

**Carena S. Winters**

**PhD, MPH, FACS, ACSM-**

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## APPOINTMENTS

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### ACADEMIC:

Jacksonville University Department of Kinesiology Jacksonville, FL. 32211	Associate Professor Department of Kinesiology	7/17-Present
Slippery Rock University Exercise and Rehab Science Slippery Rock, PA. 16057	Assistant Professor Exercise and Rehabilitative Sciences	8/10-6/17
Slippery Rock University Exercise and Rehab Science Slippery Rock, PA. 16057	Temporary Instructor Exercise and Rehabilitative Sciences	8/09-7/10
Chatham University Science Department Pittsburgh, PA. 15232	Assistant Professor and Program Coordinator, Exercise Science Director, Student Wellness	8/06-8/09
Chatham College Physical Therapy Department Woodland Road Pittsburgh, PA. 15232	Adjunct Professor	9/05-8/06
University of Pittsburgh Physical Activity and Weight Management Research Center Pittsburgh, PA. 15261	Research Associate NIH Study Coordinator <i>Director: Dr. John Jakicic</i>	3/03-4/05
dbaza, Inc. 5001 Baum Blvd, Suite 770 Pittsburgh, PA 15213 USA	Clinical Consultant	9/01-8/05
UPMC Health System, Dept. of Endocrinology Montefiore Hospital, 8 North Pittsburgh, PA. 15213	Research Associate/ NIH Study Coordinator	9/00-6/01
Graduate School of Public Health, Depart. Of Epidemiology, Parran Hall Pittsburgh, PA. 15213	Research Associate	8/00-12/00



EXS 426L	Applied Exercise Physiology II Laboratory	Spr 2008- Spr 2009
EXS 326	Applied Exercise Physiology I	Spr 2007; Fall 2008
EXS 326L	Applied Exercise Physiology I Laboratory	Spr 2007; Fall 2008
EXS 101	Introduction to Exercise Science	Spr 2007-Spr 2009
EXS 252	Exercise and Nutrition	Spr 2007-Spr 2009
PTH 504	Human Physiology (Graduate)	Fall 2006, Fall 2007
POWER Program	First Year Wellness Initiative	Fall 2006- Fall 2007

**University of Pittsburgh (Graduate Student)**

Interventionist Behavioral, Exercise, Nutrition classes		Spr 2003 Spr 2005
HPRED 2269 Pediatric Exercise Physiology		Summer 2003
HPRED 1042 Physiology of Exercise		Summer 1999
HPRED 1033 Human Physiology (Reproductive Section)		Spr 1997
PEDC HPRED 1021 Personal Health		



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**RESEARCH GRANTS**

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EPIC Grant (JU)

\$3100

2017

Invited Guest speaker, Exercise is Medicine® on Campus International Forum

Dublin City University, Dublin, Ireland  
Invited Guest Speaker, Exercise is Medicine®

Mar 8, 2011

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### NATIONAL PRESENTATIONS

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Exercise is Medicine on Campus Webinar (Virtual)  
EIM-  
to COVID-19

Sept 28, 2020

American College Health Association (ACHA) National Meeting (Virtual)  
An Interdisciplinary Approach to Utilizing the ACHA Framework and  
Exercise is Medicine® on Campus Model

Sept 15, 2020

American College of Sports Medicine (Virtual)  
Exercise is Medicine on Campus Virtual Recognition Ceremony

June 12, 2020

American Kinesiology Association Leadership Workshop  
Exercise is Medicine: 2020 and Beyond

Jan 24, 2020

EIM Research Meeting, San Diego, CA  
Current Exercise is Medicine on Campus Research

Jan 14, 2020

Medical Fitness Conference, Orlando, FL.  
Exercise is Medicine on Campus

Nov 13, 2019

ACSM National Conference, Orlando, FL.

May 30, 2019





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## REGIONAL PRESENTATIONS

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Southeast American College of Sports Medicine Conference Exercise is Medicine on Campus: 2020 and Beyond	Feb 14, 2020
Patient Safety Forum, Quality and Safety Education for Nurses (QSEN) The Exercise is Medicine Solution	Mar 2, 2018
MARC-ACSM Conference, Harrisburg, PA ®	Nov 5, 2016
MARC-ACSM Conference, Harrisburg, PA ®	Nov 6, 2015
MARC-ACSM Conference, Harrisburg, PA ®	Nov 3, 2012
MARC-ACSM Conference, Harrisburg, PA Presenter,	Nov 6, 2010
The Cardiovascular Institute, Philadelphia, PA Invited	Oct 7, 2010
MARC-ACSM Conference, Harrisburg, PA. Co-Presenter,	Nov 4, 2009
Exercise is Medicine® on Campus, Chatham University Launch Host and Presenter	May 2009
American College of Sports Medicine National Conference, Nashville, TN Changes in Markers of Insulin Resistance Following a 6-Month Weight Loss Program in Obese Women	Jun 3, 2005

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## LOCAL PRESENTATIONS

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Jax Summit for HOPE2 Conference, Jacksonville, FL. Exercise is Medicine Tabling Event Hispanic Outreach Patient Engagement	Sep 28, 2019
The Exercise is Medicine® Solution	Oct 4, 2017
Exercise as Medicine: Tips and Tools to Move The Garden Montessori, Cranberry Township, PA.	Mar 10, 2016
Career Scientists: Exercise Science, Marshall Middle School, North Allegheny	Jan 2014; 2015

Exercise is Medicine, Montessori Centre Academy, Glenshaw, PA.	May 2011
Chatham Goes the Distance, Chatham University Fluid replacement, running gear, carbo-loading, training regime	Jan-May 2009
Chatham College Fit for the Future Educational Sessions	Oct 2006
	Oct 3, 2006 Oct 30, 2006
Evidence Based Health and Fitness for the 21 <sup>st</sup> Century: An interdisciplinary Approach School of Nursing, University of Pittsburgh Invited Speaker:	May 7, 2004

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**ADDITIONAL INVITED PRESENTATIONS**

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Exercise, Immunity, and COVID-19 (Virtual)	Apr 21, 2021
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## INVITED WEBINAR PRESENTATIONS

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Exercise is Medicine	
Exercise Is Medicine Student Perspective	Sep, 2020
EIM 2.0 Roundtable	Dec, 2019
Exercise is Medicine on Campus 101	Aug, 2019

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## PUBLICATIONS

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**Winters, C.** and Sallis, RE. Five Steps to Launching Exercise is Medicine® in Your Campus. *Health & Fitness Journal*, 19(4): 28-33, 2015.

Lynn, J., Urda, J., and **Winters, CS.** Slippery Rock University: A Case Study of Success in Exercise is Medicine® on Campus. *Health & Fitness Journal*, 19(4): 34-36, 2015.

Loughran, M. J., Hamilton, D., Downey, P.A., **Winters, C.**, & Moles, T. Going the distance: An interdisciplinary seminar series on a university campus in support of training for recreational distance running. *Recreational Sports Journal*, 37, 55-65, 2013.

Jakicic, JM, Otto, AD, Lang, W, Semler, L, **Winters, C.**, Polzien, K, and Mohr, Kara I. The Effect of Physical Activity on 18-month Weight Change in Overweight Adults. *Obesity*

Exercise is Medicine™ on Campus: Time to Get Involved 2012  
Healthy Learning™ DVD, Monterey, CA  
2012 ACSM Health & Fitness Summit

Exercise is Medicine™ on Campus: Thoughts from the Advocates 2011  
Healthy Learning™ DVD, Monterey, CA  
2011 National EIM and ACSM National Conference

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**PUBLISHED ABSTRACTS**

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Jeffreys Heil, R., N. Peterson, CL Tompkins, M. Rothermel, S. Masla



Jakicic, JM., Wing, RR., **Winters, CS.**, and Clifford, L. Accumulation of 150 minutes of exercise per week enhances weight loss and fat loss in overweight adult women. *American College of Sports Medicine*.

Jakicic, JM., Wing, RR., **Winters, CS.**, and Clifford, L. Exercise adherence in overweight women: