

## 2017 Curriculum Vitae

### ANGELA BALDWIN LANIER, EDD

Berry College  
Department of Kinesiology  
Charter School of Education and Human Sciences  
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Mount Berry, GA 30149

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### Education

*The University of Georgia, 1990-1999*

Ed.D., Exercise Science, 1999, Areas of Specialization: Muscle Biology and Biomechanics

M.Ed., Exercise Science, 1995

B.S.A., Biological Science in Agriculture, 1992

### Academic Employment:

- Berry College, 2011-present; Chair, Department of Kinesiology
- Berry College, 2007-present; Tenured, Associate Professor of Exercise Science
- Kennesaw State University, 2006-2007; Tenured, Associate Professor of Exercise Science
- Kennesaw State University, 2001-2006; Assistant Professor of Exercise Science
- Jacksonville State University, 2000-2001; Adjunct Professor
- University of Wyoming, 1998-1999; Assistant Professor of Exercise Physiology
- The University of Georgia, 1997-1998; Part-time Instructor
- The University of Georgia, 1994-1997, Graduate Assistant

### Teaching Experience

#### Undergraduate

- Physiology of Exercise
- Biomechanics
- Fitness Evaluation and Exercise Prescription
- Physiological Basis of Training and Performance
- Physical Activity and Health Promotion for the Older Adult
- Fitness for Living
- Survey of Fitness
- Concepts of Wellness
- Recreation for Aged
- Weight Training
- Teaching Outdoor Leisure
- Exercise Physiology Laboratory Techniques
- Muscle Biology Laboratory Techniques
- Fit-For-Life
  - jogging
  - body conditioning
  - aerobic dance
  - weight training
- Supervision of Exercise Science practicum

#### Graduate

- Methods of Fitness Leadership
- Exercise and Aging
- Biomechanics
- Biomechanics and Applied Anatomy
- Health Care for Older Adults – graduate course in KSU Gerontology Graduate Certificate program

#### Research Interests:

- Physical performance and aging
- Neuromuscular physiology and muscle damage
- Regional fat composition, physical activity and type II diabetes
- Physical activity and health promotion on college campus

#### Peer-Reviewed Publications:

(\*Student\*)

- Berg, C., Haardörfer, Lewis, R.M., Fakhouri, T., Muir, K., Getachew, B., Lloyd, S., Thomas, S.F., **Lanier, A.B.**, Trepanier, K., Johnston, T., Grimsley, L., Foster, B., Benson, S., Smith, A., Barr, D.B., and Windle, M. DECOY: Documenting experiences with cigarettes and other tobacco in young adults. *American Journal of Health Behavior* 2016;40(3)310-21.
- **Lanier A.B.**, Jackson, E.M., Azar-Dickens, J \*Anderson, B., & \*Briggs, M. Descriptive assessment of exercise program on fitness and correlates of participation. *American Journal of Health Behavior* 2012;36(5):647-654.
- **Lanier, A.B.**, Simpson, K.J., Gregory, C., Stevenson S.W., Wang H., & Dudley, G. Exercise-induced muscle injury and influence of NSAID therapy on kinematics of downhill walking in older adults. *Journal of Exercise Physiology* 2009;12(5):  
<http://www.asep.org/journals/JEPonline>.
- Beck, J., Collins, M., Goldfine, B., Barros, M., Nahas, M., and **Lanier, A.B.** Effect of a required health-related fitness course on physical activity. *International Journal of Fitness* 2007; 3(1):69-80.
- **Lanier, A.B.**, and \*Burke, R.\* The effects of a one-year group exercise program on physical function of rural community-dwelling older adults. *International Journal of Fitness* 2007; 3(1):15-21.
- **Lanier, A.B.** Treating DOMS in sport with NSAIDS. *International SportMed Journal* 2004; 5(2): <http://www.ismj.com>.
- Collins, M.A., Barros, M.V.G., Nahas, M.V., Goldfine, B., **Lanier, A.B.** and Beck, J. Influence of class size on physical activity behavior change in a 15-week health-related fitness course. *Revista Portuguesa de Ciencias do Desporto* 2003; 3,1: 24-32.
- **Lanier, A.B.** Use of nonsteroidal anti-inflammatory drugs following exercise-induced muscle injury. *Sports Medicine* 2003; 33(3):177-185.
- **Baldwin, A.B.**, Stevenson, S.W., and Dudley, G.A. Non-steroidal anti-inflammatory therapy after eccentric exercise in healthy older individuals. *Journal of Gerontology: Medical Sciences* 2001; 56A: M510-M513.
- Dudley, G.A., Czerkawski, J. Meinrod, A., Gillis, G., **Baldwin, A.** and Scarpone, M. Efficacy of naproxen sodium for exercise-induced dysfunction, muscle injury and soreness. *Clinical Journal of Sports Medicine* 1997; 7:3-10.

#### Peer-Reviewed Published Abstracts:

(\*Student\*)

- **Lanier, A.B.** Jackson, E.M. Descriptive Assessment of a Low-Frequency Running Program. *Medicine & Science in Sports & Exercise*. 2013;45(5S).

- **Lanier, A.B.** Jackson, E.M. Azar-Dickens, J. \*Harber, K., & \*Bullock, R. Effects of a group running program on determinants of exercise participation and fitness. *Medicine & Science in Sports & Exercise*. 2011;43(5).
- **Lanier, A.B.**, Elder, C., & Slade, J. Relationship of intramuscular fat and glucose tolerance in Hispanic women. *Medicine and Science in Sports & Exercise*. 2009; 41(5).
- Jackson, E.M., **Lanier, A.B.**, \*Wilson, D.G., & \*Lorenz, D. A description of internet usage for health and fitness information among middle-aged and older adults. *Medicine and Science in Sports and Exercise*. 2009; 41(5).
- **Lanier, A.B.** and \*Burke, R.J.\* Hand weights improve physical function and quality of life of community-dwelling older adults. *Journal of Physical Activity and Health*; 2007; S4(2).
- **Lanier, A.B.**, and Collins, M.A. Assessment of Bone Mineral Density in Female Collegiate Track and Field/Cross Country Athletes. *Medicine and Science in Sport and Exercise* 2006; S38(5).
- \*Bishop, E.M.\* Collins, M.A. and **Lanier, A.B.** Cardiorespiratory responses to kettlebell training exercise. *Medicine and Science in Sport and Exercise* 2005; S37(5).
- **Lanier, A.B.**, \*Bishop, E.M.\* and Collins, M.A. Energy cost of a basic kettlebell training protocol. *Medicine and Science in Sport and Exercise* 2005; S37(5).
- \*Burke, R.J.\* and **Lanier, A.B.** Effects of Aerobic and Resistance Training on Physical Function and Psychological Variables in Older Adults. *Medicine and Science in Sports and Exercise*, 2004; S36(5).
- **Lanier, A.B.**, \*Burke, R.\* and Lowry, D. Putting SPARHKS in our community: benefits of physical activity and health promotion for older adults. *Medicine and Science in Sports and Exercise*, 2004; S36(5).
- **Lanier, A.B.**, Collins, M.A., Goldfine, B., Beck, J. and Nahas, M.V. Exercise confidence and profiles of urban university students. *Medicine and Science in Sports and Exercise* 2003; S34(5).
- Collins, M.A., Goldfine, B., **Lanier, A.B.**, Barros, M.V.G. and Nahas, M.V. Does class size in a health-related fitness course affect changes in physical activity behavior? *Medicine and Science in Sports and Exercise* 2003; S34(5).
- **Lanier, A.B.**, Barros, M.V.G., Collins, M.A. Goldfine, B., Nahas, M.V. and Ash, C. Demographic determinants of health-risk behaviors for university students. *Medicine and Science in Sports and Exercise* 2002; S33(5).
- Collins, M.A., Barros, M.V.G., Goldfine, B., **Lanier, A.B.**, Nahas, M.V. and Ash, C. Relationship of physical inactivity, lifestyle factors and obesity of urban, commuter university students. *Medicine and Science in Sports and Exercise* 2002; S33(5).
- Harris, H., Stevenson, S., **Baldwin, A.**, Weingand, K., and Dudley, G. Strength and soreness after eccentric exercise. *Medicine and Science in Sports and Exercise* 1998; S30(5).
- Stevenson, S., **Baldwin, A.**, Dudley, G. Long term consequences of anti-inflammatory therapy after eccentric exercise. *Medicine and Science in Sports and Exercise* 1998; S30(5).
- **Baldwin, A.C.**, Stevenson, S.W., Weingand, K; and Dudley, G. Non-steroidal, anti-inflammatory therapy after eccentric exercise in older individuals. *Medicine and Science in Sports and Exercise* 1998; S30(5).
- Stevenson, S.W., **Baldwin, A.C.**, Gregory, C.M., Simpson, K.J., and Dudley, G.A. Eccentric exercise alters gait in older individuals. *Medicine and Science in Sports and Exercise* 1997; 29(5).
- **Baldwin, A C.**, Stevenson, S.W., Gregory, C.M., Simpson, K.J., and Dudley, G. A. Adaptive responses to eccentric exercise in 60 yr olds. *Medicine and Science in Sports and Exercise* 1997; 29(5).

### **Presentations:**

(\*Student\*)

- **Lanier, A.B.** Jackson, E.M. Azar-Dickens, J. \*Harber, K., & \*Bullock, R. Effects of a group running program on determinants of exercise participation and fitness. 2011 American College of Sports Medicine Conference, Denver, Colorado.
- **Lanier, A.B.** Training and Conditioning for Recreational Skiers. Invited Presentation: 2011 Up Date on Georgia Law Seminar, Jackson Hole, Wyoming.
- **Lanier, A.B.** Physiological Effects of Run Training. Invited Presentation: 2010 Advanced Rehabilitation Running Clinic, Rome, Georgia.
- **Lanier, A.B.**, \*Anderson, B.\*, \*Capistrant, T.\*, \*Briggs, M.\*, Azar-Dickens, J., & \*Cheatham, M.\* Can running 3 days each week for 5 months provide the means for successful completion of a half- marathon and improve physical fitness of college community? 2010 American College Health Annual Meeting, Philadelphia, Pennsylvania.
- **Lanier, A.B.** Neuromuscular applications: aging and muscle damage. 2010 Invited presentation, Life College.
- \* Gill, J.\* & **Lanier, A.B.** Bench press or chest fly: does it really matter in the first seven weeks of training? 2010 Southeastern Chapter of American College of Sports Medicine Conference, Greenville, South Carolina.
- \*Anderson, B.\*, \*Briggs, M.\* & \*Cheatham, M.\* Can running 3 days each week for 5 months provide the means for successful completion of a half- marathon and improve physical fitness of college community? 2010 Annual Berry College Student Scholarship Symposium.
- \* Gill, J.\* Bench press or chest fly: does it really matter in the first seven weeks of training? 2010 Annual Berry College Student Scholarship Symposium.
- **Lanier, A.B.**, Elder, C., & Slade, J. Relationship of intramuscular fat and glucose tolerance in Hispanic women. 2009 American College of Sports Medicine Conference, Seattle, Washington.
- Jackson, E.M., **Lanier, A.B.**, Wilson, D.G., & Lorenz, D. A description of internet usage for health and fitness information among middle-aged and older adults. 2009 American College of Sports Medicine Conference, Seattle, Washington.
- **Lanier, A.B.** Injury prevention for weekend warrior skiers. 2009 Update on Georgia Law Seminar, Park City, Utah.
- **Lanier, A.B.** Student-Scholarship as Method for Enhancing Classroom Learning. 2007 International Conference on College Teaching and Learning, Ponte Vedra Beach, Florida.
- **Lanier, A.B.** Modified Immersion Learning and Observation of Peer-Leadership Enhances Awareness. 2007 International Conference on College Teaching and Learning, Ponte Vedra Beach, Florida.
- **Lanier, A.B.**, and Collins, M.A. Assessment of Bone Mineral Density in Female Collegiate Track and Field/Cross Country Athletes. 2006 American College of Sports Medicine Conference, Denver, Colorado.
- Collins, M.A., Barros, M.V.G., Goldfine, B., Nahas, M.V., Beck, J., & **Lanier, A.B.** Effectiveness of a health-related fitness course to alter physical activity behavior patterns. 2006 International Congress on Physical Activity and Public Health, Atlanta Georgia.
- \*E.J. Bishop,\* Collins, M.A. and **Lanier, A.B.** Cardiorespiratory responses to kettlebell training exercise. 2005 American College of Sports Medicine Conference, Nashville, Tennessee.
- **Lanier, A.B.**,\*Bishop, E.J.\* and Collins, M.A. Energy cost of a basic kettlebell training protocol. 2005 American College of Sports Medicine Conference, Nashville, Tennessee.
- **Lanier, A.B.** Benefits of Physical Activity on Healthy Aging & SPARHKS. 2004 President Betty Siegel Day, Kennesaw, Georgia.

- \*Benson, B.A.,\*\* Bishop, E.J.\* **Lanier, A.B.** and Collins, M.A. Introduction of Kettlebell training and outcomes on select physiological variables. 2004 Georgia AAHPERD Annual Meeting, Athens, Georgia.
- \*Burke, R.J.\* and **Lanier, A.B.** Effects of Aerobic and Resistance Training on Physical Function and Psychological Variables in Older Adults. 2004 Annual American College of Sports Medicine Conference, Indianapolis, Indiana.
- **Lanier, A.B.**, \*Burke, R.\* and Lowry, D. Putting SPARHKS in our community: benefits of physical activity and health promotion for older adults. 2004 Annual American College of Sports Medicine Conference, Indianapolis, Indiana.
- \*Burke, R.\* and **Lanier, A.B.** The effect of a 6-week dumbbell strength training protocol on physical function of older adults. 2003 Southeastern American College of Sports Medicine Annual Meeting, Atlanta, Georgia.
- **Lanier, A.B.** Outcome Measures of Physical Activity for Older Adults. 2003 Annual Center for Active Retirement and Aging Conference, Kennesaw, Georgia.
- **Lanier, A.B.** and \*Burke, R.J.\* Hand weights improve physical function and quality of life of community-dwelling older adults. 2003 Annual Measurement and Evaluation Conference, Urbana-Champaign, Illinois.
- Petrillo, J., Lowry D. and **Lanier, A.B.** Creating a healthier lifestyle: Strategies for personal health behavior change among older adults. 2003 SDAHPERD Annual Convention, Savannah, Georgia.
- Goldfine, B., Collins, M.A., Barros, M.V.G., Nahas, M.V., **Lanier, A.B.** and Ash, C.W. Impact of a health-related fitness course on the stages of change for physically active behavior. 2002 AAHPERD Annual Meeting, San Diego, California.
- Lowry, D., **Lanier, A.B.** and Ash, C. Put SPARHKS in your life. 2002 CCHP conference on community partnerships for older adults in Miami, Florida.
- **Lanier, A.B.**, M.A. Collins, M.A., Goldfine, B., Beck, J. and Nahas, M.V. Exercise confidence and profiles of urban university students. 2003 Annual American College of Sports Medicine Conference, San Francisco, California.
- Collins, M.A., Goldfine, B., **Lanier, A.B.**, Barros, M.V.G. and Nahas, M.V. Does class size in a health-related fitness course affect changes in physical activity behavior? 2003 Annual American College of Sports Medicine Conference, San Francisco, California.
- **Lanier, A.B.**, Barros, M.V.G., Collins, M.A. Goldfine, B., Nahas, M.V. and Ash, C. Demographic determinants of health-risk behaviors for university students. 2002 Annual American College of Sports Medicine Conference, St. Louis, Missouri.
- Collins, M.A., Barros, M.V.G., Goldfine, B., **Lanier, A.B.**, Nahas, M.V. and Ash, C. Relationship of physical inactivity, lifestyle factors and obesity of urban, commuter university students. 2002 Annual American College of Sports Medicine Conference, St. Louis, Missouri.
- Dudley, G.A. and **Lanier, A.B.** Benefits of NSAID's for muscle injury. 1999 Pharmaceutical Convention at Chateau Elan, Braselton, Georgia.
- **Baldwin, A.** Neuromuscular Adaptation Following a Previous Bout of Concentric and Eccentric Actions in Older Individuals. 1999. Ivinson Memorial Hospital, Laramie, Wyoming.
- Harris, H., Stevenson, S., **Baldwin, A.**, Weingand, K., and Dudley, G. Strength and soreness after eccentric exercise. 1998 Annual American College of Sports Medicine Conference, Orlando, Florida.
- Stevenson, S., **Baldwin, A.**, Dudley, G. Long term consequences of anti-inflammatory therapy after eccentric exercise. 1998 Annual American College of Sports Medicine Conference, Orlando, Florida.

- **Baldwin, A.C.**, Stevenson, S.W., and Dudley, G.A. Non-steroidal, anti-inflammatory therapy after eccentric exercise in older individuals. 1997 Annual American College of Sports Medicine Conference, Denver, Colorado.
- Stevenson, S.W., **Baldwin, A.C.**, Gregory, C.M., Simpson, K.J., and Dudley, G.A. Eccentric exercise alters gait in older individuals. 1997 Annual American College of Sports Medicine Conference, Denver, Colorado.
- **Baldwin, A.C.**, Stevenson, S.W., Gregory, C.M., Simpson, K.J., and Dudley, G.A. Adaptive responses to eccentric exercise in 60 yr olds. 1997 Annual American College of Sports Medicine Conference, Denver, Colorado.

#### **Funding and Grant Support:**

- 2007 Recipient, Scholarship/Teaching Equipment Grant for Kinesiology Laboratory. *Alden Foundation*. \$125,000. Purchases for the laboratory 2007-2009.
- 2005-2006 Principal Investigator: "Locomotor intramuscular fat, fitness and risk of type 2 diabetes in Latino women". Pilot Study: *Wellstar College of Health and Human Services, Kennesaw State University*. \$3,000.
- 2004 Principal Investigator: "Metabolic cost of Kettlebell™ training". *Dragondoor, Inc.* \$5000.00 equipment
- 2002 Principal Investigator: "Novel group exercise for older adults". *Coosa Valley Regional Development Center*. \$35,000
- 2001-2002 Principal Investigator: "Put SPARHKS in your life". Seed Grant: *Kennesaw State University*. \$1500.00
- 1997-1998 Principal Investigator: "Activity and aged females", *UGA College of Education*. \$8000.00
- 1997 Principal Investigator: "Older individuals and eccentric exercise", *Procter and Gamble, Inc.* Supplied medication
- 1995-1996 Principal Investigator: "Activity and Aged Females", *UGA College of Education*. \$8000.00

#### **Berry College Service/Committees:**

- 2012-2015 *Ad Hoc Kinesiology Search Committees Chair (3)*
- 2014- *Library Committee*
- 2013- *CSEHS Promotion and Tenure Committee*
- 2013- *Cultural Events Committee*
- 2012-2015 *Chair, Institutional Review Board, Berry College*
- 2011- *IDS Committee, Berry College*
- 2011-13 *General Education Task Force, Berry College*
- 2011- *Athletic Committee, Berry College*
- 2011-12 *Phi Kappa Phi Public Relations Officer, Berry College*
- 2010- *Clarke Internship Scholarship Selection Committee, Berry College*
- 2010-12 *Planning Council, Berry College*
- 2010- *Exercise Science Advisory Committee (Chair), Berry College*
- 2009-11 *Academic Council, Berry College*
- 2009-13 *Employer Advisory Board member for Career Center, Berry College*
- 2008- *Survey of Fitness Coordinator, Berry College*
- 2008-13 *Health and Wellness Concerns Committee, Berry College*
- 2008-13 *New Year, New You Steering Committee, Berry College*
- 2008-10 *Council on Student Scholarship, Berry College*

**Professional activities/Awards:**

- Southeastern American College of Sports Medicine Annual Meeting - *Symposium Session Chair*
- Southeastern American College of Sports Medicine Annual Meeting - *Abstract Reviewer*
- Faculty Member of Phi Kappa Phi
- 2007 Recipient of Kennesaw State University Distinguished Scholarship Award
- 2004 Recipient of Kennesaw State University Community Service Learning Award
- Southeastern Chapter of the American College of Sports Medicine
- American College of Sports Medicine
- Journal of Physical Activity and Health - *Ad-hoc Reviewer*
- Journal of the American Geriatric Society – *Ad-hoc Reviewer*
- Journal of Sports Medicine – *Ad-hoc Reviewer*
- International Journal of Exercise Science – *Ad-hoc Reviewer*