

CURRICULUM VITAE
(08/2019)

Katie Thralls, Ph.D., M.S., C.S.C.S.

Seattle Pacific University
School of Health Sciences
Department of Health and Human Performance
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EXPERIENCE:

2019-Present Assistant Professor, Department of Health and Human Performance, Seattle Pacific University

EDUCATION:

2015-2019 Ph.D. Public Health, Health Behavior/Health Promotion
JDP, San Diego State University/UC San Diego, San Diego, CA
Dissertation (June, 2019): A sedentary behavior intervention in retirement communities with older adults of moderate-to-low physical function
Dissertation Chair: Susan S. Levy, Ph.D.

2013-2015 Dual M.S. Exercise Physiology & Nutritional Science
San Diego State University;
Thesis: Body-mass predictors of the Female Athlete Triad in adolescent athletes
Advisor: Mitchell Rauh, Ph.D.

2009-2013 B.S. Exercise Science; Minors: Physical Education, Nutrition
Seattle Pacific University
Summa Cum Laude
Thesis: An assessment of peoples' ability to directly balance energy between diet and exercise

TEACHING EXPERIENCE:

2017-2019 ENS432 Lecturer, Exercise, Fitness, & Health, School of Exercise and Nutritional Sciences, SDSU
2017 PH490 Lecturer, Program Evaluation, School of Public Health, SDSU
2018-2019 ENS440 Student Supervisor, Student Internship Experience, SDSU
2015-2019 ENS432L Laboratory Instructor, Exercise, Fitness, & Health, SDSU

2016 Guest Lecture – Functional Movement Screenings, Doctor of Physical Therapy Program, SDSU

2016 Guest Lecture – Program Designs & Evaluation, Health Promotion, Graduate, SDSU

2011-2013 Academic Tutor: Anatomy & Physiology, Chemistry, Human Nutrition, Biomechanics, Exercise Physiology, Health and Wellness, Applied Exercise Science
Seattle Pacific University

2011 Teaching Assistant, Human Nutrition,
Seattle Pacific University

2014 Child Nutrition Lessons:
“Fueling your Body”; 4th graders, San Diego, CA May 2014
“Sugar, snacks, and drinks”, 6th-8th graders, Seattle, WA, Sept. 2012

RESEARCH EXPERIENCE:

- 2018- 2019 Student Investigator: A sedentary behavior intervention in retirement communities with older adults of moderate-to-low physical function
San Diego State University, San Diego, CA
Funding source: Student Dissertation Grant, American College of Sports Medicine (ACSM)
- 2018- 2019 Research Assistant and Health Coach: Sedentary Behavior Intervention in Post-Menopausal women
UC San Diego, San Diego, CA
PI: Jacqueline Kerr, PhD
- 2014-2016 Project Coordinator: Evaluation of a falls prevention exercise program for senior adults.
Aging and Independence Services; San Diego County, California
PI: Susan S. Levy, PhD, San Diego State University, CA,
- 2016 Senior Changes Makers: Physical activity program Developer and Instructor
Active Living Research; San Diego, Ca; Funder: San Diego Foundation
PI: Jim Sallis, PhD; Dilip Jeste, MD
- 2014 Research Assistant, Data Manager: Validation of an Objective, Portable Balance Measure Validation,
Sensorimotor and Rehabilitation Laboratory, San Diego State University
PI: Susan S. Levy, PhD
- 2012-2013 Exercise Science Lab Manager, Seattle Pacific University, Seattle, WA
PI: Dale Cannavan, PhD
- 2011 Exercise Science Lab Research Assistant (Spinal Cord Injury (SCI) Unit)
Hunter Holmes Veterans Affairs, Richmond, VA
Projects: Body composition measurements in SCI population; Metabolic syndrome risk factors, Body composition and exercise with an electrical stimulation ergometer and arm crank ergometer
Supervisor/PI: Dr. David R. Gater, MD, PhD

PUBLICATIONS:

Thralls KJ, Levy SS, Crespo N, Mahar M, LaCroix A, Hartman S. Sedentary behavior and geriatric-relevant health outcomes in older adults of moderate-to-low physical function. PhD Dissertation. University of California, San Diego, San Diego State University. June 14, 2019.

Thralls KJ, Godbole S, Manini TM, Johnson E, Natarajan L, Kerr J. A comparison of accelerometry analysis methods for physical activity in older adults with health outcomes over time. *JSS*, 2019.

Levy SS., **Thralls KJ**, Goble DJ, Krippes TK. Effects of a Community-based Exercise Program on Older Adults' Function and Independence-related Outcomes: Feeling Fit Club. *J Appl Gerontol*. 2018.

Thralls KJ, Levy SS. The association between self-reported adherence to physical activity recommendations and criteria for maintain physical independence in older adults. *J Aging Phys Act*. 2018; 26,171-176.

Levy SS, **Thralls KJ**, Kviatkovsky S. Validity and Reliability of a Portable Balance Tracking System, BTrackS, in Older Adults. *J Geriatr Phys Ther*. 2018; 41, 102-107.

Thralls KJ, Barrack M, Nichols J, Kern M, Rauh M. Body Mass-Related Predictors of the Female Athlete Triad among adolescent athletes. *Int J Sport Exerc Metab*, 2016; 26, 17-25.

Thralls KJ, Barrack M. Support for evidence-based body mass predictors and early detection of the Female Athlete Triad. *SCAN Pulse*. Oct. 2014.

ABSTRACTS

Thralls KJ, Godbole S, Manini TM, Johnson E, Natarajan L, Kerr J. Comparing Accelerometry Analysis Methods for Physical Activity in Older Adults and Associations with Health Outcomes. *ACSM Annual Conference, 2018* [ACSM Abstract; Poster Presentation].

Thralls KJ, Levy SS. The Psychometric Properties Of The Self-efficacy For Walking Scale In Community-dwelling Older Adults. *ACSM Annual Conference, 2017* [ACSM Abstract; Poster Presentation].

Levy SS, **Thralls KJ**, Carmody K, Krippes T. Effects of a community-based exercise program on physical function and exercise-related outcomes in older adults. *Society of Behavioral Medicine Annual conference, 2017* [Poster presentations].

Thralls KJ, Levy SS, Carmody K, Smith K. An effective exercise intervention to improve physical function in community-dwelling older adults. *Society of Behavioral Medicine Annual conference, 2016* [SBM Abstract; Poster Presentation]

Levy SS, **Thralls KJ**, Goble, D. Reliability and validity of a portable balance tracking system BTrackS in older adults. *Society of Behavioral Medicine Annual conference, 2016* [SBM Abstract; Poster Presentation]

Thralls KJ, Levy SS, Carmody K, Smith K. Balance is associated with lower body strength and mobility in older adults. *ACSM Annual conference 2016*, [ACSM Abstract; Poster Presentation].

Thralls KJ, Levy SS, Carmody K, Smith K. An effective exercise intervention to improve physical function in community-dwelling older adults. *Student Research Symposium, SDSU 2016* [Oral Presentation]

Thralls KJ, Barrack M, Nichols J, Kern M, Rauh M. Anthropometric Predictors of the Female Athlete Triad among adolescent athletes. *Med Sci Sports & Exer.* 2015;5. [ACSM Abstract; Poster presentation]

Kaufman K, Hooshmand S, Kern M, **Thralls KJ**, Hong M. Effects of watermelon powder supplementation on hepatic gene expression involved in lipid metabolism in atherogenic diet-fed rats. *Student Research Symposium: San Diego State University, 2015* [Abstract; Poster presentation]

PRESENTATIONS

Carmody K, Levy SS, **Thralls KJ**. The Feeling Fit Club: San Diego's evidence-based senior fitness program - outcomes and implementation. *National Association of Area Agencies on Aging (n4a) Annual Conference*. San Diego, CA. 2016.

JOURNAL REVIEWER

International Journal of Sports Nutrition and Exercise Metabolism

CERTIFICATIONS & SPECIFIC EXPERTISE:

Certified Strength and Conditioning Specialist (CSCS)
Devices & Softwares: GT3X, Actigraph, ActivPAL

Statistical Programs: R, SPSS
CPR Adult, Child, Infant
First Aid Certified
NIH, Human Research Subjects certified
Mad dogg SPIN instructor certified
AFAA Group Fitness Instructor certified

PROFESSIONAL MEMBERSHIPS:

Society of Behavioral Medicine (SBM),
National Strength and Conditioning Association (NSCA) Professional Member
American College of Sports Medicine (ACSM), Student Member
AFAA Membership, Sept 2015
Maddogg Athletics, Sept 2017

COMMUNITY AND UNIVERSITY SERVICE:

2016-2017 Dean Search Committee Member. *College of Health and Human Services*,
San Diego State University, CA
2016 ASPPH Annual Leadership Summit, Conference Note taker & Volunteer, Coronado, CA
2015-2018 Institutional Review Board Student Representative, San Diego State University, CA
2013-2014 Fitness Assistant at Fitness Clinic for Disabilities, San Diego State University
2013-2014 Gerson Nutrition Therapy Kitchen Volunteer, Gerson Institute, San Diego, CA
2013 The Step 10 Project, Seattle Pacific University; Created and promoted physical activity through
various campus walking route with incentives
2013 Student-Athlete Advisory Committee, Seattle Pacific University
2012-2013 Thrive Wellness Program, Seattle Pacific University
2011-2013 Mortar Board, Seattle Pacific University

HONORS & AWARDS:

Student Dissertation Grant, ACSM, June 2018 - Present
Student Success Fee Travel Scholarship, SDSU, April 2016
Fitness Instructor Spotlight, March 2016
ENS Most Outstanding Graduate Student, 2015
Barbara Roosevelt Memorial Scholarship, 2014
William H. Schutte Memorial Scholarship, 2014
Dean's List, Seattle Pacific; 2009-2013
Seattle Pacific President's Scholar Award, 2009-2013
Two-time Malik Award Winner, 2013; 2014 (highest GPA in all student athletes at SDSU)
McGrady101 Award, 2013 (highest GPA in all graduating student athletes at SPU)
Who's Who Among Student's in American Colleges, 2013
American Kinesiology Association Scholar, 2013
GNAC Conference All-Academic Team, 2010-2013
NCAA USTFCCA All-Academic, 2012
Track and Field Most Inspirational, 2013
SPU Alumni Association Community Service Award, 2012-2013
Cross Country Most Inspirational, 2012
Cross Country Most Valuable Point Contributor, 2012
Women's Basketball Coach's Award, 2010-2011; 2011-2012
Furtado Athletic Award, 2010

FITNESS AND TRAINING EXPERIENCE:

2013-Present Personal Trainer, San Diego, CA

2013-2019 Spinning and Group Fitness Instructor, San Diego, CA, Oct 2013-Present
2016 Ironman Top 5 Finisher, Coeur d'alene, ID
2014 Feeling Fit Club Exercise Instructor to older adults, The Center, Hillcrest San Diego, CA
2014-2017 Backpacking Leader for Young Life College trips, Beyond Malibu, Canada
2012-2014 Personal Trainer, Seattle Pacific University, 2012-2013
2012 Falcon Running Camp Leader, Seattle Pacific, Seattle, WA
2010-2012 Youth Basketball Summer Camp Leader, Seattle Pacific, Seattle, WA
2009-2011 Seattle Storm Game Assistant: Seattle Storm, Seattle, WA, 2009; 2011
2009-2010 Coach/Trainer: Tri-Valley Women's Basketball (6th-12th grade), Livermore, CA
2005-2007 Swim Instructor, Livermore, CA

SUBMITTED GRANTS

2015 Inamori Scholarship Foundation (unfunded)
2017 Inamori Scholarship Foundation (unfunded)
2018 ACSM Student Dissertation Scholarship (funded).

OTHER EXPERIENCE:

2019 AgingOptions Interview