**CURRICULUM VITAE**

# Debra A. Stroiney, Ph.D.

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| EDUCATION |

**Doctor of Philosophy - Exercise Physiology**

Springfield College, Springfield, MA 2014

**Dissertation:** *The Effects of Myofascial Release on Running Performance*

**Master of Science, Exercice Science - Exercice & Sport Psychology**

Southern Connecticut State University, New Haven, CT 2009

**Thesis:** *The Self-Regulation of Interest in Exercise Adherence*

**Bachelor of Arts - Psychology**

Boston University, Boston, MA 2001

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| PROFESSIONAL APPOINTMENTS |

**Assistant Professor, Academic Program Coordinator,** 2018 – Present

Kinesiology

George Mason University

Fairfax, VA

**Assistant Professor,** 2014 - Present

Department of Sport & Exercise Science

Gannon University

Erie, PA

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| **PUBLICATIONS** |

**Stroiney, D.,** Morkis, R., Ranney, J., & Hannah, G. (2020). Examination of Self-Myofascial Release vs.

Instrument-Assisted Soft-Tissue Mobilization Techniques on Vertical and Horizontal Power in Recreational Athletes. Journal of Strength & Conditioning Research, 34(1), 79-88.

**Stroiney, D**., Herrick, SL, Paolone, VJ, & Matthews, TD (2020).  The Effects of an Acute Bout of Self-

Myofascial Release on the Physiological Parameters of Running. *International Journal of Exercise Science, 13*(3), 113-122.

**Manuscripts in Preparation**

Stroiney, D., Ghoddosi, N., Ranney, J.: Mood has a predictor of exercise intensity during a group cycling class.

Stroiney, D., Ranney J.: Motivation to exercise as a predictor of exercise intensity during a group cycling class.

**Current Project**

* Exercise Is Medicine – Examination of referral system and exercise programming for those individuals at risk for chronic disease.

**Abstract Publications**

**Stroiney, D.,** Ghoddosi, N., Biscardi, L., Garcia, C. (2020). Examination of Consumer Level Activity

Monitors When Compared To Gold Standard Assessments Of Steps, Energy Expenditure And Heart Rate. *Medicine and Science in Sports and Exercise (TBD).*

**Stroiney, D.,** Ghoddosi, N., & Ranney, J. (2019). Exercise Intensity as a Predictor of Mood States

During a Group Cycling Class. *Medicine & Science in Sports & Exercise, 51*(6), 727.   doi: 10.1249/01.mss.0000562668.92226.ef

Flink, T., **Stroiney, D**., Wojnarowski, K. (2018). Acute Changes in Positive Well-being,

Psychological Distress, and Fatigue after Group Exercise in Older Adults. *International Journal of Exercise Science, 9(7). Conference Proceedings*

**Stroiney, D.,** Morkis, R., Ranney, J., & Hannah, G. (2018). Examination of Self-Myofascial Release vs.

Instrument-Assisted Soft-Tissue Mobilization Techniques on Vertical and Horizontal Power in Recreational Athletes. *International Journal of Exercise Science, 6(9). Conference Proceedings*

**Stroiney, D.,** Mokris, R., Ranney, J., & Hanna, G. (2017)**.** An Examination of Self-Myofascial

Release vs. Instrument Assisted Soft Tissue Mobilization Techniques on Vertical and Horizontal Power in Recreational Athletes.*Medicine and Science in Sports and Exercise***,** *49*(5S).

**Stroiney, D**., Herrick, S., Vitti, S., Bossie, J. & Paolone, V. (2015). The effects of an acute bout

of self-myofascial release on the physiological parameters of running. *Medicine & Science in Sports & Exercise*, *47* (5S), 941-951.

**Stroiney, D**.; Herrick, S.; Vitti, S.; Bossi, J.; and Paolone, V. (2016) "The Effects of an Acute

Bout of Self-Myofascial Release on the Physiological Parameters of Running," International Journal of Exercise Science: Conference Proceedings: Vol. 9 : Iss. 4, Article 98. http://digitalcommons.wku.edu/ijesab/vol9/iss4/98

Mertens, E., D’Eon, S., **Stroiney, D**., Brown, J., Paolone, V. (2015). Skinfold thickness as a

predictor of 5K performance for trained, female runners. Medicine & Science in Sports & Exercise, *47* (5S), 114-126.

Mertens, E., D’Eon, S., **Stroiney, D**., Brown, J., Paolone, V. (2014). Physiological Parameters for the

prediction of 5k performance for female endurance runners. *Medicine & Science in Sports & Exercise*, *46* (5S), 943-952.

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| **CONFERENCE PROCEEDINGS** |

**Podium Presentations:**

**American College of Sports Medicine Mid-Atlantic Regional Meeting**

November 2015, Harrisburg, PA

* Stroiney, D., Herrick, S., Vitti, S., Bossie, J. & Paolone, V. (2015). The effects of an acute bout of self-myofascial release on the physiological parameters of running

**Poster Presentations:**

**American College of Sports Medicine Annual Meeting**

**May 2020 – Canceled COVID-19**

* Stroiney, D.,Ghoddosi, N., Biscardi, L., Garcia, C. (2020). Examination of Consumer Level Activity Monitors When Compared To Gold Standard Assessments Of Steps, Energy Expenditure And Heart Rate

**American College of Sports Medicine Annual Meeting**

**May 2019**

* Stroiney, D**.,** Ghoddosi, N., & Ranney, J. (2019). Exercise Intensity as a Predictor of Mood States

**American College of Sports Medicine Mid-Atlantic Regional Meeting**

**November 2018**

* Flink, T., **Stroiney, D**., Wojnarowski, K. (2018). Acute Changes in Positive Well-being, Psychological Distress, and Fatigue after Group Exercise in Older Adults.

**American College of Sports Medicine Mid-Atlantic Regional Meeting**

**November 2017, Harrisburg, PA**

* **Stroiney, D.,** Morkis, R., Rainy, J., & Hannah, G. (2016). The effects of self-administered myofascial release and IASTM on performance in recreational athletes.

**American College of Sports Medicine Annual Meeting**

**May 2015, San Diego, CA**

* Stroiney, D., Herrick, S., Vitti, S., Bossie, J. & Paolone, V. (2015). The effects of an acute bout of self-myofascial release on the physiological parameters of running

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| TEACHING EXPERIENCE |

**George Mason University, Fairfax, VA**

**Kinesiology Program**

*Undergraduate Courses*

* Exercise Physiology (Fall 2018 – Present)
* Research Methods (Fall 2018 – present)
* Exercise Programming (Fall 2018 – Present)
* Introduction to Kinesiology (Fall 2018 – Present)
* Kinesiology Internship I (Summer 2019, 2020)

*Graduate Courses:*

* Sport & Exercise Psychology (Spring 2020)
* Independent Study (Spring 2020)
* Master’s Thesis (Fall 2020)
* Doctoral Independent Study (Fall 2019)
* Doctoral Advanced Internship (Fall 2019)

*Graduate Student Thesis/Dissertation Committees:*

* Lauren Biscardi (2019-Present)
* Richard Shaw (2019-Present)
* Bishop Guempel (2020)

**Gannon University, Erie, PA**

**Department of Sport & Exercise Science**

*Undergraduate Courses*

* First Year Seminar (Fall, 2016 - Present)
* Foundations of Sport & Exercise Science (Fall 2014-Present)
* Practicum in Sport & Exercise Science (Fall 2014-Present)
* Nutrition for Sport & Exercise (Spring 2014 - Present)
* Group Fitness Instruction & Management (Spring, 2015-Present)
* Psychosocial Aspects of Exercise & Physical Activity (Spring, 2014)
* Fitness Assessment & Exercise Prescription (Fall 2014, Spring 2015)

*Graduate Courses*

* Research Methods & Statistics in Human Performance (Summer, 2015)
* Advanced Strength & Conditioning (Summer, 2016)
* Psychological Foundations of Performance (Fall, 2016 - Present)

**Springfield College, Springfield, MA**

**Department of Exercise Science & Sports Studies**

Lab Instructor/Teaching Fellow for the following courses:

*Undergraduate*

* Exercise Physiology (Fall 2011, 2013)

*Graduate*

* Cardiovascular Exercise Physiology (Fall 2013)
* Environmental Exercise Physiology (Spring, 2014)

**Springfield College, Springfield, MA**

**Office of Campus Recreation**

* Group Exercise Instructor Training Course (2011-2013)
* Practicum in Sport & Exercise Science (2011 – 2013)

**Holyoke Community College, Holyoke, Ma**

* Introduction to Wellness & Fitness (Spring, 2010)

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| SERVICE |

**Service to the Profession**

**International Journal of Exercise Science,** May 2017 – Present

Peer Reviewer

**American College of Sports Medicine Health & Fitness Journal,** September 2019 – Present, Peer Reviewer

**American College of Sports Medicine Annual Meeting, May 2019**

Session Chair

**American College of Sports Medicine, Mid-Atlantic Regional Meeting,** November 2017Poster Session Moderator

**Program & College Service**

**Academic Advisor Kinesiology Undergraduate Program,** Spring 2020-Present

School of Kinesiology,George Mason University, Fairfax, VA

**Professional Development Committee,** Starting Fall 2020

College of Education & Human Development, George Mason University, Fairfax, VA

**Curriculum Committee, Fall 2019 to Present**

School of Kinesiology, George Mason University, Fairfax, VA

**New Faculty Mentor Committee, Fall 2019 to Present**

College of Education & Human Development, George Mason University, Fairfax, VA

**Graduate Thesis Committee Member,** Fall 2014 – Present

Gannon University, Erie, PA

*Students’ Advised:*

Clounner, 2016-2017

Bunker, 2016-2017

Barton, 2015-2016

Sylvester, 2015-2016

Celeski, 2014-2015

**Graduate Student Acceptance Committee,** Spring 2015 – Present

Gannon University, Erie, PA

**Gannon University Indoor Triathlon,** Spring 2016 – Present

Faculty Mentor/Co-Race Director

Gannon University, Erie, PA

**Pump-Kin Run 5k sponsored by the Exercise Science Club,** Fall2014 - Present

Volunteer Coordinator

Gannon University, Erie, PA,

**Sport & Exercise Science Senior Night,** May 2016, 2017

Coordinator

Gannon University, Erie, PA

**Tri Fit Program,** Spring 2016 - Present

Faculty Mentor, Guest Speaker

Gannon University, Erie, PA

**Graduate School Admission Preparation Workshop,** Fall 2016

Faculty Presenter

Gannon University, Erie, PA

**University Service**

**Exercise Is Medicine on Campus Advisor, Fall 2019 to Present**

George Mason University, Fairfax, VA

**Freedom & Aquatics Center Board of Directors, Spring 2020 – Present**

Board Member

George Mason University, Fairfax, VA

**Freshman Orientation, Summer 2018 to Present**

School of Kinesiology, George Mason University, Fairfax, VA

**Academic Affairs Committee, Chair,** Fall 2017-Present

Morosky College, Gannon University, Erie, PA.

**Academic Affairs Committee Member,** Fall2015 - Present

Morosky College, Gannon University, Erie, PA.

**Service-Learning Committee member,** Fall 2015 – Present

Gannon University, Erie, PA

**Celebrate Gannon Planning Committee, Fall** 2017 – Present

Gannon University, Erie, PA

**Faculty Engagement Event: Exercise is Medicine,** Fall 2017

Event Coordinator

Gannon University, Erie, PA

**First Year Seminar Revisal Committee,** Fall2016 – Present

Gannon University, Erie, PA

**Celebrate Gannon – Presentation Judge,** Spring 2015 – Present

Gannon University, Erie, PA

**Freshman Orientation,** Summer 2015 - Present

Faculty Representative

Gannon University, Erie, PA

**Search Committee – Ruskin Campus D.P.T. Faculty**, Spring 2016

Gannon University, Erie, PA

**Interprofessional Committee Member,** Fall2014 – Spring 2015

Gannon University, Erie, PA

**Community Service**

**Triathlon Coach,** M3 Performance Center, November 2019 - Present

**Erie Triathlon Club, Board Member/Vice President**, Feb.2015 – Present

Erie, PA

**Because You Care Pet Adoption Shelter,** Feb**.** 2015-Present

McKean, PA

**Event Volunteer:**

* + **Presque Isle Triathlon,** August 2017
  + **Edinboro Triathlon,** June 2017
  + **Big Fish Triathlon,** June 2017
  + **Erie Marathon,** September 2015
  + **Life is a Beach Triathlon,** August 2015

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| **PROFESSIONAL DEVELOPMENT** |

**ACSM – Women to Fellow Mentor Program, Protégée, May 2019 to Present**

**American College of Sports Medicine Annual Meeting, May 2019**

Orlando, FL

**Online Course Training, Fall 2018**

**College of Education & Human Development, George Mason University**

Fairfax, VA

**George Mason Excellence in Teaching Conference, September 2019**

George Mason University, Fairfax, VA

**American College of Sports Medicine Mid-Atlantic Meeting, November 2018**

Harrisburg, PA

**American College of Sports Medicine Mid-Atlantic Meeting, November 2017**

Harrisburg, PA

**Blackboard Organization Development, November 2017**

Gannon University, Erie, PA

**Writing Retreat, October 2017**

Gannon University, Erie, PA

**Rank & Tenure Workshop, June 2017**

Gannon University, Erie, PA

**Title IX Training, August 2016**

Gannon University, Erie, PA

**Online Course Development, August 2016**

Center of Excellence in Teaching, Gannon University, Erie, PA

**American College of Sports Medicine Annual Meeting, 2016**

Boston, MA

**American College of Sports Medicine Mid-Atlantic Meeting, 2015**

Harrisburg, PA

**American College of Sports Medicine Annual Meeting, 2015**

San Diego, CA

**Blackboard Course Training, 2014-2015**

Center of Excellence in Teaching, Gannon University, Erie, PA

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| **RELATED WORK EXPERIENCE** |

**Group Fitness Instructor**  2015 - 2018

Gannon University**,** Erie, PA

Pennbriar Health & Fitness Club, Erie, PA

**Graduate Assistant – Campus Recreation** 2011 – 2013

Springfield College**,** Springfield, MA

* Group fitness instruction
* Personal Training
* Supervision and evaluation of group fitness instructors
* Health promotion presentations to student & faculty
* Fitness and health Programming

**Running Coach & Fitness Instructor** 2012 – 2014

Active Lifestyle Fitness**,** Agawam, MA

* Couch to 5k Head Coach
* Group fitness instructor
* 10K Run Program Coach

**Health Fitness Specialist** 2009 – 2011

Work-Fit a Division of Healthtrax, Inc.

Pratt & Whitney - East Hartford, CT

* Personal training
* Group fitness instruction
* Health promotion programming
* Membership enrollment and retention

**Ballroom Dance Instructor/Studio Manager** 2004 – 2009 Fred Astaire Dance Studios, Inc.,West Hartford, CT

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| **PROFESSIONAL MEMBERSHIPS AND CERTIFICATIONS** |

* American College of Sports Medicine – Member
* American Red Cross – CPR/AED and First Aid
* Les Mills Body Pump Certification
* Keiser M3 Indoor Cycling Certification
* AFAA Group Exercise Instructor Certification
* W.I.T.S. Certified Personal Fitness Trainer
* Zumba Fitness – Basic Steps Level 1 Certification
* Trigger Point Performance Therapy – Myofascial Compression Technique
* Fred Astaire Dance Studios Ballroom Instruction Certification