

Anna K. Gardner, Ph.D.

University of Florida
Department of Applied Physiology & Kinesiology
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College of Health &
Human Performance
**Distinguished
Instructor**

Education

Ph.D.	University of Florida- May 2014 Research: <i>Assessing the Alcohol-Activity Relationship among Career Firefighters</i>	Major: Health Education & Behavior
M.S.	Purdue University- May 2010 Research: <i>Effects of Conjugated Linoleic Acid on Resting Metabolic Rate</i>	Major: Exercise Physiology
B.S.	Saginaw Valley State University- May 2008 Research: <i>Perceived Barriers of Physical Activity in College Students</i>	Major: Exercise Science

Teaching & Advising

2023-present Master's Student Advisor, University of Florida- Applied Physiology & Kinesiology

- Mentor approximately 10 master's students per semester ensuring they are meeting curriculum requirements, assist with graduation application, and provide general academic and career advice

2019-present Instructional Assistant Professor, University of Florida- Applied Physiology & Kinesiology

- Courses taught: *APK 3110 Physiology of Exercise & Training; APK 4120 Clinical Exercise Physiology; IDS 2935 Exercise as Medicine*

2017-2019 Research Assistant Scientist, University of Florida- College of Medicine, Dept. of Aging & Geriatric Research and Division of Acute Care Surgery

- Oversee retention and long-term follow-up for UF Sepsis and Critical Illness Research Center (SCIRC)
- Ensure compliance of research study activities, including IRB submission and communications
- Serve as a key intellectual contributor to collaborative research within the SCIRC

2014-2017 Internship Supervisor, University of Florida, Institute on Aging, Health Promotion Center

- Responsible for recruitment, interviewing, training, and evaluation of student interns
- Supervised interns on a daily basis during research exercise interventions
- Utilized pedagogical methods to enhance student understanding of clinical research

2014-2017 Facilities Manager and Research Coordinator, University of Florida, Institute on Aging, Health Promotion Center

- Responsible for daily operations in a fitness setting, including scheduling of staff/interns and exercise intervention sessions
- Coordinate space reservations and supervision of exercise interventions for interdepartmental studies
- Ensure participant safety, adherence to research protocols, and proper data collection

2013 Volunteer Teaching Assistant, University of Florida, Department of Health Education & Behavior, *HSC 6318 Planning & Health Education Programming*

- Assisted Dr. Tony Delisle with course development, including syllabus creation, textbook selection, topics covered, and grading rubric
- Shared classroom responsibilities with Dr. Delisle, including lecturing, classroom discussion, and creation of assignments and evaluations

- 2013** **Health Educator**, University of Florida, Department of Health Education & Behavior, *Health Empowerment Lifestyle Planning (HELP) 4 Firefighters*
- Assisted in development and delivery of a week-long peer-fitness certification program for local career firefighters. Participants were educated in concepts of health behavior (i.e. motivation, goal setting, behavior modification), exercise science, and fitness assessment
- 2008 – 2011** **Teaching Assistant**, Purdue University, Department of Health & Kinesiology, *HK 421 Health Screening, Fitness Evaluation, & Exercise Prescription*
- Served as instructor of record for 2008 academic year. Responsible for syllabus creation, classroom and laboratory instruction, development of evaluation tools, and grading.
 - From 2009-2011, taught two sections of the HK 421 lab. Roles included lab preparation, instruction and demonstration, and grading of practicum evaluations.
- 2009 - 2011** **Teaching Assistant**, Purdue University, Department of Health & Kinesiology, *HK 368 Exercise Physiology Lab*
- Responsible for lab preparation, instruction and demonstration, and grading of lab reports.
- 2008** **Teaching Assistant**, Saginaw Valley State University, Department of Exercise Science, *KINE 376 Exercise Physiology*
- Assisted Dr. Joshua Ode with syllabus creation, development of a lab manual, course materials, and assessment tools, lab preparation, and classroom instruction

Academic Courses Created

2022 IDS 2935 (Quest 2): *Exercise as Medicine*

Student Mentees

2023 Tessa Adams Research Poster Presentation: *Medical Student Education Curriculum & Current Physician Practices – Exercise is Medicine*

2020 Sydney Eierle Honors Thesis Chair: *Quantitative Magnetic Resonance Imaging of the Upper Extremity in Myotonic Dystrophy Type 1*

Awards & Certificates

2024 Inaugural College of Health & Human Performance Distinguished Instructorship
 2023 College of Health & Human Performance Teacher of the Year Recipient
 2021 Center for Teaching Excellence *Great Teaching Certificate*
 2020 HHP Teacher of the Year Nominee

Professional Affiliations

2023-Present Clinical Exercise Physiology Association (Member)
 2020-Present American College of Sports Medicine (Member)
 2020-Present Southeast Chapter of the American College of Sports Medicine (Member)
 2018-2020 American Geriatrics Society
 2018-2020 SHOCK Society
 2011- 2014 American College Health Association (Member)
 2011- 2012 American Association for Health Education/American Alliance for Health, Physical Education (Member)
 2008- 2010 American College of Sports Medicine (Member)
 2006- 2008 National Council on Strength & Fitness (Member)

Professional Service Activities

Committees

Professional

2023- Present Clinical Exercise Physiology Association Membership Committee (Member)
2021- Present Saginaw Valley State University Kinesiology External Advisory Board (Member)

University

2023 (Spring) UF Quest Director Search Committee (Member)
2021- Present UF Faculty Senate: Compensation & Equity Committee (Member)

College

2021- 2023 HHP Petitions Committee (Member)
2020- 2021 HHP Awards Committee (Member)
2019- 2020 HHP Scholarship Committee (Member)

Department

2023- Present APK Media Committee (Member)
2021- Present APK Undergraduate Curriculum Committee (Chair)
2020- 2021 APK Faculty Evaluation Review Committee (Member)

Community Service/Consulting

2023- Present University of Florida Police Department Fitness Evaluation & Programming
2023- Present Gainesville Fire Rescue Wellness Consultations
2014- Present Help 4 Firefighters & Alachua County Fire Rescue Peer Fitness Training Program
(Founding Chair)

Manuscript Reviewer

2023- Present *Cancers*
2017- Present *Eating Behaviors*
2016- Present *Journal of American College Health*
2012- Present *American Journal of Health Education*
2011- Present *Drug & Alcohol Review*

Research

- 2011-2014 **Research Assistant**, University of Florida, Department of Health Education & Behavior
- Under the advisement of Dr. Adam Barry, carried out research studies primarily focusing on alcohol consumption and physical activity
 - Involved in research study development, data collection and analysis, and manuscript development
- 2013 **Researcher**, University of Florida, Department of Health Education & Behavior, *Health Empowerment Lifestyle Planning (HELP) 4 Firefighters*
- Assisted in development and data collection of a health behavior questionnaire for firefighters. Monitored department-wide fitness testing and data collection.
- 2013 **Volunteer Research Assistant**, University of Florida, Department of Health Education & Behavior, *Midtown Bar District Alcohol Field Research Study*
- Assisted with training of undergraduate research assistants. Oversaw participant recruitment and data collection at one of two research stations.
- 2010 – 2011 **Research Assistant**, Purdue University, Department of Child Development & Family Services, *Purdue Parent, Adolescent, and Sibling Study (PPASS)*
- Responsible for participant recruitment, telephone interviewing/data collection, and data management

Publications

Under Review

Carmichael, E., Apple, C., Kannan, K., **Gardner, A.K.**, Anton, S., Efron, P., Moldawer, L., Moore, F., Brakenridge, S., Mohr, A. (under review). Chronic critical illness in patients with sepsis is associated with persistent anemia, inflammation, and impaired functional outcomes. *J Intensive Care Med*.

Cox, M., Ozrazgat-Baslanti, T., Wu, Q., Lysak, N., Hawkins, R.B., Stortz, J.A., Ghita, G., Wang, Z., Brumback, B., **Gardner, A.K.**, Moldawer, L.L., Efron, P.A., Moore, F.A., Bihorac, A., Brakenridge, S.C. (under review). Comparison of sepsis-2 and sepsis-3 criteria in critically ill patients: Is there any impact on discrimination of immunophenotype and clinical outcomes? *SHOCK*.

Cox, M., **Gardner, A.K.**, Hawkins, R., Stortz, J.A., Ghita, G., Wang, Z., Brumback, B., Mohr, A.M., Moldawer, L.L., Efron, P.A., Moore, F.A., Brakenridge, S.C. (under review). Necrotizing soft tissue infection is associated with persistent inflammation, high resource utilization, and poor long-term functional outcomes. *J Trauma Acute Care Surgery*.

Published Refereed Journal Articles

Przkora, R., Sibille, K., Victor, S., Meroney, M., Leeuwenburgh, C., **Gardner, A.**, Vasilopoulos, T., Parvataneni, H. (2021). Blood flow restriction exercise to attenuate postoperative loss of function after total knee replacement: a randomized pilot study. *Eur J Transl Myol*, 31(3): 9932. doi: 10.4081/ejtm.2021.9932

Przkora, R., Sibille, K., Victor, S., Meroney, M., Leeuwenburgh, C., **Gardner, A.**, Vasilopoulos, T., Parvataneni, H. (2021). Assessing the feasibility of using the short physical performance battery to measure function in the immediate postoperative period after total knee replacement. *Eur J Transl Myol*, 31(2): 9673. doi: 10.4081/ejtm.2021.9673

Roberts, L.M., Jaeger, B.C., Baptista, L.C., Harper, S.A., **Gardner, A.K.**, Jackson, E.A., Pekmezi, D., Sandesara, B., Manini, T.M., Anton, S.D., Buford, T.W. (2019). Wearable technology to reduce sedentary behavior and CVD risk in older adults: a pilot randomized clinical trial. *Clin Interv Aging*, 14: 1817-28..

Custodero, C., Wu, Q., Ghita, G.L., Anton, S.D., Brakenridge, S.C., Brumback, B., Efron, P.A., **Gardner, A.K.**, Leeuwenburgh, C., Moldawer, L.L., Petersen, J.W., Moore, F.A., Mankowski, R.T. (2019). Prognostic value of NT-proBNP levels in the acute phase of sepsis on lower long-term physical function and muscle strength in sepsis survivors. *Crit Care*, 23(230): doi:10.1186/s13054-019-2505-7.

Harper, S.A, Roberts, L.M., Layne, A.S., Jaeger, B.C., **Gardner, A.K.**, Sibille, K.T., Wu, S.S., Vincent, K.R., Fillingim, R.B., Manini, T.M., Buford, T.W. (2019). Blood-flow restriction resistance exercise for older adults with knee osteoarthritis: A pilot randomized clinical trial. *J Clin Med*, 8(2):E265.

Baptista, L.C., Jaeger, B.C., Anton, S.D., Bavry, A.A., Handberg, E.M., **Gardner, A.K.**, Harper, S.A., Roberts, L.M., Sandesara, B., Carter, C.S., Buford, T.W. (2019). Multimodal intervention to improve functional status in hypertensive older adults: a pilot randomized controlled trial. *J Clin Med*, 8(2):E196.

Gardner, A.K., Anton, S.D., Ghita, G.L., Wang, Z., Ozrazgat-Baslanti, T., Raymond, S.L., Mankowski, R.T., Brumback, B.A., Efron, P.A., Bihorac, A., Moore, F.A., Brakenridge, S.C. (2019). The development of chronic critical illness determines physical function, quality of life, and long-term survival among early survivors of sepsis in surgical ICUs. *Critical Care Medicine*, 47(4):566-573.

Piazza-Gardner, A.K., Barry, A.E., Merianos, A.L. (2016). Assessing drinking and academic performance among a nationally representative sample of college students. *Journal of Drug Issues*, 46(4):347-353..

Barry, A.E., **Piazza-Gardner, A.K.**, Holton, M.K. (2015). Assessing the alcohol-BMI relationship among a national sample of college students. *Health Education Journal*, 74(4):496-504.

Barry, A.E., Howell, S., Riplinger, A., **Piazza-Gardner, A.K.** (2015). Alcohol use among college athletes: Do intercollegiate, club, or intramural student athletes drink differently? *Substance Use and Misuse*, 50(3):302-307.

Piazza-Gardner, A.K., Barry, A.E., Chaney, E., Dodd, V., Weiler, R., Delisle, A. (2014). Covariates of alcohol consumption among career firefighters. *Occupational Medicine*, 64(8):580-2.

Barry, A.E., Howell, S., Bopp, T., Stollefson, M.L., Chaney, B.H., **Piazza-Gardner, A.K.**, Payne-Purvis, C. (2014). A field-based community assessment of intoxication levels across college football weekends: Does it matter who's playing? *J Primary Prevent*, 35(6):409-416.

Delisle, A., **Piazza-Gardner, A.K.**, Sayedul Huq, M., Cowen, T., Stopka, C., Tillman, M. (2014). Validation of a cardiorespiratory fitness assessment for firefighters. *Journal of Strength and Conditioning Research*, 28(10):2717-23.

Piazza-Gardner, A.K., Barry, A.E. (2014). A qualitative investigation of the relationship between consumption, physical activity, eating disorders, and weight consciousness. *American Journal of Health Education*, 45: 174-182.

Barry, A.E., Stollefson, M.L., **Piazza-Gardner, A.K.**, Chaney, B.H., Dodd, V.J. (2013). The impact of pre-gaming on subsequent blood alcohol concentrations: An event-level analysis. *Addictive Behaviors*, 38(8):2374-2377.

Barry, A.E., Whiteman, S., **Piazza-Gardner, A.K.** (2013). Gender differences in the association between BMI, weight loss, exercise, and drinking among college students. *Journal of American College Health*, 61(7):407-413.

Piazza-Gardner, A.K., Barry, A.E. (2013). Appropriate terminology for the alcohol, eating, & physical activity relationship. *Journal of American College Health*, 61(5):311-313.

Barry, A.E., Chaney, B.H., **Piazza-Gardner, A.K.**, Chavarria, M. (published online April 3, 2013). Validity and reliability reporting practices in the field of health education and behavior: A review of seven journals. *Health Education & Behavior*. DOI: 10.1177/1090198113483139.

Piazza-Gardner, A.K., Gaffud, T.J.B., Barry, A.E. (2013). The impact of alcohol on Alzheimer's disease: A systematic review. *Aging & Mental Health*, 17(2):133-146.

Piazza, A.K., Barry, A.E. (2012). Examining physical activity levels among alcohol consumers: Do drinkers exercise more? *American Journal of Health Promotion*, 26(3): e95-e104.

Piazza-Gardner, A.K., Barry, A.E. (2012). Cautioning against causal alcohol-cardiovascular assumptions. *Drug & Alcohol Review*. DOI: 10.1111/j.1465-3362.2011.00415.x.

Barry, A.E., **Piazza, A.K.** (2012). Using reality television to teach health behavior theory: Winning with *The Biggest Loser*. *Journal of Health Education Teaching*, 3(1), 20-26.

Barry, A.E., **Piazza, A.K.** (2012). Drunkorexia: Understanding the co-occurrence of alcohol consumption and eating/exercise weight management behaviors. *Journal of American College Health*, 60(3), 236-243.

Piazza-Gardner, A.K., Barry, A.E. (2011). A drink best not served: Conflicts of interest when the alcohol industry seeks to inform public health practice and policy. *Journal of Clinical Research & Bioethics*, S4:001. DOI: 10.4172/2155-9627.S4-001.

Piazza, A.K., Barry, A.E. (2011). Should exercise be promoted as an effective intervention strategy to off-set excessive college student drinking? *Journal of American College Health*, 59(3): 139-140.

Peer-Reviewed Abstracts

Przkora, R., Sibille, K., Victor, S., Meroney, M., Leeuwenburgh, C., **Gardner, A.**, Vasilopoulos, T., Parvataneni, H. (2021). Assessing the feasibility of using the short physical performance battery to measure function in the immediate postoperative period after total knee replacement. *International Anesthesia Research Society and Association of University Anesthesiologists Joint Meeting.*

Piazza, A.K., Ode J.J., Lowry J., Mudd L. (2008). Barriers to physical activity among college students. *Medicine and Science in Sports & Exercise.*

Presentations

Teaching Presentations – Oral Sessions

Gardner, A.K. (March 2024). The Role of Physician Pedagogy in Promoting Patient Physical Activity: Findings from a Classroom-Based Experiential Learning Activity. Primary Care Innovations Conference. Gainesville, FL.

Research Presentations – Oral Sessions

Piazza, A.K., Barry, A.E. (October 2010). *Drunkorexia: What We Know, Don't Know, and Need to Know.* Mid-America College Health Association (MACHA) Annual Meeting. Terre Haute, Indiana.

Piazza, A.K., Ode J.J., Lowry J., Mudd L. (2008, February). *Barriers to Physical Activity among College Students.* Michigan American College of Sports Medicine (MACSM) Conference. Gaylord, Michigan.

Research Presentations – Poster Sessions

Gardner, A.K., Brakenridge, S.C., Ghita, G.L., Wang, Z., et al. (2018, June 12). *The effect of chronic critical illness on long-term survival, physical function, and quality of life among early survivors of sepsis.* Annual Conference on Shock. Scottsdale, AZ.

Gardner, A.K., Brakenridge, S.C., Ghita, G.L., Wang, Z., et al. (2018, February 19). *The effect of chronic critical illness on long-term survival and physical function among early survivors of sepsis.* UF College of Medicine Celebration of Research. Gainesville, FL.

Piazza-Gardner, A.K., Barry, A.E. (2012, May 28- June 1). *The Weight-Conscious Drinker: A Qualitative Investigation of the Counterintuitive Alcohol-Physical Activity Relationship among College Students.* American College Health Association Annual Meeting. Chicago, IL.

Piazza-Gardner, A.K., Barry, AE. (2012, March 13-18). *Establishing Cause for Drunkorexia: Co-Occurring Drinking and Weight Management Behaviors.* American Association for Health Education/American Alliance for Health, Physical Education, Recreation, and Dance Convention. Boston, MA.

Piazza, A.K., Barry, AE. (2010, April 6th – 7th). *Physical Activity Levels among Alcohol Drinkers.* Indiana Joint National Public Health Week Conference. Indianapolis, IN.

Piazza, A.K., Ode J.J., Lowry J., Mudd L. (2008, June). *Barriers to Physical Activity among College Students.* American College of Sports Medicine (ACSM) Annual Conference. Indianapolis, Indiana.

Grants

2018
Title: Persistent Inflammation Drives Chronic Critical Illness in Sepsis Survivors
Dates: 04/01/19-03/31/24
PIs: Moore/Moldawer/Leeuwenburgh/Segal (multi PI)
Total Requested: \$12,182,678
Role: Co-Investigator

2014

Title: Persistent Inflammation, Immunosuppression and Catabolism Syndrome (PICS): A New Horizon for Surgical Critical Care (Dysfunctional HDL as a Predictor of Chronic Critical Illness and Long-term Outcomes After Sepsis)

Dates: 01/01/15-05/01/19

PIs: Moore/Moldawer/Brakenridge (multi PI)

Total Awarded: \$10,732,545

Role: Co-Investigator

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