

JOEY A. LEE
Curriculum Vitae

Department of Kinesiology
Iowa State University
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EDUCATION

- Ph.D. in Kinesiology, Iowa State University, Ames, IA *August 2018
Emphasis: Physical Activity and Health Promotion
Major Professor: Gregory J. Welk
Dissertation: Development and Validation of a School Wellness Environment Profile Tool
- M.S. in Kinesiology and Recreation, Illinois State University, Normal, IL May 2014
Emphasis: Exercise Physiology
Major Professor: Kelly R. Laurson
Thesis: Validation of Four Activity Monitors in Controlled and Free-Living Settings
- B.S. in Exercise Science, Illinois State University, Normal, IL May 2012
- A.S., Danville Area Community College, Danville, Illinois. May 2010
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TEACHING EXPERIENCE

Iowa State University

- Instructor: KIN 214X – Comprehensive School Physical Activity Programs** Spring 2017 & 18
Freshman level course, ~5 students
Course Description: Freshman Research Initiative course covering content on school wellness program needs, implementation, and evaluation strategies. Students are trained to collect, analyze, and present data through an IRB-approved research project.
- Instructor: HS 430 – Community Health Program Development** Fall 2016 & 17
Junior/Senior level course, ~40 students
Course Description: Capstone course covering techniques for community health program development, assessment, and application within communities. Students are prepared for professional internships through community-based service learning projects.
- Teaching Assistant: HS 430 – Community Health Program Development** Fall 2015
Junior/Senior level course, ~40 students
- Teaching Assistant: KIN 210 – Personal Health and Fitness (*Online Course*)** Spring 2015
Open enrollment, ~50 students
Course Description: Online course providing students with knowledge and skills needed to adopt and maintain healthy lifestyles.

Illinois State University

Instructor: KNR 180 – First Aid and Emergency Care 2012-2014

Open enrollment, ~28 students/class, taught 2-3 classes per semester

Course Description: Provides students with content knowledge and hands-on first aid and CPR skills for CPR and First Aid certification.

Instructor: KNR 112 – Intermediate Bowling 2012-2014

Open enrollment, ~30 students/class, taught 1 class per semester

Course Description: Development of basic skills and knowledge for beginning bowler.

Instructor: KNR 106.02 – Introduction to Basketball 2012-2014

Open enrollment, ~25 students/class, taught 1 class per semester

Course Description: Development of intermediate and advanced skills/strategies of basketball.

Teaching Assistant: KNR 280 – Exercise Physiology 2012-2014

Junior/Senior level course, ~40 students/class, assisted with 1-2 classes per semester

Course Description: Provides theoretical knowledge for understanding physiological responses and adaptations to exercise through lecture and lab instruction.

Undergraduate Teaching Assistant: KNR 181 – Anatomy and Physiology II Spring 2012

Sophomore/Junior level course, ~40 students

Course Description: Gross structure and physiology of the human body with emphasis on integument, connective tissues, musculoskeletal, nervous, and endocrine systems.

PUBLICATIONS

Published

1. **Lee, J. A.**, Laurson, K. R. (2016). Obesity and Insulin Resistance Screening Tools in American Adolescents: National Health and Nutrition Examination Survey (NHANES) 1999 to 2010. *Canadian Journal of Diabetes*, 40(4), 311–317. <https://doi.org/10.1016/j.jcjd.2015.11.009>
2. Bai, Y., Welk, G. J., Nam, Y. H., **Lee, J. A.**, Lee, J.-M., Kim, Y., Meier N. F., Dixon, P. M. (2016). Comparison of Consumer and Research Monitors under Semi-structured Settings: *Medicine & Science in Sports & Exercise*, 48(1), 151–158. <https://doi.org/10.1249/MSS.0000000000000727>
3. **Lee, J. A.**, Laurson, K. R. (2015). Validity of the SenseWear armband step count measure during controlled and free-living conditions. *Journal of Exercise Science & Fitness*. <https://doi.org/10.1016/j.jesf.2014.11.002>
4. **Lee, J. A.**, Williams, S. M., Brown, D. D., Laurson, K. R. (2014). Concurrent validation of the Actigraph gt3x+, Polar Active accelerometer, Omron HJ-720 and Yamax Digiwalker SW-701 pedometer step counts in lab-based and free-living settings. *Journal of Sports Sciences*, 1–10. <https://doi.org/10.1080/02640414.2014.981848>
5. Laurson, K. R., **Lee, J. A.**, Eisenmann, J. C. (2015). The cumulative impact of physical activity, sleep duration, and television time on adolescent obesity: 2011 Youth Risk Behavior Survey. *Journal of Physical Activity & Health*, 12(3), 355–360. <https://doi.org/10.1123/jpah.2013-0402>

6. Laurson, K. R., **Lee, J. A.**, Gentile, D. A., Walsh, D. A., Eisenmann, J. C. (2014). Concurrent Associations between Physical Activity, Screen Time, and Sleep Duration with Childhood Obesity. *International Scholarly Research Notices*, 2014, e204540. <https://doi.org/10.1155/2014/204540>

In Progress

1. **Lee, J. A.**, Welk, G. J. CSPAP Implementation and Impact of Administrator Support: Iowa FitnessGram Initiative
2. Chen, S., Welk, G. J., **Lee, J. A.**, Lanningham-Foster, L. M., Vazou, S, Gentile, D., Rosenkranz, R., Dzewaltowski, D. Process Evaluation of the School Wellness Integration Targeting Child Health Program: SWITCH
3. **Lee, J. A.**, Welk, G. J., Lanningham-Foster, L. M., Vazou, S, Chen, S., Gentile, D., Rosenkranz, R., Dzewaltowski, D. Effectiveness of the School Wellness Integration Targeting Child Health Program: SWITCH

Book Chapters

1. Welk, G. J., **Lee, J. A.** "Family and Community Engagement." *Comprehensive School Physical Activity Programming*. In review
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PRESENTATIONS

Poster Presentations

1. *October 2018: SHAPE America Physical Education Teacher Education and Health Education Teacher Education Conference, Salt Lake City, UT
McLoughlin, G. M., **Lee, J. A.**, Lanningham-Foster, L., Gentile, D. a., Chen, S., Vazou, S., Wolff, M. M., Dzewaltowski, D. A., Rosenkranz, R. R., Liechty, L., Torbert, A., Welk, G. J.
School Wellness Integration Targeting Child Health (SWITCH): An Implementation Model
2. *June 2018: International Society of Behavioral Nutrition and Physical Activity, Hong Kong
Chen, S., Welk, G. J., Dzewaltowski, D. A., Gentile, D. A., Lanningham-Foster, L., Rosenkranz, R. R., Vazou, S., **Lee, J. A.**, Wolff, M. M., Lukowski, R.
Process Evaluation of the SWITCH™ Training Model for Enhancing School Wellness
3. *March 2018: National SHAPE America Conference, Nashville, TN
Lee, J. A., Luth, A. M., Welk G. J.
Association between Elementary School Wellness Environments and Student Physical Activity
4. January 2018: Central SHAPE America Conference, Sioux Falls, SD
Lee, J. A., Velthoff, J., Stewart, M., Welk, G. J.
CSPAP Implementation and Impact of Administrator Support: Iowa FitnessGram Initiative
5. November 2017: Midwest American College of Sports Medicine Conference, Grand Rapids, MI
Luth, A. M., **Lee, J. A.**, Welk G. J.
Effect of School Wellness Policies on School Physical Activity Behavior
6. June 2017: American Educational Research Association, San Antonio, TX
Chen, S., Welk, G., Liu, Y., **Lee, J. A.**

Implementation effectiveness of Switch PE lessons for energy balance education.

7. April 2017: Freshman Research Initiative Symposium, Iowa State University, Ames, IA
Barger, A., Kestel, R., Sunderman, H., Chen, S., Vazou S., Welk, G. J., **Lee, J. A.**
Validity of a School Wellness Environment Profile Tool Used in Physical Education, Recess and Lunchroom Environments
8. March 2017: SHAPE America National Convention, Boston, MA
Chen S., Welk, G. J., **Lee, J. A.**, Wolff, M. M., Liu, Y.
Learning Energy Balance Knowledge in SWITCH Physical Education Lessons
9. March 2017: SHAPE America National Convention, Boston, MA
Chen, S., Welk, G. J., Vazou, S., Lanningham-Foster, L., Gentile, D. A., **Lee, J. A.**, Wolff, M.M., Dzewaltowski, D., Rosenkranz, R.
Description and evaluation of CSPAP training modules in the SWITCH.
10. November 2016: Midwest Service Leaders Conference, Buena Vista University, Storm Lake, IA
Lee J. A., Welk G. J.
Establishing a University Centered Volunteer and Service Learning Network
11. May 2015: American College of Sports is Medicine Annual Meeting 2015, San Diego, CA
Lee, J. A., Kim, Y., Saint-Maurice P. F., Welk G. J.
Associations between sedentary behaviors and obesity status in youth: Does device matter?
12. May 2015: American College of Sports is Medicine Annual Meeting 2015, San Diego, CA
Nam, Y-H., Bai, Y., **Lee, J. A.**, Welk, G. J.
Validity of Consumer-Based Physical Activity Monitors in Semi-Structured Activities
13. April 2015: Iowa State University GPSS Research Conference, Ames, IA
Lee, J. A., Bai, Y., Laurson, K. R., Welk, G. J.
Comparison between Child and Parent Reporting of Children's Obesogenic Behaviors.
14. May 2014: American College of Sports is Medicine Annual Meeting 2014, Orlando, FL
Lee, J. A., Laurson, K. R.
Inconsistencies during Minute-by-Minute Step Counting Using the SenseWear Mini Armband
15. May 2014: American College of Sports is Medicine Annual Meeting 2014, Orlando, FL
Panfil, T.E., **Lee, J. A.**, Laurson, K. R.
Omron Pedometer Step Count Accuracy and Reliability Based on Wear Location
16. April 2014: Illinois State University Graduate research Symposium, Normal, Illinois
Lee, J. A. & Laurson, K. R.
Inconsistencies during Minute-by-Minute Step Counting Using the SenseWear Mini Armband
17. April 2014: Illinois State University Graduate research Symposium, Normal, Illinois
Panfil, T. E., **Lee, J. A.**, Laurson, K. R.
Omron Pedometer Step Count Accuracy and Reliability Based on Wear Location
18. May 2013: American College of Sports is Medicine Annual Meeting 2013, Indianapolis, IN
Lee, J. A., Laurson, K. R., Eisenmann, J. C.

Significance of Adolescents Achieving Physical Activity, Sleep, and Television Time Recommendations Concurrently for Obesity Prevention.

19. May 2013: American College of Sports Medicine Annual Meeting 2013, Indianapolis, IN
Eichelberger, A. R., Fenske, S.M., **Lee, J. A.**, Brown, D.D., Lagally, K.M., Williams, S.M., Laurson, K.R.
Associations between Exercise and Leisure-time Physical Activity
20. April 2013: Illinois State University Graduate research Symposium, Normal, Illinois
Lee, J. A., Laurson, K. R., Eisenmann, J. C.
Significance of Adolescents Achieving Physical Activity, Sleep, and Television Time Recommendations Concurrently for Obesity Prevention.
21. April 2012: Illinois State University Undergraduate Research Symposium, Normal, Illinois.
Lee, J. A., Laurson, K. R., Gentile, D. A., Walsh, D. A., Eisenmann, J. C.
Unraveling the interactions between physical activity, sleep duration, and screen time: Impact on childhood obesity.

Oral Conference Presentations

1. *November 10, 2017: Midwest American College of Sports Medicine Conference, Grand Rapids, Michigan
Lee, J. A., Luth, A. M., Welk G. J.
Validation of the Elementary School Wellness Environment Profile Tool
2. November 8, 2016: SWITCH School Wellness Conference, Iowa State University, Ames, Iowa
Lee, J. A., Schlechter, C.
Using Audit Tools to Understand Your School Wellness Environment and System
3. November 12, 2015: School Wellness Conference, Team Nutrition - Iowa Department of Education, Iowa State University, Ames, Iowa
Lee, J. A., & Wolff, M.
SWITCH: School Wellness Initiative Targeting Children's Health
4. November 6, 2015: Midwest ACSM Annual Meeting, Ft. Wayne, Indiana
Lee, J. A., Bai, Y., Laurson, K. R., & Welk, G. J.
Comparison between Child and Parent Reporting of Children's Obesogenic Behaviors

Invited Speaker

1. July 2017: Illinois State University Physical Education Teacher Summer Workshop (**\$350**)
Lee, J. A.
School Wellness Environments Matter
2. July 2013: Polar Technology Camp, Illinois State University, Normal, Illinois
Lee, J. A.
Utilizing Polar Active Activity Monitors in Physical Education (<http://petechcamp.illinoisstate.edu/>)
3. May 2012: Lincoln Community College, Normal, Illinois
Lee, J. A.
The Role of Physical Activity in Preventing Childhood Obesity

HONORS & AWARDS

Helen Easter FCS Graduate Scholarship (\$1,125; \$375) <i>Awarded to an outstanding graduate student in Family Consumer Sciences.</i>	April 17 & 18
Wakonse Fellowship Award (\$700) <i>Awarded to 5 Iowa State University graduate students to cover expenses to attend the Wakonse Conference on College Teaching</i>	April 2017
Barbara E. Forker Graduate Scholarship (\$2,500) <i>Awarded to an outstanding doctoral student in Kinesiology.</i>	April 2017
College of Human Sciences Graduate Scholarship (\$1,500) <i>Awarded to high-achieving graduate student in the CHS.</i>	January 2017
Midwest Service Leaders Scholarship (\$50) <i>Awarded to ~10 students leading meaningful service projects on their campus.</i>	October 2016
IMPACT Action Program of the Year Award <i>Recognizes a campus-based program which models student-led direct action/work which has contributed to making their campus and communities a better place for everyone.</i>	February 2016
Kinesiology and Recreation Graduate Teaching Assistant of the Year	April 2014
Jorndt Award <i>Given to graduate student and faculty advisor who have disseminated research of the highest quality under the most stringent review either through presentation or publication.</i>	April 2014
College of Applied Science and Technology Travel Scholarship (\$250)	April 13 & 14
Esther Larson McGinnis Scholarship (\$500) <i>Provided to outstanding graduate students traveling to present research at regional or national conferences.</i>	April 13 & 14
Illinois State University Research Symposium Scholarship (\$250)	April 13 & 14
Liverman Award (\$500) <i>Awarded to graduate student who has conducted and presented outstanding research.</i>	April 13 & 14
CAST Graduate Research Award - Departmental Nominee <i>Recognizes outstanding non-thesis related student research throughout the College of Applied Sciences and Technology</i>	August 2013
Dean's List scholar	2010 & 2012
Phi Theta Kappa Honors student	2008-2010

PROFESSIONAL DEVELOPMENT

Career Preparation

Preparing Future Faculty 2016-17

PFF Associate Certificate

Description: Program is designed to prepare graduate students for academic career.

Leadership Training

Graduate College Emerging Leadership Academy

2015-16

Description: Program accepts 20 graduate/postdoc students per year and provides training on leadership, ethics, collaboration, diversity issues and awareness, innovation, and communication skills.

PROFESSIONAL EXPERIENCES

Graduate Professional Student Senate

Fall 15-17

Position: Kinesiology Department Representative

Responsibilities: Assisted with graduate student-related issues, allocation of graduate student funds, and developing and refining graduate student policies.

Research Assistant – Iowa State University

Fall 14-present

Responsibilities: Conduct and coordinate research projects, oversee undergraduate research assistants, and manage lab needs.

Projects assisted:

- U-TuRN – University Translational Research Network
- SWITCH – school and parent-based youth obesity prevention program
- Youth Physical Activity Monitor Study – project testing the utility of a survey to estimate group-level physical activity compared to objective measures
- Consumer-Based Monitor Study – validating consumer activity monitors
- NFL Play60 Project – longitudinal trends in youth fitness
- Iowa FitnessGram Initiative – promote best practices in Physical Education and school-based physical activity programming to Iowa schools

Exercise Physiology Lab Intern (and volunteer) – Illinois State University

2011-2014

Responsibilities:

- Assisted with data collection, entry, and analysis
 - Performed lab assessments
 - Body composition (i.e. skinfolds, hydrostatic weighing, air displacement plethysmography, BIA)
 - Fuel tests with Sormedic & VO2000 metabolic analyzers
 - Maintained and trained students to use lab equipment
 - Heart rate monitors, Tri-Fit, Polar Go-Fit software, and activity monitors
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PROFESSIONAL MEMBERSHIPS

National ACSM student member

2013-present

Midwest ACSM student member

2014-present

SHAPE America student member

2017-present

Midwest SHAPE America student member

2017-present

SERVICE

Campus

Kinesiology Faculty/Staff Awards Committee 2017-present
Role: Graduate Student Representative

Search Committee Member Spring 2017
Extension Program Specialist III – Healthy Living Specialist – 4-H Youth Development
position with ISU Extension and Outreach

Developed Iowa State University Volunteer Portal - iastate.givepulse.com 2014-present
*Grassroots effort to develop a hub for students to find, track, and manage volunteer/service
learning efforts, and for faculty to manage service learning/community engagement projects*

ExerCyse is Medicine-On Campus Club Aug. 14-March 16
Role: Leadership advisor

Professional

Midwest American College of Sports is Medicine 2016-present
Leadership and Mentoring Program
Position: Board Member
Role: Assisted with reviewing program applicants and identifying mentors for the program.

Independent Contract - McGraw Hill Summer 2015
Responsibilities: Create and edit instructor content for “Concepts of Fitness and
Wellness: A Comprehensive Lifestyle Approach” instructional book.

Independent Contract - McGraw Hill Spring 2014
Developed online course content for activity-based courses.

Article Reviews Performed:

Acta Gymnica: (Reviews Performed = 3)
Journal of Physical Activity and Health: (Reviews Performed = 3)

Community

Ames Healthy Streets Planning Committee Jan.-April 2015
Role: Board Member; Events & Activities Planning Committee member

American Heart Association - Heart Walk, Normal, IL. September 2013
Role: Lead volunteer

In-Service Physical Education Instructor Trainings 2011-2014
Title: Using TriFit software, TriFit Companion Pocket, Polar heart rate monitors, TEAM II,
CGX, and Polar Active monitors
Role: Led and co-led training presentations