Barbara A. Bushman, Ph.D., FACSM

SHOWING ONLY SCHOLARSHIP-RELATED ITEMS SINCE PROMOTION TO PROFESSOR IN 2005

PUBLICATIONS (student co-authors noted with an asterisk)

Woolf K., B. Bushman, K. Gabriel, S. Carter. Promoting healthy lifestyles during the menopausal transition: physical activity and nutrition. ACSM’s Health & Fitness Journal [ACCEPTED for publication in January 2016] [peer-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Finding the balance between overload and recovery. ACSM’s Health & Fitness Journal. [ACCEPTED for publication in January 2016] [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Promoting weight management using technology. ACSM’s Health & Fitness Journal 19(5):5-8, 2015. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Slippery slope of prediabetes. ACSM’s Health & Fitness Journal 19(3):5-9, 2015. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Sorting through the headlines. ACSM’s Health & Fitness Journal 19(1):5-8, 2015. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Kids and physical activity. ACSM’s Health & Fitness Journal 18(5):5-10, 2014. [editor-reviewed]


Bushman, B.A. Wouldn’t You Like to Know: Determining the I (Intensity) in the FITT-VP principle of exercise prescription. ACSM’s Health & Fitness Journal 18(3):4-7, 2014. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Sitting less, moving more. ACSM’s Health & Fitness Journal 18(2):6-10, 2014. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Dogs – can they help promote human health? ACSM’s Health & Fitness Journal 18(1):5-8, 2014. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Building (and keeping) strong bones. ACSM’s Health & Fitness Journal 17(6):5-9, 2013. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Exercise and sleep. ACSM’s Health & Fitness Journal 17(5):5-8, 2013. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Exercise in the heat and adequate hydration. ACSM’s Health & Fitness Journal 17(4):4-7, 2013. [editor-reviewed]
Bushman, B.A. Wouldn’t You Like to Know: Menopause and exercise. ACSM’s Health & Fitness Journal 17(3):4-7, 2013. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: A complete exercise program for healthy older adults. ACSM’s Health & Fitness Journal 17(2):6-9, 2013. [editor-reviewed]


Bushman, B.A. Wouldn’t You Like to Know: Turning your resolutions into a reality. ACSM’s Health & Fitness Journal 17(1):4-7, 2013. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Neuromotor exercise training. ACSM’s Health & Fitness Journal 16(6):4-7, 2012. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Calorie requirements for young competitive female athletes. ACSM’s Health & Fitness Journal 16(5):4-8, 2012. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Deep-water running for aerobic fitness. ACSM’s Health & Fitness Journal 16(4):4-7, 2012. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Pregnancy and exercise. ACSM’s Health & Fitness Journal 16(3):4-6, 2012. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: How can I use METs to quantify the amount of aerobic exercise? ACSM’s Health & Fitness Journal 16(2):5-7, 2012. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Exercise prescription for healthy adults. ACSM’s Health & Fitness Journal 16(1):4-7, 2012. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: Type 1 Diabetes. ACSM’s Health & Fitness Journal 15(6):5-8, 2011. [editor-reviewed]

Bushman, B.A. Wouldn’t You Like to Know: What nutritional updates are available in the 2010 Dietary Guidelines for Americans? ACSM’s Health & Fitness Journal 15(5):5-7, 2011. [editor-reviewed]


Bushman, B.A. Chapter 17: Cardiorespiratory Training Programs in ACSM’s Resources for the Personal Trainer, 3rd Edition. Lippincott Williams & Wilkins, Baltimore, 2010. [peer-reviewed]


Bushman, B.A. Controversy in Hormone Therapy. ACSM Fit Society Newsletter 5, Fall 2009. [invited feature article]


Bushman, B.A. How to get answers to our questions: finding and understanding scientific literature. International Journal of Aquatic Research and Education 2:367-371, 2008. [editor-reviewed]

**Bushman, B.A.** Exercise and Menopause. ACSM Fit Society Newsletter 3-4, Fall 2006. [invited feature article]


**ARTICLES & CHAPTERS IN PROGRESS**

Carroll, K.K., **Bushman, B.A.** Salivary immunoglobulin A, mood, and upper respiratory tract infections in collegiate women basketball players: A pilot study. [In revision for submission to peer-review journal]


**GRANT SUPPORT**

**FUNDED (internal):** Faculty Research Grant – Principle author - 2009
   “Comparison of mobile fitness testing versus standard testing procedures” ($6,352)

**FUNDED (external):** St. John’s Medical Research Board - Co-author - 2008
   “Promotion of Wellness in Working Women with Simple Interventions Study” ($21,518)
PRESENTATIONS
Focus on Physical Activity for Special Populations: Risk Factors, Race, Region
Introduction and Overview (as chair of the session)
2013 American College of Sports Medicine Annual Meeting

Menopause, the “Change of Life” – What Changes? What’s New? How Can We Help?
Menopause – Fitness (oral presentation as member of panel)
2013 American College of Sports Medicine Annual Meeting

Your Fitness ID.
2012 H.O.W. Series (Health Obesity Wellness) at Missouri State University

Your Fitness ID: Using Exercise to Improve Health
2012 Raising the Bar Webinar – Human Kinetics

Benefits of Exercise at Menopause
2009 Central States Chapter of the American College of Sports Medicine Meeting

What Does This Stuff MEAN? Understanding the Scientific Literature (with KK Carroll)
2008 American College of Sports Medicine Health and Fitness Summit

Menopause: What’s a Woman to Do? (repeated session)
2006 American College of Sports Medicine Health and Fitness Summit

Exercise and Women: Pitfalls & Potential
2006 Faculty and Student Seminar at Missouri State University

How to Get A Job: Keys to Success in the Contemporary Job Market
2005 Central State Chapter of the American College of Sport Medicine

BROADCAST INTERVIEWS
Radio MD – two segments on March 4, 2014:
• Time to Renew Your Resolutions? (http://radiomd.com/show/train-your-body/item/18450-is-it-time-to-renew-your-resolutions?)
• Key Workout Equipment Everyone Should Own (http://radiomd.com/show/train-your-body/item/18453-workout-equipment-every-body-should-own)

Radio MD – October 16, 2012
• Failing at Fitness? You Need a Goal!
• Never Too Early To Start: Exercise and Nutrition for Kids
• Can We Make Time Stand Still? A Balanced Approach to Anti-aging

Dr. Fitness & the Fat Guy – August 24, 2011
ACSM’s Complete Guide to Fitness & Health
Totally Fit Radio – July 23, 2011
  ACSM’s Complete Guide to Fitness & Health (two segments)

The Sports Medicine and Fitness Show – HealthRadio (1 hour) – May 24, 2011
  ACSM’s Complete Guide to Fitness & Health (including four 15 minute segments):
  - Physical Activity Guidelines: Setting SMART Goals
  - The New Dietary Guidelines for Americans
  - All the Components of a Well Rounded Exercise Program,
  - Special Considerations for Special Populations.

The Outspoken Cyclist – May 21, 2011
  ACSM’s Complete Guide to Fitness & Health

The Sports Medicine and Fitness Show – HealthRadio (1 hour) – June 20, 2009
  Exercise and Menopause (including four 15 minute segments):
  - Menopause: Signs and Symptoms
  - The Myths Surrounding Traditional Menopause Management
  - Can Exercise Help Control Menopause?
  - Alternative Methods for Menopausal Women

Health Talk Webcast (1 hour) – August 26, 2008
  Exercise Your Way to a Better Menopause

UNDERGRADUATE STUDENT RESEARCH MENTORSHIP
Missouri State University – undergraduate research:
  2011 – Daniel Anthony, Austin Beck – Effect of static stretching on anaerobic power

Missouri State University – undergraduate research – Sports Medicine and Athletic Training:
  Worked with seniors in SMAT related to research methods and development of research projects (series of classes within ATC 425)
  2006 - Jess Hicks, Katie Horton, Amy Luke, and Meghan Reilly - Comparison of the effects of standing and seated hamstring stretching on hamstring flexibility and hip and knee range of motion
  2006 - Hajime Takashima, Erin Thiltgen, and Zach Liston - The effect of wrist flexion exercise on grip strength
  2006 - Jesse Herrington, Jason Muchow, and Claire Powell - The efficiency of two durations of hamstring stretching on active knee extension
  2007 - Christina Bahner, Nathaniel Burney, Daniel Fischer, Gary Herman, Kathryn Larko - The effects of cold water immersion on agility performance
  2007 - Jessica Bright, Ann Murray, Jessica Caine, Anna Leyland, Andrew Wilkinson - The effects of forefoot versus rearfoot joint mobilization on dynamic balance
  2007 - Lynnette Garten, Joanie Hatterman, Kelly Hawkins, Megan Kennedy, Suzanne Rodgers - Comparison of the effects of intrinsic versus extrinsic ankle strengthening on balance performance
GRADUATE STUDENT RESEARCH MENTORSHIP
Missouri State University - graduate student theses:
   2014 Committee member: Joseph Sherman – *Physiological and psychological impacts of various methods of resistance training*
   2012-13 Committee member: Miranda Walton – *Investigating attitudes and subjective norms toward sedentary behaviors*
   2008 Chair (not completed): Tasha Tibbetts - *Effect of an orthotic on hallux limitus*

Missouri State University - graduate student projects (complete):
   2007 Terea Brandenburg - *Social Physique Anxiety, Obligation to Exercise, and Exercise Patterns in College Women*
   2006 Hui-Wen Chu - *Social Physique Anxiety and Obligation to Exercise in College Students*

BRIEF RESEARCH-RELATED SUMMARIES


RESEARCH AWARD
Missouri State University; Health & Human Services–Summer Research Support; 2008

EDITORSHIPS and REVIEW ACTIVITIES

Associate Editor – *ACSM’s Health & Fitness Journal* (2011 – present)


Editor – *ACSM’s Complete Guide to Fitness and Health* (2009-2011)

Associate Editor – *ACSM’s Resources for the Personal Trainer, 3rd edition* (2008-2009)
Manuscript reviewer: *Medicine & Science in Sports & Exercise; ACSM’s Health & Fitness Journal; Women & Health; Missouri Journal of Health, Physical Education, Recreation, and Dance; Health Education & Behavior; Current Sports Medicine Reports*

**COMMUNITY PRESENTATIONS AND DISCIPLINE-RELATED APPLIED ACTIVITIES**

*Your Fitness ID: Using Exercise to Improve Your Health…AND Your Life.*
- 2012 Lebanon United Methodist Church – Family First Series (April 11, 2012)
- 2012 Liberty Baptist Church (May 23, 2012)

**CoxHealth Fitness Center (October 11, 2011)**
- Speaker at staff meeting regarding use of ACSM’s Complete Guide to Fitness & Health in health center setting

**Victory Mission (July 29, 2009)**
- Speaker at staff development meeting – topic: Exercise for Life: Maximizing Health Benefits

**Exercise for Women and the Many Benefits Related to Health**
- 2007 Outdoor Fitness Festival Seminar – Springfield MO

**Exercise Physiology**
- 2007 USA Triathlon Level I Coaching Certification Clinic - Springfield MO

**L.I.F.E. project (Lifelong Involvement in Fitness and Exercise) (2005-2006)**
- Fitness/health program based on *Action Plan for Menopause* book conducted with employees of local not-for-profit organization
## SUMMARY MATRIX OF RESEARCH ONLY SINCE PROMOTION TO PROFESSOR RANK IN 2005

**Two peer-reviewed publications OR one peer-reviewed publication and one externally funded grant**

[Achieved 9x the departmental requirement with a total of 17 peer reviewed publications and 1 externally funded grant]

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**PLUS Documented evidence of one of the following: one international or national professional research presentation, OR two state or regional professional presentations, OR combination of state & regional/district presentations**

[Achieved 4x the departmental requirement with 4 national and 1 state presentation]

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**PLUS two quality growth indicators**

[Achieved approximately 25x the departmental requirement with nearly 50 growth indicators]

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* Editorship in some cases spans multiple years (e.g., ongoing work as associate editor of ACSM’s Health & Fitness Journal began in 2011)

** Professional reviews were not tracked by year, however I have served as a manuscript reviewer for 6 different journals thus resulting in a total of 19 for this growth indicator (13 related to editorship activities and 6 for reviews).