

# RICHARD R. ROSENKRANZ

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## EDUCATION AND TRAINING

<u>Institution</u>	<u>Degree</u>	<u>Year</u>	<u>Major</u>
University of Kansas Lawrence, KS	BA	1993	Human Development & Family Life, Psychology
University of North Dakota Grand Forks, ND	MA	1996	Psychology (Clinical)
Kansas State University Manhattan, KS	MS	2001	Kinesiology (Health Promotion Major Prof. Paul Estabrooks)
Kansas State University, Manhattan, KS	PhD	2008	Human Nutrition (Public Health Nutrition and Physical Activity) Major Prof. David Dzewaltowski

## POSITIONS HELD

- 2008-2009 Assistant Professor- Department of Human Nutrition, Kansas State University:  
Co-directing Youth Health Behavior Research Laboratory, conducting research, teaching  
public health nutrition, teaching nutritional epidemiology, service to university and  
community.
- 2007-2008 Research Associate- Community Health Institute, Kansas State University:  
worked on Healthy Opportunities for Physical Activity and Nutrition (HOP'N) and the  
Healthier Troops in a SNAP projects; authored intervention curriculum;  
conducted studies; collected data; supervised staff; authored scientific publications.
- 2005-2007 Graduate Research Assistant- Community Health Institute, Kansas State University  
Healthy Opportunities for Physical Activity and Nutrition (HOP'N) and the Healthier  
Families in a SNAP! projects; co-authored HOP'N intervention curriculum;  
collected data, supervised staff, authored scientific publications.

- 2003-2004 National Select Team Junior Coach & Program Coordinator- USA Triathlon, Olympic Training Center, Colorado Springs, CO: Directly coached junior, U23, & Olympic-hopeful triathletes; conducted talent identification camps; conducted talent selection camps; organized competitions for youth triathletes; supervised national network of grassroots development coaches and programs; presented at coaching clinics; conducted youth skills clinics, named USOC Developmental Coach of the Year in 2003.
- 2002-2003 Athlete Development Director- USA Triathlon National Training Center, Clermont, FL: Directly coached junior & U23 triathletes; conducted talent identification & selection camps; organized competitions for youth triathletes; supervised national network of grassroots development coaches and programs; presented at coaching clinics; conducted youth skills clinics & races.
- 2001 National Resident Team Assistant Coach- USA Triathlon, Olympic Training Center Colorado Springs, CO: Assisted Resident Team Head Coach in all aspects of triathlon coaching; assisted coaching of collegiate team; organized and conducted team training; assisted at camps.
- 2001 Adjunct Faculty Member- Pueblo Community College, Pueblo, CO: Taught human growth and development classes.
- 2000 Instructor, Coordinator of Testing & Tutors, Allen County Community College- Iola, KS. Taught physical activity class; conducted placement testing of incoming students; supervised network of college tutors for various academic subjects; coached cross country team; served as assistant coach for track and field team.
- 1998-2000 Graduate teaching assistant- Kansas State University: Taught activity classes in jogging, weight training, fitness and conditioning; assisted professors with higher-level undergraduate classes; gave departmental tours to prospective students.
- 1998-2000 Graduate research assistant- Kansas State University: Assisted with all phases of research studies at Exercise Psychology Laboratory- data entry, coding, analysis, and generation of reports.
- 1997-1998 Tutor & In-School Suspension Supervisor- Susan B. Anthony Middle School, Manhattan, KS: Supervised students for ISS program, tutored students in and out of ISS program.
- 1997-2006 Elite Triathlete & Triathlon Coach- Competed in national and international triathlon and duathlon competitions; ran a small triathlon-coaching business for select clients.
- 1994-1996 Graduate Teaching Assistant- University of North Dakota, Grand Forks, ND: Taught intro psychology lab sections; assisted professors with undergraduate classes; assisted with all phases of research in the Psychophysiology Laboratory.
- 1994-1996 Graduate Research Assistant- University of North Dakota, Grand Forks, ND: Assisted with all phases of research studies in psychophysiology laboratory.

- 1993-1994      Research Aide- University of Kansas; Lawrence, KS: Worked at the Center for Research on the Influences of Television on Children (CRITC); collected data via observation systems.
- 1991-1993      Undergraduate research assistant- University of Kansas; Lawrence, KS: collected data; conducted literature searches; assisted GRAs.
- 1988-1994      Petroleum tanker driver- 425<sup>th</sup> Transportation Company, United States Army Reserve; Salina, KS: Assisted squad leader and platoon leader with military training and driving missions.

### ACADEMIC HONORS AND AWARDS

Kansas State University Nutrition for Youth Graduate Scholarship 2007  
 Kansas State University Nutrition for Youth Graduate Scholarship 2006  
 Kansas State University Nutrition for Youth Graduate Scholarship 2005  
 Healthy Foods, Healthy Farms Professional Development Scholarship 2006  
 Kansas Public Health Association Conference Scholarship 2006  
 Current member of Phi Kappa Phi National Honor Society  
 Past member of Gold Key National Honor Society  
 Past member of Psi Chi National Honor Society in Psychology  
 Jayhawk Scholar, All Big-8 Academic Team 1993  
 University of Kansas Athletics Department Team GPA Award- Cross Country, 1993  
 Graduated with Departmental Honors, Human Development & Family Life, 1993

### PUBLICATIONS & PRESENTATIONS

#### Peer-reviewed journal articles

Geller, K.S., Dziewaltowski, D.A., **Rosenkranz, R.R.**, & Karteroliotis, K. (2009). Measuring children's self-efficacy and proxy efficacy related to fruit and vegetable consumption. *Journal of School Health*, 79, (2), 51-57.

**Rosenkranz, R.R.**, & Dziewaltowski, D.A. (2009). Promoting Better Family Meals for Girls Attending Summer Programs. *Journal of Nutrition Education and Behavior*, 41, (1) 65-67.

**Rosenkranz, R.R.**, & Dziewaltowski, D.A. (2008). Model of the Home Food Environment Pertaining to Childhood Obesity. *Nutrition Reviews*, 66, (3) 123-140.

Dziewaltowski, D.A., Ryan, G.J. **Rosenkranz, R.R.** (2008). Parental Bonding May Moderate the Relationship between Parent Physical Activity and Youth Physical Activity After School. *Psychology of Sport and Exercise*, 9, (6), 848-854.

Trost, S.G., **Rosenkranz, R.R.**, & Dziewaltowski, D.A. (2008). Physical Activity Levels Among Children Attending After-School Programs. *Medicine and Science in Sports and Exercise*, 40, (4), 622-629.

Coleman, K.J., Geller, K.S., **Rosenkranz, R.R.**, Dziewaltowski, D. A. (2008). Physical Activity and Healthy Eating in the After School Environment. *Journal of School Health*. 78 (12), 633-640.

**Rosenkranz, R.R.**, Geller, K., & Dzewaltowski, D.A. (2007) Parents attending a family weight management program perceive similar home fruit and vegetable accessibility, but greater child proxy agency and physical activity opportunity relative to their children. *Californian Journal of Health Promotion*, 5, (2), 157-162.

**Rosenkranz, R.R.**, Cook, C.M., & Haub, M. (2007) Endurance Training on Low-Carbohydrate and Grain-Based Diets: A Case Study. *International Journal of Sports Nutrition and Exercise Metabolism*, 17, 296-309.

Ornelas, S., & **Rosenkranz, R.R.** (under review). Physical activity and inactivity in Girl Scouts Juniors troop meetings.

**Rosenkranz, R.R.**, & Dzewaltowski, D.A. (under review). Physical Activity-Related Parenting Behaviors May Influence Children's Relative Weight.

Dzewaltowski, D.A., Geller, K.S., **Rosenkranz, R.R.**, & Karteroliotis, K. (under review). Children's self-efficacy and proxy efficacy for out-of-school physical activity.

Chong, D., Behrens, T.K., **Rosenkranz, R.R.** (under review). Take a Walk In Zion: Process Evaluation Results from A Pilot Intervention to Increase Healthful Recreation/Physical Activity in Zion National Park

**Rosenkranz, R.R.**, & Dzewaltowski, D.A. (under review). Parent-child bonding may moderate relationships between the BMI and obesity-prevention behaviors of parents and their daughters

Gaither GA, **Rosenkranz R.R.**, Amato-Henderson S, Plaud JJ, Bigwood SJ. The Effect of Condoms in Sexually Explicit Narratives on Male Sexual Arousal. *Journal of Sex and Marital Therapy*, 22 (2): 103-109 Spring 1996.

**Rosenkranz, R.R.**, Gaither, G. A., & Plaud, J. J. (1995). A Critical Analysis of Paradigmatic Behaviorism Versus Radical Behaviorism. *The Naturalist*, 2(1), 22-28.

#### Peer-Reviewed Presentations & Publications

Dzewaltowski, D.A., Welk, G.J., **Rosenkranz, R.R.**, Geller, K.S., Hastmann, T., & Coleman, K.J. Healthy Opportunities For Physical Activity And Nutrition After School Project: Physical Activity Outcomes. Paper submitted for the American College of Sports Medicine Annual Conference. Seattle, WA.

Hastmann, T.J., Foster, K.E., **Rosenkranz, R.R.**, Rosenkranz, S.K. & Dzewaltowski, D.A., Effect of Adult Leader Participation on Physical Activity in Children. Paper submitted for the American College of Sports Medicine Annual Conference. Seattle, WA.

**Rosenkranz, R.R.**, Behrens, T.K., & Dzewaltowski, D.A. Promoting Physically Active Troop Meetings in Girl Scouts: A Randomized Controlled Trial. Paper accepted for slide presentation at the American College of Sports Medicine Annual Conference. Seattle, WA. To be published as an abstract in *Medicine and Science in Sports and Exercise*, 41:5 (Suppl.).

**Rosenkranz, R.R.** & Dzewaltowski, D.A. Healthier Troops in a SNAP (Scouting Nutrition and Activity Program): Dietary Outcomes in Girl Scouts, Their Parents, and Troop Meetings. Poster accepted for presentation at the Society of Behavioral Medicine Annual Conference. Montreal, Quebec, Canada.

**Rosenkranz, R.R.**, Behrens, T.K., & Dzewaltowski, D.A. (2008) Promoting Physically Active Troop Meetings in Girl Scouts. Poster presented at the American College of Sports Medicine Central States Annual Conference. Kansas City, MO.

**Rosenkranz, R.R.,** Geller, K.S., & Dzewaltowski, D.A. (2008). Measures of Parental Social Support for Physical Activity and Consumption of Fruits and Vegetables. *Medicine and Science in Sports and Exercise*, 40:5 (Suppl.) S322.

Dzewaltowski, D.A., Geller, K.S., & **Rosenkranz, R.R.** (2008). Children's Self Efficacy and Proxy Efficacy for Out-of-School Physical Activity. *Medicine and Science in Sports and Exercise*, 40:5 (Suppl.) S319.

Coleman, K.J., Geller, K.S., **Rosenkranz, R.R.**, Dzewaltowski, D.A.. (2008). After-school program environments: Quality elements necessary for promoting healthy eating and physical activity to prevent obesity. *Medicine and Science in Sports and Exercise*, 40:5 (Suppl.) S30.

Geller, K.S., Dzewaltowski, D.A., **Rosenkranz, R.R.** & Karteroliotis, K. (2008). Measurement and Influences of Children's Self-Efficacy for Fruit and Vegetable Consumption. *Annals of Behavioral Medicine*, 35 (Suppl.) S178.

**Rosenkranz, R.R.** & Dzewaltowski, D.A. (2008). Home Environmental Influences on Children's Physical Activity, Healthful Eating, and Weight Status. *Annals of Behavioral Medicine*, 35 (Suppl.) S27.

**Rosenkranz, R.R.**, Dzewaltowski, D.A. (2007) A Girl Scouts Summer Outreach Program Promoting Family Meals and Preventive Behaviors: Healthier Families in a SNAP! Poster presented at the 9<sup>th</sup> Annual Conference on the Prevention and Treatment of Overweight and Obese Individuals. Kansas City, MO.

Geller, K.S., **Rosenkranz, R.R.**, Dzewaltowski, D.A. (2007) HOP'N After-School Project: Healthy Opportunities for Physical Activity & Nutrition. Poster presented at the 9<sup>th</sup> Annual Conference on the Prevention and Treatment of Overweight and Obese Individuals. Kansas City, MO.

**Rosenkranz, R.R.**, Geller, K.S., & Dzewaltowski, D.A. (2006) Parent-Child Perceptions of Self-Efficacy, Opportunity for Physical Activity, and Availability of Fruits and Vegetables. Paper presented at the 5<sup>th</sup> Annual Conference of the International Society for Behavioral Nutrition & Physical Activity, Boston, MA

**Rosenkranz R.R.**, & Dzewaltowski, D.A. (2006) Family Cohesion is a Protective Factor Against Obesity. Poster presented at the Annual Conference of the Kansas Public Health Association.

Dobbins L., **Rosenkranz R.R.**, McClure B., & Taormina S. (2004). Mission Possible in Multisport. Oral presentation at the American Association of Health, Physical Education, Recreation, and Dance National Convention and Exposition, New Orleans, LA.

Dobbins L., & **Rosenkranz R.R.** (2003). Mission Possible in Multisport. Oral presentation at the Kansas Association of Health, Physical Education, Recreation, and Dance Annual Convention, Emporia, KS.

**Rosenkranz R.R.** & Estabrooks PA. (2000) The Relationships Between Social Support, Race Performance, and Quality of Life of IronMan Triathletes. *Journal of Sport & Exercise Psychology*, 22: S91-S91.

Gaither, G. A., **Rosenkranz, R. R.**, Amato-Henderson, S., Plaud, J. J., & Bigwood, S. (1995, November). Condom Presence or Absence in Sexually Explicit Narratives: Effects on Male Sexual Arousal. Poster presented at the 29<sup>th</sup> annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

**Rosenkranz, R.R.**, Gaither, G. A., Plaud, J. J., Franklin, M. D., & Bigwood, S. J. (1996, April). Eroticizing Condoms in an Attempt to Increase Positive Behaviors Toward Condoms in Males. Paper presented at the North Dakota Psychological Association, Science Day, Fargo, ND.

**Rosenkranz, R.R.**, Plaud, J. J., Franklin, M., Bigwood, S. J., Gaither, G. A., & Levinson, P. (1996, April). The Effect of Viewing Safer-Sex Videos on Sexual Arousal and Attitudes Toward Condoms. Paper presented at the meeting of the Midwest Association for Behavior Analysis and Therapy, Mankato, MN.

Bigwood, S. J., Plaud, J. J., & **Rosenkranz, R.R.** (1996). The Effects of Sexually Coercive Auditory Stimuli on Male Sexual Arousal [Abstract]. Convention Proceedings for the 30<sup>th</sup> Annual AABT Convention, 235.

Gaither, G.A., **Rosenkranz, R.R.**, Plaud, J. J. & Bigwood, S. J. (1996, April). Male Sexual Arousal in the Presence of Stimuli Depicting Condom Use. Paper presented at the North Dakota Psychological Association, Science Day, Fargo, ND.

**Rosenkranz, R.R.** (1995). An Analysis of the Sexual Content in Three Genres of Television Shows. Poster presentation made at the North Dakota Psychological Association Winter Conference, Fargo, ND.

#### Book Chapters

Weinberg, R.S., Harmison, R.J., **Rosenkranz, R.R.**, Hookom, S. (2005). Goal Setting. (Chapter 7) in Jim Taylor, Ph.D. & Gregory Wilson, P.E.D. (editors)- Comprehensive Perspectives on Applied Sport Psychology: From Researcher and Consultant to Coach and Athlete. Human Kinetics Publishing, Champaign, IL.

Gaither, G. A., **Rosenkranz, R.R.**, & Plaud, J. J. (1998). Sexual disorders. In J. J. Plaud & G. H. Eifert (editors), From Behavior Theory to Behavior Therapy. Boston: Allyn & Bacon.

#### Other Publications & Presentations

**Rosenkranz, R.R.** (2009). What are you going to do with your life? Keynote address to Kansas State University chapter of Kappa Omicron Nu Honor Society's spring initiation. Manhattan, KS.

Dzewaltowski, D.A., Geller, K.S., Coleman, K.J., Hastmann, T.J., & **Rosenkranz, R.R.** (2008). Healthy Opportunities for Physical Activity and Nutrition (HOP'N): Preliminary Physical Activity and Nutrition Environment Results from an After School Randomized Trial. Report to US Department of Agriculture's National Research Institute annual grantee meeting. Albuquerque, NM.

**Rosenkranz, R.R.** (2008). Healthful Eating & Physical Activity, or What to do for good health: Today, tomorrow, and when you're really old like your teachers! Keynote address to Pittsburgh High School student body at Kansas Action for Healthy Kids Wellness Forum. Pittsburgh, KS.

**Rosenkranz, R.R.** (2008). The Impact of Family Mealtime on Human Nutrition. Invited talk at the Food & Youth: Finding the Tipping Point for Wellness, Kansas Nutrition Conference. Junction City, KS.

**Rosenkranz, R.R.** (2008). Family Cohesion is a Protective Factor against Obesity. Poster presented at the Food & Youth: Finding the Tipping Point for Wellness, Kansas Nutrition Conference. Junction City, KS.

Brewer, J., **Rosenkranz, R.R.**, Dobbins, L., & Gattis, V. (2007). Alive With Mission Me! Multisport Educational Curriculum. Available through Sensibly Fit, LLC.

**Rosenkranz R.R.** Young Ones. American TRI magazine, Fall 2003, p. 36.

**Rosenkranz R.R.** The Old College Tri. American TRI magazine, July/Aug 2004, p 32.

Burrell L, & **Rosenkranz R.R.** (2004). Registered Triathlon Leader. USA Triathlon Publishing.

**Rosenkranz, R.R.** (Fall 2007). Intervention Planning. Department of Kinesiology Guest Lecture, Kin 655 Fitness Promotion.

**Rosenkranz, R.R.** (Spring 2007). Goal Setting Workshop. Department of Kinesiology Guest Lecture, Kin 625: Exercise Testing & Prescription.

**Rosenkranz, R.R.** (Spring 2007) Physical Activity & Chronic Disease. Department of Kinesiology Guest Lecture: Kin 345: Physical Activity & Public Health

**Rosenkranz, R.R.** (Spring 2007). Obesity in Children. Department of Kinesiology Guest Lecture: Kin 345: Physical Activity & Public Health

**Rosenkranz, R.R.** (Fall 2006) Physical Activity & Chronic Disease. Department of Kinesiology Guest Lecture, Kin 345: Physical Activity & Public Health.

**Rosenkranz, R.R.** (Fall 2006) Obesity in Children. Department of Kinesiology Guest Lecture, Kin 608: Body Image Eating Disorders & Obesity.

### **PEER REVIEW ACTIVITIES**

Reviewer: Medicine and Science in Sports and Exercise-  
August 2008  
October 2008  
January 2009

Reviewer: Journal of Physical Activity and Health-  
January 2009

Reviewer: Pediatrics International-  
September 2008  
November 2008

Reviewer: International Journal of Pediatric Obesity-  
September 2008  
November 2008

### **GRANTS AWARDED**

**Rosenkranz, R.R.** (project manager) & Dzewaltowski, D.A. (PI), Sunflower Foundation: Girl Scouts Family Connections for Health Promotion (submission funded 8/17/07 for \$77,501 direct and indirect costs)

**Rosenkranz, R.R.** Girl Scouts Kaw Valley Council: Healthier Families in a SNAP! (under-writing of research project costs of \$2061)

**Rosenkranz, R.R.** Grad student travel grant March 2008 (\$50)

**Rosenkranz, R.R.** Grad student travel grant June 2006 (\$60)

**Rosenkranz, R.R.** Grad student travel grant October 2005 (\$75)

## **PERSONAL AND PROFESSIONAL AFFILIATIONS**

Member- International Society of Behavioral Nutrition & Physical Activity  
Member- Kansas Public Health Association  
Member- American College of Sports Medicine  
Transitional Member- Society for Behavioral Medicine  
Member- Great Plains Research Consortium for Obesity Prevention  
Member- League of American Bicyclists  
Member- Sierra Club  
Member- Women's Sports Foundation  
Member- Union of Concerned Scientists  
Member- Trail Advocacy Group, Wam-Sag-Man Trail  
Member- USA Triathlon  
Adult member- Girl Scouts USA  
Former member- North American Society for Psychology of Sport and Physical Activity

## **CERTIFICATIONS & TRAINING**

USA Triathlon Level III Elite Coaching Certification  
USA Cycling Level II Coaching Certification (expired)  
American Red Cross Standard First Aid Certification  
American Red Cross CPR/AED Certification  
Kansas State University Safe Zone Ally Training