

**SARA E. MAHONEY, PH.D.**  
**CURRICULUM VITAE**

**ADDRESS:** Department of Exercise Science  
2001 Newburg Rd  
Louisville, KY 40205

**PHONE:** 502-272-7607 (office)

**E-MAIL:** smahoney@bellarmine.edu

**EDUCATION**

University of South Carolina, Columbia, SC  
Doctor of Philosophy, Exercise Science, August 2011  
Area of Emphasis: Applied Physiology  
Supporting Fields: Chronic Disease and Nutrition  
Advisor: Dr. J. Mark Davis

Hope College, Holland, MI  
Bachelor of Arts, Kinesiology, May 2007  
Area of Emphasis: Exercise Science  
Supporting Field: Communications  
Advisor: Dr. Mark Northuis

**EXPERIENCE AND TRAINING**

Dates	Position
May 2015-present	Chair, Department of Exercise Science, Bellarmine University
August 2013-present	Assistant Professor, Department of Exercise Science, Bellarmine University
August 2011-2013	Assistant Professor, Department of Health and Kinesiology, Texas A&M University-Kingsville
May 2012-2013	Exercise Science Program Coordinator, Texas A&M University-Kingsville
Fall 2007-Aug 2011	Graduate Assistant: Exercise Science Department, University of South Carolina Research under Dr. Mark Davis,

*Project Coordinator: “Effects of Quercetin on Maximal Cycling Performance”*

*Project Coordinator: “Effects of Exercise Training and Quercetin on Fatigue in Breast Cancer Patients”*

Fall 2008–Aug 2011 Graduate Assistant: Cross Country and Track Teams, University of South Carolina, under Stan Rosenthal

Fall 2007-May 2011 Teaching Assistant: University of South Carolina

Summer 2006 Research Assistant: Kinesiology Department  
Supervisors: Dr. Kevin Cole and Dr. Jeff Armstrong  
Hope College

Summer 2005 Research Assistant: Kinesiology Department  
Supervisor Dr. Mark Northuis  
Hope College

Spring 2006-2007 Teaching Assistant Exercise Physiology Lab  
Hope College

Fall 2006 Teaching Assistant Health Dynamics  
Hope College

## **TEACHING**

2013-present Assistant Professor, Department of Exercise Science, Bellarmine University

### Undergraduate Courses Taught:

- EXSC 400- Research Methods
- EXSC 410- Principles of Athletic Conditioning
- EXSC 360- Exercise Testing and Prescription
- EXSC 360L- Exercise Testing and Prescription Lab
- EXSC 325L- Kinesiology Lab
- EXSC 110- Introduction to Exercise Science
- IDC 200- Power, Money and Food
- IDC 301- Stuffed and Starved

### Graduate Courses Taught:

- PT 605- Research II

2011-2013 Assistant Professor, Department of Health and Kinesiology, Texas A&M University-Kingsville, Kingsville, TX

### Undergraduate Courses Taught:

- EDKN 3326: Basic Physiology of Exercise
- EDKN 4324: Exercise in Chronic Disease and Disabilities
- EDKN 1149: Jogging and Circuit Training

Graduate Courses Taught

- EDKN 5312: Physiology of Exercise

2007-2011

Teaching Assistant, Department of Exercise Science, University of South Carolina, Columbia, SC

Undergraduate Courses Taught:

- EXSC 530L: Physiology of Muscular Activity Lab
- EXSC 531L: Clinical Exercise Physiology Lab

Graduate Courses Taught

- EXSC 743: Advanced Measurement and Exercise Testing/Phlebotomy

## HONORS AND AWARDS

Presidential Merit Award, 2015, Bellarmine University

Texas A&M University System Student Recognition Award for Teaching Excellence, Fall 2011

Southeast ACSM Doctoral Student Research Award Finalist, 2010

AAHPERD Exercise Science Major of the Year 2006, Hope College

Karen White Outstanding Kinesiology Student 2006, Hope College

Vanderbilt Family Award for Exercise Science 2007, Hope College

## PUBLICATIONS

### Journal Articles

### National (Refereed)

Loprinzi, PD, Herod, SM, Walker, JF, Cardinal, BJ, **Mahoney, SE** & Kane, C. (2015). Development of a conceptual model for smoking cessation: physical activity, neurocognition, and executive functioning, *Research Quarterly for Exercise and Sport*, DOI: 10.1080/02701367.2015.1074152

Loprinzi, PD, Kane, C, **Mahoney, S.E.**, Walker, J. (2015) Physical Activity and Nicotine Dependence among a National Sample of Young U.S. Adults who Smoke Daily: Evaluation of

Cross-Sectional and Longitudinal Associations to Determine Which Behavior Drives this Relationship. *Physiology and Behavior*. Feb;139:1-6.

Zourdos, M, Gonzales, M.S., **Mahoney, S.E.** (2014). A Brief Review: The Implications of Iron Supplementation for Marathon Runners on Health and Performance. *Journal of Strength and Conditioning Research*. Jul 28

**Mahoney, S.E.**, Loprinzi, P.D. (2014). Influence of Flavonoid-Rich Fruit and Vegetable Intake on Diabetic Retinopathy and Diabetes-Related Biomarkers. *Journal of Diabetes and Its Complications*. November-December 28:6, 767-771

Loprinzi, P.D., **Mahoney, S.E.** (2014). Concurrent Occurrence of Multiple Positive Lifestyle Behaviors and Depression Among Adults in the United States. *Journal of Affective Disorders*. Aug;165:126-30.

Loprinzi, P.D., **Mahoney, S.E.** (2014). Association between flavonoid rich fruit and vegetable consumption and serum bilirubin. *Angiology*. May 27

Stack, J., **Mahoney, S.E.**, Hearon, C.M. (2014). Factors associated with diabetes risk in south Texas college students. *International Journal of Exercise Science*. April 7:2,2

**Mahoney, S.E.**, Davis, J.M., Murphy E.A., McClellan, J., Pena, M.M. (2014). Dietary quercetin reduces chemotherapy-induced fatigue in mice. *Integrative Cancer Therapies*. Sep;13(5):417-24

Loprinzi, P.D., Smit, E., & **Mahoney, S.** (2014). Physical activity and dietary behavior among U.S. adults and its combined influence on health. *Mayo Clinic Proceedings*. Feb;89(2):190-8

**Mahoney SE**, Davis JM, Murphy EA, McClellan JL, Gordon B, Pena MM. (2013). Effects of 5-fluorouracil chemotherapy on fatigue: Role of MCP-1. *Brain Behav Immun*. Oct 17.

Cole, K. J., **Mahoney, S. E.** (2010) Effect of five weeks of Whole Body Vibration training on speed, power, and flexibility. *Clinical Kinesiology*. Spring 64(1):1-7.

### Abstracts

#### National (Refereed)

**Mahoney, S. E.**, Carnes, A.J., Frith, E., Ferry, K. (2015) Associations Between Dietary Intake And 161-km Race Performance, Fatigue, And Muscle Soreness. *Medicine & Science in Sports & Exercise*. 47(5)S232-235

**Mahoney, S.E.** and Loprinzi, P.D. (2014) Influence of Flavonoid-rich Diet and Physical Activity on Diabetes-related Biomarkers and Diabetic Retinopathy. *Medicine & Science in Sports & Exercise*. 46(5)S601

**Mahoney, S.E.** and Hearon, C.H. (2013) Effects of 16 week Vitamin D Supplementation in Hispanic Americans with Type 2 Diabetes Mellitus. *Diabetes*, Vol 62. Suppl. 1. A190

Stack, Jordan W.; Brumley, Christine; Parikh, Mansi; Canales, Adley; **Mahoney, Sara E.**; and Hearon, Christopher M. (2013) "Factors Associated with Diabetes Risk in South Texas College Students," *International Journal of Exercise Science: Conference Abstract Submissions*: Vol. 2: Iss. 5, Article 46.

Riedesel, Dylan F. and **Mahoney, Sara E.** (2013) "Examining the Relationship between Simple and Choice Reaction Time on Team-Sport and Individual-Sport Athletes," *International Journal of Exercise Science: Conference Abstract Submissions*: Vol. 2: Iss. 5, Article 47.

**Mahoney, S.E.**, Murphy, E.A., McClellan, J.L., Gordon, B., Pena, M.M., & Davis, J.M. (2012). Effects of quercetin supplementation on reducing chemotherapy induced fatigue and inflammation. *Medicine & Science in Sports & Exercise*, 44(5, Suppl.) S234 (#1593).

**Mahoney, S.E.**, Murphy, E. A, Pena, M.M., Davis, J.M, McClellan, J.E. 5-Fluorouracil chemotherapy decreases voluntary activity in C57BL/6 mice. (2011) *Medicine & Science in Sports & Exercise*, 43(5, Suppl.) S904 (#3134)

Steiner, JL, Davis, JM, McClellan, JM, **Mahoney, S**, Carmichael, MD, Murphy, EA. Characterization of a mouse model of cancer related fatigue using a physical activity battery. (2011) *Medicine & Science in Sports & Exercise*, 43(5, Suppl.) S685 (#114)

S. Chen, J.M. Davis (FACSM), **S. Mahoney**, T. Barrilleaux, K. Hubbles, C. Kline, M. Carmichael, and E.A. Murphy. Carbohydrate-protein beverage improves recovery from muscle damage induced by downhill running. (2009) *Medicine & Science in Sports & Exercise*, 41(5, Suppl.) S509 (#2937)

## **PRESENTATIONS TO LEARNED SOCIETIES**

### **National (Refereed)**

**Mahoney, S. E.**, Carnes, A.J., Frith, E., Ferry, K. (2015) Associations Between Dietary Intake And 161-km Race Performance, Fatigue, And Muscle Soreness. Presented at the American College of Sports Medicine National Meeting, San Diego, CA

**Mahoney, S.E.** and Loprinzi, P.D. (2014) Influence of Flavonoid-rich Diet and Physical Activity on Diabetes-related Biomarkers and Diabetic Retinopathy. Presented at Annual Meeting for The American College of Sports Medicine in Orlando, FL.

Gaines, S., Cutton, D and **Mahoney, S.E.** (2013). Development and Validation of the Diet and Exercise Self-Talk Scale. Presented at Annual Meeting for Association for Applied Sports Psychology in New Orleans, LA.

**Mahoney, S.E.** and Hearon, C.H. (2013) Effects of 16 week Vitamin D Supplementation in Hispanic Americans with Type 2 Diabetes Mellitus. Presented at Annual Meeting for American Diabetes Association, Chicago, IL.

Stack, Jordan W.; Brumley, Christine; Parikh, Mansi; Canales, Adley; **Mahoney, Sara E.**; and Hearon, Christopher M. (2013) "Factors Associated with Diabetes Risk in South Texas College Students," Presented at the Annual Meeting of American College of Sports Medicine in Indianapolis, IN.

**Mahoney, S.E.**, Murphy, E.A., McClellan, J.L., Gordon, B., Pena, M.M., & Davis, J.M. (2012). Effects of quercetin supplementation on reducing chemotherapy induced fatigue and inflammation. Presented at the Annual Meeting American College of Sports Medicine (ACSM) in San Francisco, CA.

**Mahoney, S.E.**, Murphy, E. A, Pena, M.M., Davis, J.M, McClellan, J.E. 5-Fluorouracil decreases voluntary physical activity in C57BL/6 mice. American College of Sports Medicine National Meeting. June 2011

**Mahoney, S.E.**, Murphy, E. A, Pena, M.M., Davis, J.M, McClellan, J.E. Changes in voluntary activity in C57BL/6 mice and inflammation following 5-Fluorouracil chemotherapy. American Institute for Cancer Research. October 2010

**Regional (Refereed)**

Ferry, K., Frith, E. Carnes, A. **Mahoney, S.** (2015) Characterization of Dietary Intake of Ultra-Marathon Runners and Its Association with Performance. Presented at Southeast American College of Sports Medicine Conference in Jacksonville, FL

**Mahoney, S.**, Frith, E., Ferry, K., Carnes, A. (2015) Dietary Intake During a 100 Mile Race Associated with Fatigue and Muscle Soreness in Ultra-Marathon Runners. Presented at Southeast American College of Sports Medicine Conference in Jacksonville, FL

**Mahoney, S.E.** and Loprinzi, P.D. (2014) Influence of Flavonoid-rich Diet and Physical Activity on Diabetes-related Biomarkers and Diabetic Retinopathy. Southeast ACSM Regional Chapter Meeting, February 2014

**Mahoney, S.E.**, Murphy, E. A, Pena, M.M., Davis, J.M, McClellan, J.E. Effects of 5-Fluorouracil on voluntary physical activity. Southeast ACSM Regional Chapter Meeting. February 2011

Stack, Jordan W.; Brumley, Christine; Parikh, Mansi; Canales, Adley; **Mahoney, Sara E.**; and Hearon, Christopher M. (2013) "Factors Associated with Diabetes Risk in South Texas College Students," *Texas American College of Sports Medicine (TACSM) Regional Conference*.

Riedesel, Dylan F. and **Mahoney, Sara E.** (2013) "Examining the Relationship between Simple and Choice Reaction Time on Team-Sport and Individual-Sport Athletes" *Texas American College of Sports Medicine (TACSM) Regional Conference*.

**Regional (Non-refereed)**

**Mahoney, S.E.** Invited Speaker, Kentucky Society for Respiratory Care, “The Benefits of Moderate Physical Activity on Symptoms of COPD” October 2015, Lexington, KY

**Mahoney, S.E.** Invited Speaker, Brown Foreman, “A Healthy New Year: Setting Goals for Diet and Exercise Success” May 2014, Louisville, KY

**Mahoney, S. E.** Invited Speaker, Louisville Urban League Association, “Nutrition and Exercise for Beginners” October 2013, Louisville, KY

**Mahoney, S.E.** Invited Speaker, Fleet Feet Sports, “Performance Nutrition” November 2013, Louisville, KY

**Mahoney, S.E.** Models of Cancer-Related Fatigue. University of South Carolina Departmental Seminar Series. September 2010.

**Mahoney, S.E.** Effects of nutrition supplementation on recovery from eccentric exercise. University of South Carolina Departmental Seminar Series. February 2009.

**Omanson, S.E.** (maiden name) Effect of five weeks of Whole Body Vibration training on speed, power and flexibility. Hope College Science Celebration Spring 2006

Barnes, K., **Omanson, S.E.** (maiden name). Quick Breaks: A program for the reduction of obesity in pre-adolescent children. Hope College Science Celebration Spring 2005

**RESEARCH/ CREATIVE ACVTIVITIES**

**Grants/Funding/ Awards**

**Mahoney, S.E.** Effects of dietary patterns on ultramarathon performance and fatigue. Faculty Development Fellowship, Bellarmine University, Fall 2013. Funded \$3,000

**Mahoney, S.E.**, Cutton, D. Gaines, S. Examining the Relationship Between Self Talk and Diabetes Risk. University Research Award Proposal. Submitted June 29, 2012. Funded \$11,850

**Mahoney, S.E.** Civic Engagement Grant for the instruction of EDKN 5312: Physiology of Exercise for Fall, 2012. Funded \$7,369.00

**Mahoney, S.E.** Service Learning Grant for the instruction of EDKN 4324: Exercise in Chronic Disease and Disabilities for Spring, 2012. Funded \$2,940.

**Mahoney, S.E.** Effects of vitamin D supplementation on markers of diabetes in Hispanics. University Research Award Proposal. Submitted Nov. 15. \$10,000 requested. Not funded

**Omanson, S.E. (maiden name)** Effects of Whole Body Vibration, Frost Research Center Grant, (2006), \$2,000, Hope College

**Omanson, S.E. (maiden name)** Obesity in Pre-Adolescent Children, Frost Research Center Grant, (2005), \$2000, Hope College

## **PROFESSIONAL GROWTH/DEVELOPMENT ACTIVITIES**

### **Certifications**

Certified Exercise Physiologist (American College of Sports Medicine)

### **REVIEWER**

Book review for Wolters Kluwer Health

Book review for Routledge

Journal review for Medicine and Science in Sport and Exercise

Journal review for International Journal of Exercise Science

Journal review for SAGE

Journal review for Journal of Ophthalmology

Journal review for European Journal of Cancer Prevention

### **Professional Society Memberships (Current)**

American College of Sports Medicine (ACSM)

Southeast Chapter of American College of Sports Medicine (SEACSM)

Phi Epsilon Kappa (Honor Fraternity)

### **Professional Society Committees/Task Forces**

Abstract Reviewer, Annual meeting for Southeast Chapter of American College of Sports Medicine (SEACSM), 2015-16

Session Chair, Annual meeting for SEACSM, February, 2016

Member, Student Research Poster Evaluation Committee for the Texas Regional Chapter of American College of Sports Medicine (TACSM), 12/11 – 3/12

Judge for Student Bowl, TACSM, 3/12

### **Professional Society Meeting Attendance**

National American College of Sports Medicine Annual Meeting 2008-2015

American Diabetes Association Annual Meeting 2013

Texas ACSM Regional Meeting 2012, 2013

Southeast ACSM Regional Meeting 2010, 2011, 2015, 2016

American Institute for Cancer Research 2010



## **SERVICE ACTIVITIES**

### **Committees**

#### **University/College**

Member, Advising Review Committee, Bellarmine University, Nov 2015- present

Member, Masters of Health Science Development Committee, Bellarmine University, Sept 2014- present

Chair, Lansing School of Nursing Website Committee, Bellarmine University Aug 2013-May 2014

Member, Undergraduate Education Affairs Committee, Bellarmine University, May 2015-present

Member, Wellness Committee, Bellarmine University, January 2014-present

Member, Search Committee for Faculty Position in Nutrition, Lansing School of Nursing and Health Sciences, Bellarmine University, 2014

Member, College of Education and Human Performance Scholarship Committee, College of Education and Human Performance, Texas A&M University Kingsville, 7/12-8/12

Member, Alternate Admissions Committee, Texas A&M Kingsville, 12/11 – 5/13

#### **Department/Program**

Chair, Department of Exercise Science, Bellarmine University, May 2015-present

Member, Brand Development and Website Committee, Department of Exercise Science, May 2015-present

Member, Graduate and Undergraduate Curriculum Development Committee, Department of Exercise Science, Bellarmine University Aug 2013-Aug 2014

Member, Exercise Science Faculty Search Committee, Department of Exercise Science, Bellarmine University, Nov 2013-April 2014

Member, Sports Business Faculty Search Committee, Department of Health and Kinesiology, Texas A&M University Kingsville 12/11 – 4/12

#### **Acquisition/Development of Facilities and Development of Programs and Curricula**

Developed the Exercise Biochemistry sub-lab of the Human Performance Laboratory, Texas A&M University-Kingsville

Building Emergency Manager for Health and Recreation Building, Texas A&M University Kingsville 8/11 – 5/13