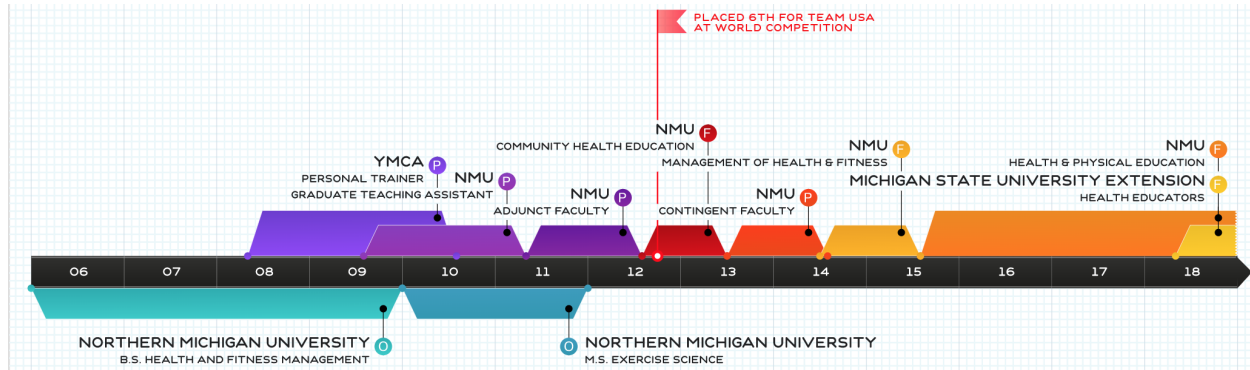


Breanne R. Carlson

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brcarlo@gmail.com

715-330-9399



EDUCATION

- 8/09-08/12 **NORTHERN MICHIGAN UNIVERSITY**, Marquette, MI
- Master's Degree in Exercise Science, August 2012
- 8/06-5/09 **NORTHERN MICHIGAN UNIVERSITY**, Marquette, MI
- Bachelor's Degree in Health and Fitness Management, May 2009
- 8/05-5/06 **UNIVERSITY OF WISCONSIN - MARINETTE**, Marinette, WI
- 1 Year of Undergraduate Coursework

PROFESSIONAL EXPERIENCE

- 12/19-Present **Co-Founder & Consultant**
BE Well Analytics, Hancock, MI
- 12/18-1/21 **Supervising Health Educator: Health & Nutrition Institute**
MICHIGAN STATE UNIVERSITY EXTENSION, East Lansing, MI
- 5/17-1/21 **Health Educator: Health & Nutrition Institute**
MICHIGAN STATE UNIVERSITY EXTENSION, East Lansing, MI
- 5/16-12/18 **Contingent Faculty: Exercise Science Faculty**
Health & Human Performance Department
NORTHERN MICHIGAN UNIVERSITY, Marquette, MI
- 8/15-5/16 **Term Position: Community Health Education & Coaching Pedagogy Faculty**
Health and Human Performance Department
NORTHERN MICHIGAN UNIVERSITY, Marquette, MI
- 8/09-5/16 **United States Olympic Training Site Resident Athlete**
UNITED STATES OLYMPIC TRAINING SITE, Marquette, MI

- 5/14-8/15 **Term Position: Health & Fitness Management Faculty
Health and Human Performance Department**
NORTHERN MICHIGAN UNIVERSITY, Marquette, MI
- 7/13-5/14 **Contingent Faculty: Exercise Science Faculty
Health & Human Performance Department**
NORTHERN MICHIGAN UNIVERSITY, Marquette, MI
- 8/12-7/13 **Term Position: Health & Fitness Management Faculty
Health, Physical Education, and Recreation Department**
NORTHERN MICHIGAN UNIVERSITY, Marquette, MI
- 5/11-8/12 **Discovery Initiative Representative (Alumni Association)**
NORTHERN MICHIGAN UNIVERSITY, Marquette, MI
- 5/11-8/12 **Adjunct Instructor: Health, Physical Education & Recreation Department**
NORTHERN MICHIGAN UNIVERSITY, Marquette, MI
- 8/09-5/11 **Graduate Assistant: Health, Physical Education & Recreation Department**
NORTHERN MICHIGAN UNIVERSITY, Marquette, MI
- 5/08-8/10 **Personal Trainer, Tot Watch, Kids Gym, Skatepark, Y Lounge, and Group Exercise**
YMCA OF MARQUETTE COUNTY, Marquette, MI
- 1/09-5/09 **Olympic Weightlifting Coach Intern**
UNITED STATES OLYMPIC EDUCATION CENTER, Marquette, MI

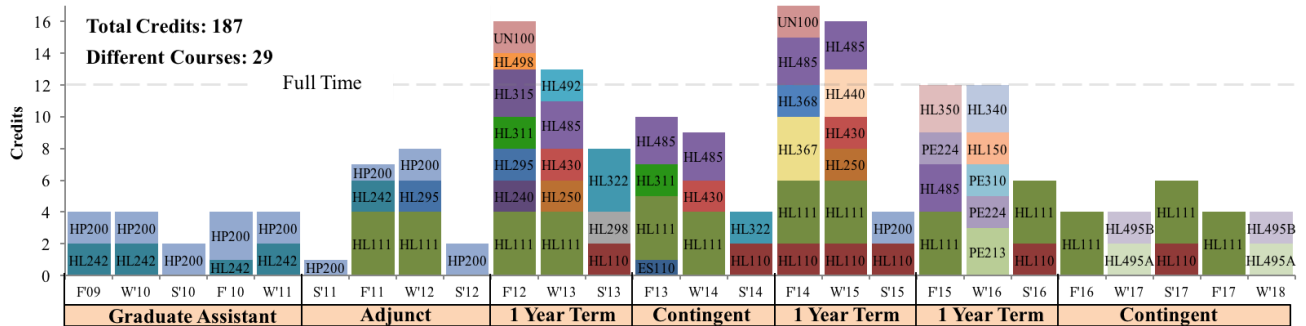
UNIVERSITY TEACHING EXPERIENCE

- 8/09-5/17 NORTHERN MICHIGAN UNIVERSITY, Marquette, MI
Level 1 Graduate Faculty Status · Winter 2013 - Winter 2020

Courses Taught

- HL-495 Pediatric Health Measurement Traditional/ASL
- HL-495 Pediatric Health Mentorship/Education Traditional/ASL
- HL-485 Drug Use & Abuse Hybrid Course
- HL-440 Critical Health Issues Hybrid Course
- HL-430 Grant Writing For Health Hybrid Course/ASL
- HL-368 Programming in Health & Fitness Hybrid Course
- HL-367 Planning & Evaluation of Health & Fitness Hybrid Course
- HL-350 Methods & Materials in Health Education Hybrid Course /ASL
- HL-340 School Health Programming Co-created Course/ASL
- HL-315 Consumer Health & Quackery Hybrid Course
- HL-322 International Health Issues Hybrid Course/ASL
- HL-311 Health Communication Hybrid Course/ASL
- PE -310 Measurement & Evaluation Co-created Course/ASL
- HL-295 Complementary & Alternative Health Seminar Traditional
- HL-250 Applied Health Theory Hybrid Course/ASL
- HL-242 Emergency Health Care Lecture/Lab
- HL-240 Community Health Hybrid Course
- PE-224 Developmental Physical Education Hybrid Course/ASL
- PE-213 Physiology of Sport & Fitness Hybrid Course
- HP-200 Physical Well Being Online or Traditional
- ES-110 Intro to Exercise Science Hybrid Course

- HL-150 Health Education for Elementary Teachers Hybrid Course/ASL
- HL-111 Personal Wellness Online Course
- HL-110 Intro to Health and Fitness Asynchronous Online
- HL-101 Medical Terminology Asynchronous Online
- UN-100 Freshman Seminar - Sports Science Traditional/Service Learning
- UN-100 Freshman Seminar - Health & Fitness Traditional/Service Learning
- American Heart Association Heart Saver CPR/AED/ First Aid Adult, Child, & Infant Traditional/Service Learning
- American Red Cross: Adult, Child, Infant CPR/AED/First Aid Basics Traditional/Service Learning



COMMUNITY TEACHING EXPERIENCE

Courses Taught

- Dining with Diabetes Series Traditional
- Powerful Tools for Caregivers Series Traditional & Virtual
- Tai Chi for Arthritis and Fall Prevention Series Traditional & Virtual
- Matter of Balance Series Traditional
- Matter of Balance - Leader Trainings Traditional
- WISE Program - Wellness Initiative for Senior Education Traditional
- Mindfulness
 - Stressless with Mindfulness Series Traditional & Virtual
 - Begin with the Breath Virtual
 - Mindfulness for Parents & Caregivers Virtual
 - Mindful Eating Virtual
 - Be Kind to Your Mind Virtual
 - Mindfulness for Children Virtual
- Relax Alternatives to Anger Series Traditional & Virtual
- Spartners for Health Series Traditional
- SLEEP - SLEep Education for Elders Program Series Virtual

Course Development

- SLEEP - SLEep Education for Elders Program
- Spartners for Health

ADVISING EXPERIENCE

8/12-8/20

NORTHERN MICHIGAN UNIVERSITY, Marquette, MI

-Advised &-Coordinated Internships :

- Sports Science Majors
- Community Health Education Majors
- Health & Fitness Management Majors
- Physical Education & Coaching Majors
- Health Educators

-Commended for my excellence in advising and teaching by the faculty evaluation committee and was assigned a Distinctly Above Average rating. My evaluation effectiveness from the survey in advising is based on an overall numeric rating of 5.5/6.

GRANTS / FELLOWSHIPS

- **Department of Health and Human Services Administration for Community Living**
 - Title of Grant: 2018 Evidence-Based Falls Prevention Program
 - Brief Description: *Sustainable systems grants* intended to develop or enhance integrated, sustainable systems for delivering evidence-based Falls Prevention programs.
 - Role on grant: 14% Key Personnel (Sustainability Systems Coordinator, Fidelity Monitor)
 - Funds Awarded: \$543,601
 - Start and End Date: July 1st, 2018 - June 30th, 2021

- **Michigan Health Endowment Fund**
 - Title of Grant: SLEep Education for Elders Program (SLEEP)
 - Brief Description: The overarching goals of this planning grant are to develop workforce capacity to 1) enact policy changes at care facilities that will support healthy sleep environments for older adults, and 2) provide direct education sleep programming for older adults. With the help of a stakeholder advisory group, this project will develop and begin pilot testing a policy, systems, and environmental (PSE) change initiative (Sleep-Friendly Facility program) for use by residential facilities and also develop a direct education sleep curriculum (SLEep Education for Elders Program, or SLEEP) to embed in evidence-based falls prevention programming for older adults. Immediate impacts include the creation of a stakeholder advisory committee dedicated to addressing the sleep needs of older adults, creation of programming designed to promote PSE and direct education delivery, and pilot testing of sleep-friendly policies to improve sleep duration and quality for residents of partner facilities; long-term impacts include sustainable PSE changes and dissemination of the direct education component throughout the state and nationally.
 - Role on Grant: Sustainability Systems Coordinator, Program Delivery Director
 - Investigators: Dr. Robin Tucker, Dr. Dawn Contreras, Breanne Carlson
 - Amount Funded: \$181,113.00
 - Start and End date: December 2, 2019 - December 31, 2020

- **Michigan Department of Community Health / SAMSA (Federal Funds)**
 - Title of Grant: Evidenced-Based Preventive Opioid Use Disorder Intervention among Michigan's Older Adults. State Opioid Response (SOR).
 - Role on grant: Educator (Stressless with Mindfulness, Wellness Initiative for Senior Education - WISE)
 - Funds Awarded: \$367,600
 - Start & End Date: October 1, 2020 - September 31, 2021

- **United States Department of Agriculture, National Institute of Food and Agriculture (USDA-NIFA)**
 - Title of Grant: Rural Health & Safety Education
 - Role on grant: Educator (Mindfulness Suite, RELAX Alternatives to Anger)
 - Funds Awarded: \$349,600
 - Start & End Date: September 1, 2020 to August 31, 2022

- **Children's Trust Fund and the Department of Health & Human Services**
 - Title of Grant: Promising Futures Partnership
 - Brief Description: Direct Service grant for Social & Emotional Learning direct elementary education and transformative multi-media campaign in Marquette & Alger Counties.
 - Role on grant: Director, Principal Investigator
 - Investigators: Carlson, B. (PI), Zenti, C., Petushek, E.
 - Award Funded Amount: \$266,948
 - Start and End dates: 2017-2020

- **Michigan Health Endowment Fund**
 - Title of Grant: Healthy Kids U.P.
 - Brief Description: The goal of this project is to decrease the prevalence of pediatric obesity by ensuring all schools have an opportunity to develop robust wellness policies and school wellness committees; access to programming which meets their identified needs; and linkage to the expertise of a strong collaborative comprised of the University of Michigan's Project Healthy Schools program, Michigan State University Extension and Upper Peninsula Local Public Health in order to create a coordinated, seamless approach to the obesity problem.
 - Role on Grant: Key Personnel
 - Investigators: Kapp, Dayna. (PI)
 - Award Funded Amount: \$644,346
 - Start and End Date: April 3rd, 2017 - September 30th, 2019

- **Superior Health Foundation & Blue Cross Blue Shield of Michigan**
 - Title of Grant: SPartners for Health: A School- and Web-based Nutrition and Physical Activity Program for Obesity Prevention and Promoting Health in 5th Grade Public School Students and their Parents
 - Brief Description: U.P. wide dissemination through public universities of SPartner multilevel programming. SPartners aims to have children and parents meet national recommendations for physical activity, nutrition, and screen time.
 - Role on grant: Co-Principal Investigator (U.P. SPartner Project Direct, U.P. Programming, Data Collection & Entry, Weekly Meetings)
 - Investigators: Carlson, B (Co-PI), Carlson, J (Co-PI), Pfeiffer, K., Ratan, R., Petushek, E.
 - Award Funded Amount: \$299,975
 - Start and End dates: October 2016 - November 2019

- **Osteoarthritis Action Alliance.** *Investigators:* Stelter, G. (PI), **Carlson, B. (CO-PI).** *Title:* Walk with Ease for Osteoarthritis. *Awarded* 2017. *Amount:* \$5,000.

- **UP4Health - Healthy Schools Grant: Lifetime Wellness at Gwinn Middle/High School,** 2016. \$8,000.

- **UP4Health - Healthy Schools Grant: Lifetime Wellness at KI Sawyer Elementary School,** 2016. \$8,000.

- **(S)partners for Heart Health: Ishpeming Middle School. Michigan State University,** 2016. \$4,500.

- **Academic Service Learning Action Grant: Hügélkultur Curriculum. Northern Michigan University,** 2016. \$500.

- **Academic Service Learning Action Grant: (S)partners for Heart Health Biometrics Kit. Northern Michigan University,** 2016. \$482.

- **Superior Health Foundation Mini-Grant: Hoop House Outdoor Wash Basin.** 2015. \$500.

- **Academic Service Learning Action Grant: Worksite Wellness Health Risk Assessment Tool Bags. Northern Michigan University,** 2015. \$418.

- **Academic Service Learning Action Grant: Marquette Community Garden Expansion. Northern Michigan University,** 2015. \$355.

- **Academic Service Learning Action Grant: Building wheelchair accessible gardening beds for Marquette Adult Day Services to utilize for horticulture therapy. Northern Michigan University,** 2014. \$500.

- Excellence in Education Research Grant: Effect of Sauna Therapy on Overhead Squat Depth in Elite Weightlifters. [Northern Michigan University](#), 2011. \$1,500.
-
- King Chavez Parks Initiative of the State of Michigan, Future Faculty Fellowship: [Northern Michigan University](#), 2010. \$4,500.

APPLIED: NOT FUNDED

- [Michigan Health Endowment Fund](#). *Investigators: **Carlson, B. (PI)**, Quinn, A., Petushek, E., Zenti, C., Title: SELing IT for Behavioral Health: Social Emotional Learning Integration and Transformation for Behavioral Health. Submitted 2020. Amount: \$506,420.*
- [Children's Trust Fund and the Department of Health & Human Services](#). *Investigators: **Carlson, B. (PI)**, Quinn, A., Petushek, E., Zenti, C., Title: SELing IT for Behavioral Health: Social Emotional Learning Integration and Transformation for Behavioral Health. Submitted 2020. Amount: \$86,645.*
- [Centers for Disease Control Racial and Ethnic Approaches to Community Health](#). *Investigators: **Carlson, B. (Co-I)**, Cheruvlil, J., (PI), Evans, K., Galdamez, I., Harrison, R. Title: Michigan State University Extension Racial Ethnic Approaches to Community Health for Eastside Detroit (MSUE REACHED) Submitted: 2018. Amount Requested: \$899,298.*
- [US Department of Agriculture \(AFRI\)](#). *Investigators: Carlson, J (PI), **Carlson, B. (Co-I)**, Pfeiffer, K., Ratan, R., Petushek, E. Title: SPartners for Health: A School- and Web-based Nutrition and Physical Activity Program for Obesity Prevention and Promoting Health in 5th Grade Public School Students and their Parents. Submitted 2017. Amount: \$2,500,00.*
- [Michigan Health Endowment Fund](#). *Investigators: Carlson, J (PI), **Carlson, B. (Co-I)**, Pfeiffer, K., Ratan, R., Petushek, E. Title: SPartners for Health: A School- and Web-based Nutrition and Physical Activity Program for Obesity Prevention and Promoting Health in 5th Grade Public School Students and their Parents. Submitted 2017. Amount: \$499,366*
- [Blue Cross Blue Shield of Michigan Foundation - Invest in the U.P.](#) *Investigators: Carlson, S. (PI), Petushek, E. (CO-I) **Carlson, B. (Co-I)**. Title: Start the Cycle – Supporting Resilience in at-risk Youth through Mountain Biking. Submitted 2017. Amount: \$65,000.*
- [Blue Cross Blue Shield of Michigan Foundation - Invest in the U.P.](#) *Investigators: Zenti, C. (PI), **Carlson, B. (Co-I)**, Petushek, E. (CO-I) . Title: Promising Futures Partnership. Submitted 2017. Amount: \$65,000.*

PROFESSIONAL PRESENTATIONS - ORAL

Wasik, C., Bailey, E., **Carlson, B.**, Contreras, D. (2020). Falls Prevention Referral Pathways & Puzzles: How to Stay on Your Feet while Navigating the Pathway Puzzle! Root Cause Coalition's National Summit on the Social Determinants of Health. Age+Action Conference. Dallas, Texas.

Carlson, B., Wasik, C., Contreras, D. (2020). National Falls Prevention Virtual Tai Chi Delivery. Administration for Community Living. Virtual.

Carlson, B., Wasik, C., Contreras, D. (2020). Grand Rounds on Virtual Program Delivery. National Commission on Aging. Virtual.

Carlson, B., Wasik, C., Contreras, D. (2020). Falls Prevention Referral Pathway. Upper Peninsula Health Plan. Virtual.

Carlson, B., (2020). Opportunities to Collaborate to Serve the Upper Peninsula. Upper Peninsula Grant Workshop. Marquette, Michigan.

A. Carter, C. Wasik, **B. Carlson**, D. Contreras (2019, October). Falls Prevention. Michigan State University Extension Fall Extension Conference. Traverse City, Michigan.

B. Carlson, H. Tired, D. Contreras, S. Knurek, N. Hyso (2019, October). Michigan State University Extension's Programming in the Social Determinants of Health & Sustainable Development Era. Michigan State University Extension Fall Extension Conference. Traverse City, Michigan.

B. Carlson, D. Contreras, M. Suvedi, H. Tired, S. Knurek, N. Hyso (2019, May). National Urban Extension Conference. Michigan State University Extension's Programming in the Social Determinants of Health & Sustainable Development Era. Seattle, WA.

H. Tired, D. Contreras, M. Suvedi, **B. Carlson**, S. Knurek, N. Hyso. (2019, April) Joint National Sustainability Summit (NSS) & National Extension Energy Summit (NEES). Michigan State University Extension's Programming in the Social Determinants of Health & Sustainable Development Era.

A. Alaqil, E. Petushek, **B. Carlson**, K. Pfeiffer, J. Carlson (2019, April). Accuracy of Cardiorespiratory Fitness for Predicting Cardiovascular Disease Risk in Children. Northland American College of Sports Medicine. St. Paul, MN.

S. Hebert, **B. Carlson**, D. Sandborn. (October, 2018) Michigan State University Fall Extension Conference. Growing Partnerships. East Lansing, MI.

B. Carlson, K. Evans. (October, 2018) Michigan State University Fall Extension Conference. Adding Physical Activity to the Classroom. Why? East Lansing, MI.

Leticia Cherchiglia, Will Renius, Rabindra Ratan, Joseph Carlson, **Breanne Carlson**, Karin Pfeiffer, Erich Petushek. (2018, August). [Virtual Mentors in the \(S\)Partners for Heart Health Website](#). Accepted and Spotlighted at Connected Learning Summit. Massachusetts Institute of Technology (MIT). Cambridge, MA.

Kirk, C., **Carlson, B.**, Hogan, P. (2018, May). [Teaching and Learning Innovations for Student Agency. Upper Peninsula Teaching & Learning Conference](#). Marquette, MI.

S. Hebert, D. Sandborn, **B. Carlson**. (2018, April) Growing Partnerships. Child & Youth Institute Conference.

S. Hebert, D. Sandborn, **B. Carlson**. (2018, April) Growing Partnerships. Health & Nutrition Institute Conference.

S. Ostrega, **B. Carlson**. (2018, April) Physical Activity Facilitation for All Ability Levels. Child & Youth Institute Spring Conference.

Hogan, P., **Carlson, B.**, Kirk, C. (2018, February). [Assignment Design for Student Agency: Applying Student-Centered Learning Theories for Gen Ed Purposes. Presented at Association of American Colleges & Universities 2018 General Education and Assessment: Foundations for Democracy conference](#). Philadelphia, PA.

Carlson, B., Earnesty, D. (2017, October). [How to Successfully Host a Healthy Meeting: Food, Beverages, Physical Activity and Sustainability](#). Presented at Michigan State University Fall Extension Conference. Detroit, MI.

Carlson, B., Kirk, C., Hogan, P. (2017, May). [The World has Changed: We Should Too...Toward Digigogy](#). Presented at [U.P. Teaching & Learning Conference](#). Michigan Tech University. Houghton, MI. (Invited)

Carlson, B., Zenti, C. (2017, May). [Bridge Over Troubled Waters](#). Presented at Superiorland Counselors. Marquette, MI. *(Invited)*

Kirk, C., Hogan, P., **Carlson, B.** (2016, October). [Digigogy](#). Presented at [The Center for Teaching and Learning](#). Marquette, MI. *(Invited)*

Hogan, P., **Carlson, B.,** Kirk, C. (2016, October). [Beyond Traditional Pedagogy Toward True Outcome-Central Education: Using Prensky's Framework to Guide Pedagogy](#). Presented at [Evidenced Based Teaching and Learning Lilly Conference](#). Traverse City, MI.

Hogan, P., **Carlson, B.,** Myers, B. (2016, October). [The Way You See the Problem, May be the Problem: Teachers as Problem Solvers](#). Presented at the [Society of Health & Physical Education \(SHAPE\) Michigan Annual State Convention](#). Mackinac Island, MI. *(Invited)*

Carlson, B., Berg, E., Anderton, R. (2016, October). [Hügelkultur- Be on Top of the Mound!](#) Presented at the [Society of Health & Physical Education \(SHAPE\) Michigan Annual State Convention](#). Mackinac Island, MI.

Carlson, B., Petushek, E.J., Moore, M., & Dermeyer, H. (2015, June). Effect of sauna therapy on overhead squat depth in elite weightlifters. [33rd International Symposium on Biomechanics in Sports](#). Poitiers, France.

Kirk, C., Hogan, P., **Carlson, B.** (2015, May). [Digigogy: Toward A Pedagogy of Connections](#). Presented at the [Great Lakes Conference on Teaching and Learning](#). Mount Pleasant, MI.

Hogan, P., **Carlson, B.,** Kirk, C. (2015, April). [Open Educational Practices' Models using Open Educational Resources](#). Presented at [Open Education Global Consortium Conference](#). Banff, Alberta, Canada.

Carlson, B. & Schaefer, I. (2014, November). [Building Your Professional Website](#). Presented at the Michigan Association for Health, Physical Education, Recreation and Dance (MAHPERD) Conference. Traverse City, MI.

Carlson, B., Gautam, Y., Mahr, H., Kerlin, A. (2014, November). [Violence Against Women: The Untold Story of FGM/C](#). Presented at the Michigan Association for Health, Physical Education, Recreation and Dance (MAHPERD) Annual Conference. Traverse City, MI.

Carlson, B., LaPlaunt, T., Sabin, R. (2014, November). [Gain Experience Share Yours - Academic Service Learning](#). Presented at the Michigan Association for Health, Physical Education, Recreation and Dance (MAHPERD) Annual Conference. Traverse City, MI.

Carlson, B., Gautam Y., Farney, D., Roudebush, B. (2014, November). [Glitter, Germs, and Gym Class](#). Presented at the Michigan Association for Health, Physical Education, Recreation and Dance (MAHPERD) Annual Conference. Traverse City, MI.

Carlson, B. (2013, November). [Pitfalls in a World Wide Web of Possibilities](#). Presented at the Illinois Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Convention. St. Charles, IL. *(Invited)*

Carlson, B. (2013, June). [Exercise as Medicine](#). Workshop embedded at The Iron Butterfly facilitated by The Cedar Tree Institute. Marquette, MI. *(Invited)*

Carlson, B. & Conway, L. (2012, November). [Integrating Real-Time Technology into a Discussion Based Learning Environment](#). Presented at the Michigan Association for Health, Physical Education, Recreation and Dance (MAHPERD) Annual Conference. Traverse City, MI.

PROFESSIONAL PRESENTATIONS - POSTER

Opel, D., **Carlson, B.** Contreras, D. Wasik, C. (2019, October). Building Healthcare-Community Partnerships for Improved Health Outcomes: Falls Prevention in Michigan's Upper Peninsula. Root Cause Coalition's National Summit on the Social Determinants of Health. San Diego, California.

A. Alaqil, E. Petushek, **B. Carlson**, K. Pfeiffer, J. Carlson. (2019, April). Accuracy of Cardiorespiratory Fitness for Predicting Cardiovascular Disease Risk in Children. Northland American College of Sports Medicine. St. Paul, MN.

B. Carlson, E. Petushek, S. Cornock, P. Govern, J. Carlson, K. Pfeiffer, R. Ratan. (2019, February). Opting to be active: relationship between various social cognitive factors on pediatric physical activity. Active Community Living (ACL). Charlotte, NC.

B. Carlson, E. Petushek, A. Rebensburg, J. Carlson, K. Pfeiffer, R. Ratan. Accepted: (2018, November). Association between Healthy Food Autonomy and Actual Eating Behaviors in Children. Society of Judgement and Decision Making Conference. New Orleans, LA.

B. Budd, **B. Carlson**, E. Petushek, J. Carlson, K. Pfeiffer, R. Ratan (2018, October). The Relationship Between Physical Activity and Screen Time and CVD Risk Factors. Great Lakes Chapter - Society for Public Health Education Conference on Health Equity, Mental Health, Inclusion, and Access. Lansing, MI. (April, 2018) Celebration of Student Research.

L. Cherchiglia, W. Renius, R. Ratan, J. Carlson, **B. Carlson**, K. Pfeiffer, E. Petushek. (2018, August). Virtual Mentors in the (S)Partners for Heart Health Website. Submitted to Connected Learning Summit. Massachusetts Institute of Technology (MIT). Cambridge, MA.

S. Foucault, A. Fairfield, **B. Carlson**, E. Petushek. (August, 2018) [North American Society for Pediatric Exercise Medicine \(NASPEM\)](#) & (April, 2018) Celebration of Student Research. [The Relationship Between Adiposity, Physical Activity, and Screen Time in Adolescence.](#)

B. Carlson, R. Greco, E. Petushek, K.A. Pfeiffer, FACSM J.J. Carlson. (2018, May). [Changes in Perceived Importance of Physical Activity and Nutrition for Health Following \(S\)Partners Intervention.](#) [World Congress on Exercise is Medicine \(EIM\) & American College of Sports Medicine \(ACSM\) National Conference.](#) Marquette, MI.

A.M. Jendro, **B. Carlson**, E.J. Petushek, K.A. Pfeiffer, J.J. Carlson. (2018, May). [The Association of Blood Lipids with Selected Other CVD Risk Factors in Michigan Adolescents.](#) [World Congress on Exercise is Medicine \(EIM\) & American College of Sports Medicine \(ACSM\) National Conference.](#) Marquette, MI.

J.J. Carlson, N.A. Paulsen, **B. Carlson**, E.J. Petushek, K.A. Pfeiffer. (2018, May). [The Relationship Between Screen Time and Pediatric Sleep Duration.](#) [World Congress on Exercise is Medicine \(EIM\) & American College of Sports Medicine \(ACSM\) National Conference.](#) Marquette, MI.

S. Foucault, A. Fairfield, **B. Carlson**, E. Petushek. (August, 2018) Submitted to North American Society for Pediatric Exercise Medicine (NASPEM). (April, 2018) Celebration of Student Research. [The Relationship Between Adiposity, Physical Activity, and Screen Time in Adolescence.](#)

A. Tadgerson, E. Snow, E. Petushek, **B. Carlson**. (April, 2018) Celebration of Student Research. The Relationship Between Food Self-Efficacy and Actual Eating Behaviors.

S. Fleming, J. Trotter, **B. Carlson**, E. Petushek. (April, 2018) Celebration of Student Research. Relationship Between Various Measures of Physical Activity.

A. Alaqil, **B. Carlson**, E. Petushek. (April, 2018) Celebration of Student Research. Accuracy of Cardiorespiratory Fitness for Predicting CVD Risk.

G. McAlary, **B. Carlson**, E. Petushek, K. Pfeiffer, J. Carlson. (2017, May). [Correlation Between Screen Time and Blood Pressure in Early Adolescence](#). Presented at the Celebration of Student Research. Marquette, MI.

BOOK CHAPTERS

Hogan, P., Kirk, C., **Carlson, B.**, & Pendleton, G. Chapter Title: [Prosumerism: Students as Co-creators of Text and Content](#). Text Title: [The Online University: Building Viable Learning Experiences for Higher Education](#). Editor: Dr. Richard M. Kesner, D'Amore and McKim School of Business, Northeastern University. 2014. (Invited)

MANUSCRIPTS

Tucker R, Contreras D, **Carlson B**, Carter A, Drake C. Sleep Education for Elders Program: Pilot results of a health educator-led, community-delivered sleep behavior change intervention. *Nature and Science of Sleep*. 2021: 625-633, 2021

Carlson B, Contreras D, Tired H, Knurek S, Cheruvilil J. Michigan State University Extension Programming in the Sustainable Development Era. *Journal of Human Sciences and Extension*. (Accepted for Publication 2020)

Harden S, Balis L, Strayer T III, **Carlson B**, Prosch N, Lindsay A, Dzewaltowski D, Estabrooks P, Gunter K. Strengths, Challenges, and Opportunities for Physical Activity Promotion in the Century-old National Cooperative Extension System. *Journal of Human Sciences and Extension*. 2020

Carlson, B.R., Petushek, E.J., Moore, M., & Dermeyer, H. (2015). [Effect of sauna therapy on overhead squat depth in elite weightlifters](#). *33rd International Symposium on Biomechanics in Sports*, Poitiers, France.

CONFERENCE PROCEEDINGS

B. Carlson, R. Greco, E. Petushek, K.A. Pfeiffer, FACSM J.J. Carlson. (2018, May). [Changes in Perceived Importance of Physical Activity and Nutrition for Health Following \(S\)Partners Intervention](#). *World Congress on Exercise is Medicine (EIM) & American College of Sports Medicine (ACSM) National Conference*. Marquette, MI.

A.M. Jendro, **B. Carlson**, E.J. Petushek, K.A. Pfeiffer, J.J. Carlson. (2018, May). [The Association of Blood Lipids with Selected Other CVD Risk Factors in Michigan Adolescents](#). *World Congress on Exercise is Medicine (EIM) & American College of Sports Medicine (ACSM) National Conference*. Marquette, MI.

J.J. Carlson, N.A. Paulsen, **B. Carlson**, E.J. Petushek, K.A. Pfeiffer. (2018, May). [The Relationship Between Screen Time and Pediatric Sleep Duration](#). *World Congress on Exercise is Medicine (EIM) & American College of Sports Medicine (ACSM) National Conference*. Marquette, MI.

Carlson, B.R., Petushek, E.J., Moore, M., & Dermeyer, H. (2015). [Effect of sauna therapy on overhead squat depth in elite weightlifters](#). *33rd International Symposium on Biomechanics in Sports*. Poitiers, France.

Hogan, P., **Carlson, B.**, Kirk, C. (2015, April). [Open Educational Practices' Models using Open Educational Resources](#). Presented at *Open Education Global Consortium Conference*. Banff, Alberta, Canada.

PEER REVIEWED ABSTRACTS

Hogan, P., **Carlson, B.**, Kirk, C. (2015, April). [Open Educational Practices' Models using Open Educational Resources](#). Presented at *Open Education Global Consortium Conference*. Banff, Alberta, Canada.

Petushek, E.J., K. Roemer, B. Hamlin, W.P. Ebben, **B. Carlson**, C. Mallo, A. Tysz, and R.L. Jensen. (2012) The Effect of a Dynamic and Static Start on Snatch Pull Technique and Performance. *American College of Sports Medicine 59th Annual Meeting and the World Congress on Exercise is Medicine*. San Francisco, CA.

PROFESSIONAL DEVELOPMENT

➤ CERTIFICATIONS & SKILLS TRAINING

09/20-Present Protective Factors Framework Master Trainer
12/19-Present Stressless with Mindfulness
12/19-Present Relax Alternatives to Anger
11/19-Present Wellness Initiative for Senior Education (WISE)
08/19-Present Powerful Tools for Caregivers
05/19-Present Dining with Diabetes
04/19-Present Matter of Balance Master Trainer
03/19-Present Matter of Balance Instructor
02/19-Present Tai Chi for Health: Seated Tai Chi
02/19-Present Tai Chi for Health: Tai Chi for Falls Prevention
02/19-Present Tai Chi for Health: Tai Chi for Arthritis
07/18-Present Exercise is Medicine Level 1 Certification
06/18-Present [Arthritis Foundation: Walk With Ease Program Leader](#)
02/18-Present Mental Health First Aid Training - Adult
06/17-Present [Opening Doors](#)
01/17-Present QPR: Question Persuade Refer - Community Gatekeeper Training
11/15-11/19 [Collaborative Institutional Training Initiative \(CITI Program\) Faculty & Staff](#)
11/15-11/19 [CITI Program Faculty & Staff Conducting Research in PK-12 Schools](#)
9/14 - Present DONA International Trained Doula
8/11 - Present [American Heart Association: Heartsaver CPR AED First Aid Provider](#)
4/10 - Present National Strength and Conditioning Association - Certified Strength and Conditioning Specialist
5/09 - Present USA Weightlifting - Sports Performance Coach
5/09 - Present Outdoor Recreation Center: Belay Certified
4/08 - Present National Strength and Conditioning Association - Certified Personal Trainer
8/11 - 1/21 American Heart Association: Heartsaver CPR AED First Aid (Adult, Child, Infant) Provider
8/11 - 1/18 American Heart Association: Heartsaver CPR AED First Aid Instructor
8/11 - 5/18 American Heart Association: Basic Life Support for Healthcare Provider
8/11 - 5/18 American Heart Association: Basic Life Support for Healthcare Providers Instructor
4/08 – 3/13 American Red Cross: Adult, Child, Infant CPR
3/08 – 3/13 American Red Cross: AED Essentials
3/08 – 3/13 American Red Cross: First Aid Basics

➤ CONFERENCE/CLINIC ATTENDANCES

06/20 National Commission on Aging: Age +Action Conference. Virtual.
05/20 Personal Science to Strengthen Communities Series. Virtual
04/20 Michigan Turns to Telehealth. Virtual.
04/20 North Central Cooperative Extension Association. Mental & Behavioral Health. Virtual.
08/19 Social Determinants of Health, Root Cause Coalition. San Diego, CA.
08/19 Upper Peninsula Nonprofit Conference. Marquette, MI.
08/19 Michigan State University Extension - Fall Extension Conference. Traverse City, MI.
05/19 Multicultural Self-Awareness. Bay Harbor, MI.
11/18 Science Slam World Cup. Koln, Germany.
10/18 Child Abuse & Neglect Conference. Plymouth, MI.
10/18 Fall Extension Conference. Michigan State University. East Lansing, MI.
06/18 Michigan Extension of Family and Consumer Sciences - Regional Meeting
05/18 [World Congress on Exercise is Medicine & American College of Sports Medicine](#). Minneapolis, MN.

- 04/18 Children & Youth Institute Spring Summit. Bay Harbor, MI.
 04/18 Health & Nutrition Institute Spring Summit. Bay Harbor, MI.
 10/17 [Fall Extension Conference](#). Michigan State University. Detroit, MI.
 10/17 [36th Annual Michigan Statewide Conference on Child Abuse & Neglect](#). Plymouth, MI.
 10/17 [Upper Peninsula Pain Management & Opioid Addiction Conference](#). Marquette, MI.
 10/17 [Upper Peninsula Nonprofit Conference](#). Marquette, MI.
 10/17 [Understanding Tourism for Michigan Communities](#). Marquette, MI.
 07/17 [2017 National Strength & Conditioning Association National Conference](#). Las Vegas, NV.
 04/17 [Strengthening Families through the Protective Factors Framework](#). Marquette, MI.
 02/17 [Upper Peninsula Special Education Conference](#). Marquette, MI.
 12/16 [Asia Federation of Sports Medicine Symposium, Sports Medicine in the Community](#). Sha Tin, Hong Kong.
 11/16 [5th HKASMSS Conference on Sports Medicine, Rehabilitation and Exercise Science](#). Sha Tin, Hong Kong.
 10/16 [Evidenced Based Teaching and Learning Lilly Conference](#). Traverse City, MI.
 10/16 [Society of Health & Physical Education Michigan Annual State Convention](#). Mackinac Island, MI.
 7/16 [Together At The Farm – UP Local Food Conference](#). Chatham, MI.
 6/16 [UP 4 Health Summit](#). Mackinac Island, MI.
 5/16 [Center for Teaching and Learning, Teaching Online Overview](#). Marquette, MI.
 10/15 [Nutrition-Enhanced Exemplary Physical Education Curriculum \(EPEC\) Training](#). Marquette, MI.
 8/15 [United Kingdom Strength and Conditioning Conference](#). Warwickshire, United Kingdom.
 7/15 [33rd International Conference on Biomechanics in Sports](#). Poitiers, France.
 5/15 [Great Lakes Conference on Teaching and Learning](#). Mount Pleasant, MI
 4/15 [Open Education Global Consortium Conference](#). Banff, Alberta, Canada.
 8/14 Center for Teaching and Learning: NMU's Freshman Seminar Course. Marquette, MI.
 11/14 Michigan Association for Health, Physical Education, Recreation and Dance. Traverse City, MI.
 8/14 Northern Michigan University Center for Teaching & Learning Clinic. Marquette, MI.
 5/14 Great Lakes Conference on Teaching and Learning. Central Michigan University. Mount Pleasant, MI.
 4/14 International Olympic Committee World Conference on Prevention of Injury and Illness in Sport. Monaco.
 11/13 Illinois Alliance for Health, Physical Education, Recreation and Dance Convention. St. Charles, IL. (Invited)
 6/13 The Iron Butterfly. The Cedar Tree Institute. Marquette, MI. (Invited)
 4/13 National Strength and Conditioning Association. Wisconsin State Clinic. Waukesha, WI.
 11/12 Michigan Association for Health, Physical Education, Recreation and Dance. Traverse City, MI.
 6/12 American College of Sports Medicine 59th Annual Meeting. San Francisco, CA.
 3/12 TedX Marquette. Marquette, MI.
 3/11 Midwest Strength and Conditioning Clinic. McHenry County Community College. McHenry, IL.
 7/10 XXVIIth Symposium of the International Society of Biomechanics in Sports. Marquette, MI.

UNIVERSITY SERVICE

- 5/17-1/21 Chair of the WorkLife Wellness Committee - *Michigan State University Extension*
 8/15-8/16 President's Gender Working Group - *Northern Michigan University*
 8/15-8/16 Faculty Grants Committee - *Northern Michigan University*
 8/15-8/16 Secondary Education Committee - *Northern Michigan University*
 8/15-8/16 [Excellence in Scholarship Award Selection Committee](#) - *Northern Michigan University*
 8/12-8/16 [Academic Service Learning Advisory Board](#) - *Northern Michigan University*
 8/12-8/16 Academic Service Learning Grant Review Board - *Northern Michigan University*
 1/13-5/13 Outstanding Graduating Student Committee - *Northern Michigan University*

COMMUNITY SERVICE

- 1/15-5/19 KI Sawyer Health & Wellness Coalition - *Forsyth Township, Michigan*
 1/15-5/19 KI Sawyer Health & Wellness Coalition - *Forsyth Township, Michigan*
 7/17-5/19 Action Communities for Health, Innovation & Environmental Change - *Marquette, Michigan*
 5/17-5/19 Start the Cycle - *Marquette, Michigan*
 3/17-5/20 Marquette County Cares - *Marquette, Michigan*
 3/17-5/20 Alger County Community Collaborative - *Munising, Michigan*
 1/17-5/20 Great Start Collaborative - *Marquette & Alger, Michigan*

1/17-5/19 Trusted Advisors - *Marquette & Alger, Michigan*
1/15-5/19 KI Sawyer Health & Wellness Coalition - *Forsyth Township, Michigan*
5/13-8/16 [Marquette Community Gardens Board Member](#) - [Communication Director](#) - *Marquette, Michigan*
2/9-4/14 [Michigan Child I.D. Program](#) - *Marquette, Michigan*
2/9-4/14 [Special Olympics](#) - *Marquette, Michigan*
2/9-4/14 [Lose the Training Wheels](#) - *Marquette, Michigan*
1/13-1/14 [Pump Up The Dome](#) - *Marquette, Michigan*

MEMBERSHIPS

8/15-8/18 [United Kingdom Strength and Conditioning Association \(UKSCA\)](#)
6/15-8/18 [International Society of Biomechanics in Sports \(ISBS\)](#)
11/12-1/21 [Michigan Association for Health, Physical Education, Recreation and Dance \(MAHPERD\)](#)
12/10-Present [American College of Sports Medicine \(ACSM\)](#)
1/09-8/18 [United States of America – Weightlifting \(USAW\)](#)
4/08-Present [National Strength and Conditioning Association \(NSCA\)](#)
4/04 - 1/09 [United States of America Powerlifting Association \(USAPL\)](#)

NATIONAL & INTERNATIONAL COACHING EXPERIENCE

2011 USA Weightlifting: National Junior Championships - Houston, Texas
2010 USA Weightlifting: Collegiate Nationals - Marquette, Michigan
2010 USA Weightlifting: National Junior Championships - Rochester, Minnesota
2009 International Powerlifting Federation: Sub-Juniors & Juniors World Championship - Sao Paulo, Brazil
2009 United States Powerlifting Association: High School National Championships - Killeen, Texas
2009 United States Powerlifting Association: Wisconsin State Championship - Holeman, Wisconsin
2008 International Powerlifting Federation: Sub-Juniors & Juniors World Championship - Potchefstroom, South Africa
2008 United States Powerlifting Association: High School National Championships - Kalamazoo, Michigan

ACCOLADES/SCHOLARSHIPS

- [Technology Innovation Award for Faculty - 2015 Recipient](#)
- Team USA: Olympic Weightlifting World University Team – Eilat, Israel - 2012
- USOEC All-Academic Team
- B.J. Stupack Scholarship
- Dean's List at Northern Michigan University
- National Academic Scholarship at Northern Michigan University
- Rennes Health Scholarship Recipient

CREATIVITY & CLASSROOM INNOVATION

Carlson, B. Doing New Things in New Ways in Classes

- [The Future of Health Education - Innovative Talks by Future Health Educators](#)
- <http://hl322s13.weebly.com/>
- <http://hl250.weebly.com/>
- <http://hl485.weebly.com/>
- <https://sites.google.com/site/hl240f12/home>

EXHIBITIONS

2021 Kalevala, Copper Country Community Arts Center, Hancock, Michigan

- Burma
- Xolo
- A Bears Bark
- Jesseye
- Porro

2020 A Good Day on the Trail, Noquemanon Trail Network, Marquette, Michigan

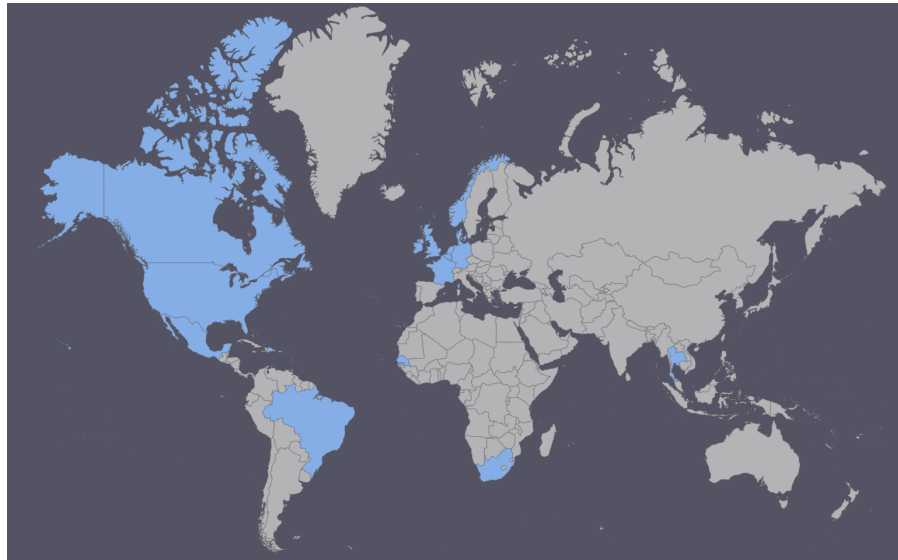
- Leaves No Trace

2020 U.P. Land Conservancy, Chocolay Bayou Preserve Art Walk, Harvey, Michigan

2015 I ♥ Marquette, [SAG](#), Marquette, Michigan

- Filaura - Viewers Choice Award Recipient
- Atamini
- Tatiana

CULTURAL IMMERSION



[Interactive Link](#)

Europe	Belgium Germany Denmark France United Kingdom Ireland Luxembourg Netherlands Norway Monaco	Norges Idrettshogskole (NIH) Norwegian School of Sport Sciences - Sognsveien, Norway University of Greenwich Centre for Sports Science & Human Performance - London, United Kingdom University of Huddersfield Health & Human Sciences - Huddersfield, United Kingdom Max Planck Institute For Human Development - Berlin, Germany Deutsch Sporthochschule German Sport University - Cologne, Germany Dublin City University Health & Human Performance Department - Dublin, Ireland
North America	Bahamas Canada Dominican Republic Mexico Puerto Rico Cayman Islands Curacao	
South America	Brazil	
Africa	Senegal South Africa	
Asia	Hong Kong Thailand	The Chinese University of Hong Kong The School of Public Health - The University of Hong Kong