

Susan S. Levy

School of Exercise and Nutritional Sciences, San Diego State University, San Diego, CA 92182-7251  
(619) 594-5672 slevy@mail.sdsu.edu

### Education

Bachelor of Arts, Psychology; Connecticut College, New London, CT

Master of Arts, Psychology; John F. Kennedy University, Orinda, CA; 1996

Ph.D., Human Performance, Sport and Exercise Psychology concentration;  
Oregon State University, Corvallis, OR; 2001

### Professional Experience

2010 – present Professor, School of Exercise and Nutritional Sciences,  
San Diego State University, San Diego, CA.  
Fellow: SDSU Center on Aging

2005 – 2009 Associate Professor, Dept. of Exercise and Nutritional Sciences,  
San Diego State University, San Diego, CA.

2001 – 2005 Assistant Professor, Dept. of Exercise and Nutritional Sciences,  
San Diego State University, San Diego, CA.

1997 – 2001 Graduate Teaching Assistant, Dept. of Exercise and Sport Science, Oregon State  
University, Corvallis, OR.

1989 – 1993 Computer Software Engineer; Fireman's Fund Insurance Co., Novato, CA

1986 – 1989 Computer Software Engineer; AT & T; East Brunswick, NJ

1982 – 1985 Computer Software Engineer; Toys 'R' Us, Rochelle Park, NJ

### Publications – Refereed Journals

(\* = student authors)

1. Gaylis, F. Nasser, R., Levy, S.S., Prime, H., Dijeh, U., Prock, D., Dato, P., Cohen, E., & Kane, C. (*in press*). Leveraging the electronic medical record improves prostate cancer clinical staging consistency in a community practice. *Urology Practice*.
2. Bordessa, J., Hearn, M., Reinfeldt, A., Smith, T., Baweja, H., Levy, S.S. Rosenthal, M.D. (*in press*). Comparison of blood flow restriction devices and their effect on quadriceps muscle activation. *Journal of Strength and Conditioning Research*.
3. Thralls, K.J., Levy, S.S. (*in press*). Stand Up Now: A sedentary behavior intervention in older adults of moderate-to-low physical function. *Journal of Aging and Physical Activity*.
4. Nogg, K.A.\*, Vaughn, A.A., Levy, S.S., Blashill, A. J. (*in press*). Motivation for physical activity among U.S. adolescents: A self-determination theory perspective. *Annals of Behavioral Medicine*.
5. Gaylis, J.\*, Levy, S.S., Hong, M.Y. (*in press*). Relationships between body weight perception, Body Mass Index, Physical Activity, and Food Choices in Southern California Male and Female Adolescents. *International Journal of Adolescence and Youth*. doi: 10.1515/ijamh-2017-0067. [Epub ahead of print]
6. Ortega, S., Ibarra, S., Pierce, R., Levy, S.S., Gombatto, S. (2020). Kinematic and kinetic factors associated with leg reach asymmetry during the star excursion balance test in Division I athletes. *Physical Therapy in Sport*, 45: 63-70.
7. Levy SS, Thralls KJ\*, Goble DJ, Krippes T.\* (2020). Effects of a community-based exercise program on older adults' physical function, activities of daily living, and exercise self-efficacy: Feeling Fit Club. *Journal of Applied Gerontology*, 39 (1), 40-49.
8. Thralls KJ\*, Levy SS. (2018). The Relationship between self-reported adherence to physical activity recommendations and criteria for maintaining physical independence of older adults. *Journal of Aging and Physical Activity*, 26(2), 171-176.

9. Levy SS, Thralls KJ\*, Kviatkovsky SA.\* (2018). Validity and reliability of a portable balance tracking system, BtrackS in older adults. *Journal of Geriatric Physical Therapy*, 41(2),102-107.
10. Gaylis JB\*, Levy SS, Kviakovsky S\*, DeHamer R\*, Hong MY. (2017). Relationships between physical activity, food choices, gender, and BMI in Southern California Teenagers. *International Journal of Adolescent Medicine and Health*. doi: 10.1515/ijamh-2017-0067
11. Hearn, M.C.\*, Levy, S.S., Baweja, H.S., & Goble, D.J. (2017). The BTrackS Balance Test for concussion management is resistant to practice effects. *Clinical Journal of Sport Medicine*. doi: 10.1097/JSM.0000000000000435.
12. Mitchell, K., Porter, M., Anderson, L, Phillips, C., Arceo, G., Montz, B.S., Levy, S.S., Gambatto, S. (2017). Differences in lumbar spine and lower extremity kinematics in people with and without low back pain during a step-up task: a cross-sectional study. *BMC Musculoskeletal Disorders*, 18:369.
13. Simmons R, Levy SS, Simmons NK. (2017). A longitudinal assessment of standing balance in healthy adults. *Experimental Aging Research*, 43(5), 467-479.
14. Coleman, KJ, Caparosa, SL, Nichols, JF, Fujioka, K, Koebnick, C, McCloskey K, Xiang, AH, Levy SS. (2017). Understanding the capacity for exercise in post-bariatric patients. *Obesity Surgery*, 51-58.
15. Cone, B.L.\* , Levy, S.S., & Goble, D.J. (2015). Wii Fit exer-gaming improves sensory weighting and dynamic balance mechanisms. *Gait & Posture*, 42, 711-715.
16. Watkins, P.L., Ebbeck, V., Levy, S.S. (2014). Overcoming Weight Bias: Promoting physical activity and psychosocial health. *Ethnicity and Inequalities in Health and Social Care*,7,187-197.
17. Chang J\*, Levy SS, Seay SW\*, Goble DJ. (2014). An alternative to the Balance Error Scoring System: Using a low-cost balance board to improve the validity/reliability of sports-related concussion balance testing. *Clinical Journal of Sports Medicine*.24,256-262.
18. Marshall SJ, Nicaise V\*, Ji M, Huerta C, Haubenstricker J, Levy SS, Ainsworth B, Elder J. (2013). Using step cadence goals to increase moderate-to-vigorous physical activity. *Medicine & Science in Sports and Exercise*. 45, 592-602.
19. Nguyen, T.T., Levy, S.S., Riley, E.P., Thomas, J.D., Simmons, R.W. (2013). Children with heavy prenatal alcohol exposure experience reduced control of isotonic force. *Alcoholism: Clinical and Experimental Research*, 37, 315-324.
20. Levy, S.S., Macera, C.A., Hootman, J., Coleman, K.J., Lopez, R., Nichols, J.F., Marshall, S.J., Ainsworth, B.A., Ji, M. (2012). Evaluation of a multi-component group exercise program for adults with arthritis: Fitness and Exercise for People with Arthritis (FEPA). *Disability and Health Journal*, 5, 305-311.
21. Simmons, R.W., Nguyen, T.T., Levy, S.S., Thomas, J.D., Riley, E.P., and Mattson, S.N. (2012). Children with heavy prenatal alcohol exposure exhibit deficits when regulating isometric force. *Alcoholism: Clinical and Experimental Research*, 36, 302-309.
22. Simmons, R.W., Madra, N.J., Levy, S.S., Riley, E.P., & Matson, S.N. (2011). Coregulation of movement speed and accuracy by children with heavy prenatal alcohol exposure. *Perceptual and Motor Skills*, 112: 172-182.
23. Lee, Y-S., Levy, S.S. (2011). Gender and income associations in physical activity and blood pressure among older adults. *Journal of Physical Activity and Health*, 8,1-9.
24. Simmons, R.W., Thomas, J.D., Levy, S.S., & Riley, E.P. (2010). Motor response programming and movement time in children with heavy prenatal alcohol exposure. *Alcohol*, 44: 371-378.
25. Levy, S.S., Li, K-K.\*, Cardinal, B.J., & Maddalozzo, G.F. (2009). Transitional Shifts in Exercise Behavior among Women with Multiple Sclerosis. *Disability and Health Journal*, 29, 216-223.
26. Levy, S.S., & Readdy, R.T.\* (2009). Reliability of the International Physical Activity Questionnaire: Past 7-day self-administered long version designed for research settings. *Measurement in Physical Education and Exercise Science*, 13, 191-205.
27. Cipriani, D., Noone, Wiksten, D, & Levy, S.S. (2009). Reliability and validity of a partial weight bearing measure. *North American Journal of Sports Physical Therapy*, 4, 49-59.

28. Simmons, R.W., Levy, S.S., Riley, E.P., Madra, N.M.\*, & Mattson, S.N. (2009). Central and peripheral timing variability in children with heavy prenatal alcohol exposure. *Alcoholism: Clinical and Experimental Research*, 33, 400-407.
29. Marshall, S.J., Levy, S.S., Ainsworth, B.E., Kolkhorst, F., Tudor-Locke, C., Macera, C.A., Wooten K.\* & Ji, M (2009). Translating physical activity recommendations into a pedometer-based step goal: 3000 steps in 30 minutes. *American Journal of Preventive Medicine*, 36,410-415.
30. Michalewicz, B.A.\*, Chan, T.C., Vilke, G.M., Levy, S.S., Neuman, T.S., & Kolkhorst, F.W. (2007). Ventilatory and metabolic demands during aggressive physical restraint in healthy adults. *Journal of Forensic Sciences*, 52, 171-175.
31. Barkai, H-S.\*, Nichols, J.F., Rauh, M.J., Barrack, M.T., Lawson, M.J., & Levy, S.S. (2007). Influence of sports participation and menarche on bone mineral density of female high school athletes. *Journal of Science and Medicine in Sport*, 10, 170-179.
32. Marshall, S.J., Jones, D.A., Ainsworth, B.A., Reis, J.P.\*, Levy, S.S., Macera, C.A., Kohl, H.W. (2007). Race/ethnicity and leisure time physical inactivity: moderating effects of social class and occupational physical activity. *Medicine & Science in Sports and Exercise*, 39, 44-51.
33. Levy, S.S., & Cardinal, B.J. (2006). Factors associated with transitional shifts in college students' physical activity behavior. *Research Quarterly for Exercise and Sport*, 77, 476-485.
34. Simmons, R.W., Thomas, J.D., Levy, S.S., & Riley, E.P. (2006). Motor response selection in children with fetal alcohol spectrum disorder. *Neurotoxicology and Teratology*, 28, 278-285.
35. Levy, S.S., & Ebbeck, V. (2005). The exercise and self-esteem model in adult women: The inclusion of physical acceptance. *Psychology of Sport & Exercise*, 6, 571-584.
36. Watkins, P.L., Ebbeck, V., Levy, S.S. (2005). Feel Wonderful Fitness: A tailored exercise program for larger women. *Health at Every Size*, 19, 101-120.
37. San Juan, B.G.\*, Yaggie, J.A., Levy, S.S., Mooney, V., Udermann, B.E., & Mayer, J.M., (2005). Effects of pelvic stabilization on lumbar muscle activity during dynamic exercise. *Journal of Strength and Conditioning Research*, 19, 903-907.
38. Levy, S.S., & Cardinal, B. J. (2004). Effects of a self-determination theory based mail-mediated intervention on adults' exercise behavior. *American Journal of Health Promotion*, 18, 345-349.
39. Kolkhorst, F.W., Rezende, R.S.\*, Levy, S.S., & Buono, M.J. (2004). Effects of sodium bicarbonate on VO2 kinetics during heavy exercise. *Medicine and Science in Sports and Exercise*. 36, 1895-1899.
40. Ebbeck, V., Watkins, P. L., & Levy, S.S. (2004). The self-conceptions and health behaviors of larger women: Examining the mediating role of affect. *Women in Sport and Physical Activity Journal*, 13, 27-38.
41. Nichols, J.F., Palmer, J.E.\*, & Levy, S.S. (2003). Low bone mineral density in highly trained male master cyclists. *Osteoporosis International*, 14, 644-649.
42. Levy, S.S. (2002). Women and the personal meaning of competition: A qualitative investigation. *Women in Sport and Physical Activity Journal*, 11, 107-125.
43. Cardinal, B.J., Levy, S.S., John, D., & Cardinal, M. (2002). Physician's counseling for physical activity. *The American Journal of Medicine and Sport*, 4, 364-371.
44. Cardinal, B.J., Jacques, K., & Levy, S.S. (2002). An evaluation of a university course aimed at promoting exercise behavior. *Journal of Sports Medicine and Physical Fitness*, 42, 113-119.
45. Cardinal, B.J., & Levy, S.S. (2000). Are sedentary behaviors terminable? *Journal of Human Movement Studies*, 38, 137-150.
46. Cardinal, B.J., & Levy, S. S. (1999). Celebrating 100 years of women in physical activity and sport. *Oregon Journal for Health, Physical Education, Recreation, and Dance*, 34, 8-9, 17-18.

#### Manuscripts in Review

1. Brophy, M., Thralls, K.J., & Levy, S.S. (*in review*). Construct validity and internal consistency reliability of the BTrackS Assess Balance System in pre-clinically disabled older adults. *Aging Clinical and Experimental Research*.

2. Salmons, H.\*, Thralls, K.J.\*, & Levy, S.S. (*in review*). Construct validity and reliability of a social isolation scale in preclinically disabled older adults. *Aging and Mental Health*.
3. McCarty, K., Kennedy, W., Logan, S., Levy, S. (*in review*). Examining the relationship between falls self-efficacy and postural sway in community-dwelling older adults. *Journal of Aging and Physical Activity*.
4. Ball C, Levy SS, Prime H, Cohen E, McGill K, Dato P, Gaylis F. (*in review*). Cost comparison managing low risk prostate cancer. *Urology*.
5. Chandrasekaran, A., Groven, S., Molparia, B., Akstar, E. Xiaoyun Wang, X., Lewis, J.D., Chang, J.T., Levy, S.S., Oliveira, G., Diamant, C., Singh, E., Torkamani, A., Konijeti, G.G. (*in review*). The Autoimmune Protocol Diet Improves Patient-Reported Outcomes and Modifies Intestinal RNA Expression in Inflammatory Bowel Disease. *World Journal of Gastroenterology*.

### Grants and Funding

NIH – National Institute of Diabetes Digestive and Kidney Diseases 10/11-9/13

Coleman, K. (PI) Kaiser-Permanente, Pasadena, CA

*Fitness and Exercise for Post-bariatric Patients (FEPP)* \$250,000 over 2 years

The purpose of this two-year project is to modify the *Fitness and Exercise for People with Arthritis (FEPA)* previously developed by our San Diego team of researchers, and evaluate the effects of the modified program in individuals who have undergone gastric bypass surgery. The program would be implemented here in San Diego, using patients from the San Diego Kaiser Hospital post-bariatric surgery register. While bariatric surgery has been successful in bringing about accelerated weight-loss, there is a need for research investigating strategies to counteract the muscle loss accompanying accelerated weight-loss, as well as strategies for weight loss maintenance. This project will evaluate the effects of the modified exercise program on muscle, bone, and physical self-perceptions.

Role on project: Principal Investigator - SDSU subcontract

NIH - National Institute on Alcohol Abuse and Alcoholism. 10/09 – 10/11

Simmons (PI)

Prenatal exposure to alcohol and force regulation \$411,125 over 2 years

The purpose of this 2-year project is to evaluate the effect of prenatal exposure to alcohol on the central and peripheral systems involved in force regulation.

Role on project: Co-Investigator (statistical)

Centers for Disease Control and Prevention: American Schools of Public Health 10/08 – 9/10

Macera (PI): Graduate School of Public Health

*Choosing Arthritis Specific Appropriate Physical Activity (CASAPA)* \$429,477 over 2 years

The overall objective of this two-year project is to develop and evaluate the efficacy of a brief theory-based psycho-behavioral educational intervention designed to increase the knowledge, skills, and confidence for selecting arthritis- appropriate physical activity in individuals with arthritis. Additionally, the project will evaluate the effect of the intervention on physical activity intention and participation, and sustainability of the intervention in the community.

Role on project: Co-Principal Investigator

Centers for Disease Control and Prevention: American Schools of Public Health 10/04 – 9/07

Macera(PI): Graduate School of Public Health

*Fitness and exercise for people with arthritis: FEPA.* \$782,000 over 3 years

The purpose of this project is to investigate the efficacy and sustainability of an exercise program designed to increase functional fitness and related physical self-perceptions in individuals with arthritis.

Role on project: Co-Principal Investigator

Centers for Disease Control and Prevention. Marshall (PI). 10/04 – 9/07

Pedometers and step-counters for physical activity promotion \$551,000 over 3 years  
The goals of this study are to examine the efficacy of a walking-based intervention to promote physical activity in a Latino community sample.  
Role on project: Co-Investigator

NIH - National Institute on Alcohol Abuse and Alcoholism. Simmons (PI) 7/04 – 6/06  
Prenatal exposure to alcohol and motor timing behavior. \$217,000 over 2 years  
The purpose of this project is to evaluate the effect of prenatal exposure to alcohol on the central and peripheral systems involved in motor timing behavior.  
Role on project: Co-Investigator (statistical)

VIASYS Healthcare. Kolkhorst (PI) 2005-2006  
Validation of the SensorMedics Vmax Encore Metabolic Measurement System; in kind donation of a \$66,000  
Role on project: Co-Principal Investigator

California Department of Education. Ainsworth (PI) 2/04 – 12/06  
Relationship between physical fitness and academic achievement in middle-school youth.  
The purpose of this project is to identify the association between physical fitness and academic achievement in Math and English in 5<sup>th</sup>, 7<sup>th</sup>, and 9<sup>th</sup> graders enrolled in California public schools.  
Role on project: Co-Investigator

SDSU Research, Scholarship, and Creative Activity Grant. Levy (PI) 2004  
Effects of a Community-based Program for New Mothers on Physical Self-perceptions, Affect, and Exercise Behavior. \$3,675  
Role on project: Principal Investigator

SDSU Faculty Development Program. Levy (PI) 2003  
Validation of the International Physical Activity Questionnaire: Past 7-day self-administered long version designed for research settings. \$1,632  
Role on project: Principal Investigator

SDSU Research, Scholarship, and Creative Activity Grant. Levy (PI) 2002  
The role of physical acceptance in the exercise self-esteem relationship. Summer stipend.  
Role on project: Principal Investigator

### **Grants – Unfunded**

NIH - National Institute on Aging R21 Levy, S (PI)  
Disseminating a Wii-Fit Balance and Active Seniors program in Community Settings  
Significance. The purpose of this grant proposal is to examine the dissemination of a Wii Fit balance game intervention “Wii Fit Balance and Active Seniors program (Wii-BAAS)” delivered in community settings through collaboration with established community partners serving older adults in the San Diego County area. We will evaluate the reach, effectiveness, adoption, implementation, and maintenance of the Wii Fit Balance intervention using the RE-AIM framework for program evaluation. We will evaluate the feasibility, sustainability, and cost-effectiveness of the community-delivered intervention, identifying factors that facilitate successful community partner capacity to support long-term program maintenance.  
Role on project: Principal Investigator

NIH – National Heart Lung and Blood Institute (HIV/HLB Diseases) R01 Blashill (PI)  
Behavioral Activation to Prevent Cardiovascular Disease Risk Among People Living with HIV.  
This grant proposal will examine the efficacy of a multi-armed intervention using a behavioral activation

approach to counseling people living with HIV to reduce depression and increase physical activity level. This proposal is a resubmission of a previously scored (below funding payline) addressing reviewers' concerns in previous submission.

Role on project: Co-Investigator

NIH – National Institute of Arthritis, Musculoskeletal and Skin Diseases R01 Maluf (PI)  
Prognostic Indicators of Transition to Chronic Neck Pain

The purpose of this grant proposal is to examine the predictors of transition to chronic neck pain in Hispanic and non-Hispanic individuals, specifically examining the roles of sedentary behavior, central pain modulation, depressed and/or anxious mood, and pain sensitivity, using advanced modeling techniques. Comparisons of the relative contributing roles of these predictors in Hispanic and non-Hispanic groups will provide valuable prevention and treatment strategies to clinicians treating those with or at risk for the development of chronic neck pain.

Role on project: Co-Investigator

NIH - National Institute on Alcohol Abuse and Alcoholism. Simmons (PI) 10/10/2013

Screening Device to Identify Children with Prenatal Alcohol Spectrum Disorder

A screening device will be developed to be given to children in large community settings.

Role: Co-Investigator

NIH – National Institute of Neurological Disorders and Stroke (R01), Jeanne Thompson (PI)

Title: Evaluating and improving motor control in autism through exercise

Aim: Virtual-reality gaming will be used as a means of improving motor impairments in children with autism spectrum disorder.

Role: Co-investigator

NIH – Eunice Kennedy Shriver National Institute of Child Health & Human Development

Moy (PI): UCSD / SDSU Department of Psychology

The Pacific Islander Physical Activity Questionnaires: Validity and Reliability

The purpose of this project is to examine the measure characteristics of the short and long versions of the Pacific Islander Physical Activity Questionnaires (PIPAQ). These questionnaires represent modifications for Pacific Islander cultural appropriateness of the previously validated short and long forms of the International Physical Activity Questionnaires. Test-retest reliability will be examined over a 4 day period, and construct validity will be examined using the Actiheart physical activity objective monitoring device.

Role on project: Co-Investigator

Doris A. Howell Foundation.

Women's Health Research Community Engagement Initiative

Developing a Gender-sensitive Health Intervention for Underserved Older Adult Women: A Client-centered Approach to Age-Friendly Initiatives

The purpose of this project to conduct a comprehensive needs assessment of underserved older adult women living in Chula Vista, and develop a community-based gender-sensitive intervention to improve health-related outcomes.

Role on project: PI

### *Publications – Book*

Levy, S.S., Lopez, R., Macera, C.A., & Nichols, J.F. (2009). Fitness and Exercise for People with Arthritis: Instructors Training Guide. San Diego State University; 2008.

## Publications – Book Chapters

Ainsworth, B.E., & Levy, S.S. (2005). Assessment of health-enhancing physical activity: Methodological issues. In P. Oja & J. Borms (Eds.), *Health-Enhancing Physical Activity*. Berlin, Germany:ICSSPE/CIEPSS.

## Published Abstracts

Thralls K.J., Levy S.S. Stand Up Now: A sedentary behavior intervention in older adults of moderate-to-low physical function. Abstract accepted (meeting cancelled – COVID) 2020 Annual American College of Sports Medicine Conference; San Francisco, CA. [*Medicine in Science and Sports and Exercise Abstracts Supplement*]

Thralls KJ, Levy SS. Sedentary behavior of low-moderate functioning older adults as measured by the activPAL™: Compliance and acceptability. Abstract accepted (meeting cancelled – COVID) 2020 Society of Behavioral Medicine Annual Meeting; San Francisco, CA. [*Annals of Behavioral Medicine Abstracts Supplement*]

Levy, S.S., Thralls, K., Carmody K., Krippes, T.B. Effects of a community-based exercise program on physical function and exercise-related outcomes in older adults. *Ann Behav Med* 2017;51(Suppl 1).

Levy, S.S., Thralls, K., Goble, D. Reliability and validity of a portable balance tracking system BTrackS in older adults *Ann Behav Med* 2016;50(Suppl 1),S251.

Thralls, K., Levy, S.S., Carmody, K., Smith, K. An effective exercise intervention to improve physical function in community-dwelling older adults *Ann Behav Med* 2016;50(Suppl 1),S319.

Gaylis F, Gaylis J, McGill K, Van SJ, Prime H, Essakow J, Calabrese R, Levy SS, Dato P. Compliance with evidence based bone health management in men on chronic ADT: opportunities for improvement. *J Urology* 2016;195(4S):e655.

Winters-Stone KM, Dobek J, Bennett JA, Levy SS. (2014).Mental health influences breast cancer survivors' perceived physical function and physical activity participation. *Medicine and Science in Sports and Exercise*, (Suppl).

Simmons, R.W., Ashrafi, A., Nguyen, T.T., Levy, S.S., Thomas, J.D., & Riley, E.P. (2010). Frequency response characteristics of isometric force regulation in children with prenatal alcohol exposure. *Society for Neuroscience Abstracts*, Chicago IL.

Nguyen, T.T., Simmons, R.W., Levy, S.S., Thomas, J.D., & Riley, E.P. (2010). Regulation of isotonic force in children with and without heavy prenatal alcohol exposure. *Society for Neuroscience Abstracts*, Chicago IL.

Levy, S.S., & Walder, A.M. (2008). Psychometric characteristics of Internet versions of physical activity related questionnaires. *Research Quarterly for Exercise and Sport*, 79 (Suppl. 1).

Simmons, R.W., Levy, S.S., Riley, E.P., Madra N.J., & Mattson, S.N. (2008). Variability of motor timing in children prenatally exposed to alcohol. *Alcoholism: Clinical & Experimental Research*, 32,(6 Suppl).

Marshall, S.J., Levy, S.S., Ainsworth, B.E., Kolkhorst, F., Tudor-Locke, C., Macera, C.A., Wooten, K., & Ji, M. (2007). Translating CDC/ACSM physical activity recommendations into pedometer-based step indices. *Medicine and Science in Sports and Exercise*, 39 (5 Suppl).

- Bouton, K.D., Vilke, G.M., Chan, T.C., Sloane, C., Levine, S., Neuman, T.S., Levy, S.S., & Kolkhorst. (2007). Physiological effects of a five second TASER exposure. *Medicine and Science in Sports and Exercise*, 39 (5 Suppl).
- Levy, S. S., & Cardinal, B. J. (2006). Factors Associated With Transitional Shifts in College Students' Physical Activity Behavior. *Research Quarterly for Exercise and Sport*, 77 (Suppl. 1).
- Mayer, J.M., Ahlf, C., Mooney, V., Verna, J.L., Levy, S., Yaggie, J., & Udermann, B.E. (2006). Factor structure of a self-report measure of functional ability. *Medicine and Science in Sports and Exercise* 38 (Suppl)
- Michalewicz, B.A., Chan, T.C., Vilke, G.M., Levy, S.S., Neuman, T.S., & Kolkhorst, F.W. (2006). Ventilatory and metabolic demands during aggressive physical restraint in healthy adults. *Medicine and Science in Sports and Exercise* 38 (Suppl).
- Simmons, R.W., Thomas, J.D., Levy, S.S., & Riley, E.P. (2005). Prenatal exposure to alcohol and motor response programming. *Alcoholism: Clinical & Experimental Research*, 29,(5 Suppl).
- Levy, S.S., & Readdy, R.T. (2004). Reliability of the International Physical Activity Questionnaire: Past 7-day self-administered long version designed for research settings. *Research Quarterly for Exercise and Sport*, 75 (Suppl. 1), A-40.
- Lawson, M., Nichols, J., Barkai, S., Rauh, M., Levy, S., & Barrack, M. (2004). Influence of sport on bone mineral density of female high school athletes. *Medicine and Science in Sports and Exercise* 36 (Suppl. 5).
- Kolkhorst, F.W., R.S. Rezende, S.S. Levy, & M.J. Buono. (2004) Effect of blood pH on VO<sub>2</sub> kinetics during high-intensity exercise. *Medicine and Science in Sports and Exercise* 36 (S5).
- Levy, S.S., & Ebbeck, V. (2003). Influence of exercise on self-perceptions in adult women. *Research Quarterly for Exercise and Sport*, 74 (Suppl. 1), A-65.
- Levy, S.S. (2002). The effect of a mail-mediated intervention on exercise behavior. *Research Quarterly for Exercise and Sport*, 73(Suppl. 1), A-92.
- Cardinal, B.J., Jacques, K.M., & Levy, S.S. (2001). Evaluation of a university course aimed at promoting exercise behavior. *Association for the Advancement of Applied Sport Psychology 2001 Conference Proceedings*, 78.
- Maddalozzo, G.F., Cardinal, B.J., Fuller, A.A., Stark, S.L., Fox, S., Winters, K.M., Levy, S.S., & Snow, C.M. (2001). Concurrent validity of the Bod Pod and dual energy x-ray absorptiometry techniques for assessing the body fat percentage in young women [Abstract No. 84]. *Medicine and Science in Sports and Exercise*, 38(Suppl. 5), S16.
- Levy, S.S., Ebbeck, V., & Watkins, P. L. (2001). Effects of a tailored exercise program for larger women on social psychological variables. *Research Quarterly for Exercise and Sport*, 72(Suppl.1), A89.
- Levy, S.S. (2000). Social support and exercise: A test of the interpersonal model of behavior. *Journal of Sport and Exercise*, 22 (Suppl), S69.
- Ebbeck, V., & Levy, S.S. (2000). A test of the self-worth mediator model. *Journal of Sport and Exercise*, 22 (Suppl), S36.



Cardinal, B.J., & Levy, S.S. (2000). A prospective analysis of changes in college students' exercise behavior. *Association for the Advancement of Applied Sport Psychology 2000 Conference Proceedings*, 73.

Ebbeck, V., & Levy, S.S. (2000). An examination of the relationships among self-worth, affect, and exercise behavior. *Association for the Advancement of Applied Sport Psychology 2000 Conference Proceedings*, 73.

Levy, S.S., & Cardinal, B. J. (2000). The transtheoretical model and social support: Examining college students' exercise behavior. *Association for the Advancement of Applied Sport Psychology 2000 Conference Proceedings*, 74.

Jacques, K.M., Cardinal, B.J., & Levy, S.S. (2000). Are university required lifetime fitness for health courses effective? In W. M. Silvers (Ed.), *R. D. Peavy Papers: The Future of Our Profession* (p. 58), Pullman, WA: Washington State University, Department of Kinesiology and Leisure Studies.

Cardinal, B.J., & Levy, S.S. (1999). Are sedentary behaviors terminable? [Abstract No. 2012] *Medicine and Science in Sports and Exercise*, 31(Suppl. 5), S391.

Levy, S.S. (1998). Women and the meaning of competition: A qualitative investigation. *Journal of Applied Sport Psychology*, 10(Suppl.) S108.

#### *Presentations*

Thralls, K.J., Levy, S.S. The construct validity of self-report Pre-Clinical Disability survey items and clinical measures of physical function. Society of Behavioral Medicine's 2021 Virtual Annual Meeting. April 2021.

Thralls K.J., Levy S.S. Stand Up Now: A sedentary behavior intervention in older adults of moderate-to-low physical function. Abstract accepted (meeting cancelled – COVID) 2020 Annual American College of Sports Medicine Conference; San Francisco, CA.

Thralls KJ, Levy SS. Sedentary behavior of low-moderate functioning older adults as measured by the activPAL™: Compliance and acceptability. Abstract accepted (meeting cancelled – COVID) 2020 Society of Behavioral Medicine Annual Meeting;

Ortega, S., Ibarra, S., Pierce, R., Levy, S.S., Gombatto, S. Kinematic and kinetic factors associated with leg reach asymmetry during the star excursion balance test in Division I athletes. Accepted (meeting cancelled – COVID) 2020 Combined Sections Meeting of the American Physical Therapy Association.

Hearn, M., Bordessa, J., Reinfeldt, A. Smith, T.A., Rauh, M.J., Levy, S.S., Rosenthal, M. Comparison of blood flow restriction devices and their effect on quadriceps muscle activation. Accepted (meeting cancelled – COVID) 2020 Combined Sections Meeting of the American Physical Therapy Association.

Cuellar, J., Levy, S., Rosenthal, M. Hamstring performance testing: Nordbord Nordic hamstring exercise versus isokinetic dynamometry, what's the difference. Accepted (meeting cancelled – COVID) 2020 Combined Sections Meeting of the American Physical Therapy Association.

Nogg, K. A., Vaughn, A. A., Levy, S. S., & Blashill, A. J. (2018, November). *Motivation for physical activity among U.S. adolescents: A self-determination theory perspective*. Poster presented at the 52nd annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Levy, S.S., Thralls, K., Carmody K., Krippes, T.B. *Effects of a community-based exercise program on physical*

*function and exercise-related outcomes in older adults.* Society of Behavioral Medicine National Conference, March 2017: San Diego, CA.

Groven SL, Sanchez C, Levy SS, Diamant C, Singh E, Lewis JD, Torkamani A, Konijeti GG. *Self-Reported Outcomes and Quality of Life among Patients with Inflammatory Bowel Disease Undergoing an Autoimmune Protocol Diet Study.* Digestive Disease Week Annual Conference, May 2017: Chicago, IL.

Gaylis F, McGill K, Ball C, Levy S, Prime H, Calabrese R, Dato P, Cohen E. *Comparative cost analysis for management of low risk prostate cancer.* Western Section American Urological Association Annual Meeting, October 2016, Kauai, HI.

Gaylis F, Dato P, Calabrese R, Sothary JV, Prime H, Dijeh U, Kipper M, Levy S. *Advanced prostate cancer center of excellence: What are the defining elements?* Western Section American Urological Association Annual Meeting, October 2016: Kauai, HI.

Levy, S.S., Thralls, K., Goble, D. *Reliability and validity of a portable balance tracking system BTrackS in older adults.* Society of Behavioral Medicine National Conference, March 2016: Washington DC.

Thralls, K., Levy, S.S., Carmody, K., Smith, K. *An effective exercise intervention to improve physical function in community-dwelling older adults.* Society of Behavioral Medicine National Conference, March 2016: Washington DC.

Fuller S, Levy SS, DeHamer R, Hong MY. *Relationships between physical activity, food choice, gender, and BMI in Southern California teenagers.* Experimental Biology Conference, April 2014, San Diego, CA.

Winters-Stone KM, Dobek J, Bennett JA, Levy SS. *Mental health influences breast cancer survivors' perceived physical function and physical activity participation.* American College of Sports Medicine Meeting, Orlando, FL, May, 2014.

Levy SS, Caparosa SL, Nichols JF, Fujioka K, Koebnick C, McCloskey K, Xiang AH, & Coleman KC. *Fitness and Exercise for Post-Bariatric Patients (FEPP): Baseline Psychosocial and Behavioral Outcomes from a Randomized Trial Testing an Exercise Program Specifically Designed for Post-Bariatric Patients.* American Society for Metabolic and Bariatric Surgery; Obesity Week Conference, Nov. 2013, Atlanta, GA.

Coleman KC, Caparosa SL, Nichols JF, Fujioka K, Koebnick C, McCloskey K, Xiang AH, & Levy SS. *Fitness and Exercise for Post-Bariatric Patients (FEPP): Physical and psychological outcomes from a randomized trial testing an exercise program specifically designed for post-bariatric patients.* American Society for Metabolic and Bariatric Surgery; Obesity Week Conference, Nov. 2013, Atlanta, GA.

Caparosa SL, Levy SS, Nichols JF, Fujioka K, Koebnick C, McCloskey K, Xiang AH, & Coleman KC. *Exercise Recommendations Should Be Modified for Post-Bariatric Patients to Adjust for Functional Limitations.* American Society for Metabolic and Bariatric Surgery; Obesity Week Conference, Nov. 2013, Atlanta, GA.

Nguyen, T.T., Simmons, R.W., Levy, S.S., Mattson, S.N., Thomas, J.D., & Riley, E.P. (September 2011). *Isotonic force regulation in children with heavy prenatal alcohol exposure.* NIAAA Workshop, Washington DC.

Nguyen, T.T., Simmons, R.W., Levy, S.S., Thomas, J.D., & Riley, E.P. (November 2010). *Regulation of isotonic force in children with and without heavy prenatal alcohol exposure.* Society for Neuroscience 2010

Annual Conference; San Diego, CA.

Simmons, R.W., Ashrafi, A., Nguyen, T.T., Levy, S.S., Thomas, J.D., & Riley, E.P. (November 2010). *Frequency response characteristics of isometric force regulation in children with prenatal alcohol exposure*. Society for Neuroscience 2010 Annual Conference; San Diego, CA.

Levy, S.S., Macera, C.A., Lopez, R., Hootman, J., Nichols, J.F., Marshall, S.J., Ji, M. (August, 2010). *Effective interventions for promoting exercise participation and adherence among different populations: Effects of an exercise program on individuals with arthritis*. Symposium. American Psychological Association Annual Convention, San Diego, CA.

Marshall, S.J., Levy, S.S., Ji, M., Haubenstricker, J., Nicaise, V., Kolkhorst, F., C., Macera, C.A., & Ainsworth, M. (May 2010). *Using pedometers to increase moderate intensity activity: a randomized controlled trial*. Physical Activity and Public Health conference; Toronto, Canada.

Simmons, R.W., Levy, S.S., Riley, E.P., Madra N.J., & Mattson, S.N. (June 2008). *Variability of motor timing in children prenatally exposed to alcohol*. Research Society on Alcoholism / International Society for Biomedical Research on Alcoholism joint conference; Washington DC.

Levy, S.S., & Walder, A.M. *Psychometric characteristics of Internet versions of physical activity related questionnaires*. American Alliance of Health, Physical Education, Recreation, and Dance Annual Conference; Ft. Worth, TX, April 2008.

Levy, S.S., Macera, C.A., Lopez, R., Hootman, J., Nichols, J.F., Marshall, S.J., Ji, M. *Effects of an exercise program on arthritis-specific outcomes: Fitness and Exercise for People with Arthritis FEPA*. Society of Behavioral Medicine Annual Meeting; San Diego, CA, March, 2008.

Moy, K.L., Sallis, J.F., Conway, T.L., Saelens, B.E., Frank, L.D., & Levy, S.S. *The association of education and income with time spent in four physical activity domains and sitting time*. American Heart Association Joint Conference - 48th Cardiovascular Disease Epidemiology and Prevention and Nutrition, Physical Activity and Metabolism; Colorado Springs, CO, March 2008.

Levy, S.S. (November 2007). *Fitness and exercise for people with arthritis*. Keynote speaker, Southwest Chapter American College of Sports Medicine 27<sup>th</sup> Annual Meeting; San Diego, CA.

Madra, N., Simmons, R.W., Levy, S.S., Riley, E.P. (2007) *Fitts law and Children with Prenatal Exposure to Alcohol*. Society of Neuroscience, San Diego, CA.

Marshall, S.J., Levy, S.S., Ainsworth, B.E., Kolkhorst, F., Tudor-Locke, C., Macera, C.A., Wooten, K., & Ji, M. *Translating CDC/ACSM physical activity recommendations into pedometer-based step indices*. American College of Sports Medicine Annual Meeting, New Orleans, LA, June 2007.

Levy, S. S., & Cardinal, B. J. (April 2006). *Factors Associated With Transitional Shifts in College Students' Physical Activity Behavior*, Paper presented at the 2006 American Alliance of Health, Physical Education, Recreation, and Dance National Convention, Salt Lake City, UT.

Mayer, J.M., Ahlf, C., Mooney, V., Verna, J.L., Levy, S., Yaggie, J., & Udermann, B.E. (June 2006). *Factor structure of a self-report measure of functional ability*. Paper presented at the 2006 American College of Sports Medicine Annual Meeting, Denver, CO.

- Michalewicz, B.A., Chan, T.C., Vilke, G.M., Levy, S.S., Neuman, T.S., & Kolkhorst, F.W. (June 2006). *Ventilatory and metabolic demands during aggressive physical restraint in healthy adults*. Paper presented at the 2006 American College of Sports Medicine Annual Meeting, Denver, CO.
- Simmons, R.W., Thomas, J.D., Levy, S.S., & Riley, E.P. (June 2005). *Prenatal exposure to alcohol and motor response programming*. Paper presented at the 2005 Annual Research Society on Alcoholism, Santa Barbara, CA.
- Levy, S.S., & Readdy, R.T. (April 2004). *Reliability of the International Physical Activity Questionnaire: Past 7-day self-administered long version designed for research settings*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Convention, New Orleans, LA.
- Readdy, R.T., & Levy, S.S. (September 2004). *Possible selves and exercise behavior*. Paper presented at the 2004 Association for the Advancement of Applied Sport Psychology annual conference, Minneapolis, MN.
- Kolkhorst, F.W., R.S. Rezende, S.S. Levy, and M.J. Buono. (June 2004) *Effect of blood pH on VO<sub>2</sub> kinetics during high-intensity exercise*. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
- Lawson, M., Nichols, J., Barkai, S., Rauh, M., Levy, S., & Barrack, M. (June 2004). *Influence of sport on bone mineral density of female high school athletes*. Paper presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN.
- Levy, S. S. & Ebbeck, V. (April 2003). *The influence of exercise on self-perceptions in adult women*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Convention, Philadelphia, PA.
- Levy, S. S. & Ebbeck, V. (July 2002). *The influence of self-perceptions on exercise behavior*. Paper presented at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Seattle, WA.
- Levy, S. S. (April 2002). *The effect of a mail-mediated intervention on exercise behavior*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Convention, San Diego, CA.
- Cardinal, B.J., Jacques, K.M., & Levy, S.S. (October 2001). *Evaluation of a university course aimed at promoting exercise behavior*. Paper presented at the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
- Maddalozzo, G.F., Cardinal, B.J., Fuller, A.A., Stark, S.L., Fox, S., Winters, K.M., Levy, S.S., & Snow, C.M. (October 2001). *Concurrent validity of the Bod Pod and dual energy x-ray absorptiometry techniques for assessing the body fat percentage in young women*. Paper presented at the annual meeting of the American College of Sports Medicine, Baltimore, MD.
- Levy, S. S., Ebbeck, V., & Watkins, P. L. (March 2001). *Effects of a tailored exercise program for larger women on social psychological variables*. Paper presented at the American Alliance of Health, Physical Education, Recreation, and Dance National Convention, Cincinnati, OH.
- Watkins, P. L., Ebbeck, V., & Levy, S. S. (November, 2000). *Results of a tailored exercise program for larger women: Clinical psychological variables*. Paper presented at the International Society of Behavioral Medicine Sixth International Congress, Queensland, Australia.

Watkins, P. L., Ferdon, S., & Levy, S. S., & Groesz, L. (November, 2000). *Diagnosis and treatment of panic attacks in college students*. Paper presented at the International Society of Behavioral Medicine Sixth International Congress, Queensland, Australia.

Levy, S. S., & Cardinal, B. J. (October, 2000). *The transtheoretical model and social support: Examining college students' exercise behavior*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Nashville, TN.

Cardinal, B. J., & Levy, S. S. (October, 2000). *A prospective analysis of changes in college students' exercise behavior*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Nashville, TN.

Ebbeck, V., & Levy, S. S. (October, 2000). *An examination of the relationships among self-worth, affect, and exercise behavior*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Nashville, TN.

Levy, S. S. (June, 2000). *Social support and exercise: A test of the theory of interpersonal behavior*. Paper presented at the North American Society for Psychology of Sport and Physical Activity annual conference; San Diego, CA.

Ebbeck, V., & Levy, S. S. (June, 2000). *A test of the self-worth mediator model with adult exercisers*. Paper presented at the North American Society for Psychology of Sport and Physical Activity annual conference; San Diego, CA.

Levy, S. S., & John, D. (October, 1999). *An introduction to psychological skills training*. Invited paper presented at the Oregon Alliance for Health, Physical Education, Recreation and Dance Conference; Aurora, OR.

Cardinal, B. J., Ebbeck, V., Levy, S. S., & John, D. (October, 1999). *Take-home lessons from recent research in sport and exercise psychology*. Invited paper presented at Oregon Alliance for Health, Physical Education, Recreation and Dance Conference; Aurora, OR.

Cardinal, B. J., & Levy, S. S. (June, 1999). *Are sedentary behaviors terminable?* Paper presented at the American College of Sports Medicine national convention; Seattle, WA.

Ebbeck, V., Watkins, P. L., Levy, S. S., & Cudo, C. (October, 1998). *Exercise and the plus-size woman: A unique approach*. Paper presented at the Oregon State University 5<sup>th</sup> Annual Fitness Forum; Portland, OR.

Levy, S. S. (September, 1998). *Women and the meaning of competition: A qualitative investigation*. Paper presented at the Association for the Advancement of Applied Sport Psychology annual conference; Cape Cod, MA.

Ebbeck, V., & Levy, S. S. (April, 1998). *Strategies for enhancing the self-esteem of physical education students*. Invited paper presented at the American Alliance for Health, Physical Education, Recreation and Dance annual conference; Reno, NV.

Ebbeck, V., Watkins, P. L., & Levy, S. S. (April, 1998). *Feel Wonderful Fitness: A fitness approach for larger women*. Invited paper presented at the Idaho Psychological Association; Boise, ID.

## *Honors and Awards*

2018 Public Health Champion: San Diego County Department of Health and Human Services. Live Well San Diego; awarded for work with Aging and Independence Services of San Diego.

2010 Measurement in Physical Activity and Exercise Science Reviewer of the Year: Measurement in Physical Education and Exercise Science of the American Association for Physical Activity and Recreation. 2010.

2006- Present: Fellow, Research Consortium of the American Alliance of Health, Physical Education, Recreation, and Dance.

2003: Dr. Art Broten Young Scholar Award. Western Colleges Physical Education Society.

2001: National Presidential Scholarship Award. American Alliance of Health, Physical Education, Recreation, & Dance. (\$1000).

## *Teaching*

Current:

ENS 601: Experimental Methods in Exercise and Nutritional Sciences

ENS 602: Research Evaluation in Exercise and Nutritional Sciences

ENS 796: Graduate Internship / Exercise Physiology-Dual

Previous:

ENS 601: Experimental Methods in Exercise and Nutritional Sciences

ENS 602: Research Evaluation in Exercise and Nutritional Sciences

ENS 434: Promoting Physical Activity

ENS 305: Measurement and Evaluation in Exercise and Nutritional Sciences

### **Student Mentorship:**

#### *SDSU-UCSD Joint Doctoral Program in Health Behavior*

Lauren Weiner: Dissertation Committee Member

Anticipated Defense, May 2021

Pink Body Spirit, a remotely-delivered, peer-led physical activity intervention for younger breast cancer survivors

Rowena Tam: Dissertation Co-chair

Anticipated Defense, May 2024

Katie J. Thralls: Dissertation Chair

Successfully Defended, July 2019 Stand Up Now:

A Sedentary Behavior Intervention in Older Adults of Moderate-to-Low Physical Function

Christina Thornton: Dissertation Committee Member

Successfully Defended, May 2017

Senior Change Makers Pilot Study: Improving Physical Activity Environments through Intergenerational Advocacy

#### *Master's Students – Primary Mentor*

Kathy McCarty      Kinesiology

Hannah Salmons      Dual

Abigail Villacarlos      Kinesiology

Mikayla Brophy      Exercise Physiology

Tucker Readdy      Sport & Exercise Psychology

#### *Master's Students – Statistical and Research Design support*

Jaclyn Gaylis      Nutrition

Meghan Justice	Nutrition
Traci Roberts	Dual
Amy Woods	Nutrition
Elizabeth Fusco	Nutrition
Audrey Sanchez	Nutrition
Mason Hearn	Kinesiology
Katelynn Saseki	Nutrition
Guadelupe Celedon	Kinesiology
Katharine Dizaye	Exercise Physiology
Brandon Howland	Exercise Physiology
Eric Bartholomae	Exercise Physiology
Kathryn Ward	Nutrition
Rebecca Weller	Exercise Physiology
Shauna Groven	Nutrition
Evan Glasheen	Exercise Physiology
Santi Ortega	Exercise Physiology
Steven Osborne	Kinesiology
Nicole Wells	Dual
Emily Woolf	Dual
Joseph Cuellar	Kinesiology
Sean Swenson	Exercise Physiology
Rebecca Paushter	School of Public Health (MPH)

### *Professional Memberships*

Society of Behavioral Medicine (SBM)  
 Association of Applied Sport Psychology (AASP)  
 American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)  
 American College of Sports Medicine (ACSM)  
 International Society of Behavioral Nutrition and Physical Activity (ISBNPA)  
 North American Society for the Psychology of Sport and Physical Activity (NASPSPA)

### *Service*

#### Grant Reviewer:

Research Grants Council of Hong Kong 2009-present

#### Manuscript Reviewer:

Journal of Aging and Physical Activity 2010-present

PLOS ONE 2018-present

American Journal of Health Promotion 2004-present

Human Kinetics 2004-present

Health Education Research 2006-present

International Journal of Physical Activity 2007-2014

Research Quarterly for Exercise Science 2001-2015

Measurement in Physical Education and Exercise Science 2001-2016

#### Conference Abstracts Reviewer

Measurement Section: Chair

Measurement Section: Reviewer

## Exercise and Sport Psychology Section: Reviewer

SDSU, School of Exercise & Nutritional Sciences, Diversity & Inclusion Committee, Chair, 2020-present.  
SDSU, School of Public Health; Tenure-track faculty, Division of Health Promotion Search Committee. 2019-2020.  
SDSU College of Health and Human Performance: Diversity & Inclusion Committee, Chair; 2019-present.  
SDSU College of Health and Human Performance: Academic Planning & Policy Committee; 2019- present.  
SDSU, University Search Committee for Dean of College of Health and Human Services Committee member; 2016-2017  
SDSU, School of Exercise and Nutritional Sciences; Director of School of ENS Search Committee, Chair; 2015-2016.  
SDSU, College of Health and Human Services Personnel Committee; 2012-2019: Chair 2014-2019.  
SDSU, School of Exercise and Nutritional Sciences; Faculty Hearing Committee: 2014-2019.  
SDSU, University Research Council, Committee on Research Grants and Lectureships, Chair; 2009 - 2015; Committee member; 2004-2015.  
SDSU; Director of University WEAVE Online Assessment; 2011-2013.  
SDSU University Student Learning Outcomes Committee, Chair; 2012; Committee member; 2003 – 2013.  
SDSU University Pre-professional Health Program, Student Interviewer and Review Panelist; 2005 – 2013.  
SDSU, School of Exercise and Nutritional Sciences, Advisory Committee; 2006 – 2008.  
SDSU, School of Exercise and Nutritional Sciences; Physical Education Pedagogy Faculty Search Committee, Committee member; 2006, 2008, 2009.  
SDSU, School of Exercise and Nutritional Sciences, Assessment Committee; Chair, 2004 – 2014.  
SDSU, School of Exercise and Nutritional Sciences, Curricular Review Ad hoc Committee member Chair, 2007 – present.  
SDSU, School of Exercise and Nutritional Sciences; Biomechanics Faculty Search Committee, Committee member; 2005.  
SDSU, School of Exercise and Nutritional Sciences, Scholarship Committee, Committee Chair, 2003-2004; Committee member, 2002-2003.  
SDSU, School of Exercise and Nutritional Sciences; Curriculum Committee, Committee member; 2003 – 2004.  
SDSU, School of Exercise and Nutritional Sciences, Assessment Coordinator; 2002.  
SDSU, School of Exercise and Nutritional Sciences; Academic Plan Committee, Committee member; 2002.  
SDSU, School of Exercise and Nutritional Sciences; Student Competencies and Curriculum Committee, Committee member; 2002.  
SDSU, School of Exercise and Nutritional Sciences; Sport and Exercise Psychology Faculty Search Committee, Committee member; 2001.  
SDSU, School of Exercise and Nutritional Sciences; School Policy File updates and revisions committee, Committee member; 2001.  
Lymphoma & Leukemia Society, San Diego Chapter; Team in Training; Fundraiser 2005, 2007  
Co-chair, American Diabetes Association Steering Committee 2002 Tour de Cure, 2003 Tour de Cure, San Diego County Area.