

---

# *Kathryn J. (Southard) DeShaw*

## **Curriculum Vitae**

---

Iowa State University | Department of Kinesiology

0105 Forker Building, 534 Wallace Rd., Ames, IA 50011

Cell: (218) 251-4230

Email: kjsouth@iastate.edu

### **FORMAL EDUCATION**

---

<b>Institution</b>	<b>Degree</b>	<b>Year</b>	<b>Major (focus)</b>
Iowa State University -Ames, Iowa	PhD	2019	Kinesiology Physical Activity and Health Promotion -Major Professor: Dr. Gregory J. Welk <i>Dissertation:</i> Methods and Evaluation of a Health Coach Training Practicum Experience for College Student Healthy Lifestyle Behavior Change
University of North Dakota -Grand Forks, ND	MS	2015	Kinesiology and Public Health Education -Major Professor: Dr. Tanis J. Walch <i>Thesis:</i> The Effects of an Active Study Break Intervention in College Students: An Observational Study
University of North Dakota -Grand Forks, ND	BS	2013	Physical Education, Exercise Science & Wellness

### **TEACHING EXPERIENCE**

---

#### *Iowa State University, Ames, IA, Kinesiology Department*

##### **Courses Taught:**

HS 380: Worksite Health Promotion	2016-Present
KIN 494AB: Practicum in Motivational Interviewing	2016-Present
KIN 258: Physical Fitness and Conditioning Lab	2015-2016
KIN 182: Volleyball	Fall 2015

##### **Guest Lectures:**

ExerCyse is Medicine Ambassador Meeting: Motivational Interviewing	February 2019
KIN 467/567: Exercise & Health: Behavior Change: Motivational Interviewing	Spring 2017
Recreation Services Personal Trainers: Motivational Interviewing	December, 2017

## Curriculum Development:

HS 380: Worksite Health Promotion

*Developed and implemented a flipped classroom approach in which course content is delivered via online video lectures, as well as the use of group-based team learning.*

KIN 494 A & B: Practicum in Motivational Interviewing

*Developed and implemented a flipped classroom practicum curriculum including online recorded video lectures to teach and refine motivational interviewing skills.*

**University of North Dakota, Grand Forks, ND, Kinesiology and Public Health Department**

## Courses Taught:

KIN 240: Introduction to Wellness 2014-2015

Basic Instructional Program (100 level): 2013-2014

*Courses included Dodgeball, Physical Conditioning, Basketball, and Wiffle Ball.*

## AWARDS, GRANTS, AND SCHOLARSHIPS

---

2019 Kinesiology Doctoral Research Award

2018 College of Human Sciences: Louise M. Rosenfeld Scholarship

2018 College of Human Sciences: Helen G. Easter Scholarship

2018 Graduate and Professional Student Senate: Professional Development Travel Grant

2017 Iowa State University Teaching Excellence Award

2017 Graduate and Professional Student Senate: Professional Development Travel Grant

2016 Graduate and Professional Student Senate: Professional Development Travel Grant

## PUBLICATIONS

---

1. Ellingson, L.D., Lansing, J.E., **DeShaw, K.J.**, Peyer, K.L., Bai, Y., Perez, M., Phillips, L.A., Welk, G.J. (2019). Evaluating Motivational Interviewing and Habit Formation to Enhance the Effect of Activity Trackers on Healthy Adults' Activity Levels: Randomized Intervention. *Journal of Medical Internet Research Mhealth Uhealth*, 7(2):e10988.
2. **DeShaw, K.J.**, Ellingson, L.D., Bai, Y., Lansing, J.E., Perez, M., Welk, G.J. (2018). Methods for activity monitor validation studies: An example with the Fitbit Charge. *Journal for the Measurement of Physical Behaviour*, 1(3):130-135.
3. **Southard, K.J.**, Rhoades, J.L., Whitehead, J.R., Walch, T.J. (2018). A Signage Intervention Decreases Inactive Study Breaks in College Students. *American Journal of Health Studies*, 33(1):52-60.

## **PUBLICATIONS IN PROGRESS**

---

1. Ellingson, L.D., Nelson, C.L., Dixon, P.M., Lansing, J.E., **DeShaw, K.J.**, Meyer, J.D., Shook, R.P. (*In Preparation*). Sleep predicts sedentary time in overweight men.

## **NATIONAL JURIED SCHOLARLY PRESENTATIONS AT PROFESSIONAL MEETINGS**

---

1. Walch, T.J., Barry, A.M., **DeShaw, K.J.** Effect of Adult Leader Participation on Physical Activity, Peer-Victimization, Enjoyment, and Self-Efficacy in Children. To be presented at the annual meeting of International Society of Behavioral Nutrition and Physical Activity, Prague, Czech Republic, June 2019.
2. **DeShaw, K.J.**, Welk, G.J. The Effects of Peer Health Coaching for Lifestyle Behavior Change Among College Students. To be presented at the annual meeting of the American College of Sports Medicine, Orlando, FL, June 2019.
3. Joiner, K., **DeShaw, K.J.**, Welk, G.J. Peer Health Coaching for Physical Activity, Self-Efficacy, and Stress in College Students. To be presented at the National Conference on Undergraduate Research Annual Meeting, Kennesaw, GA, April 2019.
4. **Southard, K.J.**, Ellingson, L.D., Lansing, J.E., Perez, M., Welk, G.J. Fitness Trackers and Motivational Interviewing: Effects on Body Composition in Chronic Low Back Pain. *Medicine and Science in Sports and Exercise*, 50(5S):48. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 2018.
5. Lansing J.E., Perez, M., **Southard, K.J.**, Ellingson, L.D. Assessment of Physical Activity & Sedentary Behavior in Individuals with Chronic Low Back Pain. *Medicine and Science in Sports and Exercise*, 50(5S):291. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 2018.
6. Perez, M., Ellingson, L.D., Lansing, J.E., **Southard, K.J.**, Meyer, J.D., Welk, G.J. Effects of Physical Activity Trackers and Motivational Interviewing on Mood in Chronic Low Back Pain. *Medicine and Science in Sports and Exercise*, 50(5S):757-758. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 2018.
7. Petersen, J.L., **Southard, K.J.**, Welk, G.J. Effectiveness of Motivational Interviewing for Different Personalities in College Students. Presented at the National Conference on Undergraduate Research Annual Meeting, Edmond, OK, April 2018.
8. **Southard, K.J.**, Ellingson, L.D., Welk, G.J. Peer Health Coach Training Practicum: Evidence from a Flipped Classroom. *Annals of Behavioral Medicine*, 52(S1-S838). Presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, April 2018.
9. Ellingson, L.D., Lansing, J.E., Perez, M., **Southard, K.J.**, Welk, G.J. Using Fitness Trackers to improve active and sedentary behaviors and symptoms in patients with chronic low back pain. *Annals of Behavioral Medicine*, 52(S1-S838). Presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA, April 2018.
10. **Southard, K.J.**, Bai, Y., Welk, G.J., Ellingson, L.D. Equivalence of self-report and accelerometer measures following a physical activity intervention. *Medicine and Science in Sports and Exercise*, 49(5S):763. Presented at the American College of Sports Medicine Annual Meeting, Denver, Co, May 2017.
11. **Southard, K.J.**, Rhoades, J.L., Whitehead, J.R., Walch, T.J. College students study habits at a Midwestern university: An observational study. *Medicine and Science in Sports and Exercise*, 48(5S):929. Presented at the American College of Sports Medicine Annual Meeting, Boston, MA, May 2016.

12. Whitehead, J.R., Rhoades, J.L., Walch, T.J., Lundberg, K.E., **Southard, K.J.** School PE and Sport Experiences and Subsequent Physical Activity, Fitness, and Motivation of College Students. *Medicine and Science in Sports and Exercise*, 48(5S):697. Presented at the American College of Sports Medicine Annual Meeting, Boston, MA, May 2016.
13. **Southard, K.J.**, Rhoades, J.L., Whitehead, J.R., Walch, T.J. The Effects of An Active Study Break Intervention in College Students: An Observational Study. *Medicine and Science in Sports and Exercise*, 47(5S):522. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA May 2015.

## **REGIONAL ABSTRACTS PRESENTED**

---

1. Joiner, K., **DeShaw, K.J.**, Welk, G.J. Peer Health Coaching for Physical Activity, Self-Efficacy, and Stress in College Students. Presented at the Innovation in Research and Education (IINSPIRE -LSAMP) Annual Meeting, Ames, IA, February 2019.
2. **DeShaw, K.J.**, Welk, G.J., Lanningham-Foster, L., Wolff, M., Ellingson, L.D. Motivational Interviewing Hub through a University Translational Research Network. Presented at the Des Moines University Annual Research Symposium, Des Moines, IA, December 2018.
3. **Southard, K.J.**, Ellingson, L.D., Lansing, J.E., Perez, M., Welk, G.J. The Effects of a Fitness Tracker and Motivational Interviewing on Body Composition in Patients with Chronic Low Back Pain. Presented at Mid-West American College of Sports Medicine Annual Meeting, Grand Rapids, MI, November 2017.
4. Lansing, J.E., Perez, M., **Southard, K.J.**, Welk, G.J, Ellingson, L.D. Objective and Subjective Assessment of Physical Activity and Sedentary Behavior in Individuals with Chronic Low Back Pain. Presented at the Mid-West American College of Sports Medicine Annual Meeting, Grand Rapids, MI, November 2017.
5. **Southard, K.J.**, Rhoades, J.L., Whitehead, J.R., Walch, T.J. College students study habits at a Midwestern university: An observational study. Presented at the Mid-West American College of Sports Medicine Annual Meeting, Fort Wayne, IN, November 2015.

## **CERTIFICATIONS AND PROFESSIONAL DEVELOPMENT**

---

Career Development: Preparing Future Faculty Associate Fall 2017 & Spring 2018

*One year program designed to prepare graduate students for a career in academia.*

Center for the Integration of Research, Teaching, and Learning Certificates (CIRTL):

-Scholar Certificate April, 2018

*Prepared and presented "Teaching as Research" Project at National Conference.*

-Practitioner Certificate March, 2018

*Published report of "Teaching as Research" Project in ISU Digital Repository:  
[https://lib.dr.iastate.edu/cirtl\\_reports/12/](https://lib.dr.iastate.edu/cirtl_reports/12/)*

-Associate Certificate February, 2018

*Completion of 5 or more professional development courses.*

Attended a Center for Excellence in Learning & Teaching (CELT): Award Winning Faculty Series

*This was a Hands-on workshop featuring components of Team Based Learning and simple activities to engage students* February, 2018

Completed a Certificate of Competency in Clinical Health Coaching April, 2016

*Iowa Chronic Care Consortium, Des Moines, IA*

## **PROFESSIONAL AFFILIATIONS**

---

Member-American College of Sports Medicine

Member-Mid-West American College of Sports Medicine

Member- Society of Behavioral Medicine

Member- Iowa State University Kinesiology Graduate Student Association

## **SERVICE**

---

Reviewer for Measurement in Physical Education and Exercise Science 2018-Current

Reviewer for Proceedings of the National Conference on Undergraduate Research 2018-Current

Coordination and facilitation of Honors undergraduate student course fulfillments and research projects in the Kinesiology department 2016-Current

Motivational Interviewing Training to ISU Staff & Extension Summer 2018-Present

Facilitate, coordinate, and lead undergraduate student internship positions within worksite wellness programming and ExerCyse is Medicine 2016-Current

ISU ExerCyse is Medicine Graduate Student Coordinator 2015-Current

*Supervision and coordination of undergraduate student leaders regarding outreach programming through the ISU Kinesiology department.*

VERB Summer Scorecard Program Graduate Student Coordinator 2016, 2017

*Development, coordination, and supervision of undergraduate interns to run a summer youth physical activity program in the Ames community.*

## **TECHNICAL SKILLS**

---

Proficient in:

- ActiGraph ActiLife Data Analysis Software
- activPAL Data Analysis software
- Fitabase data platform
- Statistical analysis software: SPSS, MedCalc, MPlus

- Online course administration software: Canvas, Blackboard, Learn@ISU
- Qualtrics survey software
- MailChimp mass emailing marketing service
- GivePulse (VoPo) volunteer and service learning tracking software
- Website development utilizing Weebly Website Building software