

CURRICULUM VITAE

Eydie N. Kramer – Master's of Sport and Exercise Psychology

School of Kinesiology
University of Minnesota
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EDUCATION

BACHELOR OF ARTS | 2008-2012 | GUSTAVUS ADOLPHUS COLLEGE, ST. PETER, MN

Major: Art Studio
Concentration: Exercise Science, Coaching
Varsity Sport: Swimming and Diving Team, Fall 2008-Spring 2012

MASTER OF ARTS | 2013-2015 | MINNESOTA STATE UNIVERSITY, MANKATO

Major: Sport and Exercise Psychology
Advisors: Cindra Kamphoff, PhD; Jed Blanton, PhD
Capstone Project: Internet Approaches to Healthy Lifestyles Behaviors for the Family
GPA: 3.97

DOCTOR OF PHILOSOPHY | 2015 -CURRENT | UNIVERSITY OF MINNESOTA, MINNEAPOLIS, MN

Major: Kinesiology; Minor: Public Health
Concentration: Behavioral Aspects of Physical Activity
Advisor: Daheia Barr-Anderson, PhD
Research Assistantship: Volunteer RA: Fall 2015 Spring 2016, Research Assistant: Fall 2016.
Student Organizations: Spring 2016, Fall 2016: Kinesiology Student Council; Fall 2016: Exercise is Medicine On Campus Student Representative.
Current GPA: 3.90

POSITIONS/EXPERIENCE

Professional Academic Appointments

EXERCISE PSYCHOLOGY INSTRUCTOR | CENTER FOR SPORT AND PERFORMANCE PSYCHOLOGY – MINNESOTA STATE UNIVERSITY, MANKATO | 2014-2015

Exercise Psychology Graduate Student Instructor at The Center for Sport and Performance Psychology at Minnesota State University, Mankato.

Workshops (Primary Author of Workshop, Eydie Kramer):
Participants per Workshop: 10-25

“Spring into the New You!” and “Master Your Mindset” healthy lifestyle behavior-change workshops.

Semesters Taught: Spring 2014, Winter 2015, Spring 2016

Primary Responsibilities: Delivered engaging mental skills strategies for high performance in group settings. Workshop coordinator for “Master Your Mindset” (formally “Spring Into A New You!).

INSTRUCTOR | PHYSICAL ACTIVITY PROGRAMS, UNIVERSITY OF MINNESOTA | 2015-2017

Graduate student instructor for University of Minnesota undergraduate and graduate students who enrolled in Physical Activity Programs (PAP) courses.

Course: PE 1007 Beginning Swimming Students per Course: 15-20
Semesters Taught: Fall 2015, Spring 2016, Fall 2016, Spring 2017
Sections Taught: 4/semester

Course: PE 1014 Conditioning Students per Course: 30-45
Semesters Taught: Fall 2015, Spring 2016, Sections Taught: 2/semester

INSTRUCTOR | SCHOOL OF KINESIOLOGY, UNIVERSITY OF MINNESOTA | 2017-CURRENT

Graduate student instructor for University of Minnesota undergraduate students enrolled in KIN 3001 Lifetime Health and Wellness course.

Course: KIN 3001 Lifetime Health and Wellness Students per Course: 60-80
Semesters Taught: Fall 2017, Spring 2018 Sections Taught: 1/semester

Research Appointments

RESEARCH ASSISTANT | BEHAVIORAL PHYSICAL ACTIVITY LABORATORY, UNIVERSITY OF MINNESOTA | FALL 2015-CURRENT

Research Assistant in Behavioral Physical Activity Laboratory (BPAL), University of Minnesota. Major research appointments are outlined, below.

Research Project: “I HEART Yoga”

Principal Investigator: Daheia Barr-Anderson, PhD.

Purpose of Study: Addressing cardiovascular disease risk factors in overweight, African-American women.

Primary Responsibilities: Qualtrics Survey creation and dissemination, digital and social media recruitment methods, study logo digital imagery creation, collection of anthropometric data from study participants, data entry, and data analysis.

Research Project: “Hairiers”

Principal Investigator: Daheia Barr-Anderson, PhD.

Purpose of Study: Investigate hair as a barrier for physical activity among African-American females.

Primary Responsibilities: Qualtrics Survey creation and dissemination, digital and social media recruitment methods, study logo digital imagery creation.

Research Project: “Family Intervention Techniques (F.I.T.)”

Principal Investigator: Daheia Barr-Anderson, PhD.

Purpose of Study: A mixed method assessment of the family influence on weight-related behaviors among African-Americans.

Primary Responsibilities: Study participant recruitment, participant screening, collection of anthropometric data from study participants, and study logo digital imagery creation.

Research Project: “Initiating Feelings of Individual Transformation (I-FIT)”

Principal Investigator: **Eydie Kramer, MA**

Co-Investigator and Advisor: Daheia Barr-Anderson, PhD

Pilot Study #1 for Proposed Dissertation

Purpose of Study: Investigate the psychological outcomes of brief physical activity immersive camp interventions (3-7 weeks) for overweight and obese youth. Primary outcomes of interest: physical activity, Exercise Identity, and weight loss.

Primary Responsibilities: Study design, IRB application and approval process, participant recruitment, facilitation of participants in survey completion, data entry, data analysis, study summarization of major findings.

Research Project: “Strength. Health. Exercise – Feelings of Individual Transformation (SHE-FIT)”

Principal Investigator: **Eydie Kramer, MA**

Co-Investigator and Adviser: Daheia Barr-Anderson, PhD

Pilot Study #2 for Proposed Dissertation

Purpose of Study: Investigate the psychological and behavioral outcomes from a 1-week immersive camp intervention, and an 8-week eHealth behavior-change program in two cohorts of adolescent girls: normal weight vs. overweight/obese. Primary outcomes of interest: physical activity, Exercise Identity, diet, Healthy Eater Identity, enjoyment of physical activity, and familial support for exercise and healthy eating habits.

Primary Responsibilities: Creation of online eHealth program, and dissemination of eHealth intervention. Study participant recruitment, participant screening, intervention design and programming, travel to research sites in Colorado and Wisconsin, collect survey data, data entry, data analysis, study summarization of major findings.

VOLUNTEER RESEARCH ASSISTANT | SCHOOL OF NURSING/SCHOOL OF PUBLIC HEALTH, UNIVERSITY OF MINNESOTA | SUMMER 2017-CURRENT

Volunteer Research Assistant on the R01, NIH/NHLBI “New Ulm at Home (NU-HOME)” Study.

Research Project: “New Ulm at Home (NU-HOME)”

Principal Investigator: Jayne Fulkerson, PhD

Purpose of Study: To test the effectiveness of the NU-HOME program, a family-based health promotion intervention to prevent excess weight gain among 7-10-year-old children in rural communities.

Primary Responsibilities: Data collection, assist in the creation of physical activity materials for research program sessions, and creation of online physical activity materials for research families.

Professional Behavioral Health Appointments

FITNESS AND BEHAVIORAL HEALTH COACH | WELLSRING BEHAVIORAL HEALTH CAMPS FOR INDIVIDUALS WITH OVERWEIGHT AND OBESITY| 2013-2016

Fitness and behavior coach at Wellspring Camps, a premier organization which specializes in lifestyle change and behavioral health strategies for overweight and obese youth from across the globe.

Fitness Coach: Summers 2013-2014

Clients per summer: 40-60

Primary Responsibilities: Instructed a variety of Group Fitness formats for clients (step aerobics, high intensity, cycle, aqua). Supervised and ensured the physical and emotional safety of clients.

Head Counselor/Coach: Summer 2015

Clients per summer: 40-60

Primary Responsibilities: Instructed a variety of Group Fitness formats for clients (step aerobics, high intensity, cycle, aqua). Supervised and ensured the physical and emotional safety of clients. Supervised a team of four fitness coaches throughout the summer. Provided feedback to fitness team, corresponded with client’s parents, and addressed client’s questions or concerns. Dealt with conflict resolution.

Behavioral Health Coach: Summer 2016

Clients per summer: 40-50

Primary Responsibilities: Provided CBT (cognitive-behavioral therapy) strategies to clients throughout the summer. Led four group therapy sessions per week, and met with 10-20 different clients per week. Provided meaningful and adaptive strategies which clients utilized in their behavior change journey. Recorded medical DAP notes, conducted suicidal ideation assessments, and reported self-injurious behaviors to clinical supervisor. Corresponded with client parents, clinical supervisor, program fitness coach and head coach staff, and camp director. Dealt with conflict resolution.

Current Membership in Professional Organizations

Association for Applied Sport Psychology (AASP) Member

Dates: 2014-2015

American College of Sports Medicine (ACSM) Member

Dates: 2016-Current

The Obesity Society (TOS) Member – Pediatric Obesity Section; Research in Diverse Populations Section; eHealth/mHealth Section

Dates: 2017-Current

HONORS AND AWARDS

University of Minnesota

Travel Grants

May, 2017: Awarded \$1,200 from University of Minnesota School of Council of Graduate Students (COGS) for travel to present original research at the American College of Sports Medicine (ACSM) Annual Meeting in Denver, Colorado.

October, 2017: Awarded \$1,000 from University of Minnesota School Partnership for Affordable Content Program Grant for travel to present original research at The Obesity Society Annual Meeting in Washington, D.C.

Academic Grant to Provide Affordable Content for University Students

March, 2017: Awarded \$3,000 for “Partnership for Affordable Content” program grants from the University of Minnesota Library eLearning Support Initiatives, in collaboration with Brandi Hoffman and Dr. Daheia Barr-Anderson.

Roger W. and Ann T. Drinkwalter Fellowship for Nutrition Research

June, 2017: Awarded \$1,200 from the Roger W. and Ann T. Drinkwalter Fellowship for Nutrition Research. This fellowship provides an opportunity for promising students to meet their educational and career goals via research endeavors in the field of nutrition. The fellowship was utilized for the Kramer, E., & Barr-Anderson, D. pilot study for the proposed dissertation (2017, Kramer PI).

External Sources

Selected Research Oral Presentation at American College of Sports Medicine (ACSM)

May, 2017: Selected for an oral presentation of original research at the American College of Sports Medicine (ACSM) Annual Meeting (Denver, Colorado). Presentation entitled, “Exploring the Link Between Exercise Identity and Intervention Dosage: I-fit (Initiating Feelings Of Individual Transformation).”

Top 10 Abstract Award and Selected Oral Presentation: The Obesity Society Research in Diverse Populations Section Leadership Team

October, 2017: Invited presentation of original research at the Research in Diverse Populations Section the annual meeting at ObesityWeek 2017 (Washington, D.C.). Additionally, awarded the Top 10 Abstract Award for the poster entitled, “I Heart Yoga! A Pilot, Culturally-Tailored Yoga Intervention for African-American Women with Obesity.”

PUBLICATIONS

**Indicate which publication resulted from current doctoral research.*

Journal and Book Articles

***Kramer, E.,** Barr-Anderson, D. & Hoffman, B., et al (in press). Chapter 1: Physical Activity Foundations. In Brandi Hoffman (Ed.), *Physical Activity Programs Affordable Content*. PressBook, University of Minnesota Libraries.

***Kramer, E.,** Barr-Anderson, D. & Hoffman, B., et al (in press). Chapter 2: Benefits of Physical Activity. In Brandi Hoffman (Ed.), *Physical Activity Programs Affordable Content*. PressBook, University of Minnesota Libraries.

***Kramer, E.,** Barr-Anderson, D. & Hoffman, B., et al (in press). Chapter 3: Benefits of Healthy Nutrition. In Brandi Hoffman (Ed.), *Physical Activity Programs Affordable Content*. PressBook, University of Minnesota Libraries.

***Kramer, E.,** & Barr-Anderson, D. (under review). Physical activity interventions for African American girls and their mothers. In Nicole LaVoi (Ed.), *2017 Tucker Center Research Report Developing Physically Active Girls: A Multidisciplinary Evidence-based Approach*.

Journal Article Under Review

***Kramer, E.,** & Barr-Anderson, D. (2017). *Exploring the link between physical activity intervention length and exercise identity in obese youth*. Manuscript submitted for publication.

Journal Article In Preparation

- ***Kramer, E., & Barr-Anderson.** (2018). *Weight Status Differences Impact Exercise and Healthy Eater Identity in Adolescent Girl Following a Multicomponent Behavioral Intervention.* Manuscript is currently under preparation for submission.

Published Online eHealth Resources

- ***Kramer, E., & Barr-Anderson, D.** (2017-2018). New Ulm at Home (NU-HOME) Online Physical Activity Resources. [Health Intervention eHealth Resources – R01 Research Grant requires resources to be privately accessed by research participants]. Resources are published online, and may be accessed by contacting the NU-Home Research Team Webpage Coordinator, Christie Martin: mart1026@umn.edu

- ***Kramer, E.** (2017). Strength. Health. Exercise. Feelings of Individual Transformation. [Health Intervention eHealth Webpage]. Retrieved from <https://shefit4life.wordpress.com/>

Note: The published eHealth website entitled “SHE-Fit.” was created, designed, and managed by Eydie Kramer as part of a pilot study for the proposed dissertation project, while attending doctoral studies at the University of Minnesota. This website was created for health programming for children and their families in Colorado and Wisconsin. All contents on this webpage are the original work of Ms. Kramer (references cited online).

- ***Kramer, E.** (2015). What Is the Fitness. Fun. Family. Program? [Health Intervention eHealth Webpage]. Retrieved from <https://fitnessfunfamily.wordpress.com/about/243-2/>

Note: The published eHealth website entitled “Fitness. Fun. Family.” was created, designed, and managed by Eydie Kramer as part of a Masters Degree Capstone Project at Minnesota State University, Mankato. This website was created for health programming for children and their families in rural Minnesota. All contents on this webpage are the original work of Ms. Kramer (references cited online).

- Kramer, E.** (April 30, 2015). Increasing Social Awareness: A Coach’s Winning Strategy in Sport [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/increasing-social-awareness-a-coachs-winning-strategy-in-sport/>

- Kramer, E.** (April 26, 2015). Ignite Energy in Your Life! [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/ignite-energy-in-your-life/>

- Kramer, E.** (April 19, 2015). Squashing the ANTs in Life! [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/squashing-the-ants-in-life/>

- Kramer, E.** (April 9, 2015). Emotional Intelligence in Golf [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/emotional-intelligence-in-golf/>
- Kramer, E.** (April 5, 2015). A Mentally Tough Lifestyle [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/a-mentally-tough-lifestyle/>
- Kramer, E.** (March 15, 2015). I Am A Runner [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/i-am-a-runner/>
- Kramer, E.** (March 1, 2015). Be Your Own Best Friend [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/be-your-own-best-friend/>
- Kramer, E.** (February 22, 2015). Stick With It! [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/stick/>
- Kramer, E.** (February 8, 2015). Imagery at the Gym [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/imagery-gym/>
- Kramer, E.** (January 25, 2015). This Body CAN [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/body-can/>
- Kramer, E.** (November 20, 2014). Focus on Ability – Forget Setbacks [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/focus-ability-forget-setbacks/>
- Kramer, E.** (November 20, 2014). Own Your Composure [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/composure/>
- Kramer, E.** (October 26, 2014). Keys to Confidence: Show Up [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/keys-confidence-show/>
- Kramer, E.** (October 6, 2014). Recipe for Success [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/recipe-success/>

Kramer, E. (September 29, 2014). What Is Confidence? [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/confidence/>

Kramer, E. (September 15, 2014). Shake it Off! [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/shake/>

Kramer, E. (September 8, 2014). What is Real Motivation? [Blog Post from the Center for Sport and Performance Psychology, Minnesota State University]. Retrieved from <http://www.sportandperformance.org/real-motivation/>

PRESENTATIONS, POSTERS AND EXHIBITS

**Indicate which presentations, posters and exhibits resulted from current doctoral research.*

Kramer, E. (2015). AASP North Central Sport Psychology Conference. Minnesota State University, Mankato, Minnesota. Winter 2015.
Invited Verbal Presentation: "Internet Approaches to Healthy Lifestyle Behaviors for the Family."

Kramer, E. (2016). CEHD Research Day: College of Education and Human Development. University of Minnesota, Minneapolis, Minnesota. Spring 2016.
Poster Presentation: "Fitness.Fun.Family. An Online Approach to Engaging the Family in Healthy Behaviors."

Kramer, E. (2016). Kinesiology Student Council Research Day. University of Minnesota, Minneapolis, Minnesota. Spring 2016.
Invited Verbal Presentation: "Fitness.Fun.Family. An Online Approach to Engaging the Family in Healthy Behaviors."

***Kramer, E., & Barr-Anderson, D.** (2017). CEHD Research Day: College of Education and Human Development. University of Minnesota, Minneapolis, Minnesota. Spring 2017.
Poster Presentation (Category – "Living Better, Living Longer"): "Exploring the Link Between Exercise Identity and Intervention Dosage: I-FIT (Initiating Feelings of Individual Transformation)."

***Kramer, E.** (2017). Kinesiology Student Council Research Day. University of Minnesota, Minneapolis, Minnesota. Spring 2017.
Invited Verbal Presentation: "Exploring the Link Between Exercise Identity and Intervention Dosage: I-FIT (Initiating Feelings of Individual Transformation)."

***Kramer, E., & Barr-Anderson** (2017). Northland American College of Sports Medicine (NACSM) Spring Tutorial Meeting: Saint Catherine University, Saint Paul, Minnesota. Spring 2017.

Poster Presentation: “Exploring the Link Between Exercise Identity and Intervention Dosage: I-FIT (Initiating Feelings of Individual Transformation).”

***Kramer, E., & Barr-Anderson, D. (2017).** American College of Sports Medicine (ACSM) Annual Meeting. Denver, Colorado. Spring 2017.

Invited Verbal Presentation: “Exploring the Link Between Exercise Identity and Intervention Dosage: I-FIT (Initiating Feelings of Individual Transformation).”

***Kramer, E., & Barr-Anderson, D. (2017).** The Obesity Society (TOS) Annual Meeting “ObesityWeek 2017.” Washington, D.C. Fall 2017.

Poster Presentation: “I Heart Yoga! A Pilot, Culturally-Tailored Yoga Intervention for African-American Women with Obesity.”

Invited Verbal Presentation: “I Heart Yoga! A Pilot, Culturally-Tailored Yoga Intervention for African-American Women with Obesity.”

Top 10 Abstract Award

Professional Conference and Symposium Experience

AASP: Association for Applied Sport Psychology Annual Conference. Las Vegas, Nevada: Fall 2014

AASP North Central Sport Psychology Conference. Minnesota State University, Mankato: Winter 2015.

Women Coaches Symposium. Tucker Center for Research on Girls and Women in Sport, University of Minnesota: Spring 2015.

MNIAAA: Minnesota Interscholastic Athletic Administrators Association. Saint Cloud, Minnesota: Spring 2015.

Obesity Research Day. University of Minnesota: Fall 2015.

CEHD Research Day: College of Education and Human Development. Spring 2016.

Kinesiology Student Council Research Day. University of Minnesota, Spring 2016.

ObesityWeek 2016. The Obesity Society (TOS) Annual Meeting. New Orleans, Louisiana: Fall 2016.

CEHD Research Day: College of Education and Human Development. Spring 2017.

Kinesiology Student Council Research Day. University of Minnesota, Spring 2017.

ACSM: American College of Sports Medicine Annual Meeting. Denver, Colorado: Spring 2017.

ObesityWeek 2017. The Obesity Society (TOS) Annual Meeting. Washington, D.C.: Fall 2017.

PUBLIC AND OTHER SERVICE

Department Service

Fall 2015-Current: Graduate student member and Public Relations Officer of the University of Minnesota Kinesiology Student Council. The Council strives to promote scholarship, community, career building opportunities, and advocacy for School of Kinesiology students within all the related fields and sub-disciplines.

Fall 2014-Spring 2015: Graduate member of Minnesota State University, Mankato Fellowship of Christian Athletes (FCA) for the Women's Swimming and Diving Team. FCA focuses on serving local communities by equipping, empowering and encouraging young people to make a difference through interpersonal and athletic moral leadership.

Community Service

Summer/Fall 2017: Philanthropy goals: to raise money to provide clean water to underserved communities in Africa and abroad, in the spirit of Christian service. I served as a team member, fundraiser, and racer for the Team World Vision Twin Cities Marathon event from June-October 2017. As part of a fundraising team which collected over \$50,000 in donations, I actively participated in the 2017 Southwest Metro Team and completed my commitment to donors by running 26.2 miles in October, 2017.

Summer 2017: Volunteer youth coach at Smart Fit Girls Camp in Fort Collins, Colorado. Smart Fit Girls is a program that teaches adolescent girls how to love their bodies by embracing their own strength. During the program, girls participate in exciting activities aimed at improving their self-esteem and body image, and are introduced to resistance training exercises in a fun, group environment.

Fall 2013-Spring 2015: Volunteer community service through the Sport Psychology Club at Minnesota State University, Mankato. The Sport Psychology Club regularly volunteered at events such as the Mankato Marathon, and provided exercise psychology tips/resources to athletes in the community.

REFERENCES

From Scholars

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From Physical Activity and Behavioral Health Professionals

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