

Amy J Bidwell, Ph.D
Curriculum Vitae

EDUCATION:

Syracuse University, Syracuse, New York
Degree Earned: Doctor of Philosophy
Date Graduated: December 2012
Major: Exercise Physiology/Nutrition
Dissertation: *“Impact of Physical Activity on Postprandial Lipidemia and Glycemic Control after Chronic Fructose Ingestion”*

Syracuse University, Syracuse, New York
Degree Earned: Masters of Science
Date Graduated: December 2007
Major: Exercise Physiology

State University of New York at Brockport, Brockport, NY
Degree Earned: Bachelor of Science
Date Graduated: May 1999
Major: Physical Education
Minor: Exercise Science

TEACHING EXPERIENCE

Associate Professor, Oswego State University, Health Promotion and Wellness
(September 2018- Present)

Assistant Professor, Oswego State University, Health Promotion and Wellness
(August 2011-August 2018)

Courses Taught:

HSC 332: Scientific Principles of Fitness (face-to-face and online)
HSC 315: Nutritional Concepts (face-to-face and online)
HSC 310: Disease: Lifestyle and Environment
HSC 386: Contemporary Issues in Wellness
HSC 334: Introduction to Kinesiology (online)
HSC 424: Sport Nutrition (face-to-face and online)
HSC 435: Science of Nutrition
HSC 512: Weight Management and Obesity

Courses Developed:

HSC 100: Bounce Wellness Program
HSC 315: Nutritional Concepts

HSC 332: Essentials of Exercise Science
HSC 334: Introduction to Kinesiology
HSC 425: Sports Nutrition
HSC 435: Science of Nutrition
HSC 512: Weight Management and Obesity

Adjunct Instructor, New York Chiropractic College
(January 2010-Present)

Courses Taught: (Online)

NTR 5501: Sports Nutrition

NTR 5101: Macronutrients: Carbohydrates, Proteins and Fats

Courses Developed:

NTR 5501: Sports Nutrition

NTR 5101: Macronutrients: Carbohydrates, Proteins and Fats

Graduate Assistant, Syracuse University
(August 2009- May 2011)

Courses Taught:

PPE 483: Scientific Principles of Conditioning

PPE 295: Introduction to Exercise Science

PPE 200: Becoming a Personal Trainer

PPE 497: Physiology of Exercise Lab Class

PPE 515: Graded Exercise Testing Lab Class

Lab Coordinator, Syracuse University
(Fall 2008-Spring 2011)

Human Performance Lab – Supervised all lab courses

PROFESSIONAL EXPERIENCE

Research Assistant, Joslin Diabetes Center, Syracuse, NY
(Summer 2009)

- Assisted in patient evaluations for a NIH-funded Diabetes study (SHINE Study)
- Observed diabetes nutritional counseling

Personal Trainer, Gold's Gym, Liverpool, NY
(August 2005-August 2006)

- Established exercise programs based on needs analysis
- Developed sport specific exercise programs for athletes and special populations
- Aided in rehabilitation of orthopedic injuries
- Conducted weekly group personal training class of 4- 8 clients

Personal Trainer, Mid-Town Athletic Club, Rochester, NY

(May 1999- August 2005)

- Taught monthly health and wellness seminars (*nutrition, functional training, etc*)
- Responsible for conducting fitness evaluation for all new members
- Performed 30 - 35 personal training sessions per week

Fitness Supervisor, Mid-Town Athletic Club, Rochester, NY

- Supervised staff of 20 Fitness Specialist
- Mentored exercise physiology interns
- Developed and implemented numerous member retention programs
- Responsible for interviewing, hiring and training of all Fitness Specialists

PUBLICATIONS:

Peer-reviewed Publications:

Bidwell AJ. Chronic Fructose Ingestion as a Major Health Concern: Is a Sedentary Lifestyle Making It Worse? A Review. *Nutrients*. 2017, 9, 549; doi:10.3390/nu9060549

Bidwell AJ, Fairchild TJ, Kanaley JA. “High Physical Activity Attenuates The Hyperlipidemic Effect of A Fructose-rich Meal”. *Med Sci Sports Exerc*. 2014 Nov; 46 (11):2091-8.

Bidwell AJ, Fairchild TJ, Kanaley JA. “High Physical Activity Counteracts the Altered Incretin Response to High Fructose Consumption.” *Eur J Clin Nutr*. 2014 Sep; 68(9): 1048-5

Holmstrup ME, **Bidwell AJ, Fairchild TJ.** “[Body Image Does Not Predict Calorie Estimation Accuracy](#)”. *Topics in Clinical Nutrition*. 29(1):1-7. 2014

Bidwell AJ, Yazel B, Davin D, Fairchild TJ, Kanaley JA. “Yoga Training Improves Quality of Life in Women with Asthma”. *The Journal of Alternative and Complementary Medicine*. Volume 18, Number 8, 2012, pp. 1–7.

Bidwell, AJ,; Holmstrup, MA.; Doyle, R.; Fairchild, T. “Metabolic and Cardiovascular Responses to the Ingestion of Fructose”. *Acta Physiologica*. 2010 Sep; 200(1):35- 46.

Published Books:

Bidwell, A; Scinta, W. (2018). *BOUNCE for Students, 1st Edition*. ISBN: 978-1-63110-320-9. Chestereld, Missouri 63005. Graphic Connections Group Publishing.

Harris, J.M., Keida, E., **Bidwell, A.** (2018). *Introduction to health promotion and*

wellness management. ISBN: 978151652494. Cognella.

Published Articles:

- [Palladium Times](#): “Grant to SUNY Oswego Aims to Reduces Obesity in the US and Abroad”. Feb 2015
- [SUNY Oswego News- Campus Update](#) - “Grant Combats Obesity”. Feb 2015
- [ACSM Sports Medicine Bulletin](#) - “What Happens When an Active Couch Potato Ingests Sugar?”. Jan 2015
- [NY Times Article](#): “Drink Soda, Take 10,000 Steps per Day”. Sept. 2014
- [Men’s Health Magazine](#): “Can Exercise Erase a Sugar Binge”. Sept. 2014
- [Consultant360](#): “Walking 12,000 Steps a Day Neutralizes Negative Effects of Fructose”. Sept 2014.
- [Palladium Times](#): “High Sugar Diets, Benefits of Physical Activity”. June 2014.
- [SUNY Oswego News](#): “Study Probes Perils of a High Sugar Diet”. June 2014.

Published Abstracts:

Amy J Bidwell, Timothy Fairchild, Jill A. Kanaley. “High Physical Activity Attenuates the Hyperlipidemic Effect Of A Fructose-rich Meal”. *Medicine & Science in Sports & Exercise*: May 2012 - Volume 44 - Issue 5 - pp S171.

Jill A. Kanaley, **Amy J. Bidwell**, Timothy Fairchild. “High Physical Activity Counteracts the Altered Incretin Response to High Fructose Consumption.” *Medicine & Science in Sports & Exercise*: May 2012 - Volume 44 - Issue 5. pp S419.

Amy J. Bidwell, Beth Yazel, David Davin, Timothy J Fairchild, Jill A Kanaley, FACSM. The Effect of Yoga Therapy on Improving Quality of Life in Asthmatics”. *Medicine & Science in Sports & Exercise*: May 2009 - Volume 41 - Issue 5 - pp 43-44.

Lara R DeRuisseau, Daniel M Recca, **Amy J Bidwell**, Nadia J Orosz, Kimberly M Pompo, and Keith C DeRuisseau. Impact of metallothionein deficiency on soleus muscle function following acute spinal cord injury. *FASEB J*. 2008 22:962.25

PRESENTATIONS

Invited Speaker (National):

“Health Education for Behavior Change... Why Not?”. Panel Presentation. Art & Science of Health Promotion Conference. San Diego, CA. March 2018.

“Sugar and Physical Activity: Is it really that bad?”. Overcoming Obesity Conference. San Antonio, TX. September 2017.

“An Internet-Based Nutrition and Physical Activity Intervention for Overweight/Obese Children and Adults.” American College of Sports Medicine Health Fitness Summit. New Orleans, La. April 2016.

“Physical Inactivity and Disease Progression”. American College of Sports Medicine Health Fitness Summit. Phoenix, Az. April 2015.

Guest speaker at Mid-Atlantic Regional meeting of American College of Sports Medicine – November 2008. “Careers in Exercise and Meet the Expert”

Invited Speaker (Local):

SUNY Oswego (Winter 2018) CELT Workshop Presenter. “BOUNCE into a Healthier Lifestyle”

SUNY Oswego (Fall 2016) CELT Workshop Presenter. “Creating Digital Faculty Portfolios”

SUNY Oswego (Winter 2016) CELT Workshop Presenter. “BOUNCE into a Healthier Lifestyle”

SUNY Oswego Presenter at the Fall 2015 Friends and Family Weekend Academic Showcase. Presented with two of our HPW students on our Childhood Obesity program and their travel abroad to Brazil to implement the program.

SUNY Oswego (Fall 2014) CELT Workshop Presenter: “*Creating Digital Portfolios for Promotion and Retention*”.

New York Chiropractic College (February 2014). “*Relationship Between Nutritional and Physical Activity Knowledge Versus Behavior in College-Aged Students.*”

SUNY Oswego OzTalk. (December 2014). “*The Good, the Bad and the Ugly of Physical Inactivity.*”

New York Chiropractic College (February 2013). “*Effects of Fructose Consumption on Postprandial Lipidemia with Increased Physical Activity*”.
Hamilton College (Fall 2010 and Fall 2011). “*The Real Truth Behind Fructose*”.

Syracuse University Department of Nutrition Invited Lecturer. (Fall 2011). “*Metabolic Consequences of Fructose Consumption*”

Syracuse University Graduate Seminar Series: “*Metabolic, Hormonal and Cardiovascular Effects of Fructose Ingestion*” (Fall 2009)

Peer-Reviewed Presentations:

“High physical activity attenuates the hyperlipidemic effect of a fructose-rich meal.” American College of Sports Medicine Annual Meeting. Poster Presentation. San Francisco, Ca. May 2012.

“Effect of Diet and/or Exercise on GLP-1 Levels in Type 2 Diabetic Women”. FEATURED PRESENTATION at American College of Sports Medicine Annual Conference. Baltimore, Md. 2010

“Growth Hormone Responses to Fructose Ingestion During and Post-Exercise” Mid-Atlantic Regional Chapter (MARC) of American College of Sports Medicine (ACSM) Annual Meeting – November 2009

“The Effect of Yoga Therapy on Improving Quality of Life in Asthmatics”. American College of Sports Medicine Annual Meeting. Seattle, WA. May 2009.

“Metabolic and Cardiovascular Responses to the Ingestion of Fructose” APS Intersociety Meeting: The Integrative Biology of Exercise-September 2008

“Metabolic and Cardiovascular Responses to the Ingestion of Fructose” Mid-Atlantic Regional Chapter (MARC) of American College of Sports Medicine (ACSM) Annual Meeting – November 2008

PROFESSIONAL COMMITTEES

SUNY Oswego: Department Level

- Health Promotion and Wellness Department Advisement Coordinator (Feb 2014-Present)
- Health Promotion and Wellness Department Personnel Committee
- Health Promotion and Wellness Club Faculty Advisor (Fall 2011-Present)
- Search committee Chair for Department Chair search in the Department of Health Promotion and Wellness, SUNY Oswego (Fall 2012)

SUNY Oswego: School of Education Level

- SUNY Oswego School of Education Faculty Council –Chair (Sept 2013-present)
- SOE Search Committee Member for Associate Dean (Spring 2016)

SUNY Oswego: University Level:

- Undergraduate Curriculum Committee. SUNY Oswego. (Sept 2017 – present)
- Pre-Health Advisory Board Committee Member (Sept 2013-present)
- Faculty Mentor to Honors Student (2012-Present)
- Faculty Mentor to McNair Scholar (2012-2013)
- Pre-Health Student Organization Faculty Advisor

National Level:

- American College of Sports Medicine Summit Planning Committee Member (Feb 2014-Feb. 2017)
- American Nutrition Society Awards Committee Member (Sept 2013-Dec. 2015)

PROFESSIONAL ORGANIZATIONS/CERTIFICATIONS

- Wellcoaches® 4-Day Workshop Attendee (July 2018) – Certification expected Jan. 2019)
- American College of Sports Medicine Summit Faculty (2014-2017)
- American College of Sports Medicine Member
- American Society of Nutrition - Member
- American College of Lifestyle Medicine- member
- ACSM-Nutrition Task Force Member
- Mid-Atlantic Regional Chapter of American College of Sports Medicine – Member
- YMCA Diabetes Educator
- National Academy of Sports Medicine – Certified Personal Trainer (2003)
- YogaFit – Certified Yoga Instructor (2007)
- American Red Cross – CPR/AED Certified

FUNDING AND ACADEMIC AWARDS

- 2017 Faculty Mini Grant (\$250.). FUNDED.
- 2016 Centers for Disease Control and Prevention Childhood Obesity 2.0 Grant (\$3.75 million). Submitted Jan. 2016. Not Funded.
- 2015 Provost Research Fellowship Awarded for 2015-2016 Academic Year
- 2015 Scholarly and Creative Activity Grant. (\$2999.99). Fall 2015. FUNDED.
- 2014 Partners of The Americans Foundation 100,000 Strong Grant: Promoting Study Abroad Focusing on Health and Nutrition. (\$25,000). Submitted Oct. 2014.
- 2014 Allen Foundation Nutrition Research Grant - Submitted Dec. 2014
- 2013 Faculty Mini Grant (\$250). Funded.
- 2012 Allen Foundation Nutrition Research Grant – Submitted, not granted
- 2012 SUNY Oswego Curriculum Innovation Grant (\$3600). Funded.
- 2012 SUNY Oswego Early Start Faculty Research Grant (\$5000). Funded.
- 2011 Syracuse University School of Education Research and Creative Grant (\$1,000) “Effect of Chronic Fructose Consumption on Postprandial Lipemia and Low-Grade Inflammation in Physically Active Adults ”

PEER-REVIEWED JOURNAL REVIEWER

- Medicine and Science in Sport and Exercise
- Nutrients

- Journal of Alternative and Complementary Medicine
- International Journal of Environmental Research and Public Health
- American Nutrition Society Abstract Reviewer (Sept 2013-Sept. 2015)