

Kristin Joelle Heumann, PhD, CSCS*D, EP-C

Colorado Mesa University
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EDUCATION

- Doctor of Philosophy, Physical Activity, Nutrition & Wellness
Arizona State University
Department of Exercise & Wellness, Mesa, Arizona May 2011
Dissertation: "The Response of Osteocalcin and Ultrasound to Exercise"
Committee Members: Pamela Swan, Chair; Brent Alvar; Linda Vaughan; Jack Chisum
- Master of Science, Exercise & Wellness
Arizona State University
Department of Exercise & Wellness, Mesa, Arizona May 2008
Thesis: "Os Calcis Stiffness Index in Jump Ropers and Normally Active Girls"
Committee Members: Pamela Swan, Chair; Carol Johnston; Chong Lee
- Bachelor of Arts, Physical Education with a concentration in Fitness Management
Northwestern College May 2006
Department of Kinesiology, Orange City, Iowa

TEACHING EXPERIENCE

University-Based

- Associate Professor, Tenured (as of 2017), Assistant Academic Department Head (2021-Present),
Department of Kinesiology, former Director of Health and Wellness (2019-2021)**
Colorado Mesa University, Grand Junction, Colorado August 2011 - Present
- KINE 100 – Health and Wellness Summer 2019-Present
This course is required for all students pursuing a degree at the University. The course presents information concerning the benefits, positive effects, assessment, and implementation of healthy lifestyles.
- KINA 129 – Weight Training Spring 2019
This activity course is designed to introduce students to weight training. The class is designed for the student to learn how to target each major muscle group both safely and effectively. Students are required to develop a workout program based on their individual goals.
- KINA 170 – Zumba (formerly Latin Rhythms) Spring 2012-Present
This activity course is designed to introduce students to individual latin dance movements and choreography. The class is designed to improve cardiovascular fitness. Students are required to teach one pre-choreographed song to the class by the end of the course.
- KINE 301 – Health and Fitness Assessment Fall 2011-Spring 2021
The purpose of this course is to help the students develop skills relating to the assessment of their students/clients fitness and knowledge. Statistics are used to demonstrate how to assess a group and explain results of the testing administered.

- KINE 303 – Physiology of Exercise Fall 2011, 2012, 2013
This course studies human movement with an emphasis on physiological function of the body in response to physical activity and exercise. Hands-on experience within the laboratory is used to teach the students assessment and function at rest and during exercise.
- KINE 309 – Anatomical Kinesiology Fall 2011-Present
This course examines the structures and function of the human body, focusing on the musculoskeletal and musculotendinous systems. Hands-on experience within the laboratory is used to help the students understand how the muscles and bones work together to produce movement.
- KINE 403 – Advanced Strength and Conditioning Fall 2012-Present
This course prepares students to become Certified Strength and Conditioning Specialists of the National Strength and Conditioning Association. Students learn about the role of specific training principles and tools to improve performance.
- KINE 411 – Worksite Wellness Spring 2012, 2013, 2014
The purpose of this course is to introduce students to worksite health promotion including the evidence to support the utilization of a health promotion program, program design and implementation. Students spend the semester developing a proposal for a worksite program within a professional organization.
- KINE 415 – Physical Activity and Aging Spring 2013-Present
This course examines the dynamic relationship between physical activity and the aging process. The course focuses on the impact of physical activity on the physiological, psychological, and social well-being of older adults.
- KINE 487 – Structured Research Fall 2011-Summer 2012
The purpose of this independent project is to develop the student's experience in conducting research. Students are also guided in their formation of a journal-style research article about their research project.
- KINE 495 – Independent Study Fall 2020
A research project undertaken with the guidance of a faculty member. The results will be presented as a formal presentation and/or paper.
- KINE 499 – Internship Spring 2013-Present
Work experience obtained where assignments are related to the student's specific concentration area within the Kinesiology degrees.
- UNIV 101 – First Year College Success Fall 2012-Present
Assistance and guidance for students in maximizing their potential for success in college by promoting their academic growth. Emphasizes test taking, reading techniques, note taking, and memory as well as the following: critical thinking, stress management, utilization of campus resources, goal setting, relationship of academic planning to career goals, career exploration and other topics.
- Teaching Associate, College of Nursing & Health Innovation**
Department of Exercise & Wellness
Arizona State University, Mesa, Arizona August 2007 – July 2011
- EXW 310 – Technology in Physical Activity Fall 2010, Spring 2011, Summer 2011

This class is designed to help the student to learn to incorporate technology into the field(s) of fitness, wellness, and physical activity. In addition, familiarization with statistical procedures and applications are utilized.

EXW 215 – Physical Activity and Healthy Lifestyles Fall, Summer 2008, Spring, Summer 2010

The purpose of this course is the application of principles of physical activity to personal fitness testing and program planning for people of all ages, and above all, to have fun while doing it! Physical Activity and Healthy Lifestyles is delivered through lecture material available as online videos, textbook readings, a variety of physical activity and health behavior self assessments, and a variety of online quizzes and assessments.

EXW 301 – Concepts of Fitness and Wellness Fall, Summer 2008, Spring, Summer 2010

This course examines guidelines for achieving health benefits of physical activity and other healthy lifestyles. It is for all students in the university whose major area of study is not Exercise & Wellness. The assumption is that all college graduates can experience the health benefits of appropriate regular physical activity. The purpose of this class is to give the student practical experiential learning and assess knowledge and comprehension of the key concepts presented in the PowerPoint's, videos, and textbook concepts.

EXW 315 – Lab for Exercise Physiology Summer 2010

This course studies human movement with an emphasis on physiological function of the body in response to physical activity and exercise. Hands-on experience within the laboratory is used to teach the students assessment and function at rest and during exercise.

EXW 212 – Instructional Competency Lab: Cardiovascular Fitness Fall 2008-Fall 2009

This theory/hands-on course is designed to help the student learn various safe and effective teaching methods and modalities that are appropriate for individuals as well as various age groups and physical abilities. This course provides the student with a basic understanding of the effects of cardiorespiratory exercises and general scientific principles relative to improving cardiorespiratory fitness. Specific core competencies are identified and addressed to provide the student with greater knowledge of requirements for various certifications.

EXW 105 – Aerobics Fall 2007-Spring 2008

This course is designed to introduce the student to aerobic group exercise class through a variety of types and styles of movement. This course covers both hi/lo impact activities including walking/jogging routines, circuit training, step aerobics, kickboxing, jump roping, and power exercise. Props necessary for these activities such as hand weights, jump ropes, stability balls, mats, steps, and bands will be utilized.

EXW 105 – Weight Training Fall 2007-Spring 2008

This course is designed to introduce the student to weight training through a variety of modalities involved with effective weight training including free weights, resistance equipment, bands, tubing, stability balls, and one's own body weight. This course covers how to safely use weight training in an exercise program, which muscles are being utilized in which exercises, weight training terminology, and how to design an exercise program.

Teaching Assistant, School of Health Sciences

Universidad Europea de Madrid, Madrid, Spain

January 2010 – May 2010

Practicum – Physical Fitness & Health

Spring 2010

This hands-on course is designed to introduce students to physical fitness assessments and how to assess the client.

Aging and Older Adults

This course is designed to help the students learn how to appropriately develop exercise programs for the aging adult population. Lecture and translation of research articles are utilized to familiarize students with recommendations specific to this population.

Masters Lecturer, EUROSPORT Masters in Multimedia Sports Journalism

Universidad Europea de Madrid, Madrid, Spain

February 2010

Physical Activity Sciences

This introductory class is designed to introduce journalism students to the exercise science, sport, and health field. Information is provided to students to educate them on health benefits of physical activity, appropriate sport programming, and assessment techniques utilized in the exercise science field.

Community College-Based

Adjunct Faculty, Departments of Physical Education, Health Science, and Exercise Science

Chandler Gilbert Community College, Chandler, Arizona

August 2008 – Spring 2011

EXS 212F – Instructional Competency Lab: Flexibility

Fall 2010, Spring 2011

This is a hands-on course designed to teach the student how to safely and effectively instruct a wide variety of flexibility exercises one-on-one, and to groups of adults of varying ages and physical abilities. This course will cover fundamentals of participant screening, proper warm-up and cool-down, instruction of flexibility exercises, and group instruction skills. The course will address a significant number of core competencies identified for the ACSM Health Fitness Instructor Certification, as well as the NSCA Certified Strength and Conditioning Specialist and Certified Personal Trainer examinations.

PED 117 – Weight Training Fall 2008, Fall, Spring 2009, Fall 2010, Spring 2011

Fitness activity and wellness study to help develop a lifetime of regular exercise, stress management, and proper nutrition. Workout includes warm-up, aerobic exercise, selected strength exercises, and cool down.

HES 100 - Healthful Living

Spring 2009, Spring 2011

This class is designed to help the student to learn the facts about personal health, wellness, and physical activity, to become an informed health, wellness, and exercise consumer, and to plan a personal lifetime health and wellness program. It is for all “first year” athletes at the college regardless of major area of study. The assumption is that all college graduates can experience the health benefits of appropriate regular physical activity. The ultimate goal is to help the student plan for a lifetime of health, wellness, and physical activity.

PED 115 – Lifetime Fitness

Fall 2008, Spring 2009

Fitness activity and wellness study to help develop a lifetime of regular exercise, stress management, and proper nutrition. Workout includes warm-up, aerobic exercise, selected strength exercises, and cool down.

EXS 212C - Instructional Competency Lab: Cardio

Fall 2008

This theory/hands-on course is designed to help the student learn various safe and effective teaching methods and modalities that are appropriate for individuals as well as various age groups and physical abilities. This course provides the student with a basic understanding of the effects of cardiorespiratory exercises and general scientific principles relative to improving cardiorespiratory fitness. Specific core competencies are identified and addressed to provide the student with greater knowledge of requirements for various certifications.

TEACHING INTERESTS

Sociocultural Aspects of Exercise & Sports
 Physical Fitness Assessments
 Fitness Management
 Exercise Testing

Concepts of Physical Fitness
 Cardiovascular Fitness Training
 Strength and Conditioning Training
 Exercise Prescription

RESEARCH INTERESTS

Physical activity patterns of adults
 The impacts of strength and conditioning on injury status
 Practical interventions to improve performance in baseball players
 Quantitative ultrasound of the calcaneus in response to exercise across the lifespan
 The effects of jump roping on health indices
 The effects of Zumba exercise on health and psychological indices
 The built environment

GRANT ACTIVITY

Internal Grants

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| 2022-2023 | Colorado Mesa University Professional Development Award to attend the National Strength and Conditioning Association National Conference - \$2000. |
| 2021-2022 | Colorado Mesa University Professional Development Award to attend the National Strength and Conditioning Association National Conference - \$1119. |
| 2019-2020 | Colorado Mesa University Professional Development Award to present at the National Strength and Conditioning Association National Conference - \$Unused due to COVID |
| 2018-2019 | Colorado Mesa University Professional Development Award to present at the National Strength and Conditioning Association National Conference – \$1,269. |
| 2015-2016 | Colorado Mesa University Professional Development Award for research equipment - \$1,864. |
| 2012-2013 | Colorado Mesa University Professional Development Award to present at the National Strength and Conditioning Association National Conference - \$1,690. |
| 2011-2012 | Colorado Mesa University Professional Development Award to present at the Annual American College of Sports Medicine Meeting - \$1,351. |
| 2010-2011 | Arizona State University Graduate and Professional Student Association Research Grant Competition Award – \$2,000 (Principal Investigator) |
| 2010-2011 | Arizona State University Charles Corbin Research Fellowship - \$500 (Principal Investigator) |
| 2010 | Arizona State University Graduate and Professional Student Association Travel Award - \$750 (Principal Investigator) |
| 2009-2010 | Arizona State University Graduate and Professional Student Association Research Grant Competition Award - \$750 (Principal Investigator) |
| 2007-2008 | Arizona State University Graduate and Professional Student Association Research Grant Competition Award - \$1,900 (Principal Investigator) |
| 2007 | Arizona State University Charles Corbin Research Fellowship - \$500 (Principal Investigator) |

External Grants

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| 2017 | Medical Research Archives, Manuscript publication grant – \$1,000 |
| 2010 | Amateur Athletic Union Jump Rope Division Grant for Research - \$2,000 (Principal Investigator) |

PEER-REVIEWED PUBLICATIONS

- Specht, I., Sani, K., Botti-Lodovico, Y., Hughes, M., **Heumann, K.**, Bronson, A., Marshall, J., Baron, E., Parrie, E., Glennon, O., Fry, B., Colubri, A., Sabeti, P.C. (2021). The case for altruism in institutional diagnostic testing. *Scientific Reports*, 12, 1857.
- Murray, S.R., Murray, M.B., & **Heumann, K.J.** (2021). The status of physical education service programs in Utah's colleges and universities. *Journal of Kinesiology and Wellness*, 10(1), 86-97.
- Heumann, K.J.**, Murray, S.R. (2020). The status of physical education in Colorado's colleges and universities. *Journal of Kinesiology and Wellness*, 8, 29-35.
- Ferland, P., Pollock, A., Swope, R., Ryan, M., Reeder, M., **Heumann, K.J.**, Comtois, A.S. (2020). The relationship between physical characteristics and maximal strength in men practicing the back squat, the bench press and the deadlift. *International Journal of Exercise Science*, 13(4), 281-297.
- Hawkins, J.R., **Heumann, K.J.** (2019). Hyperbaric oxygen treatment – helpful or placebo? *Medical Research Archives*, 7(11), 1-7.
- Gonzalez, K., Hawkins, J.R., Smith, G.A., **Heumann, K.J.**, Potochny, N.S. (2018). Assessment of oxygen saturation levels during a mild hyperbaric chamber treatment. *Journal of Clinical Investigation and Studies*, 1(2), 1-3.
- Heumann, K.J.**, Murray, S.R. (2018). Double the fun with two-person, one rope jump rope. *Strategies: A Journal for Physical and Sport Educators*, 31(1), 5-12.
- Hawkins, J.R., Reeder, M., **Heumann, K.J.** (2017). Cryotherapy – A call for further research. *Archives of Medical Research*, 5(7), 1-6.
- Gonzalez, K., Hawkins, J.R., **Heumann, K.** (2017). The effectiveness of hyperbaric oxygen therapy as a treatment for postconcussion symptoms. *Journal of Sport Rehabilitation*, 26(3), 290-294.
- Hawkins, J.R., **Heumann, K.J.** (2017). The clinical use of a hyperbaric chamber as a modality to aid in recovery. *Strength and Conditioning Journal*, 39(3), 31-34.
- Heumann, K.J.**, Cimolino, J., Hawkins, J.R., Pettitt, R.W., Murray, S.R. (2016). The acute effect of walking on ultrasound measurements from the Achilles InSight ultrasonometer in college-aged individuals. *International Journal of Exercise Science*, 9(4), Article 11.
- Heumann, K.J.**, Murray, S.R. (2015). Jump Rope: “Tricks” of the trade. *Strategies: A Journal for Physical and Sport Educators*, 28(5), 3-9.
- Heumann, K.J.**, Swan, P.D. (2014). Qualitative ultrasound comparisons between pre-pubertal normally active girls verses competitive jump rope participants. *Women in Sport and Physical Activity Journal*, 22, 54-58.
- Herrmann, S.D., **Heumann, K.J.**, Der Ananian, C.A. Ainsworth, B.A. (2013). Validity and reliability of the Global Physical Activity Questionnaire (GPAQ). *Measurement in Physical Education and Exercise Science*, 17, 221-235.
- Malehorn, K., Hiniker, J., Mackey, T., **Heumann, K.J.**, Murray, S.R., Pettitt, R.W. (2013). Kinesio Tape® applied to the thorax augments ventilatory efficiency during heavy exercise. *International Journal of Exercise Science*, 6(2), 157-163.

- Warr, B.J., **Heumann, K.J.**, Dodd, D.J., Swan, P.D., Alvar, B.A. (October, 2012). Injuries, changes in fitness, and medical demands in deployed National Guard soldiers. *Military Medicine*, 177(10), 1136-1142.
- Warr, B.J., Alvar, B., Dodd, D., **Heumann, K.**, Mitros, M., Keating, C., Swan, P.D. (November, 2011). How do they compare?: an assessment of pre-deployment fitness in the Arizona National Guard. *The Journal of Strength and Conditioning Research*, 25(11), 2955-2962.

OTHER PUBLICATIONS (NON PEER REVIEWED)

- Sabin, J., Collins, E., & **Heumann, K.** (2014). Urban Trails Committee doggedly planning for a better tomorrow. *The Daily Sentinel*, April 27.

BOOKS

- Murray, S.R., **Heumann, K.J.** (2022). *Wellness for Life*, (4th ed.). Dubuque, IA: Kendall Hunt Publishing Company.
- Murray, S.R., **Heumann, K.J.** (2015). *Wellness for Life*, (3rd ed.). Dubuque, IA: Kendall Hunt Publishing Company.

PROFESSIONAL PRESENTATIONS

- Heumann, K.J.**, Hawkins, J.R., Reeder, M. (July, 2019). NCAA division II baseball: a descriptive analysis of the live inning and game. Poster presentation at the *National Strength and Conditioning Association National Conference*, Washington, District of Columbia.
- Ball, G., Cardinale, N., Gonzalez, P., Alumbaugh, B., Reeder, M., **Heumann, K.J.** (July, 2019). Double peak muscle activation pattern in a baseball swing. Poster presentation at the *National Strength and Conditioning Association National Conference*, Washington, District of Columbia.
- Lenetsky, S., Brughelli, M., Nates, R.J., Neville, J.G., Cross, M.R., Lorimer, A.V., **Heumann, K.J.** (July, 2019). Ground reaction force and electromyographic determinants of the jab in boxers. Poster presentation at the *National Strength and Conditioning Association National Conference*, Washington, District of Columbia.
- Heumann, K.J.**, Engdahl, C.R., Steward, H., Alumbaugh, B., Lenetsky, S., Reeder, M. (July, 2019). Investigating double peak muscle activation in collegiate male golfers. Poster presentation at the *National Strength and Conditioning Association National Conference*, Washington, District of Columbia.
- Heumann, K.J.**, Reeder, M., Hawkins, J. (November, 2018). The effects of between inning cryotherapy and/or compression on measures of performance in division II baseball pitchers. Poster presentation at the *National Strength and Conditioning Association Regional Conference*, Colorado Springs, Colorado.
- Heumann, K.J.**, Reeder, M., Hawkins, J. (July, 2018). Positive correlations of between inning cryotherapy and/or compression on measures of performance in division II baseball pitchers. Poster presentation at the *National Strength and Conditioning Association National Conference*, Indianapolis, Indiana.
- Hawkins, J., **Heumann, K.J.**, Reeder, M. (June, 2018). Longitudinal biometric changes in athletic training students. Poster presentation at the *National Athletic Training Associations Clinical Symposia & AT Expo*, New Orleans, Louisiana.

- Freda, D., Skoe, T., Cave, C., Wehrli, M., Fox, B., Alumbaugh, B., Reeder, M., **Heumann, K.** (June, 2017). Effects of weight bearing and non-weight bearing sports on bone quality in male collegiate athletes. Poster presentation at the *Science & Cycling*, Dusseldorf, Germany.
- Heumann, K.J.**, Reeder, M., Snyder, N., Kasch, S., Hawkins, J. (June, 2017). The effect of between innings cooling or compression on baseball pitching during competitive game. Poster presentation at the *American College of Sports Medicine Annual Meeting*, Denver, Colorado.
- Freda, D., Skoe, T., Cave, C., Wehrli, M., Fox, B., Alumbaugh, B., Reeder, M., **Heumann, K.** (June, 2017). Effects of weight bearing and non-weight bearing sports on bone quality in male collegiate athletes. Poster presentation at the *American College of Sports Medicine Annual Meeting*, Denver, Colorado.
- Freda, D., Skoe, T., Cave, C., Wehrli, M., Fox, B., Alumbaugh, B., Reeder, M., **Heumann, K.** (March, 2017). Effects of weight bearing and non-weight bearing sports on bone quality in male collegiate athletes. Poster presentation at the *Rocky Mountain American College of Sports Medicine Meeting*, Greeley, Colorado.
- Murray, S.R., **Heumann, K.J.** (October, 2015). Developing and implementing online and blended (Hybrid) University-level health and wellness courses: issues, solutions & results. Oral presentation at the *Tennessee Association of Health, Physical Education, Recreation & Dance*, Murfreesboro, Tennessee.
- Murray, S.R., Cimolino, J., Pettitt, R.W., Hawkins, J.R., **Heumann, K.J.** (October, 2015). The acute effects of exercise on ultrasound measurements from the Achilles Insight ultrasonometer in college-aged adults. Poster presentation at the *Tennessee Association of Health, Physical Education, Recreation & Dance*, Murfreesboro, Tennessee.
- Heumann, K.J.**, Warr, B.J., Alvar, B., Swan, P.D. (July, 2013). The indices of bone in response to exercise. Poster presentation at the *National Strength and Conditioning Association National Conference*, Las Vegas, Nevada.
- Heumann, K.J.** (June, 2013). The role of vibration training in strength and conditioning. Invited oral presentation presented at the *National Strength and Conditioning Association New Mexico State Clinic*, Albuquerque, New Mexico.
- Warr, B.J., **Heumann, K.J.**, Alvar, B. (July, 2012). Effects of vibration training versus jump training on muscle strength and power. Poster presented at the *35th Annual National Strength and Conditioning Association National Conference*, Providence, Rhode Island.
- Heumann, K.J.**, Warr, B.J., Swan, P.D. (March, 2012). Effect of exercise training on changes in osteocalcin, a biomarker of bone formation. Poster presented at the *Rocky Mountain Chapter of the American College of Sports Medicine Annual Meeting*, Colorado Springs, Colorado.
- Heumann, K.J.**, Warr, B.J., Swan, P.D. (June, 2011). Feasibility of measuring acute OCSI changes in 2 exercise groups. Poster presented at the *58th Annual American College of Sports Medicine Meeting*, Denver, Colorado.
- Warr, B.J., Alvar, B., Dodd, D., **Heumann, K.J.**, Mitros, M., Keating, C., Swan, P.D. (June, 2011). How does combat effect fitness? An evaluation of deployed Arizona National Guardsmen. Presented orally at the *58th Annual American College of Sports Medicine Meeting*, Denver, Colorado.

- Heumann, K.J.**, Swan, P. (October, 2010). Feasibility of measuring acute changes in os calcis stiffness index following whole-body vibration with resistance and jump training in young women. Orally presented for the student research award competition at the *Southwest Chapter of the American College of Sports Medicine Annual Meeting*, San Diego, California.
- Heumann, K.J.**, Warr, B., Swan, P. (June, 2010). Body composition and the relationship to strength and power. Poster presented at the *57th Annual American College of Sports Medicine Meeting*, Baltimore, Maryland.
- Keating, C.J., Swan, P., **Heumann, K.J.** (June, 2010). Comparison of total body water in high school wrestlers using bio-impedance measures. Poster presented at the *57th Annual American College of Sports Medicine Meeting*, Baltimore, Maryland.
- Heumann, K.J.**, Swan, P. (May, 2010). Feasibility of Measuring Acute Changes in Os Calcis Stiffness Index Following Whole Body Vibration With Resistance and Jump Training in Young Women. Poster presented at the *International Osteoporosis Foundation World Congress on Osteoporosis*, Florence, Italy.
- Herrmann, S., **Heumann, K.J.**, Bowles, H., Meckes, N., Ainsworth, B. (May 2010). Evaluation of the Global Physical Activity Questionnaire (GPAQ). Poster presented at the *International Congress for Physical Activity and Health*, Toronto, Canada.
- Heumann, K.J.**, Swan, P.D., Ainsworth, B., Yngve, A. (October, 2009). Comparison of bone strength in adults classified by ACSM physical activity guidelines. Poster presented at the *Southwest Chapter of the American College of Sports Medicine Annual Meeting*, San Diego, California.
- Herrmann, S., **Heumann, K.J.**, Bowles, H., Ainsworth B. (October, 2009). Validity of the Global Physical Activity Questionnaire (GPAQ). Poster presented at the *Southwest Chapter of the American College of Sports Medicine Annual Meeting*, San Diego, California.
- Keating, C., Swan, P., **Heumann, K.J.** (October, 2009). Comparison of total body water in high school wrestlers using bio-impedance measures. Poster presented at the *Southwest Chapter of the American College of Sports Medicine Annual Meeting*, San Diego, California.
- Heumann, K.J.**, Swan, P.D., Kahl, K. (May, 2009). Effects of varying sports and normal activity in pre-pubescent 10-year old girls. Thematic poster presented at the *56th Annual American College of Sports Medicine Meeting*, Seattle, Washington.
- Heumann, K.J.**, Swan, P.D. (November, 2008). A comparison of calcaneal ultrasound measurements in competitive jump ropers and normally active females. Poster presented at the *Southwest Chapter of the American College of Sports Medicine Annual Meeting*, San Diego, California.
- Heumann, K.J.**, Swan, P.D. (February, 2008). Comparison of Calcaneal Ultrasound in Competitive Jump Ropers and Age Matched Controls. Poster presented at the *Building Healthy Lifestyles Conference*, Arizona State University, Mesa, Arizona.

COMMUNITY PRESENTATIONS

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| 2018 | Teacher 2 Teacher Event, Grand Junction, CO “Effective and Efficient Writing Assignments” |
| 2017 | Holocaust Awareness Series, Grand Junction, CO “The Holocaust as Heirloom: The Perspective of the Granddaughter of Survivors” |
| 2016 | Monfort Family Human Performance Lab Lecture Series, Grand Junction, CO |

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| | “Osteoporosis: A Pediatric Disease with Geriatric Consequences” |
| 2015 | 2015 Walking and Biking Summit, Grand Junction, CO |
| | “Exercise is Medicine” |
| 2009 | In-Service at Arizona State University, Mesa, AZ |
| | “Jump Rope Instruction Training” for Physical Educators |
| 2008 | Seminar at Freescale Semiconductor, Tempe, AZ |
| | “Diabetes: Care and Prevention” |
| 2007 | Seminar at Freescale Semiconductor, Tempe, AZ |
| | “The History and Benefits of Jump Rope for Health” |

PROFESSIONAL EXPERIENCE

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| 2007-2008 | Senior Lifestyle Coordinator, Freescale Semiconductor, Tempe, Arizona Handled new member registration, planned recreation events, performed fitness assessments, taught group exercise classes, and personal trained members |
| 2007 | Jump Rope Instructor, Rancho Solano, Gilbert, Arizona Taught elementary school students in an after school jump rope program. Developed plans for the program and interacted individually with students. |
| 2006 | Personal Trainer, Arizona State University, Mesa, Arizona Instructed research subjects on how to properly perform exercises. |
| 2006 | Administration Specialist, Grand Canyon State Games, Tempe, Arizona Entered participant registration into database, collected and accounted for money received, worked with commissioners to prepare and organize volunteers for each sport event, and prepared registration and athlete check-in for event day. |
| 2005 | Intern, Grand Canyon State Games, Tempe, Arizona Entered participant registration into database, attend sporting events, and organize registration information for each sport site. |
| 2004-2006 | Fitness Instructor, Northwestern College, Orange City, Iowa Instructed group fitness including: step aerobics and cardio jump rope. |
| 2003-2004 | Fitness Instructor, Fort Lewis College, Durango, Colorado Instructed group fitness: cardio jump rope. |

CERTIFICATIONS

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| 2020-Present | TRX Suspension Training Certification |
| 2012-Present | National Strength and Conditioning Association, Certified Strength and Conditioning Specialist |
| 2010-Present | Zumba Licensed Instructor |
| 2009-Present | American College of Sports Medicine Certified Exercise Physiologist |
| 2006-Present | CPR/AED Professional Rescuer |
| 2003-Present | Coaching Certification: American Sport Education Program |

PROFESSIONAL SOCIETY MEMBERSHIPS

American College of Sports Medicine
National Strength and Conditioning Association

SERVICE

Academic - Colorado Mesa University

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| 2023 | Assistant Strength and Conditioning Coach Search Committee (2), Colorado Mesa University, Grand Junction, CO |
| 2022-Present | Commencement Committee, Colorado Mesa University, Grand Junction, CO |
| 2022-Present | Faculty Senate Executive Committee Member, Colorado Mesa University, Grand Junction, CO |
| 2022-2023 | Instructor of Kinesiology Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2022-2023 | Strategic Planning Steering Committee, Colorado Mesa University, Grand Junction, CO |
| 2022 | New to CMU Orientation, Faculty Panel Discussion – Syllabi, Colorado Mesa University, Grand Junction, CO |
| 2022 | Head Strength and Conditioning Coach Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2021-2022 | Outdoor Recreation Program Instructor Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2021-Present | Faculty Senate member (2021-2022); President-elect (2022-2023), President (2023-2024) Colorado Mesa University, Grand Junction, CO |
| 2021-Present | Assistant Academic Department Head, Department of Kinesiology, Colorado Mesa University, Grand Junction, CO |
| 2021 | Assistant Athletic Director/Senior Woman Administrator Search Committee, Member, Colorado Mesa University, Grand Junction, CO |
| 2020-2021 | Safe Together, Strong Together Contact Tracing Faculty Lead, Colorado Mesa University, Grand Junction, CO |
| 2020 | Safe Together, Strong Together Administrative Committee, Colorado Mesa University, Grand Junction, CO |
| 2020 | Safe Together, Strong Together FYI Committee, Colorado Mesa University, Grand Junction, CO |
| 2019-2021 | Director of Health & Wellness, Colorado Mesa University, Grand Junction, CO |
| 2019 | Academic Affairs, Special Projects Coordinator Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2019 | Physician Assistant Assistant/Associate Professor Search Committee Chair, Colorado Mesa University, Grand Junction, CO |
| 2018-2020 | CIM Advise Committee, Colorado Mesa University, Grand Junction, CO |
| 2018 | Recreation Center, Wellness Coordinator Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2018 | Athletic Department, Office Manager Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2017-2018 | Physician Assistant Assistant/Associate Professor (3 positions) Search Committee Co-Chair, Colorado Mesa University, Colorado Mesa University, Grand Junction, CO |
| 2017-2018 | Course Leaf Committee, Colorado Mesa University, Grand Junction, CO |
| 2017-2020 | Graduate Studies Advisory Committee, Colorado Mesa University, Grand Junction, CO |
| 2017-Present | Student Conduct Board, Colorado Mesa University, Grand Junction, CO |
| 2017-18; 2021-22 | Tenure and Promotion Committee, Colorado Mesa University, Grand Junction, CO |
| 2017 | Physician Assistant Program Director Search Committee, Colorado Mesa |

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| | University, Grand Junction, CO |
| 2016 | Recreation Center Art Committee, Colorado Mesa University, Grand Junction, CO |
| 2016 | Clinical Coordinator Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2015-2017 | Higher Learning Commission Steering Committee: Teaching and Learning: Quality, Resources, and Support, Colorado Mesa University, Grand Junction, CO |
| 2015 | Strategic Plan – Faculty Focus Group, Colorado Mesa University, Grand Junction, CO |
| 2014-2015 | Exercise Science Professor Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2014-Present | Program Director for Education Recognition Program, Certified Strength and Conditioning Specialist, National Strength and Conditioning Association, Colorado Mesa University, Grand Junction, CO |
| 2014-Present | Program Director for Education Recognition Program, Certified Personal Trainer, National Strength and Conditioning Association, Colorado Mesa University, Grand Junction, CO |
| 2013-2014 | Dance Professor Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2013 | Athletic Training Education Program Clinical Coordinator Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2013 | Athletic Training Education Program Director Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2012-2018 | Who's Who Committee, Member, Colorado Mesa University, Grand Junction, CO |
| 2012-Present | Wellness Committee, Member, Colorado Mesa University, Grand Junction, CO |
| 2012-Present | Benefits Committee, Member, Colorado Mesa University, Grand Junction, CO |
| 2012-2016 | Faculty Senate Salary and Benefits Committee, Member, Colorado Mesa University, Grand Junction, CO |
| 2012-2014 | Scholarship Review Committee, Department of Kinesiology, Grand Junction, CO |
| 2012 | Head Swimming Coach Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2012 | Monfort Family Human Performance Lab Director Search Committee, Colorado Mesa University, Grand Junction, CO |
| 2011-Present | Academic Advising, Advisor, Colorado Mesa University, Grand Junction, CO Advise over 150 students annually within the Department of Kinesiology |
| 2011-2020 | Graduate Curriculum Committee, Member, Chair (2017-2020) Colorado Mesa University, Grand Junction, CO |
| <i>Academic – Other</i> | |
| 2023-Present | Rocky Mountain Regional Director, National Strength and Conditioning Association |
| 2022 | Invited Reviewer, <i>Public Health Nursing</i> |
| 2021-2023 | Colorado State Director, National Strength and Conditioning Association |
| 2021 | Invited Reviewer, <i>Journal of Kinesiology and Wellness</i> |
| 2020-Present | National Women's Committee Board Member, National Strength and Conditioning Association; Women's Mentorship Subcommittee (2022-Present) |
| 2020 | Book Reviewer, Manual of Structural Kinesiology, 21 st ed., McGraw Hill |
| 2020-Present | Editorial Board Member, <i>Journal of Rehabilitation Practices and Research</i> |
| 2017 | Invited Reviewer, <i>Californian Journal of Health Promotion</i> |
| 2017-2018 | Invited Reviewer, <i>The Journal of Sport Rehabilitation</i> |

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| 2016 | Co-Host of the National Strength and Conditioning Colorado State Clinic, Grand Junction, CO |
| 2015-2021 | National Strength and Conditioning Association Colorado State Advisory Board Member |
| 2015-2017 | Invited Reviewer, <i>Women in Sport and Physical Activity</i> |
| 2014-2018 | Invited Reviewer, <i>The Journal of Strength and Conditioning Research</i> |
| 2012 | Invited Reviewer, <i>Journal of BMC Pediatrics</i> |
| 2007-2011 | Building Healthy Lifestyles Conference Registration Committee, Vice-President & President of Building Healthy Lifestyles Student Organization, Arizona State University, Mesa, AZ |
| 2007-2011 | President: ASU Exercise and Wellness Graduate Club, Arizona State University, Mesa, AZ |
| 2009 | Guest Lecturer, EXW 450 – Cultural and Social Issues in Exercise and Wellness, Arizona State University, Mesa, AZ |
| 2009 | Writing Group Studio Leader, Arizona State University, Mesa, AZ |
| 2006 | Teaching Assistant, EXW 425 – Exercise Prescription, Arizona State University, Mesa, AZ |
| 2004-2006 | President & Vice-President: Kinesiology Klub, Northwestern College, Orange City, IA |

Community

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| 2020 | Volunteer for Mesa County Public Health COVID-19, Grand Junction, CO |
| 2013-2020 | Member (2013-2014; 2019-2020), Chair (2015-2018): Urban Trails Committee for the City of Grand Junction, CO |
| 2017-2019 | Maverick Madness (Previously Midnight Madness) Judge, Colorado Mesa University, Grand Junction, CO |
| 2017-2019 | Community Streets Event Organizer & Volunteer, City of Grand Junction, Grand Junction, CO |
| 2017 | Zumbathon: Sorority Sisterhood Event, Colorado Mesa University, Grand Junction, CO |
| 2016 | Zumbathon: 17 Strong Organizer, Colorado Mesa University, Grand Junction, CO |
| 2016 | Bone Marrow Drive Organizer, Colorado Mesa University, Grand Junction, CO |
| 2015-2019 | Cram Jam Volunteer, Colorado Mesa University, Grand Junction, CO |
| 2014-2016 | Safe Routes to Schools Pilot Project: Orchard Avenue, Grand Junction, CO |
| 2014-2015 | Graduate: Regional Institute of Health and Environmental Leadership: Leadership for Healthy Community Design Team, Mesa County, CO |
| 2015 | Relay for Life, Instructor for Zumba, Colorado Mesa University, Grand Junction, CO |
| 2014-2016 | Member: Walking/Biking Summit Planning Committee Member, Grand Junction, CO |
| 2013-2017 | Member: Built Environment Committee, Mesa County Health Department, Mesa County, CO |
| 2013 | Graduation Volunteer, Photo Area, Colorado Mesa University, Grand Junction, CO |
| 2012-2017 | Annual Zumba Party in Pink, Volunteer Instructor, Colorado Mesa University, Grand Junction, CO |
| 2010-2011 | Member: Women's Auxiliary Board for Improving Chandler Area Neighborhoods, Chandler, AZ |
| 2008-2015 | Boys & Girls Club Thanksgiving Dinner Server, Chandler, AZ |

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| 2007-2011 | Co-Commissioner & Commissioner of Jump Rope: Grand Canyon State Games, Tempe, AZ |
| 2007-2011 | Volunteer for the Grand Canyon State Games, Summer, Winter, and Native American Games, Winners Circle Weekend, Tempe, AZ |
| 2008-2011 | Annual Volunteer Events: Frank Kush Family Fun Run and Dog Walk, Tempe, Arizona Relay for Life, Mesa, AZ |

AWARDS

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| 2010 | Gail Butterfield Award Recipient, Southwest American College of Sports Medicine Student Research Award Competition, San Diego, California |
| 2006 | Physical Education Major of the Year Award, Northwestern College, Orange City, Iowa |
| 2004 | Amateur Athletic Union Major Contributor to the Sport of Jump Rope, Des Moines, Iowa |
| 2002 | Joe Selleh Award, Tempe, Arizona |