

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

ADDRESS: Department of Exercise Science
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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 2015-2024	Chair, Department of Exercise Science, Bellarmine University
August 2018- present	Associate Professor, Department of Exercise Science, Bellarmine University
August 2013-2017	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 Department of Exercise Science, Bellarmine University

Undergraduate Courses Taught:

- EXSC 140- Personal Wellness
- EXSC 110- Introduction to Exercise Science
- EXSC 240- Physiology of Exercise
- EXSC 325L- Kinesiology Lab
- EXSC 360- Exercise Testing and Prescription
- EXSC 360L- Exercise Testing and Prescription Lab
- EXSC 400- Research Methods
- EXSC 410- Principles of Athletic Conditioning
- EXSC 430- Exercise and Chronic Disease
- EXSC 480-Current Issues in Nutrition
- IDC 200- Power, Money and Food
- IDC 301- Stuffed and Starved

Graduate Courses Taught:

- PT 605- Research II
- PT 570- Human Performance and Health Promotion
- HLTH 633- Community Wellness

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

Certificate, ACUE Fostering a Culture of Belonging, 2025

Fellow, Heath Enterprises Network 2021

Fellow, American College of Sports Medicine, 2017

Presidential Merit Award, 2017, Bellarmine University

Presidential Merit Award, 2016, Bellarmine University

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)

Mattocks, A. R., **Mahoney, S.E.**, Vogelpohl, R.E., Hawkins, K. (2024) Observers have similar improvements in student learning outcomes as participants in athletic training simulation education: a pilot study. *Journal of Sports Medicine and Allied Health Science*, 2(10)

Masden, L., Tripure, A., & **Mahoney, S.E.** (2023). The Role of Social Factors in Relative Energy Deficiency Risk for Female Collegiate Athletes. *Journal of Women's Sports Medicine*, 3(3), 30-38.

Carnes, A.J., Brown, K., **Mahoney, S.E.**, Duong, A., and Shefflette, A. (2022). The comparative effects of periodized lower body strength training versus high intensity circuit programming in experienced runners. *Journal of Sports Medicine and Physical Fitness*. 2023 May;63(5):639-649. doi: 10.23736/S0022-4707.23.14389-1. Epub 2023 Feb 15.

Mahoney, S.E., Wojcicki, T.R., Carnes, A.J., (2020) Sources of Nutrition Information in Ultra-Endurance Athletes (SNIKR Study)- A Mixed Methods Analysis. *Journal of Human Performance in Extreme Environments*, 16 (1), 1.

Carnes, A.J., and **Mahoney, S.E.** (2019). Polarized vs. high intensity multimodal training in recreational runners. *International Journal of Sports Physiology and Performance*, 14, 105-112.

Carnes AJ, **Mahoney SE.** (2016). Cohesion is Associated with Perceived Exertion and Enjoyment during Group Running. *JEPonline*;19(6):24-39

Mahoney, S.E., Carnes, A.C.; Wojcicki, T.R.; Frith, E.; Ferry, K. (2016). Habitual Dietary Intake among Recreational Ultra-Marathon Runners: Role of Macronutrients on Performance. *Journal of Food and Nutrition Research*. Vol. 4, No. 4, 2016, pp 205-209.

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.

Published Abstracts **National (Refereed)**

Carnes, Andrew J.; **Mahoney, S. E.** Are Predictive Metrics by Wearables “Unproductive”? The Effect of Deceptive Wearable Monitor Feedback on Performance and Perception in Recreational Runners: 1801. *Medicine & Science in Sports & Exercise* 57(10S):p 582-583, October 2025. | DOI: 10.1249/01.mss.0001159792.18290.a9

Carnes, Andrew J. FACSM; **Mahoney, S. E.**, Prevalence of Heart Rate Variability (HRV) Monitoring Among A Sample of Habitual Runners: 172. *Medicine & Science in Sports & Exercise* 55(9S):p 46, September 2023. | DOI: 10.1249/01.mss.0000980144.45866.8f

Tucker, A., LaBarge, J., Moore, M., Tripure, A., **Mahoney, S. E.**, Brumels, K., Rider, B.C. (2023). Examining The Accuracy of Two Commercially Available Wrist-Worn Heart Rate Monitors. *Medicine & Science in Sports and Exercise*, 70th Meeting of the American College of Sports Medicine, Denver, CO. (Issue published in September)

Tripure, A., Tucker, A., LaBarge, J., Moore, M., Brumels, K., Rider, B.C. **Mahoney, S. E.**, (2023). Examining The Accuracy of Two Commercially Available Global Positioning System Enabled Watches in Two Trail Conditions. *Medicine & Science in Sports and Exercise*, 70th Meeting of the American College of Sports Medicine, Denver, CO. (Issue published in September)

Tripure, A.M., Masden, L.R., Carnes, A.J., and **Mahoney, S.E.** (2022). Relative Energy Deficiency Risk In Female Collegiate Athletes. *Medicine & Science in Sports and Exercise*, 54(9S):591-2. 69th Meeting of the American College of Sports Medicine, San Diego, CA.

Carnes, A.J., Brown, K., **Mahoney, S.E.**, Duong, A., and Shefflette, A. (2021). The comparative effects of periodized lower body strength training versus high intensity circuit programming in experienced runners. *Medicine & Science in Sports and Exercise*, 53(8S):36. 68th Meeting of the American College of Sports Medicine, Virtual Experience

Streeter, A., Wehn, J. Carnes, A.J., and **Mahoney, S.E.** (2020). Effects of repeated carbohydrate rinse on lacrosse performance. *Medicine and Science in Sport and Exercise*, 52(7S) Supplement: S592. 67th Meeting of the American College of Sports Medicine, Virtual Experience.

Mahoney, S.E., Wojcicki, T.R. Carnes, A. C. (2019) Examining Sources of Nutrition Information in Ultra-Endurance Athletes. 51(6S):117 66th Meeting of the American College of Sports Medicine, Orlando FL

Carnes, A.J., and **Mahoney, S.E.** (2018). Longitudinal comparison of polarized vs. High intensity multimodal training in recreational runners. *Medicine and Science in Sport and Exercise*, 50(5S) Supplement: S771.

Mahoney, S.E., Wójcicki, T.R., Fitzgerald, K., Zalmonoff, J. (2017). Sources of Nutrition Information and Knowledge In Ultra-runners (the SNIKR Study): A Qualitative Analysis. *Medicine & Science in Sports & Exercise* May; 49 (5 Suppl 5)S78

Carnes, A.J., **Mahoney, S.E.** (2016). Cohesion is Associated With Perceived Exertion and Enjoyment During Group Exercise in Recreational Runners. *Medicine & Science in Sports & Exercise* May;48(5 Suppl 1):123.

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)

Carnes, Andrew J.; **Mahoney, S. E.** Are Predictive Metrics by Wearables “Unproductive”? The Effect of Deceptive Wearable Monitor Feedback on Performance and Perception in Recreational Runners: 1801. *Medicine & Science in Sports & Exercise* 57(10S):p 582-583, October 2025.

Carnes, Andrew J. FACSM; **Mahoney, S. E.**, Prevalence of Heart Rate Variability (HRV) Monitoring Among A Sample of Habitual Runners: 172. *Medicine & Science in Sports & Exercise* 55(9S):p 46, September 2023

Tucker, A., LaBarge, J., Moore, M., Tripure, A., **Mahoney, S. E.**, Brumels, K., Rider, B.C. (2023). Examining The Accuracy of Two Commercially Available Wrist-Worn Heart Rate Monitors. National ACSM conference, Denver, CO.

Tripure, A., Tucker, A., LaBarge, J., Moore, M., Brumels, K., Rider, B.C. **Mahoney, S. E.**, (2023). Examining The Accuracy of Two Commercially Available Global Positioning System Enabled Watches in Two Trail Conditions. National ACSM conference, Denver CO.

Tripure, A.M., Masden, L.R., **Carnes, A.J.**, and Mahoney, S.E. (2022). Relative Energy Deficiency Risk In Female Collegiate Athletes. *69th Meeting of the American College of Sports Medicine, San Diego, CA.*

Carnes, A.J., Brown, K., **Mahoney, S.E.**, Duong, A., and Shefflette, A. (2021). The comparative effects of periodized lower body strength training versus high intensity circuit programming in experienced runners. 68th Meeting of the American College of Sports Medicine, Virtual Experience

Streeter, A., Wehn, J. Carnes, A.J., and **Mahoney, S.E.** (2020). Effects of repeated carbohydrate rinse on lacrosse performance. *Medicine and Science in Sport and Exercise*, 52(7S) Supplement: S592. 67th Meeting of the American College of Sports Medicine, Virtual Experience.

Mahoney, S.E., Wojcicki, T.R. Carnes, A. C. (2019) Examining Sources of Nutrition Information in Ultra-Endurance Athletes. 2019 ACSM annual meeting Orlando, FL

Carnes, A.J., and **Mahoney, S.E.** (2018). Longitudinal comparison of polarized vs. High intensity multimodal training in recreational runners. Presented at the American College of Sports Medicine National Meeting

Mahoney, S.E., Wójcicki, T.R., Fitzgerald, K., Zalmonoff, J. (2017). Sources of Nutrition Information and Knowledge In Ultra-runners (the SNIKR Study): A Qualitative Analysis. Presented at the American College of Sports Medicine National Meeting, Denver, CO

Carnes, A.J., **Mahoney, S.E.** (2016) Cohesion is Associated With Perceived Exertion and Enjoyment During Group Exercise in Recreational Runners. Presented at the American College of Sports Medicine National Meeting, Boston, MA

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)

Tucker, A., LaBarge, J., Moore, M., Tripure, A., **Mahoney, S. E.**, Brumels, K., Rider, B.C. (2022). Examining The Accuracy of Two Commercially Available Wrist-Worn Heart Rate Monitors. Midwest ACSM regional conference, Indianapolis, IN.

Tripure, A., Tucker, A., LaBarge, J., Moore, M., Brumels, K., Rider, B.C. **Mahoney, S. E.**, (2022). Examining The Accuracy of Two Commercially Available Global Positioning System Enabled Watches In Two Trail Conditions. Midwest ACSM regional conference, Indianapolis, IN.

Wade, Bayley M., Masden, Lauren S., Tripure, Allison M., and **Mahoney, Sara E.** (2021) Fruit and Vegetable Intake Influenced by Self-Efficacy Levels Among Ultra-Endurance Athletes. Accepted for presentation at the Annual Southeast American College of Sports Medicine meeting. Virtual Experience.

Ouslan, N., **Mahoney, S.E.**, Wojcicki, T.R. Carnes, A. C. (2019) Sources of Nutrition Information in Ultra-Endurance Athletes, Southeast ACSM annual meeting, Greenville, SC

Sanders, R.T., and **Mahoney, S.E.** (2016) Dietary Intake of Ultra-Marathon Runners: Association Between Fat Intake and 100-Mile Race Performance. Presented at the Southeast American College of Sports Medicine Conference in Greenville, SC

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 Lecturer- "Nutrition for Runners" Louisville Distance Project, August 2022, Louisville, KY

Mahoney, S.E., Invited Lecturer- "Nutrition for Runners" St. Xavier Girls and Boys Cross Country Teams, Summer 2021, Louisville, KY

Mahoney, S.E., Invited Lecturer- "Nutrition for Runners" Louisville Distance Project, Summer 2021, 2022, Louisville, KY

Mahoney, S.E., Invited Lecturer- "Nutrition for Runners" Atherton High School Girls and Boys Cross Country Teams, Fall 2021, Louisville, KY

Mahoney, S.E., Expert Guest on Podcast to discuss nutrition and research for athletes:
Running for Real podcast- Feb 2021
Runners Connect – March 2021
Iron Culture podcast- June 2021

Mahoney, S.E., Invited Lecturer- “Nutrition for Ultra-endurance Performance” Hope College, Oct. 2019

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 ACTIVITIES

Grants/Funding/ Awards

Mahoney, S.E. (2025). Qualitative Analysis of the Role of Team Culture on RED-S. Faculty Development Fellowship, Bellarmine University, \$2,500 awarded

Kerr, L; Pariser, G; **Mahoney, S.** (2017). Fall Risk in Populations with Dementia. Faculty Development Fellowship, Bellarmine University. \$3,000 awarded.

Breslin, J; Bucalos, A; Keim, C; **Mahoney, S**; Shroeder, A; Wallitsch, K. (2016) Discernment, Advising, and the Liberal Arts Experience: Effective Strategies and Practices for Promoting Student Learning. CIC NetVUE Professional Development Award. \$9,985.00 awarded.

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

REVIEWER

Book review for Wolters Kluwer Health

Book review for Routledge

Journal review for IJMS

Journal review for Medicine and Science in Sport and Exercise

Journal review for Nutrients

Journal review for International Journal of Exercise Science

Journal review for Journal of Opthamology

Journal review for European Journal of Cancer Prevention

Journal review for Journal of Diabetes and Its Complications

Journal review for PLOS one

Journal review for Journal of Sports Sciences

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

External Department Review, Department of Kinesiology, Georgetown College, 2022

External Department Review, Department of Kinesiology and Integrated Physiology, Hanover College, 2022

Abstract Reviewer, Annual meeting for Southeast Chapter of American College of Sports Medicine (SEACSM), 2015-16, 2016-17
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	2008-2022
American Diabetes Association Annual Meeting	2013
Texas ACSM Regional Meeting	2012, 2013
Southeast ACSM Regional Meeting	2010, 2011, 2015-21
American Institute for Cancer Research	2010

SERVICE ACTIVITIES

Committees

University/College

President, Faculty Council, 2025-26

President Elect, Faculty Council, 2024-25

Member, DFW Committee, 2024-present

Gateway Course Redesign for EXSC 110- 2025-present

Member, BOT Academic Affairs Committee, 2025-26

Member, Credit for Prior Learning Committee, Portfolio Review, 2024-present

Member, Student Success Summit Planning Committee, Summer 2024

Member, Committee for Rank and Tenure, August 2021- 23

Knight to-Knight New Faculty Mentor, August 2021-2024

Member, BOT Student Life and Mission subcommittee- Aug 2020-May 2021

Chair, Undergraduate Affairs Committee, Bellarmine University, August 2018-2021, spring 2022

Member, Coordinating Committee, Bellarmine University, August 2018-2021, spring 2022

Member, Academic Visioning Committee, Bellarmine University 2022

Non-instructional load subcommittee
Core curriculum sub committee

Member, Faculty Council, Bellarmine University, May 2016-2019

Member, Institutional Effectiveness Committee, Bellarmine University, November 2019- present

Member, Search Committee for Associate Director of Campus Wellness, Bellarmine University, November 2016-March 2017

Member, Advising Review Committee, Bellarmine University, Nov 2015- May 2016

Member, Masters of Health Science Development Committee, Bellarmine University, Sept 2014- May 2015

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

Assistant Coach, Women's Cross Country, Bellarmine University, 2017-2023

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 2015-2024

Member, Brand Development and Website Committee, Department of Exercise Science, May 2015-2017

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 minor in Nutrition, Bellarmine University 2016

Revised EXSC curriculum, creating two tracks: Health and Wellness and Sport Performance, Bellarmine University, 2016

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