

**Emily Claire Stevens, PhD**  
Health Promotion and Exercise Science  
Western Connecticut State University  
stevens@wcsu.edu

**EDUCATION**

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|-------------|--|
| 2002 – 2006 | PhD, Health Promotion and Exercise Science – The Ohio State University, Columbus, Ohio.<br>DISSERTATION TITLE: <u>Evaluation of a Social Cognitive Theory-Based, Adolescent Physical Activity Intervention: Plan for Exercise, Plan for Health</u>   |
| 2002 – 2004 | M.A., Health Promotion and Exercise Science – The Ohio State University, Columbus, Ohio<br>THESIS TITLE: <u>The Relationship Between Organized Youth Sport and Physical Education Experiences and Adult Physical Activity: A Retrospective Study</u> |
| 1997 – 2001 | B.A., Individually Designed Major (Exercise Science) – Denison University, Granville, Ohio.  |

**PROFESSIONAL POSITIONS**

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|---------------------|--|--------------|
| Associate Professor | Department of Health Promotion and Exercise Science<br>Coordinator of BS in Health Promotion Studies, Community Health Program<br>Western Connecticut State University | 2012-Present |
| Assistant Professor | Department of Health Promotion and Exercise Science<br>Coordinator of BS in Health Promotion Studies, Community Health Program<br>Western Connecticut State University | 2009 – 2012  |

Visiting Assistant Professor Department of Health and Exercise Science School of Physical Activity and Educational Services College of Education and Human Ecology The Ohio State University	2006 – 2009
Graduate Research Assistant School of Physical Activity and Educational Services College of Education, The Ohio State University	2003 – 2006
Graduate Teaching Assistant School of Physical Activity and Educational Services College of Education, The Ohio State University	2005 – 2006
Instructor School of Physical Activity and Educational Services College of Education, The Ohio State University	2004
Research Assistant College of Medicine and Public Health, Department of Internal Medicine, Division of Nephrology, The Ohio State University	2001 - 2003

## **EXPERIENCE WITH FUNDED PROJECTS**

Healthy Ohioans Grant: The Ohio Department of Health, The Department of Physical Activity and Educational Services at The Ohio State University, and Denison University. (2006)

Principal Investigator: Dr. Rick Petosa

Co-Investigator: Dr. Brian Hartz, Dr. Emily Stevens

Amount: \$95,500

I served as a co-investigator and project manager of this study designed to develop and evaluate a school-based physical activity intervention serving 2,000 students within 8 high schools in the Appalachian region of Ohio. My involvement included: design of the study, application to the internal review board for the protection of human subjects, design of the high school intervention curriculum, budgeting, managing the project team, recruitment of teachers to participate in the delivery and evaluation of the intervention, teacher training, weekly contact with the teachers during intervention delivery, data collection, data coding, data entry, data management, data analysis, report writing, grant writing for continued funding and program dissemination.

Center for Disease Control and Prevention, Community Participatory Research Grant (2002-2005)

Amount: \$1,200,000

Principal Investigator: Dr. Rick Suminski

Co- Principal Investigator: Dr. Rick Petosa

I served as a graduate research assistant for the duration of this 3-year project developed to facilitate physical activity programming within an under-served Columbus community. My involvement included: development of methods to conduct community needs assessment and to assess physical activity rates, recruitment of community leaders, facilitation of program meetings with community leaders, development of tailored community-based physical activity programs, management of community physical activity programs, training of program leaders for sustainability of community programs, data collection, data entry, data management, data analysis, report writing, and grant writing for continued resources to sustain programs.

## **PUBLICATIONS**

E. Stevens. (2013). Measurement and Evaluation for Health Educators: Book Review. *International Quarterly of Community Health Education*, 33 (3).

B. Hertz, E. Stevens, M. Grimm. (2011). Teaching of Health Related Behaviors Through the Use of Self-Regulation Skill-Building. *The Virginia Journal*: 4-6.

B. Hertz, E. Stevens, B. Holden, R. Petosa. (2009). Rates of Physical Activity among Appalachian Adolescents in Ohio. *Journal of Rural Health*, 25(1): 58-61.

R. Suminski, R. Petosa, E. Stevens. (2006). A Method for Observing Physical Activity on Sidewalks and Streets. *Journal of Urban Health* 83(3): 434-443.

R. Suminski, W. Poston, R. Petosa, E. Stevens, L. Katzenmoyer. (2005). Features of the Neighborhood Environment and Walking by US Adults. *American Journal of Preventive Medicine*, 28(2): 149-155.

R. Suminski, R. Petosa, W. Poston, E. Stevens, L. Katzenmoyer. (2005). Validation of an Observational Technique for Determining the Number of Children and Adults Walking/Biking to Elementary School. *Journal of Physical Activity and Health*, 3: 37-47.

## **PUBLICATIONS: IN REVISION**

E. Stevens & R. Petosa. (2008) Does the Youth Sport Experience Predict Sport and Physical Activity among US Adults? (In Revisions)

E. Stevens, B. Hertz, & R. Petosa. (2008). How "Planning to be Active" Works: Impact of the Intervention on Social Cognitive Constructs (In Revisions)

R. Petosa, B. Hertz, E. Stevens. (2008) Gender Differences in Social Cognitive Theory Predictors of Vigorous Physical Exercise (In Revisions)

## **PROFESSIONAL PRESENTATIONS**

E. Stevens, R. Housemann & D. Colaianni. "A Model for Effective Undergraduate Preparation of Entry-Level Health Promotion Practitioners: The Role of Service Learning, Internship Experience, and Group Process". Society of Public Health Education, 2013. Slide Presentation

R. Petosa, B. Hertz & E. Stevens. "Intrinsic Motivation for Exercise Adherence". Society of Public Health Education, 2013. Poster Presentation

J. Schlicht & E. Stevens. "Physical Activity Guidelines for Adults with Disabilities". American College of Sports Medicine Health & Fitness Summit, 2012. Slide Presentation.

E. Stevens, B. Hertz, R. Petosa. "Impact of an Exercise Intervention among Appalachian Adolescents". National Meeting of the American Public Health Association, 2008. Poster Presentation.

E. Stevens, B. Hertz, R. Petosa. "Evaluation of a Psychosocial, Adolescent Physical Activity Intervention Delivered by Trained High School Teachers". National Meeting of the American College of Sports Medicine, 2008. Slide Presentation.

E. Stevens, R. Petosa, B. Hertz. "Evaluation of a Social Cognitive Theory-Based Physical Activity Intervention: Plan for Exercise, Plan for Health". National Meeting of the American Academy of Health Behavior, 2007. Poster Presentation.

E. Stevens, R. Petosa. "Physical Education as a Predictor of Adult Physical Activity". National Meeting of the American Academy of Health Behavior, 2005. Poster Presentation.

E. Stevens, R. Petosa. "The Examination of Adolescent Sport Participation as a Predictor of Adult Physical Activity". National Meeting of the American Academy of Health Behavior, 2005. Poster Presentation.

B. Hartz, E. Stevens, R. Suminski, R. Petosa, E. Winters. "A Four Week Stability of Exercise Behavior among a College Aged Population". National Meeting of the American College of Sports Medicine, 2005. Poster Presentation.

R. Suminski, R. Petosa, L. Katzenmoyer, E. Stevens, J. Turpin. "Perceptions of Neighborhood Features and their Level of Influence on Different Types of Physical Activity". National Meeting of the American College of Sports Medicine, 2005. Poster Presentation.

A. Speed-Andrews, R. Suminski, J. Turpin, R. Petosa, L. Katzenmoyer, P. Prickett, E. Stevens, M. Wolfe. "Stage of Change for Small Business Policies toward Employee and Community Promotion of Physical Activity". National Meeting of the American College of Sports Medicine, 2005. Poster Presentation.

E. Stevens, L. Waggle, L. Katzenmoyer, R. Petosa, R. Suminski. "A Time Sampling Observational Method for Measuring Physical Activity in the Community". National Meeting of the American College of Sports Medicine, 2004. Poster Presentation.

L. Katzenmoyer, E. Stevens, L. Waggle, R. Petosa, R. Suminski, "Assessing Physical Activity Patterns using a Door to Door Method" National Meeting of the American College of Sports Medicine, 2004. Poster Presentation.

L. Waggle, L. Katzemoyer, E. Stevens, J. Turpin, R. Petosa, R. Suminski. "A Comprehensive Model for Examining the Association between Physical Activity and the Physical Environment". National Meeting of the American College of Sports Medicine, 2004. Poster Presentation.

## **PROFESSIONAL LECTURES**

October, 2008      Baldwin Wallace College, Faculty & Staff Wellness Program. Goal Setting: A SMART Approach to Adopting a Physically Active Lifestyle. Baldwin Wallace College, Berea, Ohio

October, 2007      American College of Sports Medicine, Midwest Chapter. Health and Fitness Instructor Workshop.

## **ADVISING EXPERIENCE**

Undergraduate Advisor      2009 – Present  
Department of Health Promotion and Exercise Science

Western Connecticut State University  
BA in Health Promotion Studies  
Wellness Management & Community Health Majors (37 Students)

Undergraduate Senior Thesis Research Advisor: 2008-2009  
“Self-Efficacy and Exercise Adherence among Adults Completing a 10K.”  
Health and Exercise Science  
College of Education and Human Ecology  
The Ohio State University

Doctoral Program Sandwich Advisor: 2008-2009  
Nizwardi Azkha. MA, Environmental Science Education  
State University of Padang  
“A Health Education Model for Padang District”.  
U.S./Indonesia Teacher Education Consortium (USINTEC)  
Visiting Scholar Doctoral Sandwich Program  
School of Teaching and Learning  
College of Education and Human Ecology  
The Ohio State University

Undergraduate Senior Thesis Research Advisor: 2008  
“Mindfulness and Sport Participation in College Students”.  
Health and Exercise Science  
College of Education and Human Ecology  
The Ohio State University

#### **COMMITTEES SERVED & SERVICE TO THE UNIVERSITY**

Student Life Committee 2012 – Present  
School of Professional Studies Faculty Representative

WCSU University Senate 2010 – Present  
HPX Representative

WCSU Textbook Cost Committee 2009 – Present  
School of Professional Studies Faculty Representative

Blackboard 9 Pilot Program 2011-2012  
Faculty Participant

WCSU-Hearts-Haiti Committee 2010  
School of Professional Studies Faculty Representative

#### **COMMITTEES SERVED & SERVICE TO THE DEPARTMENT**

Course Creation: HPX 177, Student Independent Activities	2012 – 2013
WCSU, HPX Department Webmaster & Redesign of the HPX Department Website	2010 – Present
WCSU, HPX Department Challenge Tests Creation & Administration of Department Exams	2010 – Present
WCSU, HPX Club Faculty Advisor	2010 – Present
WCSU, HPX Department Library Liaison	2009 – Present

### **PROFESSIONAL SERVICE & AFFILIATION**

Invited Founding Member, Board of Associate Editors <i>Health Behavior and Policy Review</i> American Academy of Health Behavior	2013 – Present
American College of Sports Medicine, New England Chapter, Member	2010 – Present
Society for Public Health Education, Member	2009 – Present
American College of Sports Medicine, Member	2008 - Present
Preventive Medicine: Reviewer	2007 – Present
American Academy of Health Behavior: Reviewer	2006 – Present
International Journal of Sports Medicine: Reviewer	2005 – Present
American Public Health Association, Member	2009 – 2010
American College of Sports Medicine, Mid-West Chapter	2007 – 2009
Lecturer, American College of Sports Medicine, Mid-West Chapter, Health and Fitness Instructor Workshop	2007
American College of Sports Medicine, Mid-West Chapter Students Research Presentation Judge	2007

## **AWARDS/HONORS**

Most Valuable Professor of the Year (Female) Student Athlete Advisory Committee The Ohio State University	2008
Outstanding Instructor Recognition National Mortar Board Society The Ohio State University Chapter	2008
Dai Ho Chun Graduate Fellowship Scholarship: The Ohio State University	2006
The Honor Society of Phi Kappa Phi: The Ohio State University	2005 – 2006
The Honor Society of Phi Lamda Theta: The Ohio State University	2005 – 2006
Dean's List: Bachelor of Arts- Cum Laude: Denison University	1997 – 2001

## **UNIVERSITY COURSES TAUGHT**

### HPX 100: Health Promotion and Maintenance

- Fall 2009; Spring 2011; Spring 2012
- Undergraduate Level
- Class Size: 30 - 35
- Credit Hours 3

### HPX 177: Fitness for Life (Lecture, Activity Classes)

- Fall 2009; Fall 2012; Summer Terms 2011 – Summer 2013
- Undergraduate Level
- Class Size: 90 Lecture; 20-30 Activity
- Credit Hours: 1 Lecture; 1 Activities

### HPX 200: Introduction to Community Health and Organizations

- Fall Semester 2009 – Present
- Undergraduate Level
- Class Size: 30 - 32
- Credit Hours: 3



HPX 202: Epidemiology of Disease

- Fall Semester 2010 – Present
- Undergraduate Level
- Class Size: 31
- Credit Hours: 3

HPX 205: Nutrition and Health Lecture

- Spring Semester 2010 – Present
- Undergraduate Level
- Class Size: 31 - 36
- Credit Hours: 2

HPX 207: Nutrition and Health Lab

- Spring Semester 2010 – Present
- Undergraduate Level
- Class Size: 30 - 36
- Credit Hours: 1

HPX 254: Fitness Seminar and Lab

- Spring 2010
- Undergraduate Level
- Class Size: 25
- Credit Hours: 3

HPX 270: Health Education Theory and Application

- Spring Semester 2010 – Present
- Undergraduate Level
- Class Size: 26
- Credit Hours: 3

HPX 281: Principles of Wellness

- Spring 2010; Spring 2013
- Undergraduate Level
- Class Size: 25
- Credit Hours: 3

HPX 370: Health Promotion Program Design and Implementation

- Fall Semester 2010 – Present
- Undergraduate Level
- Class Size: 15-30
- Credit Hours: 3

HPX 371: Methods of Health Communication

- Fall 2010
- Undergraduate Level
- Class Size: 30
- Credit Hours: 3

HPX 470: Evaluation of Health Promotion Programs

- Spring Semester 2011 – Present
- Undergraduate Level
- Class Size: 30
- Credit Hours: 3

HPX 491: Health Promotion Studies Senior Seminar

- Summer 2011 – Present; Autumn 2011 – Present; Spring 2013
- Undergraduate Level
- Class Size: 13-25
- Credit Hours: 1

EDU PAES 525: Changing Physical Activity Behavior

- Taught Autumn Quarter, 2004; Autumn Quarter 2006 - 2009
- Undergraduate Level
- Class Size: 20 – 40
- Credit Hours: 3

EDU PAES 651: Health Promotion Program Planning

- Taught Autumn Quarter, 2006 – 2009
- Graduate Level
- Class Size: 16 – 35
- Credit Hours: 3

EDU PAES 652: Worksite Health Promotion

- Taught Autumn Quarter, 2006 – 2009
- Graduate Level
- Class Size: 25 – 40
- Credit Hours: 3

EDU PAES 704: Health Promotion Program Evaluation

- Taught Winter Quarter, 2007
- Graduate Level
- Class Size: 31
- Credit Hours: 3

EDU PAES 204: Sexuality and Health

- Taught Summer Quarter, 2005 – Spring Quarter, 2006
- Undergraduate Level
- Class Size: 30-50
- Credit Hours: 3