

Courtney Monroe, PhD

**For full CV, please contact Dr. Monroe*

Postdoctoral Fellow-Technology Center to Promote Healthy Lifestyles (TecHealth)

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BIOGRAPHICAL INFORMATION:

Education and Training:

B.S., Eastern Illinois University, Charleston, IL, 2006, Education
M.S., Illinois State University, Normal, IL, 2009, Kinesiology and Recreation
Ph.D., University of Tennessee, Knoxville, TN, 2014, Kinesiology and Sport Studies
University of South Carolina-TecHealth, Postdoctoral Fellow, 2014-present

Academic Positions:

2014-present , University of South Carolina, *Postdoctoral Fellow*
Fall 2012-Spring 2014, University of Tennessee, Department of Kinesiology, Recreation, and Sport Studies *Graduate Teaching Associate*
Summer 2012 and Summer 2013, University of Tennessee, Department of Kinesiology, Recreation, and Sport Studies, *Exercise Physiology Laboratory Instructor*
Fall 2011-Spring 2012, University of Tennessee, Department of Kinesiology, Recreation, and Sport Studies, *Graduate Associate*
2010-2011, Old Dominion University, Department of Human Movement Sciences, *Undergraduate Coordinator (Exercise Science Degree Program) and internship coordinator (graduate and undergraduate ES degree program)*
2009-2011, Old Dominion University, Department of Human Movement Sciences, *Full-time Lecturer and Undergraduate Adviser (Exercise Science Degree Program)*
Fall 2007-Spring 2009, Illinois State University, School of Kinesiology and Recreation, *Graduate Assistant (Instructor)*

Memberships:

The Obesity Society
American College of Sports Medicine
Southeast American College of Sports Medicine
Society of Health and Physical Educators

Honors and Awards:

Chancellor's Honors: Extraordinary Professional Promise Award (University of Tennessee), 2014
Edward K. Capen Award for research achievements (University of Tennessee), 2014
Nominated to serve on the Dean's Graduate Student Advisory Board (University of Tennessee), 2013-2014
Cifers Fellowship (University of Tennessee), Summer 2012 and Summer 2013
Shining Star Award. Awarded to inspiring faculty by the Division of Student Affairs (Old Dominion University), 2011
Outstanding Graduate Teaching Assistant Award (Illinois State University), 2009
Graduate Summa Cum Laude (Eastern Illinois University), 2006
Dorothy M. Hart Memorial Scholarship (Eastern Illinois University), 2006
Mortar Board member, 2006
Physical Education Honors Club member (Eastern Illinois University), 2006
Dean's Scholarship (Bradley University), Fall 2002-Fall 2003
Athletic Scholarship, Softball (Bradley University), Fall 2002-Fall 2003
Member of Phi Kappa Phi (collegiate honor society)
Member of Kappa Delta Pi (international honor society in education)
Member of Golden Key International Honor Society

Certifications:

Certified Exercise Physiologist (EP-C), *American College of Sports Medicine*, 2009-Present
Initial Special Teaching Certification (Physical Education grades K-12 and Health Education grades 9-12),
Illinois State Board of Education, 2006-Present
Certified in Lay Responder CPR/AED/First Aid, *American Red Cross*, 2006-Present
Exercise is Medicine (EIM) - Credential Level II, *American College of Sports Medicine*, 2015

RESEARCH INTERESTS:

- Established and emerging eHealth and mHealth technologies for promoting and assessing health behavior changes and outcomes
- Physical activity promotion and measurement in adults
- Obesity prevention and treatment for adults

RESEARCH:

Current Intramurally-funded Grants:

NETworks for Weight Loss. Funded by Advanced Support for Innovative Research Excellence (ASPIRE)-1, Track 2-B grant for postdoctoral scholars, Office of the Vice President for Research, University of South Carolina

Role: Principal Investigator

This study evaluates whether a social support network for participants in a behavioral weight control program can be enriched through the shared use of technology and social media. Participants in this weight control program are provided with WiFi-enabled scales and physical activity trackers to determine the best methods of facilitating weight loss and sustained weight control behaviors.

Dates: 2015-present

HealthE U: Using Social Media and Technology to Prevent Weight Gain and Promote Awareness of HPV Vaccination among Freshman. Funded by USC Arnold School Technology Center

Role: Investigator

This pilot study utilizes social media, fitness trackers, apps and bluetooth scales to inform and engage college freshmen in methods to maintain a healthy weight and prevent cervical through HPV vaccination. This cancer prevention and control pilot study was conducted in collaboration with the College of Charleston and has been extended to a Gamecock HealthE U pilot currently underway on the USC Columbia Campus

Dates: 2013-present

Current Extramurally-funded Grants:

Internet Assisted Obesity Treatment: Enhanced by Financial Incentives (iREACH3), National Institutes of Health, (NIDDK) (RO1)

Role: Interventionist

A study examining whether financial incentives added to a proven online lifestyle program improve weight loss outcomes. Recruitment will begin in Jan 2016 for this technology-delivered weight control program and 208 overweight and obese individuals from the Columbia Metropolitan area will be enrolled and provided an evidence-based behavioral weight control program at no charge to them.

Dates: 8/01/15-06/31/2020

SELECTED PUBLICATIONS:

Articles in Peer-reviewed Journals

1. **Monroe CM,** Thompson DL, Bassett DR Jr., Fitzhugh EC, Raynor HA. Usability of mobile phones in physical activity-

related research: A systematic review. *American Journal of Health Education.* 2015;46(4):196-206. <http://www.tandfonline.com/doi/full/10.1080/19325037.2015.1044141#.VdN7RPiVhBc>

2. **Monroe CM,** Thomas DQ, Lagally K, Cox A. Relation of college students' self-perceived and

measured health-related physical fitness. *Perceptual and Motor Skills*. 2010;111(1):229-239.
<http://www.amscepub.com/doi/abs/10.2466/06.07.13.PMS.111.4.229-239>

Articles in Lay Publications

1. **Monroe CM**. Making physical activity a part of daily life. *American College of Sports Medicine's Fit Society Page Newsletter*. 2013;15(3):1-7.
<https://www.acsm.org/docs/fit-society-page/acsmfsp15-3.pdf?sfvrsn=0>

Published Abstracts

1. **Monroe CM**, Thompson DL, Bassett DR Jr., Fitzhugh EC, Raynor HA. Effect of adding online social support tools to an adult walking program: Randomized controlled trial. *Medicine & Science in Sport & Exercise*. 2015;47(5S):388.
http://journals.lww.com/acsm-msse/Fulltext/2015/05001/C_39_Free_Communication_Poster_Physical_Activity.91.aspx
2. **Monroe CM**, Thompson DL, Bassett DR Jr., Fitzhugh EC, Raynor HA. Usability of mobile phones in physical activity-related research: A systematic review. *Medicine & Science in Sport & Exercise*. 2014;46(5S):594. http://journals.lww.com/acsm-msse/Fulltext/2014/05001/E_18_Thematic_Poster_Novel_Approaches_to_Improve.134.aspx
3. Sparks A, Colby S, Kavanagh K, Hansen-Petrik M, Appelo S, Wilkerson B, **Monroe C**, Thompson D. Protein and college males: Knowledge, behaviors, and recommendations. *FASEB Journal*. 2014;28(1):S633.3.
http://www.fasebj.org/content/28/1_Supplement/633.3
4. **Monroe CM**, Thomas DQ, Lagally KM, Cox A. Relationship between self-perceived and measured health-related physical fitness among college students. *Medicine & Science in Sport & Exercise*. 2009;41(5):S193.
http://journals.lww.com/acsm-msse/Fulltext/2009/05001/Relationship_Between_Self_perceived_And_Measured.2181.aspx

COURSES TAUGHT:

Undergraduate

University of Tennessee

Exercise Physiology laboratory, KNS 480

Old Dominion University

Introduction to Exercise Science, EXSC 225

Strength and Conditioning Leadership laboratory, EXSC 250

Lifetime Fitness and Wellness, EXSC 403

Exercise Testing for Normal and Special Populations lecture and laboratory, EXSC 415

Guest Lectures

Undergraduate

University of Tennessee

Exercise Physiology, KNS 480

Topic: Skeletal Muscle Function