

MEGAN CHRISTINE NELSON

CURRICULUM VITAE, FEBRUARY 2024

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EDUCATION:

- 2020 Doctor of Philosophy (Ph.D.), Education, Health and Human Sciences, University of Idaho, Moscow, ID.
Concentration: Exercise Physiology, Mentor: Chantal Vella, Ph.D., GPA 3.9
Dissertation: Acute Effects of Prolonged Sitting on Hemodynamics and Biomarkers of Inflammation and Vascular Function in Middle-aged and Older Adults.
Certificate: Statistical Sciences
- 2013 Master of Science (M.S.), Exercise Science, Northern Michigan University, Marquette, MI.
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.
Concentration: Molecular Genetics and Genomics, GPA 3.2 Minor: Nutritional Sciences

EXPERIENCE:

- 2021- Assistant Professor (tenure-track)
School of Health and Human Performance, Northern Michigan University, Marquette, MI.
Program Coordinator for MS in Exercise Science (2023-present)
Exercise is Medicine on Campus (ACSM EIM-OC) Advisor
Program Coordinator for BS in Sports Science (2022-2023)
- Undergraduate courses taught: ES 475 Strength and Conditioning, HL 322 International Health Issues, HL 440 Critical Issues in Health Education, HL 471 Exercise Assessment and Prescription, ES 315 Exercise Physiology, ES 495/595 Physical Activity and Sedentary Behavior Assessment
- Graduate courses taught: ES 511 Statistics, ES 595 Physical Activity and Sedentary Behavior Assessment, ES 531 Advanced Seminar in Exercise Physiology
- Committee membership: Faculty Evaluation Committee (2021-2023), SHHP Graduate Teaching Assistant Selection Committee (2022-present), NMU Wildpups (2023-present), SHHP Program Coordinators Committee (2022-present), SHHP Exercise Science Temporary Faculty Search Committee (2022), SHHP Exercise Science Tenure-Track Faculty Search Committee (2023)*, School of Health and Human Performance Faculty Council Representative (2023-2025)
- *denotes committee chair*
- Elected positions: 2023-2026 Midwest ACSM Board of Directors Member-at-Large
- Current/ongoing research project: The effect of a 12-week indoor climbing intervention on cardiovascular disease risk factors, dimensions of wellness, and health-related behaviors on physically inactive adults (pilot study).
- Additional assignments: Exercise Physiology Lab Equipment Manager (2022-present), Healthy Minds Analyst (2024)

Director of Masters Theses

Schaub A, MS (2023)

Thesis title – Acute effect of static versus dynamic cupping on ankle dorsiflexion

Garcia H, MS (2023)

Thesis title – Effect of COVID-19 protocols on self-reported burnout in athletic trainers

Triemstra S, MS (2023)

Thesis title – Effect of the eccentric Nordic hamstring curl exercise on fascicle length in females

Committee Member of Masters Theses

Barlage R, MS candidate (in progress)

(I. Wedig, director)

Wistler C, MS candidate (in progress)

(L. Klawitter, director)

Hartzell K, MS candidate (in progress)

(L. Klawitter, director)

Capello-Real G, MS candidate (in progress)

(L. Klawitter, director)

Shamsi R, MS candidate (in progress)

(L. Klawitter, director)

Dzasezeva D, MS candidate (in progress)

(L. Klawitter, director)

Glendening M, MS (2024)

Thesis title – Gen Z's perception and use patterns of smartphones in nature-based recreation

(R. Hines, director)

Knight A, MS (2024)

Thesis title – The effect of upper body fatiguing exercise on shoulder dynamic stability in overhead and non-overhead athletes

(M. Kilgas, director)

Naugle E, MS (2024)

Thesis title – Using additional measures of handgrip strength to predict aerobic capacity in wheelchair users

(L. Klawitter, director)

Negron-Fernandez N, MS (2023)

Thesis title – The effect of step rate training on running economy and biomechanics

(M. Kilgas, director)

Sikora N, MS (2022)

Thesis title – The effect of resistance training on relative strength and psychological measures in transgender males (E. Wuorinen, director)

2020 Postdoctoral Fellow

University of Idaho WWAMI Medical Education, Moscow, ID. Aug 2020 – Aug 2021.

Project Extension for Community Health Outcomes (ECHO) Idaho, Mentor: Russell Baker, PhD

Graduate courses co-taught: MEDS 517 Research Methods

Responsibilities: Worked with faculty and staff from WWAMI and experts from state and federal agencies to write grant applications to support ECHO program delivery and comprehensive research studies to support each program; conducted and coordinated research efforts, produced associated high-impact written products (technical and non-technical), coordinated

dissemination activities, presented research findings and engaged with stakeholders across Idaho

- 2020 Adjunct Instructor
School of Health and Human Performance. Northern Michigan University, Marquette, MI. Aug 2020 – Dec 2020.
Undergraduate courses taught: ES 475 Strength and Conditioning (online).
- 2019 Research Assistant
Department of Family and Consumer Sciences. University of Idaho, Moscow, ID. July 2019 – Oct 2019.
Project: Nutrition Education Strategies to Increase Trout Consumption in Parent-Child Dyads for Inflammatory and Cognitive Benefit, PI: Annie Roe, PhD.
Responsibilities: Lead phlebotomist performing venipuncture for collection of blood samples, processing, and shipping samples
- 2015 Graduate Teaching and Research Assistant.
Department of Movement Sciences, University of Idaho, Moscow, ID. Aug 2015 – July 2019.
Undergraduate courses taught: 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)
Undergraduate courses assisted with: HS 450 Critical Health Issues
- Research Experience: Exercise Physiology and Human Performance Laboratory, Director: Dr. Chantal Vella, PhD
Projects: Sedentary Behavior, Physical Activity, and Risk Factors during the College Years, Central Obesity and Risk Factors for Cardiometabolic Disease, Associations Between Objectively-measured Sedentary Behavior and Muscle Mass in Middle-aged and Older Adults; Effectiveness of Standing on a Balance Board for Increasing Energy Expenditure, Sitting and Vascular Function in Middle-aged and Older Adults
Responsibilities: Recruiting, screening, and scheduling participants, consenting participants, collecting, processing, and analyzing health-related human subjects data, mentoring graduate and undergraduate research assistants. Aid in the development of research questions and with grant writing.
- 2017 Visiting Assistant Professor
Department of Human Performance and Physical Education. Adams State University, Alamosa, CO. June 2017 – Aug 2017.
Graduate courses co-taught: HPPE 509 Concepts in Exercise Science (online)
- 2013 Visiting Assistant Professor of Exercise Science and Biomechanics
Department of Human Performance and Physical Education. Adams State University, Alamosa, CO. Aug 2013 – Aug 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)
Committee Membership: International Review Board (IRB) representative for Human Performance and Physical Education

Project Advisor

Medinger R, 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

Ulery M, MS (2017)
Thesis title – The effects of multiple concussions on recovery time in NCAA division II collegiate athletes (T. Robinson, director)

Foster C, MS (2015)
Thesis title – The effects of caffeine supplementation on division II track athletes during multiple-bout mid-distance running performance (T. Robinson, director)

Klawitter L, MS (2015)
Thesis title – Does the Advanced BioStructural Correction technique have a physiological effect on endurance trained cyclists? (T. Robinson, director)

Feldman K, MS (2015)
Thesis title – Electromyography analysis of forward lateral retro lateral incline exercise and the potential to reduce ACL injury (T. Robinson, director)

Birch E, MS (2015)
Thesis title – The effects of varying post-activation potentiation intensities on vertical jump performance (T. Robinson, director)

Voss A, MS (2015)
Thesis title – The use of hydration status to monitor how division II collegiate wrestlers achieve lowest allowable weight class (T. Robinson, director)

Consonero DJ, MS (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, director)

Martinez M, MS (2014)
Thesis title – Physiological determinants used to predict the occurrence of overtraining in division II collegiate level swimmers (T. Robinson, director)

Aguila NA, MS (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, director)

Ellis A, MS (2014)
Thesis title – Upper body plyometric training and its effect on division II male lacrosse players (T. Robinson, director)

2011 Graduate Teaching Assistant
Northern Michigan University, Marquette, MI. Aug 2011 – Aug 2013.
Department of Health and Human Performance
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

OTHER EXPERIENCE:

2019 Phlebotomist

Gritman Medical Center, Moscow, ID. Sept 2019 – April 2020. Supervisor: Greg Nordin

Responsibilities: Collect blood, urine, and other biological specimens from patients in all areas of the hospital (emergency, family birth center, in-patient, outpatient) for a variety of tests, prepare samples for analysis (i.e., centrifuge, etc.), order tests and send to physicians using Paragon Laboratory software, interact with patients and provide excellent customer service.

2019 Volunteer Educator for Healthy Steps Together Weight Loss Program

Pullman Regional Hospital, Pullman, WA. Aug 2019– Nov 2019.

Responsibilities: Aided Melissa Francik, RD, with a 15-week weight loss/wellness course covering healthy eating and exercise behaviors by educating and advising class participants on exercise guidelines and prescription.

PUBLISHED MANUSCRIPTS:

- 2024 Weatherwax RM, **Nelson MC**, Dalleck LC. The impact of personalized versus standardized cardiorespiratory and muscular training on health-related outcomes and rate of responders. *J Sports Sci Med*. 2024;23:209-218. <https://doi.org/10.52082/jssm.2024.209> (in press)
- 2023 Gronhaug G, Joubert LM, Saeterbakken AH, Drum SN, **Nelson MC**. Top of the podium, at what cost? Injuries in female international elite climbers. *Front Sports Act Living*. 2023;5. <https://doi.org/10.3389/fspor.2023.1121831>
- 2023 Vella CA, **Nelson MC**. Patterns and correlates of sedentary behavior among university students. *J Amer Coll Health*. 2023. <https://doi.org/10.1080/07448481.2023.2198020>
- 2023 Vella CA, **Nelson MC**. A simple estimate of visceral fat area by multifrequency bioimpedance analysis is associated with multiple biomarkers of inflammation and cardiometabolic disease: a pilot study. *Obesities*. 2023;3(1):1-11. <https://doi.org/10.3390/obesities/3010001>
- 2022 Casanova MP, **Nelson MC**, Blades KC, Smith LH, Seegmiller JG, Baker RT. Evaluation of an opioid and addiction treatment tele-education program for healthcare providers in a rural and frontier state. *J Opioid Manag*. 2022;18(4). <https://doi.org/10.5055/jom.2022.0725>
- 2021 Casanova MP, **Nelson MC**, Pickering MA, Larkins LW, Appleby KM, Grindley EJ, Baker RT. Disablement in Physically Active Scale Short Form-8: psychometric evaluation. *BMC Sports Sci Med and Rehab*. 2021;13(1). <https://doi.org/10.1186/s13102-021-00380-3>
- 2021 Casanova MP, **Nelson MC**, Pickering MA, Larkins LW, Appleby KM, Grindley EJ, Baker RT. Measuring psychological pain: psychometric analysis of the Orbach and Mikulincer Mental Pain Scale. *MISS*. 2012;3(7);1-17. <https://doi.org/10.1186/s42409-021-00025-8>.
- 2020 Vella CA, Taylor K, **Nelson MC**. Associations of leisure screen time with cardiometabolic biomarkers in college-aged adults. *J Behav Med*. 2020. <https://doi.org/10.1007/s10865-020-00161-2>
- 2020 Casanova MP, **Nelson MC**, Baker RT. Examining the psychometric properties of the Athletic Coping Skills Inventory and Brief Cope in the firefighter population. *Cogent Soc Sci*. 2020;6:e1761509. <https://doi.org/10.1080/23311886.2020.1761509>
- 2020 Vella CA, **Nelson MC**, Unkart JT, Miljkovic I, Allison MA. Skeletal muscle area and density are associated with lipid and lipoprotein cholesterol levels: the Multi-Ethnic Study of Atherosclerosis. *J Clin Lipidol*. 2020;14(1):143-53. <https://doi.org/10.1016/j.jacl.2020.01.002>

- 2019 **Nelson MC**, Taylor K, Vella CA. Comparison of self-reported and objectively measured sedentary behavior and physical activity in undergraduate students. *Meas Phys Educ Exerc Sci*. 2019;23(3):237-248. <https://doi.org/10.1080/1091367X.2019.1610765>
- 2018 **Nelson MC**, Casanova MP, Vella CA. The effectiveness of standing on a balance board for increasing energy expenditure. *Med Sci Sports Exerc*. 2018;50(2):1710-1717. <https://doi.org/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*. 2020;34(8):2205-2213. <http://doi.org/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. <https://www.strengthandconditioning.org/jasc-25-3/865-original-scientific-research-study-neither-supra-maximal-rack-squats-nor-moderately-loaded-jump-squats-elicite-post-activation-potentiation-in-ncaa-division-ii-volleyball-and-american-football-players>

MANUSCRIPTS IN PROGRESS OR SUBMITTED:

Nelson MC, Casanova MP, Pickering MA. Mental toughness and rock climbing. In progress.

Nelson MC, Casanova MP. Development of a scale to measure enjoyment of rock climbing. In progress.

Schaub A, Rochester J, Getschow K, Nelson MC. Acute effect of different cupping protocols on ankle dorsiflexion, in the process of submission to *J Bodyw Mov Ther*.

Nelson MC, Casanova MP, Johnson TR, Martin B, Drum SN, Fehrenkamp BD, Baker RT, Vella CA. Acute effects of uninterrupted sitting on hemodynamics and vasoactive biomarkers in men and women. In progress.

CONFERENCE ABSTRACTS, POSTERS, AND PRESENTATIONS (*published abstract):

- 2024 Kilgas MA, Hartzell K, Klawitter LA, **Nelson MC**. Impact of basketball floor stiffness on lower body biomechanics during landing. Poster presentation at the American College of Sports Medicine Annual Meeting, Boston, MA.
- 2024 Hartzell K, Kilgas MA, Klawitter LA, **Nelson MC**. Impact of force dampening basketball floors on propulsive kinetics during a countermovement jump. Poster presentation at the American College of Sports Medicine Annual Meeting, Boston, MA.
- 2024 Dzasezeva D, Klawitter LA, **Nelson MC**, Rochester J. Neuromuscular electrical stimulation and heat therapy modalities on recovery after exercise-induced muscle fatigue. Poster presentation at the American College of Sports Medicine Annual Meeting, Boston, MA.
- 2023 **Nelson MC**. Sedentary behavior and health outcomes: college students and beyond. Invited oral presentation, Department of Kinesiology and Integrated Physiology Seminar Series. Michigan Technological University, Houghton, MI.
- 2023 Fleury J, Casanova MP, **Nelson MC**. Development of a scale to measure enjoyment of climbing physical activity. Poster presentation at the American College of Sports Medicine Midwest Regional Meeting, Indianapolis, IN.

- 2023 Joubert L, Gronhaug G, Saeterbakken A, **Nelson MC**, Drum SN. Top of the podium, at what cost? IFSC female injuries. Oral presentation at the 6th Annual IRCRA Congress, Bern, Switzerland.
- 2023 Drum SN, Affholter B, Kilgas M, **Nelson MC**. The physiological overload of riding an electric versus native mountain bike. Poster presentation at the American College of Sports Medicine Annual Meeting, Denver, CO.
- 2023 Triemstra S, Kilgas M, **Nelson MC**. Effect of eccentric Nordic hamstring exercise on fascicle length in females. Poster presentation at NMU Celebration of Student Research.
- 2023 Garcia H, **Nelson MC**. Effects of COVID-19 protocols on athletic trainer burnout. Poster presentation at NMU Celebration of Student Research.
- 2023 Schaub A, **Nelson MC**. Acute effects of different cupping therapies on ankle range of motion. Poster presentation at NMU Celebration of Student Research.
- 2023 Dzasezeva D, **Nelson MC**, Rochester J, Klawitter L. Neuromuscular electrical stimulation in comparison to heat therapy as a modality to enhance skeletal muscle recovery. Poster presentation at NMU Celebration of Student Research.
- 2021 Sikora NS, Wuorinen E, Kilgas MA, **Nelson MC**. The effects of exogenous testosterone on hypertrophy in transgender males. Oral presentation at (virtual) American College of Sports Medicine Midwest Regional Meeting 2021. Online: https://youtu.be/dN_sn8bMt7k.
- 2021 ***Nelson MC**, Casanova MP, Ball JR, Midence RD, Johnson TR, Martin B, Fehrenkamp BD, Bakerr RT, Drum SN, Vella CA. Effects of uninterrupted sitting: are there differences across sex in vascular and inflammatory biomarkers? Poster presentation (virtual) at the American College of Sports Medicine Annual Meeting. **Med Sci Sports Exerc.* 2021;53(8S):81. doi: 10.1249/01.mss.0000760060.63336.ad
- 2021 ***Nelson MC**, Casanova MP, Ball JR, Midence RD, Johnson TR, Martin B, Fehrenkamp BD, Baker RT, Drum SN, Vella CA. Uninterrupted sitting induces unfavorable changes in resting hemodynamics and inflammatory and vascular biomarkers in physically inactive and active adults. Oral presentation (virtual) at American Heart Association Epidemiology and Prevention- Lifestyle and Cardiometabolic Health Scientific Sessions 2021. **Circulation.* 2021;134(Suppl_1). doi: 10.1161/circ.143.suppl_1.032
- 2019 ***Nelson MC**, Alfiero CA, Midence RD, Vella CA. Self-reported sedentary behavior is associated with total, visceral, and segmental body fat in adults. Poster Presentation at the American College of Sports Medicine 66th Annual Meeting, Orlando, FL. **Med Sci Sports Exerc.* 2019;49(5S):426-427.
- 2019 *Taylor K, **Nelson MC**, Vella CA. Associations between time spent in sedentary behaviors and cardiometabolic disease risk factors in young adults. Poster Presentation at the American College of Sports Medicine 66th Annual Meeting, Orlando, FL. **Med Sci Sports Exerc.* 2019;49(5S):516-517.
- 2019 **Nelson MC**, Alfiero CA, Midence RD, Ball, J, Vella CA. Self-reported sedentary behavior is associated with total, visceral, and segmental body fat in adults. Oral Presentation at the American College of Sports Medicine: Northwest Regional Meeting, Bend, OR.
- 2018 *Scruggs P, **Nelson MC**, Deng Y. Active travel in a rural university community: associations with BMI, perceived health, facilitators and barriers. Poster Presentation at the 7th International Society for Physical Activity and Health Congress, London, England. **J Phys Act Health.* 2018;15(10S1):174-175.

- 2018 ***Nelson MC**, Casanova MP, Eason K, Biancosino E, Vella CA. The effectiveness of standing on a balance board for increasing energy expenditure. Poster Presentation at the American College of Sports Medicine 65th Annual Meeting, Minneapolis, MN. **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. Poster Presentation at the American College of Sports Medicine 65th Annual Meeting, Minneapolis, MN. **Med Sci Sports Exerc. 2018;49(5S):592.*
- 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. **Med Sci Sports Exerc. 2017;49(5S):473-474.*
- 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. **Med Sci Sports Exerc. 2017;49(5S):55.*
- 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.

GRANTS, FELLOWSHIPS, AND AWARDS:

- 2023 ACSM Midwest Leadership and Mentoring Program, Accepted as Level 3 Mentee.

- 2023 NMU Faculty Research Grant. *Climbing Lifestyle Intervention for Modifying physical activity Behaviors (CLIMB): A pilot study*. \$7000. PI: MC Nelson
- 2023 NMU CHSPS Internal Grant. *Climbing Lifestyle Intervention for Modifying physical activity Behaviors (CLIMB): A pilot study*. \$5000. PI: MC Nelson
- 2023 American Heart Association Institutional Research Enhancement Award. *Climbing Lifestyle Intervention for Modifying physical activity Behaviors (CLIMB)*. \$153,178.30 requested (not funded). PI: MC Nelson
- 2023 Blue Cross Blue Shield of Michigan Investigator Initiated Research Award. *Climbing Lifestyle Intervention for Modifying physical activity Behaviors (CLIMB)*. \$72,000 requested (not funded). PI: MC Nelson
- 2023 NMU Curriculum Improvement Award. *Improving coursework in sport and exercise science to prepare for future accreditation*. \$2,400. PI: MC Nelson
- 2023 NMU Capital Equipment Replacement Funds Request. *GE CASE stress testing system*. \$30,000. PI: M. Nelson
- 2023 National Institutes of Health R-15 Academic Research Enhancement Award. *The effects of blood flow resistance cycling on mitochondrial and vascular function in individuals with type 2 diabetes*. PI: M. Kilgas, Co-PI: MC Nelson. \$299,814 requested (not funded, impact score=34)
- 2023 NMU Excellence in Education Award. *Acute effects of different cupping protocols on ankle dorsiflexion*. \$1,500. Awarded to Alex Schaub, Mentor: MC Nelson
- 2022 American Heart Association Institutional Research Enhancement Award. *Exercise snacks for improving hemoglobin A1c in people with insulin resistance*. PI: MC Nelson. \$153,912 requested (not funded).
- 2022 NMU Excellence in Education Award. *Effect of COVID-19 on burnout in Athletic Trainers*. \$1,500. Awarded to: Harrison Garcia, Mentor: MC Nelson
- 2022 NMU Excellence in Education Award. *Acute effects of different cupping protocols on ankle dorsiflexion*. \$1,500. Awarded to: Alex Schaub, Mentor: MC Nelson
- 2021 NMU CHSPS Internal Grant. *Acute effects of sitting on markers of inflammation in middle-aged adults: a secondary analysis of blood samples*. \$4,000. PI: MC Nelson.
- 2020 Patient Centered Outcomes Research Institute Funding Cycle 3. *Project ECHO Idaho Pediatric Autism: Comparing the effects of medical service delivery and specialty training in a rural and frontier state*. PI: RT Baker, \$875,000 requested (not funded)
- 2020 St. Luke's Health System 2020-2021 Community Health Improvement Fund Grant. *Implementation of Project ECHO Idaho MetaD Mini-series for increasing PCP knowledge of obesity*. PI: L Smith, \$25,000 requested (not funded)
- 2020 Graduate and Professional Student Association Publishing Award, University of Idaho. \$1,000 (awarded to MP Casanova and MC Nelson)
- 2019 ACSM Northwest Student Research Award Program. *Acute effects of sitting on vasoactive biomarkers in middle-aged and older adults*. \$985. PI: MC Nelson.
- 2019 Webb Education Faculty Endowment, University of Idaho. \$1,500 (awarded to Dr. Chantal A. Vella for assay kits to process blood samples for MC Nelson dissertation project)
- 2019 American Heart Association Postdoctoral Fellowship Program. *Cross-sectional associations between sedentary behavior and endothelial function in middle-aged and older adults* (not funded). PI: MC Nelson.
- 2018 Mountain West CTRIN Pilot Grant. *Prolonged sitting and vascular function in rural adults with type 2 diabetes*. PI: CA Vella, \$60,000 requested (not funded)
- 2018 Graduate and Professional Student Association Publishing Award, University of Idaho. \$550
- 2018 Leon Green Scholarship, University of Idaho. \$1,500
- 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. \$3,000 (awarded to ACSM Northwest Chapter, American College of Sports Medicine)
- 2017 Katy Rae Boyer Scholarship, University of Idaho. \$1,100
- 2017 Diann L. Haslett Education Scholarship, University of Idaho. \$1,500

- 2017 Outstanding Graduate Student Teaching Award, University of Idaho. \$1,000
- 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.* \$4,243 requested (not funded)
- 2016 University of Idaho Sustainability Grant. *Understanding predictors of sedentary behavior to promote a University culture of healthy active lifestyles.* \$2,940 requested (not funded)
- 2016 Graduate and Professional Student Association Travel Award, University of Idaho. \$301
- 2016 Leora Stillinger Memorial Scholarship, University of Idaho. \$1,500
- 2015 College of Graduate Studies Scholarship, University of Idaho. \$4,111
- 2015 Adams State University Faculty Technology Advisory Committee Technology Grant. *Software for biomechanical analyses.* \$2,668. PI: M. Nelson

CERTIFICATIONS:

- 2024- Pet Partners Certified Animal Assisted Therapy Team (Megan Nelson and Olly)
Handler Certification Number: 1038268
- 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 Heart Association: CPR/First Aid, Basic Life Support

PROFESSIONAL ORGANIZATIONS:

- 2023- American College of Sports Medicine Midwest Chapter Member-at-Large (2023-2026, elected position)
- 2021- American College of Sports Medicine Professional Member
- 2021 American College of Sports Medicine Professional-in-Training Member (2020-2021)
- 2019- American Heart Association Professional Member
- 2019 American College of Sports Medicine Student Affairs Committee Member (2017-2019).
- 2019 American College of Sports Medicine Northwest - National Student Representative (2017-2019, elected position)
- 2019 American College of Sports Medicine Northwest Chapter Student Member (2015-2019)

SKILLS AND QUALIFICATIONS:

- Assessment and/or measurement and interpretation of the following:
 - Electrocardiograms, maximal exercise testing, submaximal exercise testing, lactate threshold testing, exercise prescription
 - Body composition: skinfolds, anthropometric measures, BOD POD, DEXA
 - Blood pressure
 - Blood chemistry via venipuncture and dermal puncture
 - Flexibility
 - Electromyography
 - 2-D motion capture and analysis
 - Accelerometry/inclinometry (i.e., activPAL, actigraph)
 - 24-hr diet recall
 - Gel electrophoresis
 - RNA/DNA isolation, western blotting, cell culture, PCR
 - Doppler Ultrasound for measurement of arterial diameter and blood velocity

- Computer skills:
 - Microsoft office (word/powerpoint/excel)
 - SPSS
 - Amos
 - R statistical computing software
 - Nutrition Data System for Research (NDSR)
 - ActiLife
 - PALAnalysis
 - ASA 24 diet recall system
 - MatLab