

SHANNON N. SPEED
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EDUCATION

Miami University, Oxford, OH **August 2022**

Doctor of Philosophy, Interdisciplinary Studies – Public Health
Dissertation Title: *Development and Initial Validation of Drunkorexia and Theory of Planned Behavior (TPB) Scale*
Dissertation Supervisor: Dr. Rose Marie Ward
*Graduate Certificate in College Teaching
*Graduate Certificate in Applied Statistics

August 2021
December 2022

Miami University, Oxford, OH **2019**

Masters of Science, Kinesiology and Health – Public Health
Thesis Title: *Food and Alcohol Disturbances Behaviors and Mindfulness Among College Students*
Dissertation Supervisor: Dr. Rose Marie Ward

Old Dominion University, Norfolk, VA **2015**

Masters of Public Administration
Concentration: Non-Profit Management

Towson University, Towson, MD **2013**

Bachelors of Science
Majors: Political Science, Mass Communications

RESEARCH AND TEACHING INTERESTS

Health Promotion
Public Health
Substance and Alcohol Use
Health Psychology & Sociology

TEACHING EXPERIENCE

Visiting Assistant Instructor **2021-Present**

Miami University of Ohio, Kinesiology, Nutrition and Health, Oxford, OH

- Develop curriculum in various health and wellness related topics.
- Instruct classroom lecture, activities, and group work.
- Mentor and lead undergraduate and graduate students in courses and research projects.
- Grade and provide feedback on assignments.
- Teach hybrid or fully online as well as face-to-face courses.
- Create supplemental instructional materials
- Accurately evaluate students' progress
- Remain current on the subject material related to public health
- Research and publishing

- Present research
- Lead and direct research in the public health field

Adjunct Instructor

2017 – 2021

Miami University of Ohio, Kinesiology, Nutrition and Health, Oxford, OH

- Developed curriculum in various health and wellness related topics.
- Instructed classroom lecture, activities, and group work.
- Mentored and lead undergraduate students.
- Graded and provided feedback on assignments.

Miami University, Kinesiology and Health

Spring 2022

KNH 462/562: Public Health Planning and Evaluation – undergraduate/graduate – 40 students – 3 credits

Public Health Planning and Evaluation (3) Introduction to current models of health education programming and the issues and trends therein. Provides knowledge and skills needed to plan, implement, and evaluate health education programs.

KNH/IES 441/541 Environmental Health – undergraduate/graduate – 110 students – 3 credits

**Spring 2022
Fall 2021**

This course is a study of the effects of human-made and natural physical, biological, and chemical agents on human health. The course explores the interaction of population health, demographics, and environmental determinants of disease. The course covers the basic principles of epidemiology, exposure, risk characterization, disease pathogenesis, and diagnostic testing, as well as the public works and regulatory controls used to limit exposure.

KNH 177/277/377/477/620: Independent Study – undergraduate and graduate – 1-3 credits

**Fall 2021
Spring 2022**

Independent study is a course taken with ongoing supervision by the instructor for rigorous learning and knowledge enhancement in a particular area of interest beyond the courses offered. Enrollment in an independent study becomes part of the student's academic load.

KNH 221: Social Marketing in Public Health – undergraduate – 50 students – 3 credits

Fall 2021

An Independent Studies are courses taken with ongoing supervision by the instructor for rigorous learning and knowledge enhancement in a particular area of interest related to public health topics (e.g., alcohol, substance use, physical activity, health theory), beyond the courses offered in the program.

KNH 125: Introduction to Public Health – undergraduate – 45 students – 3 credits

**Fall 2020
Spring 2021
Fall 2021
Spring 2022**

Public health is a multi-disciplinary field aimed at reducing preventable morbidity and premature mortality and promoting a higher quality of life in populations and groups through health intervention. This course is designed to introduce the basic tenets, applications, and foci of public health, including integrating public health with other health professions. It will provide a history of public health, an overview of the core disciplines, current events and issues in the field.

Fall 2019

KNH 402: Senior Capstone – undergraduate – 30 students – 3 credits
Critical Reflection on Practices in Health and Physical Culture (3) MPC Engages collaborative groups of students and faculty in problem-based and/or community Service-Learning initiatives related to health and the culture of physical activity. Students work in teams to critically analyze a social need or problem and develop a reflective action plan for the community based on that need. Prerequisite: senior standing.

KNH 120: Aerobics – undergraduate level – 20 students – 2 credits
Fitness program consisting of rhythmic activities to develop cardiovascular conditioning and flexibility.

**Spring 2019
Fall 2019**

Miami University, Educational Leadership

Fall 2017

EDL 110: The University and the Student – undergraduate level – 30 students – 1 credit

Helps students understand how the university operates and how its resources can be used to develop their educational goals. Taught in seminar style; designed to help develop personal relationships among students and instructor. For freshmen only
Health and Wellness Living Learning Community (LLC) students only.

PUBLICATIONS

Oswald, B., Ward, R. M., Glazer, S., Sternasty, K., Day, K., & **Speed, S.** (2020). Baseline cortisol predicts drunkorexia in female but not male college students. *American Journal of College Health*. doi: 10.1080/07448481.2019.1705834

Guo, Y., Ward, R. M., **Speed, S. N.** (2019). Alcohol-Related Social Norms Predict More than Alcohol Use: Examining the Relation between Social Norms and Substance Use. *Journal of Substance Use*, 258-263. doi: 10.1080/14659891.2019.1675791

PUBLICATIONS IN PREPARATION

Speed, S., & Ward, R. M. (submitted 6/10/21). Drunkorexia and Trait Mindfulness Among College Students.

Speed, S., Branscum, P., & Gresla, A. (submitted 8/27/2021). Comparing Determinants of Physical Activity Participation Between Normal and Overweight Military Spouses.

Speed, S., Ward, R. M., Haus, L., Branscum, P., Budd, K. M., Barrios, V. (*in preparation*). Systematic Review: Compensatory Eating and Behaviors in Response to Alcohol Consumption Scale (CEBRACs) (Rahal et al., 2012) and Drunkorexia Behaviors and Motives (Ward & Galante, 2015).

Speed, S., Ward, R. M., Stackpole, L., Haus, L., Branscum, P., Budd, K. M., Barrios, V. (*in preparation*). Drunkorexia and the Theory of Planned Behavior: Development of a TPB and Drunkorexia Behaviors and Motives Measure

Speed, S., Ward, R. M., Branscum, P., Budd, K. M., Barrios, V. (*in preparation*). Drunkorexia and alcohol included blackouts among college students.

Ward, R. M., Steel, E. L., **Speed, S.,** Guo, Y., Miljkovic, K., & Cefalo, J. (submitted 8/6/21). Development of an Alcohol-Related Academic Consequence Measure.

Guo, Y., Ward, R.M., **Speed, S.,** Legreaux, S., Cefalo, J., & Miljkovic, K. (submitted 7/3/2021). Examining alcohol-related social norms among international and domestic students in the united states.

PRESENTATIONS

Speed, S. N., & Ward, R. M. (November, 2019). Drunkorexia behaviors and mindfulness among college students. Poster presentation at the Graduate Student Research Forum, Miami University, Oxford, OH.

Speed, S. N., & Ward, R. M. (March, 2018). Drunkorexia behaviors and mindfulness among college students. Oral presentation at the Three Minute Thesis (3MT®), Miami University, Oxford, OH.

Speed, S. N., & Ward, R. M. (November, 2017). Drunkorexia behaviors and mindfulness among college students. Oral presentation at the Graduate Research Forum, Miami University, Oxford, OH.

Ward, R. M., **Speed, S.,** & Guo, Y. (March, 2021). Development and Validation of an Alcohol-Related Academic Consequences Measure. Poster Presentation at the American Academies of Health Behavior - virtual conference.

Ward, R. M., Guo, Y., **Speed, S. N.,** Sherrard, L., & Sohns, E. (March, 2019). Examining Alcohol-Related Blackouts and Sexual Assault in the Context of Drinking to Cope. Oral Presentation at the American Academy of Health Behavior, Greenville, SC.

Ying, G., Ward R. M., & **Speed, S. N.** (June, 2018). Alcohol-related Norms Predict More than Alcohol Use: Emotion Regulation, Resilience, Social Norms, and Substance Use. Oral presentation at the Research Society on Alcoholism, San Diego, CA.

RECOGNITION, HONORS & AWARDS

Second Place , Three Minute Thesis (3MT®) <i>Drunkorexia and Mindfulness Among College Students</i> Miami University, Oxford, Ohio	2018
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People's Choice , Three Minute Thesis (3MT®) <i>Drunkorexia and Mindfulness Among College Students</i> Miami University, Oxford, Ohio	2018
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Oral Presentation Winner , Graduate Student Research Forum, <i>Drunkorexia and Mindfulness Among College Students</i> Miami University, Oxford, Ohio	2017
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PROFESSIONAL ASSOCIATIONS AND MEMBERSHIPS

American Academy of Health Behavior (AAHB)	2018 – present
Research Society on Alcoholism (RSA)	2017 – present
Ohio Recreational Sports Association (ORSA)	2015 – 2019
National Intramural-Recreational Sports Association (NIRSA)	2013 – 2019

SERVICE

Faith & Fitness, Campus Advisor <i>Miami University, Oxford, OH</i>	2021 - present
Interpersonal Violence Research Group <i>Miami University, Oxford, Ohio</i>	2018 – 2021
Barlife Calisthenics Club, Campus Advisor <i>Miami University, Oxford, Ohio</i>	2018 – present
The Body Project, Staff Educator <i>Miami University, Oxford, Ohio</i>	2017 – present
Ohio Recreation and Sports Administration <i>Professional Development Committee</i>	2017 – 2018
Mental Health Ally <i>Miami University, Oxford, Ohio</i>	2016 – present