

**AMANDA L. FOLK**  
Curriculum Vitae  
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**EDUCATION**

PhD Student, Kinesiology – Behavioral Aspects of Physical Activity      August 2019 - present  
University of Minnesota      Minneapolis, MN

- Public Health Graduate Minor

Master of Science, Integrative Exercise Physiology      May 2016  
Temple University      Philadelphia, PA

Bachelor of Science, Kinesiology      May 2014  
Temple University      Philadelphia, PA

- Temple University Rome – Study Abroad Experience Fall 2011

**PEER-REVIEWED PUBLICATIONS AND MANUSCRIPTS UNDER REVIEW**

**Published Manuscripts**

1. Wagner BE, **Folk AL**, Hahn SL, Barr-Anderson DJ, Larson N, & Neumark-Sztainer, D. Recreational Screen Time Behaviors during the COVID-19 Pandemic in the U.S.: A Mixed-Methods Study among a Diverse Population-based Sample of Emerging Adults. *International Journal of Environmental Research and Public Health*. 2021; 18(9):4613.
2. **Folk AL**, Wagner BE, Hahn SL, Larson N, Barr-Anderson DJ, & Neumark-Sztainer, D. Changes to Physical Activity During a Global Pandemic: A Mixed Methods Analysis Among a Diverse Population-Based Sample of Emerging Adults in the U.S. *International Journal of Environmental Research and Public Health*. 2021; 18(7):3674.
3. **Folk AL**, Garcia CA, Whitney SH, & Kovacs SJ. Relationship Between Strength and Conditioning Assessments and Rowing Performance in Female Collegiate Athletes. *Journal of Strength and Conditioning Research*. In press – accepted for publication.
4. Octavio J, **Folk AL**, Falini L, Xie S, Goudie B, Gidding SS, & Robinson BW. Standardization of a Continuous Ramp Ergometer Protocol for Clinical Exercise Testing in Children. *Pediatric Cardiology*. 2019; 40(5):834-840.

**Manuscripts Under Review**

1. Kramer-Kostecka EN, **Folk AL**, Friend S, Coan B, Kne L, Beaudette J, Barr-Anderson DJ, & Fulkerson JA. Go Play Outside! Novel Strategies to Map the Physical Activity Built Environment in Rural Communities. *Under Review*.
2. **Folk AL** & Kovacs SJ. Social Media and Physical Activity Behaviors in College Students: An Exploratory Analysis. *Under Review*.
3. **Folk AL**, Hooper L, Hazzard VM, Larson N, Barr-Anderson DJ, Neumark-Sztainer D. Does weight-motivation for exercise predict physical activity levels across the life course from adolescence to adulthood? *Under Review*.

## PRESENTATIONS

### Conference Presentations

1. **Folk AL**, Wagner BE, Hahn SL, Larson N, Barr-Anderson DJ, & Neumark-Sztainer, D. “Changes to Physical Activity During a Global Pandemic: A Mixed Methods Analysis Among a Diverse Population-Based Sample of Emerging Adults in the U.S.” Free Communication/Poster. UMN Kinesiology Research Day; April 2021. *\*Awarded second place poster*
2. **Folk AL**, Kramer-Kostecka EN, Friend S, Barr-Anderson DJ, & Fulkerson JA. “Rural parks and physical activity opportunities: An exploratory analysis.” Free Communication/Poster. ACSM National Meeting; May 2021.
3. Barr-Anderson DJ, Grace S, **Folk AL**, Wagner BE, Urvig M. “African-American women and social determinants of obesity: How do we use what we know to make further progress.” Online On-Demand Breakout Session Presentation. 2021 Health & Biomedical Summit; March 2021.
4. Wagner BE, **Folk AL**, Hahn SL, Barr-Anderson DJ, Larson N, & Neumark-Sztainer, D. Recreational Screen Time Behaviors during the COVID-19 Pandemic in the U.S.: A Mixed-Methods Study among a Diverse Population-based Sample of Emerging Adults. Online Free Communication/Poster. University of Minnesota College of Education and Human Development Research Day; March 2021.
5. Ly A, **Folk AL**, & Kovacs SJ. “Health and fitness social media: Does it influence physical activity?” Free Communication/Poster. American College of Sports Medicine (ACSM) Mid-Atlantic Regional Meeting; November 2020
6. **Folk AL**, Barr-Anderson DJ, Kostecka EN, & Fulkerson, JA. “Home environment factors associated with children’s physical activity levels in a rural population.” Thematic Poster. ACSM National Meeting; May 2020 *\*Cancelled due to Covid-19*
7. Kovacs SJ & **Folk AL**. “Physical activity, sedentary behavior, and social media use in college students.” Free Communication/Poster. ACSM National Meeting; May 2020 *\*Cancelled due to Covid-19*
8. Kovacs SJ & **Folk AL**. “Association between physical activity and social media use in college students.” Free Communication/Poster. ACSM Mid-Atlantic Regional Meeting; November 2019
9. **Folk AL**. “Body Composition in Athletic Training” Presenter. Pennsylvania Athletic Training Society Symposium; March 2018
10. Muñoz E, **Folk AL**, Rahnert J, Wilson B & Hudson MB. “Muscle miR-27a is decreased during diabetes and regulated by calcineurin signaling.” Free Communication/Poster. ACSM Mid-Atlantic Regional Meeting; November 2015

### Community Presentations

1. Kovacs SJ, **Folk AL**, & Garcia CA. “Health Matters Workshop: Physical Activity.” Philly FIGHT; April 2019
2. Robinson, BW & **Folk AL**. “Principles of Exercise Testing.” Nemours/A.I. duPont Hospital for Children Cardiology Lecture; December 2016

### Community Presentations

1. **Folk AL**, Urvig M, Neumark-Sztainer D, Pereira M, Parker G, Barr-Anderson DJ. “Developing a Culturally-Tailored Yoga-Based Intervention for African American Women: Findings from Focus Groups”

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## RESEARCH EXPERIENCE

### Graduate Research Assistant

January 2021 – present

University of Minnesota; Behavioral Physical Activity Laboratory

Principal Investigator: Dr. Daheia Barr-Anderson

- Serve as the Research Coordinator for NIH-funded study “YogaMoves.”

### Graduate Research Assistant

December 2019

University of Minnesota; Human Sport Performance Laboratory

Principal Investigator: Dr. Chris Lundstrom

- Performed VO<sub>2</sub>max, under water weighing, and vertical jump testing on undergraduate students enrolled in a marathon training course.

### Co-Investigator

March 2019 – May 2019

“Physical Activity and Social Media Use Among College Students”

- Conducted background research on social media usage patterns and social media interventions to develop the IRB proposal for submission at Temple University.
- Collected data through Qualtrics survey.

### Co-Investigator

November 2017 – May 2019

“Determinants of 2000m Rowing Ergometer Performance in Female Collegiate Athletes”

- Conducted background research on physiology of female rowers and develop the IRB proposal for submission at Temple University.
- Collected data through anthropometric and body composition measurements.
- Analyzed data to evaluate correlations between strength and conditioning variables and rowing performance.

### Graduate Lab Assistant

May 2015 – May 2016

Temple University; Translational Exercise Biology Lab

Principal Investigator: Dr. Joon Park

- Became familiar with basic skills in animal- and cellular-based lab settings.

### Exercise Interventionist

January 2014 – December 2015

University of Pennsylvania; Center for Clinical Epidemiology and Biostatistics

Women in Steady Exercise Research (WISER) Survivor Study

Principal Investigator: Dr. Kathryn Schmitz

- Instructed 11 cohorts of 5-8 breast cancer survivors with lymphedema on exercise technique and exercise prescription.

## CLASSROOM INSTRUCTION

### Graduate Instructor

Kinesiology 4214: Health Promotion

Fall 2020 – Spring 2021

University of Minnesota

Kinesiology 3001: Lifetime Health and Wellness

Fall 2019 – Summer 2021

University of Minnesota

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### **Instructor**

Kinesiology 4385: Internship in Exercise and Sport Science (ESS)      Fall 2018 – Summer 2019  
Temple University  
Kinesiology 2203: Physiology of Physical Activity Laboratory      Spring 2017 – Spring 2019  
Temple University  
Kinesiology 2203: Physiology of Physical Activity Lecture      Fall 2018  
Temple University

### **Graduate Teaching Assistant**

Kinesiology 2203: Physiology of Physical Activity Lecture & Lab      Fall 2014 – Spring 2016  
Temple University

### **Diamond Peer Teacher**

Kinesiology 1223: Anatomy & Physiology I      Spring 2014  
Temple University

## **PROFESSIONAL EXPERIENCE**

**Exercise and Sport Science (ESS) Lab Manager**      September 2017 – May 2019  
Temple University – Department of Kinesiology

- Proposed a model for lab services to become available to individuals in the Temple community, as well as the surrounding Philadelphia area.
- Planned and organized a renovation of the current exercise lab space through equipment pricing, analyzing the needs of ESS faculty, and enriching student experience.
- Moved Temple University's ESS program towards accreditation through the Committee on Accreditation for the Exercise Sciences (CoAES).

**Exercise Lab Manager**      October 2016 – September 2017  
Nemours/A.I. duPont Hospital for Children – Nemours Cardiac Center

- Performed maximal exercise tests and tilt table tests on a pediatric population; required proficiency in using a metabolic cart, taking blood pressures, and reading exercise test ECG tracings.
- Oversaw undergraduate and master-level exercise physiology interns in the exercise lab and helped refine their skills through application, quizzes, and case studies.
- Encouraged growth in the cardiology exercise testing lab through increase in appointment availability, staff availability, and efficiency of encounter time.

**Exercise Physiology Graduate Intern**      August 2015 – May 2016  
Children's Hospital of Philadelphia – Cardiology

- Aided exercise testing in a clinical setting working with a pediatric population.
- Trained undergraduate interns and helped develop their skills reading ECGs, monitoring/running exercise tests, and basic cardiovascular physiological concepts.

## **AWARDS**

2021-22 Kinesiology Excellence in Teaching Award  
2021-22 Roger W. and Ann T. Drinkwalter Fellowship for Nutrition Research

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2020-21 Hauge Fellowship

**SERVICE**

Ad Hoc Reviewer, Journal of Racial and Ethnic Health Disparities

UMN Kinesiology Student Council Member – Public Relations

UMN Public Health Review – Reviewer

September 2019 – present

September 2019 – present

**CERTIFICATIONS**

Collaborative Institutional Training Initiative (CITI): Biomedical  
and Social/Behavioral or Humanist Research

through August 2022

ACSM Certified Exercise Physiologist

through December 2023

Teaching in Higher Education Certification

Temple University, 2016