

Megan E. Holmes, Ph.D.

Rm 122 McCarthy Gymnasium Mississippi State University
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Education

Michigan State University, August 2006 to December 2011

Doctor of Philosophy Degree: Kinesiology

Concentration: Exercise Physiology

Internal cognate: Epidemiology and Behavior of Physical Activity

External cognate: Epidemiology

Dissertation: *Physical Activity and Fitness: Moderators of the Stress-Metabolic Syndrome Relationship?*

Iowa State University, August 2004 to May 2006

Master of Science Degree: Exercise and Sport Science

Emphasis: Biological Basis of Physical Activity/Exercise Physiology

Thesis: *Physical Activity, Stress, and the Metabolic Syndrome in 8-18 yr old Boys.*

University of Nebraska at Kearney, August 1999 to May 2004

Bachelor of Science Degree: Comprehensive Major in Exercise Science

Emphasis: Sports Nutrition

Internship: *University of Nebraska at Kearney – Human Performance Lab*

Professional Experience

- 11/ 2011 – present Assistant Professor, Department of Kinesiology, Mississippi State University
- 2018 – present Myrlie Evers-Williams Institute for the Elimination of Health Disparities Affiliate Member, University of Mississippi Medical Center
- Summer 2018 Mississippi Center for Clinical and Translational Research, 2018 Community-Engaged Research Summer Institute, Selected Participant, University of Mississippi Medical Center
- 08/2010 – 06/2011 Cadaver Lab supervisor and Prosector, Michigan State University
- 08/2006 – 05/2011 Graduate Research Assistant, Michigan State University – Departments of Kinesiology and Epidemiology
- 08/2004 – 07/2006 Graduate Research Assistant, Iowa State University
- 08/2003 – 07/2004 Lab Assistant and Adult Fitness Program (AFP) Coordinator, Human Performance Lab, University of Nebraska at Kearney

Awards

Mississippi State University

2017 Clyde Muse Service Award, College of Education, Mississippi State University

2015 American Education Research Association Leadership for Social Justice Bridge Award

Student/Mentee Achievements (Mississippi State University)

2017 Mississippi State University Public Health Research Competition, First Place.
Katherine Wood

2016-2017 Undergraduate Student of the Year, Department of Kinesiology, Mississippi State University, Katherine Wood

2015-2016 Mississippi State University Undergraduate Student Researcher of the Year, College of Education, Katherine Wood

2015 SEACSM Annual Meeting, Amari Kimble, Honorable Mention – Student Poster Competition

Seventh Annual College of Education Faculty/Student Research Forum, April 2014, Mallory Kvasnicka, Third Place – Graduate Student Poster Competition

Sixth Annual College of Education Faculty/Student Research Forum, April 2013, Kurt Cooksey, First Place – Undergraduate Student Poster Competition

Michigan State University

Excellence in Teaching Award – College of Education, 2010

Best Masters Research Slide Presentation – MWACSM, 2006

Doctoral Recruitment Scholarship – College of Education, 2006

Iowa State University

Outstanding Masters Student – Health and Human Performance Department

Second Place – Student Poster Competition, ISSN, 2005

University of Nebraska at Kearney

2002-2003 NCAA Academic All-American

Honorable mention – UNK Student Research Day, 2004

3-time RMAC All-Conference Academic Team

3 semesters on the Dean's List

7 semesters on the Athletic Director's Honor Roll

Service and Community Engagement

Mississippi State University

MSU Health and Wellness Committee

Suddeth Elementary School Health Task Team

Starkville Foundation for Public Education

GoPlay Initiative, Research and Evaluation Consultant

Playful City Initiative, Research and Evaluation Consultant
Starkville High School and Middle School, Track and Field Boys and Girls Assistant
Coach—Throws

Michigan State University

Kinesiology Graduate Student Organization (KGSO)
Exercise Physiology Representative (2006-2007)
Curriculum Committee Representative (2008-2009)
Intramural Sports – volleyball
YMCA Women’s and Co-ed volleyball leagues
COGS Graduate student softball league
YMCA Volunteer – Downtown Wellness Center After School Program

Professional Affiliations and Activities

American Association of University Women (2016-present)
American College of Sports Medicine (2007-present)
Southeast Chapter of the American College of Sports Medicine (2011- present)
Midwest Chapter of the American College of Sports Medicine (2006-2011)
International Society of Sports Nutrition (2004-present)
North American Society for Pediatric Exercise Medicine (2004-present)
National Physical Activity Plan Alliance
Colleges and Universities Committee, Academic Applications Subcommittee
Member (2015-present)

Manuscript reviewer

Journal of Physical Activity and Health (2007 to present)
International Journal of Exercise Science (2011 to present)
Preventive Medicine (2012 to present)
Pediatric Exercise Science (2013 to present)
PLOS ONE (2014 to present)
Evaluation and Program Planning (2014 to present)
Medicine and Science in Sport and Exercise (2016 to present)
Digital Health (2017 to present)
Journal of Health Care for the Poor and Underserved (2017 to present)

Publications

Book Chapters

Holmes, ME. Physical Activity, Stress, and Obesity. In Handbuch Stressregulation und Sport. Fuchs, R. & Gerber, M. (eds.) 311-323. 2017. Springer Berlin Heidelberg, Berlin, Heidelberg.

Holmes, ME. Physical Activity Epidemiology. Brown, SP (ed.) In Fundamentals of Kinesiology. 2013. Kendal Hunt. Dubuque, IA.

Manuscripts

Holmes ME, Kvasnicka MA, Webb HE, Brocato DK. Metabolic Health and Academic Achievement in Youth At Risk for High School Dropout in Rural Mississippi: The Role of Classroom Management. *Preventive Medicine Reports*. 2018; (11): 115-9.

Chen C-C (JJ), **Holmes ME**, Wood KE, Ryuh Y-J, Kulinna PH. Are You Better than a 12-year-old Student? A Pilot Study to Explore Physical Literacy in Pre-Service Physical Education Teachers. (In Press, *The Physical Educator*)

Holmes ME, Spring KE. A Brief Review of the Physical activity, Stress, and Metabolic Syndrome Relationship in Youth: Consideration of Socioeconomic Position as a Chronic Stressor. *Medical Research Archives*. 2018-04-17 2018;6(4).

Rountree JA, Krings BM, Peterson TJ, Thigpen AG, McAllister MJ, **Holmes ME**, Smith JW. Efficacy of Carbohydrate Ingestion on CrossFit Exercise Performance. *Sports*. 2017; 5(3), 61. * *Published in Special Issue: Clinical and Sports Nutrition; this Open Access article has been downloaded 1,088 times since publication (usage data collected from publisher May 4, 2018)*

Smith JW, **Holmes ME**, McAllister MJ. Erratum to "Nutritional Considerations for Performance in Young Athletes". *J Sports Med (Hindawi Publ Corp)*. 2015; 2015:734649.

Holmes ME, Pivarnik J, Pfeiffer K, Maier KS, Eisenmann JC, Ewing M. The stress-metabolic syndrome relationship in adolescents: An examination of the moderating potential of physical activity. *J Phys Act Health*. 2016;13(10):1088-93.

Knight AC, **Holmes ME**, Chander H, Kimble A, Stewart JT. Assessment of balance among adolescent track and field athletes. *Sports Biomech*. 2016;15(2):169-79.

Smith JW, **Holmes ME**, McAllister MJ. Nutritional Considerations for Performance in Young Athletes. *J Sports Med (Hindawi Publ Corp)*. 2015; 2015:734649. * *This Open Access article has been downloaded 2,267 times since publication (usage data collected from publisher May 4, 2018)*

Hill EE, Eisenmann JC, Gentile D, **Holmes ME**, Walsh D. The association between morning cortisol and adiposity in children varies by weight status. *J Pediatr Endocrinol Metab*. 2011;24(9-10):709-13.

Hill EE, Eisenmann JC, **Holmes ME**, Heelan KA. Morning cortisol is not associated with truncal fatness or resting blood pressure in children: Cross-sectional and 1-2 year follow-up analyses. *J Pediatr Endocrinol Metab*. 2010;23(10):1031-7.

Holmes ME, Ekkekakis P, Eisenmann JC. The physical activity, stress and metabolic syndrome triangle: A guide to unfamiliar territory for the obesity researcher. *Obes Rev*. 2010;11(7):492-507. **Featured on MDLinx; this article is in the 75th percentile compared to other articles of same age and document type in the field of Medicine (data collected from Scopus May 4, 2018)*.

Holmes ME, Eisenmann JC, Heelan KA. Calcium Intake and Adiposity in 9 to 12-year-old Children. *Int J Body Compos Res*. 2009; 7: 1-6.

Holmes ME, Eisenmann JC, Ekkekakis P, Gentile D. Physical activity, stress, and metabolic risk score in 8- to 18-year-old boys. *J Phys Act Health*. 2008;5(2):294-307. * *this article is in the 60th percentile compared to other articles of same age and document type in the field of Medicine (data collected from Scopus May 4, 2018).*

Eisenmann J, Ekkekakis P, **Holmes M**. Sleep duration and overweight among Australian children and adolescents. *Acta Paediatr Int J Paediatr*. 2006;95(8):956-63. * *this article is in the 96th percentile compared to other articles of same age and document type in the field of Pediatrics, Perinatology and Child Health (data collected from Scopus May 4, 2018).*

Holmes, ME. Protein and Its Effects on Metabolism. (UNK Journal of Undergraduate Research, 2003: 16-23)

Manuscripts in Preparation

Holmes ME, Brocato DK. Physical Activity Levels of 7th and 8th Grade Students Participating in a Studio-Based Learning Experience: A Translational Perspective. *Translational Journal of the American College of Sports Medicine*. (In preparation (attached), expected submission May 2018)

Holmes, ME. Getting a feel for anatomy: Adaptive instruction for the visually impaired in laboratory based courses. Solicited and confirmed interest in submission to *Advances in Physiology Education*. (In preparation, expected submission June 2018)

Knight AC, **Holmes ME**, Chander H, Sutton P, & Simpson J. Assessment of balance running kinetics among adolescent track and field athletes, *Sports Biomechanics*. (In preparation, expected submission July 2018)

Holmes ME, Spring Katherine E, & Smith JohnEric W. Long-term Tennis Participation and risk for chronic disease. *Journal of Physical Activity and Aging*. (In preparation, expected submission July 2018)

Holmes ME, Knight AK, Lockhart JM. Influence of Therapeutic Horseback Riding on Gross Motor Function in Children with Autism. *PALAESTRA*. (In preparation, expected submission August 2018)

Holmes ME, Spring KE, Pivarnik JM. Relationships of various sources of stress and metabolic health in youth. *International Journal of Environmental Research and Public Health*. (In preparation, expected submission September 2018)

Holmes ME, Holmes KL. Understanding “Exercise is Medicine” in the Literature: a Bibliometric Analysis, *Translational Journal of the American College of Sports Medicine*. (In preparation, expected submission October 2018)

Published Abstracts

ME Holmes, DK Brocato, KE Wood. Physical Activity Levels of 7th and 8th Graders During a Studio-based Learning Experience. 2017. *Medicine & Science in Sports & Exercise* 49 (5S), 975-976

KE Wood, **ME Holmes**, K Brocato, JEW Smith. Adolescent Stress, Coping Resources, And Health In High Risk Students Participating In A Studio Based Learning Summer Camp. 2016. *Pediatric Exercise Science* 28.

CM Hill, H Chander, CE Morris, SJ Wilson, AC Knight, **ME Holmes**, ... Impact Of Low Intensity Workload On Muscle Exertion In Alternative Footwear. 2015. *Medicine & Science in Sports & Exercise* 47 (5S), 251.

H DeBusk, H Chander, CE Morris, SJ Wilson, AC Knight, **ME Holmes**, ... The Effect Of Commonly Used Alternative Footwear On Balance. 2015. *Medicine & Science in Sports & Exercise* 47 (5S), 294.

ME Holmes, KA Pfeiffer, J Eisenmann, M Ewing, JM Pivarnik. The Stress-Metabolic Syndrome Relationship in Adolescents: Potential Moderation by Physical Activity. 2013. *Medicine and Science in Sports and Exercise*. 45 (5), 266-266.

EE Hill, JC Eisenmann, **ME Holmes**, D Gentile, D Walsh Independent and Combined Influence of Physical Activity and Sleep on Waking Cortisol in Children. 2010. *Medicine & Science in Sports & Exercise* 42 (5), 819.

ME Holmes, D Sutton, L Dithurbide, JM Pivarnik. Physical Activity Moderates the Anxiety-adiposity Relationship in High School-aged Youth. 2010. *Medicine & Science in Sports & Exercise* 42 (5), 100.

ME Holmes, JC Eisenmann. Anxiety and Metabolic Syndrome in Normal and Overweight Youth. 2008. *Medicine & Science in Sports & Exercise* 40 (5), S54.

YI Coil, **ME Holmes**, JC Eisenmann. Cardiovascular Reactivity, Physical Activity, And Metabolic Syndrome In Youth. 2008. *Medicine & Science in Sports & Exercise* 40 (5), S316.

Grant Awards

International Tennis Federation. "Influence of tennis participation of parameters of health." \$5,000. (Funded)

Blue Cross Blue Shield of Mississippi Foundation for continuation of MSU on the Move \$62,944.97 (Funded)

Center for the Advancement of Service Learning Excellence (CASLE) for Starkville-Studio School Human Body Science Summer Camp 2013. \$3500 (Funded)

Starkville-Oktibbeha County Achieving Results (SOAR) for Starkville-Studio School Human Body Science Summer Camp 2013 \$1000 (Funded)

Appalachian Regional Commission Grant "Studio School Summer Camp 2012" \$26,174 (Funded)

Cross College Research Grant Award. "Exercise is Medicine on Campus Program and Program Evaluation." 2012. \$2,000. (Funded)

Blue Cross Blue Shield Foundation of Michigan Student Award Program. “Examination of physical activity and physical fitness as possible moderators of the relationship between stress and metabolic syndrome in adolescents.” 2011. \$3,000. (Funded)

College of Education Dissertation Research Grant. “Examination of physical activity and physical fitness as possible moderators of the relationship between stress and metabolic syndrome in adolescents.” 2010. \$5,000. (Funded)

CDC Grants for Public Health Research Dissertation (R36), Opportunity number PAR-07-231 “Examination of physical activity and physical fitness as possible moderators of the relationship between stress and metabolic syndrome in adolescents.” \$35,000. (Not funded; no projects were funded in 2010 due to budgetary restrictions)

Awarded travel funds to offset costs of travel to UK to present in seminar series at Leeds Metropolitan and Loughborough Universities. Department of Kinesiology, Colleges of Education and Graduate Studies, and International Studies Program. 2008. \$1150 (Funded)

College of Education Summer Research Fellowship. “Examining physical activity and obesity interventions in Michigan schools: Preliminary analysis of baseline data.” 2007. \$6000 (Funded)

Teaching

August 2011 to present

Mississippi State University

Assistant Professor

EP 3233 Anatomical Kinesiology

EP 3643 Applied Anatomy and Pathophysiology

EP 4113 Fitness Programs and Testing

EP 4603 Physical Activity Epidemiology

EP 4183 Exercise and Weight Control

EP 8323 Science and Practice of Cardiopulmonary Rehabilitation

KI 8303 Research in Kinesiology

KI 8913 Seminar in Exercise Science

KI 8990 Special Topics in Kinesiology – Pediatric Exercise Physiology

January 2011 to May 2011

Michigan State University – *Instructional Staff*

KIN 216 Applied Human Anatomy Lecture

August 2010 to May 2011

Lansing Community College – *Adjunct Faculty*

KIN 121 Healthy Lifestyles

KIN 270 Growth and Motor Development

August 2006 to August 2010

Michigan State University – *Graduate Teaching Assistant*

KIN 217 Applied Human Anatomy Cadaver Lab

KIN 310 Physiological Basis of Physical Activity

KIN 121 Healthy Lifestyles
KIN 411 Lab Techniques in Exercise Physiology
KIN 216 Applied Human Anatomy Lecture

August 2004 to May 2006

Iowa State University – *Graduate Teaching Assistant*
Disciplines and Professions in Health and Human Performance
Activity classes (volleyball and weight training)

Mentorship

Mississippi State (August 2015 to present)

Mentor to K. Spring (née Wood)

- Explained and discussed research process with student
- Familiarized student with ongoing projects and relevant lab techniques
- Helped student develop project to be presented at regional and national conferences
- Ms. Spring recently finished her first year of the Master of Science in Exercise Physiology at MSU
- Honors and awards noted below

Michigan State University/Adrian College (May to August 2008)

Supervised internship experience, L Smith

- Smith successfully completed her BS degree at Adrian College and MS degree at Michigan State University and is currently acting as the Clinical Exercise Physiologist at the Helen DeVos Children's Hospital Healthy Weight Center.

Iowa State University (November 2005 to August 2006)

Mentor to McNair Scholar, YI Coil

- Explained and discussed research process with student
- Familiarized student with ongoing projects and relevant lab techniques
- Helped student develop project to be presented at national conference
- Coil successfully completed her BS degree at Iowa State University and MS degree at Michigan State University and MBA at Iowa State University.

Invited Presentations

Starkville Oktibbeha School District School Board Meeting, September, 2015. Reported on Service and Research efforts of Studio School/ Generation S Project. Greensboro Center, Starkville, Mississippi

Northeast Mississippi Association of Health Underwriters Annual Meeting. "Worksite Wellness: A Business Case & Basic Strategies for Implementation" April, 2013, Hunter Henry Center, Mississippi State University

City of Starkville Alderman Meeting. Reported on Service and Research efforts of Studio School Project. Starkville City Hall, Starkville, Mississippi. February, 2013.

ACCESS: Cognitive Science Research Forum. Department of Psychology, Mississippi State University. "Physical Activity and Fitness: Moderators of the Stress Metabolic Syndrome Relationship?" January, 2012.

International Society of Sports Nutrition 6th Annual Meeting. New Orleans, LA. Symposium on the special considerations in pediatric exercise physiology and beverage choices for the young athlete. June, 2009.

Leeds Metropolitan University, Leeds, UK. Carnegie Research Institute (CRI) seminar series "Physical activity, stress, and the metabolic syndrome in youth." March, 2008.

Loughborough University, Loughborough, UK. "Physical activity, stress, and the metabolic syndrome in youth." March, 2008.

Twin Cities Cross Country Camp. Scottsbluff, Nebraska. Roundtable discussion on macronutrients as they relate to endurance athletes. July, 2002.

Presentations

March 2018, SHAPE America Annual Meeting. Wood KE, Holmes ME, Ryuh Y-J , Chen C-C (JJ), Kulinna PH. So, you think you're better than a 12-year old student? & Exploring Physical Competence and Knowledge Among PETE Pre-Service Educators (Poster)

June 2017, ACSM 64th Annual Meeting. Holmes ME, Wood KE, Brocato K. Physical Activity Levels of 7th and 8th Graders Participating in a Studio-Based Learning Experience. (Poster)

February 2017 Annual Meeting. Wood KE, Holmes ME, Smith JW. Impact of Tennis Participation on Parameters of Health. (Poster)

August 2016, NASPEM Bi-Annual Meeting. Wood KE, Holmes ME, Brocato K, Smith JW. Adolescent Stress, Coping Resources, and Health in High Risk Students Participating in a Studio Based Learning Summer Camp. (Poster)

February 2016 SEACSM Annual Meeting. Wood KE, Holmes ME, Brocato K, Smith JW. Adolescent Stress, Coping Resources, and Health in High Risk Students Participating in a Studio Based Learning Summer Camp. (Poster)

February 2015, SEACSM Annual Meeting. In symposium: Getting Children and Youth Moving in Many Ways and for Many Reasons. The Role of Physical Activity in Cognitive and Psychosocial Development (Oral presentation)

February 2015, SEACSM Annual Meeting. Stewart T, Brown J, Kimble A Chander H, Holmes ME, & Knight AC. Balance Performance with the Eyes Closed in High School Track and Field Athletes. (Poster)

February 2015, SEACSM Annual Meeting. Kimble A, Brown J, Stewart T, Chander H, Holmes ME, & Knight AC. Influence of Event, Gender, and Leg Dominance on Balance Among High School Track and Field Athletes. (Poster)

February 2015, SEACSM Annual Meeting. Chander H, Morris CE, Wilson SJ, Knight AC, Holmes ME, Wade C & Garner JC. Impact of Alternative Footwear on Balance Perturbations. (Poster)

February 2015, SEACSM Annual Meeting. DeBusk H, Chander H, Morris CE, Wilson SJ, Knight AC, Holmes ME, Hill CM, Wade C & Garner JC. The Effect of Commonly Used Alternative Footwear on Balance. (Poster)

June 2015, 62nd ACSM Annual Meeting. DeBusk H, Chander H, Morris CE, Wilson SJ, Knight AC, Holmes ME, Hill CM, Wade C & Garner JC. The Effect of Commonly Used Alternative Footwear on Balance. (Poster)

February 2015, SEACSM Annual Meeting. Hill CM, Chander H, Morris CE, Wilson SJ, Knight AC, Holmes ME, DeBusk H, Wade C & Garner JC. Impact of Low Intensity Workload on Muscle Exertion in Alternative Footwear. (Poster)

June 2015, 62nd ACSM Annual Meeting. Hill CM, Chander H, Morris CE, Wilson SJ, Knight AC, Holmes ME, DeBusk H, Wade C & Garner JC. Impact of Low Intensity Workload on Muscle Exertion in Alternative Footwear. (Poster)

October 2014, 7th Annual National Mentoring Conference. Brocato K, Knight A, Holmes ME. Developing a Mentoring Program: College of Education Faculty Mentors and Mentees Embrace a Studio Based Learning Model. (Oral presentation)

June 2014, ACSM 61st Annual Meeting. In symposium: The power of play: Influences on motor development, fitness and physical activity and sport participation. Physical, Developmental, and Social Aspects of Play and Physical Activity. (Oral presentation)

June 2014, ACSM 61st Annual Meeting. Early Career: R1 vs R2 vs R3 – What's the Difference and What Are the Expectations of an Assistant Professor at Each? (Oral presentation)

June 2013, ACSM 60st Annual Meeting. Holmes ME, Pfeiffer KA, Eisenmann JC, Ewing M, Pivarnik JM. The Stress-Metabolic Syndrome Relationship in Adolescents: Potential Moderation by Physical Activity. (Poster)

February 2013, SEACSM Annual Meeting. Cooksey KD, Holmes ME, and Brocato DK. Physical Activity Levels of 7th and 8th Graders Participating in a Studio-Based Learning Summer Camp. (Poster)

November 2011, MI AAHPERD Annual Meeting. Cregg T, Holmes ME, Hill L. Utilizing a Middle School for Physical Activity Research: Tips from the Trenches. (Oral presentation)

June 2010, ACSM 57th Annual Meeting. Holmes ME, Sutton D, Dithurbide L, Pivarnik JM. Physical Activity Moderates the Anxiety-Adiposity Relationship in High School-Aged Youth. (Oral presentation)

June 2010, ACSM 57th Annual Meeting. Hill EE, Eisenmann JC, Holmes ME, Gentile D, Walsh D. Independent and combined influence of physical activity and sleep on waking cortisol in children. (Poster)

September 2008, NASPEM Annual Meeting. Holmes ME, Bauer PW, Knous JL, Ode JJ, Pivarnik JM. Prevalence of healthy behaviors in Michigan high school students. (Poster)

June 2008, ACSM 55th Annual Meeting. Holmes ME, Eisenmann JC. Anxiety and metabolic syndrome in normal and overweight youth. (Slide presentation)

June 2008, ACSM 55th Annual Meeting. Coil YI, Holmes ME, Eisenmann JC. Cardiovascular reactivity, physical activity, and metabolic syndrome in youth. (Poster)

October 2007, MWACSM Annual Meeting. Holmes ME, Eisenmann JC. Anxiety and metabolic syndrome in normal and overweight youth. (Poster)

October 2007, MWACSM Annual Meeting. Coil YI, Holmes ME, Eisenmann JC. Physical activity, cardiovascular reactivity, and metabolic syndrome in youth. (Oral presentation)

June 2007, ACSM 54th Annual Meeting. Holmes ME, Eisenmann JC, Ekkekakis P, Gentile D. Physical activity, stress, and the metabolic syndrome in 8-18 yr old boys. (Thematic Poster Presentation)

October 2006, MWACSM Annual Meeting. Slide Presentation. **Best Masters Research Oral Presentation*

Holmes ME, Eisenmann JC, Ekkekakis P, Gentile D. Physical activity, stress, and the metabolic syndrome in 8-18 yr old boys. (Oral presentation)

July 2006, 12th Annual SAEOPP/UTK McNair National Scholars Research Conference (Oral presentation). * *First place – Biological sciences division*

Coil YI, Holmes ME, Eisenmann JC. Cardiovascular reactivity in overweight and normal weight 8-18 yr old boys. (Poster)

June 2006, ACSM 53rd Annual Meeting. Holmes ME, Eisenmann JC, Heelan KA. Associations between physical activity, waist circumference and blood pressure in 3-8 yr old children (Oral presentation)

October 2005, NAASO 2005 Annual Scientific Meeting. JC Eisenmann, P Ekkekakis, ME Holmes. Sleep Duration, Overweight, and Waist Circumference in 7-15 Year Old Youth. (Poster)

June 2005, 2nd Annual conference for the International Society of Sports Nutrition
Holmes ME, Eisenmann JC, Johannsen D, Heelan KA. The association between calcium intake and adiposity in 9-12 yr old children. *Journal of the International Society of Sports Nutrition*. 2(1):1-2, 2005. (Poster) * *Second place in the Student Poster Competition*

May 2004, UNK Student Research Day. (Poster) * *Received honorable mention in poster competition*

Holmes ME, McFarland S, Heelan KA. Association between physical activity and food choices among 4th and 5th grade children. (Poster)

Other Activities

Iowa State University

HHP Graduate Student Association – Social Chair, Finance Committee
Women in Science and Engineering – Lab tours promoting various aspects of kinesiology
Part-time job – Dishwasher in nucleic acids lab
Intramural Sports – indoor soccer, volleyball
Ames Park and Recreation – sand volleyball, softball

University of Nebraska at Kearney

Women's Track and Field Team
2002-2003 Co-Captain
4-time Varsity Letter Winner
2 Rocky Mountain Athletic Conference (RMAC) Individual Titles
3-time NCAA National Qualifier
2-time RMAC All-Conference Team – Weight Throw
2-time RMAC All-Conference Team – Hammer Throw
Intramural Sports – volleyball