

DIANE K. SYLOFSKI

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EDUCATION

Ph.D. Candidate Health Promotion and Disease Prevention, Fall 2009 - present

University of Nebraska Medical Center

- Graduate Research Project: Fit Minded: Feasibility of an internet book club to improve women's physical activity
- Current Research: Innovative interventions in women's health; long-term adherence to physical activity in women; childhood obesity, implementation of physical activity-based interventions in Nebraska elementary schools

M.A. English, **University of Nebraska-Lincoln**

Graduation: May 2009

- Minor: Teaching, Learning, & Education
- Concentration: Nineteenth Century American Literature with emphasis on women's authorship
- Certificate: Interdisciplinary Nineteenth Century Studies
- Integrative Paper: *Henry James's The Bostonians: The Mediocrity of Democracy, the Popular Lecture, and Whitman's Drum Taps*

B.A. English, **University of Nebraska-Lincoln**

Graduation: May 2004

- Secondary Major: Film Studies
- Concentration: Literary Theory and Criticism

PROFESSIONAL EXPERIENCE

University of Nebraska-Omaha

Department of Health, Physical Education, & Recreation

Graduate Assistant for Physical Activity in Health Promotion July 2009 – Present

- Responsibilities: Manage the implementation of a physical activity behavior change program and facilitate sessions in adult women; conduct quantitative and qualitative research related to women's adherence to physical activity and psychosocial facilitators of adherence; conduct observation, interviews, and trainings to measure and enhance physical activity in elementary school children; lead focus groups; enter and analyze data; write manuscripts and assist faculty with manuscripts; write grants and assist with faculty grant writing; lead graduate level lectures in Physical Activity in Health Promotion; supervise master's and undergraduate students; responsible for the drafting and submission of IRB applications and related materials, including letters of consent, continuing reviews, and requests for change for Fit Minded and Ready for Recess research programs.

University of Florida Recreational Sports

September 2008 – June 2009

Coordinator for Fitness

- Responsibilities: Managed the Group Fitness Program at two facilities and Personal Training and Assessment Center (PTAC); supervised Fitness graduate assistants, program assistants, and student staff; developed and facilitated staff trainings; responsible for the creative vision of Group Fitness and PTAC and the creation of a strategic plan; managed Group Fitness and PTAC budgets totaling

\$150,000; recruited, trained, and hired group fitness instructors and graduate assistants; served on RecSports and university committees.

University of Nebraska-Lincoln Campus Recreation

Graduate Assistant for Instruction

August 2006 – June 2008

- Responsibilities: Taught academic physical activity classes (three to seven sections per semester); developed curricula and manuals for academic physical activity classes; scheduled, supervised, evaluated, and trained academic course instructors and student office staff; served on Campus Recreation, university, and national committees.

North Central Region Sustainable Agriculture

March 2005 – June 2006

Research and Education, University of Nebraska-Lincoln

Administrative Assistant

- Responsibilities: Managed and coordinated administrative and accounting activity for a regional research and education grant program; edited and published requests for proposals to the web; developed database reports; drafted and initiated project subcontracts and amendments; organized and forwarded project invoices and personnel expenses.

PAPERS

- Huberty, J.L., Beseler, C., **Sylofski, D.K.**, & Fuhrmeister, E. (**In Progress**). Assessing readiness for change in eight school communities prior to the Ready for Recess intervention.
- Huberty, J.L., **Sylofski, D.K.**, Coleman, J., Gao, Y. (**In Progress**). Can a book club improve women's long-term adherence to PA?

GRANTS

In review:

- Huberty, J.L. (2011). Fit Minded: Feasibility of an internet book club to improve women's physical activity. \$275,000 – NIH/NCI R21 – Submitted February 2011.
 - Provided major contributions to the writing and submission of the grant proposal and development of the budget.
- **Sylofski, D.K.** (2011). Fit Minded: Feasibility of an internet book club to improve women's physical activity. \$1,500 – UNMC College of Public Health Sparks Public Health Research Student Award – Submitted February 2011.

Submitted – Not Funded

- Huberty, J.L., & **Sylofski, D.K.** (2009). *Fit Minded: An innovative theory-based Internet book club intervention to increase physical activity and self-worth in women.* University Committee on Research, \$4,500.

DATA-BASED PRESENTATIONS

- **Sylofski, D.**, Beseler, C., Siahpush, M., Huberty, J. (**Accepted**). Physical activity participation and readiness for change in nine school communities after the Ready for Recess invention. Society of Behavioral Medicine, Washington DC, April 2011.
- **Sylofski, D.**, Huberty, J., Gao, Y. (**Accepted**). Women Bound to be Active: Effect of a book club intervention on women's physical activity and self-worth at one-year follow-up. Society of Behavioral Medicine, Washington DC, April 2011.

PRESENTATIONS

- University of Nebraska-Lincoln Group Fitness Instructor Training, Lincoln, NE (August 2009, August 2010)

- Physical Activity Games, Florence Elementary School Summer School Fitness Week, Omaha, NE (June 2010)
- “Prenatal Physical Activity,” Breastfeeding Support Group, Women Infant Children (WIC), Omaha, NE (November 2009, December 2009)
- “National Student Update,” NIRSA Annual Business Meeting, NIRSA National Conference, Austin, TX (April 2008)
- National Student Business Meeting, NIRSA National Conference, Austin, TX (April 2008)
- “NIRSA Mentor Program” Educational Session, NIRSA National Conference, Austin, TX (April 2008)
- Professionalism Poster Presentation, NIRSA National Conference, Austin, TX (April 2008)
- Region IV Student Business Meeting Presentation, NIRSA Region IV Student Lead On, Nacogdoches, TX (February 2008)
- “Professionalism and Leadership for the NIRSA Student Member,” Emerging Recreational Sports Conference, New Orleans, LA (February 2008)
- Student Roundtable, NIRSA Region III Student Lead On, Youngstown, OH (January 2008)
- Region I Student Business Meeting Presentation, NIRSA Region I Student Lead On, Ithaca, NY (November 2007)
- Region II Student Business Meeting Presentation, NIRSA Region II Student Lead On, Williamsburg, VA (October 2007)
- NIRSA Region II Student Lead On Welcome Address, Williamsburg, VA (October 2007)
- Region V Student Business Meeting Presentation, NIRSA Region V Student Lead On, Lincoln NE (October 2007)
- NIRSA Student Leadership Team Orientation, Corvallis, OR (June 2007)
- “Paths to Recreation,” NIRSA Region V Student Lead-On (October 2006)
- “I Can’t Do That: I’m an English Major!”, Minnesota State Workshop (October 2006)

SERVICE

National Intramural-Recreational Sports Association (NIRSA)

- *Board of Directors*, National Student Representative (April 2007 – June 2008)
- *Aquatics Institute Committee* (April 2008 – April 2010)
- *Nominations and Elections Committee* (April 2007 – April 2010)
- *Governance Commission Student Leaders* (April 2008 – April 2009)
- *National Conference Volunteer* (April 2006 – April 2009)

University of Florida

- *Healthy Gators 2010 Wellness Coalition* (September 2008 – June 2009)
- *Midnight Fun Run*, Chair (December 2008 – May 2009)
- *Department of Recreational Sports Risk Management Committee* (November 2008 – June 2009)
- *Department of Recreational Sports Mentor Program Work Team* (January 2009 – June 2009)

University of Nebraska – Lincoln

- *Assistant Director for Fitness and Wellness Search Committee* (January 2007 – May 2007)
- *Campus Recreation Advisory Council*, Secretary (April 2005 – April 2006)

Local

- *River City Roundup*, Physical Activity Facilitator (September 2009)
 - *Nebraska Barons Wheelchair Softball Invitational*, Tournament Director (August 2007)
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CONFERENCE ATTENDANCE

- American College of Sports Medicine (ACSM) Annual Meeting (June 2010 – 2011)
- Society of Behavioral Medicine (SBM) Annual Meeting (April 2010 – 2011)
- NIRSA Annual Conference (April 2006 – 2009)
- NIRSA regional conferences and student lead ons (October 2006 – 2008)
- IDEA World Fitness Convention (August 2010, July 2008)

PROFESSIONAL MEMBERSHIPS AND AWARDS

- SBM member (since January 2010)
- ACSM member (since February 2010)
- NIRSA member (since January 2006)
- William N. Wasson Student Leadership and Academic Award (2008)

ACADEMIC AND PROFESSIONAL REFERENCES

- Jennifer Huberty, Ph.D., Associate Professor Physical Activity in Health Promotion, Health, Physical Education, and Recreation, University of Nebraska – Omaha, (402) 554-3251, jenniferwhite@unomaha.edu
- Vicki Highstreet, Senior Assistant Director, Department of Campus Recreation, University of Nebraska – Lincoln, (402) 472-4771, vhighstreet1@unl.edu