

Kevin J. Ritsche
Rm. 144B Anderson Center
Winston-Salem, NC 27110
(336) 750-3310
ritschek@wssu.edu

Education

2006 – Present

The University of North Carolina – Greensboro, North Carolina
Department of Kinesiology; Ph.D. intended 2013; Exercise Physiology

2004-2005

The College of St. Scholastica, Duluth, Minnesota, M.A.
Exercise Physiology.

2000-2004

The College of St. Scholastica, Duluth, Minnesota, B.A.
Exercise Physiology. Cum Laude, Dean's List 2004

Work

Experience

Winston – Salem State University, 2006 - Present

Assistant Professor, Exercise Science

Department of Human Performance and Sports Sciences

- My teaching responsibilities included the application and knowledge of hands-on experience in the fields of functional anatomy and physiology, kinesiology, biomechanics, sports nutrition, athletic strength and conditioning, research writing techniques and laboratory data collection procedures involving cardiorespiratory, body composition and musculoskeletal fitness testing. It also includes the chronic and acute effects of anaerobic/aerobic exercise, electrocardiogram interpretation and cardiovascular function.
- Advised and provided mentorship for 100 students each semester and piloted online projects to enhance student feedback of advising and mentoring.
- Mentored students leading to research presentations at professional conferences.
- Served on numerous committees at the university level which included the Judicial Hearing Committee, Faculty Salary and Welfare Committee, Undergraduate Research Symposium Committee, Student Scholarship Showcase Committee, Safety Committee, Advising Task Force Committee and a delegate of the Faculty Senate.
- Served as the delegate on numerous school and departmental committees including the Human Performance & Sports Sciences web page committee and HPSS dispositions committees.
- Performed several research laboratory techniques including: maximal metabolic testing, DXA bone-densitometry scans, electrocardiogram, body composition, phlebotomy and immunoassays. Created the exercise biochemistry laboratory.
- Demonstrated the ability to teach using a variety of different teaching methods and technology including the development of an online course in Kinesiology, Blackboard[®], YouTube[®] and Facebook[®].
- Courses taught:
 - EXS 2122 Physiological Basis of Human Movement
 - EXS 2130 Field Experience in Exercise Science
 - EXS 3315 Biomechanics
 - EXS 3411 Kinesiology Basis for Human Movement (traditionally and online)
 - EXS 3411 Functional Anatomy
 - PED 4100 The Science of Resistance Training
 - HED 4301 Managing Health Promotions
 - EXS 4301 Clinical Exercise Physiology
 - PED 4319 Physiological Assessment & Exercise Programming in Older Adults
 - EXS 4612 Internship
 - ESS 670 Graduate Guest Lecturer: Exercise Physiology Graduate Course (UNC-Greensboro)

Winston-Salem State University, 2010 – Present

Head Baseball Coach

- Developed 1st year NCAA Division II baseball program to participate successfully as part of the Central Intercollegiate Athletic Association (CIAA) and the National Collegiate Athletic Association (NCAA).
- Planned and administered all aspects of the baseball program to include: coaching, recruiting, compliance and academic progress of student-athletes.
- Supervised and assured that all assistant coaches, trainers and student managers complied with all regulations and policies set forth by the athletic department, CIAA and NCAA
- Effectively managed all game day operations including budget, travel, scheduling, equipment, and field leases.
- Planned and administered marketing strategies, fundraising and public relations.
 - Led 1st year program to a 30-25 overall record (23-8 conference), CIAA conference championship and NCAA Division II regional appearance as a 5th seed in the Atlantic Regional.
 - Led 2nd year program to a 35-21 overall record (18-3 conference), CIAA conference championship and back-to-back NCAA Atlantic Regional Tournament appearances (overall 65-46 career record as head coach).
 - Led 3rd year program to a 39-13 overall record (20-1 conference), CIAA conference championship for third consecutive year and third straight appearance in the NCAA Atlantic Regional tournament (overall 104 – 59 career record as a head coach). Was a #2 seed for the NCAA tournament and hosted at Wake Forest University in Winston-Salem, NC.
- Foster the academic development of student-athletes:
 - Earned CIAA baseball all-academic team with a 3.07 team GPA, 2012.
 - Coached two CIAA Commissioner’s All-Academic Team members (2012, 2013).
 - Coached two Capital One Academic All-District team members (2013)
- Foster the talent development of student-athletes:
 - Coached two NCBWA All-Americans, Travis Moore & Tyler Hickernell, 2013
 - Coached one Daktronics All-American, Travis Moore in 2013.
 - Coached one ABCA Rawlings Pre-Season All-American, Aaron Jones, 2013
 - Coach one ABCA Rawlings All-Region player, 2013.
 - Coached the CIAA player of the year, Aaron Jones in 2012.
 - Coached six National Collegiate Baseball Writers Association (NCBWA) All-Atlantic regional players (2012, 2013).
 - Coached one ABCA Rawlings All-Region 2nd team player (2012)
 - Coached four Daktronics NCAA Division II All-Atlantic Region players (2012, 2013).
 - Coached one College Baseball Lineup DII All-Star Team player (2012).
 - Coached one player selected to the North Carolina Collegiate Sports Information Association (NCCSIA) 2012 All-State College Division Baseball Team
 - Coached a total of nine 1st-team all-CIAA, three 2nd-team all-CIAA and four rookie-team all-CIAA players (2011-2013).
 - Coached six all-CIAA tournament team members including tournament MVP (2012) and coached six all-CIAA tournament team members including tournament MVP (2012).

Winston-Salem State University, 2005-2006

Full-Time Adjunct Professor, Exercise Science

Department of Human Performance and Sports Sciences

- Identical duties as those described above.

The College of St. Scholastica, 2004-2005

Baseball - Graduate Assistant

- Performed duties assigned the head baseball coach, which included: coaching of student-athletes, monitoring of student-athlete academic achievement, assisting in fundraising activities and recruiting.

The College of St. Scholastica, 2004-2005

Graduate Research and Teaching Assistant

Department of Exercise Physiology

- Assisted graduates and undergraduates in the exercise physiology laboratory
- Assisted professors in displaying and promoting the exercise physiology department
- Performed testing on students taking their EPC (Exercise Physiologist Certified) Exam.

Related Work Activities

President, Central Intercollegiate Athletic Association (CIAA) Baseball Committee, 2012-present

- Work on behalf of the CIAA Baseball Coaches Association to present the CIAA with amendments and proposals to current baseball institutional by-laws
- Represent the CIAA to our national governing bodies (National Collegiate Baseball Writers Association [NCBWA], American College of Baseball Association [ABCA])

Director & Founder of “Shaping Healthy Attitudes and Perceptions towards Exercise” (SHAPE) Program, The College of St. Scholastica Wellness Center, Duluth, MN (2004-2005)

- Developed an in-depth, long-term intervention program including assessments, educational instruction and assistance available to all College of St. Scholastica students, faculty and staff in order to improve their health – related fitness. The key strategies were to implement a program that focused on an individual assessment model that aimed at creating a comprehensive screening program in order to implement behavioral and lifestyle changes in the community through exercise intervention.

American Society of Exercise Physiology (ASEP) College of St. Scholastica Student Chapter President (2004-2005 school year)

- Established a student ASEP chapter and served as its representative to the student senate
- Chaired a group of committees within student chapter involving financial, and community outreach programs to educate our community about exercise physiology.

Personal Trainer & Cardiovascular Conditioning Professional (2007 – Present)

- Trained athletes for cardiovascular conditioning and human performance.

Webpage Developer:

- Developed strength and conditioning website devoted to personal strength training and fitness that included the physiology behind strength and conditioning as well as offering instructional videos and pictures for the Exercise Science program at Winston-Salem State University
- Revamped Dept. of Human Performance & Sports Sciences website at Winston-Salem State University
- Revamped Dept. of Exercise & Sport Sciences website at the University of North Carolina-Greensboro.

College Cutters Lawn Care Service, Duluth, MN

Co-founder & Owner, April, 2003 – 2011,

- Employed and provided jobs to local college students in financial need
- Advertised and marketed/recruited prospective clients
- Scheduled and organized over 250 clients and 25 employees

University Cutters Lawn Care Service, Winston-Salem, NC

Founder & Owner, April 2008 - 2011

- Employed and provided jobs to local college students in financial need
- Advertised and marketed/recruited prospective clients
- Scheduled and organized over 35 clients and 5 employees

Varsity baseball at The College of St. Scholastica (4 years)

- Team Captain and assisted in recruiting process

Professional Affiliations

- American Baseball Coaches Association (ABCA) (2011 – Present)
- American Society of Exercise Physiologists (ASEP) (2004 – Present)
- WSSU Head Coaches Association (2010 – Present)
- American College of Sports Medicine (ACSM) (2007 – 2009)
- Southeastern Chapter of the American College of Sports Medicine (SEACSM) (2007 – 2010)

Referred Journal Affiliations

- Guest Reviewer: *Medicine and Science in Sports and Exercise* (2010 - 2011)
- Guest Reviewer: *Journal of Sports Science and Medicine* (2009 - 2010)

Certifications

Exercise Physiologist Certified (EPC)

- American Society of Exercise Physiology 2004

American Red Cross First Aid, CPR and AED Certified

- Standard First Aid, CPR and AED – 7/2013

Awards

Athletics

- Two-time CIAA Baseball Coach of the Year 2012, 2013
- Five-time CIAA coach of the week honors, February & March 2011; March (twice) & April 2013
- Two-time Academic All-American 2003, 2004
- Upper-Midwest Athletic All-Conference First Team Baseball Selection 2004
- Midwest All-Region First Team Baseball Selection 2004
- NAIA Baseball All-American Honorable Mention 2004

Professional

- College of St. Scholastica “Alumni of the Month” November 2006
- School of Education and Human Performance Teaching “Apple” award, August, 2008

Academic

- Cum Laude, Dean’s List 2004, College of St. Scholastica
- Benedictine Scholarship 2000-2004
- Circle Award 2000-2004
- Alliss Scholarship 2000-2004
- Carkner Scholarship 2002-2003
- Frances Getzen Scholarship 2002

Community Service

- Downtown School Apprenticeship – spoke with 5th grades from the Winston-Salem downtown Elementary School about their successful pathway to becoming collegiate student-athletes as part of their apprenticeship experience.
- WSSU Child Care Development Program – assisted as a peer educator and mentor to younger kids at the Child Care Development Center at WSSU.
- Furever Friends – Donated building supplies and built feral cat houses for the pet-friendly protection agency to be distributed across the Winston-Salem community, November 2011
- Miracle League of High Point – Provided opportunities to all children with special needs to play baseball regardless of their abilities, March 2011.
- Nursing Home – entertained, assisted and served lunch to residents of Skeet Club Manor in High Point, NC in December, 2011.
- St. Paul’s Methodist Church - Conducted seminar to peer educators of the church community regarding pre-screening and risk assessment prior to exercise prescription, September, 2010.
- U-Fit2 Health and Wellness Church and Community Fitness Day – conducted body composition screenings for at-risk members of the community. March, 2010.

- Rehabilitation & Counseling Internship Employment Fair – Assisted with the room set-up for the event. February, 2010
- American Heart Association Hoops For Heart Basketball Tournament Referee, 2007 & 2009
- Brothers Being Healthy Know – helped in the recruiting process in order to educate African-American males about the risks of cardiovascular and metabolic diseases. 2008 - 2009
- “Fat but Fit.” Talk given to members of the YWCA on Winston-Salem, NC. February, 2008.
- Formed collaboration between local YWCA and exercise science students to provide fitness testing and cardiovascular screening to the community. 2007-2009

Research Support

- Granted \$200,000 by the Department of Health and Human Services. (Oct 2012 – 2014). Project entitled: “Steps to a Healthier Heart.” Role: Co-Principal Investigator (Cynthia Williams-Brown, Co-PI).
- Granted \$20,000 from the United Negro College Fund Special Programs Corporation (Oct. 2010 – 2011). Project entitled: “Campus & Community E-Health Literacy Initiative.” Role: Co-Principal Investigator (Cynthia Williams-Brown, Co-PI).
- Granted \$5,000 from the U.S. Department of Health and Human Services and National Institutes of Health (Aug 2010 – 2011). Project entitled: “HBCU Long Term Wellness Project.” Role: Co-Principal Investigator (Cynthia Williams-Brown, Co-PI).
- Granted \$7,792 from the WSSU School of Graduate Studies and Research (2009 - 2010). Project entitled “The Growth Hormone Adaptation to Sprint Exercise Training in African Americans and its Relationship to Lean Body Mass.” Role: Principal Investigator.
- Granted \$4,876 from the WSSU School of Graduate Studies and Research (May 2009 – 2010) Project entitled “The Effect of Intensity on Obese College-Aged African-American Females with Similar Activity Levels.” Role: Co- Investigator: M. Mckenzie (PI).
- Granted \$1,300 from the Kate R. Barrett Professional Development Award, University of North Carolina-Greensboro (May 2010 – August 2010). Project entitled: “Using Microdialysis Technique to Measure the Presence of Growth Hormone in Skeletal Muscle.” Role: Principal Investigator.
- Granted \$2,000 from the Stout Summer Research Award, University of North Carolina-Greensboro (May 2010 – August 2010). Project entitled: “Short-Term High Intensity Sprint Training on Growth Hormone Secretion.” Role: Principal Investigator
- Granted \$10,000 from the WSSU School of Graduate Studies and Research (May 2005 – 2006). Project entitled: “The Development of a Culturally-Based Healthy Lifestyle Program for African-American College Students: An Integrated Research Approach.” A Kavas & T. Stratta (PI); Role: Co-Investigator, Coordinator of Fitness Research.

Referred Journal Articles

- Birnbaum, L., **Ritsche, K.** and Boone, T. (2008). “Exercise intensity and substrate utilization.” *Gazzetta Medica Italiana; Arch. Sci. Med.* March; (167): 1-7.

Non-Referred Journal Articles

- **Ritsche, K.** Get up and get on with it. Professionalization of Exercise Physiology Online. 2005 April; Vol. 8 (4). faculty.css.edu/tboone2/asep/GetOnWithIt.html

Referred Journal Articles in Review

- **Ritsche, K.,** Patrie, J., Weltman, A., Wideman, L. (2013). “The Relationship Between Exercise-Induced and Non-Stimulated 24-Hour Growth Hormone Release.” *International Journal of Sports Medicine.*
- Oberlin, D., Smith, J., **Ritsche, K.** & Wideman, L. (2013). “High Intensity Interval Training in Healthy Males Does Not Improve Markers of Insulin Sensitivity.” *Journal of Applied Physiology, Nutrition, and Metabolism.*

- **Ritsche, K.**, Smith, J., Mellick, P. & Wideman, L. (2013). “The Effects of Sprint Training on Growth Hormone Secretion and its Relationship to Lean Body Mass and Ethnicity. *Journal of Applied Physiology*.

Referred Published Abstracts & Presentations

- Brown, C.W. & **Ritsche, K.** (2012). *Campus and Community E-Health Literacy Initiative*. National Health Promotion Summit. Washington D.C.
- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown C.W. (2011). *Dietary Habits, Blood Lipids and Body Composition in African-American College Students*. NC Legislative Black Caucus Foundation Health Summit: Using Research to Make the Case for Eliminating Disparities (Hypertension/Cardiovascular). Winston-Salem, NC.
- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown C.W. (2011). *The Relationships Between Self-Perceptions of Appearance, Fitness, Health and Cardiovascular Risk Factors in African-American Women*. NC Legislative Black Caucus Foundation Health Summit: Using Research to Make the Case for Eliminating Disparities (Hypertension/Cardiovascular). Winston-Salem, NC.
- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown C.W. (2011). *Changes in Cardiorespiratory Fitness, Blood Lipids, and Body Composition Following the Freshman Year at a Historically Black College/University*. NC Legislative Black Caucus Foundation Health Summit: Using Research to Make the Case for Eliminating Disparities (Diabetes). Winston-Salem, NC.
- Brown, C.W., Kavas, A., Pittsley, J. and **Ritsche, K.** (2011). *Diabetes Prevention Program for Freshman Women at Risk for Type II Diabetes (Diabetes Intervention for Vibrant & Active Sisters [DIVAS] is a Diabetes Prevention Comprehensive Intervention Combining Physical Activity, Health and Nutrition Education, Behavioral Change Modification, and Social Support*. NC Legislative Black Caucus Foundation Health Summit: Using Research to Make the Case for Eliminating Disparities (Diabetes). Winston-Salem, NC.
- Pittsley, J., Piatt, E., **Ritsche, K.**, Kavas, A. & Brown, C. (2011). *Social Support for Exercise and Cardiovascular Risk Factors in Young African-American Women*. National Medical Associations 109th Annual Convention and Scientific Assembly. Washington D.C.
- Wideman, L., **Ritsche, K.** & Shultz, S. (2011). *Sex Hormones Predict Collagen Turnover in Normal Menstruating Women*. Medicine and Science in Sports and Exercise. National American College of Sports Medicine Conference. Denver, CO.
- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown C.W. (2011). *Dietary Habits, Blood Lipids and Body Composition in African-American College Students*. Health Disparities/Health Equity Research Summit. Winston-Salem, NC.
- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown C.W. (2011). *The Relationships Between Self-Perceptions of Appearance, Fitness, Health and Cardiovascular Risk Factors in African-American Women*. Health Disparities/Health Equity Research Summit. Winston-Salem, NC.
- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown C.W. (2011). *Changes in Cardiorespiratory Fitness, Blood Lipids, and Body Composition Following the Freshman Year at a Historically Black College/University*. Health Disparities/Health Equity Research Summit. Winston-Salem, NC.
- Swain, B., Hull, J., Mackey, D., **Ritsche K.** & McKenzie, M. (2011). *Relationship Between DXA and 7-Site Skinfolds*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- Hull, J., Mackey, D., Swain, B., **Ritsche K.** & McKenzie, M. (2011). *The Impact of Altered Lead –In Pedal Time During the Wingate Test*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- Mackey, D., Swain, B., Hull, J., **Ritsche, K.** & McKenzie, M. (2011). *Relationship Between Body Composition, Anaerobic Capacity and Aerobic Capacity*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- Alexander, R., **Ritsche, K.** & McKenzie, M. (2011). *Relationship Between the BORG Rating of Perceived Exertion Scale and Other Physiological Measurements During a Maximal Cycle Ergometer Exercise Test in African-American Women*. Annual Biomedical Research Conference for Minority Students (ABRCMS). Charlotte, NC.
- **Ritsche, K.**, Patrie, J., Weltman, A. & Wideman, L. (2010). *Exercise-Induced Growth Hormone is Related to 24-Hour GH AUC in Females*. Medicine and Science in Sports and Exercise, Volume 42:5 Supplement. National American College of Sports Medicine Conference. Baltimore, MD.

- Mellick, P., Smith, J., **Ritsche, K.** & Wideman, L. (2010). The Effects of Sprint Training on Exercise Capacity, Growth Hormone and Body Composition. *Medicine and Science in Sports and Exercise*, Volume 42:5 Supplement. National American College of Sports Medicine Conference. Baltimore, MD.
- McKenzie, M., **Ritsche, K.**, Valentine, W. & Mellick, P. (2010). *Relationship Between the YMCA, Astrand-Rhyming and a Maximal Cycle Ergometer Exercise Test in African-American Females*. *Medicine and Science in Sports and Exercise*, Volume 42:5 Supplement. National American College of Sports Medicine Conference. Baltimore, MD.
- Alexander, R., **Ritsche, K.** and Pittsley, J. (2010). *RPE Validity to Physiological Variables Between Different Fitness Levels in African-American Females*. *Medicine and Science in Sports and Exercise*, Volume 42:5 Supplement. National American College of Sports Medicine Conference in Baltimore, MD.
- Brown, C.W., **Ritsche, K.** & Spinks, D. (2010). *The Effectiveness of a Heart Disease Education Program in the Reduction of Coronary Heart Disease Risk Factors in Middle-Aged African-American Women*. Southern District AAPHERD Convention. Myrtle Beach, SC.
- Lawrence-Mitchell, A., **Ritsche, K.**, Pittsley, J. & Brown, C.W. (2010). *The Influence of Fitness Level on RPE Using Heart Rate as a Criterion Measure in Sedentary African-American Females*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- Dillard K., Pittsley, J., **Ritsche, K.**, McAuley, P. & Brown, W.C. (2010). *Validation of a Non-Exercise Model to Estimate Cardiorespiratory Fitness in African-American Female College Freshman*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- Smith, J., **Ritsche, K.**, Mellick, P. and Wideman, L (2010). *Growth Hormone Adaptation to Three Weeks of Sprint Exercise Training on a Cycle Ergometer*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- Mellick, P., **Ritsche, K.** & McKenzie, M. (2010). *New and alternative methods of estimating body fat percentage from skin-fold thickness*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- **Ritsche, K.**, Smith, J., Mellick, P. & Wideman, L. (2010). *The Impact of Short-Term High-Intensity Sprint Training on Exercise Capacity and Body Composition*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- Alexander, R., **Ritsche, K.** & McKenzie, M. (2010). *Relationship Between the BORG Rating of Perceived Exertion Scale and Other Physiological Measurements During a Maximal Cycle Ergometer Exercise Test in African-American Women*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- Valentine, W., McKenzie, M. & **Ritsche, K.** (2010). *Relationship Between the YMCA, Astrand-Rhyming and Maximal Cycle Ergometer Exercise Tests in African-American Females*. Southeastern American College of Sports Medicine Conference. Greenville, SC.
- Brown, C.W., Pittsley, J., **Ritsche, K.** & Kavas, A. (2009). *The Relationship Between Anthropometric Measurements and Blood Lipid Profile in Young, African-American Women*. National Conference to End Health Disparities II: Faces of a Healthy Future. Winston-Salem, NC.
- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown, C.W. (2009). *The Inconsistent Relationship Between Body Mass Index and Waist-to-Hip Ratio in College-Aged African-American Females*. National Conference to End Health Disparities II: Faces of a Healthy Future. Winston-Salem, NC.
- **Ritsche, K.**, Pittsley, J., Kavas, A. & Brown, C.W. (2009). *Cardiorespiratory Fitness and BMI are Related to Blood Lipid Profile in Young, African-American Women*. National Conference to End Health Disparities II: Faces of a Healthy Future. Winston-Salem, NC.
- **Ritsche, K.**, Swearingin, B., Ward, G., & Wideman, L. (2008). *Hemostatic Profile in Sedentary, African-American Women*. *Medicine and Science in Sports and Exercise*, Volume 40:5 Supplement. National American College of Sports Medicine Conference. Indianapolis, IN.
- **Ritsche, K.**, Stratta, T., Kavas, A., Pittsley, J., & Brown, C.W. (2008). *Self-Reported Awareness of Health, Fitness Status, Body Composition, Stress and Diet in African-American College-Aged Students*. National American Society of Exercise Physiologists. Duluth, MN.
- **Ritsche, K.**, Stratta T., Kavas, A., Pittsley, J., & Brown, C.W. (2007). *Association of Leisure-Time Physical Activity with Percent Body Fat in African-American College Students*. SE Institute for Operations and Management Sciences. Myrtle Beach, SC.

- **Ritsche, K.** (2006). *Substrate Utilization at Different Intensities of Exercise and Maximizing Lipid Oxidation*. JEPonline. Vol. 9(2): 12. National American Society of Exercise Physiologists Conference. Albuquerque, NM.

Non-Referred Presentations

- **Ritsche, K.** (2008). *Fat But Fit...Is Your Scale Telling You the Truth?* Lecture presented to the Metabolic Effect Group at the Winston-Salem YWCA.
- **Ritsche, K.**, Daugherty, S. (2005). *Tools to Effectively Navigate the Online Health and Wellness Webpage*. Health & Wellness Seminar presented to College of St. Scholastica campus community. Duluth, MN.
- **Ritsche, K.** (2005). *Exercise Physiology Assessment Workshop*. Presented to Exercise campus community at the College of St. Scholastica.

Panel Discussions

- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown, C.W. (2011). *Dietary Habits, Blood Lipids and Body Composition in African-American College Students*. Discussed at the NC Legislative Black Caucus Foundation Health Summit: Using Research to Make the Case for Eliminating Health Disparities (Hypertension/Cardiovascular) in Winston-Salem, NC.
- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown C.W. (2011). *The Relationships Between Self-Perceptions of Appearance, Fitness, Health and Cardiovascular Risk Factors in African-American Women*. Discussed at the NC Legislative Black Caucus Foundation Health Summit: Using Research to Make the Case for Eliminating Disparities (Hypertension/Cardiovascular) in Winston-Salem, NC.
- Pittsley, J., **Ritsche, K.**, Kavas, A. & Brown C.W. (2011). *Changes in Cardiorespiratory Fitness, Blood Lipids, and Body Composition Following the Freshman Year at a Historically Black College/University*. Discussed at the NC Legislative Black Caucus Foundation Health Summit: Using Research to Make the Case for Eliminating Disparities (Diabetes). Winston-Salem, NC.
- Brown, C.W., Kavas, A., Pittsley, J. and **Ritsche, K.** (2011). *Diabetes Prevention Program for Freshman Women at Risk for Type II Diabetes (Diabetes Intervention for Vibrant & Active Sisters [DIVAS] is a Diabetes Prevention Comprehensive Intervention Combining Physical Activity, Health and Nutrition Education, Behavioral Change Modification, and Social Support*. Discussed at the NC Legislative Black Caucus Foundation Health Summit: Using Research to Make the Case for Eliminating Disparities (Diabetes). Winston-Salem, NC.

Student Research Mentoring

- Michael Robbins, Physical Education undergraduate, 2011-2012. Project: Athletic field Construction: A-Z. Independent Study for Bachelor of Arts in Physical Education.
- Eva Piatt, Exercise Science undergraduate, 2010-2011. Project: Cardiovascular Risk Factors and Social Support for Exercise in African-American Female College Students.
- Dorian Mackey, Exercise Science undergraduate, 2010-2011. Project: The Effect of Body Composition on Anaerobic and Aerobic Capacity.
- Jayson Hull, Exercise Science undergraduate, 2010-2011. Project: The Effect of Lead-In Time On Anaerobic Power Output During the Wingate Cycle Ergometer Test.
- Brittany Swain, Exercise Science undergraduate, 2010-2011. Project: The Relationship Between Dual Energy X-ray Absorbtiometry, Skin-Fold Technique and Bioelectrical Impedence in Assessing Body Composition in Young, African-American Males.
- Grace Sturdivant & Ramine Alexander, Exercise Science undergraduate, 2010. Project: The Effects of Sprint Training on Exercise Capacity, Growth Hormone and Body Composition.
- Ramine Alexander, Exercise Science undergraduates, 2009-2010. Project: Relationship Between the Borg Rating of Perceived Exertion Scale and other Physiological Measurements During a Maximal Cycle Ergometry Exercise Test in African-American Women.
- William Valentine, Exercise Science undergraduate, 2009-2010. Project: Relationship Between the YMCA, Astrand-Rhyming and Maximal Cycle Ergometer Exercise Tests in African-American Females.

- Amaka Lawrence-Mitchell, Exercise Science undergraduate, 2009-2010. Project: The Influence of Fitness Level on RPE using Heart Rate as a Criterion Measure in Sedentary African-American Females.
- Kendra Dillard, Exercise Science undergraduate, 2009-2010. Project: Validation of a Non-Exercise Model to Estimate Cardiorespiratory Fitness in African-American Female College Freshman.
- Bert Everhart, Exercise Science undergraduate, 2008-2009. Project: New and Alternative Methods of Estimating Body Fat Percentage From Skin-Fold Thicknesses.
- Bassiatu Koroma & Vita Roberts, Exercise Science undergraduates, 2006-2007. Project: The Development of a Culturally-Based Healthy Lifestyle Program for African-American College Students.