

SALLY PAULSON, PHD, ATC, CSCS*D

Instructional Associate Professor
Department of Health and Human Performance
University of Houston
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[LinkedIn](#)
[ResearchGate](#)

EDUCATION

Doctorate of Philosophy in Kinesiology, University of Arkansas

Concentration in Exercise Science

Dissertation: *Effects of Balance Exercises on the Analysis of Selected Kinematic and Kinetic Variables of Gait and Balance in Obese Developmentally Disabled Adults*

Master of Arts in Physical Education, Athletic Training, California State University, Chico

Emphasis Biomechanics

Masters project: *Chico Unified School District Graduate Assistant Athletic Training Manual for High Schools*

Bachelor of Science in Sports Medicine, University of Detroit Mercy

2000+ hours NCAA Division 1 Collegiate Athletic Training Room; University of Michigan-Dearborn: Ice Hockey Internship; Port Huron Border Cats: Student Athletic Trainer

PROFESSIONAL EXPERIENCE AND ACADEMIC APPOINTMENTS

Instructional Associate Professor

September 2024 - Current

Department of Health and Human Performance, University of Houston, Houston, TX

Instruct and develop undergraduate classes utilizing Canvas LMS; incorporate a multifaceted approach to include relevant research and real-world examples to improve student engagement and comprehension

Clinical Research Coordinator

September 2021 - May 2024

St. Elizabeth Healthcare, Clinical Research Institute, Edgewood, KY

Coordinated research trials; collected, managed, and analyzed data; developed research protocols; ensured study procedures complied with the IRB approved protocol and followed ethical and regulatory standards; created and maintained study related documents; screened, recruited, and obtained informed consent from potential participants; monitored and reported adverse events; assisted with the preparation of manuscripts and presentations

Highlights

- Team member on multiple clinical trials in the areas of orthopaedics, sports medicine, cardiology, surgery, and oncology
- Developed retrospective and prospective protocols for orthopaedics and sports medicine
- Utilized various software programs to support project management such as REDCap, Complion, Mentor IRB, and Verily

Adjunct Instructor

July 2020 – Present

Exercise Science Department, Shippensburg University, Shippensburg, PA

Developed and instructed one undergraduate online course utilizing D2L Brightspace; created all course materials and assessments; included relevant research, real-world examples, and multimedia resources to enhance student learning

University of Arkansas, Department of Health, Human Performance, and Recreation, Fayetteville, AR

Administered and delivered an online undergraduate course utilizing Blackboard; incorporated regular opportunities for substantive interaction with students

Highlights

- Virtual classroom facilitation using various learning management tools to support the online learning environment
- Offered personalized support and guidance to students, including providing timely feedback on assignments
- Structured comprehensive online course content, ensuring alignment with academic standards and industry practices

Post-Doctoral Research Fellow

January 2021 – October 2021

University of Arkansas, Department of Health, Human Performance, and Recreation

Exercise Science Research Center, Fayetteville, AR

Coordinator of NIA Grant (\$3.5 million): Digital Cognitive Multi-domain Alzheimer's Risk Velocity (DCMARVel) clinical research project examining impact of lifestyle modifications for cognitively at-risk individuals; assisted with data collection (vital signs, blood biomarkers, body composition, functional fitness tests, and cognitive assessments)

Highlights

- Recruited 200+ participants between ages of 45-75 years
- Screened 500+ interested participants based on eligibility criteria for project participation
- Organized scheduling of study participants for initial and follow up visits
- Trained research team members according on IRB protocol
- 20+ research abstract presentations accepted to national and international conferences
- Published 5 articles and 3 under review

Associate Professor, Tenure-Track

August 2019 – January 2021

Mount St. Joseph University, Department of Exercise Science and Integrative Health, Cincinnati, OH
Instructed and developed undergraduate courses through in-person and remote formats in Health and Wellness and Exercise Science and Fitness; served as a student advisor and mentor to 15+ students; and contributed to service at department, school, university, and professional levels

Highlights

- Assisted with departmental student recruitment and retention efforts, including presenting careers in the health professions at area high schools
- Served as a member of the Cincinnati State Technical and Community College Exercise Science Advisory Board
- Conducted research project examining physical activity and functional fitness levels in older adults at an area fitness facility and disseminated results at 2 conferences
- Lead collaborative effort to develop a new major in Health and Exercise Science with three concentrations areas: Clinical Exercise Science, Sport Performance and Active Aging, and Health Promotion
- Guided 5 student-driven research projects through IRB process to culmination of results via in-class poster presentations

Full Professor, Tenured

August 2015 – August 2019

Exercise Science Department, Shippensburg University, Shippensburg, PA
Taught and developed undergraduate face-to-face and online courses in Exercise Science; provided student advising to 30+ majors; oversaw student internship placements; and contributed to service at department, school, university, and professional levels

Highlights

- Co-Director of Center for Faculty Excellence in Scholarship and Teaching Grants Administration, reviewed 130+ grant applications annually and managed annual grant budget (over \$100k)
- Developed and co-coordinated the Exercise Science Peer Undergraduate Research Mentoring Program (PUMP), partnering seniors with incoming students to improve retention rates and increase engagement in department volunteer and social events
- Collaborated with the Office of Partnerships, Professional Experiences, and Outreach to renew and establish affiliation agreements resulting in a 14% increase in internship affiliation agreements
- Awarded \$10,000+ in funding to support research and professional development
- Teaching Innovations in Pedagogy and Scholarship (TIPS) Award Winner, August 2016

Department Chair, Full Professor, Tenured

May 2017 – May 2019

Exercise Science Department, Shippensburg University, Shippensburg, PA
Led the vision and strategic planning with respect to departmental growth, with an emphasis on student recruitment and retention; responsible for creation and management of annual budgets and equipment requests; conducted annual performance evaluation of adjunct, tenure-track, and tenured faculty members; served as a departmental representative at new student orientations,

open houses, and admitted student days; hired departmental student workers and adjunct faculty members; developed schedule of classes, including the balancing faculty teaching loads; served as a member of the College of Education and Human Services College Council, College of Education and Human Services Advisory Board, Academic Affairs Council, and Council of Chairs. Six credit hours of release time, annually.

Highlights

- Led a department of 5+ employees, serving 140+ majors and 70+ minors
- Worked collaboratively with the Provost's Office to increase the department's annual budget by 100% and developed a plan for incremental increases as student enrollment grew
- Created 3+2 pre-athletic training concentration within the Exercise Science Major with two regional graduate athletic training programs
- Revised and updated the program assessment plan for the major and two minor programs

Associate Professor, Tenured

August 2010 - August 2015

Exercise Science Department, Shippensburg University, Shippensburg, PA

Instructed undergraduate courses in-person and/or remote formats, including the creation and revision of labs for Biomechanics; awarded research sabbatical examining selected measures of gait and functional fitness levels (fall 2012); led curriculum revision of two major courses, created the Power, Agility, and Group Exercise certificate program, and developed one new course.

Highlights

- Research sabbatical included testing older and younger adults on selected measures of functional fitness and gait, resulted in 5 publications and 8 conference presentations
- Mentored 24 undergraduate student research presentations involving 50+ students; two were finalists for the MARC Undergraduate Research Award; one won second place in poster competition at PASSHE STEM Conference
- Submitted 2 external grants and 17 internal grants resulting in over \$17,000 in funding

Assistant Professor, Tenure-Track

August 2005 - August 2010

Exercise Science Department, Shippensburg University, Shippensburg, PA

Developed and taught eight undergraduate courses in-person and/or online formats; served as the advisor to the Exercise Science Club; volunteered as an instructor for 14 American Red Cross certification courses; advised 40+ students; aided in the creation of Exercise Science Minor

Highlights

- Guided 18 student-driven research projects through IRB process to culmination of results leading to 15 abstracts accepted for poster or oral presentations the Mid-Atlantic Regional Chapter Annual Conference
- Funded \$2500+ to facilitate employee wellness initiatives including cholesterol and glucose screening of 60+ employees and conducting fitness and first aid certification workshops for 100+ employees
- Secured over \$20,000 in funding for Exercise Science Laboratory equipment from the Shippensburg University Tech Fee Projects (highly competitive on-campus grant)

Clinical Education Coordinator

July 2002 – July 2003

Athletic Training Education Program (ATEP), Northeastern State University, Tahlequah, OK
Oversaw the development and implementation of ATEP students' clinical education experience, including establishing new clinical sites and assignment of students to clinical sites; instructed courses in Health and Human Performance

Highlights

- Developed Athletic Training Student Handbook and accompanying paperwork
- Constructed the web page overviewing the program and entry requirements
- Advised current ATEP students and met with potential students to discuss the program

Head Athletic Trainer & Instructor

August 2001 – June 2002

Kentucky Wesleyan College, Department of Physical Education and Health, Owensboro, KY
Head athletic trainer for 10+ NCAA DII sports; oversaw all operations including injury prevention, management, and rehabilitation of athletic injuries; maintained records of athletic injuries and treatments rendered; assisted with insurance claims; instructed courses within the Department of Physical Education and Health

Highlights

- Managed athletic training facility budget, responsible for purchase orders, inventory, and bids for large purchases
- Advocated for additional athletic training coverage for all sports

CERTIFICATIONS

- **Certified Athletic Trainer (ATC)**, Board of Certification, since June 1999
- **Certified Strength & Conditioning Specialist with Distinction (CSCS*D)**, National Strength & Conditioning Association (NSCA), since July 1999
- **Certified as Level One Selective Functional Movement Specialist**, Functional Movement Systems, October 2017
- **Certified Basic Life Support**, American Heart Association, December 2022-Present

PROFESSIONAL MEMBERSHIPS

- **National Strength and Conditioning Association** | Member, since 1998
- **The Gerontological Society of America** | Member, since 2013
- **National Athletic Trainers' Association** | Member, since 2019
- **American College of Sports Medicine** | Member, since 2023

PUBLICATIONS

1. Jones, M.D., Campitelli, A., Gills, J.L., Urbina, R., Rodgers, C., Kempkes, J.A., **Paulson, S.**, Glenn, J.M., Bryk, K.N., Myers, J.R., Madero, E.N., & Gray, M. (2024). Effects of 1-year of health coaching and health education interventions in middle-aged and older adults. *Global Journal of Aging & Geriatric Research* 3(1), 1-7. DOI: [10.33552/GJAGR.2024.03.000551](https://doi.org/10.33552/GJAGR.2024.03.000551)

2. Myers, J.R., Bryk, K.N., Madero, E.N., McFarlane, J., Campitelli, A., Gills, J., Jones, M.D., **Paulson, S.**, Gray, M., & Glenn, J.M. (2024). Initial perspectives from rural-residing adults on a digital cognitive health coaching intervention: An exploratory qualitative analysis. *JMIR Formative Research*. 09/02/2024:51400 (forthcoming/in press). DOI: [10.2196/51400](https://doi.org/10.2196/51400)
3. **Paulson, S.**, Gills, J.L., Campitelli, A., Jones, M.D., Glenn, J.M., Madero, E.N., Myers, J.R., Vincenzo, J.L., Walter, C., & Gray, M. (2023). Cross-sectional study examining differences in habitual and maximal gait velocity across age groups. *Journal of Aging and Physical Activity*, Jun 1, 1-7. doi: 10.1123/japa.2022-0085. Epub ahead of print. PMID: 37263599
4. Wood, D., **Paulson, S.**, Nolan, J., Spanyer, J., Harm, R., & Heis, F. (2023). Risk factors predicting conversion to knee arthroplasty following subchondroplasty procedure. *Clinical Orthopaedics and Related Research*, 481(8), 1543-1505. doi: 10.1097/CORR.0000000000002557
5. Campitelli, A., Gills, J.L., Jones, M.D., **Paulson, S.**, Myers, J., Bryk, K., Madero, E.N., Glenn, J.M., Rodgers, C.H., Kempkes, J.A., & Gray, M. (2023). The effect of a digital health coaching and health education protocol on cognition in adults at-risk for Alzheimer's. *GeroScience*, 45, 1147-1159. doi: 10.1007/s11357-022-00711-3
6. Campitelli, A., **Paulson, S.**, Gills, J.L., Jones, M.D., Madero, E.N., Myers, J., Glenn, J.M., Gray, M. (2023). A novel digital digit-symbol substitution test measures processing speed in adults at-risk for Alzheimer's disease: A validation study. *Journal of Medical Internet Research (JMIR) Aging*. doi: 10.2196/36663. PMID: 36705951
7. **Paulson, S.**, Vincenzo, J.L., Glenn, J.M., Binns, A., & Gray, M. (2022). Muscle activation and sway among younger and older adults during static stance with visual feedback. *Gazzetta Medica Italiana*, 181, 920-927. DOI: 10.23736/S0393-3660.22.04712-X
8. Ghadiri, F., Bahmani, M., **Paulson, S.**, & Sadeghi, H. (2022). The effects of fundamental movement skills based dual task, and dance training on single and dual-task walking performance in older women with dementia. *Geriatric Nursing*, 45, 85-92. <https://doi.org/10.1016/j.gerinurse.2022.03.003>
9. Gray, M., Madero, E.N., Gills, J.L., **Paulson, S.**, Jones, M.D., Campitelli, A., Myers, J., Bott, N.T., & Glenn J.M. (2022). Intervention for a digital cognitive multi-domain Alzheimer risk velocity study: Protocol for a randomized controlled trial. *Journal of Medical Internet Research (JMIR) Research Protocols*, 11(2), e31841. doi: 10.2196/31841
10. Gills, J.L., Campitelli, A., Jones, M., **Paulson, S.**, Myers, J.R., Madero, E.N., Glenn J.M., Komorowski, J., & Gray, M. (2021). Acute inositol-stabilized arginine silicate improves cognitive outcomes in healthy adults. *Nutrients*, 13(12), 4272. MDPI AG. <https://doi.org/10.3390/nu13124272>
11. Campitelli, A., **Paulson, S.**, Vincenzo, J.L., Glenn, J.M., Jones, M.D., Powers, M., & Gray, M. (2021). Sit-to-stand power across lifespan: A cross-sectional analysis. *Journal of Aging and Physical Activity*, 30(4), 678-688. doi:10.1055/s-0039-1700568
12. Hoffman, A., Halteman, T., Hamzabegovic, S., & Wallace, C. (2018). Faculty mentors: J.I. Sanders & **S. Paulson**. The acute effects of loaded jump on vertical jump performance and perception [online journal]. *Keystone Journal for Undergraduate Research*. 5(1), 19-25.
13. Glenn, J.M., Gray, M., **Paulson, S.**, & Powers, M. (2017). An evaluation of functional sit-to-stand power in cohorts of healthy adults aged 18 - 97 years. *Journal of Aging and Physical Activity*, 25(2), 305-310.

14. Gray, M., **Paulson, S.**, & Powers, M. (2015). Maximal, not habitual, walking velocity is more highly correlated to functional fitness of community-dwelling older adults. *Journal of Aging and Physical Activity*, 24(2), 305-310.
15. **Paulson, S.**, & Gray, M. (2015). Parameters of gait among older adults and their relation to functional fitness. *Journal of Geriatric Physical Therapy*, 38(1), 28-32. doi: 10.1519/JPT.0000000000000018
16. Taylor, L., Smith, E., Bechtold, B., Kregeloh, P., Mantash, K., & Maderia, J. (2015). Faculty mentors: W.A. Braun & **S. Paulson**. Acute cardiorespiratory and kinematic adjustments upon early exposure to barefoot running [online journal]. *Keystone Journal for Undergraduate Research*, 3(1), 7-13.
17. Gray, M. & **Paulson, S.** (2014). Developing a measure of muscular power during a functional task for older adults. *BMC Geriatrics* 14(145), 1-6. doi: 10.1186/1471-2318-14-145
18. **Paulson, S.** & Braun, W.A. (2014). Mechanical and physiological examination of barefoot and shod conditions in female runners. *International Journal of Sports Medicine*, 9(35), 789-793.
19. Gray, M. & **Paulson, S.** (2014). The importance of muscular power among community-dwelling older adults. *International Journal of Aging and Society*, 4(1), 1-8.
20. **Paulson, S.** & Sanders, J.I. (April 2014). Peripheral arterial disease and exercise for older adults. *IDEA Fitness Journal*, 11(4), 25-27. [non-peer reviewed]
21. **Paulson, S.** & Braun, W.A. (2014). Prophylactic ankle taping: Influence on treadmill running kinematics and running economy. *Journal of Strength and Conditioning*, 28(2), 423-429.
22. Leonard, T. & Rotay, J. Faculty mentors: J.I. Sanders & **S. Paulson**. (2014). The effects of ankle taping and bracing on agility, vertical jump performance and power [online journal]. *Keystone Journal for Undergraduate Research*, 2(1), 23-28.
23. Braun, W.A. & **Paulson, S.** (2012). The effects of a downhill running bout on running economy. *Research in Sports Medicine*, 20(3-4), 274-285.
24. Lahovski, J. & **Paulson, S.** (2012). Influence of a five-week exercise program on posture, physical fitness, and group cohesion in university employees [online journal]. *Keystone Journal for Undergraduate Research*, 1(1), 53-58.
25. Sipes, D., Graybill, D., Haas, D., & Cawley, J. Faculty mentors: **S. Paulson** & R. Robinson. (2011). Adidas TechFit shorts and their effect on anaerobic power output and sports enhancement [online journal]. *Keystone Journal for Undergraduate Research*, 1(1), 8-12.
26. **Paulson, S.** & Braun, W.A. (2011). The influence of parachute resisted sprinting on running mechanics in collegiate track athletes. *Journal of Strength and Conditioning Research*, 25(6), 1680-1685.

PUBLICATIONS, UNDER REVIEW

1. Gills, J.L., Jones, M.D., Campitelli, A., **Paulson, S.**, Diehl, C., Rodgers, C., Madero, E., Myers, J.R., Byrk, K., Glenn, J.M., & Gray, M. Higher physical function yields better cognitive outcomes in middle-to-older high-risk adults.
2. Urbina, R.G., Jones, M.D., Campitelli, A., Diehl, C., **Paulson, S.**, Gills, J., Glenn, J.M., Bryk, K., & Gray, M. Using physical fitness performance tests to predict rbans scores in older adults with a history of falls.
3. Campitelli, A., Glenn, J.M., Gills, J., Jones, M., Urbina, R., Byrk, K., Myers, J., **Paulson, S.**, Kempkes, J.A., Helberg, K., & Gray, M. Digital 2-year multidomain health interventions

improve cognition and stabilize Alzheimer's disease risk in at-risk adults (DC-MARVEL): A randomized controlled trial.

FEATURED CONFERENCE PRESENTATIONS

1. **Paulson, S.** *Leveling the playing field for women in strength and conditioning* at NSCA Mid-Atlantic Regional Conference; Aston, PA. December 8, 2018 | 50 minutes
2. **Paulson, S.** *Avoiding falls in the aging population: Ways to improve balance and functional fitness through exercise* at NSCA Annual Conference & Exhibition; Las Vegas, NV. July 10, 2014 | 50 minutes
3. **Paulson, S.** *Emergency preparedness in personal training. Are YOU ready?* at NSCA Personal Trainers' Conference; Las Vegas, NV. March 9, 2013 | 50 minutes
4. **Paulson, S.** *Emergency preparedness: What you don't know could be deadly* at NSCA Annual Conference & Exhibition; Providence, RI. July 14, 2012 | 50 minutes
5. **Paulson, S.** *Balance and its functional role in gait and rehabilitation* at Big Sky Athletic Training Sports Medicine Conference. Big Sky, MT. February 2, 2006 | 50 minutes

SCHOLARLY PRESENTATIONS

In the past 15+ years, I have over 60 poster or oral abstract research presentations at international, national, and regional conferences. All abstracts presented at the National Strength and Conditioning Conference were published in the conference proceedings within the Journal of Strength and Conditioning Research and Gerontological Society of America accepted abstracts were published in Innovation in Aging. Selected research abstracts follow, and complete list is available on request.

1. Kremer, A, **Paulson S**, Harm R, Helton S, Morris-Panko D, Browning T. Subsequent injuries characteristics following a sports-related concussion among high school athletes. Accepted as a poster presentation at American College of Sports Medicine Annual Meeting, June 2024, Boston, MA*
2. **Paulson S**, Gray M, Jones MD, Campitelli A, Diehl C, Bryk K, Glenn JM, Gills J. No difference in subjective sleep measurements between middle-aged and older adults. Accepted as a poster presentation at Gerontological Society of America Annual Scientific Meeting, November 2023, Tampa, FL
3. Gray M, **Paulson S**, Gills JL, Jones MD, Campitelli A, Urbina R, Bryk K, Glenn JM. Health coaching improves everyday cognition among individuals at-risk for Alzheimer's Disease. Accepted as an oral presentation at Gerontological Society of America Annual Scientific Meeting, November 2023, Tampa, FL
4. **Paulson S**, Harm R, Helton S, Morris-Panko- D, Browning T. Subsequent injuries following a sports-related concussion in high school athletes: a case series. Abstract accepted a poster presentation at National Strength and Conditioning Association National Conference, July 2023, Las Vegas, NV
5. **Paulson S**, Gray M, Campitelli A, Gills JL, Jones MD, Madero EN, Myers JR, Glenn JM. *Associations between Measures of Sleep Quality, Physical Activity, Anxiety, and Stress among Adults.* Accepted as a poster presentation at Gerontological Society of America Annual Scientific Meeting, November 2022, Indianapolis, IN

6. **Paulson S**, Gray M, Campitelli A, Gills JL, Jones MD, Madero EN, Myers JR, Glenn JM. Differences between sleep quality and physical performance measures among adults aged 45-75 years. Abstract accepted as oral presentation at National Strength and Conditioning Association National Conference, July 2022, New Orleans, LA
7. Gray M, **Paulson S**, Gills JL, Jones MD, Campitelli A, Rodgers C, Madero EN, Myers JR, Glenn JM, Bryk KN. *Functional fitness predicts global cognition scores*. Accepted as a poster presentation at Alzheimer's Association International Conference, July 2022, San Diego, CA
8. Campitelli A, **Paulson S**, Gills JL, Jones MD, Madero EN, Myers JR, Glenn JM, Gray M. *High health coaching adherence increases Alzheimer's protection in at-risk individuals following a 4-month intervention*. Accepted as a poster presentation at Alzheimer's Association International Conference, July 2022, San Diego, CA
9. **Paulson S**, Gray M, Gills JL, Campitelli A, Jones MD, Sanders JI, Madero EN, Myers J, Glenn JM. *Dual-task costs in gait speed differs across age groups*. Abstract accepted as poster presentation at Gerontological Society of America Annual Scientific Meeting, Virtual Conference, November 2021
10. Gray M, **Paulson S**, Gills JL, Madero EN, Myers J, Campitelli A, Jones MD, Glenn JM. *Dual-task gait speed and mobility are positively associated with declarative memory*. Abstract accepted as poster presentation at Gerontological Society of America Annual Scientific Meeting, Virtual Conference, November 2021
11. Campitelli A, **Paulson S**, Vincenzo J, Glenn JM, Jones MD, Powers M, Gills JL, Gray M. *Sex differences in power decrement identified across the lifespan*. Abstract accepted as poster presentation at Gerontological Society of America Annual Scientific Meeting, Virtual Conference, November 2021
12. **Paulson S**, Gray M, Glenn JM, Madero EN, Myers J, Gills JL, Jones MD, Campitelli A, Vincenzo J, Walter C. *Cognition differentiates gait speed among older adults*. Abstract accepted as poster presentation at Alzheimer's Association International Conference, July 2021, Denver, CO
13. Gray M, **Paulson S**, Gills JL, Glenn JM, Madero EN, Myers JR, Campitelli A, Jones MD, Vincenzo J, Walter C. *Falls predict cognitive status*. Abstract accepted as poster presentation at Alzheimer's Association International Conference, July 2021, Denver, CO
14. **Paulson S**, Gray M, Gills JL, Glenn JM, Madero EN, Myers J, Vincenzo J, Walter C, Campitelli A, Jones MD, Sanders JI. *Effects of lower extremity muscular power on gait speed during single and dual-task conditions in adults*. Abstract accepted as oral presentation at National Strength and Conditioning Association National Conference, July 2021, Orlando, FL
15. **Paulson S**, Gray M. *Assessment of self-reported physical activity within a sample of community-dwelling older adults*. Abstract accepted as virtual poster presentation at National Strength and Conditioning Association National Conference, July 2020

Student-Faculty Research Presentations

Student research was an integral part of the Exercise Science program at Shippensburg University, and I was actively involved in mentoring students, resulting in 63 student presentations at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine (MARC ACSM) meeting since 2006. Selected presentations are below, and a complete list is available upon request.

1. Holt K, Cordell T, Delancy B, Koutch E, Romage N, Wagman K, **Paulson S**, Sanders JI. (November 2, 2019). Poster presentation, *The effects of foam rolling on hamstring flexibility, muscle soreness, and power*.
2. Walter T, Courtney E, Zinn C, Yovic S, Meyers C, Sanders JI, Robinson R, **Paulson S**. (November 2, 2019). Poster presentation, *The acute effect of a five-repetition maximum on vertical jump performance at different time intervals*.
3. Beaver D, Grove D, Mooney A, Lawrence M, Sheehan L, Sanders JI, **Paulson S**, Braun WA. (November 2, 2018). Poster presentation, *Effects of environmental temperature on physiologic measures and reaction time during graded leg ergometry*.
4. Hoffman A. (November 4, 2017). Oral presentation, *The acute effects of loaded jump on vertical jump performance and perception*. Co-Investigators: Halteman T, Hamzabegovic S, Wallace C, **Paulson S**, Sanders JI. **Finalist for MARC ACSM Undergraduate Research Award**.
5. Farabaugh J, Harding J, Langone C, Rippon P, Ruth A, **Paulson S**. (November 5, 2016). Poster presentation, *Effects of texting and walking on gait pattern and attention to detail in college-aged students*.
6. Schultz M. (November 4, 2016). Oral presentation, *Ability of fitness trackers to accurately measure caloric expenditure of college-aged students during submaximal exercise*. Co-Investigators: Jackson S, Deeter C, Campbell B, Dorsey-Poles N, Braun WA, **Paulson S**.
7. Long S, Barton A, Betz K, Brockman M, **Paulson S**. (November 6, 2015). Poster presentation, *Texting & walking: A dual-task study on gait patterns in a college-aged sample*.
8. Butler M. (November 1, 2014). Oral Presentation, *Analysis of how dual-tasking effects selected gait variables in older adults with a known relative power*. Co-Investigators: Desire J, Schmuck H, Shaw R, Sanders JI, **Paulson S**. **Finalist for MARC-ACSM Undergraduate Research Award**.
9. Muller, D., Nelson, C., **Paulson, S.**, & Melara, L. (November 1, 2014). Poster Presentation, *Effects of prophylactic ankle taping and bracing on selected kinetic parameters during the vertical jump*.
10. Leonard TM. (November 1, 2013). Oral presentation, *The effects of ankle taping and bracing on agility, vertical jump, and power*. Co-Investigators: Rotay JS, **Paulson S**, Sanders JI.
11. Nelson C. (November 1, 2013). Oral presentation, *The influence of prophylactic ankle strategies on vertical jump performance*. Co-Investigators: **Paulson S**.
12. Kulbitsky A, Bittinger M, Krammer T, Phillips T, **Paulson S**, Braun WA. (November 4, 2011). Poster presentation, *Running economy and biomechanical observations between barefoot and shod running conditions*.
13. Heebner E. (November 4, 2011). Oral presentation, *Effect of ankle taping on joint displacement and range of motion during vertical jump*. Co-investigators: Black T, Newton M, Kern A, McCleaf C, **Paulson S**.
14. Summers E. (November 5, 2011). Oral presentation, *The effects of exercise intensity on blood glucose clearance and blood flow*. Co-investigators: Paylor S, Carden N, Witgenstein K, Sanders JI, **Paulson S**, Braun WA. **Finalist for MARC-ACSM Undergraduate Research Award**.

15. Baldwin T, Samko N, Rensvold K, Merile M, Reilly K, Sanders JI, **Paulson S.** (November 5, 2010). Poster presentation, *Qualitative analysis of vertical jump following a muscle damage protocol.*

GRANTS

I have enthusiastically pursued grant opportunities to support research (total funded = \$7,289), continuing education (total funded = \$3,708.18), travel to professional conferences (total funded = \$14,601.56), and curriculum development (total funded = \$1,250). Additionally, I sought external funding to support campus wellness initiatives (total funded = \$2,700). Below is a curated list of my grant activity. A complete list is available on request.

1. L'Oréal USA For Women in Science Fellowship Program (Requested \$43,000) to fund proposed research project entitled, *Utilizing a Dual-Task Analysis to Assess the Link Between Key Biomarkers and Risk for Alzheimer's Disease* (Not funded, January 2021).
2. Awarded \$1500 Faculty Training and Continuing Education Grant: Support travel to the Selective Functional Movement Assessment Certification Course in Philadelphia, PA. October 2017
3. Awarded \$1400 Travel Grant: Support travel to the annual meeting of the Gerontological Society of America Annual Scientific Meeting in Washington, D.C. October 2014
4. Awarded \$1966.23: Shippensburg University Academic Innovation Conference Grant to attend The Teaching Professor Annual Technology Conference in Atlanta, GA, July 2013
5. Awarded \$2515: Support a research project to examine the relationship between the gait cycle of older adults to reaction time and speed of information processing. May 2012
6. Awarded \$1000: by Pennsylvania Faculty Health and Welfare Fund Health Awareness Grant to fund *Cholesterol and Glucose Screening Days* for employees of Shippensburg University. December 2011
7. Governors' Council on Physical Fitness and Sports GET ACTIVE! Mini Grants (Requested \$2999.24) to fund employee wellness programs to be offered at Shippensburg University (Not funded, January 2011)
8. Awarded \$1000: by Pennsylvania Faculty Health and Welfare Fund Health Awareness Grant to fund a *Fitness Factors Workshop/Demonstration Series* for employees of Shippensburg University during the spring 2010 semester. November 2009
9. Awarded \$700: by Pennsylvania Faculty Health and Welfare Fund Health Awareness Grant to conduct two American Red Cross First Aid Certification classes for Shippensburg University employees. February 2009
10. Awarded \$4774, plus benefits, Faculty Professional Development Council Grant to support a research project entitled, *The Effects of Downhill Running on the Energy Cost and Kinematics of Level Running.* Co-Investigator: Braun WA. April 2007

UNDERGRADUATE STUDENT RESEARCH GRANTS

I have a strong record of success mentoring students through the undergraduate student research grant process at Shippensburg University of PA (Total number of grants: 20; total funded: \$13,609.66). These grants are used to support travel to regional conferences and student-driven

research projects. Below is selected list of undergraduate student research grants. A complete list is available on request.

1. Funded \$578: Williams K, Larney H, Miller H. *Exercise Science - MARC ASCM Biomechanics Conference Presentations*. Support travel to MARC ACSM regional conference. November 2018
2. Funded \$333.20: Cornell, C., Rawa, C., Wise, J., & Oldt, C. Faculty mentors: Forlenza, S.T. & **Paulson, S.** *Effects of Simulated Terrain Running on Gait Variance During Transition to Flat Surface*. Support a research project. October 2016
3. Funded \$785: Jendrzejewski N, Augustine B, Todora J, Price Z, Smith B. *Blood Lactate Levels and the Effects of Recovery Methods on Repeated Sprint Performance*. Support a research project. October 2014
4. Funded \$923: Black T, Newton M, Kern A, McCleaf C, Philips T. *Biomechanical and Physiological Investigations in Exercise Science*. Support two research projects. October 2010
5. Funded \$920: Bloomer LL, Humes WE. *The Effects of Lower Body Water Immersion on Repeated Bouts of Cycling to Fatigue*. Support a research project. October 2007

PROFESSIONAL DEVELOPMENT

Academic Impressions

1. Leading and Influencing as a Department Chair: October 2018. Washington, D.C.
2. Pre-Conference Workshop: Understanding the Department Chair's Many Balancing Acts
3. Post-Conference Workshop: Positive Academic Leadership

Teaching Professor Conference

1. Annual Conference: May 2014. Boston, MA
2. Technology Conference: October 2013. Atlanta, GA

SERVICE

As an active faculty member, I contributed to University, College and Department committees. I have held 20 leadership positions and served as a member on 36 different committees. These have included faculty and staff search committees, curriculum committees, research and scholarship, general education council, athletic master planning committee, community engagement committee, and community college advisory board. Most notably is my service to the National Strength and Conditioning Association as the Board of Directors Sports Medicine Professional position. A short list of sample committees is included, and a complete list is available upon request.

PROFESSIONAL SERVICE

- National Strength and Conditioning Association (NSCA) Foundation Grants Committee
 - Member, July 2023-present
- National Strength and Conditioning Association (NSCA) Board of Directors Sports Medicine Professional, Elected position
 - Board member, July 2020-2023
 - Board Liaison to NSCA Women's Committee, July 2020-July 2023
 - Board Liaison to NSCA Certification Committee, July 2021-July 2023

- Board Liaison to NSCA Nomination's Committee, July 2020-July 2021
- Board Liaison to three Special Interest Groups (SIG), July 2020-July 2021
- Gerontological Society of America
 - Peer reviewer for research abstracts submitted to Annual Scientific Meeting, April 2022
 - Peer reviewer for research abstracts submitted to Annual Scientific Meeting, April 2021
 - Volunteer, Health Science Lapsed Member Outreach Program, June-December 2020
 - Peer reviewer for research abstracts submitted to Annual Scientific Meeting, April 2020
- National Strength and Conditioning Association's (NSCA) Women's Committee
 - Member, July 2017-July 2020
 - Vice Chairperson, July 2015-July 2017
 - Secretary, July 2014-July 2015
 - Organized an early-bird workout, NSCA Mid-Atlantic Regional Conference in Aston, PA, December 2018
 - Round Table Discussion Panelist, NSCA Mid-Atlantic Regional Conference in Aston, PA, December 2017
 - Hosted Committee Meeting, NSCA Mid-Atlantic Regional Conference in Aston, PA, December 2016
- Co-editor of *Keystone Journal of Undergraduate Research*, Spring 2013-2016
 - Facilitated review of 20+ submissions leading to 10+ publications across 3 volumes
 - Responsible for assignment of manuscripts to editors, communication with editors and authors, and review of final layout of accepted manuscripts
 - Created promotional materials for the journal
 - Assisted with the revision and maintenance of the website
- External Program Reviewer
 - Exercise Science Program at Harrisburg Area Community College
 - Department of Kinesiology and Health Studies at University of Central Oklahoma
- Book Reviews
 - *ACSM Research Methods*, Wolters Kluwer Health
 - *Stress and Stress Management*, McGraw-Hill Publishers
 - *Applied Sports Medicine for Coaches*, Lippincott, Williams & Wilkins
- Manuscript Reviewer for the various journals
- Guest reviewer for *Proteus: A Journal of Ideas: Sports, Exercise and Recreation* edition
- Consultant, *Evaluation and Recommendation Strategy for Achieving Greater Success and Service through the 'Fit-For-Life' Program* to assist the Carlisle Area Health and Wellness Foundation evaluate the Carlisle Family YMCA Fit-for-Life program. Co-consultant: WA Braun. Spring 2007

ACADEMIC SERVICE

Mount St. Joseph University

- School of Health Sciences Community Engagement Committee Member: March 2020-January 2021
- Athletic Committee Member: September 2019-January 2021
- Exercise Science Advisory Board Member, Cincinnati State Technical and Community College: August 2019-January 2021

- Knowlton Fitness Center and Harrington Center Planning and Programming Task Force: Spring 2020
- Graduate Council, Department of Athletic Training Representative: Fall 2019

Shippensburg University of PA

- Co-Chair, Provost and Vice President for Academic Affairs Search Committee: Spring 2019
- Coordinator, Exercise Science Department Internship Program: 2018-2019
- Co-Coordinator, Exercise Science Department Internship Program: 2015-2018
- Member, Amplifying Healthcare Leadership and Innovation Committee and Nursing Curriculum Committee, 2018-2019
- Chair, Exercise Science Department Curriculum Committee: 2017-2018
- Co-Coordinator, Exercise Science Department Peer Undergraduate Mentor Program: 2016-2018
- Chair, Exercise Science Department Promotion and Tenure Committee: 2013-2014
- Co-Director, Shippensburg University Center for Faculty Excellence in Scholarship and Teaching (CFEST) Grants Administration: 2015-2018
- Association of Pennsylvania State College and University Faculties (APSCUF) Health and Welfare Specialist: Spring 2008, 2009-2012
- Secretary, Shippensburg University Women's Consortium Executive Committee: 2008-2010

Community Service

These meaningful experiences have included giving lectures, designing fitness-based classes, conducting fitness assessments, and creating experiments at a local elementary school. In addition, I have volunteered to teach over 30 CPR / AED and/or first aid certification courses. The following are some examples of my community engagement-related activities. A complete list is available on request.

1. *Health Professional Career Options* presentation at Lawrenceburg High School, March 3, 2020
2. *Health and Wellness Careers* presentation at Harrison High School, November 21, 2019
3. *Nutritional Tips for Healthy Eating* at Volvo CE, Health & Wellness Week, October 31, 2018
4. *Stress Management* at Greencastle-Antrim High School Peer Leader Group, January 19, 2015
5. Organized two five-week *Posture/Corrective Movement Exercise* Classes. Each class meet twice a week for 45 minutes, October-November 2010
6. *Exercises Geared to Improve Balance* at Shippensburg University - *Fitness Factors Workshop/Demonstration Series*, March 23, 2010
7. Developed an *Active Lifestyle* program for the Girl Scouts, Twin Valley Summer Camp for Brownies and Girl Scouts. June 19, 2008
8. Developed a *Walking Works! Booklet* for the Wellness Initiative Walking Program for Faculty and Staff at Shippensburg University, April 2008
9. Developed two activities, *Newton's Laws of Motion Activity: A Science Investigation* and *Balance and Body Systems: A Science Investigation* for Family Science Night, Nancy Grayson Elementary School, Shippensburg, PA. April 19, 2007

10. Volunteer athletic trainer at for eight varsity boys' basketball games and three junior varsity boys' basketball games at Scotland School for Veterans' Children. December 2006 - January 2007

Honors and Awards

- Recognized as a mentor by 10 Shippensburg University student-athletes at annual recognition luncheons: 2019, 2018, 2016, 2015, 2012
- Teaching Innovations in Pedagogy and Scholarship (TIPS) Award Winner: Fall 2016
- Awarded the National Athletic Trainers' Association Doctoral Scholarship: 2004-2005
- Awarded the Outstanding Doctoral Student Award from the Exercise Science Program at the University of Arkansas: 2005
- Awarded the Chairperson's Award in the Sports Medicine Program at the University of Detroit Mercy: 1999

COURSES TAUGHT

University of Arkansas

- Terminology for the Health Professions

Mount St. Joseph University

- Pathways to the Health Professions
- Foundations of Wellness
- Foundations of Health and Exercise Science
- Health Systems and Health Promotion
- Research in Health Sciences
- Health and Wellness Practicum
- Biomechanical Analysis of Human Movement
- Exercise Physiology
- Exercise Physiology Lab

Shippensburg University | * Online and face-to-face

- Exercise Science Seminar for First-Year Students
- Stress Management*
- Organization and Administration for Fitness and Sports Facilities*
- Mechanical Analysis of Sport Skills
- Biomechanics
- Prevention and Care of Athletic Injuries
- Research Design and Statistics for Exercise Science
- Selected Topics: Case Studies
- Selected Topics: Child and Infant CPR
- Selected Topics: Group Exercise Instruction
- Selected Topics: Ergogenic Aids
- Internship

Northeastern State University

- Kinesiology
- Care of Athletic Injuries
- Athletic Training Clinical Instruction I
- Rehabilitation of Athletic Injuries