

Shinya Takahashi, Ph.D.

Home: 7201 Rebel Dr.
Lincoln, Nebraska 68516
402-483-0727
stakahashi3@unl.edu

Office: 104E Leverton Hall
Department of Nutrition and
Health Sciences
Lincoln, NE 68583-0806
402-472-3922

Education:

August 2010	Doctor of Philosophy in Education & Human Sciences University of Nebraska-Lincoln Major: Educational Studies Specialization: Instructional Technology	Lincoln, NE
August 2000	Master of Arts in Education University of Nebraska at Omaha Major: Exercise Science	Omaha, NE
May 1998	Bachelor of Science in Education University of Nebraska at Omaha Major: Exercise Science	Omaha, NE

Work Experience:

August 2016 – Present	Associate Professor of Practice Assistant Department Chair University of Nebraska-Lincoln Department of Nutrition and Health Sciences	Lincoln, NE
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Duties:

- Teach NUTR100 Healthy Lifestyle, NUTR 150 Career Preparation in Nutrition and Health Sciences, and NUTR384 Biomechanics of Human Movement
- Signature authority on routine department financial transactions (invoices, p-card paperwork, travel expenses)
- Signature (electronic) authority on faculty leave requests
- Work with department faculty/staff as necessary for questions on department policies and practices
- Carryout assigned duties as necessary to support the NHS academic agenda
- Meet with a NHS department chair routinely to discuss any questions that are outside of the scope of the above duties
- Evaluate and approve education abroad courses for both our major students and students from other majors to make sure that courses are appropriate for UNL course credits transfer.

- Assist undergraduate bulletin and course planning, coordinating course assessment efforts
- Serving as acting department chair when appropriate.

August 2014 –
2016

**Assistant Professor of Practice
Assistant Department Chair**

University of Nebraska-Lincoln

Department of Nutrition and Health Sciences Lincoln, NE

Duties:

- Teach NUTR100 Healthy Lifestyle, NUTR 150 Foundations in Nutrition and Health Promotion, NUTR384 Basic Biomechanics, and NUTR488 Exercise and Health Behavior
- Signature authority on routine department financial transactions (invoices, p-card paperwork, travel expenses)
- Signature (electronic) authority on faculty leave requests
- Work with department faculty/staff as necessary for questions on department policies and practices
- Carryout assigned duties as necessary to support the NHS academic agenda
- Evaluate and approve education abroad courses for both our major students and students from other majors to make sure that courses are appropriate for UNL course credits transfer.
- Assist undergraduate bulletin and course planning, coordinating course assessment efforts, and serving as acting department chair when appropriate.

August 2010 –
2014

Assistant Professor of Practice

University of Nebraska-Lincoln

Department of Nutrition and Health Sciences Lincoln, NE

Duties:

- Teach NUTR100 Healthy Lifestyle, NUTR 150 Foundations in Nutrition and Health Promotion, NUTR384 Basic Biomechanics, and NUTR488 Exercise and Health Behavior
- Coordinate and supported student internship opportunities

August 2000 –
August 2010

Strength and Conditioning Coordinator

University of Nebraska-Lincoln

Campus Recreation Center Lincoln, NE

Duties:

- Oversaw a graduate assistant who is primarily responsible for hiring, training, and evaluating approximately 60 Strength and Conditioning Room (S&CR) staff
- Supervised, hired, trained, and evaluated approximately 10 personal trainers
- Coordinated and conducted fitness assessments for students in NUTR100 class (approximately 400 students a year)

- Coordinated and assigned personal training clients to the personal trainers
- Coordinated and conducted personal trainer meetings and trainings
- Developed individualized exercise programs for personal training clients and perform individual fitness evaluations
- Scheduled student employees in the S&CR and the SC staff for each semester
- Coordinated and conducted student staff meetings and trainings
- Maintained and updated training manuals for the Strength and Conditioning room and Super Circuit Weight Training Room
- Public relations and promotions - managed promotional booths and administered incentive/rewards programs
- Designed fliers, schedules, surveys
- Assisted in prioritizing both cardio and resistance equipment purchases
- Payroll - Reported hourly wages for the student staff biweekly
- Developed education opportunities for patrons and staff through orientations and mini-workshops
- Developed the daily maintenance check sheet to inspect and clean the exercise equipment
- Developed the weight training manuals, handouts, and quizzes
- Developed On-line Risk Management Training through Blackboard

June 1998 –
August 2000

Graduate Assistant for Fitness and Wellness Services

University of Nebraska-Lincoln

Campus Recreation Center

Lincoln, NE

Duties:

- Duties performed were similar to those described above but teaching responsibilities for academic classes were not included

Teaching Experience:

NUTR488 Exercise and Health Behavior at University of Nebraska-Lincoln (Fall 2010 – Spring 2014)

- Provide students the opportunity to apply the recommended knowledge, skills and abilities (KSA's) established by the American College of Sport Medicine (ACSM) for the Certified Personal Trainer (CPT).
- Discuss the scope and practice of the CPT and employment opportunities in diverse settings such as commercial, community, corporate, municipal, and governmental

NUTR384 BIOMECHANICS HUMAN MOVEMENT at
University of Nebraska-Lincoln (Fall 2008 - present)

- Provide a knowledge base in the mechanical principles that affect movement, and techniques for analyzing human movement, which can then be, applied in classroom, clinical, and community settings.
- Approximately 40 students per semester who are junior or senior standing register for the class

NUTR150 Professional Career Development at University of
Nebraska-Lincoln (Spring 2011 - present)

- Provide a knowledge base in exercise/health science as professions requiring specialized knowledge, providing services to the public, and requiring continuing education and a lifelong commitment to learning.
- Provide knowledge of utilizing UNL's Interlibrary Loan Service to become a proficient student to find scientific/professional journal articles.
- Discuss how the exercise/health science curriculum provides a foundation for careers in nutrition and health promotion.
- Provide information on various fitness certifications and how certification protects the public. Discuss the necessity and role of life-long learning and professional development for the exercise/health science professional.
- Discuss what would be the "next steps" for achievement of career goals including resume and cover letter writing guidelines.

NUTR100 Healthy Living at University of Nebraska-Lincoln (Fall
2010 - present)

- Teach the importance of wellbeing by understanding various risk factors and personal behaviors that affect health.
- Coordinate with students to participate in a variety of self-assessments and health behaviors designed to enhance awareness of short- and long-term risks and to achieve a higher level of wellness.

FITN222 PERSONAL TRAINING PREPARATION at the
University of Nebraska-Lincoln (Spring 2005 – Spring 2011)

- Teach the application of principles of exercise science, human anatomy, and biomechanics/kinesiology to design exercise prescriptions with proper exercise instructions

- Teach principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility.
- Discuss the ability to individualize exercise instruction for apparently healthy adults using an exercise progression model.
- Teach the proper usage of various commercial fitness machines and equipment utilizing appropriate exercise guidelines and spotting techniques.
- Teach the communication skills needed in personal fitness instruction.
- Approximately 10 students per semester register for the class

FITN112 WEIGHT TRAINING I at UNL (Fall 2000 - Fall 2004)

- Taught the proper usage of various commercial fitness machines and equipment utilizing appropriate exercise guidelines
- Taught the application of principles of exercise science, human anatomy, and biomechanics/kinesiology to design exercise prescriptions with proper exercise instructions
- Taught principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility
- Had average of 40 students per section

FITN112D WEIGHT TRAINING II at UNL (Spring 2001 - Spring 2005)

- Taught the concepts of a periodization program (Preparatory and Competitive phases)
- Taught various measurements and evaluation in physical fitness
- Taught the application of principles of exercise science, human anatomy, and biomechanics/kinesiology to design exercise prescriptions with proper exercise instructions
- Taught principles and methods of training for muscular fitness

FITN102P Advanced Conditioning at UNL (Spring 2005 - Spring 2006)

- Taught students successfully execute the mechanics of specific weight lifting exercises
- Taught students to develop an individualized weight lifting program which meets individual desired goals
- Emphasized to establish an exercise routine habit as a part of a student's lifestyle

- Taught students to research on an exercise/health/nutrition related topic as an individual/small group

Research (in chronological order)

Murphy, C., Takahashi, S., Bovaird, J., & Koehler, K. (2019). *Relation of aerobic fitness, eating behavior and physical activity to body composition in college-age women: A path analysis*. Journal of American College Health. doi:10.1080/07448481.2019.1647210

Garcia AS, Takahashi S, Anderson-Knott M, Dev D. *Determinants of physical activity for Latino and white middle school-aged children*. J Sch Health. 2019; 89: 3-10. DOI: 10.1111/josh.12706

Cleaveland A., Boeckner L., Babchuk W., Takahashi S., Painter K. 2016. *The Relationship among Fifth Grade Physical Education Students' Body Size Perception, FITNESSGRAM Scores, and Physical Activity Level*.

- Thesis for Ashley Cleaveland, Master's student, completed in June 2016
- Supervisory committee member
- A poster will be presented at Food & Nutrition Conference & Expo in Boston, MA, Oct 2016.

Painter K., Boeckner L., Franzen-Castle L., Takahashi S., and Cleaveland A. 2016. *Relationships between Parental Energy Balance-Related Behaviors and their Child's Weight Status and Performance on FITNESSGRAM in-School Assessment*.

- Thesis for Katherine Painter, Master's student, completed in April, 2016
- Supervisory committee member
- A poster will be presented at Food & Nutrition Conference & Expo in Boston, MA, Oct 2016.

Takahashi S. and Fischer J. University of Nebraska-Lincoln. *Analysis of Dietary Intake, Body Composition, Blood Chemistry Profile, Physical Fitness, and Physical Activity Trends in College Students*.

- On-going research project, started Aug, 2011
- A follow-up component was added in spring 2015. We are examining how students who are a freshman and sophomore will change their dietary intake, body composition, blood pressure, resting heart rate, blood lipids and glucose, physical fitness levels, and physical activity levels when they become a senior.

M. M. Wallinga, MS, RD, LMNT, S. Takahashi, PhD, C. S. Kohnke, PhD, RD, W. M. Koszewski, PhD, RD, LMNT, J. Hingst, MS, RD, CSSD, CSCCa, T. Socha, M.Ed. SCCC. *Assessment of Nutrition Knowledge and Self-Efficacy of NCAA Athletes*. Journal of the Academy of Nutrition and Dietetics. 113 (9), Supplement, Page A87, September 2013.

- Thesis for Melissa Wallinga, Master's student, completed in Aug, 2012
- Supervisory committee member

- A poster was presented at Food & Nutrition Conference & Expo in Houston, TX, Oct 2013.

Wehbe, A., Albrecht, J.A., Kreibhel, M. and Takahashi, S. 2013. A Mixed Methods Approach to Evaluate KidQuest, a Traditional Classroom Obesity Prevention Intervention in an Afterschool Program: A Pilot Study. *J. Acad. Nutr. Dietet.* 113(9S3):A75.

- Thesis for Amy Wehbe, Master's student, completed in April, 2013
- Supervisory committee member
- A manuscript was submitted to Afterschool Matters Journal in July 2013

Taylor, K. and Takahashi, S. University of Nebraska-Lincoln Campus Recreation Center, Lincoln, NE. *Assessing the Implementation of Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC) for Changes in Physical Activity Behavior, Policy, and Environment in Nebraska Family Child Care Homes.*

- Thesis project for Katie Taylor, Master's student, completed in July, 2013
- Supervisory Chair

Shinya Takahashi. University of Nebraska-Lincoln Campus Recreation Center, Lincoln, NE. *Effects of Perceived Exertion and Imposed-Intensity Learning Trials on Self-Selected Resistance Training Loads, During Circuit Weight Training, in Young Healthy Untrained Males.*

- Dissertation, completed in June, 2010.
- The abstract was submitted to the NSCA and presented at the NSCA national conference in Orlando, FL, July, 2010.

Shinya Takahashi¹ and Richard J. Schmidt². University of Nebraska-Lincoln Campus Recreation Center¹ and University of Nebraska-Lincoln Nutrition & Health Science², Lincoln NE. *Single-set vs. multiple-sets: short-term effects on muscular strength, body composition, and resting metabolic rate in healthy untrained individuals.*

- The abstract was accepted and a poster was presented at NSCA national conference in Las Vegas, NV, July, 2008.

ProActive in Action Study: Sixty individuals participated in evaluating commercially available both cardio and resistance training equipment including spinal cord injury, stroke, arthritis, diabetes mellitus, amputations, Parkinson's disease, elderly sedentary life style, as well as healthy young individuals.

- Presented at Diabetes Translation Conference in Atlanta, GA, May 2007, and at International WCPT (World Confederation for Physical Therapy) Congress in Vancouver, Canada, June 2007 by Dr. Judith Burnfield
- Final report was sent to the manufacture companies and was utilized at Madonna ProActive fitness facility for users and fitness instructors

Shinya Takahashi, Judith M. Burnfield, Thad W. Buster, Al R. Provorse. Movement Sciences Center, Madonna Rehabilitation Hospital, Lincoln, NE. *Comparison of Gluteal Muscle Electromyographic Activity Across Five Cardiovascular Exercises in Healthy Young Adults*

- Presented at ACSM national conference in New Orleans, May 2007
- Published *Medicine & Science in Sports & Exercise*, Volume 39, number 5, May 2007 Supplement

Burnfield J¹⁻³, Buster T¹, Provorse A^{1,2}, and Takahashi S^{1,2}. ¹Movement Sciences Center, Madonna Rehabilitation Hospital, Lincoln, NE. ²University of Nebraska-Lincoln, Lincoln, NE. Department of Biokinesiology and Physical Therapy, ³University of Southern California, Los Angeles, CA. *Muscular Demands During Elliptical Training Compared to Overground Walking*.

- Presented at American Society of Biomechanics national conference in Blacksburg, VA, September 2006 by Thad Buster
- Presented at International WCPT (World Confederation for Physical Therapy) Congress in Vancouver, Canada, June 2007 by Dr. Judith Burnfield

Books:

Takahashi, S. NSCA's Essentials of Personal Training (2nd), Chapter 24 Facility and Equipment Layout and Maintenance. Human Kinetics, Champaign, IL (published in November 2011)

Grants:

University of Nebraska-Lincoln College of Education and Human Sciences:

International Seed Grant Program (Internal seed grant), Exploratory Study Trip to Japan, April 2016 – April 2018: \$4,650. Role: Leader/instructor

Transdisciplinary Childhood Obesity Prevention (T.O.P) Graduate Program

Creating a Transdisciplinary Childhood Obesity Prevention

Graduate Program United States Department of Agriculture, National Institute for Food and Agriculture, AFRI Grant, March 2011-February 2012: \$188,045; March 2012-February 2013: \$301,888. Role: Co-Investigator

About the Preprogram

Faculty from South Dakota State University (SDSU) and University of Nebraska-Lincoln (UNL) are combining their expertise in nutrition, family and consumer sciences, child development, exercise and sports science, dietetics, nutrigenomics, extension, and biostatistics to implement the T.O.P program. The transdisciplinary team of graduate students will be engaged in coursework and experiential research training opportunities focused on preventing childhood obesity. Students will develop and test effective interventions to prevent childhood obesity. The program will increase student awareness of the multifaceted and cultural issues associated with childhood obesity. Graduate students will be prepared to effectively work as applied, basic researchers and will be

provided the skills to design, implement and evaluate childhood obesity prevention programs. Graduate coursework and research will be integrated through faculty, peer mentoring and research experiences with school systems, families, communities, research centers and extension. Ultimately, this program will prepare professionals who will be able to address the complex issues of childhood obesity and its prevention.

Title: Innovation and Collaboration: Creating a Transdisciplinary Childhood Obesity Prevention Graduate Certificate Program

Grant Number: 2011-67002-30202

Other Funding/Support: Not applicable.

Objective: Develop sustainable measures to support an ongoing graduate certificate program in transdisciplinary childhood obesity prevention.

Description: South Dakota State University (SDSU) and the University of Nebraska-Lincoln (UNL) have collaborated to build a childhood obesity prevention certificate program that incorporates multiple disciplines, multi-state coursework, experiential learning and research. Sustainable options for online program delivery available across several states are being developed.

Evaluation: Process evaluation is used to evaluate and improve the program.

Conclusion and Implications: Online program delivery will expand the growing network of professionals who have the opportunity to earn a certificate in transdisciplinary childhood obesity prevention.

Funding: 2011-67002-30202.

The abstract was submitted to Society for Nutrition Education and Behavior (SNEB) in Feb 2014. Corresponding author was Jessica R. Meendering, PhD, HFS. I was one of other 13 authors.

Presentations

Chaise Murphy, Karsten Köhler, Jim Bovaird, Jean Anne Fischer, Maruša Černjul, Desmond Cooney, Shinya Takahashi. *High Drive for Thinness and Body Dissatisfaction Differentially Drive Health Behaviours to a Common Body Composition Outcome in College-Age Women.*

- A poster was presented at the ACSM national conference in Minneapolis, MN in June 2018

Takahashi, S. *Relationship between Vertical Ground Reaction Force during Isometric Squat at Various Knee Angles and 1 RM Weight Lifted During Dynamic Back Squat.*

- A poster was presented at the ACSM national conference in Boston, MA in June 2016

S. Takahashi, M. Anderson-Knott, L. Boeckner, J. Fischer, M. Wallinga, J. Hall. University of Nebraska-Lincoln Nutrition and Health Sciences, NE.

Effect of Body Mass Index Status on FITNESSGRAM Score Improvements in Middle School Students.

- Presented at NSCA national conference in Orlando, FL in July, 2015

Shinya Takahashi. University of Nebraska-Lincoln Nutrition and Health Sciences, NE. Health Quest: UNL Nutrition and Health Sciences Major and Career Opportunities.

- Presented at Holiday Inn, Kearney, NE in February 2015

Shinya Takahashi. University of Nebraska-Lincoln Nutrition and Health Sciences, NE. *How Physical Activity Is Important to Children's Health.*

- Presented at Buffalo County Extension Office, Kearney, NE in March 2011

Shinya Takahashi, Judith M. Burnfield, Thad W. Buster, Al R. Provorse. Movement Sciences Center, Madonna Rehabilitation Hospital, Lincoln, NE. *Comparison of Gluteal Muscle Electromyographic Activity Across Five Cardiovascular Exercises in Healthy Young Adults*

- Presented at ACSM national conference in New Orleans, May 2007
- Published Medicine & Science in Sports & Exercise, Volume 39, number 5, May 2007 Supplement

S. Takahashi. *Resistance training for middle school students:* Presented at NAHPERD (Nebraska Association for Health, Physical Education, Recreation and Dance) conference in October 2006. The presentation consisted of a definition of resistance training, myths, empirical evidence of resistance training for youths, and resistance training guidelines.

S. Takahashi. *Warm-up, cool-down, and hydration:* This presentation was requested by Air Force ROTC at University of Nebraska-Lincoln in Aug 2006.

- Discussed proper forms of warm-up and cool-down light cardiovascular exercise and stretching exercise guidelines and techniques. In addition, proper hydration guidelines were discussed.

Plyometric methods: presented for Lincoln Alliance of Fitness Professionals (LAFP) in November 2004. Objectives were:

- Understand plyometric training methods
- Understand physiological mechanism of plyometrics
- Safety concerns
- Demonstration and practice

Affiliations & Certifications:

- National Strength and Conditioning Association (NSCA) member
- Certified Strength and Conditioning Specialist (CSCS) – NSCA
- American College of Sports Medicine (ACSM) member
- Certified Exercise Physiologist (EP-C) – ACSM
- American Red Cross Certified CPR/AED

Reviewer: Journal of Strength and Conditioning Research (2016-2017)

Education Abroad Experience:

- Taught Education Abroad class NUTR 496-391/896-391, Education Abroad in Japan: Nutrition, Exercise, Food & Culture (2018)
- A total of seven undergraduate students and one graduate student participated in the program (2018)

University Committees:

Chair: NHS Dept Undergraduate Curriculum Committee 2014-Present

- Discuss and approve newly developed courses and existing courses that need to be modified, and programs at the undergrad curriculum committee level within the department.

Member: College of Education and Human Science, Undergraduate Curriculum Committee 2017-Present

- The committee governs undergraduate programs in the CEHS. We review, assess, and improve both existing and newly developed courses/programs. We review and make decisions about undergraduate courses and programs as proposed by departments.

Member: NHS Dept Chair's Advisory Council 2012-2014, 2019-Present

- Review, discuss, and advise on intra-departmental matters to the department chair.
- Review NHS faculty members' annual evaluation and generate recommendations/suggestions

Member: Search Committee for Assistant Director for Wellness & Fitness Services Apr.-May 2019

- Reviewed all candidates' applications and made recommendations for the position.
- Contributed inputs to the search committee chair

Chair: Community Nutrition and Health Promotion, Professor of Practice Position Search Committee Aug. 2019-Mar. 2020

- Coordinate with the search committee members and the department chair and make a recommendation for the CNHP POP position.
- Reviewed all candidates' applications and made recommendations for the position.

Member: Search Committee for Athletic Medicine Clinical Coordinator position Jan.-July 2015

- Reviewed all candidates' applications and made recommendations for the position.
- Contributed inputs to the search committee chair and the department chair

Member: Search Committee for Health Communication and Messaging position Dec. 2014 – Mar. 2015

- Reviewed all candidates' applications and made recommendations for the position.
- Contributed inputs to the search committee chair and the department chair

Member: Search Committee member for Sports Nutrition position July-Nov. 2014

- Reviewed all candidates' applications and made recommendations for the position.
- Contributed inputs to the search committee chair and the department chair

Honors/Recognitions:

William N. Wasson Student Leadership and Academic Award (Year 2000)

UNL Education Abroad Rookie of the Year (Year 2018)

UNL Faculty Fellow for Student Success (Year 2018-2019)