

MEGAN CHRISTINE NELSON

CURRICULUM VITAE, JUNE 2018

Email: megan.christine.nelson@gmail.com

EDUCATION:

2015- Doctor of Philosophy (Ph.D.), Education, University of Idaho, Moscow, ID. August – Present.
Concentration: Exercise Physiology, Mentor: Chantal Vella, Ph.D.

Certificate: Statistics

Expected May 2019

2013 Master of Science (M.S.), Exercise Science, Northern Michigan University, Marquette, MI. May.

Concentration: Exercise Physiology, GPA: 3.9

Professional Paper: The Role of Epigenetics in Exercise Science

2011 Bachelor of Science (B.S.), Microbiology and Molecular Genetics, Michigan State University, East Lansing, MI. May.

Concentration: Molecular Genetics and Genomics, GPA 3.2

Minor: Nutritional Sciences

EXPERIENCE:

2015- Graduate Teaching and Research Assistant

University of Idaho, Moscow, ID. August – Present.

Undergraduate courses taught/currently teaching: PEP 418L Exercise Physiology Laboratory, PEP 493L Fitness Assessment and Prescription Laboratory, PEP 300 Applied Biomechanics, ISEM 301 Disparities in Obesity and Health (online), MVSC 201 Physical Activity, Wellness, and Behavior Change for Healthy Active Lifestyles (online), HS 150 Wellness Lifestyles (online)

Research Assistant, Exercise Physiology Research Laboratory: responsible for screening and scheduling participants, consenting participants, collecting, processing and analyzing human subjects data, mentoring undergraduate research assistants

2017 Visiting Assistant Professor

Adams State University, Alamosa, CO. June – August 2017.

Graduate courses co-taught: HPPE 509 Concepts in Exercise Science (online)

2013 Visiting Assistant Professor of Exercise Science and Biomechanics

Adams State University, Alamosa, CO. August – August 2015.

Undergraduate courses taught: HPPE 260 Statistics in HPPE, HPPE 327 Teaching/Coaching Strength and Conditioning, HPPE 329 Exercise Physiology, HPPE 340 Kinesiology, HPPE 399 Independent Study, HPPE 430 Biomechanics

Graduate courses taught: HPPE 503 Introduction to Research (lecture and online), HPPE 540 Biomechanics, HPPE 539 Strength and Conditioning (online), HPPE 543 Statistics (lecture and online)

International Review Board (IRB) representative for Human Performance and Physical Education department

Project Advisor

Ryan Medinger B.S. (2015)

Project title – Lower body muscular analysis of the shot put throw

Second place poster presentation at Adams State University Student Scholar Days 2015

Committee Member of Masters Theses

Maria Martinez M.S. (2014)

Thesis title – Physiological determinants used to predict the occurrence of overtraining in division II collegiate level swimmers (T. Robinson, chair)

Nicolas A. Aguila M.S. (2014)

Thesis title – The effect of dietary nitrate, via beetroot juice, on high intensity intermittent exercise in male division II collegiate well-trained soccer athletes at high altitude (T. Robinson, chair)

Aaron Ellis M.S. (2014)

Thesis title – Upper body plyometric training and its effect on division II male lacrosse players (T. Robinson, chair)

Clayton Foster M.S. (2015)

Thesis title – The effects of caffeine supplementation on division II track athletes during multiple-bout mid-distance running performance (T. Robinson, chair)

Lukus Klawitter M.S. (2015)

Thesis title – Does the Advanced BioStructural Correction technique have a physiological effect on endurance trained cyclists? (T. Robinson, chair)

Kevin Feldman M.S. (2015)

Thesis title – Electromyography analysis of forward lateral retro lateral incline exercise and the potential to reduce ACL injury (T. Robinson, chair)

Eric Birch M.S. (2015)

Thesis title – The effects of varying post-activation potentiation intensities on vertical jump performance (T. Robinson, chair)

Ashley Voss M.S. (2015)

Thesis title – The use of hydration status to monitor how division II collegiate wrestlers achieve lowest allowable weight class (T. Robinson, chair)

Danniell Consonero M.S. (2015)

Thesis title – Lower body and core medicine ball training and its effects on bat velocity of division II fast pitch softball players (T. Robinson, chair)

Megan Ulery M.S. (2017)

Thesis title – The effects of multiple concussions on recovery time in NCAA division II collegiate athletes (T. Robinson, chair)

2011 Graduate Teaching Assistant

Northern Michigan University, Marquette, MI. August – August 2013.

Undergraduate courses taught: HP 200 Physical Well Being, HP 237 Racquetball, HP 224 Jogging, HP 234 Hiking

Exercise Program Co-Instructor: GetFit, NMU's scientifically based exercise program for adults

RESEARCH SKILLS:

Basic knowledge of SPSS, Amos, and R statistical software.

Knowledge and use of electrocardiograms, electromyography, force platforms, accelerometers, body composition, treadmill and cycle ergometer exercise testing, blood pressure, and flexibility.

Knowledge and use of aseptic technique, cell culture, gel electrophoresis, protein isolation techniques (western blotting), DNA/RNA extraction, PCR, molecular cloning.

CONFERENCE ABSTRACTS, POSTERS, AND PRESENTATIONS:

- 2018 Nelson MC**, Casanova MP, Eason K, Biancosino E, Vella CA. The effectiveness of standing on a balance board for increasing energy expenditure while performing sedentary work. Poster Presentation at the American College of Sports Medicine 65th Annual Meeting, Minneapolis, MN.
- 2018 Taylor K, Nelson MC**, Vella CA. Associations between sedentary behavior and metabolic syndrome are mediated by cardiorespiratory fitness but not MVPA. Poster Presentation at the American College of Sports Medicine 65th Annual Meeting, Minneapolis, MN.
- 2018 Nelson MC**, Casanova MP, Eason K, Biancosino E, Vella CA. The effectiveness of standing on a balance board for increasing energy expenditure. Oral Presentation at the American College of Sports Medicine: Northwest Regional Meeting, Bend, OR.
- 2017 Nelson MC**. A comparison of self-report and objectively measured physical activity in undergraduate students. Oral Presentation at University of Idaho Innovation Showcase.
- 2017 Nelson MC**, Taylor K, Drummer D, Connor K, Vella CA. A comparison of self-report and objectively measured physical activity in undergraduate students. Poster Presentation at the American College of Sports Medicine 64th Annual Meeting, Denver, CO.
- 2017 Connor KR**, Taylor K, Drummer D, **Nelson MC**, Vella CA. Self-reported screen time is independently associated with cardiometabolic disease risk factors in young adults. Poster Presentation at the American College of Sports Medicine 64th Annual Meeting, Denver, CO.
- 2017 Nelson MC**, Taylor K, Drummer D, Connor K, Vella CA. A comparison of self-report and objectively measured physical activity in undergraduate students. Oral and Poster Presentation at the American College of Sports Medicine: Northwest Regional Meeting, Bend, OR.
- 2017 Connor KR**, Taylor K, Drummer D, **Nelson MC**, Vella CA. Self-reported screen time is independently associated with cardiometabolic disease risk factors in young adults. Poster Presentation at the American College of Sports Medicine: Northwest Regional Meeting, Bend OR.
- 2016 Oranchuk D**, Birch E, Robinson T, **Nelson M**. The effect of varying post-activation potentiation intensities on vertical jump performance in division II football and volleyball players. Abstract and Poster Presentation at the American College of Sports Medicine: Rocky Mountain Regional Meeting, Denver, CO.
- 2016 Mannerberg J**, Oranchuk D, Robinson T, **Nelson M**. The effect of an eight-week strength and power training program on club head speed in collegiate golfers. Abstract and Poster Presentation at the American College of Sports Medicine: Rocky Mountain Regional Meeting, Denver, CO.

- 2013 Suer MC.** The role of epigenetics in exercise science. Graduate seminar oral presentation, Northern Michigan University, Marquette, MI.
- 2013 Suer MC.** Load carrying and endurance running. Proposal of study, oral presentation at Michigan ACSM Meeting, Gaylord, MI.
- 2012 Suer MC.** Exercise as medicine. Oral presentation at Exercise and Chronic Disease Symposium at Marquette General Hospital, Marquette, MI.

PUBLISHED ABSTRACTS:

- 2018 Nelson MC, Casanova MP, Eason K, Biancosina E, Vella CA.** The effectiveness of standing on a balance board for increasing energy expenditure while performing sedentary work. *Med Sci Sports Exerc.* 2018;49(5S):593-594.
- 2018 Taylor K, Nelson MC, Vella CA.** Associations between sedentary behavior and metabolic syndrome are mediated by cardiorespiratory fitness but not MVPA. *Med Sci Sports Exerc.* 2018;49(5S):592.
- 2017 Nelson MC, Taylor K, Drummer D, Connor K, Vella CA.** Comparison of self-reported physical activity with objectively measured physical activity in undergraduate students. *Med Sci Sports Exerc.* 2017;49(5S):473-474.
- 2017 Connor K, Taylor K, Drummer D, Nelson MC, Vella CA.** Self-reported screen time is independently associated with cardiometabolic disease risk factors in young adults. *Med Sci Sports Exerc.* 2017;49(5S):55.

PUBLISHED MANUSCRIPTS:

- 2018 Nelson MC, Casanova MP, Vella CA.** The effectiveness of standing on a balance board for increasing energy expenditure. *Med Sci Sports Exerc* [e-pub ahead of print]. 2018 Mar 1. doi: 10.1249/MSS.0000000000001595.
- 2018 Oranchuk DJ, Mannerberg JM, Robinson TL, Nelson MC.** Eight weeks of strength and power training improves club head speed in collegiate golfers. *J Strength Cond Res* [e-pub ahead of print]. 2018 Feb 14. doi:10.1519/JSC.0000000000002505.
- 2017 Birch EW, Robinson TL, Nelson MC, Oranchuk DJ.** Neither supra-maximal rack squats nor moderately loaded jump squats elicit post-activation potentiation in NCAA division II volleyball and American football players. *J Aust Strength Cond.* 2017;25(3):20-26.

MANUSCRIPTS IN PROGRESS OR SUBMITTED:

Nelson MC, Taylor K, Vella CA. Comparison of self-reported and objectively measured sedentary behavior and physical activity in undergraduate students (in review).

GRANTS, FELLOWSHIPS, AND AWARDS:

- 2018** Graduate and Professional Student Association Publishing Award, \$550
- 2018** Leon Green Scholarship, University of Idaho \$1500
- 2018** Outstanding Doctoral Oral Presentation Award, American College of Sports Medicine Northwest Chapter Regional Meeting

- 2018** American College of Sports Medicine Regional Chapter Grant: *Continuation of the ACSM Northwest Student Research and Travel Award Program*, \$3000 (awarded to ACSM Northwest Chapter, American College of Sports Medicine)
- 2017** Katy Rae Boyer Scholarship, University of Idaho, \$1100
- 2017** Diann L. Haslett Education Scholarship, University of Idaho, \$1500
- 2017** Outstanding Graduate Student Teaching Award, University of Idaho, \$1000
- 2017** Outstanding Doctoral Oral Presentation Award, American College of Sports Medicine Northwest Chapter Regional Meeting
- 2017** American College of Sports Medicine Northwest Chapter Student Travel Award, \$250
- 2017** American College of Sports Medicine Doctoral Student Grant: *The Effectiveness of Standing on a Balance Board for Increasing Energy Expenditure while Performing Sedentary Work*, \$4242.82 requested (not funded)
- 2016** University of Idaho Sustainability Grant: *Understanding Predictors of Sedentary Behavior to Promote a University Culture of Healthy Active Lifestyles*, \$2939.15 requested (not funded)
- 2016** Graduate and Professional Student Association Travel Award, University of Idaho, \$301
- 2016** Leora Stillinger Memorial Scholarship, University of Idaho, \$1500
- 2015** College of Graduate Studies Scholarship, University of Idaho, \$4111
- 2015** Faculty Technology Advisory Committee Technology Grant: *Software for Biomechanical Analyses*, (FTAC, Adams State University), \$2668

CERTIFICATIONS:

- 2017-** American College of Sports Medicine Certified Exercise Physiologist
- 2017-** American College of Sports Medicine Exercise is Medicine Ambassador
- 2016-** National Association of Phlebotomy Technicians - Certified Phlebotomy Technician
Idaho State Certification Number: ID-1173-11068
National Certification Number: 105734
- 2011-** American Red Cross: CPR/First Aid

PROFESSIONAL ORGANIZATIONS:

- 2017-** American College of Sports Medicine Northwest - National Student Representative
- 2015-** American College of Sports Medicine Student Member / Northwest Chapter Student Member
- 2012-** National Strength and Conditioning Association Student Member

SKILLS AND QUALIFICATIONS:

Assessment and/or measurement and basic interpretation of the following:

- Electrocardiograms
- Maximal exercise testing
- Submaximal exercise testing
- Lactate threshold testing
- Exercise prescription
- Body composition: skinfolds, anthropometric measures, BOD POD
- Blood pressure
- Blood chemistry via venipuncture and dermal puncture
- Flexibility
- Electromyography
- Force platforms
- 2-D motion capture and analysis
- Accelerometry
- 24-hr diet recall
- Gel electrophoresis

RNA/DNA isolation
Western blotting
Cell culture
PCR

Computer skills:

Microsoft word
Microsoft power point
Microsoft excel
SPSS
Amos
R statistical computing software
Nutrition Data System for Research (NDSR)
ActiLife