

VITA

Steven Philip McKenzie
 2495 Matchlock Court
 West Lafayette, IN 47906

Education:

- 2011 **Doctor of Philosophy**, Health Promotion with an interdisciplinary minor in Gerontology, Department of Health and Kinesiology, Purdue University, West Lafayette, IN
 Dissertation: *The combined effects of body mass index and physical activity on health care expenditures in adults ages 45 to 64.*
- 1982 - 1985 **Attended** The Ohio State University, Columbus, OH. Ph.D. candidate in Physical Education (Exercise Physiology specialization) from 1985-1990.
- 1979 **Master of Education**, Physical Education (Exercise Science specialization), Department of Health and Physical Education, Bowling Green State University, Bowling Green, OH.
 Thesis: *The energy cost of cardiopulmonary resuscitation.*
- 1978 **Bachelor of Arts (Cum Laude)**, Physical Education, Mount Union College, Alliance, OH.

Professional Experience

- 2011 – present **Clinical Assistant Professor**, Department of Kinesiology, **Indiana University** Purdue University at Indianapolis (IUPUI)
- 2012 - present **Coordinator**, Center for Physical Activity in Wellness and Prevention in the Department of Kinesiology at IUPUI.
- 2001 - 2011 **Continuing Lecturer**, Department of Nutrition Science (with a joint appointment in Health & Kinesiology) Purdue University, West Lafayette, IN.
- January, 2007 - Dec. 2008 **Interim Administrator**, A. H. Ismail Center for Health, Exercise and Nutrition, Purdue University, West Lafayette, IN.

Professional Experience (continued):

Summer, 2006 **Educational Materials Developer** (on health and fitness topics), Purdue University Consumer and Family Sciences Extension Service, West Lafayette, IN.

Summer, 2002 **Alcohol and Other Drugs Coordinator and USDA Site Supervisor**, 2003 & 2004 Purdue University National Youth Sports Program, West Lafayette, IN.

1994 - 2001 **Program Director**, CardioPulmonary Rehabilitation Department, Forrest General Hospital, Hattiesburg, MS.

Summer 2001 **Adjunct Instructor**, School of Human Performance and Recreation, University of Southern Mississippi, Hattiesburg, MS.

1990 - 1994 **Coordinator of Fitness and Wellness**, HealthSouth Rehabilitation Hospital of Montgomery (formerly Montgomery Rehabilitation Hospital), Montgomery, AL.

Spring 1993 **Adjunct Instructor**, Health and Physical Education Department, Auburn University at Montgomery, Montgomery, AL.

1987 - 1990 **Director of Health Promotion and Cardiac Rehabilitation**, Licking Memorial Hospital, Newark, OH.

1985 - 1987 **Program Director of Cardiac/Pulmonary Rehabilitation**, Grady Memorial Hospital, Delaware, OH.

Fall 1986 **Adjunct Instructor**, Health and Physical Education Department, Ohio Wesleyan University, Delaware, OH.

1984 - 1985 **Graduate Research Associate**, School of Health, Physical Education and Recreation, The Ohio State University, Columbus, OH.

1982 - 1984 **Graduate Teaching Associate**, School of Health, Physical Education and Recreation, The Ohio State University, Columbus, OH.

1980 - 1982 **Teacher and Coach**, Hilliard City School District, Hilliard, OH.

1979 - 1980 **Teacher and Coach**, Otsego Local School District, Tontogany, OH.

1978-1979 **Graduate Teaching Assistant**, Health and Physical Education Department, Bowling Green State University, Bowling Green, OH.

Publications:

Lin, X., Zhang, X., Guo, G., Roberts, C. K., McKenzie, S., Wu, C., Liu, S. and Song, Y. (2015). *Effects of exercise training on cardio-respiratory fitness and biomarkers of cardio-metabolic health: a systematic review and meta-analysis of randomized controlled trials*. Journal of the American Heart Association. (in press)

McKenzie, S. (2007, revised and updated 2013). Purdue Extension Consumer and Family Sciences Web Publication CFS-738-W, *Healthy exercises for every body*. Available at: <https://www.extension.purdue.edu/extmedia/HHS/HHS-738-W.pdf>

Avery, G. H., Leonard, K. E. & McKenzie, S. P. (2010). **Economic Implications of Preventive Care** in Y Yih (Ed.) Handbook of healthcare delivery systems (pp. 28-1 – 28-15). London: CRC Press – A Taylor & Francis Company.

McKenzie, S. (2007). Purdue Extension Consumer and Family Sciences Web Publication CFS-735-W, *Healthy body image: Being an advocate for your child or grandchild*. Available at: <http://www.ces.purdue.edu/extmedia/CFS/CFS-735-W.pdf>

McKenzie, S. (2007). Purdue Extension Consumer and Family Sciences Web Publication CFS-736-W, *Healthy body image: A lesson plan for middle school students*. Available at: <http://www.ces.purdue.edu/extmedia/CFS/CFS-736-W.pdf>

McKenzie, S. (2007). Purdue Extension Consumer and Family Sciences Web Publication CFS-737-W, *Healthy body image: A lesson plan for high school students*. Available at: <http://www.ces.purdue.edu/extmedia/CFS/CFS-737-W.pdf>

Contributor to:

Parsons, Terry W. and others. (1979). The cloning of a champion. *Future Focus-Ohio Journal of Health, Physical Education and Recreation*, Summer, 1979: 7-11.

Abstracts

Clark, K. L., Sands, K. A., McKenzie, S. P., Haddad, J. M., Rietdyk, S. and Campbell, W. W. (2013). Effects of whey protein supplementation on dietary compensation and muscle energetics in elderly adults (abstract). The Federation of American Societies for Experimental Biology Journal (*FASEB J.*) 27:1075.7.

Sands, K. A., Clark, K. L., McKenzie, S. P., Haddad, J. M., Rietdyk, S. and Campbell, W. W. (2013). Effects of short-term protein supplementation on muscle work efficiency in elderly adults (abstract). *FASEB J.* 27:1053.1.

Magal, M., McKenzie, S.P., Webb., J.G., Vincent, T.S., Whitehead, M.T., Boyd, J.C. and Zoeller, R.F. (2001). Respiratory, hemodynamic, and metabolic responses during submaximal recumbent and upright stepping exercise in phase III cardiopulmonary patients. (abstract) *Medicine & Science in Sports and Exercise*, 33: S64.

McKenzie, S., Williford, H., Badenhop, J., Hartley, G., King, C., Smith, D., and Wang, N. (1994). Predictors of functional lifting and carrying tasks. (abstract) *Sports Medicine, Training, and Rehabilitation*.

McKenzie, S., Williford, H., Badenhop, J., Hartley, G., King, C., Smith, D., and Wang, N. (1994). The relationship of isolated lumbar extensor strength and functional lifting capacity. (abstract) *Medicine and Science in Sports and Exercise*, 26: S197.

McKenzie, S., Williford, H., Badenhop, J., Hartley, G., King, C., Smith, D., and Wang, N. (1994). Hemodynamic and metabolic responses to Isernhagen lifting and carrying evaluations. (abstract) *Physical Therapy*, 74: S16.

Teaching Experience:

Courses:

Summer, 2015	Instructor, Basic Physiology of Exercise (HPER-P 409)
2011 – present	Instructor, Principles and Practices of Exercise Science (HPER-P 215); Basic Electrocardiography for Exercise Science (HPER-P 374); Physical Activity and Disease: Prevention and Treatment (HPER-P 417); Fitness Testing and Interpretation (HPER-P 419); Exercise Leadership and Program Design (HPER-P 420); Advanced Theories of High Level Performance (HPER-K 533) and Corporate Fitness and Wellness (HPER-P 560) all at IUPUI.
2009 - 2011	Instructor, Worksite and Clinical Health Promotion (HK 266); Methods of Health Promotion and Education (HK 385); Exercise Testing and Prescription for Special Populations (HK 569), all at Purdue University.
2007 to 2009	Instructor, Clinical Experiences in Health and Fitness (HK 422 and lab); Instructor and faculty mentor: Worksite and Clinical Health Promotion (HK 266); Methods of Health Promotion and Education (HK 385); and Health Screening and Fitness Evaluation (HK 421), all at Purdue University.
2001 to 2006	Instructor, Methods of Health Promotion and Education (HK 385); Instructor, Health Screening and Fitness Evaluation (HK 421); Instructor and lab mentor, Clinical Experiences in Health and Fitness (HK 422 and lab), all at Purdue University.
Fall, 2005 & 2006	Instructor, Worksite and Clinical Health Promotion (HK 266)

Teaching Experience (continued)

Summers, 2002-2004	Instructor, Alcohol and other drugs education course for the National Youth Sports Program, Purdue University.
Spring 2002	Instructor, Exercise Prescription for Special Populations (PE 590E), Purdue University.
Summer 2001	Adjunct Instructor, Cardiac Rehabilitation (HPR 730), University of Southern Mississippi.
1993	Adjunct Instructor, courses in Kinesiology and Emergency Medical Services, Auburn University at Montgomery.
Fall 1986	Adjunct Instructor, undergraduate Exercise Physiology, Ohio Wesleyan University.
1982-1984	Graduate Teaching Associate, various physical education activity courses and assisted with Master's level exercise physiology lab class, The Ohio State University
1980-1982	Teacher, General Science (9th grade), Hilliard City School District, Hilliard, Ohio.
1979-1980	Teacher, Life Science and Health Education (both 7th grade), Otsego Local School District, Tontogany, Ohio.
1978-1979	Graduate Teaching Assistant, various physical education activity courses and a course on physical training methods for physical education majors, Bowling Green State University.

Invited Professional Presentations and Lectures:

Fall, '05, '06, '07, '08, '09, '10, '11	McKenzie, S. Lecture on <i>Sports Nutrition</i> in F&N 105 (a course for first year Nutrition Science majors) at Purdue University, West Lafayette, Indiana.
4/09	McKenzie, S. and Richey, K. <i>Healthy Body Image: A Program for Middle School and High School Students (and their parents grandparents or other adult group leaders)</i> one hour workshop at the Priester National Extension Health Conference, Indianapolis, Indiana.
2/09	McKenzie, S. <i>Reducing Your Cardiovascular Disease Risks</i> presented at the 2009 Indiana Consumer and Family Sciences Health Educator Update, Grissom Air Force Base, Indiana.
8/07	McKenzie, S. <i>Staying Physically and Fiscally Fit</i> presented at the Indiana State Fair, Indianapolis Indiana.

Invited Professional Presentations and Lectures (continued):

- 7/06 McKenzie, S. IP Video Conference on Health Care Cost Management Through Health Promotion to Indiana Extension Educators from CFS Extension at Purdue University, West Lafayette, IN.
- 1/06 McKenzie, S. IP Video Conference on Developing Community Coalitions to promote physical activity from CFS Extension at Purdue University, West Lafayette, IN.
- 8/05 McKenzie, S. Presentation on Body Composition and Health to Science Bound parents at Purdue University, West Lafayette, IN.
- 12/00 McKenzie, S. and Magal, M. *21st Century Cardiac Rehabilitation*, presented at the Mississippi Alliance of Health, Physical Education, Recreation and Dance Convention 2000, in Biloxi, MS.
- 6/97 and 6/99 McKenzie, S. Lectures on *Quality Assurance in Preventive and Rehabilitative Exercise Programs* and *Legal Aspects of Exercise Testing and Training* at the American College of Sports Medicine Exercise Specialist Workshop, University of Southern Mississippi.
- 6/94 McKenzie, S. *The Relationship of Isolated Lumbar Extensor Strength and Functional Lifting Capacity*, 1994 Annual Meeting of the American College of Sports Medicine, in Indianapolis, IN.
- 11/91 McKenzie, S. *The Industrial Athlete*, presented at the Annual Meeting of the Alabama Association for Health, Physical Education, Recreation and Dance, Birmingham, AL.
- 11/85 McKenzie, S. *Exercise Prescription from the Typical to the Atypical*, at the American Heart Association Cardiac Rehabilitation Symposium, Columbus, OH.
- 6/84 McKenzie, S. *Basic Concepts of Exercise Physiology*, at The Ohio State University Conference on Exercise Prescription for Chronic Disease Populations, Columbus, OH.
- 2/84 McKenzie, S. Poster presentation of thesis data on the *Energy Cost of Cardiopulmonary Resuscitation*, at the Midwest District American Alliance of Health, Physical Education, Recreation and Dance Convention, Indianapolis, IN.

Professional Honors and Awards:

- 1992 Awarded funding for a research study titled: *Physical Predictors of Functional Maximum Performance and Physiological Responses to Simulated Work Tasks*, from National Medical Enterprises, \$14,809.00 (S. P. McKenzie, P.I.)
- 1991 Selected as the Employee of the Quarter at Montgomery (AL) Rehabilitation Hospital for July-September, 1991.

Professional Affiliations, Campus and Community Activities (current and past):

Member, Indiana University Institutional Review Board (IRB05) 2012 to present
 Member, IUPUI Dept. of Kinesiology Faculty Affairs Committee 2013 to present
 Purdue University Health Plan Advisory Committee (2005 to 2010)
 Greater Lafayette Coalition on Living Well After 50 (a community coalition for the promotion of physical activity in persons over 50 years of age in the greater Lafayette, IN area (steering committee/board member 2002 to 2011), Vice President 2004 to 2005, Past President, 2006 to 2008)
 Shawnee Ridge Homeowners' Association Sec., West Lafayette, IN (2010 to 2011)
 Lafayette/West Lafayette Economic Development Council Health Collaborative Member (2007 to 2009)
 Lafayette Area Employers' Health Forum (Health Promotion Subcommittee) member Spring, 2006.

Professional Affiliations, Campus and Community Activities (current and past):

American College of Sports Medicine Health Fitness Instructor and Exercise Specialist examinations held at the University of Southern Mississippi from 1996 through 2000, served various years as workshop instructor, examiner and quality observer.
 American College of Sports Medicine (ACSM) member
 Midwest Chapter American College of Sports Medicine (MWACSM) member
 American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)
 Southern Association for Cardiovascular and Pulmonary Rehabilitation - Alabama and Mississippi affiliate of AACVPR, (Past President, 1997-1998)
 AACVPR Regional Program Certification Review Committee for AL and MS (1998 to 2001)
 American Heart Association, Board member, Licking County Ohio Chapter (1990)

Professional Skills and Certifications:

American College of Sports Medicine Certified Program Director
 American Heart Association CPR