

Academic Education:

East Carolina University, Greenville, North Carolina—May 2001

M.A. Exercise and Sport Science

State University of New York at Cortland, New York—May 1997

B.S. Physical Education, Minor Athletic Training

Professional Experience:

Research Associate and Instructor—2001-present

Human Performance Laboratory, East Carolina University, Greenville, NC

- Coordinator of the Cardiovascular Risk Assessment Program—which is designed to establish a participant's heart disease risk status, and provide insight on modifying heart disease susceptibility.
- Supervision and scheduling of laboratory and clinical experience for 10-12 exercise physiology graduate students.
- Marketing and development of a newly built exercise facility to include personal training and weight loss services.
- Supervision of 3-4 undergraduate interns who are assigned to work in the F.I.T.T. center during the spring, summer and fall semesters.
- Guest lecturer for undergraduate EXSS courses, discussing such topics as; benefits of resistance training, exercise prescription and program design, and identifying an individual's risk of cardiovascular disease.

Exercise Consultant, Physical Activity and Nutrition Clinic—Spring 2003-present

Human Performance Laboratory and Brody School of Medicine, Greenville, NC

- Physician supervised program, in coordination with a registered dietician.
- Goal of clinic is to direct program participants on how diet and physical activity can help manage and minimize current health problems.
- Work with a variety of special populations and conditions; osteoarthritis in mature adults, hypertension, diabetics, and obese individuals.

Research Technician II—1999-2001

Human Performance Laboratory, East Carolina University, Greenville, NC

- Hired to assist with collaborative NIH research study between ECU and Duke University, entitled “Peripheral Effects of Exercise on Cardiovascular Health”
- Primary responsibilities included the recruitment of study participants through the use of radio, television, and newspaper.
- Pre and post testing of subjects gathering body composition, VO2 max values, ECG tracings, and nutritional information.
- Data coordination and management between ECU and Duke University.

Site-Coordinator ACSM Health Fitness Instructor Certification Workshop—2001-2004

East Carolina University

- Responsible for organization and administration of the ACSM HFI workshop and certification that is held annually at ECU.
- Lecturer for the Exercise Programming portion of workshop.

Publications:

Manuscripts in Print:

Kraus, WE, Houmard JA, Duscha BD, Knetzger KJ, Wharton MB, **McCartney JS**, Bales CW, Henes S, Samsa GP, Otvos JE, Kulkarni KR, Slentz CA. Effects of the amount and intensity of exercise on plasma, lipoproteins. *New England Journal of Medicine*, Vol. 347, No. 19-November 7, 2002.

Houmard JA, Tanner CJ, Slentz CA, Duscha BD, **McCartney JS**, Kraus WE. Effect of the volume and intensity of exercise training on insulin sensitivity. *Journal of Applied Physiology*. 2004 Jan; 96(1):101-6. September 12 2003.

Johanna L. Johnson, Cris A. Slentz, Brian D. Duscha, Gregory P. Samsab, **Jennifer S. McCartney**, Joseph A. Houmard, William E. Kraus. Gender and racial differences in lipoprotein subclass distributions: the STRRIDE study. *Atherosclerosis* 176 (2004) 371–377.

Abstracts:

Jennifer L. Robbins, Cris A. Slentz, FACSM, Joseph A. Houmard, Brian D. Duscha, Johanna L. Johnson, Lori B. Aiken, **Jennifer S. McCartney**, William E. Kraus. Exercise Training to Reverse the Detrimental Effects of Physical Inactivity on Cardiovascular Risk. *Med Sci Sports Exerc*. 38 (5): S429, 2006.

Jennifer S. McCartney, Charles Tanner, Robert C. Hickner, FACSM, Michael R. McCammon. Coronary Risk Status of Police Officers Compared to Age-Matched Males. *Med Sci Sports Exerc*. 38 (5): S517, 2006.

Charles J. Tanner, Sarah Heins, **Jennifer S. McCartney**, Cris A. Slentz, William A. Kraus,

FACSM, Joseph A. Houmard, FACSM. Effect of a 6-month endurance training program on fasting lactate. Med Sci Sports Exerc. 36 (5): S121, 2004.

Melanie Sweazey, Melissa Janiec, **Jennifer S. McCartney**, Charles J. Tanner, Joseph A. Houmard, FACSM. Effect of a Reduced Sampling Protocol on Changes in S₁ with Exercise Training. Med Sci Sports Exerc. 36 (5): S328, 2004.

Jennifer S. McCartney, Robert C. Hickner, FACSM, Michael R. McCammon. Performance Predictors for the Police Officer Physical Ability Abilities Test. Med Sci Sports Exerc. 36 (5): S246, 2004.

Johanna L. Johnson , Cris A. Slentz, FACSM, Brian D. Duscha, Kevin L. Ketchum, **Jennifer S. McCartney**, Joseph A. Houmard, FACSM, William E. Kraus, FACSM. Effects of Exercise Dose and Detraining on Lipid Levels and Lipoprotein Subfractions in Overweight Adults. Med Sci Sports Exerc. 35 (5): S85, 2003.

MB Wharton, **J Greene**, MR McCammon, WE Kraus, RC Hickner, JA Houmard. Effect of exercise training on CAD risk factors. Med Sci Sports Exerc. 32 (5): S276, 2000.

Professional Presentations:

Exercise and Nutrition Interventions for Overweight Adolescents. American College of Sports Medicine Health and Fitness Summit, Orlando, FL. 2006. This poster was one of 20 selected to represent Innovative and Creative Health & Fitness Programs.

Professional Certifications:

Certified Strength and Conditioning Specialist
American College of Sports Medicines, Health Fitness Instructor
American Red Cross, CPR and AED Certified

Professional Organizations:

American College of Sports Medicine
IDEA
National Strength and Conditioning Association