

# Curriculum Vitae

## Amy Bidwell, M.S.Ph.D Candidate

[ajsauve@syr.edu](mailto:ajsauve@syr.edu)

*Office:*

Exercise Science Department  
 Syracuse University  
 820 Comstock Ave.  
 Woman's Building RM. 201  
 Syracuse, NY 13244  
 315-443-4540 (Lab)

*Home:*

8516 Sextant Dr.  
 Baldwinsville, NY 13027  
 315-569-3543

**Academic Preparation:**

<b>Degree</b>	<b>Institution</b>	<b>Years</b>
Ph.D.	Exercise Science/Science Education Syracuse University Syracuse, NY	2008-present
M.S.	Exercise Science Syracuse University Syracuse, NY	2005-2007
B.S.	Physical Education SUNY Brockport Brockport, NY	1996-1999

**Teaching Experience:**

Adjunct Instructor	<i>New York Chiropractic College:</i> School of Applied Clinical Nutrition NTR 5501: Exercise Physiology and Sports Nutrition NTR 5101:Macronutrients	January 2010-present September 2010-present
	<i>Onondaga Community College</i> Personal Training Certification Course	Spring 2009-Fall 2010
	Course Instructor	
	<i>Syracuse University</i> PPE 483: Principles of Conditioning PPE 295: Introduction to Exercise Science PPE 200: Becoming a Personal Trainer PED 295: Advanced Weight Training	Spring 2010-present Spring 2011 Spring 2009-present Fall '06 – Spring '08

Lab Instructor	<i>Syracuse Univeristy</i> PPE 497: Physiology of Exercise PPE 515: Graded Exercise Testing	Fall '06 - present Spring '07
Lab Coordinator	<i>Syracuse Univeristy</i> Human Performance Lab	Fall '08 - present
Guest Lecturer:	Invited Lecture- Hamilton College "The Real Truth Behind Fructose"	October `10
	PPE 497: Physiology of Exercise <i>Lectures: Neural Muscle Physiology Metabolism/Glycolysis Protein Metabolism Hemodynamics Ventilation</i>	Spring '08
	PPE 500: Obesity and Body Composition <i>Lecture: Obesity Hormones</i>	Fall '07, '08, '09
	HEA 332: Personal Health and Safety <i>Lecture: Meditation for Stress Management</i>	Fall '07 - Spring '08
	Graduate Seminar Series: Metabolic, Hormonal and Cardiovascular Effects of Fructose Ingestion, Syracuse University, Fall 2008	

**Professional Experience:**

Research Assistant	Upstate Medical Center <i>Joslin Diabetes Center</i>	Syracuse, NY	Summer 2009
	<ul style="list-style-type: none"> <li>• Assisted in patient evaluations for the SHINE study</li> <li>• Observed diabetes nutritional counseling</li> </ul>		
Personal Trainer	Gold's Gym	Liverpool, NY	Aug '05 – Aug '06
	<ul style="list-style-type: none"> <li>• Established exercise programs based on needs analysis</li> <li>• Developed sport specific exercise programs for athletes and special populations</li> <li>• Aided in rehabilitation of orthopedic injuries</li> <li>• Conducted weekly group personal training class of 4- 8 clients</li> </ul>		
	Mid-Town Athletic Club	Rochester, NY	May '99-Aug '05
	<ul style="list-style-type: none"> <li>• Taught monthly health and wellness seminars (<i>nutrition, functional training, etc</i>)</li> <li>• Responsible for conducting fitness evaluation for all new members</li> </ul>		

- Performed 30 - 35 personal training sessions per week

- Fitness Supervisor      Mid-Town Athletic Club      Rochester, NY      Aug '01 – Aug '05
- Supervised staff of 20 Fitness Specialists
  - Mentored exercise physiology interns from area colleges
  - Developed and implemented numerous member retention programs
  - Responsible for interviewing, hiring and training of all Fitness Specialists
  - Assisted in preparing a yearly fitness budget of \$750,000.00
  - Conducted two fitness contests per year
- YMCA of Greater Rochester      Rochester, NY      June '97 – Aug '99
- Supervised staff of 5 – 10 fitness instructors
  - Assisted in numerous fundraising events
  - Conducted annual employee fitness training seminars

### **Presentations**

“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

Guest speaker at Mid-Atlantic Regional meeting of American College of Sports Medicine – November 2008

“Careers in Exercise and Meet the Expert”

Graduate Seminar Series: Metabolic, Hormonal and Cardiovascular Effects of Fructose Ingestion, Syracuse University, Fall 2008

### **Peer-reviewed Manuscripts:**

“Metabolic and Cardiovascular Responses to the Ingestion of Fructose”  
**Bidwell, AJ,; Holmstrup, MA.; Doyle, R.; Fairchild, T.** Acta physiologica.

“Growth Hormone Responses to Fructose Ingestion During and Post-Exercise.”

**Bidwell, AJ**, Fairchild, T; Kanaley, JA. .In Review.

Effect of Diet and/or Exercise on GLP-1 Levels in Type 2 Diabetic Women”.

**Bidwell, AB**, Giannopoulou, I, Kanaley, JA. *In Review*.

**Published Abstracts:**

**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

**Professional Committees:**

Search committee member for Associate Professor in the Department of Exercise Science at Syracuse University

**Professional Organizations/Certifications:**

Future Professoriate Member-Syracuse University

Obesity Society - Member

American College of Sports Medicine - Member

Mid-Atlantic Regional Chapter of American College of Sports Medicine – Member

Obesity Society Memeber

National Academy of Sports Medicine – Certified Personal Trainer (2003)

YogaFit – Certified Yoga Instructor (2007)

American Red Cross – CPR/AED Certified

**Academic Awards**

2008 Syracuse University School of Education Research and Creative Grant

2009 Syracuse University School of Education Research and Creative Grant

**Professional Recommendations:**

Jill Kanaley, PhD. , (Academic Advisor)

Professor. Nutrition & Exercise Physiology

217 Gwynn Hall

University of Missouri

Phone: (573) 882-2519

E-mail: [kanaleyj@missouri.edu](mailto:kanaleyj@missouri.edu)

Sandy Bargainnier

Assistant Professor

Physical Education Program Coordinator

(315) 443-9776

Email: [ssbargai@syr.edu](mailto:ssbargai@syr.edu)

Anna Kelles, Ph.D  
Director of the Masters of Science in Applied Clinical Nutrition Program  
New York Chiropractic College  
Phone: (315)568-3310  
Fax: (315)568-3017  
[akelles@nycc.edu](mailto:akelles@nycc.edu)

Long Wang, Ph.D.  
Professor of Practice  
Department of Nutrition Science and Dietetics  
Syracuse University  
Syracuse, NY 13244-1270  
Tel: 315-443-5981  
Fax: 315-443-9807

Stefan Keslacy, Ph.D  
Assistant Professor  
Syracuse University, Department of Exercise Science  
(315) 443-5599  
Email: [skeslacy@syr.edu](mailto:skeslacy@syr.edu)