

(Kathryn) Rosie Lanphere, Ph.D., CSCS

CURRICULUM VITAE

GENERAL INFORMATION

Current Position Assistant Professor
Department of Kinesiology and Health Promotion
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EDUCATION

Ph.D. in Physical Education, Sports, & Exercise Science. 2013
Major Concentration: Exercise Science
University of New Mexico, Department of Health, Exercise and Sports Science, Albuquerque, NM
Dissertation: Early time course of autophagy in human peripheral blood mononuclear cells following endurance exercise. Committee Chair: Christine Mermier, Ph.D.

M.S. in Life Science. 2009
New Mexico Highlands University, Las Vegas, NM
Thesis: Arterial Distensibility in Systemic Lupus Erythematosus. Committee Chair: Dick Greene, Ph.D.

B.S. in Biology, minor in Chemistry. 2005
Delaware State University (HBCU), Dover, DE

A.A. in Science. 2003
New Mexico Military Institute, Roswell, NM

TEACHING

Assistant Professor, Special Title Series, Department of Kinesiology and Health Promotion
University of Kentucky (UK), July 2017-present

Lecturer, Department of Kinesiology and Health Promotion
University of Kentucky (UK), Fall 2013-June 2017

- KHP 600 Stress Testing and Exercise Prescription (1 section) Co-instructor
Knowledge required for the administration of an exercise stress test with implications for writing an exercise prescription. Content covers healthy individuals as well as those with various health problems such as heart disease, hypertension, mental illness and diabetes. Course implements the guidelines of the American College of Sports Medicine in preparing a specialist in exercise stress testing.
- KHP 450 Introduction to Exercise Testing and Prescription (1 section)

The course addresses fundamental principles of Exercise Science specifically as they relate to the testing and exercise prescription of apparently healthy individuals and individuals with controlled disease. The class will review concepts essential for successful completion of the American College of Sports Medicine Certified Personal Trainer and Health Fitness Instructor exams.

- KHP 420G The Physiology of Exercise (12 sections)
An in-depth study of the immediate and long-term effects of exercise on the human organism. Lecture, two hours; laboratory, two hours.
- KHP 210 Introduction to Fitness: Application and Fitness (12 sections)
Designed to familiarize the professional physical education student with the theory, techniques, and practices of physical fitness and conditioning. Understanding of the basic principles and an attainment of above average personal fitness status is expected of the students. The primary goal of the course is to equip students with knowledge and skill to design and carry out safe and meaningful physical conditioning programs.
- KHP 350 Strength and Conditioning for Sport (7 sections)
The course addresses the fundamental principles of Exercise Science specifically as they relate to the conditioning of athletes. The course will also review concepts essential for successful completion of the National Strength and Conditioning Association's CSCS exam.
- KHP 205 Kinesiology for Health and Physical Education (1 section)
This course introduces major body systems and their role in human movement and physical activity. Students will develop knowledge of the interaction for these systems and physiological principles of exercise and sedentary lifestyle. This foundation is essential to apply anatomical and physiological concepts in design of developmentally appropriate health and physical education instruction.
- KHP 395 Independent Study (3 sections)
- Director, University of Kentucky Sponsored Education Abroad Program “Kinesiology and Health Promotion in Valencia, Spain”, Summer 2015
- Director, University of Kentucky Sponsored Education Abroad Program “Kinesiology and Health Promotion in London, England”, Summer 2016, Summer 2018

Teaching assistant, Department of Health Exercise, and Sports Sciences, UNM. August 2010-May 2013

- Department of Physical Education TA: Aerobic Dance I (16 sections), Aerobic Dance II (17 sections), Weight Training (3 sections), Intermediate Weight Training (5 sections), Beginning Volleyball (2 semesters), Power Volleyball (6 semesters), Pilates (2 sections), Jogging for Fitness (4 sections), and Fundamentals of Stretch and Relaxation (1 section).
- Co-Instructor, Exercise Physiology PEP 326, University of New Mexico (UNM), Albuquerque, NM. Fall 2011. Mentored by Len Kravitz, Ph.D.
- Guest Lecturer, Exercise Physiology Program, UNM. Fall 2010-May 2013. Lab Procedures PEP 530. Intermediate Exercise Physiology, PEP 501. Kinesiology, PEP 277. Volunteer lab supervisor for Sports Physiology.

Part-time instructor, Department of Nursing, Luna Community College, Las Vegas, NM. Fall 2009

- HD 260, Critical Thinking and Problem Solving (1 section)

This course prepares students to constructively analyze problems/issues; evaluate the validity of the problem statement or argument; identify relevant issues and assumptions; use logic, sound reasoning and critical thinking skills to identify the best method/approach to use in analyzing and solving the problem.

- BIO 217L, Anatomy and Physiology I Labs (5 sections)
Course includes the structure and function of the human body at the cellular, tissue, organ, and organ system levels of organization. The integumentary, skeletal, muscular and nervous systems are addressed in detail.

Teaching assistant, Department of Biology, New Mexico Highlands University, Las Vegas, NM
Fall 2007-December 2008

- General Biology lab, BIO 211, Fall 2007-Fall 2008; Assisted instruction in Genetics lab, BIO 300, and General Biology II labs, BIO 212; Guest lectured for faculty.

SERVICE

Departmental Service

- Committee member, Exercise Science Curriculum
- Committee member, Education Abroad Advisory Committee
- Committee member, Hackensmith Award Committee
- Committee member, Lovaine Lewis Scholarship Committee
- Master of Ceremony, Annual KHP Awards Ceremony
- Director, Annual Student Learning Outcomes Report for Kinesiology Bachelor's Program to satisfy Common Core requirements.
- Volunteer, KHP Living Learning Program student move-in
- Guest instructor, Montessori High School PE class
- Volunteer, UK Athlete Cat Scan-K Club, Free UK Healthcare provided for alumni athletes
- Scorer, Annual Student Learning Outcomes Report
- Faculty Evaluator, KHP Graduate teaching assistant evaluations
- Exhibitor, Education Abroad Fall and Spring Fairs
- Master's Thesis Committee, Will Swann, "Validation of a fitness assessment to predict performance on the firefighter candidate physical ability test."
- Faculty representative, Incoming KHP freshman
- Committee member, Undergraduate accreditation for Exercise Science/Exercise Physiology/Personal Fitness Standards Committee

College Service

- Faculty Mentor, UK College of Education Student Mentoring Program 2013-2014, 2014-2015
- Communicator, COE communicator online article <https://2b.education.uky.edu/blog/2014/11/03/want-to-study-abroad-this-summer/>

University Service

- Faculty moderator, National Conference for Undergraduate Research (NCUR) 2014
- Faculty sponsor, Education Abroad Peer Ambassador Internships 2015
- Reviewer, Education Abroad Scholarships 2015, 2016

Professional Service

- Reviewer, Global Conference on Education and Research 2017
- Volunteer, Southern District AHPERD Annual Conference 2014
- Mentoring Candidate, ESP at Lexington Catholic High School
- Reviewer, SEACSM Annual meeting 2016, 2017

- Reviewer, European Journal of Sports Science 2016
- Reviewer, Research Quarterly for Exercise and Sport 2016

SCHOLARLYLY ACTIVITY

TEXTBOOKS

The Physiology of Exercise. Interactive Text. Rosie Lanphere. 2016. Top Hat Monocle.

PUBLICATIONS

Early time course of autophagy after moderate- and high-intensity endurance exercise in PBMCs.

Lanphere KR, Zuhl MN, Schneider S, Mermier C, Gibson A, Dokladny K, Moseley P. 2017. Research Quarterly for Exercise and Sport (*In review since July, 20, 2017*)

The Effect of Aging on the Autophagic and Heat Shock Response in Human Peripheral Blood Mononuclear Cells. Autophagy. James J. McCormick, Trisha A. VanDusseldorp, Cassandra G. Ulrich, **Rosie K. Lanphere**, Karol Dokladny, Christine M. Mermier. 2017. Physiology International (*In review July 19, 2017*)

The effects of oral glutamine supplementation on exercise induced gastrointestinal permeability and tight junction protein expression. Zuhl MN, **Lanphere KR**, Kravitz L, Mermier CN, Schneider S, Dokladny K, and Moseley PL. J Appl Physiol. 2014;116:2, 183-191.

Exercise regulation of intestinal tight junction proteins. Zuhl M, Schneider S, **Lanphere K**, Conn C, Moseley P. European Journal of Sports Medicine. 2012 Nov 7.

Arterial distensibility in systemic lupus erythematosus. Greene ER, **Lanphere KR**, Sharrar J, Roldan CA. Conf Proc IEEE Eng Med Biol Soc. 2009;1:1109-1 2.

ABSTRACTS

Comparison of cardiorespiratory fitness testing measures in young children. Michael C. Taylor Jr, Shannon E. Vinci, Justin M. Thomas, Cassandra M. Blase, Rosie K. LaCoe, Jody L. Clasey. 2016. SEACSM.

Comparison of recovery measures following cardiorespiratory fitness testing in children. Shannon E. Vinci, Michael C. Taylor Jr, Justin M. Thomas, Cassandra M. Blase, Rosie K. LaCoe, Jody L. Clasey. 2016. SEACSM

Understanding acute physiological responses to altitude exposure in young adults' class lab project while studying abroad. Kathleen Wiles and Rosie LaCoe, PhD. 2016. 11th Annual CCTS Spring Conference. Lexington, KY 40606

Distinguishing Motives of Physical Activity in Military Conditioning Courses. Buenrostro, R. LaCoe, and J. Pedescleaux. 2016. 11th Annual CCTS Spring Conference. Lexington, KY 40517

Autophagic Response in Older Versus Younger Adults. Trisha A. McLain, James J. McCormick, Karol Dokladny, Rosie L. LaCoe, Cassandra G. Ulrich, Pope L. Moseley, Christine M. Mermier. 2016. ACSM 63rd Annual meeting.

Student motives for Participation in Physical Activity Courses: Comparing Age and Gender. J. Pedescleaux, C. Means, R. Lanphere. 10th Annual CCTS Spring Conference. Lexington, KY. 2015

A Comparative Analysis of Students Motives for Participation in College Physical Activity Elective and Required Classes. R. Lanphere, J. Pedescleaux, A. Jones, C. Means, A. Harris. 10th Annual CCTS Spring Conference. Lexington, KY. 2015

Distinguishing Motives of Physical Activity by College Student Classification. A. Harris, J. Pedescleaux, A. Jones, C. Means, R. Lanphere. 10th Annual CCTS Spring Conference. Lexington, KY. 2015

The effect of aging on markers of autophagy and heat shock responses in human peripheral blood mononuclear cells. McCormick J., VanDusseldorp T., Mermier C., Lanphere R., Dokladny K., Moseley P., FACSM. SWACSM Conference Abstract, 2014.

A comparison of the autophagic responses in physically active and sedentary adults. VanDusseldorp T., McCormick J., Mermier C., Lanphere R., Dokladny K., Moseley P., FACSM. SWACSM Conference Abstract, 2014.

The early time course of autophagy in human peripheral blood mononuclear cells following endurance exercise. Lanphere KR, Zuhl MN, Schneider S, Mermier C, Gibson A, Dokladny K, Moseley P, FACSM. ACSM 2014. Medicine and Science in Sports and Exercise, Volume 46:5 Supplement.

Effects of aging and the heat shock response on autophagy in human peripheral blood mononuclear cells. Lanphere KR, Schneider S, Zuhl M, Mermier C, Dokladny K, Moseley P. Experimental Biology 2013 Arterial distensibility in systemic lupus erythematosus. Greene ER, Lanphere KR, Sharrar J, Roldan CA. The FASEB Journal, 593.17. 2008

SCHOLARSHIP AND SHARING

“Understanding acute physiological responses to altitude exposure in young adults’ class lab project while studying abroad.”

- Poster. 11th Annual CCTS Spring Conference. Lexington, KY. 2016

“Distinguishing Motives of Physical Activity in Military Conditioning Courses.”

- Poster. 11th Annual CCTS Spring Conference. Lexington, KY. 2016

“Student motives for Participation in Physical Activity Courses: Comparing Age and Gender.”

- Poster. 10th Annual CCTS Spring Conference. Lexington, KY. 2015

“A Comparative Analysis of Students Motives for Participation in College Physical Activity Elective and Required Classes.”

- Poster. 10th Annual CCTS Spring Conference. Lexington, KY. 2015

“Distinguishing Motives of Physical Activity by College Student Classification.”

- Poster. 10th Annual CCTS Spring Conference. Lexington, KY. 2015

“The early time course of autophagy in human peripheral blood mononuclear cells following endurance exercise”

- Graduate student seminar, oral presentation, University of Kentucky 2013
- ACSM National Meeting, poster, Spring 2014

“Effects of physical activity and aging on autophagic responses in peripheral blood mononuclear cells”

- Experimental Biology 2013 poster presentation, Boston, MA
- The University of New Mexico Graduate Colloquium, Spring 2012

“Decreased arterial distensibility in patients with systemic lupus erythematosus,” as a poster presentation:

- Experimental Biology 2009 conference in New Orleans, LA
- 21st annual Student Research Week, Texas Tech University 2009
- New Mexico Highlands University, a Thesis, to the Department of Life Science faculty and research committee, December 2008.

“Female choice in sexual selection in *Drosophila pseudoobscura*,”

- Poster presentation at SUNFIG summer student research day 2004, University of Georgia, Athens, GA

RESEARCH

Research Assistant, Dr. Jody Clasey (PI), Spring 2016-present

“Validation of the FITNESSGRAM Progressive Aerobic Cardiovascular Endurance Run (PACER) Test” at the University of Kentucky. Roles: data collection, data analysis, and data interpretation. Study approved by the University Medical IRB Committee.

Co-Investigator, with Dr. Jonell Pedescleaux, October 2014-present

“Student motives for participation in physical activity courses” at the University of Kentucky. Roles: IRB submission, obtaining consent, data collection, data analysis, and data interpretation. Study approved by the Office of Research Integrity.

Project Assistant, May 2013-August 2013

Mentored by Christine Mermier, Ph.D and Ann Gibson, Ph.D. The University of New Mexico. Research coordinator for “Early time course of autophagy in human peripheral blood mononuclear cells following endurance exercise”. Roles in this study: study design, grant writing; HRRC contact individual, subject recruitment, research assistant, data analyst, and 1st author.

Research Assistant, Summer 2011-Spring 2013

Mentored by Karol Dokladny, Ph.D., and Suzanne Schneider, Ph.D., The University of New Mexico. My research focused on determining the effects of aging on the proteolytic cellular pathway autophagy in human peripheral blood mononuclear cells (PBMC). We have also investigated the effects of glutamine supplementation on gut permeability in endurance runners. Research investigated exercise intensity, autophagy, heat shock protein, and the inflammatory response following endurance running of trained athletes in a warm environment. *Skills:* Real time-PCR, pipetting, ELISA, phlebotomy, preparation of dilutions and reagents, RNA isolation, protein isolation, protein quantification, white blood cell isolation, cell culture, cDNA synthesis, Western blot protein analysis, Microsoft Office 2010, GraphPad Prism Statistical Software, SPSS statistical software, ClickIRB

Research Technician, January 2009-April 30, 2009

Mentored by Jennifer Hernandez-Gifford, Ph.D., New Mexico Highlands University. I mentored and trained undergraduate students in the molecular techniques utilized in the lab. Research area was focused on using a human granulosa cell line KGN model to determine β -Catenin roles in Wnt gene signaling pathways. *Skills:* KGN cell culture, end point PCR, qRT-PCR, primer design, primer optimization, q-PCR standard curve and gene analysis, pipetting, gel electrophoresis, RNA isolation, Protein isolation, cDNA synthesis,

mouse dissection, tissue collection and analysis, dilutions, autoclave sterilization, Western blot protein analysis, DNA sequencing preparation, laboratory inventory database of chemicals and reagents, Bioinformatics tools: Primer 3, Clustal W, Blast

Master's Thesis

Mentored by Dick Greene, Ph.D., New Mexico Highlands University. Research included the use of unique M-mode sonography system to investigate arterial mechanics in human systemic lupus erythematosus (SLE). After NMHU IRB approval, we conducted the first study to determine arterial distensibility parameters in the common carotid artery in SLE. Subjects with lupus were from cohort at the University of New Mexico School of Medicine. NIH-R01 funded research. *Skills*: B-mode and M-mode sonography (Sonosite), use of Graph Pad Prism program

Fellow, Summer Undergraduate Fellowship in Genetics (SUNFIG) 2004

Mentored by Dr. Y.K. Kim, at the University of Georgia. Studied female choice in sexual selection of *Drosophila pseudoobscura*. Mating observation and copulation latency studies were conducted. Gas chromatography was used to determine quantity of cuticular hydrocarbons in multiple-mated males and non-mated males. *Skills*: *Drosophila* observation and aspiration, gas chromatography

Other study involvement:

- Effects of Aging and the Heat Shock Response on Autophagy in Human Peripheral Blood Mononuclear Cells. Lanphere KR, Schneider S, Zuhl M, Mermier C, Dokladny K, Moseley P
- Attitudes and motivation of collage aged men and women in physical activity classes. University of Kentucky
- Summer Youth Sports Program at the University of New Mexico. 2011
- The effects of oral glutamine supplementation on exercise induced gastrointestinal permeability and tight junction protein expression. 2012
- Impact of meal frequency on appetite and blood markers of health in obese women utilizing an equi-hypocaloric diet during a behavioral weight loss intervention. 2013

GRANTS, HONORS, & FELLOWSHIPS

Faculty Fellowship Program, Cohort 5 through Presentation U! \$3,000 Honorarium

UNM Exercise Science Doctoral Graduate Student Spotlight Fall 2015.

<http://www.unm.edu/~lkravitz/Pages/Grad.html>

Distinction on 16-hour doctoral comprehensive examinations, UNM

New Mexico Summer 2013 Research Initiative through the College of Education, \$15,000

APS, American Physiological Society Minority Travel Fellow Program for Experimental Biology 2013, \$1,800. www.the-aps.org/mm/Education/Minority-Program/Educational-Projects/Minority-Travel-Fellows-Program/Awardees

SRAC, Student Research Grant, through the Graduate and Professional Student Association Fall 2012, \$500

Research Assistantship Grant through the Office of Graduate Studies, Fall 2011-Spring 2012, \$7,000

FASEB MARC, Federation of American Societies for Experimental Biology: Minority Access to Research Careers, Travel Award Recipient Experimental Biology 2009, \$1,800

Professional Association Memberships, Certificates, & Trainings

Certified Strength and Conditioning Specialist (CSCS)

National Strength and Conditioning Association (NSCA), Professional Member

LIFETIME Group Fitness Instructor

Zumba® fitness licensed instructor

American College of Sports Medicine (ACSM), regular member

Level 2 Coaching License, Public Education Department of NM

American Red Cross CPR/AED

Trainings and Seminars:

- Campus Security Authority training
- Senate Bill 1; Kentucky Core Academic Standards
- TRII TurningPoint Technology Training
- Active Shooter Training
- CITI Collaborative Institutional Training Initiative
- Blood borne pathogens OSHA (On-line)
- Conflicts of Interest
- Securing Private Data
- Ethics: A Framework for Ethical Decision Making
- Preventing Sexual Harassment
- Basic Annual Safety Training
- CPR/First Aid, August 2014
- Chemical Hygiene Plan
- Fire Safety Training Program
- Biosafety Training Program
- Hazardous Waste Training Program

REFERENCES

Stephanie Bennett, Ph.D.
Assistant Professor
University of Kentucky
Department of Kinesiology and Health Promotion
211 Seaton Building
Lexington, KY 40506
859-257-5687
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Additional references available, please kindly request.