

Brandie C. Cheshier, PhD ACSM EP-C

Education and Training

Oklahoma State University, Stillwater, Oklahoma2017-2021
Doctor of Philosophy: Health and Human Performance

Oklahoma State University, Stillwater, Oklahoma..... 2021
School of Education Studies Graduate Certificate in Statistical Methods and Analyses

Texas Tech University, Lubbock, Texas2014-2015
Master of Science: Exercise Science

University of Texas Permian Basin, Odessa, Texas.....2015
Alternative Teaching Certification: 4-8th Grade Science

Texas Woman's University, Denton, Texas.....2008-2010
Bachelor of Science: Kinesiology

Collin College, Plano, Texas.....2006-2010
Associate of Science

Teaching Experience

Assistant Professor.....July 2021 -Current
School of Exercise and Sport Science
Mayborn College of Health Sciences
University of Mary Hardin- Baylor, Belton, Texas
Courses Taught:

EXSS 2335: Introduction to Health Sciences- *This course provides students an overview of various careers in the health sciences including the aptitudes, abilities and educational pathways required for each. A basic overview of the U.S. health care system and current issues affecting the delivery of health care will also be provided.*

EXSS 23350: *Prevention and Care of Athletic Injuries: designed to introduce students interested in coaching athletics to prevention and care of injuries and conditions related to athletic participation.*

Emergency management, injury signs and symptoms, basic injury care, rehabilitation and taping and wrapping techniques are also covered

EXSS 2352 Personal Health and Fitness: *A study of factors that contribute to personal health, including nutrition, diet, weight control, emotional health, stress, proper use of drugs, and medical and dental services.*

Graduate Teaching Associate.....August 2020-May 2021

School of Kinesiology, Applied Health and Recreation

Oklahoma State University, Stillwater, Oklahoma

Courses Taught:

HHP 2602: First Aid- *a competency-and performance-based first aid course.*

HHP 2652 Applied Anatomy Lab- *action and location of individual muscles and muscle groups. Anatomy as applied to a living person. Common anatomical injuries and diseases will be presented with each joint structure*

8th Grade Science Teacher.....2015-2017

McMillan Jr. High

Wylie ISD, Wylie, Texas

Duties include: 8th grade science curriculum development based on standards, examination development and administration, conducted laboratory experiments. Constructed online learning platforms such as Quizlet, Kahoot it! for supplemental instruction. Modified both instruction and curriculum to meet student needs and differential instruction for both on-level and Pre-AP 8th grade science. Provided 7th grade science inclusion support during the 2016-2017 academic year.

Professional Experience

Graduate Assistant.....January 2018-May 2021

Employee Wellness

Oklahoma State University, Stillwater, Oklahoma

Duties include: administered health risk assessments for college students and faculty and staff (body mass index, blood pressure, lipid panel, fasting glucose) Administered cardiovascular fitness testing (Rockport 1-mile walk test, 3-minute step test, and Cooper 12 minute run test) for employee fitness program and group exercise instructor for the employee wellness program Shape-Up. Developed and teach the health education class Healthy Heart, Healthy You!, as well as assisted in the development and implementation of various employee wellness programs such as Run Rabbit Run, Jack O' Lantern Jog, Maintain, Don't Gain, and February Heart Month Blood Pressure Check. Develop and write the monthly Oklahoma State University Innovators Newsletter.

Student Worker..... August 2017-December 2018

University Health Service

Oklahoma State University, Stillwater. Oklahoma

Duties include: obtain vital on patients (heart rate, blood pressure, oxygen saturation and respiratory rate) and charted medical history, medical conditions and symptoms for doctors.

Girls Athletic Coach.....2015-2016

McMillan Jr. High
Wylie ISD, Wylie, Texas

Duties include: administered field fitness testes for 100+ athletes. Assistant coach for 8th grade volleyball, head coach of both 7th and 8th grade girls cross country team and track coach for shot-put.

Cardiac Rehabilitation, Fitness and Nuclear Cardiology Intern.....2014

Covenant Lifestyle Centre, Lubbock, Texas
300 hours completed

Duties include: assisted cardiac, diabetic, and pulmonary patients in phase II rehabilitation with exercise prescription. Monitored patient's heart rhythm and blood pressure, monitored the fitness floor, and assisted initial exercise assessments. Prepped patients for stress test. Administered test with minimal supervision and interpreted the 12-lead EKG

Cardiac Rehabilitation Intern.....2014

Baylor Medical Center of Garland, Garland, Texas
Completed 300 hours

Duties include: assisted with initial and ending exercise assessments to measure patient's functional capacity, monitored patient's heart rhythm and blood pressure. Prescribed exercise for cardiopulmonary patients. Prepared patients for telemetry monitoring and reviewed rhythm strips for arrhythmias, as well as recorded patient data and updated patient daily notes.

Cardiac Rehabilitation Intern.....2010

Medical Center of Lewisville, Lewisville, Texas
Completed 400 hours

Duties include: assisted with initial and ending exercise assessments to measure patient's functional capacity, monitored patient's heart rhythm and blood pressure. Prescribed exercise for cardiopulmonary patients. Prepared patients for telemetry monitoring and reviewed rhythm strips for arrhythmias, as well as recorded patient data and updated patient daily notes.

Professional Memberships and Certifications

Certified Exercise Physiologist (ACSM).....August 2020-Present
Physical Activity in Public Health Specialist (ACMS-PAPHS).....2018-Present
American Red Cross First Aid & CPR/AED for Adult/Child and Infant.....2017-Present
American Red Cross First Aid/CPR/AED Instructor.....2019-Present

Mental Health First Aid.....2019-Present
4th-8th Grade Science Teacher Certification (TEA)..... 2015-Present
Central States American College of Sports Medicine (CSACSM).....2018-Present
American College of Sports Medicine (ACSM).....2020-Present

Academic Mentorship, Service, Civic Engagement

Undergraduate Student Mentorship through Research

Carter Stewart, Oklahoma State University 2018
Tasia England, Oklahoma State University 2020

Undergraduate Student Mentorship through Internship

Curtis Feland, Oklahoma State University 2019
Kaylee Welch, Oklahoma State University 2019

Service and Civic Engagement

Oklahoma State University Search Committee (Fall 2018)- *Graduate student representative for the Spring 2010 Employee Wellness Coordinator open position.*

Department of Wellness Student Employee Board (August 2018-May 2019)- *Served as a representative for Employee Wellness.*

Oklahoma State University's America's Healthiest Campus Innovator (August 2018- Present)- *Served as a representative for Employee Wellness.*

Academic Research

Journal Publications:

Brandie C. Cheshier and Bert H. Jacobson (2001). The effects of Natural Supplements on the Prevention and Treatment of Delayed Onset Muscle Soreness and Markers of Muscle Damage: A Review of Literature. *AUC Kinanthropologica*. 57(1). 26-50.

Journal Publications in Review:

Brandie C. Cheshier; Bert H Jacobson; Cody L Diehl. Effect of White Willow Bark on Delayed Onset Muscle Soreness Following Resistance Training: A Pilot Study. Manuscript submitted for publication

Brandie C. Cheshier; Carlos A. Estrada; Masoud Moghaddam; Carter J. Stewart; Bert H. Jacobson. Effects of a Respiratory Resistance Mask on Lung Function Following High Intensity Training. Manuscript submitted for publication.

Bert H. Jacobson; Masoud Moghaddam; Carlos A. Estrada; Cody L. Diehl; **Brandie C. Cheshier**; Jay J. Dawes. Mattress Coil Spring Fatigue and Weight-bearing Support: An implication for Back Pain. Manuscript submitted for publication.

Masound Moghaddam; Mason Cervantes; **Brandie C. Cheshier**; Bert H. Jacobson. Sprint Interval Training on Stationary Air Bikes Elicits Cardiorespiratory Adaptations While Being Time-Efficient. Manuscript submitted for publication.

Research in Progress:

Brandie C. Cheshier; Cody L. Diehl; Bert H. Jacobson. The Effects of White Willow Bark on Delayed Onset Muscle Soreness.

Brandie C. Cheshier, Sergio Perez; Bert H. Jacobson. Does Wearing a Face Mask During Exercise Influence Physiological Variables?

Bert H. Jacobson, **Brandie C. Cheshier**, Cody L. Diehl; Tyler Danielson. Body Composition Changes of NCAA Division I Football Players Each Decade from 1950.

Cody L. Diehl; **Brandie C. Cheshier**; Tyler Danielson. The Effects of Oral Selenium on Delayed Onset Muscle Soreness Following a Fatiguing Protocol.

Published Abstracts and Presentations:

Brandie C. Cheshier; Carlos A. Estrada; Masoud Moghaddam; Carter J. Stewart; Bert H. Jacobson, FACSM. The Effects of the Elevation Training Mask on Lung Function and Cardiorespiratory. Accepted for presentation at the 2018 Central States Chapter of ACSM Regional Conference, Kansas City, MO.

Eric C. Conchola; Alex Stockam; Tabi Deal; **Brandie C. Cheshier**; Melinda Caldwell; Claire E. Weger; Madeleine Crawford; Ashley Simenson; Quincy Johnson; Brianna Coats; Mikayla Raleigh; Zakk Short. Body Mass Index Norms Across Three Academic Years. Submitted for the 2019 National ACSM Conference, San Francisco, CA

Masoud Moghaddam; Carlos A. Estrada; Cody Diehl; **Brandie C. Cheshier**; Bert H. Jacobson, FACSM. Comparison of Moderate-Intensity Continuous versus High-Intensity Interval Training on Aerobic Performance Using Stationary Air Bike. Accepted for presentation at the 2019 Central States Chapter of ACSM Regional Conference, Tulsa, OK.

Tucker D. Woolsey; Conrad L. Woolsey; Scott Strohmeyer; Stephen Walker; Wendell Otto; **Brandie C. Cheshier**; Cody L. Diehl; Bert H. Jacobson, FACSM. The Effect of Advanced Imagery Training on NCAA Shot Putter Performance. Accepted for presentation at the 2019 National ACSM Conference San Francisco, CA.

Brandie C. Cheshier; Carlos A. Estrada; Masoud Moghaddam; Carter J. Stewart; Bert H. Jacobson; FACSM. Effects of Elevation Training Mask in Conjunction with High Intensity Interval Training on Lung function. Accepted for presentation at the 2019 Central States Chapter of ACSM Regional Conference, Tulsa, OK.

Research in Press:

Tucker D. Woolsey; Conrad L. Woolsey; Scott Strohmeier; Stephen Walker; Wendell Otto; **Brandie C. Cheshier**; Cody L. Diehl; Bert H. Jacobson. The Effects of Advanced Imagery Training on Shot Putter Performance. The Journal of Contemporary Athletics. Accepted October 2020.

Awards and Scholarships

Oklahoma State University Employee of the Year (nominee)-2018
Betty Abercrombie Memorial Endowed Scholarship 2019-2020

Funding Awarded

Department of Wellness

- ACSM Central States Conference 2018 (Awarded \$400)
- ACSM Central States Conference 2019 (Awarded \$95)

Laboratory and Computer Skills

- Body composition testing: skinfold
- Graded exercise and respiratory exchange testing
- Cycle ergometer testing, maximal and submaximal
- Treadmill testing, maximal and submaximal
- 12 Lead EKG
- 3 Lead Telemetry Heart Rhythm monitoring
- Biodex balance system (BBS)
- Statistical Package for the Social Science (IBM SPSS)
- Hierarchical Linear Modeling Software (HLM)
- Just Jump Mat
- TENDO Unit
- Microsoft Office- PowerPoint, Word, Excel
- Online Classroom: Canvas
- Bioelectrical Impedance Analysis