CURRICULUM VITAE
Kyle J. McInnis, Sc.D.

ADDRESS

Business	Merrimack College Department of Health Sciences 315 Turnpike Street North Andover, MA 01845
E-mail	mcinnisk@merrimack.edu
Phone	978-837-3590

EDUCATION

1987 – 1991	Sc.D. Applied Anatomy and Physiology Boston University Sargent College of Allied Health Professions Department of Health Sciences Boston, Massachusetts
1985 – 1987	M.S. Exercise Science/Cardiac Rehabilitation Springfield College School of Health, Physical Education & Recreation Department of Movement Sciences (Exercise Science and Sports Studies) Springfield, Massachusetts
1981 – 1985	B.S. Biological Sciences University of Massachusetts-Lowell College of Sciences Biological Sciences Department Lowell, Massachusetts

CURRENT ACADEMIC APPOINTMENT

Professor and Chair, Department of Health Sciences
School of Science and Engineering
Merrimack College

CURRENT RESEARCH AND CLINICAL AFFILIATE APPOINTMENTS

2010 – Present	Health and Wellness Innovations Director Merrimack Valley YMCA Lawrence, MA
2009 – Present	Research Scientist**,** Program in Nutritional Metabolism Massachusetts General Hospital Boston, MA

ACADEMIC APPOINTMENTS

1991 – 2011	Professor Department of Exercise and Health Sciences College of Nursing and Health Sciences University of Massachusetts Boston
2010 – 2011	Research Scientist United States Department of Public Health Services Office of the Regional Health Administrator (RHA) JFK Federal Building Boston, Massachusetts
2003 – 2008	Department Chair Exercise and Health Sciences College of Nursing and Health Sciences University of Massachusetts Boston
2005 – 2009	Founding Director / Research Director *GoKids*™ Interdisciplinary Youth Fitness Research and Training Center UMass Boston / Children's Hospital Boston

ACADEMIC PROMOTIONS

1991 – 1997	Assistant Professor, UMass Boston
1997 – 2003	Associate Professor (with tenure), UMass Boston
2003 – 2011	Professor, UMass Boston
2012 – Present	Professor (with tenure), Merrimack College

UNIVERSITY ADMINISTRATIVE APPOINTMENTS

UMass Boston 1991-2011

University Faculty Council, Executive Committee
University Faculty Council
University Research Council
University Science, Technology, Engineering, and Math (STEM) Research Committee
University Honors Program Advisory Council
University Athletics Strategic Planning Committee
College of Nursing and Health Sciences Administrative Leadership Team (ALT)
College of Nursing and Health Sciences Faculty Senate (Chair)
College Personnel Committee (Chair)
Department Personnel Committee (Chair)
Department Curriculum Committee (Chair)
AQUAD Accreditation Committee (Chair)
Director, Human Performance Laboratory
Faculty Coordinator, Exercise Physiology Concentration
Faculty Coordinator, Exercise and Health Sciences Internship Program
College Student Affairs Committee

Merrimack College 2012-Present

Vice Provost's Council
Assistant Dean of Health Sciences
Department Chair, Health Sciences

PROFESSIONAL, RESEARCH, AND CLINICAL EXPERIENCE

2004 – 2011 *Dana Farber Cancer Institute, Harvard Cancer Center*, Boston, MA.
Position: Associate Member,
Description: Served as collaborating research scientist on funded studies investigating physical activity, nutrition, and obesity prevention.

2005 – 2009 *GoKids Interdisciplinary Youth Fitness Research and Training Center*
Positions: Founding Director and Research Director
Description: Spearheaded all aspects of the Center's development from initial conceptualization to implementation; responsible for advancing all aspects of operations; secured research funding; developed student experiences; lead philanthropic initiatives; established a joint collaboration with the Children's Hospital Boston; and developed extensive partnerships with schools; government/State agencies; community youth serving organizations; charitable foundations; and corporations.

1991 – 1998 *Clinical Exercise Program, Boston University Medical Center*
Position: Founding Program Director
Description: Provided administrative leadership and start-up of a hospital-based wellness program for patients at risk for cardiovascular disease; developed patient exercise programs; supervised staff and student interns; administered program budget and operations; conducted research studies.

1990 – 1991 *Cardiac Rehabilitation Program, Boston University Medical Center*
Position: Exercise Physiologist
Description: Designed and supervised exercise training programs for patients with coronary heart disease.

1988 – 1989 *Brigham and Women's Hospital, Section of Cardiology*, Boston, MA
Position: Research Assistant
Description: Assisted with conducting clinical research trials on exercise stress testing in patients with coronary heart disease.

PROFESSIONAL HONORS AND CERTIFICATIONS

2008 *U.S. Surgeon General's Healthy Youth for a Healthy Future Champion Award.* Provided as Director of the *GoKids Youth Fitness Center* in recognition as a leader in promoting healthy lifestyles among underprivileged youth.

2006 *Honor Award*
Presented for recognition of outstanding professional achievement and service to the American College of Sports Medicine, New England Regional Chapter.

1995 Fellow, American College of Sports Medicine

1995 Program Director, American College of Sports Medicine

PROFESSIONAL SERVICE: EDITORIAL

2011	Associate Editor – *American College of Sports Medicine's Guidelines for Exercise Testing and Prescription (9th ed.)*
2009	Contributing Editor – *American College of Sports Medicine's Guidelines for Exercise Testing and Prescription (8th ed.)*
2004 – 2007	Section Editor - *The American Journal of Medicine & Sports*
2001– 2007	Editorial Board - *The American Journal of Medicine & Sports*
1998 – 2002	Editorial Board - *Journal of Cardiopulmonary Rehabilitation*
1997 – 2002	Editorial Board - *ACSM's Health and Fitness Journal*
1991– Present	Manuscript reviewer for many top-tier peer reviewed journals (e.g., *Medicine and Science in Sports and Exercise, Journal of Cardiopulmonary Rehabilitation, American Journal of Medicine and Sports, Journal of Lifestyle Medicine, Preventive Cardiology, and others.*)

PROFESSIONAL SERVICE: OFFICES HELD AND RELATED ACTIVITIES

American College of Sports Medicine (National)

2011 – Present	Exercise is Medicine Pediatrics Committee
2002 – 2005	Board of Trustees (Allied Health and Education)
2001 – 2006	Annual Meeting Program Committee
1997 – 2006	Health/Fitness Summit Program Committee
2000 – 2001	Strategic Planning Committee
1996 – 2007	Workshop Director, ACSM's Health/Fitness Instructor Certification
1999	Health/Fitness Facility Accreditation Committee
1996-1999	Workshop Director, ACSM's Exercise Leader Certification

American College of Sports Medicine (New England Regional Chapter)

2000 – Present	Board of Trustees
1999 – 2000	Past-President
1998 – 1999	President
1997 – 1998	President-Elect
1996 – 2000	Spring Program Committee
1996 – 1997	Chair, Corporate Sponsors Committee
1994 – 2000	Fall Program Committee
1994 – 1996	Member-at-Large

YMCA of the USA

2002 – Present	Medical Advisory Board

Merrimack Valley (Massachusetts) YMCA

2010 – Present	Health and Wellness Innovations Director

PROFESSIONAL SERVICE: OFFICES HELD (continued)

Greater Worcester YMCA
2002-2005 Chief Wellness Advisor

American Heart Association – Massachusetts Affiliate
1993 – 1995 Committee on Cardiovascular Risk Prevention
1993 – 1995 Task Force on Cardiovascular Risk Prevention in Racial Minorities

Massachusetts Governor's Council on Physical Fitness
1991 – 1994 Program Committee, Fitness Day on the Hill

PUBLICATIONS

Books

1. Foreyt J, **McInnis K,** Poston W, Rippe J. *Lifestyle Obesity Management*. London, UK: Blackwell Science. 2002.

2. Tharret S, **McInnis K,** Peterson J. ACSM's Health and Fitness Facilities Standards and Guidelines (3rd edition). Champaign, IL: Human Kinetics. 2006.

3. American College of Sports Medicine's Guidelines for Exercise Testing and Prescription (8th ed.) 2009. Philadelphia, PA: Lippincott Williams and Wilkins. (**McInnis K** - Contributing Editor).

4. American College of Sports Medicine's Guidelines for Exercise Testing and Prescription (9th ed.) 2013. Philadelphia, PA: Lippincott Williams and Wilkins. (**McInnis K** - Contributing Editor).

Chapters

5. **McInnis K** and Balady G. *Exercise Guidelines for Health/Fitness Facilities*. In: The Health Professionals Guide to Diabetes and Exercise. American Diabetes Association Clinical Education Series. Alexandria, VA. 2001.

6. **McInnis K** and Ribisl P. Forward In: *Legal Aspects of Preventive, Rehabilitative and Recreational Exercise Programs*, Fourth Edition. Herbert D. Canton, Ohio: PRC Publishing Company. 2001.

7. Melanson K, **McInnis K,** Rippe J. Modern Management of Obesity: The Value of a Multidisciplinary Approach. In: Foreyt J, **McInnis K**, Poston W, Rippe J. *Lifestyle Obesity Management*. London, UK: Blackwell Science. 2002.

8. Melanson, K, Meigs J, **McInnis K**, Rippe J. Managing Obesity to Lower the Risk of Cardiovascular Disease and Other Chronic Conditions. In: Foreyt J, **McInnis K**, Poston W, Rippe J. *Lifestyle Obesity Management*. London, UK: Blackwell Science. 2002.

9. Melanson, K, Meigs J, **McInnis K**, Rippe J. Obesity and Health: Public Policy Implications and Recommendations. In: Foreyt J, **McInnis K**, Poston W, Rippe J. *Lifestyle Obesity Management*. London, UK: Blackwell Science. 2002

10. **McInnis K** and Faigenbaum A. Evaluation of Fitness: Muscular Strength and Endurance. In: *Health Fitness Instructor's Handbook (4th Edition)*. Howley E and Franks D. (2003). Champaign, IL: Human Kinetics.

11. Faigenbaum A and **McInnis K**. Exercise Prescription: Muscular Strength and Endurance. In: *Health Fitness Instructor's Handbook (4th Edition)*. Howley E and Franks D. (2003). Champaign, IL: Human Kinetics.

12. **McInnis K** and Faigenbaum A. Evaluation of Fitness: Muscular Strength and Endurance. In: *Health Fitness Instructor's Handbook (5th Edition)*. Howley E and Franks D. (2006). Champaign, IL: Human Kinetics.

13. Faigenbaum A and **McInnis K**. Exercise Prescription: Muscular Strength and Endurance. In: *Health Fitness Instructor's Handbook (5th Edition)*. Howley E and Franks D. (2006).

14. **McInnis K** and Faigenbaum A. Evaluation of Fitness: Muscular Strength and Endurance. In: *Health Fitness Instructor's Handbook (6th Edition)*. Howley E and Franks D. (2011). Champaign, IL: Human Kinetics.

15. Faigenbaum A and **McInnis K**. Exercise Prescription: Muscular Strength and Endurance. In: *Health Fitness Instructor's Handbook (6th Edition)*. Howley E and Franks D. (2011).

16. **McInnis KJ** and Percoco L. Role of Physical Activity to Reduce Obesity and Improve Academic Performance in School-Age Children and Adolescents. In: The Dimensions of PE and Health: An Introduction to the Discipline. Sullivan E. and Ciccomascolo. Jones and Bartlett Publishers, LLC. Boston MA. (2011).

17. Champaign, IL: Human Kinetics.Champaign, IL: Human Kinetics. **McInnis K**. Sedentary Lifestyle and Cardiovascular Disease. In: Encyclopedia of Lifestyle Medicine and Health. Rippe, J. (editor). Thousand Oaks, CA: SAGE Publications. 2012.

Published Manuals

18. **McInnis K.** Diabetes Wellness Guide: A Technical Assistance Paper from the YMCA of the USA. Chicago, IL. 2001. (Manual distributed to all 2,800 YMCA's in the U.S.)

19. **McInnis K**. Automated External Defibrillators: A Technical Assistance Paper from the YMCA of the USA. Chicago, IL. 2002 (Manual distributed to all YMCA's)

20. **McInnis K**. Automated External Defibrillators: A Technical Assistance Paper from the YMCA of the USA. Chicago, IL. 2006 (Manual distributed to all YMCA's)

Publications: Peer Reviewed Articles

21. **McInnis K**, and Balady G. Effect of exercise testing protocol on ischemia detection. *Cardio.* November p. 74-78, 1991.

22. **McInnis K** and Balady G. Comparison of sub-maximal exercise responses using the Bruce vs. modified Bruce protocols. *Med Sci Sports Exerc* 26(1):103-107, 1993.

23. Balady G and **McInnis K.** Cardiac rehabilitation in obese patients. *Chest* 109(1):3-4, 1996.

24. **McInnis K**, Spahn C, Lerman R, Balady G. Prediction of oxygen uptake and energy expenditure during exercise in obese women. *J Cardiopulm Rehabil* 16:249-254, 1996.

25. **McInnis K,** Hayakawa S, Balady G. Cardiovascular screening and emergency procedures at health clubs and fitness centers. *Am J Cardiol* 80:380-383,1997.

26. **McInnis K**. Safe exercise for heart disease patients. *ACSM's Health and Fitness Journal* September/October, 1(5):26-33, 1997.

27. **McInnis K** and Balady G. Effect of body composition on oxygen uptake: body builders vs. weight matched males. *Res Q Exercise and Sport*;70:150-156, 1999.

28. **McInnis K,** Pierce G, Bader D, Balady G. Comparison of cardiopulmonary responses in obese women using ramp vs. step treadmill protocols. *Am J Cardiol* 83:289-291, 1999.

29. **McInnis K** and Balady G. Higher cardiovascular risk clients in health clubs. *ACSM's Health and Fitness Journal* Jan/Feb; 19-24, 1999.

30. **McInnis K**. Exercise and obesity. *Coronary Artery Disease*. 11:111-116, 2000.

31. Bader D, **McInnis K**, Pierce G, Balady G. Accuracy of a pretest questionnaire in exercise test protocol selection. *Am J Cardiol* 85:767-770, 2000.

32. **McInnis K**. Exercise for obese clients: benefits, limitation, guidelines. *ACSM's Health and Fitness Journal* January/February: 25-31, 2000.

33. **McInnis K**, Balady G, Foster C. Exercise in health clubs. *ACSM Current Comments* Jan/Feb 2000.

34. Rippe J, **McInnis K**, Melanson K. Physician involvement in the management of obesity as a primary medical condition. *Obesity Research* 2001;9(4):302S-311S.

35. Melanson K, **McInnis K**, Blackburn G, Wilson P, Rippe J. Obesity and cardiovascular disease risk: a research update. *Cardiology in Review* 2001; 9:202-207.

36. **McInnis K**, Herbert W, Herbert D, Herbert J, Ribisl P, Franklin B. Low compliance with national standards for cardiovascular emergency preparedness at health clubs. *Chest* 2001; 120:283-288.

37. Ribisl P, **McInnis K**, Rippe J. The next Y2k problem- Obesity: Genes, gluttony, or sloth? *Am J Med Sports* 2001;3:171-177,179.

38. **McInnis K**, Herbert D, Herbert W. Are health clubs unfit for cardiovascular emergencies. *Cardiovascular Reviews and Reports 2001; Oct: 570-572*.

39. **McInnis K**. Physical activity counseling in the primary care setting: Effectiveness, challenges, and guidelines. *Am J Med Sports* 2002;3:171-177.

40. Roberts D, Pober D, **McInnis K**, Rippe J, Freedson P. A review of selected submaximal, overground and treadmill walking tests: Good predictors of aerobic capacity and functional fitness? *Clinical Exercise Physiology* 2002; 4:68-74.

41. **McInnis K**. Physical inactivity and osteoarthritis: One for the ages. *Am J Med Sports* 2002; 5:241-252.

42. **McInnis K**. Modest lifestyle changes prevent type 2 diabetes in persons at high risk. *Am J Med Sports* 2002; 7:392-395.

43. Pober D, Freedson P, Kline G, **McInnis K**, Rippe J. Relationship of age to selected fitness and health related measures in healthy adults aged 40-79 years. *Clinical Exercise Physiology* 2002; 4:108-119.

44. Pober D, Freedson P, Kline G, **McInnis K**, Rippe J. Development and validation of a one-mile treadmill walk test to predict peak oxygen uptake in healthy adults ages 40 to 79 years. *Can J Appl Physiol* 2002 Dec;27(6):575-89.

45. **McInnis K**. Compliance with emergency recommendations at health clubs. *Am J Med Sports* 2003; Jan/Feb:100-102.

46. **McInnis K**. Diet, exercise and the challenge of combating obesity in the primary care setting. *J Cardiovasc Nurs* 2003;18(2):93-100.

47. **McInnis K**, Franklin B, Rippe J. Counseling for Physical activity in the overweight and obese patient *Am Fam Phys* 2003;67:1249-56.

48. Del'Olio J, Carpenter M, **McInnis K**. Physical activity and healthy weight. *Am Fam Phys* 2003;67: 1266-1268.

49. **McInnis K.** Advising patients on selecting a health/fitness facility and qualified personal fitness trainer. *Am J Med Sports* 2003; May/June 238-241.

50. **McInnis K**. Recommendations and practical resources from the obesity education initiative. *Am J Med Sports* 2003; Nov/Dec 386-389.

51. **McInnis K**. Physical activity compared with stenting in stable CAD. *Am J Med Sports* 2004 Nov/Dec 219-220.

52. **McInnis K** and Franklin B. Health and Fitness Facilities: A Viable post-rehabilitation alternative. *Preventive Cardiology* 2006; 9(3):174-7.

53. Herbert W, Herbert D, **McInnis K**, Ribisl P, Franklin B, Callahan M, Hood A. Cardiovascular Emergency Preparedness in Recreation Facilities at Major US Universities: College Fitness Center Emergency Readiness. *Preventive Cardiology* 2007; 10(3), 128-133.

54. Whiteley J, Bailey B, **McInnis K**. Using the Internet to Promote Physical Activity and Healthy Eating in Youth. *American Journal of Lifestyle Medicine* 2008; 2(2), 159-177.

55. Myers J, Arena R, Franklin F, Pina I, Kraus W, **McInnis K**, Balady B. American Heart Association Scientific Statement: Recommendations for Clinical Exercise Laboratories. *Circulation* 119:3144-3161, 2009.

56. Bailey B and **McInnis K**. Energy cost of exergaming. A comparison of the energy costs of 6 forms of exergaming. *Arch Pediatr and Adolesc Med*. Published online March 7, 2011.

57. McCormack S, McCarthy M, Harrington S, Farilla L, **McInnis K**, Grinspoon S, Fleischman A. Effects of exercise and lifestyle modification on fitness, insulin resistance, skeletal muscle oxidative phosphorylation, and intramyocellular lipid content in obese children and adolescents. Journal of Clinical Endocrinology and Metabolism. In review. 2012.

Invited Review Articles: Journals of Professional Associations

58. **McInnis K**. Exercise training for obesity. *Idea Today* April 50-51, 1994.

59. **McInnis K**. Taking care of their hearts. *Idea Today* Nov-Dec 38-46, 1994.

60. **McInnis K**. Exercise physiology review: Play it cool. *Nautilus Magazine* Summer 9-11, 1994.

61. **McInnis K**. Exercise physiology review: Heart smart. *Nautilus Magazine* Spring 7-11, 1996.

62. **McInnis K**. Exercise physiology review: New beginnings. *Nautilus Magazine* Spring 7-9, 1996.

63. **McInnis K**. Exercise physiology review: More for less. *Nautilus Magazine* Summer 15-17, 1996.

64. **McInnis K**. Exercise physiology review: Shifting gears. *Nautilus Magazine* Fall 9-11, 1996.

65. **McInnis K**. Exercise physiology review: Specificity. *Nautilus Magazine* Spring 9-11, 1997.

66. **McInnis K**. Exercise and coronary heart disease. *Idea Personal Trainer* Nov-Dec 11-15, 1994.

67. **McInnis K**. Defuse the treat with cardiovascular screening. *Fitness Management* Feb 28-30, 1999.

68. Rippe J and **McInnis K**. Get moving-physical activity is good for your health. *Time Magazine* June 11, 2000.

69. **McInnis K** and Rippe J. Get moving-physical activity is good for your health. *Time Magazine* December 11, 2001.

70. **McInnis K**. AED alert: Call 911. *Club Business International* June 32-35, 2002.

71. **McInnis K**. ABC's of AEDs. MAX! American College of Sports Medicine New England Regional Chapter. Fall 2002.

72. **McInnis K**. Clinical Article: Your local health club: A viable post-rehab option? Massachusetts Association of Cardiovascular and Pulmonary Rehabilitation. Fall 2005.

73. **McInnis K (Chair of writing group)**. Choosing a health/fitness facility. ACSM Public Information. 2005.

74. Finn K and **McInnis K**. Highly Complementary benefits of regular physical activity to reduce obesity and promote academic achievement in children and adolescents. Wellness Management: Official Publication of the National Wellness Institute. Summer 2010, 1-4.

Research Abstracts

1. **McInnis K**, Balady G, Weiner D, Ryan T. Physiologic responses are similar using different exercise testing protocols in patients with CAD. *Journal of Cardiopulm Rehabil* 316A (191), 1991.

2. **McInnis K**, Balady G, Weiner D, Ryan T. Does the ischemic threshold differ during the standard vs. the modified Bruce exercise testing protocols? *Journal of the American College of Cardiology* 17(2):81A, 1991.

3. **McInnis K**, Pierce G, Bader D, Balady G. Evaluation of cardiopulmonary responses in obese women using ramp vs. graded protocols. *Med Sci Sports Exerc* 26(5):392, 1994.

4. **McInnis K,** Spahn C, Lerman R, Balady G. Measured vs. predicted oxygen uptake during treadmill walking in moderately obese women. *Med Sci Sports Exerc* 26(5):S159,1994.

5. **McInnis K** and Balady G. Effect of body composition on oxygen uptake and exercise energy expenditure: body builders vs. obese males. *Med Sci Sports Exerc* 27(5):S72, 1995.

6. **McInnis K** and Balady G. Effect of body composition on oxygen uptake during treadmill walking. *Journal of Cardiopulmonary Rehabilitation* 15(5):348, 1995.

7. **McInnis K** and Balady G. Body composition affects oxygen uptake independently of body weight. *Journal of American College of Cardiology* 27(2):152A, 1996.

8. **McInnis K**, Hayakawa S, Cousineau P, Balady G. Pre-enrollment health screening at fitness centers: state of the practice. *Med Sci Sports Exerc* 28(5):S13,1996.

9. Hayakawa S, **McInnis K**, Cosineau P, Balady G. Staffing and emergency procedures in fitness centers offering exercise programs for the elderly and persons with heart disease. *Med Sci Sports Exerc* 28(5):S13,1996.

10. **McInnis K**, Hayakawa S, Balady G. Inadequate pre-participation screening at fitness centers: a call for action. *Circulation* 94(8):327, 1996.

11. **McInnis K**, Hayakawa S, Balady G. Are all health clubs created equal? A survey of risk screening practices and emergency preparation. *Med Sci Sports Exerc* 29:S192,1997.

12. **McInnis K**, Pierce G, Bader D, Balady G. Exercise testing in obese patients ramp vs. stepped protocols. *Circulation* I;146:1997.

13. **McInnis K**, Pierce G, Bader D, Balady G. Evaluation of peak cardiopulmonary responses using newer ramp protocols. *Med Sci Sports Exerc* 1998.

14. **McInnis K**, Herbert W, Herbert D, Herbert J, Ribisl P, Franklin B. Fitness clubs fail to adhere to AHA emergency standards. *Circulation* 102(18), II 394 October 31, 2000.

15. Rippe J, Klein GL, **McInnis K**. Managing the overweight woman: barriers and opportunities. Presented Ninth Annual Congress on Women's Health & Gender-Based Medicine, 2001.

16. **McInnis K**, Pober D, Freedson P, Kline G, Rippe J. Development and validation of a treadmill walking test to predict maximal oxygen consumption. *Med Sci Sports Exerc* 2001.

17. Melanson K, Dell'Olio J, Carpenter M, Berlin D, Knipe S, **McInnis K**, Rippe J. The influence of a 12-week walking program, with and without weight loss, on cardiovascular risk factors in obese adults. *Obesity Research*. 9;3:160S 2001.

18. Melanson K, Dell'Olio J, Carpenter M, Berlin D, Knipe S, **McInnis K**, Rippe J. Self-efficacy and quality of life in obesity: roles of diet counseling and degree of weight loss. *JADA*. Suppl 101:A-19;2001.

19. Cooper L, Geise T, Fiutem J, Dell'Olio J, Turgiss J, **McInnis K**, Rippe J. Perceived barriers to weight loss in obese adults. *Med Sci Sports Exerc, 2002*.

20. Geise T, Cooper L, Fiutem J, Dell'Olio J, Turgiss J, **McInnis K**, Rippe J. Identifying individualized goals, perceived barriers, and readiness for behavior change in obese adults. *Med Sci Sports Exerc, 2002*.

21. Pober D, **McInnis K**, Fiutem J, Langdon J, Harding D, Young C, Freedson P, Rippe J. Prescribing target heart rates for obese adults: "old" vs "new" heart rate max prediction models. *Med Sci Sports Exerc, 2002*.

22. Fiutem J, **McInnis K**, Pober D, Dell'Olio J, Freedson P, Rippe J. Validation of a treadmill walking test to estimate cardiorespiratory fitness in obese patients. *Med Sci Sports Exerc, 2002*.

23. Fagala M, Pober D, Freedson P, **McInnis K**, Rippe J. How accurate are HRmax prediction models in middle-age and older adults. *Med Sci Sports Exerc, 2002*.

24. **McInnis K**, Turgiss J, Murray S, Herbert W, Franklin B. Reversing sudden cardiac death in health clubs: Success of AEDs and emergency preparedness. *Circulation*108(17): 737-738, 2003.

25. **McInnis K**, Fiutem J, Williams H, Franklin B, Rippe J. Is walking at a self-selected pace an adequate cardiorespiratory stimulus for promoting health and fitness in obese adults? *Circulation*108(17): 1228, 2003.

26. Herbert W, **McInnis K,** Hood A, Franklin B, Ribisl P, Callahan M, Herbert D. Cardiovascular emergency preparedness in University-based health/fitness facilities. *Med Sci Sports Exerc,* 38(5):344-5, 2006.

27. Wyson A, Wroten C, Colleran E, Milliken L, **McInnis K**. Knowledge of healthy behaviors compared to self-reported behaviors in children. *Med Sci Sports Exerc* 38(5):538, 2006.

28. Colleran E, Wyson A, Wroten C, Milliken L, **McInnis K**. Physical activity, nutrition intake, and sedentary behaviors in overweight versus normal weight children. *Med Sci Sports Exerc,* 35(5):115, 2006.

29. Bailey B, Whiteley J, Wyson A, Milliken L, **McInnis K**. A pilot project of an innovative diet and physical activity program for middle school-aged girls: Girls on the Go. *Obesity Research* 14:A179, 2006.

30. Whiteley J, Milliken L, Bailey B, Wyson A, **McInnis K**. Differences in perceived physical activity behaviors and barriers among ethnically and racially diverse girls, *Obesity Research* 14:A239, 2006.

31. Milliken L, Whiteley J, Bailey B, Wyson A, **McInnis K**. Differences in self-reported sedentary behaviors in ethnically and racially diverse girls. *Obesity Research* 14:A255, 2006.

32. Bailey B, Milliken L, **McInnis K**. An interactive nutrition and physical activity program for middle school-aged girls: Girls on the Go. . *Med Sci Sports Exerc* 39(5): S192, 2007.

33. Bailey B. Marcelus F, Lujares M, Kennard L, **McInnis K**. Energy cost of exergamining in adolescents. *Obesity Research* 6:S77, 2008.

34. Finn K, Boudreau M, Perry C, Bottinger L, Turgiss J, **McInnis K**. Incorporating movement and technology into academic lessons to improve physical activity and reduce childhood obesity. *Med Sci Sports Exerc* 43(5), 2011.

35. Finn K, **McInnis K,** Cutts R, Milner M. Incorporating physical activity into science lessons to improve academic performance in low-income Hispanic girls. Proceedings from ACSM's Conference on Physical Activity, Cognitive Function and Academic Performance. Nov 2012.

36. McCormack S, McCarthy M, Harrington S, Farilla L, **McInnis K**, Grinspoon S, Fleischman A. Effects of exercise training on insulin resistance in children and adolescents. Pediatric Academic Societies. 1513: 236.

37. Finn K, Yan Z, **McInnis K**. Active Science: A new approach to promote physical activity participation in after-school programs. Am J Pub Health. 2013. (in review)

38. Yan Z, Finn K, **McInnis K**. Promoting science performance during physical activity among Hispanic children: A pilot study. Am J Pub Health. 2013. (in review)

39. Finn K, and **McInnis K**. Development and Assessment of An Afterschool Intervention to Improve Physical Activity and Academic Performance. Med Sci Sports and Exerc. 2013. (in review).

INVITED LECTURES/PRESENTATIONS (chronological listing)

1. Delivered many lectures at national and regional health/fitness centers, teaching hospitals, Universities/Colleges, corporate wellness programs, and school systems on the following topics:
   Exercise for weight loss/obesity
   Promoting physical activity
   Exercise prescription
   Cardiac rehabilitation/cardiovascular risk reduction
   Public access defibrillation
   Youth health and wellness

2. Invited speaker – "Metabolic Exercise Testing." Seminar for 4th Year Medical Students in course titled *Exercise in Health and Disease*. Boston University School of Medicine, Boston, Massachusetts. 1992-1994

3. Invited speaker – "Exercise Physiology: A Review for Personal Trainers." Preparatory course for American Council on Exercise Personal Training Certification Exam. Boston, Massachusetts. 1993 – 1995.

4. Invited speaker – "Enhancing the Safety and Efficacy of Exercise Training Obese Clients." American College of Sports Medicine – New England Regional Chapter Annual Meeting. Boxborough, Massachusetts. 1994.

5. Invited speaker – "Facts of Fat Metabolism." Regional Personal Training Conference. Natick, Massachusetts. 1994.

6. Invited speaker – "Metabolic Calculations." American College of Sports Medicine Exercise Specialist Workshop. Northeastern University, Boston, Massachusetts. 1995 – 1997.

7. Invited speaker – "Exercise and Diet for Weight Loss." American College of Sport Medicine Exercise Specialist Workshop. Northeastern University, Boston, Massachusetts. 1995 – 1997.

8. Workshop Director and Presenter. American College of Sport Medicine Health/Fitness Instructor Workshop. University of Massachusetts-Boston. 1997-2002.

9. Invited speaker – "Exercise for Weight Loss: An Essential Ingredient." American Heart Association (Massachusetts Affiliate) Conference. Newton, Massachusetts. 1995.

10. Invited speaker – "Exercise for Weight Loss: Myths and Misconceptions." 10th Annual American Heart Association (Massachusetts Affiliate) Health/Fitness Exposition. Boston, Massachusetts. 1995.

11. Invited speaker – "Exercise Programs for Obese Patients." Cardiology Grand Rounds, Spaulding Rehabilitation Hospital, Boston, Massachusetts. 1995.

12. Invited speaker – "Exercise for Weight Loss: A Case Study Approach." American College of Sports Medicine – New England Regional Chapter Annual Spring Meeting. Amherst, Massachusetts. 1996.

13. Session Chair – "Diet and Exercise for Weight Loss." American College of Sports Medicine Annual Meeting. Cincinnati, Ohio. 1996.

14. Invited speaker – 'Exercise for Weight Loss: How Much?" American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting. Baltimore, Maryland. 1996.

15. Invited speaker – "Pioneering New Roles for the Clinical Exercise Physiologist." American College of Sports Medicine – New England Regional Chapter Annual Meeting, Boxborough, Massachusetts. 1996.

16. Workshop director/speaker. American College of Sports Medicine Health/Fitness Instructor Workshop. Boston, Massachusetts. 1996-present.

17. Invited speaker – "Weight Management Research." IDEA International Personal Training Summit. New York, NY. 1997.

18. Invited speaker – "Designing Exercise Programs for Weight Loss." IDEA International Personal training Summit. New York, NY. 1997.

19. Invited speaker – "How Much Exercise is Enough?" IDEA International Personal Training Summit. New York, New York. 1997.

20. Invited speaker – "Exercise and Weight Loss: Its Uses and Limits in Obesity." Massachusetts Association of Cardiovascular and Pulmonary Rehabilitation. Framingham, Massachusetts. 1997.

21. Invited speaker – "Body Composition and Performance: Considerations for Training." National Strength and Conditioning Association Annual meeting. Las Vegas, Nevada. 1997.

22. Colloquia Chair/Presenter – "Ready or Not Here They Come: Persons with Heart Disease at Fitness Centers." American College of Sports Medicine Annual Meeting. Denver, Colorado. 1997.

23. Invited speaker – "Aerobic Exercise and Interval Training." National Strength and Conditioning Association's Essentials of Strength Training and Conditioning Symposium. Boston, Massachusetts. 1997-1999.

24. Invited speaker – "Exercise Training Guidelines for Clients with Cardiovascular Disease in Health Clubs." American College of Sports Medicine – New England Regional Chapter Annual Meeting. Providence, Rhode Island. 1997.

25. Invited speaker – "Current Research in Exercise and Weight Management." University of Massachusetts-Amherst, Seminar for Doctoral Students and Faculty. November, 1997

26. Invited speaker - "The Art and Science of Exercise Prescription for Obesity." American College of Sports Medicine - New England Regional Chapter Spring Meeting. Concord, Massachusetts. 1998.

27. Invited speaker - "Designing Exercise Programs for Obese Clients." American College of Sports Medicine's 1998 Health / Fitness Summit. Austin, Texas. 1998.

28. Invited speaker - "Screening for Cardiovascular Disease in Health Clubs." American College of Sports Medicine's 1998 Health / Fitness Summit. Austin, Texas. 1998.

29. Invited panel member - "Evaluating Graduate Schools in Exercise Science" American College of Sports Medicine's 1998 Health / Fitness Summit. Austin, Texas. 1998.

30. Invited speaker - "Diet, Exercise, and Physical Activity." American Heart Association New England Regional Chapter Conference on Women's Health. Worcester, Massachusetts. 1998.

31. Invited speaker - "Cardiac Rehabilitation and Secondary Prevention in Women." American College of Sports Medicine - New England Regional Chapter Annual Meeting. Providence, Rhode Island. 1998.

32. Invited speaker - "Body Composition Assessment: A Workshop." American College of Sports Medicine's Health / Fitness Summit. New Orleans, Louisiana. 1999.

33. Invited speaker - "Resistance Training for Special Populations: A Roundtable." American College of Sports Medicine's Health / Fitness Summit. New Orleans, Louisiana. 1999.

34. Invited speaker - "Resistance Training and Obesity." American College of Sports Medicine- New England Regional Chapter Spring Meeting. Concord, Massachusetts. Spring, 1999.

35. Presenter - "Exercise Testing and Prescription in (Morbid) Obesity." American College of Sports Medicine Annual Meeting. Seattle, Washington. Spring, 1999.

36. Invited speaker - "The Art and Science of Body Composition Assessment." American College of Sports Medicine -New England Regional Chapter Annual Meeting. Providence, Rhode Island. Fall, 1999.

37. Invited speaker – "Cardiac Risk Factors and Exercise." American College of Sports Medicine Exercise Leader Workshop and Certification. Reebok University, Stoughton, Massachusetts. Fal1, 1999.

38. Invited speaker - "Expanding the Bottom Line: Obesity, Overweight and Health Intervention Strategies." Medical Fitness Association Conference. Atlanta, Georgia. Fall 1999.

39. Invited speaker - "Practical Guidelines for Clients with Coronary Heart Disease." American College of Sports Medicine's Health/Fitness Summit. San Diego, California. Spring 2000.

40. Invited speaker - "The Physiology of Resistance Training." American College of Sports Medicine's Certificate of Advanced Qualification Workshop. San Diego, California. Spring, 2000.

41. Invited speaker – "Diet and Exercise for the Treatment of Obesity and Exercise Prescription for Cardiovascular Disease." American College of Sports Medicine Exercise Specialist Certification Workshop. William Beaumont Hospital. Royal Oaks, Michigan. Summer, 2000.

42. Invited speaker – Working with Higher Cardiovascular Risk Clients." American College of Sports Medicine New England Regional Chapter Annual Meeting. Providence, Rhode Island. Fall 2001.

43. Keynote Speaker – "Strong hearts, Strong Muscles, Healthy Aging." American Heart Association (New England Affiliate). Catholic Medical Center, Manchester, New Hampshire. February 2001.

44. Invited speaker and Conference Chair – "Physical Activity Programs for Managing Overweight." American College of Sports Medicine Summit Pre-Conference. Las Vegas, Nevada. April 2001.

45. Invited speaker – "Resistance Training and Coronary Prone Clients: New Guidelines from the AHA". American College of Sports Medicine Health/Fitness Summit and Exposition. Las Vegas, Nevada. April 2001.

46. Keynote Speaker – "Are There Effective Strategies to Tighten America's Expanding Waistline?" The New England Racquet & Sportsclub Association Spring Conference & Fitness Expo. Manchester, New Hampshire, May 2001.

47. Speaker and Symposium Chair – A "911" Crisis in U.S. Health Clubs. American College of Sports Medicine Annual Meeting. Baltimore, Maryland. 2001.

48. Invited Speaker – Physical Activity and Cardiovascular Health: Contemporary Recommendations. American College of Sports Medicine New England Regional Chapter Annual Meeting. Providence, Rhode Island. Fall 2001.

49. Invited speaker – "AEDs and Cardiac Emergencies in Fitness Centers: What You Need to Know." American College of Sports Medicine Health/Fitness Summit and Exposition. Orlando, Florida. April 2002.

50. Invited speaker – "New Recommendations and Resources for Physical Activity and Cardiovascular Health." American College of Sports Medicine Health/Fitness Summit and Exposition. Orlando, Florida. April 2002.

51. Invited speaker and Session Chair – "New Frontiers in Promoting Health and Fitness in Older Clients." American College of Sports Medicine Health/Fitness Summit and Exposition. Orlando, Florida. April 2002.

52. Invited Speaker: Worksite strategies for healthy weight management. HealthTrust Health Promotions Annual Symposium. Concord, New Hampshire. June 2002.

53. Invited Speaker – ABC's of AEDS: Automated External Defibrillators. YMCA of the USA APD Conference. Orlando, Florida. November 2002.

54. Invited Speaker – Emergency Preparedness in Health Clubs. American Heart Association Scientific Sessions. Chicago, Illinois. November 2002.

55. Invited Speaker – Physical Activity Safeguards for Older Adults. American College of Sports Medicine New England Regional Chapter Annual Meeting. Providence, Rhode Island. November 2002.

56. Invited Speaker – Serving "At Risk" and Older Populations: A Practical Approach to Meet Evolving Standards and Guidelines. International Health, Racquet, and Sportsclub Association Annual Meeting. San Francisco, California. February 2003.

57. Invited Speaker: Implementing an AED program. International Health, Racquet, and Sportsclub Association Annual Meeting. San Francisco, California. February 2003.

58. Invited Speaker – Physical activity without weight loss: Independent health benefits? American College of Sports Medicine Health/Fitness Summit and Exposition. Reno, Nevada. April 2003.

59. Invited Speaker – Walking and Health. American College of Sports Medicine Health/Fitness Summit and Exposition. Reno, Nevada. April 2003.

60. Speaker and Symposia Chair – Steps to Prevent Chronic Disease: Scientific Evidence of Walking. American College of Sports Medicine Annual Meeting. San Francisco, California. May 2003.

61. Invited Speaker: Treadmills, Aerobics, and Defibrillators: Making AEDs part of your Healthclub. International Health, Racquet, and Sportsclub Association Annual Meeting. Las Vegas, Nevada. March 2004.

62. Invited Speaker and Symposium Chair – From Inactive to Active: Tools to Attract, Motivate, and Retain. American College of Sports Medicine Health/Fitness Summit and Exposition. Las Vegas, Nevada. April 2004.

63. Invited Speaker – Weight Management Practices in the Fitness Setting: Best Practices and Practical Strategies. American College of Sports Medicine Health/Fitness Summit and Exposition. Las Vegas, Nevada. April 2004.

64. Invited Speaker and Symposium Chair – Lifestyle Interventions to Prevent Type 2 Diabetes (T2D): Current Evidence and Future Directions. American College of Sports Medicine Annual Meeting. Indianapolis, Indiana. June 2004.

65. Invited Speaker – Physical Activity and Healthy Lifestyles: Future Directions. YMCA of Greater Milwaukee. Milwaukee, WI. October, 2005.

66. Keynote Lecturer. How Can We Effectively Address Physical Inactivity? YMCA of the USA Health and Fitness Expo. Orlando, FL. April, 2005.

67. Invited Speaker: AEDs: Medical and Legal Update. International Health, Racquet, and Sportsclub Association Annual Meeting. San Francisco, CA. March, 2005.

68. Invited Speaker: Tackling Youth Obesity. YMCA Annual Conference. Albany, NY. March, 2005.

69. Invited Speaker: YMCA Marketing Conference. Marlboro, MA. May, 2005.

70. Keynote Lecturer: From Fast Foods to X-Box: Can YMCAs Compete to Reduce the Obesity Crisis in Youth and Adults? YMCA Annual Conference. Manchester, NH. October, 2005.

71. Keynote Lecturer: Waist Management: How Clubs Can Reduce the Obesity Crisis. New England Health, Racquet and Sportsclub Association Annual Conference. Uncasville, CT. October, 2005.

72. Invited Speaker – Exercise: Balancing the Risk for CHD Prevention. Considerations Regarding Health and Fitness Facilities. American Heart Association Scientific Sessions. Dallas, TX. November 2005.

73. Invited Speaker: Obesity in Youth: Tackling a Growing Problem. University of Galway, Galway, Ireland. January, 2006.

74. Invited Speaker: New Health/Fitness Facility Standards and Guidelines. International Health, Racquet, and Sportsclub Association Annual Meeting. Las Vegas, NV. March 2006.

75. Invited Speaker and Symposium Chair: Use of Interactive Technologies for Youth in Fitness Facilities. American College of Sports Medicine Health Fitness Summit. Orlando, FL. April 2006.

76. Invited Speaker and Symposium Chair: Innovative Strategies Targeting Youth at Increased Cardiovascular Risk. American College of Sports Medicine Annual Meeting. Denver, CO. June 2006.

77. Invited Speaker: New Health/Fitness Facility Standards and Guidelines: Raising the Bar on Safety? American College of Sports Medicine Annual Meeting. Denver, CO. June 2006.

78. Invited Speaker: Can Technology be Used to Improve Physical Activity in Overweight Youth? US Centers for Disease Control and Prevention. Atlanta, GE. June 2006.

79. Invited Speaker: Strategies to Address Youth Obesity. YMCA AYP Conference. Albany, NY. March 2007.

80. Invited Speaker: Walk the Talk: Strategies to Promote Physical Activity. YMCA AYP Conference. Boston, MA. October 2007.

81. Keynote Speaker: Reversing Youth Obesity. Rochester Health Foundation Summit. Rochester, New York. October 2008.

82. Invited Speaker: Children and Exercise. Active Doctors – Active Patients. Harvard Medical School Department of Continuing Education. Cambridge, MA. November 2009.

83. Invited Speaker: A New Initiative to Incorporate Movement into Classroom Activities in Low-Income Urban Middle-Schools. U.S. Department of Health and Human Services National Webinar. October 2010.

84. Speaker: Sudden Cardiac Death in the Fitness Setting. World Congress on Exercise is Medicine. Denver, CO. June 2011.

85. Speaker: Embedding Physical Activity into Traditional Academic Lessons. National Health Promotion Summit: Prevention, Promotion, Progress. Washington, DC, April 2012.

86. Invited Speaker: How an Academic Partner can Maximize a YMCA's Impact in the Community. YMCA New England Fall Leadership Conference. Hyannis, MA, October 2012.

87. Invited Speaker: Partnership to engage youth in learning science and math skills while boosting their fitness and health. Merrimack Valley Sandbox. Lawrence, MA, 2013.

OTHER PROFESSIONAL WORKS
Educational Video's

McInnis K. Exercise for the Overweight Client. *American College of Sports Medicine* Healthy Learning Video Series. Monterey, California. 1999.

McInnis K. The Art and Science of Body Composition Assessment. *American College of Sports Medicine* Healthy Learning Video Series. Monterey, California. 1999.

McInnis K. The ABCs of AEDs: Understanding the Basics of Automated External Defibrillators. *American Council on Exercise* Healthy Learning Video Series. Monterey, California. 2005.

McInnis K. Tackling Youth Obesity. *American Council on Exercise* Healthy Learning Video Series. Monterey, California. 2005.

GRANTS

1. "Estimating exercise caloric expenditure in obese women: implications for improved monitoring of energy balance." University of Massachusetts Boston Junior Faculty Research Grant. 1992-1993. Awarded $2,000.
   Role: PI

2. "The effect of body composition on oxygen consumption and energy expenditure in obese men." University of Massachusetts Boston Biomedical Research Grant. 1992-1993. Awarded $3,000.
   Role: PI

3. "Comparison of recommended vs. practiced cardiac risk screening procedure in health clubs." University of Massachusetts Boston Joseph P. Healey Faculty Research Grant. 1995-1996. Awarded $1,600.
   Role: PI

4. "Exercise and coronary heart disease risk reduction: targeting obese women." University of Massachusetts Boston Joseph P. Healey Faculty Research Grant. 1998-1999. Awarded $2,500.
   Role: PI

5. "UMASS fitness center connection –A Multi-campus fitness center website." Instructional technology for Academic Development Grant. University of Massachusetts President's Office. 1998-1999. Awarded $6,000.
   Role: PI

6. "Weight control, physical activity and cancer risk reduction among racially diverse obese women in an urban community setting." Dana Farber Cancer Institute/Harvard Cancer Center Pilot Project Developmental Funds to Support Disparities in Cancer Research: New Nodal Award in Cancer Disparities." 2003-2005. Sorenson, G. PI. Awarded $150,000.
   Role: Co-PI

7. "Girls on the Go: An innovative lifestyle weight control and activity program for middle-school age girls in an urban community." The Fred H. Daniels Foundation, Worcester, Massachusetts. 2004-2005. Awarded (to YMCA of Greater Worchester) $225,000.
   Role: PI

8. "A pilot project to develop a youth obesity model program for YMCAs in Massachusetts." Massachusetts Department of Public Health. 2003. Awarded $30,000.
   Role: PI

9. "Electronic weight reduction intervention for ethnically diverse women." Pilot project conducted through the U-56 partnership (NIH, NCI 1U56CA118635-01(Colon-Carmona, Co-PI & Emmons, Co-PI; sub-award PI, Bennett, G.) *UMB-DF/HCC Comprehensive Cancer Partnership Program*. 2007-2009. Awarded $150,000.
   Role: Co-PI

10. "Research and development of interactive health promotion and exergaming technologies." UMass President's Science and Technology Award. 2007. Awarded $120,000.
    Role: PI

11. "Fit2Lead: A pilot program to improve physical activity, healthy eating, and self-esteem in racially diverse, underprivileged teenagers." 2007-2008. Boston Scientific Foundation and Boston Public Schools. Awarded $30,000.
    Role: PI

12. "Internet enhanced health promotion for obese ethnic minority adolescents." 2007-2009. (Whiteley J/Moore C. PI's). National Institutes of Health/ National Center on Minority Health and Health Disparities (P-20 Award; 1 P20 MD002290-0). Awarded $980,000.
    Role: Co-I

13. "GoGirlGo Boston." 2009-2010. Women's Sports Foundation. Awarded $11,000.
    Role: PI

14. "A Pilot Study on Exergaming Technology to Improve and Integrate Physical Activity and Science Education." 2009-2010. U.S. Department of Health and Human Services. Awarded. $19,000.
    Role PI.

15. "Mitochondrial dysfunction in overweight children with and at-risk for type 2 diabetes." National Institutes of Health (R03). 2009-2011. Fleischman A. PI. Awarded $100,000.
    Role: Co-I

16. "IMPACT: Interactive Sports Conditioning for volunteer youth coaches." 2009-2010. Boston Youth Sports Initiative. Awarded $15,000.
    Role PI.

17. "Y-USA Diabetes Prevention Program." U.S. Centers for Disease Control and Prevention. 2010-2011. Awarded $50,000.
    Role PI.

18. *"Let's Move in Lawrence"*: Development and Assessment of An Afterschool Intervention to Improve Physical Activity and Nutrition Behaviors Among Youth at High Risk for Obesity." United States Health and Human Services. Awarded $35,000.
    Role PI.

19. "*Active Science*: A Social Venture Initiative to Improve Youth Physical Activity and Academic Achievement. Robert Wood Johnson Foundation. Pending $100,000.
    Role PI.

FUNDRAISING EXPERIENCE

Chair, Department of Exercise and Health Sciences, UMASS Boston (2003-2008)
Worked collaboratively with the College Dean and University Provost to secure State biotechnology funding to build a state-of-the-art exercise science research and teaching center. Funding received through the Commonwealth was approximately $500,000.

Center Director / Research Director, GoKids Interdisciplinary Youth Fitness Research and Training Center (2005-2009)
Secured extramurally funded research grants; developed proposals to charitable foundations; developed innovative public/private philanthropic support opportunities. Examples of successful fundraising included:

- Children's Hospital Boston: In conjunction with the College Dean, UMass Boston Provost, and a team from the Venture Development Center, successfully established a collaborative venture between the physicians of Children's Hospital/Harvard Medical School and UMass Boston entitled the *GoKids Interdisciplinary Youth Fitness Research and Training Center* on the campus of UMB (2007). Initial capital raised was approximately $1.2 million.

- Boston Athletic Association: In collaboration with the Dave McGillivray Children's Fitness Foundation, developed successful proposal resulting in *GoKids* named an official charity of the Boston Marathon (2008-2011). Fundraising secured over 3 years was approximately $250,000.

- Corporate/Foundation Donations: Secured multiple corporate support at GoKids includes Boston Scientific Foundation (funded, 2007); Women's Sports Foundation (funded, 2009); Google, Inc. (funded 2009); and others. Fundraising secured was approximately $150,000.

Assistant Dean and Chair of Health Sciences, School of Science and Engineering, Merrimack College (2011-Present)
Institutional development opportunities at Merrimack that are in progress include: establishing resources to support a new state-of-the-art health science research and teaching center; developing collaborative partnership opportunities with the Merrimack Valley YMCA as part of their capital expansion project; establishing interdisciplinary opportunities to enhance STEM education as part of a team lead by the Dean of the School of Education; developing partnership opportunities with foundations to support initiatives focused on reducing obesity and promoting healthy lifestyles in underserved youth, families, and communities.