

PROMOTION ONLY (Associate Professor to Professor)
Area of Excellence — teaching
School of Physical Education and Tourism Management
2015-16

This CV is particularly well constructed and a
great sample for future candidates.

POprof2full-sample25

CURRICULUM VITAE
Anthony S. Kaleth, Ph.D., FACSM

CONTACT INFORMATION

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EDUCATION

Doctor of Philosophy Clinical Exercise Physiology (2002)
Virginia Polytechnic Institute and State University, Blacksburg, VA

Master of Science Exercise Science – Adult Fitness/Cardiac Rehabilitation (1998)
Ball State University, Muncie, IN

Bachelor of Arts Psychology (1996)
Valparaiso University, Valparaiso, IN

ACADEMIC APPOINTMENTS

***2008 – Present** Associate Professor, Department of Kinesiology, School of Physical Education & Tourism Management, Indiana University-Purdue University Indianapolis, IN.

***2008 – Present** Full Status Graduate Faculty Member, Indiana University Graduate School, Indianapolis, IN.

***2013 – Present** Affiliated Faculty, Department of Electrical and Computer Engineering, Purdue University School of Engineering & Technology, Indianapolis, IN.

***2010 – Present** Regular Status Graduate Faculty Member, Ball State University Graduate School, Muncie, IN.

2002 – 2008 Assistant Professor, Department of Physical Education, School of Physical Education & Tourism Management, Indiana University-Purdue University Indianapolis, IN.

OTHER APPOINTMENTS AND PROFESSIONAL CONSULTANTSHIPS

- *2014 – Present** Consultant to Indianapolis Fire Department as they consider transitioning from submaximal to maximal exercise testing, Indianapolis, IN
- *2005 – 2008** Consultant, Peak Acceleration, an organization that designs advanced sports conditioning programs for athletes, Colorado Springs, CO.
- *2004 – 2008** Member, Advisory Council for Mayor’s “Indy in Motion” Initiative to encourage and promote fitness and physical activities, Indianapolis, IN.
- 2006 – 2007** Consultant to PitFit Training, an organization that provides fitness evaluations and fitness programs for motorsport drivers, Indianapolis, IN.
- 2003 – 2007** Consultant to Public Safety Medical Services, an organization that administers fitness evaluations on firefighters and police officers in the Indianapolis area, Indianapolis, IN.
- 1998 – 1999** Exercise Physiologist, Cardiopulmonary Rehabilitation, St. Catherine’s Hospital, East Chicago, IN.

PROFESSIONAL CREDENTIALS

American College of Sports Medicine

- *2013 – Present** Exercise is Medicine[®] – Level III
- *2000 – Present** Certified Exercise Program Director[®]
- *1999 – Present** Registered Clinical Exercise Physiologist[®]
- *1998 – Present** Certified Clinical Exercise Physiologist[®]
- *1997 – Present** Certified Exercise Physiologist[®]

National Strength and Conditioning Association

- *1998 – Present** Certified Strength and Conditioning Specialist[®]

PROFESSIONAL ORGANIZATION MEMBERSHIPS

- *1997 – Present** American College of Sports Medicine
- *2002 – Present** Midwest Chapter, American College of Sports Medicine
- *2012 – 2013** Clinical Exercise Physiology Association
- 2003 – 2006** American Academy of Sleep Medicine
- 2002 – 2006** American Association of Cardiovascular & Pulmonary Rehabilitation
- 2000 – 2002** Southeast Chapter, American College of Sports Medicine
- 1998 – 1999** National Strength and Conditioning Association

HONORS AND AWARDS

Teaching

- *2008 – 2011 Certificate of Appreciation (Favorite Professor), Department of Athletics, IUPUI
- *2006, 2009 Trustees Teaching Award, School of Physical Education & Tourism Management
- 2003 – 04, 06 Certificate of Appreciation (Favorite Professor), Department of Athletics, IUPUI
- 2006 Certificate of Appreciation, Diversity Scholar's Research Program, IUPUI

Research

- 2003, 05, 07 Sue Barrett Research Award, Department of Kinesiology, IUPUI

Service

- *2012 Nominated for President, Midwest American College of Sports Medicine

Fellowships

- *2013 Selected Fellow, American College of Sports Medicine

PROFESSIONAL DEVELOPMENT

- *Feb 2015 Promotion to Full Professor, Center for Teaching & Learning, IUPUI
- *Jan 2015 Canvas Quizzes and Tests, Center for Teaching & Learning, IUPUI
- *Jan 2015 Using Canvas to Create/Deliver Assessments, Center for Teaching & Learning, IUPUI
- *Mar 2014 Edward C. Moore Teaching Symposium, Center for Teaching & Learning, IUPUI
- *Jan 2013 Teaching at IUPUI: Oncourse Grade Book, Center for Teaching & Learning, IUPUI
- *Mar 2012 Developing Effective Exams, Center for Teaching & Learning, IUPUI
- *Mar 2012 Teaching at IUPUI: The Challenging Student, Center for Teaching & Learning, IUPUI
- *Feb 2011 Edward C. Moore Teaching Symposium, Center for Teaching & Learning, IUPUI
- *Sep 2010 Preparing to Go Up for Full Professor, Office of Professional Development, IUPUI
- *Sep 2009 Let's Talk Teaching: Motivating Students, Center for Teaching & Learning, IUPUI
- *Apr 2009 Edward C. Moore Teaching Symposium, Center for Teaching & Learning, IUPUI
- *Feb 2009 Integrating Multiculturalism, Center for Teaching & Learning, IUPUI
- *Oct 2008 Let's Talk Teaching: Effective Lecturing, Center for Teaching & Learning, IUPUI
- *Jun 2008 Program Funding & Grants Administration, National Institutes of Health, Chicago, IL
- Mar 2008 Cutting Edge Scholarship on Technology, Center for Teaching & Learning, IUPUI
- Feb 2007 Edward C. Moore Teaching Symposium, Center for Teaching & Learning, IUPUI
- Feb 2006 Edward C. Moore Teaching Symposium, Center for Teaching & Learning, IUPUI
- Jan 2006 Undergraduate Research as a Pedagogy, Office of Professional Development, IUPUI
- Jan 2006 Mentoring Undergraduate Research, Office of Professional Development, IUPUI
- Feb 2005 Critical Thinking by Design, Center for Teaching & Learning, IUPUI
- Mar 2004 PeopleSoft Basics Training, Office of Professional Development, IUPUI
- Mar 2004 PeopleSoft Academic Advising Training, Office of Professional Development, IUPUI
- Oct 2004 Grant Writing Workshop, Ruth Lilly Learning Center, IUPUI
- Feb 2004 Using Online Forms, Office of Professional Development, IUPUI
- Feb 2004 Navigating the OneStart Portal, Office of Professional Development, IUPUI

TEACHING

UNDERGRADUATE COURSES TAUGHT (in rank only)

Department of Kinesiology, School of Physical Education and Tourism Management

HPER P215	Principles & Practice of Exercise Science	3 credit hours (lecture/lab)
HPER P374	Basic Electrocardiography for Exercise Science	2 credit hours (lecture)
HPER P417	Physical Activity and Disease	3 credit hours (lecture)
HPER P419	Fitness Testing & Interpretation	3 credit hours (lecture/lab)

<i>Course</i>	<i>Short Title</i>	<i>Role</i>	<i>Term</i>	<i>Enrollment</i>	<i>Student Evaluation</i>
P374	ECG	Course Director	Sp 15	32	N/A
P417	Exercise & Disease	Course Director	Fa 14	25	4.70
P374	ECG	Course Director	Fa 14	26	4.80
P215	Exercise Principles	Course Director	Fa 14	50	4.70
P374	ECG	Course Director	Su 14	6	4.90
P374	ECG	Course Director	Sp 14	32	4.90
P417	Exercise & Disease	Course Director	Fa 13	23	5.00
P215	Exercise Principles	Course Director	Fa 13	49	4.90
P374	ECG	Course Director	Fa 13	21	4.90
P374	ECG	Course Director	Su 13	12	5.00
P374	ECG	Course Director	Sp 13	32	4.90
P417	Exercise & Disease	Course Director	Fa 12	15	4.62
P374	ECG	Course Director	Fa 12	28	4.80
P374	ECG	Course Director	Su 12	14	5.00
P374	ECG	Course Director	Sp 12	34	4.84
P215	Exercise Principles	Course Director	Fa 11	21	4.87
P374	ECG	Course Director	Fa 11	30	4.77
P374	ECG	Course Director	Su 11	16	4.98
P374	ECG	Course Director	Sp 11	33	4.92
P419	Fitness Testing	Course Director	Fa 10	32	4.63
P374	ECG	Course Director	Fa 10	25	4.83
P215	Exercise Principles	Course Director	Su 10	28	4.89
P374	ECG	Course Director	Sp 10	19	4.91
P419	Fitness Testing	Course Director	Fa 09	26	4.73
P374	ECG	Course Director	Fa 09	19	5.00
P215	Exercise Principles	Course Director	Su 09	27	4.84
P374	ECG	Course Director	Sp 09	32	4.92
P419	Fitness Testing	Course Director	Fa 08	31	4.88
P374	ECG	Course Director	Fa 08	30	4.90

Total undergraduate students taught = 768

Student evaluations (overall average for all categories) = 4.86 / 5.00

GRADUATE COURSES TAUGHT (in rank only)

Department of Kinesiology, School of Physical Education and Tourism Management

HPER K562	Exercise Prescription in Health and Disease I	3 credit hours (lecture)
HPER K563	Cardiac Assessment in Exercise Testing	3 credit hours (lecture)

Physician Assistant Program, School of Health and Rehabilitation Sciences

SHRS K501	Clinical Medicine for Physician Assistants I	1 credit hour (lecture)
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<i>Course</i>	<i>Short Title</i>	<i>Role</i>	<i>Term</i>	<i>Enrollment</i>	<i>Student Evaluation</i>
K562	Exercise & Disease	Course Director	Sp 15	21	N/A
K501	Clin Medicine for PA	Instructor	Fa 14	44	4.80
K563	Clin Exercise Testing	Course Director	Sp 14	13	4.80
K562	Exercise & Disease	Course Director	Sp 13	21	4.80
K563	Clin Exercise Testing	Course Director	Sp 12	12	4.78
K562	Exercise & Disease	Course Director	Sp 11	14	4.77
K562	Exercise & Disease	Course Director	Sp 10	7	4.94
K562	Exercise & Disease	Course Director	Sp 09	10	4.81

Total graduate students taught = 142

Student Evaluations (overall average for all categories) = 4.81 / 5.00

Additional Courses Previously Taught At IUPUI (*graduate course)

HPER H195	Principles & Applications of Lifestyle Wellness	3 credit hours (lecture)
HPER P212	Introduction to Exercise Science	3 credit hours (lecture)
HPER P373	Progressive Resistance Exercise & Sports Conditioning	3 credit hours (lecture/lab)
*HPER K500	Exercise Programming for Older Adults	3 credit hours

MENTORING

Undergraduate Student Mentorships

- *2012 – Present** **Caylen White**, Multidisciplinary Undergraduate Research Institute Award
Project: *Does Acute Exercise Improve Driving Performance in Patients with Untreated Obstructive Sleep Apnea?*
- *2012 – Present** **Niral Patel**, Multidisciplinary Undergraduate Research Institute Award
Project: *Does Acute Exercise Improve Driving Performance in Patients with Untreated Obstructive Sleep Apnea?*
- *2015** **Virginia Salata**, Undergraduate Honors Project
Project: *ECG Interpretation – Atrial Chamber Enlargement*

- *2013 **Marion Gore**, Undergraduate Honors Project
Project: *ECG Interpretation – Bundle Branch Blocks*
- *2012 – 2013 **Lena Cialdella**, Undergraduate Research Project
Project: *Physiological Effects of Vibration During Cycle Ergometry Young Adults*
- *2012 **Jason Williams**, Undergraduate Honors Project
Project: *Exercise and Osteoarthritis: A Review Paper*
- *2009 – 2010 **Chris Coons**, Honors Undergraduate Project
Project: *Evaluating the Effects of Vibration-assisted Exercise in Young Adults*
- *2008 **Amanda Casas**, Independent Study
Project: *Obstructive Sleep Apnea: Analysis of Heart Rate Variability*
- 2005 – 2006 **Kristen Swaim**, Undergraduate Research Project
Project: *Relationship Between Exercise Tolerance and Heart Rate Variability in Young College-aged Students*
- 2005 – 2006 **Harvey Brown**, Diversity Scholar’s Research Student Award
Project: *Exercise Test Response Characteristics in Obstructive Sleep Apnea Patients*
- 2005 **Laitham Louthen**, Undergraduate Student Presentation
Project: *Resistance Training for Maintaining Musculoskeletal Health*
- 2005 **Jill Skiles**, Undergraduate Student Presentation
Project: *Strength Training and Proper Nutrition*
- 2004 **Chris Fenton**, Independent Study
Project: *Physical Fitness Laboratory Development, Procedures, and Protocols*

Graduate Student Mentorships

- *2015 – Present **Kelsey Rupert**, Independent Study
Project: *Acute Vibration as an Exercise Surrogate to Induce Mobilization of Endothelial Progenitor Cells into Circulation*
- 2012 – Present **Kyra Kline**, PhD Advisory Committee Member
Indiana University School of Health and Rehabilitation Sciences
- *2013 – 2015 **Yameena Jawed, MD**, Research Fellow
Project: *Acute Vibration as an Exercise Surrogate to Induce Mobilization of Endothelial Progenitor Cells into Circulation*
- *2012 – 2014 **Katy Rude**, Independent Study
Project: *Influence of Short-term CPAP Adherence on Physical Activity in Obstructive Sleep Apnea*
- *2012 – 2014 **Nico Bevitori**, Independent Study
Project: *Novel Insights for Exercise Training: Potential for Vibration Exercise*

- *2012 – 2014 **Cibele Servidoni**, Independent Study
Project: *Acute Vibration as an Exercise Surrogate to Induce Mobilization of Endothelial Progenitor Cells into Circulation*
- *2012 **Kyra Kline**, ACSM Certification
Mentor during preparation for ACSM’s Certified Clinical Exercise Specialist exam.
- *2010 – 2011 **Amanda Mallory**, Master’s Student (Ball State University)
Thesis Committee Member
- *2010 – 2011 **Erin Ledden**, Master’s Student (Ball State University)
Thesis Committee Member
- *2010 – 2011 **Katrina Butner**, PhD Student (Virginia Tech University)
Mentor and Research Consultant
- *2010 – 2011 **Erin Mabry**, PhD Student (Virginia Tech University)
Mentor and Research Consultant
- *2010 **Kathy Berlin**, Independent Readings Project
Project: *Role of Exercise Testing in Fibromyalgia: A Review*
- *2010 **Theresa Amerman**, Independent Readings Project
Project: *Exercise Training and Fibromyalgia: A Review*
- *2009 – 2010 **Lamia Scherzinger**, PhD Advisory Committee Member
Indiana University School of Health and Rehabilitation Sciences
- *2009 – 2010 **Sandi Dilts**, Independent Study
Project: *Effects of Vibration Training on Quality of Life in Fibromyalgia*
- 2005 – 2006 **Duane Schlabach**, Independent Study
Project: *Benefits of Resistance Training for Heart Disease*
- 2003 **Katy Divine**, Independent Study
Project: *Course Development: Internship in Exercise Science (HPER P393)*

Graduate Committees

- *2012 – Present **Kyra Kline**, Doctoral Advisory Committee
Indiana University School of Health and Rehabilitation Sciences
- *2010 – 2011 **Amanda Mallory**, Graduate Thesis Committee Member (Ball State University)
Project: *The Assessment Of Heart Rate Variability During Rest, Submaximal, and Maximal Exercise In Individuals At Risk For Obstructive Sleep Apnea*
- *2010 – 2011 **Erin Ledden**, Graduate Thesis Committee Member (Ball State University)
Project: *Lipoprotein-Associated Phospholipase A₂ and Physical Activity In Obstructive Sleep Apnea Subjects*
- *2009 – 2010 **Lamia Scherzinger**, Doctoral Advisory Committee
Indiana University School of Health & Rehabilitation Sciences

TEACHING ADMINISTRATION AND CURRICULUM DEVELOPMENT

Curriculum Development

- *2003 – Present** Member, Department of Kinesiology Graduate Studies Committee
- *2011 – Present** Developer, Academic Advising Website for Kinesiology Students
- 2006 – 2007 Member, Department of Kinesiology Curriculum Council

Course Development

*HPER K563	Cardiac Assessment in Exercise Testing	Lecture	3 credits
*HPER P417	Physical Activity and Disease	Lecture	3 credits
*SHRS K501	Clinical Medicine for Physician Assistants I	Lecture	1 credit
HPER K562	Exercise Prescription in Health and Disease I	Lecture	3 credits
HPER P419	Fitness Testing and Interpretation	Lecture/Lab	3 credits
HPER K500	Exercise Programming for Older Adults	Lecture	3 credits

GRANTS/FELLOWSHIPS IN TEACHING

Active Teaching Grants

- *2013 – Present** **Does Acute Exercise Improve Driving Performance in Patients with Untreated Obstructive Sleep Apnea?**
Role: Principal Investigator
Agency: Multidisciplinary Undergraduate Research Institute (MURI), IUPUI
Amount: \$7,800

Completed Teaching Grants

- *2009 – 2013** **Does Vibration Training Improve Physical Function and Quality of Life in Fibromyalgia Syndrome?**
Role: Principal Investigator
Agency: Office of the Vice Chancellor for Research, IUPUI
Amount: \$35,000

Submitted But Not Funded Teaching Grants

- *Jan 2011** **Development of a Theory-Based Campus Wide Fitness/Wellness Course**
Role: Co-Principal Investigator
Agency: Center for Teaching and Learning, IUPUI
Amount: \$10,000

Invited Teaching Presentations – Local

- *2004 – Present** **Kaleth AS.** *Clinical Exercise Physiology.* Presented twice each year to undergraduate students enrolled in HPER P212: Introduction to Exercise Science; Department of Kinesiology, IUPUI, Indianapolis, IN.

- *Feb 2014 **Kaleth AS.** *The Weight of America: Generation XXXL.* Presented to undergraduate students in the IUPUI Alternative Spring Break Program, Indianapolis, IN.
- *Apr 2013 Patel N, White C, **Kaleth AS.** Design and Methods for Evaluating Driving Performance in Patients with Obstructive Sleep Apnea. Presented at the 2013 IUPUI Research Day, Indianapolis, IN.
- *Apr 2010 Dilts S and **Kaleth AS.** Novel Approach to Exercise Training in Fibromyalgia. Presented at the 2010 IUPUI Research Day, Indianapolis, IN.
- Apr 2007 **Kaleth AS.** *Age-related Changes in Strength & Conditioning.* Presented to graduate students taking required course in Graduate Minor in Aging (G812: Fundamental Concepts in Aging), IU School of Medicine, Indianapolis, IN.
- Apr 2006 **Kaleth AS.** *Age-related Changes in Strength & Conditioning.* Presented to graduate students taking required course in Graduate Minor in Aging (G812: Fundamental Concepts in Aging), IU School of Medicine, Indianapolis, IN.
- Sep 2004 **Kaleth AS.** *Principles of Exercise Programming for Apparently Healthy & Special Populations.* Presented to Resident Physicians at St. Vincent's Hospital as part of Community/Occupation Medicine Lecture Series, Indianapolis, IN.
- Apr 2004 **Kaleth AS.** *Professional Certification and Credentialing in Exercise Science.* Presented to undergraduate students enrolled in HPER P212: Introduction to Exercise Science; IUPUI, Indianapolis, IN.
- Sep 2003 Mikesky AE, **Kaleth AS,** Keith NR. Invited speaker - panel discussion on trends in physical activity research; motivational strategies for minority populations; exercise myths, and other topics, National Institute for Fitness and Sport, Indianapolis, IN.

Invited Teaching Presentations – Regional

- *Oct 2014 **Kaleth AS.** *ECG Workshop: A Systematic Approach to ECG Interpretation.* Presented to physician assistants attending the Indiana Academy of Physician Assistants Annual Fall CME Conference (Indianapolis, IN).
- *Sep 2013 **Kaleth AS.** *Exercise and Obstructive Sleep Apnea: What the Exercise Professional Should Know about Obstructive Sleep Apnea.* Presented to faculty and graduate students at Ball State University (Muncie, IN).
- *Nov 2011 **Kaleth AS.** *Exercising the Elephant in the Room: Counteracting Detrimental Cardiovascular Consequences of Obstructive Sleep Apnea.* Presented to faculty, staff, and students at Indiana State University; Terre Haute, IN.
- *Oct 2009 **Kaleth AS.** *Applied Exercise Science.* Presented to candidates taking the American College of Sports Medicine (ACSM) Health/Fitness Instructor Certification exam; National Institute for Fitness and Sport, Indianapolis, IN.
- *Oct 2008 **Kaleth AS.** *Applied Exercise Science.* Presented to candidates taking the ACSM Health/Fitness Instructor Certification exam; National Institute for Fitness and Sport, Indianapolis, IN.

- Oct 2007 **Kaleth AS.** *Applied Exercise Science.* Presented to candidates taking the ACSM Health/Fitness Instructor Certification exam; National Institute for Fitness and Sport, Indianapolis, IN.
- June 2007 **Kaleth AS.** *Applied Exercise Science.* Presented to candidates taking the ACSM Health/Fitness Instructor Certification exam; National Institute for Fitness and Sport, Indianapolis, IN.
- Oct 2006 **Kaleth AS.** *Applied Exercise Science.* Presented to candidates taking the ACSM Health/Fitness Instructor Certification exam; National Institute for Fitness and Sport, Indianapolis, IN.
- June 2006 **Kaleth AS.** *Applied Exercise Science.* Presented to candidates taking the ACSM Health/Fitness Instructor Certification exam; National Institute for Fitness and Sport, Indianapolis, IN.
- Oct 2005 **Kaleth AS.** *Cardiorespiratory Fitness.* Presented (*twice*) to candidates taking the ACSM Health/Fitness Instructor certification exam; National Institute for Fitness and Sport, Indianapolis, IN.
- Sep 2005 **Kaleth AS.** *Obstructive Sleep Apnea: New Approaches to Evaluation and Treatment.* Presented to students and colleagues attending the Midwest ACSM Annual Meeting, Ball State University, Muncie, IN.
- Jan 2005 **Kaleth AS.** *Is Exercise Preventive Medicine for Obstructive Sleep Apnea?* Presented to Physicians and community members attending the Indiana University Conference on Aging and Living Well; Marten House and Hotel, Indianapolis, IN.
- Oct 2004 **Kaleth AS.** *Coronary Artery Disease Risk Factors.* Presented workshop for candidates taking the ACSM Health/Fitness Instructor certification exam; National Institute for Fitness and Sport, Indianapolis, IN.
- Oct 2004 **Kaleth AS.** *Principles of Exercise Programming.* Presented workshop for candidates taking the ACSM Workshop for the Health/Fitness Instructor certification exam; National Institute for Fitness and Sport, Indianapolis, IN.
- Oct 2004 **Kaleth AS.** *Exercise Programming for Special Populations.* Presented workshop for candidates taking the ACSM Health/Fitness Instructor certification Exam; National Institute for Fitness and Sport, Indianapolis, IN.

Invited Teaching Presentations – National/International

- *Sep 2010 Herbert WG, **Kaleth AS**, Hargens T, Aron A. *Sleep Apnea – Obesity’s Partner and Implications for Health Risks and Physical Activity.* Presented at the International Society of Health Prevention’s International Workshop on Physical Exercise, Health Prevention, and Rehabilitation, Grand Hotel Primavera, San Marino, Italy.
- *Mar 2010 **Kaleth AS** and Mikesky AE. *Impact of Early Sport Specialization: A Physiological Perspective.* Presented at the National Association for Sport and Physical Education (NASPE) All-Academy Symposium held during the American Alliance for Health, Physical Education, Recreation and Dance Annual Meeting, Indianapolis, IN.

RESEARCH/CREATIVE ACTIVITY

Active Research Grants

- *2012 – Present Acute Vibration as an Exercise Surrogate to Induce Mobilization of Endothelial Progenitor Cells into Circulation**
Role: Co-Principal Investigator
Agency: School of Physical Education and Tourism Management, IUPUI
Amount: \$35,000

Completed Research Grants

- *2007 – 2011 Exercise-based Motivational Interviewing for Fibromyalgia**
Role: Co-Investigator (20%)
Agency: National Institutes of Health (R01); *Grant #: 1RO1AR054324-01A1*
Amount: \$1,788,544
- 2002 – 2005 Exercise Training for OSA Patients: Amplified Investigation of Efficacy and Cardiovascular Consequences**
Role: Co-Investigator
Agency: ResMed Corporation, San Diego, CA.
Amount: \$12,000
- 2001 – 2002 Exercise Training for OSA Patients: Amplified Investigation of Efficacy and Cardiovascular Consequences**
Role: Co-Investigator
Agency: ResMed Corporation, San Diego, CA.
Amount: \$14,250

Submitted But Not Funded Research Grants

- *June 2012 Study of Technology-Assisted Exercise and Activity Maintenance (STEAM)**
Role: Co-Investigator
Agency: National Institutes of Health (R21)
Amount: \$244,843
- *June 2012 Technology Helping Everyone Track Activity (THETA)**
Role: Co-Investigator
Agency: National Institutes of Health (R21)
Amount: \$275,000
- *Nov 2011 Acute Vibration as an Exercise Surrogate to Induce Mobilization of Hematopoietic and Endothelial Progenitor Cells into Circulation**
Role: Co-Principal Investigator
Agency: Office of the Vice Chancellor for Research, IUPUI
Amount: \$74,954
- *Oct 2011 Study of Technology-Assisted Exercise and Activity Maintenance (STEAM)**
Role: Co-Investigator
Agency: National Institutes of Health (R01)
Amount: \$2,444,843

- *Feb 2011 **Exercise Outcomes in Obstructive Sleep Apnea**
 Role: Co-Principal Investigator
 Agency: National Institutes of Health (R21)
 Amount: \$236,183
- *Nov 2010 **Does Aerobic Exercise Training Improve the Cardiovascular Risk Profile in Obstructive Sleep Apnea?**
 Role: Principal Investigator
 Agency: Office of the Vice Chancellor for Research, IUPUI
 Amount: \$70,392
- *Apr 2009 **An Examination of Changes in Autonomic Nervous System Function and Associated Symptom Improvement in Fibromyalgia Patients following Mindfulness-Based Stress Reduction**
 Role: Co-Investigator
 Agency: Office of the Vice Chancellor for Research, IUPUI
 Amount: \$72,900 (*Note:* Grant accepted, but not received due to limited funds)
- Nov 2006 **Exercise-based Motivational Interviewing for Fibromyalgia**
 Role: Co-Investigator (20%)
 Agency: National Institutes of Health (NIH) R01
 Amount: \$2,200,000
- Jan 2006 **Exercise-based Motivational Interviewing for Fibromyalgia**
 Role: Co-Investigator (20%)
 Agency: National Institutes of Health (NIH) R01
 Amount: \$2,200,000
- Oct 2005 **Sleep Disruption and Cardiovascular Autonomic Function in Off-Duty Firefighters**
 Role: Principal Investigator
 Agency: Office of the Vice Chancellor for Research, IUPUI
 Amount: \$29,810
- Apr 2005 **Physiologic Assessment of Firefighters during Real-life Firefighting**
 Role: Consultant to Public Safety Medical Services, Indianapolis, IN
 Agency: Assistance to Firefighters Grant Program, Dept. of Homeland Security
 Amount: \$500,000

Research Presentations (*All are peer-reviewed presentations at professional conferences.*)

Regional

1. *Greer S, **Kaleth AS**, McIlrath K, Keith NR. Physical Fitness Comparisons of Safety-Net Community Health Center Patients and Medically Affiliated Fitness Center Older Adults. Midwest Chapter Annual Meeting, American College of Sports Medicine; Oct 2011.
2. Thorne RA, Chittenden TW, **Kaleth AS**, Wootten DF, Ramp WK, Herbert WG. Mechanical response tissue analysis (MRTA): A pilot study to reliably assess bending stiffness (EI) of the human tibia. Southeast Chapter Annual Meeting, American College of Sports Medicine, Jan 2000.

National/International

1. ***Kaleth AS**, DeSabastine S, Ang DC. Effects of whole-body vibration Exercise on Physical Function and Pain Severity in Patients with Fibromyalgia. *Med Sci Sports Exerc* 2014; 46(5): S162.
2. ***Kaleth AS**, Saha CK, Jensen MP, Slaven JE, Ang DC. Moderate-vigorous physical activity improves long-term clinical outcomes without worsening pain in fibromyalgia. *Med Sci Sports Exerc* 2013; 45(5): S212.
3. *Greer S, **Kaleth AS**, McIlrath K, Keith NR. Physical Fitness Comparisons of Safety-Net Community Health Center and Medically Affiliated Fitness Center Older Adults. *Med Sci Sports Exerc* 2012; 44(5): S364.
4. *Mazzuca S, **Kaleth AS**, Saha C, Slaven J, Ang DC. Mechanisms of Improvement in Fibromyalgia Symptoms in a Clinical Trial of Exercise: Increased Fitness or Hawthorne Effect? *Arthritis Rheum* 2011; 63(10): S627.
5. ***Kaleth AS**, McIlrath K, Keith N. Disparities in Physical Fitness Between Fitness Center and Safety Net Community Health Center Members. *Med Sci Sports Exerc* 2011; 43(5): S938.
6. *Keith N, Stump T, Clark D, **Kaleth AS**. Developing a Self-report Physical Fitness Survey. *Med Sci Sports Exerc* 2011; 43(5): S5.
7. ***Kaleth AS**, Ang DC, Schaffter A, Trotter A, Tong Y. Validity of Two Self-report Physical Activity Questionnaires in Patients with Fibromyalgia Syndrome. *Med Sci Sports Exerc* 2008; 40(5): S198.
8. *Hargens TA, Guill SG, **Kaleth AS**, Aron A, Zedalis D, Herbert WG. Does Progression of Untreated Obstructive Sleep Apnea Incrementally Blunt Post-exercise Heart Rate Recovery? *Med Sci Sports Exerc* 2008; 40(5): S180-S181.
9. **Kaleth AS**, Chittenden TW, Hawkins BJ; Hargens TA; Guill SG, Zedalis, DR Herbert WG. Cardiopulmonary Function in Obstructive Sleep Apnea Patients After Short-term Nasal CPAP Therapy. *Med Sci Sports Exerc* 2007; 39(5):S334.
10. **Kaleth AS**, Chittenden TW, Hawkins BJ; Hargens TA; Guill SG, Zedalis, DR Herbert WG. Exercise Test Response Characteristics are Altered in Obstructive Sleep Apnea. *Med Sci Sports Exerc* 2006; 38(5):S476-S477.
11. Butner KL, Guill SG, Hargens TA, Aron A, **Kaleth AS**, Zedalis DR, Nickols-Richardson SM, Herbert WG. Does OSA Distort Perception of Aerobic Exercise Capacity? *Med Sci Sports Exerc* 2006; 38(5): S362.
12. **Kaleth AS**; Chittenden TW; Hawkins BJ; Hargens TA; Guill SG; Zedalis DR; Herbert WG. Nasal CPAP Therapy and Aerobic Exercise Training: Effects on the Heart Rate Response to Graded Exercise in Obstructive Sleep Apnea Patients; *Sleep* 2005; 28; A206.
13. Hargens TA, **Kaleth AS**, Blevins J, Chittenden TW, Gregg JM, Herbert WG. Do Measures From Exercise Tests Aid in Identifying OSA? *Med Sci Sports Exerc* 2004; 36(5): S210.

14. Pierson LM, Arner AE, Chittenden TW, **Kaleth AS**, Hawkins BJ, Herbert WG. Reproducibility of Short versus Long-Duration Heart Rate Variability: Implications for Obstructive Sleep Apnea Research. *Sleep* 2003; 26: A407.
15. **Kaleth AS**, Chittenden TW, Hawkins BJ, Gregg JM, Zedalis DR, Pierson LM, Herbert WG. The Effects of nCPAP Therapy and Aerobic Exercise Training on Daytime Heart Rate Variability in Patients with Obstructive Sleep Apnea. *Sleep* 2003; 26: A236.
16. Pierson LM, Holm CD, Hawkins BJ, Miller LE, Blevins J, Chittenden TW, **Kaleth AS**, Herbert WG. Reproducibility of Cardiac Output in Ramping Exercise Measured by Acetylene Single-Breath Technique. *Med Sci Sports Exerc* 2003; 35(5): S143.
17. Chittenden TW, **Kaleth AS**, Hawkins BJ, Gregg JM, Zedalis DR, Myers JN, Huckle WR, Pyle RL, Cross L, Herbert WG. Chronic Hypoxia and Cardiovascular Dysfunction in Obstructive Sleep Apnea. *Sleep* 2003; 26: A259.
18. Blevins J, **Kaleth AS**, Chittenden T, Hawkins B, Zedalis D, Gregg J, Herbert WG. Relationship between polysomnography markers of disease severity to hemodynamic and respiratory function during graded exercise in Obstructive Sleep Apnea patients. *Sleep* 2002; 25: A4.
19. **Kaleth AS**, Chittenden TW, Hawkins B, Gregg JM, Zedalis D, Herbert WG. The effects of nCPAP therapy and exercise training on measures of heart rate variability, blood pressure, and exercise performance: Case study from a 12-week clinical trial. *Sleep* 2002; 25: A333.
20. Chittenden TW, **Kaleth AS**, Hawkins BJ, Gregg JM, Zedalis DR, Myers JN, Herbert WG. The potential utility of post-exercise systolic blood pressure response for the assessment of cardiovascular co-morbidity in Obstructive Sleep Apnea. *Sleep* 2002; 25: A334.
21. Thorne R, Wootten D, Ramp W, Nickols-Richardson S, Herbert WG, Chittenden T, **Kaleth AS**. Test-Retest Reliability of Tibial Bending Stiffness (EI) in Humans Using Mechanical Response Tissue Analysis (MRTA). *Med Sci Sports Exerc* Suppl, 2000; 32 (5): S146.
22. Chittenden TW, **Kaleth AS**, Ballentine H, Blevins J, Herbert WG. Reproducibility of HRV measures in apparently healthy young women. *Med Sci Sports Exerc*, 2000; 32 (5): S162.

SERVICE

University Service – Department

- *2002 – Present Faculty Advisor, Department of Kinesiology (50-60 students/year)
- *2003 – Present Member, Graduate Studies Curriculum Committee, Department of Kinesiology
- *2010 – July Member, Search & Screen Committee, Lecturer (Kinesiology)
- *2008 – 2009 Chair, Search & Screen Committee, Assistant Professor (Kinesiology)
- 2006 – 2007 Member, Curriculum Council, Department of Kinesiology

University Service – School

- *2010 – Present Member, School of PETM Promotion & Tenure Committee
Chair (2012-2013, 2014-2015)
- *2013 – Present Member, School of PETM Research/Scholarship Task Force

- *2013 – Present Member, School of PETM Professional Preparation Subcommittee
- *2012 – Present Member, School of PETM Graduate and Research Committee
- *2013 – 2014 Member, Sun Yat-sen Graduate Collaboration Initiative
- *2014 – Oct Grant Reviewer, School of PETM Faculty Research Opportunity Grant Program
- *2008 – 2011 Chair, School of PETM Budgetary Affairs Committee
- *2011 – Jan Reviewer, Efroymsen Faculty Research Fellowship, Department of Tourism, Conventions & Event Management

- *2011 – Feb Reviewer, Department of Tourism, Conventions & Event Management Faculty Awards
- *2011 – Mar Grant Reviewer, School of PETM Faculty Research Opportunity Grant Program
- *2010 – Mar Grant Reviewer, School of PETM Faculty Research Opportunity Grant Program
- *2008 – 2009 Member, School of PETM Promotion & Tenure Committee

- *2002 – 2008 Member, School of PETM Technology Committee (*Chair, 2005-2008*)
- *2006 – 2008 President of the Faculty Organization, School of PETM
- 2006 – 2007 Member, School of PETM Faculty Affairs Committee
- 2004 – 2006 Member, School of PETM Budgetary Affairs Committee
- 2003 – 2004 Member, School of PETM Assessment & Program Review Committee

University Service – Campus/University

- *2015 – Present Member, IUPUI Graduate School Curriculum Committee
- *2015 – Mar Grant Reviewer, Indiana Clinical and Translational Trials Institute (CTSI)
- *2012 – Oct Contributor, “*Ask the Experts*” Roundtable on Health and Fitness, IUPUI
- *2012 – Mar Evaluator, Associate Dean Search and Screen Committee, IU School of Nursing
- *2008 – 2011 Member, IUPUI Budgetary Affairs Committee
- *2006 – 2010 Member, IUPUI Graduate Affairs Committee

Professional Service – Local

- *2015 – Present Consultant, Indianapolis Fire Department
- *2008 – 2010 Member, Curriculum Advisory Board, Department of Kinesiology, University of Indianapolis, Indianapolis, IN

- 2003 – 2004 Member, Indianapolis Obesity Coalition, committee formulated to develop ideas and strategies addressing the rising obesity epidemic in the Indianapolis area.

Professional Service – Regional

- *2013 – Present Co-Chair, Communications Committee, Midwest American College of Sports Medicine
- *2013 – Sep Abstract Reviewer, Midwest American College of Sports Medicine
- *2010 – 2012 Board of Directors, Midwest American College of Sports Medicine
- *2010 – 2011 Chair, Graduate Fair Committee, Midwest American College of Sports Medicine
- *2010 – 2011 Chair, Nominating Committee, Midwest American College of Sports Medicine
- *2011 – 2012 Chair, Communications Committee, Midwest American College of Sports Medicine
- *2010 – Oct Member, Planning Committee, Midwestern Conference of Health Games

Professional Service – National

- *2012 – 2013 Coordinator, Network Leadership Team for the 2013 American College of Sports Medicine World Heart Games, Atlanta, GA
- *2012 – Aug External Reviewer, Candidate for Tenure and Promotion
Northern Illinois University, DeKalb, IL
- *2004 – 2009 Invited Lecturer, American College of Sports Medicine Health/Fitness Specialist Certification Workshop, National Institute for Fitness and Sport, Indianapolis, IN.
- *2007 – 2008 Section Co-Editor, “Practice Issues for Clinical Exercise Physiologists” in the *American College of Sports Medicine’s Resources for Clinical Exercise Physiology*, 2nd Ed.
- 2007 – Apr Invited Book Chapter Reviewer, American College of Sports Medicine’s *Guidelines for Exercise Testing and Prescription*, 8th Ed., 2010. Chapter 1 - *Health Appraisal and Fitness Assessment*.
- 2004 – 2005 Certification Examiner, American College of Sports Medicine Exercise Specialist Certification Exam, Ball State University, Muncie, IN
- 2004 – 2005 Certification Examiner, American College of Sports Health/Fitness Instructor Certification Exam, National Institute for Fitness and Sport, Indianapolis, IN.
- 2004 – Apr Abstract Reviewer, National Conference on Undergraduate Research (NCUR), Indianapolis, IN.

Professional Service – International

- *2015 Manuscript Reviewer, *Journal of Cardiopulmonary Rehabilitation and Prevention*
- *2014 Manuscript Reviewer, *Journal of Cardiopulmonary Rehabilitation and Prevention*
- *2014 Manuscript Reviewer, *American Journal of Cardiology*
- *2013 Manuscript Reviewer, *Contemporary Clinical Trials*
- *2013 Manuscript Reviewer, *Journal of Cardiopulmonary Rehabilitation and Prevention*
- *2013 Manuscript Reviewer, *Medicine and Science in Sports and Exercise*
- *2013 Manuscript Reviewer, *International Journal of Cardiology*
- *2012 Manuscript Reviewer, *International Journal of Cardiology*
- *2010 Manuscript Reviewer, *Arthritis Research and Therapy*
- *2010 Manuscript Reviewer, *Disability and Rehabilitation*
- *2009 Manuscript Reviewer, *Chest*
- *2009 Manuscript Reviewer, *Disability and Rehabilitation*
- *2008 Manuscript Reviewer, *Medicine and Science in Sports and Exercise*
- 2006 Manuscript Reviewer, *Journal of Applied Physiology*
- 2003 Manuscript Reviewer, *Strength and Conditioning Journal*

PUBLICATIONS

TEACHING

Refereed Teaching Publications

Articles

1. *Hargens TA, **Kaleth AS**, Edwards ES, and Butner KL. Association Between Sleep Disorders, Obesity and Exercise: A Review. *Nat Sci Sleep*, 2013;5 27-35.
2. ***Kaleth AS** and Mikesky AE. Impact of Early Sport Specialization: A Physiological Perspective. *JOPERD*. 2010; 81(8): 29-32.
3. **Kaleth AS**, Chittenden TW, Blevins J, Hawkins BJ, Arner AE, Gregg JM, Zedalis DR, Herbert WG. Increasing Physical Activity in the Obstructive Sleep Apnea Patient: Part II – Special Considerations for Exercise Management. *American Journal of Medicine and Sports*, 2002; 4; 142-151.
4. Chittenden TW, **Kaleth AS**, Ballentine HM, Blevins J, Arner AE, Gregg JM, Zedalis, DR, Herbert WG. Increasing Physical Activity in the Obstructive Sleep Apnea Patient: Part I – Clinical Presentation, Pathogenesis, and Medical Management. *American Journal of Medicine and Sports*, 2002; 4; 31-40.

Book Chapters

1. ***Kaleth AS**. “Exercise and Physical Activity Considerations for Individuals with Obstructive Sleep Apnea,” in *Therapeutic Physical Activities for People with Disability*, Nova Science Publishers, New York, 2015, pp. 105-128.
2. ***Kaleth AS** and Bahamonde RE. “Functional Anatomy,” in the American College of Sports Medicine's *Resource Manual for Guidelines for Exercise Testing and Prescription*, 7th Ed, Baltimore: Lippincott, Williams & Wilkins, 2013, pp. 2-31.
3. ***Kaleth AS** and Kaleth JM. “Demonstrating Functional Outcomes for Health and Fitness,” in the American College of Sports Medicine's *Resources for Clinical Exercise Physiology*, 2nd Ed, Baltimore: Lippincott, Williams & Wilkins, 2010, pp. 292-300.
4. ***Kaleth AS** and Bahamonde RE. “Functional Anatomy,” in the American College of Sports Medicine's *Resource Manual for Guidelines for Exercise Testing and Prescription*, 6th Ed, Baltimore: Lippincott, Williams & Wilkins, 2010, pp. 2-32.
5. ***Kaleth AS**. “Preassessment Screening,” *Case Study Author* in the American College of Sports Medicine's *Health-related Physical Fitness Assessment Manual*, 3rd Ed, Baltimore: Lippincott, Williams & Wilkins, 2010, p. 28.
6. Bahamonde RE and **Kaleth AS**. “Functional Anatomy,” in the American College of Sports Medicine's *Resource Manual for Guidelines for Exercise Testing and Prescription*, 5th Ed, Baltimore: Lippincott, Williams & Wilkins, 2005, pp. 3-33.

Books

1. ***Section Co-Editor**, “Clinical Practice Issues for the Registered Clinical Exercise Physiologist” in the American College of Sports Medicine’s *Resources for Clinical Exercise Physiology*, 2nd Ed.; Baltimore: Lippincott, Williams & Wilkins, 2010.

Non-refereed Articles

1. ***Kaleth AS**. Fibromyalgie: Chronische Muskelschmerzen jetzt einfach wegvibrieren (*translates to Vibrate Chronic Muscle Pain Away Now*). Gero's Internationaler Medizin-Report; Sept 2014; 9 (65-67). (*Note: other authors contributed to this article, but names were not listed*).
2. *Lowrey L and **Kaleth AS**. The Real 'Fat Burn' Zone. WISH TV's Gr8 Health Initiative. Posted online on March 18, 2014. (*Note: authorship not noted, but substantial written text was submitted and used in the online supplement*).
3. **Kaleth AS**. “Overweight and Tired? The Problem May Be More Serious Than You Think!” *In Motion Magazine*, Summer 2007.

Conference Proceedings

1. Herbert WG, **Kaleth AS**, Gregg JM and Zedalis DR. “Obstructive Sleep Apnea: Counteracting Detrimental Cardiovascular Consequences.” In: *Proceedings of the 2003 Heart & Global Health Conference, International Meeting on Preventive Cardiology*, Forli, Italy. Pasini W and Rusticali F, Editors, 2003; pp. 114-122.

RESEARCH

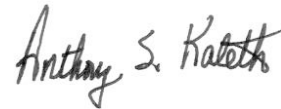
Refereed Research Publications

1. ***Kaleth AS**, Slaven JE, Ang DC. Increasing Steps/Day Predicts Improvement in Physical Function and Pain Interference in Adults with Fibromyalgia. *Arthritis Care Res*. 2014 Dec;66(12): 1887-94.
2. *KL Butner, TA Hargens, **AS Kaleth**, LE Miller, DR Zedalis, WG Herbert. Association of obstructive sleep apnea severity with exercise capacity and health-related quality of life. *North Am J Med Sci*, 2013;5:362-6.
3. ***Kaleth AS**, Saha CK, Jensen MP, Slaven JE, Ang DC. Moderate-vigorous physical activity improves long-term clinical outcomes without worsening pain in fibromyalgia. *Arth Care Res*. 2013 Aug;65(8):1211-8.
4. *Ang DC, **Kaleth AS**, Bigatti S, Mazzuca S, Saha C, Hilligoss J, Slaven J. Research to Encourage Exercise for Fibromyalgia (REEF): Use of Motivational Interviewing. A Randomized Controlled Trial. *Clin J Pain*. 2013 Apr;29(4):296-304.
5. *Hargens TA, Guill SG, **Kaleth AS**, Nickols-Richardson SM, Miller LE, Zedalis D, Gregg JM, Gwazdauskas F, Herbert WG. Insulin Resistance and Adipose Derived Hormones in Young Men With Untreated Obstructive Sleep Apnea. *Sleep Breath* 2013; 17:403–409.

6. *Ang DC, **Kaleth AS**, Bigatti S, Mazzuca S, Saha C, Bandy R. Research to Encourage Exercise for Fibromyalgia (REEF): Use of Motivational Interviewing Design and Method. *Contemp Clin Trials*. 2011; Jan 32 (1); 59-68.
7. ***Kaleth AS**, Ang DC, Chakr R, Tong Y. Validity and reliability of community health activities model program for seniors and short-form international physical activity questionnaire as physical activity assessment tools in patients with fibromyalgia. *Disab Rehabil*, 2010; 32(5):353-9.
8. **Kaleth AS**, Chittenden TW, Hawkins BJ, Hargens TA, Guill SG, Zedalis DR, Gregg JM, Herbert WG. Unique Cardiopulmonary Exercise Test Responses in Overweight Middle-aged Adults with Obstructive Sleep Apnea. *Sleep Medicine*, 2007; 8(2); 160-168.

May 20, 2015

Date



Signature