

Kameron Suire, PhD, ACSM-EP

EDUCATION

Doctor of Philosophy (PhD), Kinesiology, Auburn University, Auburn, AL (2017-2021)
Dissertation: Motivational Interviewing (MI) for Weight Management in College Students: A Randomized Controlled Trial

Master of Science (MS), Health and Human Performance, Northwestern State University, Natchitoches, LA (2014-2015)

Bachelor of Science (BS), Kinesiology, Louisiana Tech University, Ruston, LA (2011-2014)

RELEVANT WORK EXPERIENCES

2023-Present

Assistant Professor of Exercise Science- Berry College, Department of Kinesiology, Maple Dr, Mt Berry, GA 30149.

2021-2023

Postdoctoral Research Fellow- University of Kansas Medical Center, Division of Physical Activity and Weight Management Rainbow Blvd, Kansas City, KS 66103. Aided in numerous research projects. Served as a health educator in the KU Weight Management Program.

2017-2021

Graduate Teaching Assistant- Auburn University, Kinesiology Department, 301 Wire Rd, Auburn, AL 36849. Taught and aided in the design of numerous courses. In addition, fully ran faculty fitness program at the Veterinary school for the academic year of 2017-2018.

2014-2017

Exercise Physiologist-All Hours Fitness., 1015 N Pine St, DeRidder, LA 70634. Completed training with over 100 clients and have led several exercise classes. Clients varied in age from 10 to 65. Specialized in clients with health conditions such as diabetes, obesity, knee replacements, arthritis, asthma, etc.

TEACHING EXPERIENCES

Courses Taught at Auburn University:

Sports Psychology, Kinesiology Department, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Summer 2020, Fall 2020, Spring 2021

Weight Management, Physical Education Department, Fall 2017, Spring 2018, Summer 2018, Fall 2018, Spring 2019

Wellness, Kinesiology Department, Summer 2020

Active Auburn, Kinesiology Department, Fall 2020, Summer 2021

AWARDS/GRANTS

2022 Healthy Weight Research Network (HWRN) Pilot and Feasibility Grant (**Funded** -\$35,000)

2022 Children's Center for Healthy Lifestyles and Nutrition (CHLN), Diversity Scholarship for Pilot Study (**Funded** -\$20,000)

2022 KUMC Postdoctoral Career Development Award (**Funded** -\$1,400)

PEER-REVIEWED PUBLICATIONS

Suire, K. B., Kavookjian, J., & Wadsworth, D. D. (2020). Motivational Interviewing for Overweight Children: A Systematic Review. *Pediatrics*, 146(5).

Suire K, Rodriguez-Hernandez M, Brock S, et al. (2021). Experiences of a Walking Intervention among Obese, Working Women: A Qualitative Analysis. *Journal of Women's Health Care Management*. 2:1. 111.

Suire, K. B., Kavookjian, J., Feiss, R., et al. (2021). Motivational interviewing for weight management among women: a meta-analysis and systematic review of RCTs. *International Journal of Behavioral Medicine*, 28(4), 403-416.

Suire K, Carroll A, Wadsworth DD. (2021). Weight Management among College Females during the COVID-19 Pandemic: A Qualitative Analysis. *Journal of Women's Health Care Management*, Volume 2:4. 130.

Suire, K. B., Kavookjian, J., Peart, A., et al. (2022). Impact of Motivational Interviewing as a Follow-up among Women with or at Risk for Metabolic Syndrome. *Sage Open Medicine*.

Suire, K.B., Spring, K., Jones, J., et al. (2022). Get Fit with Ring-Fit Adventure™: How does a Novel Active Video Game compare to a Traditional Exercise Protocol? *Obesity and Diabetes Research*. 3:1. 117.

Winkler DJ, Suire KB, Kavookjian J, Wadsworth DD (2022). Motivational Interviewing Impact on Cardiac Rehabilitation Program Outcomes: A Systematic Review of Randomized Controlled Trials. *Journal of Cardiac and Pulmonary Rehabilitation*. 6: 164.

Wadsworth, D.D., Spring, K.S., Johnson, J.L., Carroll, A.V., Sassi, J., Suire, K.B., Pangelinan, M.P., & Rudisill, M.E. (2022). Impact of a fundamental motor skill intervention on low-income preschoolers' body composition. *Translational Journal of the American College of Sports Medicine*; 7:3.

Gorczyca AM, Washburn RA, Smith P, Montgomery RN, Koon LM, Hastert M, Suire KB, Donnelly JE (2022). Feasibility and Comparative Effectiveness for the Delivery of the National

Diabetes Prevention Program through Cooperative Extension in Rural Communities. *International Journal of Environmental Research and Public Health*. 19(16):9902.

Ptomey LT, Bodde AE, Hastert M, Suire KB, Helsel BC, Gorczyca AM, Washburn RA, Rice AM and Donnelly JE. (2022). Weight loss in adolescents with down syndrome compared to adolescents with other intellectual disabilities enrolled in an 18-month randomized weight management trial. *Front. Pediatr.* 10:1022738.

Wadsworth DD, Suire KB, Peart A, Foote S, Jones C, Rodriguez-Hernandez M, McDonald JR, Pascoe DD. (2022). Concurrent Exercise Training: Long-Term Changes in Body Composition and Motives for Continued Participation in Women with Obesity. *J. Funct. Morphol. Kinesiol.* 7, 110.

Carroll A, Spring K, Winkler D, Suire K, Wadsworth D. (2022). How Teacher Verbal Prompting and Demonstrated Modeling Correlate to Preschooler's Physical Activity Levels. *J Phys Act Health*.

Bodde, A. E., Helsel, B. C., Hastert, M., Suire, K. B., Washburn, R. A., Donnelly, J. E., & Ptomey, L. T. (2022). The Prevalence of Obesity and Lifestyle Behaviors of Parents of Youth with Intellectual and Developmental Disabilities. *Disabil Health J.* 101430.

Suire KB, Spring K, Jones C, et al. (2023). Get Fit with Ring-Fit Adventure™: Physiological Outcomes of a Novel Active Video Game Intervention among Women *J Womens Health Care Manage.* 3:1. 135.

Suire KB, Spring K, Jones C, et al. (2023) Ring-Fit Adventure™: Psychological and Qualitative Outcomes of a Novel Active Video Game Intervention. *J Womens Health Care Manage.* Volume 3:2. 136.

PEER-REVIEWED OUTREACH PUBLICATIONS

Kavookjian, J., Suire, K. Research Demonstrates that Motivational Interviewing Impacts Weight Loss in Overweight Children and Adult Women. Association of Diabetes Care and Education Specialists (ADCES, formerly AADE) e-newsletter blog, *Perspectives in Diabetes Care* column, November 16, 2020.

PRESENTATIONS

Conference: SEACSM 2018, Chattanooga, TN

Authors: K. Suire, A. Peart, M. Rodriguez-Hernandez, S. Foote, J. McDonald, D.D. Pascoe, D.D. Wadsworth.

EFFECT OF HIGH INTENSITY INTERVAL TRAINING ON BODY COMPOSITION, VO₂, & EXERCISE ENJOYMENT IN YOUNG WOMEN

Conference: SEACSM 2019, Greenville, SC

Authors: K. Suire, A. Venezia, D. Winkler, A. Peart and D.D. Wadsworth

BODY COMPOSITION CHANGES ASSOCIATED WITH A STRUCTURED EXERCISE PROGRAM AMONG CHILDREN AND ADOLESCENTS

Conference: ACSM 2019, Orlando, FL

Authors: A. Peart, K. Suire, A. Venezia, D. Winkler, and D.D. Wadsworth
BODY COMPOSITION CHANGES ASSOCIATED WITH A STRUCTURED EXERCISE PROGRAM AMONG CHILDREN AND ADOLESCENTS

Conference: SEACSM 2020, Jacksonville FL

Authors: Kameron Suire, Ashley Peart, Darby Winkler, Danielle Wadsworth.
MOTIVATIONAL INTERVIEWING AS A FOLLOW-UP INTERVENTION AMONG WOMEN AT RISK FOR METABOLIC SYNDROME

Conference: SEACSM 2020, Jacksonville FL

Authors: Darby D. Winkler, Ashley Peart, Kameron Suire, Danielle D. Wadsworth. Auburn University
ENJOYMENT ASSESSMENT IN WOMEN WITH METABOLIC DISEASE AFTER AEROBIC AND RESISTANCE TRAINING PROGRAM

Conference: SEACSM 2020, Jacksonville FL

Authors: Ashley Peart, Kameron Suire, Darby D. Winkler, Danielle D. Wadsworth.
A SIT AND RESISTANCE TRAINING INTERVENTION ON SEDENTARY WOMEN WITH METABOLIC SYNDROME RISK FACTORS

Conference: SEACSM 2021, Online

Authors: Kameron Suire, Jan Kavookjian, Danielle D. Wadsworth.
PHYSIOLOGICAL OUTCOMES OF MOTIVATIONAL INTERVIEWING FOR WEIGHT MANAGEMENT AMONG COLLEGE STUDENTS DURING COVID-19

Conference: SBM 2021, Virtual Conference

Authors: Kameron Suire, Jan Kavookjian, Danielle D. Wadsworth.
PHYSIOLOGICAL AND PSYCHOLOGICAL OUTCOMES OF MOTIVATIONAL INTERVIEWING FOR WEIGHT MANAGEMENT AMONG COLLEGE STUDENTS DURING COVID-19

Conference: SEACSM 2022, Greenville, SC

Authors: Chloe Jones, Kameron Suire, Katherine Spring, Darby Winkler, Alexandra Carrol, Monaye Merritt, Danielle D. Wadsworth
RING-FIT ADVENTURE™ VS SPRING INTERVAL AND RESISTANCE TRAINING AMONG ADULT WOMEN

Conference: SBM 2022, Baltimore MD

Authors: Kameron Suire, Katherine Spring, Chloe Jones, Darby Winkler, Alexandra Carrol, Monaye Merritt, Danielle D. Wadsworth
RING-FIT ADVENTURE™: PSYCHOLOGICAL AND QUALITATIVE OUTCOMES OF A NOVEL ACTIVE VIDEO GAME INTERVENTION

Conference: ACSM 2022, San Diego CA

Authors: Kameron Suire, Katherine Spring, Chloe Jones, Darby Winkler, Alexandra Carrol, Monaye Merritt, Danielle D. Wadsworth

RING-FIT ADVENTURE™: OUTCOMES OF A NOVEL ACTIVE VIDEO GAME INTERVENTION

Conference: ACSM 2022, San Diego CA

Authors: Chloe Jones, Kameron Suire, Katherine Spring, Darby Winkler, Alexandra Carrol, Monaye Merritt, Danielle D. Wadsworth

COMPARISON OF RING-FIT ADVENTURE™ VS SPRING INTERVAL AND RESISTANCE TRAINING AMONG ADULT WOMEN ON BODY COMPOSITION

Conference: ACSM 2022, San Diego CA

Authors: Mynor Rodriguez-Hernandez, Ashley Peart, Kameron Suire, Chloe Jones, Danielle Wadsworth.

THE EFFECT OF SIT AND RESISTANCE TRAINING ON METABOLIC SYNDROME OUTCOMES FOR BLACK AND WHITE WOMEN

Conference: SBM 2023, Phoenix AZ

Authors: Kameron Suire, Joseph Sherman, Brian Helsel, Annie Rice, Lauren Ptomey.

INITIAL FEASIBILITY OF RING-FIT ADVENTURE FOR ADULTS WITH DOWN SYNDROME

Conference: ACSM 2023, Denver CO

Authors: Kameron Suire, April Bowling, Amanda Staiano, Joseph Sherman, Brian Helsel, Annie Rice, Lauren Ptomey.

The Feasibility of the GameSquad Exergaming Intervention for Young Adults with Down Syndrome

INVITED GUEST LECTURES/MI TRAININGS

Behavioral Economics for Physical Activity Adherence, Kinesiology Department graduate course, Exercise Adherence and Motivation, Fall 2018, Spring 2019, Fall 2020, Auburn University

Motivational Interviewing for Physical Activity Adherence, Kinesiology Department graduate course, Exercise Prescription for Norm & Spec, Fall 2019, Fall 2020, Auburn University

Motivational Interviewing Training Facilitator, Harrison School of Pharmacy, disease management and health promotion courses for first/third year pharmacy students, Fall 2018, Spring 2019, Fall 2020, Spring 2021, Spring 2023, Auburn University

ADDITIONAL PROFESSIONAL EXPERIENCES

Invited as Consultant Motivational Interviewing (MI) Training Facilitator for healthcare provider interventionists in FDA-funded research project, MediMergent, LLC, 2019 - 2021

Invited as Consultant Motivational Interviewing (MI) Training Facilitator for National Diabetes Prevention Program (DPP) Lifestyle Coaches training, Association of Diabetes Care and Education Specialists, September, 2020-2021

Invited Reviewer for *International Journal of Behavioral Medicine*

Invited Reviewer for *Sage Open Medicine*

Invited Reviewer for *Pediatric Obesity*

PROFESSIONAL ORGANIZATION MEMBERSHIPS

American College of Sports Medicine (2020-Present)

Southeast Chapter of American College of Sports Medicine (2020-Present)

Society of Behavioral Medicine (2020-Present)

CERTIFICATIONS AND ADDITIONAL SKILLS/TRAINING

ACSM Certified Exercise Physiologist (ACSM-EP)

ACSM Autism Exercise Specialist

Exercise is Medicine Credential

Advanced Motivational Interviewing Training (20 hours)

American Heart Association Basic Life Support

Physical Activity & Public Health Postgraduate Research Course (60 hours)

KUMC Biostatistics for Clinical & Translational Researchers Course