B., Schafer, M., Shake, M., Macy, G., & Focht, B. Effects of Bingocize® on quality of life and fall risk in community –dwelling older adults. American College of Sports Medicine Conference, Orlando, FL. May, 2019.

Taylor, J., Dolan, A., Piatt, J., & **Crandall, K.J.**, Evaluation of FUNctional Movement: A supplemental facilitator training to complement the Bingocize® health promotion program. Indiana University-Bloomington School of Public Health Research Day. Bloomington, IN. April, 2019.

Blasé, C, Erwin H., **Crandall K.J.**, Cui J., Abel M.G., Clasey, J. Comparing Children’s Physical Activity During Three Recess Conditions. SHAPE America Conference, Tampa, FL. April 2019.

**Crandall, K.J.**, Neils-Strunjas, J., Otto, S., & Lemberg, G. Improving university student and community engagement: Lessons learned from Bingocize®. High Impact Practices National Conference. Bowling Green, KY. February, 2019.

**Crandall, K.J.** Bingocize: A Game Centered Health Program to Improve Quality of Life. National Association of Activity Professionals, Charleston, SC. April 3<sup>rd</sup>, 2019.

Dykes, S., Funk. A., & **Crandall K.J.** Efficacy of a game-centered program for increasing physical activity in children: A pilot study. Southeast American College of Sports Medicine Conference, February, 2019.

Batson, E., Otto, S., Clark, B., Neils-Strunjas, J., **Crandall, K.J.**, & Falls, D. Bingocize: An evidence-based program to improve the quality of life of Kentucky certified nursing facility residents. Kentucky Rural Health Conference, Bowling Green, KY. November, 2018.

Dispennette, K.A., **Crandall, K.J.**, Schafer, M., Shake, M., Macy, G., & Clark, B. Effects of Bingocize on quality of life and fall risk in community –dwelling older adults. Midwest American College of Sports Medicine Conference, November, 2018.

Taylor, J., Piatt, J., **Crandall, K. J.** Bingocize® -An interdisciplinary health promotion program benefits older adults and public health students. Indiana University-Bloomington Public Health Research Day, Bloomington, IN., 2018.

Stevens, L., Neils-Strunjas, J., **Crandall, K.J.**, Smetana, M., & Smith, J. Observational & Self-Report Measures of Social Engagement During an Intergenerational Exercise Program in



Nursing Homes. American Speech and Hearing National Conference. Boston, MA. November, 2018.

Neils-Strunjas, J. & **Crandall, K.J.** An Evidence-Based Health Promotion Program to Improve the Quality of Life of Nursing Facility Residents. American Speech and Hearing National Conference. Boston, MA. November, 2018.

**Crandall, K. J.** A game-centered health program to improve quality of life in older adults. National Council on Aging Center for Healthy Aging Annual Meeting. Washington D.C., May 23, 2018.

**Crandall, K.J.**, Shake, M., & Mathews, R.P., & Dispennette, K. Bingocize®: An Intervention for Older Adults' Cognition, Functional Performance, and Health. American College of Sports Medicine Conference, Minneapolis, MN., May 2018.

Schafer, M., **Crandall, K.J.**, Lyons, T.S., Edens, R.K., Vondy, A. Olenick, L. Blankenship, & Shaker, N. Impact of sit-stand workstation progressions on stress, focus, and productivity in university staff members. American College of Sports Medicine Conference, Minneapolis, MN., May 2018.

Dispennette, K., **Crandall, K.J.**, Shake, M., & Mathews, R.P. Bingocize®: An Intervention for Older Adults' Cognition, Functional Performance, and Health. Southeast American College of Sports Medicine Conference, Chattanooga, TN., February 2018.

Edens, K., Schafer, M., **Crandall, K.J.**, Lyons, T.S., Vondy, R., Olenick, A., Blankenship, L., & Shaker, N. Impact of utilizing sit-stand workstations for 10 weeks in university staff members. Southeast American College of Sports Medicine Conference, Chattanooga, TN.; February, 2018.

Dispennette, K., Stevens, L., Clark, B., Neils-Strunjas, J., and **Crandall, K.J.** Bingocize®: K. An Innovative Health Promotion Program to Improve Resident ADL's and IADL's. Kentucky Rural Health Association Conference, Bowling Green, KY.; November, 2017.

Taylor, J., Piatt, J. & **Crandall, K.J.** Bingocize®: An interdisciplinary health promotion program for older adults. American Therapeutic Recreation Association Annual Conference, Orlando, FL.; September, 2017.

**Crandall, K.J.**, Bischoff, H., & Davis, J. Bingocize® : A Fun Health Promotion Program to Get your Residents Moving! American Association of Service Coordinators, Orlando, FL.; September, 2017.

**Crandall, K.J.**, Shake, M, & Kratner, L. Bingocize®: An innovative health promotion program to improve physical and mental fitness. University of Louisville Institute for Sustainable Health & Optimal Aging Conference, Louisville, KY.; June 12<sup>th</sup>, 2017.

Shake M., **Crandall, K.J.**, Mathew, R., Makenna, S., Richardson, C., Nunez, K., and Zierten, M. Bingocize®: An Intervention for Older Adults' Cognition, Functional Performance, and Health

Knowledge IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.; July 2017.

**Crandall, K.J.**, Falls, D., Shake, M., Norris, Elizabeth, Arnett, S., Dispennette, K., & Mathews, R. A mobile application for improving gait characteristics in community-dwelling older adults. American College of Sports Medicine Annual Meeting, Denver, CO.; 2017.

Falls, D., **Crandall, K.J.**, Shake, M., Norris, B., Arnett, S., Mathews, R.P., & Dispennette, K. Efficacy of a mobile application for improving gait performance in community-dwelling older adults. Southeast American College of Sports Medicine Conference, Greenville, SC; February 2017.

Vondy, R., Schafer, M., **Crandall, K.J.**, Lyons, S., Olenick, A., Blankenship, L., Shaker, N. Evaluation of Sit-Stand Desktop Workstations in Sedentary Office Workers. WKU Student Research Conference, Spring 2017.

Roland, E., Edens, K.L., Reisert, K., Saint, K.P., Schafer, M.A. & **Crandall, K.J.** The Effects of a Sit-Stand Workstation Intervention on Workday Psychological Stress in University Staff. WKU Student Research Conference, Spring 2017.

French, M., Tade, M., Neils-Strunjas, J., **Crandall, K.J.**, Glascock, A., McAlpin, K., & Schaefer, S. A Qualitative Analysis of Persons With Dementia & Their Experience With the Game Bingocize®. American Speech-Language-Hearing Association, Philadelphia, PA; November 2016.

**Crandall, K.J.** & Falls, D. Bingocize®: A unique health promotion activity for maintaining independence and reducing fall risk in older adults. LeadingAge Kentucky Conference. Louisville, KY; September, 2016

Shake, M.C., Cooling, J., Sklenar, A.M., Mathews, R., & **Crandall, K.J.** Bingocize®: Exploring the usage of a mobile application to enhance older adults' functional performance, health knowledge, and fluid cognition. Association for Psychological Science Convention, Chicago, IL.; May 2016.

Bubnis, M., **Crandall, K.J.**, Schafer, M., Grieve, F. Muscle dysmorphia comparisons between high intensity functional training and traditional strength training environments. American College of Sports Medicine Annual Meeting, Boston, MA; June, 2016.

Falls, D., **Crandall, K.J.**, Shake, M., Xing, G., Schafer, M., Sklenar, A., Cooling, J., Brown, J., Glover, S., Mathews, R.P., & Olenick, A. Mobile application for improving functional performance, health education, and cognition in older adults. American College of Sports Medicine Annual Meeting, Boston, MA; June, 2016.

Olenick, A., **Crandall, K.J.**, Schafer, M.A., Zagdsuren, B., Lyons, T.S., Brown, J., & Falls, D. Workstations to increase workplace physical activity and reduce sitting time: A pilot study. American College of Sports Medicine Annual Meeting, Boston, MA; June, 2016.

**Crandall, K.J.** and D. Falls. Bingocize®: A Mobile Application for Reducing Fall Risk in Older Adults. ThinkFirst Conference on Injury Prevention, Chicago, IL; May, 2016.

French, M., M. Tade, J. Neils-Strunjas, **K.J. Crandall**, A. Glascock, & S. Schaefer. A Novel Game for Improving Engagement in Older Adults with Dementia. WKU Student Research Conference, Spring 2016.

Falls, D., **Crandall, K.J.**, Shake, M., Xing, G., Schafer, M., Sklenar, A., Cooling, J., Brown, J., Glover, S., Mathews, R.P., & Olenick, A. Mobile application for improving functional performance, health education, and cognition in older adults. WKU Student Research Conference, Spring 2016.

Bubnis, M., **Crandall, K.J.**, Schafer, M., & Grieve, F. Body image comparisons between high intensity functional training and traditional strength training participants. WKU Student Research Conference, Spring 2016.

Latham, A., Warf, T., & **Crandall K.J.** Mobile application to reduce perceived stress in female undergraduate students. WKU Student Research Conference, Spring 2016.

Brown, J., Battogtokh, Z., **Crandall, K.J.**, Schafer, M.A., Lyons, T.S., Falls, Dustin, & Olenick, A. Workstations to increase workplace physical activity and reduce sitting time: A pilot study. WKU Student Research Conference, Spring 2016.

Williams, K. Brown, A, Cowan, C. **Crandall, K.J.**, Tinius, R. Effect of evidence-based educational information on knowledge regarding exercise during pregnancy in women of child-bearing age. WKU Student Research Conference, Spring 2016.

Brown, J., Battogtokh, Z., **Crandall, K.J.**, Schafer, M.A., Lyons, T.S., Falls, Dustin, & Olenick, A. Workstations to increase workplace physical activity and reduce sitting time: A pilot study. Southeast, Greenville, SC; February 19<sup>th</sup>, 2016.

**Crandall, K.J.** & K.I. Steenbergen. Functional Performance and Health Knowledge After a Combination Exercise, Health Education, and Bingo Game. Kentucky Posters-at-the-Capitol, Frankfort, KY., February 25th, 2016.

French, M., M. Tade, J. Neils-Strunjas, **K.J. Crandall**, A. Glascock, & M. Schaefer. A novel game for improving engagement in older adults with dementia. Kentucky Speech and Hearing Association Convention, Lexington, KY, February 18th, 2016.

**Crandall, K.J.** & M. Willard. Intergenerational Service-Learning Initiative Engages Exercise Science Students and the Older Adult Community. WKU Student Success Summit, January 21st, 2016.

**Crandall, K.J.**, F. Haynes, & K. Steward. Mobile Application to Reduce Perceived Stress in Female Undergraduate Students. WKU Student Success Summit, January 21st, 2016.

**Crandall, K.J.** & K.I. Steenbergen. Functional Performance and Health Knowledge After a Combination Exercise, Health Education, and Bingo Game. Kentucky Rural Health Association Conference, Western Kentucky University, September 17<sup>th</sup>, 2015.

**Crandall, K.J.** & K.I. Steenbergen. Functional Performance and Health Knowledge After a Combination Exercise, Health Education, and Bingo Game. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

**Crandall, K.J.**, G. Xing, & Shake, M. Bingocize<sup>®</sup> 3.0: A Game Based Platform for Promoting Wellness in Older Adults. Conference on Bioinformatics, Computational Biology, and Health Informatics, Atlanta, GA; September 2015.

Cooling, J., **Crandall, K.J.**, & Shake. M. The Effects of Physical Exercise on Cognitive Control in Older Adults. National Science Foundation Research Experience for Undergraduates (REU) Mini-conference. Western Kentucky University, August 2015.

Zagdsuren, B., Sobrero, G.L., Inman, C., Stone, W., Arnett, S. W., Schafer, M.A., Lyons, T.S., Maples, J., **Crandall, K.J.**, & Callahan, Z. Crossfit Vs. Circuit-training: Effects Of A Ten-week Training Program On Aerobic, Anaerobic And Flexibility Indicators. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

Sobrero, G.L., Inman, C., Stone, W., Zagdsuren, B., Arnett, S. W., Schafer, M.A., Lyons, T.S., Maples, J., **Crandall, K.J.**, & Callahan, Z. Crossfit Vs. Circuit-trained Individuals: Effects Of A Ten-week Training Program On Body Composition And Bone Mineral Density. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

Brown, J.T., Sobrero, G.L., Inman, C., Stone, W., Zagdsuren, B., Arnett, S. W., Schafer, M.A., Lyons, T.S., Maples, J., **Crandall, K.J.**, & Callahan, Z. Crossfit Vs. Circuit-trained Individuals: Effects Of A Ten-week Training Program On Muscular Strength And Endurance. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

Wessel, P., Sobrero, G.L., Inman, C., Stone, W., Zagdsuren, B., Arnett, S. W., Schafer, M.A., Lyons, T.S., Maples, J., **Crandall, K.J.**, & Callahan, Z. Crossfit Vs. Circuit-trained Individuals: Effects Of A 10-week Training Program On Power. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

Willard, M.R. & **K. J. Crandall**. Intergenerational Service Learning to Combat Ageism in Exercise Science Students. WKU Impact Expo, Spring 2015.

Willard, M.R. & **K. J. Crandall**. Intergenerational Service-Learning with Exercise Science Students. American College of Health Care Administrators Conference, San Antonio, TX., April, 2015.

Sobrero, G.L., S.W. Arnett, M.A. Schafer, W.J. Stone, T. S. Lyons, J. Maples, **K. J. Crandall**, T. Esslinger, & K. Esslinger. CrossFit vs. Resistance-Trained Individuals: Effects of a Six-Week

Training Program on Selected Performance Indicators. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

R. McMullen, W. Weatherholt, S. Wells, & **K.J. Crandall**. The effects of static and dynamic stretching on the vertical jump test of novice athletes. WKU Student Research Conference, Spring 2015.

Flynn, A. T. Carlin, T. Peter, L. Clarkson, and **K. J. Crandall**. Dominant vs. non-dominant shoulder and trunk flexibility in college baseball pitchers. WKU Student Research Conference, Spring 2015.

**Crandall, K.J.**, D. Anderson, & C. Fairman. Improved functional fitness in community-dwelling older adults using a combination exercise and bingo game. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

**Crandall, K.J.**, M. Shake, & G. Xing. Bingocize® 3.0: A unique mobile application for improving physical and mental fitness in older adults. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

Pearson, R., **K.J. Crandall**, E. Oregon, & J. Maples. Applied Research Experiences Engage Exercise Science Undergraduate Students. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

Nash, K., **K.J. Crandall**, & J. Maples Demographics and Health Status of Rural Kentucky Population Served By The Institute Of Rural Health From 2011-2013. WKU Student Research Conference, Spring 2015.

Nash, K., **K.J. Crandall**, & J. Maples Demographics and Health Status of Rural Kentucky Population Served By The Institute Of Rural Health From 2011-2013. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

WJ. Stone, MA. Schafer, G. Sobrero, SW. Arnett, TS. Lyons, D. Hoover, J. Maples, and **K. J. Crandall**. Post-exercise hypotension following concurrent exercise. Southeast Regional American College of Sports Medicine Conference: Jacksonville, FL., February 2015.

R. McMullen, W. Weatherholt, S. Wells, & **K.J. Crandall**. The effects of static and dynamic stretching on the vertical jump test of novice athletes. Kentucky Posters-at-the-Capitol, Frankfort, KY., February 27th, 2014.

Weatherholt, W. R. McMullen, S. Wells, & **K.J. Crandall**. Effects of Static and Dynamic Stretching on Vertical Jump Performance. Kentucky Association for Health, Physical Education, Recreation, and Dance Conference. Lexington, KY., November 17-18, 2014.

VanArsdall, N., B. Carter, P. de Seroux, & **K. J. Crandall**. Correlation between ACL Injuries and Vertical Jump Distractions. Kentucky Association for Health, Physical Education, Recreation, and Dance Conference. Lexington, KY., November 17-18, 2014.

Anglemyer, C.P., M. R. Cook, **K. J. Crandall**, M.D. Brackenhoff, B.A. Kursonis, M.R. Lapp, K.R. Smith, & A.L. Williams. The Effects of Participation in a Bingocize® Program on Self-Efficacy, Muscular Strength, Balance & Flexibility of Older Adults, Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN., November 5 – 7, 2014.

Vowels, M.R. & **K.J. Crandall**. Intergenerational Service-Learning in Exercise Science. Kentucky Regional Engagement Conference. Morehead, KY., November 2014.

Vowels, M. R. & **K. J. Crandall**. A Descriptive Study of Exercise Science Students' Knowledge of, and Attitudes Toward, Older Adults. Kentucky Honors Roundtable Conference. Bowling Green, KY., September 27, 2014.

**Crandall, K.J.**, M. Shake, & G. Xing. Bingocize® 3.0: A unique mobile application for improving physical and mental fitness in older adults. Kentucky Innovation Entrepreneurship Conference. Louisville, KY., September 5th, 2014.

C. Fairman, K. Kendall, B. Harris, J. McMillan, **K.J. Crandall**, P. Hyde. Effects of physical activity with antigravity treadmill training on physiological measures in breast cancer patients. American College of Sports Medicine Conference. Orlando, FL., May, 2014.

**Crandall, K.J.**, D. Anderson, and C. Fairman. Improved functional fitness in community-dwelling older adults using a combination exercise and bingo game. American College of Sports Medicine Conference. Orlando, FL., May, 2014.

Schafer, M.A., G.L. Sobrero, S.W. Arnett, T. S. Lyons, J.W. Navalta, W. J. Stone, S.D. Bean, **K.J. Crandall**, J. Maples, D. Hoover. Performance Indicators in ROTC Cadets After 12 Weeks of Training that Included CrossFit. American College of Sports Medicine Conference. Orlando, FL., May, 2014.

Brackenhoff, M., **K.J. Crandall**, M. Cook, A. Kursonis, M. Lapp, K. Smith, A. Williams. The effect of participation in a Bingocize® program on self-efficacy, muscular strength, balance, and flexibility of older adults. Indiana Wesleyan University Celebration of Scholarship. Marion, IN., April 16<sup>th</sup>, 2014.

**Crandall, K.J.** and C. Zachary. The efficacy of service-learning in health education to increase pre-service teachers' openness to diversity. WKU College of Health and Human Services Faculty Research Showcase. Spring 2014.

Duvall, Z., Robertson, L., Herrenbruck, A., **Crandall, K.J.** Flexibility and range of motion improvements in older adults after completing a 12-week, progressive interval exercise program. National Council on Undergraduate Research Conference. Lexington, KY., April 4<sup>th</sup>, 2014.

**Crandall, K.J.** and C. Zachary. The efficacy of service-learning in health education to increase pre-service teachers' openness to diversity. Southern District American Alliance for Health, Physical Education, Recreation, and Dance. Louisville, KY., February, 2014.

C. Fairman, K. Kendall, B. Harris, J. McMillan, **K.J. Crandall**. The safety and efficacy of an anti-gravity treadmill at improving cardiovascular endurance, measures of body composition, and quality of life in female breast cancer survivors. Southeast Regional American College of Sports Medicine Conference: Greenville, SC., February, 2014.

Stone, W. J., M.A. Schafer<sup>1</sup>, G. Sobrero, S.W. Arnett, T.S. Lyons, J. Maples, **K.J. Crandall**. J.W. Navalta, S.D. Bean, F.T. Esslinger, K. Esslinger Muscular endurance and anaerobic power in ROTC cadets after a twelve week training program containing Crossfit. Southeast Regional American College of Sports Medicine Conference: Greenville, SC., February, 2014.

Sobrero, G.L., W.J. Stone, M.A. Schafer, S.W. Arnett, T.S. Lyons, **K. J. Crandall**, J. Maples, J.W. Navalta, S.D. Bean, F.T. Esslinger, K. Esslinger. Evaluation of upper and lower body power in first year ROTC cadets after one semester of ROTC training that included Crossfit. Southeast Regional American College of Sports Medicine Conference: Greenville, SC., February, 2014.

**Crandall, K.J.**, and D. Anderson. Bingocize<sup>®</sup>: A replicable model to improve functional physical fitness in older adults while engaging university students and the community. Kentucky Regional Engagement Conference. Richmond, KY., November, 2013

**Crandall, K.J.** and D. Anderson. Mobility and balance gains: An evidence-based model that improves ADL's and engagement. American Association of Service Coordinators National Conference: Indianapolis, In., August 19<sup>th</sup>, 2013.

Erb, O. and **K.J. Crandall**. Healthy Minds, Healthy Bodies: An innovative approach to reducing childhood obesity. Kentucky Association for Health, Physical Education, Recreation, and Dance: Louisville, Ky., 2012.

**Crandall, K.J.** and O. Erb. Healthy Minds, Healthy Bodies: A novel approach to reducing childhood obesity. Kentucky Wesleyan College Scholar's Day, April 19<sup>th</sup>, 2012.

**Crandall, K.J.** and C. Zachary. Efficacy of service-learning in health education to improve pre-service teachers' openness to diversity. Conference on Applied Learning in Higher Education: Saint Joseph, MO., 2012.

**Crandall, K.J.** Steps to Integrate Service-Learning in Your Curriculum. Kentucky Wesleyan College Faculty Brown Bag series 2012.

**Crandall, K.J.** and Christopher Zachary. Efficacy of service-learning in health education to improve pre-service teachers' openness to diversity. Kentucky Wesleyan College Scholar's Day, April, 2011.

**Crandall, K.J.**, P.A. Eisenman, L. Ransdell, J.J. Reel, and B.B. Schultz. Relationship between binge eating disorder and physical activity in community dwelling individuals. American College of Sports Medicine National Conference: San Francisco, CA., 2003.

**Crandall, K.J.**, and P.A. Eisenman. The efficacy of utilizing physical activity for the treatment of binge eating disorder. Western College Physical Education Society Conference: Reno NV, 2001.

Hueglin, S. and **K.J. Crandall**. Integrating service learning into undergraduate exercise and sport science: Steps to success. American Association for Health, Physical Education, Recreation, and Dance National Conference: Cincinnati, OH., 2001.

Hueglin, S. and **K.J. Crandall.**, J.V. Slack, P.A. Eisenman, J.M. Shaw, and D.L. Watson. The efficacy of required course work on facilitating students' openness to diversity. Southwest Association for Health, Physical Education, Recreation, and Dance: Park City, UT., 2001.

**Crandall, K.J.**, J.L. White, and L. Ransdell. The effects of physical activity on the prevention and treatment of breast cancer. Utah Academy of Science Conference: Seattle, WA., 1999.

**Crandall, K.J.** and C.A. Dennehy. The effects of exercise intensity on energy deriving macronutrient composition, calorie intake, body composition and body weight in the overweight. American College of Sports Medicine National Conference: Seattle, WA., 1999.

**Crandall, K.J.** and C.A. Dennehy. The effects of exercise intensity on energy deriving macronutrient composition, calorie intake, body composition and body weight in the overweight. University of Northern Colorado research symposium, 1999.

Wyatt, F.B., **K.J. Crandall**, and E.J. Greaney. The effects of aerodynamic cycling position on ventilatory response. American College of Sports Medicine National Conference: Orlando, FL., 2000.

### **Invited International Presentations:**

**Crandall, K.J.** Bingocize®: A fun and effective way to connect the generations across the spectrum of care. Virtual XI International Days of Physiotherapy- From Junior to Senior- Physiotherapy connects generations. Keynote Address: University of Health and Sports Sciences, Wroclaw, Poland, May 26<sup>th</sup>, 2022.

**Crandall, K.J.** From junior to senior-physiotherapy connect generations. XI International Days of Physiotherapy. Wroclaw University of Health and Sport Sciences Wroclaw, Poland. May 26, 2022.

**Crandall, K.J.** Development and implementation of Bingocize®: An evidence-based interprofessional program. Academy of Physical Education Wroclaw, Poland. October 7, 2019.

**Crandall, K.J.** Bingocize®: A health promotion tool to increase health education and physical activity of older adults across the spectrum of care. Academy of Physical Education Wroclaw, Poland. October 8, 2019.



**Crandall, K.J.** Spectrum of older adult care in the USA: Advantages, disadvantages, and comparisons to Poland. Academy of Physical Education Wroclaw, Poland. October 9, 2019.

**Crandall, K.J.** Results of Krakow study and comparisons to previous research in the US and England. Academy of Physical Education Wroclaw, Poland. October 7, 2019.

**Crandall, K.J.** Exploring the effects of Bingocize®: A novel and interactive community-based physical activity intervention for older adults in Poland. Conference Day of Innovation, University of Sport and Physical Education, Krakow, Poland, March, 2018.

### **Invited Presentations:**

**Crandall, K.J.** WKU Center for Applied Science in Health & Aging. Bowling Green Rotary meeting. 2/15/23.

**Crandall, K.J.** Bingocize®: The Journey from Local Service-Learning Project to Nationally and Internationally Disseminated Health Promotion Program. Southern Methodist University. 10/13/22

**Crandall, K.J.** Bingocize: An evidence-based health promotion program for improving the quality of life of people across the spectrum of care. Indian Health Services: Tribal Injury Prevention Cooperative Agreement Program Virtual Site Visit. 10/13/22.

**Crandall, K.J.** Falls prevention: past, present, future. Rehab Tech Summit: AgeTech Review, Panel Discussion. 4/8/22.

**Crandall, K.J.** Bingocize: An evidence-based health promotion program for improving the quality of life of people across the spectrum of care. Virginia Arthritis and Falls Prevention Meeting. 3/4/2022

**Crandall, K.J.** Bingocize: An evidence-based health promotion program for improving the quality of life of people across the spectrum of care. Kentucky Diabetes Network Quarterly Meeting. 3/17/2022.

**Crandall, K.J.** Bingocize: An evidence-based health promotion program for improving the quality of life of people across the spectrum of care. Kentucky Inclusive Health Summit Webinar: Kentucky Inclusive Health Collaboration. 12/1/2021.

**Crandall, K.J.** Bingocize: A fun evidence-based falls prevention and health promotion program. Kentucky Falls and Osteoporosis Summit Webinar. 8/26/21

**Crandall, K.J.** Bingocize®. Mississippi Department of Public Health. Webinar. 6/28/2021

**Crandall, K.J.** Bingocize®. University of Kentucky Cooperative Extension. Webinar. 2/17/2021

**Crandall, K.J.** Bingocize®. Greater Wisconsin Agency on Aging Resources Quarterly Health Promotion. Webinar. 11/16/2020.

**Crandall, K.J.** Evidence-based behavioral and programming strategies for increasing older adults' participation and engagement in physical activity interventions. Linked Senior, Washington D.C. Webinar (620 attendees). 10/6/2020

**Crandall, K.J.** Bingocize®. AgeOptions. Oak Park, IL. Webinar. 9/28/20.

**Crandall, K.J.** Bingocize®. Falls Prevention Awareness Week Program. Texas Health and Human Services, Austin, TX. Webinar. 9/23/20.

Piatt, J., **Crandall, K.J.**, & Mullins, L. Social isolation and loneliness: The impact of COVID-19. The Stratford Assisted Living Facility, Carmel, IN. 9/23/20.

**Crandall, K.J.** Bingocize®: An evidence-based falls prevention program for older adults across the spectrum of care. Virginia Arthritis and Falls Prevention Coalition Falls Prevention Week Virtual Events. Webinar. 9/21/2020.

**Crandall, K.J.** Bingocize®: Playing bingo for the health of it! Wellness Wednesday; Partners in Care Foundation Los Angeles, CA. Webinar. 9/16/2020.

**Crandall, K.J.** Bingocize®: An evidence-based falls prevention program. Fall Prevention Task Force of Santa Clara County California (FPSCC) Webinar. 8/13/2020.

**Crandall, K.J.** Bingocize® – A fun, affordable way to improve health & quality of life. U.S. Office of Environmental Health Services, Indian Health Services, Tribal Injury Prevention Cooperative Agreement Program Webinar. 3/4/2020.

**Crandall, K.J.** From nursery school to nursing home: The physical and cognitive benefits of physical activity. CalFresh Forum Meeting. Garden Grove, CA. 2/11/2020.

**Crandall, K.J.** Bingocize®: The Journey from Local Service-Learning Project to Nationally and Internationally Disseminated Health Promotion Program. Texas A & M-San Antonio: San Antonio, TX. 11/14/2019.

**Crandall, K.J.** Bingocize®: The Journey from Local Service-Learning Project to Nationally and Internationally Disseminated Health Promotion Program. Southeast American College of Sports Medicine Lecture Series: Western Kentucky University- Bowling Green, KY. 9/16/2019.

**Crandall, K.J.** Bingocize®: The Journey from Local Service-Learning Project to Nationally and Internationally Disseminated Health Promotion Program. Southeast American College of Sports Medicine Lecture Series: University of Tennessee-Chattanooga, Chattanooga, TN. 9/17/2019.

**Crandall, K.J.** Bingocize®: The Journey from Local Service-Learning Project to Nationally and Internationally Disseminated Health Promotion Program. Southeast American College of Sports Medicine Lecture Series: Mississippi State University, Starkville, MS. 9/18/2019.

**Crandall, K.J.** Bingocize®. University of Iowa Injury Prevention Research Center, Iowa City, IA, August 29<sup>th</sup>, 2019.

**Crandall, K.J.** Bingocize: A Game Centered Health Promotion Program to Improve Quality of Life. Kentucky Falls and Osteoporosis Summit: Burlington, KY., 8/7/2019.

**Crandall, K.J.** & T. Carithers. A Game-Centered Health Promotion Program to Improve Quality of Life of nursing home residents. Civil Money Penalty Training; Mississippi Division of Medicaid and the Mississippi Department of Health: Jackson, MS., 2019.

**Crandall, K.J.** Keynote Speaker: Connecting, Engaging, and Changing: Lessons Learned from Bingocize. Kentucky Wesleyan College Spring Conference on Active Learning. March, 2019.

**Crandall, K.J.** Bingocize: A Game Centered Health Program to Improve Quality of Life. California SNAP-ED Forum. Sacramento, CA. January, 2019.

Taylor, J., Piatt, J., **Crandall, K. J.** Bingocize® -An interdisciplinary health promotion program benefits older adults and public health students. Indiana University Public Health Research Day. Selected to present research for oral presentation. 2018

**Crandall, K.J.** Bingo! How playing a game while exercising-Bingocize®-benefits residents. Kentucky Association of Health Care Facilities Conference, Louisville, KY., November, 2017.

**Crandall, K.J.** and M. Schafer. Bingocize® training workshop. Tennessee Commission on Aging and Disability, Murfreesboro, TN., August 2017.

**Crandall, K.J.** Bingocize®: A novel health promotion program for improving functional performance, health knowledge, and social engagement in older adults. University of Kentucky Exercise Science Seminar Series. University of Kentucky, Lexington, KY; January 20<sup>th</sup>, 2017.

**Crandall, K.J.** Bingocize®: Research Training for Indiana University Recreational Therapy students. Indiana University, Bloomington, IN; January 13<sup>th</sup>, 2017.

**Crandall, K.J.** Bingocize®: A novel mobile app for increasing exercise and health education. Kentucky Science Center Discovery Festival, Owensboro, KY., June 4<sup>th</sup>, 2016.

**Crandall, K.J.** Bingocize®. Kentucky Safe Aging Coalition Falls and Osteoporosis Summit. Jeffersonville, KY., September 10, 2015.

**Crandall, K.J.** Physical activity and healthy aging. Keynote speaker, Barren River District Health Department Healthy Aging Expo, Bowling Green, KY., September 2<sup>nd</sup>, 2015.

**Crandall, K.J.** How does exercise effect your metabolism? Edge Fit Fitness Center, Owensboro, KY., June 2015.

**Crandall, K.J.** and M. Schafer. Bingocize<sup>®</sup> training workshop. Lincoln Trails Area Development District, Elizabethtown, KY., May 2015.

**Crandall, K.J.** and M. Schafer. Bingocize<sup>®</sup>. Kentucky River Area Development District, Lexington, Ky., June 2015.

**Crandall, K.J.** Bingocize<sup>™</sup>. Kentucky Safety and Prevention Alignment Network, Barren River Area Agency on Aging and Independent Living Falls Summit. Bowling Green, KY., June 24<sup>th</sup>, 2014.

**Crandall, K.J.** The aging process and Bingocize<sup>™</sup>. Kentucky River Area Development District Elder Abuse Conference. Hazard Community and Technical College, Hazard, Ky., 2014.

**Crandall, K.J.** and D. Anderson. Bingocize<sup>™</sup>. Cumberland Valley Area Development District Area Agency on Aging training. London, Ky., 2013.

**Crandall, K.J.** and D. Anderson. Bingocize<sup>™</sup>. Green River Area Development District Area Agency on Aging training. Owensboro, Ky., 2013.

**Crandall, K.J.** and D. Anderson. Bingocize<sup>™</sup>. Shelby Senior Service's evidenced-based training. Shelbyville, In., 2013.

**Crandall, K.J.,** D. Anderson, W. Payne, and L. Robertson. Bingocize<sup>™</sup>. Kentucky Housing Authority's Housing Management Conference. Louisville, Ky., 2013.

**Crandall, K.J.,** D. Anderson, and W. Payne. Bingocize<sup>™</sup>. Kentucky River Area Development District, Big Sandy Area Development District, and Gateway Area Development District: Hazard, Ky., 2013

**Crandall, K.J.,** C. Fairman, and D. Anderson. Efficacy of Bingocize<sup>™</sup> to improve functional fitness and health-related quality of life in older adults. Kentucky Association for Health, Physical Education, Recreation, and Dance: Louisville, Ky., 2012.

**Crandall, K.J.,** C. Fairman, and D. Anderson. Bingocize<sup>™</sup>! Using games to improve physical activity adherence. Kentucky Adult Day Care Association Conference – Lexington, Ky., August 22<sup>nd</sup>, 2012.

**Crandall, K.J.,** C. Fairman, and D. Anderson. Bingocize<sup>™</sup>! Using games to improve physical activity adherence. Kentucky Housing Corporation's Housing Management Conference- Louisville, Ky., May 16<sup>th</sup>, 2012.

**Crandall, K.J.,** C. Fairman, and D. Anderson. Bingocize<sup>™</sup>! Using games to improve physical activity adherence. Kentucky Association for Gerontology- Lake Barkley, Ky., April 23, 2012.

### **Grant Reviews:**

Review of “Soft Sensor Materials for In-Home Patient Activity Monitoring” for the Kentucky Science and Engineering Foundation SBIR/STTR Phase Zero Program, February, 2016.

### **Professional Service**

American College of Sports Medicine EIM Older Adult Committee	<b>2022-Present</b>
International Journal of Exercise Science editorial board member	<b>2017-Present</b>

### **University and School Service:**

Member WKU School of Kinesiology, Recreation, and Sport Director search committee	<b>2017</b>
Member WKU Intellectual Property Committee	<b>2015-Present</b>
Judge for WKU Student Research Conference	<b>2014-2016, 2019</b>
Member WKU Exercise Science faculty search committees	<b>2014-2015</b>
Faculty Sponsor WKU Exercise Science Club	<b>2014-2016</b>
Member WKU Exercise Science student awards committee	<b>2014</b>
Member WKU Exercise Science curriculum committee	<b>2014-Present</b>
Member of Kentucky Wesleyan College psychology faculty search committee	<b>2013</b>
Member of Kentucky Wesleyan College Institutional Review Board	<b>2012-2013</b>
Member of Kentucky Wesleyan College Teacher Education Committee	<b>2012-2013</b>
Designed curriculum for Kentucky Wesleyan College Exercise Science major	<b>2011</b>
Participated in Kentucky Wesleyan College Quality Enhancement Plan (QEP) focused on improving students’ critical thinking skills	<b>2011</b>

### **Memberships:**

Kentucky Academy of Science	<b>2013-Present</b>
National Physical Activity Society	<b>2013-Present</b>
American College of Sports Medicine	<b>1996-Present</b>

## AWARDS

### Awards and Scholarships:

WKU Office of Sponsored Programs Award for Innovation and Impact	<b>2019</b>
WKU Office of Sponsored Programs Prolific Proposer Award	<b>2019</b>
WKU University Research Award	<b>2018</b>
WKU College of Health and Human Service Faculty Award for Research	<b>2018</b>
Western Kentucky University Office of Sponsored Programs Million Dollar Club Award	<b>2017</b>
Nominee for WKU Undergraduate Research Mentoring Award	<b>2015-2016</b>
Western Kentucky University Office of Research Junior Investigator Award	<b>2014</b>
Western Kentucky University Office of Research First Time External Grant Award	<b>2014</b>
Kentucky Innovation Network “Bucks for Bright Ideas” Entrepreneur Award	<b>2014</b>
Kentucky Association for Gerontology Distinguished Educator Award	<b>2013</b>
University of Utah Exercise and Sport Science N.P. Neilsen Scholarship	<b>2001-2002</b>
Utah Academy of Arts, Sciences, and Letters Outstanding Paper Award	<b>2000</b>
Western Kentucky University Non-traditional Student Scholarship	<b>1996</b>
University of Northern Colorado Graduate Dean’s Citation for Excellence	<b>1999</b>
University of Northern Colorado Graduate Dean’s Citation for Outstanding Thesis	<b>1999</b>

### Teaching and Service Awards:

University of Utah Exercise and Sport Science Teaching Fellowship	<b>2000-2001</b>
University of Utah Exercise and Sport Science Outstanding Teaching Assistant	<b>2000-2001</b>

### Awards for Professional Service:

University of Utah Exercise and Sport Science Graduate Service Award	<b>2000-2001</b>
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**Professional Certifications:**

American College of Sports Medicine Certified Exercise Physiologist <sup>SM</sup>	<b>2012</b>
American College of Sports Medicine Exercise is Medicine Credential: Level 2	<b>2012</b>
Comprehensive Institutional Training Initiative (CITI) for Biomedical Research	<b>2013</b>
National Institute of Health (NIH) Protecting Human Research Participants Certification # 925491	<b>2012</b>
American Heart Association Basic Life Support for Healthcare Providers	<b>2015</b>
United States Center for Disease Control STEADI Certified	<b>2019</b>