CURRICULUM VITAE

**Iina Ester Antikainen, PhD**

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**OBJECTIVE**

To share my expertise in human health, exercise physiology, nutrition, exercise prescription, motivation, and behavior modification while continuing my research in behavior change interventions and their impact on chronic, lifestyle related illnesses.

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**EDUCATIONAL BACKGROUND**

2011 **Doctor of Philosophy in Kinesiology**

Georgia State University, Department of Kinesiology and Health, Atlanta, GA

*Major Concentration:* Exercise Physiology

*Research Focus:* Exercise Psychology

*Dissertation*: “Investigating the Effectiveness of Physical Activity Interventions for Older Adults”

GPA: 4.02 on 4-point scale

2010 Department of Kinesiology and Health Outstanding Doctoral Student

2011 Hayden-Waltz Doctoral Dissertation Award

Louisiana State University, Baton Rouge, LA

55 credit hours in doctoral program

*Major Concentration:* Psychology of Physical Activity

* Transferred to Georgia State University

2001 **Bachelor of Science in Exercise and Sport Sciences**

University of Florida, Department of Exercise and Sport Sciences, Gainesville, FL

*Concentration:* Exercise Physiology

Graduated with Honors

EMPLOYMENT AND PROFESSIONAL EXPERIENCES

**2011-current Self-Employed – Health, Lifestyle, and Motivation Expert**

* Private practice in health coaching, fitness training, lifestyle change, behavior modification, and motivational counseling
* Health, fitness, nutrition, and motivation seminars and workshops
* Case studies in health beliefs, behavior modification, and the effects of physical activity, nutrition, and other health behaviors on chronic illness prevention and reversal.
* Weight loss interventions
* Published a column titled, “Health and Fitness in the City of Debauchery” in the Bywater Association Newsletter that targeted culturally relevant health behaviors in New Orleans.
* Regular speaker at The University of Lafayette, Department of Kinesiology and The Belle Chase Naval Air Station in New Orleans, LA and at community events in the New Orleans area.
* Contributing writer for Natural Awakenings magazine, New Orleans, Louisiana

**2007-2011 Graduate Research Assistant**

Georgia State University, Department of Kinesiology and Health, Atlanta, GA

* Research, writing, and submission for publications
* Presentations at scientific conferences
* Recruitment for new research sites and projects
* Designed and implemented a physical activity intervention among diverse older adults in the greater Atlanta metro
* Fall-risk assessments and health screenings at senior centers and senior housing facilities.
* Personalized fall risk and health education at screening events
* Grant applications

**2010 Lecturer**

Senior Academy, DeKalb County Senior Connections, Atlanta, GA

* Designed and taught a 4-week course on health, lifestyle related illnesses, nutrition, and physical activity at four DeKalb County senior centers.

**2008-2009 Graduate Teaching Assistant**

Georgia State University, Department of Kinesiology and Health, Atlanta, GA

* Taught 4 sections of exercise physiology lab each semester.

**2007-2008 Fitness Specialist**

Plus One Fitness, Allen Plaza, Atlanta, GA

* Management and all daily operations of a corporate fitness center in downtown Atlanta business high-rise.
* Personal training and group fitness classes

**2005-2007 Graduate Research Assistant**

Department of Kinesiology, Louisiana State University, Baton Rouge, LA

* Participant interviews, data collection and management for a multidisciplinary research studies including the departments of kinesiology, nutrition, social work, psychology, and genealogy in collaboration with The Pennington research center for the Louisiana Healthy Aging Study.
* Scheduling and coordination, including phone calls to 90 participants, maintenance of a weekly schedule for 10 testers, and communication with research team
* Managing scheduling and assignments for four student workers at the exercise physiology lab.
* Processing and delivery of checks to study participants
* Design of promotional posters and flyers for recruitment of new participants.
* Design of a fall-risk screening instrument and implementing fall risk screenings across South Eastern Louisiana and Atlanta metro area in Georgia.

**2001-2005 Program Director**

Viking Office Products/Office Depot Corporate Fitness Center

Health Fitness Corporation, Torrance, CA

* Managed all daily operations of a corporate wellness and fitness program
* Quarterly presentations and workshops on health and nutrition topics
* Designed and led a year-long weight loss intervention including behavior modification, nutrition classes, and exercise prescription
* Created and evaluated membership incentive programs to increase participation by the employees
* Coordinated and supervised internship program. Responsible for instruction and evaluation of interns
* Published a monthly newsletter on health and nutrition topics and updated fitness center bulleting boards monthly with health information relevant to the concerns of the employees at the company
* Set up and ran health screenings including blood pressure, cholesterol, glucose, BMI, and body composition testing at various HFC locations
* Provided Bodygem metabolism testing for fitness center members with one-on-one nutritional coaching
* Coordinated and promoted company blood drives
* Designed and led group fitness classes including abdominal classes, body sculpting, circuit training, cycling, sprint, toning, and stretching classes
* Communication and team building with client liaison
* Administrative duties such as annual planning, monthly membership report, quarterly report, and attendance statistics

**2005-2005 Internship**

Worked for the following health and wellness programs managed by Ms. Kathryn Parker:

**LifeQuest, City of Gainesville Wellness Program:**

* Performed health risk and fitness assessments for the employees entering the wellness program
* Nutritional analysis for high-risk employees with lifestyle related illnesses
* Presentations on health, physical fitness, and lifestyle related illnesses
* Personalized exercise prescription and weight loss interventions
* Heat illness prevention workshops for the city electric company employees.
* Health screening at city health fair, including heart rate, blood pressure, and bioelectric impedance measures with on-site health education
* Taught beginning step aerobics classes

**Children’s Obesity Clinic at Shand’s Hospital:**

* Exercise consultant at a children’s hypercholesterolemia, type II diabetes, and obesity clinic
* Nutrition and health education for parents and child following clinic visits

**Alachua County Sheriff’s Department:**

* Designed training programs for the guards at the city jail in preparation for the Sheriff’s department physical fitness test
* Nutrition and health intervention to assist guards in maintaining acceptable weight for Sheriff’s department standards
* Taught skills for passing the Sheriff’s department obstacle course
* Assured safety and coordinated with EMS to assure safety at the Sheriff’s department obstacle course

**1999-2001 Fitness Specialist and Shift Supervisor**

University of Florida Recreational Center, Gainesville, FL

* Interviewed and trained new employees
* Annual performance evaluation of staff
* Participated in the coordination and programming at the annual employee training
* Responsible for individualized exercise prescription and teaching safe weight training techniques
* Managed, maintained, and supervised three weight and conditioning center on the university campus
* Designed and lead outdoor training classes including running, calisthenics, sprints, and stretching

PRESENTATIONS AND PUBLICATIONS

**INVITED GUEST SPEAKER**

**Antikainen, I.E.** (April 22nd, 2017). Change Your Beliefs, Change Your Actions, Change Your Future. Natural Awakenings Spring Health Workshop Series, New Orleans LA

**Antikainen, I.E.** (March 31st, 2016). Focus on Beliefs. Joint Reserve Base, New Orleans, LA.

**Antikainen, I.E.** (March 1st and 2nd, 2016). Change Your Beliefs, Change Your Actions, Change Your Future. University of Louisiana, department of kinesiology, Lafayette, LA.

**Antikainen, I.E.** (November 9th, 2015). Change Your Beliefs, Change Your Actions, Change Your Future. University of Louisiana, department of kinesiology, Lafayette, LA.

**Antikainen, I.E.** (September 19th, 2015). Healthy Lifestyle Basics. Capt Perk’s, New Orleans, LA

**Antikainen, I.E.** (March 16th, 2015). Lifestyle Change and Motivation. University of Louisiana, department of kinesiology, Lafayette, LA.

**Antikainen, I.E.** (November 4th and 5th, 2014). Lifestyle Change and Motivation. University of Louisiana, department of kinesiology, Lafayette, LA.

**Antikainen, I.E.** (September 25th, 2014). Lifestyle Change and Motivation. Fleet and Family Support Center, NOLA Family Café at the Naval Air Station, Joint Reserve Base, New Orleans, LA.

**Antikainen, I.E.** (October, 2013). Motivation. Tulane, Theater and Dance Department, New Orleans, LA.

**Antikainen, I.E.** (2012). Physical Activity and Motivation. Crescent Club Apartments, New Orleans, LA.

### REFEREED PRESENTATIONS TO SCHOLARLY AND PROFESSIONAL GROUPS

1. **Antikainen, I.**, & Ellis, R.(2012). *A theory-based intervention to increase physical activity among older adults.* Poster presentation at the annual Society of Behavioral medicine Conference, New Orleans, LA.
2. **Antikainen, I.** & Ellis, R. (2011, March). *A RE-AIM Evaluation of Theory-Based Physical Activity Interventions.* Oral presentation at the AAHPERD National Convention, San Diego, CA.
3. Ellis R., **Antikainen, I.**, & Wood, R.H. (2009, April). *Health-related quality of life of culturally diverse older adults*. Poster presented at the annual meeting of American Alliance for Health, Physical Education, Recreation, and Dance, Tampa, FL.
4. **Antikainen, I.** & Ellis, R. (2009, March). *Determinants of physical activity motivation in culturally diverse older adults.* Poster presented at the Student Mentoring in Gerontology and Geriatrics Conference, Athens, GA
5. **Antikainen, I.** & Ellis, R. (2009, February). *Determinants of physical activity motivation in culturally diverse older adults*. Poster presented at the annual meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Birmingham, AL.
6. Holton, F., Ellis, R., Kosma, M., Cherry, K., **Antikainen, I**., Russell, R., & Wood, R.H. (2008, May). *Predictors of ADL disability in culturally diverse older adults*. Poster presented at the annual meeting of the American College of Sports Medicine, Indianapolis, IN.
7. **Antikainen, I. E.,** Ellis, R., & Kosma, M. (June, 2007). *Change in physical activity beliefs among culturally diverse older adults.* Poster presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
8. Ellis, R., McCarter, K. S., Moore, D. S., Fabre, J., **Antikainen, I. E.,** Page, P., Russell, R. D., Holton, F. B., & Singh, S.& Wood, R. H. (2007, June). *Construct validity of a comprehensive falls risk screening instrument using falls efficacy.* Poster presented at the annual meeting of the North American Society for the Psychology of Sport and Physical Activity, San Diego, CA.
9. Wood, R. H. Ellis, R., McCarter, K. S., Fabre, J., **Antikainen, I. E.,** Moore, D. S., Page, P., Russell, R. D., Holton, F. B., & Singh, S. (2007, June). *Socio-cultural factors and falls risk among independent living older adults.* Poster presented at the annual meeting of the American College of Sports Medicine, New Orleans, LA.
10. Ellis, R., McCarter, K. S., Fabre, J., **Antikainen, I. E.,** Moore, D. S., Page, P., Russell, R. D., Holton, F. B., Singh, S., & Wood, R. H. (2007, June). *Construct validity of a comprehensive falls risk screening instrument.* Poster presented at the annual meeting of the American College of Sports Medicine, New Orleans, LA.
11. Ellis, R., Kosma, M., Fabre, J. M., Moore, D. S., **Antikainen, I.,** Baptiste, C., Kim, T., & Wood, R. H. (2011, November). *Sociodemographic characteristics and falls risk factors among independent-living older adults.* Gerontological Society of America, Boston, MA.

### NONREFERRED PRESENTATIONS TO SCHOLARLY AND PROFESSIONAL GROUPS

1. **Antikainen, I** &Ellis R. (2011, June). Fall Prevention: Assessments and Interventions. Oral presentation at the Annual Healthy Communities Summit, GA **[INVITED]**.
2. Ellis, R., **Antikainen, I.,** & Wood, R. H. (2010, April). *Health-related quality of life of culturally diverse older adults*. Poster presented at the Kinesiology and Health Research Symposium, Georgia State University, Atlanta, GA **[INVITED]**.
3. **Antikainen, I.**, & Ellis, R.(2009, March). *Determinants of physical activity motivation in culturally diverse older adults.* Paper presented at the Kinesiology and Health Research Symposium, Georgia State University, Atlanta, GA **[INVITED]**.
4. **Antikainen, I,** Ellis Gardner, R., Allen, P.D., Cherry, P.A., Monroe, P.A., O’Neil, C.E., & Wood, R.H. (2006, March). Baseline results of an interdisciplinary effort to promote healthy aging among culturally diverse adults. Poster presented at the annual Life Course and Aging Center Community Partners Luncheon, Louisiana State University, Baton Rouge, LA
5. **Antikainen, I,** Ellis, R., & Kosma, M. (2007, March). Change in physical activity beliefs among culturally diverse older adults. Poster presented at the annual Life Course and Aging Center Community Partners Luncheon, Louisiana State University, Baton Rouge, LA

**REFEREED JOURNAL ARTICLES**

1. **Antikainen, I.E.** & Ellis, R. (2011). A RE-AIM evaluation of theory-based physical activity interventions. *Journal of Sport and Exercise Psychology, 33,* 198-214.
2. **Antikainen, I. E.** & Ellis, R.(2009). Examining change in physical activity beliefs of culturally diverse older adults following a physical activity intervention*. Journal of Applied Gerontology*. Available at: http://jag.sagepub.com/cgi/rapidpdf/0733464809341469v1

**REFEREED PUBLISHED ABSTRACTS (PUBLISHED IN JOURNAL SUPPLEMENT ISSUES)**

1. **Antikainen, I.,** & Ellis, R. (2011). A RE-AIM evaluation of theory-based physical activity interventions. *Research Quarterly for Exercise and Sport, 82*(Suppl. 1), A-62.
2. Ellis, R., **Antikainen, I.,** & Wood, R. H. (2009). Health-related quality of life of culturally diverse older adults. *Research Quarterly for Exercise and Sport, 80,* A-90.
3. Holton, F., Ells, R., Kosma, M., Cherry, K., **Antikainen, I.**, Russell, R., & Wood, R. (2008). Predictors of ADL disability in culturally diverse older adults. *Medicine & Science in Sports & Exercise, 40*, S487.
4. **Antikainen, I. E.,** Ellis, R., & Kosma, M. (2007). Change in physical activity beliefs among culturally diverse older adults. *Journal of Sport & Exercise Psychology, 29,* S144.
5. Ellis, R., McCarter, K. S., Moore, D. S., Fabre, J., **Antikainen, I. E.,** & Wood, R. H. (2007). Construct validity of a comprehensive falls risk screening instrument using falls efficacy. *Journal of Sport & Exercise Psychology, 29,* S160-161.
6. Wood, R. H. Ellis, R., McCarter, K. S., Fabre, J., **Antikainen, I. E**., Moore, D. S., Page, P., Russell, R. D., Holton, F. B., & Singh, S. (2007). Socio-cultural factors and falls risk factors among independent-living older adults. *Medicine & Science in Sports & Exercise, 39,* S416.
7. Ellis, R., McCarter, K. S., Fabre, J., **Antikainen, I. E.,** Moore, D. S., Page, P., Russell, R. D., Holton, F. B., Singh, S., & Wood, R. H. (2007). Construct validity of a comprehensive falls risk screening instrument. *Medicine & Science in Sports & Exercise, 39,* S419.

**REFEREED CONFERENCE PROCEEDINGS ABSTRACTS (PRINTED IN COLLECTIONS)**

1. **Antikainen, I.,** & Ellis, R. (2009). Determinants of physical activity motivation in culturally diverse older adults. *Southeastern Student Mentoring Conference in Gerontology and Geriatrics, Athens, GA,* 117*.*
2. **Antikainen, I.,** & Ellis, R. (2009). Determinants of physical activity motivation in culturally diverse older adults. *Southeast Regional Chapter of the American College of Sports Medicine, Birmingham, AL,* 33*.*
3. **Antikainen, I**., Ellis, R., & Kosma, M. (2007). Change in physical activity beliefs among culturally diverse older adults. *Life Course and Aging Center Community Partners Luncheon, Louisiana State University, Baton Rouge, LA.*
4. **Antikainen, I.,** Ellis Gardner, R., Allen, P.D., Cherry, K. E., Monroe, P.A., O’Neil, C. E., & Wood, R. H. (2006). Baseline results of an interdisciplinary effort to promote healthy aging among culturally diverse older adults. *Life Course and Aging Center Community Partners Luncheon, Louisiana State University, Baton Rouge, LA.*

TEACHING

**GEORGIA STATE UNIVERSITY**

KH 3650 lab Exercise Physiology Lab (Fall 2008-Spring 2009)

Department of Kinesiology and Health

ACADEMIC GUEST LECTURES

GEORGIA STATE UNIVERSITY

KH 2130 Introduction to the Allied Fields of Health, Physical Education, and Fitness

July 15th, 2009, Introduction to Exercise Psychology

KH 2130 Introduction to the Allied Fields of Health, Physical Education, and Fitness

July 16, 2008, Research Issues in Physical Activity

KH 2130 Introduction to the Allied Fields of Health, Physical Education, and Fitness

July 14, 2008, Equity in Physical Activity

KH 4280 Psychology of Physical Activity

June 11, 2008, Measurement of Physical Activity

KH 4280 Psychology of Physical Activity

November 5th, 2007, Social Cognitive Theory

KH 4280 Psychology of Physical Activity

November 14th, 2007, Transtheoretical Model

LOUISIANA STATE UNIVERSITY

KIN 4520 Psychosocial Aspects of Physical Activity

CALIFORNIA STATE UNIVERSITY, FULLERTON

KNES 202 Introduction to Kinesiology

Spring, 2005, Corporate Fitness Careers

**GRANTS**

# Road Scholar: Elderhostel K. Patricia Cross Doctoral Research Grant: $5,000

**Antikainen, I.,** & Ellis, R. (2011). A Theory-based Motivational Intervention to Increase Physical Activity among Older Adults.

Status: **NOT FUNDED**

Role: **Principal Investigator**

Georgia State University College of Education Doctoral Research Grant: $1,000

**Antikainen, I.** & Ellis, R. (2010). *Evaluating the Effectiveness of a Motivational Physical Activity Intervention among Older Adults.*

Status: **COMPLETED (10/25/2010 – 06/30/2011)**

Role: **Principal Investigator**

Research Consortium of AAHPERD Graduate Research Grant Program: $3,000

**Antikainen, I.**, & Ellis, R.(2010). *Examination of the Efficacy of a Theory-Based Physical Activity Intervention.*

Status: **NOT FUNDED**

Role: **Principal Investigator**

NASPSPA Graduate Student Research Grant: $1,500

**Antikainen, I.** & Ellis, R. (2010). *Evaluating the Effectiveness of a Motivational Physical Activity Intervention for Improving Quality of Life in Older Adults.*

Status: **NOT FUNDED**

Role: **Principal Investigator**

**SERVICE AND PROFESSIONAL ORGANIZATIONS**

**COMMUNITY SERVICE**

2014 Open Arms Community Event and Fundraiser, Jefferson, LA (October 18th)

2011 Fall Risk Screening, Veranda at Auburn Point Apartments

2011 Health Fair: “Age Well, Take Control, Keep Moving”, George Pierce Park Community Center (March)

2011 50 Plus Health Fair, GSU Alpharetta Center (February, 2001)

2010 **Fall Risk Screenings;** Body Fitz Personal Training Center, Avalon Park Senior Center, Hapeville Senior Center, Veranda at College Town Apartments, Atrium at College Town Apartments, Auburn Point Senior Apartments, Bethlehem Senior Center, DeKalb-Atlanta Senior Center, South DeKalb Senior Center, Guinnett Senior Center, Norcross Senior Center

2007 Living Word Church Health Fair, Baton Rouge, Louisiana

2007 **Fall Risk Screenings**; St. James Place, West Baton Rouge Council on Aging, St. Paul Catholic Church, Leo S. Butler Center, AC Lewis YMCA, Bogalusa Senior Center, St. Gabrielle Community Center

2006 **Fall Risk Screenings**; St. James Place, West Baton Rouge Council on Aging, St. Paul Catholic Church, Leo S. Butler Center, AC Lewis YMCA, Southside YMCA

2006 Life after 50 Health Fair, Baton Rouge, Louisiana

2005 Living Word Church Health Fair, Baton Rouge, Louisiana

**UNIVERSITY SERVICE**

2005-2007 Student member of the Life Course and Aging Center

**PROFESSIONAL MEMBERSHIPS**

2009 - 2011 American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)

2010 North American Society for the Psychology of Sport and Physical Activity (NASPSPA)

2009 Southeastern Chapter of the American College of Sports Medicine (SE-ACSM)

2007 North American Society for the Psychology of Sport and Physical Activity (NASPSPA)

ACADEMIC HONORS AND AWARDS

2011 Hayden-Waltz Doctoral Dissertation Award

2010 Department of Kinesiology and Health Outstanding Doctoral Student; GSU

2009 College of Education Graduate Student Scholarship; Georgia State University

2005-2007 Life Course and Aging Enhancement Student; Louisiana State University

2006-2007 Sigma Phi Omega (National Honor Society); Louisiana State University

1999-2000 International Student Academic Award; University of Florida

*Last updated 4/26/2022*