

Assistant Professor
Tenure Track
Daemen College Department of Health Promotion
Amherst, NY
2015 - 2019

Adjunct Professor
Canisius College Office of Professional Studies
Buffalo, NY
2014 - 2015

Postdoctoral Research Associate/Project Coordinator
University at Buffalo Division of Behavioral Medicine and Pediatrics Department
Buffalo, NY
2012 - 2015

Graduate Teaching Assistant

De Souza, M.J., Toombs, R.J., **Scheid, J.L.**

High prevalence of subtle and severe menstrual disturbances in exercising women: confirmation using daily hormone measures. *Human Reproduction*, 25(2), 491-503.

<https://doi.org/10.1093/humrep/dep411>

Scheid, J.L., Williams, N.I., West, S.L., VanHeest, J.L., & De Souza, M.J. (2009). Elevated PYY is associated with energy deficiency and indices of subclinical disordered eating in exercising women with hypothalamic amenorrhea. *Appetite*, 54(1), 184-192.

<https://doi.org/10.1016/j.appet.2008.09.016>

West, S.L., **Scheid, J.L.**, & De Souza, M.J. (2009). The effect of exercise and estrogen on osteoprotegerin in premenopausal women. *Bone*, 44(1), 137-144.

<https://doi.org/10.1016/j.bone.2008.09.008>

Vescosvi, J.D., **Scheid, J.L.**, Hontscharuk, R., & De Souza, M.J. (2008). Cognitive dietary restraint: Impact on bone, menstrual and metabolic status in young women. *Physiology and Behavior*, 95(1-2):48-55. <https://doi.org/10.1016/j.physbeh.2008.04.003>

Gurd, B., Scheid, J., Paterson, D., & Kowalchuk, J.M. (2007). O₂ uptake and muscle deoxygenation kinetics during the transition to moderate-intensity exercise in different phases of

Women. Noll Laboratory Research Progress Day, Penn State University, University Park, Pennsylvania, USA, December 11, 2009.

Scheid, J.L. The Effects of Menopause on Body Composition. Scientific Basis of Exercise for Older Adults Invited Lecture, Penn State University, University Park, Pennsylvania, USA, December 4, 2009.

Scheid, J.L. & De Souza, M.J. The Benefits of Exercise for Women. The Female Athlete Invited Lecture, Penn State University, University Park, Pennsylvania, USA, September 14, 2009.

Oral Presentations:

Scheid, J.L., Williams, N.I., & De Souza, M.J. History of Amenorrhea and Beck Depression Score Predict Peptide YY Concentrations in Exercising Young Women. Canadian Society for Exercise Physiology Annual Conference, Québec City, Québec, Canada, October 22, 2011 (Oral Presentation).

Scheid, J.L., De Souza, M.J., Birch L, Rolls B, and Williams, N.I. Eating Behaviors Phenotypes:

Scheid, J.L., Williams, N.I., West, S.L., Burke TG, & De Souza, M.J. The Effects of Bone Metabolism on Exercising Premenopausal Women with Osteopenia. The Centre for Research in (Oral Presentation).

Scheid, J.L., Gurd BJ, and JM Kowalchuk. The Effect of Menstrual Cycle Phase on Oxygen Uptake Kinetics during Transition to Moderate Intensity Exercise. The University of Toronto National Undergraduate Research Conference, Toronto, ONT, Canada, April 1, 2005 (Oral Presentation).

Poster Presentations:

Scheid, J.L

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Annual Meeting, Boston Massachusetts, May 30, 2024 (Poster Presentation).

Kowalik, D., Lenau, A., Roberts, A., Young, E., West, S.L. & **Scheid, J.L.**

College of Sport Medicine) 2024 Annual Meeting, Boston Massachusetts, May 29, 2024 (Poster Presentation).

Flower, H., Latvala, H., Luparello, A., Wright, C., Lupien, S.P., Peltz, J.S. & **Scheid, J.L**

(American College of Sport Medicine) 2024 Annual Meeting, Boston Massachusetts, May 29, 2024 (Poster Presentation).

Ross, M., Lavarro, L., **Scheid, J**
Experience on

13, 2023 (Poster Presentation).

Tanco, K., Olson, A., Fellman, B., Janowski, M., Lai A., Shete, S., **Scheid, J.**, Harbison, K., &

Supportive Care in Cancer) 2023 Annual Meeting, Nara, Japan, June 22, 2023 (E Poster Presentation).

Caltagirone, G., Ilievski, P., Vaillancourt, K., Vasquez, R., Lupien, S.P., Peltz, J.S. & **Scheid, J.L.**
ACSM's (American College of Sport Medicine) 2023 Annual Meeting, Denver Colorado, June 1, 2023 (Poster Presentation).

Basile, S., Loar, M., Ryan, N., Taylor, M. & **Scheid, J.L.**

ACSM's (American College of Sport Medicine) 2023 Annual Meeting, Denver Colorado, May 31, 2023 (Thematic Poster Presentation).

Kershaw, M.E., Lupien, S.P., & **Scheid, J.L.** -Based Meeting Platform Usage on Overall Well-
Conference. Atlanta, July 14, 2022 (Poster Presentation).

Scheid, J.L., Edwards, C., Seils, M., & West, S.L. Ratings of Perceived Exertion during Moderate and Vigorous Physical Activity while Mask Wearing. ACSM's (American College of

August 2024

Sport Medicine) 2022 Annual Meeting, San Diego, California, June 3, 2022 (Poster Presentation).

Scheid, J.L., Kenney, J.W., Lang, D.H., & Chimera, N. Whole-body Cryotherapy: Case Series of Sleep, Pain and Anxiety in Healthy Individuals. American College of Sport Medicine 66th Annual Meeting in Orlando, Florida, May 30, 2019 (Poster Presentation).

Scheid, J.L., Stefanik, M.E., Copolo-Ziemer, M., & Roehling, L.R. Moderate Risk of the Female Athlete Triad Predicts Injuries in Division II Female Athletes. American College of Sport Medicine 65th Annual Meeting in Minneapolis, Minnesota, May 30, 2018 (Poster Presentation).

Scheid, J.L. Using Online Tools to Practice Memory Retrieval in the Classroom. 17th Annual

Awdishu S, West, S.L., **Scheid, J.L.**, & De Souza, M.J. (2008). Elevated Androgens Are Associated with Increased Bone Formation in Premenopausal Exercising Women. American Society of Bone and Mineral Research 30th Annual Meeting, Montreal, Québec, Canada, September 14, 2008 (Poster Presentation Presenting Author).

Scheid, J.L., Williams, N.I., West, S.L., VanHeest, J.L., & De Souza, M.J. Elevated PYY Is Associated With Energy Deficiency And Indices Of Subclinical Disordered Eating In Exercising Women With Hypothalamic Amenorrhea. The Endocrine Society Annual Conference, San Francisco, CA, USA, June 17, 2008 (AWARD winning Poster Presentation, Travel Award).

Scheid, J.L., Williams, N.I., West, S.L., Awdishu, S., & De Souza, M.J. Decreased Ghrelin Is Associated with Increased Caloric Intake in Exercising Women with Hypothalamic Amenorrhea: Preliminary Data from an RCT to Reverse Exercise-Associated Menstrual Disturbances. Canadian Institutes of Health Research Poster Competition, Winnipeg, Manitoba, Canada, June 4, 2008 (Invited Poster Presentation and Travel Award).

Scheid, J.L., West, S.L., Vescovi, J.D., Awdishu S, & De Souza, M.J. Bone Formation is Predicted by Resting Metabolic Rate and Leptin in Exercising Women with Hypothalamic Amenorrhea. American Society of Bone and Mineral Research 29th Annual Meeting, Honolulu, HI, USA, September 18, 2007 (Poster Presentation) (Travel Award).

Scheid, J.L., Williams, N.I., Lee D, VanHeest, J.L., & De Souza, M.J. Resting Energy Expenditure is Decreased along a Continuum of Energy-Related Menstrual Cycle Disturbances in Exercising Women. Canadian Society for Exercise Physiology Annual Conference, Halifax, NS, Canada, November 2, 2006 (Poster Presentation).

Scheid, J.L., Williams, N.I., West, S.L., Burke, T.G., & De Souza, M.J. Bone Resorption is increased in Premenopausal Exercising Women with Osteopenia. International Osteoporosis Foundation World Congress on Osteoporosis, Toronto, ONT, Canada, June 3, 2006 (Poster Presentation). (Also presented to the Bone and Mineral Group at Mount Sinai Hospital May 19, 2006).

Gurd BJ, **Scheid, J.**, Paterson, D.H., & Kowalchuk, J.M. Menstrual Cycle Phase has no Effect on VO₂ Kinetics During Moderate-Intensity Exercise in Young Females. Canadian Society for Exercise Physiology Annual Conference, Gatineau, QU, Canada, November 10, 2006 (Poster Presentation Co- presenter).

Funded/In Review Grant Activity:

Primary Investigator
\$798

Daemen University Faculty Grant 2024

Co-Investigator with Dr. Shannon Lupien
\$500

The Power of Groups: Exploring Collective Effervescence in Group Fitness

Classes

Daemen University Faculty Grant 2022

August 2024

Co-Investigator with Drs. Shannon Lupien and Jack Peltz
\$2,000

Daemen College Faculty Grant 2020

Primary Investigator with students Taylor Miller and Kisten Schlabach
\$760

Daemen

Membership in Scientific/Professional Organizations:

American College of Sports Medicine

2016-present

National Strength and Conditioning Association

2016-present

Consultative and Advisory Positions Held:

Manuscript Reviewer and Guest Editor

International Journal of Environmental Research and Public Health

Manuscript Reviewer

European Journal of Sports Science

Manuscript Reviewer

Sports

Manuscript Reviewer

Healthcare

Manuscript Reviewer

Sustainability

Manuscript Reviewer

Obesity

Manuscript Reviewer

Contemporary Clinical Trials

Manuscript Reviewer

Frontiers

Community Service:

Services to the University/College/School on Committees/Councils/Commissions:

University-wide

Daemen University Faculty Senate

2018-Present

Daemen College Institutional Review Board

2015-Present

Daemen University Center for Excellence in Teaching and Learning Advisory Board

2018-2023

Daemen University Library Committee Member

2017-2020

Daemen College Health Determinates Conference Committee

2017-2018

August 2024

American College of Sport Medicine Annual Meeting in Denver May 31 June 3, 2023.
Highlighted sessions of interest that I attended:

- Stress Injuries in Distance Runners
- Exercise-Induced Appetite Suppression: What we know about how it works
- Adaptive Thermogenesis
Energy Availability
- Fee Data? Yes Please! How to Use Federal Data for Impactful Research
- Military Physiology
- Physical Activity and Pregnancy: Material and Infant Outcomes
- Wearable Technology
- Gender in Sports

17th Annual Daemen Learning & Teaching Symposium: IDENTITY, INCLUSIVENESS, AND BELONGING January 19, 2023

Quality Matters: APPQMR December 21, 2022 We learned about QM Rubric and its use in reviewing the design of online and blended courses. In addition to learning about the QM Rubric and the course review process, we also learned to apply the concept of alignment and draft helpful recommendations for course improvement.

PT Evidence Based Practice Clinical Research Symposium December 10, 2022.

Encountering Our Differences July 28, August 4, & August 11, 2022 We earned, discussed, and reflected on identity, privilege, and anti-racism.

Blackboard Gradebook Workshop/Webinar August 9, 2022 Led by the Office of Instructional Design, we reviewed Ultra Gradebook and its settings, tools, notification features, and latest updates.

American College of Sport Medicine Annual Meeting in San Diego May 31 June 4, 2022.
Highlighted sessions of interest that I attended:

- Physiology and Mechanics of Bone and Connective Tissue
- Targeting Mitochondrial Health to Maintain a Healthy and Active Lifestyle: Key Role of Diet, Exercise and Advanced Nutrition Strategies
- Female & Male Athlete Triad Coalition Annual Meeting
- Performance
- 50 Years of Title IX: View through the Eyes of Athlete turned Orthopedic Surgeon
- Impact of the Covid-19 Pandemic
- American College of Sports Medicine Journals: Three Years in Review
- Women's Reproductive Health and Performance

Gamestorming: A Playful Way to Learn, Lead, and Live May 20, 2022.

16th Annual Learning and Teaching Symposium *Communication within the Classroom*
January 19, 2022.

Research Symposium: Physical Therapy Evidence Based Practice Clinical Research Symposium December 11, 2021.

August 2024

15th Annual Daemen Learning & Teaching Symposium: Small Changes-Big Impact February 4-5, 2021.

Sports Supplements, Online CE Course through Human Kinetics - Completed January 13, 2021.

Prescriptive Stretching, Online CE Course through Human Kinetics - Completed January 7, 2021.

Running Mechanics and Gait Analysis, Online CE Course through Human Kinetics - Completed January 6, 2021.

Online Course: Data Science: R Basics, offered by HarvardX, an online learning initiative of Harvard University (8-week course) - Completed June 18, 2020.

Online Continuing Education through Human Kinetics (- Heart Rate Training - Completed January 21, 2020.

Webinar through the American College of Sports Medicine: Essential Elements of Heart Rate Based Training Key concepts & practical applications for training. December 11, 2019.

Research Symposium: Physical Therapy Evidence Based Practice Clinical Research Symposium December 7, 2019.

Webinar through the American College of Sports Medicine: Fitness in the Modern World: The Rise of Technology in Personal Training starts November 14, 2019.

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American College of Sport Medicine 66th Annual Meeting in Orlando May 29 June 1, 2019.

Online Continuing Education with the National Strength and Conditioning Association: Foundations of Fitness Programming Completed April 18, 2019.

American College of Sport Medicine 65th Annual Meeting in Minneapolis, Minnesota - May 29 June 1, 2018.

12th Annual Learning & Teaching Symposium, Daemen College, Amherst, NY January 22nd 109.3 38 Tm0 g

