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EDUCATION

Doctor of Philosophy Oregon State University, Corvallis, OR
Major: Human Performance (Dept. of Exercise and Sport Science)
Conferred: June 1995
Dissertation Title: The Effects of Resistance Training on Fracture Risk
and Psychological Variables in Postmenopausal Women

Master of Arts University of North Carolina, Chapel Hill, NC
Major: Exercise Physiology (Dept. of Physical Education)
Conferred: May 1990
Thesis Title: Life Stress, Illness, Injury and Performance Among
Professional Musicians

Bachelor of Science Indiana University, Bloomington, IN
Conferred: December 1986
Major: Music Minor: Physical Education

EMPLOYMENT

Professor University of Utah, Salt Lake City, UT
Department of Health & Kinesiology
July 1, 2022 to present

Associate Dean for
Faculty and Academic
Affairs University of Utah, Salt Lake City, UT
College of Health
July 1, 2022 to present

Interim Associate Dean
Faculty and Academic
Affairs University of Utah, Salt Lake City, UT
College of Health
Aug 1 2021 to June 30, 2022

Associate Professor University of Utah, Salt Lake City, UT
Department of Exercise and Sport Science (July 2003 to June 2016)
Department of Health, Kinesiology, and Recreation (July 2016 to June 2020)
Department of Health and Kinesiology (July 2020 to June 30, 2022)

Chair University of Utah, Salt Lake City, UT
Department of Exercise and Sport Science
July 2015 to June 2016

Interim Chair	University of Utah, Salt Lake City, UT Department of Exercise and Sport Science Oct 2014 to June 2015
Director of Graduate Studies	University of Utah, Salt Lake City, UT Department of Exercise and Sport Science July 2004 to June 2008
Assistant Professor	University of Utah, Salt Lake City, UT Department of Exercise and Sport Science July 1996 to June 2003
Co-Executive Director PEAK Academy (changed to PEAK Health and Fitness)	University of Utah, Salt Lake City, UT Department of Exercise and Sport Science August 1999 to August 2014
Adjunct Associate Professor	University of Utah, Salt Lake City, UT Division of Foods and Nutrition (July 2003 to June 2016) Department of Nutrition and Integrative Physiology (July 2016 to present)
Adjunct Associate Professor	University of Utah, Salt Lake City, UT College of Nursing September 2010 to present
Adjunct Associate Professor	University of Utah, Salt Lake City, UT Department of Obstetrics and Gynecology, School of Medicine February 2011 to present
Faculty Research Assistant and Laboratory Coordinator	Oregon State University, Corvallis, OR Department of Exercise and Sport Science Bone Research Laboratory July 1995 to July 1996
AAUW Research Fellow	Oregon State University, Corvallis, OR Department of Exercise and Sport Science July 1994 to June 1995
Graduate Teaching Assistant	Oregon State University, Corvallis, OR Department of Exercise and Sport Science September 1990 to June 1994

TEACHING, ADVISING AND OTHER ASSIGNMENTS

Instructional Summary (*Indicates current responsibilities)

Undergraduate Credit Courses (all ESS courses reflect the KINES subject code after July 1, 2016):

KINES 2500 Exploration of the Movement Sciences
 ESS 267, Physiology of Fitness
 ESS 2791, Physiology of Fitness
 ESS 3091, Exercise Physiology
 ESS 366, Physiology of Exercise (with laboratory, quarter system)
 ESS 392/ESS 4920, Independent Study in Exercise and Sport Science
 ESS 4310/6310, Advanced Exercise Physiology
 ESS 4465, Exercise Programming: Assessment and Delivery (with laboratory)
 ESS 467/567, Fitness Evaluation and Program Personalization
 ESS 4670, Active Lifestyles: Effects and Challenges
 ESS/KINES 4670, Aging and Exercise (title changed)
 ESS 481/4810, Internship in Fitness Leadership
 ESS/KINES 4900, Physical Activity Promotion in the Community (DV, CEL)
 KINES 4999 Honors Thesis (for students in Health and Kinesiology)

Graduate Credit Courses:

ESS 6381, Fluids and Minerals Graduate Seminar
 ESS 6850, Graduate Seminar
 ESS 6952/ESS 7953, College Teaching I & College Teaching II
 ESS 781, Research in Exercise Physiology
 ESS 7830/5830 Journal Readings
 ESS 6320 Exercise and Disease

Non-Credit Courses, Workshops and Guest Lectures:

Guest Lecturer, RHSCI 7000, Translational Research in Rehabilitation, How Many Scientists Does it Take...?, October, 2022, 2023.
Guest Lecturer, KINES 6320, Exercise and Disease, Physical Activity and Pelvic Floor Health, Spring 2019, Fall 2023.
Guest Lecturer, HEDU 3050, Community Health Issues, Start Seeing Older People, Spring 2019.
Discussion leader, IUPUI School of Health & Human Sciences, meeting with graduate students in Physical Therapy interested in women's health, November 1, 2018.
Guest Lecturer, DFPM 6308/6309 (Biostatistics), Using self-reported physical activity to better understand bone health in premenopausal women, Spring 2014.
Guest Lecturer, Public Health Conference for Utah (Utah Public Health Association). Title: Benefits of and Barriers to Physical Activity and Strength Training. April 9, 2012.
Guest Lecturer, In-service Training for employees of ARUP Laboratories. Title: Wide Angle and Telephoto Views of Women's Health. March 26, 2012.
Speaker, CRAM (Clinical Research and Methods), November 19, 2008.
Guest Lecturer, ESS/KINES 2500, Exercise Physiology introduction, S08, F08, S14, S17, F17, S18, F18, S19 (two sessions), F19 (two sessions), S20 (two sessions), F20 & S21 (by online video).
Guest Lecturer, ESS 4670, Bone Health and Exercise, F07, S08, F08
Guest Lecturer, ESS 4670, Pelvic Floor Disorders and Exercise, S08, F08

Guest Lecturer, Fitness Professionals: Expand your Market Segment Seminar, Continuing Education Program offered by the PEAK Academy. Exercise for Healthy Bones and Muscles, S06.

Guest Lecturer, ESS 2500, Creating and understanding graphs. Su02.

Guest Lecturer, Nursing 3510, Lifespan Events. Lecture on bone health and exercise with practical application to maintain physical function in older women. S99, F99, S00.

Guest Lecturer, ESS 5850-3, Techniques and strategies for using exercise for weight management. Lecture and group activity session on how to promote favorable body composition changes in older women for optimal physical function. Summer, 2000.

Faculty, Graduate Development Seminar. Provided two lectures with Dr. Doris Watson, F99 on developing teaching and research identity, one lecture independently titled "Teaching and Research: Do They Really Conflict?" S00, and "Crafting Student Assignments," F00.

Faculty, Oregon State University Extension Service Instructor Training Program: Reducing Osteoporosis Risk Through Exercise. Lectures delivered on osteoporosis, the role of exercise in fall and fracture reduction, and appropriate exercise programming, October 17, 1998, February 20, May 12, 13, October 15, 16, 1999, July 8, 2000, May 19, 2001 and May 18, 2002. The foundation for this program consists of my dissertation work in addition to other research I participated in at Oregon State University. This program was recognized by the American College of Sports Medicine and offered 5.0 continuing education credits to participants.

Faculty, National Society for Histotechnology Symposium. Workshop title: Wellness and You. Salt Lake City, UT, September 13, 1998 (conducted with Christine M. Snow, Ph.D.)

Faculty, Oregon State University Fitness Forum. The Fitness Forum is a workshop offered to fitness and exercise specialists in the Pacific Northwest. The intent is to provide interested allied health professionals with current exercise science research and its applications. Lecture delivered October 1997.

Consultant, OSU Extension Service Community Education Program: Women and Osteoporosis. Reviewed written course materials and developed an instructional video to demonstrate exercises for reducing the risk for osteoporotic fractures in postmenopausal women, July 1996.

Graduate Student, Postdoctoral Trainees and Undergraduate Students:

Major professor: Kimberly Hart, MS student (thesis) **completed S00.**

Jason Jones, MS student (thesis) **completed F01.**

Samantha Madsen, MS student (non-thesis) **completed S00.**

Sarah (Sally) Warner, PhD student, **completed Su03.**

Ryan Graves, MS student (thesis), **did not complete.**

Nanna Meyer, PhD student, **completed S03.**

Nicole (Bethers) Moreno, MS student, **did not complete.**

Shawn (Hueglin) Dolan, PhD student, **completed S03.**

Namju Lee, PhD student, **completed S06.**

Joel Hatch, MS student (non-thesis), **did not complete.**

Kirk Seegmiller, MS student (non-thesis), **completed S07.**

Tim Mitchell, MS student (thesis), **did not complete.**

Jason Kidde, MS student (non-thesis), **completed S07.**

Britta Hanel (Trepp), MS student (non-thesis), **completed S09.**

Jason Crouse, MS student (non-thesis), **completed S09.**

Haiyan Chen, MS student (thesis), **completed S09.**

Ted Harper, MS student (non-thesis), **completed S10.**

Robin Perkins, MS student (non-thesis), **completed S10**.
 Walter Cortez, MS student (non-thesis), **completed S11**.
 Elizabeth Dall, MS student (non-thesis), **completed S12**.
 Molly Sullivan, MS student (non-thesis), **completed S12**.
 Trever Ball, PhD student, **completed F14**.
 Nadia Hamad, PhD student, **did not complete**.
 Tina Ruga, MS student (non-thesis), **completed S13**.
 Monique (Schaal) Middlekauff, PhD student, **completed F16**.
 Sara Smith, MS student (non-thesis), **completed S16**.
 Heather Dastrup, MS student (non-thesis), **completed S15**.
 Rachelle Ballard, MS student (non-thesis), **completed S15**.
 Annie Breneman, MS student (non-thesis), **completed S15**.
 Angela Lancaster, MS student (non-thesis), **completed S15**.
 Maryella Farnsworth, MS student (non-thesis), **completed S16**.
 Ali Wolpern, MS student (thesis), **completed Su17**.
 Daniel James, MS student (non-thesis), **completed S17**.
 Leah Carroll, MS student (non-thesis), **completed S17**.
 Jade Culbertson, MS student (non-thesis), **completed S18**.
 Martin Dietze-Hermosa, MS student (thesis), **completed S18**.
 Ali Wolpern, PhD student, **completed F20**.
 Amery Kongphouthakhoun, MS (non-thesis), **completed S20**.
 McKenzie Sorrells, MS (non-thesis), **completed S20**.
 Meghan Hedrick, MS (non-thesis), **completed S23**.
 Jeanna T. Ryan, PhD student expected S25.

Graduate student awards:

Sally Warner, University Research Fellowship, F01-S02 and
 NASA Doctoral Dissertation Grant, F02-F03, \$24,000
 Nanna Meyer, IOC Research Grant, S02-F02, \$29,700
 Ted Harper, ESS Outstanding MS Student, S10 & Outstanding Alumnus, 2018

Graduate committee:

Jill Fattor, MS student (thesis) **completed S98**.
 Beth Price, MS student (non-thesis) **completed Su98**.
 Thomas Alles, MS student (non-thesis) **completed S98**.
 Bradley Heath, MS student (non-thesis) **completed S98**.
 Shannon Gardner, MS student in FDNU (thesis) **completed Su99**.
 Jennifer McNeal, PhD student, **completed S00**.
 Carter Davis, MS student (thesis), **completed S00**.
 Vikki Thompson, MS student (non-thesis), **completed S00**.
 Kathryn Tanner, MS student (thesis), **completed F00**.
 Christopher Streicher, PhD student, **did not complete**.
 Lyndsey Watson, MS student (non-thesis), **completed S05**.
 Laura Cory-Hill, PhD student, **completed F05**.
 Robin Thomas, PhD student in PRT, **completed F05**.

Lina Johansson, MS student (non-thesis), **completed F05.**
Tim Martin, MS student (non-thesis), **completed S06.**
J. Parry Gerber, PhD student, **completed Su06.**
Jason Miller, PhD student **completed F10.**
Bryan McGladrey, PhD student, **completed F09.**
Arwen Fuller, PhD student, **completed F12.**
Holly Snair, MS student (non-thesis), **completed S08.**
Kori Fitschen, MS student (thesis), **completed S08.**
Scott Norton, MS student in HEDU (non-thesis), **completed S09.**
Maren Jones, MS student (non-thesis), **completed S09.**
Katarina Felsted, MS student in Gerontology (non-thesis), **completed Su10.**
Reagan Fails, MS student (non-thesis), **completed S09.**
Nicholas Taylor, MS student (non-thesis), **completed S11.**
Bader Alsarraf, PhD student, **completed S11.**
Vanessa Mortensen, MS student (non-thesis), **completed S11.**
Rachel Beveridge, MS student (non-thesis), **completed S11.**
Ingvild Flatland, MS student (non-thesis), **completed S11.**
Jon Groot, MS student (non-thesis), **completed S11.**
Claire De Gennaro, MS student (thesis), **completed S12.**
Breanne Nalder, MS student, Nutrition (thesis), **completed S12.**
David Ennor, MS student (non-thesis), **completed S12.**
Heather Johnson, MS student (non-thesis), **completed S12.**
Kristen Ouellette, PhD student, **completed S16.**
Cody Lockling, MS student (non-thesis), **completed S13.**
Shabnam Ghaibi, MS student (non-thesis), **completed S13.**
Allen Tran, MS student (non-thesis), **completed S13.**
Yannick Purcell, MS student (non-thesis), **completed S13.**
Ryan Cotter, MS student (non-thesis), **completed S13.**
Penelope O'Brien, MS student (non-thesis), **completed S13.**
Camille Wareing, MS student (non-thesis), **completed S14.**
Katelyn O'Farrell, MS student (non-thesis), **completed S14.**
Mike Tupola, MS student (non-thesis), **completed S14.**
Steven Prewitt, PhD student, **completed Su14.**
Rebecca Simmons, PhD student, Public Health, **completed F16.**
Melissa Scheetz, MS student (non-thesis), **completed S16.**
Johanna DeGennaro, MS student, Biomedical Engineering (thesis), **completed Su17.**
Raven Berman, MS student (non-thesis), **completed S18.**
Danielle Dombek, MS student (non-thesis), **completed S18.**
Baylie Divino, MS student (non-thesis), **completed S19.**
Jiqiang Wu, MS student, Statistics (as non-voting member), **completed S19.**
Stefan Niederauer, PhD student, Biomedical Engineering, **completed Su20.**
Brandon Shreeve, MS student (non-thesis), **completed S20.**
Charity Wright, MS student (non-thesis), **completed S21.**
Nikole Squires, MS student (non-thesis), **completed S22.**
Sarah E. Canning, MS student, Statistics, **completed S22.**

Jacqueline Ohayan, MS student (thesis), **completed S22.**
 Breanna Dumke, PhD student, expected S24.
 Kelsey Maslana, PhD student, expected S25.

Undergraduate Mentorship:

Carla Vigil, Summer Research Opportunities Program, **completed Su99.**
 Merilee Neff, Honors Project, **completed Su98.**
 Camilla Kragius, Undergraduate Research Opportunities Program, **Winter-Summer, 99.**
 Natalie Van Tongeren, Undergraduate Research Opportunities Program, **F-S, 2010.**
 Nicole Major, Undergraduate Research Opportunities Program, **Su-F, 2010**
 Abraham Schlauderaff, Undergraduate Research Opportunities Program, **Su-F, 2010.**
 Tennille Paulsen, Undergraduate Research Opportunities Program & Honors Thesis, **F 2011 – S 2012.**
 Zachary Hansen, Undergraduate Research Opportunities Program, **S 2014.**
 Alexis Pearl Lee*, Honors Thesis, **S 2015 – S 2016.**
 *Recipient of the Elizabeth Fuhriman Gardner Award for the outstanding female student in the Health Sciences.
 Amber Uong, Honors Thesis, **F 2017 - S 2018.**
 Carlo Cordozo, Honors Thesis, **completed S 2020.**
 Catherine (Castillo) Poggio, Honors Thesis, **completed S2021.**

Other

Mentor, University Teaching Assistantship Program, October 2014. Funded F15-S16.
Attendant, Center for Teaching and Learning Excellence Seminar on Promoting Critical Thinking, December 2010.
Recipient, Distinguished Teaching Award, College of Health, April 2010.
Recipient, University of Utah Teaching Grant in collaboration with Norfolk State University (historically black college/university) to conduct teleconference sessions between NSU and U of U students, and to provide me with additional diversity training at NSU. The teleconferences focused on racial diversity and how having knowledge of different cultures can improve the promotion of physical activity in populations that need it most. \$1560 awarded May 2002.
Recipient, University Teaching Assistantship Program, January, 2002. Funded F02-S03
Attendant, Center for Teaching and Learning Excellence Seminar on Syllabi Writing, April, 1998.
Attendant, Center for Teaching and Learning Excellence Symposium on Teaching Assistant Training, April, 1998.
Recipient, Faculty Assistance Program for Educational Technology and Distance Education Grant. The Starter/Mentor proposal was submitted with Dr. Pat E. Eisenman. Total budget: \$4,000.00 for the Starter (JMS) and \$2,000.00 for the Mentor (PAE). **Funded** January, 1997.

SCHOLARSHIP AND CREATIVE ACTIVITY

Publications-Refereed, Completed

*Italic=Student mentee (*undergraduate), Italic + Bold=Senior author, Bold + underline=shared Senior author*

Google Scholar Metrics as of October 10, 2023:

Citations:	3262 (All)	1355 (Since 2018)
h-index	30 (All)	22 (Since 2018)
i10-index	50 (All)	37 (Since 2018)

64. **Shaw JM**, *Wolpern AE*, Wu J, Nygaard IE, Egger MJ. Postpartum sedentary behavior and pelvic floor support: A prospective cohort study. Journal of Sports Sciences, 41(2):141-150, 2023.
63. Sheng X, Wang J, **Shaw JM**, Murtaugh MA, Nygaard IE. Pelvic floor support and symptoms one year postpartum in relation to excess body habitus before, during and after first vaginal birth. Female Pelvic Medicine and Reconstructive Surgery, 28(5):273-279, 2022.
62. **Shaw JM**, Zhou J, Hitchcock R, Nygaard IE, Niederauer S, Sheng X. Relative and maximal intraabdominal pressure and postpartum pelvic floor outcomes in primiparas delivered vaginally. Female Pelvic Medicine and Reconstructive Surgery, 28(2): 96-102, 2022.
61. *Wolpern AE*, Bardsley, Brusseau TA, Byun W, Egger MJ, Nygaard IE, Wu J, **Shaw JM**. Physical activity in the early postpartum period in primiparous women. Journal of Science and Medicine in Sport, 24 (11): 1149-1154, 2021.
60. Nygaard IE, Bardsley T, Sheng X, Murtaugh MA, **Shaw JM**. Habitus and pelvic floor symptoms and support 1 year postpartum. Obstetrics and Gynecology, 137(5): 821-830, 2021.
59. Nygaard IE, *Wolpern A*, Bardsley T, Egger MJ, **Shaw JM**. Early postpartum physical activity and pelvic floor support and symptoms one year postpartum. American Journal of Obstetrics and Gynecology, Feb;224(2):193.e1-193.e19, 2021.
58. Hitchcock R, **Shaw JM**, Niederauer, S, Zhou, J, Sheng X, Yang M, Nygaard IE. Association between measures of trunk recovery 5-10 weeks postpartum and pelvic floor support and symptoms one year postpartum in primiparas delivered vaginally. Female Pelvic Medicine & Reconstructive Surgery, Feb 1;27(2):e427-e435, 2021.
57. Nygaard IE, **Shaw JM**, Wang J, Sheng X, Yang M, Niederauer S, Hitchcock R. Do measures of muscular fitness modify the effect of intra-abdominal pressure on pelvic floor support in postpartum women? Female Pelvic Medicine & Reconstructive Surgery, Feb 1;27(2):e267-e276, 2021.
56. *Hendrycks R**, Yang M, Hitchcock R, Leitner M, Niederauer S, Nygaard IE, Sheng X, **Shaw JM**. Temporal trends in trunk flexor endurance and intra-abdominal pressure in postpartum women. Physiotherapy in Theory and Practice, 37(11): 1217-1226, 2021.
55. *Wolpern AE*, de Gennaro JK, Brusseau TA, Byun W, Egger MJ, Hitchcock RW, Nygaard IE, Sheng X, **Shaw JM**. Relationship of heart rate, perceived exertion, and intra-abdominal pressure in women. Journal of Clinical Exercise Physiology, 9 (3): 97-103, 2020.
54. *Dietze-Hermosa M*, Hitchcock R, Nygaard IE, **Shaw JM**. Intra-abdominal pressure and pelvic floor health: Should we be thinking about this relationship differently? Female Pelvic Medicine & Reconstructive Surgery, Jul;26(7):409-414, 2020.
53. Ouellette K., Mabey J., Eisenman P., **Shaw J.**, Brusseau T., Hatfield, D., Ford, C., Davidson, L. Physical activity patterns among individuals before and soon after bariatric surgery. Obesity Surgery, Feb;30(2):416-422, 2020.

52. Moss W, **Shaw JM**, Yang M, Sheng X, Hitchcock R, Niederauer S, Packer D, Nygaard IE. The association between pelvic floor muscle force and general strength and fitness in postpartum women. Female Pelvic Medicine and Reconstructive Surgery, Jun;26(6):351-357, 2020.
51. Saltzman HM, Egger MJ, Bardsley T, Ding Q, **Shaw JM**, Nygaard IE. Differences in Pelvic Floor Symptoms During Pregnancy Between Hispanic and Non-Hispanic White Women. Female Pelvic Medicine & Reconstructive Surgery, Jan/Feb;26(1):37-43, 2020.
50. Wu J, Einerson B, **Shaw JM**, Nygaard IE, Sheng X, *Wolpern A*, Egger MJ. Association between sleep quality and physical activity in postpartum women. Sleep Health. 5(6): 598-605, 2019.
49. Dunn G., Egger M.J., **Shaw J.M.**, Yang J., Bardsley T., Powers E., Nygaard I.E. Trajectories of lower back, upper back, and pelvic girdle pain during third trimester and early postpartum in primiparous women. Womens Health (Lond). Jan-Dec;15: 174550651984275, 2019.
48. *Wolpern, A., Sherwin, K., J*. Moss, W.D.**, Nygaard, I.E., Egger, M.J., Brusseau, T.A., **Shaw, J.M.** Compliance with wrist-worn accelerometers in primiparous early postpartum women. Helyion, 5:e01193, 2019.
47. de Gennaro J, de Gennaro C, **Shaw J**, Petelenz T, Nygaard I, Hitchcock R. The relationship between intra-abdominal pressure and body acceleration during exercise. Female Pelvic Medicine and Reconstructive Surgery, 25:231-237, 2019.
46. Goodrum SA, Brusseau TA, **Shaw JM**, Burns RD. Relationship between after-school physical activity and dietary habits with cardio-metabolic risk in low-income children. Journal of Physical Activity Research, 3:28-34, 2018.
45. **Shaw JM**, *Johnson DD**, Nygaard IE. Engaging undergraduate kinesiology students in clinically-based research. Quest, 70:292-303, 2018.
44. Hsu Y, Hitchcock R, Niederauer S, Nygaard IE, **Shaw JM**, Sheng X. Variables affecting intra-abdominal pressure during lifting in the early post-partum period. Female Pelvic Medicine & Reconstructive Surgery, 24:287-292, 2018.
43. **Shaw JM**, Nygaard IE. Role of chronic exercise on pelvic floor support and function. Current Opinion in Urology, 27(3):257-261, 2017.
42. Nygaard IE, Clark E, Clark L, Egger MJ, Hitchcock R, Hsu Y, Norton P, Sanchez-Birkhead A, **Shaw J**, Sheng X, Varner M. Physical and cultural determinants of postpartum pelvic floor support and symptoms following vaginal delivery: a protocol for a mixed-methods prospective cohort study. BMJ Open. Jan 10;7(1):e014252. doi: 10.1136/bmjopen-2016-014252, 2017.
41. *Middlekauff MS*, Egger MJ, Lee W, Nygaard IE, **Shaw JM**. Physical activity patterns in healthy older women. Journal of Women and Aging. 28:469-476, 2016.
40. *Middlekauff ML*, Egger MJ, Nygaard IE, **Shaw JM**. The impact of acute and chronic strenuous exercise on pelvic floor muscle strength and support in nulliparous healthy women. American Journal of Obstetrics and Gynecology, 215(3):316.e1-7, 2016.
39. *Ball TJ*, Joy EA, Gren LH, **Shaw JM**. Concurrent Validity of a Self-Reported Physical Activity "Vital Sign" Questionnaire With Adult Primary Care Patients. Preventing Chronic Disease. 13:E16, 2016.
38. *Ball TJ*, Joy, EA, Gren, LH, Cunningham, R, **Shaw, JM**. Predictive Validity of an Adult Physical Activity "Vital Sign" Recorded in Electronic Health Records. Journal of Physical Activity and Health. 13(4):403-8, 2016.
37. Ouellette KA, Brusseau TA, Ford C, Hatfield DL, Davidson LE, **Shaw JM**, Eisenman PA. Comparison of the effects of seated, supine and walking inter-set rest strategies upon work rate. Journal of Strength and Conditioning Research. Dec;30:3396-3404, 2016.

36. Nygaard IE, **Shaw JM**. Physical activity and the pelvic floor. American Journal of Obstetrics and Gynecology. Feb;214(2):164-71, 2016. Review.
35. Prewitt SL, Hannon JC, Colquitt G, Brusseau TA, Newton M, **Shaw J**. Implementation of a personal fitness unit using the personalized system of instruction. The Physical Educator, 72(3) 382-402, 2015.
34. Prewitt, S.L., Hannon, J.C., Colquitt, G., Brusseau, T., Newton, M., & **Shaw, J**. Effect of the personalized system of instruction on health-related fitness knowledge and class time physical activity. The Physical Educator, 72 Special Edition, 23-39, 2015.
33. Egger MJ, Hamad NM, Hitchcock RW, Coleman TJ, **Shaw JM**, Hsu Y, Nygaard IE. Reproducibility of intra-abdominal pressure measured during physical activities via a wireless vaginal transducer. Female Pelvic Medicine and Reconstructive Surgery. 21(3):164-9, 2015.
32. Coleman TJ, *Hamad NM*, **Shaw JM**, Egger MJ, Hsu Y, Hitchcock R, Jin H, Choi CK, Nygaard IE. Effects of walking speeds and carrying techniques on intra-abdominal pressure in women. International Urogynecology Journal. 26(7):967-74, 2015.
31. Nygaard IE, **Shaw JM**, Bardsley T, Egger MJ. Lifetime physical activity and female stress urinary incontinence. American Journal of Obstetrics and Gynecology. 213(1):40.e1-40.e10, 2015.
30. *Anderton N, Newhouse ME*, Ainsworth BE, Nygaard IE, Egger MJ, **Shaw JM**. "How hard could it be?" A descriptive analysis of errors made on a validated lifetime physical activity questionnaire. Journal of Physical Activity and Health. 12(3):388-94, 2015.
29. *Ball T*, Joy EA, Goh TL, Hannon JC, Gren L, **Shaw JM**. Validity of two brief primary care physical activity questionnaires with accelerometry in clinic staff. Primary Health Care Research and Development. 16(1):100-8, 2015.
28. **Shaw JM**, *Hamad N*, Coleman T, Egger MJ, Hsu Y, Hitchcock R, Nygaard IE. Intra-abdominal pressures during activity in women using an intra-vaginal pressure transducer. Journal of Sports Sciences. 32:1176-85, 2014.
27. Nygaard IE, **Shaw JM**, Bardsley T, Egger MJ. Lifetime Physical Activity and Pelvic Organ Prolapse in Middle-Aged Women. American Journal of Obstetrics and Gynecology. 210: 477.e1-12, 2014.
26. McGladrey BW, Hannon JC, Faigenbaum AD, **Shaw JM**. High school physical educators' and sport coaches' knowledge of resistance training principles and methods. Journal of Strength and Conditioning Research. 28(5):1433-42, 2014.
25. Prewitt S, Hannon J, Brusseau T, Newton M, **Shaw J**, & Summerhays J. Effect of female only versus coed physical education classes on social physique anxiety in 7th grade girls. International Journal of Secondary Education, 1:26-30, 2013.
24. Frost, C.J., Murphy, P.A., **Shaw, J.M.**, Jones, K.P., Varner, M., Mihalopoulos, N., Lake, E., Patrick, S., Johnston, L., & Digre, K.B. Reframing the View of Women's Health in the United States: Ideas from a Multidisciplinary National Center of Excellence in Women's Health Demonstration Project. Clinics in Mother and Child Health, 11: 156, 2013.
23. *Hamad NM*, **Shaw JM**, Nygaard IE, Coleman TJ, Hsu Y, Egger M, Hitchcock RW. More complicated than it looks: The vagaries of calculating intra-abdominal pressure. Journal of Strength and Conditioning Research. 27:3204 – 3215, 2013.
22. Nygaard IE, *Hamad NM*, **Shaw JM**. Activity restrictions after gynecologic surgery: is there evidence? International Urogynecology Journal. 24:719-24, 2013.
21. Goh TL, *Ball T*, **Shaw JM**, **Hannon JC**. Physical activity and dietary behaviors of health clinic workers trying to lose weight. Health. 4:493-499, 2012.
20. Greenwood JLJ, Lin J, *Arguello D**, *Ball T*, **Shaw JM**. Healthy eating vital sign: A new assessment tool for eating behaviors. ISRN Obesity. Article ID 734682, 7 pages, 2012.

19. Hsu Y, Coleman TJ, Hitchcock RW, Heintz K, **Shaw JM**, Nygaard IE. Clinical evaluation of a wireless intra-vaginal pressure transducer. International Urogynecology Journal. 23:1741-7, 2012.
18. Nygaard I, **Shaw J**, Egger MJ. Exploring the association between lifetime physical activity and pelvic floor disorders: study and design challenges. Contemporary Clinical Trials. 33:819-27, 2012.
17. *Chen H*, **Shaw JM**, Moyer-Mileur L. The new glucose revolution: Is the authoritative guide to the glycemic index the right dietary solution for lifelong health? International Journal of Nutrition and Metabolism, 2:73-81, 2010.
16. *Chen H*, Miller S, **Shaw J**, Moyer-Mileur L. Massage therapy during early postnatal life promotes greater lean mass and bone growth, mineralization, and strength in juvenile and young adult rats. Journal of Musculoskeletal and Neuronal Interactions, 9:278-287, 2009.
15. *Warner SE*, Shea JE, **Miller SC**, **Shaw JM**. Adaptations in cortical and trabecular bone in response to mechanical loading with and without weight bearing. Calcified Tissue International, 79:395-403, 2006.
14. *Dolan SH*, Williams DP, Ainsworth BE, **Shaw JM**. Development and reproducibility of the bone loading history questionnaire. Medicine and Science in Sports and Exercise. 38:1121-1131, 2006.
13. *Meyer NL*, **Shaw JM**, Manore MM, *Dolan SH*, Subudhi AW, Shultz BB, Walker JA. Bone mineral density of Olympic-level female winter sports athletes. Medicine and Science in Sports and Exercise, 36:1594-1601, 2004.
12. Ainsworth BE, **Shaw JM**, *Hueglin S*. Methodology of activity surveys to estimate mechanical loading on bones in humans. Bone, 30:787-791, 2002.
11. *Warner S*, **Shaw JM**, *Dalsky GP*. Bone mass of competitive male mountain and road cyclists. Bone, 30:281-286, 2002.
10. *Hart KJ*, **Shaw JM**, Vajda E, Hegsted M, **Miller SC**. Swim trained rats have greater bone mass, density, strength and dynamics. Journal of Applied Physiology, 91:1663-1668, 2001.
9. *Warner S*, **Shaw JM**. Exercise for bone health across the lifespan. Journal of Physical Education, Recreation, and Dance, 71:19-23, 27-28, 2000.
8. Snow C, **Shaw JM**, Witzke KA, Winters KM. Long-term weighted vest exercise maintains hip bone mass in older women. Journal of Gerontology: Medical Sciences, 55A:M489-M491, 2000.
7. **Shaw JM**, Ebbeck VE, Snow C. Body composition and physical self-concept in older women. Journal of Women and Aging, 12:59-75, 2000.
6. Raab C, Gregerson D, **Shaw JM**, Snow C. Postmenopausal women take steps to reduce their osteoporosis risk. Women's Health Issues, 9:211-218, 1999.
5. **Shaw JM**, Snow C. Weighted vest exercise improves indices of fall risk in older women. Journal of Gerontology: Medical Sciences, 53A:M53-M58, 1998.
4. Felix E, McCubbin J, **Shaw JM**, Snow, C. Bone mineral density, body composition, and muscle strength in premenopausal women with mental retardation. Adapted Physical Activity Quarterly, 15:345-356, 1998.
3. Robinson TL, Snow-Harter C, Taaffe DR, Gillis D, **Shaw J**, Marcus R. Gymnasts exhibit higher bone mass than runners despite similar prevalence of amenorrhea and oligomenorrhea. Journal of Bone and Mineral Research, 10:26-35, 1995.
2. Hackney AC, **Shaw JM**, Hodgdon JA, Coyne JT, Kelleher DL. Cold exposure during military operations: Effects on anaerobic performance. Journal of Applied Physiology, 71:125-130, 1991.
1. Rejeski WJ, Hardy CJ, **Shaw J**. Psychometric confounds of assessing state anxiety in conjunction with acute bouts of vigorous exercise. Journal of Sport and Exercise Psychology, 13:65-74, 1991.

Other Publications-Book Chapters, Technical Reports, Workshop Proceedings, Manuals

14. Kubicki M, *Ryan J, Shaw J*, Depner CM. Overview: Wearable Devices for Monitoring Sleep and Circadian Physiology in Kushida, CA (Ed.) *Encyclopedia of Sleep and Circadian Rhythms*, 2nd Ed., Academic Press, 2022.
13. Frost CJ, **Shaw J**, O'Toole K, Metos J, Brusseau Jr. T, Moric E, Gren LH. Title IX and Its Impact After 40 Years: Understanding Physical Activity Perspectives of Adolescent Girls. *Utah Women's Health Review*. doi: 10.26054/0DGHPHTNEG, 2020.
12. **Shaw, JM**. Exercise, sport and the pelvic floor. Invited contribution to the Physio Corner for the International Urogynecological Association Newsletter. Vol. 13, Issue 1, March 13, 2018.
11. Joy, E.A., *Ball, T., Shaw, J.M.* Development and implementation of the Physical Activity Vital Sign (PAVS), in R.R. Pate & D.M. Buchner (Eds.) Implementing Physical Activity Strategies, pp. 131 – 136. Human Kinetics, 2014.
10. *Harper, T.R. & Shaw, J.M.* Type 2 diabetes and exercise, in R.E. Jones & K.B. Digre (Eds.) Diabetes: Focus on Women, pp. 211-225. University of Utah, 2011.
9. Beck, B., **Shaw, J.M.** & Snow, C. Physical activity and risk for osteoporosis and associated fractures, in R. Marcus, D. Feldman, & J. Kelsey (Eds.) Osteoporosis (2nd Ed.), pp. 701-720. Academic Press, 2001.
8. **Shaw, J.M.**, Witzke, K. & Winters, K. Exercise for skeletal health and osteoporosis prevention, in J.L. Roitman (Ed.) American College of Sports Medicine Resource Manual for Guidelines for Exercise Testing and Prescription. (4th Ed.) pp. 299-307, Williams & Wilkins, 2001.
7. **Shaw, J.M.** & Snow-Harter, C. Osteoporosis and physical activity, in C. Corbin & B. Pangrazi (Eds.) Selected Topics: Toward a Better Understanding of Physical Fitness and Activity, pp. 99-105, Holcomb Hathaway, 1999.
6. **Shaw, J.M.** & Pedersen, P.J. Instructor's guide and test bank for Donatelle, R.J., Snow, C. & Wilcox, A., Wellness: Choices for Health and Fitness, 1st and 2nd Eds. Brooks/Cole Publishing, 1998.
5. **Shaw, J.M.** & Witzke, K. Exercise for skeletal health and osteoporosis prevention, in J.L. Roitman (Ed.) American College of Sports Medicine Resource Manual for Guidelines for Exercise Testing and Prescription. (3rd Ed.) pp. 288-293, Williams & Wilkins, 1998.
4. Snow, C., Matkin, C. & **Shaw, J.M.** Physical activity and risk for osteoporosis and associated fractures, in R. Marcus, D. Feldman, & J. Kelsey (Eds.) Osteoporosis, pp. 511-528, Academic Press, 1996.
3. **Shaw, J. M.** and C. Snow-Harter. Osteoporosis and physical activity. President's Council on Physical Fitness and Sport Research Digest, 2(3), 1-9, 1995.
2. Hackney, A.C., **Shaw, J.M.** & Nowacki, J.M. Sustained military operations in cold weather: Effects on anaerobic power and muscular performance indices. Naval Health Research Center Technical Report, 1990.
1. **Shaw, J.M.** & Hackney, A.C. Psychophysiology in microgravity and the role of exercise. Workshop on Countering Space Adaptation with Exercise: Current Issues, pp. 205-213, 1989.

Funded Proposals and Related Grant Writing Activities

Co-Principal Investigator, Physical activity, inactivity, and fitness: Impact on postpartum pelvic floor support and symptoms, project within program project grant (1P01HD080629) titled Bridging physical and cultural determinants of postpartum pelvic floor support and symptoms following vaginal delivery. Co-PI on this project and overall PPG PI: Ingrid Nygaard, OBGYN. **Funded** July 2015-June 2020 by NICHD. 20-30% effort. (total direct costs for 1P01HD080629 for years 1-5,

inclusive of 3 projects and 3 cores: \$3,990,518; indirect costs years 1-5: \$1,955,354). Sixth year no-cost extension extended to June 2021.

Co-Investigator, Intra-abdominal pressure and postpartum pelvic floor support and symptoms, project within program project grant (1P01HD080629) titled Bridging physical and cultural determinants of postpartum pelvic floor support and symptoms following vaginal delivery. Project PI: Robert Hitchcock, overall PPG PI: Ingrid Nygaard, OBGYN. **Funded** July 2015-June 2020 by NICHD. 10% effort. Sixth year no-cost extension extended to June 2021.

Co-Investigator, Wireless Remote Abdominal Pressure Sensor (WRAPS): Developing a More Comprehensive Understanding of Physical Activity and its Association with Incidence, Progression and Recurrence of Pelvic Floor Disorders, 1-R01-HD061787-01 NICHD. 5-20% effort (depending upon the year). Total budget: \$1,881,000. PI: Ingrid Nygaard, OBGYN. **Funded** July 2009 – June 2014.

Principal Investigator, Validation of SNAP, PEVS and HEVS for Sustained use in Utah Clinics. Total budget: \$18,000. **Funded** as an add-on proposal to UWIN, Office on Women's Health (DHHS), September 2009 – August 2010.

Principal Investigator, Cross Cultural Physical Activity and Nutrition Education, Herbert I. & Elsa B. Michael Foundation. Total budget: \$7,500. **Funded** June 2008 – June 2009.

Co-Investigator, Physical Activity and Pelvic Floor Disorders (PHACTS), NIH 1 R01 HD057895-01 (NICHD), 20% effort. Total budget: \$1,250,000. PI Ingrid Nygaard, OBGYN. **Funded** April 1, 2008 – March 31, 2013.

Project Investigator, Advancing System Improvements to Support Targets for Healthy People 2010 (ASIST 2010, 1 ASTWHO70006-01-00). Titled: Utah Women's Health information Network (UWIN). Responsible for administering physical activity and nutrition assessment and guidance materials in community health centers throughout Utah. Office on Women's Health, DHHS. 20% effort. Total budget: \$1,500,000. **Funded** Sept. 1, 2007 through Aug. 31, 2010. PI: Kathleen Digre, School of Medicine.

Co-Investigator, Winter Sport Athletes: Nutrition issues during preparation for the 2002 Olympic Winter Games in Salt Lake City, USA. International Olympic Committee. Principal Investigator: Andrew W. Subudhi, Ph.D., The Orthopedic Specialty Hospital. Total budget (direct costs): \$29,700. **Funded, March 2001.**

Principal Investigator, University of Utah Funding Incentive Seed Grant. Project Title: Assessment of Physical Activity and Physical Function in Older Women. Co-Investigators: Patricia A. Gillett, Ph.D., College of Nursing, Andrea T. White, Ph.D., Dept. of Exercise and Sport Science. Total budget: \$24,828. Re-Submitted July 15, 1998. **Funded.**

Principal Investigator, University of Utah Faculty Research Grant. Project Title: Bone Mass in Athletes with Atypical, Unilateral Impact Loading. Total budget: \$5,701.46. **Funded, October 30, 1997.**

Co-Principal Investigator, University of Utah Faculty Research Grant. Project Title: Validating Physical Activity in Older, Obese Women. Co-PI: Patricia A. Gillett, Ph.D., College of Nursing. Total budget: \$5,922.00. **Funded** March, 1997.

Co-Investigator, Oregon State University Research Council Grant. Project Title: Hormones and Physical Activity as Determinants of Abdominal Fat in Postmenopausal Women. PI: Daniel P. Williams, Ph.D., Assistant Professor, Total budget: \$7,789.00. **Funded** August, 1996.

Recipient, American Association of University Women Dissertation Research Fellowship, 1994-1995. Amount awarded: \$14,500.00.

Recipient, Department of Defense Pre-Doctoral Research Fellowship, January to September 1990.
Amount awarded: \$10,000.00

Invited Lectures, Symposia and Other Presentations (since at Utah)

- “Pelvic floor health and rehabilitation in pregnancy and post birth” tutorial lecture accepted for the national meeting of the 2020 American College of Sports Medicine, with Kari Bø (canceled due to COVID-19).
- “Exercise and Pelvic Floor Health: An Exercise Physiologist’s View” invited presentation given at Bern University of Applied Sciences, Department of Health Professions for faculty in the Division of Physiotherapy, Bern Switzerland, July 2, 2019.
- “Intra-abdominal Pressure and Daily Living: How a Simple Measurement can Provide Insight into Physical Behavior and Health” Chair of workshop presented at the International Conference on Ambulatory Monitoring of Physical Activity and Movement, June 25, 2019, Maastricht, Netherlands. Co-presenters: Monika Leitner & Robert Hitchcock.
- “Physical Activity, Intra-Abdominal Pressure and the Pelvic Floor,” invited presentation given to the Department of Physical Therapy, School of Health and Human Sciences, Indiana University, Indianapolis, IN, November 1, 2018.
- “Physical Activity and Pelvic Floor Health,” invited presentation given at the Northwest Chapter meeting of the American College of Sports Medicine, February 24, 2018.
- “The Impact of Acute and Chronic Strenuous Exercise on Pelvic Floor Muscle Strength and Support in Nulliparous Healthy Women,” General Scientific Session Presentation, American Urogynecological Society Annual Meeting, October 15, 2015. Presented by *M Middlekauff*. Co-authors: MJ Egger, I Nygaard, JM Shaw.
- “Physical Activity and Stress Urinary Incontinence: Why Do We Know So Little?” presentation given within the “Exercise, Women and Aging” Symposium at the Southwest Chapter meeting of the American College of Sports Medicine, November 9, 2007. I organized and presided over the Symposium. Co-Presenters: KK Pettee, *S Dolan*.
- “Exercise for Bone Health in Older Women,” lecture presented within the “Bone Health Across the Lifespan” symposium at the Southwest Chapter meeting of the American College of Sports Medicine, November 17, 2001.
- “Muscle and Bone Interactions: More Questions than Answers?” Lecture presented to the Physical Activity Working Group, October 14, 2001, at the national meeting of the American Society for Bone and Mineral Research.
- “Prevention of Osteoporosis: The Role of Exercise”, Utah Dietetic Association, Salt Lake City, UT, May 8, 2000.
- “Exercise, Estrogen and Bone Health”, lecture presented within the symposium titled "Is Estrogen the Next Ergogenic Aid?" at the National Meeting of the American Alliance for Health, Physical Education, Recreation and Dance, Orlando, FL, March 25, 2000.
- “Exercise for Bone Health Across the Female Lifespan”, Women in Medical Sciences Lecture, University of Utah School of Medicine, October 20, 1999.
- “Exercise as a Strategy to Promote Bone Health”, Grand Rounds presentation made to the Division of Obstetrics and Gynecology, University of Utah Medical School, February 23, 1999.
- “Bone Health and the Older Adult”, Fitness Forum, Symposium on fitness for allied health professionals in the Pacific Northwest, Oregon State University, Corvallis, OR, October 24, 1997.

Published abstracts-Refereed (since at Utah)

- Ryan J, Day H, Egger M, Depner C, Shaw J. Does short sleep duration increase risk for postpartum weight retention? *SLEEP*, 2023.
- Wolpern AE, Bardsley TR, Brusseau TA, Byun W, Egger MJ, Nygaard IE, Wu J, Shaw JM. Physical activity in the early postpartum period in primiparous women. *Medicine and Science in Sports and Exercise*, 52, 421, 2020.
- Wolpern, A.E*, Sherwin, K.J*, Moss, W.D.*, Nygaard, I.E., Egger, M.J., Brusseau, T.A., Shaw, J.M. Wrist-worn accelerometry usage in primiparous early postpartum women. *Medicine and Science in Sports and Exercise*. 49, S829, 2017.
- Prewitt SL, Hannon JC, Colquitt G, Brusseau TA, Newton M, Shaw J. Effect of PSI an HRF knowledge and physical activity. *Research Quarterly for Exercise and Sport*, 86, A140-A140, 2015.
- Prewitt SL, Hannon JC, Colquitt G, Brusseau TA, Newton M, Shaw J. Implementation of a personal fitness unit using PSI. *Research Quarterly for Exercise and Sport*, 86, A140-A141, 2015.
- Nygaard I, Shaw J, Bardsley T, Egger M. Too much too soon? Lifetime physical activity and stress urinary incontinence. *International Urogynecology Journal*, 25, S202-S203, 2014.
- Newton M, Newland A, Hall MS, Podlog L, Shaw JM. Post-exercise affect and perceptions of the psychological climate. *Journal of Sport and Exercise Psychology*, 35, S103-S103, 2013.
- Lo J, Clark E, Bardsley T, Egger M, Shaw J, Nygaard I. Physical activity during pregnancy and postpartum urinary incontinence in primiparous women. *Reproductive Sciences*, 20, 335A-335A, 2013.
- Ball, T. Shaw, JM., Joy, E.A., Greenwood, J. Agreement of a repeated primary care physical activity measure with accelerometry. *Medicine and Science in Sports and Exercise*. 44, S466, 2012.
- Shaw, J.M., Ball, T., Greenwood, J. Joy, E.A. Health clinic staff do not increase physical activity one year after a brief intervention. *Medicine and Science in Sports and Exercise*. 44, S366, 2012.
- Arguello, D.M.*, Shaw, J.M., Lin, J., Goh, T.L., Ball, T., Greenwood, J. Validity of the healthy eating vital sign for use in primary care. *Medicine and Science in Sports and Exercise*. 43, S349, 2011.
- Ball, T.J., Joy, E.A., Goh, T.L., Shaw, J.M. Validity of two brief physical activity self-report assessments used in primary care. *Medicine and Science in Sports and Exercise*. 43, S417, 2011.
- Goh, T.L., Ball, T., Shaw, J.M., Hannon, J.C. Physical activity and dietary behaviors of clinic staff trying to lose weight. *Medicine and Science in Sports and Exercise*. 43, S79, 2011.
- Major, N., *Ball, T., Schlauderaff, A. *, Goh, T.L., Joy, E.A., Shaw, J.M. Self-reporting “Exercise” distinguishes levels of physical activity in primary care clinic staff. *Medicine and Science in Sports and Exercise*. 43, S416, 2011.
- Schlauderaff, A.C.*, Major, N. *, Ball, T., Goh, T.L., Shaw, J.M. Habitual physical activity behavior does not infer healthy eating patterns in clinic staff. *Medicine and Science in Sports and Exercise*. 43, S349, 2011.
- Shaw, J.M., Arguello, D. *, Goh, T.L., Ball, T. Validity of a simple dietary assessment designed for primary care. *Medicine and Science in Sports and Exercise*. 43, S349, 2011.
- Harper TR, Joy E, Hayes B, Alvord J*, Shaw JM. Body weight satisfaction and nutrition behaviors of collegiate football athletes. *Medicine and Science in Sports and Exercise*, 42, 661, 2010.
- Shaw, J.M., Frost, C., Selis, A., Siguenza, E*. Developing physical activity and nutrition programming for the medically underserved in primary care. *Medicine and Science in Sports and Exercise*. 42, S461, 2010.
- Shaw, J.M., Frost, C.J., Siguenza, E*, Fuller, C. Improving physical activity and nutrition assessment and counseling in community health centers. *Medicine and Science in Sports and Exercise*. 41, S286, 2009.

- Meyer NL, Shaw JM, Manore MM.* Bone mineral density of elite male winter sport athletes. Medicine and Science in Sports and Exercise, 36, S13, 2004.
- Dolan, S.H., Shaw, J.M., Williams, D.P., Moore, C.G. & Ainsworth, B.E.* Development of the bone loading history questionnaire. Medicine and Science in Sports and Exercise. 35 Supplement: S339, 2003.
- Meyer, N.L., Shaw, J.M., Manore, M.M., Subudhi, A.W., Askew, E.W., Shultz, B.B., Walker, J.A.* Bone mineral density in female olympic winter sport athletes. Medicine and Science in Sports and Exercise. 35 Supplement: S364, 2003.
- Warner, S.E., Doody, S. *, Jensen, K.S., Miller, S.C. & Shaw, J.M.* Effects of swim training on muscle and bone in female rats. Medicine and Science in Sports and Exercise. 34 Supplement: S38, 2002.
- Meyer, N.L., Subudhi, A.W., Walker, J.A., Shaw, J.M., Askew, E.W. & Manore, M.M.* Winter sport athletes: Nutrition issues during preparation for the 2002 Olympic winter games in Salt Lake City, USA. Medicine and Science in Sports and Exercise. 34 Supplement: 125, 2002.
- Gunter, K.B., Shaw, J.M., Snow, C.M.* Differences in the ratio of trochanteric BMD to femoral neck BMD in women across the lifespan. Journal of Bone and Mineral Research. 16 Supplement:S320, 2001.
- Witzke, K.A., Winters, K.M., Shaw, J.M., Snow, C.M.* Five years of weighted vest and jumping exercise increases hip bone mass in postmenopausal women. Medicine and Science in Sports and Exercise. 32 Supplement:S79, 2000.
- Jones, J.G., Shaw, J.M., Munger, R.G., West, N., Sassano, N.E., Cutler, R.* Hip fracture risk varies by type of physical activity and gender. Medicine and Science in Sports and Exercise. 32 Supplement:S125, 2000.
- Eisenman, P.A., Hart, K.J., Huish, T. *, Davis, C.R., Warner, S.E., Gillett, P., Shaw, J.M.* Physical function is higher among overweight women living in the community versus retirement centers. Medicine and Science in Sports and Exercise. 32 Supplement:S219, 2000.
- Shaw, J.M., Davis, C.R., Warner, S.E., Hart, K.J., Huish, T*, Gillett, P.A., Eisenman, P.A.* Muscle power, physical activity and BMI predict functional performance in older women. Medicine and Science in Sports and Exercise. 32 Supplement:S243, 2000.
- Hart, K.J., Shaw, J.M., Hegsted, M., Miller, S.C.* Soy and swimming affect mechanical properties of the femur in ovariectomized rats. Medicine and Science in Sports and Exercise. 32 Supplement:S270, 2000.
- Warner, S.E., Hart, K.J., Shaw, J.M., Heaton, S., Hegsted, M., Miller S.C.* Swim exercise and soy diet increases tibial cortical bone formation in ovariectomized rats. Medicine and Science in Sports and Exercise. 32 Supplement:S270, 2000.
- Shaw, J. & Snow, C.* Muscular power correlates with static and dynamic balance in postmenopausal women. Medicine and Science in Sports and Exercise. 31 Supplement:S383, 1999.
- Witzke, K.A., Shaw, J.M. & Snow, C.M.* Collegiate wrestlers display high bone mass at the hip compared with age-matched normals. Medicine and Science in Sports and Exercise. 31 Supplement:S247, 1999.
- Raab, C., Gregerson, D. & Shaw, J.* Postmenopausal women take steps to reduce osteoporosis risk. Society for Nutrition Education Annual Meeting Proceedings, 69, 1998.
- Shaw, J.M., Hart, K.J., Frinkman, P., Subudhi, A., McNeal, J. & McGee, W.R*.* Baseball players exhibit contralateral differences in bone mass. Medicine and Science in Sports and Exercise. 30 Supplement:S228, 1998.

- Winters, K.M., Shaw, J., Voegeli, W. & Snow, C. Weighted vest jump training improves hip bone mass in non-estrogen replaced postmenopausal women. Medicine and Science in Sports and Exercise. 30 Supplement:S227, 1998.
- Gillett, P., Shaw, J. & Gazak, C. Stages of change predict mean steps per day in obese, older women. Medicine and Science in Sports and Exercise. 30 Supplement:S97, 1998.
- Frinkman, P., Shaw, J.M., Subudhi, A., *Hart, K.J.* & McNeal, J. Hip abductor strength predicts bone mass among baseball athletes and controls. Medicine and Science in Sports and Exercise. 30 Supplement:S292, 1998.
- Hart, K.J.*, Shaw, J.M., Frinkman, P., Subudhi, A. & McNeal, J. Quantitative ultrasound of the calcaneus correlates with radial and ulnar bone mass. Medicine and Science in Sports and Exercise. 30 Supplement:S293, 1998.
- Shaw, J.M, Winters, K., Witzke, K., Fox, S. & Snow, C. Exercise training and detraining alters bone mass in older women. Journal of Bone and Mineral Research. 12 Supplement:S244, 1997.

Book Reviews

- Reviewer**, Robergs, R. & Roberts, S. Fundamental Principles of Exercise Physiology: for Fitness, Performance, and Health, McGraw-Hill Higher Education, Spring, 1999.
- Reviewer**, Heyward, V.H. Advanced Fitness Assessment and Exercise Prescription (2nd Ed.), Human Kinetics, 1991. (Review for Human Kinetics, July, 1996)
- Reviewer**, Samuelson, J. & Averbach, G. Running for Women, Rodale Press, 1995. (Review for Women in Sport and Physical Activity Journal, July, 1996)

Editorial Responsibilities

Section Editor, Physiology for Research Quarterly in Exercise and Sport, June 2002 to June 2006.

Grant Reviewing

- Member, European Science Foundation College of Expert Reviewers**, April 2021.
- Ad Hoc Reviewer, Research Foundation Flanders**. Conducted the review of a postdoctoral fellowship application at the request of the European Science Foundation, February 2021.
- Reviewer for Mock Study Section**, University of Utah Center for Clinical and Translational Science. Reviewed an R01 grant application to NIH, November 2019.
- Reviewer**, US Army Medical Research and Materiel Command's (USAMRMC) Bone Health and Military Medical Readiness program (BHMMR). Reviewed grant proposals February 2001, February 2003.
- Reviewer**, US Army Peer Reviewed Medical Research Program (PRMRP), Osteoporosis & Bone Related Disease. May 2004.
- Reviewer**, annual reports of funded proposals submitted to BHMMR and PRMRP. Reports reviewed for American Institute for Biological Research, Reston, VA. December 2002 to present.
- Reviewer**, Faculty Research Grant proposal, University Research Committee, April 1998.

Miscellaneous Scholarship

- Panelist**, Incorporating Sex & Gender into the Research Process. InfoFair 2014: Women's Health, Sex & Gender Research Conference. September 2014.
- Attendee**, National Institutes of Health Consensus Development Conference on Osteoporosis: Prevention, Diagnosis, and Treatment. March 27-29, 2000.

- Participant**, Aim 30, Physical Activity Institute, a national initiative of the Centers for Disease Control and Prevention for state health departments and non-state health departments to develop partnerships in promoting physical activity. Institute held June 7-8, 1999, Park City, UT.
- Participant**, Physical Activity Delphi Survey to determine target populations for physical activity promotion in the state of Utah, co-sponsored by the Utah Department of Health and Brigham Young University. November 1998.
- Participant**, NIH Intermountain/Western Regional Seminar on Program Funding and Grants Administration, sponsored by University of Utah Office of Sponsored Projects and the Vice President for Research, July 1998.
- Participant**, Professional Development Seminar: Proposal Writing Workshop presented by Dr. Robert Lucas, sponsored by University of Utah Office of Sponsored Projects, March 1998.

SERVICE

University, College & Department Service

- Member, Faculty Stakeholders and Software Implementation Committee**, to plan for and assess faculty reporting data, evaluate vendor response to RFP, Fall 2022 – Spring 2023.
- Faculty Advisor, College of Health Student Council**, August 2022 – present.
- Member, University Innovation Alliance Extend Group**, Fall 2022 – present.
- Chair, Career Line Search Committee**, Department of Health & Kinesiology, October 2022 – Spring 2023.
- Ex-Officio Member, College of Health Teaching and Learning Excellence Committee**, August 2022 – present.
- Member, The Utah Experience Task Force**, charged with defining proposed experiential learning requirement. August 2022 - February 2023.
- Member, Health Sciences Student Mental Health Taskforce**, charged to conceptualize, coordinate and consider short and long term approaches to health science student mental health needs. Spring 2022 – Fall 2022.
- College of Health Liaison, Office of Equal Opportunity/Title IX**, Fall 2021 – present.
- Member, Health Sciences Education Executive Committee**, Fall 2021 – present.
- Member, Faculty Data Steering Committee**, to provide input and feedback on faculty data infrastructure. Fall 2021 – Fall 2022.
- Member, Curriculum Fee Committee**, tasked with reviewing campus-wide course fee requests. Fall 2021 – present.
- Dean's Designee, College of Health Council**, regular participant to provide the CoH Council with guidance on updating faculty review standards (tenure-line, career-line, and tenured faculty reviews), the Council Charter, other College policies. Fall 2021 – present.
- Member, Investigation Committee**, tasked with investigating claims of research misconduct for the Office of Research Integrity and Compliance, March – June 2021.
- Data monitor**, for NIH-funded project “Biomarkers and altered metabolic pathways during sleep loss,” for University of Utah Research Integrity and Compliance. August 2021 to present.
- Peer monitor**, for NSF-funded project “Customer discovery for a novel vaginal dynamometer,” for University of Utah Research Integrity and Compliance. Annual reports provided November 2020, July 2021.
- Presenter, for ERDC**, titled “The (under-appreciated) pelvic floor and its complicated relationship to exercise” May 24, 2021.

- Chair, Health and Kinesiology Curriculum Subcommittee**, to update the undergraduate curriculum. Spring 2021 – present.
- Chair, Career Line Review Committee**, Department of Health, Kinesiology, and Recreation, 2019-2020, for Department of Health and Kinesiology, 2020-2021.
- Presenter, College of Health Advancement**, Making Women’s Health a Priority, talk provided (Improving pelvic floor health after childbirth: A multidisciplinary effort) with co-presenters Ingrid E. Nygaard, MD and Robert Hitchcock, PhD, October, 2019.
- Member, Retention, Promotion, and Tenure Committee**, Department of Occupational and Recreational Therapies, Fall 2019 & 2020.
- College of Health, Retreat Discussion Leader**, high impact educational practices, with Jeff Rose, PhD, August 14, 2019.
- Ad-hoc Reviewer, Institutional Review Board**. Provided review requested by Ann Johnson, PhD, July, 2019.
- Member, Department of Health, Kinesiology, and Recreation Career Line Faculty Search** (Kinesiology). December 2018 to February 2019.
- Member, College of Health Research Space Task Force**, January to April, 2018.
- Presentation, Women’s Health: Starting from the Floor**. Provided to Health Sciences Advancement, University of Utah, Feb. 8, 2018.
- Chair, Department of Health, Kinesiology, and Recreation Exercise and Disease Research Theme Search Committee**. August 2017 to March 2020.
- Panelist, Women in Research**, sponsored by the Office of Undergraduate Research, April 13, 2107.
- Member, Department of Health, Kinesiology, and Recreation Research Committee**. September 2016 to present.
- Honors Faculty Advisor, College of Health**, November 2016 to June 2022.
- Member**, Academic Senate Committee: Faculty Review Standards Committee. September 2013 to May, 2017.
- Member**, Interview Committee, School of Medicine. September 2012 to 2014.
- Senator**, Academic Senate, August 2010 to May 2013.
- Member**, Core faculty in the Center of Excellence in Women’s Health, January 2009 to 2014.
- Wellness Coach**, for the University of Utah Women’s Midlife Assessment Clinic, March 2 & May 4 2012.
- Member**, College of Health Advisory Committee, 2008 to 2009.
- Participant**, University Leadership Development Program, 2007 – 2008.
- Member**, ESS Leadership Committee, representing the graduate program and exercise physiology area, 2007 to 2008.
- Selection Panel**, University Teaching Assistantship, March 2007.
- Chair**, Department of Exercise and Sport Science Retention, Promotion and Tenure Committee, October 2007 to March 2008.
- Guest Speaker**, Winter Meeting of the Health Sciences Advocates, February 2007.
- Member**, The Center of Excellence in Women’s Health, University of Utah, January 2006 to 2014. Responsibilities include the development of a graduate certificate in women’s health (completed January 2009), participating in Clinical Research And Methods presentations, Ask the Expert, 7 Domains of Health.
- Member**, University Consolidated Hearing Committee, 2004 to 2007.
- Member**, Higher Education Teaching Specialist Advisory Committee for the Center of Teaching and Learning Excellence. Summer 2006 to 2009.

- Member**, College of Health Productivity Task Force, October 2005.
- Member**, Division of Nutrition Retention, Promotion and Tenure Committee, 2004 to 2007.
- Chair**, Department of Exercise and Sport Science Retention, Promotion and Tenure Committee, October 2005 to March 2006.
- Member**, Department of Exercise and Sport Science Search Committee for Department Chair, September 2005 to May 2006.
- Member**, Department of Exercise and Sport Science Search Committee for Assistant Professor and Director of Athletic Training Education Program, Fall 2004 to Spring 2005.
- Chair**, Department of Exercise and Sport Science Search Committee for Assistant Professor of Exercise Physiology, September 2001 – March 2003. (first search failed to fill the position).
- Speaker**, Women's Health Day, Alta Club Fitness Center (sponsored by the College of Health), September 11, 2000.
- Speaker**, College of Health freshman and transfer student orientation. July 2000.
- Speaker**, VIP Support Group (retirement age people with visual impairment), Moran Eye Center, "Exercise, Fitness, and Health...and Vision Loss is No Excuse", April 13, 2000.
- Member**, Department of Exercise and Sport Science Search Committee for the Lecturer faculty position in exercise physiology, January-March 2001.
- Member**, Department of Exercise and Sport Science Search Committee for the Kinesiology faculty position, January-April 2000.
- Chair**, Department of Exercise and Sport Science Undergraduate Scholarship Committee, Fall 1999 to Spring 2003.
- Chair**, Department of Exercise and Sport Science Undergraduate Honors Committee, Fall 2000 to July 2003.
- Member**, Division of Foods and Nutrition Faculty Search Committee. November-January, 1999-2000.
- Panelist**, Department of Exercise and Sport Science Student Advisory Committee Brown Bag Discussion, "How to choose a graduate school", November, 1999.
- Speaker**, Health Sciences Advocates Meeting, October 19, 1999.
- Interviewer**, Athletic Training and Education Program applicants, February 1999.
- Member**, Division of Foods and Nutrition Faculty Search Committee. July-September, 1998.
- Member**, Library Policy Advisory Committee. August 1998 to May 2000.
- Guest Speaker**, at College of Health Open House: Exercise and Bone Health. Alta Club, Salt Lake City, May 1998 and May 1999.
- Member**, interview panel for the College of Health Coordinator of Student Service position, Sept. 16, 1997.
- Member**, Department of Exercise and Sport Science Search Committee for the Athletic Training Curriculum Director. June-July 1997.
- Member**, Student Behavior Committee, June 1997 to May 2000.
- Member**, Fine Arts Area Committee, February 1997 to May 2000.
- Guest Speaker**, Winter Meeting of the Health Sciences Council, February 20, 1997. "Healthy Bones on the Move."
- Coordinator**, Department of Exercise and Sport Science Distinguished Scholar Lecture, January 27, 1997. Speakers were Christine M. Snow, PhD Oregon State University and Wilson C. Hayes, PhD, Harvard University Medical School.

Service to the Profession

- Member (elected by trustee caucus), Administrative Council**, American College of Sports Medicine, elected June 8, 2020. One year term June 2020 to June 2021.
- Member and Sub-Committee Chair on Mentorship and Advancement to Fellow**, Special Interest Group on Pregnancy and Postpartum, American College of Sports Medicine, May 2020 to present.
- Member (elected), Board of Trustees for Basic and Applied Science Area**, American College of Sports Medicine, elected March, 2018. Three year term June 4, 2018 to June 7, 2021.
- Member**, Education Committee for Exercise is Medicine™, American College of Sports Medicine, October 2011 to 2013.
- Member**, Board of Directors for the Utah Chapter of the American Heart Association. March 2010 to July 2013.
- Reviewer**, American Alliance for Health, Physical Education, Recreation and Dance, Research Consortium for Exercise Physiology Abstracts submitted for consideration for presentation at the annual meeting. Abstracts reviewed September 1999, 2000 & 2006.
- Reviewer**, textbook chapter on clinical exercise for the osteoporotic patient, American College of Sports Medicine (ACSM)-sponsored text to accompany the *ACSM's Guidelines for Exercise Testing and Prescription*. Chapter reviewed July 2000.
- Chair**, Bone Density Free Communications Session B-16, 47th Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. May 31, 2000.
- Reviewer**, American Council on *Exercise Advanced Personal Trainer Manual*. Reviewed the chapter on exercise and osteoporosis.
- Ad-Hoc Reviewer**. Reviewed manuscripts for the following journals: Exercise and Sport Science Reviews, Sports Medicine, International Journal of Exercise Science, Science & Sports, Experimental Gerontology, The Journal for Nurse Practitioners, BioMed Research International, Women's Health, Local and Regional Anesthesia, Musculoskeletal Science and Practice, International Urogynecology Journal, BMC Women's Health, BMC Public Health, Hormone Research, European Journal of Applied Physiology and Occupational Physiology, Journal of Applied Physiology, Medicine and Science in Sports and Exercise, Journals of Gerontology: Medical Sciences, Journal of Bone and Mineral Research, Bone, Osteoporosis International, The Physician and Sports Medicine, Journal of the National Medical Association, Journal of Aging and Physical Activity, Research Quarterly for Exercise and Sport, PLOS One, BioMed Research International, Journal of Sports Sciences.

Service to the Community

- Guest Speaker**, Benefits of physical activity and dangers of inactivity (Representing the Center of Excellence in Women's Health), Calvary Baptist Church, Salt Lake City, August 24, 2013.
- Guest Speaker**, Why be social? It's good for your health! (Representing the Center of Excellence in Women's Health), Salt Lake City YWCA, May 16, 2013.
- Guest Speaker**, Life's Simple 7™ (representing the American Heart Association) and tips for weight loss, Watson Pharmaceuticals, February 7, 2013.
- Guest Speaker** on maintaining physical activity for health, Aphasia/Stroke Recovery Support Group, January 4, 2012.
- Participant**, Women's Health Fair, sponsored by The Center of Excellence in Women's Health Demonstration Project, May 2007, May 2008, May 2009.
- Guest Speaker**, University of Utah Love Your Body Week, Women's Resource Center, February 13, 2007 (with Dr. Maria Newton).

Guest Speaker and Panelist, Utah Science Center Public Dialog on Calcium and Bones, aired on KRCL radio, March 8, 2007.

Guest Speaker, Prostate Cancer Recovery Group at the SLC chapter of the American Cancer Society, April 4, 2007.

Professional Consultant

Expert witness, United States Attorney's Office, Salt Lake City, UT. October 2001-April 2002.

National and International Awards

Fellow, American College of Sports Medicine, April 2002.

Nominated, National Association of Physical Education in Higher Education Young Scholar Award, July 2001. **Finalist, not awarded.**

PROFESSIONAL AFFILIATIONS

American College of Sports Medicine

Southwest Chapter of the American College of Sports Medicine

American Association of University Women