

CURRICULUM VITAE  
DANIEL B. BORNSTEIN, Ph.D.

Founding Principal  
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Education:

Doctorate of Philosophy, August 2013

Exercise Science, Emphasis in Health Aspects of Physical Activity

University of South Carolina, Columbia SC

Dissertation: “*Measuring Organizational Member Involvement in Physical Activity Coalitions across the United States*”

Major Professor: Dr. Russel R. Pate

Minor Professor: Dr. Steven N. Blair

Bachelors of Science, June 1995

Major in Psychology

Hobart College, Geneva, NY

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Academic Appointments:

2021-2022	Senior Fellow, <i>Center for Performance, Readiness, Resiliency, and Recovery (CPR3)</i> , The Citadel, Charleston SC
2018-2021	Founding Director, <i>Center for Performance, Readiness, Resiliency, and Recovery (CPR3)</i> , The Citadel, Charleston SC
2017-2021	Associate Professor, <i>Department of Health and Human Performance</i> , The Citadel, Charleston, SC
2013-2017	Assistant Professor, <i>Department of Health and Human Performance</i> , The Citadel, Charleston, SC

Undergraduate Courses Taught:

EXSC-305:	Measurement and Evaluation
EXCS-314:	Biomechanical Kinesiology
HLED-411:	Physical Activity & National Security
EXSC-403:	Exercise Testing and Prescription
HLED-411:	Techniques of Strength and Conditioning
PHED 101:	Introduction to Health, Exercise, and Sport Science

Graduate Courses Taught:

HESS-510:	Biomechanics of Sports Techniques
HESS-504:	Public Health
HESS-547:	Techniques of Conditioning for Sport and Physical Fitness
HESS-560:	Research Methods in Physical Activity

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Non-Academic Appointments

2021-Present Founding Principal, *DBornsteinSolutions, LLC*, Norwich, VT

2009-2014 Project Coordinator, *U.S. National Physical Activity Plan*, Columbia, SC  
2003-2008 Co-Founder and President, *ProActive Performance Institute*, Tucson, AZ  
1998-2008 Founder and C.E.O., *Inner Strength Fitness Consulting*, Tucson, AZ

#### Awards and Honors:

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2018 Early Career Faculty Award, Academy of Science and Mathematics (The Citadel)  
2018 Commendation for Outstanding Research (The Citadel)  
2016 Outstanding Collaborator Award (American Public Health Association)  
2010 Outstanding Presentation of Physical Activity Research (American Public Health Association)  
2009 Outstanding Young Alumnus Award (Hobart College)  
2009 Outstanding Doctoral Student Travel Grant (American College of Sports Medicine)  
2008 Arnold School of Public Health Scholarship Award (University of South Carolina)  
2008-2012 Dean's List (University of South Carolina)

#### Major Committee Assignments

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##### National and International

2020-Present Chair, Military Sector, U.S. National Physical Activity Plan  
2020-Present Executive Committee Member, National Physical Activity Plan Alliance  
2016-Present Member, Physical Activity Policy Research and Evaluation Network  
2015-2019 Member, U.S. Department of Health and Human Services Committee on Physical Activity Communications  
2017-2020 Chair, Communications Committee, National Physical Activity Plan Alliance  
2016-2017 Immediate Past Chair, Physical Activity Section, American Public Health Association  
2015-2016 Chair, Physical Activity Section, American Public Health Association  
2015-2017 Chair Elect, Physical Activity Section, American Public Health Association  
2014-2016 Member, American Heart Association Expert Advisory Group on Physical Education and Physical Activity Policy in Schools

##### Regional and Local

2019-2021 Member, Lowcountry Defense Community Partnership Council  
2017-2021 Member, Mayor's Wellness Council, City of Charleston  
2013-2016 Chair, Fitness Committee, Kate and Irwin Kahn Jewish Community Center, Columbia, SC  
2014-2015 Member, South Carolina Childhood Obesity Task Force

##### Institutional Committees & Programs

2019-2020 Member, Sabbaticals Committee, The Citadel  
2018 Chair, Search Committee, Director of Athletics, The Citadel  
2016-2018 Member, Leadership Committee, The Citadel  
2016-2018 Member, Research Committee, The Citadel  
2015-2018 Chair, Fitness Pillar, The Citadel  
2014-2017 Member, Curriculum and Instruction Committee, The Citadel  
2016-2017 Chair, Search Committee, Nursing Instructor/Sim Lab Manager, The Citadel  
2014 Member, Search Committee, Director of Athletics, The Citadel

#### Journal Referee Activities & Professional Memberships

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##### Journal Referee Activities

Journal of Science and Medicine in Sport

International Journal of Behavioral Nutrition and Physical Activity  
Journal of Physical Activity and Health  
Journal of Strength and Conditioning Research  
Research Quarterly for Exercise and Sport  
Public Health Reports  
Childhood Obesity  
Journal of Public Health Management and Practice  
European Physical Education Review

#### Professional Memberships

American College of Sports Medicine  
American Public Health Association  
National Strength & Conditioning Association  
Global Physical Activity Network  
Physical Activity Policy Research & Evaluation Network  
Southeast Chapter, American College of Sports Medicine

#### Peer Reviewed Publications

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##### Journal Articles (published or in press)

1. **Bornstein, D.**, Sacko, R., Prince Nelson, S., Grieve, G., Beets, M., Forrest, L., Hauret, K., Whitsel, L., Jones, B. (2022). A state-by-state and regional analysis of the direct medical costs of treating musculoskeletal injuries among US Army trainees. *Progress in Cardiovascular Diseases*, in press.
2. Webber, B.J., **Bornstein, D.B.**, Deuster, P.A., Park, S., Rose, K.M., Whitfield, G.P. (2022). BMI and Physical Activity, Military-Aged U.S. Population 2015-2020. *American Journal of Preventive Medicine*, in press, doi: <https://doi.org/10.1016/j.amepre.2022.08.008>
3. Hughey, S.M., Sella, J., Adams, J.D., Porto, S.C., **Bornstein, D.**, Brown, K., Amahrir, S., Michalaka, D., Watkins, K., Davis, J. (2022) It's Electric! Measuring Energy Expenditure and Perceptual Differences Between Bicycles and Electric-assist Bicycles. *Journal of Transport & Health*, in press.
4. Alemany, Joseph A.; Pierce, Joseph R.; **Bornstein, Daniel B.**; Grier, Tyson L.; Jones, Bruce H.; Glover, Sandra H. Comprehensive Physical Activity Assessment During U.S. Army Basic Combat Training. (2021). *Journal of Strength and Conditioning Research*. July 30, 2021 - Volume - Issue - doi: 10.1519/JSC.0000000000004114
5. Hughey, S.M., Stowe, E.W., Trello, S.K., **Bornstein, D.**, Brown, K., Davis, J., Kaczynski, A.T. (2020). A multi-method study of patterns and motivations of greenway-based physical activity. *Translational Journal of the American College of Sports Medicine*, 6(1).
6. Bergeron, C., Tanner, A., Friedman, D., Bergeron, C., Zheng, Y., Schrock, C., **Bornstein, D.**, Segar, M., Swift, N. (2019). Physical Activity Communication: A scoping review of the literature. *Health Promotion and Practice*. doi: <https://doi.org/10.1177/1524839919834272>
7. **Bornstein, D.**, Grieve, G., Clennin, M., McLain, A., Whitsel, L., Beets, M., Hauret, K., Jones, B., Sarzynski, M. (2018). Which U.S. States Pose the Greatest Threats to Military Readiness and Public Health? Public Health Policy Implications for a Cross-Sectional Investigation of Cardiorespiratory Fitness, Body Mass Index, and

Injuries Among US Army Recruits. *Journal of Public Health Management and Practice*. doi: 10.1097/PHH.0000000000000778

8. Ravagnani, F., Coelho-Ravagnani, CF., Brazendale, K., Weaver, RG., Beets, M.W., **Bornstein, D.B.** (2017). Application of the Rosetta Stone to understanding how much MVPA preschoolers accumulate: A systematic review. *Journal of Science and Medicine in Sport*. doi: 10.1016/j.jsams.2017.02.003
9. Dondzilla, C., **Bornstein, D.**, Perry, C. (2017). Enhancing support for physical activity in older adults: A public health call to action. *Journal of Public Health Management & Practice*. doi: 10.1097/PHH.0000000000000559
10. Segar, M., Heinrich, K., Lyn, R., Gustat, J., O'Hara, N., Perry, C., Umstattd, M., **Bornstein, D.**, Manteiga, A., Eyler, A. (2016). What Walking Means to Moms: Qualitative Insights from a National Sample of Urban, Low-Income Mothers to Inform. *Journal of Transport & Health*. DOI: 10.1016/j.jth.2016.06.004
11. **Bornstein, D.**, Pate, R., Beets, M., Saunders, R., Ortaglia, A. (2015). New Perspective on Factors Related to Coalition Success. Novel findings from an investigation of physical activity coalitions across the United States. *Journal of Public Health Management and Practice*, 21(6), E23-E30.
12. Brazendale K, Beets MW, **Bornstein DB**, et al. (2015). Equating accelerometer estimates among youth: The Rosetta Stone 2. *Journal of Science and Medicine in Sport*, doi: 10.1016/j.jsams.2015.02.006
13. **Bornstein, D.**, Pate, R., Beets, M., Saunders, R., Blair, S. (2015). Organizational member involvement in physical activity coalitions across the U.S. - Development and testing of a novel survey instrument for assessing coalition functioning. *Health Education & Behavior*, 42(3), 313-320.
14. **Bornstein, D.**, Pate, R. (2014). From Physical Activity Guidelines to a National Physical Activity Plan. *Journal of Physical Education, Recreation, and Dance*, 85:7, 17-22.
15. **Bornstein, D.B.**, Davis, W.J. (2014). The Transportation Profession's Role in Improving Public Health. *Journal of the Institute of Transportation Engineers*, 84 (7), 18-24.
16. **Bornstein, D.**, Buchner, D., Pate, R. (2014). Development of the first National Physical Activity Plan for the United States. *Journal of Physical Activity and Health*, 11, 463-469.
17. Gustat, J., Healy, I., Eyler, A., Evenson, K., **Bornstein, D.** (2014). Perspectives on the National Physical Activity Plan by Texas Practitioners. *Health Behavior and Policy Review*, 1(3), 209-217.
18. **Bornstein, D.**, Carnoske, C., Evenson, K., Hooker, S., Eyler, A. (2013). Factors related to partner involvement in the U.S. National Physical Activity Plan. *Journal of Public Health Management and Practice*, 19(3), E-Supp, S8-S16.
19. Gustat, J., Healy, I., Litt, J., Reed, H., Tabak, R., Goins, K., **Bornstein, D.**, Carnoske, C., Lyn, R., Eyler, A. (2013). Lessons in Promoting Active Living: The Collaborative Perspective. *Journal of Public Health Management and Practice*, 19(3), E-Supp, S58-S64.
20. Litt, J., Reed, H., Zieff, S., Tabak, R., Eyler, A., O'Hara Tompkins, N., Lyn, R., Gustat, J., Goins, K., **Bornstein, D.** (2013). Advancing Environmental and Policy Change through Active Living Collaboratives: Exploring Compositional, Organizational, and Community Engagement as Correlates of Group Effectiveness. *Journal of Public Health Management and Practice*, 19(3), E-Supp, S49-S57.

21. Beets, M. W., Morgan, C. F., Banda, J., **Bornstein, D.**, Byun, W., Mitchell, J., Munselle, L., Rooney, L., Beighle, A., & Erwin, H. (2011). Convergent validity of pedometer and accelerometer estimates of moderate-to-vigorous physical activity of youth. *Journal of Physical Activity and Health*, 8(Suppl 2), S295-S305.
22. **Bornstein, D.**, Pate, R. Building bridges with the National Physical Activity Plan. (2011) *Kinesiology Today*, 4(4), 8.
23. **Bornstein, D.**, Beets, M., Byun, W., Welk, G., Bottai, M., Dowda, M., Pate, R. (2011). Equating accelerometer estimates of moderate-to-vigorous physical activity: in search of the Rosetta Stone. *Journal of Science and Medicine in Sport*, 14(5), 404-410
24. **Bornstein, D.B.**, Beets, M.W., McIver, K., (2011). Accelerometer-derived physical activity levels of preschoolers: A meta-analysis. *Journal of Science and Medicine in Sport*, 14(6), 504-511.
25. Beets, M.W., **Bornstein D.B.**, Dowda, M., Pate, R.R. (2011). Compliance With National Guidelines for Physical Activity in U.S. Preschoolers: Measurement and Interpretation. *Pediatrics*; 127(4), 658-664.
26. Beets, M. W., **Bornstein, D.**, Beighle, A., Cardinal, B. J., & Morgan, C. F. (2010). A 13 country review of pedometer-measured physical activity patterns of youth. *American Journal of Preventive Medicine*, 38(2), 208-216.
27. Mitchell, J., **Bornstein, D.**, Sui, X., Hooker, S., Church, T., Lee, C., Blair, S (2010). The Impact of Combined Health Factors on Cardiovascular Disease Mortality. *American Heart Journal*, 160(1), 102-108.
28. **Bornstein, D.**, Pate, R., Pratt, M. (2009). A Review of the National Physical Activity Plans of Six Countries. *Journal of Physical Activity and Health*, 6(suppl. 2), S245-S264.

#### Journal Articles (In development or in review)

29. **Bornstein, D.**, Moore, J., Hucks, K., Grieve, G. (*in development*). Development and Testing the Psychometric Properties of a Novel Survey Instrument for Measuring Attitudes and Opinions of Military Physical Training.
30. Gaita, D., **Bornstein, D.**, Macdonald, A., Taylor, C. (*in development*). Impact of Camaraderie-Based Exercise Events on Symptoms of PTSD, Anxiety, Depression, and Pain Among Combat Veterans: Results from a Pilot Intervention.
31. **Bornstein, D.**, Overton, A., Sole, C., Grieve, G., Duke, C., Hucks, K. (*in development*). Effectiveness of an Intervention on Military Physical Training in a Senior Military College.
32. Crewes, S., MacDonald, A., **Bornstein, D.** (*in development*). Associations between sleep efficiency and mental health outcomes among cadets in a senior military college.

#### Books and Book Chapters

##### Books:

1. **Bornstein, D.**, Eyler, A., Maddock, J., Moore, J. Physical Activity in Public Health Practice, 1<sup>st</sup> Edition. Springer Publishing, New York, NY, 2018

##### Chapters in books:

1. Clennin, M., **Bornstein, D.** Important milestones in physical activity and public health. Physical Activity in Public Health Practice, 1<sup>st</sup> Edition. Bornstein, D., Eyler, A., Maddock, J., Moore, J. editors. Springer Publishing, 2018.
2. **Bornstein, D.**, Segar, M. Establishing the value of physical activity for different stakeholders. Physical Activity in Public Health Practice, 1<sup>st</sup> Edition. Bornstein, D., Eyler, A., Maddock, J., Moore, J. editors. Springer Publishing, 2018.
3. **Bornstein, D.**, Maddock, J. Effective strategies for building and maintaining coalitions. Physical Activity in Public Health Practice, 1<sup>st</sup> Edition. Bornstein, D., Eyler, A., Maddock, J., Moore, J. editors. Springer Publishing, 2018.

#### Conference Abstracts

1. **Bornstein, D.B.**, Alemany, J.A., Dawes, J. *Where does human performance optimization begin and end? The importance of physical activity for national security.* Oral presentation at National Strength and Conditioning Association Annual Tactical Training, San Antonio, TX., August, 2022.
2. Webber B.J., Omura, J.D., **Bornstein, D.B.**, Deuster, P.A., O'Connor, F.G., Park, S., Geoffrey P. Whitfield, G.P. *Physical Activity Level of the Military Age- and BMI-Eligible Population of the United States, 2015-2020.* Poster presentation at the American College of Sports Medicine Annual Meeting & World Congress, San Diego, CA., June 2022
3. Yee, K.E., Moore, J.B., Grieve, G.L., Hucks, K.A., **Bornstein, D.B.** *Assessing value of physical training for tactical athletes.* Poster presentation prepared for American College of Sports Medicine Annual Meeting, San Francisco, CA, May 2020 (meeting cancelled due to COVID-19).
4. Textor, B.C.\*, Sole, C.J., Sacko, R.S., **Bornstein, D.B.** *Relationship between force production characteristics in the countermovement vertical jump and standing long jump.* Poster presentation at American College of Sports Medicine Southeastern Regional Meeting, Jacksonville, FL., February 2020
5. Sole, C.J., Textor, B.C.\*, Sacko, R.S., **Bornstein, D.B.** *Force production symmetry carry-over between bilateral jumping tests.* Oral presentation at American College of Sports Medicine Southeastern Regional Meeting, Jacksonville, FL., February 2020
6. **Bornstein, D.B.**, Gaita, D.R., Macdonald, A. *Impact of camaraderie-based exercise training on anxiety, depression, and pain among combat veterans.* Poster presentation at American College of Sports Medicine Southeastern Regional Meeting, Jacksonville, FL., February 2020
7. Christianson, C.\*, Yee, K.E., Hucks, K.A.\*, Sole, C.J., **Bornstein, D.B.** *Effectiveness of a physical readiness officer on perceptions of military physical training among military cadets.* Poster presentation at American College of Sports Medicine Southeastern Regional Meeting, Jacksonville, FL., February 2020
8. Grieve, G.L., **Bornstein, D.B.**, Yee, K.E., Hucks, K.A.\*, Moore, J.B. *Development and testing of an objective instrument for assessing military physical training.* Oral presentation at American College of Sports Medicine Southeastern Regional Meeting, Jacksonville, FL., February 2020
9. Maddock, J.E., **Bornstein, D.B.**, & Hirsch, J.A. *Using improvisational techniques to spur innovation in active living research.* Presented at the Active Living Conference Annual Meeting, Orlando, FL., February, 2020.
10. Hughey, S.M., Leen, K., **Bornstein, D.**, Brown, K., Davis, J. *Quantifying physical activity levels and patterns for the bike share system in Charleston, SC in 2018.* Presented at the Active Living Conference Annual Meeting, Orlando, FL., February, 2020.
11. Ghanat, S.T., Zanin, M.K., Garner, D., Ragan, D., Plumblee, J.M., **Bornstein, D.B.**, Lewis, J.H., "Comparison of Mentors' and Mentees' Perceptions of Mentees' Research Skill Gains at The Citadel", proceeding of American Society of Engineering Education 126th Annual Conference and Exposition, Tampa, Florida, June 16-19, 2019.
12. Hughey, S.M., Trello, S.K., **Bornstein, D.**, Brown, K., & Davis, W. *Evaluating the use and physical activity patterns of three greenways in Charleston, SC.* Presented at the Active Living Research Conference, Charleston, SC, February 2019.

13. Hughey, S.M., McNamara, M., **Bornstein, D.**, Davis, W., Brown, K., & Lindsey, J. Holy Spokes Bike Share: Examining the use, route choice, built environment associations, and implications for city transportation in Charleston, S.C. *Presented at the Active Living Research Conference, Charleston, SC, February 2019.*
14. S.L. Crews\*, **D.B. Bornstein**, B. Li, A.D. Overton\*, M. S. Evangelista\*, J. Moore, J. C. Sieverdes, D. Gaita, C.J. Sole, L. Fernald, A. Macdonald. *The relationship between sleep, social support, and emotional functioning in Military College Cadets.* Presented at the Annual Meeting of the Southeastern Psychological Association, Jacksonville, FL. 2019
15. **D. Bornstein**, C. Sole, R. Sacko, A. MacDonald· B. Hickey\*, L. Townes\*. *Tactical Performance and Resiliency: An interdisciplinary approach to fitness and performance in military and paramilitary populations.* Oral presentation at American College of Sports Medicine Southeastern Regional Meeting, Greenville, SC. 2019
16. Stoutenberg, M., **Bornstein, D.** *Convergence of Physical Activity and Health: Promising career paths for the future.* Oral presentation at American College of Sports Medicine Southeastern Regional Meeting, Greenville, SC. 2019
17. **Bornstein, D.**, A Overton\*, CJ Sole, C Duke, K Hucks, I Rodgers\*, D Boucher. *Efficacy of Physical Training Among Military Cadets: Results from a group, non-randomized control trial.* Poster presentation at American College of Sports Medicine Southeastern Regional Meeting, Chattanooga, TN. 2018
18. Evangelista, M.\* , **Bornstein, D.**, Overton, A.\* , Li, B., Moore, J., Solce, C., Gaita, D., Sieverdie, J. *Objectively assessing sleep patterns of cadets at a senior military college: Results from a pilot study.* Presented at the Summer Undergraduate Research Symposium, The Citadel, Charleston, SC. 2018.
19. **Bornstein, DB**, Davis, J. *Transportation Engineering and Public Health: Updates on Science, Interventions, and Practice.* Oral presentation at the Georgia Section of the Institute of Transportation Engineers. St. Simons, GA. 2018
20. ZA Player\*, C Sole, **DB Bornstein.** *Effects of Military Load Carriage on Vertical Ground Reaction Force Parameters.* Poster presentation at American College of Sports Medicine Southeastern Regional Meeting, Chattanooga, TN. 2018
21. N Sealover, JC Sieverdes, DD Thomas, **DB Bornstein**, AM Hoover, HM Puleo, WD. Dudgeon. *Heart rate validity of consumer wrist-based monitors.* Poster presentation at American College of Sports Medicine Southeastern Regional Meeting, Chattanooga, TN. 2018
22. **Bornstein, D.**, Grieve, G.\* , Clennin, M.\* , McLain, A., Whitsel, L., Beets, M., Hauret, K., Jones, B., Sarzynski, M. *Public health implications for an investigation of state-level associations between cardiorespiratory fitness and BMI with training-related injuries among US Army Recruits.* Oral presentation at the 145<sup>th</sup> Annual Meeting of the American Public Health Association. Atlanta, GA. 2017
23. Grieve, George L.\* , Clennin, Morgan\*, McLain, Alexander C., Beets, Michael W., Hauret, Keith G., Jones, Bruce H., Sarzynski, Mark A., **Bornstein, Daniel B.** *Distribution of cardiorespiratory fitness levels of US Army Recruits from 2010-2013 by state.* Poster presentation at the 64<sup>th</sup> Annual Meeting of the American College of Sports Medicine. Denver CO. 2017
24. **Bornstein, D.**, Davis, W., Brown, K. *Working to Make the World's Number One Destination City A Livable City for Residents: Lessons from Active Transportation Advocacy in Charleston, SC.* Poster Presentation at the Active Living Research Annual Conference, Clearwater, FL. 2017.
25. **Bornstein, D.**, Pugh Prescott, M., Parra-Median, D., Crum, A., Zhart, O. *What's Stopping you? Excuses and barriers to daily physical activity.* Oral presentation at the 144<sup>th</sup> Annual Meeting of the American Public Health Association. Denver CO. 2016
26. \*Contestabile, N., \*Ufkes, J., **Bornstein, D.**, Ortaglia, A., Clennin, C., Whitsel, L., Hauret, K., Jones, B. *Chronic Disease, Physical Activity, and Military Readiness: A cross-sectional analysis of which U.S. States pose the greatest threats to public health and national security.* Poster presentation at the Citadel Student Research Conference, Charleston, SC 2016
27. Bergeron, C., Tanner, A., Friedman, D., Bergeron, C., Zheng, Y., Schrock, C., **Bornstein, D.**, Segar, M., Swift. *How are we communicating about physical activity? A scoping review of the literature.* Poster presentation at the 144<sup>th</sup> Annual Meeting of the American Public Health Association. Denver, CO. 2016

28. **Bornstein, D.**, Ortaglia, A., Clennin, M., \*Wolff, D., Whitsel, L., Hauret, K., Jones, B. *Physical activity and military readiness: A new perspective on policy advocacy for active living*. Oral presentation at the Active Living Research Annual Conference, Clearwater, FL. 2016.
29. Perna, F., **Bornstein, D.**, Nonas, C., Slater, S., Eyler, A., Kohl, H., Chiriqui, J. *Health in all policies: Multi-sectoral approaches for increasing physical activity*. Moderator for oral presentation at the 143<sup>rd</sup> Annual Meeting of the American Public Health Association. Chicago, IL. 2015.
30. Bott, T., **Bornstein, D.**, \*Marger, C., & \*Wolff, D. *Threats to National Security: Physical Activity and Ineffective Physical Education*. Poster presented at Society of Health and Physical Education Annual Convention and Expo, Seattle, WA. 2015
31. **Bornstein, D.**, \*Armstrong, D., \*Blackman, M., \*Player, Z. *Meeting Physical Activity Guidelines Through Parks and Recreation Classes: Local implementation of Exercise is Medicine*. Oral presentation at the American College of Sports Medicine Southeastern Regional Meeting, Jacksonville, FL. 2015.
32. **Bornstein, D.**, Carnoske, C., Tabak, R., Maddock, J., Hooker, S., Evenson, K., Pate, R. *Evaluation of the U.S. National Physical Activity Plan: Understanding Partner Involvement*. Poster presented at the National Physical Activity Plan Congress, Washington, DC. 2015.
33. **Bornstein, D.**, Pate, R., Ortaglia, A., Beets, M., Saunders, R., Blair, S. *Building and Maintaining Successful Physical Activity Coalitions: Perspectives from coalition members across the U.S.* Poster presented at the American College of Sports Medicine 61<sup>st</sup> Annual Meeting, Orlando, FL. 2014.
34. \*Williams, B., \*Marger, C., Bott, T., **Bornstein, D.** *Physical Inactivity and Lack of Physical Education: Threats to National Security*. Oral presentation at the 2<sup>nd</sup> Annual Human Performance and Leisure Studies Symposium, Greensboro, NC. 2014.
35. **Bornstein, D.**, Davis, J. *Research and Best Practices for Urban Mobility, Physical Activity, and Public Health*. Oral presentation at the Annual Meeting of the Southern District of the Institute of Transportation Engineers, Greensboro, GA, 2014.
36. **Bornstein, D.**, Pate, R., Beets, M., Blair, S., Saunders, R. *Development of a Survey Instrument for Measuring Organizational Member Involvement in Physical Activity Coalitions Throughout the United State*. Poster presented at the Active Living Research Annual Conference, San Diego, CA. 2014.
37. **Bornstein, D.**, Carnoske, C., Tabak, R., Maddock, J., Hooker, S., Evenson, K., Pate, R. *Factors Related to Partner Involvement in the Development of the U.S. National Physical Activity Plan*. Poster presented at the South East American College of Sports Medicine Annual Meeting. 2013.
38. Yang, S., Hart, A., Velarde, G., Katz, L., Johnson, P., Kassanders, E., Pelletter, M., Sheenan, D., Lawler, D., **Bornstein, D.**, Baert, H., Oh, Y., Christley, M., Witherspoon, L. *Driving Toward a Healthier Generation Through Technology and Exergames*. Presented at the American Alliance for Health, Physical Education, Recreation and Dance 128<sup>th</sup> Annual National Convention, Charlotte, NC. 2013.
39. **Bornstein, D.**, Beets, Michael, W. *Measuring compliance with IOM guidelines for preschoolers' physical activity: Complications and solutions*. Poster presented at the American Public Health Association 140<sup>th</sup> Annual Meeting, San Francisco, CA. 2013
40. **Bornstein, D.**, Evenson, K., Satinsky, S., Eyler, A., Brownson, R., Pate, R. *Measuring Progress of the U.S. National Physical Activity Plan: Assessment of Implementation Teams*. Poster presented at the American College of Sports Medicine 59<sup>th</sup> Annual Meeting, San Francisco, CA. 2012.
41. Byun, W., **Bornstein, D.**, Beets, M., Welk, G., Bottai, M., Dowda, M., Pate, R. *Accelerometer Cutpoint Non-Equivalence in Preschool Children*. *Medicine and Science in Sports and Exercise*. 2011, 43(5), 701.
42. **Bornstein, D.**, Trilk, J., Pate, R. *Early prevention of cardiovascular disease: Implications for researching the effects of exercise on postprandial lipemia in children and adolescents*. Poster presented at the 58<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Denver, CO. 2011.
43. Yang, S., **Bornstein, D.**, Coshott, R., Foley, T., Hansen, L., Baert, H., Oh, A., Oh, Y., Sheehan, D., Hart, A., Pelletter, M., Lawler, D., Seilheimer, T., Kassanders, E., Johnson, P., Thin, A., Rosenberry, E., van Houte, B., *Oceans of Opportunities for Active Games for Better Health*. Presented at the American Alliance for Health, Physical Education, Recreation and Dance 126<sup>th</sup> Annual National Convention, San Diego, CA. 2011.



44. **Bornstein, D.**, Beets, M. W., Beighle, A., Cardinal, B. J., & Morgan, C. F. *A 13 country review of pedometer-measured physical activity patterns of youth*. Poster presented at the South East American College of Sports Medicine Annual Meeting. 2010.
45. Beets, M. W., Morgan, C. F., Banda, J., **Bornstein, D.**, Byun, W., Mitchell, J., Munselle, L., Rooney, L., Beighle, A., & Erwin, H. E. (in review). *Can pedometers estimate moderate-to-vigorous physical activity of youth? Comparison with accelerometry*. Poster presented at the American College of Sports Medicine 57th Annual Meeting, Baltimore, MD.

## INVITED PRESENTATIONS

- **Bornstein, D.B.**, Hertling, M.P. (2020). *What is the second hand smoke of physical inactivity? Thinking about the future of active living research, advocacy, and policy*. Keynote presentation at the Active Living Conference Annual Meeting, Orlando, FL.
- **Bornstein, D.B.** (2019). *Strategies for developing and implementing a municipal physical activity plan*. Mercy Hospital and City of Kansas City. Kansas City, MO.
- **Bornstein, D.B.** (2018). *Which U.S. States Pose the Greatest Threats to Military Readiness and Public Health?* United States Congress, Washington, D.C.
- **Bornstein, D.B.** (2017). *Tell them what they want to hear: Expanding the social-ecological model to improve active living policy*. Arnold School of Public Health, University of South Carolina, Columbia, SC
- **Bornstein, D.** (2011). *Look Before You Leap: Advantages and disadvantages of measuring physical activity with accelerometers*. Department of Exercise Science, University of South Carolina. Columbia, S.C.
- **Bornstein, D.** (2010). *Active gaming and the U.S. National Physical Activity Plan*. Games for Health Conference. Boston, MA
- **Bornstein, D.** (2010). *Development of a National Physical Activity Plan for the United States*. Department of Exercise Science, University of South Carolina. Columbia, S.C.
- **Bornstein, D.** (2010). *Physical activity measurement and public health policy*. Department of Exercise Science Research Seminar Series, University of South Carolina. Columbia, SC.
- **Bornstein, D.** (2007). *El Tour de Tucson: Training wisely for a 90 mile race*. Perimeter Bicycling. Tucson, AZ.
- **Bornstein, D.** (2006). *The role of the dietician in prescribing a fitness program*. Annual meeting of the Arizona Dietetics Association. Phoenix, AZ.
- **Bornstein, D.** (2005). *Integrating physical activity into the daily lives of children with disabilities*. Children's Hospital of Philadelphia. Philadelphia, PA.

## GRANTS (AWARDED)

- Sponsor: Southeastern Transportation Research, Innovation, Development and Education Center (STRIDE)
  - Title: Evaluation of Transportation Network Infrastructure, Safety, & Travel Route Characteristics of Bike Share, Electric-Powered Pedal-Assist Bike Share, & Electric Scooter System Operation.
  - Amount Awarded: \$47,495 (February, 2020)
  - Role: Co-I
- Sponsor: The Citadel
  - Professional Organization Travel Grant
  - Total Awarded: \$1,930 (October, 2019)
- Sponsor: US Dept. of Transportation
  - Title: Assessing Potential of Bike Share Networks and Active Transportation to Improve Urban Mobility, Physical Activity and Public Health Outcomes in South Carolina.
  - Amount Awarded: \$157,389 (December, 2018)
  - Role: Co-I
- Sponsor: Southeastern Transportation Research, Innovation, Development and Education Center (STRIDE)
  - Title: Understanding Relationships between the Built Environment, Physical Activity, Public Health, Urban Mobility, and Traffic Congestion: Graduate Course and Curriculum Development.

- Amount Awarded: \$45,374 (September, 2018)
  - Role: Co-PI
- Sponsor: The Citadel
  - Faculty Research Grant
  - Title: Physical Activity & Sleep and their Associations with Academic Performance, Physical Fitness, and Mental Health in Military Cadets.
  - Total Awarded: \$6,000 (May, 2017)
- Sponsor: The Citadel
  - Professional Organization Travel Grant
  - Total Awarded: \$2,300 (October, 2017)
- Sponsor: The Citadel
  - Professional Organization Travel Grant
  - Total Awarded: \$2,500 (October, 2016)
- Sponsor: The Citadel
  - Faculty Presentation Grant
  - Title: Physical activity and military readiness: A new perspective on policy advocacy for active living
  - Total Awarded: \$1,221 (January, 2016)
- Sponsor: The Citadel
  - Faculty Presentation Grant
  - Title: Meeting Physical Activity Guidelines Through Parks and Recreation Classes: Local implementation of Exercise is Medicine
  - Total Awarded: \$1,320 (October, 2015)
- Sponsor: The Citadel
  - Professional Organization Travel Grant
  - Total Awarded: \$1,558 (September, 2015)
- Sponsor: University of South Carolina
  - Title: Evaluation of the U.S. National Physical Activity Plan: Understanding Partner Involvement
  - Total Awarded: \$5,000 (September, 2014)
  - Role: Principle Investigator
- Sponsor: The Citadel
  - Faculty Presentation and Development Grant
  - Title: Research and Best Practices for Urban Mobility, Physical Activity, and Public Health
  - Total Awarded: \$2,000 (September, 2014)
- Sponsor: The Citadel
  - Professional Organization Travel Grant,
  - Total Awarded: \$1,000 (September, 2014)
- Sponsor: Charleston County Parks & Recreation an MoveIt, LLC
  - Title: Development of a Parks Prescriptions for Increasing Physical Activity
  - Amount Awarded: \$10,000 (August, 2014)
  - Role: Principle Investigator
- Sponsor: The Citadel
  - New Faculty Research Grant
  - Title: Physical Activity and National Security: Assessing military officers' perceptions about the relationship between youth physical activity and military readiness.
  - Amount Awarded: \$3,000 (February, 2014)
  - Role: Principle Investigator
- Sponsor: The Citadel
  - Faculty Presentation Grant
  - Amount Awarded: \$111 (August, 2014)
- Sponsor: The Citadel

- Faculty Presentation Grant,
- Amount Awarded: \$361 (March, 2014)
- Sponsor: The Citadel
  - Faculty Presentation Grant,
  - Amount Awarded: \$628 (March, 2014)
- Sponsor: The Citadel
  - Professional Organization Travel Grant
  - Amount Awarded: \$1,893 (October, 2013)
- Sponsor: The Citadel
  - Faculty Development Grant
  - Amount Awarded: \$1,200 (October, 2013)

#### **GRANTS (IN DEVELOPMENT)**

- Sponsor: National Institutes of Health
  - Title: Determining State-by-State Economic Impact of Training-Related Injuries Among US Army Recruits
  - Total requested: \$285,533
  - Role: Principal Investigator

#### **GRANTS (SUBMITTED)**

- Sponsor: United States Department of Defense
  - Title: Predicting Operational Stress
  - Total Requested: \$1,235,000
  - Role: Co-Investigator
- Sponsor: United States Department of Defense
  - Title: Reducing Operational Stress Effects
  - Total Requested: \$1,165,000
  - Role: Co-Investigator
- Sponsor: National Institutes of Health
  - Title: Identifying State-Level Factors for Physical Education Affecting Fitness and Injuries of Army Recruits (PA16-161)
  - Total requested \$354,642
  - Role: Co-Principal Investigator
  - Scored, not funded
- Sponsor: National Institutes of Health
  - Title: Physical Activity and National Security: Improving Public Health Policy by Investigating Associations between State-Level Factors for Physical Activity and the Physical Fitness of Military Recruits (PA-13-313)
  - Total requested : \$300,000
  - Role: Principal Investigator
  - Scored, not funded

#### **RESEARCH EXPERIENCE**

*Impact of camaraderie-based fitness events on anxiety, depression, and pain among combat veterans.* (October 2018-December 2020)

- Co-Investigator
- Purpose: Attempt to reduce incidence of veteran suicide through delivering camaraderie-based exercise events to combat veterans with symptoms of anxiety, depression, and chronic pain.
- Assist veteran-based non-profit organization in conducting and evaluating camaraderie-based fitness interventions.

*Physical Activity & Sleep and their Associations with Academic Performance, Physical Fitness, and Mental Health in Military Cadets.* (January 2017 – May 2019)

- Co-P.I.
- Purpose: First, objectively investigate patterns of quality and quantity as well as physical activity in a representative sample of cadets at a senior military college. Second, investigate associations among sleep, physical activity, academic performance, physical fitness, stress, anxiety, depression, and social support.
- Lead collaborative team of exercise scientists, behavioral scientists, biostatisticians, professional strength and conditioning coaches, and students in all aspects of an observational study using primary data collection.

*Measuring the Built Environment in Charleston, SC for Active Transportation* (October 2017-Present)

- Co-Investigator
- Purpose: Assess bicycle and pedestrian usage of built environmental opportunities in Charleston, SC in order to have baseline measures to compare usage with future as built environmental changes.
- Assist with study design, data collection, data management, data analysis, and scholarly presentations of results.

*The Physical Activity To Improve National Security (PATRIOT) study.* (June 2014 – Present)

- Principal Investigator
- Purpose: Investigate associations between physical fitness, body fatness, and training-related injuries among U.S. Army Recruits. Project in collaboration with U.S. Army Institute of Public Health.
- Lead team of five senior researchers and two graduate students in all aspects (research design, analytic methods, manuscript and presentation development, policy and practice brief development) of secondary data analysis of 300,000 Army recruits.

*Physical Activity and National Security: Assessing military officers' perceptions about the relationship between youth physical activity and military readiness.* (March, 2014 – June 2015)

- Principal Investigator
- Purpose: Understand the extent to which military officers perceive that military readiness is negatively impacted by declining physical fitness levels of military recruits.
- Leading team of two researchers and two graduate students in all aspects of completing a qualitative research study.

*Evaluation of the U.S. National Physical Activity Plan: A qualitative analysis of stakeholder involvement* (December, 2011 – 2012)

- Principal Investigator
- Purpose: understand the factors that led to successful development of the National Physical Activity Plan
- Coordinate all aspects of study (design, methods, data collection and analysis, manuscript development)
- Lead team of eight physical activity and public health researchers

*Coalitions and Networks for Active Living* (June, 2010 - Present)

- Co-Investigator
- Purpose: understand the relationships between physical activity collaboratives and policy change
- Assist with data interpretation
- Assist with manuscript development

*U.S. National Physical Activity Plan* (September 2008 – December, 2010)

- Co-Investigator
- Purpose: develop and launch the first national physical activity plan for the United States
- Coordinated development and publication of the first U.S. National Physical Activity Plan document
- Researched and assembled comparison of all current national physical activity plans from other nations
- Spearheaded creation and maintenance of [www.physicalactivityplan.org](http://www.physicalactivityplan.org)
- Assisted in planning and coordination of inaugural National Physical Activity Plan conference

*Convergent validity of pedometer and accelerometer estimates of MVPA in youth* (June 2009 – June 2010)

- Co-Investigator
- Purpose: determine whether pedometers can estimate MVPA of youth
- Assisted in data collection on 100 campers in YMCA Summer Camp

- Assisted in data management and processing
- Assisted in development of manuscripts

#### NON-PEER REVIEWED PUBLICATIONS

- **Bornstein, D.** (2005). *Exercise and Arthritis*. Dr. Weil on Healthy Aging. [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)
- **Bornstein, D.** (2005). *Exercise and Diabetes*. Dr. Weil on Healthy Aging. [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)
- **Bornstein, D.** (2005). *Exercise and Hypertension*. Dr. Weil on Healthy Aging. [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)
- **Bornstein, D.** (2005). *Exercise and Menopause*. Dr. Weil on Healthy Aging. [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)
- **Bornstein, D.** (2005). *Exercise and Osteoporosis*. Dr. Weil on Healthy Aging. [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)
- **Bornstein, D.** (2005-2007). Weekly columnist. Tucson Citizen, Tucson, AZ

#### MEDIA APPEARANCES/PRESENTATIONS

- **Bornstein, D.** (September, 2011). *Play as a family to meet PA guidelines*. WACH-Fox News, Columbia, SC
- **Bornstein, D.** (July, 2011). *Obesity rate rises across the Southeast*. Augusta Chronicle, Augusta, GA
- **Bornstein, D.** (July, 2011). *Solving the obesity epidemic in South Carolina*. WIS-TV, Columbia, SC
- **Bornstein, D.** (July, 2010). *Getting community involved in physical activity*. WLTX-TV, Columbia, S.C.
- **Bornstein, D.** (2002-2007). *Weekly guest: Fitness Friday with Dan Bornstein*. CBS Morning News. KOLD-TV Tucson, AZ
- **Bornstein, D.** (2005 -2007). *Weekly columnist on exercise and health*. Tucson Citizen, Tucson, AZ
- **Bornstein, D.** (2005). *Setting and achieving health fitness goals*. Dr. Weil on Healthy Aging. [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)
- **Bornstein, D.** (2005). *Exercise and Osteoporosis*. Dr. Weil on Healthy Aging. [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)
- **Bornstein, D.** (2005). *Make exercise fun*. Dr. Weil on Healthy Aging. [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)
- **Bornstein, D.** (2005). *Measuring cardiovascular intensity*. Dr. Weil on Healthy Aging. [www.drweilonhealthyaging.com](http://www.drweilonhealthyaging.com)

#### PREVIOUS EMPLOYMENT RECORD

**Project Coordinator, U.S. National Physical Activity Plan, University of South Carolina, Columbia, SC (January, 2009 – June 2014)**

- Coordinated development and implementation of a national strategic plan aimed at increasing physical activity levels of all Americans.
- Facilitated on-going duties of NPAP Board of Directors, including:
  - Evaluating the NPAP
  - Marketing and Communications for the NPAP
  - Updating and revising the NPAP document
  - Developing and managing key strategic partnerships
- Assisted in development of 501(c)(3) corporation for the NPAP

**Co-Founder and President, ProActive Performance Institute, Tucson, AZ (2004-08)**

- Created, managed, and ultimately sold a company that successfully implemented individual and group physical activity/health interventions integrating experts in exercise physiology, behavioral therapy, physical therapy, nutrition and internal medicine.
- Successful Group Interventions included:
  - “*Weight Loss Becomes You*” – an integrated approach to long-term weight control.
  - “*Jr. El Tour de Tucson*” – 12 week program to prepare twelve underprivileged, underactive children for successful completion of 30 mile bike race.
  - “*ACL Injury Prevention*” – Practical intervention program to train female youth soccer players and coaches on evidence-based knee injury prevention techniques.

- Chinese National Middle Distance Track Team – provided six months of injury prevention-based strength training to 5 elite runners and 2 coaches from China. Two runners medaled in the 2008 Summer Olympic Games.

**Founder and C.E.O., *Inner Strength Fitness Consulting*, Tucson, AZ (1998-2008)**

- Regular columnist on physical activity promotion, *Tucson Citizen* (2005-08)
- Resident Health and Fitness Expert, KOLD TV, ABC affiliate (1999 – 2008)
- Regular contributor and editor, [www.DrWeil.com](http://www.DrWeil.com), [www.HealthyAging.com](http://www.HealthyAging.com) (2000-08)

**Personal Trainer and Fitness Instructor, *Canyon Ranch Health Resorts*, Tucson, AZ (1997-2001)**