

# Tyler Prochnow

## Contact Information

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## Personal Statement

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I am passionate about understanding the role social connections and interactions play in health behaviors. This passion has manifested itself through a research focus on social network analysis and health behavior. More specifically, I have focused my research on the social aspects of physical activity among children and families. Because of this focus, I have had the opportunity to get research experience in social network analysis, systematic observation, intervention development and implementation, as well as rural and minority health.

## Education

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| Ph.D., Health Promotion,<br>2017-2021     | Baylor University – Waco, Texas<br>Concentrations: Public Health and Quantitative Research<br>Methods<br>Supervisor: Dr. M. Renée Umstattd Meyer |
| Master of Educational<br>Leadership, 2015 | Carthage College – Kenosha, Wisconsin<br>Concentrations: Curriculum and Leadership Development   |
| Bachelor of Arts, 2013                    | Carthage College – Kenosha, Wisconsin<br>Major: Exercise Science and Management  |

## Research Experience

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- 2018 - current *Research Assistant / Evaluation Team – Chicago PlayStreets*  
Baylor University, Johns Hopkins Bloomberg School of Public Health  
Funding Source: Centers for Disease Control, Physical Activity Policy Resource Network (PAPRN+)  
Role: System for Observing Play and Recreation in Communities (SOPARC), Data Analysis, Manuscript Preparation, Community Report Development, Presentation of Findings.
- 2017 - current *Research Assistant – Creating Safe Places to Play: Evaluating Culturally-Relevant Play Streets in Rural Communities*  
Baylor University, Johns Hopkins Bloomberg School of Public Health  
Funding Source: Robert Wood Johnson Foundation, Physical Activity Research Center (PARC)  
Role: SOPARC Data Collection, Survey and Pedometer Data Collection, Data Analysis, Manuscript Preparation, Presentation of Findings, Community Report Development

2017 - current *Research Assistant – Salud Para Usted y Su Familia [Health for You and Your Family]*  
 Baylor University, Texas A&M University School of Public Health  
 Funding Source: United States Department of Agriculture  
 Role: Social Network Analysis Lead, Intervention development, Health Worker Training, Evaluation, Manuscript Preparation, Presentation of Findings

## Peer Reviewed Journal Articles

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- 2019**
1. **Prochnow T.**, Patterson M., & Hartnell L. (2019). Social support, depressive symptoms, and online gaming network communication. *Mental Health and Social Inclusion*
  2. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Williams T. D., Abildso C., & Pollack Porter K. M. (2019). Come together, play, be active: Physical activity engagement of school-age children at Play Streets in four diverse rural communities in the U.S. *Preventive Medicine*.
  3. Patterson, M. S., **Prochnow, T.**, & Goodson, P. (2019). The spread and utility of social network analysis across a group of health behavior researchers. *Health Behavior Research*.
  4. Patterson, M. S., Gagnon, L. R., Vukelich, A., Brown, S. E., Nelson, J. L., & **Prochnow, T.** (2019). Social networks, group exercise, and anxiety among college students. *Journal of American College Health*.
  5. **Prochnow T.**, Patterson M. & Umstattd Meyer M. R. (2019). A social network approach to analyzing body dissatisfaction among sorority members using two network generators. *Journal of American College Health*.
  6. Umstattd Meyer, M. R., **Prochnow, T.**, Bridges, C., Carlton, T., Wilkins, E., Arnold, K., McClendon, M., McKenzie, T., & Pollack Porter, K. M. (2019). Assessing physical activity in temporary spaces: Application of SOPARC / iSOPARC® for Play Streets. *Research Quarterly for Exercise and Sport*.
  7. Pollack Porter K.M., **Prochnow T.**, Mahoney P., Bridges Hamilton C.N., Delgado H., Wilkins E., Umstattd Meyer M.R. (2019). Transforming city streets to promote physical activity and health equity. *Health Affairs*.
  8. Salazar-Collier C. S., **Prochnow T.**, Clendennen S. L., Sumrall J., & Umstattd Meyer M. R. (2019). Churches as physical activity resources: A descriptive assessment. *Health Behavior and Policy Review*.
  9. **Prochnow T.**, Ylitalo K., Sharkey J. & Umstattd Meyer M. R. (2019). Perceived physical activity barriers of Mexican-heritage sibling dyads. *American Journal of Health Behavior*.
  10. Bridges C. N., **Prochnow T.**, Wilkins E. C., Pollack Porter K. M., & Umstattd Meyer M. R. (2019). Examining the implementation of Play Streets: A systematic review of the grey literature. *Journal of Public Health Management & Practice*.

## **Manuscripts Under Review (select first author only)**

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**Prochnow T.**, Delgado H., Patterson M., & Umstattd Meyer M. R. (Revise and Resubmit Submitted 9/25/2019) *Social network analysis in child physical activity and sedentary behavior research: A systematic literature review.*

**Prochnow T.**, Patterson M., Sharkey J., & Umstattd Meyer M. R. (Submitted 10/15/2019) *Impact of network position on perceived satisfaction and success within a health coalition: an examination of collaborative ties.*

**Prochnow T.**, Umstattd Meyer M. R., & Pollack Porter KM. (Submitted 10/11/2019) *I play, you play, we play: Concurrent play at play streets.*

**Prochnow T.**, Patterson M., Hartnell L., & Umstattd Meyer M.R. (Submitted 11/15/19) *Depressive symptom associations with online and in person networks in an online gaming community: a pilot study.*

## **Manuscripts In Progress (select first author only)**

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**Prochnow T.**, Oglesby L., Patterson M., & Umstattd Meyer M.R. *Feelings of burnout among group fitness instructors: a mixed methods approach.*

**Prochnow T.**, van Woudenberg TJ. & Patterson M. *Network influences on adolescent perceived barriers to physical activity.*

**Prochnow T.**, Patterson M., Bridges Hamilton CN., Delgado H., Craig S., & Umstattd Meyer M.R. *Sex differences in play networks and self-reported physical activity among adolescents at summer care programs.*

**Prochnow T.**, Patterson M., Bridges Hamilton CN., Delgado H., Craig S., & Umstattd Meyer M.R. *Social network effects on adolescent perceived physical activity at summer care programs.*

**Prochnow T.**, Patterson M., Bridges Hamilton CN., Delgado H., Craig S., & Umstattd Meyer M.R. *Spatial autocorrelation of perceived physical activity skill competence among adolescents at summer care programs.*

**Prochnow T.**, Umstattd Meyer M.R., Patterson M., & Sharkey J. *Personal network impacts on physical activity among children living in Texas colonias.*

**Prochnow T.**, Umstattd Meyer M.R., Patterson M., McClendon M., & Sharkey J. *Papas Activos: Associations between physical activity and personal networks among fathers living in Texas Colonias.*

## Scientific Presentations

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- 2020
1. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M.R. (March 8-11, 2020). *Offline social support and depressive symptoms as factors associated with online gaming friendships*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA
  2. **Prochnow T.**, van Woudenberg T.J., & Patterson M.S. (March 8-11, 2020). *Network impact on adolescent perceived barriers to physical activity*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA
  3. **Prochnow T.**, Patterson M.S., Bridges Hamilton C.N., Delgado H., & Umstattd Meyer M.R. (March 8-11, 2020). *Network clustering based on team sport participation for adolescents attending summer care programs*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA
  4. Patterson, M. S., **Prochnow, T.**, Russell, A. M., & Barry, A. E. (March 8-11, 2020). *High-Risk Social Circles: Associations between Personal Alcohol Use and History of Sexual Assault to Peer Drinking Behavior*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.
  5. Patterson, M. S., Russell, A. M., Spadine, M. S., Heinrich, K. M., & **Prochnow, T.** (March 8-11, 2020). *Predicting beneficial exercise behavior among college students in recovery: A social network analysis*. Accepted as a poster presentation at the American Academy of Health Behavior (AAHB) 20th Annual Meeting. Napa, CA.
  6. **Prochnow T.**, Patterson M.S., Hartnell L., & Umstattd Meyer M. R. (April 1-4, 2020). *Impact of online and offline network and support on depressive symptoms among a network of online gamers*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM) 41st Annual Meeting. San Francisco, CA.
  7. **Prochnow T.**, Bridges Hamilton C. N., Patterson M.S., Delgado H., & Umstattd Meyer M. R. (April 1-4, 2020). *Perceived physical activity competence spatial autocorrelation among adolescent friendship networks at a summer care program*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM) 41st Annual Meeting. San Francisco, CA.
  8. Patterson M. S., **Prochnow T.**, Spadine, M. S., Brown, S. E., Nelon, J. L., & Lanning, B. A. (April 1-4, 2020). *Impact of egocentric networks on physical, emotional, and sexual violence among a sample of college students*. Accepted as a poster presentation at the Society of Behavioral Medicine (SBM) 41st Annual Meeting. San Francisco, CA.
  9. Pollack Porter K.M., **Prochnow T.**, & Umstattd Meyer M.R. (Feb. 2-5, 2020). *The customer discovery "SPRINT": Lessons from disseminating Play Streets to all communities*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
  10. Bridges Hamilton C. N., Umstattd Meyer M. R., **Prochnow T.**, Delgado H., Wilkins E. C. & Pollack Porter K. M. (Feb. 2-5, 2020). *More than a place to play: Exploring adults'*
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*perceptions of spillover effects in Chicago communities with PlayStreets*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.

11. Umstattd Meyer M.R., Bridges Hamilton C.N., **Prochnow T.**, & Pollack Porter K.M. (Feb. 2-5, 2020). *Community-engaged development and dissemination of the Guide to Implementing Play Streets in Rural Communities*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
12. **Prochnow T.**, Patterson M., Bridges Hamilton C.N. & Umstattd Meyer M.R. (Feb. 2-5, 2020). *A social network analysis approach to group and individual perceptions of adolescent physical activity*. Accepted as an oral presentation at the Annual Active Living Conference. Orlando, FL.
13. **Prochnow T.**, Patterson M., Cullinan K., & Umstattd Meyer M.R. (Feb. 2-5, 2020). *Adolescent physical activity, self-efficacy, and friendships at summer care programs*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.
14. **Prochnow T.**, Umstattd Meyer M.R., & Pollack Porter K.M. (Feb. 2-5, 2020). *I play, you play, we play: Concurrent play at PlayStreets*. Accepted as a poster presentation at the Annual Active Living Conference. Orlando, FL.

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- 2019**
1. Renbarger R., **Prochnow T.**, Adair K., Abel H., Cassady B., & Scarlett, K. (Nov. 2019). *Are we too old for Ramen? Tackling food insecurity for graduate students*. Accepted as an oral presentation at the National Association of Graduate and Professional Students. Louisville, KY.
  2. Pollack Porter K.M., **Prochnow T.**, & Umstattd Meyer M.R. (Dec. 4-6, 2019). *The customer discovery "sprint": Lessons from spreading play streets to all*. Accepted as an oral presentation at the 12<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation. Arlington, VA.
  3. Delgado H., Umstattd Meyer M.R., **Prochnow T.**, Ylitalo K., & Sharkey J. (Nov. 2-6, 2019). *Beyond walking: Conceptualization and assessment of streets as physical activity resources for children and families residing in low-resource, rural communities along the U.S.-Mexico border*. Accepted as an oral presentation at the American Public Health Association Annual Meeting and Expo. Philadelphia, PA.
  4. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K., McClendon M., Wilkins E., Benavidez G., Abildso C., & Pollack Porter K. (Nov. 2-6, 2019). *Increasing opportunities for active play in rural America: Play Streets go rural to help create the healthiest nation*. Accepted as an oral presentation at the American Public Health Association Annual Meeting and Expo. Philadelphia, PA.
  5. **Prochnow T.**, Umstattd Meyer M. R., & Pollack Porter K.M. (Sept. 12, 2019). *I Play, You Play, We Play: Concurrent play at Play Streets*. Accepted as a twitter presentation at the American Public Health Association Physical Activity Twitter Conference.
  6. Patterson, M. S., **Prochnow, T.**, & Nelson, J. L. (June 18-23, 2019). *Do egocentric network relationships impact whole network centrality? A case study using a college*
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- sorority*. Selected as a poster presentation at the XXXIX Sunbelt Social Networks Conference. Montreal, Quebec.
7. **Prochnow T.**, Delgado H., Patterson M., & Umstattd Meyer M. R. (June 4-7, 2019). *Social Network Analysis in child physical activity and sedentary behavior research: A systematic literature review*. Accepted as an oral presentation at the International Society for Behavioral Nutrition and Physical Activity 2019 Annual Meeting. Prague, Czech Republic.
  8. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Wilkins E., Benavidez G., Williams T. D., Abildso C., Morales F. E., & Pollack Porter K. M. (June 4-7, 2019). *Play Streets go rural! Physical activity of children at Play Streets in four diverse rural U.S. communities*. Accepted as an oral presentation at the International Society for Behavioral Nutrition and Physical Activity 2019 Annual Meeting. Prague, Czech Republic.
  9. **Prochnow T.**, Patterson M. & Umstattd Meyer M. R. (Mar 10-13, 2019). *Modeling Feelings of Body Dissatisfaction within a Sorority Using Two Different Relationships*. Accepted as a poster presentation at the 2019 Annual American Academy of Health Behavior. Greenville, SC.
  10. **Prochnow T.**, Oglesby L. & Umstattd Meyer M. R. (Mar 10-13, 2019). *Are Fitness Instructors feeling the burn(out)? An investigation of feelings of burnout and coping strategies among fitness instructors*. Accepted as a poster presentation at the 2019 Annual American Academy of Health Behavior. Greenville, SC.
  11. **Prochnow T.**, Umstattd Meyer M. R., Bridges C.N., McClendon M. E., Arnold K.T., Wilkins E., Williams T.D., Carlton T. & Pollack Porter K. M. (Feb. 17-20, 2019). *SOPARC Results for Rural Play Streets*. Accepted as an oral presentation at the Annual Active Living Research Conference. Charleston, SC
  12. **Prochnow T.**, Umstattd Meyer M. R., Bridges C.N., McClendon M. E., Arnold K.T., Wilkins E., Williams T.D., Carlton T. & Pollack Porter K. M. (Feb. 17-20, 2019). *Is three times (at one) the charm? Comparing two SOPARC methodologies for use at Play Streets*. Accepted as a poster presentation at the Annual Active Living Research Conference. Charleston, SC.
  13. **Prochnow T.**, Sharkey J., Delgado H. & Umstattd Meyer M. R. (Feb. 17-20, 2019). *Using social network analysis in health coalitions and 5210 implementation*. Accepted as a poster presentation at the Annual Active Living Research Conference. Charleston, SC.
  14. **Prochnow T.**, Ylitalo K., Sharkey J. & Umstattd Meyer M. R. (Feb. 17-20, 2019). *Perceived barriers of being physically active during the summer and school-year: How do siblings compare in Mexican-heritage families?* Accepted as a poster presentation at the Annual Active Living Research Conference. Charleston, SC.
  15. Umstattd Meyer M. R., Bridges C. N., Wilkins E. C., **Prochnow T.**, & Pollack Porter K. M. (Feb. 17-20, 2019). *Play streets live: developing a real-time video scanning*
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*methodology to inform implementation of temporary play spaces.* Accepted as a poster presentation at the Annual Active Living Research Conference. Charleston, SC

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- 2018**
1. **Prochnow T.** & Patterson M (Nov. 28-Dec. 1, 2018). *The impact of centrality on body dissatisfaction within a sorority using two network generators.* Accepted as an oral presentation at the 2<sup>nd</sup> Annual North American Social Networks Conference 2018. Washington D.C. USA.
  2. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Wilkins E., Morales F. E., Benavidez G. A., Williams T. D., Abildso C. & Pollack Porter K. (Mar. 4-7, 2018). *Come together, play, be active: Physical activity engagement of children at Play Streets in four diverse rural communities.* Accepted as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Portland, OR.
  3. Umstattd Meyer M. R., Ylitalo K. R., Gómez L. A., **Prochnow T.**, & Sharkey J. R. (Mar. 4-7, 2018). *Physical Activity Space Methodology for Assessment and Prioritization (PASMMap): Combining systematic observations with community perceptions to identify community physical activity resource priorities.* Accepted as a poster presentation at the 17th Annual Meeting of the American Academy of Health Behavior. Portland, OR.
  4. McClendon, M. E., Umstattd Meyer, M. R., Sharkey, J. R., Perez, C. L., Garcia, R., Bridges, C., **Prochnow, T.** (Feb. 11-14, 2018). *Perceived Facilitators and Barriers to Child Physical Activity among Mexican-Origin Mothers.* Accepted as a poster presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors, Banff, Canada.
  5. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, Arnold K. T., McClendon M. E., Morales F. E., Benavidez G., Williams T. D., Abildso C., & Pollack Porter K. M. (Feb. 11-14, 2018). *Let them play: Physical activity of children attending Play Streets in four diverse rural communities.* Accepted as an oral presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.
  6. Umstattd Meyer M. R., Bridges C. N., **Prochnow T.**, McClendon M. E., Arnold K. T., Wilkins E., Williams T. D., Carlton T., & Pollack Porter K. M. (Feb. 11-14, 2018). *Applying SOPARC to measure physical activity in temporary play spaces: Assessing Play Streets.* Accepted as a poster presentation at the Annual Active Living Research Conference: Future-Proofing Activity: Application Across Sectors. Banff, CAN.

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## Research Support

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**2019**

### **Speeding Research-tested INTERventions (SPRINT): Play Streets for All**

Role: Entrepreneurial Lead (EL) – Designated by funding mechanism as person in charge of marketing and customer discovery, similar to a Co-PI role.

Funding Source: National Cancer Institutes and Centers for Disease Control

Funding: \$21,750

Description: SPRINT is a training and fellowship to help researchers strengthen interventions and improve dissemination and reach of their research. This program was used to improve the Play Streets for All intervention and dissemination to help promote physical activity and play for all ages in low resource areas.

### **Modeling Physical Activity and Friendship in Summer Care Programs**

Role: Co-PI

Funding Source: Baylor University Research Committee Grant Program

Funding: \$4,375

Description: Using Social Network Analysis we aim to model the effects of a summer care program on children friendships and physical activity. Multiple networks will be assessed across three diverse community Boys & Girls Clubs.

## **Teaching Experience**

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### ***Guest Lecturer – Baylor University***

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| 2019 | Evaluation in Public Health (Graduate Level Online) – Social Networks and Health |
| 2019 | Evaluation in Public Health (Graduate Level) – Social Networks and Health        |
| 2018 | Evaluation in Public Health (Graduate Level) – Social Networks and Health        |

### ***Adjunct Professor – Carthage College***

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|---------------|--|
| 2017 (Spring) | Concepts of Physical Fitness (1 credit / 4 sections) |
| 2016 (Fall)   | Concepts of Physical Fitness (1 credit / 4 sections) |
| 2016 (Fall)   | TRX Suspension Training (1 credit / 2 sections)      |
| 2016 (Spring) | Concepts of Physical Fitness (1 credit / 4 sections) |
| 2015 (Fall)   | Concepts of Physical Fitness (1 credit / 4 sections) |

### ***Teaching Assistant – Carthage College***

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| 2014 (Spring) | Principles of Personal Training (4 credits / 1 section) |
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2014 (Spring) Tests and Measurement in Exercise Science (4 credits / 1 section)

2013 (Fall) Exercise Physiology (4 credits / 2 sections)

### **Workshops Taught**

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| 2020 | Introduction to Social Network Analysis in Active Living – Active Living Conference |
| 2019 | Cultivating Your Online Academic Identity – Baylor University Graduate School       |
| 2019 | Network Visualizations Using Gephi – Baylor University Library                      |

### **Awards**

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| 2019 | Best Presentation – APHA Physical Activity Student Twitter Conference |
| 2019 | Graduate Student Research Travel Award – Baylor University            |
| 2018 | Graduate Student Research Travel Award – Baylor University            |
| 2017 | Graduate Student Research Travel Award – Baylor University            |

### **Special Training**

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| 2019 | Social Networks & Health Fellowship – Duke University Network Analysis Center |
| 2019 | Baylor University Libraries Data Scholar – Baylor University                  |
| 2018 | Design for Online Teaching Success – Baylor University                        |
| 2017 | Certified Observer – System for Observing Play and Recreation in Communities  |
| 2013 | Leadership Development and Engagement Coaching – Carthage College             |

### **Service**

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| 2019-current | American Public Health Association Student Assembly Social/Expo Chair        |
| 2019-current | American Public Health Association Physical Activity Section Social Co-Chair |
| 2019-current | Baylor University Counseling Center Student Advisory Council                 |
| 2018-current | Baylor University Graduate Student Association Vice President of Operations  |
| 2018-current | Baylor University Information Services Student Advisory Council              |
| 2018-current | Baylor University Campus Recreation Advisory Council                         |
| 2018         | Active Living Research Conference Abstract Reviewer                          |
| 2018         | American Academy of Health Behavior Conference Abstract Reviewer             |

### **Professional Affiliations**

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|--------------|--|
| 2019-current | Student Member, American Public Health Association |
| 2019-current | Student Member, AcademyHealth                      |

- 2019-current    Student Member, International Society of Behavioral Nutrition and Physical Activity
- 2019-current    Student Member, Society of Behavioral Medicine
- 2019-current    Student Member, International Network for Social Network Analysis
- 2017-current    Student Member, American Academy of Health Behavior

## **Industry Job Experience**

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### ***Campus Recreation Director – Carthage College***

*August 2014 – June 2017*

- Operated a 156,000-square-foot, multi-million-dollar facility
- Scheduled all monthly staff positions
- Performed pay roll responsibilities for student staff
- Supervised maintenance and purchasing including a multi-year renovation project
- Appointed to campus wide Safety Council to advise in risk management procedures
- Created and delivered yearly health and wellness curriculum to Carthage Community
- Created Fitness Certification Grant offerings for students looking to get a fitness certification
- Coordinated all group fitness classes, including scheduling, instructor training, and marketing