

KEITH THRAEN-BOROWSKI, Ph.D.

CURRICULUM VITAE

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Education:

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| 2015 | Ph.D. | Kinesiology, Physical Activity Epidemiology emphasis
University of Wisconsin-Madison, Madison, WI |
| 2011 | M.S. | Kinesiology, Physical Activity Epidemiology emphasis
University of Wisconsin-Madison, Madison, WI |
| 2001 | B.S. | Kinesiology and Recreation, Physical Education, Exercise Science
and Athletic Training emphasis
Illinois State University, Normal, IL |

Professional Experience:

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| 2016- Present | <u>Assistant Professor</u> , Depts. of Kinesiology & Biology, Loras College, Dubuque, IA |
| 2015- 2016 | <u>Postdoctoral Fellow</u> , Dept. of Kinesiology, University of Wisconsin-Madison, Madison, WI. |
| 2014– 2015 | <u>Lecturer</u> , Dept. of Kinesiology, University of Wisconsin-Madison, Madison, WI. |
| 2012 – 2015 | <u>Research Assistant</u> , Dept. of Kinesiology, University of Wisconsin-Madison, Madison, WI. |
| 2010 – 2015 | <u>Teaching Assistant</u> , Dept. of Kinesiology, University of Wisconsin Madison. |
| 2009 - 2010 | <u>Practice Manager</u> , Wellness Services and Coumadin Clinics, DuPage Medical Group, Winfield, IL. |
| 2003 – 2009 | <u>Lead Clinical Exercise Physiologist</u> , Cardiology, DuPage Medical Group, Winfield, IL. |
| 2001 – 2003 | <u>Lead Clinical Exercise Physiologist</u> , St. Joseph Saline Mercy Hospital, Saline, MI. |
| 2000 – 2001 | <u>Clinical Exercise Physiology Intern</u> , Michigan Heart and Vascular Institute, Ypsilanti, MI. |

1999 – 2000 Research Assistant, Dept. of Kinesiology and Recreation, Illinois State University, Normal, IL.

Honors/Awards:

2016 Honored Alumnus, *Alumni Day*, Illinois State University.

2016 College of Applied Science and Technology *Academy of Achievement* Nomination, Illinois State University.

2016 Fellow, *Research Methods in Supportive Oncology Workshop* (NCI_R25), Massachusetts General Hospital/Harvard Medical School.

2105 “Karen Hornbostel Memorial Award”, Cancer Interest Group, American College of Sports Medicine.

2014 Graduate School Peer Mentor Award, University of Wisconsin-Madison.

2012 “Karen Hornbostel Memorial Award”, Cancer Interest Group, American College of Sports Medicine.

2012 Student Research Travel Award, University of Wisconsin-Madison.

2001 Esther Larson McGinnis Award for Undergraduate Research, Illinois State University.

2000 Student Mentor Research Award- Illinois Association of Health, Physical Education, Recreation and Dance (IAHPERD).

1999 Future Alumni Leader Nomination, Illinois State University.

Publications:

Refereed Articles

Cadmus-Bertram L, Gangnon R, Wirkus EJ, **Thraen-Borowski KM**, Gorzelitz-Liebhauser J. Accuracy of Heart Rate Monitoring by Some Wrist-Worn Activity Trackers-In Response. *Ann Intern Med.* 2017;167(8):607-608.

Thraen-Borowski, KM, Gennuso KP, Cadmus-Bertram L. Accelerometer-derived physical activity and sedentary time by cancer type in the United States. *PLoS ONE*, 2017; 12(8).

Thraen-Borowski, KM, Ellingson, LD, Meyer, JD, Cadmus-Bertram, L. Non-worksites interventions to reduce sedentary behavior: A systematic review. *Translational Journal of the American College of Sports Medicine.* 2017; 12 (2), 1-11.

Cadmus-Bertram L, Gangnon R, Wirkus EJ, **Thraen-Borowski KM**, Gorzelitz-Liebhauser J. The Accuracy of Heart Rate Monitoring by Some Wrist-Worn Activity Trackers. *Ann Intern Med.*

2017;166:610-612.

Gennuso, KP, **Thraen-Borowski, KM**, Gangnon, RE, Colbert, LH. Patterns of Sedentary Behavior and Physical Function in Older Adults. *Aging Clinical and Experimental Research*, 2016; 28 (5), 943-950

Gennuso, KP, Gangnon, RE, **Thraen-Borowski, KM**, Colbert, LH. Dose-response Relationships between Sedentary Behavior and Metabolic Syndrome and its Components. *Diabetologia*, 2015; 58 (3), 485-492.

Gennuso, KP, **Thraen-Borowski, KM**, Schlam, TR, LaRowe, TL, Fiore, MC, Baker, TB, & Colbert, LH. Smokers' Physical Activity and Weight Gain One Year after a Successful Versus Unsuccessful Quit Attempt. *Preventive Medicine*, 2014 67, 189-192.

Thraen-Borowski, KM, A Trentham-Dietz, D Farrar Edwards, KF Koltyn, LH Colbert. Dose-response relationships between physical activity, social participation, and health-related quality of life in colorectal cancer survivors. *Journal of Cancer Survivorship*. 2013;7, 369-378.

Gennuso, KP, Gangnon, RE, Matthews, CE, **Thraen-Borowski, KM**, Colbert, LH. Sedentary behavior, physical activity, and markers of health in older adults. *Medicine and Science in Sports and Exercise*, 2013, 45 (8), 1493-500.

Abstracts/Presentations:

Thraen-Borowski, KM, Hofstetter AJ, Mills EG, Anderson MR, Valente RA, Ellingson LD, Meyer JD. Objectively-measured And Self-reported Sedentary Behavior and Its Association with Mental Wellbeing in College Students. ACSM annual meeting, Minneapolis, MN, 2018.

Thraen-Borowski, KM. Symposium: *Sedentary Behavior: What it is, Why it Matters, and What We Can Do About it*. MWACSM Annual Meeting, Grand Rapids MI, 2017.

Thraen-Borowski, KM. Co-Chair; Exercise Oncology Session: *Moving Beyond Cancer*. ACSM Annual Meeting, Denver CO, 2017.

Thraen-Borowski, KM. *New Frontiers in Physical Activity & Cancer Survivorship Research: Introducing the Loras CARES Lab*. Loras Legacy Symposium, Dubuque, IA, 2017.

Cadmus-Bertram L, Wirkus EJ, **Thraen-Borowski KM**, Gorzelitz-Liebhauser J, Gangnon R. Accuracy of LED-based heart rate monitoring on wrist-worn activity trackers. Society for Behavioral Medicine, San Diego, CA, 2017.

Thraen-Borowski, KM, Gennuso, KP, A Trentham-Dietz, R Gangnon, KF Koltyn, TC Campbell, LH Colbert FACSM. Impact of Exercise on Prognosis, Quality of Life, and Exercise Capacity in Lung Cancer Survivors. ACSM annual meeting, Boston, MA, 2016

Thraen-Borowski, KM, A Trentham-Dietz, R Gangnon, KF Koltyn, LH Colbert. Physical Activity Behaviors and Associated Health-related Quality of Life in Native American Cancer Survivors. ACSM annual meeting, San Diego, CA, 2015.

Thraen-Borowski, KM, RB Halberg, AT Thliveris, LH Colbert. The Effect of Exercise on Intestinal Tumor Load of Male (SWRxB6)F1.Min Mice. ACSM annual meeting, Indianapolis, IN, 2013.

Thraen-Borowski, KM, A Trentham-Dietz, D Farrar Edwards, KF Koltyn, LH Colbert. Relationships between physical activity, social participation, and health-related quality of life in colorectal cancer survivors. ACSM annual meeting, San Francisco, CA, 2012.

Gennuso, KP, **KM Thraen-Borowski**, CE Matthews, LH Colbert. Sedentary behavior and biomarkers of cardio-metabolic risk by level of physical activity in older adults. ACSM annual meeting, San Francisco, CA, 2012.

Colbert, LH, **KM Thraen-Borowski**, K Gennuso, T Schlam, T LaRowe, M Fiore, T Baker. Smokers' physical activity and weight changes following successful versus unsuccessful quit attempts. American Society of Preventive Oncology, Washington DC, 2012.

Borowski, KM, DQ Thomas, ST McCaw. A comparison of four methods for assessing percent fat. ACSM annual meeting, Baltimore, MD, 2001.

Borowski, KM, DQ Thomas. A comparison of methods for assessing body fat percentage. IAHPERD annual meeting, Arlington Heights, IL, 2000.

Invited Talks:

“Introducing the Exercise Oncology Twitter Conference”, ACSM Cancer Interest Group Meeting, Minneapolis, MN, May 2018.

“Don't Take Cancer Sitting Down: The State of Sedentary Behavior and Cancer Research”, Loras Legacy Symposium, Dubuque, IA, 2018.

“Exercise Oncology in Iowa”, Annual Spring Meeting, Iowa Cancer Consortium, Dubuque, IA, April 2018.

“Exercise Oncology: The State of the Science”, Dept. of Kinesiology Graduate Seminar, St. Ambrose University, Davenport, IA, February 2018.

“Conquering Kids' Cancer: The Role of Research in the Pediatric Cancer Survivorship Agenda”, St. Baldrick's Foundation “*Big Shave-Off*” Key-Note Address, Dubuque, IA, March 2017.

“An Exploration of Physical Activity in Cancer Survivorship”, Dept. of Kinesiology Graduate Seminar, University of Wisconsin-Madison, September 2015.

“Impact of Exercise on Prognostic Biomarkers, Health-related Quality of Life, and Exercise Capacity in Lung Cancer Patients”, Lung Disease-Oriented Work Group, University of Wisconsin-Madison Carbone Cancer Center, August 2015

“Physical Activity in Cancer Survivors”. Cancer Support Group, University of Wisconsin Hospital-Madison, January 2014

“Physical Activity in Population Health Research: Future Directions.”
Dept. of Population Health Sciences Graduate Seminar, University of Wisconsin-Madison, November 2011.

“Careers in Exercise Science.” Dept. of Kinesiology, Illinois State University, October 2011.

“An Examination of Dose-Response Relationships between Physical Activity, Social Participation, and Health-Related Quality of Life in Colorectal Cancer Survivors.” Dept. of Kinesiology Graduate Seminar, University of Wisconsin-Madison, December 2011

Funded Research Grants:

Virginia Horne Henry Fund for Women’s Physical Education Award (2013): *Physical Activity and Health Related Quality of Life in Native American Cancer Survivors*, \$10,042

Grant Submissions:

Thraen-Borowski, KM. Iowa Cancer Consortium, Iowa Cancer Plan Implementation Grant (2017): *Feasibility of a Community-based Physical Activity Program for Cancer Survivors*, Total funding amount requested: \$9,711

Current Research projects:

Assistant Professor, Loras College

Aerobic exercise and cognitive functioning in women with breast cancer: The ACTIVATE trial. Co-Principal Investigators Kristin Campbell, PT, PhD, University of British Columbia
Jennifer Brunet, PhD, University of Ottawa. **Thraen-Borowski, Keith (Data Safety and Monitoring Board)**

The International Exercise Oncology Twitter Conference. **Thraen-Borowski, Keith (Principal Organizer)**

Feasibility of a Community-based Physical Activity Program for Cancer Survivors. **Thraen-Borowski, Keith (Principal Investigator)**, Loras College, Department of Kinesiology, Dubuque, IA. IRB Proposal #: S18-05 (Approved February 9, 2018)

The Effectiveness of Sensory Rooms in Reducing Behavioral Triggers in College Students with Autism Spectrum Disorder. **Thraen-Borowski, Keith (Co-Principal Investigator)**, Loras College, Department of Kinesiology, Dubuque, IA. IRB Proposal #: S18-04 (Approved February 9, 2018)

An Examination of Visual vs. Haptic Feedback for Altering Sedentary Behavior. **Thraen-Borowski, Keith (Principal Investigator)**, Loras College, Department of Kinesiology, Dubuque, IA. IRB Proposal #: S17-05 (Approved March 24, 2017)

Sedentary Behavior and Breast Cancer: Interventions and Biomarkers. Cadmus-Bertram, Lisa (PI); K07 CA178870-01A1, National Cancer Institute (NCI), University of Wisconsin-Madison, Madison, WI. **Thraen-Borowski, Keith (Co-Investigator).**

Active Living after Cancer: Building a Physical Activity Intervention into Clinical Care for Breast and Colorectal Cancer Survivors in Wisconsin. Cadmus-Bertram, Lisa (PI), University of Wisconsin Institute for Clinical and Translational Research. **Thraen-Borowski, Keith (Co-Investigator).**

Additional Research Experience:

Postdoctoral Fellow, University of Wisconsin-Madison

Sedentary Behavior and Breast Cancer: Interventions and Biomarkers (June 2015-present)

Cadmus-Bertram, Lisa (PI); K07 CA178870-01A1, National Cancer Institute (NCI)

Role: Research Associate/Study Coordinator; Responsible for IRB protocol application, assistance in participant recruitment and testing, data processing and analysis procedures, and assistance with interpretation and dissemination of results

Active Living after Cancer: Building a Physical Activity Intervention into Clinical Care for Breast and Colorectal Cancer Survivors in Wisconsin (June 2015-present)

Cadmus-Bertram, Lisa (PI), University of Wisconsin Institute for Clinical and Translational Research

Role: Co-I; Responsible for IRB protocol application, assistance in participant recruitment and testing, data processing and analysis procedures, and assistance with interpretation and dissemination of results

Examining the Accuracy of Heart Rate on Commercial Wrist-Worn Physical Activity Trackers

Cadmus-Bertram, Lisa (PI); University of Wisconsin-Madison, Department of Kinesiology

Role: Co-I; Responsible for IRB protocol application, assistance in participant recruitment and testing, data processing and analysis procedures, and assistance with interpretation and dissemination of results

Mentoring:

Biology thesis advisees

Fall 2017-present Rachel Valente

Undergraduate research students

Fall 2017-present Laren Lenth

Fall 2016-Present Rachel Valente, Mackenzie Anderson, Elizabeth Mills, Alex Hoffstetter

Spring 2016 Diana Dorn, Allison Zeman, Rose Digiulio

Fall 2015 Diana Dorn, Emily Torres

Spring 2015 Samuel Rein

Fall 2014 Samuel Rein, Katie Graber, Jessica Gorzelitz

Spring 2014 Kate Rosemeyer, Sydney Stiener, Ryley Ruzek

Fall 2013 Zac Zinda

Spring 2013 Kevin Richards

Fall 2012 Nicole Ruegsegger

Thesis & Dissertation Committees

2015-2016 Emily Wirkus (M.P.H)

2016- Jessica Gorzelitz (Ph.D.)

Graduate Students

Fall 2015-2016 Emily Wirkus

Fall 2014-2016 Jessica Gorzelitz

Service:

Loras College:

Committees:

- 2017-Present Member, Loras College Internal Review Board (IRB).
2018-Present Member, Loras College Institutional Animal Care and Use Committee
2016-Present Co-Chair, Foundations of Excellence: First Year Experience Curricular & Co-curricular Learning Objectives Committee.
2016-Present Member, KIN/ATR/SMG Major of the Year Awards Committee.
2017 Member, Search Committee for Division of Molecular, Life, & Health Sciences: Kinesiology Faculty position.
2017 Member, Search Committee for Division of Molecular, Life, & Health Sciences: Athletic training Faculty position.

Other:

- 2017 Speaker, RA Training, *Authenticity in Leadership*. Dubuque, IA
2017 Moderator, STEM Panel, *Education Beyond the Classroom* Visit Day
2016 Panelist, *Does Race Matter?*, Loras College. Dubuque, IA.
2016 Panelist, HFS Scholars Program Visit Day

American college of Sports Medicine:

- 2017 Nominee, Co-Chair, American College of Sports Medicine National Cancer Interest Group.

Iowa Cancer Consortium:

- 2017 Nominee, Board of Directors, Iowa Cancer Consortium.

UW-Madison:

- 2011-2015 Member, Kinesiology Undergraduate Program Redesign Committee, Dept. of Kinesiology.
2011-2015 Co-Chair, Kinesiology Graduate Student Cohesion Committee, Dept. of Kinesiology.
2011-2015 Student Representative, Graduate Studies Committee, Dept. of Kinesiology.

Illinois State University:

- 2012-Present Member, Advisory Council, Dept. of Kinesiology, Illinois State University
1998-2000 Elected Official (Vice President; President), Leaders in Fitness Education, Illinois State University

Professional Memberships:

- American College of Sports Medicine
American Society of Clinical Oncology
Iowa Cancer Consortium

Board Certification/Licenses:

- American Red Cross CPR Certification 2003-2012
American Heart Association BLS/ACLS Certification 2005-2012