

*Curriculum Vitae of*

**Jimikaye Beck Courtney, PhD**

Pennsylvania State University  
Postdoctoral Fellow  
Prevention and Methodology Training Program  
Cell: (918) 857-6773  
Email: [Jimikaye@psu.edu](mailto:Jimikaye@psu.edu)

***Education:***

- 2020 Ph.D. Human Bioenergetics  
**Colorado State University**, Fort Collins, Colorado  
**Dissertation Title:** Using data science to understand psychosocial determinants of health behaviors.  
Mentors: Drs. Kaigang Li and Tracy Nelson  
Committee: Drs. Barry Braun and Kim Henry
- 2011 M.S. Health and Exercise Science  
**Colorado State University**, Fort Collins, Colorado  
**Master's Thesis Title:** Acculturation, metabolic syndrome, and dietary and physical activity patterns among Hispanics in the United States.  
Mentors: Drs. Chris Melby, Matthew Hickey and Tracy Nelson
- 2009 B.A. Spanish (Honors Degree)  
**Oklahoma State University**, Stillwater, Oklahoma  
**Honor's Thesis Title:** A comparative study of the lives and works of Jorge Luis Borges and Paulo Coelho with emphasis on the idea of zahir.  
Mentors: Drs. Lucero Gavin and Nuri Creager
- 2009 B.S. Nutritional Sciences (Honors Degree)  
**Oklahoma State University**, Stillwater, Oklahoma  
**Honor's Thesis Title:** Breastfeeding practices and attitudes of non-Hispanic white and Hispanic mothers living in Oklahoma.  
Mentors: Carol Jarrett, MS and Dr. Lenka Shriver

***Research Interests:***

My research is focused on (a) the measurement of physical activity and alcohol use behaviors using wearable monitors and ecological momentary assessment (EMA), (b) examining the relationships between physical activity, alcohol use, and psychosocial predictors of health, such as stress and affect, and (c) using advanced statistical modeling (multilevel modeling, time-varying effect modeling, etc.), to examine the within-person dynamics of the relationships between physical activity, alcohol use, and psychosocial variables, and the within-person dynamics of alcohol use throughout an alcohol use event or a day of alcohol use. My goal is to use information learned through said research to inform the development of real-time adaptive interventions and policy capable of modifying health behaviors to improve human health.

### ***Research Experience:***

- 2020-Present **Postdoctoral Fellow**, Prevention and Methodology Training Program  
Mentors – Dr. David Conroy and Dr. Michael Russell
- 2018-2020 **Graduate Research Assistant**, Department of Health and Exercise Science.  
Mentor- Dr. Kaigang Li
- 2015-2017 **Graduate Research Assistant**, Health Behaviors Lab, Department of Food Science and Human Nutrition. Mentor- Dr. Laura Bellows
- 2014-2015 **Program Manager**, CREAndo Bienestar Diabetes Prevention Program and boot camp translation for pre-diabetes in Spanish-speaking Hispanics in Aurora, CO
- 2014-2015 **Research Assistant**, Manuscript preparation, editing and submission for Anschutz Health and Wellness Center. Assistant to Dr. John Peters
- 2011-2015 **Research Assistant**, The Role of Fuel Up to Play 60 in accelerating and sustaining uptake of healthy behaviors and increasing utilization of school wellness resources
- 2011-2014 **Project Coordinator**, 5<sup>th</sup> Gear Kids: Preventing excessive weight gain in 5<sup>th</sup> graders
- 2011 **Practicum Student**, IPLAY: The impact of an environmental and curriculum changes on children's obesity rates
- 2008-2009 **Wentz Research Scholar**, A comparative study of the lives and works of Jorge Luis Borges and Paulo Coelho, with emphasis on the idea of Zahir
- 2008 **Cambridge Scholar**, Ethical theory and leadership praxis in Britain
- 2007-2008 **Wentz Research Scholar**, Breastfeeding practices and attitudes of non-Hispanic white and Hispanic mothers living in Oklahoma
- 2007 **Undergraduate Research Assistant**, FiSH Research Grant, Nutritional Sciences Department, Oklahoma State University, Stillwater, OK.

### ***Professional Experience:***

- 2018-present Member of the CSU Biomedical Research Institutional Review Board
- 2018 HES Fest Committee member, Department of Health and Exercise Science, Colorado State University
- 2012-present Reviewer for academic journals- *Appetite, Childhood Obesity, Contemporary Clinical Trials, International Journal of Behavioral Nutrition and Physical Activity, Journal of Immigrant and Minority Health, Journal of School Health, Journal of Nutrition Education and Behavior, PLOS One, etc.*

- 2014-2015 Worksite Wellness Committee member, Anschutz Health and Wellness Center, University of Colorado—Anschutz Medical Campus, Aurora, CO
- 2012-2015 Diversity Initiative and Outreach Committee member, Anschutz Health and Wellness Center, University of Colorado—Anschutz Medical Campus, Aurora, CO
- 2011-2015 Professional Research Assistant at the Anschutz Health and Wellness Center, University of Colorado Denver—Anschutz Medical Campus, Aurora, CO
- 2010 Clinical Lifestyle Coach at Poudre Valley Hospital—Family Medicine Clinic, Fort Collins, CO

**Funded Grants:**

Kaigang Li (PI)

**Jimikaye Courtney (Doctoral Student Collaborator)**

Funder: College of Health and Human Sciences, Colorado State University (2018 - 2019)

Grant Amount: \$7000

Michelle I. Cardel (PI)

**Jimikaye Beck (Collaborator)**

Funder: Small Grant Program to Support Volunteer Service Activities, Department of Pediatrics, University of Colorado Anschutz Medical Campus (2015)

Grant Amount: \$500

**Jimikaye Beck (PI)**

Lucero Gavin (Mentor)

Funder: Lew Wentz Foundation Undergraduate Research Grant (Fine Arts and Humanities), Oklahoma State University (2008 – 2009)

Grant Amount: \$4500

**Jimikaye Beck (PI)**

Lenka Humenikova-Shriver (Mentor)

Funder: Lew Wentz Foundation Undergraduate Research Grant (Life Sciences), Oklahoma State University (2007 – 2008)

Grant Amount: \$4500

**Peer-Reviewed Publications (14):**

1. **Courtney JB**, Lipsey T, Braun B, Henry K, Nelson T, Li K. Using ecological momentary assessment to examine the effects of duty status on acute stress and tiredness in firefighters: A pilot study. *Journal of Occupational and Environmental Medicine*. **In Press**.
2. **Courtney JB**, Moss HE, Butki B, Li K. Parent support, perceptions, and child attributes affect child activity. *American Journal of Health Behavior*. 2019;43(2);311-325.

3. Nuss K, Sanford J, Archambault L, Schlemmer E, Blake S, **Courtney JB**, Hulett N, Li K. Accuracy of heart rate and energy expenditure estimation of wrist-worn and arm-worn Apple Watches. *Journal for the Measurement of Physical Behaviour*. 2019;2(3); 166-175.
4. Nuss K, Thomson E, **Courtney JB**, Comstock A, Reinwald S, Black S, Pimentel R, Tracy B, Li K. Assessment of accuracy of overall energy expenditure measurements for the Fitbit Charge HR 2 and Apple Watch. *American Journal of Health Behavior*. 2019;43(3);498-505.
5. Bellows LL, Davies PL, **Courtney JB**, Gavin WJ, Johnson SL, Boles RE. Motor skill development in low-income, at-risk preschoolers: A community-based longitudinal intervention study. *Journal of Science and Medicine in Sport*. 2017;20(11);997-1002.
6. **Beck J**, Chard C, Hilzendegen C, Hill JO, Stroebele-Benschop N. In-school versus out-of-school sedentary behavior patterns in U.S. children. *BMC Obesity*. 2016;3(34).
7. Cardel MI, Johnson SL, **Beck J**, Dhurandhar E, Keita AD, Tomczik AC, Pavea G, Huo T, Janicke DM, Muller K, Piff PK, Peters JC, Hill JO, Allison DB. The effects of experimentally manipulating social status on acute eating behavior: A randomized, crossover pilot study. *Physiology and Behavior*, 2016;162;93-101.
8. Peters JC and **Beck J**. Low-Calorie Sweetener (LCS) use and energy balance. *Physiology and Behavior*, 2016;161(B);524-528.
9. Peters JC, **Beck J**, Cardel M, Wyatt HR, Foster GD, Pan Z, Wojtanowski AC, Vander Veur SS, Herring SJ, Brill C, Hill JO. The effects of water and non-nutritive sweetened beverages on weight loss and weight maintenance: A randomized clinical trial. *Obesity*. 2016;24(2);297-304.
10. Peters JC, **Beck J**, Lande J, Pan Z, Cardel M, Ayoob K, Hill JO. Using healthy defaults in Walt Disney World restaurants to improve nutrition. *Journal of the Association for Consumer Research*. 2016;1(1);92-103.
11. **Beck J**, Jensen LH, Hill JO. Implications of facilitators and barriers to implementing Fuel Up to Play 60. *Health Behavior and Policy Research*. 2015;2(5);388-400.
12. Polsky S, **Beck J**, Stark RA, Zhaoxing P, Hill JO, Peters JC. The influence of herbs, spices, and regular sausage and chicken consumption on liking of reduced fat breakfast and lunch items. *Journal of Food Science*. 2014;79(10);S2117-S2126.
13. **Beck J**, DeWitt P, McNally J, Siegfried S, Hill JO, Stroebele-Benschop N. Predictors of meeting physical activity and fruit and vegetable recommendations in 9-11-year-old children. *Health Education Journal*. 2015;74(2);183-196. (online February 6, 2015)
14. **Beck J**, Schaefer CA, Nace H, Steffen AD, Nigg C, Brink L, Hill JO, Browning RC. Accuracy of self-reported height and weight in children aged 6 to 11 years. *Preventing Chronic Disease*. 2012;9:E119.

### **Publications under Review (6):**

1. Dunton G, Wang S, Do B, **Courtney JB**. Early effects of the COVID-19 pandemic on physical activity in U.S. adults. *Annals of Behavioral Medicine*. (*Under review by journal*)
2. Miller A and **Courtney JB**. Migration of an ongoing community-based research project in firefighters to REDCap. (*Under review by journal*)
3. **Courtney JB**, Nuss K, Lyden K, Harrall KK, Alaimo K, Glueck DH, Villalobos A, Hamman RF, Hebert JR, Hurley TG, Leiferman J, Li K, Litt JS. Comparing the activPAL software's Primary Time in Bed Algorithm against Self-Report and van der Berg's Algorithm. (*Under review by journal*)
4. **Courtney JB**, Nelson T, Nuss K, Li K, Haynie D, Iannotti RJ, Simons-Morton B. Effects of motivation and planning on physical activity during the transition from adolescence into early adulthood. (*Under review by journal*)
5. Simmons T, Fulco C, **Courtney JB**, Henry K. Cumulative exposure to area deprivation: Effects on depressive symptoms and substance use in a diverse sample. (*Under review by journal*)
6. Li K, Vaca F, **Courtney JB**, Haynie D, Simons-Morton B. Associations of mental health with driving while impaired and risky driving in emerging adults. (*Under review by journal*)

### **Abstracts (20):**

1. **Courtney JB**, Broussard J, Lipsey T, Braun B, Henry K, Nelson T, Li K. Examining on- and off-duty stress and tiredness in firefighters using ecological momentary assessment. *Society of Behavioral Medicine Annual Conference, April 1-4, 2020*.
2. **Courtney JB**, Li K, Haynie D, Iannotti RJ, Simons-Morton B. Longitudinal associations of physical activity participation with intrinsic motivation, extrinsic motivation, and physical activity planning among emerging adults. *Society of Behavioral Medicine Annual Conference, March 6-9, 2019*.
3. Li K, **Courtney JB**, Vaca F, Haynie D, Simons-Morton B. Depressive and psychosomatic symptoms are associated with more driving while impaired and risky driving in US emerging adults. *Society of Behavioral Medicine Annual Conference, March 6-9, 2019*.
4. Agard R, **Courtney JB**, McCloskey M, Johnson SL, Bellows LL. Understanding parenting practices and values related to physical activity with preschoolers: A qualitative study to inform intervention design. *Society for Nutrition Education and Behavior Annual Conference, July 21-24, 2018*.
5. **Courtney JB**, Moss HE, Butki B, Li K. Parent support and child enjoyment mediate the association between child coordination and physical activity participation. *American College of Sports Medicine Annual Meeting, May 29-June 2, 2018*.

6. **Courtney JB**, Grimm K, Boles RE, Johnson SL, Bellows LL. Structural equation modeling of relationships between physical activity, gross motor skills and healthy growth in young children. *Colorado State University Graduate Student Showcase, November 9, 2017.*
7. **Courtney JB**, Johnson SL, Li K, Bellows LL. At-risk preschoolers' perceived physical competence and observed fundamental movement skills. *American College of Sports Medicine Annual Meeting, May 31-June 3 2017.*
8. **Beck J**, Davies PL, Gavin W, Johnson SL, Boles RE, Bellows LL. Hop, skip, catch: Motor skill development in at-risk preschoolers. *Lillian Fountain Smith Nutrition Conference Poster Presentation, 2016.*
9. Cardel MI, Johnson SL, **Beck J**, Dhurandhar E, Keita AD, Tomczik AC, Pavela G, Huo T, Janicke DM, Muller K, Piff PK, Peters JC, Hill JO, Allison DB. The effects of experimentally manipulating social status on acute eating behavior: A randomized, crossover pilot study. *American Society of Nutrition and Experimental Biology Oral Presentations, 2016.*
10. **Beck J**, Jensen LH, Hill JO. Implications of facilitators and barriers to implementing Fuel Up to Play 60. *Childhood Health and Nutrition Research Conference Poster Presentation, 2016.*
11. Cardel M, Dulin-Keita A, Dhurandhar EJ, Harris Jackson K, **Beck J**, Tomczik A, Peters JC, Johnson SL, Hill JO, Allison DB. The influence of experimentally manipulated social status on eating behavior: a pilot study. *Society for the Study of Ingestive Behavior Oral Abstract, 2015.*
12. Polsky S, **Beck J**, Stark RA, Zhaoxing P, Hill JO, Peters JC. The influence of herbs, spices, and regular sausage and chicken consumption on liking of reduced fat breakfast and lunch items. *The Obesity Society Annual Meeting Poster Presentation, 2014.*
13. **Beck J**, Backlund Jarquín P, Pereira RI. Using Boot Camp Translation for Diabetes Prevention in Hispanics. *Engaging Communities in Education and Research Annual Meeting Poster Presentation, 2014.*
14. Cardel M, Gunnarsdottir T, **Beck J**, Peters JC, Hill JO. Low-income children feel safer walking/biking to school?: Physical activity-related perceptions differ by income status in 5<sup>th</sup> graders participating in 5<sup>th</sup> Gear Kids. *Oral Abstract at American Society of Nutrition Annual Meeting.*
15. Cardel M, Gunnarsdottir T, **Beck J**, Peters JC, Hill JO. The role of race/ethnicity and socioeconomic status on obesity-related markers in 5<sup>th</sup> graders participating in 5<sup>th</sup> Gear Kids. *The Obesity Society Annual Meeting Poster Presentation, 2013.*
16. Gunnarsdottir T, Cardel M, **Beck J**, Peters JC, Hill JO. 5<sup>th</sup> Gear Kids: A multi-level childhood obesity prevention program for 5<sup>th</sup> graders in Colorado. *The Obesity Society Annual Meeting Poster Presentation, 2013*
17. **Beck J**, De Witt P, McNally J, Siegfried S, Hill JO, Stroebele N. Predictors of meeting physical activity and fruit and vegetable recommendations in fifth grade students. *The Obesity Society Annual Meeting Poster Presentation, 2012.*

18. Gunnarsdottir T, Jensen LH, **Beck J (presenter)**, Mistler-Jackson M, Webb KL, Wyatt H, Peters JC, Hill JO. 5<sup>th</sup> Gear Kids: An obesity prevention program for fifth graders in Colorado. *University of Colorado Denver—Anschutz Medical Campus Research Exchange and Networking Forum, 2012.*
19. **Beck J**, Gavin L, Creager N. A comparative study of the lives and works of Jorge Luis Borges and Paulo Coelho, with emphasis on the idea of zahir. *Wentz Research Scholar Poster Presentation, 2009. **Poster Session First Place.***
20. **Beck J**, Jarrett C, Humenikova-Shriver L. Breastfeeding practices and attitudes of non-Hispanic white and Hispanic mothers living in Oklahoma. *Wentz Research Scholar Poster Presentation, 2008.*

**Popular Press (1):**

1. Ducharme J. COVID-19 is making Americans even more sedentary. The effects could be long-lasting. *TIME Magazine.* May 12, 2020.

**Teaching Experience:**

- |           |  |
|-----------|--|
| 2012-2015 | Affiliate Faculty member in the Department of Health Professions, Nutritional Sciences. Taught Introduction to Nutrition class in the classroom and online. Metropolitan State University of Denver, Denver, CO      |
| 2009-2011 | Graduate Teaching Assistant, Colorado State University—Health and Exercise Science Department, Fort Collins, CO  |
| 2008-2009 | Wellness State Peer Health Educator, Oklahoma State University, Stillwater, OK. The purpose of this program was to teach peers about stress, nutrition, sexual health, physical activity, and healthy communication. |

**Mentoring Experience:**

- |              |   |
|--------------|---|
| 2018-present | Mentor master's and undergraduate students in the Lab for the Assessment of and Promotion of Physical Activity at Colorado State University |
| 2016-2017    | Mentor Food Science Human Nutrition graduate students at Colorado State University  |
| 2015-2017    | Mentor undergraduate students at Colorado State University for their nutritional sciences capstone course.                                  |
| 2015         | Mentored high school student, Yesica Chavez, as part of the Denver STARS program for high school students interested in the medical field.  |
| 2013         | Mentored undergraduate student, Julie Hettinger, from the University of Kansas for her 600-hour Health and Exercise Science internship      |

2013 Mentored undergraduate student, Nancy Wittmer, from Colorado State University for her 600-hour Health Promotions internship.

***Grant Writing Experience:***

2019/2018 “Assessing acute and chronic stress in Colorado firefighters on- and off-duty: Clinical applications of ecological momentary assessment and cortisol analysis using saliva and hair.”  
Dr. Kaigang Li (PI), Dr. Mark Laudenslager (PI), **Jimikaye Courtney (Doctoral Student Collaborator)**  
Funder: Colorado Clinical and Translational Sciences Institute

2018 “Developing machine-learning methods to enhance the accuracy and applicability of raw accelerometer data in identifying human movement patterns.”  
Dr. Kaigang Li (PI), Dr. Sangmi Lee Pallickara (Co-PI), Dr. Jill Litt (Co-Investigator), **Jimikaye Courtney (Co-Investigator)**, Saptashwa Mitra (Co-Investigator)  
Funder: Colorado Clinical and Translational Sciences Institute

2018 “Assessing on- and off-duty stress in Colorado firefighters using ecological momentary assessment, salivary cortisol, and heart rate monitors.”  
Dr. Kaigang Li (PI), **Jimikaye Courtney (Doctoral Student Collaborator)**  
Funder: Colorado School of Public Health – Faculty Seed Grant Program.

***Volunteer Experience:***

2020 Poster judge – Celebrate Undergraduate Research and Creativity, Colorado State University’s

2020 Poster judge – College of Health and Human Sciences first annual Research Day, Colorado State University

2019 Poster judge – Graduate Student Showcase, Colorado State University

2016-Present Vice President of Standards and Academic Excellence Adviser for Kappa Delta Panhellenic Sorority

***Additional Training:***

2016 Data Management for Clinical Research – Vanderbilt University (Coursera)

***Graduate Awards and Scholarships:***

2020 **Dulcinea del Toboso Travel Award** (\$416), Department of Health and Exercise Science, Colorado State University, Fort Collins, CO

2019 **Travel Scholarship** (\$725), Mathematical Sciences in Obesity Research Short Course, Indiana University School of Public Health



- 2019        **HES Doctoral Dissertation Enhancement Award** (\$4,465), Department of Health and Exercise Science, Colorado State University, Fort Collins, CO
- 2019        **Student/Trainee Award Winner** (\$250), Evidence-Based Behavioral Medicine Special Interest Group, Society of Behavioral Medicine
- 2019        **President's Cup Winner** (\$1200), Rocky Mountain Chapter of the American College of Sports Medicine
- 2018-2019   **Vice President for Research Fellow** (\$4000), Colorado State University, Fort Collins, CO
- 2018-2019   **Robert W. Gotshall Graduate Scholarship** (\$1380), Colorado State University, Fort Collins, CO
- 2018-2019   **Bariatric Center of the Rockies Graduate Scholarship** (\$1100), Colorado State University, Fort Collins, CO
- 2018        **President's Cup Winner** (\$1200), Rocky Mountain Chapter of the American College of Sports Medicine
- 2017        **College of Health and Human Sciences Excellence in Research and Scholarship** (\$200), Colorado State University, Fort Collins, CO
- 2017-2018   **Margaret and Donald Boyd Graduate Student Scholarship** (\$2500), Colorado State University, Fort Collins, CO

***Undergraduate Awards and Scholarships:***

- 2009        Wentz Research Scholar **Poster Session First Place**, Oklahoma State University, Stillwater, OK
- 2009        **Top 10 Senior**, Oklahoma State University, Stillwater, OK
- 2009        **College of Arts & Sciences Top 10 Senior**, Oklahoma State University, Stillwater, OK
- 2009        **College of Human Environmental Sciences Top 10 Senior**, Oklahoma State University, Stillwater, OK
- 2009        **Department of Foreign Languages Senior of the Year**, Oklahoma State University, Stillwater, OK
- 2008-2009   **Mortar Board Senior Honor Society**, Oklahoma State University, Stillwater, OK
- 2007-2009   **Sigma Delta Pi Spanish Honor Society**, Oklahoma State University, Stillwater, OK

- 2007-2009 **Alpha Epsilon Delta Pre-Health Honor Society**, Oklahoma State University, Stillwater, OK
- 2007-2009 **Order of Omega Greek Honor Society**, Oklahoma State University, Stillwater, OK
- 2006-2009 **National Society of Collegiate Scholars**, Oklahoma State University, Stillwater, OK
- 2006-2007 **Iota Kappa Sophomore Honor Society**, Oklahoma State University, Stillwater, OK
- 2006-2009 **Colleges of Health and Human Sciences and Arts and Sciences – Multiple Scholarships**, Oklahoma State University, Stillwater, OK
- 2007 **Bailey Family Memorial Trust Study Abroad Scholarship**, Oklahoma State University, Stillwater, OK
- 2006 **Top 10 Freshman Woman**, Oklahoma State University, Stillwater, OK
- 2005-2006 **Freshman Research Scholar**, Oklahoma State University, Stillwater, OK
- 2004 **National Merit Scholar**, Union High School, Tulsa, OK

***Languages: Spoken, Written, and Read Fluently:***

English (speaking, reading, writing)  
Spanish (speaking, reading, writing)