

Curriculum Vitae  
**Lindsay Powell Toth, Ph.D., ACSM-EP**  
Assistant Professor, Kinesiology  
University of North Florida  
Department of Clinical and Applied Movement Sciences  
1 UNF Drive, Jacksonville, FL 32224  
(904) 620-4284 | L.toth@unf.edu

## **EDUCATION**

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- 2015 – 2019 **Ph.D. Kinesiology, The University of Tennessee, Knoxville, TN**  
Concentration: Exercise Physiology  
Cognate: Public Health  
Minor: Epidemiology  
DISSERTATION: A Two-Part Study of Step Counter Accuracy and Ecological Momentary Assessment of Correlates to Total Physical Activity in Phase II Cardiac Rehabilitation Patients  
ADVISORS: David R. Bassett Jr., Ph.D.  
Kelley Strohacker, Ph.D.
- 2012 – 2014 **M.S. Exercise and Sports Medicine, Western Michigan University, Kalamazoo, MI**  
Concentration: Exercise Physiology  
THESIS: Comparison of the Omron and Fitbit Accelerometer Accuracy  
ADVISOR: Timothy Michael, Ph.D.
- 2008 – 2012 **B.S. Dual Degrees: Fitness Management and Sports Management (*Summa Cum Laude*), Barton College, Wilson, NC**

## **PROFESSIONAL EXPERIENCE**

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### **2019 – Present**

#### **Assistant Professor (Tenure track)**

Department of Clinical and Applied Movement Sciences, Brooks College of Health  
*University of North Florida, Jacksonville, FL*

#### **Graduate Courses Taught**

APK 6127C: Human Physiological Assessment  
APK 6235C: Physical Activity Measurement in Research and Medicine  
PHT 6153: Human Physiology

#### **Undergraduate Courses Taught**

APK 4125: Exercise Prescription  
APK 4165: Bioenergetics  
PET 4905: Independent Study in Exercise Science

## **2015 – 2019**

### **Graduate Teaching Associate**

Department of Kinesiology, Recreation and Sport Studies, College of Education, Health, and Human Sciences

*The University of Tennessee, Knoxville TN*

### **Undergraduate Courses Taught**

KNS 414: Fitness Testing and Exercise Prescription Laboratory

KNS 480: Physiology of Exercise Laboratory

### **Guest Lectures**

KNS 350: Physical Activity Epidemiology                      Topic: Step Counting

KNS 380: Special Topics: Special Populations            Topic: Mental Illness

KNS 380: Special Topics: Physiology of Athletes        Topic: Energy Cost of Human Locomotion

KNS 414: Fitness Testing and Exercise Prescription    Topic: Sedentary Behavior

KNS 414: Fitness Testing and Exercise Prescription    Topic: Exercise and Aging

KNS 480: Physiology of Exercise                            Topic: Skeletal Muscle

PUBH 530: Biostatistics                                        Topic: Meta-Analysis

## **2014 – 2015**

### **Faculty Specialist 1**

Department of Human Performance and Health Education, College of Education and Human Development

*Western Michigan University, Kalamazoo MI*

### **Undergraduate Courses Taught**

HPHE 3960: Principles for Strength and Conditioning

HPHE 3970: Sports and Exercise Nutrition

HPHE 4440: Professionalism in Exercise Science

HPHE 4450: Exercise Testing and Prescription

## **2012 – 2014**

### **Graduate Teaching Assistant**

Department of Human Performance and Health Education, College of Education and Human Development

*Western Michigan University, Kalamazoo MI*

### **Undergraduate Courses Taught**

HPHE 2950: Functional Anatomy and Biomechanics Lab

PEGN 1030: Aerobic Exercise

PEGN 1600: Tennis

PEGN 1750: Wall Climbing Techniques

PEGN 1720: Circuit Fitness  
PEGN 1730: Jogging  
PEGN 1740: Walking  
PEGN 1760: Racquet Sports  
PEGN 1770: Climbing Techniques

### **January 2014 – June 2015**

**Track and Field and Cross-Country Head Coach**  
Galesburg-Augusta High School, Galesburg, MI

### **May 2013 – August 2014**

**Health Fitness Specialist**  
MediFit Corporation, Kalamazoo, MI

### **June – August 2012**

**Sports Physiology Intern**  
Michael Johnson Performance, SPIRE Institute, Geneva, OH

### **May – August 2011**

**Strength and Conditioning Intern**  
Raleigh Orthopedic Clinic, Raleigh, NC

## **RESEARCH AND SCHOLARLY ACTIVITY**

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# Published with graduate students  
\* Published with undergraduate students

### **Publications**

#### **Refereed Journal Articles**

1. Boyer, WR, Auge, R, **Toth, LP**, Churilla, JR, Fitzhugh, EC. The role of resistance training in influencing insulin resistance among adults living with obesity/overweight without diabetes: A systematic review and meta-analysis. *Obesity Research & Clinical Practice*. 2023; accepted. Impact factor: 5.214
2. Boyne, C<sup>#</sup>, Johnson, TM, **Toth, LP**, Richardson, MR, Churilla, JR. Sedentary time and prescriptions medication use among United States adults: 2017-2018 NHANES. *Journal of Physical Activity and Health*. 2023; ahead of print. Impact factor: 3.000

3. Strohacker, K., **Toth, LP**, Sheridan, LF\*. Tracking of walking and running for exercise: Alignment between ecological momentary assessment and accelerometer-based estimates. *Journal for the Measurement of Physical Behaviour*. 2022; 5(3): 156-167. Impact factor: Journal is <6 years old, awaiting impact factor.
4. Henderson, CE, **Toth, LP**, Kaplan, AS, Hornby, TG. Step count accuracy during poststroke physical therapy and simulated activities. *Translational Journal of the American College of Sports Medicine*, 2022; 7(1): e000186. Impact factor: Journal is <6 years old, awaiting impact factor.
5. Conger, SA, **Toth, LP**, Cretsinger, C\*, Raustorp, A, Mitáš, J, Inoue S, Bassett, DR. Time trends in physical activity using wearable devices: Systematic review and meta-analysis of studies in children, adolescents, and adults 1995-2017. *Medicine & Science in Sports & Exercise*, 2021; 54(2): 288-298. Impact factor: 6.289
6. Boyer, WR, Bassett, DR, Fitzhugh, EC, Milano, A, Churilla, JR, **Toth, LP**, Richardson, MR. Accelerometer-measured physical activity and cardiometabolic risk factors by race-ethnicity: 2003-2006 NHANES. *Journal of Racial and Ethnic Health Disparities*, 2022; 9(5): 1607-1615. Impact factor: 3.524
7. Park, S, Marcotte, RT, **Toth, LP**, Paulus, P, Lauricella, L., Kim, AH, Crouter, SE, Springer, CM, Staudenmayer, JW, Bassett, DR. Free-living validation and harmonization of 10 wearable step count monitors. *Translational Journal of the American College of Sports Medicine*, 2021; 6(4): e000172. Impact factor: Journal is <6 years old, awaiting impact factor.
8. Hornbuckle, LM, Rauer, A, Winters-Stone, KM, Springer, C, Jones, CS, **Toth, LP**. Better together? A pilot study of romantic partner influence on exercise adherence and cardiometabolic risk in African-American couples. *Journal of Racial and Ethnic Health Disparities*, 2021; 8(6): 1-13. Impact factor: 3.524
9. Park, S, **Toth, LP**, Crouter, SE, Springer, CM, Marcotte, RT, Bassett, DR. Effect of monitor placement on the daily step counts of wrist and hip activity monitors. *Journal for the Measurement of Physical Behaviour*. 2020; 3(2): 164-169. Impact factor: Journal is <6 years old, awaiting impact factor.
10. Park, S, **Toth, LP**, Hibbing, PR, Springer, CM, Kaplan, AS, Feyerabend, MD, Crouter, SE, Bassett, DR. Dominant vs non-dominant wrist placement of activity monitors: Impact on steps per day. *Journal for the Measurement of Physical Behaviour*. 2019; 2(2):118-123. Impact factor: Journal is <6 years old, awaiting impact factor.
11. **Toth, LP**, Park, S, Pittman, WL, Sarisaltik, D, Hibbing, PR, Morton, AL, Springer, CM, Crouter, SE, Bassett, DR. Effect of brief intermittent walking bouts on step count accuracy of wearable devices. *Journal for the Measurement of Physical Behaviour*. 2019; 2(1): 13-21. Impact factor: Journal is <6 years old, awaiting impact factor.

12. **Toth, LP**, Park, S, Springer, CM, Feyerabend, MD, Steeves, JA, Bassett, DR. Video-recorded validation of wearable step counters under free-living conditions. *Medicine & Science in Sports & Exercise*. 2018; 50(6): 1315-22. Impact factor: 3.378
13. **Toth, LP**, Park, S, Pittman, WL, Sarisaltik, D, Hibbing, PR, Morton, AL, Springer, CM, Crouter, SE, Basset, DR. Validity of activity tracker step counts during walking running, and activities of daily living. *Translational Journal of the American College of Sports Medicine*. 2018;3(7); 52-9. Impact factor: Journal is <6 years old, awaiting impact factor.
14. LaMunion, SR, Bassett, DR, **Toth, LP**, Crouter, SE. The effect of body placement site on ActiGraph wGT3X-BT activity counts. *Biomedical Physics & Engineering Express*. 2017; 3(3): 1-7. Impact factor: 0.712
15. **Toth, LP**, Bassett, DR, Crouter, SE, Overstreet, BS, LaMunion, SR, Park, S, Notta, SN, Springer, CM. StepWatch accuracy during walking, running, and intermittent activities. *Gait & Posture*. 2017; 52: 165-70. Impact factor: 2.469
16. Bassett, DR, **Toth, LP**, LaMunion, SR, Crouter, SE. Step counting: A review of measurement considerations and health-related applications. *Sports Medicine*. 2016; 47(7): 1303-15. Impact factor: 6.832

### **Manuscript Under Review**

1. **Toth, LP**, Paluch, AE, Bassett, DR, Rees-Punia, E, Eberl, E, Park, S, Evenson, KR. Comparative analysis of ActiGraph step counting methods: A systematic literature review and meta-analysis. Submitted: *Medicine & Science in Sports & Exercise*. Impact factor: 6.289

### **Manuscripts in Preparation**

1. Benitez, CJ<sup>#</sup>, Gomez, A\*, **Toth, LP**. Heart rate recovery and step count accuracy of research-and consumer-grade wearable activity monitors during gym-based aerobic activities. Target Journal: *Journal for the Measurement of Physical Behaviour*.
2. Paluch, AE, **Toth, LP**, Rees-Punia, E, Eberl, E, Park, S, Evenson, KR, Bassett, DR. Harmonization of daily step counts across research- and consumer-grade activity monitors: A systematic review and meta-analysis. Target Journal: *Medicine & Science in Sports & Exercise*.
3. **Toth, LP**, Crouter, SE, Springer, CM, Bassett, DR. Step count error of activity monitors for patients in phase II cardiac rehabilitation. Target journal: *Journal of Cardiopulmonary Rehabilitation and Prevention*.

4. **Toth, LP**, Crouter, SE, Ehrlich, SF, Strohacker, K. Using ecological momentary assessment to explore anxiety and physical activity for patients in phase II cardiac rehabilitation. Target journal: *Journal of Cardiovascular Nursing*.

### **Non-Peer Reviewed Publications**

1. Conger, SA, Bassett, DR, **Toth, LP**. A boom in fitness trackers isn't leading to a boom in physical activity – men, women, kids, and adults in developed countries are all moving less. *The Conversation*. 4 May 2022. Available from: <https://theconversation.com/a-boom-in-fitness-trackers-isnt-leading-to-a-boom-in-physical-activity-men-women-kids-and-adults-in-developed-countries-are-all-moving-less-177900>
2. Sheridan, LF, **Toth, LP**, Strohacker, K. Feasibility of using participant-owned smartphone features to conduct ecological momentary assessment of planned exercise behavior in college-aged adults. *Pursuit - Undergraduate Research Journal at the University of Tennessee*. 2019; 9(1): 1-11.
3. **Toth, LP**, Park, S, Bassett, DR. Response to validation of step counters in the free-living context: Response. (Letter to the Editor). *Medicine & Science in Sports & Exercise*. 2018; 50(10): 2181.
4. Hibbing, PR, LaMunion, SR, **Toth, LP**. Fitness trackers can be fashionable and functional. *ACSM Fit Society Page*. 2017; 19(3): 3-4.

### **Abstracts and Presentations**

#### **International**

1. Benitez, CJ<sup>#</sup>, Gomez, A\*, **Toth, LP**. Accuracy of consumer grade wearable activity monitors for step count and heart rate recovery following aerobic exercise. Poster presentation: *International Conference on Ambulatory Monitoring of Physical Activity and Movement*. Keystone, CO. June 2022. *Journal for the Measurement of Physical Behaviour*. 2022; 5(4): 321. DOI: <https://doi.org/10.1123/jmpb.2022-0032>
2. Paluch, AM, Eberl, E, Evenson, K, Rees-Punia, E, Park, S, **Toth, LP**, Bassett, DR. Device Comparison of free-living steps per day: A systematic review and meta-analysis. Oral presentation: *International Conference on Ambulatory Monitoring of Physical Activity and Movement*. Keystone, CO. June 2022. *Journal for the Measurement of Physical Behaviour*. 2022; 5(4): 309-310. DOI: <https://doi.org/10.1123/jmpb.2022-0032>
3. Conger, SA, **Toth, LP**, Cretsinger, C, Raustorp, A, Mitáš, J, Inoue S, Bassett, DR. Time trends in physical activity using wearable devices: Systematic review and meta-analysis of studies in children, adolescents, and adults 1995-2017. Poster presentation: *International Conference on Ambulatory Monitoring of Physical Activity and Movement*. Virtual conference. June 2021. *Journal for the Measurement of Physical Behaviour*. 2021; 4(S1): S12. DOI: <https://doi.org/10.1123/jmpb.2021-0036>

4. **Toth, LP**, Sheridan, LF, Strohacker, K. Confirmation of EMA self-reported ambulatory exercise bouts. Poster presentation: *International Conference on Ambulatory Monitoring of Physical Activity and Movement*. Maastricht, Netherlands. June 2019.
5. **Toth, LP**, Pittman, WL, Sarasaltik, D, Morton, AL, Park, S, Bassett, DR. Criterion validity of consumer and research grade activity monitors during brief, intermittent walking bouts. Oral presentation: *International Conference on Ambulatory Monitoring of Physical Activity and Movement*. Bethesda, MD. June 2017
6. Kaplan, AS, **Toth, LP**, Hibbing, PR, Morton, AM, Park, S, Pittman, WL, Sarisaltik, D, Bassett, DR, Crouter, SE. Sources of Error for Wearable Step Counters. Poster presentation: *International Conference on Ambulatory Monitoring of Physical Activity and Movement*. Bethesda, MD. June 2017.

### National Presentations

1. Boyne, CA<sup>#</sup>, **Toth, LP**, Johnson, TM, Richardson, MR, Churilla, JR. Association between objectively-measured sedentary time and self-reported prescription medications in adults: A pilot study. *American College of Sports Medicine Annual Meeting*. Denver, CO. May 2023. (accepted)
2. Park, S, Marcotte, RT, **Toth, LP**, Paulus, P, Lauricella, L., Kim, AH, Crouter, SE, Springer, CM, Staudenmayer, JW, Bassett, DR. Free-living validation and harmonization of 10 wearable step count monitors. *American College of Sports Medicine Annual Meeting*. Virtual meeting. June 2021. *Medicine & Science in Sports & Exercise*. 2020; 53(8S):215. DOI: <https://doi.org/10.1249/01.mss.0000761552.94375.75>
3. **Toth, LP**, Crouter, SE, Springer, CM, Bassett, DR. Step count error of activity monitors for patients in phase II cardiac rehabilitation. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 2020. *Medicine & Science in Sports & Exercise*. 2020;52(7S):1105. DOI: <https://doi.org/10.1249/01.mss.0000687688.55893.16>
4. Boyer, WR, Richardson, MR, Churilla, JR, **Toth, LP**, Fitzhugh, EC, Bassett, DR. Do cardiometabolic risk profiles differ across race-ethnic groups? An analysis of the most active U.S. adults in the 2003-2006 NHANES. American Heart Association Epidemiology and Prevention | Lifestyle and Cardiometabolic Health Scientific Sessions. Phoenix, AZ, March 2020. *Circulation: Journal of the American Heart Association*. 2020;141(S1). DOI: [https://doi.org/10.1161/circ.141.suppl\\_1.P228](https://doi.org/10.1161/circ.141.suppl_1.P228)
5. **Toth, LP**, Sheridan, LF, Strohacker, K. Confirmation of EMA self-reported ambulatory exercise bouts. Thematic poster presentation: American College of Sports Medicine Annual Meeting, Orlando, FL, May 2019. *Medicine & Science in Sports & Exercise*. 2019;51(6):895. DOI: <https://doi.org/10.1249/01.mss.0000563176.49074.fd>

6. Park, S, **Toth, LP**, Hibbing, PR, Springer, CM, Kaplan, AS, Feyerabend, MD, Crouter, SE, Bassett, DR. Dominant vs non-dominant wrist: A comparison of steps per day. Poster presentation: American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 2018. *Medicine & Science in Sports & Exercise*. 2018;50(5s):296. DOI: <https://doi.org/10.1249/01.mss.0000536059.20621.d0>
7. **Toth, LP**, Park, S, Springer, CM, Feyerabend, MD, Steeves, JA, Bassett, JR. Video-recorded validation of wearable step counters under free-living conditions. Oral presentation: American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 2018. *Medicine & Science in Sports & Exercise*. 2018;50(5s):261. DOI: <https://doi.org/10.1249/01.mss.0000535946.47131.ae>
8. LaMunion, SR, Bassett, DR, **Toth, LP**, Crouter, SE. Effect of wear location on ActiGraph activity counts. Poster presentation: American College of Sports Medicine Annual Meeting. Denver, CO. May 2017. *Medicine & Science in Sports & Exercise*. 2017;49(5s):643-4. DOI: <https://doi.org/10.1249/01.mss.0000518693.36595.09>
9. Park, S, **Toth LP**, Pittman, WL, Sarasaltik, D, Morton, AL, Bassett, DR. Sources of error in wearable step counters. Poster presentation: American College of Sports Medicine Annual Meeting. Denver, CO. May 2017. *Medicine & Science in Sports & Exercise*. 2017;49(5s):366. DOI: <https://doi.org/10.1249/01.mss.0000517884.60773.a2>
10. **Toth, LP**, Pittman, WL, Sarasaltik, D, Morton, AL, Park, S, Bassett, DR. Step count filters in wearable step counters. Poster presentation: American College of Sports Medicine Annual Meeting. Denver, CO. May 2017. *Medicine & Science in Sports & Exercise*. 2017;49(5S):366. DOI: <https://doi.org/10.1249/01.mss.0000517885.68396.5b>
11. Bassett, DR, **Toth, LP**, Notta, S, Overstreet, BS, Crouter, SE. Effects of sensitivity settings on StepWatch accuracy from 26.8 and 268 m/min. Poster presentation: American College of Sports Medicine Annual Meeting. Boston, MA. May 2016. *Medicine & Science in Sports & Exercise*. 2016;48(5S):102. DOI: <https://doi.org/10.1249/01.mss.0000485311.77920.7c>
12. **Toth, LP**, Notta, S, Overstreet, BS, Crouter, SE, Bassett, DR. Effects of cadence settings on StepWatch accuracy between 26.8 and 268 m/min. Poster presentation: American College of Sports Medicine Annual Meeting. Boston, MA. May 2016. *Medicine & Science in Sports & Exercise*. 2016;48(5S):102. DOI: <https://doi.org/10.1249/01.mss.0000485311.77920.7c>

### Regional or State Presentations

1. Benitez, CJ#, Gomez, A\*, **Toth, LP**. ActiGraph and StepWatch step count comparisons following gym-based aerobic exercises. Poster presentation: SEACSM Annual Meeting, Greenville, SC, February 2023.



2. Schwartz, AN, **Toth, LP**, Parr, BB. Building your career identity: Professional development for exercise science students. SEACSM Annual Meeting, Jacksonville, FL, February 2020. Oral presentation: SEACSM Annual Meeting, Jacksonville, FL, February 2020.
3. **Toth, LP**, Sheridan, LF, Strohacker, K. Confirmation of EMA self-reported ambulatory exercise bouts. Oral presentation: SEACSM Annual Meeting, Greenville, SC, February 2019.
4. Park, S, **Toth, LP**, Hibbing, PR, Kaplan, AK, Feyerabend, MD, Springer, CM, Crouter, SC, Bassett, DR. Dominant vs non-dominant wear: A comparison of steps per day. Poster presentation: SEACSM Annual Meeting, Chattanooga, TN, February 2018.
5. **Toth, LP**, Park, S, Springer, CM, Feyerabend, MD, Steeves, JA, Bassett, DR. Video validation of wearable step counters. Poster presentation: SEACSM Annual Meeting, Chattanooga, TN, February 2018.
6. LaMunion, SR, Bassett, DR, **Toth, LP**, Crouter, SE. Effect of wear location on ActiGraph activity counts. Poster presentation: SEACSM Annual Meeting, Greenville, SC, February 2017.
7. **Toth, LP**, Bassett, DR, Crouter, SE, Overstreet, BS, LaMunion, SR, Park, S, Notta, S, Springer, CM. Accuracy of modified StepWatch cadence and sensitivity settings during intermittent lifestyle activities. Poster presentation: SEACSM Annual Meeting, Greenville, SC, February 2017.
8. **Toth, LP**, Weideman, CA, Michael, TJ, Miller, MG. A Comparison of Accuracy for the Dual-Axial Omron and Tri-Axial Fitbit Accelerometers. Poster presentation: Midwest ACSM Regional Chapter Annual Meeting, Merrillville, IN. November 2014.
9. **Toth, LP**, Lievens, KK, Fulks, JS. Effect of Vision Changes on Balance in the Aging Population and Sample Balance Protocol. Poster presentation: Southern Gerontological Society annual meetings, Charlotte, NC. April 2013.
10. O'Donoghue, J, Fulks, JS, Harper, A, **Toth, LP**, Todaro, H. Emerging Trends in Musculoskeletal Injuries in the Aging Population: Considerations for Working with the Young-Old and the Old-Old. Poster presentation: Annual Training Conference, Southeastern Association of Area Agencies on Aging, Asheville, NC. September 2012.
11. O'Donoghue, J, Fulks, JS, **Toth, LP**, Brown, O. Health and Fitness Recommendations for Individuals with Varying Degrees of Dementia. Poster presentation: North Carolina Conference on Aging, Charlotte, NC. October 2011.

12. O'Donoghue, J, Fulks, JS, **Toth, LP**, Jackson, J. Usage Guidelines and Precautions for the Use of Resistance Equipment: The Impact of the Baby Boom Generation. Poster presentation: North Carolina Conference on Aging, Charlotte, NC. October 2011.
13. O'Donoghue, J, Fulks, JS, **Toth, LP**, Casto, C. A Strong Combination: Blending Gerontology, Exercise Science, and Athletic Training. Poster presentation: Southern Gerontological Society Annual Meeting, Raleigh, NC. April 2011.

### **Local Presentations**

1. Gomez, A\*, Kilby, ED\*, Zahra, SY\*, **Toth, LP**. Accuracy of wearable activity monitors for estimating VO<sub>2</sub>max. Poster presentation: Showcase of Osprey Advancements in Research and Scholarship (SOARS). University of North Florida, Jacksonville, FL, April 2023.
2. Gomez, A\*, Poole, A\*, Elemam, L\*, Benitez, CJ<sup>#</sup>, **Toth, LP**. Step count validity of consumer grade wearable activity monitors during aerobic exercise activities. Poster presentation (virtual): Showcase of Osprey Advancements in Research and Scholarship (SOARS). University of North Florida, Jacksonville, FL, April 2022.
3. Benitez, CJ<sup>#</sup>, **Toth, LP**. Heart rate validity of consumer grade wearable activity monitors following aerobic exercise. Poster presentation (virtual): Showcase of Osprey Advancements in Research and Scholarship (SOARS). University of North Florida, Jacksonville, FL, April 2022.
4. **Toth, LP**, Park, S, Springer, CM, Feyerabend, MD, Steeves, JA, Bassett, DR. Video-recorded validation of wearable step counters under free-living conditions. Oral presentation: Graduate Student Research Colloquium. The University of Tennessee, Knoxville, TN, March 2018.
5. **Toth, LP** and Strohacker, K. Validating ecological momentary assessment ambulatory exercise bouts. Oral presentation: Women in STEM Research Symposium. The University of Tennessee, Knoxville, TN, March 2018.
6. **Toth, LP**, Pittman, WL, Sarasaltik, D., Morton, AL, Park, S, Bassett, DR. Criterion validity of consumer and research grade activity monitors during brief, intermittent walking bouts. Oral presentation: Women in STEM Research Symposium. The University of Tennessee, Knoxville, TN, March 2017.

### **HONORS AND AWARDS**

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Nominated: Undergraduate Research Mentor of the Year

2023

University of North Florida Office of Undergraduate Research,  
Jacksonville, FL

Nominated: Outstanding Undergraduate Teaching Award University of North Florida Faculty Association, Jacksonville, FL	2022, 2023
Student Poster Award, International Conference on Ambulatory Monitoring of Physical Activity and Movement Maastricht, Netherlands.	2019
Chancellor's Fellowship Award The University of Tennessee, Knoxville	2015 – 2019
Graduate Student Research Colloquium Travel Award The University of Tennessee, Knoxville College of Education	2018
Student Poster Presentation Award (Master's) Midwest American College of Sports Medicine Annual Meeting	2014
Graduate Teaching Effectiveness Award Western Michigan University, Kalamazoo, MI	2014
Outstanding Fitness Management Major Award Barton College, Wilson, NC	2012

## **GRANTS**

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### **Funded Professional Grants**

02/2023 – 02/2026	Brooks College of Health Dean's Research Professorship University of North Florida, Jacksonville, FL Role: Co-Investigator (PI: Jessica Stapleton, Ph.D.) Title: <i>Exercise is Medicine On-Campus at UNF: An Integrative Healthcare System</i> Total award: \$33,000
01/2023 – 09/2023	Shared Research, Scholarship, and Creative Activities Grant University of North Florida, Jacksonville, FL Role: Co-Investigator: (PI: Guilherme Cesar, Ph.D.) Title: <i>Biomechanical Equipment for Collaborative Multidisciplinary Work towards the Evaluation of Human Movement</i> Total award: \$182,705.00
02/2021 – 02/2024	Brooks College of Health Research Professorship Brooks Rehabilitation, Jacksonville, FL Role: Co-Investigator (PI: Cynthia Williams, Ph.D.) Title: <i>Optimizing the use of an Automated Rehabilitation System</i>

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Total award: \$30,000.00

02/2021 – 05/2021 Academic Technology Grant  
University of North Florida Academic Technology Grant Committee,  
Jacksonville, FL  
Role: Principal Investigator  
Title: *Validation of Fitbit Activity Monitors for the Assessment of  
Exercise Activities*  
Total award: \$704.96

### **Professional Grants – Unfunded submission**

09/2023 – 08/2028 NIH Research Grant (R01)  
Role: Co-Investigator (PI: Babu Balagopal, Ph.D.)  
Title: *Combination therapy of N-acetyl cysteine and physical activity in  
youth with nonalcoholic fatty liver disease*  
Total: \$174,058.00

### **Funded Mentored Student Grants**

05/2023 – 08/2023 Undergraduate Research Scholarship and Creative Activities (U-RSCA)  
Grant  
Office of Undergraduate Research, University of North Florida,  
Jacksonville, FL  
Title: *Accuracy of wearable activity monitors for estimating  
VO<sub>2</sub>max*  
Student PI: Andrew Gomez (Mentor: Lindsay Toth, Ph.D.)  
Total award: \$2000.00

## **SERVICE**

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### **Graduate Thesis Committees**

2023 – 2025 Master's Thesis Committee, University of North Florida  
Student: Evan Kilby  
Role: Committee Chair  
Thesis Project: Forthcoming

2022 – 2024 Master's Thesis Committee, University of North Florida  
Student: Dylan Wright  
Role: Committee Member (Chair: Charles Williams, Ph.D.)  
Thesis Project: *Effects of Recovery Postures on Acute Recovery during High-  
Intensity Interval Training*

2022 – 2023 Master's Thesis Committee, University of North Florida

Student: Cierra Boyne  
Role: Committee Member (Chair: James Churilla, Ph.D.)  
Thesis Project: *Sedentary Time and Prescription Drug Use in Adults*  
Successfully defended spring 2023; student applying for Medical School

### **Graduate Research Project Mentorship**

2021 – 2022 Master's Project, University of North Florida  
Student: Cristal Benitez  
Role: Primary Mentor  
Project title: *Heart rate recovery and step count accuracy of research-and consumer-grade wearable activity monitors during gym-based aerobic activities*  
Manuscript in preparation; student entered Ph.D. program at The University of Alabama

### **Undergraduate Research Project Mentorship**

2022 – 2023 Undergraduate Research Project, University of North Florida  
Student: Andrew Gomez  
Role: Primary Mentor  
Project title: *Accuracy of Wearable Activity Monitors for Estimating VO2max*

2022 – 2024 Undergraduate Research Project, University of North Florida  
Student: Florianne Silva  
Role: Primary Mentor  
Project title: *2020 Armor: Descriptive analysis of black-belt and non-black belt Taekwondo athletes*

### **Service to the University**

#### **University of North Florida**

2023 – 2025 Support Services Committee member  
Faculty Association  
2022 – 2024 Food Services Committee member  
University Committee

#### **Brooks College of Health**

2021 – 2023 Brooks College of Health Diversity Task Force member  
2021 – 2022 Development of master's degree of Health Informatics, committee member

#### **Department of Clinical and Applied Movement Sciences**

2023 – 2024 Search Committee member, Assistant Professor of Athletic Training

2021 – 2023 Marketing and Development Committee Member  
2022 Ad hoc CAMS Diversity Task Force member, Diversity Statement development and publication

### **Kinesiology Programs**

2021 – 2022 Search Committee Co-Chair, Assistant Professor of Kinesiology  
2019 Search Committee member, Kinesiology Instructor

### **The University of Tennessee, Knoxville**

#### **Department of Kinesiology, Recreation, and Sport Studies**

2016 – 2017 ad hoc Diversity Committee member  
2016 – 2017 Department Head Student Advisory Board member  
2018 Department Head Student Advisory Board Committee Secretary

### **Professional Service**

#### **Editorial Responsibilities**

2023 – Associate Editor, Journal for the Measurement of Physical Behaviour  
2021 – 2023 Editorial Board Member, Journal for the Measurement of Physical Behaviour

#### **Manuscript Reviewer**

International Journal of Exercise Science	2017 – Present	2 papers
Journal for the Measurement of Physical Behaviour	2018 – Present	13 papers
Gait and Posture	2018 – Present	1 paper
Journal of Science and Medicine in Sport	2018 – Present	2 papers
Journal of Medical Internet Research	2019 – Present	1 paper
PLOS ONE	2019 – Present	1 paper
Pediatric Exercise Science	2019 – Present	1 paper
Measurement in Physical Education and Exercise Science	2020 – Present	3 papers
Journal of Medical Internet Research – Rehabilitation and Assistive Technologies	2020 – Present	1 paper
Medicine & Science in Sport & Exercise	2020 – Present	6 papers
Scandinavian Journal of Medicine and Science in Sports	2022 – Present	1 paper
American Journal of Epidemiology	2022 – Present	1 paper

### **Volunteer/Service**

2023 Grant reviewer, Office of Undergraduate Research, Undergraduate Research, Scholarship, and Creative Activities Grant Reviewer  
2022 Student Award Poster Scorer, International Conference on Ambulatory Monitoring of Physical Activity and Movement.  
2020 – Abstract reviewer, Southeast American College of Sports Medicine Annual Meeting

2016, 2017 Student Volunteer, American College of Sports Medicine Annual Meeting  
2018 Student Volunteer, Southeast ACSM Annual Meeting

### **Collaborative Service Projects**

2020 – 2022 Physiology of Aging course development for the Certificate in Aging through the ElderSource Institute, an educational enterprise associated with the ElderSource, the Area Agency on Aging and Disability resource center for Northeast Florida. Project duties: Create, design, and deliver *Physiology of Aging*, an online course.

### **Professional Service Publications/Interviews**

**Toth, LP.** Advice on getting active and staying healthy through the new year. Interview with First Coast News, Jacksonville, FL. January 5, 2022.

<https://www.firstcoastnews.com/video/entertainment/television/first-coast-living/advice-on-getting-active-and-staying-healthy-through-the-new-year/77-3cb14cae-927c-448f-983b-cfe00c5f701d>

## **PROFESSIONAL DEVELOPMENT**

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### **Training and Development Opportunities**

- Teaching Online Foundation Course: Track A. University of North Florida Center for Instruction & Research Technology (CIRT), University of North Florida, Jacksonville, FL. (Summer 2021)
- Teaching Online Foundation Course: Remote Instruction Edition. University of North Florida Center for Instruction & Research Technology (CIRT), University of North Florida, Jacksonville, FL. (Spring 2020)
- The University of Tennessee, Knoxville Graduate School: *Best Practices in Teaching*, Knoxville, TN. (March 2018)
- Women in STEM Advancing Research, Readiness, and Retention (WiSTAR3) Early Career Mentoring Program, The University of Tennessee, Knoxville, TN. (2017 – 2019)

### **Professional Memberships**

- American College of Sports Medicine (2015 – Present)
- Southeast Chapter of the American College of Sports Medicine (2015 – Present)
- International Society for the Measurement of Physical Behaviour (2017 – Present)

### **Certifications**

- Certified Online Instructor, University of North Florida Center for Instruction and Research Technology, University of North Florida, Jacksonville, FL. July 25, 2021.
- American College of Sports Medicine Certified Exercise Physiologist, certification # 1065378 (2020 – Present)
- Responsible Conduct of Research Workshop, The University of Tennessee, Knoxville Office of Research and Engagement. November 2, 2017.

- Collaborative Institutional Training Initiative (CITI) Program, Basic Social and Behavioral Course.
- Adult CPR/AED, American Red Cross
- Heart Saver First Aid, American Heart Association