

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

**Education**

- 2007 **Fellow, Postgraduate Course on Research Directions and Strategies in Physical Activity and Public Health**, Centers for Disease Control and Prevention/University of South Carolina, Hilton Head, SC
- 2004-06 **Postdoctoral Research Fellow, Environmental Determinants of Obesity**, University of Missouri-Kansas City, Kansas City, MO
- 2004 **PhD, Health Psychology & Education (Interdisciplinary)**, University of Missouri-Kansas City, Kansas City, MO
- 2001 **MA, Educational Research & Psychology**, University of Missouri-Kansas City, Kansas City, MO  
Specialization: Sport & Exercise Psychology
- 1999 **BA, Psychology & Sports Science**, Graceland University, Lamoni, IA

**Professional Positions**

**Kansas State University, Manhattan, KS**

- 2015-present Associate Professor (tenured) of Exercise Behavioral Science, College of Human Ecology, Department of Kinesiology
- 2013-15 Assistant Professor of Physical Activity and Public Health, College of Human Ecology, Department of Kinesiology
- 2011-present Faculty Scientist, Johnson Center for Basic Cancer Research
- 2010-present Director, Functional Intensity Training Lab, Department of Kinesiology  
Member, MPH Graduate Faculty, Graduate School  
Member, Graduate Faculty, Graduate School
- 2010-12 Assistant Professor of Physical Activity and Public Health, College of Arts & Sciences, Department of Kinesiology

**University of Hawai'i at Mānoa, Honolulu, HI**

- 2009-10 Full Member, Cancer Research Center of Hawai'i, Prevention and Control Program
- 2008-09 Chair, Social and Behavioral Health Sciences Specialization, John A. Burns School of Medicine, Department of Public Health Sciences
- 2007-10 Member, Graduate Faculty, Graduate School
- 2006-10 Assistant Professor, John A. Burns School of Medicine, Department of Public Health Sciences

**University of Missouri-Kansas City, Kansas City, MO**

- 2004-06 Postdoctoral Research Fellow, School of Medicine, Department of Basic Medical Science
- 2004-06 Mental Skills Coach, Track & Field Team
- 2003-04 Lecturer, Psychology Department
- 2002-03 Lecturer, Exercise Science Department
- 2001-04 Graduate Assistant Coach, Cross-Country and Track & Field Teams
- 2000-02 Graduate Teaching Assistant, Exercise Science Department

**Professional Memberships**

- 2017-18 Member, Society of Behavioral Medicine
- 2014-18 Member, Physical Activity Policy Research Network+
- 2012- Member, International Society of Behavioral Nutrition and Physical Activity
- 2010- Kansas Public Health Association
- 2009- President Elect (2020-21), Fellow (2019-), Full Member (2009-19), American Academy of Health Behavior

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- 2009-10 Member, American Planning Association
- 2009- Member, International Society for Physical Activity and Health
- 2008-14 Member, Physical Activity Policy Research Network
- 2008- Member, American Public Health Association
- 2007-10 Member, Hawai'i Public Health Association
- 2006-10 Member, University of Hawai'i Professional Association
- 2006-10 Member, National Education Association
- 2005-08 Member, American Heart Association
- 2004-06,16- Member, The Obesity Society
- 2003,6-7,12- Member, American College of Sports Medicine
- 2002-04, 13- Member, USA Track and Field

**Professional Certifications**

- 2015-2020 Certificate, CrossFit Level 2 Trainer (CF-L2)
- 2013, 2017 Certification, USA Track & Field, Official Apprentice (#035316)
- 2011-present Certificate, CrossFit Kids Trainer
- 2010-present Certificate, CrossFit Level 1 Trainer (CF-L1)
- 2003 Certification, USA Track & Field, Level II Track & Field Coach: Jumps (L2-03-1169)
- 2002 Certification, USA Track & Field, Level I Track & Field Coach (#4070)

**Honors and Awards**

- 2019 Fellow, American Academy of Health Behavior  
Outstanding Graduate Faculty, College of Human Ecology
- 2017 (Nominee) Hulsing Mentoring Prize  
Excellence in Research Award, College of Human Ecology
- 2015, 16, 19 (Nominee) University Distinguished Award for Mentoring of Undergraduate Students in  
Research
- 2014 (Finalist) Excellence in Engagement Award, Kansas State University
- 2009-11 Fellowship, HMO Cancer Research Network Scholar's Program
- 2009 Who's Who in America
- 2008 Summer Leadership Institute on Disability and Diversity
- 2007, 09 University of Hawai'i Faculty Travel Award
- 2005-09 National Center on Minority Health & Health Disparities Scholar
- 2004-06 University of Missouri-Kansas City Postdoctoral Research Fellowship
- 2004 Magna Cum Laude honors Recipient for Ph.D. degree  
Junior League of Kansas City, MO, Inc. Award Recipient  
David and Vera Mace Award Recipient
- 2001 Magna Cum Laude honors Recipient for M.A. degree
- 1999 Magna Cum Laude honors Recipient for B.A. degree  
Who's Who among American University Students  
Graceland College Student Life Award Recipient
- 1998-99 NAIA Academic All-American for Track & Field  
Alpha Chi Honor Society Member
- 1996-99 All-Conference Track & Field - Heart of America Athletic Conference  
Athletic Scholarship, Track & Field, Graceland University
- 1995-99 Academic Scholarship, Graceland University  
Athletic Scholarship, Volleyball, Graceland University

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**Publications**

Note: Maiden name was Booth, \*Denotes undergraduate student, \*\*Denotes graduate student

ORCID: 00000-00002-6837-408X

Google Scholar: <http://scholar.google.com/citations?user=St36qXkAAAAJ&hl=en>

**Peer-Reviewed Publications**

*Published Manuscripts (Last 10 years)*

1. Patterson M, Russell A, Spadine M, **Heinrich KM**. A social network analysis approach to predicting beneficial exercise behavior among college students in recovery. *Health Behav Res*, in press.
2. **Heinrich KM**, Crawford DA, \*Langford CR, \*\*Kehler A, \*\*Andrews V. High intensity functional training shows promise for improving physical functioning and activity in community-dwelling older adults: a pilot study. *J Geriatr Phys Ther* 2019 [Epub ahead of print]. doi:10.1519/JPT.0000000000000251
3. Crawford D, Heinrich K, \*\*Drake NB, \*\*DeBlauw J, Carper MJ. Heart rate variability mediates motivation and fatigue throughout a high-intensity exercise intervention. *Appl Physiol Nutr Metab* [Epub ahead of print]. <https://doi.org/10.1139/apnm-2019-0123>
4. Lemon S, Goins KV, Sreedhara M, Arcaya M, Aytur SA, **Heinrich KM**, Kerner B, Lyn R, Maddock JE, Riessman R, Schmid TL. Developing core capabilities for local health departments to engage in land use and transportation decision making for active transportation. *J Public Health Manag Pract*, 2019;25(5):464-471. doi: 10.1097/PHH.0000000000000948
5. Cosgrove SJ, Crawford DA, **Heinrich KM**. Multiple fitness improvements found after 6-months of high intensity functional training. *Sports* 2019;7(9):203.
6. Suminski RR, Patterson F, Perrett M, **Heinrich KM**, Poston WSC. The association between television viewing time and percent body fat in adults varies as a function of physical activity and sex. *BMC Public Health* 2019;19:736.
7. \*\*Hollerbach BS, Jahnke SA, Poston WSC, Harms CA, **Heinrich KM**. Examining a novel firefighter exercise training program on simulated fire ground test performance, cardiorespiratory endurance, and strength: a pilot investigation. *J Occup Med Toxicol*, 2019;14:12. doi:10.1186/s12995-019-0232-2
8. \*\*Box AG, Feito Y, \*Matson A, **Heinrich KM**, Petruzzello SJ. Is age just a number? Differences in exercise participatory motives across adult cohorts and the relationships with exercise behavior. *Int J Sport Exerc Psychol*, 2019; doi:10.1080/1612197X.2019.1611903
9. \*\*Lightner JS, **Heinrich KM**, Sanderson MR. A population-based study of coupling and physical activity by sexual orientation for men. *J Homosexuality*, 2019; <https://doi.org/10.1080/00918369.2019.1601435>
10. \*\*Hollerbach BS, Jahnke SA, Poston WSC, Harms CA, **Heinrich KM**. Examining a novel firefighter exercise training program on simulated fire ground test performance, cardiorespiratory endurance, and strength: a pilot investigation. *J Occup Med Toxicol*, 2019;14:12. doi:10.1186/s12995-019-0232-2
11. \*\*Box AG, Feito Y, **Heinrich KM**, Petruzzello SJ. High intensity functional training (HIFT) and competitions: how motives differ by length of participation. *PLoS One*, 2019;14(3):e0213812. doi:10.1371/journal.pone.0213812
12. **Heinrich KM**, Crawford DA, \*Johns BR, \*\*Frye J, \*\*Gilmore KEO. Affective responses during high intensity functional training compared to high intensity interval training, and moderate continuous training. *Sport Exerc Perf Psychol*. Advance online publication. <https://psycnet.apa.org/doi/10.1037/spy0000159>
13. Feito Y, \*\*Patel P, \*\*Sal Redondo A, **Heinrich KM**. Effects of 8-weeks of high intensity functional training on glucose control and body composition among overweight and obese adults. *Sports*, 2019 February 22; 7(2):51. doi:10.3390/sports7020051

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14. \*\*Kehler A, Jahnke S, Haddock CK, Poston WSC, Jitnarin N, **Heinrich KM**. Reproductive health concerns among female firefighters. *Int Fire Service J Leadership Manage*, 2018 December; 12:15-29.
15. Feito Y, Brown C, \*\*Box A, **Heinrich KM**, Petruzzello S. An investigation into how motivational factors differed among individuals engaging in CrossFit training. *Sage Open*, 2018 September 26; 8(3):1-8. doi:10.1177/2158244018803139
16. Crawford DA, \*\*Drake NB, Carper MJ, \*\*DeBlauw J, **Heinrich KM**. Validity, reliability, and application of the session-RPE method for quantifying training loads during high intensity functional training. *Sports*, 2018 August 21; 6(3):84.
17. Feito Y, **Heinrich KM**, Butcher S, Poston WC. High intensity functional training (HIFT): definition and research implications for improved fitness. *Sports*, 2018;6(3):76. doi:10.3390/sports6030076
18. Crawford DA, \*\*Drake NB, Carper MJ, \*\*DeBlauw J, **Heinrich KM**. Are changes in physical work capacity induced by high-intensity functional training related to changes in associate physiologic measures? *Sports*, 2018;6:26. doi:10.3390/sports6020026
19. Cradock AL, Barrett JL, Chriqui JF, Evenson KR, Goins KV, Gustat J, **Heinrich KM**, Perry CK, Scanze M, Schmid TL, Tabak RG, Meyer MRU, Valko C. Driven to support: individual- and county-level factors associated with public support for active transportation policies. *Am J Health Promot*, 2018;32(3):657-666. doi:10.1177/0890117117738758
20. **Heinrich KM**, Haddock CK, Jitnarin N, Hughey J, Berkel LA, Poston WSC. Perceptions of important characteristics of physical activity facilities: implications for engagement in walking, moderate, and vigorous physical activity. *Frontiers Public Health*, 2017;5:319. doi:10.3389/fpubh.2017.00319
21. \*\*Hollerbach BS, **Heinrich KM**, Poston WSC, Haddock CK, \*\*Kehler A, Jahnke SA. Current female firefighters' perceptions, attitudes, and experiences with injury. *Int Fire Service J Leadership Manage*, 2017;11:41-47.
22. Seger ML, **Heinrich KM**, Zieff SG, Lyn R, Gustat J, Tompkins NO, Perry CK, Meyer MRU, Bornstein D, Manteiga A, Eyler AA. What walking means to moms: insights from a national sample to frame walking in compelling ways to low-income urban mothers. *J Transport Health*, 2017;5:5-15.
23. **Heinrich KM**, \*Carlisle T, \*\*Kehler A, Cosgrove SJ. Mapping coaches' views of participation in CrossFit to the integrated theory of health behavior change and sense of community. *Family Community Health* 2017;40:24-27. doi:10.1097/FCH.000000000000133 NIHMSID: NIHMS803998
24. Haddock CK, Poston WSC, **Heinrich KM**, Jahnke SA, Jitnarin N. The benefits of high intensity functional training (HIFT) fitness programs for military personnel. *Military Med*, 2016;181:e1508-1514. doi: 10.7205/MILMED-D-15-00503
25. Poston WSC, Haddock CK, **Heinrich KM**, Jahnke SA, Jitnarin N, Batchelor DB. Is high intensity functional training (HIFT)/CrossFit® safe for military fitness training? *Military Med* 2016;181:627-637. doi:10.7205/MILMED-D-15-00273
26. Kim HJ, **Heinrich KM**. Built environment factors influencing walking to school behaviors: a comparison between a small and large US city. *Frontiers in Public Health* 2016;4:77. doi:10.3389/fpubh.2016.00077
27. Umstadd Meyer MR, Perry CK, Sumrall J, Patterson M, Walsh SM, Clendennen SL, Hooker SP, Evenson KR, Goins KV, **Heinrich KM**, O'Hara Tompkins N, Eyler AA, Jones S, Tabak R, Valko C. Physical activity-related policy and environmental strategies to prevent obesity in rural communities: a systematic review of the literature 2002-2013. *Prevent Chron Dis* 2016;13:150406. doi:dx.doi.org/10.5888/pcd13.150406
28. \*\*Kehler A, **Heinrich KM**. A selective review of prenatal exercise guidelines since the 1950s until present: Written for women, health care professionals, and female athletes. *Women Birth*, 2015;28(4):e93-8 doi:10.1016/j.wombi.2015.07.004

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29. **Heinrich KM**, \*Becker C, \*Carlisle T, \*\*Gilmore K, \*Hauser J, \*Frye J, Harms CA. High-intensity functional training improves functional movement and body composition among cancer survivors: a pilot study. *Eur J Cancer Care*, 2015;24(6):812-817. doi:10.1111/ecc.12338
30. Cook BG, Li D, **Heinrich KM**. Obesity, physical activity, and sedentary behavior of youth with learning disabilities and ADHD. *J Learning Disabilities*, 2015;46(6):563-576. doi: 10.1177/0022219413518582
31. Lemon SC, Valentine Goins K, Schneider KL, Brownson RC, Valko CA, Evenson KR, Eyler AA, **Heinrich KM**, Litt J, Lyn R, Reed HL, O’Hara Thompkins N, Maddock J. Municipal officials’ participation in built environment policy development in the United States. *Am J Health Promot*, 2014. doi: 10.4278/ajhp.131021-QUAN-536
32. Suminski RR, **Heinrich KM**, Wasserman J, Rasu RS. Perceived neighborhood size: implications for physical activity-environment research. *J Phys Act Health*, 2015;12(2):282-288. PMID: 24770653. doi: 10.1123/jpah.2013-0321
33. Jitnarin N, **Heinrich KM**, Haddock CK, Hughey J, Berkel L, Poston WSC. Neighborhood environment perceptions and the likelihood of smoking and alcohol use. *Int J Environ Res Public Health*, 2015;12(1):784-799. doi: 10.3390/ijerph120100784
34. **Heinrich KM**, \*\*Lightner J, \*\*Oestman KB, \*\*Hughey SM, Kaczynski AT. Efforts of a Kansas foundation to improve physical activity and health through community trails. *Prev Chron Dis*, 2014;11:140356.
35. **Heinrich KM**, \*\*Patel PM, \*\*O’Neal JL, Heinrich BS. High-intensity compared to moderate-intensity training for exercise initiation, enjoyment, adherence, and intentions: an intervention study. *BMC Public Health*, 2014,14:789. doi:10.1186/1471-2458-14-789
36. Lee RE, **Heinrich KM**, Reese-Smith JY, Regan GR, Adamus-Leach HJ. Obesogenic and youth oriented restaurant marketing in public housing neighborhoods. *Am J Health Behav*. 2014;38(2):218-224. doi: 10.5993/AJHB.38.2.7
37. Cradock AL, Barrett JL, Carnoske C, Chriqui JF, Evenson KR, Eyler AA, Gustat J, Healy IB, **Heinrich KM**, Lemon SC, O’Hara Tompkins N, Reed H, Zieff SG. Roles and strategies of state organizations related to school-based physical education and physical activity policies. *J Public Health Manage Pract*. 2013;19:S34-40.
38. Goins KV, Schneider KL, Brownson RC, Carnoske C, Evenson KR, Eyler AE, **Heinrich KM**, Litt J, Lyn R, Maddock JE, Reed HL, O’Hara Tompkins N, Lemon SC. Municipal officials’ perceived barriers to consideration of physical activity in community design decision making. *J Public Health Manage Pract*. 2013;19:S65-73.
39. **Heinrich KM**, \*\*Stephen MO, \*\*Vaughan KB, \*Kellogg M. Kansas legislators prioritize obesity, but overlook nutrition and physical activity issues. *J Public Health Manage Pract*. 2013;19:139-145.
40. \*\*Vaughan KB, Kaczynski AT, Wilhelm Stanis SA, \*\*Besenyi GM, Bergstrom R, **Heinrich KM**. Exploring the distribution of park availability, features, and quality across Kansas City, Missouri by income and race/ethnicity: an environmental justice investigation. *Ann Behav Med*. 2013;45:28-38.
41. **Heinrich KM**, Spencer V, \*Fehl N, Poston WSC. Mission Essential Fitness: comparison of functional circuit training to traditional army physical training for active-duty military. *Mil Med*. 2012;177:1125-1130.
42. Maddock JE, Ramirez V, **Heinrich KM**, Zhang M, Brunner IM. A statewide observational assessment of the pedestrian and bicycling environment in Hawaii, 2010. *Prev Chron Dis*, 2012;9:110096.
43. **Heinrich KM**, Li D, Reese-Smith JY, Regan GR, Howard HH, Ahluwalia JS, Lee RE. Store and restaurant advertising and health of public housing residents. *Am J Health Behav*, 2012;36:66-74.
44. **Heinrich KM**, Dierenfield L, \*\*Alexander DA, Prose M, Peterson AC. Hawai’i’s opportunity for active living advancement (HO’ĀLA): addressing childhood obesity through safe routes to school. *Hawai’i Med J*. 2011;70(7S1):21-26.

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45. **Heinrich KM**, Maddock JE. Multiple health behaviors in adults with risk factors for cardiovascular disease. *Permanente J*. 2011;15:12-18.
46. Buchthal OV, \*\*Doff AL, \*\*Hsu LA, Silbanuz A, **Heinrich KM**, Maddock J. Avoiding a knowledge gap in a multiethnic statewide social marketing campaign – is cultural tailoring sufficient? *J Health Commun*. 2011;0:1-14.
47. **Heinrich KM**, Maddock J, Bauman J. Exploring the relationship between physical activity knowledge, health outcomes expectancies, and behavior. *J Phys Act Health*, 2011;8(3):404-409.
48. **Heinrich KM**, Aki N, Hansen-Smith H, Fenton M. A comprehensive multi-level approach for passing safe routes to school and complete streets policies in Hawai'i. *J Phys Act Health* 2011;8(S1):S135-S140.
49. **Heinrich KM**, Hughey J, Randles A, Wall D, Peterson NA, Jitnarin N, Berkel L, Eaton P, Bowles D, Haddock CK, Poston WSC. The census of social institutions (CSI): a public health direct observation measure of local land use. *J Urban Health* 2010;87(3):410-415.
50. Evenson KR, Eyler A, Lee SM, **Heinrich KM**, Wen F. National study of changes in prevalence and community access to school physical activity facilities: the school health policy and program study. *J Phys Act Health* 2010;7(1):S20-S30.
51. Steinman L, Doescher M, Levinger D, Perry C, Carter L, Eyler AA, Aytur S, Cradock A, Evenson KR, **Heinrich K**, Kerr J, Litt J, Severcan Y, Troped P, Voorhees C. Master plans for pedestrian & bicycle transportation: community characteristics. *J Phys Act Health* 2010;7(1):S60-S66.
52. Lee RE, **Heinrich KM**, Medina AV, Regan GR, Reese-Smith JY, \*\*Jokura Y, Maddock JE. A picture of the healthful food environment in two diverse urban cities. *Environ Health Insights* 2010;4:49-60.

*Book Chapters*

1. Conroy DC, Erikson KI, **Heinrich KM**, Ortega F. Chapter 11. Brain Health. In Liguori G, Feito Y (Editors). *ACSM's guidelines for exercise testing and prescription, 11<sup>th</sup> edition*. Indianapolis, IN: American College of Sports Medicine, in press.

*Letters to the Editor*

1. Poston WSC, Haddock CK, **Heinrich KM**, Jahnke SA, Jitnarin N, Batchelor DB, Feito Y, Suminski RR. Response to Letter to the Editor re: Poston et al., Is high-intensity functional training (HIFT)/CrossFit safe for military fitness training? (*Military Med* 2016;181:627-637). *Military Med* 2017;182:1476-1479.

*Published Abstracts (#presenter) (Last 10 years)*

1. #Patterson MS, Russell AM, Spadine MS, **Heinrich, KM**, Prochnow T. Predicting beneficial exercise behavior among college students in recovery: a social network analysis. [Poster presentation at the 2020 American Academy of Health Behavior Annual Meeting, Napa, CA]
2. #Spadine MN, Patterson MS, Graves-Boswell T, \*Sartor J, Walsh SM, **Heinrich KM**. Exercise in the treatment of addiction: a promising approach to a growing problem. [Poster presentation at the 2020 American Academy of Health Behavior Annual Meeting, Napa, CA]
3. \*\*\*DeBlauw JA, Crawford DA, \*\*Drake NB, Carper MJ, **Heinrich KM**. Quantifying training loads during high intensity functional training: session-RPE method. *Med Sci Sports Exerc* 2019;29(5):s753. [Poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL]
4. \*\*\*Beattie C, \*\*Dudgeon LJ, Cosgrove S, Heinrich KM. Effects of a brief lifestyle intervention for office workers. *Med Sci Sports Exerc* 2019;29(5):s665. [Poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL]

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5. #\*\*Ramirez M, \*\*Stein JA, **Heinrich KM**. Effects of caffeine on high-intensity functional training performance. *Med Sci Sports Exerc* 2019;29(5):s562. [Poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL]
6. \*\*\*Stein JA, \*Ramirez M, **Heinrich KM**. Effects of caffeine on high-intensity functional training performance in high- vs. low-caffeine users. *Med Sci Sports Exerc* 2019;29(5):s561. [Poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL]
7. Crawford DA, \*\*\*DeBlauw J, \*\*Drake NB, \*\*Kurtz BK, **Heinrich KM**. Are changes in physical work capacity related to changes in associated physiologic measures? *Med Sci Sports Exerc* 2019;29(5):s499. [Poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL]
8. #**Heinrich KM**, \*\*Drake NB, \*\*Kurtz BK, \*\*DeBlauw J, Crawford DA. Training modulation using heart rate variability improves daily training cognitions for high intensity functional training. *Med Sci Sports Exerc* 2019;29(5):s378. [Oral presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL]
9. \*\*\*Kurtz BK, \*\*Drake NB, \*\*Deblauw J, Crawford DA, **Heinrich KM**. Effects of heart rate variability modulation on high intensity functional training strength outcomes. *Med Sci Sports Exerc* 2019;29(5):s150. [Poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL]
10. \*\*Sartor J, \*\*Deblauw J, \*\*Hollerbach BS, **Heinrich KM**. Comparing strength outcomes of an 8 week HIFT intervention vs. 8 week traditional weight training. *Med Sci Sports Exerc* 2019;29(5):s149. [Poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL]
11. \*\*\*Andrews V, **Heinrich KM**, Crawford DA, Larson T, Conserva M. Increased functional capacity for adaptive athletes through high intensity functional training (HIFT). *Med Sci Sports Exerc* 2019;29(5):s101. [Poster presentation at the 2019 American College of Sports Medicine Annual Meeting, Orlando, FL]
12. #**Heinrich KM**, \*\*Dudgeon LJ, \*\*Beattie C, Cosgrove SJ. Habit formation via the 2 minute revolution mHealth app addresses multiple health behaviors. *Health Behav Res* 2019;2(2):83-84. doi:10.4148/2572-1836.1048 [Poster presentation at the 2019 American Academy of Health Behavior Annual Meeting, Greenville, SC]
13. #Crawford D, **Heinrich KM**, \*Johns B, \*\*Frye J, \*\*Gilmore KEO. Affective responses during high intensity functional training compared to high intensity interval training and moderate continuous training. *Health Behav Res* 2019;2(2):78. doi:10.4148/2572-1836.1048 [Poster presentation at the 2019 American Academy of Health Behavior Annual Meeting, Greenville, SC]
14. #White D, Crawford DA, \*\*Drake NB, \*\*Deblauw J, Carper MJ, **Heinrich KM**. Are changes in physical work capacity related to changes in associated physiologic measures? *Int J Exerc Sci* 2019;11(6):73. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
15. \*\*Sartor J, \*\*Deblauw J, \*\*Hollerbach BS, **Heinrich KM**. Comparing strength outcomes between 8-week HIFT and traditional weight training courses *Int J Exerc Sci* 2019;11(6):66. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
16. \*\*Beattie C, \*\*Dudgeon LJ, Cosgrove S, Heinrich KM. Effects of a brief lifestyle intervention for office workers. *Int J Exerc Sci* 2019;11(6):8. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
17. \*\*Ramirez M, \*\*Stein JA, **Heinrich KM**. Effects of caffeine on high-intensity functional training performance. *Int J Exerc Sci*, 11(6), 84. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
18. \*\*\*Stein JA, \*Ramirez M, **Heinrich KM**. Effects of caffeine on high-intensity functional training performance in high- vs. low-caffeine users. *Int J Exerc Sci* 2019;11(6):69. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]

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19. #\*DeLaTorre B, \*\*Deblauw J, \*\*Hollerbach BS, Cosgrove S, **Heinrich KM**. Examination of preference and tolerance for exercise intensity on fitness outcomes. *Int J Exerc Sci* 2019;11(6):23. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
20. \*\*\*Kurtz B, \*\*Hollerbach BS, \*\*Deblauw J, \*\*Stein JA, **Heinrich KM**. High intensity functional training and traditional weight training class adherence not related to fitness outcomes. *Int J Exerc Sci* 2019;11(6):43. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
21. \*\*\*Andrews V, **Heinrich KM**, Crawford DA, Larson T, Conserva M. Quality of life in adults participating in an adaptive high intensity functional training intervention. *Int J Exerc Sci* 2019;11(6):5. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
22. \*\*\*DeBlauw JA, Crawford DA, \*\*Drake NB, Carper MJ, **Heinrich KM**. Quantifying training loads during high intensity functional training: session-RPE method. *Int J Exerc Sci* 2019;11(6):23. [Poster presentation at the 2018 Central States Chapter, American College of Sports Medicine Conference, Kansas City, MO]
23. #\*Ramirez M, Hollerbach BS, Jahnke SA, Kaipust CM, **Heinrich KM**. An examination of supplement use in volunteer firefighters. *Med Sci Sports Exerc* 2018;50(5S):727 [Poster presentation at the 2018 American College of Sports Medicine Conference, Minneapolis, MN]
24. \*\*\*Stein JS, Feito Y, **Heinrich KM**. Predicting energy expenditure in males and females during high-intensity functional training. *Med Sci Sports Exerc* 2018;50(5S):459-460. [Poster presentation at the 2018 American College of Sports Medicine Conference, Minneapolis, MN]
25. #**Heinrich KM**, Cosgrove SA, \*Frye J. High intensity functional training improves multiple domains of fitness in females and males. *Med Sci Sports Exerc* 2018;50(5S):651. [Oral presentation at the 2018 American College of Sports Medicine Conference, Minneapolis, MN]
26. \*\*\*DeBlauw J, **Heinrich KM**. High intensity functional training improves flexibility in overweight and obese adults. *Med Sci Sports Exerc* 2018;50(5S):139. [Thematic poster presentation at the 2018 American College of Sports Medicine Conference, Minneapolis, MN]
27. #Cosgrove SJ, **Heinrich KM**, Poston WSC. Using the IPAQ long-form to examine self-reported physical activity levels in women with different employment statuses. *Ann Behav Med* 2018;52:S806. [Poster presentation at the 39<sup>th</sup> Annual Meeting & Scientific Session for the Society of Behavioral Medicine, New Orleans, LA]
28. \*\*\*Perkett M, Suminski R, Patterson F, **Heinrich KM**, Poston WSC. Television viewing moderates the relationship between physical activity and body fat in females but not males. *Annals Behav Med* 2018;52:S30. [Poster presentation at the 39<sup>th</sup> Annual Meeting & Scientific Session for the Society of Behavioral Medicine, New Orleans, LA]
29. \*\*\*Hollerbach BS, Irwin BC, **Heinrich KM**. Housing equity and health outcomes in Riley County, Kansas. *Health Behav Res* 2018;1(2):53. doi:10.4148/2572-1836.1018 [Poster presentation at the 2018 American Academy of Health Behavior Annual Meeting, Portland, OR]
30. #**Heinrich KM**, Jitnarin N, \*\*Bernardes C, \*Nicholson B, \*Winslow D, Cosgrove SJ, Poston WSC. Perceived neighborhood accessibility moderates the relationship between active transportation and obesity. *Health Behav Res* 2018;1(2):64-65. doi:10.4148/2572-1836.1018 [Poster presentation at the 2018 American Academy of Health Behavior Annual Meeting, Portland, OR]
31. #Cosgrove SJ, **Heinrich KM**, Poston WSC, \*\*Hollerbach B, Jahnke S, Haddock CK. Using cardiorespiratory fitness to examine the relationship between self-reported job stress and injury in female firefighters: A mediation analysis. *Health Behav Res* 2018;1(2):19. doi:10.4148/2572-1836.1018 [Poster presentation at the 2018 American Academy of Health Behavior Annual Meeting, Portland, OR]



**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

32. \*\*Stein J, \*\*Hepler TC, **Heinrich K**. Differences between US Army and Marines in self-reported combat-relevant physically demanding tasks. *J Sci Med Sport* 2017;20(S2):S155. <https://doi.org/10.1016/j.jsams.2017.09.534>
33. \*\*Hepler TC, \*\*Stein J, Cosgove S, **Heinrich K**. Top five critical combat tasks identified by combat veterans. *J Sci Med Sport* 2017;20(S2):S155. <https://doi.org/10.1016/j.jsams.2017.09.533>
34. \*\*Hollerbach BS, Jahnke SA, Barstow TJ, Harms CA, **Heinrich KM**. The first twenty exercise training program and fire academy recruits' fitness and health. *Med Sci Sports Exerc* 2017;49(5S):789. [Poster presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
35. \*Micalizzi A, Matson A, Box A, Brown C, **Heinrich K**, Feito Y. The relationship between motivational factors and high intensity functional training (HIFT). *Med Sci Sports Exerc* 2017;49(5S):421. [Poster presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
36. \*\*Stein JA, Smith JR, Ade CJ, Broxterman RM, Sanborn B, Barstow TJ, **Heinrich KM**. Oxygen uptake during three varying duration high-intensity functional training sessions. *Med Sci Sports Exerc* 2017;49(5S):476. [Thematic poster presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
37. \*Hepler TC, \*\*Stein JA, Feito Y, **Heinrich KM**. To discern differences of cardiovascular response over four rounds of a high-intensity functional training (HIFT) session. *Med Sci Sports Exerc* 2017;49(5S):48. [Poster presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
38. **Heinrich KM**, #Cosgrove SJ, Feito Y. Characterizing injuries and participation in high intensity functional training. *Med Sci Sports Exerc* 2017;49(5S):317. [Oral presentation at the 2017 American College of Sports Medicine Conference, Denver, CO]
39. **Heinrich KM**, \*Becker CR. Individually customized high intensity functional training improves physical function for older adults. *Health Behav Res* 2017;1(1):81. doi: 10.4148/2572-1836.1006 [Poster presentation at the 2017 American Academy of Health Behavior Annual Meeting, Tucson, AZ]
40. \*\*\*Gilmore KE, **Heinrich KM**. The Campus Effect: How the campus built environment influences active transportation behaviors of a college community over time. *Health Behav Res* 2017;1(1):74. doi: 10.4148/2572-1836.1006 [Poster presentation at the 2017 American Academy of Health Behavior Annual Meeting, Tucson, AZ]
41. \*\*\*Hollerbach BS, Jahnke SA, Harms CA, Barstow TJ, **Heinrich KM**. Examining firefighter behavior after a 10-week exercise training intervention: a pilot study. *Health Behav Res* 2017;1(1):59. doi: 10.4148/2572-1836.1006 [Poster presentation at the 2017 American Academy of Health Behavior Annual Meeting, Tucson, AZ]
42. **Heinrich KM**, Lightner J, Saiki K, Albright C. Tailored intervention changes walking behavior and perceived local neighborhood size. *Ann Behav Med* 2017;51:S741-S742. [Oral paper presentation at the 2017 Society of Behavioral Medicine Annual Meeting, San Diego, CA]
43. \*\*Gilmore KE, **Heinrich KM**. CrossFit & Heart Health: Effects of CrossFit Participation on Resting Blood Pressure and Heart Rate. *Med Sci Sports Exerc*. 2016;48(5,S1):S1020. [Poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
44. \*\*Swinford GK, **Heinrich KM**, \*\*Paolilli T, \*\*Frye J, \*Carlisle T. High-Intensity Functional Training Improves Strength in Both Novice and Experienced Participants. *Med Sci Sports Exerc*. 2016;48(5,S1):627. [Thematic poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
45. #Guagliano JM, \*\*Schlechter CR, Rosenkranz RR, **Heinrich KM**, Dzewaltowski DA. Examining children's physical activity, lesson context, and leader behavior during a sports conditioning summer camp. *Med Sci Sports Exerc*. 2016;48(5,S1):S827. [Poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]

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**Katie M. Heinrich, Ph.D.**

46. \*\*Frye J, **Heinrich KM**, Feito Y. Examination of Physiological Responses during CrossFit Workouts of Varying Duration. *Med Sci Sports Exerc.* 2016;48(5,S1):624. [Thematic poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
47. \*\*Becker CR, \*\*Gilmore KE, \*Carlisle TB, **Heinrich KM**. Cancer Survivors Report Positive Affect During High-Intensity Group Based Exercise. *Med Sci Sports Exerc.* 2016;48(5,S1):S1551. [Poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
48. **Heinrich KM**, #Hollerbach BS, Feito Y. Weight Management and appearance motivate non-competitive CrossFit participants. *Med Sci Sports Exerc.* 2016;48(5,S1):S2521. [Poster presentation at the 2016 American College of Sports Medicine Conference, Boston, MA]
49. \*\*Carlisle T, **Heinrich KM**, \*Frye J, \*\*Gilmore K, Stevenson SJ. Effect of Previous Organized Sport Experience on Improvements from, Adherence to, and Enjoyment of CrossFit. *Med Sci Sports Exerc.* 2015;46(5):S586. [Poster presentation at the 2015 American College of Sports Medicine Conference, San Diego, CA]
50. \*\*Frye J, **Heinrich K**, Stevenson S, \*\*Gilmore K, \*Carlisle T. Does High Intensity Functional Training Elicit Strength Gains In Both Novice And Experienced Participants? *Med Sci Sports Exerc.* 2015;47(5):S107. [Thematic poster presentation at the 2015 American College of Sports Medicine Conference, San Diego, CA]
51. #**Heinrich KM**, \*Carlisle T, \*Frye J, \*\*Gilmore K, Stevenson SJ. Key factors influencing adherence to high-intensity functional training. *Med Sci Sports Exerc.* 2015;47(5):S345. [Oral presentation at the 2015 American College of Sports Medicine Conference, San Diego, CA]
52. \*\*Paolilli T, \*Becker C, \*Carlisle T, \*Frye J, \*\*Gilmore K, **Heinrich K**. Is High-Intensity Functional Training Sufficient for Improving Cardiovascular Endurance in Cancer Survivors? *Med Sci Sports Exerc.* 2015;46(5):S500. [Poster presentation at the 2015 American College of Sports Medicine Conference, San Diego, CA]
53. #**Heinrich KM**, Stevenson SJ, \*Carlisle T, \*Frye J, \*Hauser J, \*Johns B, \*Sweetwood A, \*\*Allan J. Understanding adherence to high-intensity functional training. *Med Sci Sports Exerc.* 2014;46(5S):S665. [Thematic poster presentation at the 2014 American College of Sports Medicine Conference, Orlando, FL]
54. \*\*Patel PM, Heinrich B, Larson C, Barstow T, Harms C, **Heinrich K**. Effects of high-intensity functional training on glucose control in overweight and obese adults. *Med Sci Sports Exerc.* 2013;45(5S):S162-S163. [Poster presentation at the 2013 American College of Sports Medicine Conference, Indianapolis, IN]
55. #**Heinrich KM**, \*\*Patel PM, Heinrich BS, Barstow TJ, Harms CA. Impact of high-intensity functional training on exercise enjoyment and adherence. *Med Sci Sports Exerc.* 2013;45(5S):S513-S514. [Thematic poster presentation at the 2013 American College of Sports Medicine Conference, Indianapolis, IN]
56. #Buchthal OV, Braun K, Zhang W, **Heinrich K**, Robinson S, Maddock J. The impact of social capital on household food insecurity and dietary behavior in a low-income multi-ethnic community. *Ann Behav Med* 2013;45:S120. [Poster presentation at the 2013 Society of Behavioral Medicine Annual Meeting, San Francisco, CA]
57. #**Heinrich KM**, \*\*Patel PM, \*\*Sanborn BK, \*Fehl N, Heinrich BS, Larson CR. Associations between high-intensity training, body composition and fitness in youth. *Med Sci Sports Exerc.* 2012;44(5S):330. [Poster presentation at the 2012 American College of Sports Medicine Conference, San Francisco, CA]
58. \*\*Patel P, \*\*Sanborn B, Larson C, Heinrich BS, \*Fehl N, **Heinrich KM**. Fitness gains from a summer youth conditioning camp. *Med Sci Sports Exerc.* 2012;44(5S):S328. [Poster presentation at the 2012 American College of Sports Medicine Conference, San Francisco, CA]
59. \*\*Sanborn BK, \*\*Patel P, Larson C, Heinrich BS, \*Fehl N, **Heinrich KM**. Cardiovascular fitness improvements from high intensity training in children. *Med Sci Sports Exerc.* 2012;44(5S):S327. [Poster presentation at the 2012 American College of Sports Medicine Conference, San Francisco, CA]

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**Katie M. Heinrich, Ph.D.**

60. #**Heinrich KM**, Maddock JE. Health behaviors in adults with risk factors for cardiovascular disease. *Clin Med Res* 2010;8(3-4):203. Doi:10.3121/cmr.2010.943.ps1-03 [Poster presentation at the 16<sup>th</sup> Annual HMO Research Network Conference, Austin, TX]
61. Tamai T, #Buchthal V, **Heinrich K**. Comprehensive community approach to nutrition education. *J Nutr Educ Behav* 2010;42(4S):S99, DOI: 10.1016/j.jneb.2010.03.077. [Poster presentation at the Society for Nutrition Education 2010 Annual Conference, Reno-Taho, NV.]
62. Caldwell L, Macabeo A, Domingo J, Tamai T, #Buchthal V, **Heinrich K**. Project zest, a nutrition education program for low-income Asian and Pacific Islander immigrants. *J Nutr Educ Behav* 2010;42(4S):S99-S100, DOI: 10.1016/j.jneb.2010.03.078. [Poster presentation at the Society for Nutrition Education 2010 Annual Conference, Reno-Taho, NV.]
63. Tamai T, #Buchthal V, Cornwell E, **Heinrich K**. Waimanalo elementary/intermediate school (WEIS) garden-to-classroom project. *J Nutr Educ Behav* 2010;42(4S):S132, DOI: 10.1016/j.jneb.2010.03.161. [Poster presentation at the Society for Nutrition Education 2010 Annual Conference, Reno-Taho, NV.]
64. #**Heinrich KM**, Poston WSC, Jitnarin N, Randles A, Hughey J, Berkel L, Haddock CK. Obesity and physical activity variance by income and ethnicity in Kansas City. *Int J Exerc Sci* 2010;6(1):23. [Poster presentation at the 2010 Texas Obesity Research Center Conference, Houston, TX.]

*Scientific Conference Presentations (#Presenter)*

*Invited*

1. Heinrich KM. (November 2018) Exercise-Based Interventions for Psychopathology: Overcoming Barriers. Invited panel member for the Association for Cognitive Behavioral Science, Treatment, and Technology 52<sup>nd</sup> Annual Convention, Washington, DC. [Other panel members: Stephen Ilardi, Joseph Trombello, Michael Namekata]
2. Heinrich KM. (October 2018) Theoretical Bases of CrossFit Training. Invited speaker for the 19<sup>th</sup> Annual Symposium “Modern Science and Practice for Strength and Endurance Training.” Neuromuscular Research Center and Biology of Physical Activity, Faculty of Sport and Health Sciences, University of Jyväskylä, Jyväskylä, Finland.
3. Crawford D, Heinrich KM. (October 2017) The Role of High-Intensity Functional Training for Chronic Health Conditions. Invited presentation for the American College of Sports Medicine Central States Annual Meeting, Lindenwood University, St. Charles, MO.
4. Heinrich KM. (February 2017). Session 10: “Investing in Active Transportation.” Invited Session Chair for Active Living Research, Clearwater Beach, FL.

*International (Last 5 years)*

1. #**Heinrich KM**, \*\*DeBlauw JA, Cosgrove SA, Haddock CK, Jahnke SA, Poston WSC. Baseline health behaviors for United States military personnel participating in an exercise intervention: the Army training at high intensity study. 2019 [Poster presentation at the 24<sup>th</sup> Annual Meeting of the European College of Sport Science, Prague, Czech Republic]
2. \*\*\*DeBlauw JA, Crawford DA, **Heinrich KM**, Relationship of heart rate variability and testosterone: cortisol ratio during a 9-week exercise intervention. 2019 [ePoster presentation at the 24<sup>th</sup> Annual Meeting of the European College of Sport Science, Prague, Czech Republic]
3. \*\*\*Stein JA, \*\*Hepler TC, Cosgrove S, **Heinrich KM**. Relationship between self-reported combat-relevant task frequency, difficulty, and importance. 2018 [Poster presentation at the Third International Conference on Physical Employment Standards, Portsmouth, UK]
4. #Ponsiano R, **Heinrich K**. Social Behavioural Factors Affecting Home Deliveries Among Pregnant Women in the Mkuranga District of Tanzania. 2016 [Oral presentation at the Fourth Muhimbili University of Health and Allied Sciences (MUHAS) Scientific Conference, Dar es Salaam, Tanzania]
5. #**Heinrich KM**, Irwin BC, \*\*Gilmore K, \*\*Paolilli PMC, \*Carlisle T. Greater self-efficacy and group cohesion facilitate adherence to CrossFit exercise. 2015 [Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburgh, Scotland]

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6. \*\*Kehler A. Pregnancy and exercise: an in-depth review of the historical and modern viewpoints on prenatal fitness. 2015 [Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburgh, Scotland]
7. \*\*Paolilli T, **Heinrich K**, \*Carlisle T, \*\*Gilmore K. Can confidence predict fitness improvements from CrossFit? 2015 [Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburgh, Scotland]
8. \*Carlisle T, **Heinrich K**, \*\*Gilmore K, \*\*Paolilli T. CrossFit participation decreases systolic blood pressure: an examination by age. 2015 [Poster presentation at the International Society of Behavioral Nutrition and Physical Activity Annual Meeting, Edinburgh, Scotland]

*National (Last 5 years)*

1. #**Heinrich KM**, \*\*Gilmore KE, Kim HJ. The Campus Effect: changes in active transportation after infrastructure improvements. 2019 [Poster presentation at the Annual Active Living Conference, Charleston, SC]
2. \*\*\*Hollerbach BS, **Heinrich KM**, Cosgrove SJ, DeBlauw JA. An examination of college students' physical activity habits before and after an 8-week traditional weight training and high intensity functional training (HIFT) course. 2018 [Poster presentation at the National Strength and Conditioning Association National Conference, Indianapolis, IN]
3. \*\*\*Hollerbach BS, Jahnke SA, Harms CA, Barstow TJ, **Heinrich KM**. A novel exercise training program and fire academy recruits' fitness and health. 2017 [Poster presentation at the National Strength and Conditioning Association National Conference, Las Vegas, NV]
4. \*\*\*Stein JA, Poston W, **Heinrich KM**. Effect of physical activity on health and fitness in firefighters. 2017 [Poster presentation at the National Strength and Conditioning Association National Conference, Las Vegas, NV]
5. \*Crauthers KL, \*\*\*Hollerbach BS, **Heinrich KM**. Policy implications of a fitness program in firefighter cadets. 2017 [Poster presentation at the National Strength and Conditioning Association National Conference, Las Vegas, NV]
6. \*\*Box A, \*Matson A, Brown C, **Heinrich K**, Feito Y. Motivational factors for individuals with different years of experience in CrossFit training. 2017 [Poster presentation at the National Conference on Undergraduate Research, Memphis, TN]
7. \*\*Matson A, \*Box A, Brown C, **Heinrich K**, Feito Y. The relationship between motivational factors and CrossFit participation across different age groups. 2017 [Poster presentation at the National Conference on Undergraduate Research, Memphis, TN]
8. \*\*Stein J, #Spencer V, Poston WSC, **Heinrich K**. Obesity among army personnel: implications for fitness testing domains. 2016 [Poster presentation at the Military Health Systems Research Symposium, Kissimmee, FL]
9. \*\*Kehler A, Jahnke S, \*\*\*Hollerbach B, **Heinrich KM**. Reproductive health of female firefighters: A qualitative needs analysis. 2016 [Poster presentation at the National Strength and Conditioning Association National Conference, New Orleans, LA]
10. \*\*\*Hollerbach B, **Heinrich KM**, Jahnke S. Female firefighters' current perceptions, attitudes, and experiences with injury. 2016 [Poster presentation at the National Strength and Conditioning Association National Conference, New Orleans, LA]
11. \*\*\*Lightner J, **Heinrich K**, Irwin B. A nationally-representative study of social capital and physical activity: does race matter? 2016. [Poster presentation at the American Academy of Health Behavior 16<sup>th</sup> Annual Scientific Meeting, Ponte Vedra Beach, FL]
12. #**Heinrich KM**, \*\*Gilmore K. Why do they do it? Key factors motivating continued participation in high-intensity functional training through CrossFit. 2016 [Poster presentation at the American Academy of Health Behavior 16<sup>th</sup> Annual Scientific Meeting, Ponte Vedra Beach, FL]

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**Katie M. Heinrich, Ph.D.**

13. #**Heinrich KM**, \*Becker C, \*Carlisle T, \*\*Gilmore K, \*Hauser J, \*Loredo R, Harms CA. High-intensity functional training improves body composition among cancer survivors. 2015. [Poster presentation at the 15<sup>th</sup> American Academy of Health Behavior Scientific Meeting, San Antonio, TX.]
14. \*\*Gilmore K, **Heinrich KM**. Why do they do it? An exploration of the factors that influence CrossFit participation. 2015. [Poster presentation by K. Gilmore at the 15<sup>th</sup> American Academy of Health Behavior Scientific Meeting, San Antonio, TX.]
15. #Umstadd Meyer MR, Perry C, Sumrall J, Walsh SM, Patterson M, Clendennen S, Evenson KR, Eyster AA, Goins KV, **Heinrich KM**, Hooker SP, Jones S, Tompkins NO, Schmid T, Tabak R, Valko C. Physical activity-related policy and environmental strategies to prevent obesity in rural communities. 2015. [Oral presentation at the Active Living Research Annual Conference, San Diego, CA.]

*Media Appearances / Expert Opinion*

- 2019 Volpe A. Functional movement is the fitness trend we need. It's time to re-learn how to move properly through the world. 2019, Nov. 25. Available at <https://elemental.medium.com/functional-movement-is-the-fitness-trend-we-need-71017bcf20ab>
- 2018 Heard Podcast with Benjamin Mathes, "Getting Fit with Dr. Crossfit" / Episode 209. 2018, July 31; <https://itunes.apple.com/us/podcast/heard-podcast/id1225107827?mt=2&i=1000416929654>
- 2017 Guest of Brady Bauman on KMAN Radio – In Focus "Army Training at High-Intensity Study" 2017, December 6; <http://1350kman.com/focus-12-6-17/>  
Interviewed by Williams, K. CrossFit: Sharing "the Suck." *VFW Magazine*, 2017;104(9):22-26.
- 2015 Watson, J. Interviewed for 60 Minutes Sports story on Injury in CrossFit.
- 2014 Ricks, T.E. The relationship between the U.S. military and the CrossFit program. 2014 (Dec 16) Available at <https://foreignpolicy.com/2014/12/16/the-relationship-between-the-u-s-military-and-the-crossfit-program/>  
Attwood, E. Study pits Army fitness training versus CrossFit. 2014 (Nov) Available at <https://www.athleticbusiness.com/military/workout-war.html>  
Military Times. CrossFit vs. unit PT | Troops will do the training plans in what's likely the biggest CrossFit study ever. 2014 (Oct 16) Available at <https://www.militarytimes.com/off-duty/military-fitness/2014/10/16/crossfit-vs-unit-pt-troops-will-do-the-training-plans-in-what-s-likely-the-biggest-crossfit-study-ever/>  
Burch, S. Kinesiology professor shares plan for army physical fitness schedule. *K-State Collegian*, 2014;120(13):4. Available at <http://www.kstatecollegian.com/2014/09/11/kinesiology-professor-shares-plan-for-army-physical-fitness-schedule/>  
Burch, S. Professor awarded \$2.52 million to study army physical fitness. *K-State Collegian*, 2014;120:12:1. Available at <http://www.kstatecollegian.com/2014/09/10/professor-awarded-2-52-million-to-study-army-physical-fitness/>  
Interviewed by WIBW Radio, Topeka, KS "KSU to Study New Exercise Method for Military" Available at <http://www.wibwnewsnow.com/ksu-study-new-exercise-method-military/>  
Interviewed by KMAN Radio, Manhattan, KS, "Kansas State Professor Gets \$2.52M NIH Grant"  
Interviewed by KMBZ Kansas City, "Options for healthy food vary depending where you live; available at <http://www.kmbz.com/pages/18780230.php?contentType=4&contentId=15034118>

**Research Activities**

**Pending**

National Science Foundation

Bergtold (PI)

6/1/20-5/31/24

*CNH2-L: Linking ecosystem service provision and community health and well-being in integrated socio-environmental systems bridging urban and rural communities*

Role: Co-PI



**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

- Robert Wood Johnson Foundation, Active Living Research Heinrich (PI) 1/10-12/11  
*HO'ĀLA – Hawai'i's Opportunity for Active Living Advancement*
- National Institutes of Health (R01CA115614) Albright (PI) 9/07-7/12  
*Physical Activity in Women with Infants*  
Role: Co-I (2007-10)
- The State of Hawai'i Heinrich (PI) 1/07-8/10  
*Evaluation of the Healthy Hawai'i Initiative Nutrition Education Network*
- The State of Hawai'i Maddock (PI) 1/07-12/07  
*Developing Physical Activity and Nutrition Coalitions*  
Role: Co-I
- The State of Hawai'i Maddock (PI) 1/00-12/10  
*Evaluation of the Healthy Hawai'i Initiative*  
Role: Co-I (9/07-7/10)
- National Institutes of Health (R01DK064284) Poston (PI) 6/03-5/09  
*An analysis of environmental risk factors for obesity (Kansas City Built Environment and Health Study – KC-BEST)*  
Role: Postdoctoral Research Fellow (6/04-8/06)

**Teaching Related**

KSU, Division of Continuing Education Heinrich, Jordan, Larson (PIs) 6/11-5/12  
*Nutrition and Exercise for Fitness and Performance*  
The purpose of this project was to develop an online certificate program as a collaboration between the Department of Human Nutrition and the Department of Kinesiology.

Association for Prevention Teaching and Research Heinrich, Partika (PIs) 6/09-12/10  
*Collaborative Integration of Public Health Content into Undergraduate Education*  
This collaborative project between the University of Hawai'i at Manoa, Office of Public Health Studies and College of Social Sciences (CSS) had two main tasks: 1) development and dissemination of curriculum content modules to train CSS faculty in the three core areas of public health (public health overview, epidemiology, global health); and 2) development, offering, and evaluation of an undergraduate public health issues course.

**Professional Service Activities**

**Editorial / Peer-Reviewer Activities (Last 10 years)**

*Grant Reviews*

Active Living Research

2010 Rapid-Response Round 3

Centers for Disease Control and Prevention

2015 SIPs 15-010 & 011 – Planning, Implementing and Evaluating Physical Activity and Public Health Training Courses & Implementation and Evaluation of a Mall Walking Program, Special Emphasis Panel

2014 SIPs 14-024 & 025 – Physical Activity Policy Network (Sedentary Lifestyles), Special Emphasis Panel

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

Kansas State University

2016-2018 University Small Research Grants

2016 Faculty Development Awards

National Cattlemen's Beef Association

2018, 2019 Single grant reviews

National Institutes of Health

2019 Fellowships: Risk, Prevention and Health Behavior (March, November)

2015 National Institute on Minority Health and Health Disparities, R01 Special Emphasis Panel

2011, 2012 Community-Level Health Promotion Study Section

2010 Building Sustainable Community-Linked Infrastructure to Enable Health Science Research

U.S. Department of Homeland Security, FEMA

2011-12, 2015 Assistance to Firefighters Grant Program, Fire Prevention and Safety Research & Development Grants

*Journal and Book Reviews*

Editorial Board Member

2018-present *Crossing Borders: A Multidisciplinary Journal of Undergraduate Scholarship*

2014-present *Frontiers in Public Health: Public Health Education and Promotion*

2014-2015 *American Journal of Health Promotion*

Invited Special Issue Editor

2019-2020 *International Journal of Environmental Research and Public Health: “Occupational Health and Obesity”*

2018-2019 *Sports: “Research on High Intensity Functional Training”*

Ad hoc reviewer for

*Accident Analysis and Prevention*

*Advances in Environmental Studies*

*American Journal of Health Promotion*

*American Journal of Preventive Medicine*

*American Journal of Public Health*

*Biology of Sport*

*BMC Public Health*

*Body Image*

*Eating and Weight Disorders*

*Environment and Behavior*

*European Journal of Sport Science*

*Evaluation and Program Planning*

*Frontiers in Public Health*

*Health and Place*

*Health Behavior and Public Health*

*Health Behavior Research*

*Human Movement*

*International Journal of Behavioral Nutrition and Physical Activity*

*International Journal of Environmental Research and Public Health*

*International Journal of Health Geographics*

*International Journal of Sustainable Transportation*

*Journal of Aging and Physical Activity*

*Journal of Behavioral Medicine*

*Journal of Clinical Densitometry*

*Journal of Family Issues*

*Journal of Physical Activity and Health*

*Journal of Public Health Management and Practice*

*Journal of Science and Medicine in Sports*

*Journal of Sport and Exercise Psychology*

*Journal of Transport and Health*

*Journal of Women's Health*

*Medicine & Science in Sports & Exercise*

*Nutrients*

*Permanente Journal*

*PLoS ONE*

*Preventing Chronic Disease*

*Preventive Medicine*

*Preventive Medicine Reports*

*Psychology of Sport and Exercise*

*Public Health Nursing*

*Safety and Health at Work*



**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

*Scandinavian Journal of Medicine and  
Science in Sports  
Sports*

*The Physician and Sportsmedicine  
Women in Sport and Physical Activity Journal*

**Book Reviewer**

- 2011 Chapter: Influencing policy and environments to promote physical activity behavior change. In *ACSM's Behavioral Aspects of Exercise*. (Manual for the ACSM certification in physical activity/health behavior change)
- 2010 Book: Wiley/Jossey-Bass, *Designing and Conducting Research in Health and Human Performance*

*Abstract and Symposia Reviews*

- 2014-present Active Living Research
- 2011-present American Academy of Health Behavior
- 2007-present Society of Behavioral Medicine
- 2010 He Huliau - A Turning Point, Eliminating Health Disparities in Native and Pacific Peoples: Metabolic Syndrome and Health Equity

**Professional Committees and Groups**

*American Academy of Health Behavior*

- 2020-21 President Elect
- 2019-20 Journal Acquisition Ad Hoc Committee Member
- 2017-20 Member Delegate
- 2015-16 *Health Behavior Research*, Ad Hoc Journal Committee Member
- 2014-17 Conference Planning Committee Member
- 2014-17 Chair, Marketing and Communications Council
- 2014- Awards Committee Member
- 2013-14 Ad Hoc Journal Committee Member
- 2013-14 Past Research Review Chair
- 2012-13 Research Review Chair
- 2012, 14 Judy K. Black Awards Committee Member
- 2011-16 Poster Judge, American Academy of Health Behavior Annual Conference
- 2011-12 Assistant Research Review Chair
- 2011-12 Professional Development Council Member

*American College of Sports Medicine*

- 2018-21 Member, Research Awards Committee

*Governor's Council on Fitness*

- 2014 Walk Audit Leader, Kansas Obesity Summit

*Healthy Kansans 2020*

- 2012 Content Expert, Lifestyle Behaviors Group

*Kansas Health Foundation*

- 2012-16 Healthy Communities Initiative Advisory Committee Member

*CrossFit International*

- 2011-12 Coaching Certification Item Writer

*Kansas Public Health Association*

- 2014-15 Poster Judge for Annual Conference
- 2011-13 Legislative Issues Section Member

## **CURRICULUM VITA**

### **Katie M. Heinrich, Ph.D.**

#### **University Service**

##### Kansas State University

- 2017-18 Infectious Disease Advisory Committee, Faculty Senate Representative
- 2016-18 Faculty Senate Caucus Chair, College of Human Ecology
- 2016-18 Faculty Council (Ex. Officio), College of Human Ecology
- 2015-18 Faculty Senator
- 2015-16 Academic Affairs Committee (Ex. Officio), College of Human Ecology
- 2015-16 Faculty Senate Academic Affairs Committee Member
- 2015 Judge, Research and the State Graduate Student Forum
- 2014-17 College of Human Ecology Diversity and Internationalization Committee Member
- 2014-15 Tenure Track Faculty Search Committee Member, Communication Sciences and Disorders, School of Family Studies and Human Services, College of Human Ecology
- 2014- MPH Travel Awards Committee Member
- 2014- Faculty Advisor, Kansas State University Powerlifting Club
- 2012- Faculty Advisor, K-State CrossFit Club
- 2012-14 Judge, K-State Research Forum
- 2012-14 K-State For All Member
- 2012-14 MPH Faculty Advisory Council Member
- 2010-11 MPH Coordinating Committee Member

##### *Department of Kinesiology*

- 2019- Co-Chair, Undergraduate Public Health Degree Task Force
- 2018-19 Applied Exercise Instructor Search Committee Member
- 2018- Distinguished Lecture Committee Member
- 2018- Scholarship and Awards Committee Member
- 2016-17 Open Rank Faculty Member Search Committee Member
- 2016-18, 19- Graduate Council Member
- 2015- Tenure and Promotion Committee Member
- 2015 Program Coordinator Search Committee Member
- 2014 Kinesiology Student Association Advisor
- 2014-15 Undergraduate Council Member
- 2012 Instructor Search Committee Member
- 2011 Assistant Professor, Physical Activity Public Health, Search Committee Member
- 2011 Accountant Search Committee Member
- 2010- LIFE Community Physical Activity Program Advisory Committee Member

#### **Consulting**

- 2018-19 Expert Witness. "LeVesque vs. Big Easy CrossFit". Litigation, Aaron & Gianna, PLC, New Orleans, LA.
- 2017-18 Expert Witness. "Kerr versus No Shelter CrossFit, LLC" (St. Louis, MO). Litigation, Weinberg Wheeler Hudgins Gunn & Dial, Atlanta, GA.
- 2016 For Profit Organization, LiveBox LLC, KS, United States. (September - November).

#### **Teaching/Education Experience**

##### **Classes Offered**

##### Kansas State University

- GNHE 499: Undergraduate Research Experience
- KIN 345: Exercise Behavioral Science

2010-

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

KIN 346: Lab for Public Health Physical Activity	2010-14
KIN 597: Research in Kinesiology	
KIN 599: Independent Study in Kinesiology	
KIN 612: Policy, Built Environment and Physical Activity	2013-17
KIN 797: Obesity in Adults: Behavior, Environment and Policy Influences	2014-17
KIN 830: Public Health Physical Activity (graduate)	2011-13
KIN 851/852: Professional Development Seminar	2018-
KIN 896: Graduate Independent Study in Kinesiology	
KIN 897: Graduate Research in Kinesiology	

**Advising / Mentoring**

**American Academy of Health Behavior, Professional Development Research Scholars program**

Megan S. Patterson, PhD (2019-2020)

Derek A. Crawford, PhD (2018-2019)

**Postdoctoral Research Fellow (Supervisor)**

Sarah J. Cosgrove, PhD (2017-2019)

**Doctorate in Kinesiology Students (Major Professor)**

Justin DeBlauw (PhD student), Kansas State University

Jesse Stein (PhD Candidate), Kansas State University

Department of Kinesiology Graduate Teaching Assistant of Distinction (2018)

Dissertation Funding: *KSU, Arts, Humanities & Social Sciences Small Grant Program, \$1000; College of Human Ecology, Dissertation Research Award \$984*

Brittany Hollerbach, PhD, Kansas State University (2019), "*The health and wellness of US firefighters*"

American Kinesiology Association Doctoral Scholar (2019)

College of Human Ecology Graduate Student Outstanding Leadership on Campus Recognition (2018)

Ainslie Kehler, PhD, Kansas State University (2018), "*Reproductive health among tactical athletes: An examination of physical activity and occupational concerns*"

Dissertation Funding: *KSU, Arts, Humanities & Social Sciences Small Grant Program, \$1,000*

Joseph Lightner, PhD, Kansas State University (2016), "*Sexual Orientation and Physical Activity for Men*"

**Master of Science in Kinesiology Students (Major Professor)**

Kendra Holte (MS student), Kansas State University

Blake Goodman (MS student), Kansas State University

Brady Kurtz (MS student), Kansas State University

*Thesis Funding: KSU College of Human Ecology Thesis Research Award, \$1,000*

Timothy Caleb Hepler (MS student), Kansas State University

*Thesis Funding: KSU, Arts, Humanities & Social Sciences Small Grant Program, \$1,000*

Cassandra Beattie, MS, Kansas State University (2019), "*Differences in Exercise Behaviors by Diabetes Status: Implications for Americans with Type 1 Diabetes*"

Brittany Hollerbach, MS, Kansas State University (2016), "*The First 20 Exercise Training Program and Fire Academy Recruits' Fitness and Health*"

*Thesis Funding: KSU, Arts, Humanities & Social Sciences Small Grant Program, \$1,000*

Winner, American Academy of Health Behavior Three Minute Thesis Competition (2017)

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

Pratik Patel, MS, Kansas State University (2012), *“The Influence of a CrossFit Exercise Intervention on Glucose Control in Overweight and Obese Adults.”*

Thesis Funding: *KSU Academic Excellence Award, \$2,810*

**Master of Public Health Students (Major Professor)**

Melitza Ramirez (MPH student), Kansas State University

Lucas Dudgeon (MPH student), Kansas State University, *“Effects of a Brief Lifestyle Intervention for Office Workers”*

Thesis Funding: *College of Human Ecology Thesis Award, \$750*

Victor Andrews, MPH, Kansas State University (2019), *“A Pilot Study on High Intensity Functional Training in an Adaptive Population”*

Katelyn Gilmore, MPH, Kansas State University (2018), *“The Campus Effect: Built Environment and Active Transportation at Kansas State University”*

Department of Kinesiology Masters Student of Distinction (2018)

American Kinesiology Association Masters Scholar (2016)

Thesis Funding: *KSU, Green Action Fund, \$1,457*

Carla Bernardes, MPH, Kansas State University (2018), *“Field Experience at the K-State Riley County Research and Extension Office”*

Joshua O’Neal, MPH, Kansas State University (2013), *“An Asset-Based Community Assessment of Physical Activity at Fort Riley Installation”*

Joseph Lightner, MPH, Kansas State University (2013), *“The Role of Social Networks in the Building of Physical Activity Trails in the State of Kansas”*

Abby Banks, MPH, Kansas State University (2013), *“Application of Public Health Theory in a Rural Population for Program Development at the Wellness Partners (a Corporate Wellness Company)”*

Jeffrey Warner, DC, MPH, Kansas State University (2012), *“Analysis of Barriers to Weight-loss Success in the Veteran’s Health Administration MOVE! Program”*

Mellina Stephen, MPH, Kansas State University (2011), *“Field Experience Report: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.”*

Shely Weinrich, MPH, Kansas State University (2011), *“Fostering Community Wellness through Nutrition and Physical Activity at K-State Research and Extension”*

**Student Committees**

Chaddrick Beshirs (MS student), Kansas State University

Scott Randall (MLA student), Kansas State University

Katelyn Larkin (MLA student), Kansas State University

Mia Taylor (MPH student), Kansas State University

Kasi Bardouche (MPH student), Kansas State University

Jami Price (MPH student), Kansas State University

[Outside Chair] Mark Ellner, PhD, Kansas State University (2019)

Christal Omni, MPH, Kansas State University (2019)

David Pluta, MPH, Kansas State University (2018)

Alexis Zavala, MPH, Kansas State University (2018)

Taylor D. Whitaker, MRCP, Kansas State University (2018)

Rebecca L. Gasper, MPH, Kansas State University (2018)

Jacob N. Frye, MS, Kansas State University (2017)

Neil E. Heidt, MRCP, Kansas State University (2017)

Brittany Orr, MS in Kinesiology, Kansas State University (2017)

Chelsey Glatz, MS in Kinesiology, Kansas State University (2017)

Adrianna Lewis, MPH, Kansas State University (2016)

**CURRICULUM VITA**  
**Katie M. Heinrich, Ph.D.**

Allison Balderston, MLA, Kansas State University (2016)  
Parker Ruskamp, MLA, Kansas State University (2016)  
Tammi Paolilli, MS in Kinesiology, Kansas State University (2015)  
Cydnie Jones, MLA, Kansas State University (2015)  
Elizabeth Grilliott, MPH, Kansas State University (2014)  
Lauren Patterson, MLA, Kansas State University (2014)  
Brett Gliem, MS in Kinesiology, Kansas State University (2014)  
Patrick Steele, MPH, Kansas State University (2014)  
Lauren Garrott, MRCP, Kansas State University (2014)  
Marsha Newman, MS in Kinesiology, Kansas State University (2013)  
Michaela Schenkelberg, MPH, Kansas State University (2013)  
Joey Mims, MPH, Kansas State University (2012)  
O. Vanessa Buchthal, DrPH, University of Hawai'i (2012)  
Julie Pickler, MPH, Kansas State University (2011)  
Katherine Vaughan, MPH, Kansas State University (2011)  
Aaron Boyd, MPH, Kansas State University (2011)