**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

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

2009-2011 Freelance Writer for Livestrong.com: wrote 11 articles covering exercise and disease as well as training adaptations

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

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**

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)***

**Mahoney, S.E.,** Loprinzi, P.D. (In press). Influence of Flavonoid-Rich Fruit and Vegetable Intake on Diabetic Retinopathy and Diabetes-Related Biomarkers. *Journal of Diabetes and Its Complications.*

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. (In press). Dietary quercetin reduces chemotherapy-induced fatigue in mice. *Integrative Cancer Therapies*.

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****.***

**Mahoney SE**, Davis JM, Murphy EA, McClellan JL, Gordon B, Pena MM. (2012). [Effects of 5-fluorouracil chemotherapy on fatigue: Role of MCP-1.](http://www.ncbi.nlm.nih.gov/pubmed/23085145)*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.** 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," *Medicine & Science in Sports & Exercise,*

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)***

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)***

**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, 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**

Health Fitness Specialist (American College of Sports Medicine)

**Reviewer**

Book review for Routledge

Journal review for International Journal of Exercise science

Journal review for SAGE

**Professional Society Memberships (Current)**

American College of Sports Medicine (ACSM)

Southeast Chapter of American College of Sports Medicine (SEACSM)

American Diabetes Association (ADA)

Phi Epsilon Kappa (Honor Fraternity)

**Professional Society Committees/Task Forces**

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

**Professional Society Meeting Attendance**

National American College of Sports Medicine Annual Meeting 2008-2013

American Diabetes Association Annual Meeting 2013

Texas ACSM Regional Meeting 2012, 2013

Southeast ACSM Regional Meeting 2010, 2011

American Institute for Cancer Research 2010

# SERVICE ACTIVITIES

**Committees**

***University/College***

Chair, Lansing School of Nursing Website Committee, Bellarmine University 8/13-present

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

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***

Member, Graduate and Undergraduate Curriculum Development Committee, Department of Exercise Science, Bellarmine University 8/13- present

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

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