

CURRICULUM VITA
MELISSA J. BENTON, PhD, RN, FACSM, FGSA
mbenton@uccs.edu

EDUCATION

- 2006 - Doctor of Philosophy Arizona State University, Mesa, AZ
Subject area: Curriculum and Instruction
Concentration: Exercise and Wellness
- 1994 - Master of Science Nursing (MSN) California State University Dominguez Hills, Carson, CA.
Area of clinical specialty: Gerontology
- 1990 - Bachelor of Science Nursing (BSN) California State University Dominguez Hills, Carson, CA.
- 1982 - Associate Degree Nursing (ADN) City College of San Francisco, San Francisco, CA.

ACADEMIC APPOINTMENTS

- 2019 – Present Professor, Helen & Arthur E. Johnson Beth-El College of Nursing and Health Sciences, University of Colorado at Colorado Springs, Colorado Springs, CO
- 2013 – 2019 Associate Professor, Helen & Arthur E. Johnson Beth-El College of Nursing and Health Sciences, University of Colorado at Colorado Springs, Colorado Springs, CO (Tenured)
- 2014 – 2015 Doctor of Nursing Practice Program Coordinator, Beth-El College of Nursing and Health Sciences, University of Colorado at Colorado Springs, Colorado Springs, CO
- 2010 – 2013 Associate Professor, College of Nursing, Valdosta State University, Valdosta, GA (Tenure – 2011)
- 2006 – 2010 Assistant Professor, College of Nursing, Valdosta State University, Valdosta, GA
- 2007 – 2013 Graduate Faculty, Valdosta State University
- 2007 – 2011 Graduate Coordinator, College of Nursing, Valdosta State University

AFFILIATE APPOINTMENTS

- 2013 – Present Affiliate Faculty, Gerontology Center, University of Colorado at Colorado Springs

CURRENT LICENSURE

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|------------------|-------------|----------|---------------------------|
| Registered Nurse | No. 1620708 | Colorado | 2013 – present |
| Registered Nurse | No. 124711 | Arizona | 2003 – present (inactive) |

CERTIFICATION

- 2003 – Present Advanced Practice Nurse: Gerontological Clinical Nurse Specialist, Arizona State Board of Nursing, Certification No. AP1889 (inactive)
- 1996 – 2016 Clinical Nurse Specialist in Gerontology, American Nurses Credentialing Center, Certification No. 0258647.

CLINICAL POSITIONS

- 1989 – 2003 Nursing supervisor, Laguna Honda Hospital and Rehabilitation Center, San Francisco, CA
- 1988 – 1989 Nurse manager, acute medicine, Laguna Honda Hospital and Rehabilitation Center, San Francisco, CA
- 1984 – 1988 Nurse manager, acute rehabilitation, Laguna Honda Hospital and Rehabilitation Center, San Francisco, CA
- 1983 – 1984 Staff nurse, acute rehabilitation, Laguna Honda Hospital and Rehabilitation Center, San Francisco, CA

CONCURRENT CLINICAL POSITIONS

- 1993 – 1997 Per diem staff nurse/charge nurse, Visiting Nursing Association & Hospice, San Mateo, CA

HONORS

2016	Fellow of the Gerontological Society of America
2010	Fellow of the American College of Sports Medicine
1994	Sigma Theta Tau International, Honor Society of Nursing, Xi Theta Chapter

RESEARCH

Peer Reviewed Publications (*mentored student)

- Benton, M.J., Spicher, J.M., and Silva-Smith, A.L. (2022). Validity and reliability of handgrip dynamometry in older adults: A comparison of two widely used dynamometers. *PLoS One*, 17(6):e0270132. DOI: 10.1371/journal.pone.0270132
- *Salazar, T.L., Pollard, D.L., Pina-Thomas, D.M., and **Benton, M.J.** (2022). Parental vaccine hesitancy and concerns regarding the COVID-19 virus. *Journal of Pediatric Nursing*, 65, 10-15.
- Graham, H.L. and **Benton, M.J.** (2022). Comparison of lean mass in women with and without heart disease. *Journal of Cardiopulmonary Rehabilitation & Prevention*, 42(1), 34-38.
- Silva-Smith, A.L. and **Benton, M.J.** (2021). Self-perception of aging among older adults and participation in prevention. *Western Journal of Nursing Research*, 43(11), 1010-1016.
- Benton, M.J., Spicher, J.M., and McCormick, S. (2021). Community-based survey exploring use of the dietary supplement creatine by adult non-athletes. *Nutrients*, 13(8), 2529. DOI:10.3390/nu13082529
- Benton, M.J., Silva-Smith, A.L., and Spicher, J.M. (2021). Muscle loss is associated with risk of orthostatic hypotension in older men and women. *Journal of Frailty & Aging*, 10(3), 219-225.
- Benton, M.J., Graham, H.L., Schlairet, M.C., and Silva-Smith, A.L. (2020). Validity of a single activity question for clinical assessment of older women. *Journal of Gerontological Nursing*, 46(12), 15-22.
- Benton, M.J., Hutchins, A.M., and Dawes, J.J. (2020). Effect of menstrual cycle on resting metabolism: A systematic review and meta-analysis. *PLoS One*, 15(7), e0236025, DOI:10.1371/journal.pone.0236025
- *Aloia, A., **Benton, M.J.**, Mouchawar, A., and Segal, D.L. (2020). Impact of end of life planning on surrogate decision-maker anxiety. *International Journal of Palliative Nursing*, 26(2), 75-82.
- Benton, M.J., Schlairet, M.C., and Graham, H.L. (2019) Physical activity-related quality of life in breast cancer survivors compared to healthy women. *European Journal of Cancer Care*, 28(6):e13142
- Garrett, S.L., Pina-Thomas, D.M., Peterson, K.A., and **Benton, M.J.** (2019). Tracking physical activity in baccalaureate nursing students in the United States prior to graduation: A longitudinal study. *Nurse Education Today*, 80, 28-33.
- Graham, H.L., Lac, A., Lee, H. and **Benton, M.J.** (2019). Predicting long-term mortality, morbidity, and survival outcomes following a cardiac event; A Cardiac Rehabilitation Study. *Rehabilitation Process and Outcome*, 8, 1-8, DOI: 10.1177/1179572719827610
- Benton, M.J. and Silva-Smith, A.L. (2018). Accuracy of body mass index versus lean mass index for prediction of sarcopenia in older women. *Journal of Frailty & Aging*, 7(2), 104-107.
- Benton, M.J. and Schlairet, M.C. (2017). Upper extremity strength imbalance after mastectomy and the effect of resistance training. *Sports Medicine International Open*, 5(1), E160-E165.
- *Komorowski, J., Andrighetti, T. and **Benton, M.** (2017). Modification of obstetric simulation scenarios for realism in a home-birth setting. *Journal of Midwifery & Women's Health*. 62(1), 93-100.
- Benton, M.J. and Schlairet, M.C. (2016). Lean mass influences overnight changes in hydration, blood pressure and strength in community-dwelling older women. *Blood Pressure*, 25(5), 269-275.
- Sanderson, S., Anderson, P.S. & **Benton, M.J.** (2016). Difference in bone mineral density between young versus midlife women. *American Journal of Health Education*, 47(3), 149-154.
- Benton, M.J., Waggenger, G.T., & Swan, P.D. (2016). Effect of training status on oxygen consumption in women after resistance exercise. *Journal of Strength & Conditioning Research*, 30(3), 800-806.
- Schlairet, M.C., Green, R., & **Benton, M.J.** (2014). The flipped classroom: Strategies for an undergraduate nursing course. *Nurse Educator*, 39(6), 321-325.
- Benton, M.J., Alexander, J.L., and Holland, J.D. (2014). Relationship between strength, function and QOL In older adults with chronic lung disease: Is there an influence of gender? *Journal of Cardiopulmonary Rehabilitation and Prevention*, 34(2), 143-149.

- Benton, M.J., Schlairet, M.C. and Gibson, D.R. (2014). Change in quality of life among breast cancer survivors after resistance training: Is there an effect of age? *Journal of Aging and Physical Activity*, 22(2), 178-185.
- Benton, M.J., Raab, S. and Waggener, G.T. (2013) Effect of training status on reliability of 1RM testing in women. *Journal of Strength and Conditioning Research*, 27(7), 1885-1890.
- Whyte, M.D., **Benton, M.** and Whyte J. Making sense of head injuries in young athletes. (2013). *The Journal for Nurse Practitioners*, 9(6), 381-386.
- Benton, M.J. and Wagner, C.L. (2013). Effect of single-set resistance training on quality of life in COPD patients enrolled in pulmonary rehabilitation. *Respiratory Care*, 58(30), 487-493.
- Schlairet, M.C. and **Benton, M.J.** (2012). Quality of life and perceived educational needs among older cancer survivors. *Journal of Cancer Education*, 27(1), 21-26.
- Benton, M.J. & Schlairet, M.C. (2012). Improvements in quality of life in women after resistance training are not associated with age. *Journal of Women & Aging*, 24(1), 59-69.
- Benton, M.J., Swan, P.D., Schlairet, M.C. & Sanderson, S. (2011). Comparison of body composition measurement with whole body multi-frequency bioelectrical impedance and air displacement plethysmography in healthy middle-aged women. *Health Care for Women International*, 32(12), 1068-1078.
- Benton, M.J., Whyte, M.D. & Dyal, B.W. (2011). Sarcopenic obesity: strategies for management. *American Journal of Nursing*, 111(12), 38-44.
- Benton, M.J., Kasper, M.J., Raab, S., Waggener, G.T. & Swan, P.D. (2011). Short-term effects of resistance training frequency on body composition and strength in middle-aged women. *Journal of Strength and Conditioning Research*, 25(11), 3142-3149.
- Benton, M.J., Wagner, C.L. & Alexander, J.L. (2010). Relationship between BMI, nutrition, strength and function in elderly individuals with COPD. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 30(4), 260-263.
- Benton, M.J., Swan, P.D. & Whyte, M. (2010). Progressive resistance training during pregnancy: a case study. *PM&R*, 2(7), 681-684.
- Benton, M.J., Swan, P.D. & Peterson, M.D. (2009). Evaluation of multiple 1RM strength trials in untrained females. *Journal of Strength and Conditioning Research*, 23(5), 1503-1507.
- Benton, M.J. & Alexander, J.L. (2009). Validation of functional fitness tests as surrogates for strength measurement in frail, older adults with chronic obstructive pulmonary disease. *American Journal of Physical Medicine & Rehabilitation*, 88(7), 579-583.
- Benton, M.J. & Swan, P.D. (2009). Influences on energy expenditure in women after an acute bout of resistance exercise. *European Journal of Sport Science*, 9(4), 213-218.
- Alexander, J.L. & **Benton, M.J.** (2008). Progression of resistance training intensity among older COPD patients: a comparison of 2 resistance training studies. *Physician and Sportsmedicine*, 36(1), 62-68.
- Benton, M.J. & Swan, P.D. (2007). The effect of protein ingestion on energy expenditure and substrate utilization after exercise in middle-aged women. *International Journal of Sports Nutrition and Exercise Metabolism*, 17(6), 544-555.
- Benton, M.J. & White, A. (2006). Osteoporosis: recommendations for resistance exercise and supplementation with calcium and vitamin D to promote bone health. *Journal of Community Health Nursing*, 23(4), 201-211.
- Phillips, W.T., **Benton, M.J.**, Wagner, C.L. & Riley, C. (2006). The effect of single set resistance training on strength and functional fitness in pulmonary rehabilitation patients. *Journal of Cardiopulmonary Rehabilitation*, 26, 330-337.
- Benton, M.J. & Swan, P.D. (2006). Addition of resistance training to traditional pulmonary rehabilitation programs: An evidence-based rationale and guidelines for use of resistance training with elderly patients with COPD. *Cardiopulmonary Physical Therapy Journal*, 17(4), 127-133.
- Benton, M.J. (2005). Safety and efficacy of resistance training in patients with chronic heart failure: research-based evidence. *Progress in Cardiovascular Nursing*, 20(1), 17-23.

Invited Publications

- Benton, M.J., Lim, T.K., Ko, F.W.S., Kan-o, K. and Mak, J.C.W. (2018). Year in review 2017: Chronic obstructive pulmonary disease and asthma. *Respirology*, 23(5), 538-545.

- Benton, M.J. and Graham, H.L. (2017) Maintaining quality of life in IPF patients: What role should pulmonary rehabilitation play? (Guest Editorial). *Respirology*, 22(5), 841-842.
- Lim, T.K., Ko, F., **Benton, M.J.**, Van Den Berge, M. and Mak, J. (2017). Year in review 2016: Chronic obstructive pulmonary disease and asthma. *Respirology*, 22(4), 820-828.
- Grainge, C., Thomas, P.S., Mak, J.C.W., **Benton, M.J.**, Lim, T.K., and Ko, F.W.S. (2016). Year in review 2015: Asthma and chronic obstructive pulmonary disease. *Respirology*, 21(4), 765-775.
- Benton, M.J. (2015, September 8). Go4Life – A challenge and an opportunity. (Guest Commentary: Active Voice). *Sports Medicine Bulletin*. <http://www.multibriefs.com/briefs/acsm/active090815.htm>
- Benton, M.J. (2014). Dissemination of evidence: writing research manuscripts for successful publication. (Guest Column: Using Research to Advance Nursing Practice). *Clinical Nurse Specialist: The Journal for Advanced Nursing Practice*, 28(3), 138-140.
- Benton, M.J. (2014). Physical activity in chronic obstructive pulmonary disease: Is it a process or an outcome? (Guest Editorial). *Respirology*, 19(3), 298-299.
- Benton, M.J. (2011). Vitamin D reduces the risk of falls in older adults compared with calcium or placebo. (Commentary). *Evidence-Based Nursing*, 14(2), 38-39.
- Benton, M.J. (2008). Resistance exercise frequency: Can increasing training frequency increase gains in lean mass for middle and older-aged women? (Expert Commentary) In J. P. Coulter (Ed.), *Progress in Exercise and Women's Health Research* (pp.13-16). Hauppauge, NY: Nova Science Publishers.

Non-Peer Reviewed Publications

- Benton, M.J. (2012). The Clinical Nurse Specialist as physical activity expert: a call to action. (Guest Editorial). *Clinical Nurse Specialist*, 26(5), 235-236.

Book Chapters

- Benton, M.J. and Short, K.R. (2019). Across the lifespan. In W.R. Thompson (Ed), *ACSM's Clinical Exercise Physiology* (1st ed.). (pp. 22-71). Philadelphia, PA: Wolters Kluwer.
- Benton, M.J. (2015). Benefits of exercise for older adults. In G. M. Sullivan and A. K. Pomidor (Eds.), *Exercise for Aging Adults: A Guide for Practitioners*. (pp. 13-27). New York, NY: Springer.
- Benton, M.J. Swan, P.D. & Johnston, C.S. (2008). A delay in intake of a high-protein supplement after resistance exercise decreases fat mass in women recently engaged in a weight loss diet. In J. P Coulter (Ed.), *Progress in Exercise and Women's Health Research* (pp.229-240). Hauppauge, NY: Nova Science Publishers.

Manuscripts in Press

- Benton, M.J. and Short, K.R. Transformations across the lifespan. *ACSM's Clinical Exercise Physiology* (2nd ed.).

Manuscripts in Review

- Dangerfield, H.J., Scott, J.M., Zohn, J., Segal, D.L., and **Benton, M.J.** Relationship between Anxiety and Quality of Life Among Older Adults with Self-Reported Polypharmacy in Long-Term Care: A Cross-Sectional Study. *Journal of Advanced Nursing*.
- McCormick, S.J., Smith-Holmquist, N., and **Benton, M.J.** Healthy Lifestyle Counseling by Nurse Practitioners. *Journal of the American Association of Nurse Practitioners*.

Published Abstracts (*mentored student)

- Graham, H.,L. Scott, J.M., and **Benton, M.J.** Construct validity of exercise adherence rating scale in community dwelling older women: Proof of concept. (2022). *Innovation in Aging*. 6(S1), 802.
- *Dangerfield, H.J., Scott, J.M., Zohn, J., Segal, D.L., and **Benton, M.J.** Polypharmacy, anxiety, and quality of life in long-term care residents. (2022). *Innovation in Aging*. 6(S1), 705-706.
- Scott, J.M., Graham, H.L., Mayo, A.M., and **Benton, M.J.** (2021). Living in the new normal: Effect of residential setting on perception of a meaningful life among older women. *Innovation in Aging*. 5(S1), 884.
- Spicher, J., Silva-Smith, A., **Benton, M.J.** (2020). Is handgrip strength a valid and reliable measure in older adults? *Innovations in Aging*. 4(S1), 188.

- Graham, H.L. and **Benton, M.J.** (2020) Influence of muscle quality versus quantity on health related quality of life in women with heart disease. *Journal of Cardiopulmonary Rehabilitation & Prevention*. 40, E-40-41.
- Benton, M.J., Silva-Smith, A.L., and Spicher, J.M. (2019) Does gender influence risk for orthostatic hypotension in older adults with sarcopenia? *Innovation in Aging*. 3(S1), 682.
- Aloiau, A., Segal, D.L., Mouchawar, A., and **Benton, M.J.** (2019) Impact of end-of-life planning on surrogate decision-maker anxiety. *Innovation in Aging*. 3(S1), 109.
- Benton, M. and Schlairet, M. (2018). Accuracy of self-reported physical activity level for assessment of older female breast cancer survivors. *Innovations in Aging*. 2(S1), 699-700.
- Silva-Smith, A.L., Okun, M., Spicher, J., and **Benton, M.** (2018). Difference in body composition and physical activity in older women based on sleep quality. *Innovations in Aging*. 2(S1), 299.
- Spicher, J.M., Silva-Smith, A.L., and **Benton, M.J.** (2018). Loss of lean mass increases risk for postural Hypotension in older men and women. *Medicine & Science in Sports & Exercise*, 50 (5 Suppl.), S29.
- Benton, M.J., Schlairet, M.C., and Silva-Smith, A.L. (2016). Accuracy of perceived activity level among older women in the community. *Gerontologist*, 56(Suppl 3), 543.
- Benton, M.J. & Silva-Smith, S.L. (2016). Is there a compensatory mechanism to maintain muscle hydration and prevent dehydration at high altitude? *Medicine & Science in Sports & Exercise*, 48(5 Suppl.), S444.
- Benton, M.J. (2015). Exercise prescription for sarcopenia/body composition. *Gerontologist*, 55(Suppl 2), 802.
- Benton, M.J. and Schlairet, M.C. (2015). Accuracy of BMI as a predictor of sarcopenia and strength in older women. *Medicine & Science in Sports & Exercise*, 47(5 Suppl.), S94.
- Sanderson, S., Anderson, P. and **Benton, M.** (2015). Difference in bone mineral density between young versus midlife women. *Medicine & Science in Sports & Exercise*, 47(5 Suppl.), S491.
- Benton, M.J. and Schlairet, M.C. (2014). Influence of fat free mass index on overnight fluid loss and Orthostatic blood pressure. *Gerontologist*, 54(S2), 91.
- Benton, M.J., Schlairet, M.C., and Gibson, D.R. (2014). Effect of resistance training on shoulder flexibility in breast cancer survivors with unilateral mastectomy. *Medicine and Science in Sports and Exercise*, 46(5 Suppl.), S284.
- Waggener, G., Panton, L., **Benton, M.**, and Sanderson, S. *In situ* "Exercise is Medicine"™: (2014). The mall walker trial. *Medicine and Science in Sports and Exercise*, 46(5 Suppl.), S53.
- Benton, M.J., Alexander, J.D. and Holland, J.D. (2013). Does gender influence the relationship between strength, function, and QOL during chronic illness? *Gerontologist*, 53(S1), 548.
- Schlairet, M.C., **Benton, M.J.**, and Shirlock, S.M. (2013). Older adults and cancer survivorship education: Interest in learning about safe exercise and beyond. *Gerontologist*, 53(S1), 547.
- Benton, M.J. and Schlairet, M.C. (2012). Assessment of overnight intramuscular fluid loss and strength in community-dwelling older adults. *Gerontologist*, 52(S1), 204.
- Schlairet, M.C. and **Benton, M.J.** (2012). Assessment of overnight changes in hydration status and orthostatic blood pressure in older adults. *Gerontologist*, 52(S1), 203.
- Benton, M.J., Schlairet, M.C. and Gibson, D.R. Evaluation of two common field tests as surrogate measures of strength in breast cancer survivors. (2012) *Medicine and Science in Sports and Exercise*, 44(5 Suppl.), S554.
- Benton, M.J., Waggener, G.T. and Raab, S. (2011). Effect of training status on energy expenditure after resistance exercise in middle-aged women. *Medicine and Science in Sports and Exercise*, 43(5 Suppl.), S272.
- Bihl, L., Raab, S. and **Benton, M.J.** (2011). Efficacy of compression socks to enhance performance and recovery in distance athletes. *Medicine and Science in Sports and Exercise*, 43(5 Suppl.), S212.
- Benton, M.J., Alexander, J.L. and Wagner, C.L. (2010). Effect of single-set resistance training on quality of life in older adults with COPD. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 30(4), 268-269.
- Benton, M.J., Waggener, G.T. & Raab, S. (2010). Evaluation of multiple 1RM strength trials in trained and untrained women. *Medicine and Science in Sports and Exercise*, 42(5 Suppl.), S226.
- Alexander, J.L., **Benton, M.J.**, and Phillips, W.T. (2010). Comparative reliability of 1RM strength testing between older, untrained men and women. *Medicine and Science in Sports and Exercise*, 42(5 Suppl.), S417.

- Raab, S. **Benton, M.J.**, Waggener, G.T. & Sanderson, S. (2010). Effect of resistance training frequency on functional flexibility in middle-aged women. *Medicine and Science in Sports and Exercise*, 42(5 Suppl.), S291.
- Carter, L., **Benton, M.**, Kasper, M.L., Waggener, G.T., Raab, S., Conner, C., Walls, C. and Banwarth, A. (2010). Evaluation of body composition, strength and power of Division II competitive female cheerleaders. *Medicine and Science in Sports and Exercise*, 42(5 Suppl.), S589.
- Kasper, M.J., Carter, L., Waggener, G.T., Raab, S., **Benton, M.**, Walls, C., Conner, C. and Banwarth, A. (2010). Physical fitness characteristics of Division II competitive female cheerleaders. *Medicine and Science in Sports and Exercise*, 42(5 Suppl.), S590.
- Alexander, J.L. and **Benton, M.J.** (2009). Relationship of upper body strength to six-minute walk performance in older, frail pulmonary rehabilitation patients. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 29(4), 267.
- Benton, M.J. and Alexander, J.L. (2009). Validation of functional fitness tests as surrogate measures of strength in older, frail adults. *Respiratory Care*. 54(9), 1146.
- Benton, M.J., Swan, P.D., Raab, S. & Waggener, G.T. (2009). Effect of resistance training frequency on body composition in middle-aged women. *Medicine & Science in Sports & Exercise*, 41(5 Suppl), S296.
- Alexander, J.L. & **Benton, M.J.** (2009). Relationship between physical function and health-related quality of life in older COPD patients. *Medicine & Science in Sports & Exercise*, 41(5 Suppl), S2.
- Benton, M.J. & Swan, P.D. (2008). Fat oxidation in women during the post-exercise recovery period is not influenced by absolute or relative lean mass. *Obesity*. 16(Supplement 1), S151.
- Benton, M.J. and Alexander, J.L. (2008). Validation of functional fitness tests as surrogate measures of strength in older, frail adults. *Journal of Cardiopulmonary Rehabilitation & Prevention*, 28(4), 274.
- Alexander, J.L. & **Benton, M.J.** (2008) Comparison of two single-set resistance training programs among elderly pulmonary rehabilitation patients: rapid versus delayed intensity progression. *Journal of Cardiopulmonary Rehabilitation & Prevention*, 28(4), 273.
- Benton, M. & Swan, P. (2008) Effect of training volume on energy expenditure after an acute bout of resistance exercise in women, *Medicine & Science in Sports & Exercise*, 40(5 Suppl), S257.
- Benton, M., Vaughan, L., Wagner, C. & Riley, C. (2007) Relationship between BMI, nutrition, strength and function in individuals with COPD, *Gerontologist*, 47(Special Issue 1), 299.
- Benton, M. & Swan, P. (2007) Comparison of air displacement plethysmography and whole body bioelectrical impedance in middle-aged women, *Medicine & Science in Sports & Exercise*, 39(5 Suppl), S372.
- Benton, M. & Swan, P. (2006) Postexercise protein, energy expenditure and substrate utilization in middle-aged women. *Obesity*, 14, A238.
- Swan, P.D. & **Benton, M.J.** (2005) The effect of timing of dietary protein and resistance exercise on body composition in women. *Obesity*, 13, A136.

Grants

- March 2022. University of Colorado at Colorado Springs Faculty Assembly Women's Committee Mini-Grant. "*Women with Heart Disease.*" Role: Co-Investigator. (\$500).
- June 2021. Sigma Theta Tau International Honor Society of Nursing Doris Bloch Grant. "*Comparison of Lean Mass in Women With and Without Heart Disease.*" Role: Co-Investigator. (Not Funded).
- June 2020. NIH-NIA R01. "*Impact of Dry Bean Intake and Resistance Training on Sarcopenia in Older Adults.*" Role: Principal Investigator. (Not Funded).
- March 2020. University of Colorado at Colorado Springs Committee on Research and Creative Works. "*Metabolism, Body Composition, Sleep, and Quality of Life in Women.*" Role: Principal Investigator. (\$7,315).
- December 2019. Dry Bean Health Research Program. "*Impact of Dry Bean Intake and Resistance Training on Sarcopenia in Older Adults.*" Role: Principal Investigator. (\$20,000).

December 2019. USA Dry Pea & Lentil Council. *"Effects of Daily Split Pea Consumption and Exercise on Sarcopenia in Adults with Sarcopenia."* Role: Co-Investigator. (Not funded).

November 2019. University of Colorado at Colorado Springs Faculty Assembly Women's Committee Mini-Grant. *"Body Composition, Metabolism, Sleep, and Quality of Life in Women."* Role: Co-Investigator. (\$500).

December 2018. Dry Bean Health Research Program. *"Impact of Dry Bean Intake and Resistance Training on Sarcopenia in Older Adults."* Role: Principal Investigator. (Not funded).

December 2018. USA Dry Pea & Lentil Council. *"Effects of Daily Lentil Consumption and Exercise on Sarcopenia in Adults with Sarcopenia."* Role: Co-Investigator. (Not funded).

October 2017. NIH-NINR R21. *"Effect of Increased Lean Mass on Postural Blood Pressure in Older Adults with Low Lean Mass."* Role: Principal Investigator. (Not funded).

May 2017. University of Colorado at Colorado Springs Faculty Assembly Women's Committee Mini-Grant. *"Comparison of Lean Mass in Women With and Without Heart Disease."* Role: Co-Investigator. (\$500).

October 2016. NIH-NCI R01. *"Soy, Mastectomy, & Resistance Training + Gut Microflora (SMART-GUT)."* Role: Co-Principal Investigator. (Not funded).

June 2016. NIH-NIA R01. *"Effect of Resistance Training on Postural Blood Pressure in Older Adults with Low Lean Mass."* Role: Principal Investigator. (Not funded).

March 2016. Soy Health Research Program. *"Soy, Mastectomy, and Resistance Training + Gut Microbiota (SMART-GUT) Study."* Role: Co-Investigator. (\$10,000)

May 2015. 1 Hope for Cancer. *"Soy, Mastectomy and Resistance Training in Young Women (SMARTY) Study."* Role: Co-Investigator. (Not funded)

March 2015. Soy Health Research Program. *"Soy, Mastectomy and Resistance Training (SMART) Study."* Role: Co-Investigator. (Not funded)

April 2014. University of Colorado at Colorado Springs Faculty Assembly Women's Committee Mini-Grant. *"Comparison of Unilateral Lean Mass in Women Post Mastectomy."* Role: Principal Investigator. (\$500)

March 2014. University of Colorado at Colorado Springs Committee on Research and Creative Works. *"Body Composition, Hydration and Functional Ability in Older Adults Living at High Altitude."* Role: Principal Investigator. (Not funded)

November 2012. Valdosta State University Graduate Faculty Scholarship Grant. *"Effect of Physical Activity on Academic Success in Baccalaureate Nursing Students."* Role: Principal Investigator. (\$600)

October 2011. Valdosta State University Graduate Faculty Scholarship Grant. *"Effect of Mastectomy Site on Arm Strength, Lean Mass, and Quality of Life in Breast Cancer Survivors."* Role: Principal Investigator. (\$250)

September 2011. Oncology Nursing Society Small Research Grant. *"Effect of Mastectomy Site on Arm Strength, Lean Mass, and Quality of Life in Breast Cancer Survivors."* Role: Principal Investigator. (Not funded).

October 2010. Valdosta State University Faculty Research Grant. *"Multi-Frequency Bioelectrical Impedance Analysis and Evaluation of Hydration Status and Body Composition in Community-Dwelling Elderly Men and Women."* Role: Principal Investigator. (\$5,000).

May, 2010. Daisy Foundation: J. Patrick Barnes Grants for Nursing Research. *“Effect of Age on Outcomes of a Resistance Training Program in Breast Cancer Survivors.”* Role: Co-Investigator. (\$5,000).

February 2010. NIH-NIA R03. *“Multi-Frequency Bioelectrical Impedance to Evaluate Hydration in Community-Dwelling Elderly.”* Role: Principal Investigator. (Not funded).

September 2008. Valdosta State University Faculty Research Grant. *“Effect of Training Status on Energy Expenditure After a Single Bout of High Intensity Resistance Exercise in Women.”* Role: Principal Investigator. (\$978).

August 2008. Valdosta State University Faculty Research Grant. *“Physical Fitness Characteristics of NCAA Division II Female Cheerleaders.”* Role: Co-Investigator. (\$200).

February 2008. Valdosta State University Faculty Research Grant. *“Effect of Training Status on Energy Expenditure After a Single Bout of High Intensity Resistance Exercise in Trained Women.”* Role: Principal Investigator. (Not funded).

October 2007. Valdosta State University Faculty Research Grant. *“Effect of Resistance Training Frequency on Body Composition in Middle-Aged Women.”* Role: Principal Investigator. (\$1,000).

March 2007. C-Change Cancer Core Competency Initiative. *“Proposal for Development of an Interdisciplinary Course for Healthcare Majors Regarding Appropriate Application of Physical Activity and Exercise to Treatment and Prevention of Cancer.”* Role: Principal Investigator. (Not funded).

August 2005. Charles Corbin President’s Council Fellowship Award. *“Effect of Protein Supplementation Following Resistance Exercise on Energy Expenditure and Substrate Utilization in Middle Aged Women.”* Role: Principal Investigator. (\$500)

December 2003. *“Pulmonary rehabilitation and concurrent strength training: Effects on physical function, mood and health related quality of life.”* Role: Co-Investigator. Funding Source: Banner Health Care Systems, Banner Baywood Heart Hospital, Mesa, AZ. Role: Co-Investigator. (\$8,000).

Current research (Data analysis in progress)

Graham, H.L. and Benton, M.J. Lean mass, function, and quality of life in women with heart disease.

Benton, M.J. and Hutchins, A.L. Metabolism, body composition, sleep, and quality of life in women.

McCormick, S., Smith-Holmquist, N. and Benton, M.J. Healthy lifestyle counseling by advanced practice nurses.

Research Presentations (*mentored student)

Graham, H.,L. Scott, J.M., and **Benton, M.J.** Construct Validity of Exercise Adherence Rating Scale in Community Dwelling Older Women: Proof of Concept. Annual meeting of the Gerontological Society of America, Indianapolis, IN, November 2022, (Abstract and Poster).

*Dangerfield, H.J., Scott, J.M., Zohn, J., Segal, D.L., and **Benton, M.J.** Polypharmacy, anxiety, and quality of life in long-term care residents. Annual meeting of the Gerontological Society of America, Indianapolis, IN, November 2022, (Abstract and Poster).

Scott, J.M., Graham, H.L., Mayo, A.M., and **Benton, M.J.** Living in the new normal: Effect of residential setting on perception of a meaningful life among older women. Annual meeting of the Gerontological Society of America. Online November 2021 (Abstract and Poster).

Spicher, J.M., Silva-Smith, A.L., and **Benton, M.J.** Is handgrip strength a valid and reliable measure in

- older adults? Annual meeting of the Gerontological Society of America. Online November 2020 (Abstract and Poster).
- Graham, H.L. and **Benton, M.J.** Influence of muscle quality versus quantity on health related quality of life in women with heart disease. Annual meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation. Online September 2020, (Abstract and Poster).
- Benton, M.J., Silva-Smith, A.L., and Spicher, J.M. Does gender influence risk for orthostatic hypotension in older adults with sarcopenia? Annual meeting of the Gerontological Society of America, Austin, TX, November 2019, (Abstract and Poster).
- Aloia, A., Segal, D.L., Mouchawar, A., and **Benton, M.J.** Impact of end-of-life planning on surrogate decision-maker anxiety. Annual meeting of the Gerontological Society of America, Austin, TX, November 2019, (Abstract and Poster).
- Graham, H.L. and **Benton, M.** Physical activity-related quality of life in breast cancer survivors compared to healthy women. Annual Reaching for the Peak of Practice: Evidence Based Practice and Research Conference, Colorado Springs, CO, February 2019, (Abstract and Poster).
- Silva-Smith, A.L., Okun, M., Spicher, J.M., and **Benton, M.** Differences in body composition and physical activity in older women based on sleep quality. Annual meeting of the Gerontological Society of America, Boston, MA, November 2018 (Abstract and Poster).
- Benton, M.J. and Schlairet, M.C. Accuracy of self-reported physical activity level for assessment of older female breast cancer survivors. Annual meeting of the Gerontological Society of America, Boston, MA, November 2018 (Abstract and Poster).
- Graham, H.G. and **Benton, M.J.** Comparison of lean mass in women with and without heart disease. Annual meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Louisville, KY, September 2018 (Abstract and Poster).
- Spicher, J.M., Silva-Smith, A.L., and **Benton, M.** Loss of lean mass increases risk for postural hypotension in older men and women. Annual meeting of the American College of Sports Medicine, Minneapolis, MN, June 2018 (Abstract and Poster).
- Pina-Thomas, D., Garrett, S.L., Peterson, K.A., and **Benton, M.J.** Participation in vigorous activities and walking determine overall physical activity levels among baccalaureate nursing students. University of Colorado at Colorado Springs Mountain Lion Research Day, December 2017 (Abstract and poster).
- Spicher, J.M., **Benton, M.J.**, Silva-Smith, A.L., and Okun, M. Influence of gender on hydration, lean mass, strength, and blood pressure in older adults. American Physiological Society – Cardiovascular Aging: New Frontiers and Old Friends, Westminster, CO, August 2017 (Poster).
- Benton, M.J., Schlairet, M.C., and Silva-Smith, A.L. Fluid shifts in older women at high altitude promote hydration and maintain postural blood pressure. 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA, July 2017 (Abstract and poster).
- Peterson, K., Garrett, S., Pina-Thomas, D. and **Benton, M.** Psychological changes in baccalaureate nursing students prior to graduation. 2017 Nurse Educator's Conference in the Rockies, Breckenridge, CO, July 2017 (Podium).
- Benton, M.J. Effect of lean mass on postural blood pressure in older adults: Implications for independent living and quality of life. Annual meeting of the American Society of Nutrition at *Experimental Biology 2017*, Chicago, IL, April 2017 (Podium).
- Benton, M.J., Hutchins, A.M., Dennis, J. and Graham, H.L. Lean mass and lower body strength and function predict quality of life in breast cancer survivors. Annual research conference of the American Institute for Cancer Research, Bethesda, MD, November 2016 (Abstract and poster).
- Benton, M.J., Schlairet, M.C., and Silva-Smith, A.L. Accuracy of perceived activity level among older women in the community. Annual meeting of the Gerontological Society of America, New Orleans, LA, November 2016 (Abstract and poster).
- Benton, M.J. and Silva-Smith, A.L. Is there a compensatory mechanism to maintain muscle hydration and prevent dehydration at high altitude? Annual meeting of the American College of Sports Medicine, Boston, MA, May 2016 (Abstract and poster).
- Peterson, K.A., Garrett, S.L., Pina-Thomas, D. and **Benton, M.J.** Body weight, physical activity, and Psychological stress in baccalaureate nursing students. University of Colorado at Colorado Springs Mountain Lion Research Day, April 2016 (Abstract and poster).
- Benton, M.J. Exercise prescription for sarcopenia/body composition. Annual meeting of the Gerontological Society of America, Orlando, FL, November 2015 (Podium).

- Benton, M.J. and Schlairet, M.C. Accuracy of BMI as a predictor of sarcopenia and strength in older women. Annual meeting of the American College of Sports Medicine, San Diego, CA, May 2015 (Abstract and poster).
- Sanderson, S., Anderson, P., and **Benton, M.** Difference in bone mineral density between young versus midlife women. Annual meeting of the American College of Sports Medicine, San Diego, CA, May 2015 (Abstract and poster).
- Garrett, S.L., Pina-Thomas, D., Peterson, K.A., and **Benton, M.J.** Physical activity and stress in undergraduate nursing students. University of Colorado at Colorado Springs Mountain Lion Research Day, April 2015 (Abstract and poster).
- Schlairet, M.C., Green, R., and **Benton, M.J.** Flipping the classroom: A pilot study in undergraduate nursing education. Accepted for presentation at the annual meeting of the Southern Nursing Research Society, Tampa, FL, February 2015 (Abstract and poster).
- Benton, M.J. and Schlairet, M.C. Influence of fat free mass index on overnight fluid loss and orthostatic blood pressure. Annual meeting of the Gerontological Society of America, Washington, DC, November 2014 (Abstract and poster).
- Benton, M.J., Schlairet, M.C., and Gibson, D.R. Effect of resistance training on shoulder flexibility in breast cancer survivors with unilateral mastectomy. Annual meeting of the American College of Sports Medicine, Orlando, FL, May 2014 (Abstract and poster).
- Waggener, G., Pantan, L., Benton, M., and Sanderson, S. *In situ* "Exercise is Medicine"™: The mall walker trial. Annual meeting of the American College of Sports Medicine, Orlando, FL, May 2014 (Abstract and poster).
- Peterson, K.A., Garrett, S.L., and **Benton, M.J.** Academic self-efficacy and psychological distress in Undergraduate nursing students. University of Colorado at Colorado Springs Mountain Lion Research Day, Colorado Springs, CO, April 2014 (Abstract and poster).
- Pina-Thomas, D, Peterson, K.A., Garrett, S.L., **Benton, M.J.**, Schlairet, M.C., James, K.L., and Carter, L.E. Differences in academic self-efficacy and self-esteem in beginning and experienced Baccalaureate nursing students. University of Colorado at Colorado Springs Mountain Lion Research Day, Colorado Springs, CO, April 2014 (Abstract and poster).
- Benton, M.J., Alexander, J.L., and Holland, J.D. Does gender influence the relationship between strength, function, and QOL during chronic illness? Annual meeting of the Gerontological Society of America, New Orleans, LA, November 2013 (Podium).
- Schlairet, M.C., **Benton, M.J.**, and Shirlock, S.M. Older adults and cancer survivorship education: interest in learning about safe exercise and beyond. Annual meeting of the Gerontological Society of America, New Orleans, LA, November 2013 (Podium).
- Green, R., Schlairet, M.C. and **Benton, M.J.** Moving millennial nursing students toward heutagogical learning: Pilot implementation of a flipped classroom in the undergraduate nursing curriculum. Annual meeting of the Southern Regional Education Board Council on Collegiate Education in Nursing, Atlanta, GA, November 2013 (Poster).
- Carter, L.E., James, K.L., Schlairet, M.C. and **Benton, M.J.** Effect of physical activity on anticipatory success in baccalaureate nursing students. 2013 Sigma Theta Tau International Region 7 Conference, Ft. Lauderdale, FL, February 2013 (Abstract and poster).
- Benton, M.J. and Waggener, G.T. Training status influences recovery energy expenditure after an acute bout of resistance exercise. Annual meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, February 2013 (Abstract and poster).
- Sanderson, S. and **Benton, M.** A comparison between young women and pre-menopausal women's bone mineral density. Annual meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, February 2013 (Podium).
- Benton, M.J. and Schlairet, M.C. Assessment of overnight intramuscular fluid loss and strength in community-dwelling older adults. Annual scientific meeting of the Gerontological Society of America, San Diego, CA, November 2012 (Abstract and poster).
- Schlairet, M.C. and **Benton, M.J.** Assessment of overnight changes in hydration status and orthostatic blood pressure in older adults. Annual scientific meeting of the Gerontological Society of America, San Diego, CA, November 2012 (Abstract and poster).
- Schlairet, M.C. and **Benton, M.J.** Older women: Distinct audiences for education on end of life care decision-making. Annual meeting of the American Society for Bioethics and Humanities, Washington, DC, October 2012 (Abstract and poster).

- Benton, M.J., Schlairet, M.C. and Gibson, D.R. Evaluation of two common field tests as surrogate measures of strength in breast cancer survivors. Annual meeting of the American College of Sports Medicine, San Francisco, CA, May 2012 (Abstract and poster).
- Schlairet, M.C. and **Benton, M.J.** Integration of a course on functional ability and aging into a baccalaureate nursing curriculum. Annual meeting and educational leadership conference of the Association for Gerontology in Higher Education, Arlington, VA, February 2012 (Abstract and poster).
- Benton, M.J., Schlairet, M.C. and Gibson, D.R. Effect of mastectomy site on arm strength, lean mass, and quality of life in breast cancer survivors. Annual meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL, February 2012 (Podium).
- Benton, M.J., Schlairet, M.C. and Gibson, D.R. The effect of age on physical activity levels and quality of life in breast cancer survivors. Annual scientific meeting of the Gerontological Society of America, Boston, MA, November 2011 (Abstract and poster).
- Schlairet, M., **Benton, M.** and Gibson, D. Change in quality of life in breast cancer survivors after weight training: Is there an effect of age? American Institute for Cancer Research Annual Research Conference on Food, Nutrition, Physical Activity and Cancer, Washington, DC, November 2011 (Abstract and poster).
- Benton, M.J., Waggener, G.T. and Raab, S. Effect of training status on energy expenditure after resistance exercise in middle-aged women. Annual meeting of the American College of Sports Medicine, Denver, CO, June 2011 (Abstract and poster).
- Bihl, L., Raab, S. and **Benton, M.J.** Efficacy of compression socks to enhance performance and recovery in distance athletes. Annual meeting of the American College of Sports Medicine, Denver, CO, June 2011 (Abstract and poster).
- Schlairet, M.C. and **Benton, M.J.** Older cancer survivors: Nutrition, function, and quality of life. Annual meeting of the Georgia Psychological Society, Statesboro, GA, April 2011. (Podium).
- Benton, M.J., Schlairet, M.C. and Gibson, D.R. Effect of lymphedema on quality of life in breast cancer survivors. Annual meeting of the Georgia Psychological Society, Statesboro, GA, April 2011. (Abstract and poster).
- Benton, M.J. and Schlairet, M.C. Improvements in quality of life in middle-aged women following eight weeks of progressive resistance training. Annual meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, February 2011. (Abstract and poster).
- Benton, M.J., Alexander, J.L. and Wagner, C.L. Effect of single-set resistance training on quality of life in older adults with COPD. Annual meeting of the American Academy of Cardiovascular and Pulmonary Rehabilitation, Milwaukee, WI, October 2010 (Podium).
- Benton, M.J., Waggener, G.T. and Raab, S. Evaluation of multiple 1RM strength trials in trained and untrained women. Annual meeting of the American College of Sports Medicine, Baltimore, MD, June 2010 (Abstract and poster).
- Alexander, J.L. and **Benton, M.J.** Reliability of multiple 1RM strength testing between older, untrained men and women. Annual meeting of the American College of Sports Medicine, Baltimore, MD, June 2010 (Abstract and poster).
- Carter, L., **Benton, M.J.**, Kasper, M.J., Waggener, G.T., Raab, S., Conner, C., Walls, C. Banwarth, A. Evaluation of body composition, strength and power of division II competitive female cheerleaders. Annual meeting of the American College of Sports Medicine, Baltimore, MD, June 2010 (Abstract and poster).
- Raab, S., **Benton, M.J.**, Waggener, G.T. and Sanderson, S. Effect of resistance training frequency on functional flexibility in middle-aged women. Annual meeting of the American College of Sports Medicine, Baltimore, MD, June 2010 (Abstract and poster).
- Kasper, M.J., Carter, L., Waggener, G.T., **Benton, M.J.**, Walls, C., Conner, C. and Banwarth, A. Physical fitness characteristics of division II competitive female cheerleaders. Annual meeting of the American College of Sports Medicine, Baltimore, MD, June 2010 (Abstract and poster).
- Benton, M.J., Raab, S., Waggener, G.T. and Swan, P.D. Effect of increased lean mass on resting metabolic rate in middle-aged women. Annual meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC. February 2010. (Abstract and poster).
- Alexander, J.L. and **Benton, M.J.** Relationship of upper body strength to six-minute walk performance in older, frail pulmonary rehabilitation patients. Annual meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Pittsburg, PA. October 2009 (Abstract and poster).

- Benton, M.J., Swan, P.D., Raab, S. and Waggener, G.T. Effect of resistance training frequency on body composition in middle-aged women. Annual meeting of the American College of Sports Medicine, Seattle, WA. May 2009 (Abstract and poster).
- Alexander, J.L. and **Benton, M.J.** The relationship between physical function and health-related quality of life in older COPD patients. Annual meeting of the American College of Sports Medicine, Seattle, WA. May 2009 (Podium).
- Benton, M.J, Swan, P.D. and Whyte, M. Resistance training to maintain body composition during pregnancy: a case study. Annual meeting of the Southeast Chapter of the American College of Sports Medicine, Birmingham, AL, February 2009 (Abstract and poster).
- Benton, M.J. and Swan, P.D. Fat oxidation in women during the post-exercise recovery period is not influenced by absolute or relative lean mass. Annual scientific meeting of The Obesity Society, Phoenix, AZ, October 2008. (Abstract and poster).
- Benton, M.J. and Alexander, J.L. Validation of functional fitness tests as surrogate measures of strength in older, frail adults. Annual meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Indianapolis, IN, September 2008 (Abstract and poster).
- Alexander, J.L. and **Benton, M.J.** Comparison of two single-set resistance training programs among elderly pulmonary rehabilitation patients: rapid versus delayed intensity progression. Annual meeting of the American Association of Cardiovascular and Pulmonary Rehabilitation, Indianapolis, IN, September 2008 (Abstract and poster).
- Benton, M.J. and Swan, P.D. Effect of training volume on energy expenditure after an acute bout of resistance exercise in women. Annual meeting of the American College of Sports Medicine, Indianapolis, IN. May 2008 (Abstract and poster).
- Benton, M.J. Evaluation of functional fitness field tests as surrogate measures of strength in older, frail adults. Annual meeting of the Southeast Chapter of the American College of Sports Medicine, Birmingham, AL, February 2008 (Abstract and poster).
- Benton, M.J. and Vaughan, L.A. Relationship between BMI, nutrition, strength and function in individuals with COPD. Annual Meeting of the Gerontological Society of America, San Francisco, CA November 2007. (Abstract and poster).
- Alexander, J.L. and **Benton, M.J.** Comparison of two single-set resistance training programs among elderly pulmonary rehabilitation patients: rapid versus delayed intensity progression. Annual meeting of the Southwest Region American College of Sports Medicine Annual Conference, San Diego, CA. November 2007 (Abstract and poster).
- Benton, M. and Swan, P. Comparison of air displacement plethysmography and whole body bioelectrical impedance in middle-aged women. Annual meeting of the American College of Sports Medicine, New Orleans, LA, May 2007. (Abstract and poster).
- Benton, M.J. and Swan, P.D. Post-exercise protein, energy expenditure and fat utilization in middle aged women. Annual Scientific Meeting of the North American Association for the Study of Obesity, Boston, MA, October 2006. (Abstract and poster).
- Benton, M.J. and Swan, P.D. Post-exercise protein, energy expenditure and fat utilization in middle aged women. Fourth Annual Graduate Student Research Conference, Arizona State University, April 2006. (Abstract and poster).
- Benton, M.J., Swan, P.D. and Jourdon, I. Evaluation of multiple 1RM strength trials in untrained females. Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, November 2005 (Abstract and Poster).
- Sisson, S.B., **Benton, M.J.**, Swan, P.D. and Tudor-Locke, C. Preliminary steps/minute in older populations: public health recommendations. Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, November 2005 (Abstract and Poster).
- Swan, P.D. and **Benton, M.J.** The effect of timing of dietary protein and resistance exercise on body composition in women. Annual Scientific Meeting of the North American Association for the Study of Obesity, Vancouver, British Columbia, Canada, October 2005 (Abstract and Poster).
- Benton, M.J. and Swan, P.D. The effect of resistance training and protein supplementation on muscle accretion in women between the ages of 24 and 54. Third Annual Graduate Student Research Conference, Arizona State University, April 2005. (Abstract and poster).
- Benton, M.J., W.T. Phillips and A.M. Batterham. Single set resistance training increases strength and functional fitness in older pulmonary rehabilitation patients. Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV, October 2004. (Abstract and poster)

- Benton, M.J. and W.T. Phillips. The effect of single set moderate intensity resistance training on functional fitness in COPD patients concurrently enrolled in pulmonary rehabilitation. 2nd Annual Graduate Student Research Conference, Arizona State University-East, April 6, 2004. (Abstract and poster).
- Benton, M.J. et al. "Pain Assessment in the Elderly and Severely Ill," 10th Annual National Gerontological Nursing Association Convention, Washington, DC, September, 1995. (Abstract and poster).

Other Scholarly Activities

- November 2015 Symposium chair - Prescription of Exercise for Health Promotion among Aging Adults at the annual meeting of the Gerontological Society of America, Orlando, FL
- November 2013 Symposium chair - Physical Activity and Aging: Facilitators and Barriers to Implementing Behavior Change at the annual meeting of the Gerontological Society of America, New Orleans, LA

TEACHING

2013 – Present

Helen and Arthur E. Johnson Beth-El College of Nursing & Health Sciences, University of Colorado at Colorado Springs

Online Instruction:

Graduate

NURS 7020 – Clinical Research Application

NURS 7024 – Research Analysis & Application (Developed and taught)

NURS 7120 – Evaluation of Clinical Research and Quality Improvement Projects (Developed and taught)

Guest Lecture:

HSCI 4890/6170 – Special Topics: Interprofessional Education in the Health Sciences – *Sarcopenia* (2/18/16)

Professional Advancement Certificate in Gerontology Course – *Comprehensive Geriatric Assessment* (4/28/15)

2006 – 2013

College of Nursing, Valdosta State University, Valdosta, GA

Didactic Instruction:

Undergraduate

NURS 3214 – Health and Well-Being of Older Adults (Developed and taught)

NURS 3060 – Special Topics in Nursing: Global Health and Nutrition (Developed and taught)

NURS 3060 – Special Topics in Nursing: Applied Nutritional Science (Developed and taught)

NUTR 3100 – Applied Nutritional Science (Developed and taught)

NUTR 3250 – Special Topics in Nutrition: Military Nutrition (Developed and taught)

NUTR 3250 – Special Topics in Nutrition: Global Health and Nutrition (Developed and taught)

NUTR 3250 – Special Topics in Nutrition: Childhood Obesity

NUTR 3300 – Introduction to Nutrition, Exercise and Health (Developed and taught)

NUTR 3300 – Nutrition, Fitness and Health (Developed and taught)

NUTR 3350 – Weight Management (Developed and taught)

NUTR 4000 – Advanced Nutritional Therapy (Developed and taught)

NUTR 4900 – Lifecycle Nutrition (Developed and taught)

NUTR 4950 – Community Nutrition and Health (Developed and taught)

Undergraduate Independent Study

NUTR 3250 – Special Topics in Nutrition: Military Nutrition
NUTR 3250 – Special Topics in Nutrition: Childhood Obesity
NUTR 3250 – Special Topics in Nutrition: Nutrition in College Students
NUTR 3250 – Special Topics in Nutrition: Nutritional Implications for
Management of the Diabetic Patient

Graduate

NURS 7220 – Advanced Evidence-Based Practice (Developed and taught)
NURS 7473 – MSN Project

Didactic and Clinical Instruction:

Undergraduate

NURS 3111 – Nursing Care: Health Promotion and Competencies
NURS 3220 – Community Health Nursing
NURS 4200 – Community Health Nursing Care

Clinical Instruction:

Undergraduate

NURS 3102 – Pharmacology
NURS 4220 – Integration of Nursing Modalities

Graduate

NURS 7231L- Advanced Nursing for Health Promotion of Adults
NURS 7332L- Advanced Nursing for Health Restoration of Adults

Online Instruction:

Graduate

NURS 7130 – Seminar in Issues and Health Policy (Developed and taught)

2003 – 2006 Teaching Assistant, Department of Exercise and Wellness, Arizona State University
Teaching Responsibilities:
EXW 100 – Introduction to Wellness, Instructor – fall 2003 – fall 2005
EXW 425 – Exercise Prescription, Teaching Assistant/Lecturer – fall 2004
EXW 300 – Foundations of Wellness, Instructor – spring 2006

2003 – 2004 Graduate mentor for ASU MS students conducting research at Banner Baywood Heart Hospital

1995 – 1996 Preceptor for BSN students through Division of Nursing, California State University Dominguez Hills

Graduate Student Advising: Doctoral Committee Chair

DNP Project – Coatney, Megan (Fall 2018-Spring 2019). *Improving annual chlamydia and gonorrhea screening rates amongst females 24 years and younger in a rural Colorado family planning program.* Graduation, May 2019.

DNP Project – Aloiau, April (Fall 2016-Spring 2018). *Impact of end of life planning on surrogate decision maker anxiety.* Graduation, May 2018.

DNP Project – Person, M.J. (Fall 2015-Spring 2016). *Evaluating the relationship of occupational sedentary time and perceived health of federal office workers.* Graduation, May 2016.

DNP Project – Komorowski, J. (Spring-Fall 2014). *Modification of obstetric simulation scenarios for fidelity in a home-birth setting.* Graduation, December 2014.

Graduate Student Advising: Doctoral Committee Member

Dissertation – Williams, Kadija (Fall 2017-Spring 2019). *An entity theory of suicide: Understanding suicide risk from a mindset framework*. Graduation, December 2019.

DNP Project – Brew, N. (Summer 2017-Fall 2018). *Suicide prevention among rural women of childbearing age in Nepal: Evidence-informed pathways for intervention*. Graduation, December 2018.

DNP Project – Surace, A.M. (Fall 2013-Spring 2015). *The relationship between evidenced-based practice beliefs, knowledge, and implementation among staff nurse leaders at an acute care hospital*. Graduation, May 2015.

Graduate Student Advising: Masters Committee Chair

Thesis – Pinto, K. (Spring 2023-Present). *Endometriosis and quality of life*. (Anticipated Graduation: Spring 2024).

Thesis – Dangerfield, H. (Spring 2021-2022). *Polypharmacy: Impact on the geriatric population*. Graduation, May 2022.

Thesis – Salazar, T. (Spring 2020-2021). *Vaccine hesitancy among parents in Colorado*. Graduation, August 2021.

Graduate Project – Martin, R. (Spring-Fall 2009). *Secondary healthcare science education: a pipeline for the nursing workforce of the future*. Graduation, December 2009.

Graduate Student Advising: Masters Committee Member

Thesis – Paulk, J. (Fall 2008-Spring 2009). *Health related quality of life of females with systemic lupus erythematosus in south Georgia*. Graduation, May 2009.

Undergraduate Student Advising: Honors Thesis Committee Member

Honors Thesis – Garcia, S. (Spring 2014). *The stability of preferences in older adults with and without dementia*. Graduation, May 2014.

Mentoring

2017 – 2019 ACSM Mentoring Women Program – Professional mentor to Tanya M. Kern, MD, Denver, CO
Mentoring goal: Fellowship in the American College of Sports Medicine

SERVICE

Editorial Board

2022 – Present	Associate Editor – <i>International Journal of Nursing Studies</i>
2021 – 2023	Editorial Board member – <i>BMC Geriatrics</i>
2021 – Present	Editorial Board member – <i>International Journal of Nursing Studies Advances</i>
2020 – Present	Editorial Board member – <i>Respirology</i>
2015 – 2018	Editorial Board member – <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i>
2013 – 2020	Associate Editor - <i>Respirology</i>
2009 – 2011	Contributing Editor - <i>American Journal of Health Promotion (Database Section)</i>

Advisory Board

2019 – 2020	Customer Advisory Board member – IBM SPSS Statistics
2015 – Present	International Advisory Board member – <i>Quality of Life Research</i>
	Reviewer for Professional Journals (since 2010 only)
2020 – Present	<i>American Journal of Physical Medicine & Rehabilitation</i> <i>American Journal of Preventive Medicine</i> <i>Applied Physiology, Nutrition, and Metabolism</i> <i>Clinical Medicine Insights: Arthritis and Musculoskeletal Disorders</i> <i>Clinical Nurse Specialist</i> <i>European Journal of Cancer Care</i> <i>European Journal of Sport Science</i> <i>Foods</i> <i>Gerontologist</i> <i>Health & Quality of Life Outcomes</i> <i>Health Education Research</i> <i>Heliyon</i> <i>Human Movement Science</i> <i>International Journal of Environmental Research & Public Health</i> <i>International Journal of Exercise Science</i> <i>International Journal of Nursing Studies Advances</i> <i>International Journal of Nursing Studies</i> <i>Journal of Aging and Physical Activity</i> <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> <i>Journal of Physical Activity & Health</i> <i>Journal of Sport & Health Science</i> <i>Journal of Strength and Conditioning Research</i> <i>Medicine & Science in Sports & Exercise</i> <i>Nutrition & Metabolism</i> <i>PLOS ONE</i> <i>Quality of Life Research</i> <i>Respiratory Care</i> <i>Respirology</i> <i>Scientific Reports</i> <i>Seminars in Arthritis & Rheumatism</i> <i>Women's Health Reports</i>
2015 – 2019	<i>American Journal of Physical Medicine & Rehabilitation</i> <i>American Journal of Preventive Medicine</i> <i>Chest</i> <i>Clinical Medicine Insights: Women's Health</i> <i>Clinical Nurse Specialist</i> <i>European Journal of Cancer Care</i> <i>Geriatric Nursing</i> <i>Health & Quality of Life Outcomes</i> <i>Human Movement Science</i> <i>International Journal of Exercise Science</i> <i>International Journal of Nursing Studies</i> <i>International Journal of Sports Medicine</i> <i>Journal of Aging and Physical Activity</i> <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> <i>Journal of Gerontology</i> <i>Journal of Sport & Health Science</i> <i>Journal of Strength and Conditioning Research</i> <i>Medicine & Science in Sports & Exercise</i> <i>Nurse Education Today</i>

PM&R
Quality of Life Research
Respiratory Care
Respirology
Scientific Reports
The Gerontologist

2010 – 2014

AGE: Journal of the American Aging Association
American Journal of Physical Medicine & Rehabilitation
American Journal of Preventive Medicine
Archives of Physical Medicine & Rehabilitation
BMC Geriatrics
Canadian Medical Association Journal
Clinical Medicine Insights: Circulatory, Respiratory and Pulmonary Medicine
Clinical Nurse Specialist
Degenerative Neurological and Neuromuscular Disease
European Journal of Applied Physiology
Healthy Aging & Clinical Care in the Elderly
Geriatric Nursing
International Journal of Chronic Obstructive Pulmonary Disease
International Journal of Nursing Studies
International Journal of Sports Medicine
International Journal of Women's Health
Journal of Aging and Physical Activity
Journal of Obesity & Weight Loss Therapy
Journal of Strength and Conditioning Research
Medicine & Science in Sports & Exercise
Nutrition & Metabolism
Preventive Medicine
Quality of Life Research
Respiratory Care
Respirology
Women & Health

Reviewer for Textbooks

2012 Reviewer, Book Chapter. Wardlaw's Perspectives in Nutrition, a Functional Approach, 1st ed., McGraw Hill (2012)

2011 Reviewer, Book Chapter. Gerontological Nursing: The Essential Guide to Clinical Practice, 3rd ed. by Tabloski, P.A. (2012)

2008 Reviewer, Book Chapter. The Science of Nutrition, by Thompson, J.L. Manore, M.M. and Vaughan, L.A., Pearson/Benjamin Cummings (2008)

2008 Reviewer, Book. Williams' Essentials of Nutrition & Diet Therapy, 9th ed. by Schlenker, E.D. and Long, S., Mosby/Elsevier (2007)

Reviewer for Conference Presentations

April 2023 Reviewer, Abstract Submissions, Gerontological Society of America annual conference.

March 2022 Reviewer, Abstract Submissions, Gerontological Society of America annual conference.

June 2021 Reviewer, Abstract Submissions, American Association of Respiratory Care International Respiratory Congress.

March 2021 Reviewer, Abstract Submissions, Gerontological Society of America annual conference.

September 2020 Reviewer, Abstract Submissions, National Association of Clinical Nurse Specialists annual conference.

June 2020 Reviewer, Abstract Submissions, American Association of Respiratory Care International Respiratory Congress.

April 2020 Reviewer, Abstract Submissions, Gerontological Society of America annual conference.

September 2019 Reviewer, Abstract Submissions, National Association of Clinical Nurse Specialists annual conference.

June 2019 Reviewer, Abstract Submissions, American Association of Respiratory Care International Respiratory Congress.

June 2018 Reviewer, Abstract Submissions, American Association of Respiratory Care International Respiratory Congress.

April 2018 Reviewer, Abstract Submissions, Gerontological Society of America annual conference.

February 2018 Reviewer, Abstract Submissions, American Society for Nutrition annual meeting.

October 2017 Reviewer, Abstract Submissions, National Association of Clinical Nurse Specialists annual conference.

May 2017 Reviewer, Abstract Submissions, American Association of Respiratory Care International Respiratory Congress.

December 2016 Reviewer, Abstract Submissions, American Society for Nutrition Scientific Sessions at Experimental Biology 2017.

August 2016 Reviewer, Abstract Submissions, IAGG World Congress of Gerontology and Geriatrics.

May 2016 Reviewer, Abstract Submissions, American Association of Respiratory Care International Respiratory Congress.

April 2016 Reviewer, Abstract Submissions, Gerontological Society of America annual conference.

June 2015 Reviewer, Abstract Submissions, American Association of Respiratory Care Congress.

March 2015 Reviewer, Abstract Submissions, Gerontological Society of America annual conference.

August 2014 Reviewer, Abstract Submission, National Association of Clinical Nurse Specialists annual conference.

June 2014 Reviewer, Abstract Submissions, American Association of Respiratory Care Congress.

July 2013 Reviewer, Abstract Submissions, American Association of Respiratory Care Congress.

April 2013 Reviewer, Abstract Submissions, Gerontological Society of America annual conference.

September 2012 Reviewer, Abstract Submissions, National Association of Clinical Nurse Specialists annual conference.

April 2012 Reviewer, Abstract Submissions, The Gerontological Society of America annual conference.

October 2011 Reviewer, Abstract Submissions, National Association of Clinical Nurse Specialists annual conference.

October 2010 Reviewer, Abstract Submissions, National Association of Clinical Nurse Specialists annual conference.

December 2009 Reviewer, Student Abstract Submissions, National Association of Clinical Nurse Specialists annual conference

July 2009 Reviewer, Abstract Submissions, National Association of Clinical Nurse Specialists annual conference.

Reviewer for Grant Applications

April 2021 Reviewer, Committee for Research and Creative Works grant applications, University of Colorado Colorado Springs

Reviewer for Research Protocols

2015 – 2019 Reviewer, IRB applications, University of Colorado, Colorado Springs.

Professional Organizations

2021 – Present	National Strength and Conditioning Association
2016 – Present	American Society for Nutrition
2013 – 2020	Asian Pacific Society of Respiriology (honorary membership)
2009 – Present	Gerontological Society of America
2008 – 2011	American Association of Cardiovascular and Pulmonary Rehabilitation
2006 – 2008	American Association of University Professors
2004 – Present	American College of Sports Medicine Member Rocky Mountain Chapter 2014 – 2020 Member Southeast Chapter 2006 – 2013 Member Southwest Chapter 2004 – 2006
2003 – 2022	National Association of Clinical Nurse Specialists
2000 – 2002	Association of Geriatric Nurse Specialists, San Francisco, CA
1994 – Present	Sigma Theta Tau International Xi Phi Chapter – 2014 – present Epsilon Pi Chapter 2006 – 2014 Beta Upsilon Chapter 2004 – 2006 Xi Theta Chapter 1994 – 2019
1992-1997	National Gerontological Nursing Association

Professional Organization Activities

2017 – Present	American College of Sports Medicine – Interest Group Forums Committee
2016 – 2017	American College of Sports Medicine, Rocky Mountain Chapter – Past President
2015 – 2016	American College of Sports Medicine, Rocky Mountain Chapter – President
2014 – 2015	American College of Sports Medicine, Rocky Mountain Chapter – President Elect
2013 – 2015	National Association of Clinical Nurse Specialists – Research Committee
2013 – 2016	Gerontological Society of America – Health Sciences Education Committee
2010 – 2016	American College of Sports Medicine – Strategic Health Initiative on Aging in Exercise Science and Sports Medicine
2011 – 2013	Sigma Theta Tau International, Epsilon Pi Chapter – President
2009 – 2011	Sigma Theta Tau International, Epsilon Pi Chapter – President Elect
2009 – 2011	Sigma Theta Tau International, Xi Theta Chapter – Research Committee
2009 – 2011	Sigma Theta Tau International, Xi Theta Chapter – Leadership Succession Committee
2008 – 2011	American College of Sports Medicine – Co-chair Aging Interest Group
2008 – 2009	Sigma Theta Tau International, Xi Theta Chapter – Research Committee
2006 – 2008	Sigma Theta Tau International, Xi Theta Chapter – Leadership Succession Committee
1995 – 1996	Sigma Theta Tau International, Xi Theta Chapter – Vice-President,
1995 – 1996	National Gerontological Nursing Association Advanced Practice Subcommittee

Invited Professional Presentations

December 2016	“Clinical Relevance of Cachexia in Chronic Obstructive Pulmonary Disease” at the New York Academy of Sciences conference on Managing Disease-Related Lean Body Mass Loss through Clinical and Nutrition Interventions, New York, NY.
March 2015	“Forum to Assess the Research Needs of the CNS” at the Annual Conference of the National Association of Clinical Nurse Specialists, San Diego, CA
January 2015	“Successful Grant Writing” panel presentation at Nursing Faculty Development Day, University of Colorado at Colorado Springs.
February 2014	“Aging, Frailty, and Muscular Strength” at UCCS Gerontology Center Spring 2014 Colloquium Series, Colorado Springs, CO
November 2011	“Loss of Strength and Function with Aging and Inactivity: Can Nutrition Make a Difference?” at Abbott Nutrition Health Institute Conference: Strengthening

September 2011 Outcomes in the Aging Population – Collaborative Teams as the Vital Link Between Nutrition and Sustained Recovery, San Francisco, CA
“Loss of Strength and Function with Aging and Inactivity: Can Nutrition Make a Difference?” at Abbott Nutrition Health Institute Conference: Strengthening Outcomes in Older Adults – Nurses as the Vital Link between Nutrition and Sustained Recovery, Columbus, OH

April 2008 “Effect of Resistance Exercise and Post-Exercise Protein in Women: 2-year Data” at Epsilon Pi Chapter, Sigma Theta Tau International Research Day, Valdosta, GA

April 2007 “Effect of Single Set Resistance Training on Strength and Functional Fitness in Pulmonary Rehabilitation patients” at Epsilon Pi Chapter, Sigma Theta Tau International Research Day, Valdosta, GA

November 2006 “The Effects of Resistance Exercise and Post-Exercise Protein in Women” at Faculty Development Day, Valdosta State University College of Nursing.

November 2005 Panel member, “Clinical & Applied Career Choice: Options, Ways and Means” at Southwest Region American College of Sports Medicine Annual Conference, Las Vegas, NV.

March 2002 “Scope of Practice Comparison and Regulatory Considerations,” Department of Education and Training, Laguna Honda Hospital, San Francisco, CA.

April 1999 “Geriatric Care Considerations” at Step-down Unit Education Day, San Francisco General Hospital Critical Care Department, San Francisco, CA

Committees (last 5 years only)

2022-2023 Graduate Nursing Admissions & Progression Committee – University of Colorado Colorado Springs
Graduate Nursing Curriculum Committee (Chair) – University of Colorado Colorado Springs
Nursing Faculty Committee – University of Colorado Colorado Springs
Nursing Bylaws Committee – University of Colorado Colorado Springs
Nursing Evaluation Committee – University of Colorado Colorado Springs
Johnson Beth-El College Assembly (President) – University of Colorado Colorado Springs
Johnson Beth-El Administrative Council – University of Colorado Colorado Springs
Johnson Beth-El Research Consultant – University of Colorado Colorado Springs
UCCS Faculty Assembly – University of Colorado, Colorado Springs
Center for Student Research – University of Colorado Colorado Springs

2021-2022 Graduate Nursing Admissions & Progression Committee – University of Colorado Colorado Springs
Graduate Nursing Curriculum Committee – University of Colorado Colorado Springs
Nursing Faculty Committee – University of Colorado Colorado Springs
Nursing Bylaws Committee – University of Colorado Colorado Springs
Johnson Beth-El College Assembly (President) – University of Colorado Colorado Springs
Johnson Beth-El Administrative Council – University of Colorado Colorado Springs
Johnson Beth-El Research Consultant – University of Colorado Colorado Springs
Dean’s Review Committee – Johnson Beth-El College of Nursing & Health Sciences, University of Colorado Colorado Springs
Center for Student Research – University of Colorado Colorado Springs

2020-2021 Graduate Nursing Admissions & Progression Committee – University of Colorado, Colorado Springs

Graduate Nursing Curriculum Committee – University of Colorado, Colorado Springs
Nursing Faculty Committee – University of Colorado, Colorado Springs
Nursing Bylaws Committee – University of Colorado, Colorado Springs
Johnson Beth-El College Assembly – University of Colorado, Colorado Springs
Johnson Beth-El Research Consultant – University of Colorado, Colorado Springs
Center for Student Research – University of Colorado, Colorado Springs

2019-2020

Graduate Nursing Admissions & Progression Committee – University of Colorado, Colorado Springs
Graduate Nursing Curriculum Committee – University of Colorado, Colorado Springs
Nursing Faculty Committee – University of Colorado, Colorado Springs
Johnson Beth-El College Assembly (Secretary) – University of Colorado, Colorado Springs
UCCS Faculty Assembly (Past President) – University of Colorado, Colorado Springs
Center for Student Research – University of Colorado, Colorado Springs

2018-2019

Graduate Nursing Admissions & Progression Committee – University of Colorado, Colorado Springs
Graduate Nursing Curriculum Committee – University of Colorado, Colorado Springs
Nursing Faculty Committee – University of Colorado, Colorado Springs
Beth-El College Assembly (Secretary) – University of Colorado, Colorado Springs
UCCS Faculty Assembly (President) – University of Colorado, Colorado Springs
Institutional Review Board – University of Colorado, Colorado Springs (resigned 12/1/18)
Faculty Research Council – University of Colorado, Colorado Springs
PRIDE Committee – University of Colorado, Colorado Springs
CU Faculty Council – University of Colorado
CU Faculty Council Executive Committee – University of Colorado

2017-2018

Graduate Nursing Admissions & Progression Committee – University of Colorado, Colorado Springs
Graduate Nursing Curriculum Committee – University of Colorado, Colorado Springs
Nursing Faculty Committee – University of Colorado, Colorado Springs
Beth-El College Assembly (Secretary) – University of Colorado, Colorado Springs
UCCS Faculty Assembly (President-Elect) – University of Colorado, Colorado Springs
Institutional Review Board – University of Colorado, Colorado Springs
Faculty Research Council – University of Colorado, Colorado Springs
PRIDE Committee (Co-Chair) – University of Colorado, Colorado Springs

2016-2017

Graduate Nursing Admissions & Progression Committee – University of Colorado, Colorado Springs
Graduate Nursing Curriculum Committee – University of Colorado, Colorado Springs
Nursing Faculty Committee – University of Colorado, Colorado Springs
Nursing Merit Review Committee (ad hoc) – University of Colorado, Colorado Springs
Beth-El College Faculty Assembly – University of Colorado, Colorado Springs
Institutional Review Board – University of Colorado, Colorado Springs
PRIDE Committee (Co-Chair) – University of Colorado, Colorado Springs

2015-2016 Ethnic and Minority Affairs Committee – University of Colorado
Graduate Nursing Admissions & Progression Committee – University of Colorado, Colorado Springs
Graduate Nursing Curriculum Committee – University of Colorado, Colorado Springs
Nursing Faculty Committee – University of Colorado, Colorado Springs
Beth-El College Faculty Assembly – University of Colorado, Colorado Springs
Search Committee (Chair) – Department of Nursing, University of Colorado, Colorado Springs
Institutional Review Board – University of Colorado, Colorado Springs
Faculty Minority Affairs Committee – University of Colorado, Colorado Springs
PRIDE Committee – University of Colorado, Colorado Springs
Ethnic and Minority Affairs Committee – University of Colorado
DSc Health Science Program Advisory Council – Rocky Mountain University of Health Professions, Provo, UT

Special Projects

Fall 2021 Member – Planning Committee for UCCS Gerontology Center Speaker Series
Spring 2021 Member – UCCS Committee on Research and Creative Works Grant Application Review Committee
Spring 2020 Search Committee Member – Helen & Arthur E. Johnson Beth-El College of Nursing & Health Sciences Schoffstall Endowed Professorship
Spring 2020 Member – UCCS Faculty Assembly Teaching Evaluation Committee
Fall 2018 Search Committee Member – Dean of the Helen & Arthur E. Johnson Beth-El College of Nursing & Health Sciences
Spring 2018 Search Committee Member – UCCS Associate Vice Chancellor for Research
2017-2018 Tenure Track Faculty Workgroup Member – Revision of RPT criteria for the Department of Nursing.
Fall 2016 Chair, Planning Committee – Rocky Mountain Chapter of the American College of Sports Medicine 2016 Fall Lecture Series
Spring 2016 Planning Committee – UCCS Student Dialogue across Difference
Fall 2015 Planning Committee Member – UCCS Diversity Summit 2016
Fall 2015 Chair, Planning Committee – Rocky Mountain Chapter of the American College of Sports Medicine 2015 Fall Lecture Series
2015-2016 Planning Coordinator – 2015-2016 Gerontology Colloquium series, University of Colorado at Colorado Springs
Fall 2014 Chair, Planning Committee – Rocky Mountain Chapter of the American College of Sports Medicine 2015 annual conference, Denver, CO
2014-2015 Planning Coordinator – 2014-2015 Gerontology Colloquium series, University of Colorado at Colorado Springs.
March 2014 Training – CCNE Workshop on Writing Self-Studies, Washington, DC
February 2014 Evaluator – Program Prioritization Project, University of Colorado at Colorado Springs
March 2013 Workgroup Member – Preventing Injuries from Falls in the Elderly, Patient Centered Outcomes Research Institute (PCORI)
December 2012 Internal Reviewer - Valdosta State University Quality Enhancement Plan project, “Evidence based practice strategies for nursing and health care”
Spring 2012 Planning Committee – 30th Anniversary Meeting and Induction Ceremony, Epsilon Pi Chapter of Sigma Theta Tau International
Fall 2011 Chair, Search Committee – Associate Dean, College of Nursing, Valdosta State University
Chair, Search Committee – Tenure Track Faculty (2), College of Nursing, Valdosta State University

Summer/Fall 2011	Planning Committee – First Annual Nursing Conference (Strengthening Outcomes in Older Adults: Nurses as the Vital Link between Nutrition and Sustained Recovery), Abbott Nutrition, Columbus, OH
June 1, 2011	Chair, Thematic Poster Session, “Fitness Assessment and Function in Older Adults” – Annual Meeting of the American College of Sports Medicine, Denver, CO
Spring 2011	Ad Hoc Appeals Committee – Graduate Executive Committee, Valdosta State University
Spring 2011	Chair, Search Committee – Associate Dean, College of Nursing, Valdosta State University
Spring 2011	Chair, Search Committee – Non-Tenure Track, Nurse Practitioner Faculty, College of Nursing, Valdosta State University
Fall 2009	Planning Committee – World AIDS Day awareness events – in collaboration with Southeast Georgia Department of Public Health
Spring 2009	Graduate Student Research and Scholarship Symposium Planning Committee – Valdosta State University
Fall 2008	Planning Committee – World AIDS Day awareness events – in collaboration with Southeast Georgia Department of Public Health
Fall 2008	Graduate School Faculty Research Grant Application Review Committee – Valdosta State University – review and selection of grant recipients
Fall 2008 – Fall 2009	Interdisciplinary Committee for development and implementation of protocol for identification and management of disordered eating in VSU student athletes.
Fall 2008	Search Committee – Assistant Dean for Undergraduate Programs and Student Success, College of Nursing, Valdosta State University
Spring 2008	Faculty Excellence Awards Committee – Valdosta State University –review and selection of nominees for University-wide recognition
Fall 2007	Planning Committee – World AIDS Day awareness events – in collaboration with Southeast Georgia Department of Public Health
Fall 2006	Search Committee – Director of Women’s Studies, Valdosta State University Planning Committee – World AIDS Day awareness events – in collaboration with Southeast Georgia Department of Public Health.
Fall 2005	Building Healthy Lifestyles: Physical Activity and Healthy Eating Conference, Arizona State University, Mesa, AZ – member of conference planning committee for Department of Exercise and Wellness with joint responsibility for coordination of conference registration, abstract submission and review process, publicity and day-of-conference activities.
Spring 2005	Diabetes Expo, Phoenix, AZ – assist with preparation and planning of Arizona State University Department of Exercise and Wellness presentation re: Diabetes and Exercise
Spring 2004	Exercise specialist educator for professional nurse development (COMPASS) for Banner Baywood Heart Hospital Rehabilitation clinic.
Spring 2004	Development of JCAHO certification competency assessment criteria on behalf of Banner Cardiac Rehabilitation clinic for ASU students conducting research at Banner Baywood Heart Hospital, Mesa, AZ.
Fall 2004	City of Avondale Wellness Fair – participation as representative of Arizona State University Department of Exercise and Wellness. Provided education re: health benefits of exercise.
2002-2003	Interdisciplinary revision of Blood Transfusion Policy and Procedure, Laguna Honda Hospital, San Francisco, CA
August 2002	“Improved Presentation Skills,” nursing staff education program for Acute and Complex Care Programs, Laguna Honda Hospital, San Francisco, CA
July-August 2002	“Interdisciplinary Careplanning,” staff education program, Acute and Complex Care Programs, Laguna Honda Hospital, San Francisco, CA

June-July 2002	Clinical Nursing Standards for Physical Assessment – education and competency-based training for Nurse Managers and licensed nursing staff, Acute and Complex Care Programs, Laguna Honda Hospital, San Francisco, CA
June 2002	Clinical Nursing Standards for Communication – education and competency-based training for Nurse Managers, Complex Care Program, Laguna Honda Hospital, San Francisco, CA
April-May 2000	Program development – Medical Psychosocial unit, staff recruitment and training, Laguna Honda Hospital and Rehabilitation Center, San Francisco, CA
1999-2000	Co-director, Psychosocial Care Program, Laguna Honda Hospital, San Francisco, CA
May 1999	Nursing Medication Administration Competency Evaluation program development and education for Nurse Managers and Nursing Supervisors, Laguna Honda Hospital, San Francisco, CA
May 1999	Focused planning, implementation and evaluation of restraint reduction as Nursing Consultant to LHH Restraint Reduction Committee, Community Health Network, Department of Public Health, San Francisco, CA
June 1998	Standards for Nursing Case Management – Chair, Nursing Case Management Subcommittee of Nursing Leadership Council, Community Health Network/Department of Public Health, San Francisco, CA
1997	Development of Nursing Leadership Framework for Community Health Network/Department of Public Health, San Francisco, CA
July-August 1996	Clinical Nursing Guidelines for Physician Notification – development, staff education and training, revision of Nursing Policy and Procedure, Laguna Honda Hospital, San Francisco, CA
June 1994	Proposal for Nursing Case Management of Frail Elderly, Chronically Ill Individuals – Department of Nursing, Laguna Honda Hospital, San Francisco, CA
June 1994	Analysis of a Home Health Care Program at Laguna Honda Hospital, Department of Nursing, Laguna Honda Hospital, San Francisco, CA
March 1994	Wellness Screening Clinic, East Palo Alto Senior Center, East Palo Alto, CA
1994-1999	Co-director, Laguna Honda Hospice, Laguna Honda Hospital, San Francisco, CA

Community Education

Fall 2012	Bemiss Community Health Fair, Old Pine Grove School – supervised nursing students for health promotion education focusing on cardiovascular risks.
Fall 2009	Pinevale Learning Center Health and Community Resource Fair – health promotion presentation regarding stress management and nutrition resources. Organized booth and supervised students.
Fall 2008	Christian Love Bible Church Community Health Fair – health promotion presentation regarding nutrition and physical activity. Organized booth and supervised students.
Fall 2007	Valdosta State University Athletic Department – educational presentation: <i>Improving Tennis Performance with Nutrition</i> – for VSU tennis team.
Fall 2006	Valdosta State University Athletic Department – educational presentation: <i>Nutritional Needs of Female Athletes</i> - for women's basketball team.
Spring 2006	Fountain Hills Women's Club, Fountain Hills AZ – educational presentation regarding the benefits of physical activity.
Spring 2006	National Association of Retired Federal Employees, Scottsdale AZ Chapter – educational presentation regarding principles of physical activity and exercise.
Spring 2005	Sierra Pointe Retirement Community, Scottsdale, AZ – educational presentation regarding cardiovascular health.

Other Professional Presentations

- July 1997 Co-presenter, "Position Paper: A Nursing Leadership Framework," to the Executive Committee, Community Health Network/Department of Public Health, San Francisco, CA
- June 1997 Co-presenter, "Recommendations for Nursing Within the Community Health Network," City and County of San Francisco, Department of Public Health, Community Health Network, San Francisco, CA
- May-June 1994 Presenter, "Chronic Pain Management and Alternate Therapies" series of presentations for Laguna Honda Hospital Residents' Council

CONSULTATION

- 2006 – 2013 Nutritional consultation services by referral from Valdosta State University Counseling Department and Athletic Department.
- 1996 – 2003 Private consultation with community-based clients regarding health concerns, disease processes, weight loss, and fitness and conditioning including education regarding research and literature-based strategies and interventions in the areas of exercise, diet, and supplementation

PROGRAM EVALUATION

- July 2002 Continuous Quality Improvement Study – Laguna Honda Hospital and Rehabilitation Center, San Francisco, CA. Coordinated clinical nursing activity to collect and analyze pressure ulcer data, identify problem areas and implement interventions to improvement assessment, including staff education program and revision of nursing assessment form and procedure.
- August 2002 Continuous Quality Improvement Study – Laguna Honda Hospital and Rehabilitation Center, San Francisco, CA. Coordinated clinical nursing program to collect and analyze psychotropic medication monitoring data, identify problems and develop staff education strategies to improve clinical assessment and evaluation. This educational program involved group and individual teaching strategies for nurse managers and staff nurses based on formal needs assessment and change strategies.