

Curriculum Vitae

**Lauren E. McDaniel, MS,
ACSM-EP, EIM**

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Kansas State University

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Professional Experience:

2008-present: **Instructor**

*Kansas State University, School of Health Sciences, Kinesiology Program
Affiliate Faculty, Gerontology (Center on Aging)*

- Teach undergraduate Kinesiology courses including:
 - KIN 360: Anatomy and Physiology Lecture
 - KIN 361: Anatomy and Physiology I Lecture
 - KIN 362: Anatomy and Physiology II Lecture
 - KIN 381: Exercise and Chronic Disease
 - KIN 383: Exercise and Older Adults
 - KIN 580: Internship in Kinesiology
 - KIN 625: Exercise Testing and Prescription Lecture
- Serve as coordinator for:
 - Kinesiology program internship experiences
 - Exercise is Medicine-On Campus

2006-2008 **Graduate Teaching Assistant**

Kansas State University, Department of Kinesiology

- Taught undergraduate laboratory and activity courses including:
 - KIN 220: Biobehavioral Bases of Exercise Laboratory
 - KIN 330: Biomechanics Laboratory
 - KIN 336: Exercise Physiology Laboratory
 - KIN 625: Exercise Testing and Prescription Laboratory
 - KIN 162: Weight Training for Women
 - KIN 163: Jogging
- Assisted undergraduate advising coordinator with undergraduate advising duties.

2007-2008 **Research Assistant**

Kansas State University, Clarenburg Research Laboratory

- Assisted in the conduction of applied exercise physiology research including: treadmill running, splanchnic dissection, assessment of blood flow via radiolabeled microspheres, measurement of maximal oxygen uptake, and measurement of fatigue in the rat model.

2006-2010 **Fitness Specialist**

Mercy Regional Health Center, Fitness Center/Cardiac Rehabilitation, Manhattan, KS

- Assisted with cardiac and pulmonary rehabilitation programs by monitoring patient vitals, placing ECG leads, providing appropriate exercise instruction and supervision, and counseling patients on exercise and behavior modification.
- Performed new member evaluations to assess for cardiovascular risk factors and prescribe appropriate exercise programs.

- Provided individualized personal training to a diverse population of fitness center members to help them achieve their health and fitness goals.

Education:

2006-2008 Master of Science in Kinesiology
 Kansas State University, Manhattan, KS
 Emphasis: Cardiopulmonary Exercise Physiology
 Graduation Date: May 2008
 Advisor: Timothy I. Musch, PhD
 Thesis Topic: Effects of Omega-3 PUFAS on Muscle Blood Flow During Treadmill Exercise

2002-2006 Bachelor of Science in Kinesiology
 Kansas State University, Manhattan, KS
 Graduation Date: May 2006

Grants and Awards:

Outstanding Faculty Award 2023, College of Health and Human Sciences, XIX Chapter of Mortar Board, Staley School of Leadership
 Professor of the Week (Jan 4, 2021), Faculty Senate
 Myers-Alford Teaching Award 2020, College of Health and Human Sciences, \$2500
 Global Campus Faculty Development Grant, KIN 361/362: Anatomy and Physiology I/II, \$15,422
 Global Campus Faculty Development Grant, KIN 398: Exercise and Older Adults, \$6415
 Global Campus Faculty Development Grant, KIN 398: Exercise and Chronic Disease, \$5400

Presentations:

McDaniel, LE (2025). “Health and Performance Metrics” and “Blood Typing”. College of Health and Human Sciences Summer Health Professions Program. Kansas State University
 McDaniel, LE (2024). “Health and Performance Metrics” and “Blood Typing”. College of Health and Human Sciences Summer Health Professions Program. Kansas State University
 McDaniel, LE (2023). “Career Q&A Panel Discussion”. Moderator and Panelist. ACSM. 2023 Central States Meeting, Tulsa OK
 McDaniel, LE (2023). “Physical Activity for Health” and “Blood Typing”. College of Health and Human Sciences Summer Health Professions Program. Kansas State University
 McDaniel, LE (2022). “Physical Activity and Health” and “Blood Typing”. College of Health and Human Sciences Summer Health Professions Program. Kansas State University
 McDaniel, LE (2021). “EIM-On Campus Roundtable: Stories from the trenches”. ACSM. 2021 Central States Meeting (Virtual)
 Hammel, LE (2008). Effects of dietary fish oil (FO) supplementation on the skeletal muscle blood flow (BF) response to submaximal treadmill exercise. Experimental Biology. 2008 National Meeting, San Diego, CA

Publications:

Stebbins CL, Hammel LE, Marshall BJ, Spangenberg EE, Musch TI. Effects of dietary omega-3 polyunsaturated Fatty acids on the skeletal-muscle blood-flow response to exercise in rats. *International Journal of Sports Nutrition and Exercise Metabolism*. 2010 Dec; 20(6):475-86.

Certifications:

American College of Sports Medicine Certified Exercise Physiologist (EP)
 American College of Sports Medicine Exercise is Medicine Credential (EIM)

American College of Sports Medicine Exercise is Medicine Ambassador
American Red Cross (CPR)

Memberships:

American College of Sports Medicine (ACSM), Central States Chapter
Human Anatomy and Physiology Society (HAPS)

Department/Program Service:

Exercise is Medicine On Campus Committee
Internship Coordinator
Exercise is Medicine Student Association Co-Faculty Advisor
Kinesiology Department Assistant Professor Search Committee, 2024
Kinesiology Department Instructor Search Committee Chair, 2023
Anatomy and Physiology Lab Coordinator Search Committee Chair, 2018

College Service:

Non-Tenure Track Compensation Committee, 2025
Human Ecology Mentoring Advisory Committee

University Service:

Exercise is Medicine-On Campus Faculty Advisor
Health Promoting University, Physical Activity Working group
Physical Activity Survey Working Group, EIM-OC Representative

Other Service:

American College of Sports Medicine Exercise is Medicine-On Campus National Committee
Central States Chapter of the American College of Sports Medicine, Exercise is Medicine Committee, KS representative
Central States Chapter of the American College of Sports Medicine 2024 Annual Conference Planning Committee (Kansas City, MO)
Central States Chapter of the American College of Sports Medicine 2023 Annual Meeting Planning Committee (Tulsa, OK)
Board of Advisors Panel for Seeley's Anatomy and Physiology, 13th edition
Human Anatomy and Physiology Society Safety and Animal Use Committee