Engaged Principal Investigators:

Name: Danielle D. Wadsworth  
Department: Kinesiology  
College/School/Unit: College of Education/ School of Kinesiology  
Campus Address: 301 Wire Road  
Campus Phone: 334-844-1836  
Email: wadswdd@auburn.edu

Proposal Title:

Title. A Fit Force: Improving the physical readiness of citizen soldiers.

Proposal Abstract:
The Army National Guard serves a vital role in the wars in Iraq and Afghanistan, as well as, providing state side disaster assistance. In order to be eligible for service, guard members must pass a physical fitness test consisting of a 2-mile run, push-ups and sit-ups. A sizable portion of Army National Guard members, fail to meet the physical fitness test standards, threatening their readiness status and increasing their risk for injury. Recently the Army National Guard has made the physical readiness of their members a priority, however, monthly physical training conducted during reserve duty is insufficient to ensure fitness and part-time nature of the Army National Guard service makes it difficult to adhere to exercise routines. Therefore, wide reaching interventions that are cost effective, as well as, applicable to individuals from varying cultural backgrounds, socioeconomic statuses, and educational levels are needed. The objective of this outreach initiative is to develop and implement a mobile health intervention aimed at increasing physical readiness among the Joint Task Force 781 CBRNE unit of the Army National Guard.

Project Need:

The wars in Afghanistan (Operation Enduring Freedom) and Iraq (Operation Iraqi Freedom) have seen an unprecedented use of the reserve component of the military (Klerman, 2008). Currently the Reserve and the National Guard account for 40% of deployed military (Davis and Polich, 2005). With heavy war-time use, as well as, stateside disaster responsibilities, deployability is a concern since Reserve and National Guard forces that deploy are generally older and less fit than active duty forces (Government Accountability Office, 2005). Therefore, an important component of a National Guard Member is their physical fitness status. To be deployed or sent stateside members of the National Guard must pass the Army Physical Fitness Test which consists of a 2-mile run, sit-ups and push-ups. Passing scores are based off of Army’s sex and age specific cut points. A sizable portion of reserve component members, including Army National Guard members, fail to meet the physical fitness test standards, threatening their readiness status. Recently the Army National Guard has made the physical readiness of their members a priority, however, monthly physical training conducted during reserve duty is insufficient to ensure fitness and part-time nature of the Army National Guard service makes it difficult to adhere to exercise routines. Furthermore, with a wide range of ethnic, gender, and
socio-economic diversity, it is difficult to manage the ongoing fitness of an 11,000 member force (Georgia Army National Guard) during a typical drill weekend which consists of two, eight-hour duty days each month. Therefore, interventions are needed that are wide reaching, evidence based, applicable to a diverse population, affordable and easily implemented to increase fitness status of Army National Guard members.

Mobile Health and other mediated approaches to health behavior change provide an empirically supported, convenient and potentially lower-cost alternative for reaching large proportions of the public over a longer period of time (Cowen, Van Wagenen, Brown, Hedin and Seino-Stephan, 2012). The advent of mobile communication technologies has created a vast potential for both collection and delivering time and context-sensitive health information across broad segments of the population. The growth of mobile phone use across socioeconomic and age strata has been staggering; with 322 million wireless subscriber connections as of June 2012, including 34% in a wireless-only household (www.citia.org, accessed October 9, 2013). Currently 85% of American adults own a cell phone and 45% own a smartphone. In addition, smartphone usage is higher among Hispanics (49%) and African Americans (47%) compared to whites (42%) (http://pewinternet.org/Commentary/2012/February/Pew-Internet-Mobile.aspx accessed October 9, 2013).

In light of the need for intervention and the ability to deliver the intervention via mobile health, an outreach initiative between the School of Kinesiology and Joint Task Force 781 CBRNE (Chemical, Biological, Radiological, Nuclear, and High-Yield Explosives) of the Georgia National Guard was initiated during the Fall of 2012. JTF 781 CBRNE’s mission is to “respond to a domestic incident to conduct crisis and consequence management operations in support of civil authorities by providing a mission tailored force to the Incident or Military Commander, which has the capabilities to identify, assess, advise and assist during a CBRNE incident; explosive ordnance disposal; casualty search and extraction; fatality search and recovery; casualty/patient decontamination, and mass medical support.” Essentially, this specialized unit is responsible for the identification and removal of chemical, biological, radiological, nuclear and explosive weapons, as well as the evacuation of life from high risk areas. Individuals in this unit are often working in protective clothing and sustain high heat environments, making their physical readiness a vital component of their job responsibility.

The primary aim of our initial collaboration was to improve mission readiness of the unit, with particular emphasis on physical readiness and the members’ ability to pass the Army Physical Fitness Test. Prior to the intervention the unit suffered a high fail rate with approximately 20% failing all three portions and an additional 27% failing at least one portion of the test. The intervention consisted of weekly exercise programming and informational support via the internet, text and e-mail. The intervention was successful in that 40% of individuals who did not pass the baseline physical fitness test were able to pass all three portions of the test at the conclusion of the intervention and an additional, 20% were able to pass at least one part in which they did not pass at baseline. Feedback from the intervention suggested that the participants wanted more intervention in the form of 1) time sensitive feedback, 2) social support and 3) tailored workout protocols.

Due to advances in built-in smartphones, activity sensors (i.e. accelerometers) provide a timely and potentially cost-efficient means for enhancing ongoing physical activity participation.
In addition to continuous activity monitoring, such devices can be programmed to provide automated, behaviorally and contextually tailored information to facilitate health behavior change throughout day and across a variety of settings. Currently there are thousands of physical activity and fitness apps, however, they do not draw on relevant behavior change theory, are not evidence based, have not undergone systematic evaluation, have not been targeted to a National Guard population nor are sensitive to disparities within exercise behavior such as sex, age, race and ethnicity. The aim of this outreach project is to develop a mobile health application targeted towards National Guard members that utilizes behavior change theory and evidenced based practices to systematically increase fitness levels so that they can be A Fit Force.

**Project Method:**

**May – September 2014 – Development, programming and interactive user testing of the application (app).** - An initial focus group composed of 12-15 National Guard members will be conducted during May of 2014. Every effort will be made to include individuals from a wide range of ethnic, gender, and socio-economic diversity. The aim of the focus group is to identify 1) barriers to fitness, 2) behavior change strategies and 3) possible opportunities and barriers to utilizing a mobile health platform to deliver the intervention. The focus group will then meet again approximately two weeks later to review and provide feedback on rudimentary prototypes (e.g. sketches and diagrams of concepts, paper prototypes outlining the interactions a person would experience when using the app). The focus group will beta test the final app during late August and provide feedback via an online survey. The focus group will also wear a wristband to determine validity and reliability of the app to measure physical activity. These activities will help to delineate if the concepts and final app has acceptable usability and theoretical fidelity.

Table 1 contains potential theoretical components that may be contained in the app based on previous research with this population and other populations (Wadsworth and Hallam, 2010; Gell and Wadsworth, in review; Wadsworth, Gell & Carrick, in review).

<table>
<thead>
<tr>
<th>Theoretical Component</th>
<th>Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-regulation</td>
<td>Ability to self-monitor, set goals, identify barrier; methods to overcome barriers; problem solving.</td>
</tr>
<tr>
<td>Reinforcement</td>
<td>Push components (i.e. notifications) that are specific to the individual baseline data, barriers and enablers; feedback about goals, feedback about daily activities; random reinforcement.</td>
</tr>
<tr>
<td>Social Support</td>
<td>Connection to other guard members; connections to squad leaders; collaboration with other members to reach squad goals.</td>
</tr>
<tr>
<td>Self-efficacy</td>
<td>Verbal persuasion and reinforcement; vicarious experiences via social support and an avatar.</td>
</tr>
<tr>
<td>Environment</td>
<td>Push components that identify specific opportunities within their community to be physical active</td>
</tr>
</tbody>
</table>
In addition, we will be able to monitor the participant’s daily physical activity and data entry in the app. A graduate student employed by the grant with expertise in app development will aid in the programming of the app.

**September – November 2014 Initial Testing (Cohort 1) and Implementation of the App**
All members from one unit who do not pass the Army Physical Fitness Test (~100) during the Fall of 2014 will be enrolled in the initial program (Cohort 1). Participants will be provided a wrist band to monitor physical activity for one week to gather baseline data about daily physical activity habits. Upon the conclusion of the week, the participants will download the app and continue to wear the armband. Basic instructions will be contained in an email and further instructions will be located within the “help” tab in the app. In addition, all participants will be able to contact project staff with any technical problems, difficulties or questions throughout the project. Participants will be asked to utilize the app daily for eight weeks. Upon the conclusion of 8 weeks, participants will complete the Army physical fitness test and return the wristband. Currently, the School of Kinesiology has 40 wristbands that will be utilized and is contributing $2000 for the purchase of 20 additional wrist bands. The remaining 40 is requested thru this grant application.

**November-December 2014 – Evaluation of user feasibility and acceptance** - Participants will complete a user satisfaction survey at the end of the initial trial to determine user feasibility and user acceptance. In addition, brief phone interviews will be conducted with participants who did not pass the fitness test after 8 weeks to determine their specific feedback on how the app could help them pass the physical fitness test in the future.

**December 2014 – January 2015 – Data Analysis and App modification** - Data from the initial 8 weeks will be analyzed and the app will be modified based on user evaluations and participant behavior collected from the app, as well as, from the wristbands.

**February – May 2015 – Continue monitoring of cohort 1; Cohort 2 begins intervention** - The initial cohort who began utilizing the app will continued to be monitored via the app. Individuals who did not pass the Army Physical Fitness Test after 8 weeks (anticipated 20% of individuals who begin the intervention may need additional time to meet all three aspects of the fitness test) will be tested again 8 weeks later. In addition, the app will be rolled out with a second unit (cohort 2). Cohort 2 will follow the same procedures (wear wristband, use app for 8-weeks, complete fitness test, provide feedback) as cohort 1 outlined above.

**May 2015** - Data will be presented to the Army National Guard to determine further uptake of the app and the intervention program. It is the hope that this initial grant will provide the funding for the development of the app and initial testing of the app. Additional implementation of the app will be on fee per participant or fee per unit or fee per state basis.
Project Mission:
The School of Kinesiology is directed toward promoting the health and wellbeing of people. Everything that we do in teaching, research and outreach is directed toward enhancing individuals’ abilities to move efficiently and effectively and promote physical activity participation. In addition, part of the mission of the College of Education is to “build a better future for individuals, our state, our nation and our world and to fulfill that mission through meaningful outreach”. Finally, Auburn University’s mission statement states that “The University will maintain the strengths of its traditional outreach programs and will increasingly involve the broader University in outreach programs that respond to the changing needs of the society in which we live. The University will continue to seek new and innovative ways to reach out to the people it serves.” This outreach project will meet the missions of the School of Kinesiology, College of Education and Auburn University by providing an ecological intervention that has been empirically tested. The intervention will improve the overall health and wellbeing of our citizen soldiers by improving fitness levels and enabling our service men and women to become a FIT FORCE!

Project Scholarship:
My expertise is in exercise behavior and implementing interventions aimed at increasing and maintaining lifetime physical activity. My course of research is a natural blend between outreach and research. Currently members of my lab and I have one published article and two articles in review concerning the effect of mobile health interventions for increasing physical activity in working women and college students. My undergraduate physical activity and public health course, as well as, my graduate exercise motivation and adherence class will directly benefit from my experiences with this project. Specifically, opportunities to engage in the projects directly (i.e. data collection, data analysis, preparing texts, workout programming etc.) or indirectly (i.e. case studies utilized in class; testing of app) will be given in both of these classes. As evidenced in my vita, students are regularly included in my outreach activities, presentations and publications.

The following articles show a theoretical/empirical/best practice justification or basis for the project:

Project/Program Evaluation:

The project will be evaluated by the following mixed methods approach:

1. Analysis of changes on the physical fitness test, changes in daily physical activity participation and changes in sedentary behavior from baseline and 8 weeks post testing.
2. Feedback from participants on the feasibility and usage of the app from focus groups, interviews and surveys will be analyzed.
3. Adoption of the app by other National Guard units and States.

The results will be disseminated to key stakeholders in the Army National Guard to facilitate implementation of the app. The results will also be disseminated by presentations at regional and national conferences as well as journal publications. An IRB application will be submitted prior to the initiation of the project. The project will impact reserve members by increasing their fitness levels which will increase their on job performance, reduce their susceptibility to injury and maintain their duty status.

Additional Support and Funding:

JTF 781 CBRNE, of the GA Army National Guard, has agreed to contribute the following:

1. Access to units within their regiment.
2. Space to conduct physical fitness tests.
3. Breakfast/Lunch after physical activity test at baseline and food provided at focus groups.
4. Social Support and interaction in the app from unit commanders.
5. Sustainability of the app implementation upon the event additional funding is not available.

The School of Kinesiology has agreed to

1. Provide physical activity monitors for baseline and follow-up testing.
2. Provide $2,000 to purchase additional physical activity monitors.
3. Dr. Wadsworth’s time

At the completion of the project discussions will occur with the GA Army National Guard, as well as, other states as to the possibility of further implementation. Further implementation after the initial 2 cohorts will be on a fee per participant or fee per unit or fee per state basis. The income from the project will be used to employ graduate students to manage and update the app, as well as, monitor participants and analyze data.

Sustainability Plan:

The app will be maintained within the School of Kinesiology, specifically in the Exercise Adherence and Obesity prevention lab. Additional funds will be sought from Army National Guard, Armed Forces recruitment strategies and Department of Defense. In addition, modification of the app for clinical populations (i.e. obese, diabetes) and funding via various foundations and agencies will be sought. Finally, grant applications will be submitted that align with utilizing mobile health or m-health solutions to improve physical health.
Regardless of the outcomes from these funds, the app will continue implementation with the Joint Task Force 781 CBRNE every Fall to optimize physical readiness within the unit.

**Qualifications of Faculty and Personnel:**
My doctoral training focused on two main areas: 1) understanding the psychological, social, environmental and behavioral determinants of long-term exercise behavior across the lifespan and 2) implementing and evaluating behavioral and ecological interventions. During my time at Auburn, my outreach activities have provided exercise opportunities for the community. As technology developed, I began utilizing mobile health solutions to implement interventions due to the fact that they are far reaching especially to low income communities and individuals who are more likely to be sedentary (i.e. women and minorities). I have several publications and presentation concerning the effect of mobile health interventions for increasing physical activity in working women and college students. Other qualifications are highlighted on my curriculum vita.

**Project Budget:**

- **Budget (use excel form provided on website).** List amount proposed. Show all planned expenditures and sources of funds.

The budget is below in the application excel file. The requested budget is from this grant is $19,860.

1. Graduate Student to help in developing and programming the app.
2. Wristbands to test the app for validity and reliability. The School of Kinesiology has 40 monitors that will be utilized and is contributing $2000 for the purchase of 20 additional wrist bands. The remaining 40 is requested thru this grant application. The wristbands will be used to program the app with baseline information and determine if the app measures daily physical activity accurately and reliably over time.
3. Travel to data collection sites.

**Supporting Documents:**

- **Documents**
  - Full curriculum vitae of principal investigator(s).
  - Letters from academic unit (Department Head, Director or Dean).
  - Letter from target constituency.
### A. SENIOR PERSONNEL: PI/PD, Co-PI’S, Faculty and Other Senior Associates

<table>
<thead>
<tr>
<th>First Name</th>
<th>M</th>
<th>Last Name</th>
<th>Title</th>
<th>Outreach Months</th>
<th>Cost Share Months</th>
<th>Outreach Funds</th>
<th>Cost Share</th>
</tr>
</thead>
<tbody>
<tr>
<td>Danielle</td>
<td>D</td>
<td>Wadsworth</td>
<td>Associate Professor</td>
<td>3.00</td>
<td>$0</td>
<td>$23,355</td>
<td></td>
</tr>
</tbody>
</table>

(1) TOTAL SENIOR PERSONAL (1-6) $0 $23,355

### B. OTHER PERSONNEL (SHOW NUMBERS IN BRACKETS)

1. (0) POST DOCTORAL ASSOCIATES 0.0 0.0 $0 $0
2. (0) OTHER PROFESSIONALS (TECHNICIAN, PROGRAMMER, ETC. 0.0 0.0 $0 $0
3. (1) GRADUATE STUDENTS $15,000 $0
4. (0) UNDERGRADUATE STUDENTS $0 $0
5. (0) OTHER $0 $0

TOTAL SALARIES AND WAGES (A+B) $15,000 $23,355

### C. FRINGE BENEFITS @ 31.0% for full time employees; 10.8% part time employees; 2.4% for graduate assistants

Fringe Benefits:

TOTAL SALARIES, WAGES AND FRINGE BENEFITS (A+B+C) $15,360 $30,595

### D. PERMANENT EQUIPMENT COSG Cost Share

<table>
<thead>
<tr>
<th>Equipment Item</th>
<th>COSG</th>
<th>Cost Share</th>
</tr>
</thead>
<tbody>
<tr>
<td>wristbands for app testing</td>
<td>$4,000</td>
<td>$6,000</td>
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</tbody>
</table>

TOTAL EQUIPMENT $4,000 $6,000

### E. TRAVEL

1. DOMESTIC (INCL. CANADA, MEXICO AND U.S. POSSESSIONS) $500 $0
2. FOREIGN $0 $0

### F. PARTICIPANT SUPPORT COSTS

1. STIPENDS $0 $0
2. TRAVEL $0 $0
3. SUBSISTENCE $0 $1,800
4. OTHER $0 $2,000

(200) TOTAL NUMBER OF PARTICIPANTS $0 $3,800

### G. OTHER DIRECT COSTS

1. MATERIALS AND SUPPLIES $0 $0
2. PUBLICATION COSTS/DOCUMENTATION/DISSEMINATION $0 $0
3. CONSULTANT SERVICES $0 $0
4. COMPUTER SERVICES $0 $0
5. OTHER $0 $0

TOTAL OTHER DIRECT COSTS $0 $0

### H. TOTAL DIRECT COSTS (A THROUGH G)

$19,860 $40,395

### I. TOTAL FUNDS APPROVED

NOTE: Comments fields only hold 255 characters. Do not exceed this limit.
Danielle D. Wadsworth, Ph.D.

Associate Professor
School of Kinesiology
Director of Exercise Adherence & Obesity Prevention Laboratory
Auburn University

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Auburn, AL 36849

Email: wadswdd@auburn.edu
Phone: 334-844-1836
Fax: 334-844-1467

EDUCATIONAL BACKGROUND

2005 Doctor of Philosophy University of Mississippi
Health, Exercise Science and Recreation Management
Major Area: Exercise Science
Supporting Area: Research Methods and Statistics
Dissertation: Evaluation of a Social Cognitive Theory based e-mail intervention to increase exercise behavior of college females

1999 Master of Science Baylor University
Health, Human Performance and Recreation
Major: Exercise Physiology
Thesis: The use of the Transtheoretical Model in exercise behavior of college students

1997 Bachelor of Science Lenoir-Rhyne College (University)
Health, Physical Education and Recreation
Major: Sports Medicine

PROFESSIONAL EXPERIENCE

Aug. 2012 – Current Associate Professor
Aug. 2005 - 2012 Assistant Professor
Auburn University
Department of Kinesiology
Auburn, AL
Duties – Conducting empirical based research; Teaching graduate and undergraduate courses in Kinesiology; Director of Physical Activity Promotion Laboratory; Mentor graduate students; Engage in scholarship and outreach activities.
PROFESSIONAL EXPERIENCE (continued)

Aug. 2001 – June 2005  Graduate Instructor  
The University of Mississippi  
Department of Health, Exercise Science & Recreation Management  
Oxford, MS  
Duties - Instructor for exercise testing & prescription, exercise physiology, exercise physiology laboratory & research methods.

May 2004 – July 2005  Database Manager  
Delta Special Projects: State of Tennessee  
Oxford, MS  
Duties - Collect and analyze data for four counties in West Tennessee; Developing, implementing and evaluating intervention programs for four counties in West Tennessee.

Nov. 2000 – Aug. 2001  Aerobics and Activities Director  
Jewish Community Alliance  
Jacksonville, FL  
Duties - Developed and implemented physical activity programs for adolescents, adults and older adults; Managed fitness instructors.

Hillcrest Baptist Hospital  
Waco, TX  
Duties - Designed and implemented personalized exercise prescriptions for cardiac and pulmonary patients; developed, implemented, and instructed community programs and support groups; developed and maintained quality improvement data.

Aug. 1997 – May 1999  Graduate Teaching Associate  
Baylor University  
Department of Health, Human Performance and Recreation,  
Waco, TX  
Duties - Instructed anatomy and physiology labs, fitness and health courses.
RESEARCH FOCUS

My research focuses on two main areas: 1) understanding the psychological, social, environmental and behavioral determinants of long-term exercise behavior across the lifespan and 2) implementing and evaluating behavioral and ecological interventions.

Please note that a) a superscript implies that the authorship is placed in alphabetical order and equal contribution and b) a * prior to a name indicates graduate or undergraduate student contribution.

SCHOLARSHIP

Books


Books Chapters


Articles in Refereed Journals


Manuscripts in Review
Wadsworth, D.D., Gell, N., & Carrick, R. The use of SMS to increase step count of college females. (Submitted August, 2013)

*Gell, N. & Wadsworth, D.D. A Randomized Control Trial of Text Messaging to Promote Physical Activity in Working Women. (Submitted July, 2013)

Wadsworth, D.D. & Daly, C.M. Comparison of energy expenditure, MVPA and steps in a personal training computer game and self-paced exercise. (Submitted, September 2013).

Wadsworth, D.D., Daly, C.M., Robinson, L.E., & Brock, S. Physical activity and student’s perception of an interactive gaming environment. (Submitted, September 2013).


Published Abstracts


Curriculum Vitae – Danielle D. Wadsworth - 5


**GRANTS FUNDED**


Wadsworth, D.D. (Principal). (May 2009). Exercise Equipment for College of Veterinary Medicine Faculty Staff Fitness Program. *Auburn University Concessions Fund Grant*. Funding Amount: $3,000.00.


Wadsworth, D.D. (Principal) & Rudisill, Mary (Co-Principal). (March 2006). Determine the effect of two outdoor play climates on cortisol levels of children with Autism Spectrum Disorder.


CONTRACTS FUNDED

Wadsworth D.D. (Principal) (January 2009-current). Faculty Staff Fitness Program for the College Veterinary Medicine at Auburn University. Sponsored by College of Veterinary Medicine. Funding Amount: $67,000.

Wadsworth D.D. (Principal) (January 2010). Faculty Staff Fitness Program for the College of Education at Auburn University. Sponsored by the College of Education. Funding Amount: 15,000.


GRANTS IN REVIEW


PRESENTATIONS

PEER REVIEWED PRESENTATIONS

Wadsworth, D.D. & Gell, N.G. (2013). Tailored text messaging to support physical activity in female undergraduate students. Presented at Southeastern American College of Sports Medicine, Greenville, SC.

Daly, C.M., Wadsworth, D.D., Robinson, L.E., Girard, A., Dyke, F., & Godwin, M. (2013). The relationship between children’s environmental access to physical activity opportunities and
physical activity levels to weight status. Presented at Southeastern American College of Sports Medicine, Greenville, SC.


*Peoples, C. M., **Wadsworth, D.D.**, Robinson, L., "Investigating preschool-age children’s pedometer step count across the school day. Presented at Southeastern American College of Sports Medicine, Birmingham, AL.


**INVITED PRESENTATIONS**


**Wadsworth, D.D.** (2008). Exercise Presentation for faculty and staff for Auburn University School of Veterinary Science. Auburn, AL.


**CONSULTANT**

TEACHING PHILOSOPHY

In creating a well-structured classroom environment, I have tried to conceptualize a learning experience that stimulates introspection and practical application. To accomplish this I center my course curriculum on the assimilation of new information, skill development and experiences which relate to the “real world” and support comprehension. I believe that effective teaching is a skill or an art that is constantly evaluated. Therefore, I continually research and incorporate different teaching methods and styles into my classroom or lab. My teaching methods generally consist of a combination of small group work, lectures, experiments, case studies, discussion groups and integration of new technology to enhance learning.

CURRICULUM EXPERIENCE

Auburn University

Graduate Courses
- Exercise Motivation & Adherence
- Advanced Sports Psychology
- Research in Naturalistic Settings
- Independent Studies, Practicum & Directed Field Experience

Undergraduate Courses
- Exercise Psychology
- Physical Activity & Health
- Sports Psychology
- Special Topics: Exercise in Community Settings
- Special Topics: Principals of Exercise Prescription
- Independent Studies, Practicum & Directed Field Experience

University of Mississippi

Undergraduate Courses
- Exercise Physiology lecture & laboratory
- Exercise Prescription
- Exercise Group Leadership
- Measurement & Evaluation

Baylor University

Undergraduate Courses
- Health & Wellness
- Anatomy & Physiology Laboratory
- Fitness & Physical Activity Courses

Student Dissertation/Thesis, Chair
- 2008 Alan Duffy, M.S.
- 2012 Nancy Gell, Ph.D.
- 2012 Colleen Daly, Ph.D.
- 2013 Elizabeth Webster
Student Dissertation/Thesis Committee
2007  Jay Garner, Ph.D.
2008  Lori Parrish, Ph.D.
2008  Brandon Sluder, Ph.D.
2011  Maria del Rocio Morera Castro, Ph.D.
2013  Megan Brown, Ph.D.
2013  Asherah Blount, Ph.D.

Current Ph.D. Students
Ryan Carrick – expected graduation date summer 2016
Mynor Rodriguez - expected graduation date summer 2016

Student Accomplishment
2011  Colleen Daly received the Dean’s award from the College of Veterinary Medicine at Auburn University
2011  Nancy Gell received a Dissertation grant from Auburn University Graduate School

OUTREACH FOCUS
My outreach activities aim to provide exercise opportunities for members of the community. In general, these activities consist of assessment assistance (e.g. motor skill assessment for children) or delivery of physical activity programming (e.g. faculty staff fitness programs). The outcomes of these programs include: reduction in health care costs, higher quality of health, reduced injury, early identification of children who are at high risk and

OUTREACH

2013  Implemented Kinesiology day for over 100 7th grade students from Drake middle school. Students toured Kinesiology labs, attended academic courses and participated in mock experiments.

2013  Implemented yoga program for Opelika High School basketball program.

2012-Present  Implemented mobile health intervention for members of the Georgia National Guard.

2009-Present  Implemented faculty/staff fitness programs for Auburn University Employees. Program consists of 14 weekly group fitness classes, individual exercise testing and prescription, exercise monitoring and nutritional counseling. By implementing the faculty staff fitness programs we have reduced the costs of inactivity (medical care costs, workers compensation costs and loss of
productivity) by $174,695 overall and reduced the cost for each employee by $760 per year.

2006-Present Implemented planned movement experiences for preschool children. Programs consists of motor assessments, physical activity engagement and planned movement programs.

2009-Present Provided physical activity, motor assessments and additional health assessments for children enrolled in K-6 at local elementary schools

2009-Present Coordinated local high school student athletes “Kinesiology Day”. Students toured Kinesiology labs, attended academic courses and participated in mock experiments.

2009-Present Provided webinars for physical activity portal implementation.

2008 Implemented a physical activity and motor skill program with Tuskegee Head Start.

2007-Present Design, implement and manage health portal system all undergraduate students who enroll in physical education courses at Auburn University

2006-2007 Development materials for Lee County’s “Scale Back Alabama” weight loss campaign.

SERVICE


2012-Present Graduate Program officer for Physical Activity and Health

2010-Present Coordination of SACS information for physical activity and health and fitness conditioning and performance

Served on Department and College committees:
  ◦ 2012 – Chair of the Physical Activity and Health Faculty Search Committee
  ◦ 2012 – Committee member, Fitness, Conditioning & Performance Faculty Search
  ◦ 2011 – Committee member, Fitness, Conditioning & Performance Faculty Search
  ◦ 2011 – Committee member, Fitness, Conditioning & Performance
  ◦ 2010 – Committee member, Health promotion committee search
  ◦ 2007– Current College of Education distance education committee

2009-2010 Textbook reviewer for McGraw Hill
2007-Current  Provided services for Auburn University health fair and College of Veterinary Medicine health fair.

2005-Current  Advise Master students (5-8 per year).

2008-2009  Auburn University Undergraduate Research Fellowship Faculty Mentor

**AWARDS/HONORS**

- Young Scholars Award (2006)
- Dissertation Fellowship Award Recipient (2004)
- Phi Kappa Phi (2004)
- The University of Mississippi’s Graduate Academic Achievement Award (2004)
- The University of Mississippi’s Graduate Academic Achievement Award (2003)
- J. Robert Blackburn Graduate Achievement Award (2003)
- Graduate Student Council Grant recipient (2002)
- Summer Graduate Research recipient (2002)
- Jewish Community Center’s Rookie of the Year (2001)
- Who’s Who Among American College and University Students (1998)
- National Dean’s List (1997)

**PROFESSIONAL AFFILIATIONS**

- American College of Sports Medicine (2004 – Present)
- Southeastern American College of Sports Medicine (2004 – Present)
- Society of Behavioral Medicine (2010 – 2011)
November 1, 2013

Outreach Scholarship Committee

Dear Dr. Thomas and Review Committee,

I am writing this letter to provide my support for Dr. Danielle Wadsworth’s application for a Competitive Outreach Scholarship Grant offered through the Office of the Vice President for University Outreach. The purpose of this outreach program is to develop a mobile health application aimed at increasing fitness levels of National Guard members.

In my opinion, Dr. Wadsworth is perfectly qualified to successfully complete this program, and I am very confident this initiative will serve our School and the University’s Outreach mission exceptionally well. She has been actively involved in outreach efforts with the Georgia National Guard. Her efforts have resulted in positive outcomes for our citizen soldiers. Her pilot outreach program showed great increases in fitness levels, which directly impacts a soldier’s ability to complete their mission. Furthermore, increase in fitness will improve overall health, reduce risk for injury and promote lifetime physical activity in a population that is often overlooked in military operations. This initiative is extremely unique in physical activity programing interventions, in that it will be able to be tailored to important disparities in physical activity behavior, such as socioeconomic status, sex, race and ethnicity. Also, Dr. Wadsworth has been able to translate her previous outreach efforts into scholarship through presentations at regional, national and international conferences and publications in peer reviewed journals; bringing visibility to the University, College and School.

To that extent, I am willing to commit $2000 to this outreach initiative. In addition, I support the effort and time that Dr. Wadsworth will commit to the project. Please accept this letter as evidence of that commitment. I believe this project has significant potential to grow beyond this single initiative to one that can provide a model to implement cost effective, evidence based physical activity programming for our National Guard members.

Sincerely,

Mary E. Rudisill, Ph.D.
Wayne T. Smith Distinguished Professor
Director, School of Kinesiology
MEMORANDUM FOR RECORD

SUBJECT: Letter of support for partnership with Auburn University Kinesiology Department and the "Fit Force" study.

1. This memorandum is to provide JTF 781 CBRNE's endorsement of the Auburn University Kinesiology Department's "Fit Force" study.

2. In accordance with this study, JTF 781 CBRNE agrees to provide the following:

   a. Access to units within their regiment
   b. Space to conduct physical fitness tests
   c. Breakfast/Lunch after physical activity test at baseline and food provided at focus groups
   d. Social Support and interaction in the app from unit commanders
   e. Potential sustainability of the app implementation upon the event additional funding is not available.

3. Questions can be directed to MAJ Andrew L. Heymann 678-569-3624 or andrew.l.heymann.mil@mail.mil.

ANDREW L. HEYMANN
MAJ, IN, GAARNG
Executive Officer