

CURRICULUM VITA

I. Personal Data

Tina M. Penhollow, PhD, MCHES

Associate Professor

Department of Exercise Science and Health Promotion

College of Science

Florida Atlantic University

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Boca Raton, FL 33431

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Educational Experience

5/2006

Doctor of Philosophy (PhD) – Health Science

University of Arkansas

Doctoral Dissertation

Activity, Aging, & Sexuality: A Study of an Active Retirement Community

5/2003

Master of Science (MS) – Health Education

University of West Florida

Master's Thesis

Comparison of selected health-risk behaviors between students in public and private high schools in Escambia County, Florida

5/2001

Bachelor of Science (BS) – Health Services Administration

State University of New York (SUNY) College at Fredonia

Magna Cum Laude

Professional Certification

4/2011 – Present

Master Certified Health Education Specialist (MCHES)

National Commission for Health Education Credentialing, Inc.

10/2002 – 4/2011

Certified Health Education Specialist (CHES)

National Commission for Health Education Credentialing, Inc.

Professional Experience

8/2012 – Present

Associate Professor - Health Promotion

Florida Atlantic University - College of Science

Department of Exercise Science and Health Promotion (ESHP)

8/2006 – 8/2012

Assistant Professor - Health Promotion

Florida Atlantic University - College of Education

Department of Exercise Science and Health Promotion (ESHP)

- Served as Academic Instructor for the following courses:

Undergraduate Courses

HSC 3102: Perspectives in Health and Wellness

HSC 4581: Health Promotion

PET 4404: Management Principles in ESHP

PET 4946: Internship

Graduate Courses

HSC 5203: Personal and Community Health

HSC 5587: Advanced Concepts in Health Promotion

HSC 6115: Evaluation of Health Promotion and Health Ed Programs

HSC 6248: Needs Assessment and Program Planning in Health Promotion

HSC 6505: Epidemiological Basis of Health

PET 6505C: Research and Evaluation

HSC 6585: Health Behavior, Health Education, and Health Promotion

PET 6905: Directed Independent Study (DIS)

PET 6971: Master's Thesis

8/2013 – 1/2015

Adjunct Professor - Health & Wellness Management

University of Wisconsin at River Falls

Department of Health & Wellness Management (HHP)

- Served as Academic Instructor for the following course:

Undergraduate Course

HWM 450 Medical Ethics/Policy

8/2003 – 5/2006

Doctoral Academy Fellow & Senior Graduate Assistant

University of Arkansas - Program in Health Science

Department of Health Science, Kinesiology, Recreation, & Dance

- Served as Academic Instructor for the following courses:

Undergraduate Courses

HLSC 1002 Wellness Concepts

HLSC 1103 Personal Health

HLSC 1303 Human Sexuality

HLSC 2101 Drug Education

HLSC 2101 Stress Management

HLSC 2101 Nutrition & Performance

HLSC 2101 Alternative Health

HLSC 2101 Weight Control

8/2001 – 5/2003

Graduate Teaching/Research Assistant

University of West Florida - Program in Health Education

Division of Health, Leisure, and Exercise Science (HLES)

- Served as Academic Instructor for the following course:

Undergraduate Course

HSC 2100 Personal Health

- Web Designer - HLES Department website

II. Research and Scholarly Activities

PUBLICATIONS

Books

Penhollow, T. (2010). *Sexuality, Longevity, and Quality of Life: A Study of America's Largest Active Retirement Community*. Lambert Academic Publishing. ISBN: 978-3-8383-3713-5.

Penhollow, T. (2007). *Aging and Sexuality: A Study of Active Older Adults*. VDM Verlag. Saarbrücken, Germany. ISBN: 978-8364-3454-6.

Textbook

Penhollow, T. (2023). *Points to Health: Theory and Practice of Health Education and Health Promotion – Third Edition*. Kendall Hunt Publishing. Print Book: ISBN: 979-8-7657-4108-5; eBook: ISBN: 979-8-7657-4363-8.

Penhollow, T. (2018). *Points to Health: Theory and Practice of Health Education and Health Promotion – Second Edition*. Kendall Hunt Publishing. ISBN: 978-1-5249-6139-8.

Penhollow, T. (2016). *Points to Health: Theory and Practice of Health Education and Health Promotion – Revised Edition*. Kendall Hunt Publishing. ISBN: 978-1-4652-8995-7.

Penhollow, T. (2012). *Points to Health: Theory and Practice of Health Education and Health Promotion*. Kendall Hunt Publishing. ISBN: 978-1-4652-0945-0.

Chapters in Books

Penhollow, T., Rhoads, K., & Young, M. (2015). *Sexual Satisfaction: What Does the Research Say? Chapter 13: Sexology for the Curious: Why Study Sexology?* ISBN: 978-1-925128-66-6.

Penhollow, T., Jackson, M., & Hartzell, R. (2010). *Leisure, Health and Wellness: Making the Connections. Chapter 33: Healthy Sexual Expression, 383-393*. Venture Publishing. ISBN: 978-1-892132-89-5.

Articles in International/National Refereed Journals

Penhollow, T. (2024). Psychosexual health: Impact on older adult sexual satisfaction. *Manuscript Under Review*.

Penhollow, T., Hall, M., & Young, M. (2024). Religiosity and sexual behavior among Hispanic college students. *Manuscript Under Review*.

Penhollow, T., & Young, M. (2024). Correlates of adolescent sexual behavior and behavioral intent. *Manuscript Under Review*.

- Penhollow, T., & Mielke, A. (2023).** Aromatherapy: An alternative treatment for migraine headaches. *International Physical Medicine & Rehabilitation Journal*, 9, 1-4.
[doi: 10.15406/ipmrj.2024.09.00365](https://doi.org/10.15406/ipmrj.2024.09.00365).
- Penhollow, T., Young, M., & Barnes, E. (2022).** Perception of person as sexual: View's nursing students have of potential patients. *EC Nursing and Healthcare*, 4(4), 57-66.
- Hall, M., Bergman, R., & **Penhollow, T. (2022).** Drinking motives among college student-athletes. *International Journal of Health Promotion and Education*, 1-12.
- Penhollow, T., & Kimmons, B. (2021).** Does Rhodiola rosea aid in alleviating exercise-related stress response? *Novel Research in Sciences (NRS)*, 8(4), 1-3.
- Penhollow, T., & Kimmons, B. (2021).** COVID-19 and cardiovascular disease: A worksite intervention. *Associative Journal of Health Sciences*, 1, 1-4.
- Penhollow, T., & Torres, L. (2021).** Impact of mosquito-borne diseases on global public health. *International Physical Medicine & Rehabilitation Journal*, 6, 19-20.
- Penhollow, T., Hall, M., & Young, M. (2019).** Predictors of receiving the HPV vaccination among university students. *Associative Journal of Health Sciences*, 1, 1-8.
- Penhollow, T. (2019).** Technology of drones and the benefits to health care delivery. *Associative Journal of Health Sciences*, 1, 1-2.
- Penhollow, T. & Young, M. (2019).** Sexual health and religious conduct among Hispanic college students. *International Journal of Health Sciences*, 3, 13-26.
- Penhollow, T., Hall, M., & Young, M. (2018).** Predictors of sexual satisfaction and self-esteem among active older adults. *International Journal of Health Sciences*, 5, 12-24.
- Penhollow, T. (2017).** Is there a sexual double standard? *Atlas of Science*.
Available online: <http://atlasofscience.org/is-there-a-sexual-double-standard/#more-23367>
- Penhollow, T., Young, M., & Nnaka, T. (2017).** Alcohol use, hooking-up, condom use: Is there a sexual double standard? *American Journal of Health Behavior*, 41, 92-103.
- Brazendale, K., Graves, S., **Penhollow, T.**, Whitehurst, M., & Pittinger, E. (2015). Children's enjoyment and perceived competence in physical education and its effects on their physical activity participation outside of school. *Report on Emotional & Behavioral Disorders in Youth*, 15, 65-69.
- Hall, M., Williams, R., **Penhollow, T.**, Rhoads, K., & Hunt, B. (2015). Factors associated with discrimination among minority college students. *American Journal of Health Behavior*, 39, 318-329.

- Young, M., Denny, G., **Penhollow, T.**, Palacios, R., & Morris, D. (2015). Hiding the word: Examining the relationship between a new measure of religiosity and sexual behavior. *Journal of Religion and Health, 54*, 922-942.
- Young, M., Denny, G., **Penhollow, T.**, & Donnelly, J. (2014). Religiosity and unsafe and distracted driving behaviors. *Health Behavior and Policy Review, 1*, 58-71.
- Penhollow, T.**, & Rhoads, K. (2013). Preventing obesity and promoting fitness: An ecological perspective. *American Journal of Lifestyle Medicine, 8*, 21-24.
- Young, M., Palacios, R., & **Penhollow, T.** (2012). Measurement and design issues in the study of adolescent sexual behavior and the evaluation of adolescent sexual health behavior interventions. *American Journal of Sexuality Education, 7*, 429-444.
- Penhollow, T.**, Young, M., & Denny, G. (2012). Impact of personal and organizational religiosity on college student sexual behavior. *American Journal of Health Studies, 27*, 13-22.
- Young, M., **Penhollow, T.**, & Bailey, W. (2010). Hooking-up and condom provision: Is there a double standard? *American Journal of Health Studies, 25*, 156-164.
- Penhollow, T.**, Marx, A., & Young, M. (2010). Impact of recreational sex on sexual satisfaction and leisure satisfaction. *Electronic Journal of Human Sexuality, 13*. Available online: <http://www.ejhs.org/volume13/recreationalsex.htm>.
- Goldstein, E., Jacobs, P., Whitehurst, M., **Penhollow, T.**, & Antonio, J. (2010). Caffeine enhances upper body strength in resistance-trained women. *Journal of the International Society of Sports Nutrition, 7*, 18.
- Penhollow, T.**, Young, M., & Denny, G. (2009). Predictors of quality of life, sexual intercourse, and sexual satisfaction among active older adults. *American Journal of Health Education, 40*, 14-22.
- Donnelly, J., Young, M., Pearson, R., **Penhollow, T.**, & Hernandez, A. (2008). Area specific self-esteem, values, and adolescent substance use. *Journal of Drug Education, 38*(4), 389-403.
- Penhollow, T.**, & Young, M. (2008). Predictors of sexual satisfaction: The role of body image and fitness. *Electronic Journal of Human Sexuality, 11*. Available online: <http://www.ejhs.org/volume11/Penhollow.htm>.
- Penhollow, T.**, Young, M., & Bailey, W. (2007). Relationship between religiosity and hooking up behavior. *American Journal of Health Education, 38*, 338-345.
- Penhollow, T.**, & Young, M. (2006). Health-risk behaviors between students attending public and private high schools. *American Journal of Health Studies, 20*, 22-28.
- Young, M., & **Penhollow, T.** (2006). The impact of abstinence education: What does the research say? *American Journal of Health Education, 37*, 194-202.

Jones, C., Freeman, J., & **Penhollow, T.** (2006). Epidemiology of exercise equipment-related injuries to young children in the home. *Pediatric Emergency Care*, 22, 160-163.

Penhollow, T., Young, M., & Denny, G. (2005). Impact of religiosity on the sexual behaviors of college students. *American Journal of Health Education*, 36, 75-83.

Penhollow, T., & Young, M. (2004). Sexual desirability and sexual performance: Does exercise and fitness really matter? *Electronic Journal of Human Sexuality*, 7. Available online: <http://www.ejhs.org/volume7/fitness.html>.

▪ **This research has been featured nationally and internationally:**

Magazines: Redbook, Cosmopolitan, Allure, Self, Shape, Natural Health, Prevention, Child Magazine, Men's Health, Glamour, Women's Health, Elle Canada, Fitness Magazine Research, Reader's Digest, Family Circle Magazine.

Newspapers: The Los Angeles Times, The London Times, Globe & Mail (Toronto, Canada), The Arkansas Times, The Arkansas Traveler, The Colleague (UARK Biannual Newsletter), The Honolulu Advertiser (HI), The Hartford Courant (CT), The Record (NJ), South Coast Today (MA), Wichita Eagle (KS), The Sun Herald (MS), Equilíbrio (Brazil's largest circulation newspaper).

Headline News & Online: ABCNews.com, Rednova.com, Forbes.com, Headline News Release for The University of Arkansas, United Press International, Newswise, Asian News International, The Scotsman (Scotland's National Newspaper Online), Health.allrefer.com, Les Mills, Yakat.com, CollegeLyfe.com, India News (keralanext.com), 21st Century Lifestyle, Social Work Today, Dole Nutrition, Runner's World, MyDNA News.

Articles in State Refereed Journals

Rosemond, N., & **Penhollow, T.** (2013). Better breakfast: The key to a healthier future. *Florida AHPERDS Journal*, 52, 24-25.

Diaz, N., & **Penhollow, T.** (2013). Promoting a healthy body image through Facebook. *Florida AHPERDS Journal*, 51, 14-15.

Mcalpine, D., & **Penhollow, T.** (2013). Stroke: Intervention strategies. *Florida AHPERDS Journal*, 51, 12-13.

Rhoads, K., & **Penhollow, T.** (2012). Thirdhand smoke: Does tobacco smoke ever really clear? *Florida AHPERDS Journal*, 50, 22-23.

Rhoads, K., & **Penhollow, T.** (2011). Hookah smoking: Prevalence and attitudes among college students. *Florida AHPERDS Journal*, 49, 14-15.

Sanetti, S., & **Penhollow, T.** (2010). High blood pressure: Prevention and intervention strategies. *Florida AHPERDS Journal*, 48, 18-19.

Markil, N., Geithner, C., & **Penhollow, T.** (2010). Hatha Yoga: Benefits and principles for a more meaningful practice. *American College of Sports Medicine, Health & Fitness Journal*, 14, 1-6.

Carter, N., & **Penhollow, T.** (2008). College weight loss intervention: Utilizing the Theory of Planned Behavior and the Transtheoretical Model. *Florida AHPERDS Journal*, 46, 42-45.

Penhollow, T., & Jackson, M. (2006). Childhood obesity: Consequences and prevention strategies. *Arkansas AHPERD Journal*, 41, 13-18.

Penhollow, T. (2005). Responsible sexual behaviors: An application of the Theory of Planned Behavior (TPB). *Arkansas AHPERD Journal*, 40, 16-21.

Published Book Review

Penhollow, T., & Jackson, M. (2009). Book Review: Etiology of Drug Abuse, Prevention, and Cessation: A Multifactorial Biopsychosocial Process. *American Journal of Health Behavior*, 33 (5), 620-622.

Published Video Review

Penhollow, T. (2008). Video Review: Adolescent Sexual Behavior: Impact of Decision Making. *American Journal of Health Behavior*, 32 (3), 330-331.

PRESENTATIONS

International Presentations

Penhollow, T., Hall, M., & Young, M. (November, 2018). Predictors of receiving the HPV vaccination among university students. The Society for the Scientific Study of Sexuality (SSSS). Montreal, Canada.

Young, M., **Penhollow, T.**, & Perez, J. (January, 2012). Religiosity, gender, and relationship type as factors in sexual comfort. The 3rd Annual International Conference on the Health Risks of Youth. San Juan, Puerto Rico.

Young, M., **Penhollow, T.**, & Palacio, R. (January, 2012). Measurement and design issues in the study of adolescent sexuality and the evaluation of sexuality/abstinence education programs. The 3rd Annual International Conference on the Health Risks of Youth. San Juan, Puerto Rico.

Young, M., Kelley, M., & **Penhollow, T.** (July, 2007). Adolescent sexual behavior and other socially desirable/undesirable characteristics. The 81st Annual American School Health Association (ASHA). Honolulu, HI.

Young, M., **Penhollow, T.**, & Bailey, B. (January, 2007). A-H is not enough, now is it? 13 themes: Federal involvement in abstinence education. The 5th Annual Hawaii International Conference on Education. Honolulu, HI.

Penhollow, T., Hartzell, R., Cole, A., & Young, M. (January, 2006). Activity, aging, & sexuality: A study of an active retirement community. The 4th Annual Hawaii International Conference on Education. Honolulu, HI.

- Young, M., & **Penhollow, T.** (January, 2006). An update on the effects of abstinence education on adolescent sexual behavior. The 4th Annual Hawaii International Conference on Education. Honolulu, HI.
- Penhollow, T.**, Young, M., & Bailey, W. (July, 2005). Coital and non-coital hooking-up behaviors of college students. The 17th World Congress of the World Association for Sexology (WAS). Montreal, Canada.
- Fikes, L., **Penhollow, T.**, & Young, M. (July, 2005). Sexual behavior, self-esteem, and personalized versus general values. The 17th World Congress of the World Association for Sexology (WAS). Montreal, Canada.
- Marx, A., **Penhollow, T.**, & Young, M. (January, 2005). Recreational sex: Attitudes, behaviors, and relationship to various indices of satisfaction. The 3rd Annual Hawaii International Conference on Education. Honolulu, HI.

National Presentations

- Young, M., Donnelly, J., Kittleson, M., Cardenas, S., & **Penhollow, T.** (March, 2018). Area specific self-esteem and participation in physical fighting. The American Academy of Health Behavior (AAHB) 18th Scientific Meeting. Portland, OR.
- Young, M., Cardenas, S., Kittleson, M., Donnelly, J., & **Penhollow, T.** (March, 2017). Religiosity and sexual behavior in an adolescent population. The American Academy of Health Behavior (AAHB) 17th Scientific Meeting. Tucson, AZ.
- Penhollow, T.**, Hall, M., & Young, M. (November, 2017). Predictors of sexual satisfaction and self-esteem among active older adults. The Society for the Scientific Study of Sexuality (SSSS). Atlanta, GA.
- Young, M., **Penhollow, T.**, Donnelly, J. (November, 2017). A method to evaluate the immediate effects of sexuality programs provided in a single presentation format. The Society for the Scientific Study of Sexuality (SSSS). Atlanta, GA.
- Hall, M., Bergman, R., Williams, R., **Penhollow, T.**, Rhoads, K., & Hunt, B. (March, 2016). Role of perceived discrimination and mental stress in highly ethnically identified individuals. Society of Public Health Educators (SOPHE). Charlotte, NC.
- Young, M., Nnaka, T., & **Penhollow, T.** (February, 2016). Personal religiosity and problem drinking among college students. The American Academy of Health Behavior (AAHB) 16th Scientific Meeting. Ponte Vedra Beach, FL.
- Young, M., Nnaka, T., & **Penhollow, T.** (November, 2015). Perception of person as sexual: Views nursing students have of potential patients. The Society for the Scientific Study of Sexuality (SSSS). Albuquerque, NM.

- Nnaka, T., Young, M. & **Penhollow, T.** (November, 2015). Heavy drinking and hooking-up: Is there a sexual double-standard? The Society for the Scientific Study of Sexuality (SSSS). Albuquerque, NM.
- Penhollow, T.**, Hall, M., Rhoads, K., & Young, M. (November, 2014). Does sexting predict sexual risk taking behavior? American Public Health Association (APHA). New Orleans, LA.
- Young, M., Denny, G., Donnelly, J., & **Penhollow, T.** (November, 2013). Religiosity and sexual behavior in a sample of Hispanic college students. The Society for the Scientific Study of Sexuality (SSSS). San Diego, CA.
- Rhoads, K., & **Penhollow, T.** (April, 2013). The impact of an educational tobacco intervention on college students. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Charlotte, NC.
- Young, M., Denny, G., **Penhollow, T.**, & Donnelly, J. (March, 2013). The relationship between a new measure of religiosity and unsafe/distracted driving behaviors. The American Academy of Health Behavior (AAHB) 13th Scientific Meeting. Santa Fe, CA.
- Palacios, R., Defibaugh-Chavez, S., Somuri, S., Young, M. & **Penhollow, T.** (March, 2013). Do religious commitment and behavioral motivational tendencies mediate differences in risk behavior engagement among different racial/ethnic groups? The 34th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. San Francisco, CA.
- Penhollow, T.**, Denny, G., & Young, M. (November, 2012). Religiosity and anal sex among married college students. The Society for the Scientific Study of Sexuality (SSSS). Tampa, FL.
- Young, M., Denny, G., **Penhollow, T.**, Morris, D., & Palacios, R. (November, 2012). Hiding the word: Examining the relationship between a new measure of religiosity and health behavior. The Society for the Scientific Study of Sexuality (SSSS). Tampa, FL.
- Penhollow, T.**, Young, M., Perez, J., & Palacios, R. (March, 2012). Impact of the Health Belief Model on tobacco use. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Boston, MA.
- Young, M., Donnelly, J., & **Penhollow, T.** (March 2012). Parent-child communication and parent perception of child's future health behavior. The American Academy of Health Behavior (AAHB) 12th Scientific Meeting. Austin, TX.
- Young, M., **Penhollow, T.**, & Perez, J. (November, 2011). Sexual satisfaction in the context of hooking up. The Society for the Scientific Study of Sexuality (SSSS). Houston, TX.
- Young, M., **Penhollow, T.**, & Perez, J. (March, 2011). College student's judgments of others based on described hooking-up and condom provision behaviors. The American Academy of Health Behavior (AAHB) 11th Scientific Meeting. Hilton Head, SC.
- Penhollow, T.**, & Young, M. (November, 2010). Impact of physical fitness and religiosity on hooking up. The Society for the Scientific Study of Sexuality (SSSS). Las Vegas, NV.

- Whitehurst, M., Markil, N., **Penhollow, T.**, & Hartman, M. (June, 2010). Executive control in high and low fit children. American College of Sports Medicine (ACSM) 57th Annual Meeting. Baltimore, MD.
- Allen, H., **Penhollow, T.**, & Young, M. (March, 2010). Pedometers in the curriculum: Enhancing student success through wellness education. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Indianapolis, IN.
- Penhollow, T.**, Graves, S., & Young, M. (April, 2009). Predictors of physical activity and life satisfaction among college students. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Tampa, FL.
- O'Brien, D., & **Penhollow, T.** (April, 2009). Legal and social issues for teachers/coaches: Sex change (transsexualism). National Association for Girls and Women in Sport (NAGWS), AAHPERD National Convention and Exposition. Tampa, FL.
- Young, M., Hussain, M., & **Penhollow, T.** (April, 2009). Impact of Greek membership/influence on student sexual behaviors. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Tampa, FL.
- Jackson, M., Young, M., & **Penhollow, T.** (April, 2009). Using cardiovascular disease risk factors to predict blood glucose levels. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Tampa, FL.
- Young, M., Hussain, M., & **Penhollow, T.** (March, 2009). Sexual satisfaction and sexual attitudes/values in the context of hooking-up. The American Academy of Health Behavior (AAHB) 8th Scientific Meeting. Hilton Head, SC.
- Penhollow, T.**, Young, M., Allen, H., & Carter, N. (April, 2008). Predictors of body satisfaction among college students. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Fort Worth, TX.
- Young, M., **Penhollow, T.**, & Denny, G. (April, 2008). Impact of personal and organizational religiosity on sexual behavior. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Fort Worth, TX.
- Young, M., **Penhollow, T.**, & Bailey, W. (April, 2008). Casual sex and condom use: Is there a double standard? Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Fort Worth, TX.
- Young, M., **Penhollow, T.**, & Bailey, W. (March, 2008). Evaluating those who initiate condom use. The American Academy of Health Behavior (AAHB) 8th Scientific Meeting. Oxnard, CA.
- Stone, K., Dixon, L., Young, M., & **Penhollow, T.** (November, 2007). Body image, body satisfaction, and participation in selected sexual behaviors. The Society for the Scientific Study of Sexuality (SSSS). Indianapolis, IN.

- Young, M., Thompson, P., & **Penhollow, T.** (November, 2007). The Health Belief Model and perception of peer norms as correlates of condom use among college students. The Society for the Scientific Study of Sexuality (SSSS). Indianapolis, IN.
- Penhollow, T.**, & Young, M. (March, 2007). Impact of physical fitness on older adult sexual desirability and sexual performance. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Baltimore, MD.
- Penhollow, T.**, & Young, M. (March, 2007). Quality of life among residents of an active retirement community. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Baltimore, MD.
- Young, M., **Penhollow, T.**, Chambers, R., & Donnelly, J. (March, 2007). Area specific self-esteem and adolescent substance use. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Baltimore, MD.
- Young, M., & **Penhollow, T.** (March, 2007). Predicting sexual satisfaction among college students. The American Academy of Health Behavior (AAHB) 7th Scientific Meeting. Savannah, GA.
- Young, M., **Penhollow, T.**, & Donnelly, J. (November, 2006). Religious variables and sexual behavior among a sample of southern adolescents. The Society for the Scientific Study of Sexuality (SSSS) - 47th Annual Meeting. Las Vegas, NV.
- Hartzell, R., **Penhollow, T.**, Young, M., & Denny, G. (November, 2006). Hot or not? College student willingness to participate in sexual behaviors based on partner attractiveness and occupation. The Society for the Scientific Study of Sexuality (SSSS) - 47th Annual Meeting. Las Vegas, NV.
- Young, M., **Penhollow, T.**, Hartzell, R., & Denny, G. (October, 2006). Adolescent alcohol, tobacco, and other drug use (ATOD), and other socially desirable/undesirable characteristics. The 80th Annual American School Health Association (ASHA). St. Louis, MO.
- Hartzell, R., Young, M., & **Penhollow, T.** (April, 2006). Satisfaction with sexual status among early adolescents. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Salt Lake City, UT.
- Darst, M., Young, M., **Penhollow, T.**, & Hartzell, R. (April, 2006). Support among parents for education regarding healthy lifestyles: Differences between smokers and non-smokers. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Salt Lake City, UT.
- Garlington, L., **Penhollow, T.**, & Young, M. (December, 2005). Comparing parents' support for abstinence education with their support for contraceptive education. School Health Education and Services: 133rd American Public Health Association (APHA) Annual Meeting. Philadelphia, PA.

Penhollow, T., Knickerbocker, C., Fikes, L., & Young, M. (April, 2005). Religious attendance and sexual behavior among college students. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Chicago, IL.

Morris, D., **Penhollow, T.,** & Young, M. (April, 2005). Impact of a knowledge based food-borne illness program on food safety practices among college students. Research Consortium for the AAHPERD/AAHE National Convention and Exposition. Chicago, IL.

Young, M., Denny, G., & **Penhollow, T.** (February, 2005). The relationship of adolescent sexual behavior to other health behaviors. The American Academy of Health Behavior (AAHB) 5th Scientific Meeting. Charleston, SC.

Fikes, L., **Penhollow, T.,** & Young, M. (November, 2004). Abortion attitudes among a college population. The Society for the Scientific Study of Sexuality (SSSS) 46th Annual Meeting. Orlando, FL.

Morris, D., **Penhollow, T.,** Young, M., & Michles, A. (March, 2004). Determining perceived sexual desirability and sexual performance among college students: Does exercise and fitness really matter? The American Academy of Health Behavior (AAHB) 4th Scientific Meeting. Sedona, AZ.

Young, M., Morris, D., **Penhollow, T.,** Knickerbocker, C., & Turner, L. (March, 2004). Predictors of sexual satisfaction: The role of body image and fitness. The American Academy of Health Behavior (AAHB) 4th Scientific Meeting. Sedona, AZ.

Penhollow, T., & Thatcher, W. (March, 2003). Comparison of selected health-risk behaviors between students in public and private high schools in Northwest Florida. The 3rd Scientific Meeting of the American Academy of Health Behavior (AAHB). St. Augustine, FL.

- Honorable Mention Poster Presentation

Regional, State, Local Presentations

Brazendale, K., Graves, S., **Penhollow, T.,** Whitehurst, M., & Pittinger, E. (2014). Children's experiences in physical education and its effects on their physical activity participation outside of school. Southeast American College of Sports Medicine (SEACSM). Buena Vista, FL.

Morris, D., **Penhollow, T.,** Young, M. (June, 2004). The impact of religiosity on sexual behaviors of college students. The Society for the Scientific Study of Sexuality (SSSS) Mid-Continent and Eastern Regions Conference. Madison, WI.

GRANTS

Federal, State, Other Granting Agencies

Penhollow, T. (2008-2019; 2022). Graduate Recruitment Grant. Grant awarded by the Graduate College at Florida Atlantic University, \$1000-\$4000.

Penhollow, T. (2003). Presentation Travel Grant. Comparison of selected health risk behaviors between students in public and private high schools in Escambia County, Florida. Grant awarded by the University of West Florida's Graduate Student Scholarly and Creative Activity Grants Program, \$500.

Penhollow, T., & Thatcher, W. (2001 & 2002). Research Grant. Comparison of selected health-risk behaviors between students in public and private high schools in Escambia County, Florida. Grant awarded by the University of West Florida's Graduate Student Scholarly and Creative Activity Grants Program, \$685; \$500.

HONORS

- Scholar of the Year Award, College of Education at Florida Atlantic University - 2012-2013
- Award for Excellence and Innovation in Undergraduate Teaching, College of Education at Florida Atlantic University - 2009-2010
- Marquis Who's Who in the World - 2009-2015
- Marquis Who's Who in America - 2008-2009 & 2011-2015
- Marquis Who's Who in Science and Engineering - 2011-2012
- Marquis Who's Who of American Women - 2006-2007, 2008-2009, & 2010-2011
- Marquis Who's Who in Medicine and Healthcare - 2009-2010 & 2011-2012
- American Association for Health Education (AAHE) Horizon Award - 2007
- Recognized in Scholar Address, AAHPERD/AAHE National Convention & Exposition. Young, M. (2005). Enhancing research productivity in health education: What, why, and how. AAHE Scholar Address. *American Journal of Health Education*, 36, 338-347.
- Outstanding Doctoral Student in Health Science Award, University of Arkansas - 2005
- Doctoral Academy Fellowship, University of Arkansas - 2003-2006
- Pace Graduate Scholarship, University of West Florida - 2001-2003
- Essay Scholarship, Western Division Credit Union of New York – 1997-1998

III. Service

ESHP DEPARTMENT

- Chair, ESHP Scholarship Committee - 2019 – Present

- Faculty Advisor, Students of Physical & Occupational Therapy (SPOT) Club – Spring 2021 – Present
- Member, ESHP Sustained Performance Evaluation Committee - 2018 – Present
- Member, ESHP Undergraduate Curriculum Committee - 2007 – Present
- Member, ESHP Graduate Curriculum Committee - 2007 – Present
- Chair, ESHP Assistant Professor Search Committee - Fall 2022 – Spring 2023
- Chair, ESHP Assistant Professor Search Committee - Fall 2021 – Spring 2022
- Member, ESHP Promotion and Tenure Committee - Fall 2021
- Member, ESHP Instructor Promotion Committee - Fall 2021
- Member, ESHP Internship Committee - 2007 – Spring 2020
- Member, ESHP Health Promotion Instructor Search Committee - Spring 2018
- Member, ESHP Merit Committee - Summer 2016 – Fall 2016
- Member, ESHP Promotion and Tenure Committee - Fall 2016
- Chair, Undergraduate Instructor Search Committee - Fall 2015 – Spring 2016
- Member, Department Chair Search Committee - Spring 2015
- Faculty Advisor, Exercise Science and Health Promotion Student Club - 2007 – 2014
- Chair, Health Promotion Faculty Search Committee - Spring 2014
- Member, Department Chair Search Committee - Spring 2014
- Member, Exercise Science Faculty Search Committee - Spring 2010
- Member, Department Senior Secretary Search Committee - Spring 2009
- Website Master, Department of ESHP (www.coe.fau.edu/eshp) - 2006 – 2010

COLLEGE OF SCIENCE

- Member, Undergraduate Programs Committee - Fall 2021 – Present

COLLEGE OF EDUCATION

- Chair, COE Research Committee - 2015 – 2019

- Chair, COE Scholarship Committee - 2007 – 2019
- Member, COE Research Committee - 2012 – 2015
- Member, COE Faculty Learning Community Committee - 2012 – 2013
- Archivist, COE Faculty Assembly - 2011 – 2012
- Member, COE International Committee - 2007 – 2012
- Marshall, COE Graduation Commencement - Summer 2011
- Member, COE Technology Committee - 2009 – 2010
- Member, COE Market Equity Committee - Fall 2010
- Member, COE Faculty Learning Community Committee - 2009 – 2010
- Member, COE AIDS Committee - 2008 – 2009
- Member, COE Diversity Committee - 2007 – 2009
- Marshall, COE Graduation Commencement - Spring 2007

UNIVERSITY

- Chair, FAU University Research Committee - Fall 2020 – Present
- FAR (Faculty Activity Report) Training – Spring 2023
- Member, FAU University Research Committee - Fall 2013 – 2020

COMMUNITY

- Research Interview, Experts Warn: Neglecting Nutrition, Exercise can Impact College Students' Health, Social Life and Academic Performance. FAU University Press - Spring 2024: <https://www.upressonline.com/2023/11/experts-warn-neglecting-nutrition-and-exercise-can-impact-college-students-health-social-life-and-academic-performance/>
- Research Interview, The Impact Sport has on Sex: European Study (Germany, Italy, Spain, and France) Search Laboratory - Summer 2022
- Research Interview, NIKE Magazine - Spring 2021: [5 Signs Your Body Needs a Rest and Recovery Day, According to Experts. Nike.com](#)
- Research Interview, Refinery29 - Spring 2019
- Research Interview, Discover Life Magazine - Spring 2019

- Research Interview, Adoptiv - Spring 2018
- Research Interview, Runner's World Magazine - Spring 2017
- Research Interview, Greatist - Spring 2015
- Research Interview, BuzzFeed - Spring 2015
- Research Interview, Women's Health Magazine - Spring 2014
- Research Interview, Women's Health Magazine - Fall 2013
- Research Interview, Cosmopolitan - Fall 2013
- Research Interview, Men's Health Magazine - Summer 2013
- Research Interview, Cosmopolitan Magazine - Spring 2013
- Research Interview, Health Magazine - Spring 2012
- Research Interview, Health.com (CNN) - Spring 2011
- Aging & Sexual Health Presentation, John Knox Village - Spring 2011
- Research Interview, Yoga Journal - Fall 2010
- Research Interview, Women's Health Magazine - Spring 2010
- Research Book Interview, Lucena, R. (2009). Race: Thoughts on the asphalt, reports and training tips (+Corrida: Pensamentos no asfalto, relatos de provas e dicas de treinamento). ISBN: 978-85-7914-098-3, pgs. 120-122 - Fall 2009
- Research Interview, Men's Health Magazine - Fall 2009
- Research Interview, Women's Health Magazine - Spring 2009
- Research Interview, Family Circle Magazine - Spring 2009
- Nutrition Presentation, Gilda's Club of Fort Lauderdale - Fall 2008 & Fall 2010
- Research Interview, Dr. Shari Klinger - Spring 2008
- Research Interview, Reader's Digest, Cynthia Dermody - Fall 2007
- Research Interview, Fitness Magazine Research, Natasha Dillahunt - Fall 2007
- Research Interview, Forbes.com, Rebecca Ruiz - Fall 2007

- Faculty Interview, Fitness and U: Practicum Newsletter - Fall 2007
- Radio Interview, The Performance Nutrition Show with Dr. Jose Antonio - Spring 2007
- Research Interview, Equilíbrio, Brazil's Largest Circulation Newspaper - Fall 2006

PROFESSIONAL/NATIONAL/INTERNATIONAL

- Manuscript Reviewer – *Sexuality Research and Social Policy: Journal of the NSRC* - 2023 – Present
- Manuscript Reviewer - *Journal of American College Health* - 2022 – Present
- Manuscript Reviewer - *International Journal of Reproductive Medicine* - 2019 – Present
- Manuscript Reviewer - *Journal of Psychology and Human Sexuality* - 2018 – Present
- Manuscript Reviewer - *Journal of Science and Medicine in Sport (JSMS)* - 2015 – Present
- Manuscript Reviewer - *American Journal of Health Education (AJHE)* - 2012 – Present
- Manuscript Reviewer - *Journal of Sexuality and Culture (JSC)* - 2014 – 2020
- Manuscript Reviewer - *Journal of Social and Personal Relationships (JOSPR)* - 2012 – 2013
- Manuscript Reviewer - *Journal of Health Psychology (JHP)* - 2011 – 2013
- Manuscript Reviewer - *International Journal for the Psychology of Religion (IJPR)* - 2010 – 2015
- Academic Advisory Board - *Taking Sides: Clashing Views in Health and Society*, McGraw-Hill Higher Education - 2009 – 2019
- Manuscript Reviewer - *Journal of School Health (JOSH)* - 2006 – 2013
- CHES provider referral contact for health education and individual counseling, Arkansas Center for Health Improvement (ACHI) - 2004 – 2006
- CHES Exam Administrator, University of Arkansas - 2003 – 2006

PROFESSIONAL AFFILIATIONS

- American Academy of Health Behavior (AAHB)
- Society for the Scientific Study of Sexuality (SSSS)