

Curriculum Vitae
Rachel Tinius, PhD, ACSM-EP-C
November 2018

SUMMARY STATEMENT

All aspects of my career heavily involve students. My teaching experiences involve students at many levels, from exercise science undergraduates to doctoral physical therapy students. Through teaching, I share my knowledge with groups of students aspiring to become health care professionals. Through my research, I am highly involved in my students' projects and experiences. I reach students on a more individual level through one-on-one mentoring. In the past year alone, I have mentored 2 graduate students and 5 undergraduate students. I spent countless hours with each of these students taking them through all aspects of the research process, and teaching them numerous skills along the way. A recent graduate whom I mentored said, "Thank you very much for mentoring me these past 2 years. It has been an amazing experience and I have learned more than I could have ever imagined. I really appreciate the countless hours you spent correcting me, teaching me, and guiding me. You've been a pivotal part of my education here at Western". I hope to continue to play this role for many of my students now and in the years to come. I believe my strongest and more abundant student interactions come through their involvement in my research pursuits, and I could not do my research without them!

CONTACT INFORMATION

Program in Exercise Science
School of Kinesiology, Recreation, and Sport
Western Kentucky University
Smith Stadium 1059
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Bowling Green, KY 42101
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PRESENT POSITION

Assistant Professor
School of Kinesiology, Recreation, and Sport
Western Kentucky University

EDUCATION

Ph.D. Movement Science *Fall 2011-Fall 2015* *Washington University in St. Louis*

- Movement Science- Program in Physical Therapy
- Translational Physiology Laboratory
- Advisor: Todd Cade, PT, PhD
- Cumulative/Final GPA: 4.0

TL1 Predoctoral Clinical Research Training Program

Fall 2013-Spring 2015

Washington University in St. Louis

- The Clinical Research Training Center at Washington University supports a select group of trainees, as they embark on careers as outstanding patient-oriented researchers, by teaching them how to:
 - Design and conduct clinical research
 - Analyze data
 - Consider relevant ethical and legal issues
 - Write manuscripts and grants
 - Develop and present scientific posters
 - Compete for research funding
- Advisors: Jay Piccirillo, MD, FACS; Jeffrey Peipert, MD, PhD; Susan Stark, PhD, OTR/L

M.S. Clinical Investigation

Fall 2013-Fall 2015

Washington University in St. Louis

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- Advisor: Jay Piccirillo, MD, FACS
- Cumulative/Final GPA: 4.0

M.S. Exercise Science Spring 2010-Summer 2011 Western Kentucky University

- Designated Graduate Scholar of the College of Health and Human Services
- Advisor: Scott Lyons, PhD
- Cumulative/Final GPA: 4.0

B.S. Exercise Science Fall 2006-Fall 2009 Western Kentucky University

- Designated Scholar of the College of Health and Human Services at Graduation
- Advisor: Scott Lyons, PhD
- Cumulative/Final GPA: 4.0

PROFESSIONAL CERTIFICATIONS

ACSM Certified Exercise Physiologist November 2014 National Certification

- Ability to conduct physical fitness assessments, interpret results, develop exercise prescriptions, and apply behavioral and motivational strategies to apparently healthy individuals and individuals with medically controlled diseases and health conditions
- Support clients in adopting and maintaining healthy lifestyle behaviors
- Skill in management, administration, and supervision of fitness programs
- Scored 744/800 on certification exam

Certified to ship biological samples July 2018 International Certification

- Ability to ship biological samples including infectious materials
- Certified to ship on dry ice

Preparation in Pedagogy Spring 2015 Washington University in St. Louis

- Extensive knowledge of effective pedagogy, including evidence-based teaching methods, by participating in advanced-level Teaching Center workshops
- Classroom teaching experience that includes observation and feedback from faculty and students
- Developed and refined a well-informed teaching approach

WORK EXPERIENCE

Fall 2011-Spring 2015 Washington University- Program in Physical Therapy St. Louis, MO
Translational Physiology Lab

Research Assistant

- Assistance with ongoing Research Projects (W.Todd Cade, PT, PhD, PI)
- Hyperinsulinemic/euglycemic clamp/isotope infusion studies
- Stable isotope tracer serum processing
- Mass spectrometry
- Indirect calorimetry (resting and exercise)
- Body composition testing (adults, children, and infants)
- Exercise testing and training
- Body Plethysmography (Bod Pod and Pea Pod Certified)
- Elisa Kit Protocols
- Clinical exercise testing for BJH patients (ECG, blood pressures, VO₂ measurement)

Teaching Assistant

- Principles in Human Physiology (Spring 2013)
 - Lectures:
 - *Adipose Tissue as an Endocrine Organ*

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- *Pregnancy Physiology, Common Pregnancy Complications, Pregnancy and Exercise*
- Women's Health Unit- Doctorate of Physical Therapy Program (Spring 2013, Spring 2014, & Spring 2015)
 - Lectures:
 - *Pregnancy Physiology and Exercise in Pregnancy*
- Teaching Center Annual Teaching Symposium (August 13, 2014)
 - Discussion leader for first time teaching assistants on discipline-specific topics

Spring 2015 Maryville University- Exercise Science Program St. Louis, MO

Adjunct Professor

- Anatomy and Physiology (Spring 2015)

Fall 2010-Summer 2011 WKU Department of Kinesiology Recreation and Sport Bowling Green, KY

Graduate Assistant

- Class instructor : PE 101- Jogging & PE 100- Lifetime Fitness & Wellness
- Teaching Assistant: Exercise Physiology Lab
- Conducted Research in the Exercise Physiology Lab- Skills acquired listed below
 - Indirect Calorimetry
 - Flow Cytometry
 - Skinfold Calipers
 - Force plate-motion analysis software

Fall 2010- Spring 2015 Vetta Sports O'Fallon,

IL

Soccer Coach

- Coordinate and conduct practice sessions for ages 3-10
- Coach games

Spring 2009-Winter 2009 WKU Athletic Training Room Bowling Green, KY

Internship Position

- Assistance with WKU athletes' treatment and injury rehabilitation
- Experience with electrical muscle stimulation and therapeutic ultrasound
- Experience with many different injuries and rehabilitation protocols

Fall 2009 WKU Department of Physics Bowling Green, KY

Biophysics Lab Assistant

- Instructed Lab (PHYS 223)
- Instructor: Dr. Van der Meer

HONORS AND AWARDS

Academics

- WKU Office of Research and Creative Activity Early Investigator Award – 2017
- WKU Office of Research and Creative Activity Early First Time Obtaining External Funding Awardee – 2017
- WKU Graduate Scholar of the College of Health and Human Services-2011
- WKU Graduate Student-Athlete of the Year- 2011
- WKU Exercise Science Female Outstanding Graduate Student of the Year- 2010-2011
- WKU Scholar of the College of Health and Human Services- 2009
- WKU Student-Athlete of the Year- 2009
- WKU Exercise Science Female Outstanding Student of the Year- 2008-2009
- Designated a President's Scholar at WKU in 2008-2009
- Department of Foreign Language Outstanding Achievement Award-2006
- WKU College of Health and Human Services Freshman Academic Achievement Award- 2006

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College Athletics (WKU)

Soccer

- Nominated as WKU's Representative for NCAA Woman of the Year- 2010
- Lowe's Senior CLASS Leadership award candidate (one of thirty nationwide)- 2009
- NSCAA/Adidas Scholar-Athlete All-Region Team- 2008 & 2009
- ESPN the Magazine Academic All-American- 2008 & 2009
- ESPN the Magazine Academic All-District- 2007
- NSCAA All-Region Team- 2009
- Voted by peers as Team Captain- 2009
- WKU Coach's Award for Outstanding Commitment- 2009
- Preseason All-Sunbelt Conference- 2009
- First Team All-Sunbelt Conference- 2008 & 2009
- Great Lakes All-Region Team- 2008 & 2009
- Second Team All-Sunbelt Conference- 2007

Track and Field

- All-Sunbelt Conference in the 3000m Steeplechase-2010

Post-College Running

- 1st place female Corvette half-marathon- October 2011
- 1st place female in the Total Fitness mini-marathon - March 2012
- 1st place female in the Bowling Green 26.2 Marathon- November 2012
- 3rd place female in the Missouri Cowbell Marathon - October 2013
- Boston Marathon- April 2015

RESEARCH SUPPORT

- Kentucky Biomedical Research Infrastructure Network Investigator Development Award- May 2016-April 2019
 - Title: Physical Activity during Pregnancy: Novel Pathways and Intervention Strategies for Improving Maternal and Neonatal Outcomes.
 - Amount: \$170,400
 - Role: PI
- Research and Creative Activities Program (RCAP)- May 2018- December 2019
 - Title: Postpartum health: investigating the metabolic health of women after pregnancy
 - Amount: \$15,947
 - Role: PI
- Research and Creative Activities Program (RCAP)- May 2016- December 2017
 - Title: Physical activity during Pregnancy
 - Amount: \$15,484
 - Role: PI
- Faculty-Undergraduate Student Engagement Internal Grant (Lauren Miller)- May 2018
 - Title: The role of physical activity during pregnancy on infant motor development at 1-year
 - Amount: \$3,000
 - Role: PI/Student Mentor
- Faculty-Undergraduate Student Engagement Internal Grant (Nicholas VanMeter)- December 2017
 - Title: Investigating the Expression of Important Metabolic Proteins in the Placenta
 - Amount: \$3,000
 - Role: PI/Student Mentor
- Faculty-Undergraduate Student Engagement Internal Grant (Britt Fugmann)- December 2017

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- Title: Exercise and Dietary Factors and their Potential Role on Fertility-Related Outcomes
- Amount: \$3,000
- Role: PI/Student Mentor

- Faculty-Undergraduate Student Engagement Internal Grant (Nikitha Rajendran)- July 2017
 - Title: The role of physical activity during pregnancy on infant motor development
 - Amount: \$3,000
 - Role: PI/Student Mentor

- Faculty-Undergraduate Student Engagement Internal Grant (Keagan Keen)- January 2017
 - Title: The impact of an acute bout of high intensity exercise on mood among pregnant women
 - Amount: \$3,000
 - Role: PI/Student Mentor

- Faculty-Undergraduate Student Engagement Internal Grant (Caitlin Hesse)- January 2017
 - Title: Exercise Testing and Pregnancy: Should secondary criteria for VO2max testing be adjusted for women during pregnancy?
 - Amount: \$3,000
 - Role: PI/Student Mentor

- Faculty-Undergraduate Student Engagement Internal Grant (Gabrielle Ringenberg)- January 2016- Complete
 - Title: Testing the validity of a submaximal exercise test in obese women
 - Amount: \$3,000
 - Role: PI/ Student Mentor

- Faculty-Undergraduate Student Engagement Internal Grant (Hannah Fickey)- January 2016- Complete
 - Title: The 6 minute walk test and the YMCA cycle ergometry test: Can they predict VO2max in pregnancy?
 - Amount: \$3,000
 - Role: PI/Student Mentor

MANUSCRIPT REVIEWER RESPONSIBILITIES

Reviewer for:

PLOS one
Journal of Human Lactation
Journal of Physical Activity and Health
BMC Pregnancy and Childbirth
Journal of Obesity
Journal of Physical Therapy
International Journal of Exercise Science
Integrative Obesity and Diabetes
Journal of Applied Physiology, Nutrition, and Metabolism

TEACHING AND MENTORING RESPONSIBILITIES

Teaching Responsibilities at WKU

Exercise Science Curriculum

Course Master

Clinical Exercise Physiology (EXS 420) 2016-Present

Course Master

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Exercise Science Practicum (EXS 296) 2016-Present

Course Master

Exercise Testing and Prescription (EXS 412) 2015-Present

Course Master

Motor Learning and Control (EXS310) 2015-Present

Doctor of Physical Therapy Program

Lecturer

Women's Health Unit 2015-Present

Screening and Diagnosis (DPT 775) 2016-Present

Exercise Physiology 2016-Present

Mentoring Responsibilities at WKU

Kolbi Edens

Master's Thesis Committee Chair May 2019

Project Title: Effectiveness of a local exercise intervention on pregnancy outcomes

Kristin Yoho

Master's Thesis Committee Chair May 2019

Project Title: Metabolic changes from pregnancy to postpartum

Lauren Miller

Honors Thesis Committee Chair May 2019

FUSE Grant Project Title: The role of physical activity during pregnancy and infant tummy time on motor development at 4-months and 1-year of age

Nicholas VanMeter

Master's Thesis Committee Chair May 2019

FUSE Grant Project Title: Investigating the Expression of Important Metabolic Proteins in the Placenta

Gabrielle Ringenberg

Honors Thesis Chair May 2017

FUSE Grant Project: Testing the validity of a submaximal exercise test in obese women

Awarded Honor's Thesis/Capstone Project of the Year

Alyssa Olenick

Master's Thesis Committee May 2017

Project Title: Metabolic flexibility among women following a single high fat meal

Regis Pearson

Master's Thesis Committee May 2017

Project Title: The acute impact of high-fat load on PBMCS among women: impact of ethnicity and weight status

BethAnne Clayton

Master's Thesis Committee May 2016

Project Title: The implications of different types of diet and exercise on human health

Paige Wessel

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Master's Thesis Committee _____ May 2016
Project Title: Accuracy of commercial fitness trackers during high-intensity functional training

Caitlin Hesse
Honors thesis committee _____ April 2017
FUSE Grant Project: Exercise Testing and Pregnancy: Should secondary criteria for VO₂max testing be adjusted for women during pregnancy?

Hannah Fickey _____ 2016
FUSE Grant Project: The 6 minute walk test and the YMCA cycle ergometry test: Can they predict VO₂max in pregnancy?

Keagan Keen _____ 2017
FUSE Grant Project: The impact of an acute bout of high intensity exercise on mood among pregnant women

Nikitha Rajendran _____ 2017
FUSE Grant Project: The role of physical activity during pregnancy on infant motor development

Britt Fugmann _____ 2018
FUSE Grant Project: Exercise and Dietary Factors and their Potential Role on Fertility-Related Outcomes

Juliana Jenks _____ 2018
Patient and Provider Communication regarding Urinary Incontinence Following Pregnancy

BIBLIOGRAPHY

PUBLICATIONS

Manuscripts

Tinius RA, Cahill AG, Cade WT. Low-intensity physical activity is associated with lower maternal systemic inflammation during late pregnancy. *Journal of Obesity and Weight Loss Therapy* 2017 7(3). DOI: 10.4172/2165-7904.1000343. PMID: 28856070

Keen K*, Maples JM, Cooley B*, Olenick A*, Blankenship M, Hoover D, **Tinius RA**. Acute high-intensity exercise improves mood during the second trimester of pregnancy. *International Journal of Women's Health and Wellness*. 2017, 3:053. DOI: 10.23937/2474-1353/1510053 (*Student in the Tinius Lab)

Rohatgi K., **Tinius R.A.**, Cahill A.G., Cade W.T., Parra Perez D. Ultra-processed products consumed during pregnancy are associated with maternal gestational weight gain and neonatal body composition. 2017. *PeerJ*. 5:e4091. <https://doi.org/10.7717/peerj.4091>. PubMed Central PMCID: PMC5723430.

Tinius R.A., López J.D., Cade WT, Stein R.I., Haire-Joshu D., Cahill A.G. Patient and obstetric provider discordance regarding weight gain management among overweight and obese socioeconomically disadvantaged African American women. *American Journal of Perinatology*. *In review*.

Hesse C*, **Tinius RA**, Cooley B*, Olenick A*, Blankenship M, Hoover DL, Maples JM. Assessment of endpoint criteria and perceived barriers during maximal cardiorespiratory testing among pregnant women. *Journal of Sports Medicine and Physical Fitness*. Nov 2017. PMID: 29148627 DOI: 10.23736/S0022-4707.17.07750-7. (*Student in the Tinius Lab)

Ringenberg G*, Maples JM, **Tinius RA**. The validity of submaximal exercise testing in obese women. *Women in Sport and Physical Activity Journal*. 2018. *In Press*. (*Student in the Tinius Lab) <https://doi.org/10.1123/wspaj.2017-0009>.

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Williams K.*, Brown A.*, Crandall J., **Tinius R.** Educational Information improves knowledge about physical activity during pregnancy. *Kentucky Association of Health, Physical Activity, Recreation, and Dance Journal*. Fall 2016. (*Student in the Tinius Lab)

Cade W.T, Levy PT, Tinius RA, Patel MD, Choudhry S., Holland MR, Singh GK, Cahill AG. Markers of maternal and infant metabolism are associated with ventricular dysfunction in absence of cardiac hypertrophy in infants of obese women with type II diabetes. *Pediatric Research*, 2017; 82(5)768-775. 10.1038/pr.2017.140. PubMed PMID: 28604759

Tinius R.A., Cahill A.G., & Cade W.T. Origins in the Womb: Potential Role of the Physical Therapist in Modulating the Deleterious Effects of Obesity on Maternal and Offspring Health through Movement Promotion and Prescription during Pregnancy. 2016, *Physical Therapy Journal*. DOI: 10.2522/ptj.20150678. PubMed PMID: 27417168.

Tinius R.A., Cahill A.G., & Cade W.T. Impact of physical activity during pregnancy on obstetric outcomes in obese women. 2016, *Journal of Sports Medicine and Physical Fitness*, 2017, 57(5)652-659. PubMed PMID: 26564274

Tinius R.A., Cahill A.G., Strand E.A., & Cade W.T. Maternal inflammation during late pregnancy is lower in physically active compared to sedentary obese women. *Appl Physiol Nutr Metab* 2016, 41(2): 191-198. DOI: 10.1139/apnm-2015-0316. PubMed PMID: 26799789

Cade W.T., **Tinius R.A.**, Reeds D.N., Patterson B.W., & Cahill A.G. Maternal glucose and fatty acid kinetics and infant birth weight in obese women with type 2 diabetes. *Diabetes* 2016, 65 (4): 893-901. DOI: 10.2337/db15-1061. PMID: 26861786

Tinius R.A., Cahill A.G., Strand E.A., & Cade W.T. Altered lipid metabolism is associated with higher maternal inflammation in obese women during late pregnancy. *Integrative Obesity and Diabetes* 2015, 2 (1): 168-175. PubMed PMID: 27239331

Cade W.T., Bohnert K., Reeds D.N., Benni P., Peterson L.R., Byrne B.J., **Tinius R.A.** & Taylor C. Endurance Exercise Training in Young Adults with Barth Syndrome: a Pilot Trial. *Journal of Inherited Metabolic Disease, In press*. DOI: 10.1007/8904_2016_553. PMID: 27295193.

Tinius,R.A. "Physical Activity and Maternal and Neonatal Outcomes in Obese Pregnant Women".(2015).*Arts&SciencesElectronicThesesandDissertations*.Paper557. http://openscholarship.wustl.edu/art_sci_etds/557

Friedman R A ,Navalta J.W., Fedor E.A. , Kell H.B. , Lyons T.S., Arnett S.W. , Schafer M.A . Repeated high-intensity Wingate cycle bouts influence markers of lymphocyte migration but not apoptosis . *Appl Physiol Nutr Metab* 2012, 37(2): 241246. PubMed PMID: 22380726.

Friedman, R.A. "Investigation of C-Reactive Protein and Leptin as Biomarkers of Obesity with Potential Clinical Utility" (2011). *Masters Theses & Specialist Projects*. Paper 1091. <http://digitalcommons.wku.edu/theses/1091>

Abstracts

Tinius RA, Maples JM, Blankenship M, Cooley B., Olenick A, Hoover DL, Cade WT. The YMCA cycle test and 6-minute walk test are not accurate predictors of peak cardiorespiratory fitness during mid pregnancy. *Med Sci Sports Exer*; 2017: 49(5): *In press*

Driskill M*, **Tinius RA**, Hoover DL. A pregnancy-specific equation for predicting cardiorespiratory fitness. *Med Sci Sports Exer*; 2017: 49(5): *In press*. (*Student in the Tinius Lab)

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Tinius, R.A., Cahill A.G., Cade W.T. Impact of physical activity during pregnancy on obstetric outcomes in obese women. *Medicine and Science in Sports and Exercise* (48) 5S. May 2016.

Cahill A.G, **Tinius R.A.**, Roehl K., Cade W.T. 31: Metabolic abnormalities in insulin-resistant pregnancies: beyond glucose. *American Journal of Obstetrics and Gynecology*. 35th annual meeting for Maternal-Fetal Medicine. January 2015.

Cade W.T., Bohnert K.L., Reeds D.N., Peterson L.R., **Tinius R.A.**, Bittel A.J., Bittel D.C., de las Fuentes L., Byrne B.J. & Bashir A. Impaired cardio-skeletal muscle energetics in children with Barth syndrome: a ³¹P MRS study. Accepted for the 2015 *American Physiological Society Conference Physiological Bioenergetics: From Bench to Bedside, Tampa, FL, 9/9-12, 2015*.

Friedman, R.A., S. Hunt, A. Maunsell, and J.W. Navalta. Repeated High-Intensity Anaerobic Bouts Influence Lymphocyte Migration but not Apoptosis. *International Journal of Exercise Science*, 5(1): S55-S57, 2010.

Hunt, S., **Friedman, R. A.** Maunsell, S. Bhamare, J.W. Navalta, and S. Lyons. Excess Post-exercise Oxygen Consumption Duration is significantly Greater in the Morning Compared to the Afternoon. *International Journal of Exercise Science*, 5(1): S44-S46, 2010.

PROFESSIONAL PRESENTATIONS

Tinius RA, Blankenship M, Olenick A, Hoover DL, Pearson K, Cade WT, Maples JM. Metabolic inflexibility among overweight and obese pregnant women may lead to unfavorable downstream metabolic outcomes. *National American College of Sports Medicine. Minneapolis, MN, May 2018.*

Tinius RA, Maples JM, Blankenship M, Cooley B, Olenick A, Hoover DL, Cade WT. The YMCA submaximal cycle test and 6-minute walk test are not accurate predictors of cardiorespiratory fitness during mid-pregnancy. *American College of Sports Medicine National Meeting. Denver, CO. June 2017.*

Olenick A*, Pearson R*, Shaker N, **Tinius RA**, Blankenship M, Oregon E, Hoover DL, Maples JM. Metabolic Flexibility Among Women in Response to a Single High-Fat Meal. *American College of Sports Medicine National Meeting. Denver, CO. June 2017. (*Student in the Tinius Lab)*

Driskill M*, **Tinius RA**, Hoover DL. A pregnancy-specific equation for predicting cardiorespiratory fitness. *American College of Sports Medicine National Meeting. Denver, CO. June 2017. (*Student in the Tinius Lab)*

Tinius RA & C. Moyer. Mythbusters: The Truth about Exercise during Pregnancy. *Southeast American College of Sports Medicine. Tutorial Presentation. Greenville, SC, February 2017.*

Ringenberg G*& **Tinius RA**. The validity of submaximal exercise testing in obese women. *Southeast American College of Sports Medicine. Poster Presentation. Greenville, SC, February 2017. (*Student in the Tinius Lab)*

Hesse C*, **Tinius RA**, Cooley B*, Olenick A*, Blankenship M, Hoover DL, Maples JM. Assessment of endpoint criteria and perceived barriers during maximal cardiorespiratory testing among pregnant women. *Southeast American College of Sports Medicine. Poster Presentation. Greenville, SC, February 2017. (*Student in the Tinius Lab)*

Keen K*, Maples J, Cooley B*, Olenick A*, Blankenship M, Hoover DL, **Tinius RA**. Acute high-intensity exercise improves mood during the second trimester of pregnancy. *Kentucky Physiological Society Meeting. Bowling Green, KY. March 2017. (*Student in the Tinius Lab)*

Olenick A*, Pearson R*, Shaker N, **Tinius RA***, Blankenship M, Oregon E, Hoover DL, Maples JM. Metabolic Flexibility Among Women in Response to a Single High-Fat Meal. *Kentucky Physiological Society Meeting. Bowling Green, KY. March 2017. (*Student in the Tinius Lab)*

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Fickey H*, Maples JM, Blankenship M, Cooley B*, Olenick A*, Hoover DL, Cade WT, **Tinius RA**. The YMCA submaximal cycle test and 6-minute walk test are not accurate predictors of cardiorespiratory fitness during mid-pregnancy. Kentucky Physiological Society Meeting. Bowling Green, KY. March 2017. (*Student in the Tinius Lab)

Tinius RA. Physical Activity during Pregnancy: Past findings and Current Research in Bowling Green, KY. Bowling Green Medical Center Evidence-Based Practice Council Journal Club Meeting- Invited Speaker. August 2nd, 2016.

R.A. Tinius, Cahill A.G., Cade W.T. Impact of physical activity during pregnancy on obstetric outcomes in obese women (Platform Presentation). American College of Sports Medicine National Conference- Boston, MA, June 2016.

Williams K*, Brown A*, Crandall J., **Tinius RA**. Educational Information improves knowledge about physical activity during pregnancy. Student Reach Week Conference- WKU. Bowling Green, KY. April 2016. (*Student in the Tinius Lab)

R.A. Tinius, A.G. Cahill, W.T. Cade. Physical Activity and Maternal and Neonatal Metabolic Outcomes in Obese Pregnant Women (Platform Presentation). American College of Sports Medicine National Conference. San Diego, CA, May 2015.

R.A. Tinius, A.G. Cahill, W.T. Cade. Physical Activity and Maternal and Neonatal Metabolic Outcomes in Obese Pregnant Women. ACTS Translational Science 2015 Conference. Washington, DC, April 2015.

R.A. Tinius, A.G. Cahill, W.T. Cade. The Role of Physical Activity on Maternal and Neonatal Outcomes in Obese Pregnant Women. Diabetes Day Symposium. St. Louis, MO, October 2014.

R.A. Tinius, A.G. Cahill, W.T.Cade. The Role of Physical Activity on Maternal and Neonatal Outcomes in Obese Pregnant Women. Institute of Clinical and Translational Sciences 9th Annual Symposium. St. Louis, MO, October 2014.

R.A. Tinius, A.G. Cahill, W.T.Cade. The Influence of Maternal Physical Activity on Labor and Delivery Outcomes in Obese Pregnant Women. Institute of Clinical and Translational Sciences 9th Annual Symposium. St. Louis, MO, October 2014.

R.A. Tinius, A.G. Cahill, W.T.Cade. Effects of Maternal Obesity on Lipid Metabolism, Oxidative Stress and Neonatal Outcomes. ACTS Translational Science 2014 Conference. Washington, DC, April 2014.

R.A. Tinius, A.G. Cahill, W.T.Cade. Effects of Maternal Obesity on Lipid Metabolism, Oxidative Stress and Neonatal Outcomes. 19th Annual Graduate Research Symposium. St. Louis, MO, February 2014.

R.A. Tinius, A.G. Cahill, W.T. Cade. "Increased maternal lipid oxidation in obese pregnancy is associated with higher infant birth weight." William H. Danforth Scientific Symposium Celebrating the March of Dimes. St. Louis, MO, November 2013.

R.A. Tinius, A.G. Cahill, W.T. Cade. "Increased maternal lipid oxidation in obese pregnancy is associated with higher infant birth weight." Institute of Clinical and Translational Sciences 8th Annual Symposium. St. Louis, MO, October 2013.

R.A. Friedman, S.W. Lyons, J.W. Navalta, M. Schafer, S. Arnett. Biomarkers of Obesity with Potential Clinical Utility. American College of Sports Medicine's National Conference. San Francisco, CA, May 2012.

R.A. Friedman, S. Hunt, A. Maunsell, and J.W. Navalta. Repeated High-Intensity Anaerobic Bouts Influence Lymphocyte Migration but not Apoptosis. International e-Conference on Kinesiology and Integrated Physiology, <http://kinesiology.econferenceintl.com>, 2010.

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S. Hunt, **R.A. Friedman**, A. Maunsell, S. Bhamare, J.W. Navalta, and S. Lyons. Excess Post-exercise Oxygen Consumption Duration is Significantly Greater in the Morning Compared to the Afternoon. International e-Conference on Kinesiology and Integrated Physiology, <http://kinesiology.econferenceintl.com>, 2010.

PROFESSIONAL MEMBERSHIPS

MEMBERSHIPS

American College of Sports Medicine (National and Southeast Region)

- Steering Committee for the Pregnancy and Postpartum Special Interest Group

Kentucky Rural Health Association

International Journal of Exercise Science

- Editorial board member

LEGEND

Research

Teaching

Service