

STEPHANIE MARIE OTTO, FACSM

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EDUCATION

Ph.D. Human Performance, Middle Tennessee State University, May 2007

Concentration: Exercise Science

Advisor: Dr. Jennifer Caputo

Dissertation: *Step count, blood pressure, body composition, and bone mineral density among high school students.*

M.S. in Exercise Science, Middle Tennessee State University, December, 2004

Advisor: Dr. Richard Farley

Thesis: *Correlation of bone mineral density and physical activity among women taking Depo Provera*

B.A. in Exercise Physiology, Gustavus Adolphus College, June 2000

Advisor: Dr. Bruce Van Duser

TEACHING EXPERIENCE

Gustavus Adolphus College, Associate Professor, Department of Health and Exercise Science, August 2008 – Current

Courses Taught

Senior Seminar (HES 398, WRITD, 1.0 credits)

Exercise Physiology (HES 308, 1.0 credits)

Physiological Assessment (HES 310, 1.0 credits)

Exercise, Diet, and Chronic Disease (HES 313, 1.0 credits)

Applied Human Nutrition (HES 222, 0.5 credits)

Research and Statistics in Health and Exercise Science (HES 220, 1.0 credits)

Human Performance Laboratory (HES 350, 0.5 credits)

Exercise Physiology for Physical Educators (HES 208, 0.5 credits)

Kinesiology (HES 308, Fall 2017, 0.5 credits)

PF: Aerobic Dance (HES 100, FIT, 0.5 credits)

PF: Aquatics (HES 100, FIT, 0.5 credits)

Group Exercise Leadership (HES 219, 1.0 credits)

Group Exercise Leadership (HES 215, 1.0 credits, J-term 2010, 2012, 2013)

Rediscovering Food (FTS 100, 1.0 credits; HES 132, 1.0 credits, J-term 2011)

Eat Italy (J-term travel course 2017, 2019)

Food Fight (J-term)

Belmont University, Adjunct Professor, Sports Science Department, August, 2007 – May 2008

- Taught undergraduate courses: Health and Fitness Concepts, and Junior Cornerstone.

Middle Tennessee State University, Graduate Teaching Assistant, Department of Health and Human Performance, August, 2003-May 2007.

- Taught courses in undergraduate Research in Exercise Science, Applied Research in Exercise Science, Measurement and Evaluation, Exercise Physiology Laboratory, Beginning Tennis, and Aerobic Dance

- Assisted in teaching Exercise Prescription

RESEARCH EXPERIENCE

Doctoral Research, MTSU, August, 2004 – May 2007

- Doctoral Dissertation: *Step count, blood pressure, body composition, and bone mineral density among high school students.*

- NIH-Funded Research: *Effect of Underwater Treadmill Training in Children with Spastic Diplegia*, Dr. Don Morgan, Department of Health and Human Performance
- Assisted with pilot work and data collection

Tennessee State Department of Health, Funded Research: *Tennessee Healthy Living Index*, Dr. Tara Perry, Department of Health and Human Performance
- Assisted with data collection

Independent Research: *Validation of a Classroom Response System for use with a Health Risk Assessment Survey*, Dr. Andrew Owusu, Dr. Norman Weatherby, Stephanie Otto, M.S., Dr. Minsoo Kang, Department of Health and Human Performance
- Collaborated on study idea and design, data collection, and manuscript preparation

Independent Research: *Activity Levels and BMI of Mothers and their Children*, Brandi Eveland, Ph.D., Stephanie Otto, M.S., Department of Health and Human Performance
- Assisted with data collection and manuscript preparation

Masters Research, MTSU, August, 2003 – December, 2004

Masters Thesis: *Correlation between bone mineral density and physical activity among women taking Depo Provera*.

Faculty Research and Creativity Grant: *Effect of Self-Monitoring on Exercise Adherence among University Faculty*, Dr. Mark Anshel, Department of Health and Human Performance
- Conducted physical fitness testing

LGE Performance Systems, Inc., Funded Research: *Effect of the Disconnected Values (Intervention) Model on Changing Health Behaviors among Police Officers*, Dr. Mark Anshel, Department of Health and Human Performance
- Conducted physical fitness testing

Gresham Project: *Heart of Tennessee Health and Wellness Program*, Dr. Mark Anshel, Department of Health and Human Performance
- Conducted physical fitness testing

Undergraduate Research, Gustavus Adolphus College, August, 1996 – June, 2000

Independent Research: *Effect of Music Tempo on Voluntary Exercise Intensity*, Holly Cram, Stephanie Jensen, Department of Health and Exercise Science
- Collaborated on study idea and design, data collection, and presentation

Independent Research: *Effect of Tempo on Heart Rate, and Perceived Exertion During Rest, Exercise, and Recovery*, Stephanie Jensen, Holly Cram, Department of Health and Exercise Science
- Collaborated on study idea and design, data collection, and presentations

MANUSCRIPT PUBLICATIONS

Otto, S. M. and King, M. (2018). Pedometer Measured Step Counts and Bone Mineral Density Among Premenopausal Women. *Journal of Physical Activity Research*, 3(1), 1-5.

Journal of Physical Activity Research (JPAR) publishes original research and communications papers concerning the interdisciplinary field of physical activity both as a health outcome as well as a risk factor. All submissions undergo peer review.

Otto, S. M., Morgan, D. W., Farley, R. S., Kim, J. K., Fuller, D. K., & Caputo, J. L. (2012). Daily physical activity and bone health among high school students. *International Journal of Sports Sciences and Fitness*, 2(1).

The aim of IJPEFS is to stimulate knowledge to professionals, researchers and academicians working in the fields of Physical Education, Fitness and Sports Sciences.

IJPEFS publishes experimental, theoretical studies and critical reviews of the multidisciplinary aspects of the Sports and Exercise Sciences, Yoga, Psychology, Physiology, Performance Analysis, Anatomy, Biomechanics as well as Coaching and Talent identification, other interdisciplinary perspectives to integrate the field of sports science are encouraged.

Renfrow, M., Caputo, J., **Otto, S.**, Farley, R., & Eveland, B. (2011). The relationship between sports participation and health-related physical fitness in middle school and high school students. *The Physical Educator*, 68(3), 118-123.

Otto, S. M., Farley, R. S, & Caputo, J. L. (2010). Step count, calcium intake, and bone mineral density among women using depo-provera. *International Journal of Fitness*, 6, 1-7.

OTHER PROFESSIONAL PUBLICATIONS

Otto, S. M. (2014). Women's Health. ACSM Fit Society Page, Volume 16 (3).

Otto, S. M. (2013). The Case of Allen. In *ACSM Resources for the Health Fitness Specialist* (pp. 107-133). Philadelphia, PA: Lippencott, Williams & Wilkins.

ABSTRACT PUBLICATIONS

Otto, S. M. (2019). BMI as a Predictor of Bone Mineral Density Among Premenopausal Women. *Medicine and Science in Sports and Exercise*, 51:5(Supplement).

Otto, S. M. and Otto, N. R. (2018). Comparing the Effects of Yoga and Meditative Relaxation on Blood Pressure Among College Age Students. *Medicine and Science in Sports and Exercise*, 50:5(Supplement).

Otto, S. M. (2017). Physiological Change During a 13-Week Aerobic Dance Class Among College Age Women. *Medicine and Science in Sports and Exercise*, 49:5(Supplement).

Marton, C. and **Otto** (2017). Validity of the Fitbit® Distance Traveled Feature among Multiple Speed Trials. *Medicine and Science in Sports and Exercise*, 49:5(Supplement).

Otto, S. M. (2015). Dietary Protein Intake And Bone Mineral Density Among Premenopausal Women. *Medicine and Science in Sports and Exercise*, 47:5(Supplement).

Otto, S. M. and King, M. (2014). Daily physical activity and bone mineral density. *Medicine and Science in Sports and Exercise*, 46:5(Supplement).

Otto, S. M. (2013). Relationship between Facet (Five-a-day Community Evaluation Tool) and fruit and vegetable intake among college students. *Medicine and Science in Sports and Exercise*, 45:5(Supplement).

Otto, S. M., Kirkeidi, S., Maloney, K., Clausen, D., Walker, S., & Quam, R. L. (2012). Effect of a 14-week group exercise class on various health measures among college-age women. *Medicine and Science in Sports and Exercise*, 44:5(Supplement).

Maloney, K., Walker, S., & **Otto, S. M.** (2012). The effect of treadmill versus elliptical exercise on calcaneal stiffness index among college age females. *Medicine and Science in Sports and Exercise*, 44:5(Supplement).

Hewitt, B and **Otto, S. M.** (2010). Nutritional practices of coaches in the Minnesota intercollegiate athletic conference, *Medicine and Science in Sports and Exercise*, 42:5(Supplement).

Evans, G. S., **Otto, S. M.**, Farley, R. S., Ivy, M. I., Perry, T. L., & Caputo, J. L. (2009). The association between population density, government funding per capita, and availability of recreational trails and facilities in Tennessee communities. *Medicine and Science in Sports and Exercise*, 41:5(Supplement).

Otto, S. M., Morgan, D. W., Farley, R. S., Kim, J. K., Fuller, D. K., Eveland-Sayers, B. M., & Caputo, J. L. (2008). Daily step activity and bone mineral density in high school students. *Medicine and Science in Sports and Exercise*, 40:5(Supplement).

Barreira, T. V., **Otto, S. M.**, Holbrook, E. A., & Kang, M. (2008). Handling children's pedometer missing data: An individual information-centered replacement approach. *Medicine and Science in Sports and Exercise*, 40:5(Supplement).

Caputo, J. L., Farley, R. S., Eveland-Sayers, B. M., Bettle, J. M., & **Otto, S. M.** (2007). Sports participation and physical fitness in middle- and high-school students. *Medicine and Science in Sports and Exercise*, 39:5(Supplement).

Otto, S. M., Farley, R. S., & Caputo, J. L. (2006). Weight bearing physical activity and bone mineral density among women using Depo-Provera. *Medicine and Science in Sport and Exercise*, 38:5(Supplement).

Eveland, B. M., **Otto, S. M.**, & Caputo, J. L. (2005). Body mass index and activity levels of parents and their children. *Medicine and Science in Sports and Exercise*, 37:5(Supplement).

Jensen, S. M., Cram, H. D., & Van Duser, B. L. (2000). Effect of music tempo on heart rate and perceived exertion during rest, exercise, and recovery. *Research Quarterly for Exercise and Sport*, 71:1(Supplement).

PROFESSIONAL PRESENTATIONS

Otto, S. M. (2019). BMI as a Predictor of Bone Mineral Density Among Premenopausal Women. American College of Sports Medicine Annual Meeting, Orlando, FL, May 2019.

Otto, S. M. and Otto, N. R. (2018). Comparing the Effects of Yoga and Meditative Relaxation on Blood Pressure Among College Age Students. American College of Sports Medicine Annual Meeting, Minneapolis, MN, June 2018.

Otto, S. M. (2017). Physiological Change During a 13-Week Aerobic Dance Class Among College Age Women. American College of Sports Medicine Annual Meeting, Denver, CO, June 2017.

Marton, C. and **Otto** (2017). Validity of the Fitbit® Distance Traveled Feature among Multiple Speed Trials. American College of Sports Medicine Annual Meeting, Denver, CO, June 2017.

Otto, S. M. (2015). Dietary Protein Intake And Bone Mineral Density Among Premenopausal Women. American College of Sports Medicine Annual Meeting, San Diego, CA, June 2015.

Otto, S. M. and King, M. (2014). Daily physical activity and bone mineral density. American College of Sports Medicine Annual Meeting, San Francisco, CA, June 2014.

Otto, S. M. (2013). Relationship between Facet (Five-a-day Community Evaluation Tool) and fruit and vegetable intake among college students. American College of Sports Medicine Annual Meeting, Indianapolis, IN, June 2013.

Otto, S. M., Kirkeidi, S., Maloney, K., Clausen, D., Walker, S., & Quam, R. L. (2012). Effect of a 14-week group exercise class on various health measures among college-age women. American College of Sports Medicine Annual Meeting, San Francisco, CA, June 2012.

Maloney, K., Walker, S., & **Otto, S. M.** (2012). The effect of treadmill versus elliptical exercise on calcaneal stiffness index among college age females. American College of Sports Medicine Annual Meeting, San Francisco, CA, June 2012.

Hewitt, B and **Otto, S. M.** (2010). Nutritional practices of coaches in the Minnesota intercollegiate athletic conference, American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2010.

Evans, G. S., **Otto, S. M.**, Farley, R. S., Ivy, M. I., Perry, T. L., & Caputo, J. L. (2009). The association between population density, government funding per capita, and availability of recreational trails and facilities in Tennessee communities. American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009.

Otto, S. M., Morgan, D. W., Farley, R. S., Kim, J. K., Fuller, D. K., Eveland-Sayers, B. M., & Caputo, J. L. (2008). Daily step activity and bone mineral density in high school students. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 2008.

Barreira, T. V., **Otto, S. M.**, Holbrook, E. A., & Kang, M. (2008). Handling children's pedometer missing data: An individual information-centered replacement approach. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 2008.

Barreira, T. V., **Otto, S. M.**, Holbrook, E. A., & Kang, M. (2008). Individual information-centered approach for handling children pedometer missing data. Presented at the SEACSM Annual Meeting, Birmingham, AL., February, 2008)

Caputo, J. L., Farley, R. S., Eveland-Sayers, B. M., Bettel, J. M., & **Otto, S. M.** (2007). Sports participation and physical fitness in middle- and high-school students. American College of Sports Medicine Annual Meeting, New Orleans, LA, May 2007.

Owusu, A., Weatherby, N., **Otto, S.**, Kang, M. (2006). Validation of a classroom response system for use with a health risk assessment survey. AAPHERD, Baltimore, MD, March, 2007.

Otto, S. M., Farley, R. S., & Caputo, J. L. (2006). Weight bearing physical activity and bone mineral density among women taking Depo Provera, American College of Sports Medicine Annual Meeting, Denver, CO, June, 2006.

Anshel, M. H., Kang, M., Eveland, B. M., **Otto, S. M.** & Settle, A. (2006). Effect of a psycho-behavioral intervention model on changes in fitness, blood lipids, and exercise adherence: An outcome-based action study, Society of Behavioral Medicine Annual Meeting, San Francisco, CA, March, 2006. *Society of Behavioral Medicine*, (p.S158)

Eveland, B. M., **Otto, S. M.**, & Caputo, J. L. (2006). Activity levels and body mass index of mothers and their children. Southeast American College of Sports Medicine Annual Meeting, Charlotte, NC, February, 2006.

Eveland, B. M., **Otto, S. M.**, & Caputo, J. L. (2005). Activity levels and body mass index of mothers and their children. Middle Tennessee State University Scholar's Day, November, 2005.

Eveland, B. M., **Otto, S. M.**, & Caputo, J. L. (2005). Body mass index and activity level of parents and children. American College of Sports Medicine Annual Meeting, Nashville, TN, June, 2005.

Otto, S. M., Farley, R. S., & Caputo, J. L. (2005). Correlation between bone mineral density and physical activity among women taking Depo Provera, Southeast American College of Sports Medicine Annual Meeting, Charlotte, NC, January, 2005.

Farley, R. S., Caputo, J. L., Collins, A. B., Eveland, B. M., & **Otto, S. M.** (2005). Skinfold and DEXA assessment of body composition in Black postmenopausal women. Southeast American College of Sports Medicine Annual Meeting, Charlotte, NC, January, 2005.

Otto, S. M., Farley, R. S., & Caputo, J. L. (2005). Correlation between bone mineral density and physical activity among women taking Depo Provera, Middle Tennessee State University Scholars Day, November, 2004.

Cram, H. D., **Jensen, S. M.**, & Van Duser, B. L. (1999). Effect of music tempo on voluntary exercise intensity, National Conference on Undergraduate Research, Missoula, MO, April, 2000.

Jensen, S. M., Cram, H. D., & Van Duser, B. L. (1999). Effect of music tempo on heart rate and perceived exertion during rest, exercise, and recovery AAHPERD Annual Meeting, Orlando, FL, March, 2000.

Jensen, S. M., Cram, H. D., & Van Duser, B. L. (1999). Effect of music tempo on heart rate and perceived exertion during rest, exercise, and recovery. National Conference of Undergraduate Research Annual Meeting, Rochester, NY, April, 1999.

Jensen, S. M., Cram, H. D., & Van Duser, B. L. (1999). Effect of music tempo on heart rate and perceived exertion during rest, exercise, and recovery. Northland American College of Sports Medicine Annual Meeting, St. Cloud, MN, March, 1999.

STUDENT FACULTY RESEARCH

Jamie Erdely and Colton Detwiler (Dr. Stephanie Otto). Correlation between strength and balance among collegiate gymnasts. National Conference on Undergraduate Research, Kennesaw, GA, April 12-14, 2019.

Jenna Rieth and Nelson Finne (Dr. Stephanie Otto). Relationship among dominant and non-dominant hand grip strength and pole vault performance. National Conference on Undergraduate Research, Kennesaw, GA, April 12-14, 2019.

Veronica Vasina (Dr. Stephanie Otto). Perceptions of a healthy diet among college students. National Conference on Undergraduate Research, Kennesaw, GA, April 12-14, 2019.

Kiersten Bredson (Dr. Stephanie Otto). Relationship among resting metabolic rate, fat free mass, and bone density. National Conference on Undergraduate Research, Edmond, OK, April 4-9, 2018.

Matthew Mientkiewicz and McKenzie Swenson (Dr. Stephanie Otto). The effects of mental imagery on free throw accuracy. National Conference on Undergraduate Research, Edmond, OK, April 4-9, 2018.

Mara Fenske and Alexa Pearson (Dr. Stephanie M. Otto). Effects of plyometric and isometric exercise programs on 50-meter spring times in collegiate women. Presented at the National Conference on Undergraduate Research, Memphis, TN, April 6-9, 2017. IRB# 1516-0160.

Riley Viner and Mitch Feske (Dr. Stephanie M. Otto). The effect of one 50-minute yoga session on blood pressure and flexibility among college students. Presented at the National Conference on Undergraduate Research, Memphis, TN, April 6-9, 2017. IRB# 1617-0049.

Bennet Woltjer (Dr. Stephanie M. Otto). Effects of handstand exercise on high school springboard diving performance. Presented at the Northland American College of Sports Medicine Meeting, St. Paul, MN, April 1, 2016. IRB# 1516-0083.

Alyssa Ciatti (Dr. Stephanie M. Otto). The comparison of health behaviors among collegiate athletes and non-athletes. Presented at the Northland American College of Sports Medicine Meeting, St. Paul, MN, April 1, 2016. IRB# 1415-0177.

Shauna Conroy and Julie Sohre (Dr. Stephanie M. Otto). Comparison of perceived wellness between collegiate seniors and collegiate first-year students. Presented at the National Conference on Undergraduate Research, Ashville, GA, April 7-9, 2016. IRB# 1415-0171.

Charles Rudberg and Darin Lopic. (Dr. Stephanie M. Otto). Examining the acute effects of myofascial release via foam rolling on sit and reach performance. Presented at the National Conference on Undergraduate Research, Ashville, GA, April 7-9, 2016. IRB# 1314-0230.

Breanna Schlegel and Kelsey Wiebusch (Dr. Stephanie M. Otto). The effects of the back plate compared to a traditional starting technique on reaction and ten-yard time in a swimming start among college level swimmers. Presented at the National Conference on Undergraduate Research, Spokane, WA, April 16-18, 2015. IRB# 1314-0265.

Annelise Salmela and Karissa Schwecke (Dr. Stephanie M. Otto). The effects of partial and full sleep deprivation on sobriety test performance in collegiate students. Presented at the National Conference on Undergraduate Research, Spokane, WA, April 16-18, 2015. IRB# 1314-0230.

Taylor Albid and Aaron O'gorman (Dr. Stephanie M. Otto). A comparison of estimated VO₂ max between soccer midfielders and football receivers and defensive backs. Presented at the National Conference on Undergraduate Research, Spokane, WA, April 16-18, 2015. IRB# 1415-0012.

Matt Humphries (Dr. Stephanie M. Otto). The effect of static stretching vs. dynamic stretching as a warm up on 40-yard dash, broad jump, shuttle run, and vertical jump performance. Presented at the National Conference on Undergraduate Research, Spokane, WA, April 16-18, 2015. IRB# 1314-0185.

Maggie Dionne (Dr. Stephanie M. Otto). Effects of stretching on walking gait speed. Presented at the National Conference on Undergraduate Research, Spokane, WA, April 16-18, 2015. IRB# 1314-0263.

Cameron W. Cropsey and Barret R. Panning (Dr. Stephanie M. Otto). Correlations between flexibility and muscular strength in collegiate athletes. Presented at the National Conference on Undergraduate Research, Spokane, WA, April 16-18, 2015. IRB# 1314-0230.

Brooke Falk and Samantha Falk (Dr. Stephanie M. Otto). The effect of forearm and upper arm strength training on bat velocity among female collegiate softball players. Presented at the Northland American College of Sports Medicine. April 10, 2015. IRB# 1314-0237.

Claire Duhaime and Maggie Arndt (Dr. Stephanie M. Otto). Comparison of muscle flexibility between exercise and sauna exposure. Presented at the Northland American College of Sports Medicine. April 10, 2015. IRB# 1314-0216.

Amber Anderson (Dr. Stephanie Otto). Body image and perceived versus actual weight and body fat percentage among individual sport athletes, team sport athletes, and non-athletes. Presented at the National Conference on Undergraduate Research, Lexington, KY, April 3-5, 2014. IRB# 1213-0261

Bradley Sermon (Dr. Stephanie Otto). Differences among health related behavior choices between adults who choose an organic diet compared to those who do not. Presented at the National Conference on Undergraduate Research, Lexington, KY, April 3-5, 2014. IRB# 1213-0231

Janelle Derbique and Danielle Wittenberg (Dr. Stephanie Otto). The effect of yoga performance on flexibility, core strength, and muscular endurance among college students. Presented at the National Conference on Undergraduate Research, Lexington, KY, April 3-5, 2014. IRB# 1213-0258

Grant Steine and Phillip Butler (Dr. Stephanie Otto). The effect of metronome tempo pacing on one-mile run among athletes. Presented at the National Conference on Undergraduate Research, Lexington, KY, April 3-5, 2014. IRB# 1213-0259

Emily Bo LaFontaine and Kaitlin Lang (Dr. Stephanie Otto). Comparison of hand-eye coordination between gymnasts, soccer, and tennis athletes. Presented at the National Conference on Undergraduate Research, Lexington, KY, April 3-5, 2014. IRB# 1314-0135

Laura Dobler (Dr. Stephanie Otto). Differences among psychological and physiological factors between individuals who consumer caffeinated soft drinks compared to those who do not. Presented at the National Conference on Undergraduate Research, Lexington, KY, April 3-5, 2014. IRB# 1314-0157

Heather Annis and Amber Hohenstein (Dr. Stephanie Otto). Comparison of emotional wellbeing between individual, team, and non-athletes. Presented at the National Conference on Undergraduate Research, LaCrosse, WI, April 18-21, 2013. IRB# 1112-0401

Amanda Christensen and John Matsura (Dr. Stephanie Otto). The psychological effects of music on gymnastics performance among collegiate gymnasts. Presented at the National Conference on Undergraduate Research, LaCrosse, WI, April 18-21, 2013.

Tamara Meuwissen and Kayla Ingbretson (Dr. Stephanie Otto). Relationship between core strength and 50-meter sprint time. Presented at the National Conference on Undergraduate Research, LaCrosse, WI, April 18-21, 2013.

Taylor Volk and Cassie Rogness (Dr. Stephanie Otto). A comparison of heart rate, blood pressure, and oxygen consumption between smokers and non-smokers. Presented at the National Conference on Undergraduate Research, LaCrosse, WI, April 18-21, 2013. IRB#1112-0116

Allison Zard and Jane Linner (Dr. Stephanie Otto). Correlation between sleep and physical activity within an 23-hour period. Presented at the National Conference on Undergraduate Research, LaCrosse, WI, April 18-21, 2013. IRB#1213-0115

Cory Anderson and Cory Colvard (Dr. Stephanie Otto). Effects of creatine monohydrate on anaerobic and aerobic performance. Accepted for presentation at the Northland Chapter of the American College of Sports Medicine, St. Cloud State University, April 13, 2013.

Kyle J. Hunt and Meagan L. Houg (Dr. Stephanie Otto). The physical and psychological effects of music during the bench press exercise. Presented at the National Conference on Undergraduate Research, Weber State University, Ogden Utah, March 29-31, 2012 IRB#1011-0124.

Riley Blythe and Katie Mehrmann (Dr. Stephanie Otto). Relationship among perceived stress, eating behaviors, and exercise. Presented at the National Conference on Undergraduate Research, Ithica College, March 31-April 2, 2011 IRB#2009-1137.

Kate Haglund and Anna Jones (Dr. Stephanie Otto). Differences Between Frequency and Duration of Exercise, Overall Physical Health Satisfaction, and Equipment Ownership Among Individuals Who Currently Have, Do Not Have, or Are Unsure of Having Health Insurance that covers Gym Membership Fees. Presented at the National Conference on Undergraduate Research, Ithica College, March 31-April 2, 2011 IRB#2009-1132.

Shanda Kirkeide and Maya Jayawardene (Dr. Stephanie Otto). Comparing Attitudes on the Role of Nutrition in Patient Care and Educational Preparedness Between Undergraduate Students and Physicians. Presented at the National Conference on Undergraduate Research, Ithica College, March 31-April 2, 2011 IRB#2009-1131.

Zach Umbreit (Dr. Stephanie Otto). Effects of Hydration from Sports Drinks Compared to Water Prior to a Workout. Presented at the National Conference on Undergraduate Research, Ithica College, March 31-April 2, 2011 IRB#2009-1135.

Kelly Maloney and Sandi Walker (Dr. Stephanie Otto). Effect of Treadmill Versus Elliptical Exercise on Calcaneal Stiffness Index Among College Age Females. Presented at the Northland Chapter of the American College of Sports Medicine (5th place), St. Cloud State University, April 1, 2010 IRB#.

Haley Carpenter and Jillian Carney (Dr. Stephanie Otto). Factors Relating to Bone Mineral Density among Female Dancers. Presented at the Northland Chapter of the American College of Sports Medicine, St. Cloud State University, April 1, 2010 IRB#2009-1144.

Duachi Her and Kablia Her (Dr. Stephanie Otto). Body Image and Body Composition Comparison Between Gymnasts, Dancers, and a Control Group. Presented at the Northland Chapter of the American College of Sports Medicine, St. Cloud State University, April 1, 2010 IRB#2009-1138.

Margeaux Demmer and Melissa Smith (Dr. Stephanie Otto). Comparison Between Pilates and Conventional Abdominal Strength, Posterior Trunk Flexibility, and Body Composition. Presented at the Northland Chapter of the American College of Sports Medicine, St. Cloud State University, April 1, 2010 IRB#2009-1146.

Mark A. Austad and Fraser M. Horton (Dr. Stephanie Otto). The effects of heavy resistance weight training on bone mineral density. Presented at the National Conference on Undergraduate Research, University of Montana, April 15-17, 2010 IRB#200985.

Katherine R. Cichowski (Dr. Stephanie Otto). The relationship between diet soda and calorie consumption. Presented at the National Conference on Undergraduate Research, University of Montana, April 15-17, 201 IRB#2010015.

Heidi M. Janzig and Megan M. Trahms (Dr. Stephanie Otto). Effects of yogilattes and abdominal crunch exercises on abdominal circumference and muscular endurance. Presented at the National Conference on Undergraduate Research, University of Montana, April 15-17, 2010 IRB#2009-88.

Angela E. Koich and Riley Blythe (Dr. Stephanie Otto). The effects of caloric restriction on maximal oxygen uptake. Presented at the National Conference on Undergraduate Research, University of Montana, April 15-17, 2010 IRB#2010006.

Nicholas R. Lindquist and Jillian J. Carney (Dr. Stephanie Otto). Effects of high carbohydrate, fat, and protein diets on the time of male endurance runners. Presented at the National Conference on Undergraduate Research, University of Montana, April 15-17, 2010 IRB#200996.

Keith G. Linne and Leigh E. Weber (Dr. Stephanie Otto). The effects of running on strength gains in recreational weightlifters. Presented at the National Conference on Undergraduate Research, University of Montana, April 15-17, 2010 and the Northland Chapter of the American College of Sports Medicine, St. Cloud State University, March 26, 2010 IRB#2010009.

Nicole E. Nelson (Dr. Stephanie Otto). The effects of iron supplementation on fatigue perception in female college students. Presented at the Northland Chapter of the American College of Sports Medicine, St. Cloud State University, March 26, 2010 IRB#200907

Annie Berger and Molly Faricy (Dr. Stephanie Otto) The effects of fast food on heart rate, blood pressure, rate of perceived exertion, and respiratory exchange ratio after exercise. Presented at the Northland Chapter of the American College of Sports Medicine Meeting, St. Cloud State University -MN, March 27, 2009 (4th place) and the National Conference on Undergraduate Research, University of WI-La Crosse, April 17, 2009. IRB# 200904.

Laura Hansen and Tricia Wobschall (Dr. Stephanie Otto) Comparing the difference in bone mineral density of in-season collegiate gymnasts and swimmers. Presented at the National Conference on Undergraduate Research, University of WI-La Crosse, April 17, 2009. IRB# 200916.

Briana Hewitt (Dr. Stephanie Otto) Nutritional practices of coaches in the Minnesota intercollegiate athletic conference. Presented at the Northland Chapter of the American College of Sports Medicine Meeting, St. Cloud State University -MN, March 27, 2009. IRB# 200822.

Molly Hillenbrand (Dr. Stephanie Otto) The effects of preferred music genre vs. non-preferred music genre on heart rate, systolic blood pressure, and distance cycled in collegiate athletes during sub-maximal cycling. Presented at the Northland Chapter of the American College of Sports Medicine Meeting, St. Cloud State University -MN, 3/27/09. IRB# 200910.

GRANTS AWARDED

Kendall Center Travel Grant, Summer 2018. CIEE workshop entitled *Best Practices for Creating Successful Faculty-Led Programs*, Paris, France.

Get Fruved (co-conducted with Dr. Karl Larson), United States Department of Agriculture/National Institute of Food and Agriculture, Fall 2017-2018. Funds were used to collect data and implement a peer led, social marketing intervention to increase fruit and vegetable intake and prevent obesity.

Gustavus Presidential Student Faculty Collaboration Grant, summer 2013. Relationship between bone mineral density and walking among adults. Student research collaborator, Maggie King.

Coca-Cola Education Grant. Gusties Love Group Exercise, spring 2013. Funds were used to purchase yoga mats for student use and to collect data on group exercise class needs.

Gustavus Teaching Mini Grant, Spring 2009. SPSS for use in Research and Exercise Science.

SERVICE TO GUSTAVUS ADOLPHUS COLLEGE

Curriculum Committee Member (Chair 2019-2020; 2018-2019), Fall 2017 – Spring 2019

Invited Guest Speaker for Men's Tennis – Sport Nutrition, Spring 2016

Faculty Personnel Committee, Fall 2014-Spring 2016

CICE Search Committee, Fall 2015

Faculty Committee on Student Life, appointed Spring 2013

Wellbeing Roundtable Member, Spring 2013

President's Task Force on Wellbeing, Fall 2011 – Spring 2012

Residential Life Head Resident, Fall 2009 – Summer 2012

PDAC Committee Member (Chair 2011-2012), Spring 2010 – Spring 2013

Alcohol and Drug Education Committee – Fall 2010 – Spring 2012

Health Majors Club Advisor, Fall 2010 – Current

TMT Sorority Advisor, Fall 2010 – Spring 2016

Student Health 101 Advisory Board, January 2011 – Spring 2012

NCAA Self Study Committee, January 2011 – May 2011

Celebration of Creative Inquiry abstract review working group, February, 2010 – May 2012

Discover Gustavus, Fall 2008 - Current

Student Group Exercise Class Coordinator, Fall 2009 – Spring 2020

IRock presenter, IDo-IMove – J-term 2011

Nobel Exhibit working group – Fall 2011

Senior Legacy Volunteer, Fall 2011

Counseling Center Search Committee Member, Summer 2010

Summer Registration Advisor, Summer 2010, 2011, 2013

Gustavus Homecoming volunteer, Fall 2010 - 2012

Reading in Common Facilitator, Fall 2009 – Fall 2011

PROFESSIONAL SERVICE

MN River Bulldogs Hockey, Invited guest speaker, Sports Nutrition for Youth Hockey – Fall 2023

Colorado College, Invited to serve on a 3rd year review committee – Fall 2023

Colorado College, Invited to serve on the program review team – Spring 2022

St. Peter High School Swim and Dive Team, Invited guest speaker, Energy Balance - Fall 2018

St. Peter Lutheran School, Invited guest speaker, Muscles and our Body - Spring 2016

Gustavus Men's Tennis Team, Invited guest speaker, Sport Nutrition - January 2016

ACSM, Women Sport and Physical Activity Committee member, Summer 2012 – Spring 2023

NACSM, Board Member and Abstract submission coordinator, Fall 2010 – Fall 2016

SpartanNash, Invited guest speaker, Diet, Physical Activity, and Weight Loss – Spring 2015
NCUR, Manuscript reviewer – Spring 2017, Spring 2019
Journal of Strength and Conditioning Research, Manuscript reviewer – Fall 2014 - Current
NACSM Board Member – 2016, 2017
NACSM, Abstract reviewer – 2009, 2010
United States Institute for Theatre Technology - March 2005, March 2007, March 2010
Annual conference presentation. *The Healthy Technician*.
Middle Tennessee State University - March, 2005
Satellite Videoconference presentation. Food for Fuel: Physical Activity and
Nutrition,
Heather Wanke and Stephanie Otto
St. Claire's Senior Center, Health Fair - 2003 – 2007

PROFESSIONAL EXPERIENCE

Vanderbilt University, November, 2004 – August, 2008
Wellness specialist, Aerobics Instructor

Baptist Hospital, Fitness Center, October, 2003 – December, 2006
Exercise Specialist/Aerobics Instructor
- Exercise testing and prescription
- Weight training and aerobic exercise orientation
- Instructed group exercise sessions

PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine, National Chapter, FACSM
American College of Sports Medicine, Northland Chapter
American Council on Exercise, Group Exercise Instructor

CERTIFICATIONS

AACU Certified Scorer, Quantitative Literacy
American College of Sports Medicine, Exercise Physiologist
American Red Cross CPR and First Aid
American Council on Exercise, group exercise instructor