

**John M. Schuna Jr., Ph.D.**  
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## **A. EDUCATION & EMPLOYMENT**

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### **Degree:**

Ph.D.	Human Development – Wellness	2012	North Dakota State University Fargo, North Dakota
M.S.	Exercise Science	2009	North Dakota State University Fargo, North Dakota
B.S.	Kinesiology	2006	University of Wisconsin – Eau Claire Eau Claire, Wisconsin

### **Professional:**

2019 – Present	<b>Program Director – MPH in Physical Activity Option</b> School of Biological and Population Health Sciences, College of Public Health and Human Sciences, Oregon State University, Corvallis, Oregon
2014 – Present	<b>Assistant Professor</b> School of Biological and Population Health Sciences, College of Public Health and Human Sciences, Oregon State University, Corvallis, Oregon
2012 – 2014	<b>Postdoctoral Research Fellow</b> Walking Behavior Laboratory, Division of Preventive Medicine and Healthy Aging, Pennington Biomedical Research Center, Baton Rouge, Louisiana
2011 – 2012	<b>Predoctoral Research Fellow</b> Department of Health, Nutrition, and Exercise Sciences, College of Human Development and Education, North Dakota State University, Fargo, North Dakota
2010 – 2011	<b>Graduate Research Assistant</b> Department of Health, Nutrition, and Exercise Sciences, College of Human Development and Education, North Dakota State University, Fargo, North Dakota

- 2007 – 2010      **Graduate Teaching Assistant**  
 Department of Health, Nutrition, and Exercise Sciences, College of  
 Human Development and Education, North Dakota State University,  
 Fargo, North Dakota
- 2006 – 2007      **Assistant Track & Field Coach**  
 Men's and Women's Track & Field Teams, University of Wisconsin –  
 Eau Claire, Eau Claire, Wisconsin
- 2006              **Personal Trainer**  
 NX Level Pro Performance Center, Waukesha, Wisconsin

**B. TEACHING, ADVISING, AND OTHER ASSIGNMENTS**

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**Courses:**

Oregon State University

<i>Term</i>	<i>Course</i>	<i>Enrollment</i>
Winter 2015	EXSS 435 (3 credits) – Physical Activity Promotion	31
Spring 2015	EXSS 435 (3 credits) – Physical Activity Promotion	36
Winter 2016	KIN 435 (3 credits) – Physical Activity Promotion	54
Spring 2016	KIN 435 (3 credits) – Physical Activity Promotion	52
Fall 2016	KIN 394 (2 credits) – PRO ACT: Resistance Training Program Design	49
Winter 2017	KIN 435 (3 credits) – Physical Activity Promotion	51
Winter 2017	KIN 437 (4 credits) – Physical Activity, Aging, and Chronic Disease	60
Spring 2017	KIN 435 (3 credits) – Physical Activity Promotion	51
Fall 2017	KIN 432/532 (3 credits) – Physical Activity Assessment	33/6
Winter 2018	KIN 437 (4 credits) – Physical Activity, Aging, and Chronic Disease	45
Spring 2018	KIN 435 (3 credits) – Physical Activity Promotion	54
Sum. 2018	KIN 394 (3 credits) – PRO ACT: Resistance Training Program Design	7
Fall 2018	KIN 432/532 (3 credits) – Physical Activity Assessment	27/4
Winter 2019	KIN 437 (4 credits) – Physical Activity, Aging, and Chronic Disease	38
Spring 2019	KIN 435 (3 credits) – Physical Activity Promotion	49

North Dakota State University

<i>Term</i>	<i>Course</i>	<i>Enrollment</i>
Fall 2008	HNES 100 (2 credits) – Concepts of Fitness & Wellness (3 sections)	75
Spring 2009	HNES 100 (2 credits) – Concepts of Fitness & Wellness (2 sections)	50
Fall 2009	HNES 100 (2 credits) – Concepts of Fitness & Wellness	450
Spring 2010	HNES 100 (2 credits) – Concepts of Fitness & Wellness	350

**Independent Studies:**

Oregon State University

<i>Term</i>	<i>Course</i>	<i>Enrollment</i>
Spring 2015	EXSS 506 (3 credits) – Projects	1

Oregon State University - Continued

<i>Term</i>	<i>Course</i>	<i>Enrollment</i>
Fall 2015	KIN 601 (2 credits) – Research and Scholarship	1
Spring 2016	KIN 601 (4 credits) – Research and Scholarship	1
Spring 2017	KIN 401 (3 credits) – Research and Scholarship	1
Sum. 2018	KIN 505 (3 credits) – Readings and Conference	1
Fall 2018	KIN 401 (2 credits) – Research and Scholarship	1
Fall 2018	KIN 501 (3 credits) – Research and Scholarship	1
Winter 2019	KIN 506 (3 credits) – Projects	1
Spring 2019	KIN 501 (2 credits) – Research and Scholarship	1

**Invited Guest Lectures:**

Oregon State University

<i>Date</i>	<i>Course</i>	<i>Topic</i>
Spring 2016	NUTR 550 – Nutritional Status	Assessing Physical Activity Using Wearable Monitors
Winter 2017	H 563 – Physical Activity Epidemiology	Accelerometer Assessments of Physical Activity

North Dakota State University

<i>Date</i>	<i>Course</i>	<i>Topic</i>
Fall 2008	HNES 271 – Strength and Conditioning	Olympic Lifting, Powerlifting, and Strongman Techniques
Fall 2008	HNES 367 – Principles of Conditioning	Body Composition Assessment and Analysis
Fall 2010	HNES 100 – Wellness	Sleep, Body Composition, and Obesity
Spring 2011	HNES 100 – Wellness	Sleep, Body Composition, and Obesity
Fall 2011	HNES 474 – Methods in Resistance and Cardiovascular Conditioning	Olympic Lifting Techniques

**Curriculum Development:**

Oregon State University

KIN 432/532 Physical Activity Assessment (Fall 2014). **Role: Leader.** This course was developed to fill curricular gaps in the area of physical activity assessment within the Kinesiology undergraduate and graduate programs. Additionally, the graduate course (KIN 532) was developed as an integral component of the Physical Activity Option within the Master of Public Health program in the College of Public Health and Human Sciences.

KIN 535 Physical Activity Promotion (Fall 2015). **Role: Leader.** This course was developed to fill a curricular gap in the area of physical activity promotion within the Kinesiology graduate program. Additionally, the course was developed as an integral component of the Physical Activity Option within the Master of Public Health program in the College of Public Health and Human Sciences.

Physical Activity Option – Master of Public Health (MPH; Spring 2016 – Present). **Role: Program Leader and Development Leader.** I have led the successful development (from inception to full approval) of the Physical Activity Option of the Master of Public Health degree within the College of Public Health and Human Sciences. I personally developed two new graduate courses (KIN 532 – Physical Activity Assessment; KIN 535 – Physical Activity Promotion) and assisted in developing three other courses (KIN 531 – Physiology of Physical Activity and Inactivity; KIN 536 – Physical Activity in Diverse Populations; H 563 – Physical Activity Epidemiology) for the approved option.

KIN 394 Professional Activities: Resistance Training Program Design (Fall 2017 – Summer 2018) **Role: Leader.** This course was changed by moving it from 2- to 3-credits and the addition of professional development-related content.

#### Graduate Students:

##### Committee Chair or Co-Chair

<i>Name</i>	<i>Program</i>	<i>Degree</i>	<i>Graduation (Actual or Expected)</i>
Julie Brier	Exercise and Sport Science	M.S.	Dec., 2016
Evan Hilberg	Kinesiology	Ph.D.	June, 2019
Dakota Dailey	Kinesiology	M.S.	June, 2020
Chun Wai Leung	Kinesiology	Ph.D.	June, 2021

##### Committee Member

<i>Name</i>	<i>Program</i>	<i>Degree</i>	<i>Graduation (Actual or Expected)</i>
Anna Kluge	Exercise and Sport Science	M.S.	Sep., 2015
Patrick Abi-Nader	Kinesiology	Ph.D.	June, 2016
Chun Wai Leung	Kinesiology	M.S.	June, 2017
Lee Arakawa	Kinesiology	M.S.	June, 2018
Meng Yu	Nutrition	Ph.D.	June, 2018
Morgan Anderson	Kinesiology	M.S.	Dec., 2019
Staci Bronson	Kinesiology	Ph.D.	June, 2020

##### Additional Mentorship in Physical Activity Assessment and/or Data Analysis

<i>Name</i>	<i>Program</i>	<i>Degree</i>	<i>Graduation (Actual or Expected)</i>
Patrick Abi-Nader	Kinesiology	Ph.D.	June, 2016
Meng Yu	Nutrition	Ph.D.	June, 2018
Morgan Anderson	Kinesiology	M.S.	Dec., 2019
Shelby Wanser	Animal Sciences	M.S.	June, 2020
Chun Wai Leung	Kinesiology	M.S.; Ph.D	June, 2021 (Ph.D.)

**Undergraduate Students:**

Committee Member – Honors Students

<i>Name</i>	<i>Program</i>	<i>Degree</i>	<i>Graduation (Actual or Expected)</i>
Lauren Trevis	Kinesiology	B.S.	June, 2018

Mentor for Undergraduate Research Projects

<i>Name</i>	<i>Program</i>	<i>Degree</i>	<i>Graduation (Actual or Expected)</i>
Jason Walker	Kinesiology	B.S.	June, 2015
Wonmo Ahn	Kinesiology	B.S.	June, 2016
Kevin Le	Kinesiology	B.S.	June, 2018
Jack Connolly	Kinesiology	B.S.	June, 2017
Jacob Turner	Kinesiology	B.S.	June, 2017
Daniel Radu	Kinesiology	B.S.	June, 2020

**Student Evaluations:**

Oregon State University

<i>Course</i>	<i>Term</i>	<i>N</i>	<i>Schuna Rating</i>		<i>University Rating</i>	
			<i>Q1</i>	<i>Q2</i>	<i>Q1</i>	<i>Q2</i>
EXSS 435	Winter, 2015	25	5.2	5.4	4.8	4.9
EXSS 435	Spring, 2015	15	4.5	4.9	4.8	5.0
KIN 435	Winter, 2016	30	4.7	5.1	4.8	4.9
KIN 435	Spring, 2016	22	5.0	5.1	4.8	5.0
KIN 394	Fall, 2016	24	4.9	5.2	4.8	5.0
KIN 435	Winter, 2017	32	4.7	4.8	4.8	4.9
KIN 437	Winter, 2017	36	5.1	5.3	4.8	4.9
KIN 435	Spring, 2017	31	4.7	4.9	4.9	5.0
KIN 432/532	Fall, 2017	26	4.5	5.0	4.9	5.0
KIN 437	Winter, 2018	25	4.6	5.0	4.8	5.0
KIN 435	Spring, 2018	14	5.3	5.5	4.9	5.0
KIN 394	Summer, 2018	2	6.0	6.0	5.0	5.1
KIN 432/532	Fall, 2018	12	4.5	5.4	4.9	5.0
KIN 437	Winter, 2019	14	4.8	5.0	4.8	5.0
KIN 435	Spring, 2019	15	4.8	5.1	4.9	5.0
<b>Mean Values</b>			<b>4.8*</b>	<b>5.1*</b>	<b>4.8</b>	<b>5.0</b>

\*Weighted mean values; *Q1* = “The course, as a whole, was \_\_\_\_\_.”; *Q2* = “The instructor’s contribution to the course was \_\_\_\_\_.”; Scale: 6 = excellent, 5 = very good, 4 = good, 3 = fair, 2 = poor, 1 = very poor; Value reported is the mean.

**Peer Reviews of Teaching:**

See Attached Peer Review Letters

## C. SCHOLARSHIP

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†Developed concept and design, ‡Obtained data, §Analyzed data, ||Content expertise, #Interpreted results, \*\*Wrote manuscript or book chapter, ††Critical revision of manuscript or book chapter

### Refereed Journal Publications

1. **Schuna, J. M.**, & Christensen, B. K. (2010). The jump squat: Free-weight barbell, smith-machine, or dumbbells? *Strength and Conditioning Journal*, 32(6), 38-41. †‡§||#\*\*††
2. Liguori, G., **Schuna, J., Jr.**, Mozumdar, A. (2011). Semester long changes in sleep duration for college students. *College Student Journal*, 45(3), 481-492. †‡§||#\*\*††
3. Fountaine, C. J., Liguori, G. A., Mozumdar, A., & **Schuna, J. M., Jr.** (2011). Physical activity and screen time sedentary behaviors in college students. *International Journal of Exercise Science*, 4(2), 3. §#\*\*††
4. Liguori, G., Krebsbach, K., & **Schuna, J., Jr.** (2012). Decreases in maximal oxygen uptake among Army Reserve Officer Training Corps cadets following three months without mandatory physical training. *International Journal of Exercise Science*, 5(4), 354-359. †‡||#\*\*††
5. **Schuna, J. M., Jr.**, & Tudor-Locke, C. (2012). Step by step: Accumulated knowledge and future directions of step-defined ambulatory activity. *Research in Exercise Epidemiology*, 14(2), 107-116. †‡§||#\*\*††
6. Barnes, J., Behrens, T. K., Benden, M. E.,..., **Schuna, J. M.**,..., Sedentary Behavior Research Network. (2012). Standardized use of the terms “sedentary” and “sedentary behaviours”. *Applied Physiology, Nutrition, and Metabolism*, 37(3), 540-542. ||††
7. Tudor-Locke, C., & **Schuna, J. M., Jr.** (2012). Steps to preventing type 2 diabetes: Exercise, walk more, or sit less? *Frontiers in Endocrinology*, 3, 142. PMID: 23189071. †‡§||#\*\*††
8. **Schuna, J. M., Jr.**, Hilgers-Greterman, S. J., Manikowske, T. L., Tucker, J. M., & Liguori, G. (2013). Evaluation of a circumference-based prediction equation to assess body composition changes in men. *International Journal of Exercise Science*, 6(3), 188-198. PMID: 27182395. †‡§||#\*\*††
9. **Schuna, J. M., Jr.**, Lauersdorf, R. L., Behrens, T. K., Liguori, G., & Liebert, M. L. (2013). An objective assessment of children’s physical activity during the Keep It Moving! after-school program. *Journal of School Health*, 83(2), 105-111. PMID: 23331270. †§||#\*\*††
10. **Schuna, J. M., Jr.**, Brouillette, R. M., Foil, H. C., Fontenot, S. L., Keller, J. N., & Tudor-Locke, C. (2013). Steps per day, peak cadence, BMI, and age in community-dwelling older adults. *Medicine & Science in Sports & Exercise*, 45(5), 914-919. PMID: 23247705. †§||#\*\*††

11. Tudor-Locke, C., **Schuna J. M., Jr.**, Barreira, T. V., Mire, E. F., Broyles, S. T., Katzmarzyk, P. T., & Johnson, W. D. (2013). Normative steps/day values for older adults: NHANES 2005-2006. *The Journals of Gerontology: Medical Sciences*, 68(11), 1426-1432. PMID: 23913932. †‡§||#\*\*††
12. **Schuna, J. M., Jr.**, Johnson, W. D., & Tudor-Locke, C. (2013). Adult self-reported and objectively monitored physical activity and sedentary behavior: NHANES 2005-2006. *International Journal of Behavioral Nutrition and Physical Activity*, 10, 126. PMID: 24215625. †‡§||#\*\*††
13. Rowlands, A. V., **Schuna, J. M., Jr.**, Stiles, V. H., & Tudor-Locke, C. (2013). Cadence, peak vertical acceleration and peak loading rate during ambulatory activities: Implications for activity prescription for bone health. *Journal of Physical Activity and Health*, 11(7), 1291-1294. PMID: 24184713. †#\*\*††
14. Tudor-Locke, C., **Schuna, J.M., Jr.**, Frensham, L. J., & Proenca, M. (2014). Changing the way we work: Elevating energy expenditure with workstation alternatives. *International Journal of Obesity*, 38(6), 755-765. PMID: 24285335. †‡§||#\*\*††
15. Tudor-Locke, C., Barreira, T. V., **Schuna, J. M., Jr.**, Mire, E. F., & Katzmarzyk, P. T. (2014). Fully automated waist-worn accelerometer algorithm for detecting children's sleep period time separate from 24-hour physical activity or sedentary behaviors. *Applied Physiology, Nutrition, and Metabolism*, 39(1), 53-57. PMID: 24832507. †‡§||#\*\*††
16. Tudor-Locke, C., Swift, D. L., **Schuna, J. M., Jr.**, Dragg, A. T., Davis, A. B., Martin, C. K., Johnson, W. D., & Church, T. S. (2014). WalkMore: A randomized controlled trial of pedometer-based interventions differing on intensity messages. *BMC Public Health*, 14, 168. PMID: 24528783. ||#\*\*††
17. Tudor-Locke, C., Hendrick, C. A., Duet, M. T., Swift, D. L., **Schuna, J. M., Jr.**, Martin, C. K., Johnson, W. D., & Church, T. S. (2014). Implementation and adherence issues in a workplace treadmill desk intervention. *Applied Physiology, Nutrition, and Metabolism*, 39(10), 1104-1111. PMID: 24993352. †‡§||#\*\*††
18. **Schuna, J.M., Jr.**, Swift, D. L., Hendrick, C. A., Duet, M. T., Johnson, W. D., Martin, C. K., Church, T. S., & Tudor-Locke, C. (2014). Evaluation of a workplace treadmill desk intervention: A randomized controlled trial. *Journal of Occupational and Environmental Medicine*, 56(12), 1266-1278. PMID: 25479296. †‡§||#\*\*††
19. Newton, R. L., Jr., Marker, A. M., Allen, H. R., Machtmes, R., Han, H., Johnson, W. D., **Schuna, J. M., Jr.**, Broyles, S. T., Tudor-Locke, C., & Church, T. S. (2014). A parent-targeted mobile phone intervention to increase physical activity in sedentary children: A randomized pilot trial. *JMIR mhealth and uhealth*, 2(4), e48. PMID: 25386899. §||#\*\*††

20. Heymsfield, S. B., Peterson, C. M., Thomas, D. M., Heo, M., **Schuna, J. M., Jr.**, Hong, S. & Choi, W. (2014). Scaling of adult body weight to height across sex and race/ethnic groups: Relevance to body mass index. *American Journal of Clinical Nutrition*, 100(6), 1455-1461. PMID: 25411280. ‡§||#\*\*††
21. Tudor-Locke, C., **Schuna, J. M., Jr.**, Katzmarzyk, P. T., Liu, W., Hamrick, K. S., & Johnson, W. D. (2014). Body mass index: Accounting for full time sedentary occupation and 24-hr self-reported time use. *PLOS ONE*, 9(10), e109051. PMID: 25295601. ||#\*\*††
22. Barreira, T. V., **Schuna, J. M., Jr.**, Mire, E. F., Broyles, S. T., Katzmarzyk, P. T., Johnson, W. D., & Tudor-Locke, C. (2015). Normative steps/day and peak cadence values for United States children and adolescents: National Health and Nutrition Examination Survey 2005-2006. *The Journal of Pediatrics*, 166(1), 139-143. PMID: 25311710. †‡§||#\*\*††
23. Tudor-Locke, C., Barreira, T. V., **Schuna, J. M., Jr.**, Mire, E. F., Chaput, J. P., Fogelholm, M., Hu, G., Kuriyan, R., Kurpad, A., Lambert, E. V., Maher, C., Maia, J., Matsudo, V., Olds, T., Onywera, V., Sarmiento, O. L., Standage, M., Tremblay, M. S., Zhao, P., Church, T. S., & Katzmarzyk, P. T. (2015). Improving wear time compliance with a 24-hour waist-worn accelerometer protocol in the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE). *International Journal of Behavioral Nutrition and Physical Activity*, 12, 11. PMID: 25881074. †‡§||#\*\*††
24. Tudor-Locke, C., Mire, E. F., Dentre, K. N., Barreira, T. V., **Schuna, J. M., Jr.**, Zhao, P., Tremblay, M. S., Standage, M., Sarmiento, O. L., Onywera, V., Olds, T., Matsudo, V., Maia, J., Maher, C., Lambert, E. V., Kurpad, A., Kuriyan, R., Hu, G., Fogelholm, M., Chaput, J. P., Church, T. S., & Katzmarzyk, P. T. (2015). A model for presenting accelerometer paradata in large studies: ISCOLE. *International Journal of Behavioral Nutrition and Physical Activity*, 12, 52. PMID: 25927615. ‡§||#††
25. Borghese, M. M., Tremblay, M. S., Katzmarzyk, P. T., Tudor-Locke, C., **Schuna, J. M., Jr.**, Leduc, G., Boyer, C., LeBlanc, A. G., & Chaput, J. P. (2015). Mediating role of television time, diet patterns, physical activity and sleep duration in the association between television in the bedroom and adiposity in 10 year-old children. *International Journal of Behavioral Nutrition and Physical Activity*, 12(1), 60. PMID: 25967920. ||#††
26. Barreira, T. V., Zderic, T. W., **Schuna, J. M., Jr.**, Hamilton, M. T., & Tudor-Locke, C. (2015). Free-living activity counts-derived breaks in sedentary time: Are they real transitions from sitting to standing? *Gait & Posture*, 42(1), 70-72. †||#\*\*††
27. **Schuna, J. M., Jr.**, Peterson, C. M., Thomas, D. M., Heo, M., Hong, S., Choi, W., & Heymsfield, S. B. (2015). Scaling of adult regional body mass and body composition as a whole to height: Relevance to body shape and body mass index. *American Journal of Human Biology*, 27(3), 372-379. PMID: 25381999. †‡§||#\*\*††



28. Tudor-Locke, C., Barreira, T. V., & **Schuna J. M., Jr.** (2015). Comparison of step outputs for waist and wrist accelerometer attachment sites. *Medicine & Science in Sports & Exercise*, 47(4), 839-842. PMID: 25121517. †‡§||#\*\*††
29. Barreira, T. V., **Schuna, J. M., Jr.**, Mire, E. F., Katzmarzyk, P. T., Chaput, J. P., Leduc, G., & Tudor-Locke, C. (2015). Identifying children's nocturnal sleep using 24-hour waist accelerometry. *Medicine & Science in Sports & Exercise*, 47(5), 937-943. PMID: 25202840. †‡§||#\*\*††
30. Sarzynski, M. A., **Schuna, J. M., Jr.**, Carnethon, M. R., Jacobs, D. R., Jr., Lewis, C. E., Quesenberry, C. P., Jr., Sidney, S., Schreiner, P. J., & Sternfeld, B. (2015). Association of fitness with incident dyslipidemias over 25 years in the Coronary Artery Risk Development in Young Adults Study. *American Journal of Preventive Medicine*, 49(5), 745-752. PMID: 26165197. §||#††
31. Tudor-Locke, C., Barreira, T. V., **Schuna, J. M.**, & Katzmarzyk, P. T. (2015). Unique contributions of ISCOLE to the advancement of accelerometry in large studies. *International Journal of Obesity Supplements*, 5(Suppl 2), S53-S58. PMID: 27152186. ‡||#\*\*††
32. Tudor-Locke, C., Mire, E. F., Barreira, T. V., **Schuna, J. M.**, Chaput, J. P., Fogelholm, M., Hu, G., Kurpad, A., Kuriyan, R., Lambert, E. V., Maher, C., Maia, J., Matsudo, V., Olds, T., Onywera, V., Sarmiento, O. L., Tremblay, M. S., Zhao, P., Church, T. S., & Katzmarzyk, P. T. (2015). Nocturnal sleep-related variables from 24-h free-living waist-worn accelerometry: International Study of Childhood Obesity, Lifestyle and the Environment. *International Journal of Obesity Supplements*, 5(Suppl 2), S47-S52. PMID: 27152185. ‡§||#††
33. Barreira, T. V., **Schuna, J. M.**, Tudor-Locke, C., Chaput, J. P., Church, T. S., Fogelholm, M., Hu, G., Kuriyan, R., Kurpad, A., Lambert, E. V., Maher, C., Maia, J., Matsudo, V., Olds, T., Onywera, V., Sarmiento, O. L., Tremblay, M. S., Zhao, P., & Katzmarzyk, P. T. (2015). Reliability of accelerometer-determined physical activity and sedentary behavior in school-aged children: A 12-country study. *International Journal of Obesity Supplements*, 5(Suppl 2), S29-S35. PMID: 27152181. †‡§||#\*\*††
34. Behrens, T. K., Miller, D. J., **Schuna, J. M., Jr.**, & Liebert, M. L. (2015). Physical activity intensity, lesson context, and teacher interactions during an unstructured afterschool physical activity program. *Journal of School Health*, 85(12), 880-885. PMID: 26522177. §||#††
35. Heymsfield, S. B., Peterson, C. M., Thomas, D. M., Heo, M. & **Schuna, J. M., Jr.** (2016). Why are there race/ethnic differences in adult body mass index-adiposity relationships? A quantitative critical review. *Obesity Reviews*, 17(3), 262-275. PMID: 26663309. †‡§||#††
36. **Schuna, J. M., Jr.**, Tudor-Locke, C., Proenca, M., Barreira, T. V., Hsia, D. S., Pitta, F., Vatsavai, P., Guidry, R. D., Jr., Magnusen, M. R., Cowley, A. D., & Martin, C. K. (2016). Validation of an integrated pedal desk and electronic behavior tracking platform. *BMC Research Notes*, 9(1), 74. PMID: 26857115. †‡§||#\*\*††

37. **Schuna, J. M.**, Liguori, G., & Tucker, J. (2016). Seasonal changes in preschoolers' sedentary time and physical activity at childcare. *International Journal of Child Health and Nutrition*, 5, 17-24. †‡§||#\*\*††
38. Barreira, T. V., Harrington, D. M., **Schuna, J. M., Jr.**, Tudor-Locke, C., & Katzmarzyk, P. T. (2016). Pattern changes in step count accumulation and peak cadence due to a physical activity intervention. *Journal of Science and Medicine in Sport*, 19(3), 227-231. PMID: 25687483. ‡||#\*\*††
39. Behrens, T. K., **Schuna, J. M., Jr.**, Liebert, M. L., Davis, S. K., & Rice, K. R. (2016). Evaluation of an unstructured afterschool physical activity programme for disadvantaged youth. *Journal of Sports Sciences*, 34(22), 2140-2144. PMID: 27007028. §||#††
40. Lim, J., **Schuna, J. M., Jr.**, Busa, M. A., Umberger, B. R., Katzmarzyk, P. T., Van Emmerik, R. E., Tudor-Locke, C. (2016). Allometrically scaled children's clinical and free-living ambulatory behavior. *Medicine & Science in Sports & Exercise*, 48(12), 2407-2416. PMID: 27471783. ‡‡§||#\*\*††
41. **Schuna, J. M., Jr.**, Barreira, T. V., Hsia, D. S., Johnson, W. D., & Tudor-Locke, C. (2016). Youth energy expenditure during common free-living activities and treadmill walking. *Journal of Physical Activity and Health*, 13(6 Suppl 1), S29-S34. PMID: 27392374. †‡§||#\*\*††
42. Liguori, G., **Schuna, J. M., Jr.**, Tucker, J., & Fountaine, C. (2017). Impact of prescribed exercise on physical activity compensation in young adults. *Journal of Strength and Conditioning Research*, 31(2), 503-508. PMID: 27253838. †‡§||#\*\*††
43. Tudor-Locke, C., **Schuna, J. M., Jr.**, Han, H., Aguiar, E. J., Green, M. A., Busa, M. A., Larrivee, S., & Johnson, W. D. (2017). Step-based physical activity metrics and cardiometabolic risk: NHANES 2005-2006. *Medicine & Science in Sports & Exercise*, 49(2), 283-291. PMID: 27669450. †||#\*\*††
44. Barreira, T. V., & **Schuna, J. M., Jr.** (2018). Steps per day and its relationship to energy expenditures. *Medicine & Science in Sports & Exercise*, 50(4), 876. PMID: 29547497. †||#\*\*††
45. Tudor-Locke, C., Han, H., Aguiar, E. J., Barreira, T. V., **Schuna, J. M., Jr.**, Kang, M., & Rowe, D. A. (2018). How fast is enough? Walking cadence (steps/min) as a practical estimate of intensity in adults: A narrative review. *British Journal of Sports Medicine*, 52(12), 776-778. PMID: 29858465. †‡||#\*\*††
46. Tudor-Locke, C., **Schuna, J. M., Jr.**, Han, H. Aguiar, E. J., Larrivee, S., Hsia, D. S., Ducharme, S. W., Barreira, T. V., & Johnson, W. D. (2018). Cadence (steps/min) and intensity during ambulation in 6-20 year-olds: The CADENCE-kids study. *International Journal of Behavioral Nutrition and Physical Activity*, 15(1), 20. PMID: 29482554. †‡§||#\*\*††

47. Proenca, M., **Schuna, J. M., Jr.**, Barreira, T. V., Hsia, D. S., Pitta, F., Tudor-Locke, C., Cowley, A. D., & Martin, C. K., (2018). Worker acceptability of the Pennington Pedal Desk™ occupational workstation alternative. *Work*, 60(3), 499-506. PMID: 30040784 †‡§||#\*\*††
48. Meng, Y., Manore, M. M., **Schuna, J. M., Jr.**, Patton-Lopez, M. M., Branscum, A., & Wong, S. S. (2018). Promoting healthy diet, physical activity, and life-skills in high school athletes: Results from the WAVE Ripples for Change Childhood Obesity Prevention two-year intervention. *Nutrients*, 10(7), E947. PMID: 30041446 †§||#\*\*††
49. Abi Nader, P., Hilberg, E., **Schuna, J. M.**, John, D. H., & Gunter, K. B. (2018). Teacher-level factors, classroom physical activity opportunities, and children's physical activity levels. *Journal of Physical Activity and Health*, 15(9), 637-643. PMID: 29584527. †§||#\*\*††
50. Barreira, T. V., Redmond, J. G., Brustsaert T. D., **Schuna, J. M., Jr.**, Mire, E. F., Katzmarzyk, P. T., & Tudor-Locke, C. (2018). Can an automated sleep detection algorithm for waist worn accelerometry replace sleep logs? *Applied Physiology, Nutrition, and Metabolism*. 43(10), 1027-1032. PMID: 29701486. †||#\*\*††
51. Steeves, J. A., Tudor-Locke, C., Murphy, R. A., King, G. A., Fitzhugh, E. C., Bassett, D. R., Van Domelen, D., **Schuna, J. M., Jr.**, & Harris, T. B. (2018). *Journal of Physical Activity and Health*, 1-12. [Epub ahead of print]. PMID: 30453820 ||#\*\*††
52. Tudor-Locke, C., Aguiar, E. J., Han, H., Ducharme, S. W., **Schuna, J. M., Jr.**, Barreira, T. V., Moore, C. C., Busa, M. A., Lim, J., Sirard, J. R., Chipkin, S. R., & Staudenmayer, J. (2019). Walking cadence (steps/min) and intensity in 21-40 year olds: CADENCE-adults. *International Journal of Behavioral Nutrition and Physical Activity*, 16(1), 8. PMID: 30654810 †§||#\*\*††
53. **Schuna J. M., Jr.**, Hsia, D. S., Tudor-Locke, C., & Johannsen, N. M. (2019). Energy expenditure while using workstation alternatives at self-selected intensities. *Journal of Physical Activity and Health*, 16(2), 141-148. PMID: 30636499 †‡§||#\*\*††
54. Abi Nader, P., Hilberg, E., **Schuna, J. M., Jr.**, John, D. H., & Gunter K. B. (2019). Association of teacher-level factors with implementation of classroom-based physical activity breaks. *Journal of School Health*. 89(6), 435-443. PMID: 30937920 †§||#\*\*††
55. Aguiar, E. J., **Schuna, J. M., Jr.**, Barreira, T. V., Mire, E. F., Broyles, S. T., Katzmarzyk, P. T., Johnson, W. D., & Tudor-Locke, C. (2019). Normative peak 30-min cadence (steps per minute) values in older adults: NHANES 2005-2006. *Journal of Aging and Physical Activity*, 1-8. [Epub ahead of print]. PMID: 30676186 ‡§||#\*\*††
56. Heymsfield, S. B., Hwaung, P., Ferreyro-Bravo, F., Heo, M., Thomas, D. M., & **Schuna, J.M., Jr.** (2019). Scaling of adult human bone and skeletal muscle mass to height in the US

population. *American Journal of Human Biology*, e23252. [Epub ahead of print]. PMID: 31087593 †‡§||#\*\*††

57. Hilberg, E. M., Barreira, T. V., Tudor-Locke, C., & **Schuna, J.M., Jr.** (*In Review*). Evaluation of the step censoring method for refining steps/day estimates from the ActiGraph GT3X+ accelerometer. *Journal for the Measurement of Physical Behaviour*. †§||#\*\*††
58. Leung, C. W., **Schuna, J. M., Jr.**, & Yun, J. (*In Review*). Comparison of uniaxial and triaxial accelerometer outputs among individuals with and without Down Syndrome. *Journal of Intellectual Disability Research*. †§||#\*\*††
59. Tomayko, E., Gunter, K., **Schuna, J. M., Jr.**, & Thompson, P. (*In Review*). Effects of four-day school weeks on physical education exposure and childhood obesity. *American Journal of Health Promotion*. †‡§||#\*\*††
60. **Schuna, J. M., Jr.**, Tomayko, E., Thompson, P., & Gunter, K. (*Preparing Submission – In Draft Form*). Changes in physical education exposure following passage of a legislative mandate requiring 150+ minutes/week of physical education. Target Journal: *Journal of School Health*.
61. **Schuna, J. M., Jr.**, & Hilberg, E. (*Preparing Submission - In Draft Form*). A comparison of multiple algorithms for generating ActiGraph equivalent activity counts from raw acceleration data. Target Journal: *Medicine & Science in Sports & Exercise*. Anticipated submission date: Dec 1, 2019. †‡§||#\*\*††
62. **Schuna, J.M., Jr.**, Simpson, A. C., Wanser, S., Udell, M., & MacDonald, M. (*Preparing Submission – In Draft Form*). Validation of an automated-algorithm for identifying sleep variables among adolescents with developmental disabilities. Target Journal: *Journal of Science and Medicine in Sport*. Anticipated submission date: December 15<sup>th</sup>, 2019. †‡§||#\*\*††
63. **Schuna, J.M., Jr.**, & Barreira, T. V. (*Preparing Submission – In Draft Form*). An evaluation of a novel step-detection algorithm for use with triaxial waist-worn accelerometry. Target Journal: *Journal for the Measurement of Physical Behaviour*. Anticipated submission date: January 30<sup>th</sup>, 2020. †‡§||#\*\*††
64. Hilberg, E., Tomayko, E., Branscum, A., Bovbjerg, M. L., Gunter, K., & **Schuna, J. M., Jr.** (*Preparing Submission – In Draft Form*). Evaluating the prospective relationship between physical activity and BMI in rural elementary school children. Target Journal: *Pediatric Obesity*. Anticipated submission date: February 15<sup>th</sup>, 2020. †§||#\*\*††
65. Hilberg, E., Tomayko, E., Branscum, A., Bovbjerg, M. L., **Schuna, J. M., Jr.**, & Gunter, K. (*Preparing Submission – In Draft Form*). Evaluating physical activity opportunities during the school day in rural elementary school children. Target Journal: *International Journal of Behavioral Nutrition and Physical Activity*. Anticipated submission date: February 15<sup>th</sup>, 2019. †§||#\*\*††

## Refereed Book Chapters

1. Liguori, G., & **Schuna, J. M., Jr.** (2013). Understanding Physical Activity and Exercise. In G Liguori (Ed.), *ACSM's Resource Manual for Health Fitness Specialists, 1<sup>st</sup> edition*. Philadelphia, PA: Lippincott Williams & Wilkins. †||\*\*††
2. Liguori, G., & **Schuna, J. M., Jr.** (2015). Understanding Physical Activity and Exercise. In G Liguori (Ed.), *ACSM's Resource Manual for The Exercise Physiologist*. Philadelphia, PA: Lippincott Williams & Wilkins. †||\*\*††
3. **Schuna, J. M., Jr.**, & Barreira, T. V. (*In press*). Chapter 1: Benefits and Risks Associated with Physical Activity. *ACSM's Guidelines for Exercise Testing and Prescription, 11<sup>th</sup> Edition*. Wolters Kluwer. †||\*\*††

## Refereed Abstracts

1. **Schuna, J., Jr.**, & Liguori, G. (July, 2010). No association between sleep duration and BMI among university students. Poster presentation at: 11<sup>th</sup> International Congress on Obesity 2010, Stockholm, Sweden.
2. Hilgers, S., **Schuna J.**, Manikowske, T., Tucker, J., Terbizan, D., Christensen, B., & Liguori G. (May, 2011). Validity of U.S. Department of Defense circumference equation in detecting body composition changes. Poster presentation at: American College of Sports Medicine Annual Meeting, Denver, Colorado, USA.
3. Liguori, G., **Schuna, J., Jr.**, Geffre, E., Radenic, C., Ching, D., & Terbizan, D. J. (May, 2011). Changes in fitness and power in Army ROTC cadets. Oral presentation at: American College of Sports Medicine Annual Meeting, Denver, Colorado, USA.
4. Christensen, B., Hilgers, S., **Schuna, J.**, Radenic, C., Kresbach, K., Terbizan, D., Tucker, J., Manikowski, T., & Liguori, G. (June, 2011). A comparison of vertical jump displacements between a Vertec and a forceplate. Paper presented at: International Society of Biomechanics in Sports annual meeting, Porto, Portugal.
5. Manikowske, T., Terbizan, D. J., **Schuna, J.**, Tucker, J., Christensen, B., Brunt, A., & Rhee, Y. (May, 2012). Resting metabolic rate changes in women following different exercise training programs. Poster presentation at: American College of Sports Medicine Annual Meeting, San Francisco, California, USA.
6. Behrens, T. K., **Schuna, J. M., Jr.**, Lauersdorf, R. L., Liguori, G., & Liebert, M. L. (May, 2012). Evaluation of an after school physical activity program for disadvantaged youth. Poster presentation at: American College of Sports Medicine Annual Meeting, San Francisco, California, USA.

7. Hilgers-Greterman, S., Redenius, N., Frost, J., **Schuna, J., Jr.**, Klika, R., & Liguori, G. (May, 2012). Changes in sedentary time and physical activity of Livestrong® cancer survivor program participants. Poster presentation at: American College of Sports Medicine Annual Meeting, San Francisco, California, USA.
8. Gust, A. M., Jorissen, K. Redenius, N., **Schuna, J., Jr.**, Hilgers, S., Christensen, B., & Liguori, G. (May, 2012). Associations of upper body power tests and upper and lower body power in ROTC cadets. Poster presentation at: American College of Sports Medicine Annual Meeting, San Francisco, California, USA.
9. Tudor-Locke, C., **Schuna, J. M., Jr.**, Barreira, T. V., Mire, E. F., Broyles, S. T., Katzmarzyk, P. T., & Johnson, W. D. (March, 2013). Normative accelerometer-determined steps/day from 6-85 years of age: NHANES 2005-2006. Oral presentation at: American Heart Association – Epidemiology and Prevention | Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions, New Orleans, Louisiana, USA.
10. **Schuna, J. M., Jr.**, Johnson, W. D., & Tudor-Locke, C. (March, 2013). Self-reported sedentary behaviors and steps/day in the United States, 2005-2006. Poster presentation at: American Heart Association – Epidemiology and Prevention | Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions, New Orleans, Louisiana, USA.
11. Lewis, A., Sloan, S., Peacock, J., Mozumdar, A., Fountaine, C., **Schuna, J., Jr.**, & Liguori, G. (May, 2013). Behavioral intent to change body weight and actual body weight change. Poster presentation at: American College of Sports Medicine Annual Meeting, Indianapolis, Indiana, USA.
12. Davis, S. D., Behrens, T. K., & **Schuna J.** (May, 2013) Evaluation of an unstructured afterschool physical activity program. Poster presentation at: American College of Sports Medicine Annual Meeting, Indianapolis, Indiana, USA.
13. Redenius, N., Hilgers-Greterman, S., **Schuna, J. M., Jr.**, Frost, J., & Liguori, G. (May, 2013). Quality of life perception and physical activity in the LIVESTRONG® at the Y program. Poster presentation at: American College of Sports Medicine Annual Meeting, Indianapolis, Indiana, USA.
14. Duet, M. T., **Schuna, J. M., Jr.**, Swift, D. L., Johannsen, N. M., Harris, M. N., & Church, T. S. (May, 2013). Clinical and demographic characteristics associated with compliance/adherence to aerobic training in type 2 diabetes. Oral presentation at: American College of Sports Medicine Annual Meeting, Indianapolis, Indiana, USA.
15. Hendrick, C., Swift, D. L., **Schuna, J. M., Jr.**, Martin, C. K., Church, T. S., Johnson, W. D., & Tudor-Locke, C. (May, 2013). Controlled study of changes in ambulatory activity and sedentary behavior time with treadmill workstation adoption. Poster presentation at: American College of Sports Medicine Annual Meeting, Indianapolis, Indiana, USA.

16. **Schuna, J. M., Jr.**, Tucker, J. M., & Liguori, G. (May, 2013). Seasonal changes in childcare-related physical activity and sedentary time among preschoolers. Poster presentation at: American College of Sports Medicine Annual Meeting, Indianapolis, Indiana, USA.
17. Tudor-Locke, C., Hendrick, C. A., Duet, M. T., Swift, D. L., **Schuna, J. M., Jr.**, Martin, C. K., Johnson, W. D., & Church, T. S. (May, 2013). Recruiting and adherence challenges for a workplace treadmill workstation study. Poster presentation at: International Society for Behavioral Nutrition and Physical Activity, Ghent, Belgium.
18. Tudor-Locke, C., **Schuna, J. M., Jr.**, Swift, D. L., Hendrick, C. A., Martin, C. K., Church, T. S., & Johnson, W. D. (June, 2013). Free-living cadence (steps/min) values associated with traditional accelerometer activity count cut points. Poster presentation at: International Conference on Ambulatory Monitoring of Physical Activity and Movement, Amherst, Massachusetts, USA.
19. **Schuna, J. M., Jr.**, Swift, D. L., Hendrick, C., Martin, C. K., Church, T. S., Johnson, W. D., & Tudor-Locke, C. (June, 2013). Work-related ambulatory activity and sedentary behavior of overweight and obese office workers. Poster presentation at: International Conference on Ambulatory Monitoring of Physical Activity and Movement, Amherst, Massachusetts, USA.
20. Liguori, G., Piacentini, M., & **Schuna, J. M., Jr.** (May, 2014). Changes in anaerobic power in ROTC cadets. Poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.
21. Tudor-Locke, C., Dentre, K. N., Mire, E. F., Barreira, T. V., **Schuna, J. M., Jr.**, & Katzmarzyk, P. T. (May, 2014). Model accelerometer paradata from the international study of childhood obesity, lifestyle, and the environment (ISCOLE). Poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.
22. Redenius, N., Hilgers-Greterman, S., **Schuna, J. M., Jr.**, Liguori, G., & Byun, W. (May, 2014). Health-related quality of life change in cancer survivors participating in a 12-week YMCA exercise program. Poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.
23. Miller, D. J., Behrens, T. K., **Schuna, J. M., Jr.**, & Liebert, M. (May, 2014). Physical activity intensity, lesson context, and teacher interactions during an unstructured afterschool physical activity program. Poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.
24. **Schuna, J. M., Jr.**, Barreira, T. V., Proenca, M., & Tudor-Locke, C. (May, 2014). Effect of epoch length on patterns of stepping cadence in fourth-grade school children. Poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.

25. Rice, K. R., Sisson, S. B., & **Schuna, J.** (May, 2015). Comparison of physical activity levels among children attending urban or rural childcare. Poster presentation at: American College of Sports Medicine Annual Meeting, San Diego, California, USA.
26. Tudor-Locke, C., **Schuna, J. M., Jr.**, Swift, D. L., Dragg, A. T., Davis, A. B., Martin, C. K., Larrivee S., Johnson, W. D., & Church, T. S. (May, 2015). Accelerometer-determined outcomes and sample size requirements with pedometer-based interventions differing on intensity messages. Oral presentation at: American College of Sports Medicine Annual Meeting, San Diego, California, USA.
27. Boyd, M. J., Behrens, T. K., **Schuna, J. M.**, Miller, D. J., Epstein, E., & Liebert, M. L. (May, 2015). Implementing a structured curriculum in after school physical activity programs. Poster presentation at: American College of Sports Medicine Annual Meeting, San Diego, California, USA.
28. Barreira, T. V., **Schuna, J. M., Jr.**, Mire, E. F., Tudor-Locke, C., & Katzmarzyk, P. T. (May, 2015). Beyond moderate-to-vigorous physical activity: Comparisons of 24 h accelerometer measured activities in ISCOLE U.S. Poster presentation at: American College of Sports Medicine Annual Meeting, San Diego, California, USA.
29. Barreira, T. V., **Schuna, J. M., Jr.**, Chaput, J. P., Church, T., Fogelholm, M., Hu, G., Kuriyan, R., Lambert, E., Maher, C., Maia, J., Matsudo, V., Olds, T., Onywera, V., Kurpad, A., Sarmiento, O., Standage, M., Tremblay, M., Zhao, P., & Katzmarzyk, P. (June, 2015). Reliability of accelerometer-determined moderate-to-vigorous physical activity in children: A 12 country study. Oral presentation at: International Conference on Ambulatory Monitoring of Physical Activity and Movement, Limerick, Ireland.
30. Tudor-Locke, C., **Schuna, J.**, Swift, D., Larrivee, S., Martin, C., Johnson, W. & Church, T. (June, 2015). Steps/day screening strategy and thresholds for a clinical exercise trial. Poster presentation at: International Conference on Ambulatory Monitoring of Physical Activity and Movement, Limerick, Ireland.
31. **Schuna, J.**, Barreira, T., & Tudor-Locke, C. (June, 2015). An evaluation of the “clock drift” phenomenon with the ActiGraph accelerometer. Poster presentation at: International Conference on Ambulatory Monitoring of Physical Activity and Movement, Limerick, Ireland.
32. Fuller, J. S., Rice, K. R., **Schuna, J. M.**, & Behrens, T. K. (June, 2016). A comparison of physical activity levels between on-line and campus university students. Poster presentation at: American College of Sports Medicine Annual Meeting, Boston, Massachusetts, USA.
33. Han, H., **Schuna, J.**, Johnson, W., & Tudor-Locke, C. (June, 2016). Accelerometer-determined step counts in simulated free-living activities in children and adolescents: Cadence-kids. Poster presentation at: American College of Sports Medicine Annual Meeting, Boston, Massachusetts, USA.



34. Tudor-Locke, C., **Schuna, J. M., Jr.**, Han, H., Larrivee, S., Hsia, D. S., & Johnson, W. D. (June, 2016). The relationship between steps/min and intensity on a treadmill in children and adolescents: Cadence-kids. Poster presentation at: American College of Sports Medicine Annual Meeting, Boston, Massachusetts, USA.
35. Green, M. A., Busa, M., **Schuna, J.**, & Tudor-Locke, C. (June, 2016). Energy expenditure associated with Froude number and traditional speed measures in children and adolescents. Poster presentation at: American College of Sports Medicine Annual Meeting, Boston, Massachusetts, USA.
36. Barreira, T. V., **Schuna, J. M., Jr.**, Martin, C. K., Church, T. S., Johnson, W. D., & Tudor-Locke, C. (June, 2016). Actigraph does not detect increases in steps/day when compared to pedometer. Poster presentation at: American College of Sports Medicine Annual Meeting, Boston, Massachusetts, USA.
37. Tudor-Locke, C., **Schuna, J. M., Jr.**, Barreira, T. V., Han, H., Aguiar, E. J., Ducharme, S., Lim, J., Moore, C., Busa, M. A., Sirard, J. R., Chipkin, S. R., & Staudenmayer, J. (May, 2017). The relationship between steps/min and intensity on a treadmill in 21-40 year old adults. Poster presentation at: American College of Sports Medicine Annual Meeting, Denver, Colorado, USA.
38. Hilberg, E., Abi Nader, P., **Schuna, J. M., Jr.**, John, D., & Gunter, K. (May, 2017). Using accelerometry to measure physical activity opportunities during the school day in rural elementary schools. Thematic poster presentation at: American College of Sports Medicine Annual Meeting, Denver, Colorado, USA.
39. Abi Nader, P., Hilberg, E., **Schuna, J. M., Jr.**, John, D., & Gunter, K. (May, 2017). Comparison of accelerometer and pedometer measured physical activity in rural elementary schools. Poster presentation at: American College of Sports Medicine Annual Meeting, Denver, Colorado, USA.
40. Tudor-Locke, C., Han, H., Ducharme, S. W., **Schuna, J. M., Jr.**, Barreira, T. V., Aguiar, E. J., Lim, J., Moore, C., Busa, M. A., Sirard, J. R., Chipkin, S. R., & Staudenmayer, J. (June, 2017). Waist and wrist accelerometer step outputs in treadmill and simulated activities of daily living. Poster presentation at: International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Victoria, Canada.
41. Han, H., **Schuna, J. M., Jr.**, Barreira, T. V., Larrivee, S., Johnson, W. D., Aguiar, E. J., & Tudor-Locke, C. (June, 2017). Zero cadence as a proxy indicator of seated sedentary behaviors in children and adolescents. Poster presentation at: International Society of Behavioral Nutrition and Physical Activity, Victoria, Canada.

42. Tudor-Locke, C., Aguiar, E. J., Ducharme, S. W., Moore, C. C., **Schuna, J. M., Jr.**, Barreira, T. V., Chipkin, S. R., & Staudenmayer, J. (May, 2018). Moderate and vigorous intensity walking cadence (steps/min) thresholds in 41-60 year old adults. Poster presentation at: American College of Sports Medicine Annual Meeting, Minneapolis, Minnesota, USA.
43. **Schuna, J. M., Jr.**, Meng, Y., Manore, M., & Wong, S. S. (May, 2018). Comparison of physical activity guideline compliance estimates among active youth using different step-based definitions. Poster presentation at: American College of Sports Medicine Annual Meeting, Minneapolis, Minnesota, USA.
44. Gould, Z. R., Aguiar, E. J., Ducharme, S. W., Moore, C. C., **Schuna, J. M., Jr.**, Barreira, T. V., Chipkin, S. R., & Tudor-Locke, C. (May, 2018). Classification accuracy of a moderate intensity cadence (steps/min) threshold during overground walking. Poster presentation at: American College of Sports Medicine Annual Meeting, Minneapolis, Minnesota, USA.
45. Moore, C. C., Ducharme, S. W., Aguiar, E. J., Staudenmayer, J., Chipkin, S. R., **Schuna, J. M., Jr.**, Barreira, T. V., & Tudor-Locke, C. (May, 2018). Revisiting the ACSM metabolic equation for walking: Development of a cadence (steps/min) metabolic equation. Thematic poster presentation at: American College of Sports Medicine Annual Meeting, Minneapolis, Minnesota, USA.
46. Rice, K. R., **Schuna, J. M., Jr.**, & Behrens, T. (May, 2018). Mixed-method analysis of an after-school program to increase physical activity. Poster presentation at: American College of Sports Medicine Annual Meeting, Minneapolis, Minnesota, USA.
47. Wong, S. S., Manore, M. M., Meng, Y., Patton-Lopez, M., Johnson, T., **Schuna, J. M., Jr.**, & Branscum, A. J. (June, 2018). Promoting life-skills, physical activity and healthy diet in high school soccer players: Results from the WAVE~Ripples for Change childhood obesity prevention 2-year intervention. Oral presentation at: International Society of Behavioral Nutrition and Physical Activity, Hong Kong, China.
48. Barreira, T. V., Harrington, D. M., Zderic, T. W., & **Schuna, J. M., Jr.** (May, 2019). 10-year trends in Americans sedentary behavior (sitting). Oral presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.
49. Gould, Z. R., Ducharme, S. W., McCullough, A. K., Moore, C. C., Sands, C. J., Amalbert-Birriel, M. A., Aguiar, E. J., **Schuna, J. M., Jr.**, Barreira, T. V., Chipkin, S. R., & Tudor-Locke, C. (May, 2019). Cadence (steps/min) thresholds for relative intensity indicators in older adults. Poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.
50. Ducharme, S. W., Aguiar, E. J., McCullough, A. K., Moore, C. C., Sands, C. J., Amalbert-Birriel, M. A., Gould, Z. R., **Schuna, J. M., Jr.**, Barreira, T. V., Chipkin, S. R., & Tudor-Locke, C. (May, 2019). Do older adults achieve moderate intensity when walking at their self-selected pace? Thematic poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.

51. **Schuna, J. M., Jr.** (May, 2019). A comparison of two algorithms for generating ActiLife equivalent activity counts. Poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.
52. Amalbert-Birriel, M. A., Moore, C. C., McCullough, A. K., Ducharme, S. W., Gould, Z. R., Sands, C. J., Aguiar, E. J., **Schuna, J. M., Jr.**, Barreira, T. V., Chipkin S. R., & Tudor-Locke, C. (May, 2019). Device-specific cadence (steps/min) thresholds for metabolic intensities of walking. Poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.
53. Tudor-Locke, C., Ducharme, S. W., McCullough, A. K., Moore, C. C., Sands, C. J., Gould, Z. R., Amalbert-Birriel, M., Aguiar, E. J., **Schuna, J. M., Jr.**, Barreira, T. V., & Chipkin, S. R. (May, 2019). Moderate intensity walking cadence (steps/min) in 61-85 year old adults. Thematic poster presentation at: American College of Sports Medicine Annual Meeting, Orlando, Florida, USA.
54. **Schuna, J. M., Jr.**, Tomayko, E., Thompson, P., & Gunter, K. (May, 2020). Time-based changes in physical education offerings in response to a legislative mandate. Submitted for presentation consideration at: American College of Sports Medicine Annual Meeting, San Francisco, California, USA.

### **Professional Oral Presentations**

1. Christensen, B., Moen, J., & **Schuna, J.** (February, 2010). Unique ways to resistance train using the strongman events, Oral presentation at the Central District AAHPERD Meeting – Fargo, North Dakota, USA.
2. **Schuna, J. M.** (March, 2010). No difference in daily physical activity between reserve officer training corps cadets and non-cadets, Oral presentation at the Northland Chapter American College of Sports Medicine Meeting – St. Cloud, Minnesota, USA.
3. **Schuna, J. M.** (October, 2011). Resistance training using strongman techniques and exercises: Applications for athletics and general physical fitness. Oral presentation at the Northland Chapter American College of Sports Medicine Meeting – Fargo, North Dakota, USA.
4. **Schuna, J. M., Jr.**, Barreira, T. V., & Tudor-Locke, C. (May, 2015). Evaluation of the step censoring method in refining steps/day estimates from the ActiGraph GT3X+ accelerometer. Oral presentation at the American College of Sports Medicine Annual Meeting – San Diego, California, USA.
5. Tudor-Locke, C., **Schuna J. M., Jr.**, Swift, D. L., Larrivee, S., Martin, C. K., Johnson, W. D., & Church, T. S. (June, 2015). Relationship between changes in MVPA time and peak 30-minute cadence. Oral presentation at the International Conference on Ambulatory Monitoring of Physical Activity and Movement – Limerick, Ireland. Presented on behalf of Catrine Tudor-Locke.

6. **Schuna, J. M., Jr.**, Hsia, D. S., Johnson, W. D., & Tudor-Locke, C. (June, 2016). Effect of raw acceleration filtering methods on the relationship between accelerometer outputs and energy expenditure. Oral presentation at the American College of Sports Medicine Annual Meeting – Boston, Massachusetts, USA.

### **Symposia, Tutorials, and Colloquia**

1. Barreira, T. V., & **Schuna, J. M., Jr.** (June, 2015). Collecting and processing 24-hour waist-worn accelerometer data in children. Symposium presented at the International Conference on Ambulatory Monitoring of Physical Activity and Movement – Limerick, Ireland.
2. Hilberg, E. M., & **Schuna, J. M., Jr.** (April, 2016). Strategies and considerations for objective physical activity monitoring. Symposium presented at the Northwest Chapter American College of Sports Medicine Annual Meeting – Tacoma, Washington, USA.
3. **Schuna, J. M., Jr.**, & Barreira, T. V. (June, 2016). Should physical activity guidelines be the same for boys and girls? Tutorial presented at the American College of Sports Medicine Annual Meeting – Boston, Massachusetts, USA.
4. Barreira, T. V., & **Schuna, J. M., Jr.** (*Not Accepted*). Beyond the “black box”, open-source processing of raw accelerometer data. Tutorial submitted for consideration at the upcoming (2020) American College of Sports Medicine Annual Meeting – San Francisco, California, USA.
5. Manore, M. M., & **Schuna, J. M., Jr.** (*Accepted*). WAVE Ripples for Change: Sport nutrition as a ‘carrot’ to promote healthy eating and life-long PA in active youth. Colloquium submitted for consideration at the upcoming (2020) American College of Sports Medicine Annual Meeting – San Francisco, California, USA.

### **Invited Speaker Presentations**

1. **Schuna, J. M., Jr.** (March, 2015). Advantages and pitfalls of wearable monitors for objective physical activity assessments: Future applications for health-related research. Invited oral presentation for the College of Public Health and Human Sciences’ Research Seminar – Oregon State University – Corvallis, Oregon.
2. **Schuna, J. M., Jr.** (April, 2015). Beyond the school walls: Novel strategies to promote children’s physical activity outside of the traditional school day. Invited keynote oral presentation at the Northland Chapter American College of Sports Medicine Meeting – St. Cloud State University – St. Cloud, Minnesota.
3. **Schuna, J. M., Jr.** (April, 2015). Global childhood obesity: A historical perspective and the importance of physical activity to children’s health. Invited keynote oral presentation at the Northland Chapter American College of Sports Medicine Meeting – St. Cloud State University – St. Cloud, Minnesota.

4. **Schuna, J. M., Jr.** (February, 2017). Objective physical activity monitoring for health-related research: A discussion of methods, deployments, and data presentations. Invited oral presentation at the Moore Family Center Food, Nutrition, & Health Update – Oregon State University – Corvallis, Oregon.
5. **Schuna, J. M., Jr.** (March, 2019). Changes in guidance: Implications of the Physical Activity Guidelines for Americans, 2<sup>nd</sup> Edition. Invited oral presentation for the College of Public Health and Human Sciences’ Research Seminar – Oregon State University – Corvallis, Oregon.

## **Software**

1. Physical Activity Accelerometer Data Processing (PAADP) Software (currently in beta). Multi-platform (Windows, MacOS, & Linux) and open-source software suite designed for processing and summarizing raw accelerometer data collected from physical activity assessment. Current capabilities include 1) resampling of raw accelerometer data to desired sampling frequencies using bandlimited-interpolation, 2) calculation of signal vector magnitude (SVM), Euclidean norm minus one (ENMO), mean amplitude deviation (MAD), estimated activity counts (ActiGraph equivalent), and steps, and 3) epoch-based summarization of the aforementioned variables to daily and weekly levels.  
Role: Lead Developer & Software Engineer  
Access: Available via GitHub and the Oregon State University website in December, 2019.

## **Current Grant & Contract Support**

1. John C. Erkkila M.D. Endowment for Health and Human Performance – Good Samaritan Hospital Foundation  
Title: Physical Activity and Social Well-Being for Adolescents and Their Family Dog  
Principal Investigators: Dr. Megan MacDonald and Dr. Monique Udell (OSU)  
Dates: 07/01/2018 – 06/30/2020  
Role: Co-Investigator  
Total Amount: \$25,000

## **Pending Grant & Contract Support**

1. *Eunice Kennedy Shriver* National Institute of Health and Human Development, National Institutes of Health (R01 – *Under Review*)  
Title: The evaluation of a multi-site novel imitation based animal assisted intervention for children with developmental disabilities and their family dog  
Principal Investigators: Dr. Megan MacDonald and Dr. Monique Udell (OSU)  
Dates: 12/01/2019 – 11/30/2024  
Role: Co-Investigator  
Total Amount Requested: \$1,840,545

2. *Eunice Kennedy Shriver* National Institute of Health and Human Development, National Institutes of Health (R21 – *Under Review*)  
 Title: Evaluating the effects of four-day school weeks on child and family health, wellbeing, and socioeconomic factors  
 Principal Investigators: Dr. Emily Tomayko & Dr. Paul Thompson (OSU)  
 Dates: 07/01/20 – 06/30/2022  
 Role: Co-Investigator  
 Total Amount Requested: \$275,000
  
3. The Spencer Foundation (*Under Review*)  
 Title: Effects of four-day school weeks on student achievement and child and family wellbeing  
 Principal Investigator: Dr. Paul Thompson (OSU)  
 Dates: 04/01/2020 – 03/31/2022  
 Role: Co-Investigator  
 Total Amount Requested: \$499,782

### **Completed Grant & Contract Support**

1. United States Department of Agriculture – Agriculture and Food Research Initiative (2013-67001-20418)  
 Title: The WAVE~Ripples for Change: Obesity Prevention in Active Youth  
 Principal Investigators: Dr. Siew Sun Wong and Dr. Melinda Manore (OSU)  
 Dates: 06/01/2013 – 05/31/2018  
 Role: Co-Investigator  
 Total Amount: \$4,671,604
  
3. Playworks Education Energized (*Contract Work*)  
 Title: The Effect of Playworks on School Attendance: A Retrospective Longitudinal Study  
 Dates: 02/01/2018 – 01/31/2019  
 Role: Multiple Principal Investigator with Dr. William Massey (OSU)  
 Total Amount: \$14,541
  
4. *Eunice Kennedy Shriver* National Institute of Health and Human Development, National Institutes of Health (R21)  
 Title: Development and Evaluation of a Novel Imitation-Based Dog Assisted Intervention, DIAD Training, to Increase Joint Activity and Social Wellbeing for Adolescents With Developmental Disabilities  
 Principal Investigators: Dr. Megan MacDonald and Dr. Monique Udell (OSU)  
 Dates: 07/01/2017 – 06/30/2019  
 Role: Co-Investigator  
 Total Amount: \$246,059

## Past Submitted Grants

1. *Eunice Kennedy Shriver* National Institute of Health and Human Development, National Institutes of Health (R01 HD090949)  
Title: Process and Impact Evaluation of Physical Education Legislation on School Programming and Childrens Health: Oregon House Bill 3141  
Dates: 12/01/2016 – 11/30/2021  
Role: Multiple Principal Investigator with Dr. Kathy Gunter (OSU)  
Total Amount Requested: \$2,451,887  
Score: 37 (26<sup>th</sup> percentile) – *Not funded*
2. *Eunice Kennedy Shriver* National Institute of Health and Human Development, National Institutes of Health (R01 HD091855)  
Title: Process and Impact Evaluation of Physical Education Legislation on School Programming and Childrens Health: Oregon HB 3141  
Dates: 12/01/2016 – 11/30/2021  
Role: Multiple Principal Investigator with Dr. Kathy Gunter (OSU)  
Total Amount Requested: \$2,463,203  
Score: 37 (26<sup>th</sup> percentile) – *Not funded*
3. *Eunice Kennedy Shriver* National Institute of Health and Human Development, National Institutes of Health (R01 HD093061)  
Title: Obesity Policy Project: Evaluating Physical Education Policy in Oregon (OPP PEd)  
Dates: 04/01/2017 – 03/31/2022  
Role: Multiple Principal Investigator with Dr. Kathy Gunter (OSU)  
Total Amount Requested: \$2,464,106  
Score: 37 (25<sup>th</sup> percentile) – *Not funded*
4. Robert Wood Johnson Foundation  
Title: Evaluating the Effects of a 4-day School-Week on Rural Childhood Obesity  
Principal Investigators: Dr. Kathy Gunter and Dr. Emily Tomayko  
Dates: 10/01/2017 – 09/30/2019  
Role: Co-Investigator  
Total Amount Requested: \$223,200  
Score: *None provided by sponsor* – *Not funded*
5. *Eunice Kennedy Shriver* National Institute of Health and Human Development, National Institutes of Health (R01 HD097670)  
Title: Evaluating Implementation of New Statewide Physical Education Policies in Oregon  
Dates: 07/01/2018 – 06/30/2023  
Role: Multiple Principal Investigator with Dr. Kathy Gunter (OSU)  
Total Amount Requested: \$2,445,871  
Score: 45 (37<sup>th</sup> percentile) – *Not funded*

6. Robert Wood Johnson Foundation  
 Title: The Effects of Four-Day School Weeks on School District Costs and the Well-Being of Elementary School Children, Families, and Rural Communities  
 Dates: 12/14/2018 – 11/30/2021  
 Principal Investigators: Dr. Paul Thompson and Dr. Kathy Gunter (OSU)  
 Role: Co-Investigator  
 Total Amount Requested: \$892,431  
 Score: *None provided by sponsor – Not funded*
  
7. Waltham Centre for Pet Nutrition  
 Title: Evaluating a Novel Imitation-Based 'DAID' Dog Training Intervention Designed to Strengthen the Child-Dog Bond and Improve Adolescent Physical and Social Wellbeing.  
 Dates: 02/01/2019 – 01/31/2023  
 Principal Investigators: Dr. Megan MacDonald and Dr. Monique Udell (OSU)  
 Role: Co-Investigator  
 Total Amount Requested: \$251,895  
 Score: *None provided by sponsor – Not funded*
  
8. *Eunice Kennedy Shriver* National Institute of Health and Human Development, National Institutes of Health (R21 HD099603)  
 Title: Purposeful Play: An Integrated Self-Regulation and Physical Activity Classroom Intervention for Elementary School Children  
 Dates: 07/01/2019 – 06/30/2021  
 Role: Multiple Principal Investigator with Dr. William Massey (OSU)  
 Total Amount Requested: \$275,000  
 Score: *Not discussed – Not funded*
  
9. Robert Wood Johnson Foundation  
 Title: Effects of Four-Day School Weeks on the Wellbeing of Children and Families  
 Dates: 12/01/2019 – 11/30/2021  
 Principal Investigators: Dr. Emily Tamayko & Dr. Paul Thompson (OSU)  
 Role: Co-Investigator  
 Total Amount Requested: \$300,000  
 Score: *None provided by sponsor – Not funded*

## **D. SERVICE**

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### **Service to the University**

Exercise and Sport Science Search Committee – Assistant/Associate Professor (Fall 2014 – Spring 2015). **Role: Committee Member.**

Kinesiology Undergraduate and Graduate Curriculum Committees (Fall 2014 – Present). **Role: Committee Member.** Discuss, develop, review, and vote on curricular matters relevant to the Kinesiology's undergraduate and graduate curriculums.



Kinesiology Undergraduate Subcommittee (Spring 2017 – Present). **Role: Committee Member.**  
Develop curricular proposals to refine/improve the Kinesiology Undergraduate curriculum.

Kinesiology Search Committee – Clinical Assistant Professor (Fall 2015 – Spring 2016). **Role: Committee Member.**

Oregon State University Commencement Ceremony (Spring 2016 – Present). **Role: Faculty Marshal**

Kinesiology GTA Review Sub-Committee (Fall 2016 – Spring 2017). **Role: Committee Member.** Objectively review and rank current and potential future graduate students seeking GTA support for further consideration by the School of Biological and Population Health Sciences Co-Heads.

Faculty Senate Curriculum Council (Fall 2016 – Spring 2019). **Role: Committee Member.**  
Review and vote on Category I and II proposals submitted by Oregon State University faculty following successful review and passage by the respective college-level curriculum committees. Review, amend, and create university-wide curricular policies.

Kinesiology Search Committee – Instructor / Internship Coordinator (Winter 2017 – Spring 2017). **Role: Search Chair**

### **Service to the Profession**

#### ***Professional Organization Leadership***

Candidate for President of the American College of Sports Medicine – Northwest Chapter (Election: 04/2020).

#### ***Professional Organization Membership***

American College of Sports Medicine (ACSM) – (2010 – Present)  
International Society for the Measurement of Physical Behaviour (ISMPB) – (2013 – Present)  
Northwest Chapter of the American College of Sports Medicine (NWACSM) – (2015 – Present)  
Sedentary Behavior Research Network (SBRN) – (2011 – Present)

#### ***Ad Hoc Manuscript Reviewer***

AIDS Care - Psychology, Health & Medicine (2013)  
Applied Physiology, Nutrition, and Metabolism (2013 – 2015)  
American Journal of Preventive Medicine (2014 – Present)  
BMC Public Health (2013 – Present)  
BMC Research Notes (2016 – Present)  
Gait & Posture (2015 – Present)  
Health Education & Behavior (2013 – 2014)  
International Journal of Behavioral Nutrition and Physical Activity (2013 – Present)

International Journal of Environmental Research and Public Health (2014)  
International Journal of Exercise Science (2012 – 2014)  
International Journal of Epidemiology (2015)  
Journals of Gerontology: Medical Sciences (2016 – Present)  
Journal of Physical Activity & Health (2014 – Present)  
Journal of Sports Medicine (2016 – Present)  
Journal of Sports Science & Medicine (2015)  
Journal of Science and Medicine in Sport (2015 – 2016)  
Medicine & Science in Sports & Exercise (2012 – Present)  
Pediatric Exercise Science (2018 – Present)  
Physiology & Behavior (2015 – 2016, 2018 – Present)  
Physiological Measurement (2013 – 2015)  
Preventive Medicine (2016 – Present)  
PLOS ONE (2012 – Present)  
Work (2014)

### ***Abstract Reviewer***

Northwest Chapter of the American College of Sports Medicine Annual Meeting (April, 2016).  
Tacoma, Washington, USA.

### ***Book Chapter Reviews***

Chapter 1: Benefits and Risks Associated with Physical Activity (February, 2017). ACSM's  
Guidelines for Exercise Testing and Prescription, 10th Edition. Edited by D. Riebe.

### ***Grant Reviewer***

Sound Dakota Biomedical Research Infrastructure Network (SD BRIN). (August, 2017). Faculty  
Fellows Program. Funded by the National Institutes of Health – National Institutes of General  
Medical Sciences.

Health Research Council of New Zealand. (February, 2018). 2018 Annual Funding Round.

### **Service to the Public**

Interview with Michelle Klampe – “Treadmill Desks Offer Limited Benefits, Pose Challenges in  
the Workplace, Study Shows.” OSU News and Research Communications.

<http://synergies.oregonstate.edu/2015/treadmill-desks-offer-limited-benefits-pose-challenges-workplace-study-shows/>

Interview with Theresa Fisher – “What You Should Know Before Using a Standing Desk.”  
(February 27, 2015). Mic media. <https://www.mic.com/articles/111462/what-you-should-know-before-using-a-standing-desk>

Nationally Broadcasted Radio Interview with Patti Neighmond – “Sure, Use A Treadmill Desk – But You Still Need To Exercise.” (March 30, 2015). National Public Radio (NPR): Morning Edition.

Interview with Steve Lundeberg. “Want to Optimize Those 10,000 (or Fewer) Steps?” (October 13, 2016). OSU News and Research Communications.

<http://synergies.oregonstate.edu/2016/want-to-optimize-those-10000-or-fewer-steps/>

Interview with Kaitlyn Chamberlin – “Can’t Take 10,000 Steps a Day? Do This Instead.”

(November 3, 2016). Reader’s Digest. <https://www.rd.com/health/fitness/cant-take-10000-steps/>

Interview with Sally Wadyka – “How to Get the Biggest Benefits of Walking.” (January 11, 2019). Consumer Reports. <https://www.consumerreports.org/exercise-fitness/benefits-of-walking/>

## **E. HONORS AND AWARDS**

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### **National Honors and Awards**

*Centers for Disease Control and Prevention*

Physical Activity and Public Health Research Directions and Strategies Course Fellow (2013)

### **University and Professional Honors and Awards**

*North Dakota State University*

Graduate Teaching Assistant Award (2010)

*North Dakota State University*

Graduate Research Assistant Award (2011)