

# CURRICULUM VITAE

University of Idaho

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

**DATE:** January 2025

**RANK OR TITLE:** Professor

**DEPARTMENTS:** Movement Sciences & WWAMI Medical Education Program

**OFFICE LOCATION AND CAMPUS ZIP:** PEB 207  
875 Perimeter Drive MS 2401  
Moscow ID 83844-2401

**OFFICE PHONE:** (208) 885-2189  
**FAX:** (208) 885-5929  
**EMAIL:** cvella@uidaho.edu

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

**DATE OF TENURE:** July 1, 2013

**DATE OF PRESENT RANK OR TITLE:** July 1, 2019

## EDUCATION BEYOND HIGH SCHOOL:

### Degrees:

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

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

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

### Certificates and Licenses:

ACSM Certified Exercise Physiologist, 1998–present

American Heart Association CPR and AED certified, 2010–2020

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

Radiation Safety Training Certificate, 2005–2010, 2016–2020

Dual-energy X-ray Absorptiometry (DXA) Operator Training Certificate, 2007–2011, 2016–2020

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

NIH Human Subjects Protections Training Certificate, 2005–present

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

## EXPERIENCE:

### Teaching, Extension and Research Appointments:

Professor with tenure and Director of the Exercise Physiology Laboratory, College of Education, Health and Human Sciences, Department of Movement Sciences, University of Idaho, Moscow, ID, June 2019–present.

Professor with tenure and Director of the Exercise Physiology Laboratory, joint appointment between the College of Education, Health and Human Sciences, Department of Movement Sciences and the WWAMI Medical Education Program, University of Idaho, Moscow, ID, June 2019–July 2024.

Associate Professor with tenure and Director of the Exercise Physiology Laboratory, joint appointment between the College of Education, Health and Human Sciences, Department of Movement Sciences and the WWAMI Medical Education Program, University of Idaho, Moscow, ID, June 2013–2019.

Affiliate Assistant Professor, University of Washington, School of Medicine, Department of Physiology and Biophysics, Seattle, WA, October 2012–July 2024.

Assistant Professor and Director of the Exercise Physiology Laboratory, joint appointment between the College of Education, Health and Human Sciences, Department of Movement Sciences and the WWAMI Medical Education Program, University of Idaho, Moscow, ID, December 2010–June 2013.

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

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

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

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

### **Academic Administrative Appointments:**

Program Coordinator – Exercise, Sport, and Health Sciences. Department of Movement Sciences, University of Idaho, Moscow, ID, Aug 2020 – 2024.

- Undergraduate Coordinator of Exercise, Sport, and Health Sciences
- Coordinator of 4 emphasis areas – Pre-Physical Therapy, Pre-Athletic Training, Health and Community Development, and Fitness, Health and Human Performance
- Program Project Lead:
  - Major Overhaul of B.S. degree, 2021
  - University Assessment
  - Recruitment and Retention
  - Course Scheduling
  - Program Faculty Hiring
  - Teaching Assistant coordination and scheduling (2020-2022)
  - Mentorship of junior faculty

### **Non-Academic Employment:**

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

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

### **TEACHING ACCOMPLISHMENTS:**

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

#### **Courses Taught:**

##### University of Idaho, Department of Movement Sciences

Physiology of Exercise, ESHS 418, 2025–present

Fitness Testing and Exercise Prescription, PEP 493, 2011–present

Epidemiology of Physical Activity and Health, PEP 563, 2012–present

Disparities in Obesity and Health, ISEM 301, 2014–2016

Physical Activity, Wellness, and Behavior Change, HPRD 201, 2011–2014

Advanced Exercise Physiology, PEP 518, 2013

##### University of Idaho, WWAMI Medical Education Program

Health Disparities Seminar, MEDS 501, graduate course, 2012–2017

Lectures and Case Study Facilitation in Academic Blocks – Cardiovascular Block, Pulmonary and Renal Block, and Energetics & Homeostasis Block, 2017–2024

University of Texas at El Paso, Department of Kinesiology

Advanced Exercise Physiology, KIN 5372, online graduate course, 2010  
 Coronary Intervention Programs, KIN 4334, 2006–2010  
 Coronary Intervention Programs, KIN 5372, graduate course, 2006–2010  
 Internship in Cardiac Rehabilitation, KIN 4350, 2009–2010  
 Current Issues in Exercise Science: Physical Activity and Health, KIN 4323, 2007–2008  
 Exercise Physiology, KIN 4312, 2005–2006  
 Fitness Programs, KIN 4330, 2005

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

Testing and Measurement in Physical Education, 2004  
 Intermediate Weight Training, 2000–2004  
 Jogging for Fitness, 2000–2004  
 Stretching and Relaxation, 2001–2004

San Francisco State University, Department of Kinesiology

Exercise Testing and Prescription, 1997–2000  
 Physiological Basis of Movement, 1997–2000  
 Health-related Fitness and Wellness, 1997–2000  
 Internship in Fitness and Wellness, 1997–2000  
 Fitness Program Management, 1997–2000  
 Field Experience in Fitness and Wellness, 1998–2000  
 CPR and First Aid, 1998–2000

**Students Advised & Mentored:**

**Undergraduate Students:** (advised, number per year)

University of Idaho

25+ students advised in each academic semester 2014–present  
 20+ Vandal Friday incoming freshman advising 2011–2016  
 70 students advised in academic year 2012–2013

University of Texas at El Paso

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

**Graduate Students:**

**Advised to completion of degree- Major Professor:** (student name, degree, and date)

University of Idaho*MS Students*

Elise Abbott, MS, Movement and Leisure Science, graduation 8/2023  
 Madison Nelson, MS, Movement and Leisure Science, graduation 12/2021  
 Aislynn Robertson, MS, Movement and Leisure Science, 12/2021  
 Rachel Midence, MS, Movement and Leisure Science, 12/2020  
 Mark Blickenstaff, MS, Movement and Leisure Science, 5/2016  
 Michelle Leachman, MS, Movement and Leisure Science, 8/2015  
 Zachary McJannet, MS, Movement and Leisure Science 5/2014  
 Ashley Hall, MS, MS, Movement and Leisure Science 5/2014  
 Brandon Close, MS, Movement and Leisure Science 8/2014  
 Isaiah Phelps, MS, Movement and Leisure Science, 5/2013  
 Britni Racus, MS, Movement and Leisure Science 8/2013  
 Mike Vaccarro, MS, Movement and Leisure Science 5/2013  
 Brian Neal, MS, Movement and Leisure Science 5/2013

*PhD students*

Megan Nelson, PhD, Education, Health and Human Sciences with Exercise Science emphasis, 8/2020  
 Katrina Taylor, PhD, Education with Exercise Physiology and Statistics emphasis, 8/2016  
 Bradley Dieter, PhD, Education with Exercise Physiology and Leadership emphasis, 12/2015, co-Major

Professor

University of Texas at El Paso

Hector Reyes, MPH, Thesis, 2008–2010

Raul Y. Zubia, MS, Kinesiology Program, Thesis, 2006–2008

**Advised as Major Professor, in progress:** (student name, degree, and date)

*PhD students*

Maxx Antush, PhD, Education, Health and Human Sciences with Exercise Science emphasis

University of Idaho

**Advised as major professor but student left university or program prior to student completing degree:**

Chris Alfiero, PhD, Education, Health and Human Sciences with Exercise Science emphasis, 2018–2019

Amber Green, PhD, Education with Exercise Science and Statistics emphasis, University of Idaho, 2011–2015,  
student dropped out of program

Vanessa Martinez, PhD, Education with Exercise Science emphasis, 2012–2014, University of Idaho, student  
switched emphasis area

Alejandro Rios, MS, Kinesiology Program, Project, University of Texas at El Paso, 2009–2010

Elisabeth Cavegn, MS, Kinesiology Program, Thesis, University of Texas at El Paso, 2010

Miranda Bagdon, MS, Kinesiology Program, Project, University of Texas at El Paso, 2007

Ximena Burgos, PhD, Interdisciplinary Health Sciences, University of Texas at El Paso, 2008–2010

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

University of Idaho

Courtney Cooper, PhD, Water Resources, Dissertation Committee, 2017–2020

Tristan Clements, MS, Movement and Leisure Sciences, Comprehensive Exam Committee, 2019

Colin Whitaker, MS, Family and Consumer Sciences, Thesis, 2017–2019

Mohammed Alkharaiji, MS, Movement and Leisure Sciences, Thesis, 2017–2018

Katelyn Peterson, MS, Movement and Leisure Sciences, Thesis, 2016–2018

Jenna Dyckman, MS, Family and Consumer Sciences, Thesis 2016–2018

Amy Clark, MS, Exercise Science, California State University San Marcos, Thesis 2017–2018

Clayton Malnich, MS, Movement and Leisure Sciences, Comprehensive Exam committee, 2018

Jakob Pijor, MS, Movement and Leisure Sciences, Comprehensive Exam committee, 2017

Ryan McGrath, PhD, Education with Exercise Science emphasis, Dissertation, 2014–2015

Kim Rigano, MS, Veterinary & Comparative Anatomy, Pharmacology, Physiology, Washington State  
University, Thesis, 2013–2015

Danielle Rivet, Wildlife Biology and Veterinary Medicine, Washington State University, Thesis, 2013–2015

Danielle Lawson, MS, Movement and Leisure Science, Thesis, graduation 12/2015

Michael Rice, MS, Movement and Leisure Sciences, Comprehensive Exam committee, 2014

Stephane Colle, MS, Movement and Leisure Sciences, Comprehensive Exam committee, 2014

Daniel Pollock, PhD, Education with Exercise Science emphasis, Dissertation; student dropped out 2013

University of Texas at El Paso

Sandy Gabriel, MS, Kinesiology Program, Project, 2010

Maricarmen Viscano, MS, Kinesiology Program, Thesis, 2010

Clarissa Gomez, PhD in Interdisciplinary Health Sciences, 2010

Lucia Hernandez, MS, Health Promotion Program, Thesis, 2010

Judee Macias, MS, Speech Language Pathology Program, Project, 2010

Brandi Below, MS, Kinesiology Program, Project, 2009

Sarah Deemer, MS, Kinesiology Program, Thesis, 2008

Joseph Ochoa, MS, Kinesiology Program, Project, 2007

**Research mentor:**

University of Idaho

*Undergraduate Student Research Mentor*

Haley Sprague, Movement Sciences Program Practicum and volunteer 2024 and 2025

Ethan Senseri, Movement Sciences Program Practicum, 2022

Julia Bailey, Movement Sciences Program Practicum, 2022

Gillian Glivar, Biological Sciences Program volunteer, 2021–2022  
 Aspynn Owsley, Biological Sciences Program volunteer, 2021–2022  
 Ryan Pike, Biological Sciences Program volunteer, 2021–2022  
 Morgan Flynn, Movement Sciences Program volunteer, 2021  
 Jennavere Ball, Movement Sciences Program Practicum and volunteer, 2017–2020  
 Kate Connor, Movement Sciences Program Internship (360 hours), 2016  
 Drummer, Devin, Movement Sciences Program Practicum, 2015-2016  
 Katelyn Peterson, Movement Sciences Program Practicum 2015  
 Samantha Delmer, Movement Sciences Program Practicum 2015  
 Dustin Bennett, Movement Sciences Program Practicum, 2014  
 Kelsey Craft, Movement Sciences Program Practicum, 2012  
 Christopher Campbell, Movement Sciences Program Practicum, 2012  
 Rebecca Berger, Movement Sciences Program Practicum, 2012  
 Ashley Pond, Movement Sciences Program Practicum, 2012  
 Emma Goode, Movement Sciences Program Practicum, 2012  
 Jessie Gould, Movement Sciences Program Practicum, 2011  
 Jason Valois, Movement Sciences Program Practicum, 2011  
 Mitch Gottschalk, Movement Sciences Program Practicum, 2011  
 Reed Kaus, Movement Sciences Program Practicum, 2011  
 Cameron Lorbiecki, Movement Sciences Program Practicum, 2011  
 Jeff McCullough, Movement Sciences Program Practicum, 2011

*Graduate Student Research Mentor*

Grace Coghlin, WWAMI Medical Education (MD) Program, 2023–present  
 Maxx Antush, PhD, Education with Exercise Science emphasis, 2021–present  
 Megan Nelson, PhD, Education with Exercise Science emphasis, 2015–2020  
 Rachel Midence, MS, Movement and Leisure Science, 2018–2020  
 Chris Alfiero, PhD, Education with Exercise Science emphasis, 2018–2019  
 Samuel Van de Velde, MS, Movement and Leisure Sciences, 2015  
 Michelle Leachman, MS, Movement and Leisure Sciences, 2015  
 Vanessa Martinez, PhD, Education with Exercise Science emphasis, 2012–2014  
 Zachary McJannet, MS, Movement and Leisure Sciences, 2014  
 Katrina Taylor, PhD, Education with Exercise Science emphasis, 2012–2017  
 Vanessa Martinez, PhD, Education with Exercise Science emphasis, 2012–2014  
 Amber Green, PhD, Education with Exercise Science emphasis 2011–2014  
 Julie Zaranak, MS, Movement and Leisure Sciences, 2011

University of Texas at El Paso

*Undergraduate Student Research Mentor*

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

*Graduate Student Research Mentor*

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

Raul Zubia, Kinesiology Program, 2006–2008

**Courses Developed:**

University of Idaho

Disparities in Obesity and Health, ISEM 301, online upper division course, Summer 2013

Health Disparities Seminar, MEDS 501, graduate seminar, Spring 2012

Epidemiology of Physical Activity and Health, PEP 563, graduate course, Fall 2012

University of Texas at El Paso

Advanced Exercise Physiology, online graduate course, Spring 2010

Current Issues in Exercise Science - Physical Activity and Health, upper division course, Fall 2007

Coronary Intervention Programs, upper division course, Spring 2006

San Francisco State University

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

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

*Invited Guest Lectures*

MSAT, Basics of Electrocardiography, Invited Lecture, Summer 2021

PEP 100 Introduction to Exercise Science and Health, Invited Exercise Physiology Panel Member, Fall 2013

PEP 100 Introduction to Exercise Science and Health, Invited Exercise Physiology Panel Member, Fall 2012

PEP 100 Introduction to Exercise Science and Health, Invited Exercise Physiology Panel Member, Fall 2011

KIN 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, February 23, 2006

KIN 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, June 20, 2006

KIN 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, September 2, 2006

KIN 4312 Exercise Physiology, Cardiovascular Physiology, March 6, 2006

KIN 4312 Exercise Physiology, Cardiovascular Responses to Exercise, March 8, 2006

CHSC 6304 Pro-seminar in Interdisciplinary Health Sciences, Theories in Exercise Physiology Research, March, 2006

Kin 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, March, 2007

Kin 1303 Foundations of Kinesiology, Introduction to Exercise Physiology, June 19, 2007

Kin 1303 Foundations of Kinesiology, Research in Exercise Physiology, April 29, 2008

Kin 1303 Foundations of Kinesiology, Research in Exercise Physiology, October 30, 2008

Kin 5372 Advanced Exercise Physiology, Measuring Cardiac Function, March 18, 2008

Kin 1303 Foundations of Kinesiology, Research in Exercise Physiology, June 19, 2008

CHSC 6304 Pro-seminar in Interdisciplinary Health Sciences, Research Theories in Insulin Resistance and Metabolic Syndrome, Feb. 11, 2009

KIN 5371 Measurement Techniques in Exercise Physiology, Techniques for Measuring Cardiac Function during Exercise, April 7, 2009

KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, April 9, 2009

KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, October 9, 2009

KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, April 2010

KIN 1303 Foundations of Kinesiology, Research in Exercise Physiology, June 2010

**Teaching Honors and Awards:**

University of Idaho President's Mid-career Faculty Excellence Award, 2014-2016

Fellow, American College of Sports Medicine, 2013-present

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

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

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

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

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

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

Community Service Learning Honoree, San Francisco State University, 1999

Distinction awarded for Master of Science, California Polytechnic State University, San Luis Obispo, CA, 1997  
 Graduate Fellowship, California Polytechnic State University, San Luis Obispo, CA, 1996

## SCHOLARSHIP ACCOMPLISHMENTS:

### Publications

Note \* indicates a student

#### Refereed/Peer Reviewed Journal Article Publications (65)

- Osmanovic A, Allison MA, Miljkovic I, **Vella CA**, Ouyang P, Trimppou P, Daka B (2024). Sex Hormones and Abdominal Muscle Area and Radiodensity in Men: The Multi-Ethnic Study of Atherosclerosis. *Scientific Reports-Nature*, Jul 12;14(1):16114. doi.org/10.1038/s41598-024-66948-4 Impact factor 3.8
- Coughlin G\*, Antush MA\*, **Vella CA** (2024). Associations of sedentary behavior and screen time with biomarkers of inflammation and insulin resistance. *Journal of Behavioral Medicine*, Oct;47(5):828-838, doi: 10.1007/s10865-024-00498-y Impact factor 3.1, Journal Rank Q2 and 55/131 in Clinical Psychology
- Antush MT\*, Balemba OB, Hendricks SA, Flynn M\*, Geidl R, **Vella CA** (2024). Associations of sedentary behavior and screen time with human gut microbiome composition and diversity. *Life*, 14(3), 363; https://doi.org/10.3390/life14030363 **Invited to special issue: *The Emerging Role of Microbiota in Health and Diseases***. Impact factor 3.2, Journal rank Q2 in Biology
- Larsen B, Belletiere J, Allison MA, Ryu R, Tan R, McClelland R, Miljkovic I, **Vella CA**, Ouyang P, Criqui M, Unkurt J (2024). Associations of abdominal muscle density and area and incident cardiovascular disease, coronary heart disease, and stroke: The Multi-Ethnic Study of Atherosclerosis. *Journal of the American Heart Association* 13(4):1-11. doi.org/10.1161/JAHA.123.032014 Impact Factor 6.1, 28% Acceptance Rate, Journal Rank 42/143 in Cardiac and Cardiovascular Systems Journals
- Tristão Parra M, Sada I, Gold R, **Vella CA**, Price C, Miljkovic I, Allison MA (2024). Association between different measures of body composition and N-terminal pro-B-type natriuretic peptide: The Multi-Ethnic Study of Atherosclerosis. *American Journal of Medical Sciences*, Mar;367(3):160-170. doi:10.1016/j.amjms.2023.11.021 Impact Factor 3.1, Journal Rank Q2 of Medicine, General and Internal
- Egan C, Merica C, **Vella CA**, Bond L, Paul DR (2024). Development of a fitness surveillance system to track and evaluate obesity in north Idaho. *Journal of School Health*, Mar;94(3):259-266. doi: 10.1111/josh.13366 Impact Factor 2.2, Journal Rank Q3 in Education & Educational Research
- Vella CA**, Nelson MC\* (2024). Patterns and correlates of sedentary behavior among university students. *Journal of American College Health* 72(9)3772-3780. doi: 10.1080/07448481.2023.2198020 Impact Factor 2.4, Journal Rank Quartile (Q) 2 in Education & Educational Research
- Hendricks SA, **Vella CA**, New DD, Aunjum A, Antush M\*, Geidl R, Andrews KR, Balemba O (2023). High-resolution taxonomic characterization reveals novel human microbial strains with potential as risk factors and probiotics for prediabetes and type 2 diabetes. *Microorganisms* 11(3):758; https://doi.org/10.3390/microorganisms11030758 Impact factor 4.93, Journal Rank Q2 Microbiology
- Vella CA**, Nelson MC\* (2023). A simple estimate of visceral fat area by multifrequency bioimpedance analysis is associated with multiple biomarkers of inflammation and cardiometabolic disease: A pilot study. *Obesities* 3:1–11. https://doi.org/10.3390/obesities3010001
- Egan CA, Merica C\*, Paul D, Bond L, Rose SM\*, **Vella CA** (2022). A qualitative exploration of remote training to develop a fitness surveillance system. *Health Education Journal* 1-14 https://doi.org/10.1177/00178969221139198. Impact factor 1.49
- Vella CA**, Miljkovic I, Price C, Allison MA (2022). Physical activity type and intensity are associated with abdominal muscle area and density: The Multi-Ethnic Study of Atherosclerosis. *Journal of Physical Activity and Health* 19:256-266. doi.org/10.1123/jpah.2021-0409. Impact factor 2.59.
- Kim NH, Choi J, **Vella CA**, Criqui MH, Allison MA (2022). Associations between weight-adjusted waist index and abdominal fat and muscle mass: Multi-Ethnic Study of Atherosclerosis. *Diabetes and Metabolism Journal* dmj.2021.0294, March 30. https://doi.org/10.4093/dmj.2021.0294. Impact factor 5.38.

- Miljkovic I, **Vella CA**, Allison MA (2021). Computed Tomography-Derived Myosteotosis and Metabolic Disorders. Invited Review. *Diabetes and Metabolism Journal* 45:482-491. doi:10.4093/dmj.2020.0277. Impact factor 5.38
- Cooper CM\*, Langman JB, Sarathchandra D, **Vella CA**, Wardropper CB (2020). Perceived risk and intentions to practice health protective behaviors in a mining-impacted region. *Int J Environ Res Public Health*, 17, 7916. doi:10.3390/ijerph17217916. Impact factor 2.85
- Larsen B, Belletiere J, Allison M, McClelland RL, Miljkovic I, **Vella CA**, Ouyang P, De-guzman KR, Criqui M, & Unkart J (2020). Muscle area and density and risk of all-cause mortality: The Multi-Ethnic Study of Atherosclerosis. *Metabolism* 111. doi.org/10.1016/j.metabol.2020.154321. Impact Factor 6.2
- Vella CA**, Taylor K\*, Nelson MC\* (2020). Associations of leisure screen time with cardiometabolic biomarkers in college-aged adults. *Journal of Behavioral Medicine* 43:1014-1025. doi: 10.1007/s10865-020-00161-2. Impact factor 2.9; Ranked 31/129 in Clinical Psychology
- Vella CA**, Nelson MC\*, Unkart JT, Miljkovic I, Allison MA (2020). Skeletal muscle area and density are associated with lipid and lipoprotein cholesterol levels: The Multi-Ethnic Study of Atherosclerosis. *Journal of Clinical Lipidology* 14:143-153. doi: 10.1016/j.jacl.2020.01.002. Impact factor 3.6; Ranked 68/267 in Pharmacology and Pharmacy; Acceptance rate 22%; CiteScore 3.2
- Vella CA**, Nelson OL, Jansen HT, Robbins CT, Jensen AE, Constantinescu S, Abbott MJ, Turcotte LP (2020). Regulation of metabolism during hibernation in brown bears (*Ursus arctos*): involvement of cortisol, PGC-1 $\alpha$  and AMPK in adipose tissue and skeletal muscle. *Comparative Biochemistry and Physiology, Part A: Molecular & Integrative Physiology* Feb 240:110591. doi: 10.1016/j.cbpa.2019.110591, Impact factor 2.1, CiteScore 2.2
- Taylor K\*, Scruggs PW, Balemba OB, Wiest MM, **Vella CA** (2019) Physical activity, sitting, quality of life and resilience in people with inflammatory bowel disease. *Journal of Clinical Exercise Physiology* 8(4):121-130
- Nelson M\*, Taylor K\*, **Vella CA** (2019) Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students. *Measurement in Physical Education and Exercise Science* 23(3):237-24. doi:10.1080/1091367X.2019.1610765 Scopus CiteScore 2.2
- Vella CA**, Allison MA (2018) Associations of abdominal intermuscular fat and markers of inflammation: The Multi-ethnic Study of Atherosclerosis. *Obesity Research and Clinical Practice* 12:534-540. doi: 10.1016/j.orcp.2018.08.002. Impact factor 2.2; Acceptance rate 9%
- Astorino TA, **Vella CA** (2018) Predictors of change in affect in response to high intensity interval exercise (HIIE) and sprint interval exercise (SIE). *Physiology & Behavior* 196:211-217. doi: 10.1016/j.physbeh.2018.08.017. Impact factor 2.5; Ranked 24/51 in Behavioral Sciences and 6/14 in Psychology, Biological; Acceptance Rate 38%
- Vella CA**, Michos ED, Sears DD, Cushman M, Van Hollebeke RB, Wiest M, Allison MA (2018) Associations of sedentary behavior with abdominal muscle density: The MESA. *Journal of Physical Activity and Health* 15(11):827-833. doi: 10.1123/jpah.2018-0028. Impact factor 1.9; Acceptance Rate 19%
- Vella CA**, Cushman M, Van Hollebeke RB, Allison MA (2018) Associations of abdominal muscle area and density with adiponectin and leptin: The Multi-ethnic Study of Atherosclerosis. *Obesity* 26(7):1234-1241. doi:10.1002/oby.22208. Impact factor 4.0; Ranked 34/143 in Endocrinology and Metabolism and 19/81 in Nutrition and Dietetics
- Nelson M\*, Casenova M\*, **Vella CA** (2018) The Effectiveness of standing on a balance board for increasing energy expenditure. *Medicine and Science in Sports and Exercise* 50(8):1710-1717. doi: 10.1249/MSS.0000000000001595. Impact factor 4.1; Ranked 6/81 in Sport Sciences; Acceptance rate 20%
- Taylor K\*, Scruggs PW, Balemba OB, Wiest MM, **Vella CA** (2018) Associations of physical activity, resilience, and quality of life in people with inflammatory bowel disease. *European Journal of Applied Physiology* Apr 118(4):829-836. doi.org/10.1007/s00421-018-3817-z. Impact factor 2.1; Ranked 24/81 in Sport Sciences
- Paul DR, McGrath RP\*, **Vella CA**, Kramer M, Baer DJ, Moshfegh AJ (2018) Understanding the nature of measurement error when estimating energy expenditure and physical activity via physical activity recall. *Journal of Physical Activity and Health* 15(7):543-549. doi: 10.1123/jpah.2017-0089. Impact factor 1.9;



Acceptance Rate 19%

- Vella CA**, Taylor K\*, Drummer D\* (2017) High-intensity interval training and moderate intensity continuous training elicit similar enjoyment and adherence levels in overweight and obese adults. *European Journal of Sports Sciences* 17(9):1203-1211. Impact factor 2.7; Ranked 15/81 in Sport Sciences
- McGrath R\*, **Vella CA**, Scruggs P, Peterson M, Williams C, Paul DR (2017) The impact of low accelerometer wear time on the estimates and application of sedentary behavior and physical activity data in adults. *Journal of Physical Activity and Health* Dec 1;14(12):919-924. Impact factor 1.9; Acceptance Rate 19%
- Rivet D\*, Nelson OL, **Vella CA**, Jansen H, Robbins CT (2017) Systemic effects of a high saturated fat diet in grizzly bears. *Canadian Journal of Zoology* 95(11):797-807. Impact factor 1.3; Ranked 55/162 in Zoology
- Vella CA**, Allison MA, Cushman M, Jenny NS, Miles MP, Larsen B, Lakowski SG, Michos ED, Blaha MJ (2017) Physical activity and adiposity-related inflammation: The Multi-Ethnic Study of Atherosclerosis. *Medicine and Science in Sports and Exercise* 49(5): 915-921. Impact factor 4.1; Ranked 6/81 in Sport Sciences; Acceptance rate 20%
- Rigano KR\*, Gehring JL\*, Evans Hutzenbiler BD, Chen AV, Nelson OL, **Vella CA**, Robbins CT, Jansen HT (2017) Life in the fat lane: Seasonal regulation of insulin sensitivity, food intake, and adipose biology in brown bears *Journal of Comparative Physiology B* 187(4):649-676. Impact factor 1.9; Ranked 35/162 in Zoology
- Vella, CA** (2017) News Briefs. A new study looks at the associations between physical activity and inflammatory markers. *ACSM's Health & Fitness Journal* May/June. Impact factor 0.6; Ranked 72/81 in Sport Sciences
- Taylor K\*, Seegmiller J, **Vella CA** (2016) The decremental protocol may be used as an alternative protocol for measuring maximal oxygen consumption in runners and triathletes. *International Journal of Sport Physiology and Performance* 11(8): 1094-1099. Impact factor 2.7; Ranked 16/81 in Sport Sciences
- Vella CA**, Van Guilder GP, Dalleck LC (2016) Low cardiorespiratory fitness is associated with markers of insulin resistance in young, normal-weight Hispanic women. *Metabolic Syndrome and Related Disorders* 14(5):272-278. Impact factor 2.0; Acceptance rate 35%
- Kravtiz L, **Vella CA** (2016) Reducing sedentary behaviors: sit less and move more. American College of Sports Medicine <http://acsm.org/public-information/brochures>
- Dalleck LC, Van Guilder G, **Vella CA** (2015) The prevalence of adverse cardiometabolic responses to exercise training with evidence-based practice is low. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy* Jan 29(8):73-78. Impact factor 2.96; Ranked 79/143 in Endocrinology and Metabolism.
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**Refereed/Peer-Reviewed Journal Article Publications (currently scheduled or submitted):**

Osmanovic A, Allison M, Miljkovic I, Vella CA, Ouyang P, Trimpou P, Daka Bledar. Exploring the relationship between sex hormones and abdominal muscle area and radiodensity in postmenopausal women: Insights from the Multiethnic Study of Atherosclerosis. *Maturitas*. Second Revision. Impact factor 3.9.

**Refereed/Peer Reviewed Abstract Publications with Presentations (58)**

Antush, MT, Balemba, O, Geidl, R, Bailey, J, Flynn, M, **Vella, CA** (2024). Smartphone and background screen times are associated with dietary intake. *Medicine & Science in Sports & Exercise* 56(10S):p 293, October 2024, DOI: 10.1249/01.mss.0001055100.51959.a6

Bhattarai P, Chamberlin M, Wilson SMG, Bronsky SE, **Vella CA**, Miles MP (2023). Effect of vigorous intensity exercise and sedentary bouts on postprandial plasma triglycerides in adults. *Medicine & Science in Sports & Exercise* 55(9S):468.

Antush MT, Balemba O, Hendricks SA, Andrews K, Flynn M, Geidl R, **Vella CA** (2023). Sedentary behavior and screen time are associated with human gut microbiome diversity. *Medicine & Science in Sports & Exercise* 55(9S):642.

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Chamberlin M, Wilson S, **Vella CA**, Bronsky S, Miles MP (2022). Inflammation variability and relationship to physical activity and visceral adipose tissue in metabolically healthy adults. *Medicine & Science in Sports & Exercise*. 54(9S):356-357, September 2022.

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Peterson EJ, Wilson SM, Gaston ME, Bronsky SE, Kuo WY, **Vella CA**, Miles MP (2022). Impact of sedentary time and habitual glycemic load on glucose responses from a 12-week dietary lentil intervention: 2237 *Medicine & Science in Sports & Exercise*. 54(9S):652, September 2022.

Bhattarai P, Wilson SM, Bronsky SE, Gaston ME, **Vella CA**, Miles MP (2022). Dietary fat, sedentary behavior and blood triglycerides in adults with high waist circumference: 2244 *Medicine & Science in Sports & Exercise*. 54(9S):655, September 2022.

Nelson MC Casanova MP, Ball JR, Midence RD, Johnson TR, Martin B, Drum SN, Fehrenkamp BD, Baker RT, **Vella CA** (2021). Uninterrupted sitting induces unfavorable changes in resting hemodynamics and inflammatory and vascular biomarkers in physically inactive and active adults. *Circulation* 143(S1 May):032.

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Keene S, Bronsky SE, **Vella CA**, Miles MP (2021). High-fat meal induced lipemia is negatively associated with sedentary time in overweight and obese women *Medicine & Science in Sports & Exercise* 53(8S):268.

Larsen B, Belletiere J, Allison MA, McClelland R, Miljkovic I, **Vella CA**, Ouyang P, Criqui M, Unkart J (2020). Muscle density, not size, is inversely associated with all-cause mortality: the Multi-Ethnic Study Of Atherosclerosis *Medicine & Science in Sports & Exercise* (7S) 346-347.

Larsen B, Belletiere J, Allison MA, McClelland R, Miljkovic I, **Vella CA**, Ouyang P, Criqui M, Unkart J (2020). Skeletal muscle density, not size, is beneficially associated with incident coronary heart events: the Multi-Ethnic Study of Atherosclerosis *Circulation* 141:A12.

Taylor K\*, **Vella CA** (2019). Physical activity and sedentary behavior levels between high-intensity interval

training and moderate-intensity continuous training exercise interventions in previously inactive, overweight adults. Oral presentation at the European College of Sport Science (ECSS) Congress in Prague June 2019.

Nelson MC\*, Alfiero C\*, Midence R\*, **Vella CA**. Self-reported sedentary behavior is associated with total, visceral, and segmental body fat in adults. *Medicine and Science in Sports and Exercise* 51(6):538

Taylor K, Nelson MC\*, **Vella CA**. Associations between time spent in sedentary behaviors and cardiometabolic disease risk factors in young adults. *Medicine and Science in Sports and Exercise* 51(6):658

Taylor K\*, Nelson MC\*, **Vella CA** (2018) Associations between sedentary behavior and metabolic syndrome are mediated by cardiorespiratory fitness but not MVPA. *Medicine and Science in Sports and Exercise* 50(5S):712

Nelson MC\*, Casanova MP\*, Eason K\*, Biancosino E\*, **Vella CA** (2018) The effectiveness of standing on a balance board for increasing energy expenditure while performing sedentary work, *Medicine and Science in Sports and Exercise* 50(5S):714

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Deng Y\*, **Vella CA**, Paul DR (2017) Longitudinal association between screen time and clustered metabolic risk factors from adolescence to young adulthood. *Medicine and Science in Sports and Exercise* 49(5S):520

**Vella CA**, Taylor K\* (2017) Prolonged bouts of sedentary behavior are associated with cardiometabolic disease risk factors in young adults *Medicine and Science in Sports and Exercise* 49(5S):912

Connor K\*, Taylor K\*, Drummer D\*, Nelson MC\*, **Vella CA** (2017) Self-reported screen time is independently associated with cardiometabolic disease risk factors in young adults. *Medicine and Science in Sports and Exercise* 49(5S):55

Nelson MC\*, Taylor K\*, Drummer D\*, Connor K\*, **Vella CA** (2017) Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students. *Medicine and Science in Sports and Exercise* 49(5S):473-474

Paul DR, Vincent BM, **Vella CA**, Scraggs PW, Williams CJ, McGrath RP\* (2017) Data imputation improves sedentary behavior and physical activity estimates in accelerometer data with low wear time. *Medicine and Science in Sports and Exercise* 49(5S):1051

Taylor K\*, **Vella CA** (2017) Prevalence of physical activity and sitting in people with inflammatory bowel disease and healthy individuals. *Medicine and Science in Sports and Exercise* 49(5S):71

**Vella CA**, Taylor K\*, Drummer D (2016) Efficacy of high-intensity interval training on exercise enjoyment, adherence and cardiometabolic health in overweight adults. *Medicine and Science in Sports and Exercise* 48(5 suppl 1)

Taylor K\*, Scraggs PW, **Vella CA** (2016) Moderate-vigorous physical activity is related to increased quality of life in people with inflammatory bowel disease. *Medicine and Science in Sports and Exercise* 48(5 suppl 1)

Taylor K\*, Scraggs PW, **Vella CA** (2016) Sedentary behavior is independently associated with quality of life in people with inflammatory bowel disease. *Medicine and Science in Sports and Exercise* 48(5 suppl 1)

McGrath R\*, **Vella CA**, Scraggs PW, Williams CJ, Paul DR (2016) Low accelerometer wear time adherence underestimates sedentary behavior and physical activity. *Medicine and Science in Sports and Exercise* 48(5 suppl 1)

Taylor K\*, Seegmiller J, McJannet Z\*, Martinez V\*, Drummer D\*, **Vella CA** (2015) Maximal oxygen consumption is similar with decremental and traditional incremental protocols in runners and triathletes. *Medicine and Science in Sports and Exercise* 47(5S):151-154

**Vella CA**, Dalleck LC (2015) Low Cardiorespiratory Fitness is associated with markers of insulin resistance in young, normal-weight Hispanic women. *Medicine and Science in Sports and Exercise* 47(5S):40-43

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- Vella CA**, Burgos-Monzon X\*, Ellis CJ (2014) Increased cardiovascular disease risk factors in young Hispanic women at the high-end of normal-weight BMI. *Circulation* 129: AP174
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- Taylor K\*, **Vella CA** (2013) Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women. *Medicine and Science in Sports and Exercise* 45(5S):40-43
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- Burgos-Monzón XB\*, **Vella CA**, Lozano C\*, Ellis C, Reyes H\*, Cruz M (2010). Insulin resistance and non-alcoholic fatty liver disease in Hispanic youth, *Obesity* 18(2):S217
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- Vella CA**, Burgos XB\*, Lozano C\*, Reyes H\*, Ellis CJ\*, Ontiveros D\* (2009) Adiposity is related to cardiovascular disease risk factors in young, normal-weight Hispanic women, *Obesity* 17(2):S199
- Vella CA**, Zubia RY\*, Ontiveros D\*, Rios A\* (2009) Cardiovascular responses to submaximal exercise in young, normal-weight and obese men and women, *Obesity* 17(2):S135
- Vella CA**, Zubia RY\*, Burns SF (2008) Cardiac response to progressive cycle exercise in young, overweight men and women, *Circulation* 117(11):P27
- Vella CA**, Zubia RY, Ontiveros D, Grijalva N, Burns SF (2008) Acculturation, fitness, activity and metabolic syndrome risk factors in young Hispanic women, *Medicine and Science in Sports and Exercise* 40(5):S316
- Nazeran N, Bolanos M, Haltiwanger E, **Vella CA** (2007) Heart rate variability signal features quantify normal ranges of blood sugars in healthy individuals, *Biomedical Engineering Recent Developments*, Editors Otto Wilson, Binh Tran, Jafar Vossoughi. Medical and Engineering Publishers, Inc. Washington, DC 26-29

- Hammer T, Gamache L, **Vella CA**, Burge MR (2007) Effect of ethanol before bed on IGF-1 and IGFBP3 dynamics in type 2 diabetic and nondiabetic subjects. *Journal of Investigative Medicine* 55:S95
- Gamache L, **Vella CA**, Burge MR (2006) Oral ethanol suppresses overnight endogenous ghrelin secretion in nondiabetic and type 2 diabetic subjects. *Journal of Investigative Medicine* 54(Suppl. 1):S151
- Gamache L, **Vella CA**, Burge MR (2006) Disparate effects of oral ethanol on overnight blood glucose regulation in nondiabetic and type 2 diabetic subjects. *Journal of Investigative Medicine* 54(Suppl. 1): S158
- Yamada PM, **Vella CA**, Robergs RA (2006) Maximal ventilation and body size determine the oxygen cost of ventilation. *The FASEB Journal* 20:A1449
- Vella CA**, Dalleck LC, Kravitz L, Mermier C, Robergs RA (2003) A comparison of fuel utilization during graded walking under hyperoxia and normoxia conditions. *Medicine and Science in Sports and Exercise* 35(5):S86
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- Vella CA**, Dalleck LC, Kravitz L, Mermier CM, Robergs RA (2003) Heart rate and rating of perceived exertion correlation during graded walking: normoxia versus hyperoxia. *Medicine and Science in Sports and Exercise* 34(5):S294
- Janot J, Robergs R, Bell J, **Vella C**, Kravitz L (2002) Determination of the relationship between cardiac output, stroke volume, and heart rate with  $\text{VO}_2$  during incremental exercise to  $\text{VO}_2$  max. *Medicine and Science in Sports and Exercise* 34(5):S111

#### **Other Publications (technical reports and non-peer reviewed articles) (9)**

- Brown H, Ramsey S, **Vella CA**, Goc Karp G, Davis Jennie\* (2015). *Muevete y Cambia tu Vida! Health Indicators Assessment Protocols*. Technical Report prepared for Migrant and Seasonal Health Start Program. Community Council of Idaho, Caldwell, ID
- Brown H, Scruggs P, Goc Karp G, Son J, **Vella CA** (2014) Measuring what Matters. Idaho Obesity Indicators. Blue Cross of Idaho Publications
- Vella, CA** (2014) Research bite on high intensity interval training. American College of Sports Medicine Northwest Chapter website
- Vella CA** (2012) Research highlight on sedentary behavior. American College of Sports Medicine Northwest Chapter website
- Vella, CA** (2008) The exercise afterburn, Health Column. El Paso Times, January
- Vella, CA** (2007) Exercise and HDL cholesterol, Health Column. El Paso Times, October
- Kravitz L, **Vella CA** (2007) Fat metabolism and gender differences. DSW Fitness, Center for Continuing Education [www.DSWfitness.com](http://www.DSWfitness.com)
- Kravitz L, **Vella CA** (2005) The exercise afterburn: getting the most out of your workout. *Fitness Magazine* March
- Vella CA** (2002) Mind over matter. *Oxygen-Women's Fitness Magazine*, March 148-151

#### **Presentations:**

##### **Invited Presentations**

- Invited Presentation – CTRD Healthy Idaho Professional Development Core (Lead, 1.25 hr session). IDEA Programs Summit Boise, ID March 27, 2024
- Invited Research Seminar Kinesiology Graduate Seminar, Washington State University, April 2024
- Invited Presentation – *Vella CA Navigating NIH Human Subjects Forms*. Mountain West CTR-IN Seminar

Series, Zoom, 10/2023

Invited Symposium – Vella CA and Taylor K. *Is smoking the new sitting? Research insights into the science of sedentary behavior*. American College of Sports Medicine Northwest, Bend OR, Feb 2017.

Invited Presentation - Vella CA. *Patterns of sedentary behavior and cardiometabolic risk factors in young adults*. University of San Diego, School of Medicine, Aug 2016.

**Professional Conference Presentations (without abstract publications)**

Osmanovic A, Allison MA, Miljkovic I, **Vella CA**, Ouyang P, Trimpou P, Daka B (2025). Exploring the relationship between sex Hormones and abdominal muscle composition in postmenopausal women: Insights from the Multi-Ethnic Study of Atherosclerosis, Joint conference of European Society for Pediatric Endocrinology and European Society of Endocrinology, May, Copenhagen Denmark

Hobbs WA, Nuñez LA, Keele S, Aunjum A, Geidl R, **Vella CA**, Balemba OB, Fehrenkamp BD (2025). *From Diet to Dysfunction: Transcriptomic Investigations of Fecal Postbiotics and Their Link to GI Dysmotility*, Slide Presentation Western Medical Research Conference, January 16-18, Carmel, California

Hobbs WA, Balemba OB, Singleton V, Nuñez LA, Geidl R, **Vella CA**, Fehrenkamp BD (2025). *Electrophysiological Response of Murine Intestinal Segments to Human Fecal Postbiotics from Type 2 Diabetes and Healthy Donors*, Slide Presentation, Western Medical Research Conference January 16-18, Carmel, California

Ferney K, Aunjum A, Sunnel M, Fitzgerald LN, Hall L, Geidl R, **Vella CA**, Balemba OB (2025). *The Postbiotic Molecules in the Stool of Type 2 Diabetes Patients Disrupt Ethelial Junctions and Elicit Gastrointestinal Inflammation before Impaired Glucose Tolerance*. Slide Presentation, Western Medical Research Conference January 16-18, Carmel, California

**Vella CA** (2026). *Sedentary Behavior and Cardiometabolic Disease Risk Factors in College Students*. Slide Presentation, Clinical Translational Research Infrastructure Network Annual Meeting, June.

Brown H, Scruggs PW, Goc Karp G, Son J, and **Vella CA** (2016) Association of Public Health Nutritionists, Little Rock AR, June, Poster Presentation. *Establishing statewide obesity indicators: A collaborative, cross sectional approach*.

**Vella CA**, Taylor K, Drummer DD (2015). Clinical Translational Research Infrastructure Network Annual Meeting. June 2015, Slide Presentation. *Exercise and C-reactive protein in overweight and obese adults*.

Baker RT, Graham VL, Seegmiller JG, Nasypany A, **Vella CA** (2015). *Clinical reaction time is not significantly affected by moderate-intensity aerobic exercise*. Slide Presentation, March 2015, Northwest Athletic Trainers' Association Annual Meeting and Clinical Symposium.

Graham VL, Baker RT, Seegmiller JG, Nasypany A, **Vella CA**, Logan, K (2015) National Athletic Training Association conference, March 2015, Poster Presentation. *Establishing a Valid Baseline Score for the King-Devick Test for Concussion*.

Green AN, McNamara M, Oser C, **Vella CA** (2014). American Association of Cardiovascular and Pulmonary Rehabilitation Conference Sept 2014, Poster presentation. *Factors associated with non-completion of cardiac rehabilitation – Men vs. Women*.

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

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

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

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

- Vella CA**, Ontiveros D, Zubia RY (2008). US/Mexico Health Research Conference, El Paso, TX, September 2008. Podium presentation. *Physical Activity, fitness and metabolic syndrome in young Mexican and Mexican American women.*
- Vella CA** (2006) University of Texas at El Paso Interdisciplinary Health Sciences Lecture Series, November 3, 2006. 50 min podium presentation. *Obesity and cardiovascular dysfunction.*
- Vella CA** (2004). New Mexico Dietetics Association Annual Meeting, Albuquerque, NM, April 2, 2004, 50 min podium presentation, *Sarcopenia: The mystery of muscle loss.*
- Vella CA** (2004). ACSM Southwest Chapter Meeting, Las Vegas, NV, October 22, 2004, Poster presentation, *Non-linear relationships between central cardiovascular variables and VO<sub>2</sub> during incremental cycling exercise in endurance-trained individuals.*
- Vella CA** (2003) ACSM National Meeting, San Francisco, CA, May 29, 2003, Poster presentation, *A comparison of fuel utilization during graded walking under hyperoxia and normoxia conditions.*
- Vella CA** (2002) ACSM National Meeting, St. Louis, MO, May 30, 2002, Poster presentation, *Heart rate and rating of perceived exertion correlation during graded walking: normoxia versus hyperoxia.*
- Vella CA** (1999) ACSM Southwest Chapter Meeting, San Jose, CA, November 15, 1999, Poster presentation, *An explorative investigation into creatine usage in trained junior athletes.*
- Vella CA** (2003). National Strength and Conditioning Association State Conference, Santa Fe, NM, June 21, 2003, 50 min podium presentation, *Gender differences in fat metabolism.*
- Vella CA** (2003). New Mexico Dietetics Association Annual Meeting, Albuquerque, NM, May 8, 2003, 50 min podium presentation, *Gender differences in fat metabolism.*
- Vella CA** (2003). IDEA Fact Fest Conference, Rosemont, IL. April 25, 2003, 50 min podium presentation, *Women, hormones, exercise and metabolism.*
- Vella CA** (2003). IDEA Fact Fest Conference, Rosemont, IL, April 26, 2003, 50 min podium presentation, *The mystery of muscle loss.*

#### **Professional Conference Presentation Submissions**

- Antush MT\*, Wing M\*, Sprague M\*, **Vella CA**. Associations of Sedentary Behavior and Measures of Total and Central Adiposity in Older Adults, Submitted to American College of Sports Medicine Annual Conference, May 2025
- Vella CA**, Antush MT\*. Prolonged Bouts of Sedentary Behavior are Associated with Cardiorespiratory Fitness in Young Adults Submitted to American College of Sports Medicine Annual Conference, May 2025
- Tran A, Kinahan MW, Tiwari A, Bowen C, Abendroth B, Aunjum A, Geidl R, **Vella CA**, Udekwu K, Balemba OB. Association of Post Biotic Fluids and Byproducts of Specific Members of the Gut Microbiota with Intestinal Damage and Decreased Muscle Contractions in Type 2 Diabetes. Submitted to Digestive Disease Week Conference, San Diego, CA, May 2025
- Tran A, Kinahan MW, Tiwari A, Bowen C, Abendroth B, Aunjum A, Geidl R, **Vella CA**, Udekwu K, Balemba OB. Do Byproducts of Specific Gut Microbiota Taxa Instigate Diabetic Gastrointestinal Motility Disorders? Submitted to Digestive

#### **Student Mentored Presentations**

- American College of Sports Medicine Annual Conference, May 2018, Poster Presentation, *Associations between sedentary behavior and metabolic syndrome are mediated by cardiorespiratory fitness but not MVPA.* K Taylor, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2018, Poster Presentation, *The effectiveness of standing on a balance board for increasing energy expenditure while performing sedentary work,* M Nelson, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, Feb 2018, Slide Presentation, *The Effectiveness of Standing on a Balance Board for Increasing Energy Expenditure..* M Nelson, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.



- American College of Sports Medicine Annual Conference, May 2017, Poster Presentation, *Self-Reported Screen Time is Independently Associated with Cardiometabolic Disease Risk Factors in Young Adults*, K Connor, Exercise Science and Health Undergraduate Program, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2017, Poster Presentation, *Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students*, M Nelson, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, Feb 2017, Slide Presentation, *Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students*. M Nelson, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2017, Poster Presentation, *Prevalence of Physical Activity and Sitting in People with Inflammatory Bowel Disease and Healthy Individuals*, K Taylor, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2016, Poster Presentation, *Moderate-vigorous physical activity is related to increased quality of life in people with inflammatory bowel disease*, K Taylor, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2016, Poster Presentation, *Sedentary behavior is independently associated with quality of life in people with inflammatory bowel disease*, K Taylor, College of Education, Health and Human Sciences PhD Program, Exercise Science emphasis, University of Idaho.
- American College of Sports Medicine Annual Conference, May 2015, Poster Presentation, *Maximal oxygen consumption is similar with decremental and traditional incremental protocols in runners and triathletes*. K Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, Feb 2015, Slide Presentation, *Maximal oxygen consumption is similar with decremental and traditional incremental protocols in runners and triathletes*. K Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- University of Idaho, Innovation Showcase, Moscow, ID. April 2015, Slide Presentation, *Maximal oxygen consumption is similar with decremental and traditional incremental protocols in runners and triathletes*. K Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- American Association of Cardiovascular and Pulmonary Rehabilitation National Conference, September 2014, Poster Presentation, *Factors associated with non-completion of cardiac rehabilitation: men vs. women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, April 2014, Slide Presentation, *Cardiac rehabilitation reduces depression and improves quality of life in men and women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- University of Idaho, Innovation Showcase, Moscow, ID. April 2014, *Cardiac rehabilitation reduces depression and improves quality of life in men and women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, March 2013, Slide Presentation, *Sedentary behavior, central obesity and cardiovascular disease risk factors in young women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- Northwest American College of Sports Medicine, March 2013, Slide Presentation, *Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women*. K. Taylor, College of Education PhD Program, Exercise Science emphasis, University of Idaho.
- University of Idaho, Innovation Showcase, Moscow, ID. April 2013, *Sedentary behavior, central obesity and cardiovascular disease risk factors in young women*. A Green, College of Education PhD Program, Exercise Science emphasis, University of Idaho.

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

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

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

Obesity Society Annual Scientific Meeting, San Diego, CA. October 11, 2010. Poster Presentation, *Insulin resistance and non alcoholic fatty liver disease in Hispanic adolescents*. X Burgos, Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso.

ACSM National Meeting, Seattle WA. May 2009. Poster presentation. *Substrate Oxidation and Energy expenditure during and one hour after isocaloric exercise bouts of different intensity*. RY Zubia, Kinesiology Program, University of Texas at El Paso.

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

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

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

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

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

### **Grants and Contracts Awarded (Total Funding \$1,339,589):**

#### Grant Funding Awarded

NIH, National Institute of General Medical Sciences (NIGMS) 1U54GM104944-01A1, Clinical Translational Research-infrastructure Network, Leadership Team, PI: Sy; PI subaward: Vella  
Associate Director of Mentoring, Professional Development Core (0.15 FTE)  
Dates: May 2023-June 2024

CDC UW-PNASH Center Renewal Research Core, PI: Keefe

Title: Use of location and wearable-based occupational human activity recognition to quantify digital health and safety metrics in the forestry workforce.

Funding: \$628,939

Role: Co-Investigator

Dates: Sept 30, 2022-Sept 29, 2027

University of Idaho, College of Science, Seed Grant Program, PI: Balemba

Title: Diabetes Neuropathy and Dysmotility in the Gut

Funding: \$28,992

Role: Co-Investigator

Dates: June 2022-June 2023

University of Idaho, College of Education, Health and Human Sciences Dean's Excellence Funds PI: Brush  
Title: Examining the relationship between physical activity and positive valence systems in young adults with depressive symptoms.  
Funding: \$14,060  
Role: Co-Investigator  
Dates: April 2023-May 2024

University of Idaho, College of Education, Health and Human Sciences Dean's Excellence Funds, PI: Paul  
Title: Fitness and obesity surveillance in youth  
Funding: \$14,126  
Role: Co-Investigator  
Dates: April 2023-May 2024

NIH, NIDDK Diabetic Complications Consortium 5U24DK115255-04, PI: McIndoe  
Title: A Study to Explore Novel Causes of Diabetes Neuropathy and Dysmotility in the Gut  
Funding: \$99,366  
Role: Co-PI (Subaward No: 35164-3)  
Dates: 2/2021 – 6/2022

National Institutes of Health (NIH), National Institute of General Medical Sciences 1U54GM104944  
Clinical Translational Research-infrastructure Network Pilot Grant, PI: Egan (Subaward)  
Title: Development of a fitness surveillance system to track and evaluate obesity prevention efforts in Idaho youth  
Funding: \$65,000  
Role: Co-investigator  
Dates: 9/2020 – 6/2021

Eleanora Orrin & Jim Webb Education Faculty Endowment, PI: Vella  
Title: Effects of Prolonged Sitting on Biomarkers of Vascular Health  
Funding: \$1553  
Dates: 10/25/2019 – 12/30/2019

University of Idaho Family & Consumer Sciences Seed Grant Program, PI: Roe  
Title: Nutrition Education Strategies to Increase Trout Consumption in Parent-Child Dyads for Inflammatory and Cognitive Benefit  
Funding: \$12,500  
Role: Co-PI  
Dates: 4/1/2019 – 3/31/2020

National Institutes of Health (NIH), National Institute of General Medical Sciences 1U54GM104944-01A1,  
Clinical Translational Research-infrastructure Network Pilot Grant, PI: Wardropper  
Title: Perceptions of Lead Contamination and Behavioral Intentions in a Mining Community  
Funding: \$65,705  
Role: Co-investigator  
Dates: 1/1/2019 – 6/30/2019

National Institutes of Health (NIH), National Institute of General Medical Sciences P20GM104420  
Center for Modeling Complex Interactions Pilot Grant, PI: Kolok  
Title: Mountain west mine tailings, watersheds and adverse human health outcomes  
Funding: \$114,649  
Role: Co-PI  
Dates: 10/25/2018-9/30/2019

InBody USA, PI: Vella  
Title: Associations of Visceral Fat Area with Biomarkers of Inflammation and Cardiometabolic Disease  
Funding: \$35,229  
Dates: 4/1/2018-7/31/2019

National Institutes of Health (NIH), National Institute of General Medical Sciences 1U54GM104944-01A1

Clinical Translational Research-infrastructure Network Mini Grant, PI: Vella  
Title: Sedentary Behavior and cardiometabolic Risk Factors during college; the SuRF study  
Funding: \$13,507  
Dates: 1/15/2016-6/30/2016

NIH, National Institute of General Medical Sciences P20GM103408, PI: Vella  
IDeA Network of Biomedical Research Excellence (Idaho INBRE) Institutional Development Award  
Title: Efficacy of High-intensity Interval Training on Exercise Enjoyment, Adherence and Cardiometabolic Health in Young, Overweight and Obese Adults  
Funding: \$10,000  
Dates: 9/1/2015-4/30/2016

Cambia Health Foundation, subaward via Community Council of Idaho, Inc, PI: Brown, H  
Title: Building Capacity to Prevent Obesity and Diabetes among Children and Families of Migrant and Seasonal Farmworkers  
Funding: \$435,088 (\$49,974 for University of Idaho of total funding \$435,088 for two years)  
Role: Co-PI  
Dates: 11/1/2014-10/31/2016

NIH, National Institute of General Medical Sciences (NIGMS) 1U54GM104944-01A1, Clinical Translational Research-infrastructure Network Pilot Grant, PI: Vella  
Title: Exercise and C-reactive protein in young, overweight and obese adults (15% funding rate)  
Funding: \$84,500  
Dates: 7/1/2014-6/30/2015

University of Idaho, College of Education Faculty Award, PI: Horan  
Title: Trio and Movement Sciences Collaborative  
Funding: \$5,000  
Role: Co-PI  
Dates: 6/2014-8/2015

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

Technology-Infused Research Project, College of Education, PI: Scruggs  
Title: Physical Activity Motion Sensor Technology Validation in Physical Education  
Funding: \$12,769  
Role: Co-investigator  
Dates: 2013-2014

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

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

University of Idaho Seed Grant, PI: Vella  
Title: Physical Inactivity, Inflammation, and Metabolic Syndrome Risk Factors in Young Women  
Funding: \$12,000  
Dates: July 31, 2011–February 28, 2013

NIH, National Institute of Diabetes and Digestive and Kidney Diseases, 3SC2DK083061-02S1, PI: Vella

Title: Supplement to Characteristics of Metabolically Obese but Normal-weight Hispanic Women.

Total Funding: \$99,225.

Dates: September 1, 2009–July 31, 2011

University Research Institute, University of Texas System, PI: Vella

Title: Heart Rate Recovery in Obese Adults

Total Funding: \$4,560.

Dates: September 1, 2009–August 31, 2010

NIH, National Institute of Diabetes and Digestive and Kidney Diseases 1SC2DK083061-01, PI: Vella

Title: Characteristics of Metabolically Obese but Normal-weight Hispanic Women.

Total Funding: \$333,000.

Dates: August 8, 2008–July 31, 2011

Paso del Norte Health Foundation, Center for Border Health Research, PDN1571, PI: Vella

Title: Metabolic Syndrome in Young Normal-Weight Hispanic Women

Total Funding: \$75,000

Dates: January 2008–December 2009

National Institutes of Health, NCMHD, P20MD002287, PI: Vella

Sub-grant to write an NIH grant proposal

Title: Insulin sensitivity and non-alcoholic fatty liver disease in young, non-obese Hispanic women

Total Funding: \$6,000

Dates: June 1, 2009–August 31, 2009

Paso del Norte Health Foundation, Center for Border Health Research, PDN1458, PI: Vella

Title: Insulin Resistance and Non-Alcoholic Fatty Liver Disease in Overweight Hispanic Adolescents

Total Funding: \$75,000

Dates: June 2008–December 2008

Hispanic Health Disparities Research Center, PI: Vella

Title: Cardiovascular Fitness and Physical Activity in Young Hispanic Women and Relationships with the Metabolic Syndrome Risk Factors

Total Funding: \$19,652

Dates: October 2006–September 2008

Center funded by the NIH National Center on Minority Health and Health Disparities (Grant P20 000548)

University Research Institute, University of Texas, PI: Vella

Title: Assessment of Heart Function in Obese Individuals

Total Funding: \$4,000

Dates: December 2005–May 2007

Paso del Norte Health Foundation, Step it Up Initiative, PI: Vella & Tomaka

Title: UTEP Employee Health and Wellness Program

Total Funding: \$60,000

Dates: May 2007–March 2008

Community Service-learning Curriculum Development, San Francisco State University, PI: Vella & Kern

Total Funding: \$8,500

Dates: 1998–1999

### Grants in Review

NIH NIGMS R16, Daily Patterns of Sedentary Behavior and Obesity, Principal Investigator (\$560,000 over 4 y)

NIH NIDDK, R01, Identification of Triggers of Diabetic Gastrointestinal Neuropathy and Dysmotility, Co-Investigator (\$3.1 million over 5 y)

NIH P20 CTR-D, Healthy Idaho, PI of Professional Development Core (\$11 million over 5 y)

Grants not funded

NIH NIOSH, PI: Keefe

Title: Reducing wildland firefighter fatalities and injuries and increasing safety through real-time location and data sharing

Funding requested: \$2,233,609

Role: Co-PI, submitted July 2018

NSF Cyber-physical Systems and USDA NIFA, PI: Keefe

Title: Use of wearable technology to improve productivity, safety, and wellness in forestry: consequences of Type I and Type II error in cyber-physical systems

Funding requested: \$1,386,074

Role: Co-PI, submitted May 2018

NIH National Institute of General Medical Sciences (NIGMS) 1U54GM104944-01A1

Clinical Translational Research-infrastructure Network Pilot Grant

Title: Prolonged Sitting and Vascular Function in Rural Adults with Type 2 Diabetes

Role: PI

AFRI, National Institute of Food and Agriculture, PI: Ramsay

Title: Increasing Trout Consumption in Young Children and Families for Inflammatory and Cognitive Benefit

Role: Co- PI

INBRE Pilot Grant Program, PI: Vella

Title: Associations of Physical Activity and Adiposity-related Inflammation

Ranked 7<sup>th</sup> out of over 25 applications; agency funded 2 applications

R01, National Institutes of Health, NHLBI, PI: Vella

Title: Dose-response of high-intensity interval training and CVD risk factor reduction

1R15HL115547-01, National Institutes of Health, NHLBI, PI: Vella

Title: Effects of exercise intensity on inflammation and CVD risk in young adults

NIH Priority Score: 30

National Institutes of Health COBRE program, PI: Wichman

Title: Center for Excellence in Interdisciplinary Research

Role: Collaborator

Blue Cross of Idaho, Foundation for Health, Inc., PI: Brown, H

Title: HEAL- Healthy Eating and Active Living

Role: Collaborator

Institute for Translational Health Sciences Pilot Grant, PI: Vella

Title: The inflammatory response to exercise in obesity: implications for exercise prescription

USDA Agriculture and food research initiative, competitive grants program, PI: Scruggs

Title: Creating healthy interventions for lifelong learning afterschool (Chill afterschool)

Role: Co-PI

Robert Wood Johnson Foundation Active Living Research, Rapid-Response Round 3 Grants, PI: Paul

Title: Streams of Stakeholders Creating a Confluence to Support a Healthy Community

Role: Co-investigator

1R21HL104323-01, National Institutes of Health, NIDDK, PI: Vella

Title: Role of Fitness, Activity, and Sedentary Behaviors in Nonalcoholic Fatty Liver Disease

Student Mentored Grants

American College of Sports Medicine Northwest, 2024

Student: Maxx Antush

Title: Sedentary behavior, obesity and quality of life in older adults.

Total Funding: \$1000

Gatorade Sport Science Institute, Student Grant Program

Student: Katrina Taylor

Title: Relationships among physical activity, quality of life, and resilience in inflammatory bowel diseases.

Total Funding: \$2665

University of Texas Graduate Enhancement Grant

Student: Raul Y. Zubia

Title: *Fat Oxidation during Exercise in Overweight Adults.*

Total Funding: \$3599

University of Texas Graduate Enhancement Grant

Student: Ximena Burgos, Ph.D. student

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

Total Funding: \$2700

University of Texas Graduate Studies Grant

Student: Ximena Burgos, Ph.D. student

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

Total Funding: \$500

### **Scholarship Honors and Awards:**

American College of Sports Medicine Visiting Scholars Award, 2019

University of Idaho President's Mid-career Faculty Excellence Award, 2014-2016

University of Idaho, College of Education, Excellence in Research and Scholarship Award, 2015

Fellow, American College of Sports Medicine, 2013-present

Diann Haslett Faculty Excellence Fellow Award, 2012-2013

University of Idaho Faculty Expert for Research, 2013-2015

University of Idaho Representative for the Tri-state Research Initiative on Rural Health, 2011-2013

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

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

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

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

### Student Mentored Awards

American College of Sports Medicine Northwest, Student Research Grant Award (M Antush) \$1000 awarded January 2024

College of Education, Health and Human Sciences Research Symposium, 2<sup>nd</sup> Place for Undergraduate Poster Presentation, Julia Bailey, *Associations Between Background Screen Time and Dietary Intake of Adults With and Without Type 2 Diabetes*, 2022

Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Presentation, Megan Nelson. *The Effectiveness of Standing on a Balance Board for Increasing Energy Expenditure*, 2018.

Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Presentation, Megan Nelson. *Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students*, 2017.

Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Abstract, Amber Green, *Cardiac rehabilitation reduces depression and improves quality of life in men and women*, 2014.

Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Abstract, Amber Green, *Sedentary behavior, central obesity and cardiovascular disease risk factors in young women*, 2013.

Northwest American College of Sports Medicine, Award for Outstanding Ph.D. Abstract, Katrina Taylor, *Associations of insulin resistance with metabolic syndrome risk factors in young, Hispanic women*, 2013.

Northwest American College of Sports Medicine, Award for Outstanding M.S. Abstract, Brad Dieter, *Muscle activation patterns differ between cyclist with patellofemoral pain and those without*, 2013.

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

Northwest American College of Sports Medicine, Award for Best Ph.D. Abstract, Amber Green, *Dietary Fructose is Associated with TNF-alpha in Normal-weight, Hispanic Women*, 2012.

## SERVICE:

### Major Committee Assignments:

#### University of Idaho

##### *Department*

2024 Committee Member, Search Committee, Health tenure track search

2023 Chair, Promotion Committee, Clinical Faculty

2022 Committee Member, Tenure & Promotion Committee, H Brown & C Egan Loiacono

2022 Committee Member, MS MLS Committee

2021-2022 Chair, Search Committee, Exercise Psychology and Health Tenure Track search

2021 Chair, Tenure & Promotion committee, A Brown

2021 Search Committee member, Assistant Professor in Physical Education Teacher Education search

2020 Chair, Search Committee, Interim Department Chair search

2020 Committee Member, Promotion committee for clinical faculty member

2019 Committee member, Third Year Review committee for clinical faculty member

2018 Committee member, Promotion committee for clinical faculty member

2018 Committee member, Third Year Review committee for clinical faculty member in WWAMI

2016–2017 Chair, Search Committee, Assistant Professor in Exercise Science and Health Biomechanics search

2015–2016 Search Committee member, Assistant Professor in Exercise Science and Health search

2015–2017 Committee member, MS Movement and Leisure Sciences Assessment committee

2014–2016 Committee member, By-laws, Policy and Procedures committee

2012–2013 Chair, Search Committee, Clinical Assistant Professor in Exercise Science and Health search

2013–2016 Faculty Advisor, Exercise Science Student Club

2013–2016 Committee member, Policy and Procedures committee

2012 Committee member, Movement Sciences Core Curriculum Subcommittee

2011–2012 Committee member, Exercise Science and Health Undergraduate Curriculum Revision ad hoc committee

2011 Committee member, Exercise Science and Health Graduate Curriculum Revision ad hoc committee

##### *College*

2024, Chair, Awards and Recognition Committee

2023, Committee Member, Tenure and Promotion Committee, Psychology

2023, Committee Member, Tenure and Promotion Committee, WWAMI Medical Education Program

2022, Chair, College Tenure & Promotion Committee

2022 Committee Member, Third Year Review Committee, WWAMI Medical Education, T Bland

2020–2023 Committee member, College Tenure & Promotion Committee

2021 Committee Member, Tenure & Promotion committee, WWAMI Medical Education, P Fruest

2021 Committee Member, Tenure & Promotion committee, Curriculum & Instruction, B Miller and J Amador

2020 Committee member, Promotion committee, Curriculum & Instruction, T Rainey

2016–2018 Committee member, College Curriculum Committee

2014–2016 Committee member, College Tenure and Promotion committee

2014–2015 Committee member, Tenure and Promotion Guidelines ad hoc committee

2014–2016 Committee member, College Building Renovation ad hoc committee

2011, 2013–2016 Committee member, Graduate Research and Policy Committee



2011–2013 Committee member, Dean’s Advisory Council  
 2011–2012 Committee member, Technology Committee  
 2011 Search Committee member, Associate Dean search

*University*

2024-2025 Chair, Sabbatical Leave Evaluation Committee  
 2023-2026 Committee Member, University Advising Committee  
 2022-2025 Committee member, Sabbatical Leave Evaluation Committee  
 2021-2022 Chair, University Faculty Affairs Committee  
 2020–2022 Committee member, University Faculty Affairs Committee  
 2019–2020 Lead Ambassador, Clinical Translational Infrastructure Network Idaho Institutions Partnership  
 2016–2019 Senator (elected), Faculty Senate  
 2016–2018 Committee member, Faculty Compensation Task Force  
 2013–2016 Committee member, Faculty Affairs Committee  
 2013–2016 Alternate Senator (elected), Faculty Senate  
 2015 Committee member, Tenure & Promotion Committee, C McGowan, Biological Sciences  
 2013 Committee member, Tenure & Promotion Committee, O Balemba, Biological Sciences  
 2013–2014 Search Committee member, WWAMI Medical Education Program Director  
 2013 Search Committee member, Wellness Coordinator search, Student Recreation Center  
 2013–2016 Faculty Expert (nominated), Media Relations, University of Idaho  
 2011–2016 Rural Health representative (nominated), Tri-state Initiative for Research Consortium  
 2012–2014 Faculty Member at Large, Board Member, Athena Women’s Professional Association

University of Texas at El Paso

*Department*

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

*College*

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

*University*

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

**Other Service:**

University of Idaho

*Department*

*College*

2015–2016 Mentor for new faculty, Hung Pil Jun  
 2013–2015 Mentor for new faculty, Mostafa Hegazi

*University*

2014 Judge, Biology Research Showcase, University of Idaho

2012–2014 Judge, Innovation Showcase, University of Idaho

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

Past President, Northwest chapter of the American College of Sports Medicine Executive Board, 2018–2019

President, Northwest chapter of the American College of Sports Medicine Executive Board, 2017–2018

President Elect, Northwest chapter of the American College of Sports Medicine Executive Board, 2016–2017

Member at Large, Clinical (elected), American College of Sports Medicine Northwest Chapter Executive Board, 2013–2016

Invited Grant Reviewer, American Heart Association, Epidemiology and Population Sciences peer review committee, 2016–2018

Consumer Information Committee, American College of Sports Medicine, 2015–2018

Ad hoc Scientific Content Advisory Committee, American College of Sports Medicine, 2011–2018

Undergraduate Poster Committee Judge, Texas chapter of the American College of Sports Medicine, 2010

Masters Poster Committee Judge, Northwest chapter of the American College of Sports Medicine, 2012

Examiner for ACSM Health Fitness Instructor Practical Exam, 2001–2004

Reviewer, American Journal of Preventive Medicine

Reviewer, Medicine and Science in Sports and Exercise

Reviewer, British Journal of Sports Medicine

Reviewer, American Journal of Public Health

Reviewer, Journal of Applied Physiology

Reviewer, Journal of Immigrant and Minority Health

Reviewer, Journal of Gerontology, Psychological Sciences

Reviewer, Journal of Exercise Physiology online (Editorial Board member)

Reviewer, Journal of Undergraduate Kinesiology Research

Member, Obesity Society, 2006–2010

Member, American Heart Association, 2006–2019

Member, American Society for Exercise Physiologists, 2002–2004

Member, American College of Sports Medicine, 1998–present

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

Eating Well magazine, interview regarding article on physical activity and inflammation, Jan 2018.

Tuft's University Health and Nutrition Letter interview and article highlight, July 2017.

UI Radio interview discussing cardiovascular disease in young adults, February 2012.

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

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

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

El Paso Diabetes Association, Diabetes Education Program, 2010

University Interscholastic League of Texas High School Wrestling Minimum Weight Certification Program, Certified Assessor, 2006-2010

Faces of Diabetes Annual Conference planning committee; a collaboration between the El Paso Diabetes

Association, Sierra Providence Health Network, and University Medical Center of El Paso, 2006-2008

Volunteer, American Red Cross Health and Safety Instructor, 1997-2007

Volunteer, Coordinator of alternate physical fitness testing site for NM Department of Public Safety, 2007

**Honors and Awards:**

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

**Scholarship:**

American College of Sports Medicine Northwest Annual Conference, February 2024

American College of Sports Medicine Annual Conference, May, 2022

American College of Sports Medicine Annual Conference, May 2019

American College of Sports Medicine Northwest Annual Conference, Feb 2019

American College of Sports Medicine Annual Conference, May 2018  
 American College of Sports Medicine Northwest Annual Conference, Feb 2018  
 American College of Sports Medicine Annual Conference, May 2017  
 American College of Sports Medicine Northwest Annual Conference, Feb 2017  
 American Heart Association, Epidemiology and Lifestyle Conference, March 2016  
 Mountain West Research Consortium Annual Meeting, June 2016.  
 American College of Sports Medicine Annual Conference, May 2016  
 American College of Sports Medicine Northwest Annual Conference, April 2016  
 Mountain West Research Consortium Annual Meeting, June 2015.  
 American College of Sports Medicine Annual Conference, May 2015  
 American College of Sports Medicine Northwest Annual Conference, Feb 2015  
 American College of Sports Medicine Annual Conference, May 2014  
 American Heart Association Annual Conference, San Francisco CA, March 2014  
 American College of Sports Medicine Annual Conference, May 2013  
 American College of Sports Medicine Northwest Annual Conference, April 2013  
 Clinical Research Training Conference, University of Washington, September 2012  
 Promotion and Tenure Workshop, March 2012  
 Dean's Monthly Mentoring Workshops February 2012  
 Actigraph Software Training, Online December 2011  
 Referencing Programs Library Seminar, University of Idaho, Fall 2011  
 American College of Sports Medicine Annual Conference, Denver, CO, June 2011  
 Meeting of MBRS-Support of Competitive Research (SCORE) Program SC1 and SC2 Principal Investigators.  
     National Institute of General Medicine, December 2010  
 Ethical Issues in Community Based Research, UTEP HHDR Summer Institute, June 2010  
 Working with Large Data Sets, UTEP HHDR Summer Institute, June 2010  
 Writing Winning Grants Training Seminar, UTEP HHDR Summer Institute, May 2010  
 A Day with NIH at UTEP, February, 2010  
 National Science Foundation Leadership Conference, November 2009  
 Creating an Electronic Professional Portfolio for Tenure, Promotion, and Awards, UTEP CETaL, September  
     2009  
 Documenting Your Accomplishments Workshop 2: Creating an Electronic Professional Portfolio for Tenure,  
     Promotion, and Awards, October 7, 2009  
 Radiation Safety Training, University of Texas at El Paso, November 2009  
 Blood Borne Pathogen and Hazardous Waste Training, October 2009  
 Institutional Review Board Training, University of Texas at El Paso, November 2009  
 Obesity Society Annual Scientific Meeting, Washington, DC, Oct 2009  
 American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2010  
 American College of Sports Medicine Texas Regional Meeting, Tyler, TX, Feb 2009  
 American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009  
 Texas Tech University Health Sciences Center Paul L. Foster School of Medicine and The University of Texas  
     El Paso 3rd Annual Research Colloquium, El Paso, May 2009  
 International Obesity Society Annual Meeting, Washington DC, October 2009  
 American Heart Association Nutrition, Physical Activity, and Metabolism Annual Conference, Colorado  
     Springs, CO, March 2008.  
 American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 2008.  
 US/Mexico Health Research Conference, El Paso, TX, September 2008.  
 American College of Sports Medicine National Conference, New Orleans, LA, May 2007.

### **Teaching:**

Effective Teaching Series, attended a series of courses focused on teaching online, Spring and Summer 2020  
 Leading Effective Discussions workshop, Fall 2017  
 Blackboard Learn Hands-on workshop, June 2012  
 Apple Educational Workshop, Made for Mobile Learning, April 2012  
 Apple Educational Workshop, Learning Tour 2012 Engage students. Explore apps, interactive books, and  
     Multi-Touch textbooks, April 2012  
 Advising Workshop – University of Idaho, September, 2011  
 Teaching Online - UTTC Facilitated Faculty Workshop, UT Telecampus Nov. 2 – Dec. 4, 2009  
 Online Blackboard 8 Training, UT Telecampus, October 2009  
 Copyright: Just the Basics, Online Course, UT Telecampus, October 2009

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

**Other Training and Certifications:**

InBody Body Composition Testing Operator Certificate, 2025  
Zoom Training for Online Learning, CETaL, University of Idaho, March 2020  
Dual-energy X-ray Absorptiometry (DXA) operator training, October 2016  
Media Training for Faculty Research Expert, University of Idaho, May 2013  
Bod Pod body composition technician training, 2011–present  
National Institutes of Health Protecting Human Research Participants Training, 2010–present  
Dual Energy X-ray Absorptiometry Operator Training, 8 hours, General Electric, 2006–2011  
Certified Assessor, University Interscholastic League Wrestling Weight Certification Program, 2006–2011  
Sonosite Ultrasound Operator Training, September 4, 2008.  
ACSM Exercise Physiologist Certification (formerly Health Fitness Instructor Certification), 1998–present  
American Red Cross First Aid & CPR Instructor, 1997–2006  
Radiation Safety Training, University of Texas at El Paso, 2005–2011  
Blood Borne Pathogen and Hazardous Waste Training, University of Texas at El Paso, 2005–present  
Institutional Review Board Training, University of Texas at El Paso, 2005–present  
Human Research Review Training Course, University of New Mexico, February, 2003  
University of New Mexico Health Sciences Center & University Hospital HIPPA Compliance Training Course, April, 2003 and March, 2005  
Examiner for ACSM Health Fitness Instructor Practical Exam, 2001–2004