

VITAE

Name: Dr. Melissa (Miller) Cook, EP-C
Division: Health and Human Performance
University: Indiana Wesleyan University (IWU)

Department: Exercise Science
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EDUCATION

Doctor of Education
Ball State University (BSU), Muncie, Indiana
Specialization: Physiology and Health Science
Cognate: Human Performance

Master of Science
California State University, Fullerton, California
Specialization: Kinesiology and Health Promotion

Bachelor of Arts
University of the Pacific, Stockton, California
Major: Sports Sciences
Track: Sports Medicine

TEACHING/RESEARCH EXPERIENCE

2016 – present	Professor, Health and Human Performance, IWU
2020 – 2025	Adjunct Faculty, School of Nursing and Health Professions, DPT, IWU
2009 – 2016	Associate Professor, Health and Human Performance, IWU
Spring 2009	Assistant Professor, Online professor for a semester in Zambia
2007 – 2009	Assistant Professor, Health, Kinesiology, Recreation and Sports Studies Department, IWU
2005 – 2007	Assistant Professor, Kinesiology and Exercise Science Department, ETBU
2004 – 2005	Graduate Assistant, Biology Department, BSU
2003 – 2004	Research Assistant, Muncie Center for Medical Education, BSU
2003	Contract Faculty, Physiology and Health Science Department, BSU
2002 – 2003	Graduate Assistant, Physiology and Health Science Department, BSU
2000 – 2002	Associate Instructor of Human Performance, Indiana University
2000	Teaching/Lab Assistant of Exercise Physiology, JHU/CTY

PROFESSIONAL ORGANIZATIONS/MEMBERSHIPS

National Strength and Conditioning Association (NSCA), 2020 - present
Midwest Regional Chapter of American College of Sports Medicine (MWACSM), 2007 – present
American College of Sports Medicine (ACSM), 2007 - present
Christian Society for Kinesiology and Leisure Studies (CSKLS), 2010 - present
Professional & Organization Development Network in Higher Education, 2010 - 2011
Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD), 2009 – 2016
Texas Association for Health, Physical Education, Recreation & Dance, 2005-2007
National Science Teachers Association, 2004-2005
Indiana Academy of Science, 2002-2004
American Physiological Society, 2002-2003

CERTIFICATIONS

2013 – present	BBP, Hand Hygiene, Sharps, PPE, HIPAA, HITECH, Omnibus training
2012 – present	ACSM Certified Exercise Physiologist (ACSM ID#: 639845)
2012 – present	American Red Cross CPR for the Professional Rescuer
2013 – 2016	National Safety Council for First Aid
2016 – present	American Red Cross for First Aid

AWARDS AND HONORS

Academic All-American, 1995-1996 and 1996-1997
Big West Conference and University of the Pacific Scholar Athlete, 1995-1996 and 1996-1997
University of the Pacific Academic Achievement Award, 1996-1997
Mr. and Mrs. Jessie Grogan Endowed Scholar, 1995-1996 and 1996-1997
Team Captain of the University of the Pacific softball team, 1996-1997

DEPARTMENTAL, UNIVERSITY AND OTHER PROFESSIONAL SERVICE

Departmental:

DPT Student Interviews, DPT, SHS, IWU, 2021 - 2023
Director of the CAAHEP Accredited Exercise Science program, 2013 – present
Exercise Science Department/Lab Coordinator, IWU, 2007 - present
HHP Faculty Search Committee, IWU, 2009, 2016, 2017, 2018, 2019, 2020, 2026
CAAHEP accreditation proposal for Exercise Science, 2010 – 2013
CSKLS 2012 Conference Planning Committee, IWU, 2012
Head Athletic Trainer Search Committee, IWU, 2008
Biology Department Promotion and Tenure Committee, BSU, 2004 - 2005
Anatomy & Physiology Faculty Search Committee, BSU, 2003 - 2004

University:

Faculty Rank and Promotion Committee, 2026 - present
School Nursing and Health Professions Curriculum Committee, 2024 - present
CAS Curriculum committee, 2023 - present
OTA/PT Advisory Committees, 2023
Accreditation Council, IWU, 2018 - 2023
Athletic Committee, IWU, 2013 – 2015, 2018 - 2020
General Education Committee, 2018 - 2019
Faculty Senate, IWU, 2016 – 2018, Senate Secretary 2016 - 2017
CAS Faculty Relations Council, IWU, 2015 - 2018
Academic Affairs Council, IWU, 2010 – 2011, 2015 – 2017
Wellness Committee, IWU, 2014 – present
Definition of a Student Sub-committee, Student Life Council, IWU, 2013 - 2014
Student Life Council, IWU, 2013 – 2015, Chair
Director of Campus Recreation Search Committee, IWU, 2013
University Faculty Scholarship Award Committee, IWU, 2012 - 2013
Lilly Funds Award Committee, IWU, 2012 - 2013
Ticket Appeals Sub-committee, Student Life Council, IWU, January 2013 – September 2018
Student Development Council, IWU, 2011 - 2013
Assessment Committee, IWU, 2010 - 2012
University Student Lilly Scholarship Award Committee, IWU, 2011 - 2012
University Teaching & Mentoring Award Committee, IWU, 2010 – 2012

Faculty Development Council, IWU, 2009 – May 2012
CAS Technology Committee, IWU, 2009 - 2010
University Instructional Technology Council, IWU, 2009 - 2010
Human Subjects Review Board, IWU, 2008 - 2010
Travel Study Abroad Committee, ETBU, 2005 - 2007 (2006 - 07, chair)
Contract Faculty Affairs Committee, BSU, 2003 - 2004
University Research Committee, BSU, 2003 – 2004

Church Service/Responsibilities:

Finance Committee member, Brookhaven Wesleyan Church, May 2021 - 2023
Board Member, Brookhaven Wesleyan Church, May 2021 – 2024, 2026 - present
First Impressions team member, Brookhaven Wesleyan Church, August 2018 – August 2025
Church Teller, Brookhaven Wesleyan Church, September 2012 – March 2020
Hospitality team member, Brookhaven Wesleyan church, August 2019 – March 2020
Strat Op team member, Leadership Pipeline team leader, March 2018 – December 2019
Discipleship Group Leader, Brookhaven Wesleyan Church, August 2014 – December 2019,
January 2021 - 2023
Nursery Room Worker, Brookhaven Wesleyan Church, August 2013 – September 2018,
September 2021 - 2022
Nominating Committee, Brookhaven Wesleyan Church, June 2013 – May 2014,
June 2018 – May 2019
Assistant Secretary/Treasurer, Wesleyan Women, Brookhaven Wesleyan Church,
June 2013 – May 2014
Food Pantry Committee, Brookhaven Wesleyan Church, May 2012 – May 2014
Small Group Leader, God's House Ministries, Marion, Indiana, September 2009 – November 2010
God's Kids Ministry, God's House Ministries, Marion, Indiana, May 2009 - December 2009
“After High” Co-director, New Life Community Church, October 2007 - June 2008

Community Service:

NAIA Track and Field National Championships volunteer, May 2023, 2024
Advisory Committee Member, Grant Regional Career Center's Exercise Science Pathway,
2023 - current
ACSM photoshoot, June 2021
Away game meal coordinator, Mississinewa High School Boys and Girls soccer teams,
August 2019 - 2022
Ole Miss Youth Sports, Soccer Coach 3rd – 5th grade, Spring 2018
Volunteer, Bridges to Health, Marion, Indiana, March 2013 – August 2016
Licensed Foster Parent, The Villages, March 2012 – April 2015
Parent Representative, Sonshine Preschool Board, Sweetser, Indiana, August 2010 – May 2012
Purdue Master Gardener, Grant County, January 2009 - 2010
Project Leadership Mentor, Marion, Indiana, 2007
The Optimist Club, Marshall, Texas, 2005 - 2007

FACULTY DEVELOPMENT

Faculty Reading Group Coordinator, Fall 2010 – May 2012
Coordinator, CAS Faculty Development, August 2010 – December 2011
Faculty Development Council, Fall 2009 – May 2012
Women's Leadership Development Reunion Retreat, IWU, Indianapolis, Indiana, May 7 – 8, 2009
New Faculty Mentor, IWU, 2009 – 2010, 2023 - 2024
Advancing Women Leadership Cohort, Women's Leadership Development Initiative, IWU, 2008 - 2009

RESEARCH AND SCHOLARSHIP

Undergraduate courses taught

Indiana Wesleyan University (IWU) – Division of Health and Human Performance

PHE 101 Concepts of Health and Wellness	EXS 374 Physiology of Exercise
PHE 102 Adult Fitness	EXS 374L Physiology of Exercise Lab
EXS 170 Introduction to Exercise Science	PHE 377 Physics of Sport Movement
EXS 190 Medical Terminology	PHE 385 Psychology of Motor Learning
PHE 235 Professional Experience I	EXS 383 Professional Experience I
PHE 236 Professional Experience II	EXS 415 Nutrition for Sport and Exercise
PHE 282 Motor Development	PHE 482 Senior Seminar
EXS 286 Kinesiology	EXS 483 Exercise Science Internship
EXS 370 Biomechanics and Physics of Sport Movement	EXS 485 Senior Research Seminar I
EXS 370L Biomechanics and Physics of Sport Movement Lab	EXS 486 Senior Research Seminar II
	EXS 487 Culminating Senior Experience

Indiana Wesleyan University (IWU) – School of Health Professions – DPT program

DPT 703 Movement Science 3 (Human Applied Physiology)

East Texas Baptist University (ETBU)

KINE 1302 Introduction to the Structure and Function of the Human Body	
KINE 2303 Lifespan Motor Development	KINE 3312 Kinesiology/Applied Anatomy
KINE 3310 Personal Concepts of Health and Wellness	KINE 4306 Evaluation in Kinesiology
KINE 3311 Physiology of Exercise	KINE 4310 Human Diseases

Ball State University (BSU)

ANAT 201 Human Anatomy
ANAT 201 Lab Human Anatomy Lab
PHYS 210 Lab Human Physiology Lab

Indiana University (IU)

HPER P205 Lab Structural Kinesiology Lab

John Hopkins University/Center for Talented Youth (JHU/CTY)

Exercise Physiology

ACCREDITATION/CURRICULUM

CAAHEP Accredited Exercise Science Program, 2013 – present

Continuing accreditation through March 2028, a 10-year accreditation award

Initial accreditation through March 2018, 5-year accreditation award

Site visitor for CAAHEP/CoAES exercise science accreditation

Chatham University, 2024

Cleveland State University, 2024

Central College in Iowa, 2023 (virtual)

Northeastern State University, Oklahoma, January 27th, 2021 (virtual)

Missouri Baptist University, 2019
Murray State University, 2017

Ambassador/Mentor for CAAHEP/CoAES exercise science accreditation

Panel speaker at CAAHEP/CoAES annual training at ACSM conference, May 2019

CASCE/NSCA Accreditation

Site Visitor for NSCA Strength and Conditioning curriculum
Western Michigan University, February 2026

New Courses Developed

Indiana Wesleyan University

DPT 703 – Movement Science 3, IWU, Fall 2021

EXS 190 – Medical Terminology, New Online Course Developer, IWU, Spring 2012

EXS 374L – Physiology of Exercise Lab, IWU

EXS 370L – Biomechanics and Physics of Sport Movement Lab, IWU

EXS 383 – Professional Experience I, IWU, Spring 2018

EXS 485 – Senior Research Seminar I, IWU

EXS 486 – Senior Research Seminar II, IWU

EXS 487 – Culminating Senior Experience

Ball State University

Honors 298 – Food, Values, Politics and Society, New Course Developer, BSU,
Spring 2005 - Involved in the design, development, implementation, and
assessment (Doctoral Dissertation) of an interdisciplinary *Fast Food Nation*
Course

REFEREED PUBLICATIONS

Biggs, N.C., England, B.S., Turcotte, N.J., Cook, M.R., and Williams, A.L. (2017). Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness. *International Journal of Exercise Science*, 10(1), 128 - 136. Available at: <http://digitalcommons.wku.edu/ijes/vol10/iss1/13>

Davison, E.A., Anderson, C.T., Ponist, B.H., Werner, D.M., Jacobs, M.E., Thompson, A.J., and Cook, M.R. (2016). Inhibitory Effect of the Kinesio Taping® Method on the Gastrocnemius Muscle. *American Journal of Sports Science and Medicine*, 4(2), 33-38. DOI: 10.12691/ajssm-4-2-2. Available at: <http://pubs.sciepub.com/ajssm/4/2/2/index.html>

Cook, M.R. and Mulvihill, T.M. (2008). Problem-Based Learning and Scientific Literacy. *Academic Exchange Quarterly*, Spring 2008, 158-162.

Cook, M.R. and Mulvihill, T.M. (2008). Examining US College Students' Attitudes Toward Science: Learning From Non-Science Majors. *Educational Research and Reviews*, January 2008, 038-047.

Coggan, J.S., Grutzendler, J., Bishop, D.L., Cook, M.R., Gan, W., Heym, J. and Lichtman, J.L. (2004). Age-Associated Synapse Elimination in Mouse Parasympathetic Ganglia. *Journal of Neurobiology*, 60(2), 214-226.

PRESENTATIONS AT PROFESSIONAL MEETINGS

Lecture

Cook, M.R. Can a Small Christian College Build a High-Quality Exercise Science Lab on a Limited Budget?, presented at CSKLS annual meeting, Lookout Mountain, GA, July 31st, 2026

Williams, A.L. and Cook, M.R. How useful is RPE in determining exercise intensity? With New Insights, presented at CSKLS annual meeting (virtual), Nashville, TN, June 14th, 2021.

Williams, A.L. and Cook, M.R. How useful is RPE in determining exercise intensity?, presented at Midwest ACSM Regional Chapter Annual Meeting, Oak Brook, Illinois, November 8-9, 2019.

Mulvihill, T.M., Latz, A., Cook, M.R. and Pauline, G. Collaborative Autoethnography: understanding how athletic experiences shape the professional identity of some women college and university faculty, presented at the 2010 Association for the Study of Higher Education (ASHE) conference, Indianapolis, Indiana, November 18, 2010.

Cook, M.R., Pauline, G., Mulvihill, T.M. and Latz, A. Autoethnographically speaking: case studies of women college and university faculty examining their athletic experiences, accepted to be presented at the 22nd Annual Conference on Ethnographic and Qualitative Conference (EQRC), Cedarville, Ohio, June 4-5, 2010.

Cook, M.R. Examining Students' Attitudes toward Science and Scientific Literacy in a Non-Science Major, Interdisciplinary Course, presented at the Midwest Scholars Conference, Indiana Wesleyan University, Indianapolis, February 22, 2008.

Miller, M.R. A Comparison of the Sidearm Throws Versus the Overarm Throws in Softball Players, presented at the Southern California Conference on Biomechanics, University of Southern California, April 8, 2000.

Abstract

Blakey, A., Cook, M.R., Rogers, W., Johnson, S., Hott, A.M., Eflin, J. and Gray, J. Science: The Success Catalyst – Instructors Energizing Novel Courses and Engaging Students, presented at SENCER (Science Education for New Civic Engagement and Responsibilities) Summer Institute, Santa Clara, California, August 2005.

Poster

Cook, M.R., Sykes, P., Thomason, B., Strawser, E. and Willard, Q. The Effect of Reflexive Performance Reset (RPR) on Mobility and Performance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, October, 2025.

McDivitt, A., Cook, M.R., Davidson, G., Hughes, K. The Effects of Caffeine on Reaction Time and Accuracy in Law Enforcement, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, October, 2024.

Upton, S., Cook, M.R., Anthony, L. and Cockrum, C. A Comparison of Co-Contraction Ratios of College Athletes After Anterior Cruciate Ligament Reconstruction (ACLR) During a Single Leg Drop Landing, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, October, 2024.

- Anthony, L.A., Cook, M.R., Lawrence, M., Keith, J., and Kinney, D. Effect of Different Durations of Whole-Body Vibration on Dynamic Postural Stability, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.
- Henry, I., Cook, M.R., Vogel, C. and Weldy, L. The Effect 100mg of Caffeine has on Simple Reaction Time, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.
- Flewelling, M., Cook, M.R., Hathaway, S., Lain, C., and Clement, J. Dynamic Postural Stability in College Football Players with Chronic Ankle Instability, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.
- Cook, M.R., Branan, M., Jackson, F. and Whiteman, R. The Validity of Bioelectrical Impedance When Testing Resting Metabolic Rate, Compared to Indirect Calorimetry Using a Metabolic Cart, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.
- Cook, M.R., Coryell, K., Grubbs, J. and Whitehouse, H. Effects of Celsius© on Anaerobic Performance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.
- Martin, L., Waterway, T., Khlar, E. and Cook, M.R. Physiological Differences on a Standard Treadmill Versus a Lower Body Positive Pressure Treadmill, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, 2023.
- Anthony, L.A., Cook, M.R., Savieo, J., Buresh, S. and Fritz, L. The Efficacy of Reflexive Performance Reset, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2022.
- Cook, M.R., Tripp, E., Schoerder, L., and Impact of Plated Running Shoes on Physiological and Psychological Variables, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2022.
- Henely, K., Unger, Z., Swenson, J., Cook, M.R. and Williams, A.L. Comparison of Upper and Lower Body Muscular Strength and Endurance in College Students at Indiana Wesleyan University, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oak Brook, IL, November 8 – 9, 2019.
- Cook, M.R., Williams, A.L., Oliveira, D.B., Planck, J., Wolgemuth, C., Yoder, W., and Foster, R.N. The Accuracy of Activity Trackers Measuring Energy Expenditure while Walking, presented at the American College of Sports Medicine (ACSM) Annual Meeting, Orlando, FL, May 30th, 2019.
- Williams, A.L., Cook, M.R., Castro, C., Haller, V., Seabeck, A., Springer, A., and Kennell, A. Correlation Analysis of the Skulpt© and BodPod©, presented at the American College of Sports Medicine (ACSM) Annual Meeting, Orlando, FL, June 1st, 2019.
- Oliveira, D.B., Planck, J., Wolgemuth, C., Yoder, W., Cook, M.R., Foster, R.N. and Williams, A.L. The Accuracy of Activity Trackers Measuring Energy Expenditure while Walking, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 9 – 10, 2018.

- Cook, M.R., Williams, A.L., Bantz, E., Blubaugh, J., and Peters, C. The Effects of Simulated Altitude Masks on Aerobic Endurance in Trained Individuals, presented at the American College of Sports Medicine (ACSM) Annual Meeting, Minneapolis, MN, June 2nd, 2018.
- Kirby, J., Hayden, H., Coffey, M., Forbes, B., Cook, M.R., and Williams, A.L. The Accuracy of Caloric Expenditure in Fitness Tracking Technology, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.
- Moore, C., Deaton, K., Meinert, B., Price, C., Cook, M.R., and Williams, A.L. The Effects of Bingocize on Muscular Strength, Balance, Body Composition and Confidence in ADLs in The Elderly, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.
- Yoder, W., Bantz, E., Blubaugh, J., Peters, C., Cook, M.R., and Williams, A.L. The Effects of Simulated Altitude Masks on Aerobic Endurance in Trained Individuals, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.
- Shimmons, E., Balzano, D., Cain, L., Hornett, E., Cook, M.R., and Williams, A.L. The Effects of HIIT on Body Composition and Muscular Endurance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.
- England, B.S., Biggs, N.C., Turcotte, N.J., Cook, M.R., and Williams, A.L. Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 4 – 5, 2016.
- Williams, A.L., Cook, M.R., Shaffer, J., & Cuzzort, M. Dissociative Effects of a Spin Studio, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Stearns, E.M., Cook, M.R., Williams, A.L., Anglemeyer, C., DeMoss, L., & Godbey, J. Effects of Time of Day on Muscular Strength, Muscular Endurance and Flexibility, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Cook, M.R., Williams, A.L., Anglemeyer, T., Stephens, J., Hoffman, S., & Spencer, C. The Effects of a Plyometric Training Program on College Students, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Beerman, J., Cook, M.R., Williams, A.L., Hayden, A., Krebs, T., & Bok, B. The Relationship between Rate of Perceived Exertion and Actual Heart Rate, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.

- Alao, D., Wilson, K., Cook, M.R., Williams, A.L., Miller, D., & VanKerkhoff, M.G. The Effects of Different Stretching Protocols on Golf Performance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Ryan, M., Worthman, J., Cook, M.R., Williams, A.L., Thompson, Z., & Jones, A. The Effects of High Intensity Interval Training on Gender, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.
- Anglemeyer, C.P., Cook, M.R., Williams, A.L., Brackenhoff, M.D., Kursonis, B.A., Lapp, M.R., & Smith, K.R. The Effects of Participation in a Bingocize™ Program on Self- Efficacy, Muscular Strength, Balance & Flexibility of Older Adults, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Merrillville, IN, November 7 – 8, 2014.
- Ream, J-M., Cook, M.R., Williams, A.L., Greentree, J., Orozco, L. & Reinke, A. Let's Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Merrillville, IN, November 7 – 8, 2014.
- Cook, M.R., Carmichael, M., Enger, D., Golden, K., Stemmler, E. & Williams, A.L. Effects of an Energy Drink On Blood Lactate Levels During Maximal Anaerobic Exercise, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.
- Speidel, J., Cook, M.R., Williams, A.L., Arnold, S., Copple, S., Gurley, T., & Percy, E. Effectiveness of Blood Lactate Clearance in Arm Ergometry Active Recovery, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.
- Williams, A.L., Cook, M.R., Bush, L., Humason, S., Rosenkranz, S., Sailor, B., & Springer, M. The Effects of a College Multiple Skill Activities, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.
- Wilson, L., Lohser, A., Cook, M.R., Williams, A.L., Breckner, H., Hochstetler, A., & Stoneking, K. Tennis Ranking Correlation with Resting Heart Rate and VO_2max , presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.
- Wilcoxson, E., Cook, M.R., Williams, A.L., Cocallas, T., Froderman, H., Klingeman, R., & Pedersen, M. Duration of Post-Exercise Effects on Brain Cognition, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, Indiana, October 28 – 29, 2011.
- Rosenkranz, S., Cook, M.R., Williams, A.L., Baker, K., Malkowski, L., Miller, B., & Thompson, P. Effects of Music Tempo on Performance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, Indiana, October 28 – 29, 2011.

Horsch, S., Dufek, J.S., Cook, M.R., Williams, A.L., Dixon, L., Hanson, B., Hamilton, K., & Reikowsky, L. The Influence of Static, Dynamic, and Active Isolated Stretching on Vertical Jump Performance, presented at the Southwest American College of Sports Medicine (SWACSM) 30th Annual Meeting, Reno, Nevada, October 21 – 22, 2011.

Cook, M.R. and Bishop, D.L. Structural Correlates to Synapse Reoccupation and Axon Regeneration at the Neuromuscular Junction, presented at Society for Neuroscience, San Diego, California, October 26, 2004.

Poster - Student Research Specific

Anglemyer, C.P., Cook, M.R., Williams, A.L., Brackenhoff, M.D., Kursonis, B.A., Lapp, M.R., & Smith, K.R. The Effects of Participation in a Bingocize™ Program on Self-Efficacy, Muscular Strength, Balance & Flexibility of Older Adults, presented at the Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November 5 – 7, 2014. – **This poster won the student poster research competition.**

Ream, J-M., Cook, M.R., Williams, A.L., Greentree, J., Orozco, L. & Reinke, A. Let's Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise, presented at the Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November 5 – 7, 2014.

Gurley, T., McKinley, J., Cook, M.R., Williams, A.L., Foulk, S. & Pearce, H. The Potential Benefits and Effects of CrossFit® on Cardiovascular Endurance, Muscular Strength and Speed, presented at Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November, 2011.

Percy, E. Cook, M.R., Williams, A.L., Devereaux, K., Garber, K., Hamsley, J. and Schortgen, J. Wii Fit® with Aerobic Step Platform and the Effects on Target Heart Rate, presented at Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November, 2011.

Rosenkranz, S., Cook, M.R., Williams, A.L., Baker, K., Malkowski, L., Miller, B., & Thompson, P. Effects of Music Tempo on Performance, presented at the Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November, 2011. – **This poster won the student poster research competition.**

BOOKS

Cook, M.R. (2016). *A Comparison of the Sidearm Throw Versus the Overarm Throw*. Germany: Lambert Academic Publishing.

Cook, M.R. (2009). *Examining Students' Attitudes About Science and Scientific Literacy*. Germany: VDM Verlag.

NEWS ARTICLES

WDIO, ABC affiliate, Duluth, Minnesota Press Release, November 13, 2020, 05:41 PM.
<https://www.wdio.com/news/lightspeed-lift-exercise-happiness-covid-19/5924059/>

Wall Street Journal, London, Avantika Chilkoti, May 4, 2019 07:00 AM EST,
https://www.wsj.com/articles/altitude-training-in-london-requires-extra-effort-11556967601?emailToken=ea74219a3aa382486921d442ce8a7613YDcq8unawcRpfj6kE71lowpvDHIXp9vTy+5XoZ+2G7VII7/9tWo7OVnZHQXOigpmUPT8aky3lccYZF0kJy/gS1vTUxYJXtC2euC5HAYQjag%3D&reflink=article_copyURL_share

GRANTS RECEIVED

Discovered Opportunity Grant, IWU, 2021 (\$1000)
Indiana Academy of Science Grant, 2003 (\$1,417)
Research Grant-in-Aid, Indiana University, 2001 (\$443.30)

DOCTORAL COMMITTEE APPOINTMENTS

Committee Member for EdD in Organizational Leadership
Dissertation: A Healthy Dose of Leadership: Superintendents' Leadership Styles in Implementing School Health and Wellness Programs in Indiana
Student: Alice J. Robertson
Institution: Indiana Wesleyan University
Completion: August 2009

LILLY SCHOLARSHIP AWARDS

Student Lilly Scholarship Award Mentor, Low-Fat Dieting: Effects of a Caloric Deficit and Workout Plan, IWU, Gabriel Long, 2024 - 2025
Student Lilly Scholarship Award Mentor, Tennis Ranking Correlation with Arm Ergometer VO2 Max Test, IWU, Lauren Wilson, 2012 - 2013
Student Lilly Scholarship Award Mentor, Analysis of Indiana Wesleyan University's Wellness Program, IWU, Emily Percy, 2011 – 2012

TEXTBOOK/WEBSITE/LMS/MANUSCRIPTS/ABSTRACTS

Technology

Multiple LMS/websites/apps in design - Pearson Education Publishers – Indianapolis, IN, 2012 - 2017

Textbooks

Fitquest: A Personal Journey by Bell, Garver, McCurley, Mood and Banks (2014) – Bearface Instructional Technologies

Exercise for Older Adults by ACSM (2013) - Lippincott, Williams, & Wilkins Publishers

Basic and Applied Sports Kinesiology by Declan Connolly (2013) - Lippincott, Williams, & Wilkins Publishers

Total Fitness Assessment by Ng and Bosso (2013) – Lippincott, Williams, & Wilkins Publishers

Introduction to Exercise Science by Housh, Housh, and Johnson (2012) - Holcomb Hathaway Publishers

Basic Biomechanics (6E) by Hall (2012) - McGraw-Hill

Exercise Physiology by William Kraemer, Steven Fleck and Michael Deschenes (2011) – Lippincott, Williams, & Wilkins Publishers

Introduction to Human Disease: Pathophysiology for Health Professionals (5E) by Hart and Loeffler (2006) – Jones & Bartlett Learning

Manuscript Proposals

Journal of Sports Science manuscript reviewer, 2016 – 2018

Abstract Proposals

Abstract Review Committee for MWACSM, 2019 - 2021

CSKLS conference proposal reviewer, 2016

ASHE conference proposal reviewer, Teaching, Learning, Assessment and Methods, 2011 – 2014

SUPERVISED UNDERGRADUATE STUDENT RESEARCH PROJECTS (IWU)

Hands that Tremble, Minds that Race: The Dual Impact of Caffeine, 2025-2026

Effects of Body-Weight Support on Blood Lactate Accumulation During High-Intensity Running, 2025-2026

The Effects of Resistance Band Dynamic Warm-Ups on Throwing Velocity and Range of Motion, 2025-2026

Effects of Post-Warm-Up Delay on Performance, 2025-2026

Low-Fat Dieting: Effects of a Caloric Deficit and Workout Plan, 2024-2025

The Effect of Reflexive Performance Reset (RPR) on Mobility and Performance, 2024-2025

The Effect of Music Tempo on Running Time and Rate of Perceived Exertion (RPE), 2024-2025

The Effect of Music Tempo on Visual Reaction Time, 2024-2025

The Relationship Between Golf Performance and TPI Screening Scores, 2024-2025

Comparison of Co-Contraction Ratios of College Athletes After ACLR During a Single Leg Drop Landing, 2023-2024

The Effects of Caffeine on Reaction Time and Accuracy in Law Enforcement, 2023-2024

The Validity of Bioelectrical Impedance When Testing Resting Metabolic Rate, Compared to Indirect Calorimetry Using a Metabolic Cart, 2022-2023

Effects of Celsius© on Anaerobic Performance, 2022-2023

Physiological Differences on a Standard Treadmill Versus a Lower Body Positive Pressure Treadmill, 2022-2023

The Efficacy of Reflexive Performance Reset, 2021-2022

The Effect of a Chlorophyll Placebo on Psychological and Physical Outcomes in Treadmill Exercise, 2021-2022

Impact of Plated Running Shoes on Physiological and Psychological Variables, 2021-2022

Metabolic and Psychological Observations During Running with and without the Lightspeed Lift©, 2020 - 2021

Comparing Muscular Activation Through EMG During Full-Weight Bearing Versus Reduced-Weight Bearing Treadmill Running, 2020 - 2021

The Cardiometabolic Effects of the Lightspeed Lift© Harness System, 2019 - 2020

The Effects of Body Weight Support Treadmill Activity on the Lightspeed Lift©: Changes in Affective Valence and RPE, 2019 - 2020

The Effect of the Lightspeed Lift© on Caloric Expenditure, Time to Exhaustion and Rate of Caloric Expenditure During Maximal Exertion Treadmill Running, 2019 - 2020

Factors Influencing Perception of Effort During Treadmill Exercise, 2019 - 2020

A Comparison of Validity Between the Borg RPE Scale and Borg CR10 Scale, 2019 - 2020

Validation of Emoji Pictorial Perceived Exertion Scale Versus Borg CR10 Scale, 2019 - 2020

Evaluating Rate of Perceived Exertion in College Students Using the Upright Bike and Stair Stepper, 2018 - 2019

Comparing RPE to Heart Rate: Recumbent versus Upright Bicycle, 2018 - 2019

An Evaluation of Body Composition and Nutrition in Indiana Wesleyan University Students, 2018 - 2019

Comparison of Upper and Lower Body Muscular Strength and Endurance in College Students at Indiana Wesleyan University, 2018 - 2019

Rate of Perceived Exertion and Heart Rate on Treadmill and Rower Ergometer, 2018 - 2019

Flexibility and Balance of Undergraduate Students at Indiana Wesleyan University, 2018 - 2019

Cardiorespiratory Fitness Among Residential Undergraduate Students Attending Indiana Wesleyan University, 2018 - 2019

The Comparison of Heart Rate to Rate of Perceived Exertion on College Students Using the Treadmill and Arm Ergometer, 2018 - 2019

The Accuracy of Activity Trackers Measuring Energy Expenditure while Walking, 2017 - 2018

Accuracy of Fitness Trackers in Predicting Caloric Expenditure During Stationary Biking, 2017 - 2018

Heart Rate and Caloric Expenditure Accuracy of Popular Fitness Trackers, 2017 - 2018

The Effect of Music Preference on Exercise Performance in College Students, 2017 - 2018

Correlation Analysis of the Skulpt® and BodPod, 2017 - 2018

Competition's Impact on Heart Rate in Zumba Exergaming, 2016 - 2017

The Effects of Elevation Training Masks on Aerobic Endurance in Trained Individuals, 2016 - 2017

The Effects of Bingocize™ on Muscular Strength, Balance, Body Composition and Confidence in Activities of Daily Living in the Elderly, 2016 - 2017

The Effects of HIIT on Body Composition and Muscular Endurance, 2016 - 2017

The Accuracy of Caloric Expenditure in Activity Tracking Technology, 2016 - 2017

Vibration's Impact on Flexibility, 2016 - 2017

Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness, 2015 - 2016

Comparison of Physiological Benefits and Enjoyment of Dance Dance Revolution With and Without a Partner, 2015 - 2016

Muscle Activation During Front and Back Squat, 2015 - 2016

The Impact of Whole-Body Vibration Training on Muscle Activation and Flexibility, 2015 - 2016

What's Your Power Hour? The Effects of Time of Day on Exercise Performance, 2014 - 2015

PLYO+: The Effects of Plyometric Training on the Active Non-Athlete College Population, 2014 - 2015

The Effect of Dissociation in a Spin Studio Environment, 2014 - 2015

A Comparison of Perceived Exertion Versus Actual Exertion During Exercise, 2014 - 2015

HIIT IT: The Physiological Differences Between Men and Women in Response to HIIT Training, 2014 - 2015

Effects of Gatorade and Water on Exercise, 2014 - 2015

Stretching and Golf Performance: The Significance of Dynamic, Static, and No Stretching on Performance of a Golf Swing, 2014 - 2015

The Effect of Participation in a Bingocize® Program on Self-Efficacy, Muscular Strength, Balance, and Flexibility of Older Adults, 2013 - 2014

Let's Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise, 2013 - 2014

The Effects of Music Tempo and Enjoyment on Exercise Performance, 2012 - 2013

The Relationship Between Religious Values, Health Habits, and Motivation for Exercise, 2012 - 2013

The Different Modes of Exercise and their Effects of Cognitive Function, 2012 - 2013

Effectiveness of Blood Lactate Clearance in Arm Ergometry Active Recovery, 2011 - 2012

Effects of 5-Hour Energy® on Blood Lactate Levels During Maximal Anaerobic Exercise, 2011 - 2012

The Effects of a College Multiple Skills Activities Class, 2011 - 2012

The Effects of Longboarding on the Cardiovascular System, 2011 - 2012

Tennis Ranking Correlation with Resting Heart Rate and VO2 Max, 2011 - 2012

Effects of Music Tempo on Performance, 2010 - 2011

Duration of Post-Exercise Effects on Brain Cognition, 2010 - 2011

The Potential Benefits and Effects of CrossFit® on Cardiovascular Endurance, Muscular Strength and Speed, 2010 - 2011

The Validity of Power Balance® Bracelets, 2011 - 2011

Wii Fit® with Aerobic Step Up Platform and the Effects on Target Heart Rate, 2010 – 2011
Investigating Perceived versus Actual Activity Levels While Exercising on the Wii Fit®, 2009 - 2010
The Influence of Static, Dynamic, and Active-Isolated Stretching on Vertical Jump Height, 2009 - 2010
Comparing Body Composition Between Health Related and Non-Health Related Academic Majors,
2009 - 2010

STUDENT CLUBS/ORGANIZATIONS ADVISOR

Exercise Science Club advisor, HHP, IWU, 2021 – present
Swing Dance Club advisor, IWU, 2013 – 2014
IWU Remix advisor, IWU, 2010 – 2013
Exercise Science and Applied Health and Fitness Club advisor, IWU, 2010 – 2011
Martin Hall Unit Parents (Holly King, Britta Sjoborg, Brittany Molnar), IWU, 2009 – 2012

SERVICE PROJECTS/MISSION TRIPS

IWU DPT students:
Dominican Republic, February 28 – March 7, 2026

World Gospel Mission:
Sanyu Babies Home, Kampala, Uganda, May 31 – June 11, 2015

IWU students:
Hephzibah Children's Home, Macon, Georgia, May 1 – May 7, 2016
95 Acts of Intentional Kindness, Brookhaven Wesleyan Church, Marion, IN, September 4, 2015
Hephzibah Children's Home, Macon, Georgia, February 28 – March 7, 2015
94 Acts of Intentional Kindness, Brookhaven Wesleyan Church, Marion, IN, August 29, 2014

PANEL SPEAKER

Day of Courageous Conversations, Student Athletes...Privileged or Penalized, February 11, 2020
Cancer Center Support Group, Exercise Recommendations for Cancer Patients, October 16, 2018
Instructor, Nutrition and Exercise Recommendations for Children, Foster Care Training, The Villages, August 19, 2014
Faculty Panel, SPAS Undergraduate Research Highlights, SPAS Faculty Retreat, August 21, 2014
Math and Athletics Instructor, Camp Blast, Fairmount Campgrounds, July 1, 2014
Guest Speaker, Parish Nurses Luncheon, Marion General Hospital, April 2014
Faculty Panel, Teaching Online Classes in the Summer: Effective & Efficient or Mediocre & Misguided?, SPAS Faculty Retreat, IWU, August 23, 2012
CAS Faculty Panel, Scholarship as a Christian Vocation, CAS Faculty Retreat, IWU, August 31, 2009
Health and Wellness Panel, Grant County Young Professionals Network, Meshingomesia Country Club, Marion, Indiana, April 2009

LEARNING ACADEMY COURSES COMPLETED

Living in the Zoom Universe, November, 2020
Online Tips and Tricks, May 14, 2020
Course Design, Spring, 2012
Assessment of Student Learning, Spring, 2012

PROFESSIONAL DEVELOPMENT/WORKSHOPS

Discipline Specific

ACSM 73rd Annual Meeting, Salt Lake City, UT, May 26 – May 29th, 2026
MWACSM Annual meeting, Grand Rapids, MI, Oct 2025
MWACSM Annual meeting, Grand Rapids, MI, Oct 2024
NSCA National Conference, Baltimore, MD, July 10 – 13, 2024
ACSM Health Fitness Summit, Chicago, Illinois, February 22 – 25, 2024
MWACSM Annual meeting, Indianapolis, IN, Oct 2023
NSCA National Conference, Las Vegas, NV, July 12 – 15th, 2023
MWACSM Annual meeting, Indianapolis, IN, Oct 21st, 2022
ACSM 69th Annual Meeting, San Diego, Ca, May 31 – June 4th, 2022
2021 National Conference, National Strength and Conditioning Association (NSCA),
Orlando, FL, July 7-10, 2021
ACSM 67th Annual Meeting, Virtual Experience, June 2020
MWACSM Annual meeting, Oak Brook, IL, November 8 – 9, 2019
ACSM 66th Annual Meeting, Orlando, FL, May 28 – June 1, 2019
MWACSM Annual meeting, Grand Rapids, MI, November 9 – 10, 2018
ACSM 65th Annual Meeting, Minneapolis, MN, May 29 – June 2, 2018
MWACSM Annual meeting, Grand Rapids, MI, November 10 – 11, 2017
ACSM 64th Annual Meeting, Denver, Colorado, May 31 – June 3, 2017
ACSM's 21st Health and Fitness Summit and Exposition, San Diego, CA, April 6 – 9, 2017
MWACSM Annual meeting, Fort Wayne, IN, November 4 – 5, 2016
ACSM 63rd Annual Meeting, Boston, Massachusetts, June 1 – 4, 2016
MWACSM Annual meeting, Fort Wayne, IN, November 6 – 7, 2015
ACSM 62nd Annual Meeting, San Diego, California, May 26 – May 30, 2015
MWACSM Annual meeting, Merrillville, IN, November 7 – 8, 2014
IAHPERD, Indianapolis, Indiana, November 6 – 8, 2014
ACSM 61st Annual Meeting, Orlando, Florida, May 27 – May 31, 2014
ACSM 60th Annual Meeting, Indianapolis, Indiana, May 29 – June 1, 2013
MWACSM Annual meeting, Oregon, Ohio, November 1-3, 2012
ACSM's 16th Health and Fitness Summit and Exposition, Las Vegas, NV, March 27 – 30, 2012
IAHPERD, Indianapolis, Indiana, November 9 – 11, 2011
MWACSM Annual meeting, Indianapolis, Indiana, October 28 – 29, 2011
ACSM 58th Annual Meeting, Denver, Colorado, May 31 – June 4, 2011
ACSM's 15th Health and Fitness Summit and Exposition, Anaheim, CA, April 13 – 16, 2011
MWACSM Annual meeting, Indianapolis, Indiana, October 29 – 30, 2010
ACSM's 57th Annual Meeting, Baltimore, Maryland, June 1 – 4, 2010
Perform Better 3-Day Functional Training Summit, Chicago, IL, May 2010
ACSM's 56th Annual Meeting, Seattle, Washington, May 27 – 30, 2009
Effective Techniques for Total Body Strengthening workshop, Indianapolis, IN, March 24, 2009
ACSM's 55th Annual Meeting, Indianapolis, Indiana, May 28 – 31, 2008
5th Annual Conference on Girls' and Women's Physical Activity and Sport, Louisiana State
University, Shreveport, Louisiana, February 16, 2007
TAHPERD Annual Convention, Fort Worth, Texas, November 30 – December 2, 2006
NSCA Personal Trainers Conference, Las Vegas, Nevada, March 12 – 13, 2006

Faith Integration Specific

Christian Society for Kinesiology and Leisure Studies, Covenant College, July 28-31, 2026
Christian Society for Kinesiology and Leisure Studies, Lipscomb University, June 14 – 16, 2021
Christian Society for Kinesiology and Leisure Studies, IWU, June 7 – 9, 2012

The Pedagogy of Faith in the Science Classroom, IWU, June 27 – 29, 2011
Life Calling Workshop, Indiana Wesleyan University, May 12 – 13, 2008
Midwest Scholars Conference, Indiana Wesleyan University, Indianapolis, IN, February 22, 2008
New Faculty Development Course, Indiana Wesleyan University, Fall 2007
Gnosis to Epignosis: A Seminar on Faith Integration in Christian Higher Education, La
Tourneau University, November 1, 2005

Teaching Specific

Lilly Faculty Development Workshop, Indiana Wesleyan University, August 2021
Assessment Workshop, Indiana Wesleyan University, May 7, 2013
IDEA Mentor Training, 2011
Performance Task Academy, Indiana Wesleyan University, May 2011
2010 ASHE Annual Conference, Indianapolis, Indiana, November 18 – 20, 2010
35th Annual POD Conference, St. Louis, Missouri, November 3 – 7, 2010
8th Annual “Technology for Teaching” Conference, Taylor University, Upland, Indiana,
August 19 – 20, 2010
Map-works Training, IWU, 2010
2010 ICI, Instructional Technology Summit, Butler University, August 6, 2010
New Faculty Mentor Training, IWU, August 21, 2009
2009 ICI, Instructional Technology Summit, Taylor University, August 14, 2009
6th Annual “Technology for Teaching” Conference, Taylor University, Upland, Indiana,
August 14 – 15, 2008
3rd Annual Conference: “No Educator Left Behind: Equipping Adjunct Faculty with Skills
and Knowledge”, Indianapolis, Indiana, June 20, 2008
Advising Webinar, Indiana Wesleyan University, Spring 2008
Promoting an Undergraduate Research Culture, Inside Higher Education Audioconference,
Indiana Wesleyan University, December 12, 2007
Faculty Development/Frenzy Workshops, August 2007 – present
SENCER Summer Institute, Santa Clara University, August 2004

General Employee

Conflicts of Commitment & Interest, 2023
FERPA: Privacy of Student Records, 2023
Title IX and Sexual Harassment Prevention, 2023
PCI_DSS and University Credit and Policy Awareness Training, IWU, January 2022
Active Shooter: Run, Hide, Fight Training, IWU, January 2022
General Mental Health, IWU, January 2022
FERPA: Confidentiality of Records, IWU, January 2022
Information Security and Privacy, IWU, January 2022
CITI training, IRB, IWU, October 2021
7:9 Multicultural Awareness Training, December 2020
Cyber Security Awareness Training, December 2020
FERPA: Confidentiality of Records, February 13, 2020
Cyber Security Awareness Training, January 2020
Blood Borne Pathogens, Employee Professional Development Training, 2007 - present
Code of Conduct, Employee Professional Development Training, December 5, 2017
FERPA, Employee Professional Development Training, December 5, 2017
Information Security, Employee Professional Development Training, December 5, 2017
Code of Conduct, Employee Professional Development Training, November 29, 2016
American with Disabilities Act, Employee Professional Development Training, January 19,
2016

Workplace Bullying, Employee Professional Development Training, January 19, 2016
Managing Workplace Stress, Employee Professional Development Training, January 19, 2016
Information Security, Employee Professional Development Training, January 19, 2016
Code of Conduct, Employee Professional Development Training, IWU, February 2, 2015
Title IX, Employee Professional Development Training, IWU, February 2, 2015
Preventing Discrimination and Harassment – EE, Employee Professional Development Training, IWU, February 2, 2015
Active Shooter Preparedness, Employee Professional Development Training, IWU, January 23, 2015
FERPA, Employee Professional Development Training, IWU, January 23, 2015
ALICE Training, Mario Rangel, IWU, August 21, 2014
Diversity Awareness Training, IWU, August 23, 2013
Realizing the Potential for Women’s Leadership Webinar, IWU, May 12, 2011
Managing Energy, not Time, Is the Key to High Performance and Personal Renewal, Wabash Leadership Luncheons, April 16, 2009
Women’s Leadership Development Conference, Indiana Wesleyan University, Indianapolis, Indiana, May 8 – 9, 2008