

# REBECCA WELLER

## Curriculum Vitae

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### EDUCATION

**B.S. Kinesiology, Psychology Minor (May 2016)**

Washington State University

**M.S. Exercise Physiology (Dec 2018)**

**M.S. Nutritional Sciences**

San Diego State University

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### PROFESSIONAL EXPERIENCE

**Human Performance Research Assistant** (*December 2018-current*)

**Naval Health Research Center- San Diego, CA**

- Thermal physiology and exercise physiology research

**Teaching Associate** (*August 2017-December 2018*)

**Exercise and Nutritional Sciences**

**San Diego State University- San Diego, CA**

- Lab instructor for ENS304L: Exercise Physiology Laboratory course
- Co-lab instructor for DPT830: Cardiopulmonary Therapeutics (August 2018-December 2018)

**Associated Faculty** (*August 2019-December 2019*)

**Doctor of Physical Therapy Program**

**San Diego State University- San Diego, CA**

- Co-Lab instructor for DPT830: Cardiopulmonary Therapeutics

**Physiology Research Intern** (*June 2017-December 2018*)

**Naval Health Research Center- San Diego, CA**

- Thermal physiology and exercise physiology research

**Research Assistant** (*January 2017- December 2019*)

**Frederick William Kasch Laboratory**

**San Diego State University- San Diego, CA**

- The effect of Heat Acclimation on Sweat Calcium Concentration
- The effect of Heat Acclimation on Sweat Lactate Concentration
- Heat Acclimation Causes a Linear Decrease in Sweat Sodium Ion Concentration

**Graduate Assistant** (*January 2017-December 2018*)

**Exercise and Nutritional Sciences**

### **San Diego State University- San Diego, CA**

- Co-teaching courses, grading, proctoring exams, and assisting students with Fabio Comana for: ENS434 (Promotion of Physical Activity and Healthy Eating), ENS401 (Musculo-skeletal Fitness), ENS331 (Exercise Nutrition for Health and Fitness), ENS432 (Exercise Fitness & Health)

### **Research Assistant and Project Coordinator** *(March 2015-May 2016)*

#### **Exercise Physiology & Performance Laboratory (EPPL)**

#### **Washington State University- Pullman, WA**

- Research coordinator for, “Physical Activity Self-Efficacy and Outcome Expectancy during Pregnancy” (PI – C. Connolly)
- Regularly assist with graded exercise testing for WSU intercollegiate athletes

### **Research Assistant** *(February 2016-May 2016)*

#### **Psychology of Physical Activity Laboratory**

#### **Washington State University- Pullman, WA**

- Data verification for, “Lincoln Middle School in Pullman Physical Education Study”
- Collaborate the beginning efforts for a variety of mindfulness and physical activity motivation in exercise projects

### **Academic Tutor** *(May 2015-May 2016)*

#### **Department of Athletics**

#### **Washington State University- Pullman, WA**

- Provide academic tutoring for the courses of Human Physiology, Human Anatomy, Nutrition, Kinesiology, and Public Speaking
- Completion of College Reading and Learning Association (CRLA) training

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## **ACADEMIC PRESENTATIONS**

### **American College of Sports Medicine**

- *U.S. Navy Physical Readiness Test Modality Pilot Study*  
Presented at the Annual National Meeting (June 2019, Orlando, FL)  
Poster Session
- *Relationships between Preference for Proxy Assistance and Self-Efficacy for Various Modalities of Pregnancy Physical Activity*  
Presented at the Annual National Meeting (June 2016, Boston, MA)  
Thematic Poster Session  
Presented at American College of Sports Medicine Regional meeting  
Poster Session (April 2016, Tacoma, WA)

### **Showcase for Undergraduate Research and Creative Activities**

#### **Washington State University**

- *Relationships between Preference for Proxy Assistance and Self-Efficacy for Various Modalities of Pregnancy Physical Activity*

Poster Presentation-March 2016

**Bruya-Wood Semiannual Academic Conference  
Kinesiology Programs, College of Education, Washington State University**

- *Thermoregulation in Pregnancy; Exercise Considerations*  
Poster Presentation-May 2016
  - *Practical Significance of Geriatric Exercise Concerning Bone Mineral Density*  
Poster Presentation – May 2015
  - *Increase in Adipose Tissue and its Impact*  
Poster Presentation – December 2012
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## **PUBLICATIONS**

- Wilson K, Jones J, **Weller R**, Ordille A, Laird M, Heaney J. Accuracy of Body Fat Estimations Using Circumference and Air Displacement Plethysmograph on Male Navy Sailors *Medicine & Science in Sports & Exercise* (ACSM) Annual Meeting; 2019
- Ordille AJ, Jones DM, **Weller RS**, Wilson KM, Heaney JH. Interpretations of Physiological Strain Index During Heat Tolerance Testing *Medicine & Science in Sports & Exercise* (ACSM) Annual Meeting; 2019
- **Weller RS**, Jones DM, Wilson KM, Ordille AJ, Hirsch DA, Fraser JJ, Viboch TB, Wolf AJ, Costantini VM, Clifford, H, Heaney JH, Laird MD. U.S. Navy Physical Readiness Test Modality Pilot Study *Medicine & Science in Sports & Exercise* (ACSM) Annual Meeting; 2019
- Jones DM, Ordille AJ, Zheng W, **Weller RS**, Wilson KM, Heaney JH. Physiological and Perceptual Markers of Performance during a Military Cold-Water Immersion and Rewarming Exercise *International Conference of Environmental Ergonomics* Annual Meeting; 2019
- Ordille AJ, Jones DM, **Weller RS**, Wilson KM, Heaney JH. Heat Tolerance and a Plateauing Core Temperature: Evidence for an Extended Heat Tolerance Test *International Congress on Soldiers' Physical Performance* Triennial Meeting; 2020 (Approved for Presentation)
- Jones DM, Ordille AJ, **Weller RS**, Wilson K, Dunn T, Hirsch D, Eggan S, Roberts N, Heaney J. Impairment and Recovery of Psychomotor Tasks during a Military Cold Water Immersion and Rewarming Exercise *International Congress on Soldiers' Physical Performance* Triennial Meeting; 2020 (Approved for Presentation)
- Zheng W, Ordille A, Jones D, **Weller RS**, Wilson KM, Heaney JH. Temporal

Dynamics of Cognitive Operations during a Military Cold Water Immersion and Rewarming Exercise *International Congress on Soldiers' Physical Performance Triennial Meeting; 2020 (Approved for Presentation)*

- Buono, M, Kolding, M, Leslie, E, Moreno, D, Norwood, S, Ordille, A, **Weller, RS.** Heat Acclimation Causes a Linear Decrease in Sweat Sodium Ion Concentration. *Journal of Thermal Biology*
  - Connolly, C, **Weller, RS.** Relationships Between Preference for Proxy Assistance and Self-Efficacy for Various Modalities of Pregnancy Physical Activity (2016)  
*International Journal of Exercise Science: Conference Proceedings*
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## **PROFESSIONAL AFFILIATIONS**

- American College of Sports Medicine  
Southwest Chapter (Current)  
Northwest Chapter (2016)
- San Diego State University Student Nutrition Organization (SNO)  
(2016-2017)