

CURRICULUM VITAE
DANIEL B. BORNSTEIN

Department of Health & Human Performance
The Citadel
171 Moultrie Street
Deas Hall
Charleston, South Carolina 29409

Phone: 843.953.7954
Fax: 843.953.6798
E-mail: dbornste@citadel.edu

EDUCATION

- Hobart College, B.S., Psychology (1995)
- University of South Carolina, Ph.D., Exercise Science (2013)

ACADEMIC EMPLOYMENT RECORD

Assistant Professor, *Department of Health, Exercise and Sport Science*, The Citadel, Charleston, SC (August 2013 – Present).

- Undergraduate Courses Taught:
 - EXSC-305: Measurement and Evaluation
 - HLED-411: Physical Activity & National Security
 - EXSC-403: Exercise Testing and Prescription
 - HLED-411: Techniques of Strength and Conditioning
 - PHED 101: Introduction to Health, Exercise, and Sport Science
- Graduate Courses Taught:
 - HESS-560: Research Methods in Physical Activity
 - HESS-510: Biomechanics of Sports Techniques
 - HESS-547: Techniques of Conditioning for Sport and Physical Fitness

SERVICE

Peer Reviewer

- Journal of Science and Medicine in Sport
- International Journal of Behavioral Nutrition and Physical Activity
- Journal of Physical Activity and Health
- Research Quarterly for Exercise and Sport
- Public Health Reports
- Childhood Obesity
- Journal of Public Health Management and Practice
- European Physical Education Review

Elected and Appointed Leadership Positions Held

- Chair, Search Committee, Director of Athletics, The Citadel (April 2018-Present)
- Chair, Communications Committee, National Physical Activity Plan Alliance (June 2017-Present)
- Chair, Search Committee, Nursing Instructor/Sim Lab Manager, School of Science and Mathematics, The Citadel (October 2016 – June 2017)
- Chair, Fitness Pillar, The Citadel (September 2015 - Present)
- Immediate Past Chair, Physical Activity Section, American Public Health Association (October 2016 – October 2017)
- Chair, Physical Activity Section, American Public Health Association (October 2015 - October 2016)
- Chair-elect, Physical Activity Section, American Public Health Association (October 2014 - October 2015)
- Chair, Fitness Committee, Kate and Irwin Kahn Jewish Community Center, Columbia, SC (January 2013-December 2016)

- Hobart College Alumni Association (October, 1995 – Present)

Task Force/Committee Member

- Mayor's Wellness Council, City of Charleston (2017-Present)
- American Heart Association Expert Advisory Group on Physical Education and Physical Activity Policy in Schools (2014 - Present)
- National Academy of Sports Medicine Academic Advisory Group (July, 2011 – Present)
- Leadership Committee, The Citadel (March 2016 – Present)
- Research Committee, School of Science and Mathematics, The Citadel (September 2015 – Present)
- U.S. Department of Health and Human Services Committee on Physical Activity Communications (2012 – Present)
- U.S. National Physical Activity Plan Alliance Communications Committee (June 2014 – Present)
- U.S. National Physical Activity Plan Alliance Champions Committee (June 2014 – Present)
- Search Committee for Director of Athletics, The Citadel (May 2014 – August 2014)
- Faculty Employment Committee, The Citadel (September 2014 – May 2016)
- Secretary, Dept. of Health, Exercise and Sport Science, The Citadel (September 2013 – September 2015)
- South Carolina Childhood Obesity Task Force (2014 – Present)
- Physical Activity Policy Research Network (2011 – Present)

Other

- 2014 South Carolina Science, Technology, Engineering, and Math (STEM) Festival Participant
 - Provided information on importance of regular physical activity
 - Provided educational information about valid means for assessing physical activity
 - Distributed pedometers with Citadel logo
- Assist with University of South Carolina study on obesity
 - Citadel to be host site for recruitment and training of study participants
 - Citadel assisting with participant recruitment
- Assist with University of South Carolina YMCA study
 - Six Citadel students will serve as Research Assistants
 - Obtain valuable research experience working on a large-scale federally funded grant

PROFESSIONAL MEMBERSHIPS

- American College of Sports Medicine
- American Public Health Association
- Global Physical Activity Network
- Physical Activity Policy Research Network
- Society for Health And Physical Education America
- Southeast Chapter, American College of Sports Medicine

AWARDS

- Early Career Faculty Award, Academy of Science and Mathematics – The Citadel - 2019
- Commendation for Outstanding Research, Board of Visitors – The Citadel - 2018
- Outstanding Collaborator Award, Physical Activity Section – American Public Health Association - 2016
- Outstanding Presentation of Physical Activity Research – American Public Health Association - 2012
- Outstanding Young Alumnus Award – Hobart College Alumni Association – 2010
- American College of Sports Medicine Travel Grant - 2009
- Arnold School of Public Health Scholarship Award – University of South Carolina – 2008
- Dean's List – University of South Carolina - 2008-2012

RESEARCH INTERESTS

- Physical fitness and training-related injuries among military personnel

- Physical activity policy
- Use of existing and emerging technologies for promoting and monitoring physical activity
- Promoting and tracking physical activity in youth and adolescents

PEER REVIEWED PUBLICATIONS (Published or In Press)

1. Bergeron, C., Tanner, A., Friedman, D., Bergeron, C., Zheng, Y., Schrock, C., **Bornstein, D.**, Segar, M., Swift, N. (In Press. *Health Promotion and Practice*). How are we communicating about physical activity? A scoping review of the literature.
2. **Bornstein, D.**, Grieve, G., Clennin, M., McLain, A., Whitsel, L., Beets, M., Hauret, K., Jones, B., Sarzynski, M. (2018). Which U.S. States Pose the Greatest Threats to Military Readiness and Public Health? Public Health Policy Implications for a Cross-Sectional Investigation of Cardiorespiratory Fitness, Body Mass Index, and Injuries Among US Army Recruits. *Journal of Public Health Management and Practice*. doi: 10.1097/PHH.0000000000000778
3. Ravagnani, F., Coelho-Ravagnani, CF., Brazendale, K., Weaver, RG., Beets, M.W., **Bornstein, D.B.** (2017). Application of the Rosetta Stone to understanding how much MVPA preschoolers accumulate: A systematic review. *Journal of Science and Medicine in Sport*. doi: 10.1016/j.jsams.2017.02.003
4. Dondzilla, C., **Bornstein, D.**, Perry, C. (2017). Enhancing support for physical activity in older adults: A public health call to action. *Journal of Public Health Management & Practice*. doi: 10.1097/PHH.0000000000000559
5. Segar, M., Heinrich, K., Lyn, R., Gustat, J., O'Hara, N., Perry, C., Umstattd, M., **Bornstein, D.**, Manteiga, A., Eyler, A. (2016). What Walking Means to Moms: Qualitative Insights from a National Sample of Urban, Low-Income Mothers to Inform. *Journal of Transport & Health*. DOI: 10.1016/j.jth.2016.06.004
6. **Bornstein, D.**, Pate, R., Beets, M., Saunders, R., Ortaglia, A. (2015). New Perspective on Factors Related to Coalition Success. Novel findings from an investigation of physical activity coalitions across the United States. *Journal of Public Health Management and Practice*, 21(6), E23-E30.
7. Brazendale K, Beets MW, **Bornstein DB**, et al. (2015). Equating accelerometer estimates among youth: The Rosetta Stone 2. *Journal of Science and Medicine in Sport*, doi: 10.1016/j.jsams.2015.02.006
8. **Bornstein, D.**, Pate, R., Beets, M., Saunders, R., Blair, S. (2015). Organizational member involvement in physical activity coalitions across the U.S. - Development and testing of a novel survey instrument for assessing coalition functioning. *Health Education & Behavior*, 42(3), 313-320.
9. **Bornstein, D.**, Pate, R. (2014). From Physical Activity Guidelines to a National Physical Activity Plan. *Journal of Physical Education, Recreation, and Dance*, 85:7, 17-22.
10. **Bornstein, D.B.**, Davis, W.J. (2014). The Transportation Profession's Role in Improving Public Health. *Journal of the Institute of Transportation Engineers*, 84 (7), 18-24.
11. **Bornstein, D.**, Buchner, D., Pate, R. (2014). Development of the first National Physical Activity Plan for the United States. *Journal of Physical Activity and Health*, 11, 463-469.
12. Gustat, J., Healy, I., Eyler, A., Evenson, K., **Bornstein, D.** (2014). Perspectives on the National Physical Activity Plan by Texas Practitioners. *Health Behavior and Policy Review*, 1(3), 209-217.
13. **Bornstein, D.**, Carnoske, C., Evenson, K., Hooker, S., Eyler, A. (2013). Factors related to partner involvement in the U.S. National Physical Activity Plan. *Journal of Public Health Management and Practice*, 19(3), E-Supp, S8-S16.
14. Gustat, J., Healy, I., Litt, J., Reed, H., Tabak, R., Goins, K., **Bornstein, D.**, Carnoske, C., Lyn, R., Eyler, A. (2013). Lessons in Promoting Active Living: The Collaborative Perspective. *Journal of Public Health Management and Practice*, 19(3), E-Supp, S58-S64.
15. Litt, J., Reed, H., Zieff, S., Tabak, R., Eyler, A., O'Hara Tompkins, N., Lyn, R., Gustat, J., Goins, K., **Bornstein, D.** (2013). Advancing Environmental and Policy Change through Active Living Collaboratives: Exploring Compositional, Organizational, and Community Engagement as Correlates of Group Effectiveness. *Journal of Public Health Management and Practice*, 19(3), E-Supp, S49-S57.
16. Beets, M. W., Morgan, C. F., Banda, J., **Bornstein, D.**, Byun, W., Mitchell, J., Munselle, L., Rooney, L., Beighle, A., & Erwin, H. (2011). Convergent validity of pedometer and accelerometer estimates of moderate-to-vigorous physical activity of youth. *Journal of Physical Activity and Health*, 8(Suppl 2), S295-S305.

17. **Bornstein, D.**, Pate, R. Building bridges with the National Physical Activity Plan. (2011) *Kinesiology Today*, 4(4), 8.
18. **Bornstein, D.**, Beets, M., Byun, W., Welk, G., Bottai, M., Dowda, M., Pate, R. (2011). Equating accelerometer estimates of moderate-to-vigorous physical activity: in search of the Rosetta Stone. *Journal of Science and Medicine in Sport*, 14(5), 404-410.
19. **Bornstein, D.B.**, Beets, M.W., McIver, K., (2011). Accelerometer-derived physical activity levels of preschoolers: A meta-analysis. *Journal of Science and Medicine in Sport*, 14(6), 504-511.
20. Beets, M.W., **Bornstein D.B.**, Dowda, M., Pate, R.R. (2011). Compliance With National Guidelines for Physical Activity in U.S. Preschoolers: Measurement and Interpretation. *Pediatrics*; 127(4), 658-664.
21. Beets, M. W., **Bornstein, D.**, Beighle, A., Cardinal, B. J., & Morgan, C. F. (2010). A 13 country review of pedometer-measured physical activity patterns of youth. *American Journal of Preventive Medicine*, 38(2), 208-216.
22. Mitchell, J., **Bornstein, D.**, Sui, X., Hooker, S., Church, T., Lee, C., Blair, S (2010). The Impact of Combined Health Factors on Cardiovascular Disease Mortality. *American Heart Journal*, 160(1), 102-108.
23. **Bornstein, D.**, Pate, R., Pratt, M. (2009). A Review of the National Physical Activity Plans of Six Countries. *Journal of Physical Activity and Health*, 6(suppl. 2), S245-S264.

PEER REVIEWED PUBLICATIONS (In Development or In Review)

1. **Bornstein, D.**, Evangelista, M.*, Overton, A.*, Li, B., Sole, C., Sieverdes, J. (in development). Objective assessment of sleep quality and quantity in military cadets.
2. **Bornstein, D.**, Overton, A.*, Sole, C., Grieve, G.*, Duke, C., Hucks, K. (*in development*). Effectiveness of an Intervention on Military Physical Training in a Senior Military College.
3. **Bornstein, D.**, Overton, A.*, Sole, C., Evangelista, M.*, Sole, C., Li, B., Sieverdes, J. (*in development*). Assessing sleep behavior among cadets in a senior military college: Methodological considerations.
4. **Crewes, S.***, MacDonald, A., Bornstein, D. (*in development*). Associations between sleep efficiency and mental health outcomes among cadets in a senior military college.
5. **Overton, A.***, Bornstein, D., Duke, C., Hucks, K., Grieve, G.* (*in development*). Results from Development and Testing of a Novel Survey Instrument for Measuring Attitudes and Opinions of Military Physical Training.
6. **Bornstein, D.**, McLain, A., Ohsfeldt, R., Clennin, M., Hauret, K., Jones, B. (*in development*). The economic impact of training-related injuries sustained during basic combat training in the U.S. Army: A state-by-state analysis of which states have the most significant impact on the budget for U.S. Department of Defense.

BOOKS AND BOOK CHAPTERS

BOOKS:

1. **Bornstein, D.**, Eyler, A., Maddock, J., Moore, J. Physical Activity in Public Health Practice, 1st Edition. Springer Publishing, New York, NY, 2018

CHAPTERS IN BOOKS:

1. Clennin, M., **Bornstein, D.** Important milestones in physical activity and public health. Physical Activity in Public Health Practice, 1st Edition. Bornstein, D., Eyler, A., Maddock, J., Moore, J. editors. Springer Publishing, 2018.
2. **Bornstein, D.**, Segar, M. Establishing the value of physical activity for different stakeholders. Physical Activity in Public Health Practice, 1st Edition. Bornstein, D., Eyler, A., Maddock, J., Moore, J. editors. Springer Publishing, 2018.
3. **Bornstein, D.**, Maddock, J. Effective strategies for building and maintaining coalitions. Physical Activity in Public Health Practice, 1st Edition. Bornstein, D., Eyler, A., Maddock, J., Moore, J. editors. Springer Publishing, 2018.

ABSTRACTS PRESENTED

1. S.L. Crews*, **D.B. Bornstein**, B. Li, A.D. Overton*, M. S. Evangelista*, J. Moore, J. C. Sieverdes, D. Gaita, C.J. Sole, L. Fernald, A. Macdonald. *The relationship between sleep, social support, and emotional functioning in Military College Cadets*. Presented at the Annual Meeting of the Southeastern Psychological Association, Jacksonville, FL. 2019
2. **D. Bornstein**, C. Sole, R. Sacko, A. MacDonald, B. Hickey*, L. Townes*. *Tactical Performance and Resiliency: An interdisciplinary approach to fitness and performance in military and paramilitary populations*. Oral presentation at American College of Sports Medicine Southeastern Regional Meeting, Greenville, SC. 2019
3. Stoutenberg, M., **Bornstein, D.** *Convergence of Physical Activity and Health: Promising career paths for the future*. Oral presentation at American College of Sports Medicine Southeastern Regional Meeting, Greenville, SC. 2019
4. **Bornstein, D.**, A Overton*, CJ Sole, C Duke, K Hucks, I Rodgers*, D Boucher. *Efficacy of Physical Training Among Military Cadets: Results from a group, non-randomized control trial*. Poster presentation at American College of Sports Medicine Southeastern Regional Meeting, Chattanooga, TN. 2018
5. Evangelista, M.* , **Bornstein, D.**, Overton, A.* , Li, B., Moore, J., Solce, C., Gaita, D., Sieverdes, J. *Objectively assessing sleep patterns of cadets at a senior military college: Results from a pilot study*. Presented at the Summer Undergraduate Research Symposium, The Citadel, Charleston, SC. 2018.
6. **Bornstein, DB**, Davis, J. *Transportation Engineering and Public Health: Updates on Science, Interventions, and Practice*. Oral presentation at the Georgia Section of the Institute of Transportation Engineers. St. Simons, GA. 2018
7. ZA Player*, C Sole, **DB Bornstein**. *Effects of Military Load Carriage on Vertical Ground Reaction Force Parameters*. Poster presentation at American College of Sports Medicine Southeastern Regional Meeting, Chattanooga, TN. 2018
8. N Sealover, JC Sieverdes, DD Thomas, **DB Bornstein**, AM Hoover, HM Puleo, WD. Dudgeon. *Heart rate validity of consumer wrist-based monitors*. Poster presentation at American College of Sports Medicine Southeastern Regional Meeting, Chattanooga, TN. 2018
9. **Bornstein, D.**, Grieve, G.* , Clennin, M.* , McLain, A., Whitsel, L., Beets, M., Hauret, K., Jones, B., Sarzynski, M. *Public health implications for an investigation of state-level associations between cardiorespiratory fitness and BMI with training-related injuries among US Army Recruits*. Oral presentation at the 145th Annual Meeting of the American Public Health Association. Atlanta, GA. 2017
10. Grieve, George L.* , Clennin, Morgan*, McLain, Alexander C., Beets, Michael W., Hauret, Keith G., Jones, Bruce H., Sarzynski, Mark A., **Bornstein, Daniel B.** *Distribution of cardiorespiratory fitness levels of US Army Recruits from 2010-2013 by state*. Poster presentation at the 64th Annual Meeting of the American College of Sports Medicine. Denver CO. 2017
11. **Bornstein, D.**, Davis, W., Brown, K. *Working to Make the World's Number One Destination City A Livable City for Residents: Lessons from Active Transportation Advocacy in Charleston, SC*. Poster Presentation at the Active Living Research Annual Conference, Clearwater, FL. 2017.
12. **Bornstein, D.**, Pugh Prescott, M., Parra-Median, D., Crum, A., Zhart, O. *What's Stopping you? Excuses and barriers to daily physical activity*. Oral presentation at the 144th Annual Meeting of the American Public Health Association. Denver CO. 2016
13. *Contestabile, N., *Ufkes, J., **Bornstein, D.**, Ortaglia, A., Clennin, C., Whitsel, L., Hauret, K., Jones, B. *Chronic Disease, Physical Activity, and Military Readiness: A cross-sectional analysis of which U.S. States pose the greatest threats to public health and national security*. Poster presentation at the Citadel Student Research Conference, Charleston, SC 2016
14. Bergeron, C., Tanner, A., Friedman, D., Bergeron, C., Zheng, Y., Schrock, C., **Bornstein, D.**, Segar, M., Swift. *How are we communicating about physical activity? A scoping review of the literature*. Poster presentation at the 144th Annual Meeting of the American Public Health Association. Denver, CO. 2016
15. **Bornstein, D.**, Ortaglia, A., Clennin, M., *Wolff, D., Whitsel, L., Hauret, K., Jones, B. *Physical activity and military readiness: A new perspective on policy advocacy for active living*. Oral presentation at the Active Living Research Annual Conference, Clearwater, FL. 2016.

16. Perna, F., **Bornstein, D.**, Nonas, C., Slater, S., Eyler, A., Kohl, H., Chiriqui, J. *Health in all policies: Multi-sectoral approaches for increasing physical activity*. Moderator for oral presentation at the 143rd Annual Meeting of the American Public Health Association. Chicago, IL. 2015.
17. Bott, T., **Bornstein, D.**, *Marger, C., & *Wolff, D. *Threats to National Security: Physical Activity and Ineffective Physical Education*. Poster presented at Society of Health and Physical Education Annual Convention and Expo, Seattle, WA. 2015
18. **Bornstein, D.**, *Armstrong, D., *Blackman, M., *Player, Z. *Meeting Physical Activity Guidelines Through Parks and Recreation Classes: Local implementation of Exercise is Medicine*. Oral presentation at the American College of Sports Medicine Southeastern Regional Meeting, Jacksonville, FL. 2015.
19. **Bornstein, D.**, Carnoske, C., Tabak, R., Maddock, J., Hooker, S., Evenson, K., Pate, R. *Evaluation of the U.S. National Physical Activity Plan: Understanding Partner Involvement*. Poster presented at the National Physical Activity Plan Congress, Washington, DC. 2015.
20. **Bornstein, D.**, Pate, R., Ortaglia, A., Beets, M., Saunders, R., Blair, S. *Building and Maintaining Successful Physical Activity Coalitions: Perspectives from coalition members across the U.S.* Poster presented at the American College of Sports Medicine 61st Annual Meeting, Orlando, FL. 2014.
21. *Williams, B., *Marger, C., Bott, T., **Bornstein, D.** *Physical Inactivity and Lack of Physical Education: Threats to National Security*. Oral presentation at the 2nd Annual Human Performance and Leisure Studies Symposium, Greensboro, NC. 2014.
22. **Bornstein, D.**, Davis, J. *Research and Best Practices for Urban Mobility, Physical Activity, and Public Health*. Oral presentation at the Annual Meeting of the Southern District of the Institute of Transportation Engineers, Greensboro, GA, 2014.
23. **Bornstein, D.**, Pate, R., Beets, M., Blair, S., Saunders, R. *Development of a Survey Instrument for Measuring Organizational Member Involvement in Physical Activity Coalitions Throughout the United State*. Poster presented at the Active Living Research Annual Conference, San Diego, CA. 2014.
24. **Bornstein, D.**, Carnoske, C., Tabak, R., Maddock, J., Hooker, S., Evenson, K., Pate, R. *Factors Related to Partner Involvement in the Development of the U.S. National Physical Activity Plan*. Poster presented at the South East American College of Sports Medicine Annual Meeting. 2013.
25. Yang, S., Hart, A., Velarde, G., Katz, L., Johnson, P., Kassanders, E., Pelletter, M., Sheenan, D., Lawler, D., **Bornstein, D.**, Baert, H., Oh, Y., Christley, M., Witherspoon, L. *Driving Toward a Healthier Generation Through Technology and Exergames*. Presented at the American Alliance for Health, Physical Education, Recreation and Dance 128th Annual National Convention, Charlotte, NC. 2013.
26. **Bornstein, D.**, Beets, Michael, W. *Measuring compliance with IOM guidelines for preschoolers' physical activity: Complications and solutions*. Poster presented at the American Public Health Association 140th Annual Meeting, San Francisco, CA. 2013
27. **Bornstein, D.**, Evenson, K., Satinsky, S., Eyler, A., Brownson, R., Pate, R. *Measuring Progress of the U.S. National Physical Activity Plan: Assessment of Implementation Teams*. Poster presented at the American College of Sports Medicine 59th Annual Meeting, San Francisco, CA. 2012.
28. Byun, W., **Bornstein, D.**, Beets, M., Welk, G., Bottai, M., Dowda, M., Pate, R. *Accelerometer Cutpoint Non-Equivalence in Preschool Children*. *Medicine and Science in Sports and Exercise*. 2011, 43(5), 701.
29. **Bornstein, D.**, Trilk, J., Pate, R. *Early prevention of cardiovascular disease: Implications for researching the effects of exercise on postprandial lipemia in children and adolescents*. Poster presented at the 58th Annual Meeting of the American College of Sports Medicine, Denver, CO. 2011.
30. Yang, S., **Bornstein, D.**, Coshott, R., Foley, T., Hansen, L., Baert, H., Oh, A., Oh, Y., Sheehan, D., Hart, A., Pelletter, M., Lawler, D., Seilheimer, T., Kassanders, E., Johnson, P., Thin, A., Rosenberry, E., van Houte, B., *Oceans of Opportunities for Active Games for Better Health*. Presented at the American Alliance for Health, Physical Education, Recreation and Dance 126th Annual National Convention, San Diego, CA. 2011.
31. **Bornstein, D.**, Beets, M. W., Beighle, A., Cardinal, B. J., & Morgan, C. F. *A 13 country review of pedometer-measured physical activity patterns of youth*. Poster presented at the South East American College of Sports Medicine Annual Meeting. 2010.
32. Beets, M. W., Morgan, C. F., Banda, J., **Bornstein, D.**, Byun, W., Mitchell, J., Munselle, L., Rooney, L., Beighle, A., & Erwin, H. E. (in review). *Can pedometers estimate moderate-to-vigorous physical activity of youth?*

Comparison with accelerometry. Poster presented at the American College of Sports Medicine 57th Annual Meeting, Baltimore, MD.

*Indicates student involvement

INVITED PRESENTATIONS/WORKSHOPS

- **Bornstein, D.** (2011). *Look Before You Leap: Advantages and disadvantages of measuring physical activity with accelerometers.* Department of Exercise Science, University of South Carolina. Columbia, S.C.
- **Bornstein, D.** (2010). *Active gaming and the U.S. National Physical Activity Plan.* Games for Health Conference. Boston, MA.
- **Bornstein, D.** (2010). *Development of a National Physical Activity Plan for the United States.* Department of Exercise Science, University of South Carolina. Columbia, S.C.
- **Bornstein, D.** (2010). *Physical activity measurement and public health policy.* Department of Exercise Science Research Seminar Series, University of South Carolina. Columbia, SC.
- **Bornstein, D.** (2007). *El Tour de Tucson: Training wisely for a 90 mile race.* Perimeter Bicycling. Tucson, AZ.
- **Bornstein, D.** (2006). *The role of the dietician in prescribing a fitness program.* Annual meeting of the Arizona Dietetics Association. Phoenix, AZ.
- **Bornstein, D.** (2005). *Integrating physical activity into the daily lives of children with disabilities.* Children's Hospital of Philadelphia. Philadelphia, PA.

GRANTS (AWARDED)

- Sponsor: The Citadel
 - Faculty Research Grant
 - Title: Physical Activity & Sleep and their Associations with Academic Performance, Physical Fitness, and Mental Health in Military Cadets.
 - Total Awarded: \$6,000 (May, 2017)
- Sponsor: The Citadel
 - Professional Organization Travel Grant
 - Total Awarded: \$2,300 (October, 2017)
- Sponsor: The Citadel
 - Professional Organization Travel Grant
 - Total Awarded: \$2,500 (October, 2016)
- Sponsor: The Citadel
 - Faculty Presentation Grant
 - Title: Physical activity and military readiness: A new perspective on policy advocacy for active living
 - Total Awarded: \$1,221 (January, 2016)
- Sponsor: The Citadel
 - Faculty Presentation Grant
 - Title: Meeting Physical Activity Guidelines Through Parks and Recreation Classes: Local implementation of Exercise is Medicine
 - Total Awarded: \$1,320 (October, 2015)
- Sponsor: The Citadel
 - Professional Organization Travel Grant
 - Total Awarded: \$1,558 (September, 2015)
- Sponsor: University of South Carolina
 - Title: Evaluation of the U.S. National Physical Activity Plan: Understanding Partner Involvement
 - Total Awarded: \$5,000 (September, 2014)
 - Role: Principle Investigator
- Sponsor: The Citadel
 - Faculty Presentation and Development Grant

- Title: Research and Best Practices for Urban Mobility, Physical Activity, and Public Health
 - Total Awarded: \$2,000 (September, 2014)
- Sponsor: The Citadel
 - Professional Organization Travel Grant,
 - Total Awarded: \$1,000 (September, 2014)
- Sponsor: Charleston County Parks & Recreation an MoveIt, LLC
 - Title: Development of a Parks Prescriptions for Increasing Physical Activity
 - Amount Awarded: \$10,000 (August, 2014)
 - Role: Principle Investigator
- Sponsor: The Citadel
 - New Faculty Research Grant
 - Title: Physical Activity and National Security: Assessing military officers' perceptions about the relationship between youth physical activity and military readiness.
 - Amount Awarded: \$3,000 (February, 2014)
 - Role: Principle Investigator
- Sponsor: The Citadel
 - Faculty Presentation Grant
 - Amount Awarded: \$111 (August, 2014)
- Sponsor: The Citadel
 - Faculty Presentation Grant,
 - Amount Awarded: \$361 (March, 2014)
- Sponsor: The Citadel
 - Faculty Presentation Grant,
 - Amount Awarded: \$628 (March, 2014)
- Sponsor: The Citadel
 - Professional Organization Travel Grant
 - Amount Awarded: \$1,893 (October, 2013)
- Sponsor: The Citadel
 - Faculty Development Grant
 - Amount Awarded: \$1,200 (October, 2013)

GRANTS (IN DEVELOPMENT)

- Sponsor: National Institutes of Health
 - Title: Determining State-by-State Economic Impact of Training-Related Injuries Among US Army Recruits
 - Total requested \$285,533
 - Role: Principal Investigator
- Sponsor: Charleston County Parks Commission
 - Title: Measuring the Built Environment in Charleston, SC for Active Transportation
 - Total requested: \$20,000
 - Role: Co-Investigator

GRANTS (SUBMITTED)

- Sponsor: National Institutes of Health
 - Title: Identifying State-Level Factors for Physical Education Affecting Fitness and Injuries of Army Recruits (PA16-161)
 - Total requested \$354,642
 - Role: Co-Principal Investigator
 - Scored, not funded
- Sponsor: National Institutes of Health

- Title: Physical Activity and National Security: Improving Public Health Policy by Investigating Associations between State-Level Factors for Physical Activity and the Physical Fitness of Military Recruits (PA-13-313)
- Total requested : \$300,000
- Role: Principal Investigator
- Scored, not funded

RESEARCH EXPERIENCE

Physical Activity & Sleep and their Associations with Academic Performance, Physical Fitness, and Mental Health in Military Cadets. (January 2017 – Present)

- **Co-P.I. Daniel Bornstein**
- Purpose: First, objectively investigate patterns of quality and quantity as well as physical activity in a representative sample of cadets at a senior military college. Second, investigate associations among sleep, physical activity, academic performance, physical fitness, stress, anxiety, depression, and social support.
- Lead collaborative team of exercise scientists, behavioral scientists, biostatisticians, professional strength and conditioning coaches, and students in all aspects of an observational study using primary data collection.

Measuring the Built Environment in Charleston, SC for Active Transportation (October 2017-Present)

- **Co-Investigator**
- Purpose: Assess bicycle and pedestrian usage of built environmental opportunities in Charleston, SC in order to have baseline measures to compare usage with future as built environmental changes.
- Assist with study design, data collection, data management, data analysis, and scholarly presentations of results.

The Physical Activity To ImpRove NatIonal SecuriTy (PATRIOT) study. (June 2014 – Present)

- **P.I. Daniel Bornstein**
- Purpose: Investigate associations between physical fitness, body fatness, and training-related injuries among U.S. Army Recruits. Project in collaboration with U.S. Army Institute of Public Health and Arnold School of Public Health at the University of South Carolina.
- Lead team of five senior researchers and two graduate students in all aspects (research design, analytic methods, manuscript and presentation development, policy and practice brief development) of secondary data analysis of 300,000 Army recruits.

Physical Activity and National Security: Assessing military officers' perceptions about the relationship between youth physical activity and military readiness. (March, 2014 – June 2015)

- **P.I. Daniel Bornstein**
- Purpose: Understand the extent to which military officers perceive that military readiness is negatively impacted by declining physical fitness levels of military recruits.
- Leading team of two researchers and two graduate students in all aspects of completing a qualitative research study.

Evaluation of the U.S. National Physical Activity Plan: A qualitative analysis of stakeholder involvement (December, 2011 – 2012)

- **P.I. - Daniel Bornstein**
- Purpose: understand the factors that led to successful development of the National Physical Activity Plan
- Coordinate all aspects of study (design, methods, data collection and analysis, manuscript development)
- Lead team of eight physical activity and public health researchers

Coalitions and Networks for Active Living (June, 2010 - Present)

- **P.I. - Jill Litt** (University of Colorado, Boulder)
- Purpose: understand the relationships between physical activity collaboratives and policy change
- Assist with data interpretation
- Assist with manuscript development

U.S. National Physical Activity Plan (September 2008 – December, 2010)

- **P.I. - Russell Pate** (University of South Carolina)

- Purpose: develop and launch the first national physical activity plan for the United States
- Coordinated development and publication of the first U.S. National Physical Activity Plan document
- Researched and assembled comparison of all current national physical activity plans from other nations
- Spearheaded creation and maintenance of www.physicalactivityplan.org
- Assisted in planning and coordination of inaugural National Physical Activity Plan conference

Convergent validity of pedometer and accelerometer estimates of MVPA in youth (June 2009 – June 2010)

- P.I. - Michael Beets (University of South Carolina)
- Purpose: determine whether pedometers can estimate MVPA of youth
- Assisted in data collection on 100 campers in YMCA Summer Camp
- Assisted in data management and processing
- Assisted in development of manuscripts

NON-PEER REVIEWED PUBLICATIONS

- **Bornstein, D.** (2005). *Exercise and Arthritis*. Dr. Weil on Healthy Aging. www.drweilonhealthyaging.com
- **Bornstein, D.** (2005). *Exercise and Diabetes*. Dr. Weil on Healthy Aging. www.drweilonhealthyaging.com
- **Bornstein, D.** (2005). *Exercise and Hypertension*. Dr. Weil on Healthy Aging. www.drweilonhealthyaging.com
- **Bornstein, D.** (2005). *Exercise and Menopause*. Dr. Weil on Healthy Aging. www.drweilonhealthyaging.com
- **Bornstein, D.** (2005). *Exercise and Osteoporosis*. Dr. Weil on Healthy Aging. www.drweilonhealthyaging.com
- **Bornstein, D.** (2005-2007). Weekly columnist. Tucson Citizen, Tucson, AZ

MEDIA APPEARANCES/PRESENTATIONS

- **Bornstein, D.** (September, 2011). *Play as a family to meet PA guidelines*. WACH-Fox News, Columbia, SC
- **Bornstein, D.** (July, 2011). *Obesity rate rises across the Southeast*. Augusta Chronicle, Augusta, GA
- **Bornstein, D.** (July, 2011). *Solving the obesity epidemic in South Carolina*. WIS-TV, Columbia, SC
- **Bornstein, D.** (July, 2010). *Getting community involved in physical activity*. WLTX-TV, Columbia, S.C.
- **Bornstein, D.** (2002-2007). *Weekly guest: Fitness Friday with Dan Bornstein*. CBS Morning News. KOLD-TV Tucson, AZ
- **Bornstein, D.** (2005 -2007). *Weekly columnist on exercise and health*. Tucson Citizen, Tucson, AZ
- **Bornstein, D.** (2005). *Setting and achieving health fitness goals*. Dr. Weil on Healthy Aging. www.drweilonhealthyaging.com
- **Bornstein, D.** (2005). *Exercise and Osteoporosis*. Dr. Weil on Healthy Aging. www.drweilonhealthyaging.com
- **Bornstein, D.** (2005). *Make exercise fun*. Dr. Weil on Healthy Aging. www.drweilonhealthyaging.com
- **Bornstein, D.** (2005). *Measuring cardiovascular intensity*. Dr. Weil on Healthy Aging. www.drweilonhealthyaging.com

PREVIOUS EMPLOYMENT RECORD

Project Coordinator, U.S. National Physical Activity Plan, University of South Carolina, Columbia, SC (January, 2009 – June 2014)

- Coordinated development and implementation of a national strategic plan aimed at increasing physical activity levels of all Americans.
- Facilitated on-going duties of NPAP Board of Directors, including:
 - Evaluating the NPAP
 - Marketing and Communications for the NPAP
 - Updating and revising the NPAP document
 - Developing and managing key strategic partnerships
- Assisted in development of 501(c)(3) corporation for the NPAP

Co-Founder and President, ProActive Performance Institute, Tucson, AZ (2004-08)

- Created, managed, and ultimately sold a company that successfully implemented individual and group physical activity/health interventions integrating experts in exercise physiology, behavioral therapy, physical therapy, nutrition and internal medicine.
- Successful Group Interventions included:
 - “*Weight Loss Becomes You*” – an integrated approach to long-term weight control.
 - “*Jr. El Tour de Tucson*” – 12 week program to prepare twelve underprivileged, underactive children for successful completion of 30 mile bike race.
 - “*ACL Injury Prevention*” – Practical intervention program to train female youth soccer players and coaches on evidence-based knee injury prevention techniques.
 - Chinese National Middle Distance Track Team – provided six months of injury prevention-based strength training to 5 elite runners and 2 coaches from China. Two runners medaled in the 2008 Summer Olympic Games.

Founder and C.E.O., *Inner Strength Fitness Consulting*, Tucson, AZ (1998-2008)

- Regular columnist on physical activity promotion, [Tucson Citizen](#) (2005-08)
- Resident Health and Fitness Expert, KOLD TV, ABC affiliate (1999 – 2008)
- Regular contributor and editor, www.DrWeil.com, www.HealthyAging.com (2000-08)

Personal Trainer and Fitness Instructor, *Canyon Ranch Health Resorts*, Tucson, AZ (1997-2001)