

Jennifer Elizabeth McMullen, Ph.D.

Lecturer, University of Kentucky
Kinesiology and Health Promotion
222 Seaton Building
jennifer.e.mcmullen@uky.edu

EDUCATION

Ph.D. Educational Science, Health Education: University of Kentucky: Lexington, Kentucky.
Dissertation Title: The Development, Impact, and Evaluation of a Campus-based Culinary Nutrition Program on College Students. Dissertation Defended: April 2016. Degree conferred: May 2016. 4.0 GPA

M.A. Teaching. Frostburg State University: Frostburg, Maryland. Additional Endorsement: Secondary Biology. Degree conferred: May 2008. 4.0 GPA

B.S. Liberal Studies, Biology, Philosophy (minor): Frostburg State University: Frostburg, Maryland. Degree conferred: May 2007. Magna Cum Laude

RELATED WORK EXPERIENCE

PRAXIS Physical Education Rater (September 2019-present).

College Board AP® Research Exam Reader (June 2019-present).

University of Kentucky: Position: Lecturer. (August 2016-present).

- Instruct courses equivalent to 21 credit hours per academic year. Teaching experience includes the following courses:
 - KHP 210: Introduction to Fitness (2-credits, taught five times, **including one time online**)
 - KHP 230: Human Health and Wellness (3-credits, taught four times, **including four times online**)
 - KHP 240: Nutrition and Physical Fitness (3-credits, taught once)
 - KHP 270: Introduction to Health Education and Promotion (taught once)
 - KHP 380: Health Education in the Elementary School (2-credits, taught seven times)
 - KHP 395: Independent Study in Kinesiology and Health Promotion (2-credits, taught once)
 - KHP 445: Introduction to Tests and Measurements (3-credits, taught thirty-two times, **including six times online**)
 - KHP 674: Foundations of Health Promotion (taught once)

University of Kentucky: Position: Adjunct Instructor. (January 2016- May 2016).

- Instructed a 2-credit course entitled: *KHP 380: Health Education in the Elementary School* to a class of 21 elementary education students. Created lessons to complement health education standards and course curriculum. Routinely used Canvas to support an interactive, online forum.

University of Kentucky: Position: Teaching Assistant. (January 2016- May 2016).

- Assisted with grading for a 3-credit course entitled: *KHP 300: Psychology and Sociology of Sport* to a class of 32 Kinesiology and Health Promotion students.

University of Kentucky: Position: Health Promotion Fellow for the Food Connection. (June 2015-August 2015).

- Assisted the Food Connection in developing cooking programming for students. Aided with summer cooking classes for UK athletes.

University of Kentucky: Position: Research Assistant for Dr. Melinda Ickes. (May 2015-August 2016).

- Worked as an RA for a Center for Clinical and Translational Sciences grant-funded project, "Feasibility of a Stage-specific, Tailored Policy Development Intervention to Promote Physical Activity Policies in Appalachian Kentucky". Duties included:
 - Conducted phone interviews with elected officials
 - Compiled readiness results and reports for Perry County, KY
 - Compiled peer-reviewed references
 - Conducted systematic reviews
 - Assisted with Qualtrics administration/data collection
 - Additionally, aided Go Tobacco-Free initiatives, the Walk Your City Campaign for Lexington, and with associated manuscripts

University of Kentucky: Position: Group Fitness Instructor. (May 2014-present).

- Teach group fitness classes (Toning and 20/20) at the University of Kentucky's Move Well Program. Maintain CPR/AED certification.

University of Kentucky: Position: Interim Public Health Chief-of-Staff. (May 2014-August 2014).

- Assisted the Dean of Public Health in daily affairs including communication between the Dean and staff, maintained the Dean's daily agenda, and tended to office protocol and organization. Additionally, aided the Associate Dean for Admissions and Student Affairs.

University of Kentucky: Position: Teaching Assistant. (August 2013- May 2016).

- Instructed three to four one-credit group fitness classes each semester to classes of 40+ students. Designed and delivered new choreography weekly, simultaneously

implementing safety standards. Led students in routine health-related lectures. Maintained daily attendance and discipline for more than one hundred students per semester. Courses taught:

- KHP 129: Zumba
- KHP 125: Fitness Walking

Tribune and Georgian: Position: Newspaper Columnist. (August 2010-August 2012).

Nassau County School System: Position: Science Teacher (Biology, Environmental Science, Integrated Science, and Physical Science) and Adult Education Instructor and Curriculum Developer. (August 2009- July 2013).

- Created daily lessons in accordance with Florida Sunshine Standards. Worked with ESE, on-level, and honors classes. Proficiencies included: Classroom management, technology integration, and student motivation.

PEER-REVIEWED PUBLICATIONS

McMullen, J., Kersmar, S., Poole, D., & Ickes, M.J. (2020). Walking for Transportation on Campus: Perspectives from Faculty, Staff, Students. *Building Healthy Academic Communities*, 4(1), 17-27.

McMullen, J. & Ickes, M.J. (2017). The Influence of a Campus-based Culinary, Nutrition Education Program, “College CHEF,” on College Students’ Self-efficacy with Cooking Skills and Nutrition Behaviors. *Building Healthy Academic Communities*, 1(2), 61-76.

McMullen, J., Ickes, M.J., Helme, D., & Noland, M. (2017). Evaluation of "College CHEF," a Campus-based, Culinary Nutrition Education Program. *Building Healthy Academic Communities Journal*, 1(1), 29-41.

McMullen, J., Ickes, M.J., Noland, M., Erwin, H., & Helme, D. (2016). Development of “College CHEF,” a Campus-based, Culinary Nutrition Program. *American Journal of Health Education*, 48(1), 22-31.

Ickes, M.J., & **McMullen, J.**¹ (2016). Evaluation of a Health Coaching Experiential Learning Collaboration with Future Health Promotion Professionals. *Pedagogy in Health Promotion*, doi: 10.1177/2373379916649193

McMullen, J. (2016). *The Development, Implementation, and Evaluation of a Campus-based Culinary Nutrition Program for College Students* (Doctoral dissertation). Retrieved from UKnowledge. (1030)

Ickes, M.J., **McMullen, J.**, Pflug, C., Hutchinson, P. (2016). Impact of a University-based Physical Activity Program on Obese College Students’ Physical Activity and Overall Health. *American Journal of Health Education*, 47(1), 47-55.

Ickes, M.J., **McMullen, J.**, Haider, T., & Sharma, M. (2014). Global school-based childhood obesity interventions: A review. *International Journal of Environmental Research and Public Health*, 11(9), 8940-8961, doi:[10.3390/ijerph110908940](https://doi.org/10.3390/ijerph110908940)

PEER-REVIEWED BOOK CHAPTERS

Book Chapter: Ickes, M.J., **McMullen, J.**¹, & Sharma, M. (2016). Environmental changes as part of multi-component school-based obesity prevention interventions: A review. *Obesity Research*. Hong Kong: iConcept Press.

PRESENTATIONS

Ickes, M.J., Kercksmar, S., **McMullen, J.**, Poole, K. (2019 April). Assessing Individuals' Attitudes and Barriers Related to Walking for Transportation on a College Campus. *Poster Presentation at the National Consortium for Building Healthy Academic Communities - 2019 National Summit*. Columbus, OH.

Ickes, M.J., **McMullen, J.** & Kercksmar, S. (2018 November). Influence of a Walking Campaign in Promoting Physical Activity Among University Employees. *Poster Presentation at the Kentucky Association for Health, Physical Education, Recreation and Dance Conference*. Lexington, KY.

McMullen, J. & Ickes, M.J. (2018 August). Promoting Physical Activity Among University Employees Using Wayfinding Signs. *Poster Presentation at the Kentucky Bike – Walk Summit*. Transylvania University, Lexington, KY.

Invitation to present at a regional meeting for the Department of Public Health's Pediatric Nursing Workshop. June 2018. Lexington, KY.

Ickes, M., Erwin, H., **McMullen, J.**, Bollinger, L., Wiggins, A., Berger, M., Cantrell, C. (2018 April). An Evaluation of WalkUK: Wayfinding Signs to Promote Walking for Transportation Among College Students. *Poster Presentation at the Society for Public Health Education 69th Annual Conference*. Columbus, OH.

Guest Lecture for KHP 609: College Health Promotion. Fall 2017. Instructed on application of program planning and led students in a hands-on cooking lesson.

Erwin, H., **McMullen, J.**, Wiggins, A., Berger, M., Cantrell, C., & Ickes, M.J. (2017 March). Influence of a Walking Campaign on College Students' Perceptions of and their Actual Walking Behavior. *Poster presentation at the Center for Clinical and Translational Science Conference*. Lexington, KY.

Guest Lecture for KHP 210: Introduction to Fitness. Spring 2017. Instructed on basic fitness principles and led students in a physical activity lesson.

McMullen, J. & Ickes, M.J. (2016 November). Evaluating the Impact of a Campus-Based Culinary Nutrition Education Program for College Students. *Poster Presentation at the Appalachian Translational Research Summit*. Cincinnati, OH.

Guest Lecture for KHP 210: Introduction to Fitness. Fall 2016. Instructed on basic fitness principles and led students in a physical activity lesson.

McMullen, J. & Ickes, M.J. (2016 June). Development of College CHEF: A Campus-Based Culinary Nutrition Education Program for College Students. *Poster Presentation at the Postdoctoral Research Symposium*. Lexington, KY.

Ickes, M.J., **McMullen, J.**¹, & Boka, K. (2016 April). Evaluating Physical Activity Policy Outcomes: A Systematic Review. *Poster presentation at the Center for Clinical and Translational Science Conference*. Lexington, KY.

McMullen, J. & Ickes, M.J. (2016 April). Impact Evaluation of 'College CHEF', a campus-based, Culinary Nutrition Education Program. *Poster presentation at the Center for Clinical and Translational Science Conference*. Lexington, KY.

Guest Lecture for KHP 609: Seminar in Health and Safety Education. Fall 2015. Disseminated results from dissertation research and led students in hands-on cooking session.

Guest Lecture for KHP 210: Introduction to Fitness. Fall 2015. Instructed on basic fitness principles and led students in physical activity lesson.

McMullen, J., Pflug, C., Ickes, M., Westgate, P. (2015 March). Impact of a University-based Physical Activity Program on Obese College Students' Physical Activity and Overall Health. *Poster presentation at the Center for Clinical and Translational Science Conference*. Lexington, KY.

Ickes, M., **McMullen, J.**, Haider, T., & Sharma, M. (2014 October). Global school-based childhood obesity interventions: A review. *Oral presentation at the Southern Obesity Summit*. Louisville, KY. Conference fees fully funded by both the University of Kentucky Graduate School and the University of Kentucky College of Education.

INTELLECTUAL CONTRIBUTIONS

Combs, E. & Ickes, M. (2019). Influences on maternal feeding decisions for toddlers: Focus group findings based on the Theory of Planned Behavior. *Journal of the Academy of Nutrition and Dietetics*, 119(10), A128.

SERVICE

Department

- Mentored one Graduate Assistant who taught KHP 380 (January 2021-April 2021).
- Co-Chair of the Health Education/Teacher Education Program (December 2020-present).
- Aid in coordinating the process of ensuring that *KHP 230: Human Health and Wellness* courses are meeting the required objectives given its newly acquired UK Core status (August 2020-present).

- Mentored three Lifetime Fitness graduate students who taught *KHP 210* (August 2020-December 2020).
- Served as a mentor for a student in the KHP Club (October 2019-January 2020).
- Aid with recruitment for KHP Teacher Education Program (March 2019-present).
- Aid with recruitment for KHP Life Fitness Program (January 2019-present).
- Faculty advisor for KHP 644: Research Methods (January 2019-May 2019).
- Organized and collaborated Health Promotion programming with the Food Connection for the Interprofessional Health Care Residential College (November 2018 to March 2019).
- KHP Alumni Award Committee Member (Fall 2018-Spring 2019).
- KHP Scholarship Committee Member (Fall 2018-present).
- Observe fellow faculty members' teaching and provide feedback (Fall 2017-present).
- Compiled information from KHP faculty members for undergraduate and graduate programs to present for the department for K Week (August 2017, August 2018, & August 2019).
- Aided in editing the curriculum for KHP 230: Human Health and Wellness as a new core course for the university (Fall 2016- Fall 2018).
- Aided with curriculum development for new UK 101 course for KHP (January 2017).
- Have met with dozens of students to guide them with graduate school options and applications and write approximately 30 letters of recommendation per year (Fall 2016-present).
- Evaluated various Life Fitness Instructors twice per semester (Fall 2016-Spring 2017).

College

- Met with students from an *EPE 174: Theories of College Student Success* course to discuss research with culinary nutrition education programs as part of their associated research assignment (Fall 2019).
- Conducted primary and secondary needs assessment to determine how the promotion of positive body image programming could be incorporated on University of Kentucky's campus. Findings were used to justify implementation of "The Body Project" to promote self-awareness and positive body image in a dorm-based capacity across campus (Fall 2014).

University

- Exercise is Medicine Committee Member (December 2019-present).
- Second Year Success Program Leadership Coach. Aided a sophomore student's progress through critical developmental stages, set goals for the upcoming year, and serve as a resource and connection at the university (April 2019-April 2020).

Profession

- Member of Kentucky Association of Teacher Educators (February 2017-February 2019).

- Member of American College Health Association (January 2017-January 2018).

Peer-Reviewed Journal Reviewer

- Appetite (2018-present).
- Pedagogy in Health Promotion (2017-present).
- Perceptual and Motor Skills (2016-present).

Reviewer for Professional Organizations

- Abstract reviewer for the American College of Health Association's Annual Meeting (2017).

RELATED PROFESSIONAL EXPERIENCE

University of Kentucky. Deans' Interprofessional Honors Colloquium. Topic: Childhood Obesity. (August 2015-December 2015).

- Nominated and chosen to attend, along with other health profession students from varying disciplines at University of Kentucky.

University of Kentucky: Position: Orientation Instructor for Graduate Teaching Assistants. (August 2014).

- Led a three-day classroom-based, interactive orientation session for incoming teaching assistants.

University of Kentucky: Position: Aided the tobacco-free campus initiative. (February 2014).

- Conducted qualitative research and recorded compliance data in accordance with University of Kentucky's tobacco-free policy.

University of Kentucky: Position: Researched and composed talking points for keynote speakers of the Kentucky Leadership Summit on Childhood Obesity. (June-July 2014).

- Conducted and compiled research for the Summit's keynote speakers, collecting both regional and national data to support the significance of school and community-based intervention programs to alleviate the detriments of childhood obesity.

RESEARCH EXPERIENCE

University of Kentucky: Position: Health Coach. (January 2014-May 2014).

- Served as a health coach for two clients in the Time to Change program, a 12-week weight loss and healthy living intervention for obese college students. Utilized motivational interviewing, decisional balance, and aided with clients' motivation and

self-efficacy as related to nutrition and physical activity. Edited corresponding process evaluation with Dr. Melinda Ickes.

University of Kentucky: Position: Research Assistant for Dr. Melinda Ickes. (January 2014-May 2014).

- Conducted a systematic review of school-based childhood obesity prevention and intervention programs. Was responsible for study abstraction and data extraction along with dissemination of results.

University of Kentucky: Position: Research Assistant with the Kentucky Pediatric High Body Mass Index Diagnostic Clinic. (December 2013-December 2015).

- Developed questions for parent and child interview guide for the BMI Clinic. Additionally, helped to create focus group guides for referring physicians. Conducted provider interviews to gain further insight of obesity determinants and parent/child barriers to healthy habits. Recorded and analyzed clinical chart data for 175 patients.

AWARDS

- Received “Teacher Who Made a Difference” Award through the College of Education, University of Kentucky, April 2019.
- Received “Teacher Who Made a Difference” Award through the College of Education, University of Kentucky, April 2017.
- Received Hackensmith Award through the Kinesiology and Health Promotion Department, University of Kentucky, April 2016.

FUNDING

- Dissertation funding from the Kinesiology and Health Promotion Department and Food Connection of University of Kentucky, October 2015. **Amount Awarded: ~\$4,000**
- Partington Scholarship, 2015-2016 Academic Year. **Amount Awarded: \$1,000**
- Oral Presentation at the Obesity Summit, October 2014. **Amount awarded: \$450**

CERTIFICATIONS

First Aid/CPR: Valid through August 2023.

ACE Group Fitness Instructor. Certification date: May 18, 2017.

Assessing the Built Environment for Physical Activity. Completed June 2015.

QPR Suicide Prevention Gatekeeper Program. Completed September 2013.

OTHER RELATED

Training

- Human Research Curriculum for Institutional Review Board. Completed March 2018.