
BRIDGET F. MELTON, ED. D., C. S. C. S

Department of Health and Kinesiology
Georgia Southern University
Statesboro, Georgia 30460-8076
<http://personal.georgiasouthern.edu/~bmelton>

912.478.1973
bmelton@GeorgiaSouthern.edu

EDUCATION

Georgia Southern University, Statesboro, Georgia
Ed.D., Specialization: Curriculum Studies, 2005
Supporting Areas of Emphasis: Health Education
Dissertation: "The Culture of Obesity"

Georgia Southern University, Statesboro, Georgia
M.S., Exercise Science, Specialization: Exercise Physiology, 2000
Thesis: Cardiovascular Disease Risk Factors in an Amputee Population

Purdue University, West LaFayette, Indiana
B.A., Major: Kinesiology and Exercise Science, 1997
Minor: Biology

PROFESSIONAL POSITIONS

Georgia Southern University, Department of Health and Kinesiology, Statesboro, Georgia
Associate Professor and Director of the Physical Activity Healthful Living Program, 2006-Present
Instructor and Aquatic Director, 2000-2006
Graduate Teaching Assistant, 1998-2000

Statesboro-Bulloch County Parks and Recreation, Statesboro, Georgia
Head Swim Coach, Special Events Coordinator & Lesson Coordinator, 1999 - 2005

Alpha Omicron Phi Sorority, Statesboro, Georgia
Residential Director 1999 - 2002

Chicago Park District, Chicago, Illinois
Physical Instructor 1997 - 1998

LICENSURES AND CERTIFICATIONS

National Strength and Conditioning Association

- Certified Strength and Conditioning Specialist CSCS, 1997 - Present

American Red Cross,

- First Aid/CPR/AED Instructor Trainer (IT), 2005 - Present
- Lifeguard Instructor Trainer (LGI-T), 2005 - Present
- Water Safety Instructor Trainer (WSI-T), 2005 - Present
- Lifeguard Instructor (LGI), 2001 - Present
- First Aid/CPR/AED Instructor, American Red Cross 1996 - Present

ACTIVE PROFESSIONAL ASSOCIATION MEMBERSHIPS

- American College of Sport Medicine (ACSM, Professional), National. 2010-Present
- American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD, Professional), National, 2002 - Present
- National Association of Sport and Physical Education (NASPE, Professional), National. 2002-Present.
- Georgia Association of Health, Physical Education, Recreation and Dance (GAHPERD, Professional), State. 2002 - Present
- National Strength and Conditioning Association (NSCA, Professional), National. 1997 - Present

AWARDS AND HONORS

Honored, College Faculty Research Award, College of Health and Human Sciences, Georgia Southern University. Scholarship/Research. 2011

Honored, Outstanding Oral Presentation for 2010 AAHPERD Conference, American Health Education Association, Scholarship/Research. 2010

Honored, Faculty Advocate for First Year Students, First Year Experience, Teaching. 2010

Honored, GAHPERD Physical Educator of the Year, Georgia Association of Health, Physical Education, Recreation and Dance, Scholarship/Research. 2009

Honored, Featured Faculty, Center for Excellence and Teaching, Teaching, 2007

TEACHING

Undergraduate Courses Taught

	# of Student/Section	Times Taught
Hlth Educ Program Planning I	30-35	6
Hlth Educ Program Planning II	28-35	5
Found of Health Education	40-60	3
Peer Health Educ Training	12-20	2
Substance Use and Abuse	45	1
Behav Approaches to Hlth Prog	32	1
Sexuality Education	20-55	6
Facilitating Hlth Programs	12	1
Promotional Strat Hlth Prg	31	1
Healthful Living.	40-320	25+
Healthful Living (Honors)	20-25	6
Safety Princ/First Aid	40-60	12
Aerobics	25-43	7
Aerobics Cross Training	28-32	2
Body Conditioning	28-36	4
Swimming: Aqua Aerobics	20-30	4
Swimming: Beginner, Fitness, Intermediate	18-36	13
Lifeguard Training	17-26	21
Triathlon Training	12	1
Water Safety Instruction	5-15	8
Hum A & P II Lab	18-25	12
First-Year Sem/Univ Orientation	20-25	8

Student Supervision

	Thesis Committee	EdS/EdD Committee	Directed Studies
Graduate	4	3	3
Undergraduate	2		1

Student Supervision Detailed

Master's Thesis Committee, "The optimal physical activity experience of generation Z: A mixed methodical approach," College of Health & Human Sciences. (February 5, 2012 – May 9, 2013).
Advised: David "Duke" Biber

Master's Thesis Committee, "Mental preparation techniques and accomplishments of race goals by ironman triathletes: A qualitative investigation," College of Health & Human Sciences. (August 22, 2011 – May 4, 2012).
Advised: Kayla Frimmell

Master's Thesis Committee Chair, "Compensation Theory: Can Female Swimmer Balance In-season and Out of Season Physical Activity and Nutritional Intakes," College of Health & Human Sciences. (August 22, 2011 – May 4, 2012).
Advised: Marco Ruggerio

Directed Individual/Independent Study, "Coaching Youth Sports," Department of Health & Kinesiology. (August 22, 2011 - December 10, 2011).
Advised: Daniel Iriazary

Undergraduate Honors Thesis, "Body Image, Gender and Their Influence on Portion Size Knowledge in College Students," Department of Health & Kinesiology. (March 20, 2010 - May 7, 2011).
Advised: Nicole Austin

Undergraduate Honors Thesis, "Does Excluding Red Meat and Pork from the Diet Affect Short-term Athletic Performance as well as the Athlete's Perception of Performance?," Department of Health & Kinesiology. (March 20, 2010 –May 7, 2011).
Advised: Rachel Hermech

Directed Individual/Independent Study, "Family Health Interventions," Department of Hospitality, Tourism, & Family & Consumer Sciences. (January 18, 2010 - May 5, 2010).
Advised: Malinda Czech

EDS Committee Chair, "Does Physical Activity and Physical Fitness Affect Student Achievement in the Classroom?," Department of Teaching and Learning. (August 18, 2009 - April 13, 2010).
Advised: Diana Hall

Dissertation Committee Member, "The effects of teaching styles and the impact it has on male achievement in single-sex and co-educational classrooms," College of Education. (June 2008 - April 2009).
Advised: Soundra Bronson-Pollocks

Master's Thesis Committee Chair, "Weight Management Programming and Research," Department of Health & Kinesiology. (August 18, 2008 - December 8, 2008).
 Advised: Kimberly Hice

Dissertation Committee Member, "Blinded by the white: Soul-searching for the pedagogical possibilities of otherness," College of Education. (September 1, 2008 - November 1, 2008).
 Advised: Debra Sukaratana

Directed Individual/Independent Study, "Research in Strength and Conditioning," Department of Health & Kinesiology. (August 15, 2007 - December 5, 2007).
 Advised: Michael Wilson

Directed Individual/Independent Study, "Research in Strength and Conditioning." (May 15, 2007 - June 15, 2007).
 Advised: Joel Sanders

RESEARCH

Research Focus

- College students health behaviors
- Physical activity patterns in a variety populations

Publications (Published or In Press)

	Refereed Articles	Book Chapters	Books	Articles In Rev.
First Author	10	2	5	3
Co-Author	12	5		3
Total	22	7	5	6

Total Publications = 34

Presentations

	International	National	State/Regional	Local
First Author	3	16	14	1
Co-Author		16	9	
Total	3	32	23	1

Total Presentations = 57

Research Grants/Contracts

	External		Internal		Contract		Total	
	#	Amount	#	Amount	#	Amount	#	Amount
Principles Investigator	1	\$ 24,844	4	\$ 33,434	6	\$ 335,733	9	\$ 319,276
Co-Investigator	1	\$ 50,000	2	\$ 20,526	1	\$ 39,385	3	\$ 103,511
Total	2	\$ 74,844	6	\$ 53,960	7	\$ 375,118	15	\$ 503,922

Total Funding = \$ 503,922

PUBLICATIONS

Published, Peer-Reviewed Articles

- Bland, H., **Melton, B.**, Marshall, E. S., Nagle, J. (2013, Accepted, In press). The Measurement of Self-Efficacy in Pregnant Women: Validation of the Self-Efficacy Scale. *To appear in Journal of Nursing Measurement.*
- Melton, B.**, Marshall, E. S., Bland, H., Schmidt, M. (2013, Accepted, In press). American Rural Women's Exercise Self-Efficacy and Their Perceived Benefits and Risks of Exercise During. *To appear in Nursing and Health Sciences.*
- Johnson, K., Bland, H. **Melton, B.** (In Press) Adults' Attitudes Towards Teen Pregnancy and Sexuality Education in Georgia High Schools. *To appear in GAHPERD Journal.*
- Melton, B.**, Bigam, L. E. Bland, H.W. (2013) . Ecological Momentary Assessment on Health Behaviors Change in Late Adolescents. *Journal of Computing in Higher Education.* DOI: 10.1007/s12528-013-9064-8
- Marshall, E. S., **Melton, B.**, Bland, H., Nagle, J. (2013). Physical Activity and Muscular Strengthening in Pregnancy: A Comparison Between Rural and Urban Women. *Online Journal of Rural Nursing and Health Care*, 13(1).
- McDaniel, T., **Melton, B.**, Langdon, J. L. (2013) Linking Academics to Student Life: PA Passport. *To appear in Health Education Journal*,0(0), 1-8.
- Marshall, E. S., Bland, H., **Melton, B.** (2012). Perceived Barriers to Physical Activity Among Pregnant Women Living in a Rural Community: A Preliminary Case. *Public Health Nursing*, 30(1), 9. Doi: 10.1111/phn.12006
- Bland, H., **Melton, B.**, Welle, P., Bigam, L. (2012). Stress Tolerance: New Challenges for the Millennial College Students. *College Student Journal*, 46(2), 362-375.
- Bland, H., Riggs, A. J., **Melton, B.** (2012). Comparing Body Image Dissatisfaction Among Middle Aged Women. *The GAHPERD Journal*, 45(1), 11-18.
- Bigam, L., **Melton, B.**, Langdon, J. L. (2011). Comparing Obesity in Southeastern College Students to National Rates. *The GAHPERD Journal.*, 44(2), 13-17.
- Melton, B.** & Bodur, Y. (2011) Graduate teaching assistant perceptions of changes development programming. *National Teacher Education Journal*, 2(4).
- Melton, B.**, & Burdette, G. P. (2011). Utilizing Technology to Improve the Administration of Instructional Physical Activity Programs in Higher Education. *Journal of Physical Education, Recreation and Dance*, 82(4), 27-32.
- Riggs, A.J., **Melton, B.** & Graf, H. (2011) Dining Out Nutritional Activity. *Health Education Teaching Techniques Journal*, 1(1)2-12.
- Egli, T., Bland, H., **Melton, B.**, Czech, D. R. (2011). Effects of Sex, Race, and Age on College Students' Exercise Motivation of Physical Activity. *Journal of American College Health*, 59(5), 399-407.

Melton, B., & Bodur, Y., Clouse, R. C. (2010). The Growing Problem in College Students: Obesity. *The GAHPERD Journal, 43(3), 27-29.*

Graf, H., **Melton, B.,** & Gonzales, S. (2010). A Qualitative Study of Stress, Stressors and Stress Management. *Journal of Georgia Public Health, 5(1), 24-37.*

Melton, B., Hansen, A., & Gross, J. (2010). Trends in Physical Activity Interest in the College Students. *The College Student Journal, 44(3), 785-789.*

Melton, B., Czech, D. R., Riggs, A. J., McCollum, S., Rouse-Arnett, M., Joyner, A. B., Marshall, E. S., & Czech, M. (2010). Addressing the Childhood Obesity Epidemic in Southeastern Georgia through a Community Coalition - An Applied Approach. *The GAPHERD Journal, 42(1), 16-19.*

Melton, B., Chopak-Foss, J., & Raychowdhury, S. (2009). Using Blended Learning in Health Education Instruction. *The GAHPERD Journal, 41(3), 22-25.*

Hice, K., **Melton, B.,** Graf, H., Rossi, S. J., & Czech, D. R. (2009). Incorporating Weight Management Curriculum into Physical Activity Courses. *The GAHPERD Journal, 41(3), 16-20.*

Melton, B., Graf, H., & Chopak-Foss, J. (2009). Achievement and Satisfaction in Blended Learning versus Traditional. *International Journal of Scholarship of Teaching & Learning, 3(1).*

Melton, B., & Ludwig, M. J. (2008). Higher Education Administration's Role in Obesity Prevention. *The GAHPERD Journal, 41(1), 25-27.*

Submitted, Under Review

Melton, B., Bigham, L. E., Matthew, B., Ciaran, F. Bland, H. Relationship between Health Behaviors and Technology Usage among Late Adolescents. *Journal of Health Behavior Research.*

Nagle, J., **Melton, B.,** Marshall, E. S., Bland, H. Using the Transtheoretical Model to Design a Prenatal Physical Activity Education Program. *The Journal of Prenatal and Perinatal Psychology and Health.*

Melton, B., Bland, H., Marshall, E. S., Nagle, J., Schmidt, M., Guion, W. K. Getting Moms to Move. *Health Education Research.*

Melton, B., Marshall, E. S., Bland, H., Jewell, S. Addressing Prenatal Physical Activity in Primary Care: A Qualitative Approach. *Public Health Nursing.*

Bland, H., **Melton, B.,** Bigham, L. Quantifying the Impact of Physical Activity on Stress Tolerance in College Students. *American College Health Journal.*

Bigham, L., **Melton, B.,** Riggs, R. E. Weight Management Behaviors Among Emerging Adults. *Journal of Health Education and Behavior.*

In Preparation; Not Yet Submitted

Sabb, D., **Melton, B.**, Bland, H., McDaniel, T. Youth Sports: An Opportunity for Nutrition Education. *GHPERD Journal*.

Bigham, L., **Melton, B.** The Relationship Between Recommended Levels of Physical Activity and Psychological Well-being within a College Student Population. *Journal of American College Health*.

Melton, B., Bland, H., Marshall, E. S., Fairman, C., Joseph, S. Obesity Prevention through Primary Care Providers: A physical activity media campaign. *Health Promotion Practice Journal*.

Published, Books

Melton, B., & Clouse, R. C. (Eds) (2013). *Healthful Living: Concepts On-Line*. Athens, GA: Agency99. ISBN:

Melton, B., & Clouse, R. C. (Eds) (2013). *Wellness and Ports Series Series*. Athens, GA: Agency99. ISBN:

Melton, B., & Clouse, R. C. (Eds) (2012). *Healthful Living: On-Line*. New York, NY: McGraw Hill Publishing. ISBN:

Melton, B., & Clouse, R. C. (Eds) (2012). *Physical Activities Series*. 2nd Ed. New York, NY: McGraw Hill Publishing. ISBN:

Melton, B., Clouse, R. C., Czech, D. R., & Hansen, A. (2010). *Physical Activities Series*. New York, NY: McGraw Hill Publishing. ISBN: 0078031176

Published, Chapters

Melton, B. (2008). Stress Management Activity: Stigma Box. In Louis Ritter (Ed.), *Great Ideas: Active Ways to Teach Health and Wellness* (pp. 11). Glenview, IL: Pearson/Benjamin Cummings.

Czech, D. R., Parrillo, A. V., & **Melton, B.** (2008). Behavior change: A lifestyle change. In The McGraw Hill Companies, Inc. (Ed.), *Physical Activity Series*. New York, NY.

Melton, B. (2008). Cardiorespiratory Fitness. In The McGraw Hill Publishing Companies Inc. (Ed.), *Physical Activities Series*. New York, NY: McGraw Hill Publishing.

Czech, D. R., McMillan, J. L., **Melton, B.**, Parrillo, A. V., Riggs, A. J., & Rossi, S. J. (2007). Your Fitness. *Georgia Southern University's Customized Physical Activity Books*. Independence, KY: McGraw-Hill Primis Online.

Czech, D. R., Parrillo, A. V., & **Melton, B.** (2007). Your Health. In Insel & Roth (Ed.), *Georgia Southern University's Customized Edition Core Concepts* (pp. 9). Independence, KY: McGraw-Hill.

Czech, D. R., Parrillo, A. V., & **Melton, B.** (2006). Addressing the overweight and obesity epidemic: A physically active lifestyle approach. In Thomson Brooks/Cole (Ed.), *Customized Edition for the Georgia Southern University Physical Activity Team*. Belmont, CA: Thompson Publishing.

Czech, D. R., Parrillo, A. V., & **Melton, B.** (2006). Behavior change: A lifestyle change. In The McGraw Hill Companies, Inc. (Ed.), *Georgia Southern University's Customized Edition Invitation to Health* (ed.). Belmont, CA: Thompson Publishing.

Other Publications

Melton, B. (2012). *Instructor's Manual and Test Bank for Planning, Implementing and Evaluating Health Promotion Programs* (ed.). Pearson Publishing.

Melton, B., Sweeney, M., Russell, J., & Sampson-Moore, C. (2009). *Appropriate Practices in College/University Physical Activity Instructional Programs*. National Association of Sport and Physical Education.

Melton, B., Hansen, A., Czech, D. R., Chopak-Foss, J., Rossi, S. J., & Riggs, A. J. (2008). Healthful Living Online Presentation Series. *Healthful Living Online Hybrid Presentation Series*. New York, NY: McGraw Hill Publishing.

PRESENTATIONS

International

Melton, B., Graf, H. Czech, D. & Egli, T. International Conference on Sport and Kinesiology, "Physical Activity Motivations in College Students," Athens, Greece. (July 1, 2010).

Melton, B., & Bodur, Y., 2010 SoTL Commons Conference, "Designing Graduate Teaching Assistants Training Program," The International Scholarship of Teaching and Learning Conference, Statesboro, GA. (March 9, 2010).

Melton, B., Graf, H., & Chopak-Foss, J. 2009 SoTL Commons Conference, "Improving Health Education Using a Hybrid Model," The International Scholarship of Teaching and Learning Conference, Statesboro, GA. (March 12, 2009).

National

Melton, B., Bland, H., Marshall, E. S., Fairman, C. 60th Annual Meeting and 4th World Congress on Exercise is Medication of ACSM 2013, "Relationship Between Technology Usage and Health Behaviors Among Late Adolescents," American College of Sport Medicine, San Francisco, CA. (May 30, 2013). Abstract #

Bland, H., **Melton, B.**, Marshall, E, Joseph, S., 60th Annual Meeting and 4th World Congress on Exercise is Medication of ACSM 2013, "Physical Activity and Nutritional Knowledge for Pregnancy Among Preconceptual Women," American College of Sports Medicine, Indianapolis, IN. (May 28, 2013). Abstract #2164.

Nagle, J., **Melton, B.**, Bland, H., Marshall, E. S., Schmidt, M., Giunon, K. W., ACSM 2012 Annual Conference, "Associations Between Stage Of Behavior Change, Physical Activity, And Self-efficacy In Prenatal Women," American College of Sport Medicine, San Francisco, CA. (June 3, 2012).

- Melton, B.**, Bland, H., Marshall, E. S., Schmidt, M., Giuon, K. W., ACSM 2012 Annual Conference, "A Technology Enhanced Physical Activity Program for Pregnant Women: A Pilot Study," American College of Sport Medicine, San Francisco, CA. (June 2, 2012).
- Bigham, L., **Melton, B.**, Riggs, R. E., Langdon, J. L., ACSM National Convention 2012, "Weight Management Goals and Dieting Methods," American College of Sports Medicine, Boston, MA. (June 1, 2012).
- Marshall, E. S., **Melton, B.**, Bland, H., AAHPERD National Convention 2012, "Self Efficacy & Perceived Benefits and Risk in Prenatal Women," American Alliance of Health, Physical Education, Recreation and Dance, Boston, MA. (March 16, 2012).
- Bland, H., **Melton, B.**, Bigham, L., AAHPERD National Convention 2012, "Influence of Physical Activity on Stress Tolerance in College Students," American Alliance of Health, Physical Education, Recreation and Dance, Boston, MA. (March 15, 2012).
- Riggs, R. E., **Melton, B.**, Bigham, L., AAHPERD National Convention 2012, "Physical Activity and Binge Drinking in College Students," American Alliance of Health, Physical Education, Recreation and Dance, Boston, MA. (March 14, 2012).
- Melton, B.**, Bland, H., Marshall, E. S., Schmidt, M., Guion, W.K., AAHPERD National Convention 2012, "Pregnant Women On the Move: Exercise Patterns and Intentions Study," American Alliance of Health, Physical Education, Recreation and Dance, Boston, MA. (March 14, 2012).
- Wyatt-Williams, C., Chopak-Foss, J., **Melton, B.**, National Youth-At-Risk Conference, "Breaking the Cycle: A Faith Based Prevention to Reduce Teenage Pregnancies," Savannah, GA. (March 6, 2012).
- Chopak-Foss, J., **Melton, B.**, Carter, E., National Youth-At-Risk Conference, "Improving Health Literacy for At-Risk Youth: Educating in the Age of the Internet," Savannah, GA. (March 6, 2012).
- Melton, B.**, Moore, C. S., Clouse, R. C., NAKPEHE Annual Conference, "Instructional Development for Physical Activity Programs: Working with Faculty, Coaches and Graduate Teaching Assistants," National Association of Kinesiology and Physical Education in Higher Education, Orlando, FL. (January 5, 2011).
- Melton, B.** McGraw-Hill Publishing National Meeting 2010, "Understanding College/University Instructional Physical Activity Programs. Boca Raton, FL. (August 5, 2010).
- Graf, H., **Melton, B.**, & Riggs, A. J., AAHPERD National Convention 2010, "Nutrition Intervention for College Students: Fighting the Obesity Epidemic," American Alliance of Health, Physical Education, Recreation and Dance, Indianapolis, IN. (March 18, 2010).
- Jared, R., **Melton, B.**, Michelle, S., & Carrie, M. AAHPERD National Convention 2010, "Promoting Research Issues in College/University Physical Activity Instructional Programs," American Alliance of Health, Physical Education, Recreation and Dance, Indianapolis, IN. (March 17, 2010).
- Moore, C. S., **Melton, B.**, Russell, J., & Sweeney, M., National Association of Kinesiology and Physical Education in Higher Education [NAKPEHE], "Trends in Physical Activity Programs in the College and Universities," Scottsdale, AZ. (January 9, 2010).

- Moore, C. S., Sweeney, M., **Melton, B.**, & Russell, J. National Association of Kinesiology and Physical Education in Higher Education [NAKPEHE], "Higher Education Instructional Activity Program Guidelines," Scottsdale, AZ. (January 8, 2010).
- Melton, B.**, Moore, C. S., Russell, J., & Sweeney, M. Physical Education Teacher Education Conference (PETE 2009), "Trends in Physical Activity Programs in the College and Universities." (October 9, 2009).
- Melton, B.** & Graf, H., AAHPERD National Convention 2009, "Addressing the Obesity Epidemic Within the Physical Activity Classroom," American Alliance of Health, Physical Education, Recreation and Dance, Tampa, FL. (April 2, 2009).
- Melton, B.**, Michelle, S., Jared, R., & Carrie, M. AAHPERD National Convention 2009, "Appropriate Practices in College/University Physical Activity Instructional Programs," American Alliance of Health, Physical Education, Recreation and Dance, Tampa, FL. (April 2, 2009).
- Graf, H., **Melton, B.** AAHPERD National Convention 2009, "Stress Tolerance Among the Millennials: Issues of Measurement," American Alliance of Health, Physical Education, Recreation and Dance, Tampa, FL. (April 2, 2009).
- Michelle, S., Jared, R., **Melton, B.**, & Carrie, M. AAHPERD National Convention 2009, "Revisions of Guidelines for the C/U Instructional Physical Activity Programs," American Alliance of Health, Physical Education, Recreation and Dance, Tampa, FL. (April 1, 2009).
- Melton, B.** & Chopak-Foss, J. National Youth at Risk Conference, "A New Look at Teen Pregnancy Prevention," Georgia Southern University Department of Education, Savannah, GA. (March 1, 2009).
- Bonson-Pollock, S., Bodur, Y., **Melton, B.** National Youth-At-Risk Conference, "Single-Sex Classrooms: Can It Make a Difference in Male Achievement?," Savannah, GA. (March 1, 2009).
- Melton, B.**, ACHA 2008 Annual Conference, "The Culture of Obesity: A Cultural Studies Inquiry into Obesity Factors in the University Setting," American College of Health Association, Orlando, FL. (June 6, 2008).
- Melton, B.**, Graf, H., Czech, D., & Rossi, S., ACHA 2008 Annual Conference, "Weight management curricula in physical education," American College of Health Association, Orlando, FL. (June 6, 2008).
- Melton, B.** & Graf, H., ACHA 2008 National Annual Convention, "Assessing the Effectiveness of Stress Coping Mechanisms Employed by College Students," American College Health Association, Orlando, FL. (June 6, 2008).
- Melton, B.**, Chopak-Foss, J., Graf, H. & Burdette, G. P., AAHPERD 2007 Annual National Convention, "Using Online Course Management System to Enhance the Health Curriculum" Baltimore, MD. (April 11, 2008).
- Melton, B.**, Burden, W., Burdette, G. P., & Zwald, A. D. AAHPERD 2008 National Annual Convention, "Tips to Enhance and/or Create University Physical Activity Programs," AAHPERD, Fort Worth, TX. (April 11, 2008).

Graf, H., **Melton, B.**, Welle, P. D., 19TH Annual National Youth-at-Risk Conference, "Empowering the Millennials to Handle the Stressors of College," Georgia Southern University, Savannah, GA. (March 5, 2008).

Melton, B., Zwald, A. D., Czech, D. R., & Burdette, G. P. GAHPERD 2007 Annual Convention, "Using Technology to Enhance University Physical Activity Programs," Georgia Chapter, Atlanta, GA. (November 10, 2007).

Melton, B., Raychowdhury, S., Chopak-Foss, J., Burdette, G. P., & Graf, H. AAHPERD 2007 Annual National Convention, "Hybrid Health: Is It The Next Generation of Teaching?," Baltimore, MD. (March 14, 2007).

Regional/State

Melton, B., Bland, H., Marshall, E. S., Narzak, D. GAHPERD 2012 Annual Conference, "Exercise Prescription for Prenatal Women," Georgia Association of Health, Physical Education, Recreation and Dance, Savannah, GA. (November 12, 2012).

Melton, B., Marshall, E. S., Bland, H. GRHA 2012 Annual Meeting. Promoting Physical Activity among Rural Providers & Prenatal Patients: A Qualitative Pilot Study. Georgia Rural Health Association. Pine Mountain, GA. (September 17, 2012)

Marshall, E. S., **Melton, B.**, Bland, H., SNRS 26th Annual Conference, "Barriers to Physical Activity During Pregnancy: Perceptions of a Sample Women Living in Rural Southern Communities," Southern Nursing Research Society SNRS, New Orleans, LA. (February 22, 2012).

Melton, B., Bland, H., Marshall, E. S., Schmidt, M., Guion, K. W., GAHPERD 2011 Annual Conference, "Addressing Childhood Obesity through Prenatal Physical Activity Education," Georgia Association of Health, Physical Education, Recreation and Dance, Atlanta, GA. (October 23, 2011).

Melton, B., Bigham, L., GAHPERD 2011 Annual Conference, "Getting the Most Out of Graduate Education: How to Select the Right Graduate Program," Georgia Association of Health, Physical Education, Recreation and Dance, Atlanta, GA. (October 23, 2011).

Hart, C., **Melton, B.**, Riggs, A. J, GPHA 82nd Annual Conference, "Childhood Obesity - Two Community Approaches," Georgia Public Health Association (GPHA), Atlanta, GA. (April 12, 2011).

Melton, B., Bland, H., Marshall, E. S., GPHA 82nd Annual Conference, "Do Pregnant Women Understand the Link Between Their Own Physical Activity and Their Child's Health?," Georgia Public Health Association (GPHA), Atlanta, GA. (April 12, 2011).

Melton, B., Marshall, E. S., Bland, H., SNRS 25th Annual Conference, "Physical Activity Patterns and Intentions During Pregnancy Among a Sample of Women in a Rural Underserved Area of the Southeast United States," Southern Nursing Research Society SNRS, Jacksonville, FL. (February 18, 2011).

Melton, B., Riggs, A. J., & Graf, H., (2010, November). Fun Nutritional Games. Georgia Association of Health, Physical Education, Recreation and Dance Conference, Savannah, GA.

- Chopak-Foss, J., **Melton, B.**, & Johnson, C., (2010 November). Let's Talk About Sex. Georgia Association of Health, Physical Education, Recreation and Dance Conference, Savannah, GA.
- Marshall, E. S., Riggs, A. J., **Melton, B.**, McCollum, S., Rouse-Arnett, M., Czech, D., Joyner, B., Whitt, D., & Hart, C. (2010, February). Children's perceptions of obesity prevention. Southern Nursing Research Society, Austin, TX.
- Melton, B.**, Riggs, A. J., McCollum, S., Czech, D. R., Rouse-Arnett, M., & Joyner, A. B. GAHPERD Annual Meeting 2009, "Addressing Childhood Obesity in Southern Georgia," Georgia Association for Health, Physical Education, Recreation and Dance Association, Atlanta, GA. (November 1, 2009).
- Egli, T., Graf, H., **Melton, B.**, & Czech, D. R. GAHPERD Annual Meeting 2009, "Effects of Age, Gender, and Race on College Students' Exercise Motivation of Physical Activity," Georgia Association for Health, Physical Education, Recreation and Dance Association, Atlanta, GA. (November 1, 2009).
- Matzke, B. R., Marshall, E. S., **Melton, B.**, & Chopak-Foss, J. 23rd Annual Conference of Southern Nursing Research Society, "Health literacy knowledge and perceptions among college students," Southern Nursing Research Society, Baltimore, MD. (February 2009).
- Melton, B.** & Hansen, A., GAHPERD Annual Meeting 2009, "Top 10 Ways to Get a Graduate Assistantship," Georgia Association for Health, Physical Education, Recreation and Dance Association, Atlanta, GA. (November 1, 2009).
- Melton, B.**, Riggs, A. J., & Black, R. GAHPERD 2008 Annual Convention, "Getting the Real Picture on Nutrition," Georgia Association of Health, Physical Education, Recreation and Dance, Savannah, GA. (November 3, 2008).
- Graf, H., **Melton, B.**, GAHPERD 2008 Annual Convention, "Reducing Stress Among Adolescents: It's Easier Than You Think," Georgia Association of Health, Physical Education, Recreation and Dance, Savannah, GA. (November 3, 2008).
- Chopak-Foss, J., & **Melton, B.** GAHPERD 2008 Annual Convention, "Enhancing Health Literacy, from Paper to Practice," Georgia Association of Health, Physical Education, Recreation and Dance, Savannah, GA. (November 2, 2008).
- Chopak-Foss, J., **Melton, B.**, & Raychowdhury, S. Women and Girls in Georgia Conference, "Precocious puberty in Girls: Implications for Teen Pregnancy Prevention," University of Georgia, Athens, GA. (October 25, 2008).
- Melton, B.**, Czech, D. R., Rossi, S. J., & Metzler, J. N. GAHPERD 2007 Annual Convention, "A Health Behavioral Change Intervention to Decrease Rural Collegiate Student Risky Health Behaviors," Georgia Chapter, Atlanta, GA. (November 10, 2007).
- Melton, B.**, Chopak-Foss, J., & Burdette, G. P. GAHPERD 2007 Annual Convention, "Hybrid Health, Is It the Next Generation for Teaching?," State Chapter, Atlanta, GA. (November 9, 2007).
- Melton, B.** & Chopak-Foss, J., GAPHERD Annual Convention, "Improving Health Literacy in Sexual Health Education," Georgia Chapter, Atlanta, GA. (November 9, 2007).

Melton, B., & Chopak-Foss, J. GAHPERD Annual Meeting, "Interactive Learning in Health Education," GAPHERD, Jekyll Island, GA. (November 2006).

Local

Melton, B., Marshall, E. S., Bland, H. Promoting Physical Activity Among Nurses and Their Rural Prenatal Patients: A Qualitative Pilot Study. Mu Kappa Chapter of Sigma Theta Tau International Honor Society for Nursing, Georgia Southern University, Statesboro, GA. (March 4, 2013)

Melton, B., Wellness Week Seminars, "Want Better Grades....Got Sleep?," Georgia Southern University Wellness Program, Statesboro, GA. (November 1, 2007). (Invited)

Undergraduate Research

Breffle, J., Dorrell, J. Flecksteiner, A. Williamson J. (**Melton B.** and Bland H.: **Faculty Mentors**). Undergraduate Research Symposium at AAHPERD Conference. Actively Defeating Diabetes: An Evaluation of a Community Health Intervention. Charolette, NC. April 26, 2013.

Braddy, L. & **Melton, B. (Faculty Mentor)**. Phi Kappa Phi Research Symposium, "There's No Excuse for Child Abuse: Good Touch Bad Touch." Georgia Southern University, Statesboro, GA. (April 11, 2012).

Stephenson, A. & **Melton, B. (Faculty Mentor)**. Phi Kappa Phi Research Symposium, "Is it Worth the Risk: Raising Awareness about Condom Use." Georgia Southern University, Statesboro, GA. (April 11, 2012).

DEPARTMENTAL CONTRACTS AND RESEARCH GRANTS

Departmental Contracts, Funded (\$315,118.00)

Melton, B. (Principal), Clouse, R. (Supporting), Contract, "Fall 2011 Healthful Living Hybrid/On-line Physical Activity Customization Project Phase 2: Course Fee," Sponsored by McGraw Hill Publishing, Private, **\$60,000.00**. (August 1, 2012 - July 30, 2013).

Melton, B. (Principal), Clouse, R. (Supporting), Contract, "Fall 2011 Healthful Living Hybrid/On-line Physical Activity Customization Project," Sponsored by McGraw Hill Publishing, Private, **\$83,012.00**. (August 1, 2011 - July 30, 2012).

Melton, B. (Principal), Czech, D. R. (Supporting), Clouse, R. (Supporting), Hansen, A. (Supporting), Contract, "Fall 2010 Healthful Living Hybrid/On-line Physical Activity Customization Project," Sponsored by McGraw Hill Publishing, Private, **\$66,551.00**. (May 1, 2010 - July 30, 2011).

Melton, B. (Principal), Czech, D. R. (Supporting), Hansen, A. (Supporting), Clouse, R. (Supporting), Chopak-Foss, J. (Supporting), Black, R. (Supporting), Graf, H. (Supporting), Riggs, A. J.

(Supporting), Contract, "Healthful Living Hybrid/On-line Physical Activity Customization Project," Sponsored by McGraw Hill Publishing, Private, **\$61,710.00**. (May 1, 2009 - July 30, 2010).

Melton, B. (Principal), Czech, D. R. (Supporting), Riggs, A. J. (Supporting), Rossi, S. J. (Supporting), Parrillo, A. V. (Supporting), McMillan, J. L. (Supporting), Contract, "Physical Activity Customization Project," Sponsored by McGraw Hill Publishing, Private, **\$25,125.00**. (May 1, 2008 - July 30, 2009).

Melton, B. (Principal), Czech, D. R. (Supporting), McMillan, J. L. (Supporting), Riggs, A. J. (Supporting), Rossi, S. J. (Supporting), Parrillo, A. V., Contract, "Physical Activity and Healthful Living Customization," Sponsored by McGraw Hill Publishing, Private, **\$39,335.00**. (April 15, 2007 - July 30, 2008).

Czech, D. R. (Co-Principal), Bryant, L. (Co-Principal), **Melton, B.**, (Co-Principal), Parrillo, A. V. (Supporting), McMillan, J. L. (Supporting), Contract, "Customized Textbooks for Physical Activities and Healthful Living," Sponsored by Thompson Publishing, Private, **\$39,385.00**. (August 1, 2006 - July 31, 2007).

Research Grants, Funded (\$128,804.00)

Melton, Bridget (Principal), Bland, Helen (Co-Principal), Harris, Brandon, & Marshall, E. Faculty Seed Grant, "Use of App Link Accelerometers to Increase Physical Activity Levels Among Young African American Women," Sponsored by Office Research and Sponsored Service, Georgia Southern University, **\$9,550.00**. (July 2013 – June 2014).

Melton, Bridget, Grant, "Professional Travel," Sponsored by Faculty Development Committee, Georgia Southern University, **\$1,825.00**. (January 2013- June 2013).

Melton, B., Cardenas, A. & Bland, H. Nicotine replacement gum, nicotine replacement patch, health education for Low Income Patients. Faculty Service Award. Georgia Southern University (Jan - June, 2013). Awarded: **\$1,810.00**

Melton, Bridget (Principal), Bland, Helen (Co-Principal), Grant, "Prenatal Physical Activity Media Campaign in a Rural Community: A Physician Office Based Pilot Study," Sponsored by Rural Health Research Institute, Georgia Southern University, **\$9,800.00**. (January 2012 – July 2012).

Melton, Bridget, Marshall, Elaine, Graf, Helen, Schmidt, Michael, Guion, W. Kent, Grant, "Prenatal Primary Prevention of Childhood Obesity Using a Technology-Enhanced Educational Program," Sponsored by Board of Regents of the University System of Georgia, State, **\$24,844.00**. (July 1, 2010 – June 30, 2011).

McCollum, Starla (Principal), **Melton, Bridget** (Co-Principal), Riggs, Amy Jo (Co-Principal), Pritchard, Tony (Co-Principal), Colquitt, Gavin T (Co-Principal), Grant, "Promoting Health Lifestyles among Middle and High School Students: A Community Service Project," Sponsored by The Center for Excellence in Teaching, Georgia Southern University, **\$3,618.00**. (October 5, 2009 - May 31, 2010).

Melton, Bridget, Grant, "Physical Activity and Healthful Living," Sponsored by Student Technology Fee Request, Georgia Southern University, **\$7,840.00**. (August 1, 2009 - June 30, 2010).

Wheeler, Anne (Co-Principal), Horne, Susan (Co-Principal), **Melton, Bridget** (Supporting), Joyner, A. Barry (Supporting), Hart, Cindi (Supporting), Grant, "Nutrition and Physical Activity Demonstration Project," Sponsored by Georgia Division of Public Health, Office of Healthy Behaviors', Nutrition and Physical Activity Initiative, State, **\$50,000.00**. (March 19, 2009 - June 30, 2010).

Matzke, Brenda R (Principal), Marshall, Elaine S (Co-Principal), **Melton, Bridget** (Co-Principal), Chopak-Foss, Joanne (Co-Principal), Grant, "Health Literacy Knowledge Perceptions Among College Students," Sponsored by Center for Excellence in Teaching, Georgia Southern University, **\$10,508.00**. (October 1, 2007 - June 30, 2009).

Melton, Bridget, Grant, "Professional Travel," Sponsored by Faculty Development Committee, Georgia Southern University, **\$1,059.00**. (February 19, 2008 - June 9, 2008).

Melton, Bridget (Co-Principal), Czech, Daniel Richard (Co-Principal), Metzler, Jonathan N (Co-Principal), Rossi, Stephen J (Co-Principal), Grant, "A Health Behavior Change Intervention to Decrease Rural Collegiate Students Risky Health," Sponsored by ICAAP, Georgia Southern University, **\$6,400.00**. (May 1, 2007 - June 1, 2008).

Melton, Bridget, Grant, "Water Safety Week in Bulloch County," Sponsored by Faculty Service Grant, Georgia Southern University, **\$1,550.00**. (February 1, 2006 - June 30, 2006).

Research Grants, Not Funded (\$1,120,093.00)

Melton, Bridget, Grant, "Professional Travel," Sponsored by Faculty Development Committee, Georgia Southern University, **\$2,593.00**. (Oct. 1, 2012).

Melton, Bridget, Bland, Helen, and Barillo, Anthony. External Grant. Prenatal Physical Activity Media Campaign: A Physician Office Based Study. Applying Behavioral Economics to Perplexing Problems in Health and Health Care. Sponsored by Robert Wood Johnson Foundation. **\$100,000.00** (November 2011).

Melton, Bridget, Bland, Helen, and Marshall, Elaine. External Grant. HRSA Moms and Babies: Healthy From the Start (MB:HFS). Sponsored by U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Health Resources and Services Administration. **\$407,000.00**. (March 2011).

Melton, Bridget, Bland, Helen, and Marshall, Elaine. External Grant. Prenatal Primary Prevention of Childhood Obesity Using an Interactive Online Educational Program. Sponsored by Gerber Foundation. **\$300,000.00**. (December 2010).

Melton, Bridget, Bland, Helen, and Marshall, Elaine. External Grant. Evaluation of a Novel Early Childhood Obesity Intervention: Fit Moms = Healthy Babies. Sponsored by National Institutes of Health NIH R21. **\$270,000.00**. (June 2010).

Melton, Bridget. Internal Grant. Faculty Travel Grant. Center for Excellence in Teaching, **\$4,500.00**. (May 2010).

Hamm, Katherine Joy (Principal), **Melton, Bridget**, Grant, "Grant to Prevent High Risk Drinking on College Campus," Sponsored by Department of Education, Federal, **\$30,000.00**. (March 1, 2009).

Melton, Bridget, Graf, Helen, and Hansen, Andrew. Internal Grant. Strategic Research Investment Initiative Program, College of Health and Human Sciences. **\$1,500.00**. (January 2008).

Melton, Bridget, Raychowdhury, Swati, and Chopak-Foss, Joanne. Faculty Development Grant. Georgia Southern University. **\$5,000.00**. (September 2007).

SERVICE

Service Focus

- Mentoring H&K Graduate Teaching Assistants
- Curriculum Development for the Healthful Living and Physical Activity Program

Service Summary

	Committee Member	Leadership Role
University	7	
College	1	1
Department	4	2
Professional	8	3
Public	1	1

University Service

Committee Member, Hanner Field House Committee. (August 2006 - Present).

Committee Member, College of Grade Studies Mapping Committee. (August 2011 – May 2011).

Committee Member, First Year Experience Advisory Board. (August 2006 - December 2009).

Committee Member, Alcohol Education Task Force. (August 1, 2006 - August 2009).

Committee Member, CET Advisor Board. (August 2006 - January 2009).

Committee Member, University Wellness Committee. (August 2006 - December 2007).

Committee Member, Assistant Dean of Students Search Committee. (August 2007 - October 2007).

College Service

Committee Member, C.H.I.L.D. Coalition. (June 2009 - Present).

Departmental Representative, Day for Southern. (June 2009 - September 2009).

Department Service

Committee Member, Health Education and Promotion Cluster. (August 2006 - Present).

Administrative Assignment, Physical Activity Healthful Living Director. (August 2006 - Present).

Committee Chair, Physical Activity/Healthful Living Cluster. (August 2006 - Present).

Committee Member, Program Directors Committee. (August 2006 - Present).

Search Committee Member, Kinesiology Position (November 2011 – March 2012).

Committee Member, Day for Southern. (August 2008 - September 2008).

Professional Service

College and University Task Force Chair, National physical Activity Plan. (July 2013 – Present).

Committee Member, AAHPERD President Ruth Abernathy's Scholarship Committee. (August 2011 - Present).

Reviewer, Journal of Physical Activity and Health. (October 2010 - Present).

Conference Evaluator, Georgia Association for Health and Physical Education, Recreation and Dance. (September 2009 - Present).

Task Force Member, National Association for Sport and Physical Education. (April 2008 - Present).

Session Chair, Georgia Association for Health and Physical Education, Recreation and Dance. (October 2009 - November 2010).

Officer, Vice President of Health, Georgia Association for Health and Physical Education, Recreation and Dance. (September 2007 - November 2009).

Reviewer, Conference Paper, SoTL Commons Conference, Statesboro, GA. (October 2008 - November 2008).

Reviewer, Textbook, Pearson Science Publishing, San Francisco, CA. (August 2008 - October 2008).

Reviewer, Textbook, Benjamin Cummings, San Francisco, CA. (July 2008 - September 2008).

Committee Member, National Health Advisory Board, San Francisco, CA. (September 1, 2006 - April 2007).

Public Service

Presenter, The NES Coffee Buzz. "Raising Food Smart Kids." (February 22, 2013).

Treasurer, Nevils Elementary School PTO. Nevils GA. (July 2012-Present).

Member, Bulloch County Parks and Recreation Department After-School Advisory Committee. Statesboro, GA. (April 2010- present).

Member, American Red Cross Health and Safety Committee, Statesboro, GA. (August 2005 – August 2012).

DEVELOPMENT ACTIVITIES

Workshop, Emerge Program: Federal Grant Writing Mentorship Program, College of Public Health, Georgia Southern University, Statesboro, GA. (January 2012-Present).

Continuing Education, "Developing a Substance Use and Abuse Online Course," Center for Online Teaching, Statesboro, GA. (January 2010 - April 2010).

Workshop, "Physical Activity and Public Health Postgraduate Course on Research Direction and Strategies," University of South Carolina. (September 2009).

Workshop, "Successful Grant Writing," Georgia Southern University, Statesboro, GA. (February 2008).

Workshop, "Teaching First Year Students," Center for Excellence and Teaching, GSU, Statesboro, GA. (August 2006 - May 2007).