

Melissa Bopp

Kansas State University
Department of Kinesiology
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Positions Held

2005-present **Assistant Professor**
Department of Kinesiology
Public Health, Gerontology, American Ethnic Studies Faculty
Affiliate
Kansas State University, *Manhattan, KS*

Education

2001-2005 **Doctor of Philosophy**
Department of Exercise Science
Specialization in Health Aspects of Physical Activity
University of South Carolina, *Columbia, SC*
Advisor: Dr. Sara Wilcox
Dissertation: "Evaluation of a Faith-Based Physical Activity
Intervention"

1999-2000 **Master of Science**
Major in Cardiac Rehabilitation and Exercise Science
East Stroudsburg University, *East Stroudsburg, PA*
Advisor: Dr. Donald Cummings

1995-1999 **Bachelor of Science**
Major in Kinesiology
University of New Brunswick, *Fredericton, NB, Canada*

Professional Affiliations

2004-present Member Society of Behavioral Medicine

1999-present Member American College of Sports Medicine (ACSM)

2007-present Member American Public Health Association

Current & Pending Funding

- 2009-2013 United States Department of Agriculture. A faith-based obesity prevention intervention for Hispanics. Amount requested: \$1,495,547 (proposal under review)
Role: PI
- 2009-2011 National Institutes of Health Challenge Grants. Diabetes prevention for Latinas: phone vs. group-based physical activity programs. Amount requested: \$963,943 (proposal not funded)
Role: PI
- 2009-2011 United Methodist Health Foundation. HOP'N Home Environment program. Award: \$132,002
Role: Co-I for process evaluation and intervention development.
PI: David Dzewaltowski
- 2008-2011 United States Department of Agriculture. Integrating Schools, Community, and Family to Effect Sedentary Behavior, Fruit, and Vegetable Consumption and Physical Activity. Award: \$1,038,526.
Role: Co-I for process evaluation PI: Candice Shoemaker (KSU)
- 2008-2010 Sunflower Foundation of Kansas. Addressing Hispanic Health in Southwest Kansas: A Community Resource Assessment.
Award: \$150,650
Role: PI
- 2007-09 Kansas State University Small Research Grant. Understanding influences on physical activity participation in a population of Kansas Hispanics. Award: \$2000.
Role: PI
- 2009-12 National Institute of Health (R01). A faith-based physical activity intervention for rural and urban African American women.(proposal under review)
Role: Consultant. PI: Jane Peterson (UMKC)
- 2008-09 Centers for Disease Control and Prevention. Understanding the influences on physical activity for urban residents with arthritis.
Role: Consultant. PI: Cheryl DerAnanian (UIC/ASU)

Completed Funding & Research

- 2007-09 Kansas State University Center for Engagement and Development. *Community-based Participatory Research for*

- Obesity Prevention and Management in Rural Kansas Latinos.*
Award: \$15,963
Role: Co-PI
- 2006-08 Sunflower Foundation. Slim DOWNtown.
Role: Consultant. PI: Susanne Siepel-Coates (KSU)
- 2005-09 National Science Foundation: ADVANCE program Distinguished Lecture Series, Kansas State University. Award \$4800.
- 2006-9 National Science Foundation: ADVANCE program Career Opportunities Initiative, Kansas State University. Award \$4000
- 2006-08 Sunflower Foundation. *A faith-based physical activity intervention for Hispanics.* Award: \$45,264.
Role: PI
- 2004-06 American College of Sports Medicine Foundation Fellowship Fund for Epidemiological Research on Physical Activity (PAF) Research Grant: *Evaluation of a Faith-Based, Behavior Change Physical Activity Program.* Award: \$5000
Role: PI
- 2005-06 Kansas State University Small Research Grant. *A home-based physical activity intervention for older rural adults: formative research and intervention development.* Award: \$1500.
Role: PI
- 2003-2005 Centers for Disease Control and Prevention. *Health-e-AME Physical-e-Fit Faith Based Physical Activity Initiative.*
Role: Graduate student research assistant. PI: Sara Wilcox
- 2002 American College of Sports Medicine. *Physical Activity in Rural African American and Caucasian Women.*
Role: Graduate student research assistant. PI: Sara Wilcox
- 2001-2002 University of South Carolina Research Development Grant. *Stress Response in Caregivers of Dementia Patients.*
Role: Graduate student research assistant. PI: Sara Wilcox

Peer-Reviewed Publications

In Progress

Bopp, M., Lattimore, D., Saunders, R. (in progress). What role does fidelity play in the life cycle of a health promotion intervention?

Fallon, E.A., Wilcox, S., Laken, M., Swinton, R., **Bopp, M.**, McClorin, L., Yancey, A. (revision in progress). Correlates of the Stages of Change for Physical Activity in an African American Population.

Bopp, M. Kaczynski, A. Wittman, P. (in progress). Active commuting patterns at a large Midwestern college campus.

Under Review

Bopp, M. & Fallon, E.A., Kahl, D., Bolton, D. (under review). Engaging community partners to develop a guide for physical activity and nutrition resources in diverse communities.

Fallon, E.A. & **Bopp, M.** (under review). Rural Physician Counseling for Physical Activity and Diet.

Bopp, M., Kaczynski, A.T., Wittman, P. (under review). The relationship of eco-friendly attitudes with walking and biking to work.

Kaczynski, A.T., **Bopp, M.**, Wittman, P. (under review). Associations with workplace supports and active commuting.

In Press

Bopp, M., Fallon, E.A., Marquez, D.X. (in press). A faith-based physical activity intervention for Latinos: outcomes and lessons. *American Journal of Health Promotion*.

Bopp, M., Wilcox, S., Laken, M., McClorin, L. (in press). Physical activity programs and support in African American churches and relations to physical activity participation. *Journal of Cultural Diversity*. 16 (1)(2009).

Published

Fees, B., Trost, S., **Bopp, M.**, & Dzewaltowski, D. A. (2009). Physical activity programming in family child care homes: providers' perceptions of practices and barriers. *J Nutr Educ Behav*, 41(4), 268-273.

Bopp, M., Wilcox, S., Laken, M., Hooker, S., Saunders, R., Parra-Medina, D, Fallon, E.A., McClorin, L. Butler, K. (2009). 8 Steps to fitness: Evaluation of a faith-based, behavior change physical activity intervention for African Americans. *Journal of Physical Activity & Health*. 6(5).

Bopp, M. & Fallon, E.A. (2008). Community based interventions to promote increased physical activity: A Primer. 6 (4), 175-187.

Baruth, M., Wilcox, S., Laken, M., **Bopp, M.**, & Saunders, R. (2008). Implementation of a faith-based physical activity intervention: insights from church health directors. *J Community Health*, 33(5), 304-312.

Bopp, M., Wilcox, S., Laken, M., Hooker, S. P., Saunders, R., Parra-Medina, D., et al. (2007). Using the RE-AIM framework to evaluate a physical activity intervention in churches. *Prev Chronic Dis*, 4(4), A87.

Bopp, M., Lattimore, D., Wilcox, S., Laken, M., McClorin, L., Swinton, R., et al. (2007). Understanding physical activity participation in members of an African American church: a qualitative study. *Health Educ Res.*, 22 (6), 815-26.

Wilcox, S., Laken, M., **Bopp, M.**, Gethers, O., Huang, P., McClorin, L., et al. (2007). Increasing physical activity among church members: community-based participatory research. *American Journal of Preventive Medicine*, 32(2), 131-138.

Wilcox, S., Laken, M., Anderson, T., **Bopp, M.**, Bryant, D., Carter, R., et al. (2007). The Health-e-AME faith-based physical activity initiative: Description and baseline findings. *Health Promotion Practice*, 8(1), 69-78.

Bopp, M. , Bowles, H.R., Shepard, D.M. (2007). Physical activity and recreation patterns in urban, suburban, and rural areas of South Carolina. South Carolina Alliance for Health, Physical Education, and Dance Journal. Spring, 17-21.

Bopp, M., Wilcox, S., Laken, M., Butler, K., Carter, R., McClorin, L., Yancey, A. (2006). Correlates of Physical activity Participation Among African American Men and Women. *American Journal of Preventive Medicine*. 30(4), 340-6.

Wilcox, S., Oberrecht, L., **Bopp, M.**, Kammermann, S. K. and McElmurray, C. T. (2005). A Qualitative Study of Exercise in Older African American and White Women in Rural South Carolina: Perceptions, Barriers, and Motivations. *Journal of Women and Aging*, 17, 37-53.

Wilcox, S., **Bopp, M.**, Wilson, D.K., Fulk, L.J., Hand, G.A.(2005) Race differences in cardiovascular and cortisol responses to an interpersonal challenge in women who are family caregivers. *Ethnicity & Disease*. 15 (1) 17-24.

Bopp, M., Wilcox, S., Oberrecht , L., Kammermann, S., McElmurray, C.T. (2004). Correlates of Strength Training in Older Rural African American and White Women. *Women and Health*. 40 (1).1-20.

Wilcox, S., **Bopp, M.**, Oberrecht, L., Kammermann, S. K., & McElmurray, C. T. (2003). Psychosocial and perceived environmental correlates of physical activity in rural and older African American and white women. *Journal of Gerontology B Psychological Sciences and Social Sciences*, 58(6), P329-337.

Book Chapters

Chapter Contract: Peterson, J.A. & **Bopp, M.** Physical Activity In: *Promoting Health from Preconception through Maturity: A Unique Nursing Role*. Youngkin & Raines (Eds.). F.A.Davis.

Chapter Contract: **Bopp, M.** & Kaczynski, A. Leisure and Becoming Physically Active In: *Leisure, Health and Wellness, Making the Connections*. Payne, Ainsworth & Godbey (Eds.).

Selected Presentations

- 11/2009 “Creating a culturally relevant community resource guide for physical activity and nutrition: a community based participatory approach.” American Public Health Association Conference, *Philadelphia PA*.
- 5/2009 “Faith-based physical activity interventions: hot air or hot stuff?” (invited). American College of Sports Medicine Symposium, *Seattle, WA*.
- 4/2009 “The relationship of eco-friendly attitudes with walking and biking to work.” Society of Behavioral Medicine Conference, *Montreal, PQ*.
- 10/27/08 “Faithful Footsteps: A faith-based physical activity intervention for Hispanics.” American Public Health Association Conference, *San Diego, CA*.
- 3/22/07 “Rural physician counseling for physical activity and healthy eating. Society of Behavioral Medicine Conference, *Washington, DC*.
- 10/20/06 “Physical Activity Promotion in Older Adults.” (invited). Central States Chapter, American College of Sports Medicine, *Kansas City, MO*.
- 5/31/2006 “Evaluation of a faith-based behavior change physical activity intervention.” (invited). American College of Sports Medicine Conference Featured Science Session, *Denver, CO*.

- 3/21/2006 "Barriers to organizational level adoption and maintenance in a faith-based physical activity intervention." Society of Behavioral Medicine conference, *San Francisco, CA*.
- 6/3/2005 "Comparison of the correlates of physical activity participation among African American men and women." American College of Sports Medicine conference, *Nashville, TN*.
- 4/16/2005 "Correlates of self-efficacy and social support for physical activity among African American church members." Society of Behavioral Medicine conference, *Boston, MA*.
- 10/21/2004 "Dissemination of a Large Faith-Based Physical Activity Program for African Americans." Increasing Physical Activity in Populations: Understanding Diffusion and Dissemination: Cooper Institute for Aerobic Research Conference, *Dallas, TX*
- 6/4/2004 "Availability of Physical Activity Programs in African American Churches and Relations to Physical Activity Participation." American College of Sports Medicine National Conference, *Indianapolis, IN*.
- 5/30/2003 "Correlates of Strength Training in Older Rural African American and White Women." American College of Sports Medicine National Conference, *San Francisco, CA*.
- 11/20/2002 "Psychosocial correlates of Physical Activity in Rural African American and White Older Women." Gerontological Society of America National Conference, *Boston, MA*.
- 2/3/2002 "Barriers to Cardiac Rehabilitation for Women." Women's Well-being 2002: An Odyssey of Mind Body and Soul; Women's Studies Department Conference, College of Liberal Arts, USC, *Columbia, SC*.

Published Abstracts

Fallon, E.A., Ahalt, L., Corn, S., & **Bopp, M.** (2009). Healthcare provider counseling for physical activity, diet, and weight management (abstract). *Medicine and Science in Sports and Exercise*, 41, 5 (Suppl) S265.

Wittman, P., **Bopp, M.** & Kaczynski, A.T. (2009). Active Commuting at a Large University Campus (abstract). *Medicine and Science in Sports and Exercise*, 41(5) (Suppl) S288.

Der Ananian, C., **Bopp, M.** & Prohaska, T.R. (2009) Perceived Exercise Benefits and Enablers in Non-Hispanic Blacks with Arthritis. *Annals of Behavioral Medicine*, 37 (Suppl) S169.

Kaczynski, A.T., Wittman, P., & **Bopp, M.** (2009). Factors Differentiating Active vs. Non-Active Commuters to Campus (abstract). *Annals of Behavioral Medicine*, 37(Suppl) s32.

Hastmann, T.J., **Bopp, M.**, Fallon, E.A., Dzewaltowski, D.A. (2008). Factors influencing the implementation of 30 minutes of structured physical activity in an afterschool program (abstract). *Medicine and Science in Sports and Exercise*. 40(5) S410.

Bopp, M. & Fallon, E.A. (2007). Rural physician counseling for physical activity and healthy eating. (abstract). *Annals of Behavioral Medicine*, 33 (Suppl), S075.

Bopp, M., Wilcox, S., Butler, K., Fallon, E.A., McClorin, L., Laken, M. (2006). Evaluation of a faith-based, behavior-change physical activity intervention for African Americans. (abstract). *Medicine and Science in Sports and Exercise*, 38(5) 66.

Bopp, M., Wilcox, S., Laken, M., Butler, K., McClorin, L. (2006) Barriers to organizational level adoption and maintenance in a faith-based physical activity intervention. (abstract). *Annals of Behavioral Medicine*, 31 (Suppl), S026.

Bopp, M., Wilcox, S., Laken, M., McClorin, L. (2005) Comparison of the correlates of physical activity participation among African American men and women. (abstract). *Medicine and Science in Sports and Exercise*, 37(5) S322.

Bopp, M., Wilcox, S., Laken, M., McClorin, L., Carter, R. (2005) Correlates of self-efficacy and social support for physical activity among African American church members. (abstract). *Annals of Behavioral Medicine* 29, (S) S158.

Bopp, M., Wilcox, S., Laken, M., Freelove, J., McClorin, L., Swinton, S., Gethers, O., Bryant, D. Jordan, J., Anderson, T. (2004) Availability of Physical Activity Programs in African American Churches and Relations to Physical Activity Participation. (abstract). *Medicine and Science in Sports and Exercise*, 36(5) S191.

Wilcox, S., Laken, M., **Bopp, M.**, Freelove, J., McClorin, L., Swinton, S., Gethers, O., Bryant, D. (2004) Age Differences in Physical Activity and Weight Related Behaviors and Correlates in African Americans. (abstract). *Medicine and Science in Sports and Exercise*, 36(5) S40.

Freelove, J., Wilcox, S., Laken, M., **Bopp, M.**, McClorin, L., Swinton, S., Gethers, O., Bryant, D. (2004) Correlates of Physical Activity Stages of Change in African Americans. (abstract). *Medicine and Science in Sports and Exercise*, 36(5) S 47.

Bopp, M., Wilcox, S., Oberrecht, L., Kammermann, S., McElmurray, C.T. (2003) Factors Influencing Strength Training in Older Rural African American and White Women. (abstract). Medicine and Science in Sports and Exercise, 35(5), S294.

Bopp, M. Oberrecht, L., Wilcox, S., Kammermann, S., McElmurray, C.T. (2002) Psychosocial correlates of Physical Activity in Rural African American and White Older Women. (abstract). Gerontologist. 42 (S1), S222.

Wilcox, S. McElmurray, C.T., **Bopp, M.**, Kammermann, S., Oberrecht, L. (2002). Environmental Correlates of Physical Activity in Rural African American and White Older Women. Gerontologist. 42 (S1), S291.

Teaching Experience

2008 Kansas State University Center for Science Education Teacher-Researcher Collaborative Workshop: (Funding source: Howard Hughes Research Institute) intended to bring university research into high school science curriculum. Teacher-researcher interactions resulted in a set of lesson plans using the scientific method to better understand how metabolism and environment combine to lead to obesity and obesity-related chronic disease

2005-present Assistant professor. Courses: Psychology of Physical Activity, Physical Activity and Older Adults, Physical Activity and Public Health, Advanced Physical Activity and Public Health. Kansas State University, *Manhattan, KS*

2004 Co-instructor: EXSC 410/PSYC 565: The Psychology of Physical Activity. USC, *Columbia, SC*

2001-2003 Lecturer: Practical Skills, Case Study Evaluation, Exercise Prescription for Special Populations, *ACSM Health and Fitness Instructors Workshop, Columbia, SC*

2002-04 Teaching Assistant: *EXSC 784, 530, 531. USC, Columbia, SC*

Certifications and Training:

2009 NIH Regional Seminar on Program Funding and Grants Administration, *Las Vegas, NV*

2006 Physical Activity and Public Health Course Fellow, University of South Carolina, *Park City, UT*

2001 National Institute of Health Human Subjects training

2000-present American College of Sports Medicine Exercise Specialist Certification

Awards

2005-9 ADVANCE program Distinguished Lecture Series
Kansas State University. Invited Lecturers: Carlos Crespo,
Barbara Ainsworth, Ross Brownson, Russ Pate

2006-9 ADVANCE program Career Opportunities Initiative.
Kansas State University.

2006 Tilford Incentive Grant “Infusing Cultural Competence into the
Kinesiology Curriculum.” Kansas State University. Award \$2200.

2006 Society of Behavioral Medicine Annual Meeting Citation Abstract
Award

2004 Cooper Institute for Aerobic Research Conference: Increasing
Physical Activity in Populations. 2nd place student research award:
*Dissemination of a Large Faith-Based Physical Activity Program
for African Americans.*

Academic and Community Service

2008-present Editorial Board, Journal of Physical Activity and Aging

2007-09 Service Learning Coursework: combines classroom learning and
applied experiences for students in the field of physical activity
and the built environment
KIN 830: Manhattan Walkability Project (Fall 07), Biking in
Manhattan (Fall 08), Bikeable Campus (Fall 09)
KIN 520: St. George Safe Routes to School Project (summer 08)
KIN 599 (Wittman): Active commuting project (2007-09)

2008-09 Scientific abstract reviewer
American Public Health Association

2008-09 Faculty Senate Appointee, Kansas State University Center for
Child Development Advisory Board

2007-09 Women in Engineering and Sciences Program Learning
Communities, faculty mentor and leader, faculty advisory board
Kansas State University, *Manhattan, KS*

2007	Grant review panel, Centers for Disease Control and Prevention.
2006-present	Board Member: Manhattan Community Foundation, <i>Manhattan, KS</i>
2005-present	Manuscript Reviewer: American Journal of Preventive Medicine, Journal of Physical Activity and Aging, Annals of Behavioral Medicine, Southern Medical Journal, Health Education Research, American Journal of Health Behavior, Ethnicity & Disease, Journal of Physical Activity & Health, Women & Health, Medicine and Science in Sports and Exercise, Journal of Women's Health
2005-present	Thesis, Dissertation & Internship Committee Members Department of Kinesiology, Masters of Public Health Program, Kansas State University, <i>Manhattan, KS</i>
2005-2009	Scientific Abstract Review Committee Society of Behavioral Medicine
2004-2005	Scientific Abstract Review Committee South Carolina Public Health Association
2001-2004	Undergraduate student supervisor, USC, <i>Columbia, SC.</i>
1999-2000	Department of Movement Studies and Exercise Science Cardiac Rehabilitation Major Class President, East Stroudsburg University, <i>East Stroudsburg, PA.</i>