

Jason Crandall, Ph.D.
Assistant Professor
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Owensboro, KY 42301
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270-929-0479

EDUCATION

University of Utah, Salt Lake City, UT **2004**
Doctor of Philosophy: Exercise and Sport Science
Major Area: Exercise Physiology
Cognate Areas: Counseling Psychology
Analyses and Development of Teaching Methods

University of Northern Colorado, Greeley, CO **1999**
Master of Arts: Kinesiology
Emphasis in Exercise Physiology
G.P.A. 4.0

Western Kentucky University, Bowling Green, KY **1996**
Bachelor of Science: Physical Education
Minor: Health Education
Magna Cumme Laude

PROFESSIONAL EXPERIENCE

Assistant Professor

Western Kentucky University, *Bowling Green, KY* **2013-Present**

- Responsible for teaching undergraduate and graduate courses in the Department of Kinesiology, Recreation, and Sport including:
 - Exercise and Aging
 - Measurement and Evaluation in Kinesiology
 - Internship in Exercise Science
 - Practicum in Exercise Science
 - Advanced Graduate Statistics
- Research Fellow in the WKU Center for Gerontology

Assistant Professor

Kentucky Wesleyan College, *Owensboro, KY* **2010-2013**

- Exercise Science Program Director
- Designed and implemented Exercise Science major in the fall of 2011
- Responsible for teaching undergraduate courses in the Department of Kinesiology and Health Promotion including:
 - Exercise Physiology I
 - Fitness and Wellness

- Exercise Assessment and Prescription
- Contemporary Health Topics
- Principles of Health Education
- Nutrition for Health and Human Performance
- Exercise for Special Populations
- Advanced Exercise Physiology
- Facilitating Behavior Change
- Physical Activity Programming

Adjunct Professor

Kentucky Wesleyan College, *Owensboro, KY*

2004-2010

- Responsible for teaching undergraduate courses in the Physical Education and Health Department including:
 - Exercise Physiology
 - Lifetime Fitness and Wellness
 - Tests and Measurements
 - Contemporary Health Topics
 - Principles of Health Education

Assistant Professor

Morehead State University, *Morehead, KY*

2003-2004

- Responsible for teaching quantitative and writing intensive undergraduate and graduate courses in the Physical Education Department including:
 - Principles of Strength and Conditioning
 - Health and Wellness Promotion
 - Lifetime Fitness
 - Introduction to Physical Education
 - Planning and Evaluating Health Promotion Programs
 - Graduate Seminar

Graduate Teaching Assistant

University of Utah, *Salt Lake City, UT*

1999-2002

- Responsible for teaching quantitative and writing intensive undergraduate courses in the Exercise and Sport Science Department including:
 - Exercise Physiology
 - Kinesiology
 - Physical Activity Promotion in the Community
 - Healthy Lifestyles
 - Strategies for Weight Management
 - Exercise and Cultural Perspectives
 - Physical activity instruction courses

P.E.A.K. Director of Athletic Testing

University of Utah, *Salt Lake City, UT*

2001-2002

- P.E.A.K. (Performance Enhancement through Applied Knowledge) is a clinic within the Department of Exercise and Sport Science responsible for clinical and athletic testing

- Responsible for conducting athletic testing for University of Utah athletic teams and Salt Lake City community athletic groups
- Conducted athletic testing for United States Junior National Ski team
- Conducted athletic testing for the United States Olympic Speed skating team
- Performed blood draws for faculty/staff cholesterol screenings.

Consultant

1998-1999

Personal Exercise Guidance Program, *Greeley and Fort Collins, CO*

- Consulted obese and overweight clientele in proper exercise techniques
- Worked in conjunction with the Rocky Mountain Eating Disorders Program

SCHOLARSHIP

Published Articles:

Fairman C, K. Kendall, B. Harris, **K.J. Crandall**, J. McMillan. (In Press). Effectiveness of a training program using an Alter-G treadmill to improve physiological and psychosocial measures in female breast cancer survivors. *International Journal of Exercise Science*.

Crandall, K.J., B. Zagdsuren, M.A. Schafer, & T. S. Lyons. (In Review). Static and Active Workstations for Improving Workplace Physical Activity and Sitting Time. *International Journal of Workplace Health Management*.

Pearson, R., **K.J. Crandall**, & J. Maples. (In Review). Applied research experiences engage exercise science undergraduate students. *Journal of Undergraduate Research and Scholarly Excellence*.

Crandall, K.J., Willard, M.R., & M. Shake. (In Review). Intergenerational Service-Learning to Combat Ageism in Exercise Science Students. *Journal of Community Engagement and Higher Education*

Sobrero, G. L., S. W. Arnett, M.A. Schafer, W.J. Stone, J.T. Brown, T. Scott Lyons, L. Burriss, J. Maples, **K. Jason Crandall**, T. Esslinger, & K. Esslinger. (In Review). A comparison of CrossFit and circuit training on health and performance variables in women: A pilot study. *European Journal of Applied Physiology*.

Sobrero, G.L., S. W. Arnett, M. A. Schafer, W. J. Stone, J. T. Brown, T. S. Lyons, L. B. Farley, T. Esslinger, K. Esslinger, **K. Jason Crandall**, & J. Maples. (In Review). A comparison of CrossFit and circuit training on health and performance variables in women: A pilot study. *Women in Sport and Physical Activity Journal*.

Falls, D. & **K.J. Crandall**. (In Review). Bingocize®: A fun combination bingo, exercise, and health education game can help individuals with diabetes. *American Association of Diabetes Educators in Practice*.

Crandall, K. J. & K.I. Steenbergen. (2015). Older adults' functional performance and health knowledge after a combination exercise, health education, and bingo game. *Gerontology and Geriatric Medicine*. October-December: 1-8, DOI: 10.1177/2333721415613201.

Crandall, K.J. (2015). Bingocize®: Successful integration of intergenerational service-learning into an exercise science practicum project. *Journal of Community Engagement and Higher Education*, 6 (2): 1-6.

Crandall, K.J., T. Carlin, & A. Flynn. (2015). Comparison of Dominant and Non-Dominant Range of Motion in Collegiate Baseball Pitchers. *International Journal of Human Movement and Sports Sciences*, 3(2): 16-18, DOI: 10.13189/saj.2015.030202.

Crandall, K.J., C. Fairman, and D. Anderson. (2015). Functional fitness in older adults after a combination multicomponent exercise program and bingo game. *International Journal of Exercise Science*, 8 (1): 38-48.

Vowels, M.R. & **K.J. Crandall**. (2014). A descriptive study of exercise science students' knowledge of, and attitudes toward, older adults. *Kentucky Association of Health, Physical Education, Recreation, and Dance Journal*, 51 (2): 66-78.

Crandall, K.J. and C. Zachary. (2013). The efficacy of service-learning in health education to increase pre-service teachers' openness to diversity. *Kentucky Association of Health, Physical Education, Recreation, and Dance Journal*, 51 (1): 8-15.

Erb, O. and **Crandall, K.J.** (2012). Effects of a NOIST standards based after-school physical activity program on health-related fitness in elementary school children. *Kentucky Association of Health, Physical Education, Recreation, and Dance Journal*, 50 (1): 7-12.

Crandall, K.J., P.A. Eisenman, L. Ransdell, and J. Reel. (2012). Physical activity perceptions and binge eating disorder in community-dwelling women. *Food and Health*, 2 (5): 119-126. doi: 10.5923/j.fph.20120205

Crandall, K.J., P.A. Eisenman, L. Ransdell, and J. Reel. (2011). Exploring binge eating and physical activity in community-dwelling women. *International Journal of Psychology and Behavioral Sciences*, 1 (1): 1-8. doi: 10.5923/j.ijpbs.20110101.01

Crandall, K.J. (2010). Binge Eating Disorder: What physical activity professionals need to know. *Kentucky Association for Health, Physical Education, Recreation, and Dance Journal*. 48(1), 18-21.

Watson, D.L., **K.J. Crandall**, S. Hueglin, and P.A. Eisenman. (2002). Incorporating service-learning into physical education teacher education programs. *Journal of Physical Education, Recreation and Dance*, 73 (5): 50-54.

Crandall, K.J. and P.A. Eisenman. (2001). Physical activity: A treatment strategy for binge eating disorder? *Women in Sport and Physical Activity Journal*, 10 (2): 95-116.

Crandall, K.J. and C.A. Dennehy. (2000). The effects of exercise intensity on energy deriving macronutrient composition, calorie intake, body composition and body weight in the overweight. *Kentucky Association for Health, Physical Education, Recreation, and Dance Journal*, 36 (2): 33-35.

Wyatt, F.B., **K.J. Crandall**, and E.J. Greaney. (2000). The effects of aerodynamic cycling position on ventilatory response. *Kentucky Association for Physical Education, Health, Recreation, and Dance Journal* 36 (1): 27-31.

Crandall, K. J., J. White, and L. Ransdell. (2000). The role of physical activity in the prevention and treatment of breast cancer. *The Journal of the Utah Academy of Sciences, Arts, and Letters*, 77, 163-171.

Conference Proceedings:

Crandall, K.J., G. Xing, & Shake, M. Bingocize 3.0: A game based platform for promoting wellness in older adults. Conference on Bioinformatics, Computational Biology, and Health Informatics, September 09-12, 2015, Atlanta, GA, ACM 978-1-4503-3853-0/15/09. <http://dx.doi.org/10.1145/2808719.2811416>"

Published Abstracts:

Crandall, K.J. & K.I. Steenbergen (2015). Functional performance and health knowledge after a combination exercise, health education, and bingo game. *Medicine and Science in Sports and Exercise*, 47 (5) supplement. (In Press)

Crandall, K.J., D. Anderson, and C. Fairman. (2014). Improved functional fitness in community-dwelling older adults using a combination exercise and bingo game. *Medicine and Science in Sports and Exercise*.

Gold, O. and **K.J. Crandall** (2013). Healthy Minds, Healthy Bodies: An after-school based physical activity program to combat childhood obesity. *Kentucky Association for Physical Education, Health, Recreation, and Dance Journal* 50 (2): 49.

Crandall, K.J., D. Anderson, and C. Fairman. (2013). Bingocize: Combining exercise and bingo to improve functional fitness and reduce fall risks in older adults. *Kentucky Association for Physical Education, Health, Recreation, and Dance Journal* 50 (2): 50.

Crandall, K.J., and C.A. Dennehy. (1999). The effects of exercise intensity on energy deriving macronutrient composition, caloric intake, body composition and body weight in the overweight. *Medicine and Science in Sports and Exercise* 31: S5.

Wyatt, F.B., **K.J. Crandall**, and E.J. Greaney. (1998). The effects of aerodynamic cycling position on ventilatory response. *Medicine and Science in Sports and Exercise* 30: S111.

Published Reviews:

Clocksins, B., **K.J. Crandall**, E. Eastep, J. Vener, N. Detling, C. Schoen, and L. Ransdell. (2001). Review of *International Encyclopedia of Women and Sport*. In *Women in Sport and Physical Activity*.

Estanol-Johnson, E., C. Schoen, **K.J. Crandall**, and L. Ransdell (2001). Review of Breakin' the Glass: History of the ABL. *Women in Sport and Physical Activity*.

Theses:

Thomas, M., **K.J. Crandall**, S. Lyons. The Effects of Exercise Intervention on the Symptoms and Range of Motion in Patients with Osteoarthritis. Master of Kinesiology, Western Kentucky University, Bowling Green, KY. (In Progress).

Vowels, M. & **K.J. Crandall**. Intergenerational Service-Learning in Exercise Science. Undergraduate Honors Thesis, Western Kentucky University, Bowling Green, KY. December 2014.

W. Stone, M. Schafer, S. Lyons, S. Arnett, G. Evans, D. Hoover, **K.J. Crandall**, J. Maples. Twenty-four hour post exercise hypotension following concurrent cardiovascular and resistance exercise. Master of Kinesiology, Western Kentucky University, Bowling Green, KY. May 2014

C. Fairman, K. Kendall, B. Harris, J. McMillan, **K.J. Crandall**, P. Hyde. Effects of physical activity with antigravity treadmill training on physiological measures in breast cancer patients. Master of Kinesiology, Georgia Southern University, Statesboro, GA. December 2013.

Invited Reviews:

Review of "Community engagement initiative: Academia partnering with the health department and community agencies for change," for *Journal of Community Engagement and Higher Education*, October, 2015

Review of "Students' emotional experiences in direct versus indirect academic service-learning courses" for *International Journal of Research on Service-Learning and Community Engagement*, April 2015.

Review of "Activity monitors step count accuracy in community-dwelling older adults" for *Gerontology and Geriatric Medicine*, January 2015.

Review of "TRX Suspension Training: A new functional training approach for older adults – development, training control and feasibility" for *International Journal of Exercise Science*, December 2014.

Review of “Needs Assessment of an International Service-learning Program: An Innovative Approach to Community-Based Learning” for *Journal of Community Engagement in Higher Education*, June 2014.

Review of “Social Exergaming: A pilot study of enjoyment and physiological responses using Gamercize” for *International Journal of Exercise Science*, August 2013.

Review of textbook “American College of Sports Medicine’s Exercise for Older Adults”, April 2013.

Review of “Prediction of everyday eating characteristics by stress induced laboratory eating in obese women with binge eating disorder” for *Psychology Reports*, November 2012.

Review of “Evaluation of a dry land training program for recreational adult ice hockey players” for the *International Journal of Sport Physiology and Performance*, December 2011.

Professional Presentations:

Bubnis, M., **Crandall, K.J.**, Schafer, M., Grieve, F. Muscle dysmorphia comparisons between high intensity functional training and traditional strength training environments. American College of Sports Medicine Annual Meeting, Boston, MA; June, 2016.

Fall, D., **Crandall, K.J.**, Shake, M., Xing, G., Schafer, M., Sklenar, A., Cooling, J., Brown, J., Glover, S., Mathews, R.P., & Olenick, A. Mobile application for improving functional performance, health education, and cognition in older adults. American College of Sports Medicine Annual Meeting, Boston, MA; June, 2016.

Brown, J., Battogtokh, Z., **Crandall, K.J.**, Schafer, M.A., Lyons, T.S., Falls, Dustin, & Olenick, A. Workstations to increase workplace physical activity and reduce sitting time: A pilot study. Southeast, Greenville, SC; February 2016.

Olenick, A., **Crandall, K.J.**, Schafer, M.A., Zagdsuren, B., Lyons, T.S., Brown, J., & Falls, D. Workstations to increase workplace physical activity and reduce sitting time: A pilot study. American College of Sports Medicine Annual Meeting, Boston, MA; June, 2016.

Crandall, K.J. & K.I. Steenbergen. Functional Performance and Health Knowledge After a Combination Exercise, Health Education, and Bingo Game. Accepted for presentation at the Kentucky Rural Health Association Conference, Western Kentucky University, September 17th, 2015.

Crandall, K.J. & K.I. Steenbergen. Functional Performance and Health Knowledge After a Combination Exercise, Health Education, and Bingo Game. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

Crandall, K.J., G. Xing, & Shake, M. Bingocize® 3.0: A Game Based Platform for Promoting

Wellness in Older Adults. Accepted for presentation at the Conference on Bioinformatics, Computational Biology, and Health Informatics, Atlanta, GA; September 2015.

Cooling, J., **Crandall, K.J.**, & Shake. M. The Effects of Physical Exercise on Cognitive Control in Older Adults. National Science Foundation Research Experience for Undergraduates (REU) Mini-conference. Western Kentucky University, August 2015.

Zagdsuren, B., Sobrero, G.L., Inman, C., Stone, W., Arnett, S. W., Schafer, M.A., Lyons, T.S., Maples, J., **Crandall, K.J.**, & Callahan, Z. Crossfit Vs. Circuit-training: Effects Of A Ten-week Training Program On Aerobic, Anaerobic And Flexibility Indicators. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

Sobrero, G.L., Inman, C., Stone, W., Zagdsuren, B., Arnett, S. W., Schafer, M.A., Lyons, T.S., Maples, J., **Crandall, K.J.**, & Callahan, Z. Crossfit Vs. Circuit-trained Individuals: Effects Of A Ten-week Training Program On Body Composition And Bone Mineral Density. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

Brown, J.T., Sobrero, G.L., Inman, C., Stone, W., Zagdsuren, B., Arnett, S. W., Schafer, M.A., Lyons, T.S., Maples, J., **Crandall, K.J.**, & Callahan, Z. Crossfit Vs. Circuit-trained Individuals: Effects Of A Ten-week Training Program On Muscular Strength And Endurance. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

Wessel, P., Sobrero, G.L., Inman, C., Stone, W., Zagdsuren, B., Arnett, S. W., Schafer, M.A., Lyons, T.S., Maples, J., **Crandall, K.J.**, & Callahan, Z. Crossfit Vs. Circuit-trained Individuals: Effects Of A 10-week Training Program On Power. American College of Sports Medicine Annual Meeting, San Diego, CA; May 2015.

Willard, M.R. & **K. J. Crandall**. Intergenerational Service Learning to Combat Ageism in Exercise Science Students. WKU Impact Expo, Spring 2015.

Willard, M.R. & **K. J. Crandall**. Intergenerational Service-Learning with Exercise Science Students. American College of Health Care Administrators Conference, San Antonio, TX., April, 2015.

Sobrero, G.L., S.W. Arnett, M.A. Schafer, W.J. Stone, T. S. Lyons, J. Maples, **K. J. Crandall**, T. Esslinger, & K. Esslinger. CrossFit vs. Resistance-Trained Individuals: Effects of a Six-Week Training Program on Selected Performance Indicators. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

R. McMullen, W. Weatherholt, S. Wells, & **K.J. Crandall**. The effects of static and dynamic stretching on the vertical jump test of novice athletes. WKU Student Research Conference, Spring 2015.

Flynn, A. T. Carlin, T. Peter, L. Clarkson, and **K. J. Crandall**. Dominant vs. non-dominant shoulder and trunk flexibility in college baseball pitchers. WKU Student Research Conference, Spring 2015.

Crandall, K.J., D. Anderson, & C. Fairman. Improved functional fitness in community-dwelling older adults using a combination exercise and bingo game. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

Crandall, K.J., M. Shake, & G. Xing. Bingocize® 3.0: A unique mobile application for improving physical and mental fitness in older adults. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

Pearson, R., **K.J. Crandall**, E. Oregon, & J. Maples. Applied Research Experiences Engage Exercise Science Undergraduate Students. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

Nash, K., **K.J. Crandall**, & J. Maples Demographics and Health Status of Rural Kentucky Population Served By The Institute Of Rural Health From 2011-2013. WKU Student Research Conference, Spring 2015.

Nash, K., **K.J. Crandall**, & J. Maples Demographics and Health Status of Rural Kentucky Population Served By The Institute Of Rural Health From 2011-2013. WKU College of Health and Human Services Faculty Research Showcase, Spring 2015.

R. McMullen, W. Weatherholt, S. Wells, & **K.J. Crandall**. The effects of static and dynamic stretching on the vertical jump test of novice athletes. Kentucky Posters-at-the-Capitol, Frankfort, KY., February 27th, 2014.

WJ. Stone, MA. Schafer, G. Sobrero, SW. Arnett, TS. Lyons, D. Hoover, J. Maples, and **K. J. Crandall**. Post-exercise hypotension following concurrent exercise. Southeast Regional American College of Sports Medicine Conference: Jacksonville, FL., February 2015.

Weatherholt, W. R. McMullen, S. Wells, & **K.J. Crandall**. Effects of Static and Dynamic Stretching on Vertical Jump Performance. Kentucky Association for Health, Physical Education, Recreation, and Dance Conference. Lexington, KY., November 17-18, 2014.

VanArsdall, N., B. Carter, P. de Seroux, & **K. J. Crandall**. Correlation between ACL Injuries and Vertical Jump Distractions. Kentucky Association for Health, Physical Education, Recreation, and Dance Conference. Lexington, KY., November 17-18, 2014.

Anglemyer, C.P., M. R. Cook, **K. J. Crandall**, M.D. Brackenhoff, B.A. Kursonis, M.R. Lapp, K.R. Smith, & A.L. Williams. The Effects of Participation in a Bingocize® Program on Self-Efficacy, Muscular Strength, Balance & Flexibility of Older Adults, Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN., November 5 – 7, 2014.

Vowels, M.R. & **K.J. Crandall**. Intergenerational Service-Learning in Exercise Science. Kentucky Regional Engagement Conference. Morehead, KY., November 2014.

Vowels, M. R. & **K. J. Crandall**. A Descriptive Study of Exercise Science Students' Knowledge of, and Attitudes Toward, Older Adults. Kentucky Honors Roundtable Conference. Bowling Green, KY., September 27, 2014

Crandall, K.J., M. Shake, & G. Xing. Bingocize® 3.0: A unique mobile application for improving physical and mental fitness in older adults. Kentucky Innovation Entrepreneurship Conference. Louisville, KY., September 5th, 2014

C. Fairman, K. Kendall, B. Harris, J. McMillan, **K.J. Crandall**, P. Hyde. Effects of physical activity with antigravity treadmill training on physiological measures in breast cancer patients. American College of Sports Medicine Conference. Orlando, FL., May, 2014.

Crandall, K.J., D. Anderson, and C. Fairman. Improved functional fitness in community-dwelling older adults using a combination exercise and bingo game. American College of Sports Medicine Conference. Orlando, FL., May, 2014.

Schafer, M.A., G.L. Sobrero, S.W. Arnett, T. S. Lyons, J.W. Navalta, W. J. Stone, S.D. Bean, **K.J. Crandall**, J. Maples, D. Hoover. Performance Indicators in ROTC Cadets After 12 Weeks of Training that Included CrossFit. American College of Sports Medicine Conference. Orlando, FL., May, 2014.

Brackenhoff, M., **K.J. Crandall**, M. Cook, A. Kursonis, M. Lapp, K. Smith, A. Williams. The effect of participation in a Bingocize® program on self-efficacy, muscular strength, balance, and flexibility of older adults. Indiana Wesleyan University Celebration of Scholarship. Marion, IN., April 16th, 2014.

Crandall, K.J. and C. Zachary. The efficacy of service-learning in health education to increase pre-service teachers' openness to diversity. WKU College of Health and Human Services Faculty Research Showcase. Spring 2014.

Duvall, Z., Robertson, L., Herrenbruck, A., **Crandall, K.J.** Flexibility and range of motion improvements in older adults after completing a 12-week, progressive interval exercise program. National Council on Undergraduate Research Conference. Lexington, KY., April 4th, 2014.

Crandall, K.J. and C. Zachary. The efficacy of service-learning in health education to increase pre-service teachers' openness to diversity. Southern District American Alliance for Health, Physical Education, Recreation, and Dance. Louisville, KY., February, 2014.

C. Fairman, K. Kendall, B. Harris, J. McMillan, **K.J. Crandall**. The safety and efficacy of an anti-gravity treadmill at improving cardiovascular endurance, measures of body composition, and quality of life in female breast cancer survivors. Southeast Regional American College of Sports Medicine Conference: Greenville, SC., February, 2014.

Stone, W. J., M.A. Schafer¹, G. Sobrero, S.W. Arnett, T.S. Lyons, J. Maples, **K.J. Crandall**. J.W. Navalta, S.D. Bean, F.T. Esslinger, K. Esslinger Muscular endurance and anaerobic power in ROTC cadets after a twelve week training program containing Crossfit. Southeast Regional

American College of Sports Medicine Conference: Greenville, SC., February, 2014.

Sobrero, G.L., W.J. Stone, M.A. Schafer, S.W. Arnett, T.S. Lyons, **K. J. Crandall**, J. Maples, J.W. Navalta, S.D. Bean, F.T. Esslinger, K. Esslinger. Evaluation of upper and lower body power in first year ROTC cadets after one semester of ROTC training that included Crossfit. Southeast Regional American College of Sports Medicine Conference: Greenville, SC., February, 2014.

Crandall, K.J., and D. Anderson. Bingocize®: A replicable model to improve functional physical fitness in older adults while engaging university students and the community. Kentucky Regional Engagement Conference. Richmond, KY., November, 2013

Crandall, K.J. and D. Anderson. Mobility and balance gains: An evidence-based model that improves ADL's and engagement. American Association of Service Coordinators National Conference: Indianapolis, In., August 19th, 2013.

Erb, O. and **K.J. Crandall**. Healthy Minds, Healthy Bodies: An innovative approach to reducing childhood obesity. Kentucky Association for Health, Physical Education, Recreation, and Dance: Louisville, Ky., 2012.

Crandall, K.J. and O. Erb. Healthy Minds, Healthy Bodies: A novel approach to reducing childhood obesity” Kentucky Wesleyan College Scholar’s Day, April 19th, 2012.

Crandall, K.J. and C. Zachary. Efficacy of service-learning in health education to improve pre-service teachers’ openness to diversity. Conference on Applied Learning in Higher Education: Saint Joseph, MO., 2012.

Crandall, K.J. Steps to Integrate Service-Learning in Your Curriculum. Kentucky Wesleyan College Faculty Brown Bag series 2012.

Crandall, K.J. and Christopher Zachary. Efficacy of service-learning in health education to improve pre-service teachers’ openness to diversity. Kentucky Wesleyan College Scholar’s Day, April, 2011.

Crandall, K.J., P.A. Eisenman, L. Ransdell, J.J. Reel, and B.B. Schultz. Relationship between binge eating disorder and physical activity in community dwelling individuals. American College of Sports Medicine National Conference: San Francisco, CA., 2003.

Crandall, K.J., and P.A. Eisenman. The efficacy of utilizing physical activity for the treatment of binge eating disorder. Western College Physical Education Society Conference: Reno NV, 2001.

Hueglin, S. and **K.J. Crandall**. Integrating service learning into undergraduate exercise and sport science: Steps to success. American Association for Health, Physical Education, Recreation, and Dance National Conference: Cincinnati, OH., 2001.

Hueglin, S. and **K.J. Crandall**, J.V. Slack, P.A. Eisenman, J.M. Shaw, and D.L. Watson. The efficacy of required course work on facilitating students' openness to diversity. Southwest Association for Health, Physical Education, Recreation, and Dance: Park City, UT., 2001.

Crandall, K.J., J.L. White, and L. Ransdell. The effects of physical activity on the prevention and treatment of breast cancer. Utah Academy of Science Conference: Seattle, WA., 1999.

Crandall, K.J. and C.A. Dennehy. The effects of exercise intensity on energy deriving macronutrient composition, calorie intake, body composition and body weight in the overweight. American College of Sports Medicine National Conference: Seattle, WA., 1999.

Crandall, K.J. and C.A. Dennehy. The effects of exercise intensity on energy deriving macronutrient composition, calorie intake, body composition and body weight in the overweight. University of Northern Colorado research symposium, 1999.

Wyatt, F.B., **K.J. Crandall**, and E.J. Greaney. The effects of aerodynamic cycling position on ventilatory response. American College of Sports Medicine National Conference: Orlando, FL., 2000.

Invited Presentations:

Crandall, K.J. Bingocize®. Kentucky Safe Aging Coalition Falls and Osteoporosis Summit. Jeffersonville, KY., September 10, 2015.

Crandall, K.J. Physical activity and healthy aging. Keynote speaker, Barren River District Health Department Healthy Aging Expo, Bowling Green, KY., September 2nd, 2015.

Crandall, K.J. How does exercise effect your metabolism? Edge Fit Fitness Center, Owensboro, KY., June 2015.

Crandall, K.J. and M. Schafer. Bingocize®. Lincoln Trails Area Development District, Elizabethtown, Ky., May 2015.

Crandall, K.J. and M. Schafer. Bingocize®. Kentucky River Area Development District, Lexington, Ky., June 2015.

Crandall, K.J. Bingocize™. Kentucky Safety and Prevention Alignment Network, Barren River Area Agency on Aging and Independent Living Falls Summit. Bowling Green, KY., June 24th, 2014.

Crandall, K.J. The aging process and Bingocize™. Kentucky River Area Development District Elder Abuse Conference. Hazard Community and Technical College, Hazard, Ky., 2014.

Crandall, K.J. and D. Anderson. Bingocize™. Cumberland Valley Area Development District Area Agency on Aging training. London, Ky., 2013.

Crandall, K.J. and D. Anderson. Bingocize™. Green River Area Development District Area Agency on Aging training. Owensboro, Ky., 2013.

Crandall, K.J. and D. Anderson. Bingocize™. Shelby Senior Service's evidenced-based training. Shelbyville, In., 2013.

Crandall, K.J., D. Anderson, W. Payne, and L. Robertson. Bingocize™. Kentucky Housing Authority's Housing Management Conference. Louisville, Ky., 2013.

Crandall, K.J., D. Anderson, and W. Payne. Bingocize™. Kentucky River Area Development District, Big Sandy Area Development District, and Gateway Area Development District: Hazard, Ky., 2013

Crandall, K.J., C. Fairman, and D. Anderson. Efficacy of Bingocize™ to improve functional fitness and health-related quality of life in older adults. Kentucky Association for Health, Physical Education, Recreation, and Dance: Louisville, Ky., 2012.

Crandall, K.J., C. Fairman, and D. Anderson. Bingocize™! Using games to improve physical activity adherence. Kentucky Adult Day Care Association Conference – Lexington, Ky., August 22nd, 2012.

Crandall, K.J., C. Fairman, and D. Anderson. Bingocize™! Using games to improve physical activity adherence. Kentucky Housing Corporation's Housing Management Conference- Louisville, Ky., May 16th, 2012.

Crandall, K.J., C. Fairman, and D. Anderson. Bingocize™! Using games to improve physical activity adherence. Kentucky Association for Gerontology- Lake Barkley, Ky., April 23, 2012.

External Grants:

National Institutes of Health Small Business Innovation Research Direct to Phase II Grant (R44) \$881,752 (not funded)	2015
Retirement Research Foundation Grant \$135,266 (In Review)	2015
Cralle Foundation Grant \$9,000 (In Review)	2015
Kentucky Science and Technology Corporation Kentucky Commercialization Fund Grant \$74,860.00	2014
Kentucky Science and Technology Corporation SBIR/STTR Phase Double Zero Program Grant \$3,650.00	2014
Cralle Foundation Grant \$10,032.00 (not funded)	2014
Retirement Research Foundation Grant \$131,000 (not funded)	2014

Owensboro Health Hospital Community Benefit Grant \$7,800.00	2013
Wal-Mart Foundation Grant \$500.00	2012
Owensboro Medical Health Systems Community Benefit Grant \$3,365.00	2012
Kentucky Adult Day Care Association \$400.00	2012
Green River Area Development District \$300.00	2012
Green River Area Development District \$450.00	2011
Owensboro Medical Health Systems Community Benefit Mini-Grant \$1,000.00	2010
River Valley Behavioral Health \$3,500.00	2010

Internal Grants:

Western Kentucky University Research and Creative Activities Program (RCAP) grant \$16,000	2015
Western Kentucky University College of Health and Human Services Faculty Research Grant \$6,000	2015
Western Kentucky University ALIVE Center Community Partnership Grant \$1,324.00	2015
Western Kentucky University Faculty-Undergraduate Student Engagement (FUSE) Grant \$3,000	2014
Western Kentucky University Sisterhood Grant \$43,000 (not funded)	2014
Western Kentucky University Sisterhood Grant \$43,000 (not funded)	2013
Western Kentucky University Faculty-Undergraduate Student Engagement (FUSE) Grant \$3,000	2013
Western Kentucky University College of Health and Human Services Faculty Scholarship Grant \$5,500	2013
Western Kentucky University ALIVE Center Community Partnership Grant \$2,500	2013
Kentucky Wesleyan College Mini-Grant for High Impact Learning Practices \$2,000	2012
Kentucky Wesleyan College Mini-Grant for High Impact Learning Practices \$2,500.00	2012

Morehead State University Internal Grant \$3,635.00	2003
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University of Northern Colorado Scholarly Activity Grant	1999
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TEACHING AND SERVICE

Professional Service:

Kentucky Association for Health, Physical Education, Recreation, and Dance Exercise Science Section Chair-Elect	2013-2014
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Teaching and Service Awards:

University of Utah Exercise and Sport Science Teaching Fellowship	2000-2001
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University of Utah Exercise and Sport Science Outstanding Teaching Assistant	2000-2001
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University and Departmental Service:

Judge for WKU Student Research Conference	2014-2015
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Member WKU Exercise Science faculty search committees	2014-2015
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Faculty Sponsor WKU Exercise Science Club	2014-Present
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Member WKU Exercise Science student awards committee	2014
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Member WKU Exercise Science curriculum committee	2014-Present
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Member of Kentucky Wesleyan College psychology faculty search committee	2013
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Member of Kentucky Wesleyan College Institutional Review Board	2012-2013
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Member of Kentucky Wesleyan College Teacher Education Committee	2012-2013
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Designed new Kentucky Wesleyan College Exercise Science major	2011
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Participated in Kentucky Wesleyan College Quality Enhancement Plan (QEP) focused on improving students' critical thinking skills	2011
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Awards and Scholarships:

Western Kentucky University Office of Research Junior Investigator Award	2014
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Western Kentucky University Office of Research First Time External Grant Award	2014
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Kentucky Innovation Network “Bucks for Bright Ideas” Entrepreneur Award	2014
Kentucky Association for Gerontology Distinguished Educator Award	2013
University of Utah Exercise and Sport Science N.P. Neilsen Scholarship	2001-2002
Utah Academy of Arts, Sciences, and Letters Outstanding Paper Award	2000
Western Kentucky University Non-traditional Student Scholarship	1996
University of Northern Colorado Graduate Dean’s Citation for Excellence	1999
University of Northern Colorado Graduate Dean’s Citation for Outstanding Thesis	1999

Memberships:

Southern Gerontological Society	2014
Kentucky Academy of Science	2013
National Physical Activity Society	2013
Kentucky Association for Gerontology	2013
Kentucky Association for Physical Education, Recreation, and Dance	2012
Kentucky Green River District Cancer Council	2011
American College of Sports Medicine	1996

Awards for Professional Service:

Nominee for the 2015 New England Resource Center for Higher Education’s National Ernest A. Lynton Award for the Scholarship of Engagement for Early Career Faculty	2015
University of Utah Exercise and Sport Science Graduate Service Award	2000-2001

Professional Certifications:

American College of Sports Medicine Certified Exercise Physiologist SM	2012
American College of Sports Medicine Exercise is Medicine Credential: Level 2	2012

Comprehensive Institutional Training Initiative (CITI) for Biomedical Research	2013
National Institute of Health (NIH) Protecting Human Research Participants Certification # 925491	2012
American Heart Association Basic Life Support for Healthcare Providers	2015